



廿 七 月

齋色園主辦
可藝中學
HO NGAI COLLEGE
(Sponsored By Sik Sik Yuen)

2022

第65期 | 校訊

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前言

未來教學是怎樣的？沒有真實課室？沒有真實老師？留在元宇宙世界裡，以虛擬元素營建一個比真實更奇幻，更具體的教場？雖然這個未來教學的想像空間，未必是未來的答案，卻至少反映了資訊科技正主宰將來的教學方向。

話說回來，數十年前，若有老師想像未來教學是一個沒有黑板的年代，也許沒有多少人知道如何實現，更沒有多少人預見有什麼具體變化！時至今日，過去的夢想，終於在我們眼前浮現，一個大型螢幕取代黑板，粉筆與粉擦頓成了博物館裡的時代記憶！明年的可藝教室正為這創新的革命，燃起一把時代火光。

不覺，可藝已踏入三十周年，雖遇上疫情，卻滅不了熱誠。三十周年慶典如期舉辦，簡單而隆重，在未來的歲月，可藝將騰飛萬里。

今期刊物的尾聲，帶點暖意，亦留下傷感；暖意從校園小記者送來的，校工是校園守護者，他們辛勤工作，由早上打開大門至晚上大門關上，學校一切庶務不能沒有他們，校工對工作的承擔，讓我們感到安全和暖意，這些，我們可從是此訪問中真心感受。最後，談到傷感，滿滿是離別的叮嚀！同學畢業了，老師榮休了。所感所言，句句由衷，字字刻骨。

未來教室簡介

時代不斷改變，科技不停進步，對於弱勢學生而言，要追上快速進步的科技，是一件困難的事。有見及此，本校特別策劃及建構未來教室。引進一些物聯網設備，智能控制，智能溫控等。多功能電子白板及VirCube「沉浸式虛擬實境空間」。為了讓老師善用未來教室的新科技，特別安排本校所有老師於各科組的備課節，試用室內各設施以應用在科內教學。



老師在備課節試用「沉浸式虛擬實境空間」

透過 VirCube 「沉浸式虛擬實境空間」

沉浸式虛擬實境空間利用虛擬實境定位裝置(感應器及接收器)，利用電腦模擬虛擬實境，配合頭戴式裝置及戴於四肢的感應器，能令參與者身歷其境體驗能和虛擬實境互動，寓學習於遊戲中。在教學方面的應用正籌劃中，

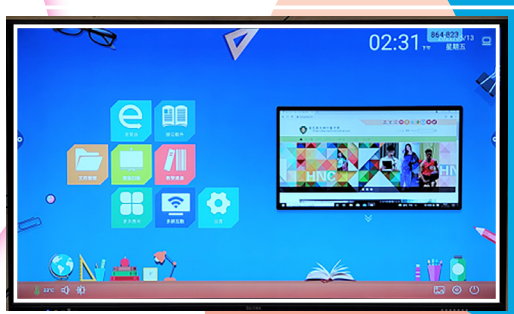
本校已引入有關裝置，內容包括中文，生物，化學，物理，地理，價值觀教育等共 7 科共約 200 個內容，希望學生能接觸新科技，並利用科技解決學習上的難點。

1. 生物科的教科書內人體各器官位置及結構是平面的，但實際上是立體的，學生可以透過裝置，了解各結構的立體位置，亦可透過互動功能重組各器官，加強學生的記憶
2. 中文科教授古文時，可以利用裝置讓學生感受文中所描述的情境，如岳陽樓記中的關於天氣變化的描述，學生置身虛擬實境中，了解古文的意境，加深學生對課文的描寫及情感的了解。
3. 價值觀教育中，學生可以透過裝置了解香港回歸，認識升旗典禮。
4. 地理科學生可以透過裝置觀察九龍的地形，又可以身歷其境，探索鐘乳石洞內的環境，在疫情期間代替安全地進行考察。

對於小部分有志於VR製作的同學，亦可提供一個機會，讓學生提升科技素養，迎接未來社會所需。

多功能電子白板

本校在初中推行自主互助學習，同學不時需要在作小組討論匯報及展示成果，在傳統課室中學生只能以小黑板展示結果，透過本室設有的多功能電子白板，配合學生的自携裝置，可讓學生將小組成果投射出白板，最多可以讓9部裝置分享畫面，同學間互相比較結果，老師可以利用QRCode即時回饋發還學生。



本教室的物聯網設備，智能控制可以遙距控制室內的燈光，冷氣及風扇。智能溫控可以自動調節溫度及濕度，避免電腦因過熱而損壞。智能充電系統可讓設備充滿電後自動斷電，避免過度充電。



智能充電系統正在替立體眼鏡充電

除了裝置提供的教學內容外，對於一些校本的教學內容，我們利用各科備課節的時段，讓老師試用裝置於施教。老師亦可透過軟件360 Designer 制作一些切合學生的360互動影片，配合學生學習的需要。

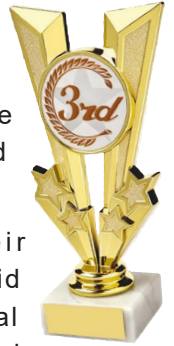


生物科學生在教室上課情況

Debating Competition 2021

Hearty congratulations to our English Debate Team!

