



# 中華傳道會劉永生中學

## CNEC Lau Wing Sang Secondary School



# 校訊

Vol 39 | 四月 2020

## 校長老師化身網絡主播 適時實行網上直播教學

傳媒報導：網上教學（星島日報 2020年02月05日）

Online Learning



因新冠肺炎爆發，全港學校停課至今已兩個月多。早於2月初，林達豪校長因擔心停課影響中六學生的「備戰」心情，故決定親身上陣，與中文科曾志聰老師合作舉行網上直播教學，與中六學生重溫指定篇章的文言文內容，並通過互動遊戲及實時留言功能，讓學生回應及提問，從而加強學生的學習興趣，希望能為他們補課之餘，亦能提昇學生的士氣。

面對復課日一再延期，校方在2月下旬開始進行全校性網上實時教學。老師利用網上視像會議型式授課，藉此增加與學生直接溝通的機會，加強互動性。林校長亦舉辦「校長STEM教室」，並邀得本校星級教學顧問：城大教授張澤松博士一同探討「人工智能」課題。

為關顧學生需要，校方亦會向有困難的學生提供電腦借用及技術支援服務，讓全校學生都能參與網上直播學習。

Digital Intelligence (DQ) are Global Standards for Digital Literacy, Skills, Readiness



Q EQ DQ



林校長與張教授談「人工智能」



其他相關內容，  
可參看星島港聞

## 曾志聰老師分享

KOL Approach

自從教育局第一次就新型肺炎宣佈停課，我就開始盤算如何利用網上教學維持學生的學習。我的信念是：在這個時代，學習可以是跨時空的。停課會是一個契機，為學習帶來新面貌。

醞釀具體做法的時候，我第一時間想起自己從前追看某一位實況主播的時光。於是，我開始按圖索驥，觀看各個教學短片自學直播，準備工夫接踵而來。我四出搜購所需要的設備，然後在各社交平台宣傳直播平台，再經歷過無數次失敗、再失敗的技術試驗……最後，一切準備就緒。

一句「聲音畫面有冇問題？」開始整段直播之路。本來一心只想暗自耕耘，幸得校長鼎力支持，不但找來傳媒報導，而且親力親為，與我合作教學。我使用網上直播平台，一來是學生所熟悉的平台，二來可以透過聊天室與學生互動。我知道很多同學未嘗試過這種學習模式，但我相信網上學習是帶領他們面向新時代的重要一步。

在此特別感謝幾位協助管理聊天室的中六同學。他們在百忙中抽空，自學聊天室指令，盡心盡力。不能或缺的是所有同工的支援和支持，再一次感謝校長夙夜憂勤、身先士卒。



# 二十週年校慶感恩崇拜

## 20<sup>th</sup> Anniversary Celebration

「感謝神，因祂有說不盡的恩賜！」（哥林多後書 九：15）

這經文正好總結了劉永生中學過去20年在神豐盛恩典中的經歷。

回應神的深恩厚愛，我們在2019年12月6日的二十週年校慶感恩崇拜中分享和獻祭，不斷數算主恩。

我們非常感激樓恩德牧師撥冗光臨，在感恩崇拜中證道，再一次提醒我們上帝給學校的使命是藉著辦學，將福音帶給年輕人和他們的家庭，使他們生命不再一樣。

今年我們有57位教職員在感恩崇拜中獲頒發長期服務獎，他們都是在學校服務了10年或以上的教職員，其中24位更是在學校服務達20年的。我們衷心感謝一眾在學校忠心服務的教職員。

感謝主，在上帝恩手的帶領和一眾教職員多年來的努力栽培下，學校實在結果纍纍。兩位校友黃永健實習傳道（2011年中七畢業生）和李宛澄老師（2009年中七畢業生）真摯感人的分享，見證了神藉著母校帶給他們的祝福，他們就是母校在神恩典中所結的果子，實在為他們活潑愛主的生命而感恩！

在精彩感人的校友分享後，是向上帝獻感恩祭的時候。首先由同學、老師、家長和校友代表同心築起獻祭的祭壇，再由各班代表把寫滿了各班同學的感恩心意和「感恩心」放上祭壇；「感恩心」兩側伸出的兩翼，象徵著一顆顆帶著翅膀的心。獻上有翅膀的心，代表著我們眾人的心意和感恩的心聲，化作禱告一一飛向上帝的懷抱裡面。接著由校監和校長帶領著主禮嘉賓、校董和嘉賓，同心一起用手上的火把「點燃」祭壇，他們代表學校獻上廿年來的感恩，在祭壇的火焰中我們以「獻呈上帝、賜福一世」來表達我們感恩的心聲獻呈到上帝，同時有七彩繽紛的彩帶降下，寓意上帝降下甘霖恩雨，賜下祝福予劉永生中學。

最後，由中華傳道會柴灣堂傳道和會友（亦是本校校友）帶領我們一同以讚美詩〈恩典太美麗〉來讚頌神恩。

二十週年校慶感恩崇拜就在40多位來賓及全校一眾師生見證下，在濃厚的感恩歡樂氣氛中完滿結束。

願將榮耀歸予至高神。



樓恩德牧師證道，再一次提醒我們學校的辦學使命



七彩繽紛的彩帶降下，寓意上帝降下甘霖恩雨，賜下祝福予劉永生中學



校友李宛澄老師感恩分享



校友黃永健實習傳道感恩分享



在祭壇的火焰中我們以「獻呈上帝、賜福一世」來表達我們感恩的心聲獻呈到上帝面前，上帝賜福予我們一生一世



合唱團獻唱The Lord bless you and keep you，由合唱團團長黃韻然同學指揮



學生、老師、家長和校友代表手持「祭壇木」及「感恩心」，準備築壇，獻感恩祭

本校星級顧問：

## 中大張立教授探訪本校

Honorary Consultant Prof. Zhang Li Visited LWS



香港中文大學機械與自動化工程學系副教授張立教授及其團隊蒞臨本校探訪，並了解學校如何推行STEAM教育及環境教育。期間，張教授探訪了中六視藝科課堂，了解STEAM如何融入各學科中。交流過程中，張教授送贈納米微型機械人模型予本校，並分享它如何應用在醫學工程。本校老師從中獲益良多，這有助啟發學生發揮不同領域的潛能。



