# 訊極

# 筲箕灣官立中學

2019 至 2020 年度 第 2 期

地址: 柴灣道 42 號 電話: (852) 2560 3544 傳真: (852) 2568 9708

電郵: skwgss@edb.gov.hk 網址: http://www.sgss.edu.hk/



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# 1. Principal's Message

The coronavirus epidemic has shocked everybody! In view of the wide spread of the disease, governments around the world keep stepping up their measures to fight the virus, including

different levels of traffic control, immigration control, further suspension of classes, etc... Classes in all schools in Hong Kong have been suspended after the Lunar New Year holiday! For prevention of communicable diseases in schools to safeguard the health of our students, "class suspension" was a painful but necessary measure and it was without a doubt a huge challenge to both of our teachers and students.

Striving to achieve "suspending classes without suspending learning", our teachers had been actively preparing to alter face-to-face lessons to online teaching. Taking into account the needs of different subjects, learner diversity and various



course contents, etc... we came up with different "learning tasks". We not only had a great concern for our students' academic progress, but also their psychological health. That was why our three school social workers implemented the "Thursday Gathering" program every Thursday to share information with our students in a relaxing and lively way, hoping that students could still gain knowledge about the world and different areas even when staying at home. Classes resumed finally! Although the period was rather

short, we managed to wrap up the second semester and finish the final exams as planned.

We had our academic year completed after all.

Despite of having the experience of tackling SARS, one may inevitably feel anxious

and worried when encountering such a sudden epidemic. Hearing information about

it repeatedly can be upsetting. Moreover, our daily lives and routines have been

disrupted as children are forced to stay home due to suspension of classes; and many

plans had to be changed or even canceled. As the saying goes, "change the changeable,

accept the unchangeable." Let's think differently. It has long been a concern that

children in Hong Kong are too busy and lack "idle moments". Now, it may be a good

opportunity for us to do something different with our children, like caring about

relatives and friends whom we have not contacted for a long time, trying to cook new

dishes at home, watching news reports together and commenting on the performance

and attitudes towards fighting the epidemic of different heads of states, etc.

Recently, the coronavirus has returned with a vengeance and the third wave of

infections is severe. Until now, at least 544,311 people have lost their lives due to

coronavirus (COVID-19) worldwide. The year 2020 is definitely a miserable and

heartbreaking year. But, finding ways to withstand and live meaningfully in such hard

times is worth thinking about. May the epidemic end soon and may all of us stay

healthy!

Alice Yan

The School Principal

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# 2. Major Concern I

本年度學校關注事項一主題為「推動自主學習,盡展學生潛能」。為幫助同學實踐自主學習,學校安排了不同類型的活動以培養同學自主學習能力。例如為提升同學有效的學習技巧及增強同學的讀寫能力,我們為中一同學舉辦了筆記編寫技巧及英語拼音課程。另外,為鼓勵同學多看書,我們逢星期三增設了半小時的閱讀課堂,讓同學可以自攜書本於堂上閱讀。此外,中英文科的閱讀計劃、不同科目的閱讀課業等等,設計目的都是為了提升同學對閱讀的興趣。



英語拼音課程



筆記編寫技巧課程

為培養同學閱讀電子書的習慣,學校提供了各類型的電子書資源,例如香港教育 城 e 悅讀學校計劃、HyRead 電子書平台及 Kindle 電子書,可供同學於課餘閱讀 及在圖書館內借閱。此外各科亦備有網上閱讀材料及不同的延伸學習活動,以促 進同學自主學習的能力。



香港教育城 e 悅讀學校計劃

HyRead 電子書

科學、科技、工程及數學(STEM)教育亦是本校關注事項一的其中一個發展重點。本校舉辦了不同類型的 STEM 活動,以拓闊同學不同的知識領域和興趣。



鍊「金屬」師工作坊



趣味科學實驗示範



上海、杭州 創新科技及創意藝術探索之旅



智能電路製作課程

本校來年亦會繼續透過不同類型的學習活動,以幫助同學培養自主、終身學習的能力。

#### 3. Major Concern II

A host of diversified programmes and competitions have been scheduled this year to promote the formation of positive attitudes and life values towards students' lives. The theme this year was "Positive Thinking, Learning by Doing, Flourishing Life".