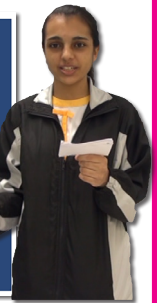
We are very proud of our school English Debate Team members Siu Pak Yiu (6A), Mohammad Nasreen (6B) and Lo Dam (6B) earned third place in UNESCO SDGs Debating Competition 2021/22, CMI Form Six Division. The team received their motion and conducted extensive research on the given topics. They have worked tirelessly to prepare and practice their scripts.



Finally, their perseverance paid off after several months of hard work, and they returned home with medals.

Our English Debating Team has demonstrated

their excellent debating and speech delivery skills through active participation in debating competitions all these years. We are glad to see our list of budding debaters growing each year. Debate is an excellent activity for English learning because it engages students in a variety of cognitive and linguistic ways. Additionally, it is a great way to learn how to effectively argue and write persuasive letters and speeches. Moreover, debating skills also help to sharpen students' abilities in pronunciation, vocabulary, and fluency.



Massive congratulations to our girls on their great performances once again. We hope their success will further inspire and encourage our students to engage in debating and other critical-thinking exercises.



The 73rd Hong Kong Schools Speech Festival

In response to the ongoing Covid-19 outbreak, the Hong Kong School Speech Festival once again held the competition via video submission rather than live competition. As part of our efforts to strengthen our students' confidence and expand their knowledge of the English language, we have enrolled a total of 28 students in the Hong Kong Schools Speech Festival English events this year.

As the video format was a big advantage to some students, it was still a challenge. Students had to make sure to keep eye contact with the camera, others found it hard to be motivated as there was no interaction between them and the adjudicator and they didn't know how their competitors were doing. On the other hand, it was a valuable learning opportunity for our students as they were given feedback from the teachers which helped them to identify specific areas of improvement and ways to make changes.

All in all, we are grateful for our student's hard work, and thanks to all the teachers for their invaluable guidance and support, we are pleased to announce our awardees Tan Jing Xuan, second place, Lam Chun Yu, third place in New Feature Presentation and 26 recipients, all awarded the Certificate of Merit. Congratulations to all our students once again for their incredible performances and for making us proud through their achievements.



5B Tan Jing Xuan 2nd place,
Certificate of Merit,
Solo Prose Reading, Non-Open



4C LAM CHUN YU 3rd place,
Certificate of Merit,
New Feature Presentation

Certificate of Merit in Solo Prose Reading



S4 Presentations ~ Australia

Presentation skills are one of the essential skill sets needed for students in secondary school. In order to help our students improve their presentation skills, they are encouraged to use systematic methods to facilitate their presentations in the classroom. It also helps students develop professionalism in the learning environment and for their future. In the age of rapid technological advancement, students can enhance their presentation skills by using high-tech equipment such as iPads or laptops, thus improving their ability to present information in a professional manner.

Our S4 students achieved better presentation skills in various respects. They were more capable of coming up with better ideas, finding up-to-date information, and developing creative thinking. It was also common to see them using slides or other sources while presenting. Moreover, it helped students form a good balance between working with different students as they learnt how to communicate, and for students working on their own, they learnt how to allocate their time to different parts of a project.

All in all, students become more familiar with their own researched country. They learnt about the culture of other countries by listening to and participating in various presentations through practice sessions. Apart from that, students also overcome some of their communication fears, for instance, communicating in their respective groups or presenting their information orally in front of the entire school.

Let's read about what our S4 students have to say about their experiences on stage as presenters and some tips provided by them for an effective oral presentation:

4A Angel Fong Wing Ying

I was looking forward to the Australia presentation. This is a great opportunity for me to practice my English and I will have a chance to speak English in front of my teachers and schoolmates. As I stood behind the stage curtains, I felt a bit nervous because I thought if I wasn't able to speak well or made mistakes during the presentation, it would be embarrassing and the presentation wouldn't be perfect.

My presentation went well after I calmed myself down. I used my best effort to face teachers and classmates. I felt I had done my very best in the presentation.



4B Maskeen Khan

A Nervous Day Of My Life

It was my very first time presenting about Australian culture in my secondary school, as I had never done it before, I was very nervous about it.

Before the presentation, me, my English teacher Miss Wong and my partner Simon prepared the presentation about Australia. We did a lot of research and learned about Sydney's skydiving and the Harbor Bridge Climb. I chose to talk about Skydiving in Sydney as it is a very adventurous activity.

The night before, I practiced for about an hour to increase my confidence and get well prepared. My family, especially my dad, has helped me a lot. He taught me difficult words and timed me during the practice.