## 香港中文大學工程學院李丹教授 為本校天台太陽能板進行剪綵儀式

Solar Panel Grand Opening Ceremony



本校參與環境局及機電工程署合辦的「探電學社：學校及非政府福利機構太陽能支援計劃」，太陽能項目於2020年1月13日進行開幕禮，並邀得香港中文大學工程學院李丹教授、香港電燈有限公司客戶業務發展主管梁偉堅先生及英國通用工程(香港)有限公司丘華安先生等一眾嘉賓出席，為校園天台的35塊太陽能板進行剪綵儀式。太陽能發電系統現接駁香港電燈有限公司電網，由港燈購買系統所產生的全部電力。

開幕禮期間，嘉賓與同學們交流，分享可再生能源發展的重要性及於工程基礎建設時所遇到的困難，同學獲益良多。



## 校長的話

# 熟能生巧 PRACTICE MAKES PERFECT



## 林達豪校長

農曆新年前，我自恃學過中國書法和國畫，大膽地向中文科老師提議為各位師生、家長寫揮春。第一天練字時，字體幼稚，見不得人。第二天再寫，發現毛筆要有足夠的墨汁才可以寫得像樣。到了第三天，我寫了將近一百張揮春後，字體已經改進了不少，終於可以靈活運用毛筆，有勇氣出席中文學會的中華文化活動。各位同學，練習令我們領悟熟能生巧 (Practice makes perfect) 的道理，我們自小一次又一次聽過了，但你會持續實踐嗎？

考試困難嗎？當然困難！品學俱進容易嗎？當然不容易！但積微成著的道理，你明白嗎？有一種教學法名叫「鷹架理論」(scaffolding)，就像架起竹棚，興建大廈般，萬丈高樓從地起，一步一步建構上去。數理如是，語文也如是。我們的老師努力進修，設計課堂，調適學習材料，試行適異性教學 (Differentiated Instruction, DI)。我們按學生的學習風格、能力和進度，分層教學、課業和評估 (Tiering)，目的是讓我們的學生逐步邁向學習目標，掌握學習內容。

**浩大的工程，只要分成細小部分，便不難完成。  
同樣，再大的困難，只要逐步完成，困難便能輕易解決。**

我也鼓勵同學和家長們，平日將一些「大目標」分拆成一個又一個的「小目標」。例如：每天閱讀英文圖書或字典半小時、每天溫習若干小時、每天做三十分鐘運動、與家人交流等，日積月累，你的目標或理想便可達到。假以時日，大器將成！

各位同學，凡事不能一步登天，一蹴而就。新一年，讓我們學習在學業和成長上，多些預備，積少成多，迎難而上！祝大家一步一步，理想達到！

**「懶惰人哪，你去察看螞蟻的動作就可得智慧。螞蟻沒有元帥，沒有官長，沒有君王，尚且在夏天預備食物，在收割時聚斂糧食……地上有四樣小物，卻甚聰明：螞蟻是無力之類，卻在夏天預備糧食。」**

(箴言 六: 6-8；三十: 24-25)

# 為中六同學打氣

## DSE Preparation



有維他命C，有咖啡

中學文憑試開考在即，中六同學早前回校領取准考證及口罩等物資。校方特別準備了兩袋試卷及升學資訊，更有飲品、小食及紙巾等，希望為中六同學打打氣。學校亦特地製作壁報板，提供海外升學的資料，以免同學錯過報名日期。另外，本校家教會及校友會捐贈了一些口罩給予有需要的同學，本校在此表示衷心的感謝。



因此學校都準備



除了紙巾咖啡



其他相關內容，可參看 NOW TV

# 中學STEM體驗課

## STEM Taster Programme



2019年11至12月，本校舉行中學體驗課，合共有四間東區小學，超過100位小六學生參加。其中在STEM課堂，大家一起「動手做」太陽能車，讓同學能親身感受中學多姿多采的校園生活。



小學生體驗製造小太陽能車



聖公會柴灣聖米迦勒小學參加同學合照



香港中國婦女會丘佐榮學校參加同學合照



中華基督教會基灣小學(愛蝶灣)參與同學合照

## 19-20年度學生會「Möbius」介紹

LWSSS Student Union 19-20 - Möbius



學生會Möbius文書

## ■ 吳狄朗(5C)

本校於十月四日舉行了學生會選舉，本閣Möbius勝出是次選舉，並於本年度為大家服務。我們承諾將會竭盡所能，做到最好。

以下是介紹Möbius 的內閣成員和其參選學生會的原因。

我們的主席是王菘蔚，她想挑戰和突破自己，同時為同學帶來更加美好的校園生活。另外，副主席羅子涵去年曾擔任學生會一職，明白自己有不夠的地方。他汲取了去年的經驗，再次成為學生會幹事，希望今年的表現可以更上一層樓。擔任司庫一職

