



樂善堂余近卿中學

地址：九龍橫頭磡富裕街三號
網址：<http://www.ykh.edu.hk>

電話：(852)2336 2657 傳真：(852)2338 5504
電郵：info@ykh.edu.hk

校訊

2019年3月

「星夢」情真育棟樑 堅毅果敢奮向上

教育要配合時代的轉變和社會變遷，才能幫助年輕一代將來投身於社會。

「星夢計劃」是我校重點推行的領袖培訓計劃，我們希望學生能夠踏出「安舒區」，挑戰自己、改變自己、建立團隊精神，讓他們在歷練中深刻地體會成功或失敗的過程，從中學懂凡事盡力，培養出堅毅精神，遇挫不餒，迎難而上，勇於接受挑戰，以積極的態度面對人生，這也是學生們將來踏入社會前應有的生涯規劃和訓練。



「星夢計劃」網頁



菲律賓環保之旅短片

校長絮語

劉振鴻校長

推行「星夢計劃」，我們希望學生能在一個可預計的環境下經歷考驗，讓他們學習如何在成長過程中，腳踏實地去實踐夢想。作為一位教育工作者，我明白我們需要教授學生知識，但知識可能會被遺忘；若能啟發他們積極追尋自己的夢想，令一群青年人因着我們的出現而改變生命，那我們的夢想也成功了！青年人的夢則讓他們奮發追求，祝願他們能懷抱着我們的愛飛得更高更遠！



「星夢計劃」讓「余中」學生踏出「安舒區」，敢夢求真。

星夢計劃

菲律賓海洋探索環保之旅

數十位「星夢計劃」學員經過一年來密集式的街跑訓練、各種義工服務、人生規劃課堂和考取公開水域潛水牌照，最終十位同學脫穎而出，於2018年6月27日至7月2日，跟隨劉振鴻校長、陳卓勛老師、馮思約老師、潛水教練及攝製團隊遠赴菲律賓，開展六日五夜的「海洋探索環保之旅」！

「星夢」學員在保和島、邦勞島和巴里卡薩島的水域下潛，大家都驚嘆壯麗的海洋奇觀！此行不單開拓了學員們的視野，還加強了他們保護海洋的決心。相比菲律賓廣闊無垠的海洋世界，香港雖然地少人多，但海底卻蘊藏着不少珍貴的海洋生物，同學們希望能盡己之力，讓香港的海洋終有一天能回復清澈、美麗。

「星夢」學員更於今年1月5至6日於樂富廣場舉辦「我們現在還可看到的美麗海洋」攝影展，展出在香港和菲律賓海底拍攝的照片，以推廣海洋保育的重要性，呼籲大眾一同守護海洋。



十位同學與劉校長、老師、潛水教練等開展六日五夜的「海洋探索環保之旅」



於樂富廣場舉辦「我們現在還可看到的美麗海洋」攝影展

菲律賓海洋探索環保之旅感言

陳卓勳老師

由一起準備校內的誓師大會，到在校外籌款，再一起出國，放眼世界，共享奮鬥的成果，我與「星夢」學生成為彼此生命中的重要他人 (significant others)，共同成長。我們曾經陪伴他們上山下海，在山上遠眺風景，在海底尋覓奇特生物。過程中，我們見證着每位學生改變生命的經歷 (life changing experiences)。每一次的經歷，他們都能勇於踏出安舒區，改變自己生命的路向，追求更豐盛卓越的人生。



於甕缸灣進行沙灘及海底清潔活動

馮思約老師

運動可以影響人的一生，培養學生堅毅的意志是星夢計劃訓練的目的。我們的團隊，希望透過跟學生一起跑步，從中鍛鍊學生的意志。過程中，學生由走兩步也埋怨喘氣，慢慢跟着教練和老師們，從在學校的球場跑圈到中環跑步，咧齒而笑地衝刺，當中的汗水和淚水，為學生們埋下毅力和鬥志的種子。而這個活動的目的，就是讓這顆種子在學生的人生中繼續發芽，在沒有任何人在身邊鞭策的時候，即使面對學習上或是人生上的挫折，也可迎難而上。



在中環練跑，流下汗水和淚水。

2D 張笑妍

經過這一年的訓練，我不但考獲潛水牌照，還學會堅持不餒的態度。

3B 趙棟

第一眼看見菲律賓的海底世界時，我感到很震撼，因為菲律賓海洋的海水清澈如鏡，我和同學們在這美麗的海洋世界裏探索，細看眼前的海洋生物，內心由恐懼變成享受。

4D 郭肇彰

我想成為一名水底攝影師，但知道除了要鑽研拍攝技巧外，也要鼓勵大家多關注海洋保育議題。若然生態環境被嚴重破壞，即使我的攝影技術再高超，也不可能再拍攝到如斯美麗的照片了。

4C 彭子愷

菲律賓之行，讓我看見未被破壞的海底世界是何等美麗！這行也擴闊了我的眼界，從前跟人提起保育，大家只會想起陸地上的動物，其實海洋的保育同樣重要！

4C 李愷晴家長
曹怡慧女士

愷晴在入學時自信心不足，參加「星夢」後卻變得開朗活潑，甚麼也愛嘗試參與。「星夢」活動令她變得更勇敢和有自信，每次活動都帶給她不同的體會、挑戰和啟發。過程中讓她了解自己的不足，並且和伙伴互相扶持和鼓勵，不斷力求進步。

4D 黃浩銘家長
邱麗雯女士

兒子由中一時參加「魚菜共生」活動至現在的「星夢」，他漸漸地改變，變得更關心家人、朋友、同學，甚至社區環境保護問題！他曾參與清潔沙灘活動、撰寫計劃書向各機構尋求旅費贊助等，最後他成功獲得前往菲律賓潛水的機會，也開始關注海洋資源和海洋污染等問題。