On the day of the presentation, I came to school early and practiced in front of our teachers. Miss

Wong helped me a lot. There were many words that were difficult to pronounce so Miss Wong corrected me. Suddenly the bell rang and all the students entered the hall to prepare to hear our presentation. As I stood on the stage, I saw the school hall was completely packed, my heart was beating like a racing car. I was scared as if the lion was in front of me. Thanks to my partner Simon, he told me a joke and made me laugh. Simon has always been a good friend of mine. He has done a lot to keep me relaxed and not to feel nervous. A minute later, it was my turn, I presented confidently and I was really proud of myself.

I was scared and worried all day long for the two-minute presentation. However, after the presentation, I was very happy that all teachers were proud of us. Not only that, I felt I was fortunate that the teachers chose me to do the presentation. It was my very first experience. I would like to express my thanks to all the teachers for believing in me. I hope in the future I will be given more opportunities and I'm sure I will be able to speak with greater confidence and joy.



4C Gary Lam Chun Yu

Preparing for the presentation about Australia with my classmates was a fun and enlightening process, just like any other project.

My English teacher informed me of the presentation after the morning assembly, I then started to research on how I should complete it. It's true that being a host means I don't have to make plans for a PowerPoint presentation but I still had to find a way to write my own script. Luckily, my English teacher had asked to hear how my speech in supposed to go, so that I could be given tips and the "green light" to continue on my project. As soon as I got home, I started watching American talk shows to get a good grasp of how to be natural without reading a script. First of all, the host has to be amiable, entertaining, energetic, and witty when the opportunity arises, so I tried my best to grasp it all and put it to action in my script.

I have some experience hosting for my school. During that time, as a rookie host, I stumbled upon words, mispronounced people's names, or had technical difficulties which made me look like a fool on stage, needless to say it still makes me feel nervous in a way. However, in contrast to my expectations I actually pulled through the presentation with minor errors along the way. Overall, it was a pretty successful presentation. But this wouldn't have succeeded if everyone hadn't worked hard that day.

The whole presentation encompasses students from all



three classes of Form 4, and for many, this was their first time going on stage holding a mic presenting to hundreds of students and dozens of teachers. It was nerve-wracking to say the least, and scarier when our practice sessions consisted of only 3 to 4 times. I can vividly recall that during our first practice, some people would just ghost us, a few students would arrive late due to extracurricular activities, detention, or simply forgot to come at all, sometimes we forgot to take into account for vital things such as who would switch the slides for the PPT, it was decided I would do it right after hosting, so I needed to jump in and out with impeccable timing during intervals.

The practice session was long, but it was worth it at the end of the day, the presenters were using their own PPT or ones made by our teacher in charge. We did everything we could. Most of us were fluent in our respective roles, for instance, I fixed my script to make it easier to understand, my classmates also deleted unnecessary words and examples and one of our teachers also volunteered to switch slides on the PPT, and so we went on stage and presented our topic. Although, the ending was a bit off track, but the overall presentation went great. It was a very interesting and fun experience for me, and I think I can say the same for my classmates.

English Highlights

4C Julie Xiao Jiayi

In December our school held a presentation about Australia in the English morning assembly for Form 4 class. I was honoured to be part of a group representing the 4C class with my good friend April. I would like to share about my experience working on this presentation.

Firstly, my good friend April and I split the job. I introduced the topic, we were in charge of Australian culture and she introduced Aboriginal. It was my turn to talk about the language of Aboriginal. Finally, she introduced the boomerang. We divided our work and searched for information on the Internet, and organised the information together, and at last set suitable time to practice.

Our group was the last group to give the presentation. When I saw the crowd, I was holding the microphone and feeling very nervous. Then, I took a deep breath to calm myself down. Finally,

the entire presentation had come to an end.

In my opinion, I have learned a lot from this presentation. For example, while preparing with my friend April, I learned the importance of teamwork. We can encourage each other and help each other with their shortcomings. Apart from that, when we got on stage, I overcame my nervousness, exercised my guts, and increased my self-confidence.

Last but not least, I would like to express my sincere thanks to school and teachers for giving me this precious opportunity. I would also like to thank to my good friend April, who helped me a lot during the preparation of this presentation. I hope that all schoolmates can seize the opportunity to prove themselves, no matter what the result is, there will always be gains.



4C April Yeung Sze Ki

When I heard we had to give a presentation about Australia to the whole school. I was little nervous at first because I had to give a speech in front of so many people. Adding on, I had to prepare the speech all by myself. During the preparation process, my partner Julie and I learned a lot of interesting things about Australian

culture. We also encouraged each other. At last, the final report also went well.

This experience gave me the courage to fully acquire the ability to express myself. I think it's a valuable experience for me. I hope that our school can continue to organize similar activities in the future so that we can have more opportunities to learn English and improve our skills.



English Enhancement Class

The DSE English Speaking Preparation Workshop for S4 was held on Saturdays. The purpose of this activity was to provide extra training to our students for Paper 4 which cover ten percent of their overall DSE English grade. Students were taught acing the paper with important techniques for instance “Elaborating on their ideas”, “Asking for specific responses” and “Inviting others to speak” .

