



# CCC KIEI YUIEN COLLEGE

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**School Bulletin Issue : 7/2020**

## Outstanding Students 2019

*It is my honour to receive the Outstanding Student Award this year, and I would like to take this opportunity to share some of my experiences with you.*

*My time serving as the Vice Chairperson of the Student Union last year has provided me with lots of opportunities to learn. In the beginning, I was not ready to play a leading role in a team, so sometimes I felt frustrated when working with others. However, with the help and acceptance of other members of the Student Union and my friends, I was able to pick up essential social skills which helped to form a strong bond between me and other members of the Student Union. Since then, we were able to work as a team and face obstacles such as how to plan and organize an activity and how to encourage others to participate in the activity. All these experiences allowed me to acquire a range of soft skills*

*which are essential in solving problems and added much colour to my secondary school life.*

*The famous scientist Albert Einstein once said, "In the middle of difficulty lies opportunity." Indeed, when we face difficulties, especially those that are complicated, we tend to give up. However, if we try our very best to tackle these obstacles, we will pave our own path to success. Difficulties will always be present in our lives but we should view them as opportunities to learn and grow. Every problem overcome is a new lesson learnt that helps us move closer to success. I hope all of you will be able to persevere and face challenges in life with courage.*

**6C Jerry Huen Long Yin**



# Outstanding Students 2019

I am so honoured to be the recipient of the Outstanding Student Award this year, and I would like to take this opportunity to share some of my feelings with all of you. The last academic year changed me a lot because I joined many external activities. For example, I went to a village in China as a volunteer to teach primary school students. This was my first experience to help people and I remember that one of the biggest challenges I faced was that I needed

to speak Putonghua in front of the students in my classes. This affected me deeply as I was not able to speak fluently at first. However, I soon realised that I had to be more courageous and I was able to overcome this obstacle eventually. I have come to realize that when we are doing something that we are passionate about, we can feel a great deal of satisfaction. For example, the more I serve others, the more I can learn. Our biggest regrets should not be the things we did, but the things we did not do. I hope all of you will discover your passions and live a fabulous school life without any regrets.



6C Cheung Po Yi

## The best English Writer

If you want to delve into English writing, please bear in mind that improving grammar can often be a time-consuming and even tiring journey. Unlike science subjects such as Chemistry or Physics that have specific rules and formulas to follow, many aspects of English grammar have no formulas or rules at all. For example, whether a verb collocates with a gerund or a to-infinitive sometimes has no regular pattern.

Therefore, a step-by-step accumulation of grammatical knowledge through rote learning along with daily revision is necessary for you to make progress. Always remember that success can't be achieved overnight and don't feel frustrated when you make mistakes. Remember that these mistakes are valuable experiences that lay the foundation for your English language acquisition in the future.

6C Lam Hok Tsz



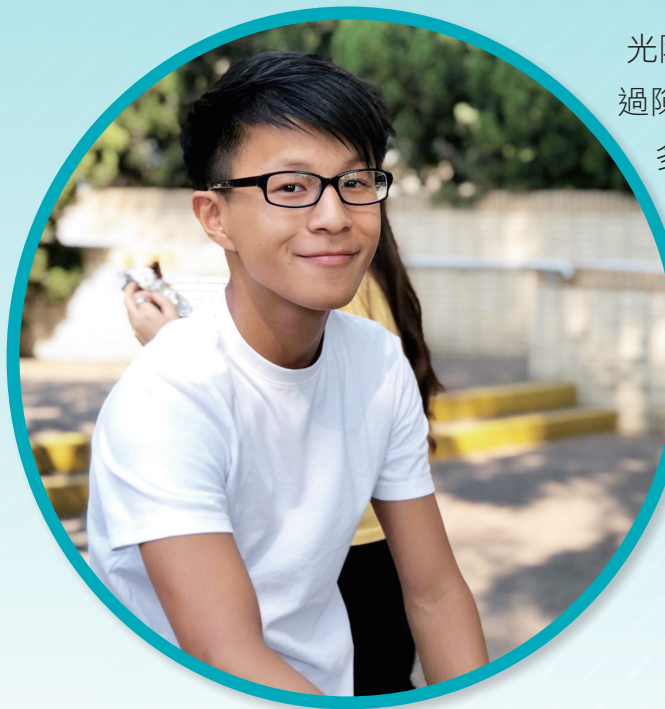


# 中文口語才藝獎

這土地的人文景觀，全靠口耳相傳才得以傳芳百世。多少騷人墨客吟誦憂國憂民、豁達灑脫、歌詠古人的詩賦，使你我雖隔千年之遠，卻心境交疊，互相共鳴！

千年不朽的文字裏所記載的城市景觀、人生反思，在抑揚頓挫、語速變換間，將白底黑字化為「虛擬實境」，一氣呵成地帶出作者文風盎然的意境，使你我如親歷其境，享受置身其中的奧妙之處，帶領我們穿越時空，深切體會詩人的思想感情。就如杜甫悲天憫人的情懷、屈原高原的志向、蘇軾一尊還酹江月的豁達、陶潛採菊東籬下的淡泊、王維隨意春芳歇的享受……

連續四年於校際朗誦節榮獲冠軍乃有賴一眾老師們悉心的栽培和鼓勵，在此獻上由衷的感謝。



光陰轉瞬即逝，回顧自己成長路上的足印。在如白驅過隙的歲月中，付出了多少，學會了什麼，又收穫了多少呢？「寶劍鋒從磨礪出，梅花香自苦寒來」。磨練如同風雨交加後的彩虹般絢麗斑斕；磨練如形成珍珠後的沙礫般圓潤光澤。朗誦、演辯所給的不單只是那冷冰冰的分數、鮮豔的錦旗、寶藍的獎狀。還有的是難能可貴的經驗和衝破自我的成功，為中學生涯留下一抹色彩。共勉之！

6D 崔子臻





# Visual Arts Award 2019

**Receiving** this award makes me more determined to pursue my dream of becoming an artist and I am very grateful to my VA teacher, Miss Chu, and my friends who have continued to encourage and support me.

I enjoyed my three years of special and exciting senior secondary school life. After studying Visual Arts, I

discovered my goal and dream in life. Although I spent a tremendous amount of time finishing my V.A. projects, I learnt the professional skills of design. These skills will be the foundation of my future. I am grateful for the many opportunities to join competitions and exhibitions which have been a driving force in choosing this field as my future career.

