



中華傳道會劉永生中學

CNEC Lau Wing Sang Secondary School

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Newsletter

No.43

My Favourite Scientists

Who is your favourite scientist, Albert Einstein, Stephen Hawking or Charles Kuen Kao?

The Reading Across the Curriculum Team (RAC) and STREAM Team joined hands to promote learning about scientists together. Alongside the election of their favourite scientists, an assembly promoting reading across the curriculum was held on 29th November 2021.

Students were encouraged to read Chinese and English books about famous scientists. Thomas Edison is one of their favourite scientists. Here are the reflections shared by some of our students,

2B Wong Ching Yiu, Yoyo

We can learn perseverance from Thomas Edison. He once said, 'I have not failed, I've just found 10000 ways that won't work.' Although he tried 10000 times and failed, he was still eager to keep on trying and achieved his goal in the end. Furthermore, we should be resilient. When we fail, we can still stand up and carry on. As the saying goes, 'All of old. Nothing else ever. Ever tried. Ever failed. No matter. Try again. Fail again. Fail better.'

2B Chan Yan Yin, Gideon Chan

In the 19th century, the modern world was being shaped. Many genius inventors were born in this period, including Thomas Edison. He had invented more than 1000 products, and many of them changed our whole world.

The light bulb is the most famous invention of Edison. The theory behind the invention of the light bulb was the use of a strong electric current through the metal wire, and the conversion to light. However, the metal wire had to be highly resistant to heat. Edison had tried many times to use different materials as 'the metal wire', but they had all failed. Still, he did not give up, and finally after failing for more than a thousand times, he found the best material for the metal wire in the bulb.



Students introduced Thomas Edison to schoolmates.



"Stephen Hawking is my favourite scientist."

From this story, I have learnt that I should never give up when I face stumbling blocks next time, because there is always a way to solve problems – just like what Edison achieved!

3D Kan Wai Him

I have learnt that photographs, light bulbs and many more ground-breaking innovations were invented by Thomas Edison. I have also learnt that we should be curious about everything around us, like how Edison meticulously observed and imitated a goose when it was sitting and trying to hatch an egg. Finally, I have learnt that although Edison could not study at school as he was home-educated, we can still attain achievements like Edison, who invented more than 1000 prototypes and acquired over 1000 patents. Therefore, I understand that it is always possible to discover, learn and invent new things.



1 Students were encouraged to read English and Chinese books about scientists.

Spirit of Giving in Full Swing

Sing, Share, Shine : An English Charity Music Performance of the SCMP's Operation Santa Claus Campaign



Principal Mui and our English ambassadors were interviewed by a journalist from the SCMP.

To promote the spirit of sharing and giving in Lau Wing Sang, our English Ambassadors, LAC Ambassadors and helpers organised an English Charity Singing Performance to raise funds for SCMP's Operation Santa Claus (OSC). This is also the first time for us to join this charity event.

Students who came to watch the show bought a ticket upon entry, which helped us raise over \$5000 HKD. At first, putting on a lunchtime concert amidst the pandemic seemed challenging, but eventually, the students managed to polish their English in the first-ever OSC fundraiser, and do something meaningful for their fellow schoolmates and others in need. They just never fail to impress us! Also, their fellow classmates' enthusiasm and the funds they were able to raise for a good cause made everything seem worth it. Here is the sharing of the students.

2B Lau Cheuk Ka, Isla

The English Ambassadors, including me, were in charge of a Christmas charity singing concert called 'Sing, Share, Shine'. The students had to buy a ticket in order to watch the concert, with the money being donated to a local charity to help people. Our target was to raise \$3000. At first, we were agitated by this huge amount of money and felt devastated. Fortunately, all of our schoolmates were very generous. One of our classmates even donated 200 dollars! Not only did students donate money, but numerous teachers gave help too. We were very pleased with everyone who helped us and donated money. Although there were a lot of obstacles while we were trying to organize this event, at last it turned out to be successful. We have gained a new experience!



A student known for her amazing voice was showcasing her talents on stage once again in LWS.



English teachers sang a Christmas carol for students.

2B Cheng Shu Yam, Rex

'Sing, Share, Shine!' This charity event was held as a singing concert to attract students to come and watch it. Students could watch the concert by donating \$30 dollars, with all the money being donated to a campaign called 'Operation Santa Claus'. In the concert, there were some students performing the songs they had prepared. For me, there was an impressive performance from a girl who sang 'Talking to the Moon'. Besides this, the most exciting part was when the teachers came out and sang the songs together; they brought the concert to a climax! All in all, this charity event brought us so many unexpected experiences. I have learnt what it means to give and share through this charity event.

2D Ng Pui Ching, Audrey

This was my first time being the mistress of ceremonies (MC) in my secondary school life. I was a bit nervous at first because I had to face a lot of students and teachers, but I was really glad that my friends Karen and Karina were with me on stage. During the show, all of my friends supported me.