This speaking practice also allowed students to further familiarize themselves with the procedures of the speaking exam, and to improve their speaking skills with group-mates of different English language proficiency. Students were all given ten minutes to prepare notes on the topic and then given another eight minutes to discuss the question, just like in the HKDSE.

Apart from that, Part B Individual Response test student’s ability to improvise. They were taught to use the helpful formula to make sure they weren’t missing anything: stance + reasons + examples / evidence / experience + details. Students were encouraged to link their own experience to the questions and look at different angles and consider the issue from different perspectives. All in all, the workshop was a great opportunity for all participants to practice their group discussion skills in an authentic and timed environment.



Before this English class, I never wanted to speak in English because I lacked confidence and afraid to make mistakes. But now I felt the more you practice, the easier it will be to speak English with

others. Gradually, I feel speaking English is not actually so difficult. My teacher encouraged me to do my best and advised me to express my point of views using simple, casual English during the discussion.

All my group members have also made me feel at ease during discussion. I could boldly say what I felt during the activity. Besides, learning to express my own thought, I also learnt how to cooperate with classmates to finish the topic. This English class taught us to become more familiar with the types of questions and techniques. Now in our spare time we will talk in English and use some new words in our conversation. I felt I have improved my English so much.

All in all, I would like to thanks our school for providing this English class for us. It was an engaging experience. I hope I can join similar class again and further expand my knowledge in English language.

I have an unforgettable teacher, she teaches me and my classmates English every Saturday. I am grateful for her. She taught us plenty of English vocabulary, she makes us smarter. Undoubtedly, I feel that she is a good teacher.



The school provided us the opportunity to learn English, so I felt joyful. Although I thought it was boring, but I did study hard. We sometimes have dictations on words such as 'eye-opening', 'precious', 'spectacular' and so on. If you don't do well, you will have to recopy the words several times. I believe as long as you study hard, you will get high marks.

Moreover, she also taught us on how to write articles which include, the introduction, body paragraphs and conclusion. She was explaining to us that there were some words with the same meaning, for example, 'online shopping and 'buying online' had the same meaning. Pros, advantages and benefits also had the same meaning.



In my leisure time, I enjoy spending time with my family and friends, but during that time I also enjoyed studying English, as it makes me smarter. Another advantage of studying English is that it helps us save time. During our leisure time, we can also review what the teacher taught us. We should study hard because English is very important to us.



It was a precious thing for having free Saturday classes. I cherished the learning opportunity provided by our school and did make the best use of the time in class to lay a good foundation. I will advise our schoolmates to devote more time in English. All in all, I'm grateful to the teacher for her hard work and gratitude for her teaching. I will study hard for English.

三十周年校慶典禮

2022年5月21日是齋色園主辦可藝中學三十周年校慶典禮，當日嘉賓雲集，氣氛熱鬧。是次典禮承蒙主禮嘉賓時任教育局副局長蔡若蓮博士太平紳士、齋色園主席馬澤華先生, MH, CstJ、齋色園副主席兼教育委員會主席陳燦輝先生、齋色園董事兼教育委員會副主席陳拾壹先生、齋色園教育委員會顧問陳志球先生及齋色園副主席兼可藝中學校監余君慶先生，聯同各界友好撥冗出席，一同見證本校重要的里程碑。



時任教育局副局長
蔡若蓮博士 JP



齋色園主席馬澤華先生, MH, CstJ



齋色園副主席兼可藝中學校監余君慶先生





優秀的教學團隊



蔡副局長體驗沉浸式虛擬實境空間



蔡副局長參觀未來教室



嗇色園主辦可藝中學三十周年校慶典禮

The 30th Anniversary Ceremony of Ho Ngai College (Sponsored by Sik Sik Yuen)



無煙跑服日

活動篇



藍果麗藝術體驗活動



學生會活動

母親節



社際羽毛球比賽



紅社羽毛球



藍社羽毛球



綠社羽毛球



黃社羽毛球

班際魔力橋



粽是有情活動



班際五人6足比賽



三十周年校慶 硬筆書法比賽

為慶祝我校三十周年，弘揚中文書法藝術，推動中華文化，培養同學寫字的興趣，中文科及學生會特意舉辦是次硬筆書法比賽，並以三十周年標語創作比賽獲獎作品為比賽材料。感謝各位中文科老師為是次硬筆書法比賽評審，結果如下：

初中組 (中一至中三級)

冠軍：3B 邱鈺怡 **亞軍：**2C 曹綺鈴 **季軍：**2B 孫慧怡
優異 (4名)：1B 王心燁 1C 鄧頌馨 2C 馮頌恩 3A 馮佩兒

高中組 (中四至中五級)