The 1st Target was to nurture students' positive values towards personal development. We aimed to strengthen values education by cultivating a positive, supportive and caring learning environment through a variety of programmes. Through a wide variety of programmes such as morning assemblies, speeches by distinguished guests and alumni, exhibitions, Life Education Lessons and activities have been organized to strengthen values education.

18 sharing sessions by teachers, social workers and students during morning assemblies on integrity, caring, appreciation of others, environmental education and positive thinking, etc. were also part of the programme.

19 tailor-made Life Education Activities were organized for students of different levels over the whole school year. Teachers-in-charge and Class Teachers found most activities engaging towards students in an inspiring and refreshing way.









《華夏文化・承傳共享》嘉年華







Drama on "Sustainable Development" by the School Outreach Programme of the Council for Sustainable Development



Life Education Lesson on 「抗疫成功・感恩珍惜」

S1 students have built up a sense of belonging to the school and positive values through competitions such as the S1 Mentorship Scheme, English Language Activity and Rope-skipping Competition.



**S1 Mentorship Scheme** 



**Rope-skipping Competition** 

Class suspension, anti-epidemic measures, online learning and online homework were the routine of our students for more than four months, but how many students had a strong sense of self-discipline? How many students could do homework without face-to-face teaching and teachers' supervision? After class resumption, could they still catch up with all the learning progress and hand in all the homework? Therefore, we do not just want "gifted" students, but instead, "worry-free" children. Worry-free people can "have no worries against the epidemic" and also "have no worries about learning." Not to be misunderstood, it is not completely worry-free, but it is done as much as possible. Without excessive worries, students can enjoy their school life in the school year.





**Inter-class mathematics competition** 

香港青年史學家年獎獎學金計劃



第四屆夫子盃中學生演講比賽

After class resumption, most of the school's activities were still suspended, but the senior form students had already prepared the math problems during the class suspension period, preparing for the Inter-class mathematics competition carried out online after class resumption. We hope that our students benefit from the online competition and enjoy it.





Inter-class mathematics competition results:

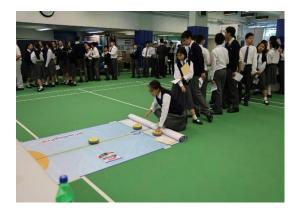
Champion:1C, 2D and 3D.

Individual champion: 1D Zhong Liangsong, 2A Law Pok Man, 3D Hung Tsz Yuet and

3D Tang Shun Him Samuel

To enhance students' awareness and understanding of positive mental health development, a series of learning activities to overcome adversities were introduced. These included seminars and workshops on healthy lifestyle, communication and social skills for effective problem-solving, emotional and stress management skills, etc.

Informative anti-drug and healthy life style exhibitions and game stalls were held on 22 November, 2019. Students discovered the messages about the disadvantages of drug-taking and ways to uphold a healthy life style so as to resist the temptation of drugs. They all participated enthusiastically and enjoyed the programme to the fullest.





Anti-drug and healthy life style exhibition & game stalls

A Drama performance was held on 6 December, 2019 for all S2 students during the Class Teacher period. Through the Interactive drama and role play, the concept of caring about the feelings of others was strengthened. All students took part in it actively and enjoyed the program very much.





A Cheer up Activity for S6 students were held during the S6 Mock Examination. All S6 students were given 'Red Packets' as presents to wish them good results in the examination. All the Students enjoyed the activity. It helped them relieve their stress from the exams.





Form Six Mock Examination Cheer up Activity

All students were given small presents to welcome them back to school. Posters were posted to provide more information and emotional support to students to have a positive attitude towards life.



**Welcome Back to School Activity** 

To foster students' career planning and management, workshops were hosted on life planning skills and self-understanding, education and careers expo, university and company visits, and job attachments, etc.

The talk was effective in helping S6 students in their JUPAS applications and they had a better understanding of their academic or career aspirations.



Admission Talk by Shu Yan University (22-11-2019)



Workshop on S3 Streaming (I am ...青年職學平台 – St James' Settlement & Hang Seng Bank) (6-12-2019)

S3 students had a better understanding of their interests, abilities and career inclinations. This enabled them to make wise choices in the S4 streaming.