The event was very successful. Some students performed in the music performance. Many students showed their support by donating

money through purchasing the entrance tickets. It was really amazing! Last but not least, I would like to thank the teachers for giving me this opportunity to be the MC of this meaningful event.

2D Shi Cheuk Lam, Karen

I was the MC of the Operation Santa Claus-Charity Music Performance. When I was watching the performance, I felt like I was celebrating Christmas. We successfully raised more than \$5000. It was a large amount of money. The students in LWS were very generous as most of them were eager to support this charity event. I am very grateful to have had this opportunity to gain more

experience as an MC. I am very happy to be part of the LWS family. This big family has taught me a lot. I will definitely participate in more activities in the future.

2D Lui Yat Ching, Karina

I have never been an MC before, so I needed to muster up a lot of courage before I decided to be the MC. I felt very nervous before the show but once I got on stage, I was not as nervous as I thought. I spoke very confidently. Although we all had our masks on, all the performers sang very well. I was very pleased that we could still celebrate Christmas in spite of there being a pandemic. Thank you

everyone for donating money to this event!

After this new experience, I have learnt not to give up so easily, because anything is possible if you work as hard as you can.



Students' Good Writings

Siobhan Haughey makes me on pins and needles!

1B Chow Nga Man, Amy



Hello everyone! I'm thrilled to share my marvellous experience of watching an Olympic event — the Women's 100m freestyle — at the 'APM' mall with my friends. Do you want to know more about how fascinating it was? Just read on!

Today was the seventh day of the Olympic Games. It was held in Tokyo, Japan. I went to 'APM' with my friends. When we arrived, we saw that it was so crowded! Everyone had rushed to stand in front of the big screen to watch the competition. Surprisingly, I even caught sight of some people sitting on chairs they had brought! Also, some had brought thunder stick balloons!

When everyone noticed Siobhan Haughey on the screen, all of us were jumping up and down with excitement! When the competition started, viewers screamed loudly. We cheered for Siobhan when she dived into the swimming pool. My friends' and my palms were drenched in sweat and our faces were 'frozen'! As Siobhan touched

the edge of the pool, I was feeling pure joy. A man who wore a T-shirt started to yell, "Cheer up!" Everyone heard that and said it too! I was so anxious! At the end, we cheered more loudly. My heart was beating very quickly!

Ultimately, Siobhan Haughey got the first runner-up! Everyone clapped their hands. I blinked in astonishment and could not believe my eyes! She had now won two silver medals. Other audience members were thrilled to bits. I was ecstatic! A girl who was next to me cried because Siobhan is the first person in Hong Kong to win a swimming medal in the Olympic Games! She was moved. I comforted her.

I think Siobhan Haughey will continue to try her best. Although she got injured, she didn't give up. Actually, she experienced a lot of frustration; however, after a long period of tempering, she finally appeared in the Olympic Games once again. I'm proud of her. A lot of athletes work very hard and I learn a lot from them!

Letter of Advice

3A Chan Wing Ton, Jasmine



Dear Sam,

I am sorry to hear that you are dealing with some problems. Don't be scared, you are not alone. I am here to lend you a helping hand and hope my advice helps.

Firstly, you stated that you felt stressed because of your homework and revision and you didn't have time for relaxation. This year has been particularly difficult for everyone because we cannot chat with our friends face to face. Every cloud has a silver lining. I think the best

thing for you to do is to make a suitable and reasonable timetable. If you devise a timetable, you will not get stressed easily. I was in the same situation you are in now a few years ago. If I were you, I would find some friends to form a study group. Then, you and your friends can encourage and support each other.

Furthermore, from what you have described, it seems you are suffering from insomnia and you have asked me about sleeping medication. For the sake of your safety, you should not take sleeping pills without a doctor's permission as you will become addicted easily. You

should try to listen to some soft and slow music which can help you to calm down your emotions. Sometimes you may have bad sleep and experience nightmares. Therefore, it is better to open up to someone about how you feel. You can talk to your parents or friends. Although it is hard to take that first step to open up, once you do it, your problems will be taken off your shoulders. You should not feel embarrassed to speak to your loved ones. They are more likely to help you than reject or ignore you. Please look on the bright side and cheer up.

It is a huge step that you want to make a change. It is good that you can share your problems and thoughts with someone. I hope my advice helps. Write to me again if you have any further problems. I am rooting for you!

Good Luck,
Jasmine
Peer counsellor

How academic stress affects our students



Have you ever felt stressed because of your academic performance? The academic competitiveness among students is extremely serious due to the shortage of university courses in Hong Kong.

Living in a highly competitive society may sometimes boost our motivation to improve ourselves. However, in most cases, it brings about enormous stress.