## Awards

- 寧實協會主辦面具設計比賽 (優異獎)
- 賽馬會學童繪畫比賽高中組 (嘉許獎)
- 機電 70 海報設計比賽少年組 (銅獎)
- 中華基督教會元朗堂標誌設計比賽 (高中組冠軍)
- 化學品安全宣傳品平面設計比賽 (優異獎)
- 香港學校體育學會會徽設計比賽 (亞軍)
- 第 11 屆青年視覺藝術展 2019 傑出視藝學生 (創作獎)
- 葛量洪視覺藝術獎 2018/2019 (入圍獎)
- 2019 當代中學生繪畫比賽 (特別榮耀獎)
- 2019 校園藝術大使



中華基督教會元朗堂  
標誌設計比賽  
(高中組冠軍)

香港學校體育學會  
會徽設計比賽  
(亞軍)



6B Kwok Yan Wah



化學品安全宣傳品平面設計比賽  
(優異獎)

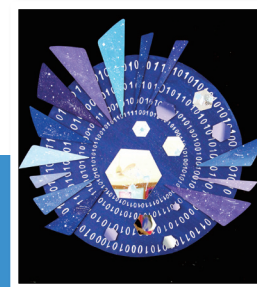
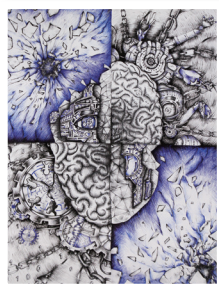


機電 70 海報設計比賽少年組  
(銅獎)



第 11 屆青年視覺藝術展 2019  
傑出視藝學生 (創作獎)

## My Artworks







## Design Inspire 2019

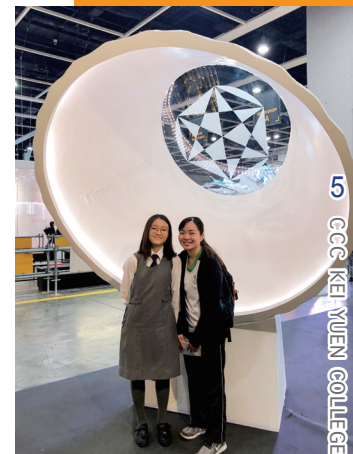
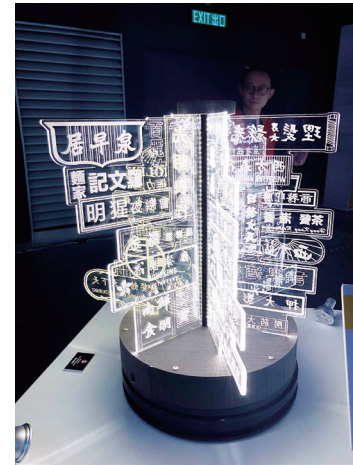
**Last** December, I joined my V.A. teacher and my classmates at the Design Inspire which was held in the Hong Kong Convention and Exhibition Centre. I had a wonderful time while I was visiting the exhibits and saw many stunning examples of artwork. I would like to share my experiences with you.

When we first arrived at the entrance of the HKCEC, we were greeted by some beautiful artwork which was

certainly an excellent start to our visit! After entering the main exhibition hall, we saw a giant screen. I was shocked to learn that the screen was actually an artwork too! It was an electrical ink painting device which gave visitors an opportunity to draw on. I'm glad that I had an opportunity to experience 'drawing' on the device because there were quite a lot of visitors who had lined up waiting for a chance to do the same. Most importantly, I was inspired by the artwork because it produced a lot of interactions among the audience. It really broadened my horizons and gave me an unforgettable experience. Moreover, there were also a lot of other kinds of artwork, including paintings, photography, sculptures, installation art, furniture design, fashion design, and product design. I was thrilled to look at these artistic works because I don't normally see these things in my daily life.

Lastly, I'm happy that my Visual Arts teacher, Ms Chu, gave us this opportunity to learn outside the school. It was a really inspiring and fascinating opportunity for all of us. I hope our school will provide more kinds of these activities so that I could get more chances to attend similar exhibitions in the future.

5A Fung Yan Lam







# Prefect Camp 2020

The annual prefect camp was held in Mui Wo last month. Without a doubt we were all looking forward to this camp because it was going to be the last chance for us to participate in a prefect camp during our secondary school life. Fortunately, we all had a wonderful time there.

During the 3-day camp, we participated in a host of captivating group games that had been created by Form 3 prefects and tutors. All the activities were very meaningful and we learnt that teamwork is essential when we face difficulties and feel stressed. Having faith and an optimistic attitude are the golden keys to cope with adversities too.

Having fun and socializing were not the prime reasons for

us to join the prefect camp, but it was beneficial for us to discover ourselves in depth, to build upon our strengths and to learn to be thoughtful leaders. Many treasurable memories of the past were on our minds during the camp and we truly believe that they are a testimony of our growth.

Lastly, since the prefect camp is only held once a year, it is of paramount importance to cherish the team spirit we learnt and to treasure this unique experience. If we had not participated in the prefect team, we wouldn't have had such huge achievements. Thank you to everyone who stood by us.

**5C Law Yi Man and 5C Chow Kam To**







# GOSPEL WEEK

My school's annual Gospel Week was held from 27th November to 5th December. During the week, we organised various activities related to religious topics on the theme of "Love". We held the Gospel Week to spread the love of God throughout the campus and held many activities such as selling cookies for charity, song dedication, prayer meeting, and a gospel assembly.

On 27-28th November, we had our cookie sale. Students participated in the selling of cookies eagerly. It was a fundraising event with the aim of selling cookies to schoolmates and teachers for donation. Some fellowship members helped sell the cookies. I was one of several students who sat at the counter and distributed the cookies to our

teammates to sell. All the money we raised was donated to a charity which helps the elderly.

Many students commented that the song dedication programme was very meaningful. There were various songs and hymns for students to choose from. Students could dedicate a song to a teacher or a classmate whom they wanted to share the song with and the message they wanted to convey. All the songs were played during the school lunch break.

This year the Gospel Week included many interesting activities. All teachers and students enjoyed the activities very much. We are looking forward to the Gospel Week next year and hope more students will participate and help spread the message of LOVE.

4C Li Yee Kiu and 4C Ng Chin Ying



## Inter Class Singing Contest

'And the Champion of the Inter Class Singing Contest is – Class 6B!' When the MC announced that our class was the competition champion, many emotions were aroused in all of us.

Our class started to prepare for the annual singing contest in late November. We selected five songs by voting in class and changed the lyrics of one song by adding our names and the names of the class teachers. As the song's lyrics were changed and we

added many dance movements, we had to practise every day in order to memorise the lyrics and dance moves. We practised hard each time because we really wanted to win the competition and we knew that it would be the last inter-class competition in our secondary school life. Finally, we won the competition.