冠軍：4A 蔡志煌 **亞軍：**5C 鍾 玉 **季軍：**5A 李梓清
優異 (4名)：4A 房穎盈 4C 楊思琪 5A 麥慧儀 4C 肖嘉怡

恭喜以上獲獎同學。同學積極參與，而且有超水準的表現，感謝大家對活動支持。



中文科及學生會主辦
三十周年校慶硬筆書法比賽
姓名：蔡志煌 班別：4A (中)

原文：
可藝創枝三十載，
勸善普濟發光彩。
教澤浩瀚情長存，
育才興學創未來。

三十字 每字一橫劃 (10分)

可	藝	創	枝	三	十	載
勸	善	普	濟	發	光	彩
教	澤	浩	瀚	情	長	存
育	才	興	學	創	未	來

冠軍：4A 蔡志煌

中國語文科一

第七十三屆香港學校朗誦節

為了讓學生提升朗誦的技巧，學習及欣賞文學作品中的哲學和美學。今年本校同學在中文朗誦取得優異的成績，得獎名單如下：

優良獎狀

1A29 鄭瑗灝	2C11 李卓文	2C25 余安妮	4C03 陳澌錡
4C05 周琬靜	4C10 柳曉茵	4C17 布詠棋	4C18 鄧倩澄
4C21 楊思琪	4C22 余加欣	5B17 楊逸鴻	

良好獎狀

1A06 曹保揚	1A08 馮芷彥	1A12 李凱鋒	1A14 李慧榆
1A16 文秀慧	1A22 吳羽澄	2C09 官俊希	4C04 張卓傑
4C08 江家樂	4C09 林駿宇	4C12 梁子希	4C23 張莉淇
5B05 孔繁蘇	5B11 彭泓竣	5B15 黃健朗	



職業特工小記者比賽



為了讓學生了解不同行業的特質及工作時的苦與樂，升學及就業輔導組、外務組及中文科，在早前舉辦了名為「職業特工小記者比賽」。中一至中二學生於是次比賽以小記者的身份訪問父母或親友，了解他們的工作特點，特別是工作時的苦與樂，然後撰寫一篇文章。



得獎名單：

名次 班別	冠軍	亞軍	季軍
班別	吳家諾	陳希嵐	蕭學勤
1B	王心燁	葉悠翔	彭天朗
1C	王子文	鄧頌馨	邱俊鉅
2A	鄭柱健	林茂錦	莊銘生
2B	潘興文	梁偉樂	曾俊維
2C	黃曉鈞	吳智斌	梁穎桐

各班第一名文章：



歐家諾 1A(20)

受訪對象：爸爸**從事工作名稱：廚師**

我的爸爸做廚師做了三十多年了，他每天都會煮一些食物給客人品嚐食物的味道，有些人會覺得好味，有些人覺得還可以，還有些人覺得很差。

我的爸爸每次上班前都會訂購很多食材來應付不同的客人，他有時還會忘記購買食材，導致他需要匆忙前往街市去購買食村，令到他無法準時上班。

他平時會因為顧着和別人聊天，令到他把食物煮糊了，之後他便要快速地重生煮過一份，幸好有些客人願意等久一點，但是有一些客人不是很好溝通，所以他很多時會被顧客罵。

他在休息的時候，能夠和朋友一邊吃飯，一邊在工作上遇到困難的事情和朋友說，並問他不同的解決的方法，吃完飯後，他會和老闆說今天的收入和支出。我感失望，因為原來我的爸爸工作時是很辛苦的，他每天都要在溫度很高的廚房工作，他休息的時間都只有三十分鐘，還有時候被顧客罵，下班的時候都很夜，我今天問他才知道原來他的工作那麼辛苦。



王心燁 1B (25)

受訪對象：媽媽**從事工作名稱：保安**

我的訪問對象是我的媽媽，是她一直撫養我到現在，雖然說她的經濟能力不足，但她一直都想把最好的給我，她會用盡一切方法來滿足我的慾望。

我媽媽的工作是保安，別看這聽起來很低等，保安其實是屬於保衛治安的一種，主要的工作還是防火、防盜以及責任區域內的人身安全，這使我覺得非常正義，因而我從不覺得丟臉。

雖然說只是一個小小的職位，但也是會有工作的苦，當然，每份工作都有各樣的苦。我每天早上醒來，旁邊都是冷冷的被子，她平時都很夜才歸家，簡稱早出晚歸，無論她多晚入睡，都要凌晨六點醒來。

在保安崗位工作、幫助街坊，會接觸到人是必然的，因而可以有更多人際關係和朋友。保安這份工作輕鬆也是必然的，輕鬆就會給人帶來愉悅的心情。

保安就是正義的一種，而我的母親肯去堅持做一份正義的工作，這就代表了她是個正義又正面的人，我替她高興也以她的正義為榮耀！



受訪對象：盧嫻妤

從事工作名稱：老師

近年教育事業，發展迅速，教育市場呈現良好的增長態勢，而學校作為教育的基礎，隨着時代的變化不斷高質量化，這些都顯而易見。

近年來教育的興趣，帶動了不少教育行業例如：私教、補習老師等，讓教育行業更加競爭，教師也是其中的一員，他們是教育的基礎棟梁，學校中堅力量。不論在哪都不可缺的人。

香港某中學老師，盧老師表示學校所有作業都需在教源室批改及需教師自己提前觀看並製作教學等等，導致時間顯得十分不足，有時甚至連廁所都未能上。

教師是了解接觸到小朋友的人，他們在教書也同樣在經歷校園生活，與學生互動，在工作中結實朋友。

教師是偉大的，他們將自身的時間及心血灌入到年輕一輩上，他們奉出了自己的生命投身在育人上，他們的行為讓我深受感動，這裏我借用一句話「為生民立命，為往聖繼絕學，為萬世開太平。」



