

SCOPE

2019-2021
ISSUE

Bishop Hall Jubilee School



BISHOP HALL JUBILEE SCHOOL



SPEECH DAY - CLASS OF 2020



Masked Wonders

Striving to Thrive in the New Normal

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OUR VOICE

Hello Jubileans! It has already been two years since our last issue of Scope. On behalf of our reporting crew, I present you with the 11th edition of our school magazine. Our reporters worked diligently to capture remarkable moments around us amidst the pandemic.

"Our Style" discusses the most common problems we are now facing, how we connect with people and how to keep ourselves motivated. I am sure it will resonate with you! "Our Moments" will give you a guided tour, revisiting all things that happened in 2019-20 and 2020-21, including big projects like our solar power panel installation to events we missed greatly such as Music and Dance Night. Notably, the time we worshipped together during Gospel Month was also unforgettable.

"Our Pride" shares with you two interviews of our alumni, who are working conscientiously to contribute to society. We highly recommend this column, hoping you will be encouraged by their inspiring stories and experiences.

Before I let you get on with reading the magazine, please let me express my sincere gratitude to you for supporting us. Your support makes us want to strive for the best by reporting stimulating stories about BHJS that you want to read about! I hope you enjoy reading this issue as much as we have enjoyed writing it!

Hephzibah Chang
Chief Editor

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Advocating Sustainability



Mr Kwong (Physics Teacher):

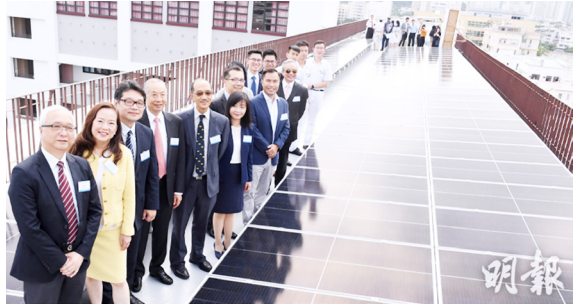
The Solar Panel Project prompted the development of STEM education in BHJS. The solar panel system is a demonstration and practical implementation of sustainability education to promote the importance of energy conservation. As a Physics teacher, I'd say it integrates part of the DSE Physics syllabus and makes learning more authentic and stimulating.

As a school who aims for sustainability, Bishop Hall Jubilee School is the first school in Hong Kong to take part in the CLP Renewable Energy Feed-in Tariff Scheme. In collaboration with Widex Technology Development Limited, a total of 144 solar panels were installed on the rooftop of BHJS, with a total capacity of 50kW. It is estimated that the total energy produced each year is equivalent to the monthly electricity consumption of 160 four-person households, generating annual tariff revenues of HK\$230,000. The reduction in carbon dioxide emissions resulting from the solar project will be 28,500 kg per annum, equating to 1240 trees planted, contributing to a lower-carbon future of Hong Kong.

Sam Cheng (Form 5 student):

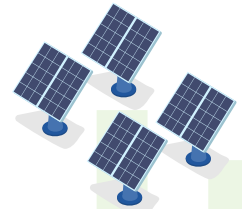
The project shows the feasibility of implementing solar panel systems in schools. It is very meaningful for BHJS to be a pioneer and thus a contributor to sustainability. The solar panel system integrates knowledge of different scientific fields, and enhances students' awareness of environmental issues, which is definitely a boost to STEM education in school.





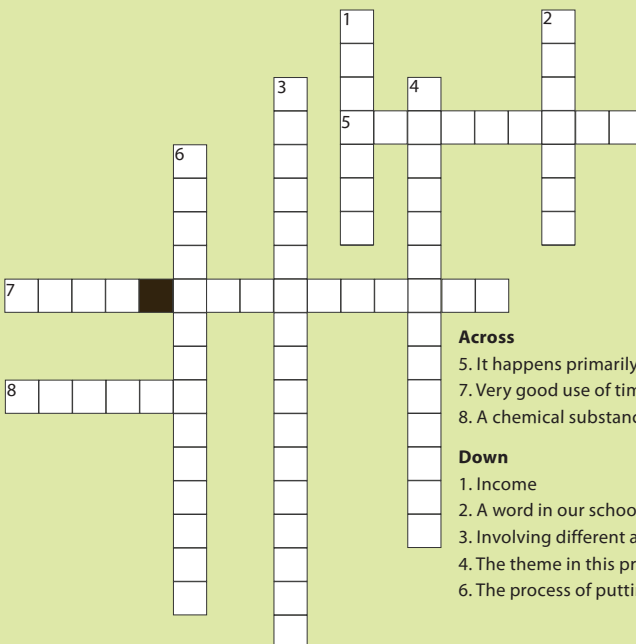
All tariff revenues from the project will be used for student development, including the school scholarships for students who excel in different areas and financial assistance to students with special needs in order to ensure an equal opportunity for learning.

The school also utilized the execution of solar panels to enhance students' awareness of environmental protection. The Student Ambassador Scheme at School makes use of the solar panel system to educate primary students about STEM and renewable energy.



Aiming for Sustainability

Complete the crossword puzzle below

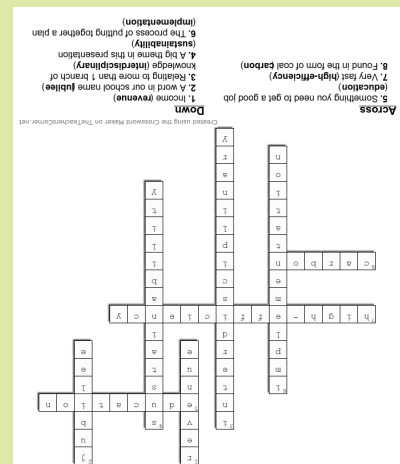


Across

- 5. It happens primarily at school
- 7. Very good use of time and energy
- 8. A chemical substance found in coal

Down

- 1. Income
- 2. A word in our school name
- 3. Involving different areas of study
- 4. The theme in this presentation
- 6. The process of putting together a plan



HONG KONG OUTSTANDING STUDENTS AWARD

After passing through a series of assessments including a written test, an assessment program and a final interview, Venice Wong 6D became one of the ten winners of the Hong Kong Outstanding Students Award.

Venice is passionate about speech-making which brought her out of her comfort zone and made her a confident and successful speaker on stage.

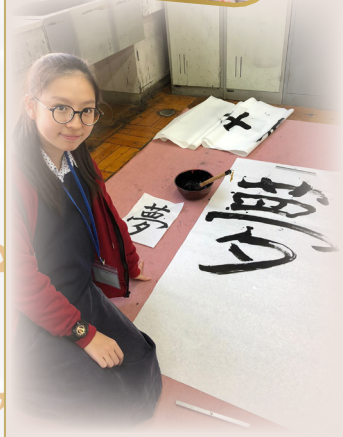
She also joined various exchange programs to Canada and Japan in previous years.

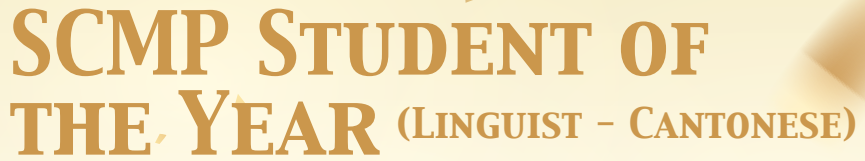
She believes going on an exchange is not simply a travelling experience, but a chance to learn and serve the society: "Ultimately, through cultural exchanges and mutual understanding, a bridge connecting different parts of the world can be built."

Organised by the Youth Arch Foundation and fully supported by the Lion & Globe Educational Trust, the Hong Kong Outstanding Students Award aims to encourage promising students with outstanding academic, extra-curricular and community service achievements, as well as virtue.

Apart from assessment activities, the Award offered Venice a series of voluntary enrichment programs. She also had opportunities to interact with social leaders, past awardees, outstanding students from other schools, and other groups in the community.

Through taking part in leadership-training camps, seminars, enrichment programs and exchange activities, Venice got the chance to enhance her self-understanding and broaden her horizons.





Jonathan shared how he benefited from competing for the award: "What I most valued was the chance to chat and interact with other student leaders, listening to what they thought about their secondary school life, education system and future development plans and endeavours."



Editor: Lai Chi Ching, Charity 4D
 Reporters: Mak Hoi Kiu, Charmaine 3E
 Ngan Shing Yan, Louis 3D



Team Debate

It's a challenging new style for debaters. Scholars will be given a motion across all subjects, from policy to poetry.

Step 1: research and develop argument as a team for 15 mins

Step 2: each speaker speaks for 4 mins

WSC Competitions →

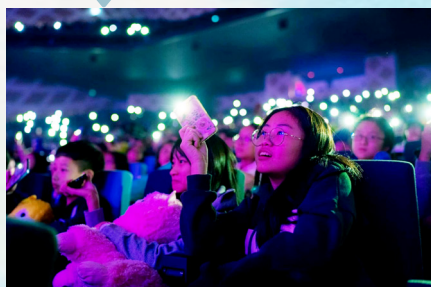
World Scholar's Cup — More

WSC Events →



Scholar's Show

Hong Kong, Regional Round



You can show off your talent in every round, no matter how "good" you are, from playing the chubby bunny challenge to solving a Rubik's Cube with your feet. Pwaa! The stage is all yours!



