

訊橋

筲箕灣官立中學

2020 至 2021 年度 第 1 期

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1. Principal's Message

學習新常態

高永泰校長

網上學習成了學習的新常態。從前，學生可利用光碟、網上影片等在家自學一些技能，如烹飪、電腦或語文等等，但我們可能從未想過會把中學生活完全遷移到網上。2020 年 2 月時，我們距離網上學習還很遙遠，學生們可能在想像著延長了的農曆新年假，會是兩星期嗎？最大的影響會是遲發成績表嗎？那時，對於網上互動式學習及實時會議，我們仍很陌生。

疫情來襲，校方希望同學可以停課不停學，老師們首先利用網絡把學習材料傳送給學生在家自學。疫情持續，老師們亦開始網上實時教學，希望增加互動。5 月時終可復課了，可惜到 7 月又再度停課。慶幸我們能在停課前及時完成考試，令同學可以在公平的環境下總結一年來的學習成果。

本學年正式進入網上學習的時代，在上學期短短的四個月裡，網上學習足足佔了四成多的時間。除了



實時網上授課，我們還初次隔著電腦螢幕參與網上開學禮、班主任課、訓導組集會、輔導課以至其他課外活動。面對這些新嘗試、新常態，同學們會感到很新鮮還是很沉悶？同學們能否同樣地有效吸收知識？

網上學習要取得成功，最重要是學生的主動性。當同學獨自面對螢光幕，老師難以時刻監管學生的專注程度，也較難知道同學對內容的掌握程度。同學實在須要多作主動，留心老師授課的內容，多作筆記，遇有不明白的地方便要適時發問，也可以透過網絡管理系統或電郵提問。另外，網上課堂的節奏往往比面授課堂更快，同學稍一分心，便很容易錯過了重點，故同學上網課時應保持專注。自定目標對網上學習也特別重要，與在學校上課相比，老師的提點減少了，同學間共同學習的氛圍和壓力也少了，因此我們更須要律己以嚴，鼓勵自己努力前行，例如訂下完成功課、閱讀及溫習的目標，訂下作息的時間等等。同學如能管理好

自己的學習態度，網上學習也一樣可以很有效率。



如今，課外活動減少了，同學彼此間見面傾訴的時間也少了，同學們要照顧好自己的身心健康。同學在家的時間卻長了，也要注意維繫好與父母的關係。在家學習期間，同學互相的支持相對較為間接，

遇到學習上的困難時可能自覺需要獨自面對，簡單如想請教老師一些問題，也會較為轉折。在家學習期間，同學對自己的學習進度也較難掌握，對自己應付學業的能力可能會有憂慮，而高年級同學要應付公開試，壓力更是倍增。同學若遇疑難，應該積極主動的請老師或輔導社工幫助，與他們分享遇到的問題，須知在學習路上，有許多人伴著你前行，你並不孤單。

面對學習的新常態，同學須要作出適應，才可以取得成果。你願意朝這方向進發嗎？

2. Assistant Principal's Message

物華依舊·甲子筭官

何悅華副校長

時光如白駒過隙，本人調任到筭官已經第十個年頭了。本年度適逢筭官 60 周年校慶，我有幸署任副校長一職，迎接新挑戰，亦希望大家藉校慶活動的籌備、規劃與實施，加強對學校的歸屬感，令校譽日隆。

筭官建立於 1961 年，是香港政府在戰後於港島創立的第一所男女文法中學。校舍建造期間，曾借用位於炮台山道金文泰中學的校舍授課。學校於 1964 年 8 月遷往現時位於柴灣道 42 號的校舍，並於同年 11 月 19 日由時任港督戴麟趾爵



士主持啟用典禮。他為筭官校舍開幕時言：興建筭官就是為了滿足教育需求，為北角到筭箕灣地區適齡學童提供中學學額。故筭官創校至今一甲子(六十年)，物華依舊，人才輩出，任重道遠。

教育非止於純知識的傳授，教育的作用，乃是培育人的品格。「以德育人」正是品德教育的核心，而最終目的是要將人性中的真善美發掘、提升，將人類寶貴的精神文化遺產承傳、發揚。明代哲學家王守仁提出「知行合一」，他認為「知」，主要指人的道德意識和思想意念。「行」，主要指人的道德踐履和實際行動。不僅要認識（「知」），尤其應當實踐（「行」），只有把「知」和「行」統合起來，才能稱得上「善」。期望同學積極裝備自己，將學科的知識、正面的價值觀和態度、個人的承諾及實踐行動三者結合，建立健康的生活方式。同學不單懂得愛護自己，

亦懂尊重和接納別人，適時施予援手，守望相助，發揮互助互愛的精神，以建設和諧共融的社會。學校猶如一個大家庭，同學們應在甲子新學年具備抗逆能力，不論順逆，都自律自愛，感恩珍惜，將目標付諸實行；並抱持積極樂觀的態度，營造正面的學習環境，拓展世界視野，勇闖挑戰。