受訪對象：表哥

從事工作名稱：街頭唱歌的歌手

我的表哥是一個開心快樂開朗的男人，也是一個歌手，其實表哥他唱得很不錯，但大家聽的時候都很想笑，但表哥也不在乎。

我表哥做的是一個在街頭唱歌的歌手，因為表哥和媽媽一起住，所以經常在荃灣的各處大街上都能聽到他的歌聲，街頭唱歌的工作，顧名思義，就是一個在街頭上唱歌的歌手。

作為街頭唱歌的歌手，表哥說這樣站這很累，有時，得來不易的金錢也有可能被大風捲走，這樣他很苦很累，嗓子唱久了也會唱啞，也很累很苦！

工作的樂，他說有時當唱完一首歌時，停下來時，觀眾會鼓掌，聽到觀眾內心的讚賞，他會感覺自己的付出有得到回報，有時他收到觀眾的金錢時，也很開心！

我覺得表哥真的很辛苦，要站着，要唱着，特別累！也由衷的對他敬佩，尊重。我尊重所有勇敢的為夢想而努力拼搏的人，我敬佩歷經追逐夢想的苦難，依然能繼續拼搏的人，表哥你是一個勇敢的人！



潘興文 2B(19)

受訪對象：媽媽**從事工作的名稱：家庭主婦**

今天我要為大家介紹我家庭中付出最大的一個人，這個人就是我的媽媽，雖然她沒有工作，但她每天都很累。

媽媽是一個家庭主婦，在人們眼中，家庭主婦是無所事事，在家中很享受，其實她每天都要做家務、做飯等。也會很累，他們還要伺候丈夫和子女。

他每天做家務時要彎下腰，持續做家務就持續彎腰，所以腰會很痛。明明沒人監督她，但她會義無反顧的去做，其實她可以不做，但是為了我們回家後更加舒適，她還是去做。

在媽媽眼中，做家務沒有苦與樂，她覺得這是她應該做，她不因累而嫌棄，而是越做越勁，因為一想到我們就會很快樂，所以會不覺得累。

我平時看到媽媽那麼勤力地做家務，我也會心痛，我會倒杯水給她，讓他休息，令她不用那麼累，然後再幫媽媽將其餘剩下的家務做好。



黃曉鈞 2C(22)

受訪對象：朋友**從事工作的名稱：消防員**

在眾多職業當中，我覺得一份職很高尚，很值得我們致敬的。

這份工作就是消防員，從投考開始每一位準消防員要經過訓練、學習和不斷重複的模擬練習，才可以正式成為一位真正的消防員。

消防員和我們一樣都是一個普通人，但他們所要肩負的使命是何等沉重，每當有火警發生的時候要冒著生命危險拯救火場裏的市民，有些消防員甚至因此而喪命。

每次當有火災或車禍現場，消防員都需要用最快的速度拯救每一位市民的生命，也因為他們拯救了無數家庭，讓很多市民不跟於痛失家人。

我覺得消防員真的很讓人敬佩，雖然就是他們的職責，但是他們也有家人的，他們冒著生命危險拯救了很多人，但他們有的會為此受傷，變成殘疾，更重要的事失去生命，這份工作真的是很偉大。

視藝科

— 2021 年防火安全海報設計比賽

本校視覺藝術科參加了由屯門區防火委員會，屯門民政事務處舉辦2021年防火安全海報設計比賽，表現卓越，5C 楊文東同學榮獲中學組金獎，而5A 彭樂瑤同學和黃寶雯同學、5C 羅彩同學就獲得優異獎，值得表揚。主辦單位特意把文東同學作品印製成文件夾。



校園守護者

—— 校工

前言：

在我們的校園裏，有一群默默付出的人。他們為校園乾淨整潔的環境付出，為操心大意的同學們找回失物，一直在我們的周圍為我們做好一切後勤工作，我們稱之為——校園守護者。

黃敬輝老師：

黃老師是學校總務組的組長，因此對校園守護者的工作與架構最了解和熟悉。黃老師指出我校的校園守護者共有八位。分別是紅姐、芬姐、彩姐和姿姐四位女工，以及林叔、忠叔、勝叔和坤叔四位男工。