I remember when I was in primary school, one of my friends, Chris, whose parents had a high expectation on his results and desired for him to get into a famous secondary school, did a lot in order to boost his results. For example, his parents required him to go to the 'cram' school to have tutorial classes until 9:30 p.m. every day after school. Meanwhile, he was also asked to finish the supplementary exercises derived from his tutorial class and his parents. The amount of pressure led to abnormal behaviour in his daily life. For instance, once when I talked to him, he looked dull and it took him lots of time to give me a response. Besides this, he always scratched his head vigorously and tore his hair out. His serious dark circles under his eyes were not to be neglected. His appearance reflected the lack of time for him to take care of himself. During this period, I was so worried that I couldn't imagine when he was going to break down.

Until once, he got a severe illness when he eventually

4D Yeung Chi Lim, Jimmy

broke down, and so his parents realized the problem. Hence, they reduced the number of times he needed to go to cram schools, and stopped buying extra exercises for him. And for me, I have started to play sports as well as exercise, like running, with him since then. Playing sports can help release endorphins in our body so that we can feel joyful and thus the stress is relieved. I also acted as a listener when he was making complaints to me. I could see the improvement after he had not worried so much about his results anymore.

In order to tackle this issue, in the long run, schools should employ more social workers so that students can seek help more easily. I suggest the government should implement a policy to adjust the teaching hours, so that students will have more time to acquire the knowledge they have just learnt, but not keep absorbing new knowledge. Reforming the spoon-fed education is essential. Students need to take a breath before learning something new. Teachers can slow down their rapid teaching speed as well. It will definitely build up a more efficient learning environment for the students while they will feel less stressed too!

I believe that what I have mentioned above is absolutely not an individual case, but the problem of the whole education system in this society. Save the students, and they don't deserve to have this much stress.

A Motivated Visit



6C Chan Sum Chuk, Josephine

Have you been extremely embarrassed when your voice lost control in a singing competition? It was even more shameful than any time before to visit my primary school after that. You could expect what is writing on their faces after you did such a disgraceful action. Unexpectedly, those little cherubs did not discourage me but motivated me to go ahead bravely.

As a step to fulfill my dream of being a singer, I was determined to attempt the "Angel Voice Singing Contest" TV programme. After the "accident" in the first round of the contest, I was assigned to meet and perform in my primary school as a part of my mission. What a shocking news to me! I was so nervous that insomnia gobbled me up in the night before the day and I wished that day would not come. It was totally a nightmare and a fatal blow for me. My self-esteem was being laughed at and teased by those little children. When the day arrived, I just wanted to find a hole and let my body concealed in it.

I did not expect they are the panacea of my torturing nightmare. "Hurray! Welcome!" was what I could only hear when I thought that my nightmare commenced. They

were my devoted fans holding with cardboards printed with "Fighting" and sparing no efforts to cheer me up. A bouquet of flowers flooded with fragrance was passed to my hands when I passed by a little girl who possessed a graceful heart. I was overwhelmed by those mountains of love and support that my tears could not help running down.

The performance for them was fluently accomplished eventually and I received a round of applause which meant a lot to me. They granted me courage which certainly urged me not to fear those formidable obstacles on my way to achieve my goal. "Failure is but a small hurdle in your life". It was one of the lyrics enlightened me in the inspiring songs they sang with their genuine angelic voice for me after my performance was accomplished. Yes, I should take a helicopter view in my life. Failure cannot beat me when I have dogged perseverance and unyielding willpower to continue my journey of my dream.

I will always remember that there are people who always support me!



Stay Healthy and Be Happy

5D Tam Pak Hei, Andrew

It is common for us to face adversities and hurdles in our life. How can we lead a healthy and happy life? Let me share some tips with you.

Firstly, the best way to stay healthy is doing sports. For me, I prefer swimming since it can help me keep fit and provide good low-impact therapy for some injuries and conditions. Moreover, playing sports provides some health benefits, such as strengthening our muscles and releasing stress. While doing team sports, we can make new friends too.

Then, how can we lead a happy life? We can spend time to help others. Volunteering, tutoring a friend and helping your parents are not just pleasant things to do, they can improve our own well-being. As the scripture says, it is more blessed to give than to receive. Doing good deeds makes you feel elated and builds a loving, supportive network of people around you.

I hope that my tips of leading a healthy and happy life can help you!