疫境自強，攜手前行

陳煒楷副校長

新學年對我而言是充滿挑戰的一年，在這暫代的崗位上，要處理許多從未涉足的行政工作，有許多需要學習的地方，尤如所有中一同學般，面對新的環境、新的身份，內心總有一些忐忑。幸好筭官的老師及同學一向能互助互勉，尤幸得到校長及兩位副校長的提點，讓我逐漸適應過來。但願能盡己所能，為筭官出一分力，在這疫情中，多走一步，跟所有筭官人一同克服逆境。

這學年剛開始時，仍未能走出疫情的陰霾，然而對於學校而言，開學禮是一年之始，大家都非常重視，如何能令大家再次濟濟一堂，為新學年揭開美好的第一頁，感受那份親切呢？加上我負責教與學的範疇，須籌劃網上課堂的運作，如何令課堂順利進行亦成為我最關心的事，我決意要為此好好安排。



因此在暑假期間，在技術支援同事的協助下，我們檢查了全校的電腦軟硬件，額外購買了 ZOOM 的平台容量，好讓全校同學能一起出席第一個「網上開學禮」。我們盡可能於最短時間內完成安裝，望能提升水平至無礙全校課室同步授課。原來這一切都不是簡單的事，尤其是於開學日仍有許多未知之數。幸得各位同事的配合，遇上困難共同面對，大家終能懷抱信心，開展新學年。



正式的網課開始後，不論老師及同學對此網上授課的新常態仍感陌生，大家均在學習階段，因此須要重新編排時間表，好讓彼此有一定的空間逐漸熟習。電子教學雖為大趨勢，但仍需不同的配合才可發揮最大效能，這一切困難令我這一個只擅長教授數學的老師有了許多新的感悟與得著。轉瞬間，面授課堂又開始了，

大家又要再適應新的時間表。去年因疫情停課而影響了中六同學的學習進度，而構思如何於實體課後安排同學的補課及活動，亦讓我費煞思量。最終一切能順利進行，全賴老師及同學們的體諒及配合，這也令我明白到面前縱有種種限制，只要盡力做自己力所能及的事，事情定可解決。在此過程中我看見老師們為提升課堂效能而努力學習，同學們亦克盡本份，不讓自己疏懶落後，這數月來的點點滴滴，均讓我體會到筭官精神的可貴。

回首這段日子，我明白到只要攜手前行，定能跨過難關。我深信大家跟我也有著共同的盼望，但願熬過最後一波的疫情，不久後一切將回復正常，大家可拋開阻隔，再見彼此的笑臉。



3. Visit by Ms Michelle LI, JP



Campus Tour-Garden

We were proud of our students' performances during the visit of Ms Michelle LI, JP, Permanent Secretary for Education, on 25 Nov. 2020. Quality education provided by our school such as the Major Concerns 1 and 2, Life Planning and Guidance were presented by the Principal, Vice-Principals and the teachers concerned. Meeting with teachers and students at our School Library was a remarkable opportunity to share and gain greater understanding of the learning and teaching at our school with our visitors. We appreciated that Ms LI presented the prizes to our top 3 students in each S5 class of the 2019/20 school year at our new school hall. The powerful words of encouragement and support for students and teachers were consistently shown during the visit to the lessons in the classrooms, the Visual Arts Room and the Biology Laboratory.



Campus Tour-S5 VA lesson



Campus Tour-S3D Bio Lesson



Meeting with students



Meeting with teachers



Prize presentation to selected S6 students



Ms Michelle LI, JP



接待教育局常任秘書長到訪獲益匪淺

5D 徐語安

今年11月25日，我有幸以總領袖生的身分接待教育局常任秘書長李美嫦女士。擔此大任，心情緊張在所難免，然而內心的忐忑隨著與李女士的接觸逐漸消散。與我想像中威嚴莊重、不苟言笑的常任秘書長形象有所不同，李女士和藹可親、笑容可掬，不但樂意細心聆聽，從學生口中直接了解校情，更仔細耐心地回應我們的提問。

常任秘書長蒞臨當天，首先由高永泰校長介紹筭官六十年的歷史，與致力為學生提供優質教育之宗旨。校方的介紹，不單讓李女士認識筭官各項學與教活動及同學於學業和公開比賽之卓越成就，亦加深了我對學校各方面的了解。在與老師及學生代表會面交談後，李女士來到簇新的禮堂，擔任頒獎嘉賓，頒獎給上次考試各班首三名的現屆中六同學，嘉許他們優異之學業表現，並欣賞禮堂的舞台幻影燈光示範。接著，我與老師們帶領常任秘書長參觀校園。李女士除了細心聆聽我沿途的介紹外，還會主動詢問課堂上同學的學習情況。



在這短短個多小時的到訪，即使時間緊湊，行程安排緊密，李美嫦女士仍願意停下腳步逐一解答同學關於現代社會教育的問題，我認為這是十分難能可貴的。最令我印象深刻的是她在參觀本校五十周年校慶馬賽克壁畫時表現的讚嘆與欣賞，李女士不但毫不吝嗇對同學的稱讚和鼓勵，更關顧學生的身心發展。