With respect to S3 streaming, St. James' Settlement set up an online platform to brief S3 students on the syllabus, curriculum and mode of assessment of the elective subjects in senior secondary level. As such, S3 students gained better knowledge of the specific learning skills required for various subjects and the ways to equip themselves with the respective learning strategies. Two online workshops on S3 streaming were also organized by St.



S4 Talk on Employability (6-12-2019)

James' Settlement on 8 June and 15 June so as to enrich their self-understanding and development as well as career exploration.

S4 students recognized the three important elements to gain and maintain employment i.e. attitude, skill and knowledge. It helped to give students a smooth transition from school to work.

The career personality test could help them select a career field that was a good fit for their personality and could increase their awareness of their learning styles so they could benefit from career related education. Moreover, it could also assist them in job hunting, both in marketing themselves and in evaluating opportunities that arise.

S6 students acquired valuable skills and techniques for both individual and group interviews such as how to prepare for self-introduction and to answer personal questions.

The Life Planning Team made use of online platforms to arrange various activities aimed at assisting students in career planning and management via self-understanding and development, and career exploration.



S6 Interview Workshop by St James' Settlement (6-12-2019)



For S6 students, Hong Kong Sheng Kung Hui Ma On Shan (South) Children & Youth Integrated Service Centre arranged an online guidance service on HKDSE Examinations in April. To help S6 students better prepare for the online group interview held under the JUPAS applications, St. James' Settlement and

Hong Kong Sheng Kung Hui Ma On Shan (South) Children & Youth Integrated Service Centre respectively organized online workshops on online group interview skills in May. As a result, S6 students were better equipped with the skills most relevant to their preferred programmes. Moreover, in order to help S6 students to get well-prepared for the release of the results of the HKDSE Examination, the Life Planning Team utilized

Google Classroom to disseminate related information about study and career choices e.g. 2020 Virtual Information Expo on Multiple Pathways by EDB and S6 briefing on getting ready for the release of HKDSE result. This empowered S6 students to make informed and responsible choices on their learning, career goals and other aspects of life.

The Life Planning Team also arranged activities for students of other forms. In March and April, St. James' Settlement held a number of online workshops for S3 to S5 students on different jobs such as bakers, illustrator, and e-sports. These workshops could assist them in learning job related skills and knowledge as well as to build up correct work attitudes and values. In February, St. James' Settlement arranged an online workshop on interview skills for S4 and S5 students so as to



embolden their life planning skills during class suspension. To assist S5 students in managing and adapting to the transition from secondary to tertiary education, two online workshops on JUPAS and multiple pathways were organized by St. James' Settlement on 8 June and 15 June. This helped S5 students make study and career decisions in line with their study and career aspirations.

To foster students' appreciation of different cultures, widen their horizons and enrich their life experiences, joint-school activities, exchange programmes and study tours were held locally and overseas.







上海、杭州創新科技及創意藝術探索之旅 (6-12-2019)

475 students (counts) were trained/nominated to participate in more than 45 joint-school activities and won many awards in competitions, such as comic design, ink painting, rope-skipping, debate, swimming, volleyball, athletics, basketball, speech festival and music competitions.

A total of 8 exchange programmes for 250 students were planned this year to broaden our students' exposure to other countries, to inspire their global vision and to render a better understanding of the inclusiveness and diversity of global culture.

The 2nd Target was to enhance students' capacity for serving the school and empowering them with effective leadership skills through a variety of programmes such as the leadership training camp, election of Students' Association, training of uniform teams, etc.





**Eastern District School Leadership Training Programme** 



Four S3 students attended the Eastern

Programme starting from October 2019,

organized by the Salvation Army. The

programme provided a wide variety of

leadership training such as team creative

thinking, team building and the personality

Leadership

**Training** 

School

District

of a leader.

Ask Ask Principal

transcripts of the interview were prepared. For further details, please refer to the relevant post posted on the SA



recordings

while

platforms

Instagram account.



樂在桌遊中

For social skill development, junior form students were recruited to participate in a social skill training workshop titled "樂在桌遊中" that was held from October to December. Board games were deployed as a fun and valuable tool for getting students together to improve their social skills.