M+ 開幕前體驗活動

2021年10月19日（星期二），26名中四及中五級視藝科同學參加由M+香港嶄新視覺文化博物館舉辦的開幕前體驗活動，包括展覽導賞及工作坊。活動中同學優先參觀了M+的特色建築，亦藉展覽導賞員的介紹，欣賞了M+的當代藝術藏品，了解當代藝術的特色及發展。



參觀後的大合照

4D 何曼琪

我感到很興奮可以率先參觀M+博物館，這次活動不但對我學習上有很大的裨益，而且是一個接觸香港本地藝術的機會。

博物館內展館凡多，有多個不同的專題展覽，而且每個展品旁邊都有詳盡的註解，令我們對香港的藝術歷史、文化、社會發展等各方面的知識都增進不少。

首先，在導賞員的帶領下，我們前往以「香港：此地彼方」為主題的展覽館。在那裡，可以看到九龍皇帝的真蹟，八、九十年代香港巨星的雜誌封面，香港老一輩經典大師的作品。這些展品讓我大開眼界，也讓我了解到很多關於香港文化和藝術設計。隨後，我們前往「學舍」與香港藝術家展開了一場有關香港地圖、文化及地標的插畫工作坊。是次工作坊讓我明白視覺文化是如何塑造過去、想像未來，啟發了我的藝術思維。

總括而言，是次M+之旅，讓我和同學一起漫遊當代視覺文化，同時細味這座西九新地標的建築之美。

4C 劉雪琳

這是我第一次參觀美術館，我滿懷期待。到達後，第一眼看見的是宏偉且佈置精美的大堂，令我不由自主地抬頭欣賞這些建築。然後，我們在導賞員的帶領下分組參觀了不同的展品：有的極具風格；有的取材貼近日常生活；亦有以社會題材為題的作品。這次的展品跟傳統藝術品不同，都是具有香港特色風格，而且媒介多樣化的作品。這些展品所表達的一點一滴，反映出香港的人情味，這引起了反思香港的社會問題和時代變遷。



5D 陳可晴

這次活動，令我可以欣賞到不少香港當代藝術家的作品，例如有梁志和先生的《City Cookies》、「九龍皇帝」曾灶財先生的墨寶及黃國才先生的《漂流家室》等。導賞員的詳細介紹，令我們對這些藝術品有更深入的了解。是次活動，不但令我對概念藝術有進一步的了解，也令我對藝術表達形式有新的體會，例如藝術不一定是繪畫及雕塑，亦可以是文字、行動或藝術家的思想等等。



5B 林熙凡

M+內有多元化的藝術品，除繪畫及雕塑外，還有攝影、多媒體及混合媒介等作品。M+的內部建築以灰色為主，給我們一種平靜的感覺。展廳分為不同區域，展出不同當代藝術家的作品，也有不少香港藝術家的作品。這次參觀，讓我印象最深刻的是一件以船及房屋作為造型的作品，作品以「漂流家室」為主題，引起觀眾對香港居住空間的反思。

這次M+的體驗，我學會了從不同角度欣賞藝術品，以及如何體會藝術品更深層次的意義。



同學細心地聆聽導師的創作指引



新翠商場聖誕表演



2021年12月19日，本校中樂及弦樂小組獲邀到新翠商場參與聖誕節演出。是次表演的準備過程十分不易，很多排練都因疫情而擱置或取消，因此團員們都特別珍惜此次演出機會。

演出的項目包括中樂團的牧羊女、弦樂小組拉奏迪士尼電影《魔法奇緣》——Enchanted及數首聖誕歌曲小品。演奏吸引了附近的人群，為節日增添氣氛的同時，亦是讓同學享受在校外演出的機會。



中樂及弦樂小組一同音樂表演



以中樂傳遞節日氣氛



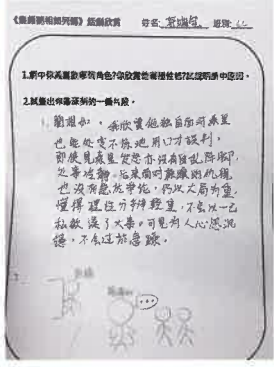
演奏聖誕歌曲

中文科賽馬會「戲說文言」、 《廉頗藺相如列傳》

中文科參加賽馬會「戲說文言」品德教育計劃，計劃以演出及工作坊等活動作培訓，以戲劇的形式提升同學閱讀文言文的能力，並認識文言經典中的品德情意。

中三級同學於2021年11月9日到禮堂欣賞，由「7A戲劇組」演出文言經典《廉頗藺相如列傳》，透過欣賞戲劇演出，提升中三同學對學習文化文學的興趣。

另外，11月26日，「7A戲劇組」到中三普教中組進行示範課，以戲劇形式教授《逍遙遊》，分享應用戲劇教學技巧來協助閱讀文言篇章的方法，讓同學們即場運用所學的技巧，鞏固所學。





地理組白泥河流考察

在疫情持續下，地理組學生已有兩年多未有出外考察。隨著疫症逐漸回落，中學也開始恢復面授課堂，中四及中五地理組學生便把握機會到元朗乾白石澗進行河流考察。

在大自然保護協會「山海為一」環保教育計劃的同工帶領下，本校中四及中五地理組首次參加考察。同學需在乾白石澗內行走，除了能走出課室，親身接觸本港碩果僅存的天然河道，認識河道下游及河口特徵外，亦可認識到河道不同的動植物生態系統。更難得的是利用不同的考察儀器及工具，測試河遙道的坡度及河水的流速等，亦從河中抽取不同的河水及沉積物樣本，分析當中化學物質的差異。