她勉勵同學：「學習當然重要，但是培養優良的品德更為重要，因為品德乃五育之首。在疫情下恢復面授課實在得來不易，必須珍惜校園生活。其實每個世代都有不同的挑戰，近這兩年經歷的社會事件及新冠肺炎疫情，都是超於常人預測的，因此必

須靈活應變。例如：在疫情下掌握資訊科技的運用作學習支援。凡事須從『心』出發，培養正面的價值觀，重視德育、公民教育和國民教育。更要待人以誠，以積極及樂觀的態度面對挑戰，以正向思維探索未來出路，掌握機遇，世界才會變得更美好。」

最後，感謝學校給我這次寶貴的機會，使我得以昇華，獲益匪淺。在與常任秘書長交流的過程中，我不僅釐清了自己心中的疑惑，也瞭解了現時政府所施行的教育政策。我希望將來能夠把握更多的機會，提升自己的能力與素質，為社會作出貢獻。

難忘的經歷

5D 李勇傑

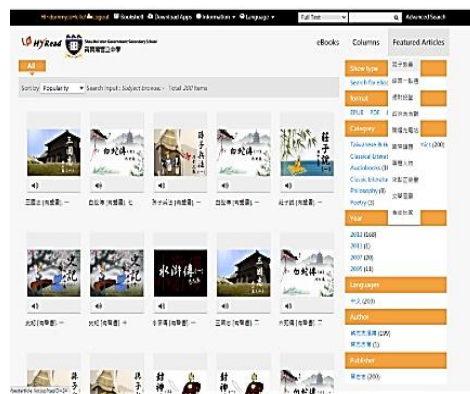
2020年11月25日對我來說是一個難忘的日子。COVID-19在港肆虐，令我們經歷了反反覆覆的停課，現在能夠回到學校上實體課堂，我覺得已非常幸運，更幸運的是我能夠和幾位同學一起作為筲官的學生代表，接待教育局常任秘書長李美嫦女士，我深感榮幸，並衷心感恩。我榮幸能夠代表筲官人向李女士展現我們知書識禮的態度和氣質，感恩學校給予我此番畢生難忘的經歷。我們陪伴著常任秘書長由禮堂出發參觀校園，經過實驗室、通識室、視覺藝術室和課室，每到一處，李女士都對筲官同學積極的學習態度和歡樂的學習氛圍印象深刻，對我校注重培養學生探求真理、追求卓越的教學宗旨讚不絕口。頓時，我領悟到能接受優質的教育並非必然，而能身在筲官接受老師的循循善誘更是難得。希望將來畢業後再回到筲官時，我仍然能感受到筲官傳承六十年的校訓「真理至上」所營造出的良好學習氛圍。



4. Major Concern 1

The main focus of our Major Concern 1 is to fully develop students' academic potential through self-directed learning and foster students' self-directed learning capabilities. We strengthen students' learning capabilities as self-directed learners through effective study skills. A series of workshops on note-taking skills were arranged for our new S1 students to enhance their self-directed study skills. S1 and S2 students practised their note-taking skills in their respective subjects (History, IS, Life and Society). It was observed that students were able to apply the skill effectively in making good notes with the key concepts. To help our S1 and S2 students better understand syllables in pronunciation and spelling, a number of pronunciation classes were arranged. Besides, we also take serious attention to students' pre-lesson preparation. Short questions and various pre-lesson tasks included pre-reading on textbook materials, videos watching, reading articles etc. were given to students for preparing their lessons at home. In order to promote e-learning, all teachers are required to provide at least one subject-based reading article for students to read online during long holidays such as Christmas, CNY and Easter holiday. Students were assigned to complete a number of open-ended and in-depth questions which enabled them to pursue their interest in different areas of learning.

Our school joined the "e 悅讀學校計劃" (eRead) of the HKEdCity and "HyRead" e-book platform and subscribed a total of 400 English and Chinese e-books for students. The e-books were added to the booklists of the existing reading schemes of both language subjects to encourage students to read online. Furthermore, we also encourage students to participate in challenging academic activities to broaden their horizons and enrich their learning experiences. Various learning opportunities were arranged by different subject departments and STEM Team at different levels. These activities included English Debating Club Workshop, HKPTU English Penmanship Competition, 《基本法》問答比賽、全港中學「兩文三語」菁英大比拼(第十七屆)作文及演講比賽、第二十九屆全港中學生十大新聞選舉新聞評述比賽(中文組), Fitness Training for School Sports Team, Virtual Poly U Design Degree Show 2020, STEM 4 Girls Program, 氣候變化講座、認識水技術講座(水質監測、淨化和重用)、火的科學與迷思 etc. Lastly, due to the COVID-19 pandemic, we think students should take up more responsibilities



HyRead e-book platform



in reviewing their personal development, setting reasonable targets for their learning outcomes and frequently revising their learning process throughout the year. We encourage all senior level students to set reachable goals and personal expectations in the upcoming year with their class teachers, in the hope of helping and guiding students on the road to success.