的是蕭加熹，他希望藉此加深對財務管理和分配的認識。同時，透過秉持助人為樂的精神去服侍同學，點燃生命，委身服侍。

此外，總務何嘉詠希望充實同學的校園生活，為同學服務。藉着參加學生會提升各方面的能力，尤其領導才能等。擔任文書的吳狄朗希望突破自己，挑戰自己能做多少，也想為同學服務，在中學生涯留下印記。而擔任宣傳的伍愷逸也想挑戰自己極限，嘗試新職位，為同學服務，提升自己各方面的能力。任職活動的周麗怡想充實大家校園生活，令同學除了學習外，亦能有歡樂時光，留下美好的回憶。最後，擔任福利的蕭可婷想藉此機會服務校園，拉近老師和學生的距離，更加享受豐富的校園生活。

最後，本閣希望成為一個負責任的學生會，做得不足時會接受別人批評和建議，並在下一次活動更加小心謹慎，避免重複犯錯。我們會傾力把學生會的活動做到最好，在同學心中留下深刻的回憶和印象。



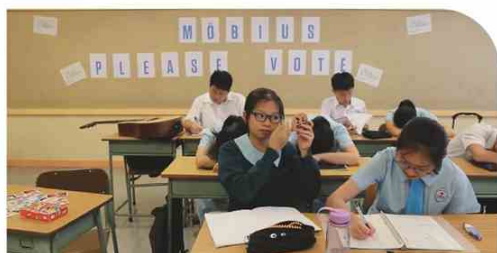
捐血日



投票日內閣在學校入口宣傳



投票日宣傳物品



宣傳片花絮



宣傳片花絮



學生會-Möbius  
介紹短片

# 「北京藝術文化探索之旅(戲劇)內地交流計畫」

Mainland Exchange Programme - an Exploration into the Arts and Culture in Beijing (2019/2020)



十名中二及中三級普通話比賽隊同學，於2019年4月10至13日，參加教育局舉辦的「北京藝術文化探索之旅(戲劇)內地交流計畫」，藉此認識北京藝術教育的發展，瞭解當地藝術文化的特色，及探討內地專修藝術學生的學習生活，從而思考國家發展帶來的機遇。同學的專題報告表現出色，於5月22日獲邀向學界其他學校匯報學習成果。以下是同學活動後的分享：

他學校匯報學習成果。以下是同學活動後的分享：

## ■ 江冰宇(4A)

我們去了中央戲劇學院和中國戲曲學院附中，瞭解了戲劇的意義和文化。以往我對戲劇的瞭解比較片面，參觀後我瞭解到他們平時要練一些基本功，然後還要練習對聲音的掌控。訓練是很煩躁的，但是他們每一次都會很認真地完成。這讓我感受到他們對藝術的追求。

## ■ 林芷瑩(3C)

戲曲學院附中的學生為我們示範了京劇的道具、樂器和特色等等，使我對京劇有更深一層的認識。另外，附中的老師還為我們演示京劇的服裝，並逐一介紹每種道具的用途。學生的表演十分精彩，我相信他們平時一定花了很多時間練習，正所謂「臺上一分鐘，台下十年功」，有付出，才会有收穫呢！

## ■ 伍詠恩(4C)

中國人的戲劇歷史源遠流長，由京劇到現今的電視劇，都是戲劇的一種。經過今次遊覽，令我加深了對中國戲劇的認識。學生的表演十分精彩，他們的成功必定是經過多番的努力才能做到。俗話說：「世上無難事，只怕有心人」，只要不放棄肯付出，我相信每個人都有成功的機會。

## ■ 李慧瑤(4A)

我們分別去了中國戲劇學院及中國戲曲學院附中體驗表演課堂。本以為背誦台詞是一件簡單的事，但參觀了中國戲劇學院的課堂後，我才明白原來簡簡單單的台詞，也需要技巧，學員必須每天練習發音吐字，打好基本功，等到表現的時候再把他們最完美的一面呈現給我們看。而在中國戲曲學院附中，我看到學員認真嫺熟的演出，他們每一個動作都十分優雅。在互動環節中，簡簡單單的幾個動作已經令我倍感吃力。可想而知，他們能有今天的功力，是平日勤苦練習的成果。



老師示範成果



恭王府



課堂體驗



國立藝術學院



## 喜訊！ 本校男子乒乓球隊勇奪冠軍！

CONGRATULATIONS!

Our Table Tennis Team (Boys) Got Championship

2019年12月23日，本校男子乒乓球隊勇奪2019-2020年校際乒乓球比賽甲組D 3港島區冠軍，特此恭賀。成員包括隊長樊諱諾、張子軒、周嘉豐、陳卓賢同學。

### ■ 樊諱諾(4B)

我覺得十分開心和感激，因為現在這個冠軍是經歷了三年的亞軍後得到的！我十分感激陳麗珠老師，她十分辛苦地和我們不斷實行特訓，令我們有一定的實力。而且我要感激林校長，他在校務繁多的情況下抽了一整天來看我們比賽，為我們全日打氣，如果沒有他們的支持，這個冠軍就不會這麼順利地取得。

### ■ 陳卓賢(5A)

我感到十分開心、激動，因為是第一次拿到冠軍！然而這次的抽籤結果是十分幸運，故在這次能夠有驚無險地拿取冠軍。其次，由於我們在比賽前經過了不少的特訓，加上我們積極的訓練態度，造成了今天的成果。「台上一分鐘，台下十年功」，幸好我們沒有膽怯，反而有勇氣地面對比賽，我最想感謝的人是隊友、陳麗珠老師、林校長和一直支持我們的人，因你們的支持，成為我們成功背後的動力。