同學們十分投入，儘管他們游走在濕滑的天然河道，飽受蚊子的瘋狂「偷襲」，但他們仍面不改容，積極投入，不辭勞苦，這份熱愛大自然及探索精神正正是地理人的特質。盼望疫症早退，我們有更多親近大自然的機會。



學生從河道取樣回來做實驗



互相扶持在河裏行走十分有愛



同學正在使用儀器測量河流坡度



同學正在測量河流流速



考察的河道下游



同學對白泥的蠔殼都感到十分有趣



中四及中五級破天荒聯合出動考察



農圃開幕禮

為提升同學對有機耕作的興趣及改善校園景觀，本年度學校特設立固定的農圃區域，取代以往的種植箱，讓一眾小農夫體驗耕作的樂趣。在2021年11月29日午膳期間，環境及健康教育組舉辦了簡單而隆重的「開心小農夫農圃開幕禮」。是次活動，我們邀請了梅校長和譚副校長為農圃進行動土儀式。當日，嘉賓一起於農圃種下幼苗，寓意這片土地的新開始。



大合照



梅校長和譚副校長為農圃進行動土儀式



種下幼苗，象徵新的開始



中五級生物科夜間考察活動



野趣自然大步走



2021年11月26日晚上，本校三十多位師生參與由海洋公園院所主辦的「野趣自然大步走」，地點為大潭郊野公園。

是次活動的目的是讓學生夜遊香港的郊野公園，發掘香港夜行動物的蹤跡；並認識牠們如何利用身體特徵適應夜間的環境。

平時，同學參與的活動一般是在日間進行，故是次活動充滿新鮮感，帶給同學不一樣的經歷。活動中，我們發現原來在晚間的郊野，有很多的生物仍然十分活躍，當晚我們找到螢火蟲、蜘蛛、蠓蠓等等有趣的生物。

5B 林熙凡

只要你仔細觀察，就會發現身邊有不少的小動物。

5C 梁嘉琦

是次活動是一次全新的體驗，利用輕鬆的方式去學習及了解大自然，走出校園，新奇有趣，能讓同學親身體會大自然的美及生物的獨特性。

5D 鄭紫滢

這次活動令我對各類生物有了進一步的了解，例如蜘蛛、飛蛾的種類。原來，大部分生物的顏色與環境形成保護色，而此次令我印象最深刻的，無疑是親眼目睹螢火蟲。

5D 林芷瑩

我很高興能夠參與這次活動，接觸許多昆蟲，例如螢火蟲等。透過這次活動，我對牠們的特徵有了進一步了解。

5D 蔡明郁

這次的活動令我體會到大自然的美麗，亦對生態系統有更多的了解，例如優勢種、捕食等概念，十分有趣。



經濟科同學參觀金管局資訊中心

2021年11月25日（星期四），中五級經濟科學生透過參觀金融管理局資訊中心，進行小組專題習作，蒐集金管局為確保銀行穩健經營和有效運作以防止衝擊，對銀行體系作出的重要監管措施的資料。透過活動，同學認識了1997年至1998年亞洲金融風暴期間，香港政府所作出的措施，並了解金管局如何有效防止金融衝擊。當日同學獲益良多。



合照



老師同學合照



同學參與互動展示活動



同學投入參與活動

陸運會



5C 鄺浚洪

2022年1月5日，我校於小西灣運動場舉行陸運會。是日天公造美、天朗氣清，經過簡單而隆重的開幕禮後，陸運會正式開始。同學們揮灑汗水，積極參與投入，為自己及所屬班別爭取殊榮。除了場上比賽的同學及觀眾臺上打氣的同學外，幕後的一眾課外活動幹事及工作人員也在不同場區服務同學。他們井井有條地處理陸運會的各種事項，為陸運會出力。



學生運動員宣誓儀式



同學參與跳高



同學參與推鉛球比賽



同學參與接力比賽



同學獲獎時刻

「惜」聚校園・「別」情依依



中六惜別週會的設立目的有二：一是讓畢業同學回顧過往校園生活，抒發離愁別緒，及對母校懷念之情；二是對老師多年的教誨表示謝意。中六級各班在惜別週會中致謝各自的班主任，並播放課堂內致謝授課老師的片段，感激之情溢於言表。而各班分別唱出不同歌曲，並配合高中生活的片段，盡抒別情。



中一入學資訊日及學習體驗日

12月4日（星期六）為本校「中一入學資訊日及學習體驗日」，活動包括於禮堂舉行兩節講座，為蒞臨本校之小六學生家長介紹本校的辦學理念及中一收生安排。而在同一時間，已預先報名的小六學生獲安排到指定課室參加英文、數學、STEM、地理，及視覺藝術等科目的體驗課，讓他們初探中學生活。