A talk on Climate Change

5. Major Concern 2

A host of diversified programmes and competitions have been scheduled this year to promote the formation of positive attitude and life values among students towards life. The theme is "Positive Thinking, Learning by Doing, Flourishing Life" 「正向思維·知行合一·豐盛人生」.

(1) The First Target is to nurture students' positive values towards personal development. We aim to strengthen values education by cultivating a positive, supportive and caring learning environment through a variety of programmes.

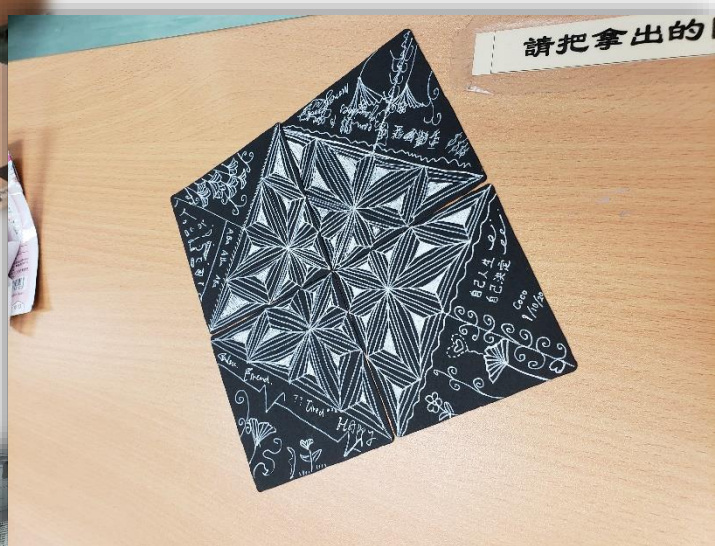
- To enhance students' health awareness before school resumes face-to-face lessons, an online quiz competition about Anti-COVID 19 was held in late September. 65 students participated in the competition and 21 of them obtained awards.
- In order to promote the message of leading a healthy life, an anti-smoking talk was conducted for the Secondary two students on 6 November 2020. Students were attentive and showed keen participation during the lesson.



Anti-smoking Talk

- Emotional Exploration Class- Student Workshop (9 October 2020)

More than 30 Secondary 4 and 5 student mentors and the emotional health ambassadors participated in the workshop. Through Mindfulness and Zentangle, students learned how to relieve stress and their awareness and understanding of positive mental health development are enhanced.



- Talk on stress management skills (all S5 students) (20 November 2020)

Talk on healthy lifestyle, emotion and stress management skills were held to foster students' resilience against adversities.



- Class Visit (S5-S6 students) (November 2020)

Our school social workers, Ms Ngan and Ms Lo, visited S.5 and S.6 students and taught students how to draw Zentangle to relieve stress.



- Flag-Raising Ceremony

To foster the national identity of our students, a stately national flag raising ceremony was held in the morning on 30 September 2020. To closely observe the social distancing measures, Secondary one students were gathered in the Hall while the rest of the students attend the ceremony by live streaming.



- ICAC Interactive Drama Show

To promote probity messages to students, an ICAC Interactive Drama Show was held on 23 October 2020. Students of S.3, S.4 and S.5 watched the show and the messages were well-conceived.



Moreover, S.3 Students joined the Basic Law & 'One Country Two System' competition from 12 October 2020 to 15 October 2020.

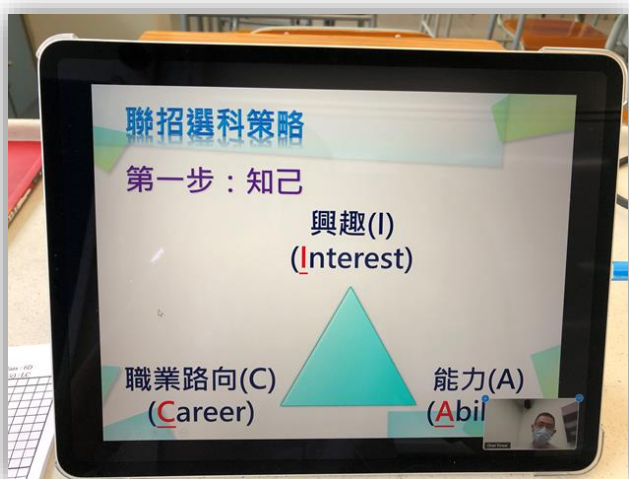


- Life Planning activates

To foster students' career planning and management in academic arena, and vocational and professional education training (VPET), various activities were held.

1. S6 JUPAS Application Briefing (25 September 2020)

S.6 students were briefed via the online platform on JUPAS application procedures and information including key dates, general admission requirements, programme offered, other experiences and achievements (OEA), personal statement, student learning profile, school reference report, school principal nomination and result offer. The briefing aimed at helping S6 students to get well prepared for JUPAS application.