《玻璃蝦將軍》【香港潛攝大賽 2018】
數碼攝影學生組優秀學生潛攝員獎（相片由郭肇彰同學於香港牛尾洲拍攝）



《保衛家園的小丑魚戰士後裔》
（相片由彭子愷同學於菲律賓巴里卡薩島拍攝）



《奇異的魚》
（相片由張笑妍同學於菲律賓邦勞島拍攝）

「紀念改革開放四十周年：放眼大灣區」

九龍樂善堂轄屬中學大灣區交流團

適逢國家改革開放四十周年，為讓學生了解內地的職場文化和就業前景，及早規劃未來，九龍樂善堂以「紀念改革開放四十周年：放眼大灣區」為主題，贊助轄屬中學師生前往內地交流。本校全體中三級學生得到辦學團體鼎力支持，在校長及老師們的帶領下，於2018年12月12至14日乘搭高鐵前往深圳及東莞，訪問深圳大學及不同的企業，透過與當地學生的交流、參與科技產品的製作等，讓同學對大灣區的發展有了較全面的了解。



李聖潑主席（第一排左六）及本校副校監陳婉儀女士（第一排左四），與所有參加者於深圳大學合照。

深圳大學的學生十分熱情地招待我們，細心地向我們展示深圳大學的發展及不同課程的特色等，言談間充分感受到他們對學校的歸屬感！

3D 陳嘉稀

大灣區交流團中，最讓我感到驚喜的就是乘坐高鐵，只花了十八分鐘便由香港抵達深圳，不禁令我讚嘆現代交通的方便快捷。此外，企業的電子科技發展，真令我大開眼界！我希望將來自己能成為創新科技的一份子，藉著高科技打造自己的未來。

3D 吳泳茵

深圳在短時間內取得今天的成果，皆因當地人具有堅持、拼搏、敢於創造的精神，這些都非常值得我們學習！

3D 陳建良

大灣區蘊藏著無比巨大的潛能和資源，它能夠成為香港經濟和科技再起動的新引擎；同時也能為我們提供大量機遇，拓闊發展空間。

3D 陳洛琳



學生在東莞職教城親手利用儀器製作子彈飾物，並與莫文韜總理（左四）留影。

走遍神州大地「余中」貴州行

為了讓學生感受中國傳統文化和加強學生對中華民族的歸屬感，在2018年8月1日至12日，由梁紹安校監和兩位老師帶領十四位同學，一起前往貴州體驗當地生活。行程第一部分以感受中華傳統文化為主，包括學習古箏、傳統武術等；第二部分以觀賞貴州自然風光和感受當地人文為主，例如參觀梵淨山等。同學在這十二天度過了充實而豐富多彩的旅程，最後依依不捨地離開貴州。

4D 司徒卓彥

梵淨山山頂上「一覽眾山小」的景色，苗王城的別樣風情，清脆的笛子聲，精緻的剪紙藝術，剛健有力的中華武術，優美的民族舞蹈，成為我一生的回憶！

4D 杜嘉慧

「讀萬卷書不如行萬里路」，這趟旅程令我了解到中國源遠流長的歷史，亦接觸了不曾涉足的傳統樂器。我要感謝帶領這次旅程的校監、老師、義工和同學，幸得他們陪伴，讓我度過了這充實又豐富的旅程。

6D 謝淑雯

貴州美麗的自然風光仍在我腦海裡浮現，令我十分難忘。貴州的太陽是火辣的，貴州的人是熱情好客的！



同學送上為梁校監（前排左四）準備的禮物，物輕情義重。



學習書法之餘，亦不忘聯繫課堂所學的古詩詞。



初次接觸簫笛，同學急不及待地嘗試演奏。

馬來西亞

砂拉越 STEM 挑戰之旅

三位中五同學於暑假期間遠赴馬來西亞參加 STEM Challenge Sarawak 2018 比賽，是次比賽以大數據分析及運用、智能城市規劃為主題。參賽同學在學習不同課程後，即時收到專題比賽題目，須於兩天內搜集資料，並分析由美國天文台發出的大量數據，從中解構對農作物造成主要損害的原因，然後製作流動裝置版本的網頁，發佈分析所得的結果。經過一番努力，本校同學終能脫穎而出，獲得是次比賽的冠軍。



三位同學將分析大數據所得的研究結果向評判匯報



(左起)黃蕊欣、高樂賢、黎心悅遠赴馬來西亞參加STEM Challenge Sarawak

2018 比賽



經過一番努力，我們終在比賽奪冠！

5D 高樂賢

在馬來西亞期間，我們學習了幾個科技課程，如 raspberry pi、IoT 及 Ai 等。隨後的幾天我們躲在電腦室努力地研究比賽的項目和搜集資料，以現今的天氣數據來反映高溫對農作物的影響。我們只管埋頭苦幹，全神貫注在螢光幕上。比賽當日，我們站在講台上，面對評判和觀眾，心情緊張得很。我們盡力將研究的結果和重點有組織地凸顯出來。最後我們僥倖奪得冠軍，實在喜出望外！這次比賽增加了我對科技研究的信心，也引發了我對日常事物的好奇心和想像力。

高校科學營

2018 優秀高中生獎勵計劃（中國科學院大學分營）



為期七天的「優秀高中生獎勵計劃」交流營，帶領學生到北京中國科學院大學進行不同的科學探究及文化交流，內容包括參觀中國科學院自動化研究所、中國科學院動物研究所、中國科學院力學研究所高鐵試驗區及「兩彈一星」紀念館等，而且學生可以與中國頂尖的科學家作近距離的交流及提問，獲益良多。是次交流營使學生認識我國最新的科學研究及發展方向，在裝備自己時更具前瞻性，以迎接未來社會的需要。