Debate Showcase

Hong Kong, Regional Round



You can take a look at how the best debaters in the world deliver their speeches. A great opportunity for us to learn different debate techniques!



Scholar's Ball

Sydney, Global Round

It's a social event where you can dance the night away. Glam yourself up with your friends and have a chill, memorable night with scholars all around the world.



Scholar's Bowl

Your team can work together to solve analytic questions and multimedia challenges. You will receive a clicker and you need to click your answer before the time runs out. It's fast-paced and electrifying!

Scholar's Challenge

It's multiple choice. You can mark more than one answer per question. The fewer you mark, the more points you can earn if you're right.



Collaborative Writing

Speak with the power of your pen! Scholars will be given six interesting and thought-provoking prompts from each of the six subject areas. Each team needs to write three of the six, and have 25 minutes to prepare before writing. Team members will also edit and perfect each other's work before submission.

e than you can Imagine



Flag Ceremony

Sydney, Global Round



Embrace diversity! You will have a chance to represent your own country. One delegate from each country will be chosen to carry their country's flag onto the stage. It's truly breathtaking to see how WSC brings the world together.



Real Alpaca

Yale, Tournament of Champions

Once you've made it into the Tournament of Champions, you will have the opportunity to see Jerry, a real alpaca, the mascot of WSC. Beware of alpacas spitting on you!!!

10:00

Instagram



Ms Celina Lee



100,000 likes

Ms Celina Lee

Jubileans are generally very obedient and rather shy. But after joining the World Scholar's Cup, I can see that they are opening up to different challenges and are becoming more outgoing and confident. I believe that's the magic of the World Scholar's Cup — to inspire a person to actively embrace their learning.

I'm really proud of BHJS scholars! Although it was the first time our school joined the World Scholar's Cup, students took me to the Tournament of Champions at Yale. I was touched that they were willing to come back to school and practise during weekends and long holidays, and collaborate with all team members in order to win their places. I can feel that the World Scholar's Cup team in BHJS is more than just a team; it's really a family to us.

The World Scholar's Cup is a very accepting family that allows you to explore your potential and improve your weaknesses, so I highly recommend to all Jubileans: If you are eager to see the world from a different perspective and feel the joy of learning, come join us in the World Scholar's Cup - it will give you a whole new concept about learning.



10:00

Instagram

**Sharing from Scholars**

Alvin Participating in the World Scholar's Cup has left an indelible imprint in my mind as I could meet scholars from different cultural backgrounds. By joining the cultural fair, I developed more in-depth understanding of their cultures.



Marcus Joining the World Scholar's Cup is probably one of the best decisions I've made during my secondary school life. I built up strong relationships with scholars from around the world. I remember one night my teammates and I stayed up late to prepare for the debate the next day and we only got about 2 to 3 hours sleep. We've been through so much, yet these experiences were just brilliant!



Hagios I cherished every moment in the World Scholar's Cup. As an introvert, I was introduced to great opportunities to socialize with people. After all, we've learned that it is never pressure for us to win a debate or get a medal. It's all about gaining the experiences and challenging ourselves.



Jerry, the alpaca See you at Yale!



Editor: Yeung Pui Nga, Peony 5D
Reporter: Choi On Yu, Jade 2E
Chow Coby 3E

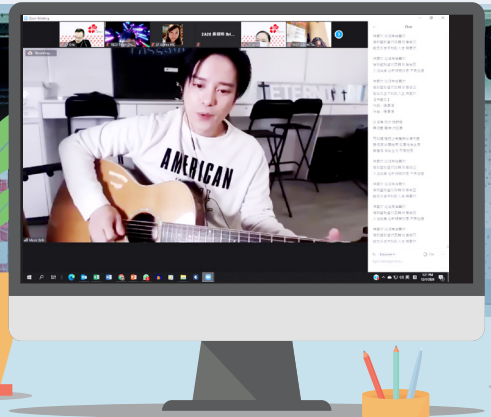


A time for Good News

Every year, our school's Christian Union (CU) holds the annual Gospel Month to spread the love and peace of God. The theme this year was True Peace. Under the pandemic, on top of the regular weekly meetings on Fridays, Christian teachers and students still managed to hold various activities, including Morning Welcome Singing, hymn broadcasting and a whole-school gospel meeting on zoom.

The highlight of the week was the sharing by the singer-songwriter Mr Cheung Yin Pok Bob. He shared his childhood experience with Jubileans about how God's love mended his relationship with his mother. He also played the guitar and sang gospel songs like *An Unreserved Love* and *God Loves You*. His singing was angelic and touched many hearts.

Let's see what a CU committee member, Jasmine, and one of the teacher advisors, Mr Leung, think about Christian Union and the Gospel Month.



Jasmine: It is my third year in the school Christian Union and it has become my second home since the CU Camp in 2019. In one meeting I was convinced that every human is sinful in God's eyes and falls short of God's standards. God, however, loved the world so much that He desired all people to be saved. The only condition was that we confess our sins. During the Gospel Month, we wanted to spread the message of God's grace and love to all students in BHJS. My favourite part was the Morning Welcome Singing. It was wonderful to bring joy to teachers and students before our lessons.

Mr Leung Yiu Chung: I was grateful that the CU meeting could still be conducted regularly during COVID-19. I was glad to see devoted committee members leading students to sincerely share their views towards religion and philosophical issues in life. In the Christian Union, all students and teachers work with passion. Our hope is not only to teach knowledge about Christianity, but also to guide students to face their own lives seriously and explore the values of life.

Gospel Month is truly a beautiful time in our school. May all of us be brought to the appreciation of God's love and provision no matter how hard life may be. God bless us all.



Editor: Wong Ching Leung, Brendan 5E
Reporter: Wong Hei Yau, Hagios 4D

THE EXHILARATING EXP OF INNOVATIVE TECHNO

In 2019, our students earned themselves a hard won trip to Germany by winning the 'The First Innovative Technology Design Competition', which requires our students to design products for people in need by utilizing logical thinking and information technology knowledge.

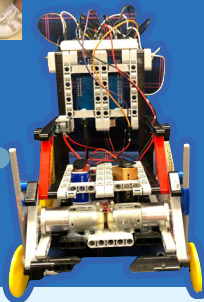


Blood, sweat and tears before the chance to visit Germany!



Under the guidance of Ms Brenda Yau, Jacky Ho Hin Wa 6E, Jensen Or Cheuk Yin 6E and Cyrus Yam Ho Wang 4C put a lot of effort into the preparations for the competition. They designed a smart wheelchair where the front wheels of the wheelchair can stretch whenever it goes down a slope. This prevents the product user, usually an elderly person, from falling when going downhill and keeps them upright. Our students made everything from scratch, even the wheels!

And they learnt new programming language and used skills which are unprecedented to secondary school students!



CHALLENGE!

When connecting the parts between the wheels and the wheelchair, the rod needs an adaptor that allows the wheelchair to stretch its front wheel, so as to attain the goal



Drew the adaptor for the wheelchair and printed it on a 3D printer



Kept on trying and finally placed the connected adaptor on our school wheelchair

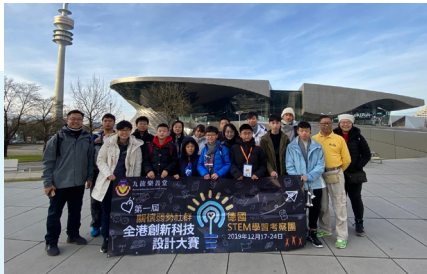


Demonstrated the designs and ideas to the judges in the final presentation

EXPERIENCE IN THE LAND OF LOGIC- GERMANY!!

The eye-opening, remarkable experience of Germany!

During the 8-day trip to Germany, our students visited different STEM and science related companies and museums, including the Deutsches Museum, the Mercedes-Benz Museum and the BMW Museum, which exhibited a variety of vehicles and historical science inventions. Our students were particularly fascinated when they visited the Mercedes-Benz Museum because it displayed a large variety of vehicles which were designed and produced in different generations. Jubileans were inspired by the long history of the vehicle industry.



Treasures gained, big and small!

Through the competition and the complimentary trip to Germany, Jubileans gained precious experiences and learnt extensive academic knowledge and skill sets, such as some advanced programming skills which were not covered in the Hong Kong public exam curriculum. Ms Yau was also amazed by the students' determination, "It was the students' perseverance that led them to victory. Just like a real scientist, you have to keep trying and never give up!"

An Adorable Surprise!

Our students gained friendships and comradeships during the tour. Rather unexpectedly, the juniors and seniors did not end up in separate clusters during the trip. One of the primary school winning students even enrolled to study in our school after the trip!



Editor: Wong Ching Leung, Brendan 5E
Reporter: Wong Lok Ching, Joyee 4D



From 10th to 15th July 2019, Jubileans participated in a service learning trip to Cambodia. During the tour, our students went to several orphanages and village schools, not only as visitors, but they also served as volunteer teachers. "The children were enthusiastic and willing to learn. Some of them showed tremendous potential, but sadly they had limited resources. I wonder how successful they could be if more resources were presented to them," questioned Abbie Leung, one of the students who travelled to Cambodia.