此外，於本校地下、禮堂、二至五樓的課室都設有各科、組的攤位展示。每個攤位的老師與學生親善大使積極向家長、小學生介紹各學科及課外活動，讓他們深入認識本校的學與教成效及學生個人成長。

是次活動反應熱烈，吸引數百名小六學生及其家長前來參與。



迪士尼工作體驗坊

每年12月，升輔組都會組織一次職場體驗活動。今年，同學分成兩組，一組到香港迪士尼樂園，體驗園內演藝人員的一天；另一組到香港迪士尼樂園酒店，體驗酒店演藝人員的工作。

透過是次活動，希望同學能發掘自身的性格特徵及長處，從而了解自己的職業取向，做好個人的生涯規劃。

4D 楊芷濂

在是次工作體驗坊，我對迪士尼有進一步的了解，例如由面試模式到企業理念都十分獨特。負責導賞的演藝人員十分專業，能夠以良好的言語帶動我們融入樂園之中，充分體現他們對工作的熱誠。



5D 陳心源

是次活動，令我明白到在接待客人時需要留意一些細節，如長者、各類殘障、兒童等需要不同的照顧。迪士尼著重共融尊重的態度正正是待客之道，是社會中和諧快樂的關鍵。



5A 池云瑜

我認為酒店的演藝人員友善大方，以服務客人為宗旨，其態度及精神值得我學習。這次工作坊給予我諸多體驗，使我更好地裝備自己。



職業及科系工作坊

職業及科系工作坊於10月29日至11月5日午膳期間舉行。根據升學意向問卷調查結果分析，邀請高中同學最感興趣的職業/科系的師兄師姊返來母校，向師弟師妹講解課程簡介、就業前景、如何裝備自己等，令同學對學科有更深的認識。





福音日營——猶如遊戲人生

周俊文傳道(中華傳道會柴灣堂)



隨著疫情緩和，學校漸漸恢復實體上課和活動，柴灣堂與劉永生中學終於能再次舉辦已停辦兩年的福音營。因應防疫需要，只能以日營形式進行，可幸的是，仍有三十多位中一及中二同學參與，更有十多位師兄師姊為他們籌備，實在有一種久違了的熱鬧氣氛。

為了讓是次活動意、趣兼備，是次營會以「遊戲」為主，由上午玩到下午。上午以小組形式進行，考驗同學們的合作精神，同時希望初中同學在疫情下，重拾與同學的交流和認識；下午則以個人賽進行，考驗同學於限時內挑戰最多關卡，贏取豐富的獎品。最後，以「猶如遊戲人生」作總結，分享人生是充滿競爭的，猶如遊戲般有贏有輸。然而，人生終極的意義不在輸贏和比較，而是學習耶穌基督捨己的精神，愛人如己。



小組合照



團隊遊戲挑戰中



大合照

福音週

在福音週，透過以下多姿多采的活動，幫助同學明白神在日常生活中的保守帶領，耶穌更是賜平安的主。以下是當中的活動撮要：

福音週小檔案：

日期：2021年12月8-10日（星期三至五）

主題：耶和華沙龍——主賜平安

主題曲：平安

主題經文：「我留下平安給你們；我將我的平安賜給你們。我所賜的，不像世人所賜的。你們心裡不要憂愁，也不要膽怯。」約翰福音14:27



Sparklers 活動Jesus Everywhere-同學參與攤位遊戲



佈道會



Sparklers 活動Jesus Everywhere-送書祈禱



「光影中的你我」電影放映會



福音週十字橫幅



福音茶座

「『逆』、『情』中起舞」

持續的疫情及繁重的學業，令本屆中六同學面臨沉重的壓力。為提升同學處理逆境能力及認識自我能力，我們於2021年11月22日舉辦了「『逆』、『情』中起舞」抗逆紓壓活動，以期培養同學面對逆境的能力，更好地應對未來挑戰。

培養處理逆境能力及正向思維

劉永生中學一向注重培養同學的正向思維。此次活動，學校與浸信會愛羣社會服務處灣仔綜合兒童及青少年服務中心協作，安排了多項遊戲，同學可以從中學學習如何以正向思維面對逆境。這些活動極具挑戰，同學不但要沉着應對，更要運用不同方法來解決遊戲中所面臨的各種困難。如在「多元智能挑戰」和「紙塔挑戰」中，同學需要運用不同的技巧分隔藍、橙色的小球和搭建撲克牌。過程中，同學通力合作、相互激勵，在面對多次失敗後仍堅持嘗試，並在總結經驗後學會如何變通地應對不同逆境。

除此之外，面對逆境時持有正向思維亦十分重要。學校特為同學安排了「愛之語小手工」工作坊，同學可以親手製作心意卡，並透過這些小卡片把正能量傳遞給每一個想要鼓勵的人手中，有助培養學生以正向思維應對逆境。