6D 曾楚龍

一個個科技館，博物館，研究中心向我們展示了中國的高端科技技術水平；一場場內容豐富，激動人心的講座激起了我們青少年對國家的責任感；一位位學識淵博的講者為我們豎起了座指路燈，教我們前行的方向。十分幸運的是我和來自各省市的同學們在美麗的中國科學院大學相會，幾天的相處讓我們建立了深厚的友誼。我對這群朋友佩服不已，看到了能文能武，多才多藝的中國少年。這不禁令我想起梁啟超先生的「少年中國說」，感受到他們的朝氣和擔當。我很自豪我是其中一員，這些衝擊激發我向前的動力。



同學們在國家動物博物館前來個大合照

再接再厲 屢創佳績

「學校起動」計劃獎學金頒授典禮 2018/19

「學校起動」計劃獎學金於 2015 年成立，至今已踏入第 4 個年頭，此計劃每年提供獎學金予參與「學校起動」計劃之學校的同學，讓他們在八間由大學教育資助委員會資助的專上學院及香港演藝學院，修讀四年制學士學位課程。而受惠同學的數目在逐年遞增，本年度共有 107 位參與這計劃的同學獲頒發獎學金。獎學金紓緩了同學的經濟負擔，讓他們安心學習，盡情投入大學生活，追尋夢想，饒有意義。

經過遴選，本校 7 位 2017/18 年度畢業生——陳曉瑩、朱文樂、古麗紅、李榮昌、梁智誠、馬文迪及馬佳榮（以英文姓氏先後排名）——喜獲有關獎學金。頒授典禮已於 2018 年 12 月 8 日（星期六）早上假香港中文大學逸夫書院大講堂舉行；當天有 7 位中五級同學一同出席是次活動，與獲獎校友分享喜悅，見證盛事，同時激勵他們在學習路上不斷進步，追求卓越，也讓他們明白寒窗苦讀的努力是不會白費的。



大合照

7 位校友就讀的大學及修讀的課程：

校友姓名	就讀大學及所修讀之課程
陳曉瑩	香港浸會大學社會科學學士（中國研究）
朱文樂	香港城市大學理學士（生物醫學）
古麗紅	香港浸會大學工商管理學士（財務學專修）
李榮昌	香港理工大學工程學士（電機工程）
梁智誠	香港城市大學理學士（化學）
馬文迪	香港理工大學工商管理學士（會計學）
馬佳榮	香港城市大學理學士（生物醫學）



獲頒獎學金的校友（左起：梁智誠、朱文樂、陳曉瑩、李榮昌、馬佳榮、馬文迪）

觀禮同學心聲：

5D 蔡鴻源

這個活動令我領悟到成功的背後是要付出很多的汗水和努力，而且成功並不是必然的；而我相信做事只要專心一致，就一定能夠成功。這活動也令我明白到將來的升學和職業發展可以有很多的選擇，不要局限自己，要去嘗試尋找突破。

5D 李寶怡

是次活動讓我明白到作為中學生，除了努力學習，也要敢想敢做，勇於嘗試和面對不同的挑戰，以豐富自己的學習經歷，從中汲取寶貴的經驗。

5D 關雅文

我十分敬佩當天一位印度籍的獲獎女生，她不但說得一口流利的英語和廣東話，她更克服了種種的學習困難，最終考進大學，實現了自己的夢想！

5D 張愛紅

除了替師兄師姐們感到高興之外，這次活動亦讓我更堅定自己的目標——考入大學，不論過程有多辛苦，我都會咬緊牙關，克服困難，好好把握現在，努力朝着目標前進！



觀禮同學（左前起：黎心悅、張愛紅、高樂賢、盧敏修）
（右前起：關雅文、李寶怡、蔡鴻源）

「余中」金禧 校慶開放日

「余中」創校至今五十載，藉此金禧校慶盛事，本校於2018年12月14日及15日一連兩天舉行「金禧校慶開放日」。開放日活動豐富，有各學科的課程體驗、興趣工作坊及攤位活動，涵蓋語文學習、創意科技、趣味科學等範疇，同場更特別舉辦「星夢計劃」攝影展覽及升中資訊講座。

本校致力推動電子學習，並緊貼STEAM教育發展潮流，開放日的各項活動均具備「創新科技」及「創意學習」的元素。中文科「余中360°」攤位活動，站在原地就能透過虛擬實境認識「余中」，不少同學戴上VR眼鏡裝置後便沉醉於黃大仙區及本校各個景點，樂此不疲；「數學大笪地」配置平板電腦予同學快答激鬥。科學科的「頭都大埋？！」和「滴滴尼」等攤位，運用基本的科學原理進行活動，新奇有趣的物理現象使小學生們好奇不已，頻頻發問。

此外，亦有不少活動鼓勵學生「動腦想，動手做」，激發其創意思維。其中，學生動手組裝電動高卡車並在操場體驗駕駛他們的完成品；同學也動手用紙張製作氣壓火箭，藉此認識氣壓與力量的關係；亦有同學嘗試使用環保纖維板組裝的創客迷宮，設計出獨一無二而有趣的遊戲套件；更有同學利用Makedo工具套件，創建一些有趣的紙板製成品，設計和創造自己的建築。當日，區內各校的小學同學透過遊戲和實驗認識本校的不同學科，促進解難及創造能力，各人均樂而忘返，滿載而歸。

其他活動，例如中文科的「撕紙初體驗」、英文科的「Festive Coaster」特色杯墊製作，以及視藝科的「大理石浮紋水畫DIY」等攤位，也讓全場氣氛升溫、樂也融融。當日亦有不少畢業校友返回母校參觀，舊地重遊話當年，承傳凝聚「余中」情，也是對學校、老師及同學的支持，讓校慶開放日更添和諧愉悅。最後，開放日於一片歡樂氣氛中圓滿結束，感謝區內、外的家長、老師、同學及各界社會人士的支持，蒞臨本校參與活動及分享喜悅，「余中」必定會秉持創新精神，再接再厲，創新蛻變建未來。