### ■ 張子軒(5A)

我們在今次的學界比賽中，終於成功得到冠軍。我們日夜的練習，成就了我們的成功，我非常感激隊友、老師的支持和鼓勵，成就了今天的我。我在決賽的最後一場出戰，我當時非常緊張，但是當時得到隊友、林校長和老師的鼓勵後，士氣大增，以突破性的技術和力量壓倒對手勝出。我非常感謝背後的支持者。

### ■ 周嘉豐(5B)

我十分感動！與隊友練習多年，十年苦練，為的是贏得一個冠軍。一直期望升上第二區，但無奈以往每年都是亞軍，往往只差臨門一腳，最終在今年能與一同並肩作戰多年的隊友及老師奪得冠軍！我明白到場邊隊友的打氣是十分重要的，每當我比賽落後及垂頭喪氣時，場外的隊員依然為我落力打氣，給我很多信心和動力去咬緊牙關，奠定比賽的勝利及逆轉勝負。



林校長親自參與比賽



# 二十週年乒乓球校慶盃

20<sup>th</sup> Anniversary Inter-class Table Tennis Competition



本學年的班際乒乓球比賽於2019年11月25日至12月2日舉行，並於12月11日舉行了二十週年乒乓球校慶盃。本年度的比賽戰況非常熱烈，除了初、高中各班皆派代表出賽外，林校長更與老師組成星級老師隊，與同學一起參加二十週年乒乓球校慶盃比賽。

比賽當日，所有參賽者皆十分投入，而旁觀的同學也看得非常入神，還有師生互相打氣的感人場面，令整個校園充滿了活力和愛。而在二十週年乒乓球校慶盃比賽中，當林校長與其他參賽老師出場時，整個禮堂霎時響起一片歡呼聲和打氣聲。最後星級老師隊不負眾望奪得團體賽冠軍，為一連串的比赛畫上完美的句號。

再次感謝安排比賽的老師和同學，以及校長的投入參與，還有天父上帝二十年以來的保守帶領。

比賽結果如下：

初中組冠、亞、季軍：  
**3B、1D及3A**

高中組冠、亞、季、殿軍：  
**5B、4D、4B及5C**

二十週年乒乓球校慶盃冠、亞、季軍：  
**星級老師隊伍、3B及5B**



女同學與女老師之間的決鬥

同學既精彩又認真的比賽表現





**喜訊！** (2019年12月30日)

**古嘉翎(6C)勇奪全港學界精英羽毛球比賽  
女子組單打殿軍！**

**CONGRATULATIONS!**

6C Koo Ka Ling got Girls Singles Third Runner-up in All Hong Kong Schools  
Jing Ying Badminton Tournament 2019-2020

**張允恩同學(4A)獲取「葛量洪視覺藝術獎18-19」**

4A Cheung Wan Yan won the Grantham Visual Arts Award 2018-19



# 集體回憶 跳大繩比賽

Our Collective Memory – Rope Skipping Competition



班際跳大繩比賽於2019年9月18日至19日午膳時間舉行。比賽期間，同學們盡情投入，氣氛熱烈，林校長和老師們亦與學生同樂，留下美好回憶。最後，初中組冠軍由3B班贏得，高中組冠軍則由5A班贏得。



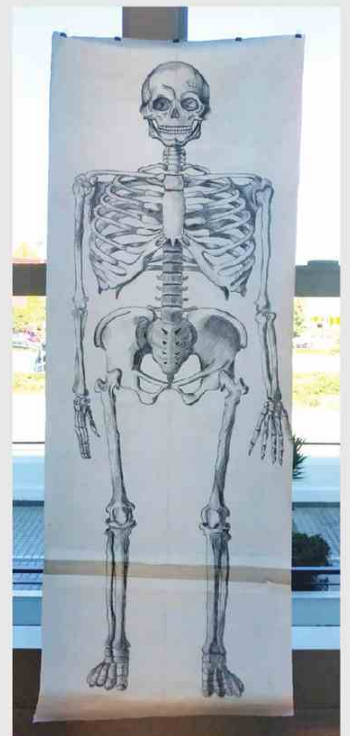
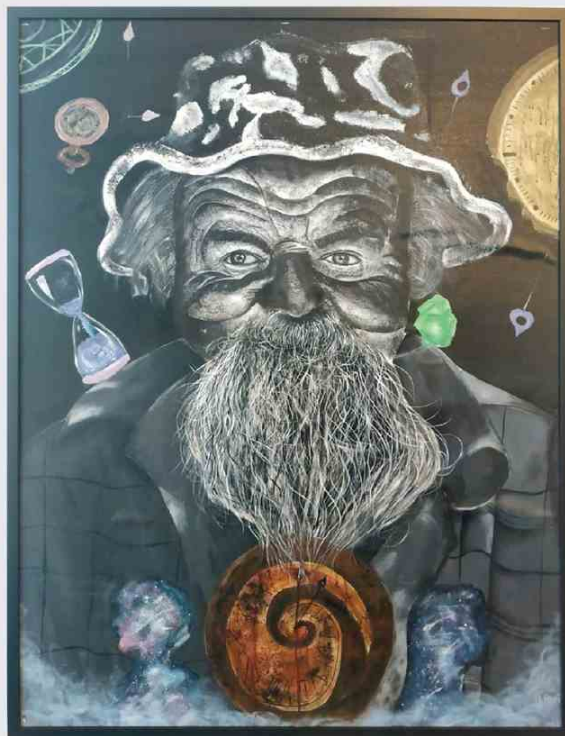
跳大繩比賽高中組冠軍5A