"At the beginning of the trip, Cambodia seemed quite prosperous when we visited the tourist spots. It was even a lot better than what we had expected. However, when the trip continued, it was clear that we were deceived. Once we were outside the tourist spots, it went from luxury five-star hotels and grand restaurants to a cluster of slums," said Charlie Lin.

Landfills were the spot that left a big impact on our students: they saw local Cambodians literally living on the landfills and earning a living by picking up random sellable rubbish. 'Homes' were basically made with broken vehicles that did not even have a door. Keith Lai told us, "the people rushed to snatch more 'valuable' rubbish once the refuse collection vehicles arrived. There were even kids helping to collect useful materials. Can you imagine living a life right on a landfill accompanied by thousands of flies, much less knowing that you could only earn 2 to 3 US dollars per day?" These questions lingered in the students' minds for a long time.

Our students, therefore, have initiated and founded a joint-school voluntary organization called the Dream Compassioneers, aiming to raise Hong Kong teenagers' awareness of educational needs around the globe. Do show your support by visiting their Instagram account @dream_compassioneers.

Study Tour to Cambodia





-Learning to Serve, Serving to Learn



Apart from the service learning related itinerary, Jubileans also visited The Killing Fields and The Temple City to learn about Cambodia history. Here are some fun facts they learnt about Cambodia:

- © Cambodians believe that the head is a sacred part of the human body, so touching heads is not allowed, even for kids.
- © Some pronunciations of Khmer (Cambodian language) are like Cantonese.
- © Cambodians greet different people, namely the saints, parents or peers, by joining hands at different levels of height.



Photo source: <https://twgreatdaily.com>



Editor: Lam Chung Yu, Sherry 5D
 Reporter: Chau Yi Kuen, Julie 2E
 Chuk Tsz Wing, Meenaa 1D



2019 Music and Dance Night

Yearly Tradition - Still Fascinating!

Date: 12th July, 2019

Venue: S.K.H. Lam Kau Mow Secondary School

Interviewees: Jenny Cheung, Sally Lee, Brendan Wong

Music and Dance Night serves as a platform for showcasing the musical and dance talents of our students. There were performances from the Wind Band, Choir, Orchestra, Dance Team and also solo performances from particular students.

The School Choirs were conducted by Leonard Chow, who was once the Chairperson of the Senior Mixed Choir when he was in Form 5. This was the first time our school had a student conductor, which brought the concert to an exceptional level, leaving the audience feeling uplifted and proud of all our musicians and conductors.

Brendan (Chairperson of the Senior Boys Choir):

The change of venue, due to the ongoing renovation work of our School Hall, did not affect Jubileans' enthusiasm in making the night joyful and enjoyable for the audience. This occasion, which celebrates the hard work and talent of Jubileans, will remain a fond memory for all participants.



Sally (Chairperson of the Orchestra):

Since Music and Dance Night is an important event every year, I treasure each one very much. The period before the Music and Dance Night is very busy. Although the rehearsals are very long and tiring, the results turn out satisfactorily. Therefore, I feel very pleased with the performances.



Jenny (Chairperson of the Wind Band & Orchestra):

I feel delighted and satisfied to have this chance to perform in front of my schoolmates and guests. Students don't usually get many chances to perform in front of the whole school, and I was glad that the school provided us this chance to share the joy of music for our schoolmates.



Editor: Yeung Pui Nga, Peony 5D
Reporter: Chow Coby 3E



Farewell Assembly

Time flies. In the blink of an eye, it was time for this year's Form Six students' farewell assembly, a chance to reminisce over their six years in BHJS. Due to COVID-19, only Form 6 students, teachers and student helpers had the privilege to attend the assembly.

Despite the added stress and hitches brought about by the pandemic, all the classes demonstrated the spirit of positivity in their presentation. They included clips of their day-to-day school life and memorable moments such as the school picnic, Form 4 Training Camp, Christmas party, Athletics Meet, Talent Show and so on, teleporting the audience back to the good old days. All bits and pieces added up to become an impressive portrait of life in BHJS: 6A's sentimental chat on the rooftop, 6B's electrifying dance moves, the strong bond among 6C students, 6D's earnest longing for the face-to-face campus life and 6E's amazing stargazing time. The school is certainly a place to pursue dreams with fellow dreamers.

The principal gave the Form 6 students three words that form the acronym DSE: Determination, Self-motivation and Exercise – referring to both physical exercise and past paper practice. Only with a strong mind and body can we rise to the challenges ahead. Ms. Wong encouraged the Form 6 students: "If life gives us a hundred reasons to give up and feel frustrated, give life a thousand reasons to persist." Different teachers also shared the same heartwarming message: "No matter where you are, the school and all the teachers will always have your back." The energy bars and dolls in winter uniform presented to the students at the end would always remind them of the support and love from the school.

We wish them good luck and sufficient power to fight the battle of the HKDSE exams.

Jubileans, shine brightly and fly high! Jubileans, strive for excellence! Jubileans, together we are invincible!

Voices from some Form 6 students

Throughout my entire secondary school years, BHJS has always given me various opportunities to broaden my horizons. I sincerely hope that BHJS will continue to preserve the Jubilean values of fraternity, empathy and righteousness, as well as live up to the teachings of our motto "I am not born for myself alone" during these ever-changing times. BHJS is not only a school, but also a community with culture and spirit.

~Colin Wong



It is a new start after graduating as I will already be an adult. In the meantime, I have to bear more responsibilities. I already miss my teachers and my friends, as well as my secondary school life as there were no difficulties apart from academics.

~Kevin Hui

Editor : Lam Chung Yu, Sherry 5D
Reporter: Chan Wing Sum, Vincy 3E

Student Union Room

Clubs and Societies

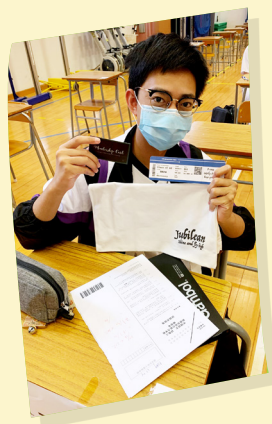
Do These Activities Really Exist At Our School!?



The Student Union -Renaissance

This year, under the impact of COVID-19, the Student Union has still made some remarkable achievements. The first-ever Student Union Room has been established. Various services like the umbrella borrowing service can be facilitated. Students can approach the SU committee members in a more efficient and handy way.

In addition, a new consultative body of SU and the school, Student Council, has been established. It consists of all class presidents and the school's clubs and societies. It aims at implementing an official channel for students and the school to communicate directly with the help of the SU.



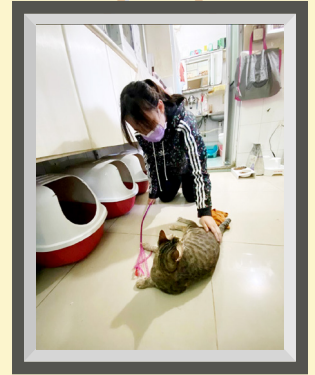
Other than these accomplishments, the SU has also provided some extra support for the F.6 DSE students. Refreshments like snacks and hot coffee were provided. The SU prepared a F.6 Graduation Pack for the F.6 students before they left the school to study for the public exam.

Even though we are in the worst of times, we must still try our best.



Animal Care Society:

ACS provides many opportunities for schoolmates to take action in helping homeless animals. Activities include volunteering services and fund-raising for animal charity organizations. The aim is to make every effort to help more animals in our community.



Chairperson's Comments:

'Being a volunteer requires great patience and the sense of responsibility. During the process, we learn how to communicate and get along with others and most importantly, we can inspire others to cherish every life.'

- Corie Cheung



Meteorology Society:

Meteorology incorporates the knowledge of Mathematics, Physics, ICT and Geography, which broadens students' horizons in different fields. The society acts as a hub for students to discuss and learn about meteorology. It also offers a kaleidoscope of activities for our students, such as tours of the Observatory, related talks and competitions.

Chairperson's Comments:

'Undeniably, I have acquired a good knowledge of meteorology thanks to the society. It has helped me realize how vast our Earth and Universe are and we are just a tiny spot living in the cosmic dark.'

- Wilson Lau



Gardening Club:

It aims to promote the benefits of gardening as well as environmental protection and to enrich plant and environmental knowledge for our schoolmates by holding activities. Therefore, there are noticeable events such as Rooftop Gardening which is done annually, and field trips to farms in Hong Kong.



English Drama Team

The team had several meetings this year in the first term with all 50 members working on drama techniques, script reading, and playing drama games. In the second term, drama members in different forms were able to join some EDB inter-school competitions.

The first competition in March was entitled “Speak Up Act Out - Radio Drama” performed on zoom. Both senior and junior teams obtained championships. The final competition in May was called “Stories on Stage - Scriptwriting and Dramatic Performance”. Four teams of F.1 students wrote an adapted script based on a story and recorded an audio performance of one scene. Three F.1 teams scored Merit awards out of 30 schools and only 8 prizes! What a successful year for the English Drama Team!