2019-2020「傷健共融,各展所長」 青少年計劃

Two S5 students were nominated to be the Young Ambassadors in the "2019-2020 「傷健共融,各展所長」青少年計劃" which was organized by the Labour and Welfare Bureau, aimed to promote the spirit and core values of the United Nations "Convention on the Rights of Persons with Disabilities" to youngsters, to deepen their knowledge and understanding of rights, needs, potentials and contributions of people with disabilities in the young generation, and to cultivate the concept of equality and care. Participants also gained leadership training, and had chances to serve the community via various training workshops and volunteer services.





衝破阻礙 • 同行有「你」

SENCO made a speech titled "衝破阻礙 • 同行有「你」" to the whole school to promote the "whole school approach" in understanding the needs of SEN students during a morning assembly in November. It held a great importance towards integrated education, and encouraged the whole school to work together to create a caring and inclusive learning environment to enable students to develop their talents.





與你同行

Several senior form students were invited to join a social skill training workshop titled "舆你同行" from November to December to improve their social skills while at the same time cultivating their leadership, equipping them to be Harmony Ambassadors that hold board game activities with junior form students during lunch times for the coming school year.

Opportunities were provided for students to show their positivity through community serving people such as kindergarten students and the elderly.



**Blood donation** 

A blood donation truly is a "gift of life" that a healthy individual can give to others in our community to those who are sick or injured. On 13 November, 2019, students and teachers donated blood in the School Hall to help our community.

On 19 December 2019, our School raised \$30,840 on the Dress Casual Wear Day. In a survey conducted in October, students would like to help Doctors without borders. So the money raised was donated to Doctors without borders.



Students' positive attitudes and life values were enhanced through a variety of whole-school programmes throughout the school year. The programme team will continue their efforts to design and organize learning activities to cater for the needs of our students.

### 4. 停課期間的學習任務

這不單是給學生的任務,也是給學校、老師、所有職員以至家長的任務。

教育局在農曆年初一宣佈延長農曆新年假期,校方便隨即在假期期間著手籌備同學在家學習的方案。同學的學習規律是最重要的,一旦鬆懈了便很難跟上,在思量如何維持學生的學習後,學校決定要求每位老師設計並發布「學習任務」供同學在家學習。老師們均積極回應,設計了各種網上功課、紙本練習及閱讀材料,首週已製作了超過100個學習任務給中一至中五的同學。老師們也積極探討網上授課,以配合停課不停學,但這過程殊不容易,由學習平台系統、文件掃描方法以致網上教學系統等,老師均需要試驗及適應。因為同學家中的電腦設備差異很大,加上不同學科內容的複雜程度不一,老師認為如果把授課內容製成影片,同學可以在家反復觀看,以彌補非面授教學的不足。在老師們的努力創新,教職員在行政及技術各方面的支援下,在家學習模式開始成形。學生及家長亦克服種種在家上課的困難,重新調整日常作息及學習生活。

學校從一開始便利用學校網頁及電子通告系統統一發佈學習任務的訊息,使學生及家長都可以定期收到學習有關的資訊,以便編排時間。學校資訊科技組一向已建立「谷歌」的學習平台(Google Classroom),同學對使用它已經頗有經驗,這減少了學生利用學習平台的困難。隨著復課日期一再延後,學習任務的內容已轉變為以錄影及即時課堂為主,至第五期時已經上升至每週60堂了。學校亦把收集到的家長意見及電子學習的新關注點,利用電郵每週向老師發放,藉此勉勵老師們繼續努力。至於學生方面,學習任務的通知亦加入了更多的指示及鼓勵。

學校亦藉著停課期間推廣電子閱讀,把早前各老師預備了的 40 多篇不同種類及主題的文章,上載至學習平台開放給學生在家中閱讀。學生反應不俗,直到復課前,每篇老師推薦的文章平均已經有超過 100 位同學閱讀。學校也訂閱了另一網上閱讀平台,提供文史方面的繪本供學生網上閱讀,豐富學生的閱讀體驗。

在家「學習任務」持續 16 期直至復課,各種的學習活動包括功課、網上課堂、閱讀任務、專題研習及預習課程等,共有超過 2000 項。老師們投入大量心力設計及製作學習任務,希望同學在停課期間可以持續在家學習,學習進度不會被耽誤。大部分同學在這期間都繼續努力學習,充分顯示了同學自律自學的精神。學校特別邀請老師們提名學習上表現突出的同學,並頒贈獎狀/及或書券加以表揚。家長們的努力亦堪讚賞,在停課期間對同學的支持是史無前例的,學生長期在家,日常由老師負責的教導工作便落在家長身上,照顧起居以至為子女預備在家網上學習所需的設備,對家長們亦是一大挑戰,有幸家長們堅定地與學校同行,才順利渡過這漫長的停課歲月。