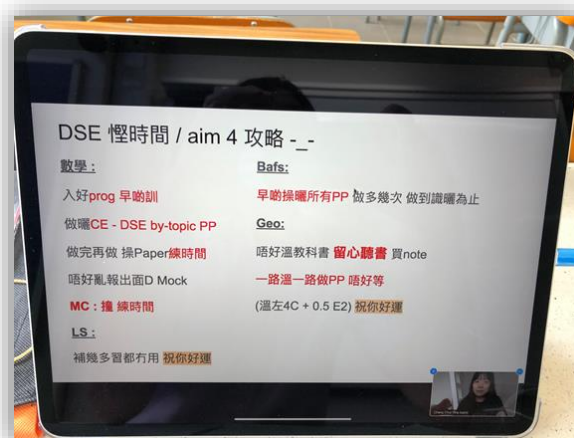
2. S6 Careers and Life Planning Day (6 October 2020)

(a) Talk on JUPAS Application

The online talk was successful in keeping students abreast with the updates of JUPAS application. S6 students are equipped with strategies for making programme choices and prioritization.

(b) Alumni Experience Sharing on JUPAS Application

A JUPAS online sharing session was conducted in which 9 alumni from 6 different tertiary institutes shared with S.6 students on the preparation for HKDSE and university interviews, making JUPAS choices, and campus life in tertiary institutes. The group-based sharing activities were in-depth and immensely helpful to S.6 students.



(c) Mock Release of HKDSE

Following the briefing on the multiple pathways for S6 students and release of mock HKDSE result, mock interviews on academic institutes offering degree and sub-degree programmes and on job market in both private and public sectors were arranged. The event ended with a section of debriefing. The joint school Mock Release greatly fostered S6 students' goal-setting and hence life planning for study and career.



3. S2 Talk on Understanding of personal Strength and Potential (23 October 2020)

Through the assessment on multiple intelligence, S2 students learned various ways of learning and the importance of setting goal in life planning.



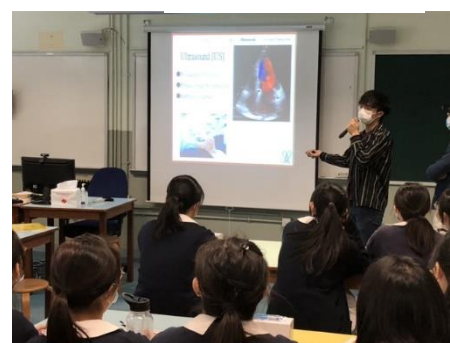
4. Admission Talk by HKUST, PolyU, and HKCC (23 October 2020)

Talk by PolyU

Based on the preference of S.6 students, they joined the talks by HKUST on degree courses of science, by PolyU on programmes related to the allied medical profession and by HKCC on associate degree courses. Apart from the talk on admission, there were also mini lectures on radiology and biology as well as sharing by university students. The event was successful in helping S6 students in their JUPAS application and they had a better understanding of their academic or career aspiration.



Talk by HKUST



Talk by HKCC



Talk by HKCC

5. S1 Talk on Self Understanding and Introduction of Life Planning (6 November 2020)



S.1 students have been introduced different stages of life planning so as to enable them to acquire skills and knowledge relevant to their interests, abilities and orientations in academic/career decisions.

6. Admission Talk by CUHK, HKBU and HSU (6 November 2020)

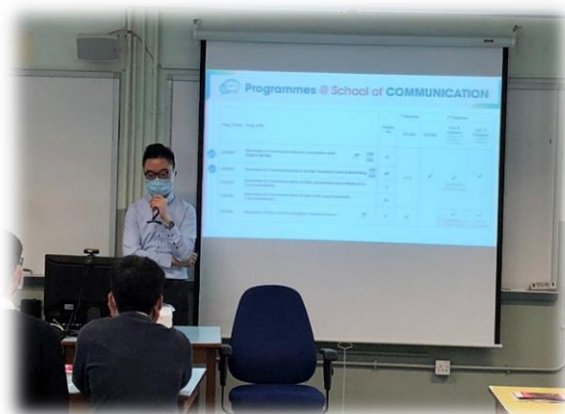
Staff from CUHK, HKBU and HSU introduced to S.6 students the latest degree courses and general admission policies on social science, business administration. The talks were effective in helping S6 students in their JUPAS application and they had a better understanding of their academic or career aspiration.



Talk by BU



Talk by HSU



Talk by CUHK

7. Workshop on S3 Streaming (I am 青年職學平台 – St James' Settlement & Hang Seng Bank) (20 November 2020)

In the workshop, S.3 students were introduced to an internet platform which could enhance their self-understanding and development via online personality test, and career exploration through the dissemination of career and academic information and live webinar. Better understanding of interests, abilities and career inclinations enables S.3 students to make wise choice in the exercise of S.4 streaming.



8. S4 Talk on Multiple Pathway and Vocational and Professional Education and Training (20 November 2020)



The talk focused on multiple pathways for graduates of secondary education, in particular, Vocational and Professional Education and Training. The talk empowered S4 students to make informed and responsible choices on their learning, career goals and other aspects of life.