English Society

Due to the pandemic, the English Society provided rich English language activities for its members solely, rather than whole-school events. When they had their meetings, there was always a specific theme, such as Song Appreciation, Christmas Celebration, The True Meaning of Easter and Snacks and Food Around the World,

to name a few. There was even a Scavenger Hunt around the school!

Some games on zoom like Big TV or some speaking challenges were planned. For whole-school events, the society held a “Superhero Design Competition” for forms 1 to 4. The submissions were creative and beautifully done!



Interact Club

Apart from regular events such as blind sports, rubbish collection, exchange tours to places like Osaka and Singapore, and service tours to Cambodia, members of the club also joined the online talk “Passion to talk, Talk to inspire” convened by Dream Compassioneers. Participants gained valuable knowledge from the serving experiences shared by the different speakers.

In cooperation with Dream Compassioneers and the Moral and Civic Education Prefects, a supplies collection project – “Grant A Wish” was held, aiming to encourage the public to donate their unneeded daily necessities to impoverished children around the world. Many of our students reacted actively, giving a hand whenever and wherever they could!



撰文：陳俞安 (3E)
 採訪：陳俞安 (3E)、黃曉晴 (3E)、胡釋予 (3E)
 圖片：鄭秀蘭老師、受訪者提供
 顧問老師：鄭秀蘭老師



梁志峰醫生

陪伴是最長情的治療 —— 一個具有人文情懷的精神科醫生

梁志峰醫生

（下稱為梁師兄）2012 年於本校中六畢業，是第一屆的香港中學文憑試考生。梁師兄中學後升讀香港中文大學醫學院，選修精神科，並於 2018 年畢業。現任職公立醫院精神科醫生。

一個萬里晴空、清風颯爽的二月下午，一位穿著隨和，樣貌敦實的活力青年挺著筆直的身姿，緩緩步進學校的會議室。伴隨著他如二月和風的語調，我們開始暢談起這位精神科醫生過去的點滴、現時的生活和未來的祝願。

中學校園點滴

梁師兄在訪談時的語調十分溫柔，給人一種暖風迎面的舒適，但令人意外地，他中學時參加的是辯論隊和英文戲劇。這些活動或需要與人一拚高下的詞鋒、誇張華麗的演技，但眼前的梁師兄溫和而親切，小記者們真盼望時光倒流，能回到師兄少年時親睹他的不同風采。

談到中學的課堂，他記憶猶深的是鄭秀蘭老師的中文課。梁師兄升中六的那年鄭老師剛到銀禧任教，接手他們的中文科，雖然在課堂裏只相處了短短的幾個月，但是他十



小記者帶梁師兄參觀重修後的小禮拜堂和天台小花園



鄭老師、梁師兄校園再聚，訪談後合照留念

分感謝鄭老師能讓他明白到中文的內涵並不在於應付考試，而在乎當中的人文情懷；尤其寫作，他仍記得鄭老師和他們分享自己寫的文章，也鼓勵他們把自己的所思所感，用有自己風格的文字表達出來。

梁師兄還喜好閱讀不同名家的著作，例如龍應台和余光中的作品。他認為閱讀的興趣是會陪伴自己一生的，即使自己的工作有多繁忙，也仍願意擠出一點時間來讀書。梁師兄說：「很多人都以為讀醫科是很『理科』的事，但我覺得文科的訓練對一個醫生來說同樣重要，尤其是文學，我們透過人文學科，能認識和體會別人的心靈，明白別人的真正需要。」相信他所閱讀的作品，曾自他中學以來潛移默化地造就了他，讓他成為一個擁有人文情懷的醫生。

學海無涯

梁師兄最初想讀醫科，是因感受到患重病的母親在病榻上的痛苦，想像自己成為醫生或者可以更好地照顧母親。但讀醫科課業上負擔之重是眾所周知的事，小記者們問到梁師兄的醫學院生活是否艱難時，他坦言在大學的六年裏，他經歷了三年基本醫學理論學習，三年臨床學習兼一年的實習工作，而且醫學知識量龐大，加上學界裏的知識日新月異，需要不斷學習追趕，這些都曾讓他感到十分疲憊，最初也萌生過放棄的念頭。但

當他在學習過程中親身感受到發掘醫學知識的新奇和有趣之處，以及在實習期間遇到不同的人和事時，不僅沒有為當初選擇醫學而後悔，反倒為能夠從事這麼有意義的工作而感到驕傲。相信正正因為梁師兄具有人文關懷的特質，讓他即使在辛勞的學習過程中，仍能對實習時期的患者和有意義的工作保持一顆熱誠的心吧。

陪伴是最長情的治療

離開了大學，梁師兄成為一個在公立醫療系統中工作的精神科醫生，工作壓力大是可想而知的事。在政府醫院，醫生診斷每個門診病人的時間不多，但梁師兄認為精神科的斷症與治療並不可靠單純的物理醫療手段，而是需要長時間與病人接觸聊天，瞭解病人的過去，並陪伴其面對生老病死，幫他們度過人生中最困難的時刻。「我覺得讀醫科並不代表是理科人，這需要理科的知識和文科的情懷一起配合，若無人文素養則無法理解病人的處境和心情。」梁師兄的這句話又再浮現在我們心裏。筆者在讀馬奎斯的《異鄉客》中〈我只是來借個電話〉這個短篇時，讀到女主角瑪莉亞因被誤認是精神病患而被關在精神病院裏，經歷了痛苦悲慘的人生。這不免讓人思考，究竟「正常」與「不正常」是如何定義區分的呢？比起一般肉體上染病的人，精神病患者總會被社會所標籤，人們往往總會用「不正常」這一類帶



班會旅行

有排擠歧視意味的辭彙來形容他們。而梁師兄並不贊同這種現象，他表示精神科病人是最貼近社會脈搏，最能反映社會問題的人群。他個人也十分喜愛聆聽患者述說他們的過去，像是有人經歷過幼年創傷、家暴、性侵犯，有人被父母忽略，被同輩欺凌，有人遇到工作、人事糾紛，也有病患是有相依為命的親人離開人世。他從他們身上看到的並不是病態的一面，而是人類堅毅地面對真實人生的一面。有時「正常」與「不正常」的界線模糊，有些情況僅是社會上的人們對於不瞭解的人物的以偏概全，要是人們不怕去關心，試著去瞭解他們的故事，便可得知他們的痛苦與堅強。



中大醫學院同學



昔日 6B：興正班主任曾智龍老師、副班主任黃運如老師、體育科丘國威老師班聚合照

照顧好自己

我們現在生活在一個充滿創傷的時代，口罩仿佛象徵人們的冷漠疏離。不能與人接觸的煎熬、急速轉變的社會環境，都深深在我們身上留下了一條又一條的傷疤。社會上不少人都面對著各種困難，產生了許多負面情緒。梁師兄認為在這樣的一個時代裏，人們更要保持自我，不要輕易因為外界的事物而讓自己情緒失控，要給自己一點空間從外在環境中抽離出來，學習獨處。同時要學會接受自己的情緒，照顧好自己，不要心急，不要覺得自己與別人不同便是「不正常」的，這樣只會讓自己徒增悲傷。最後要懂得求助身邊人，不要甚麼事情都藏著窩著，自己孤立自己，有需要則一定要尋求社工和精神科醫生等的專業協助。聽過梁師兄的勸告，感到同學們在學習和成長壓力中一定要記得放鬆自己，畢竟在這個容易受傷的年代，稍有差錯，便會漸漸磨損自己，在心靈留下一輩子的傷疤。

對後輩的勉勵

對於銀禧的學弟妹們，梁師兄勉勵大家要在中學時期，即使面對社會上不同的事件，也要建立一套屬於自己的價值觀，要記得保持自我；同時也要懂得在課餘時間培養自己的興趣，因為興趣是會跟隨自己一輩子的。最重要的是，他認為我們所有人都要珍惜身邊的同學和老師，因為他們很可能是你未來一輩子的朋友。

以上便是一個靜謐的午後，一位具有人文情懷的精神科醫生和幾位年輕記者的暢談。各位，「陪伴是最好的治癒方法」，請照顧好自己、珍惜眼前人。

撰文：周伊涓 (2E)、張旨程 (5D)、孫允陶 (2E)、鄧嘉倫 (2E)、鄧以諾 (2E)
 採訪：周伊涓 (2E)、張旨程 (5D)、孫允陶 (2E)、鄧嘉倫 (2E)、鄧以諾 (2E)
 圖片：麥瑞淇議員、孫允陶 (2E)、鄧嘉倫 (2E)
 顧問老師：馮心穎老師

聆聽心聲、相信自己、努力向前 ——麥瑞淇議員訪問

「要聆聽自己的心聲，喜歡的事，要努力向目標前進，即使有失敗，也要重新努力……」

2021年3月31日是個特別的日子。那天我們剛開始放復活節假期。在老師的安排下，我們一行5人到了愛民邨區議員辦事處。我們邀約了麥瑞淇議員進行訪問。親切的麥議員是我們的師姐，以下是我們跟麥議員的訪問內容：