別緻的汽球帽子全是同學們的作品



科學STEM活動新奇有趣，同學樂在其中

課程體驗・創意工作坊



中文：升中面試有妙法
英文：面試技巧



視藝創作：
創客迷宮



創意藝術：
Strawbees工程師



中文：
撕紙初體驗



趣味科學：
迷你城市電路規劃師



科技生活：
物聯網小小天文台



通識生活：
綠色新主意



科技編程：
micro:bit



英文：
Festive Coaster
特色杯墊製作



科技編程：
Hour of Code



創客：
Automata
手搖機械製作



趣味科學：
濕不？得！

金禧校慶開放日活動花絮



乘坐電動高卡車暢遊校園



同學完成活動，獲外籍英語教師讚賞不已



同學體驗撕紙的樂趣



劉校長與家長分享升中選校資訊



同學聚精會神學習裝嵌 Automata 手搖機械人



余中 360° 同學戴上 VR 裝置
細看「余中」景點



同學學習 micro-bit 編程



趣怪科學現象，令人愛不釋手。



星夢學員向參觀人士介紹在菲律賓保和島
潛水所拍攝的珍貴相片



大理石浮紋水畫 DIY



畢業校友返回母校參觀，舊地重遊話當年。



紙皮大變身，發揮無限創意。

English Activities

ENGLISH WEEK: FESTIVALS FROM AROUND THE WORLD

The English Week is always something our students and teachers look forward to. It's an exciting time of exploring different themes in original ways. This year the theme was 'Festivals From Around the World' and many fascinating activities were organized.

Monday

On Monday, students were able to join a 'Festive Coasters' workshop in the AquaCafé. The students were pleasantly surprised by the many different ways that they were able to decorate their coasters. With the help of Miss Man and Ms Ma, it was easy to create their own, original and striking festive coaster.

Tuesday

On Tuesday, the usual LEP was replaced by a funny and engaging puppet show called 'Elmer'. S.1 students were invited to watch the show. The roaring of laughter and the many smiling faces made it obvious that they enjoyed the puppet show a lot. The puppeteers were very glad with the experience and confidence was gained by performing the show extraordinarily well.

Wednesday

On Wednesday, instead of the usual TSA practice session, we organized a discussion forum. The S.3 students joined the forum and were presented with appropriate English Week topics. They had

two discussions with three other classmates and at the end, after the feedback, the teacher decided which student performed best. That student was then presented with a free hot chocolate coupon that they could redeem at the English AquaCafé.

Thursday and Friday

On Thursday and Friday, students were able to visit the Game Fair. Six teachers created game booths where the students could explore six different festivals from around the world. The festivals were Diwali from India, Songkran from Thailand, the Hanami Festival in Japan, the Carnival in Venice, the Carnival in Brazil and Maslenitsa in Russia. The students were even more motivated by the fact that they received a stamp whenever they completed a game. These stamps then allowed them to choose a prize when they collected six. The students enjoyed the games a lot as both game booth sessions on Thursday and Friday were tremendously busy.

The English Week was a great success and both students and teachers had a wonderful time!



Mr. Chan and his S.3 students preparing for the discussion



Very proud students showing off their festive coasters!



Students engaged in the Festivals of the World game booths



S.1 students enjoying the puppet show

Halloween Fun at the English AquaCafé

It's October! Time to get spooky! Instead of going out for trick or treats, why not stay in and make your own spooky snacks?

At Halloween, we all had a yummy and spooky Halloween at the English AquaCafé. The café was open during lunch hours. Students came to enjoy their Halloween drink as well as to make their own Halloween snacks. Given a variety of ingredients, some students made some adorable

Spider Chocolate Chip Cookies while others used marshmallows, strawberry jam and oat cookies to make Bloody Dracula Dentures.

After the fun lunchtime opening, café members gathered again after school and baked their own Halloween Cookies. There were Vampires, Frankensteins, Mummies and Pumpkin Cookies. They were all very yummy. Everyone had fun and enjoyed this delicious Halloween.



The Halloween Tea Set proudly presented by our students



Halloween Cookies getting ready to scare the city



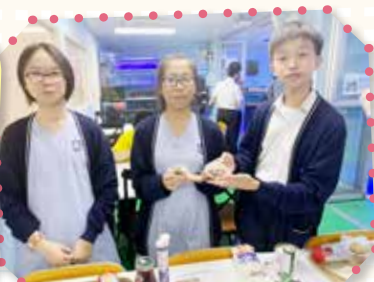
Our Dracular Denture Cookies stealing everyone's heart



Café members teaching students how to make their Halloween snacks

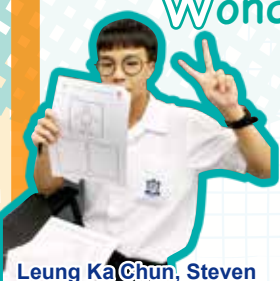


Baking cookies is great fun



Chocolate Spider Cookies creeping to your doorway

Wonder of Words — Short Stories Reading Workshop



Leung Ka Chun, Steven from S.3D bringing the main character to life

As the saying goes, "The more that you read, the more things you will know. The more that you learn, the more places you'll go", students who joined the Short Stories Reading Workshop on 11th November, 2018 could truly relate to it.

The Short Stories Reading Workshop, which was organized by the SCOLAR English Alliance 2018/19 Programme, was held at the Hong Kong Cultural Centre. In the workshop, our students read an adapted short story of Heart of Darkness with students from another secondary school under the guidance of Miss Heather. Heart of Darkness, which was written by Joseph Conrad, is widely regarded as a significant work in English literature. It tells Charles Marlow's experience as an ivory transporter down the Congo River in Central Africa.