那麼大家是否知道他們所出沒的地方都在哪裡呢？紅姐是守護者的「老大」，每天都能看見她到處走，身形比較豐滿，看著很兇，卻很隨性。而常在家政室忙碌的則是芬姐。至於在五樓的彩姐由於大部分時間都出外工作，因此很少同學見過這位神秘的守衛者。最後，在圖書館與教員室出入的便是姿姐。相信大家也曾見過一位校工經常在魚缸的位置餵魚，他便是忠叔，還有在工場及體育室的勝叔和禮堂的林叔，以及負責維修的坤叔。但其實只要哪裡需要他們，他們便出現在哪裡，並不是只固定在一個地方。

他們的工作也不少，例如油印筆記及試卷、禮堂有集會的話需要佈置好椅子、外出送文件出去和當有學生身體不適需要救護車去醫院時，都是由工友陪同前往。除了八位校工，放學後還會看到兩個外判的校工，外判即是透過清潔公司請的，而校內的是穿着綠色校內工恤。課室交由外判公司清潔，而特別室例如校務處、教員室、工場等等都是交由校內工友的去清潔。而成為守衛者之一的必要條件之一就是需要有合作性。在大多數的情況下，守衛者並不是獨自戰鬥，有很多時候都需要合作，例如有大型活動需要搬盪球架，一兩個人是無法完成的，需要三四個人一起去做。

校園守護者所守護的不只是校園，也是學生學習的環境。

紅姐：

紅姐在我校已經工作了接近六年，是校園守護者的「隊長」。原來由朋友介紹的她以為成為校園守護者十分簡單，而當她真正成為了其中的一員，才發現並不是想像中的簡單。有時候突如其來的工作會讓校工們措手不及，沒有人有空，處理起來也會比較吃力。

而對她來說最開心的莫過於與其他的守護者相處的開心和融洽，尤其在休息的時候，一群人在一起聊天，一起休息，休息完又繼續工作，十分有趣。



左起：紅姐、忠叔、勝叔及蘭姐（已退休）

芬姐：

芬姐亦是守護者一員，雖然芬姐在我校已經工作三年之久，但卻仍只是守護者中的「新人」。可能大家會覺得校工是一份簡單的工作，但其實不然。在這看似簡單的工作背後，所需的要求亦十分高。芬姐指出其中三點：首先，需要具備最基本的清潔常識。其次是具備愛心、同情心及同理心。第三點尤為重要，是要有團體精神。那麼在學校裏芬姐遇到過最開心的事情是什麼呢？有一次，有同學在芬姐工作時向她打招呼，而正是這一個小小的舉動卻讓芬姐開心了很久。原來只是一個十分平常的打招呼就足以令我們的守衛者們倍感滿足及開心，所以芬姐也希望同學生們在遇到他們時可以禮貌地打個招呼，讓他們開心。



他們不僅是我們的校園守護者，更是校園的父母，一直精心照料校園，給同學們一個健康衛生乾淨整潔的校園生活，讓我們可以在舒適的環境裏學習。這就是我們的校園守護者——校工。



中六領袖生榮休活動

中六領袖生榮休活動今年仍受疫情影響，因而不能像往年開歡送會吃東西。不過，仍有一些活動是可以舉行的，例如一些小遊戲、抽獎等。在玩了踩氣球的遊戲以及抽獎過後，每位參與的領袖生都拿到了獎品零食。最後，我們也祝中六的學長學姐們前程似錦。



姚德成

老師退休感言

2021-2022 學年很快便完結了，你知道陪伴在我們身邊的姚老師將退休了嗎？今次特別採訪了姚老師，讓我們看看他的故事吧！

姚德成老師在本校任職 28 年之久，教導的學生也可想而知的多，對他來說每位學生都是非常難忘的，對於他來講如果有學生因為他而有好的變化是非常開心的事。



姚老師認為退休只不過是換了一種生活的方式，退休後他會在空閒時爬山、踩單車、練習瑜珈、太極和刀法。跟大家說個塵封已久的秘密，姚老師曾在實踐刀法中獲得兩次香港冠軍！

當然，姚老師對退休生活也是有期望的，他希望在退休生活中學會日文，更加了解英文，並且玩一些新事物，例如獨木舟，健身，他也會嘗試練習樂器，平時也會專研幾本以往很想讀通的書。

同時，他希望在疫情後去看望遠在他鄉的子女，他也覺得退休，是在給自己時間去享受生活。正所謂「百尺竿頭 更進一步」，他希望可藝中學越來越好，並且希望自己可以參與可藝 60 週年的慶典的！



老師推介的電影

電影是我們閒暇之餘與家人好友一起放鬆心情的活動，但也不僅此而已。電影故事中的內容或對白也會改變我們對世界的價值觀或對自己未來有更好的規劃。

張美恩老師

她分享的電影是一部於 2016 年上映的勵志故事《飛躍奇蹟》。

大致是說一位男孩，他的夢想是成為一名出色的運動員，但偏偏上天跟他開了一個玩笑。在小時位他的腳受過傷，醫生告知他應該不能再進行運動了，但是他並沒有因此而放棄夢想，最後他找到一個合適自己的奧運項目跳台滑雪，也在這舞台上發光發熱。