問：師姐，您最愜意的校園生活是什麼？

我很喜歡學校，學校校風純樸，校園生活令我回味。最深刻的事情是轉讀文科。中四時，因家人的意願，成績又符合修讀理科的要求，所以最初修讀了理科。但其實自己很喜歡文學、中史，亦自行研讀了不少文學書籍。因修讀理科非一己意願，亦沒有這方面的天賦及興趣，所以影響了公開考試的成績。但感謝是學校給了我重讀的機會，尤其得到郭始基校長及梁福業副校長的幫助。此外，在等待學校決定是否允許我重讀的時候，很多老師都鼓勵我，寫鼓勵卡給我，所



以我很珍惜重讀的機會，也很享受在銀禧的校園生活。得到重讀的機會後，我選擇了自己喜歡的文科，亦因如此，成績躍升，考獲全班第一名。藉此事我勸戒師妹師弟們，在選科時要選擇自己喜歡的科目，因為自己喜歡的，便更會用心去讀。除讀書外，最記得的校園生活，是以前放學後經常跟同學打排球，還記得CK Sir常借排球給我們。說起老師，我很感謝盧Sir，他教導我文學，給了我很多的鼓勵。另外陳淑華老師、鄧永強老師、袁厚和老師，也在學習上給予我很多的幫助。還記得一位鄧偉賢老師，他因癌症離開了我們，但影響我很深，他啟發了我很多，我很感謝銀禧的老師。

問：想請您分享選擇當區議員的原因、工作範疇和最感興趣的公職項目。

中學時我已經有做區議員的想法，只是當年在考慮選社工還是政治學系。最後我修讀了社工學系，因我很想服務基層家庭及長者。畢業後我當了社工及議員助理，再確定自己實在喜歡服務街坊，所以最後當上了區議員。



區議員的工作範疇

其實區議員的工作範疇十分廣泛，例如我們要參加一些區議會會議，討論關於社會、房屋等等的地區政策。區議員最主要的工作就是要聽取市民意見，再向政府反映，給居民提供不同層面的幫助，其中地區問題如公屋分戶、以致民生訴求如公共屋邨常見的垃圾堆積問題，以及幫助居民解決生活瑣事，如電話續約等，都包括在區議員的工作範圍內。至於區議員最重要的角色：第一，就是要協助資源和人的配對，有時幫助居民轉介社工或有關政府部門，自己的角色跟「地方保長」很相似；第二，透過與市民交談和舉行康樂活動，增進區議員與居民的關係，從而令社會更和諧。

問：區議員工作繁忙，您的業餘愛好是什麼？

我喜歡在工作以外繼續服務社區。當我看到別人高興，我自己亦會十分滿足。我曾經參加非牟利組織義務工作例如在聯合國兒童基金香港委員會參與義務工作。成為區議員後，我仍然會在辦公時間以外繼續服務街坊，希望以自己的崗位和能力去幫助更多人。當然我亦會平衡自己的工作和生活，偶爾會一個人去打壁球，享受休息的時間。

最感興趣的公職項目

我還是最喜歡參與社會服務的工作，我最積極參與的是社會服務委員會，與此同時我也是這個委員會的主席。這項工作最主要是與非政府組織商討社會服務類型的政策，給市民帶來最好的福利和改善市民的生活質素，其中也有些政策是特別為長者和青少年的需要而提出的。





問：如果您不做區議員，您會做什麼工作？

如果不做區議員，我仍然會選擇繼續從事服務工作，當一名社工。基於在攻讀大專時主要學習服務家庭、兒童及長者，所以我現在服務的群眾亦以以上範疇的市民居多。當在服務市民時，其實我更認為我是集區議員與社工兩職業於一身。我大部分時間仍是以社工的角色和街坊聊天，聽他們對社區的意見。我很享受跟他們閑話家常，雖然未必能真正解決到問題，但亦希望透過聆聽街坊的事情，令他們有一個傾訴的對象，從而以最適切的方法給予幫助。

問：有沒有一些您很想做，或未來很想做的事情？

因為受到肺炎疫情的局限，其實有很

多活動都未能如期舉行，而去年則集中於為居民於全球搜羅口罩，以解決他們的燃眉之急。還未完成又希望未來能完成的事情，就是定期舉辦居民大會，讓居民主動提出問題，令我更清楚市民的需要，共同參與社會的事務，再向有關部門爭取，從而真正做到由下而上，一起改善社區。

問：在服務街坊的方面，我們也想知道一些特別的事情……

在服務街坊的方面，我們每一日做的事情都相近，不過對我來說，最難忘的是與人之間的感情。我現在在這裏工作，如果我不做區議員的時候，我想我最捨不得的是這裏的人。這裏的居民對我真的很好，當我是阿妹、孫女、女兒這樣去看待。記得在我還沒成為區議員的時候，有一個婆婆，她一直都很幫助我，即使她已經90歲，年紀很老邁，行動也不方便，但當我籌辦活動時，她總會熱心幫助。如舉辦博愛醫院籌款時，我們設置一些櫃檯，婆婆就說：「我幫你坐在這裏吧！」那她就會一直坐在那裏，我跟她說：「你坐一會就該休息了！」，她說：「我可以的」，之後她還是很樂意這樣做。即使她已經90歲了，行動不便，她都是想幫我們一把。



其實，在我還未當上區議員的時候，我對自己的信心不大，常質疑自己是否有能力去幫助更多人。那個婆婆比我更相信我自己，她每天進來都會跟我說：「淇淇，你行的，你相信自己就行了，我相信你，其實你很好，不過你不知道而已，你不要常常說自己不好！」她一直給我很多鼓勵。區議會選舉時，即使她行動不便，她也坐在我擺放的桌子前，不停地叫人：「快點去投票，快點去投票！」，她十分支持我，給我很大的信心，她對我的鼓勵很重要。後來，這個婆婆因年紀大，去世了。很遺憾的是當時因為疫情關係，我不能夠送她最後一程。所以我常反思，在這個崗位裏面，我不只當它是一份工作，對我來說它是一個使命，我希望我能完成更多我可以做的事情。



對我來說最深刻的是與居民之間的感情，如他們煮東西給我吃，也給我帶來湯水。曾經有一次，同一天裏，不同的居民給了我三壺湯。又有一次，他們給我買來西餅，「你在這裏是吧，我現在去買西餅，你千萬不要走開，等我買回來給你吃。」你說，我怎能認為這只是一份工作？我覺得這簡直是我的生活，在這裏我覺得很開心。

開心的事情當然還有很多，但社區裡，也有不少問題。如居民最關心的鼠患問題，也是整體的衛生問題。因屋邨設計舊，老鼠容易沿喉管進入單位，造成鼠患。這亦源於不少居民不把垃圾包好就扔到走廊，這個情況不理想，因為若垃圾不被包好，那就變成老鼠的食物。其實清潔方面，房署已經做了很多事情，但需要居民自律，提高衛生意識，才可以真正改善問題。

問：您認為如何培養中學生關心自己的社區呢？

其實了解社區的方法有不少，但因為中學生學業繁忙，因此我建議大家可以多留意區議會網頁、傳單、海報、新聞等。學生們也可以多及時向區議員反映社區的問題。

問：請師姐給我們銀禧學生贈言……

我認為校訓「非以役人，乃役於人」是我們做人處世的態度，我們應該盡己力去服務他人。現在學業繁重，抗疫令到同學失去很多校園生活，亦加重了同學的壓力。但我想對同學們說：「加油！」我希望同學要有希望，有希望才会有好的將來。各位師弟師妹要相信自己，努力向上，不要害怕失敗和困難。

後記：

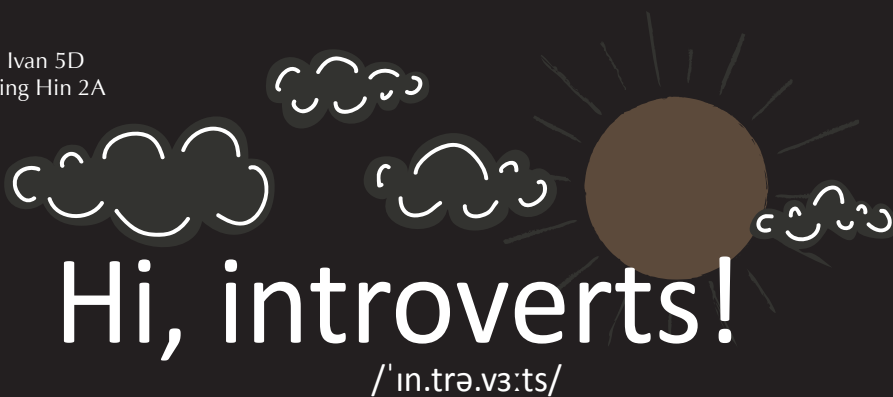
最後師姐還給了我們一點忠告---要聆聽自己的心聲，喜歡的事，要努力向目標前進，即使失敗，也要重新努力，在失敗點爬起來，為自己的目標盡力而為，相信自己，努力向前走。

訪問期間，很感受到師姐與街坊的關係，也感受到師姐無論在學與工作，都甚為珍惜人與人之間濃厚的情誼。

花絮：

訪問期間，師姐以熊仔桂花糕盛情款待我們，又與我們分享不少銀禧師生的活動照片，倍感珍貴。我們離開後，師姐告知一街坊過來請吃甜蜜美味的鮮鳳梨，可見社區情、街坊情，令人羨慕！

Editor: Tam Hoi Leuk, Ivan 5D
Reporter: Ng Andre Ping Hin 2A



SOMEONE WHO IS SHY, QUIET, AND PREFERS TO SPEND TIME ALONE RATHER THAN BEING WITH OTHER PEOPLE

Before we get to the topic, let's do a simple personality test.