Upon our arrival, Miss Heather's lively introduction interested and engaged our students. Students actively participated in reading aloud the short stories, identifying key elements of the story and writing an alternative ending to the story.

Not only did students share their views on the plots and characters, but they also reflected deeply and shared insights on racism and the relationship between the so-called civilised people and those described as savages.

The Reading Workshop is a wonderful opportunity to reinforce students' literacy, as well as allow students of different schools to gather, share, and reflect as a learning community. As students move from "learning to read" to "reading to learn," reading helps them become critical thinkers and lifelong learners.



Students writing an alternative ending to the story

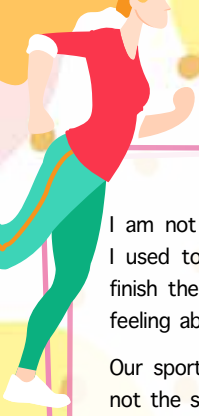


Cheung Chun Kin, Matthew from S.3D sharing his ideas confidently



Students getting ready for the Wonder of Words

A Special Sports Day



I am not good at sports, and that is why I hate sports days. When I used to participate in sports events, I was always the last one to finish the race. This year, I had a different experience and a different feeling about sports days.

Our sports day was held last week. This year, it was held at school, not the sports ground. In the morning, our Principal said, 'We will have a special sports day this year. It is our 50th anniversary. We will have a 4x100-metre race for all teachers, including me! Then we will have a game like the reality show "Running Man". You need to find out who your teammates and foes are and tear their name plates off. The winner of the event will have a special prize. We will organize all events on campus!' When we heard that, we were thrilled as we had not experienced that before. Therefore, we thought it was unique and thrilling.

At first, we had the teachers' 4x100-metre race at the playground. As one of the participants was the Principal, all the places with a good view on the race were filled with students and teachers. Since the playground was so crowded, it was not easy to avoid accidents. The event was divided into three groups. Each group had two teams. In the end, the helpers needed to compare the results of different teams to find out who the winner was. When the helper read aloud the results, we were delighted because the Principal's team won. It was amazing.

S.4D Cheung Pui Chi, Rachel

Our PE teacher asked, 'Are you interested in games? Let's start the game now!' All of us were looking forward to it. Then the teacher continued, 'Hang on! Let me talk about the rules first. Do you still remember what the Principal said at the beginning? You need to find your foes and tear off their name plates. Remember not to tear off your teammates'! It will let your rival teams get marks. Here are some tips to help you. Remember, the allowed areas are the ground floor and up to the fourth floor. Do not go to the other floors. If you do, you will be punished. This game will have six rounds and Form One to Form Six will be playing.'

When the teacher said that it was Form Four's turn, we were exceptionally excited. When the game started, I was searching for the tips to identify my teammates and foes. Luckily, I found the tips easily. I found one of my teammates soon. Then, I kept looking for tips and my teammates tore off the name plates of our foes. In the end, our class, 4D, won the prize. All my classmates were extremely happy about it. We had a joyful memory and we went home happily.

I realized that sports days are not as boring as I thought. They can be funny, interesting and exciting. Therefore, I do not hate sports days anymore.



How Nature Communicates with Human Beings

S. 5D Lo Man Sau, Matthew

I'm so glad you are all here. Today, I would like to talk about "The connection between humans and nature".

Can you determine whether humans and nature are friends or enemies? Which is correct? The earth has been abused by us. Why would I say such a thing? In my opinion, everyone is slowly helping destroy the Earth every minute and every second. But am I correct or not?

Nature gives us everything. We are returning the "favor" to it now. We are releasing harmful emissions into the air, cutting down trees, destroying the food chain and the ecosystem in nature, etc. Nature has given us so much. So why aren't we treating it better?

Humans need nature. However, does nature need us? This is a complicated question. Humans are born in nature. As you can see, every country thirsts for natural resources since they need it to maintain the normal flow of society. We crave for energy in our daily life. For instance, we use our mobile phones every day, every moment. Do we need to charge our phones? Of course we do. Then where does the energy come from? That's the reason why we yearn for natural resources so much.

The desire of humans for what nature has to offer is intense. But how about nature? The Earth has nurtured lives, offers moderate temperatures, water resources, and enough oxygen for everyone. These have made a perfect planet for us to live on. The Earth is 4.6 billion years old. The first biological cell was 3.5 billion years

ago. However, the age of humanity is but a fraction of that. Nevertheless, the earth has lived for 4.6 billion years. It has been destroyed by humans in only 250 years. The Industrial Revolution used up our resources instantly. Moreover, humans brought about pollution that affected and destroyed the habitats of the animals. The environment also got destroyed since everyone was engaged in overexploitation. Glaciers melted, the rain forest got destroyed and fishing grounds exhausted.

Months and years pass by while the rain forest, the polar region, the oceans continue to suffer. Some scientists said that although nature has given everything graciously to humans, humans have treated it badly.

Actually, humans have very limited knowledge about nature. Most people think that the modern city is the centre of the Earth. Some humans also think that the Earth and the oceans are only places that give us resources. They are our slaves. And every creature without a human appearance is just a tool and a resource. In fact, they have a billion years of history. They are not accessories for humans. The existence of nature is a miracle for human beings. It caused our modern cities to grow. But who knows all the knowledge about nature? Maybe there are 100 billion of creatures on our planet. Humans just discovered about one million and nine hundred thousand of them. Humans have never gone into the deepest place in the ocean. However, they are willing to destroy it just because of the resources. Isn't it pathetic and ridiculous? The Earth is sending a message to us. That it needs help. It is crying for help. From now on, don't be selfish and egoistic. Try to fight for our Earth!