9. S6 Interview Workshop by St James' Settlement (20 November 2020)

The workshop was effective in enhancing S.6 students' knowledge and awareness on the importance of social etiquette and positive attitude during interview. S.6 students had acquired valuable skills and techniques for both individual and group interviews such as how to prepare for self-introduction and to answer personal questions. As such, S.6 students had more confidence and were better prepared for university and job interviews.



10. Sharing by Hong Kong Special Administrative Region Outstanding Students' Union (6 November 2020)



In order to help our students to plan their life and pursue their goals, we have invited students from outstanding students' union to share their experience about life planning and dream pursuing.

(2) The Second Target is to facilitate students' sense of positivity in serving others. We aim to enhance students' capacity for serving the school and empower them with effective leadership.

To equip students with leadership skills, the ECA Leadership Training Workshop was conducted on 22 Oct 2020. 55 Chairpersons / Vice-chairpersons / House Captains / Leaders of the Clubs, Houses or Functional Teams took part in the training workshop to learn how to be good leaders. The workshop was well-received.



ECA Leadership Training Workshop

- Bounce Back Intergeneration Programme 2.0 (October to November 2020)



This Programme paired up S3 and S4 students with leaders in the community in a one-to-one manner. Through the sharing of their valuable life experiences, students could set personal goals and face difficulties bravely.



- Students' Association Electoral Forum cum Election

The 31st Students' Association Electoral Forum cum Election was successfully held on 11 September 2020. Since the outbreak of the pandemic, the arrangements were revised to online mode. In the pre-recorded open forum, the nominated cabinet, SPECTRA, addressed their manifesto to their fellow schoolmates. Students were welcomed to raise their questions before the open forum. There were 673 valid votes in total and 490 of them were supportive to SPECTRA. SPECTRA has been elected to be the 31st Students' Association of SGSS.



- Blood Donation Day

We also aim to provide opportunities for students to unleash their positivity through serving the community.

There is no substitute for blood. In order to provide fresh blood products for treatments of patients with chronic diseases or in need of surgery because of illness or accident, the community entirely count on the generosity of blood donors. Blood donation was held at our school on 11 November 2020. With the assistance of 10 helpers from the school, 24 students donated their blood. A single donation can help 3 or more patients. Our students can give a helping hand to more than 72 patients! So both the helpers and blood donors found the Blood donation day meaningful. Below is the reflection of a blood donor:



3D Wu Yat Yin

Are you afraid of syringes? Are you afraid of blood?

I supported the Blood Donation Day with my friends in the school hall on 11 November, and we were quite nervous. However, the process was quick, and it was not very frightening at all. After I had cleaned my hands and a nurse had taken my temperature, I filled out a form. Then, the nurse performed a hemoglobin test with me and I was directed to the waiting area.



When it was my turn, I went to a bed and laid down, the area of my arm was disinfected, anesthetic was applied, and then the venipuncture came. After I had given my blood, I had some refreshments and I felt grateful as I can help more than 3 patients.

6. 學校活動

(1) 網上升中資訊講座

本校鑑於疫情嚴峻，於2020年11月14日首次以網上直播形式舉行本年度升中資訊講座。直播及重播的瀏覽次數高達1600人次以上，相信此安排更能令小學家長、同學於安全穩妥的情況下，對本校有更深切了解。



講座第一部份，是由高永泰校長詳細介紹筲官的特色，及為初中同學度身而設的各項增潤課程與成長配套。為了讓家長了解本校中一自行分配學位的申請及面試要求，校長更詳細介紹了學校的計分安排及面試模式，讓同學們有充分的心理準備，輕鬆面對挑戰。

今年還增設了學生分享環節，分別由中二級同學、制服團隊同學、學生會幹事以及應屆中六級同學，從四個不同範疇，向來賓分享他們在筲官的各種學習經歷，當中包括升中後校園生活點滴、制服團隊活動和特色、學生會相關活動及中六同學的生涯規劃與升學抱負。我們亦播放了介紹短片「筲官的一天」，帶領家長遊走校園各處，領略學生



豐富多彩的校園生活。最後由高永泰校長及何悅華副校長主持答問環節，為家長解答各項有關升中的疑問。



我們今年度雖然不能親身和各位家長、同學見面，但藉著是次網上升中資訊講座，希望能令大家對本校的辦學宗旨、特色、學與教活動及學生成就等等各方面，有更深的認識。



(2) 學校旅行

(2.1) 中一旅行日之增潤活動

本校所有中一學生於11月16日當天留校接受為期半天的特別訓練，當中包括有「魔法筆」、「繩圈杯子」、「記憶卡」、「聯想迷宮」、「分秒必爭」等小組活動。中一學生最喜歡的活動環節是「LEGO 建塔」，他們認為：「活動期間氣氛輕鬆，大家有說有笑」、「有趣好玩」及「能培養團體合作的精神」。大約83%同學喜歡是次增潤活動。是次活動的目的是讓同學有機會參加更多小組活動，並藉此提升學生解決問題的能力，培養合作精神，建立正向、積極的生活態度及價值觀，學生亦能從活動中愉快地學懂如何與人相處。