跳大繩比賽初級組冠軍 3B

本校4A張允恩同學成功獲取「葛量洪視覺藝術獎1819」初中組獎項，以下是她的分享：

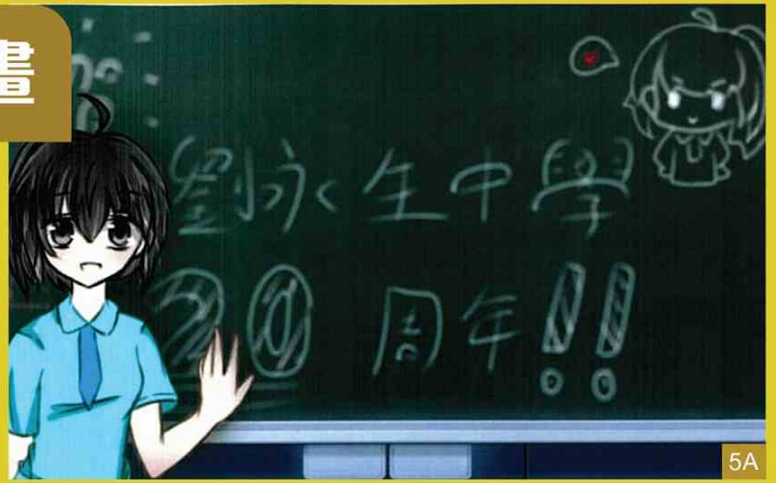
想當初，我完全沒想到會被老師挑選去參加這比賽，但更意想不到的，是能夠能勝出，並獲得8000元獎學金。雖然畫展已經結束，但我現在仍感到非常興奮！因為我從來沒想過自己會這樣的成就。我認為有今天的小成就，全都要把榮耀歸給上帝，因為是祂賜給我這個天賦和不放棄的精神。感謝主！