This competition was really a highlight of my school life and all of us gave our sweat and tears. I will never forget the lyrics of the song we changed to include all of our names. Our victory was a demonstration of the whole class's dedication and teamwork. Thank you to all 6B classmates for giving me such a beautiful memory.

6B Chiu Kwan Wun





# Creative Fun Day @CCCKYC

On 9<sup>th</sup> November, our school's Home Economics Club helped at the Creative Fun Day cookie-baking event, where we had to teach primary school students how to bake cookies.

During this event, I learnt how to bake cookies and deal with younger children. Seeing the girls' faces light up with pleasure and knowing that they were enjoying themselves gave me a feeling of accomplishment and relief.

Moreover, I learnt how to teach other people from this activity and that sometimes self-learning is far more efficient than observing. Indeed we can learn more if we do the procedure hands-on.

Overall, the 'Creative fun Day @ CCCKYC' event was meaningful and enjoyable, and I hope to join it again next year.

**3A Tam Wing Sum**



**This** is my third time being a helper during our school's annual Creative Fun Day. I tried a new workshop this year that focused on science experiments. My friends and I had a great time with the primary students in our school's integrated science laboratory.

First, we conducted a biology experiment. We asked the participants to observe plant cells magnified through a microscope. The young students in our group were fascinated by the subtle scientific world.

After the biology experiment, we conducted a physics experiment. Mr. Wong demonstrated the use of a Van de Graaff generator to produce an electrostatic force. When the object was discharged by the silver metal ball, little

sparks occurred. Mr Wong then invited some volunteers to try it. When they first put their hands on the big silvery sphere curiously, we watched as their hair rose due to the electrostatic force. This made the other participants laugh joyfully.

I was glad to have been one of the helpers in this meaningful event. The primary students were very cute and active. I hope that they enjoyed their day at CCCKYC.

**5C Kei Wing Sum**





# English Corner

## Two 'strange' foods from around the world

Hi and welcome to my blog! Today I read an article about some strange foods from around the world and the article got me thinking about some foods I would like to introduce to you. I think the foods I want to introduce to you are very strange, I think you will find them strange too.

The first food I want to share with you is wasp crackers. Sounds strange, right? They are made from crushed up wasps that are usually boiled, dried, and then added to a rice cracker mix. A hot iron cracker cutter stamps the finished rounds and then they are ready for consumption. The crackers even have wasps' stingers in them so look out! I hope your tongue can handle the sting! Wasp crackers were first invented in the Japanese village of Omachi and are a popular snack with both locals and tourists. The crackers themselves have a mild, sweet and savory flavour while the actual wasps taste a little like burnt raisins. These heavenly wasp crackers are not very expensive so I guess they are worth a shot.

The second food I'd like to introduce to you is Beondeji, a Korean street snack food which is actually the pupae of silkworms. This snack is popular all over Korea and is usually sold by street vendors. Canned Beondeji can also be found at grocery stores and convenience stores. These lovely silkworm pupae are served simply boiled or deep fried and then lightly seasoned. People say they taste like wood. Have you ever tasted wood? I know I haven't!

The reason why I find these strange foods is that they aren't eaten all over the world and they sound weirder than perhaps how they taste. This usually makes most of us curious. Among the two foods mentioned above, I'd recommend Beondeji but if you are brave enough to try a wasp cracker then go ahead! And good luck with the sting after having one bite of it. I think that's all for today! Have you ever tried any 'strange' foods? Tell me!

**1A Sarki Pristina**

## Should household waste sorting be made compulsory

With a ballooning world population, waste management is no longer a hidden topic. Indeed, Hong Kong's landfills have reached their capacities and domestic waste, the largest portion of solid waste, continues to grow. Hence, some environmentalists suggest mandatory sorting and recycling of household waste. What are the pros and cons of this suggestion?

To begin with, compulsory recycling helps minimise waste greatly. Domestic waste is mainly composed of non-biodegradable products like plastic bags, bottles and the like, which take a long time to decompose, and household food leftovers. Mandatory sorting of domestic waste can help alleviate the saturation problem of landfills as useful materials can be sorted and recycled. As a result, less waste will be dumped into the landfills. In addition, these recycled materials facilitate the provision of resources. For instance, plastic bottles and aluminum cans can be reused again and again. What is more, certain leftovers can be used to produce useful products like environmentally-friendly detergents. Provided that compulsory sorting of household waste is implemented, not only will our landfills not be filled up, but the recycled materials can be utilized.

Alongside the reduction of waste, the sorting of household waste helps conserve energy. Take the process of manufacturing paper for example. From collecting raw materials to transporting and

processing them, the energy required is significantly more than recycling a piece of paper because recycling involves only processing in factories. So by opting for compulsory sorting of waste, energy use can be greatly minimized, which eventually helps save the earth.

However, there are two sides to every issue. Undeniably, making the sorting of domestic waste compulsory will bring about negative effects because this endeavour is actually not always cost effective. In spite of the huge advantage of reducing waste and conserving energy, the actual operation of sorting waste is quite costly. From installing disposal containers in each housing estate to building up recycling factories and buying high-tech machines and transporting sorted materials, recycling can be a tremendously high financial burden. Worse still, residents may be required to pay recycling fees to help lessen this burden. This fact may greatly hinder their willingness to sort household waste. As a consequence, the waste problem will not be easily relieved.

To conclude, the purpose of compulsory sorting of domestic waste is to reduce the saturation of landfills and its relevant pollution issue. Although the method is not cost effective, we should not let the waste problem intensify and we should start managing our waste properly before it is too late.

**6D Lai Cheuk Yi**



# Global talents, global opportunities?



Recent developments in the global economy have seen major changes in the way companies hire their staff. Nowadays, there are examples of American companies finding talent in Asian regions, while global commerce centers like Hong Kong are sourcing talent from Europe and South Asia for further advancement. This presents a whole new set of challenges to our city, and to all individuals as well.

From local perspectives, globalization has certainly opened the door to more opportunities. Instead of working for a small local firm, Hongkongers are now able to work for global corporations that offer greater chances of promotion, better benefits, and of course, higher salaries. For local firms, however, this phenomenon is perhaps bad news. Not only are local companies losing valuable, talented manpower needed to be competitive and thrive, they are forced to offer their employees hefty salaries to keep them content.

While this certainly seems bad as talent loss can hinder the growth of local firms, let's not forget that our local firms can do the same and hire talents from across the globe. More developed companies can get top talents from Europe or North America. These talents usually have many years of work experience and are very specialized in their respective fields. This wouldn't be much of an option for smaller companies, but they can instead hire professionals from developing nations such as India, where talent is thriving. While these job market newcomers don't have the job experience, their professionalism in their fields is certainly sufficient to get the job done.