"I try to structure my day so that I always have some time to myself."

AGREE



DISAGREE

"I don't like to vacation in places where there are a lot of people around and a lot of activities going on."

AGREE



DISAGREE

"I do not have a strong need to be around other people."

AGREE



DISAGREE

"I usually prefer to do things alone."

AGREE



DISAGREE

"Other people tend to misunderstand me – forming a mistaken impression of what kind of person I am because I don't say much about myself."

AGREE



DISAGREE

"I feel drained after social situations, even though I enjoyed myself."

AGREE



DISAGREE

AGREE carries 1 point and DISAGREE 4 points. If the total is 12 or below, you might well be an introvert.

*This quiz is only for reference



A story of an introvert

I am currently a Form 2 student, but it wasn't until Primary 5 that I learned about my personality type – the “anxious and restrained” introvert. I am quiet in everyone's eyes and I will never be comfortable as the centre of attention. I never truly grasped the skill of socializing with others, or it just did not work out even though I tried. I feel inferior, ashamed and anxious at times. Am I actually weird?

So what exactly is an introvert?

An introvert is often thought of as a quiet, reserved, and thoughtful individual. They do not seek special attention or social engagements, as these events can leave introverts feeling exhausted.

Introverts are the opposite of extroverts, who are often described as the life of a party. They seek interactions and conversations. The last thing they want is to miss a social gathering, and they thrive in the frenzy of a busy environment.

In our culture, extroversion is often praised while introversion is seen as an oddity. Extroverts are usually viewed as leaders because they talk more. However, there are notable leaders who are introverts, including Bill Gates, Warren Buffet, J.K. Rowling, Emma Watson and so on.

What makes introverts great?

👉 They're good listeners

Unlike most of us, introverts are naturally adept when it comes to active listening. Introverts process information internally. Dr. Helgoe, author of *Introvert Power: Why Your Hidden Life is Your Hidden Strength*, says that the skill allows them to hear, understand and provide carefully considered insights when they do respond.

👉 They're observant

In addition to their superior listening skills, introverts possess what Beth Buelow, a professional certified coach and the author of *The Introvert Entrepreneur*, considers a “superpower”: their observation skills. Introverts tend to notice things while others are busy talking and processing out loud. Thus, although introverts may seem to be just sitting quietly during a meeting, their calm minds are actually soaking in the information being presented and thinking critically.

“Quiet people have the loudest minds.” - Stephen Hawking

What can we do?

While introverts have much to offer, it is sometimes hard for them to break the ice and start talking. Asking them questions in a lighthearted manner might help them open up. However, it is important to be comfortable with their silence as it is hard to change someone's basic nature. Let's unleash the potential in all members of our community for the common good!



**Quiet people have
the loudest minds.**

-Stephen Hawking

Happy World Introvert Day

INTROVERTDEAR.COM

"I'll do it tomorrow" syndrome, or procrastination

You receive an assignment from your teacher and go, "Yeah, it's not due till next week, ample time", only to find that you're struggling with it till the last minute before the legitimate deadline? Does this sound familiar? Well, fret not, because you're not the only one who can totally relate to this.

This phenomenon is called procrastination - and it's a vicious enemy of a lot of students (and teachers 😊). You will be assigned work to do, and then delay it to a later period, with the assumption that you will "try to do it later" when in fact you delay and delay. When the deadline looms, you panic and rush through your work to just get it done in time.

Now, what are the reasons for procrastination? Let's get scientific. Buckle up! According to the author and Professor of Economics, Piers Steel, PhD, there are five elements that determine whether you are eager to do a certain activity as soon as possible, or whether you will postpone it:

- 😊 Motivation – the willingness to do work
- 😊 Expectancy – the expected positive outcomes of your effort
- 😊 Value – the enjoyment of a task and the reward it brings
- 😞 Impulsiveness – your tendency to get distracted by other things
- 😞 Delay – the time lapsed until receiving an anticipated reward

These 5 can come together to form an equation:

$$\text{Motivation} = \frac{\text{Expectancy} \times \text{Value}}{\text{Impulsiveness} \times \text{Delay}}$$





To increase your motivation and thus decrease the risk of procrastination, you want to maximize expectancy and value. Impulsiveness and decay are your enemies – the main culprits of procrastination.

Now let's use this equation to our advantage. One way to increase your expectancy is to believe that if you put in effort, you will get positive outcomes. If you are weak in Math, start with easier questions and see yourself overcome difficulties along the way. It also helps to break down the task into smaller ones, which are much easier to accomplish than one large project. By creating a smaller, attainable goal for yourself, you'll gain self-confidence when you accomplish this. Then set another goal - this time make it a bit harder, but still well manageable. Work on it, experience success and build trust in yourself. Optimism will be a natural result, and your expectancy will get higher and higher.

Apart from setting small, attainable goals, the following tips catering to the three other factors will also help you combat procrastination:

To increase value,

☺ try to commit to your tasks and find the enjoyment therein

☺ reward yourself after completing your tasks

To avoid impulsiveness,

☺ work or study in a clean room without distractions, especially phones, computers or other gadgets

☺ try to have a person monitor you doing your assignments instead of being distracted by something else

To deal with delay,

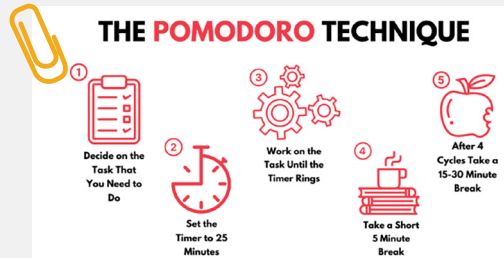
☺ create a routine or habit of starting to work once the task is assigned

☺ Tell yourself: It's now or never

☺ Set closer deadlines for yourself after cutting down a big project into smaller chunks, and try the Pomodoro technique below.

Pomodoro Technique

Work for 25 minutes and then take a 5-minute break. During the 25 minutes, focus on one small task. This makes the workload less daunting and keeps the brain focused. When you time yourself doing a Pomodoro, don't look at the timer – just focus on doing your work. After four cycles, take a longer break of 20-25 minutes. You should also set the bar lower by setting less ambitious goals. This increases your expectancy even more.



When you think about it, everyone around you has procrastinated at least once. This is a flaw that should be fixed. It only adds to your stress and makes life harder.

STOP THINKING THAT YOU CAN COMPLETE YOUR TASK AT A LATER TIME.

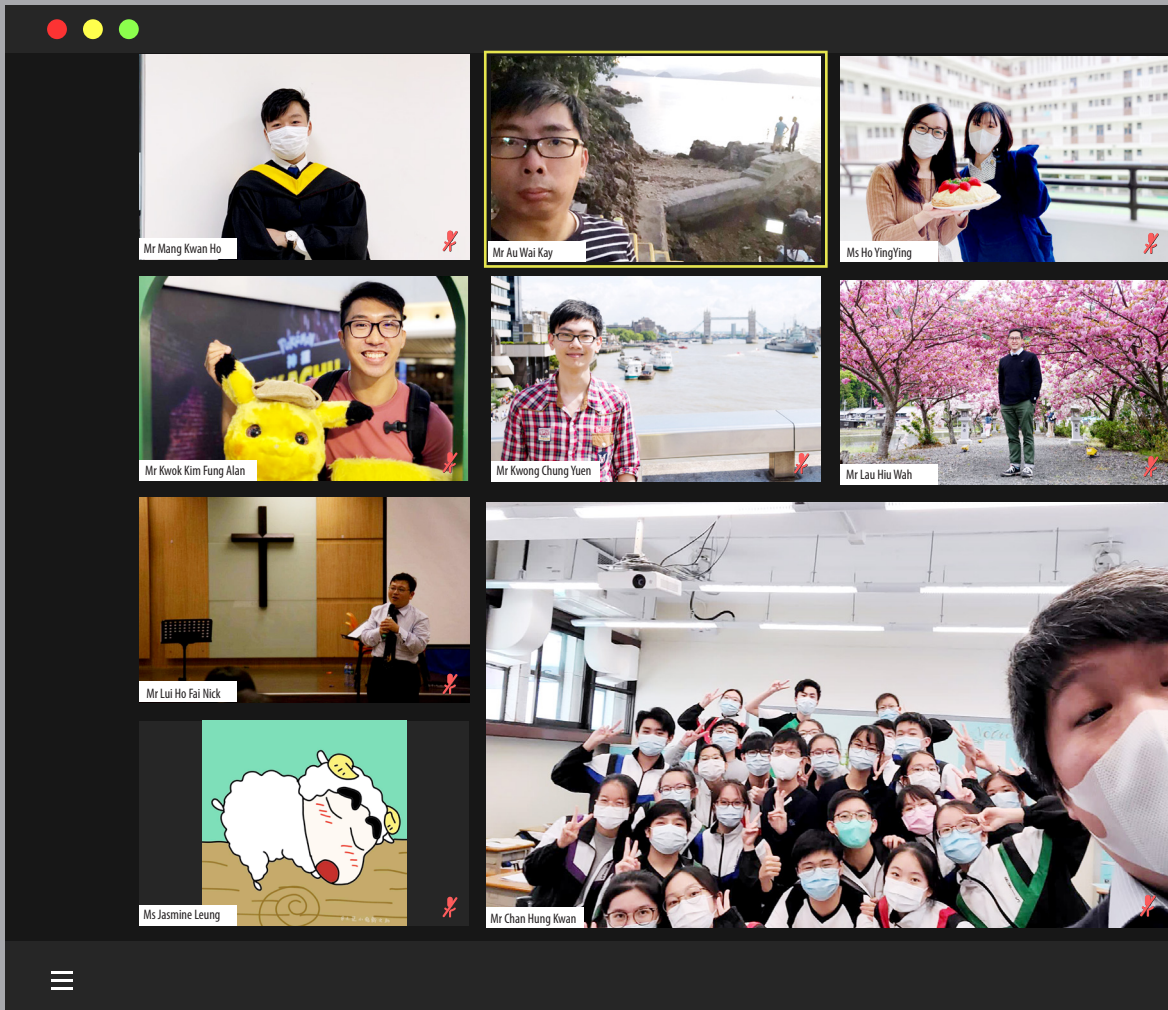
This can crush even the most productive individuals. Put all these strategies into practice, and even devise a battle plan catering to your own needs. I hope it will help you in leading a more productive life.