Should the Government Monitor its Citizens' Electronic Footprint?

Recently, there have been complaints that the government is monitoring the Internet activities of foreign citizens and governments, and even its own citizens. Should the government monitor the electronic communication of citizens? There are a number of pros and cons to such a proposal that should be considered.

First of all, in favour of the argument, some believe that there is a need for surveillance to prevent terrorist attacks from happening. This is a new threat facing all countries that poses a safety hazard to ordinary people. In order to effectively prevent them, governments must find ways to supervise the Internet activities of their people.

What's more, it is necessary to monitor people in order to prevent leaking of important information out of the country. There may be people who willingly give enemy

S.5D Guan Ya Wen, Dorothy

countries the opportunities to use their leaked secrets to attack their own country. This is not unheard of. This is another reason why people think such monitoring is very much needed.

While these are compelling points in favour of monitoring the electronic communication of citizens, there are points against it as well. For one thing, the monitoring of our social media is equivalent to infringing our right to privacy. Our every move on the Net will be watched by the government. The public will lose their freedom without having done anything wrong. So, many people are against it.

In conclusion, although monitoring citizens can protect the country, we should pay more attention to respecting people's privacy too. I believe, on balance, that the government should reduce surveillance to the minimum.



Helicopter Parents

Dear Editor,

I am writing to express my concern about the overly protective parents in Hong Kong. Hong Kong is an international city. Most of the parents want their children to be successful in the future. However, some of them are being overly protective and this might cause some problems. It is time to look into the issue.

Having overly protective parents can cause different problems. First, the children may be dependent on them which means they lack basic life skills. The reason is that parents do almost everything for them. When they grow up, they will find that they are unable to live on their own. For example, many teenagers don't know how to cook. They prefer eating at a restaurant rather than cooking a meal by themselves. Apart from cooking skills, they are also oblivious about housework because parents used to do it for them. It is necessary for the young generation to learn these skills as they will need them in their future lives.

Second, if children have overly protective parents, they might have underdeveloped social skills. They tend to be self-centred as their parents do everything for them. When they grow up, they will not be able to cooperate with other people. For example, when they have a group project, they will consider themselves as the leader of the team and ask other group mates to do the jobs. This kind of behaviour will only do harm to their communication with others.

Third, helicopter parents can make it more difficult for children to adapt to their workplace later in life. They might have some troubles in getting along with colleagues as they don't really care about others' feelings. Moreover, they are usually not independent so they cannot solve problems on their own and always

S.6D Cheung Kwan Leuk

need others' help. Employers do not need such kind of employees, so there will be fewer chances for those teenagers to get a job.

There are several solutions for improving the situation of having overly protective parents. The first thing that parents should do is that they should give their children more responsibilities. Instead of doing everything for their children, parents need to ask their kids to take care of themselves. When children are around ten years old, parents are advised to let their kids do some easy housework. There is no doubt that they will need these basic skills in the future.

In addition, children should be given opportunities to interact with others. Kids cannot just stay at home, do nothing and wait for the next meal. If possible, it is a good idea for parents to bring them to the park regularly which can give them a chance to interact with other children. Thus, they can learn about teamwork and how to cooperate with other kids when they play together.

Lastly, children should be encouraged to take every job opportunity, such as joining job shadowing schemes. These activities allow children to learn some workplace skills in advance. It can help them gain experience, which makes them more competitive because employers usually prefer employees who have work experience.

In conclusion, having overly protective parents is not good for the development of the younger generation and people should pay attention to it before it gets out of hand.

Yours faithfully,
Chris Wong





校友會消息

「如何防止誤墮電腦罪行的法網？」講座



校友會主席黃楚輝校友、司庫甄嘉麟校友與程大律師在分享會後合照留念。

在這資訊科技發達的年代，現代人的生活與電腦網絡早已密不可分；然而「水能載舟，亦能覆舟」，網絡陷阱卻處處可見。為讓學弟妹進一步認識電腦罪行，避免誤墮法網，蘇彩英校友特意邀請程雲峰大律師於 2018 年 6 月 26 日到校，以「如何防止誤墮電腦罪行的法網？」為題，與學弟妹分享有關知識。講座期間，程大律師以淵博的法律知識及生動的例子，向同學們講解如何避免觸犯電腦罪行，讓大家獲益良多。



劉振鴻校長致送紀念品予程大律師

摯友良朋 伴我行

「校友會摯友獎學金」代表凌浩雲、侯德洋及甄嘉麟，在 2018 年 9 月 28 日回校，為中一學弟妹舉行一年一度的「薪火傳承——青春路上結伴行」分享會。三位校友藉著分享自身的經歷、彼此相處的點滴，鼓勵中一學弟妹透過協作學習及反思，促進所學，並培養互相學習、共同進步的同窗情誼。



甄嘉麟校友與學弟妹分享在烏茲別克旅遊的見聞



凌浩雲校友以奧運金牌得主菲比斯的故事勉勵學弟妹要勇於面對挑戰



侯德洋校友與學弟妹細談將當年在「余中」的興趣變成事業的感受



樂聚「余中」顯關愛

校友會一向全力支持母校為中一同學舉辦的「官子明禮儀之家——中一生活體驗計劃」，每年均安排幹事及邀請不同年代的校友出席，與中一同學共晉晚餐，今年也不例外。校友們或與學弟妹細說昔日在母校讀書時的趣聞，提醒大家要珍惜學習時光；或分享現時的工作經驗，勸勉學弟妹要把握機會裝備自己，勇於追求理想；或暢談不同的見聞，鼓勵學弟妹要多看多聽，開拓自己的眼界等。這些「余中人」雖畢業於不同年代、來自不同行業，但他們都有同一個特質——就是對學弟妹的關愛！