(2.2) 海洋公園工作實錄

11月16日，中四級同學參加了海洋公園學院舉辦的智慧鯨訓練班活動，同學有機會深入幕後地帶，與海洋公園的專業團隊交流。同學分別考察了公園內纜車設計及運作、水族護理、海洋哺乳類動物訓練及護理和機動遊戲運作及維修四大範疇的工作情形，了解不同崗位所需的知識、技能及所面對的難題。是次活動讓同學了解到進入職場所需的態度與技巧，啟發他們對職業生涯規劃的思考，學懂怎樣裝備自己，面對未來的挑戰。



7. 學科動向

(1) 中文科舊生應試心得分享講座

同學感受

6C 王家怡

10月7日那天，老師安排了三位上屆的畢業生——黃鈺瑤、唐穎妍及關浚鋒，為我們中六同學分享文憑試的應試心得。黃鈺瑤、唐穎妍兩位師姐準備充足，關浚鋒師兄雖未能親身前來，也特別錄製分享片段，誠意滿滿。師兄師姐向我們分享他們預備文憑試時的溫習方式，如12篇文言範文不用把課文全部背下來，但應該要理解各篇課文的寫作背景，並熟讀文章菁華部份，常見的古文字詞均須熟記及理解其意。在卷三方面，師姐提醒我們寫作前務必要列寫大綱，有助我們認清寫作方向，避免偏離題目。這次的舊生分享，讓我有機會借鑒師兄師姐們行之有效的溫習方式，再調整成適合自己的模式，令我深受啟發，獲益良多。



(2) 視覺藝術科

(2.1) 〈藝聚 27〉東區聯校作品展

〈藝聚 27〉東區聯校作品展已於 10 月 14 至 16 日在香港上環文娛中心展覽廳順利舉行。「藝聚」(Art Focus)是東區聯校視覺藝術團體，至今舉辦到第二十七屆。「藝聚」一向致力於推廣各類型的藝術活動，並在各老師及顧問的帶領下，將藝術信息帶給大眾，同時亦增加學生們接觸社會的機會，從中吸收不同的經驗。

本次參展作品包括素描、平面設計、立體作品、版畫、塑膠彩畫、油畫、水彩、中國及西洋書法、石膏雕塑、拉坯作品和陶泥等，更有一些由同學們共同創作的集體作品，可讓各界對現今視覺藝術的動向有更多的了解和更深入的認識。



活動負責同學感想

6C 侯景祥

在六年的中學生涯裡，在校外擔當一個領導者角色的機會少之又少，特別是聯校的活動。這次籌備〈藝聚〉對我來說正正是這麼一個機會去令我汲取寶貴的經驗。



在疫情期間籌備展覽確實有一定難度，但是在一眾幹事與指導老師的協力下，展覽總算成功開展。當我看到不同學校的學生都在疫情期間堅持進行藝術創作，將他們對疫情的想法展現在畫布上、雕塑上，我也立定決心要辦好這次展覽，將他們的心血展示於舞台上，期望讓前來參觀的同學能彼此觀摩、汲取經驗的同時，亦令各界對視覺藝術有更深入的認識。

(2.2) 〈覺藝〉第廿二屆作品展

本校 18 位中五及中六主修美術的學生參加〈覺藝〉第廿二屆作品展，展期由 11 月 5 日至 9 日，在香港視覺藝術中心展覽廳順利舉行。本次學生參展作品包括素描、平面設計、版畫、塑膠彩畫、油畫、水彩等，是次學生參展，不但能展現學生的藝術作品，增加他們的自信，更能以畫會友，與眾同樂。



8. 學生發展

(1) 2020「國家憲法日」活動



2020年12月4日，本校德育及公民教育組、通識科及中史科聯辦國家憲法日活動，活動包括升旗禮及國旗下學生分享。學生代表先介紹憲法日的內容，然後分享她們較早前到上海杭州交流的所見所聞。本校中二級學生亦在生活與社會科老師的帶領下在12月1至4日參加了教育局課程發展處舉辦的「2020國家憲法日網上問答比賽」。

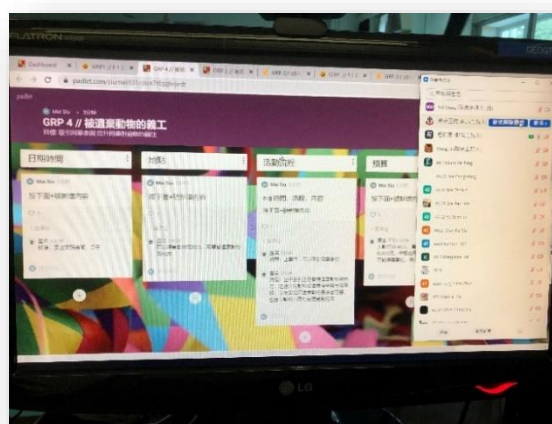
另外，稍後本校通識科及德育及公民教育組將會分別舉辦展板展覽及「基本法與生活」專題研習，中史科亦會籌辦聯校香港史考察活動及專題研習比賽以響應國家憲法日。