Editor: Wong Wai Ying, Jojo 5E

Reporters: Leung Hoi Fu, Marco 1D, Hutabarat Abraham George 1C, Suen Wan To, Simeon 2E

OUR FIRST ENCOUNTER WITH



≡ Theme: What I like to do in my spare time...

Mr. Tong Ting Kin Anselm
(Vice Principal, Chinese Language)



I love debating and football! I was a Football Team Captain back in my secondary school years. I also led my previous school to win a debating championship in Asia! My two interests seem incompatible, but I love them both!



Mr. Lau Hiu Wah
(Assistant Principal, Chinese Language)



As an energetic and active person, I love swimming, playing badminton, hiking and reading. I also love travelling, especially to Japan. My interest in the Japanese culture, especially in pop music and animation, started to grow when I was very young. I even got a scholarship to study at the Kyoto University!



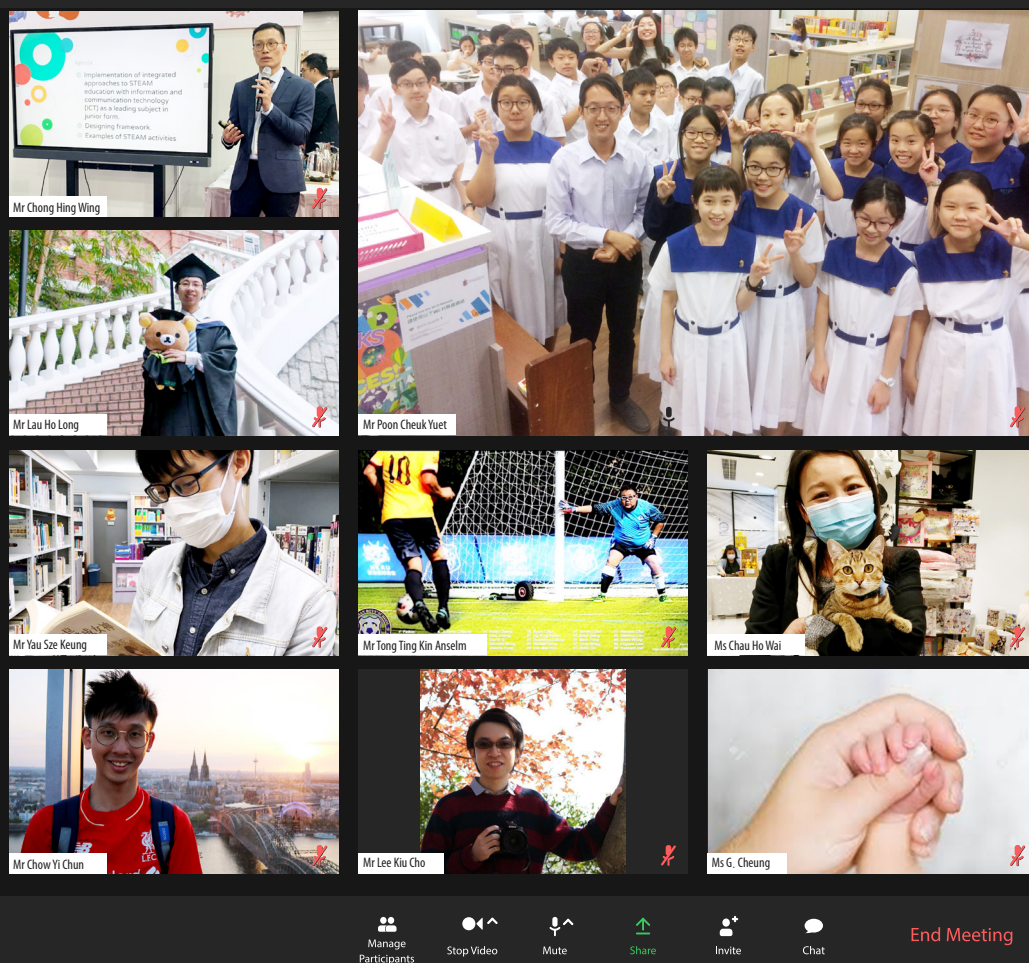
Ms. Chau Ho Wai
(Assistant Principal, Liberal Studies)



I love animals, especially cats! Cats are adorable and loyal so they are always my best friends! I also think that cats and I share the same personality.



THE NEW TEACHERS



Mr. Chan Hung Kwan
(Mathematics)



I like photography, playing games and watching TV and movies. 'The Green Mile' and 'Ready Player One' are my favourites!



Mr. Yau Sze Keung
(Mathematics)



I enjoy reading books of different genres. Zhuge Liang is my utmost favourite as I find his writings fascinating!



Mr. Chong Hing Wing
(Computer Literacy and ICT)



My interest is everything about computer and mathematics subjects because they are logical and artistic. I am always excited to learn new things.



Theme: What I see in being a teacher...



Mr. Chow Yi Chun
(Economics)



Being a teacher has always been one of my dream jobs. I love contributing to the society by creating positive influences on secondary school students so that they can aim high!



Mr. Au Wai Kay
(Physics)



I have been teaching for 20 years straight! I think it is very meaningful to teach students my knowledge and experience. I also really cherish the time to connect with the students.



Mr. Kwong Chung Yuen
(Physics)



Through communication and interaction with the students, I am constantly inspired by them. I believe it is a two-way learning process and this is the reason why I love teaching.



Ms. Ho Ying Ying
(Liberal Studies)



I recently received a surprise handmade birthday cake from my student in BHJS! Feeling loved and honored, it gave me strength to carry on despite the busy schedule of a teacher.



Mr. Lau Ho Long
(Mathematics)



I discovered my interest in becoming a teacher when I was invited to teach a summer class at a church. That was when I realized teaching is meaningful and fun.



Theme: What I do during the pandemic

Mr. Poon Cheuk Yuet
(English Language)



During the pandemic situation, online lessons are deemed to be unforgettable! Teachers need to learn new stuff, such as teaching using information technology. There is anxiety as well because of all the uncertainties.



Theme: What amazes me in BHJS...

Mr. Lee Kiu Cho
(Liberal Studies)



I am particularly amazed by the strong bond among teachers and students here at BHJS. When students knew my birthday through social media, they arranged several rounds of surprises for me. It is so wonderful that students keep their teachers in mind to bring them happiness.



Mr. Mang Kwan Ho
(Chinese Language)



I remember chatting with a F.6 student and found it amazing that we are like peers instead of teachers and students! There is no generation gap, for sure!



Ms. Jasmine Leung
(English Language)



Speaking of funny memories, what comes to mind is my first day of teaching. I am actually a timid person who isn't used to speaking in front of a crowd. I can still recall that my legs were shaking when I first stepped into the classroom lol! Trying to play it cool, I gave my form 1 students a stern look.



Ms. G. Cheung
(English Language)



I would like to congratulate BHJS on its upcoming celebration of its 60th Anniversary. God bless you all.



emic...



Mr. Lui Ho Fai Nick
(Student Support)



I have had the most unforgettable experience under the pandemic. As visitors are not allowed to visit patients in the hospital, I was not able to witness my son's birth. My wife had to call me at midnight to tell me that my son was born!



Mr. Kwok Kim Fung Alan
(Liberal Studies)



Under the pandemic, it was really boring to stay home all day long! Therefore, I decided to renovate my entire apartment, which has been the biggest project of my life so far!