Global talents are being deployed in Hong Kong and corporations are thriving with prosperity. But what about the locals? Will they be neglected? The answer is simple: they won't be neglected because they will be able to stay in the flow while still being able to achieve excellence. First of all, not all types of businesses need such elite employees, or it would simply be inefficient to do so. It is very unlikely for a small, local restaurant to require famous managers or for a small retail store to require a human resources department and multiple professionals at the job, so locals can slowly work their way up if they do not wish to step out.

Another important issue for consideration is the language barrier. Local born Hongkongers are often only fluent in Cantonese. Employees from other countries would potentially require a translator, or intermediary when they wish to communicate with their colleagues and superiors. Being able to communicate hassle-free is vital to some firms, and locals who are fluent in multiple languages therefore have an advantage. Lastly, self-advancement by local talents can also bring them to new heights. Through self-studying of advanced knowledge, growing talents can eventually attain elite levels and find more opportunities. Sufficient resources in the community can help to facilitate this growth as well.

While global growth presents many pros and cons, there are still ways to achieve success for everyone when done right.

**6C Chow Tinn Sum**



# Graffiti: Creativity or Crime?



*Graffiti has been around for many centuries and is a form of expression in which people spray paint, draw, etch or paint designs, generally on public properties. However, there is a great deal of controversy around graffiti as many people wonder if it hinders people in communities or brings them together. I am a firm believer that graffiti is an art form instead of something that is detrimental to society. Below, I will discuss why graffiti is not a crime and how it even benefits society.*

*First and foremost, graffiti gives people the freedom of expression. Some detractors claim that the designs on walls are just scribbled nonsense. However, a lot of graffiti contains deeper meanings. In recent history, graffiti has started appearing in many suburban areas. Due to conflicts regarding political and social matters, kids would spray paint small designs or phrases showing their discontent. As time went on, those teeny drawings turned into large-scale paintings. They are especially popular in hip hop culture. For instance, graffiti has been mentioned in numerous rap songs and hip hop music videos filmed in West Philly, and their messages, have spread to other neighbourhoods, cities, and countries. Graffiti is more than just simple drawings or vandalism. The technicality of the various types of graffiti is something that should not be overlooked. For example, the most complex designs often take hours to complete.*

*In addition, graffiti has significantly influenced the popularity of some regions around the globe. Take Bandung, Indonesia as an example. This*

*remote village is home to just a few families and even less adolescents.*

*Thanks to the hip hop and graffiti culture transmitted throughout the decades, Bandung is now a well-known tourist destination for travelers who wish to admire spectacular and mesmerizing graffiti designs. The artworks range from cartoon characters painted in a wide variety of spectacular colours to graffiti that deal with more serious topics. Thousands of tourists visit Bandung annually which has brought significant and positive changes to the local economy.*

*Some people think that graffiti causes the public disruption and annoyance. They claim that graffiti is usually gang related or that it promotes violence and other illegal activities. These claims are somewhat true. However, this nonsensical graffiti, more common in the past, is now rarely seen. Although it is true that profanities are often sprayed onto walls and have no actual meaning, the vast majority of graffiti reflect strong social views and grievances.*

*Ultimately, graffiti is a beautiful body of work done by people expressing themselves. I am definitely astonished by the magnificent designs, as well as the cultural impact it produces.*

**6A Bishwokarma Bitai**



## 手提電話的小風波



以貌取人，管窺蠡測，原來我也是這種人啊。我躺在床上，思考着。

「我的手機呢？我的手機呢！」我翻找完書包、儲物櫃，都沒發現我的手機，這可是最新型號啊！「是不是你偷的，說啊！你這個又窮又土的鄉下妹，就是嫉妒我的最新款手機！」我失控地對着面前這個帶着粗框眼鏡、綁着兩條土氣辮子的女孩吼道。「我……我沒有。」她托了托眼鏡，小心翼翼地回答。「除了你這個土包子，還會有誰？再不還給我，我就告訴老師了！」我高傲地斜視着她，並說道。她不作聲，兩隻手緊握在一起，低着頭看着自己發黃的白球鞋，她這麼窩囊的樣子讓我的怒氣再升一倍，於是我大步離開課室，向着教員室走去。

她叫李念慈，膽子小還不擅長交際，平時唯唯諾諾的，讓她做什麼就做什麼，可我還是不喜歡她，一副書呆子樣，上次讓她幫我倒杯水，還把我的杯子摔了，也不知道她是不是故意的！笨手笨腳，只會讀書，什麼都做不好！這次肯定是為了報復我上次罵她，所以偷走了我的手機，一定是這樣！

「陳老師！等等，等等！」我氣喘吁吁地叫喊着，原本走著路的男人停了下來，對我說：「哦！你在這裏啊！我正要去找你呢！你的手機剛剛落在了操場，我幫你保管起來了，正想拿給你呢！你找我有什麼事嗎？」我頓時五雷轟頂，愣在原地，「啊？哦！沒事，沒事……」我支支吾吾地回答。拿着手機，我慢慢走回課室，有點慶幸，又有點沉重。

小時候，我總是被大人冤枉，所有妹妹的錯，都被誤以為是我的錯。「你怎麼又打碎了飯碗，你再敢打碎一個，就不用吃飯了！」「哎呀！滿地的牛奶，你看看你幹的什麼好事！」「怎麼又把玩具翻出來了？我剛剛才收拾好的，能不能讓我省點心！」一句句烙在我的心上，一句句把我傷得體無完膚。「不是我！不是我！嗚嗚嗚……是小妹妹闖的禍啊！」我崩潰地哭着，可大人們只會繼續責罵我，說我不懂事，愛狡辯。是啊，這種滋味我也嚐過啊！但今時今日，我竟然成為了這種人，我曾經最討厭的人，我竟不能感同身受，我竟然……冤枉了她。

回到教室，我向她道了歉，不單只因為這件事，還是為我以前所做的一切，無論她的心底原諒我與否，在以後，我都會用最真誠的心待人、待她，我會感同身受，學會善良。

我沒有和她相處過，僅靠一點的認知和猜測，就不斷惡言相向，妄圖在語言裡對他人攻擊甚至造成傷害，是我的不懂事。而不憑藉一個人的往事，一個人的外表，去懷疑一個人的本質，是素質，不，是修養，是我所要學習的。因為，或許，那是她脆弱，需要被體諒的時刻；或許，那是他渾噩，想要號啕大哭的時刻；或許，那僅僅是她做錯了一次，就一次。