(2) 其他學習經歷

(2.1) 領袖訓練工作坊

學校每年均為各會社及學會幹事提供領袖訓練工作坊，旨在提昇學生對處理學會日常事務的實務技巧及培養作為學會領導的自信心。今年 10 月 22 日，學校邀請了東華三院越峰成長中心為 55 位同學舉行領袖訓練工作坊，活動以網上視像形式舉辦，內容包括培養學生的獨立思考能力，學習人際溝通技巧，以及設計、籌辦團體活動等能力。同學都能積極參與工作坊的各個活動，挑戰自己。期望各會社及學會幹事能學以致用，勇於面對各項挑戰，在多方面發揮領導能力



(2.2) 增潤活動

本校其他學習經歷統籌組每年均會舉辦各類型活動，讓同學有機會接觸更多課外知識，擴闊視野，藉此建立正確、積極的生活態度及價值觀，亦希望能幫助學生舒減壓力。

1. 「禪繞畫」(Zentangle)設計活動

其他學習經歷統籌組於 10 月 14 日舉辦了「禪繞畫」(Zentangle)設計活動，透過繪畫一些簡單而重複的圖案，讓學生可以體驗定靜狀態，令心靈放鬆。是次繪畫禪繞畫的活動共有 298 位學生參加，不少作品圖案獨特，設計新穎，賞心悅目。



SIA 五位同學的作品

2. 「舞·出個框框 2.0」

本校於 10 月 14 日參加了賽馬會當代舞『賞·識』教育計劃」第一部份「舞·出個框框 2.0」，當日城市當代舞蹈團為 59 位同學舉行一個網上實時互動直播演出，加深同學對現代舞的認識。大多數學生覺得這個演出輕鬆有趣，更能欣賞當代舞演出。另外，3B 班鄭文煒同學的意見是：「經過此活動，我能深深地接觸和了解現代舞。」

(3) 從閱讀中學習 ----- 初中同學到訪學校圖書館

為促進學生閱讀，引發他們閱讀的興趣以提升他們的學習能力，中一的英文科及初中的中文科老師，與本校圖書館主任協作，每年可帶同全班同學到圖書館上課一至兩次，與圖書館主任共同教導同學使用圖書館資源，例如各種設施、圖書分類及搜尋圖書的方法等，引導學生從閱讀中學習。

中一各班的英文科老師，於 11 月 9 日至 13 日進行上述活動；而初中的中文科老師，也於 11 月 10 日一連三週帶領不同班別進行圖書館課。課堂中，同學樂於使用圖書館資源，主動積極求取知識。



(4) 社會服務組

(4.1) 義工講座

2020年10月9日，全級中三同學參加了義工講座。講座由到校的聖雅各社工主持，同學透過講座，了解到擔任義工時應持守的守則、態度及價值觀，進而反思義工服務的意義，及探討社會上不同弱勢社群的需要。

講座之後，每班尚會有兩次籌備課節，每班會分成二至三個小組，讓同學按他們探訪服務的對象去設計活動、遊戲。探訪服務將於2021年3月及5月的全方位學習日進行。



(4.2) 捐血日

3B 張震南

2020年11月11日是學校捐血日，當天有24位同學成功捐血。今次是我第二次在捐血日當值幫忙。早上大約九時，紅十字會的職員便來到禮堂，我們於是到各個班房帶想捐血的同學到禮堂，並派發同意書。我看著自願捐血的同學，覺得他們很有善心，因為他們無私地幫助有需要的人士，我認為他們的精神十分值得學習，也令我有了捐血的念頭，期望能幫助更多有需要的人士。

3B 謝旨柔

11月11日，我在學校禮堂參加了由紅十字會舉辦的捐血日。捐血前，我們首先要清潔雙手，量度體溫，填寫登記表格，以及測試血色素。接著紅十字會的護士就接見我們查詢健康狀況，並分發了一些營養補充品。我們及後走到等候區，在這兒我們可按需要享用紅十字會提供的飲品和食物，避免空著肚子捐血。輪到我時，我躺在躺椅上，聽著護士的講解，稍微進行一些肌肉運動，然後護士替我量血壓、消毒皮膚，開始靜脈穿刺。隨著針管的插入，血液緩緩抽出。捐血結束後，我們有充足時間休息，亦可及享用紅十字會提供的飲品和食物，補充失去的水份。

(5) 訓導組



右起：

5B 黎建朗、5D 徐語安

5D 李勇傑、5B 吳樂瑤

訓導組於11月19至25日舉辦了班制秩序比賽，每堂由上課老師按同學的課堂表現評分。經過多天的較勁，2D及5B分別奪得初中及高中組冠軍。比賽期間，同學循規蹈矩，態度積極，提升了課堂的學習氣氛及學生的團隊精神。

此外，在11至12月期間，訓導組亦舉行了領袖生頒章儀式及領袖生網上領袖訓練，加強領袖生的領袖才能及管理能力。

❧ 感謝閱覽 ❧