校友校董潘子聰醫生與同學們暢談夢想



2005 年畢業的譚雅穎校友、何佩怡校友與學弟們共晉晚餐



甄嘉麟校友與學弟們分享旅遊照片，同學們都看得目不轉睛。

回家的日子——2019 校友日

一年一度的校友日已於 2018 年 11 月 17 日（星期六）順利舉行，適逢今年是母校五十周年金禧校慶，回校參加校友日的校友眾多。當日除了舉行週年大會外，還有「校友盃籃球比賽」、「微型足球比賽」及燒烤聯誼晚會。眾人歡敘一堂，聚舊問好，或回味以往校園生活的點滴，或暢談近況，場面熱鬧、溫馨。最後，晚會的抽獎活動更為整個校友日掀起高潮，讓大家度過了一個愉快難忘的晚上！



畢業於 1989 年的校友與劉校長、校友會主席黃楚輝校友合照。



暖暖爐火讓我們靠得更近



畢業當然要和老師開心分享！



洋溢在母校籃球場上的熱情！



已退休的崔湛生老師與校長、老師、一眾校友合影留念。

校友會花絮



2018 年 9 月 26 日，黃宇軒校友以第 13 屆學生會會長及校友會代表身分，出席「學生領袖授章儀式」，與學弟妹分享作為學生領袖的得著和感受！



2018 年 10 月 12 日，鄭斯燦校友應邀出席母校的陸運會，並為獲獎健兒頒發獎牌。



校友會主席黃楚校友參觀由「星夢計劃」籌辦的《我們現在還能看到的美麗海洋》攝影展覽，用行動支持學弟妹。



2019 年 1 月 12 日，黃楚輝主席及甄嘉麟司庫代表校友會接待 1992-1995 畢業的校友回母校參觀，並一起翻閱當年的校園活動相片。



2018 年 11 月 16 日，多名校友會幹事應陳婉儀副校長邀請，出席樂善堂假洲際酒店舉行的 138 周年慈善晚會。



家長教師會周年大會

第二十屆家長教師會常務委員名單

本年度家長教師會周年大會於十月二十日（星期六）在學校禮堂圓滿舉行，順利選出新一屆家長常務委員。當天安排了「香港有品運動」的總幹事及創辦人凌葉麗嬋女士（凌太）主講親子品德教育講座，講座內容結合正向心理學及品格教育的理論，並以實際的生活經驗分享，協助家長發掘孩子的強項，培育孩子的心理健康。



名譽會長：梁紹安校監

顧問：劉振鴻校長

家長常務委員

教師常務委員

主席	曹怡慧女士	副主席	黎慧敏老師
副主席	黃妙送先生	秘書	唐振宇老師
稽核	邱麗雯女士	秘書	王曉彤老師
康樂	葉景嫦女士	司庫	馮敏華老師
聯絡	馮燕瑜女士	康樂	李明怡老師
聯絡	王輝女士	聯絡	林少英老師
總務	黃美紅女士	總務	林佩玲老師

家長委員心聲

邱麗雯女士（3D 黃浩榮及 4D 黃浩銘家長）

不經不覺，本人加入「余中」家教會這大家庭已第四年，有賴大家支持今年有幸能成為家長校董！

在這四年除了見證浩銘和浩榮長大了，也樂見他倆積極投入校園生活。浩銘在中三學年有幸跟隨劉校長、老師和同學們一起去菲律賓探索海底生態，學習海洋和保護環境等知識。之後，更與同學們一起舉行照片展覽，向社區人士分享所見所聞。最後，希望各位同學繼續愉快學習，充實自己！

黃妙送先生（5C 黃苾欣家長）

「余中」這個大家庭提供學生多元發展的途徑，除了致力發展的 STEM 及 Maker 教育之外，我深受學校推動的「星夢計劃」所打動。

這計劃為學生注入主動解難的動力，無論「上山」挑戰台灣玉山，「落地」執拾社區因超級颱風「山竹」帶來的塌樹，到東南亞地區擔當災後重建的義工；抑或「下海」考取 PADI 潛水執照，到菲律賓學習潛泳技巧，以及保護本地海港珊瑚等，種種活動都有助啟發學生多元智能，激發解難意志，更讓他們走出「安舒區」，努力籌募旅費！這些不一樣的學習經歷，正是書本和考試裡學不到的！

小女彭子慇就讀中四，看到她對「余中」校園生活的熱情和投入，也在她身上感受到老師、校長的支持及關愛，讓她能盡情發揮所能。

「余中」不但是學生的家，就連本人也感受到學校舒適的環境，例如增設了不少與時並進、設計新穎的學習設施。在此，很感謝校長和老師們對學生視如子女般愛護；同時，希望各位同學能夠發揮所長，追尋夢想。

葉景嫦女士（4C 彭子慇家長）

曹怡慧女士（4C 李愷晴家長）

女兒在「余中」已踏進第四年，這三年多的校園生活對她來說絕對可用「多姿多采」和「獲益良多」來形容。除了教授學科知識外，學校也舉辦了不同類型的聯課活動讓學生參加，在過程中令他們學習與人溝通，也培養了責任、自律、勇氣、堅持及承擔等素質，最重要的是發掘到自己的潛能。這些重要素質有助他們將來踏足社會。

家校同樂日

一年一度的「家校同樂日」於十二月一日（星期六）圓滿舉行。當天參加者乘坐旅遊車前往天際 100 香港觀景台，感受別具一格的「維港」，之後到旺角仕德福酒店享用自助午餐。其後乘車返回學校，在本校社工譚姑娘帶領下，一起進行親子集體活動，樂也融融。