因為這小小的手提電話而造成的小風波，為我上了一課——感觸頗深的一課。



# 手提電話的小風波

步調輕鬆地從小姨家步出來，一路哼着曲兒，回到家門前，一摸口袋，猛然驚覺手提電話不見了，手忙腳亂地翻了好一陣子，還是徒勞。努力使自己平靜下來，細細回想，在小姨家時，表妹緊盯着我的手提電話，眸中盡是掩飾不住的羨慕，一個猜測油然而生，該不會？

急急順原路折返，氣喘吁吁地按下門鈴，開門的是小表妹，她见到我十分驚訝，剛欲啟唇詢問，我卻沒耐性聽她緩緩道來，一把推開了門，她踉蹌地退後了好幾步。

打從小時候我便不喜歡這表妹，為人內斂，說話細聲細氣，母親說她有什麼表達障礙之類的毛病，家中姊妹從來不跟她在一塊兒玩。「你有見過我的手提電話嗎？」我語氣不善地發問。表妹歪了歪頭，一臉茫然，我見她這樣更氣了，提高了聲量：「我說，我的手提電話在哪兒？是你拿了嗎？」表妹唯唯諾諾：「我……不……知道……我沒有。」頗吃力地吐出四個字。我緊盯着他雙眸，她沒有躲開我的目光，坦蕩蕩地接受着我的猜忌。她的目光清澈而真誠，竟看得我有些許心虛。眼波流轉，我在她眸中看到了數年前的我，那般神態，與如今無異。

彼時，約七、八歲吧。當時尤為喜歡一隻布娃娃，愛不釋手。抱着它，跟着母親去探望小姨。尚是天真的小孩，興奮地把自己認為最好的分享給別人。表妹抱着布娃娃，十分歡喜，摸摸它的身體，時而看着它傻笑，短短數小時，已經為它取了名字。母親見表妹喜歡得緊，叫我先借給她，離開時再取回。我自是心不甘情不願地應了。離開時，糊塗地忘了取回，回到家發現丟失了布娃娃才焦急地回去小姨家。表妹看到我，鬆了一口氣，結巴著說：「你忘了拿走呢，我想追上你的，可是你們走得太快啦，

我追不上。」她彎著眸子，輕輕笑着，給我遞來布娃娃，滿肚子的焦急頓時消失得無影無蹤。我記得，我走的時候，她一直在後方揮着手：「表姐，你要常來跟我玩啊！」

其實，她是一個很單純的人，從小到大，都是。「表姐，我們一起找吧。」她一聲輕笑，把我從回憶中拉回來。她牽着我的手，樂呵呵地笑着。我沒有甩開。她認認真真地帶着我把屋子尋了一遍。縫隙地方也不放過，來來回回尋了三遍，最終在沙發找到了，我如釋重負滿臉赧然，緊緊地拿着手提電話，失而復得，終歸是欣喜的。表妹幫我倒了一杯可樂，自顧自說了起來：「表姊還是那麼傻，上次丟了布娃娃，這次丟了手提電話。」原來不只是我，她也記得，只是她口中的上次，已經是數年前了。她像是被打開了話匣子一樣滔滔不絕，似乎毫無被冤枉後的芥蒂。「對不起。」她越是這樣，我心裏越是悔疚，不只是我的糊塗，粗心大意，我的莽撞性子還是沒有絲毫長進。「沒事啦。」她毫不當是一回事。那個晚上，她跟我說了好多好多話，她還是結巴着，但我有了耐性，聽她細細道來。

我自此知道，背地裏人們都是如何評論她的，惡毒的程度遠超我想像。換著是我，怕是早就崩潰了。而她還是一派樂天地活著，以溫柔對待這個世界。只可惜，這個世界沒有以溫柔對待她。她心中有一片海，可以把自己包裹，任世界紛紛擾擾，她始終是她。語言障礙為她貼上了不少標籤，她卻一一接受。這是需要多強大的心理？更令我惱怒自己的是，我也曾站在她的對立面上。所幸，我還懂得回頭。

希望世界能給像表妹一樣，患有語言障礙的人一點耐心，釋出一點善意。願以溫柔待這世界的人，都能被世界以溫柔相待。

3B 陳琛蕾



# 《禁區》

抬頭仰望，看到的，是明亮動人的星星，一顆接著一顆。許多的小孩，包括我，也巴不得把這全部的星星都摘下來。只可惜，距離天空最近的山峰卻被大人們畫成禁區，不容許任何人進入。

但即使沒有這個禁區，我依然不會走進去，因為我，不能打破自己的那道「禁區」的門。

「不要澆熄它！」我一手握住母親的手，另一手則握成拳頭。短短數秒，卻握得滿手心是汗水。母親默默地走回房中，而我則望著這堆火焰，在黑夜之中，藉著它獲得安慰。「我害怕黑暗。」我對身邊邀請我到禁區冒險的友人說道。只要太陽一從地平線消失，我便會立即跑回自己的家裡去。這並非父母要求的，而是我希望趕快燃起一個火小火堆，好讓自己即使在黑夜之中，亦不會懼怕。直至太陽再一次升起，陽光都透進房子裡頭，我仍會小心翼翼地拉起薄薄的窗簾。看到刺眼的太陽，這才把床頭的火堆給澆熄。

「我跟你說啊，但你可不能再跟其他人說。」昨天邀請我到禁區的友人低聲地說道。「我跑到禁區裡頭的山峰去了。」他欣喜若狂地接著說：「從那頭看到的星星比從地面看到的更大顆更明亮，比現在頭頂上的太陽都更亮呢！」我的雙眼先是定睛在友人身上，想像他昨夜由家中跑到禁區的經歷，但雙眼隨即又閉上。因我想像不到，一個隨身帶著火把的人，要怎樣逃過其他人的法眼，在黑夜之中打開禁區的門，穿過森林，走到山峰那頭去？看到垂著頭的我，友人自覺沒趣，便走向其他小朋友，說上同一樣的話。

我垂下頭，並無表情，但心頭上的小火苗卻燃起了。夜幕再次降臨，我輕輕地打開窗簾，望向天際之間的繁星，依舊的明亮、依舊的動人，依舊的希望把它取下來，能永永遠遠放在身邊。已經如此明亮的繁星，實在想不到如何可以更明亮。