這個故事告訴我們，有夢想就要努力追尋，不要因為挫折而放棄，就算結果不如預期也不是什麼壞事，最少你有嘗試過，我們應該享受努力的過程，有付出總有回報。



黎寶珊老師

她推薦的電影是《阿甘正傳》。

電影講述 50 年代美國作為故事背景，電影主角名叫阿甘，他兒時因天生的缺陷被同學欺凌。一天，他從惡霸的手中逃脫時，腿部的支架斷開，發現自己可以跑得很快。日後也在高中加入了美式足球隊，並獲得大學獎學金的勵志故事。

這部電影是正在摸索什麼職業適合自己的黎老師，讓她決定了自己想要做甚麼工作，更啟發到她人生不一定要一帆風順，才能擁有偉大的成就。

黎老師認為這部電影想告訴我們「天生我才必有用」的道理，透過這電影更讓黎老師明

白只要保持堅定的意志與恆心，以正面積極去面對困難，必定會有奇蹟，甚至改變人生。



譚志偉老師

我最歡英雄類型的電影。特別是 MARVEL 的電影。

畢竟身為男生更容易被這些吸引，加上在整個科幻世界裏通常也有一股熱潮，就是不同的電影主角會聯繫同一個世界觀，簡單來說就是這部電影的角色所發生的事會影響那個角色之後的走向，這就是為什麼近兩年科幻片和英雄片之類比較吸引到我的地方。

而在最近觀看的此類型中我最印象的電影是《蜘蛛俠》，因為它承接了許多再其他英雄片劇情中的一些劇情，而那套《蜘蛛俠》帶出了一個新的概念並帶進了英雄聯宇宙裏面，內容就是說有不同的 Multi universe 或者甚至會去有一些叫做同一個角色都可以有不同的 warrior，就是說一個變異，例如說蜘蛛俠可以有幾個蜘蛛俠這樣，就是類似一個平行宇宙的概念，我想這個電影是一個里程碑，我覺得對之後的英雄應該會有不少影響。

除了英雄片之外，我近期也看過其他電影例如《梅艷芳》，就是見到一個明星或一個很光輝正在處於人生的高峰的底下都可以突然之間墮落了的故事，我認為就要知道其實身邊的所有事物都不是必然的，可能現在你擁有很多東西，但可能在很短暫的時間之內你的身體或者你身邊的人的身體，其實都可能令你隨時失去身邊的某些事物，所以我認為是要珍惜現在擁有的東西。



符澤廣老師

符老師最喜歡的電影類型是動作片。

而他最有印象的電影就是李小龍主演的唐山大兄，該片講述了在曼谷一家制冰廠工作的華人青年鄭潮安，經歷過多年的冤冤相報之後，領悟了人生，誓言不再與人打鬥，對別人的多次羞辱都忍耐下來，但當他發現這個製冰廠實質上是掩護壞人進行非法勾當的處所，且他人的逼迫到了無可忍受的地步，於是重施拳腳，與壞人展開大戰的故事。

給符老師人生最大啟發或者反思的電影也一樣是唐山大兄，這是李小龍在美國鬱鬱不得志而立志之後回港拍的第一部大電影，這也令他一炮而紅，瘋魔全球。李小龍的精神告訴我們一時的不得志並不重要，重要的是永遠不要放棄。



黃麗盈老師

我最喜歡科幻劇情類型。比如《her》這一套電影。

因為現在世界變化得很快，我認為如今科技的發展與創新令我們窺探到未來是怎樣。例如這套電影，男主角和一個人工智能之間的愛情或一段關係。這一類型的科幻電影，是一種對未來的想像或者是期望，但我會覺得這種劇情和將來總有關係，我又認為看這個類型的電影可以幫助我們反思人類和科技中的關係。

我最有印象的一套電影是《The Secret Life of Walter Mitty》內容主要是講述主角 Walter Mitty 經常發白日夢。有很多想像，但是現實生活中也是一個很普通平凡的人。一生忙忙碌碌地上班，日常生活中沒有特別的興趣亦都沒有很能夠引以為做的事情。但是故事講述他因為工作上的一件意外，就令他鼓起勇氣做一些從來都沒有

想過自己有膽量做的事，其實他就是在這段期間不斷挑戰自己，打破自我。我認為單從這個故事去看這個故事非常能夠打動人心。另外配樂處理方面也做得非常出色，所以我也認為不是很喜歡看劇情片的人也會很享受影像設計。

電影有很多，每套電影都有自己的主題，但是我認為每一套電影讓我們更了解自己，我們可以投入到角色內去感受以及反思人生和人際關係上的處理方式，很多電影都是鼓勵自己去追尋夢想或者是去做一些從來都沒有預計過自己會去做的事。很老土地說一句很多電影都是鼓勵人們不要停留在舒適圈內，我就認為這兩點是很多電影都想傳遞的訊息。





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