參加者投入參與集體遊戲



社工譚姑娘帶領集體遊戲



同學於「天際 100」留影



老師於「天際 100」留影



親子旅行大合照

親子旅行攝影比賽

為配合「家校同樂日」，本會舉辦「親子旅行攝影比賽」，邀請參加者在旅行地點拍攝溫馨照片，一起分享歡樂情景。大會選出作品三幅，經校方評審後，結果如下：



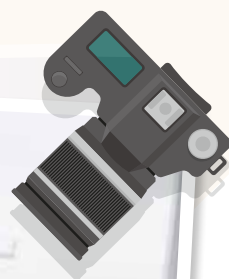
冠軍：1B 胡梓滔作品



亞軍：1C 鄭煒塘作品



季軍：3D 黃浩榮及 4D 黃浩銘家長邱麗雯女士作品



獲獎紀錄

本校鼓勵學生，積極參與不同範疇的學習活動，藉此發揮所長，其中在學業、藝術創作等方面均表現傑出，獲得多個獎項。

第十一屆黃大仙區傑出學生選舉

東九龍青年社與黃大仙區傑出學生協會舉辦「第十一屆黃大仙區傑出學生選舉」，3D 江偉俊及 6D 方泳儀分別獲選為「初中組優秀學生」及「高中組優秀學生」。



(左起) 江偉俊同學及方泳儀同學合照

學生心聲

3D 江偉俊
當選黃大仙區優秀學生後，令我知道原來自己的一言一行都代表着學校，令我開始對自己各方面有更高的要求，務求令自己成為一個更優秀的人。很感謝學校推薦我參加這次選舉，令我明白自己的長處及短處，改變了我做事的態度，令我獲益良多。

6D 方泳儀
是次選舉活動讓我獲益良多。在領導才能方面，「三日兩日領航訓練營」提升了我的領導能力及人際相處的技巧，我不僅與組員培養了深厚的感情，也讓我更明白聆聽的重要，以及做任何事情應該舉一反三才能有所突破！在個人見聞方面，「認識基本法」講座、參觀青衛谷預犯罪中心等活動，加深我對基本法的認知，也明白慎交朋友的重要。

感謝學校給予我機會，讓我有機會挑戰自己，讓我在中學最後一個暑假有不一樣的經歷！



其他獎項

陽光青年計劃——正能量聯校拍攝比賽

本校同學參加陽光青年計劃——「正能量聯校拍攝比賽」，憑藉短片《Your Choice, Your Fate》獲得「最高人氣大獎」及「最佳短片大獎」。另外，吳宛汶同學亦獲得「最佳演員獎」。



劉振鴻校長(右一)和郭兆龍老師(左一)與獲獎同學合照

模型氣墊船創作大賽



馬基鏗老師與獲獎同學合照

本校學生參加由藝術與科技教育中心主辦的模型氣墊船創作大賽，透過綜合應用 STEM 知識和技能，鼓勵學生發揮創意，製造一艘符合比賽要求的模型船，並獲得佳績。

得獎同學			獎項
1D 敖俊彥	2B 吳浩澤	2C 馬緯珊	初中組——直線賽亞軍
3D 方泳傑	3D 何澤銘	3D 郭肇彰	初中組——繞圈賽亞軍

舞蹈獎項

本校學生在舞蹈方面表現出色。在第十屆灣仔區體育舞蹈公開賽中，4D 倫芷晴、4D 郭曉琳獲 14-15 歲雙人拉丁舞雙項（查牛）第一名、14-15 歲雙人拉丁舞三項（查倫牛）第二名。3B 陳堽琳、3D 許千惠獲 14-15 歲雙人拉丁舞雙項（查牛）第三名。

另外，4D 倫芷晴、4D 郭曉琳在第三十九屆沙田區體育舞公開賽中公開組拉丁舞（倫巴）及（牛仔舞）皆獲得銀獎。



(左起) 4D 倫芷晴同學及郭曉琳同學翩翩起舞

參賽項目	主辦機構	獲獎同學	獎項
2017-2018 年度「黃大仙文志獎學金」	黃大仙文志基金、黃大仙工商業聯會、黃大仙區學校聯絡委員會、黃大仙民政事務處	5C 陳樂瑤	最顯著進步獎（中學組）
2018 第四屆全港青少年進步獎「應用學習獎學金」（2017-18 學年）	杜葉錫恩教育基金	4C 彭子愨 5D 高樂賢 5D 黎心悅	進步嘉許獎狀
創「科」齊起動——「學校起動」計劃創科博覽 2018	羅氏慈善基金	6B 楊永聰	應用學習學金
STEM Challenge Sarawak 2018	「學校起動」計劃主辦、香港科技大學協辦	2D 方佳俊 2D 江仁希 4D 黎心悅	Best Innovation Award Champion
STEM 繽紛營小組習作比賽	Swinburne University of Technology Sarawak	4C 黃蕊欣 4D 高樂賢 4D 黎心悅	冠軍
全港青少年數學挑戰賽 2018	香港建造學院	4D 張清俊 4D 謝東栩 4D 張明俊	STEM 繽紛營小組習作比賽季軍
亞洲國際數學奧林匹克公開賽 2018 決賽	全港青少年數學挑戰賽委員會、香港聖公會何明華會督中學、左右腦力數學中心、中外學術交流協進會	6D 陳榮軒	中五、中六組銅獎
香港潛攝大賽 2018	亞洲國際數學奧林匹克聯會	6D 施喬丹	銀獎
	漁農自然護理署、香港潛水總會	4D 郭肇彰	優秀學生潛攝員獎

2018-2019 刊物組

顧問：劉振鴻校長 文可為副校長 張齊欣副校長
編輯：林丁祺老師 陳慧儀老師 陳婉婷老師 鄭惠娟老師 周麗雲老師 梁小敏老師 李國森老師