互相合作，積極參與



學生享受這個活動

借鑒他人經驗，認識自己



學生參與多元智能挑戰

正所謂：「經驗是熟諳事物的總體。」同學人生閱歷尚淺，面對逆境難免會不知所措。因此，學校邀得梅志業校長、鄭偉文老師、嘉賓陳恩琪小姐（80後香港女生騎「竹單車」征挪威二萬公里旅途）及浸信會愛羣社會服務處的社工，與同學分享他們在面對逆境時的應對方法。如梅校長以其少時的經歷，勸勉同學珍惜當下、釐清目標及學懂如何在逆境中振作自強；而鄭老師就分享他個人少年至重返夜校的經歷，希望讓同學感受失敗的真實和找到成功鑰匙的可能。校長、老師、嘉賓和社工的這些寶貴經驗，有助同學借鑒及認識自我。



梅校長勸勉同學活在當下，在逆境中自強。

平時，同學面對不少壓力與困惑，這些問題往往導致同學產生各種恐懼情緒，「自由飛向」鼓勵同學勇敢直視內心恐懼。活動中，同學認真地將內心恐懼寫在紙上，然後摺成飛機送出，寓意送走恐懼。

「人生未來留言板」是中六同學認識自己的重要環節。面對未來，同學免不了憂心忡忡。為幫助同學認識自我、釐清未來路向，活動鼓勵同學撰寫一封信給DSE前的自己，將自己對未來的期許及可能面對逆境時所採取的應對方法等寫在信紙上。

中六同學都十分積極參與是次活動。透過此次活動，我們希望中六同學可以學會以正向思維去面對逆境，並及早認識自己，思考生活的方向與目標，找到屬於自己的路。



學生製作小手工



紙塔挑戰



陳恩琪小姐與學生分享如何面對逆境



彼此真誠分享

學生領袖就職典禮

本年度的學生領袖就職典禮於2021年10月19日順利完成。學生領袖團隊包括學生會、領袖生、環保領袖生、飛雁飛朋輩輔導員、課外活動幹事、圖書館組長、資訊科技領袖生、學習督導員和升輔大使。

當天，梅校長代表全校師生授章予各學生領袖，以表示全校師生對他們的信任和支持。宣誓儀式由台上的學生組長帶領一眾組員宣誓，立志效法基督的愛心和公義，扶助同學，服務學校，作同學的榜樣。

盼望一眾學生領袖在未來的日子竭力為同學服務，為主作鹽作光。



2021-2022 學生會

本年度學生會命名為Hyacinth（風信子），風信子花語是指點燃生命之火，享受豐富生活；也有重生熱愛的寓意。

我們希望：

1) 同學能夠在疫情下渴望
重生、重新

2) 同學享受校園生活

3) 成為學校與學生
之間的橋樑

我們是誰？

班別	姓名	職位
5D	周雅晴	主席
5D	陳諾恆	副主席
5D	譚柏曦	總務
5D	陳可晴	文書
4B	湛芷盈	司庫
5B	林熙凡	活動
4A	李敏詩	活動
5C	吳倬賢	福利
4B	江宇欣	福利
4A	李亮玲	宣傳

捐血日

學生會Hyacinth於2021年12月13日在學校禮堂舉辦捐血日，是次活動邀請香港紅十字會到校，讓同學初嘗捐血體驗，破解捐血的迷思，並身體力行去幫助有需要的人。

當日同學反應熱烈，共有57位合資格的高中同學參與，老師也踴躍支持。

雖然有少數同學在捐血後略感不適，例如頭暈，但他們仍然感到非常滿足，因為他們明白到幫助別人的意義。同學經過休息及簡單進食後，很快便恢復體力。

希望明年大家依舊踴躍參與！



學界乒乓球比賽

2021年12月5日，在士美非路體育館經過連場激烈比賽，我校取得學界乒乓球比賽（港島區第三組）高級組男子組冠軍及女子組季軍。以下是同學的得獎感受：

樊諱諾(6B)：

這次比賽對我意義非凡，因為這是我中學生涯的最後一次學界比賽，所以在比賽之前我非常用心地練習，希望能讓自己發揮最佳狀態。非常慶幸在陳麗珠老師的帶領和隊員的努力下，我們再一次成功衛冕冠軍，令我能夠無憾地離開校園。