# 20週年校慶祝賀插畫



2A



5A



5B



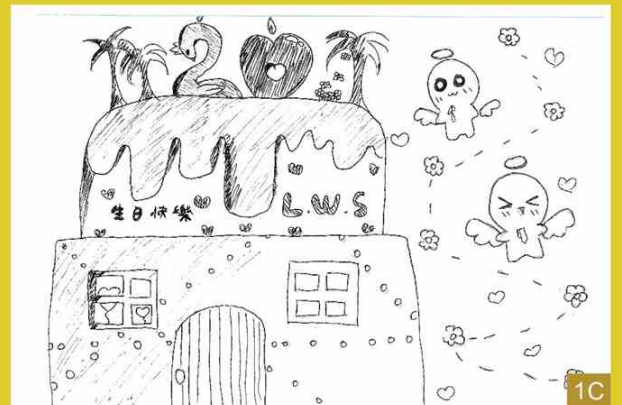
6C



2D



5C



1C



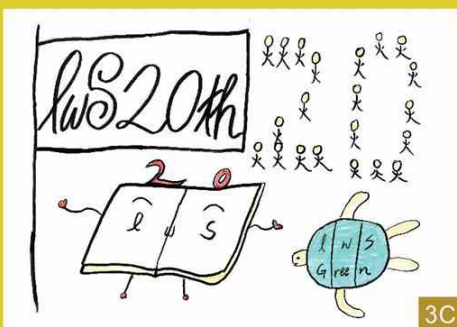
1A



6B



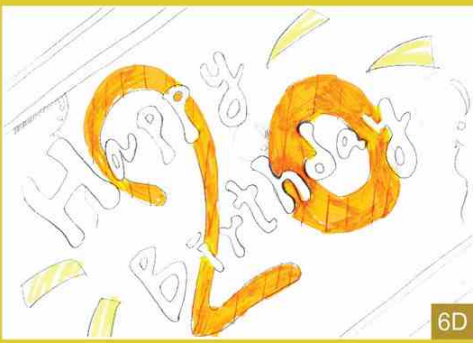
2C



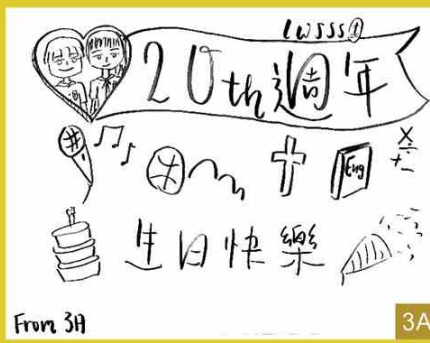
3C



3D



6D



From 3A

3A



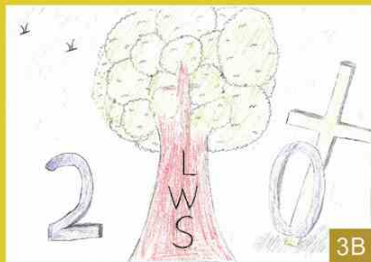
1B



4B



1D



3B



5D



4D



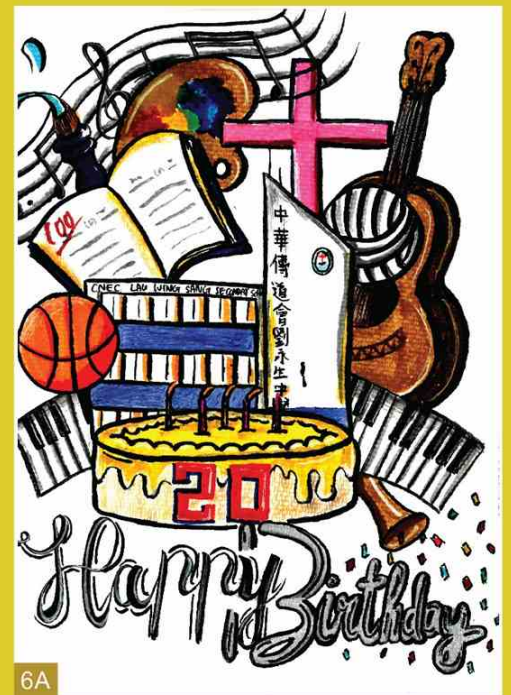
2B



4A



4C



6A



中華傳道會劉永生中學  
CNEC Lau Wing Sang Secondary School



# NEWSLETTER

Vol 39 | April 2020

## ROOFTOP SOLAR PANEL OPENING CEREMONY



It was the Grand Opening of our school's rooftop solar panels array on 13th January 2020. We were honoured to have Prof. Lee Tan of the Department of Electronic Engineering at CUHK; Mr. W.K. Leung, Head of Customer Business Development and Mr. John Lau, Customer Strategy Manager of HK Electric; and Mr Patwood Yau, Engineering Consultant of Gtech Services (Hong Kong) Limited, to be our guests of honour for the ribbon cutting ceremony.

The problem of global warming is becoming increasingly serious, and a large amount of exhaust gas is generated during the daily coal-fired power generation process, which aggravates the global warming problem. Solar energy, a renewable energy source, can help reduce the amount of exhaust gas emitted during power generation, which can help relieve the global warming problem and also raise students' awareness of environmental protection.

Our school attaches great importance to environmental protection. In order to reduce global warming, our school has participated in the Feed-in Tariff Scheme offered by HK Electric. We installed a solar photovoltaic system for generating electricity which connects to the HK Electric Power Grid. The 35 solar panels on the rooftop can generate approximately 10 kW of electricity throughout the year. HK Electric purchases all the electricity generated by the system at \$5/kWh.

by 5C Ng Di Long, Dixon and 5B Ng Hoi Yat, Brian

# ENVIRONMENTAL EDUCATION PROGRAMMES IN LAU WING SANG



## Visits

We organise regular outdoor visits for all our students at least twice a year. We visited a farm in Sheung Shui. We experienced farming activities led by professional farmers and they explained related concepts about the environment, such as sustainable development. We also visited a Wetland Park, where we saw different animals, including some endangered species. By observing animals, we learn about the habits and habitats of different animals and the factors causing animals to become endangered.



## Orchard

We grow mainly bananas, mangoes, papayas and guavas in the orchard. Every summer when the trees bear fruit, students are free to take fruits to share with their family and friends. CNEC Chai Wan Church can share the joy of the harvest together, too.



## Happy Farmers

Happy Farmers have farming activities every week. Organic farms are set up in the red brick playground. The fertilizers that they use are organic, such as self-fermented kitchen waste. Therefore, plants can grow healthily. The harvested crops, such as choy sum, corn, and tomatoes, are shared after harvest. Students can experience the joy of farming.

During this summer vacation (from 20<sup>th</sup> July to 5<sup>th</sup> August, 2019), twenty junior form students participated in a 17-day study tour to Melbourne, Australia. Our students enriched their learning experiences and widened their horizons.

Here are reflections by some of the students:



## ■ 2D Kelvin Kwan

I learnt many things during our Melbourne study tour. First, I learnt many useful Australian words like 'sundeck', 'sculpture' and others. In addition, I also learnt not to be afraid of speaking English, because I had to speak in English all the time when I was there. Although learning was a part of the study tour, the overall experience was also an indispensable part of the tour. My first unforgettable experience was going to the Skydeck. It is the highest tower in Melbourne and I could appreciate the beautiful view of Melbourne from up there. Another special experience for me was dropping my phone one day. I almost cried when I knew that I could not find my phone. I had to live without my phone for a night! Fortunately, I found my phone the next day. This was definitely a unique and inspiring experience for me.

## ■ 4C Kylie Chow

I went on a study trip to Melbourne during the last summer holiday. I had a lot of precious and cheerful experiences during the trip. First, we attended lessons in our school campus. At first, I thought the lessons would be boring. However, when I was participating in the lesson, I found that it was very different from what I imagined. The lesson was very interactive and interesting. The teacher granted us a lot of opportunities to practice our spoken English. We played a lot of games and made some new friends in the class. In the afternoon, we travelled around the city. We went to a variety of beautiful places including Southbank, the Skydeck and Victoria Markets. The most impressive experience on this trip was going along the Great Ocean Road. The air there was clean and the sea view was extremely stunning. At night, there were a lot of stars blinking in the sky too! I love Melbourne!

## ■ 4D Kathy Chan

This was the first time I went to Australia. I was excited and looked forward to this trip. During the trip, the most impressive day was the day when we went along the Great Ocean Road. I saw a lot of animals that I had never seen before, such as parrots and koalas.

Moreover, many unforgettable events happened during this trip. I remember that one day when I arrived at my school in Melbourne, I wanted to drink some water. However, I could not find my water bottle when I turned around and searched for it in my bag. I found that I had forgotten to bring my schoolbag to school. Oh no!!!

There are two members of my homestay family, Freddie and Jeanne. Both of them were very friendly and considerate. During the trip, they were constantly concerned about my roommate and me. I developed a strong bond with them both.

I felt very lucky that I could join this study tour. I learnt a lot and improved my English during this trip.





# RTHK Radio 3 TEEN TIME OPEN SPACE



Four students from Form Five were invited to take part in the radio program “Teen Time” at RTHK on 18<sup>th</sup> September. The topic they shared was “Stress”. Some of their reflections are shown below.