有著各樣「依舊」的想法，我這次卻並沒有依舊的睡在床上。心中那堆小火現在已是盛放之時。那堆小小的火已澆熄了心中的恐懼。我使勁地

拉開窗簾，打開窗戶，第一  
次在黑夜之中，走到外頭  
去。時間已到午夜，街道顯  
得更為陰暗。我握住拳頭，  
手心又再流出汗水。但回想  
起心中那堆火焰，我的身體  
漸漸變暖，更把手心上的汗水給蒸發去。我打開了心中的「禁區」。

走到禁區門前，我二話不說地把它推開，望向深不可測的森林，心頭上的「禁區」變得若隱若現，所有的懼憚，一下子便被頭頂上的繁星給消除。我幻想著接下來將有著更大、更明亮的星星，走進了森林裡頭。動物的叫聲，被樹根絆倒，滿身沾滿了泥巴，我卻並未因此而停下來。只要回想初心，回想心中的那堆火，回想心中對星星的渴望，我便可以把心中的恐懼、心中給自己所定的禁區，一道接著一道地打破。

最終，繁星的亮光穿透了頭頂上的樹冠層，真的跟白天一般。走在夜晚的路上，心中卻沒有絲毫的恐懼。我走到山和海的頂上，望向伸手可及的繁星，不由自主地飛了起來，翱翔在天際之間，與繁星作伴。我把其中一顆星星給捉住，放到心頭上，但需要的卻早已不是它給予的安慰，倒是享受著不受限制的翱翔，享受著沒有枷鎖的快感。那一刻，所有的禁區都不存在。

禁區實為人出於內心恐懼而給予的限制。為了保護自己，不受恐懼所害而人另造的東西，卻反倒局限了對事物的認知和自己的能力。因為害怕黑暗，我不敢於晚上到禁區裡頭冒險，但仰慕星星，我打破「禁區」，消除恐懼而變得唾手可得，伸手可及。在打破「禁區」——心中恐懼的同時，我更因此而自由地翱翔起來，穿越在群星之間。這一切都是由我決心打破「禁區」的那一剎算起而獲得的結果。

若然每個人都不願走出自己的舒適區，不嘗試打破自己給予自己的枷鎖，鎖住自己能翱翔天際的機會，我們只能每一晚燃起安慰自己的小火，一心仰望天空，幻想能得到星星。這一切都只能淪為想像，淪為嘴上說著的故事。只有你打破「禁區」，才得以到達、才得以獲取天上星星的垂青。

SC 吳紀正



一個個窈窕的女子，身穿着香奈兒品牌的夏季新款，站在玻璃櫥窗裏面被耀眼的燈光打亮着。「我跟你說，這條裙子只能給像我身形婀娜的女子穿！」我一手指着商店的陳列品，一手撐着纖瘦的腰說道。倏然，有一道疾風從身旁劃過，像是一枝火柴從盒邊刮下去，一下子燃起了我的怒火。「是誰走路不帶眼？」「不好意思……我的兒子走太快……有沒有撞到你？」一位穿着寬鬆長裙的年輕女子，一邊用提着一籃子蔬菜的手，撫摸隆起的腹部，一邊喘着氣嚷道。搖了搖頭，拖着男朋友的手走遠便大聲嚷道：「你看不看到那土氣的孕婦？挺着大肚子，又沒得穿香奈兒的束腰裙，還要拿着蔬菜周圍走！我將來一定不生孩子！不生孩子！」見狀，男友摩挲我的頭髮，點頭微笑了。

「不生孩子了！啊——救命啊——」產房裏傳出斷斷續續的高音喇叭聲。無法閉合的嘴巴，把眼睛也一同撐開。可是，額上的汗珠，一直被胸口明顯的一起一伏操控着，滑落到眼睫毛的隙縫間，與淚水融合，讓一切變得朦朧。「小姐，不要叫救命好嗎？」「給力！再大力一點就出生了！」在混亂的男、女聲當中，我卻諦聽到兩下凌厲的剪刀聲，彷彿有利器從我下身劃過，但一切痛楚已混成一團嘈音，分不清楚。

十二小時在輾轉中過去。「看到頭了！再給一點力！」「是一個男孩子！」姑娘的話終於為這一場舞台劇拉下布幕。

但是，沒想到另一場劇目才剛開始上映。

「是不是做了媽媽太忙，所以忘了時間？竟然遲到了！」一位唇色香豔的女人含蓄笑着嚷道。另一位身穿棗紅禮服裙的女子則揉了揉鼻，皺着眉說：「哇！你身上怎麼有一陣奶味？」語罷，隨即在路易威登名包裏提出一支迷你香水噴了一兩下。

「我出門前餵奶了！可能沾了一些味！等我在袋找一下濕紙巾，抹一下便沒事了。」我一邊腴腆地笑着，一邊從大帆布袋裏東找西找，彷彿下一步便要把所有東西倒出來再找一遍。「一心。其實不要怪我太誠實。我感覺你越來越跟我不合了。」坐在這張西餐台上的其中一位突然吐出這一句話，附近的人沒有發出任何聲音，但一個個眼神的交流，短時間內縱橫交錯，大概也略懂一二。

「不好意思，我有事先走了！改天再吃飯！」我向着她們揮手道別，向着不歡迎自己的聚餐道別。

打開房門，一大個男人宛如死屍般累攤在床上，兒子則在一旁紅着臉，亂拋玩具。「為什麼……連你也欺負媽媽嗎？我不想當媽媽了……我想回到以前……」我突然無力地跪倒在地，淚水忍不住在眼眶裏打滾。「媽！麻！」面前的小頑皮突然向着我張開雙手，大聲吐出這一、兩隻單字，彷彿要為面前失去力氣的媽媽添滿油。

「有容，怎麼了？你剛才叫媽媽嗎？」這突如其來的驚喜，令我旋即揉了揉眼睛。視線儘管清晰了，卻又很快再模糊起來。我忍不住衝前抱緊那小豆釘，並向着他莞爾。他粉嫩嫩的小手，彷彿要戳穿肥皂泡般，觸碰我臉頰上的淚珠，並向我展露出溫煦的笑靨。這個孩子儼如一隻晴天娃娃，儘管天氣變幻莫測，仍然能把教人喘不過氣的黑幕拉下來，為我重新塗上湛藍色的油漆，為我人生的轉變的不快，重新添上新的快樂。

我們都有自己喜歡的舒適區，我想永遠停留在少女時代，穿好的，打扮好的，自由的，彷彿把自己困在房間裏，希望無人打擾自己，安全地生活下去。但人生的事情卻難以預料，你懷上了孩子，你的世界不再只局限於自己，讓你迫不得要走出自己的烏托邦，離開從前的朋友圈。