面對突如其來的停課,學校在長達4個月時間,由推出在家學習、錄影課堂、網上實時課堂及電子閱讀等等,累積了寶貴的經驗;學生亦在這過程中充分體驗了網上學習,這使我們對授課模式的轉變及自主學習更有信心。

## 5. 停課期間的學生支援工作

#### 「疫境同心・家校同行」

面對疫情突然來襲,學校停課、公共設施 相繼關閉、實施限聚令與及為防疫物品 頻頻撲撲,顛覆了大多數人的日常生活 模式。當大家都開始留家工作、遙距上 學,街道也變得空空的。獨自走在路上的



感覺,是一種無法形容的奇怪。這個新常態,以超乎想像的速度,取代了我們的 日常,令我們經歷了焦慮、憤怒、悲傷和無助等各種情緒。可是,它亦帶給我們 反思和改變現況的機遇。我們同時可以做很多的事,為自己增添安樂。例如與家 人講講趣事、看看一些輕鬆的影片、往郊外走走,讓自己放鬆下來等等。以下摘 錄了一些在這艱難的情況下,種種仍然值得感恩的事。如是者,您會看到,生命 不是只有逆境!

#### 「陽光電話」

要維繫一段感情可以有多種方法,多鼓勵和讚美對方、多與對方溝通、包容和體諒、多聯繫、彼此尊重、別讓親密流於公式化等等。然而,長時間的分隔往往會把濃情化開。為了讓師生情維繫得更緊密,老師需要投入更多的感情及時間。

早晨,請問係咪 xx 家長呀?我係 筲官陳老師呀!

#### Hi! John. How are U these days?



停課期間,班主任與學生及其家長進行了至少三次的「陽光電話」。透過主動關心學生及其家庭,讓學校更了解學生在停課期間的情況。一方面為「停課不停學」的施行實況提供適時回饋,另一方面又能增加彼此溝通,讓遇到問題的學生和家庭能及早獲得支援。

#### 「三姑星期四」



「三姑星期四」是由三位學校社工一顏姑娘、羅姑娘及林姑娘聯合編製,逢星期四出版,因此而得名。自2月到5月,一連刊出了十三期。內容包括「心靈小甜點」、「鬆一

Zone」及「抗疫錦囊」。過去數月,大家都在社區抗疫、網上抗戰(打機)、家中抗廢(頹廢)。不久,大家又會回到以往的生活方式,當中或有期待、不捨、不習慣。在調節自己以迎接復課的同時,三位姑娘也希望藉著「三姑星期四」跟大家一同過渡,為大家在心靈上加添一點小動力!



#### 訓導組

訓導組於4至5月期間,透過視像會議與組內成員、總領袖生及領袖生長商討有關復課安排。當中包括提供新的當值指引,與及在疫情下制定的新措施,好讓各領袖生預早作出準備。訓導組亦於5月上旬為17位領袖生提供一個為期4日共8小時的網上「如何處理衝突」訓練課程,以強化領袖生在復課後處理種種困難的技巧。此外,各領袖生長亦於停課期間與領袖生保持緊密聯繫,發掘有領導才能及具備潛質的領袖生,為來屆接班作好準備。

#### 體育科

體育科於停課期間特別關注學生的身心發展。老師為學生提供在家運動的影片,讓學生在家練習,以提升他們的體適能。學生大多雀躍和投入地參與,此舉可望令學生的體能和心肺功能得以保持。此外,老師亦



提供講述已故籃球名將高比拜仁成功之道的視像片段,令學生體會成功背後的辛勤付出!再者,「圓網球」的介紹片段,更能令學生於家中有機會接觸新興的運動,令他們於停課期間都能時刻留意各種體育活動資訊,做到停課也能繼續學習!