## ■ 5C Yuko Choi

It was definitely an awesome experience for me. I was really nervous when I stepped into the studio as it was the first time had I joined this kind of activity. The topic we discussed was “Stress” which is really suitable for senior students. I won’t forget this meaningful experience. It has changed me a lot. I couldn’t imagine I would be able to participate in an English radio program as I have a great fear of speaking English.

## ■ 5C Virgo Cheng

I couldn’t have imagined listening to my voice on an RTHK radio program. It was so much fun. I got a valuable chance to chat with a famous DJ who can speak extremely fluent English (She is actually a local!). I have learnt that if I keep on practicing my spoken English, I can be as fluent as her one day.



## ■ 5D Andrew Ng

Undoubtedly, it has been a unique experience for me to learn English. I have always worked very hard to pass the exams but I haven’t really enjoyed it. However, this activity allowed me to discover the joy of learning English in a different way. It motivated me a lot!

## ■ 5D Preston Law

I always have so much stress from school and my family. Believe me or not, after joining this activity, I felt relieved. I shared my personal experience about stress and how I overcame those obstacles. I hope that my experience can help those who are facing a familiar situation as mine.

# ENGLISH LANGUAGE ACROSS THE CURRICULUM (ELAC)

## S.1 INTER-CLASS SPELLING COMPETITION



### ■ 2C Au Yee Wing

#### Being an English Ambassador on Sports Day

I am an English ambassador, and our team needed to give English announcements on Sports Day. It was my first time, and I was not very confident and I felt quite nervous. I feared saying the wrong things or having the wrong pronunciation. However, Miss Hui supported and encouraged me to take small steps. I took the first step to try my best. I believe that I will do better and better in the future. After this broadcast, I learnt that there is always a first time for anything. If we are willing to keep trying, we will definitely become more skillful. I now understand why people say "practice makes perfect"! This was my first time to give English announcements, and I think I can progressively do better with more practice.

### ■ 1C Li Wai Tung

#### What an Unhappy Sports Day!

When I close my eyes, I can still remember some unforgettable moments on 29<sup>th</sup> October 2019. It was our school's Sports Day! It was held two weeks ago at Sui Sai wan Sports Ground on a sunny day. Although it was a happy day, I fell when I was running.

I had gone to the sports ground early with my friends, Joy, Jack and Peter. We all like sports and we play basketball after school. But on the Sports Day, I didn't win any events, because I was too nervous. I had taken a deep breath before my race, but I fell over at the start and twisted my ankle. I had forgotten to tie my shoelaces! I could not finish the race and so I felt very upset. I was on the verge of crying.

Afterwards, I needed to visit a doctor.

When I went to the hospital to see the doctor, I felt it was such a pity, as I thought I would have had a chance to be the winner of the gold medal. At the hospital I could only watch television. While I was there, my friends came to visit me. I felt great having a lot of friends there with me.

While I was sitting on the bed at the hospital, I thought to myself, 'Why did I fall down? Why didn't I tie my shoelaces?' I reflected a lot about that day. I realized that when I plan to do something, I need to be properly prepared. 'Chances will only be given to those who are ready.' Then I broke out in a cold sweat as I was worried about my ankle. 'Is it ok?' I asked the doctor. The doctor answered, 'Emm...it is broken. You will need four months to recover.' I was too stunned to react, but I couldn't do anything about it. Maybe it would get better sooner. I reminded myself to stay hopeful.

I still cannot forget the moment when I fell down in that race. Although I broke my ankle and missed the rest of the competition, I reflected that 'It is okay to fail.' We just have to get up again and try again. What an unforgettable day!



# ENGLISH CAFE KICKOFF and NON-WESTERN MOVIE



## Have you ever seen a Bollywood movie before?

Hello there!

My name is Mr. Savundra and I am one of the NETs at CNEC Lau Wing Sang Secondary School.

Have you ever seen a Bollywood movie before? Well, our English Café does not only show superhero movies! We aim to provide a diverse and multicultural approach to learning English. In fact, having studied French and Spanish (as well as a small amount of Mandarin!), I aim to encourage the idea of learning languages as a whole - not only English!

Earlier this year, we played Bareilly Ki Barfi in the English Café. You might be wondering what this movie is about. Set in the small town of Bareilly, Bitti is a free-spirited young girl who lives

life on her own terms and refuses to be pressured into getting married. Her life takes a shift when she meets two very interesting individuals, Chirag and Pritam. Understanding this story challenged our students in a different way, with both spoken Hindi and subtitled English used to test their linguistic mettle whilst immersing themselves in a very interesting and engaging plot.

We will continue to provide different means of learning English in a fun and engaging way and continue to reinforce the aim of promoting a love for languages as a whole, thus providing more pathways for our students as they develop useful life skills. Let's learn together in an innovative and immersive English environment. Come and join us!

## My reflection on the 'English Café Kickoff' on October 4<sup>th</sup> 2019

### ■ 2D Cheung Shun Yi

On October 4th, we had our first 'English Café Kickoff'. As I am one of the English Ambassadors, I was asked to help out by greeting students and distributing drinks and snacks! When I arrived at the English Café, I was tasked with putting portions of popcorn into cups and handing them out to students who read out quotes from movie posters around the room or answered quiz questions correctly. At first, I was doing a great job of greeting and distributing the snacks to the students one by one. But then, more and more students were coming into the English Café! I suddenly became rather nervous and anxious. I became very passive and I didn't dare speak to them. However, I really treasured the experience and everyone was enjoying themselves.