雖然仍會想念那一去不再返的回憶，那咖啡殘餘的香氣，會傷心，會後悔，會疲累，可是，別忘記轉變並非活生生地把生命的曙光撲滅，而是在關了一道門的時候，同時，開了一扇窗。孩子的來臨，打破了我從前生活的習慣。但原來做母親雖然要一直付出，但孩子明白自己的愛，卻為自己帶來前所未有的快樂一踏入人生另一階段的滋味。

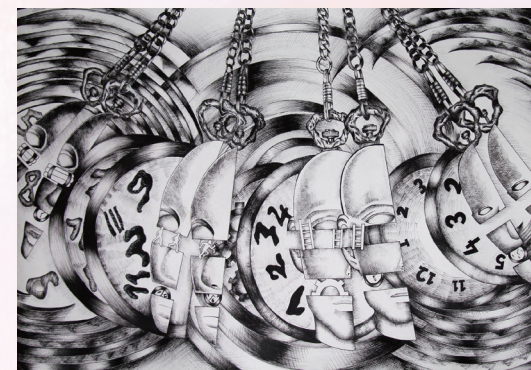
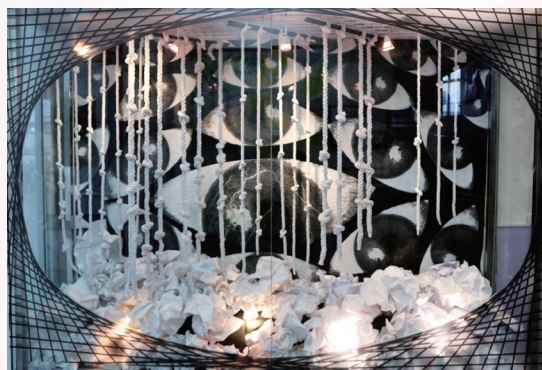
「你不是每年也會參加什麼姊妹聚會嗎？」老公疑惑地問道。我輕輕搖頭，然後一邊捏有容的那肥乎乎的臉肉，一邊說：「我以後也不去了！多點陪這小可愛！」。



# Visual Arts Awards

元朗區文藝之星嘉許計劃 2018-19

元朗區文藝之星



2019 當代中學生繪畫比賽〈特別榮耀獎〉

5A Fung Yan Lam



5C Chan Hoi Ching



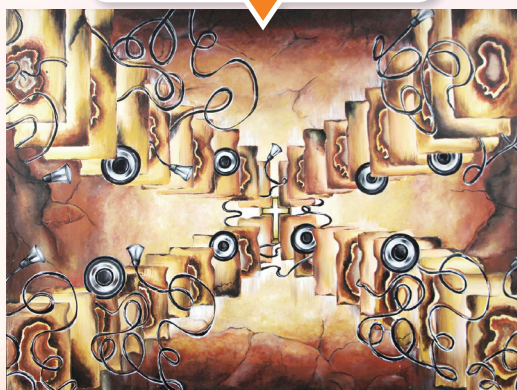
6A Tsang Yi Kiu



6A Choi Wing Ki



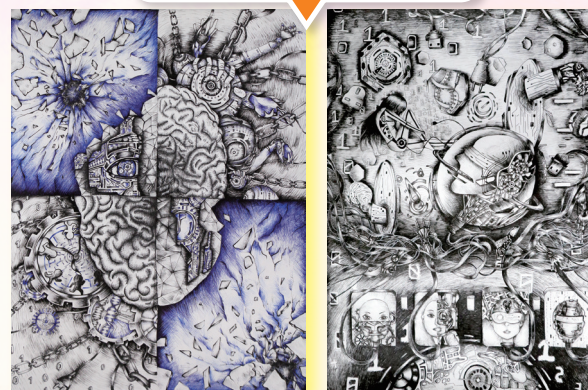
6B Cheng Hoi Ying



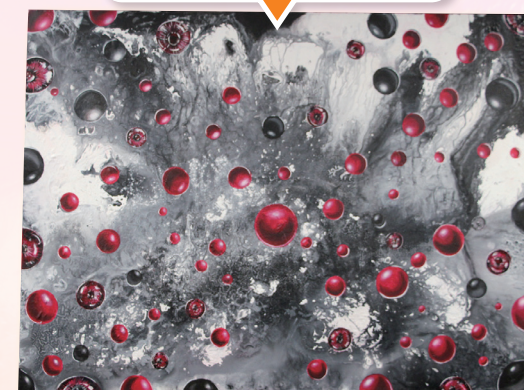
6B Cheng Oi Hang



6B Kwok Yan Wah



6B Lee Wing Yu





## 「網絡攻擊花樣多 保護數據靠你我」海報設計比賽



冠軍  
5B Chau Yuk Lan

季軍  
5D Chan Hiu Ching



## 「涼浸浸紙扇繪畫比賽」中學組



冠軍  
5B Chau Yuk Lan

## My Australian Christmas Card Competition 2019



Champion:  
5A Tang Kai Ching

First runner-up:  
5A Fung Yan Lam



Selected: 5B Wong Shuk Ting

Selected: 5C Yiu King Chun



## Odyssey of the Mind Pin Design Competition 2020

1<sup>st</sup> Runner-up  
(Senior Secondary Division)  
5C Yiu King Chun

Champion  
(Senior Secondary Division)  
5A Fung Yan Lam



## 2019-20 年度「活水行動」海報及標語設計比賽



中學組亞軍  
6B 李泳諭



# Student Awards

## ACADEMIC

Name of Competition	Organizer	Name of Awardees
校際漢字設計比賽	饒宗頤文化館	<p><b>入圍獎</b></p> <p>6B 陳尚靈、6B 李梓恩 6B 鄭凱盈、6C 陳詠榛</p>
Student Environment Protection Ambassador Scheme	Environmental Campaign Committee	<p><b>Outstanding Student Environmental Protection Ambassador (Gold Award)</b> 5D Chan Hiu Ching</p> <p><b>Outstanding Student Environmental Protection Ambassador (Silver Award)</b> 5D Ho Lok Yiu</p> <p><b>Outstanding Student Environmental Protection Ambassador (Bronze Award)</b> 5A Tang Kai Ching</p> <p><b>Outstanding Student Environmental Protection Ambassador (Merit Award)</b> 5C Ng Kei Ching</p>
Organic Ambassador Training Scheme 2018-19	Hong Kong Organic Resource Center	<p><b>Certificate of Graduation</b></p> <p>5A Wong Tsz Wing, 5A Huang Yinglin 5B Ng Wing Kiu, 5B Lau Cheuk Lam 5C To Ka Yiu, 5C Chan Wei Man 5D Chan Yuk Ling, 5D Wan Cheuk Yi</p>
2019 Australian National Chemistry Quiz	Royal Australian Chemical Institute	<p><b>Certificate of Credit</b></p> <p>6D Kan Sik Yin Aloysius 6D Wong Cheuk Kwan</p> <p><b>Certificate of Distinction</b></p> <p>5C Leung Yan Ting 5D Lo Suet Wing 5D Tsang Ka Ho</p>
全港 LumieLabs 科創專題研習報告短片比賽	香港科創教育協會	<p><b>中學組季軍</b></p> <p>2A 何樂恆 2A 阮銘浹</p>
第二十四屆全港中小學中文硬筆書法比賽	香港教育專業人員協會	<p><b>中學高級組（優秀入圍獎）</b></p> <p>4C 錢悅儀</p>
第二十四屆全港學界對聯創作比賽	新市鎮文化教育協會	<p><b>亞軍</b> 5C 周子力 <b>特別獎</b> 2D 吳奕瑩 <b>季軍</b> 5C 周錦濤 <b>優異獎</b> 1B 黃施予、5C 郭倩怡</p>