#### 生涯規劃組



生涯規劃組在停課期間通過網上平台為同學 安排多項有關自我認識與發展、事業探索及生 涯規劃與管理的活動,例如:網上高中選修科 目簡介及分享、網上工作坊、中學文憑考試網 上輔導、網上小組面試工作坊、電競、網絡主 播、烘焙及藥檢等職業介紹的網上活動。通過 上述活動,讓同學更能掌握生涯規劃及管理的技能和訂立清晰的目標。

#### 學生會

受疫情影響,本屆中學文憑考試延期達一個月,為考生增添了不少壓力。有見及此,學生會聯同攝影及錄像製作組,於停課期間在網上社交平台收集了多達八十位在校教職員和同學的祝福片段,並將它們整合成兩段短片,旨為激勵本校考生的士氣,並祝願他們能在考試中獲取佳績。此外,為了照顧同學的需要,學生會亦借助網上社交平台舉辦了網上有獎問答環節「問答王」及益智網上遊戲「你畫我畫」和「誰是臥底」,以增加同學在停課期間的社交互動。為了促進同學與學校之間的溝通。為了增進同學推廣活動的技巧,於5月初,學生會10位幹事參加了6小時的「營銷策略」在線培訓課程,望能在日後的活動推廣過程中,學以致用!





#### 輔導組

輔導組於停課期間就同學在學習及情緒各方面作出多項支援,以舒緩疫情為同學所帶來的負面影響,特別是中六級即將應考公開試的同學。為了讓中六級同學感受到大家給予的支持和鼓勵,輔導組和學校社工於3月中旬,在校園內設置攤位及拍照區,讓中六級同學在回校領取准考證時,可以在校內拍照留念;此外,攤位亦設有打氣區、減壓區以及扭蛋機,讓同學舒緩緊張的考試壓力;而每位中六

級同學亦獲派發一份抗疫包,內有口罩、消毒洗手液及減壓資訊,希望讓各位中 六級的同學能得到更多實質支援,更有信心地面對文憑試!





於停課期間,本組及社工亦利用視像會議軟件和同學進行了多次視像小組聚會, 為有需要的同學作出輔導及情緒支援。在支援學習方面,本組參加了由賽馬會慈 善基金以及香港小童群益會舉辦的「在家學習網寬支援計劃」,為 150 位有需要 的同學提供每人兩張 30GB 的免費流動數據卡,讓同學可以在停課期間,於家中 進行各項網上課堂學習,達成停課不課學的目標。現在疫情稍緩,同學已經復課, 希望大家珍惜學習的機會,抱著樂觀心態,面對各種挑戰!

#### 特殊教育需要支援組

疫情下停課,讓不少有「特殊教育需要」(SEN) 的學生及其家長都充滿不安。本組與家長及同學 共渡時艱,從教師、家長及學生各方面作出針對 性的協助,讓各方在停課時得到適切的支援及為 復課作好準備。



首先,在教師方面,本組明白教師在停課期間的教學策略有所改變,於是製作了針對本校 SEN 學生的校本「『疫』境優化網上課堂教師支援表」及「SEN 學生復課老師支援表」,以協助教師有效地使用網上教學,推動全校參與模式,共同支援學生。

此外,在家長方面,本組有感家長在停課期間的辛勞,特意製作了「『疫』境陽光家長支援資源表」及「SEN學生復課家長支援表」,介紹一些實用資料,為家長注入正向能量,陪家長走過這段艱辛路。另一方面,本組主動聯絡家長及學生多達 200 次,聆聽他們在停課期間的各項需要,讓他們感受到家校同行,人間温暖。



至於,在學生層面,抗疫期間,本組因時制宜,與專業團隊溝通,將實體訓練轉為網上訓練,做到「停課不停訓練」,在學習、社交、情緒及言語訓練等支援 SEN 學生約30次。同時,亦明白學生「足不出戶」的苦況,特意為初中學生 安排了一個「趣味科學」網上課程,擴闊學生眼界。同時,亦主動關顧他們在 停課期間的心理需要及温馨提醒學生做好復課前的身心準備,迎接復課挑戰。

最後,停課期間,本組與校外各專業夥伴,例如教育心理學家、言語治療師、 社工及校方管理層保持緊密連繫,共商學生情況近 20 次,共同處理學生及家長 停課及復課的需要,與他們風雨同路。

「疫」境不可怕,只要家校一心,專業支援,便能以正向價值去共同抗疫。