In the most recent event, the 'English Ticket Exchange Day', I was able to distribute the movie snacks on my own! I will definitely encourage more classmates to join next time.

### ■ 3B Ng Cheuk Yin

The English Café, where students can use English to communicate with one another, is my favourite place at school. It's a place where students can relax and unwind, so that's why I decided to become an English Ambassador.

On the 4th of October, our team of English Ambassadors hosted the 'English Café Kickoff', the first English themed event of this year. We played MCU movies at the English Café and we had MCU related activities as well, like the trivia quiz. At first, I thought that the students might be bored by that. However, it was quite the contrary. The students thoroughly enjoyed the MCU movies. As for our English Ambassador duties, we needed to share cups of popcorn and drinks to others while the students were watching movies. I felt gratified when they were enjoying themselves.

Aside from the English Café Kickoff, we also had work duties as English Ambassadors on Sports Day. Before Sports Day, we gathered again as we were tasked with making announcements to the students to join the track and field events using English. When I heard that I had this duty, I felt very scared. I thought about what might happen if I made mistakes. Would someone laugh at me? On Sports Day, I accepted my responsibility. When I was announcing in English, I was still so scared. However, I succeeded. I prevailed in spite of my fear. Furthermore, it was a good experience to learn more English.

All in all, I don't regret being an English Ambassador, as I have benefited a lot. I have made more new friends here as well. Besides, I can learn more English and I can 'kill two birds with one stone'. It's been a great experience so far!

## My First Day in Lau Wing Sang Secondary School



### 1A Chu Tsz Yin

2 September, 2019

Dear Diary,

Today was the start of my secondary school life. I couldn't sleep well last night because I was nervous about my new school life. Although I was very nervous, I was excited too! I was worried that there would be a lot of homework,

but I was also excited about the opening ceremony and meeting my new teachers and classmates.

Today, I got up very early and put on my new school uniform. I thought the uniform was beautiful! However, not everything went smoothly. I waited for the bus for a long time, but it still didn't come! I was worried about being late! Luckily, I arrived at school on time. The school was beautiful and bigger than my primary school! However, I couldn't find my classroom! Suddenly, a teacher with a lovely smile came up to me. She helped me to find

where my classroom, and I thanked her for her help!

After that, we went to the school hall and had the opening ceremony. Wow! The opening ceremony was brilliant! The teachers were humorous and made me laugh and laugh! The principal, Dr. Lam patiently explained some school rules and expectations. After that, we sang the school song. Although I didn't know how to sing, I thought the school song was beautiful.

Then, we returned to our classroom to play some games. The games were interesting and fun! I happily played games with my new classmates. My classmates were very nice and I made a lot of new friends! Before I met the teachers, I thought they were very serious and as fierce as tigers. However, they were as kind as lambs and they helped me a lot!

Time flew by, and I finished my first school day in Lau Wing Sang Secondary School. Today was an absolutely wonderful day! I love my secondary school. It was very different from my primary school. There were laboratories. There were a lot of events and activities too. What a great experience it was today! I will never forget this unforgettable day!

## The Unforgettable Sports Day



### 1C Lam Ho Lun

Two weeks ago, it was my first Sports Day of my secondary school life. I think this Sports Day was very unforgettable.

During the Sports Day, I joined two competitions – the 100m race and the shot-put competition. On the first day, I only had the 100m race. Before the race, we had the opening ceremony. My competition was not the first competition, so I

spent a lot of time eating fish balls. But I missed the meet-up time! I was very shocked and I didn't know what I should do. Luckily, my friend, Ben came along, just as I was thinking about giving up. He

took me to where I should go because we had both joined the 100m race. I felt very touched. He was my hero! I reflected that friends are very important.

On the second day, I joined the shot put event. Before I had the competition, I thought the ball was light but when I picked up the ball, it was heavy like an elephant.

At the closing ceremony, an alumna shared her story. She said that when she had once broken her finger, she did not give up. Finally, she recovered. This story helped me to learn that even though we may be in a predicament, we still should not give up.

This Sports Day stimulated me to learn many things, especially one sentence that is very meaningful... 'It is not because we see hope that we do not give up. We do not give up so that we can see hope.'

## I'm Sorry. I'm Just Helping.



### 2A YU HONG YIN

Last week, I had a really fun week. I got amazing grades on all my tests. I played with my precious friends. All was going great, but it all went downwards after school.

When I was merrily walking home, I came across a convenience store. I looked inside the bright store and was surprised to see that there was nobody there. It was pretty strange, as

convenience stores are usually packed with people. I shrugged it off and continued to walk. Abruptly, for a split second, my eyes caught a dull grey backpack. I stopped as I realized that it was Anne's backpack! Her favorite band did a special edition backpack giveaway and Anne won it! I rushed into the store instantly, but

stopped once again as I remembered that this isn't where she usually walks home. I frowned and continued snooping around at the corner of the store. A few seconds later, I found her. To my shock, she was shoplifting!

I rushed towards her and knocked her to the ground. All sorts of snacks dropped out from her pockets and backpack. There was even a \$200 gift card! I grabbed her angrily by the collar and dragged her to the cashier as she yelled 'WHY DID YOU EXPOSE ME!?' The staff called the cops immediately and they arrived quickly as the police station is near the convenience store. As they took Anne away, I said, 'I'm sorry, but I'm just helping you to live a better life.'

To be honest, I didn't know if I did the right thing or ruined our friendship. But the police thanked me, so I guess even if I had to sacrifice our close relationship, I had made the right decision. I hope nobody will shoplift again. If my friends do so, I will not hesitate to report and remind them.