# VISUAL ARTS

Name of Competition	Organizer	Name of Awardees
44th Hong Kong Youth Painting Competition – Western Painting: Secondary School Section	Hong Kong Youth Cultural & Arts Competitions Committee	<b>Champion</b> 5D Chau Lok Lam <b>Award of Distinction</b> 5C Yiu King Chun, 6B Cheng Hoi Ying
元朗區文藝之星嘉許計劃 2018-19	元朗區文藝協進會	元朗區文藝之星 6A 蔡詠淇
2019 當代中學生繪畫比賽	香港當代藝術學院	<b>特別榮耀獎</b> 5A 馮恩霖、5C 陳凱晴、6A 郭欣樺、6A 蔡詠淇 6A 曾伊蕎、6B 鄭凱盈、6B 鄭藹珩、6B 李泳諭
「網絡攻擊花樣多 保護數據靠你我」海報設計比賽	政府資訊科技總監辦公室、香港警務處及香港電腦保安事故協調中心合辦	<b>冠軍</b> 5B 周玉蘭 <b>季軍</b> 5D 陳曉晴 <b>優異獎</b> 5C 陳凱晴 <b>入圍獎</b> 5B 黃淑婷、5D 周樂林、6B 陳尚靈
「涼浸浸紙扇繪畫比賽」中學組	環保觸覺	<b>冠軍</b> 5B 周玉蘭
My Australian Christmas Card Competition 2019	Australian Consulate-General (Hong Kong)	<b>Champion</b> 5A Tang Kai Ching <b>First runner-up</b> 5A Fung Yan Lam <b>Selected</b> 5B Wong Shuk Ting 5C Yiu King Chun
2019-20 年度 「活水行動」海報及標語設計比賽	愛德基金會	<b>中學組亞軍</b> 6B 李泳諭
利是封設計比賽	學孜教育及香港青少年輔導協會合辦	<b>亞軍</b> 6C 陳詠嫻
九龍倉全港中學生繪畫比賽 2019-20	九龍倉藝術	(立體組) <b>優異獎</b> 5D 陳曉晴 (平面組) <b>優異獎</b> 5C 姚景晉
花鳥蟲魚小伙伴設計比賽 2019	香港北區花鳥蟲魚協會	<b>亞軍</b> 5C 陳凱晴 <b>季軍</b> 3D 馮煒諾 <b>優異獎</b> 5A 周玉蘭
2019 食物安全人人「Like」海報設計比賽	食物環境衛生署	<b>優異獎</b> 6B 曾伊蕎



Name of Competition	Organizer	Name of Awardees
2019 國際化學元素週期表年美術設計創作比賽	保良局	(平面組) 香港賽 二等獎 6B 李泳諭 (立體組) 香港賽 二等獎 5D 陳曉晴
Odyssey of the Mind Pin Design Competition 2020	Odyssey of the Mind Hong Kong Association	<b>Champion (Senior Secondary Division)</b> 5A Fung Yan Lam <b>1<sup>st</sup> Runner-up (Senior Secondary Division)</b> 5C Yiu King Chun
創意無界限德國作品展 2019	香港海外文化中心	銀獎 2B 許朗瑋
香港新聞博覽館吉祥物設計比賽	香港新聞博覽館及香港賽馬會慈善信託基金	初中組 亞軍 2B 許朗瑋 初中組 優異獎 2B 林筠濤
會徽設計比賽	香港學校體育學會	亞軍 6B 郭欣樺 季軍 5A 鄧啓情 參與獎 5C 姚景晉、5D 陳曉晴
「向歧視說不！」設計比賽	愛滋寧養服務協會	優異獎 2B 朱汶喬、2B 林筠濤、2D 鄧卓琳、 5A 鄧啓情、5C 姚景晉、5D 周樂林

## SPORTS

Name of Competition	Organizer	Name of Awardees
The 17th Hong Kong Nepalese Open Taekwondo Championships	Hong Kong Nepalese Taekwondo Association	<b>2<sup>nd</sup> runner-up (Black Belt Group)</b> 2D Tang Cheuk Lam
Inter-school Cross Country Competition 2019-2020	HKSSF	<b>Boy C Merit (Team)</b> 1B Leung Chi Kit, 2A Sarki Rabin, 2A Siu Chung Wai, 2A Yuen Ming Hei, 2B Leung Yu Hin, 2D Tsang Tsz Ngo
The 43rd Yuen Long District Athletic Meet Competition	Co-organised by the Leisure and Cultural Services Department and Yuen Long District Sports Association	<b>Women: Division D 200M 1st runner-up</b> <b>Women: Division D Long Jump Champion</b> 2D Ng Sum Yuet
Asia & Pacific Jump Rope Championship	Asia & Pacific Jump Rope Federation	<b>Double Dutch Speed Relay 1X30 Male</b> <b>15-16 years old Champion</b> <b>Single Rope Speed Relay 4X30 Male</b> <b>15-16 years old Champion</b> <b>Single Rope Pairs Freestyle Male</b> <b>13-14 years old Champion</b> <b>Single Rope Team Freestyle Male</b> <b>15-16 years old Champion</b> 3C Cheung Wing Lam
2019 飛越啟德 第四屆全港學界跳繩比賽	中國香港跳繩體育聯會	二重跳之王 新界區中學十四歲或以下男子初級組季軍 30 秒前繩速 新界區中學十四歲或以下男子初級組冠軍 3C 張詠霖
全港十八區武動人生慈善金盃賽 2019	香港青年跆拳道協會	速度組冠軍 1B 鍾卓峰