「共建美好家園」第二屆全港青少年徵文比賽 2020-2021

高中組優異獎



家

歐晉熙 5C

淫雨霏霏，不知是薄霧隔絕了遠方視野，還是盈轉的淚水模糊了眼前的景象，父親的聲音忽然響起：「志，你要記著繼承我們這個『家』，把我們的事業發揚光大。」我緊守崗位，盯著控制版，遠看還看不到的目的地，船鳴在耳畔嗡嗡作響，段段被喚醒的記憶在時光的長河裏糾纏重來。

我們一家都是跑船的，普通的我們終其半生在大海漂泊，直至退休回到岸上。然而浪跡天涯的生活並未造就漂泊不定的心。父親始終如一地堅守自己的崗位。數十年來都不曾有放棄工作的念頭，我想這就是他對祖父許下的承諾。我的童年都是跟著這「船長」工作。父親天天早起，在清晨的薄暮之中打點船艙的大小事務。他身為船長，明明可以差遣伯父們完成雜務，可是他事必躬親，務求把一切做得盡善盡美。也許，父親的觀念非常傳統，好像曾子說過：「慎終追遠，民德歸厚。」我想必定是這個原因父親才非常重視傳承祖先的大德。

小時候，父親帶著我和昔日比肩而事的伯父們敘舊。伯父們總說父親所到之處都總是眾人的楷模。我想這就是為什

麼即使父親退休了，仍深得伯父們景仰。

海濤拍岸的聲音不絕於耳，幕幕與父親在船上相處的點滴歷歷在目。

那天風高浪急，非常危險，船上的貨物都被巨浪捲走，逆水行舟，父親只好控制著船舵，他喃喃唸著：「逆水行舟，不進則退。」他堅持著控制船舵，一班伯父都帶著信任的眼神望著父親，而我第一次經歷大風浪，心很亂，不斷勸諭父親放棄，回頭是岸。久經風浪的父親眼神堅定，保持著冷靜的神態緊握著船舵，憑著熟練的技巧，把船從巨浪中破出，到達彼岸。

那次之後，我自慚形穢，作為兒子的我，竟然不是支持著父親，而是叫他放棄……我徬徨，我垂頭喪氣，我一蹶不振。父親在旁輕拍我的肩膀，沉重說道：「慢慢來吧！跑船並不是這麼容易。我掌握到，全因是你的祖父教導我這些技巧，你總會明白的。」

當眾人都批評我比不上父親之時，他只是循循善誘，包容我的愚鈍，體諒我的懈怠，眼中倒映著對我的信任。我內心的愧疚如巨浪沖擊心頭，

令我喘不過氣來。我那不穩的心，有著數十萬個放棄跑船的想法。但長久以來，那溫柔似水的眼睛總是我不斷前進的動力，全因他的堅持，我才有了學習的榜樣，全因他的教導，我才有這成為船長的勇氣。

我想起每一次到達目的地之後，父親伯父們的興奮的眼神，行家雀躍的表情，各地老百姓感激的聲音……都提醒我啟發我生命的意義……我想通了，我要盡孝，要傳承家族大德，要讓跑船的事業代代相傳。

濃霧漸散，剛才煩躁不安的船鳴稍有止息，目的地就在眼前！有多少人企盼著我這一船希望。我在漫漶的回憶中載浮載沉，想起自己曾經承諾父親傳承跑船這個家族職業，承傳那個堅持的心。

點點滴滴的回憶在我腦海內積累成河，涓涓細流終究回到大海，日月星辰輪轉，如今父親和我雖然相隔兩岸。但父親那重視「家」的精神，堅持為「家」付出的心，我仍會傳承下去。

「志，你要記著，要傳承我們的『家』，把我們的事業發揚光大。」是的！父親！您的叮嚀，我全銘記於心！



Mehmood Abeel Pardinas 2E

The English Club is holding an animal story writing competition and students are invited to submit stories about wildlife. Write a story in the first person about the life of an endangered species.

The Only One Left

I was a tiger cub with a caring family of tigers, and we lived together in a small cave. We had lots of fun every day, hunting for food, caring for one another and playing for fun. We were simply living our best lives until we felt something was wrong.

It was way hotter than normal, and the grass underneath us started to disintegrate into ashes, leaving only rock behind. The water from the lakes nearby started to evaporate, and the two-legged beasts: the humans, started construction in the area. I was separated from my family at that moment, and so I desperately ran around to find them.

It was getting dark, so I nearly gave up, until I saw a light emitting smoke in the distance. I followed it out of curiosity, as well as in hopes that I would reunite with my family. At that moment, I realized that I was getting thirsty, so I quickly ran towards the nearest patch of liquid that hadn't evaporated yet. I drank from the puddle,



but strangely it had an unusual taste of sulphur and mud, along with a pungent stench of ammonia. At that moment, I realized that it was not water, but in fact sewage. My vision started to blur, and my movement was disoriented. I still marched on towards the light, though my condition was deteriorating.

As I approached the light, I stepped on something soft. I looked down and fear filled my eyes. I could not believe what I saw. No matter how much I convinced myself that it was merely a hallucination from the sewage I drank, the

reality of the situation could not be changed. A mountain of tiger corpses was right before my eyes, with all their teeth ripped out and skin taken off. The sight of it was enough to turn my stomach upside-down. I wanted to puke. Even so, I marched forward in hope of finding a survivor. If I roared, the two-legged beasts who massacred my family would get me too.

I grieved and cried silently, as I searched frantically. Nothing. No one. I prayed and wished for a way to get out of the situation. I closed my eyes and

heard a strange tinkling noise. The back of my eyelids lit up as if something in front of me was glowing. As I opened my eyes, I found a strange device. It was a button. "That must be the answer to my prayers," I thought. I pressed the button and bright light filled my vision, rendering me unable to see for a few seconds. As I recovered from the flashbang, I rubbed my eyes and felt the grass on the ground once again, unlike that horrifying night before.

I wondered where I was, as I saw that familiar cave again, no longer bloodstained. I ran to it, and to my surprise, my mother was laying there peacefully. I broke down in tears of joy and relief. I also realized that I had somehow travelled back into the past using that button on the ground, which was probably part of the human construction at the scene.

I warned my entire family about the tragedy that would ensue the nights after. They were sceptical about what I told them, but I had to convince them, otherwise this second chance would be in vain. I didn't know if I'd encounter that miracle button again, but

I hoped I wouldn't have to after successfully escaping the future hell that awaited us.

At that very moment, just as the sun was about to set, the very same phenomenon that occurred last time would repeat again. Flashbacks of the tragedy filled my mind, and I cried out to my family. As the disintegrated ashes of grass scattered onto the ground, I roared at the top of my lungs. The forest would crumble little by little, as crackles of trees falling filled the fields with noise. The light of torches illuminated the dark and pierced forest. There's no doubt about it: the two-legged beasts who brought catastrophe to my family have arrived.

As I started to lose hope, thinking that this world would be one where my tiger family would end up like the last one, I saw them running towards me, hiding together in our secret cave. We waited here for the entire night as we heard beeping noises, explosions, and drilling noises. We were all scared to death. It happened every single day. We wondered



when it would stop. We had not even seen the light of the sun for so long. Our sense of time was starting to fade away. We were starving, and all we had left were skin and bones, all of us struggling for our last breath. And then, one day, the noises stopped. We walked out of the secret cave, to see ruins of a building and a gigantic sun – almost thrice as big as it previously was. The sky was foggy, and all that was in the distance was black fog, possibly left from the excessive amount of factories' emissions. There were corpses of humans on the ground, dried up from the heat. I laughed, as I lost grip of my sanity. The irony of the situation was astonishing. In the end, there was nothing. For all of us living beings were endangered. Nothing was safe, not even the catalysts themselves. That was truly a fitting end of the world. One by one, each of my siblings dropped dead, as the poisonous gas filled their lungs and the heat dried them up. And everyone fell. One by one, with me as the only one left. And so, I sank into this planetary cemetery once called "Earth".



Parent-Teacher Association

The 12th BHJS Parent Teacher Association Committee (2020-2022) was elected. We look forward to the two years of service by the newly elected committee and sincerely thank all members of the 11th committee for their hard work and dedication.

Thanks

Ms. Tso Chui Pik Truby
 Ms. Louie Yee Yee
 Mr. Ho Kai Cheong Harris
 Ms. Yim Mui Kiu Mable
 Ms. Law Mei Po Mable
 Ms. Tam Shuk Hing Zoe
 Ms. Choi Wai Sze Fanny
 Ms. Yee Po Ling Polly

Student Union

Congratulations to the School Magazine Society for their newest edition of Scope! We hope our schoolmates will get to know more about Jubileans' achievements and fruitful activities of the year through this annual publication.

As the 2020-2021 Student Union of BHJS, Renaissance has sought new approaches in promoting unity and friendship amongst students, as well as building stronger bonds with the school. We have also launched activities amid the pandemic and provided a wide variety of welfare for Jubileans. We wish to express our greatest gratitude to our schoolmates and teachers for supporting our projects, such as the establishment of the Student Council. We will continue our passion in bringing about the "renaissance" to this beautiful school.

Marcus Yeung

Chairperson, Renaissance



I AM
NOT BORN
FOR MYSELF
ALONE.



Bishop Hall Jubilee School 何明華會督銀禧中學

Address: 2C Oxford Road, Kowloon Tong, Kowloon

Tel: 2336 3034

Fax: 2337 9401

Email: mail@bhjs.edu.hk Website: www.bhjs.edu.hk