麥敬滔(6D)：

這次比賽，我和隊友很快便適應節奏，並發揮出不俗的狀態，最終贏得比賽。感謝大家一直以來廢寢忘餐地練習，感恩能夠在畢業前一圓冠軍夢。

郭駿亨(4D)：

「不經艱險而征服，勝利亦是不光榮的。」我為自己能夠代表學校出戰而感到榮幸，更因能和隊員們一起贏得冠軍，一同為學校爭光而感到驕傲。

陳永勤(3B)：

決賽雖然起伏跌宕，但經過一番苦戰，球員的配合和奮鬥，我們最終奪得冠軍，這個賽果令人非常振奮。

劉忠恆(3B)：

因疫情的緣故，這次是我中學生涯中第一次參加學界比賽。全靠老師和隊友互相鼓勵和付出，我們才能取得冠軍，這令我十分興奮和激動。

李倩桐(6B)：

身為隊長的我，在比賽中雖然遇到挫折，但老師的信任，隊友的支持，使我重拾信心，帶領隊伍贏得比賽。感謝上帝賜給我們的信心，令我們不懼怕。

凌雅文(6B)：

這是我中學生涯最後一次比賽，對我來說意義重大，亦因為這是我第一次在乒乓球比賽中獲獎，所以我的心情無比激動。對我來說，此次比賽給予我很大的鼓勵，亦為我整個中學生涯畫上一個完美句號。

周雅晴(5D)：

隊友們的鼓勵令我比賽時更具信心，特別感謝兩位師姐紓緩了我緊張的心情。雖然無法達到既定目標，但我相信有遺憾才是最深刻的經歷！希望乒乓球隊再創佳績！



女子組（左起李倩桐、凌雅文、周雅晴）



與梅志業校長分享豐碩的成果



勝利的喜悅



男子組（左起校友麥希榮、郭駿亨、樊諱諾、陳永勤、劉忠恆、麥敬滔）

「英才盃」STEM教育挑戰賽

是次參加英才盃教育挑戰賽，我很開心可以贏得季軍。這是我們團隊協作的成果。比賽前，我們藉著多次的試投，總結經驗，改善羅馬砲架的結構，最終在在指定時間裏製作出一個完美的砲台。這次比賽給了我一個美好回憶，我特別感謝領隊黎志源老師和鄧啟榮先生。

4D洪嘉棋



是次的比賽，我學會怎樣和組員溝通。雖然在構建羅馬砲架時遇到不少困難，但我們分工合作，齊心協力，最後成功製作砲架，獲得好成績。感謝黎老師給予我機會參加這次比賽，更感謝一同合作的組員。

6C洪耀榮

六年來，我參加過各種比賽，但這次最令我難忘！比賽前，我們師徒五人(兩師三學生)不斷改善羅馬砲架的設計，在學校紅磚場投射豆袋，射程十分遠！當時我們只有一個目標：冠軍。

初賽以羅馬砲架投射距離決定決賽資格，我們輕易取得滿分而晉身決賽。決賽要用砲架把豆袋投入指定方格，難度很高。最後階段，四間中學的代表同學要同時投射，以決定名次，兩間學校的同學先後成功得分。我十分緊張，雙手不斷顫抖，在關鍵時刻終於一擲得分，獲取了季軍。

其實我並不甘心，唯已成定局，改變不了。這次未能奪冠，我寄望下次的STEM比賽做得更好，獲取佳績！

6B王洪（隊長）



英才盃製作過程



英才盃師徒五人



英才盃校內初賽



中華傳道會劉永生中學

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校長的話

校訊
No.43

羨萬物之得時 聽憑主意 行止得宜

主僕 梅志業校長

「神造萬物，各按其時成為美好，又將永生安置在世人心裡，然而神從始至終的作為，人不能參透。」傳道書 3:11

「我們曉得萬事都互相效力，叫愛神的人得益處。」
羅馬書 8:28

執筆之際，正值是新冠疫情踏進第五波的階段，真的「一波未平，一波又起」！當疫情的喪鐘復次敲響，學校也暫停了面授課堂，同學需再次留在家中進行網課，唯獨應屆中六同學必須為文憑試作披甲上陣的準備和預賽——專心完成校內的畢業試。

感恩，上帝的安排自有祂的時間和美意！自10月下旬，我們全校恢復全日面授課堂，學校各樣的活動得以順利如期舉行，其中包括學科校外的考察、領袖訓練、學界比賽、福音周、中六惜別周會等，為整個劉永生校園添上斑斕的色彩；學習的節奏及規律也重上了軌道。

在上帝手中，喜見恩上加恩！在2021年「中學文憑試增值報告」中，除了「核心四科」及「核心五科」獲得高增值，其餘接近所有公開試應考科目也同樣獲得高增值，足見本校老師的教學成效顯著，共證師生佳美的成果。

另外，在疫情稍稍緩和的日子，12月初舉行的「中一入學資訊日及學習體驗日」，網上報名早已額滿。當日透過不同場次分流的安排，共有數百位小六家長及同學踴躍前來參與，並對本校師生作出高度的讚賞；而1月上旬的「中一自行分配學位」申請過程中，本校亦接獲逾400多份入學報名表，這實在是區內外的家長及同學對本校予以充分的肯定。

謹此，願將一切榮耀頌讚歸與我們的
天父上帝！阿們。

