

# Be the Change You Wish to See in the World

- Can You be the Change You Want to Make Psychologically?
- Lessons Learnt as a Student Leader
- How Can TTCiAns Contribute to Environmental Conservation?
- What Have Our Pets Taught Us?
- 音樂與敬拜
- Peter Singer: Famine, Affluence & Morality
- Reconsidering Hong Kong's Tomorrow Lantau Vision Project as a Housing Solution
- Social Media Influencers, a Blessing in Disguise?
- The Trending Culture of VR



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# Chief Editors' Remarks

5A Au-Yeung Hei Yu 5A Cheung Yan Nam 5A Ho Yi Tak 5A Kwok Ho Hang

Welcome, TTCiAns! As we reflect on the challenges we have faced throughout this academic year, it becomes evident that we have the power to make a difference in our world. In this edition of our school magazine, we invite you to embark on a journey of exploration and inspiration. Together, let's delve into the theme of 'Be the Change You Wish to See in the World.'

Within these pages, you will find a treasure trove of knowledge and insights, offering a glimpse into the global trends shaping our society. As we navigate through a rapidly changing world, it is essential to broaden our horizons and embrace diverse perspectives. This magazine serves as your gateway to understanding the interconnectedness of our world and the importance of unity in diversity.

By embracing and accepting diversity, we can foster an inclusive environment that celebrates our differences. Through thought-provoking articles, interviews, and personal stories, we aim to ignite your desire to contribute to positive change. Each of us possesses the ability to make an impact, no matter how big or small, and this magazine will inspire you to discover your own unique role in creating a better world.

As you immerse yourself in these pages, we encourage you to reflect on the lessons learned and consider how you can apply them in your daily life. Embrace the challenges that come your way and seize opportunities to make a difference. Start conversations, initiate projects, and embody the change you wish to see.

Remember, change begins with you. Let's be the catalysts for a brighter future, within our school community and beyond. Together, we can create a world that celebrates diversity, fosters understanding, and promotes positive transformation.

So, open these pages with curiosity and an open mind. Let the stories and insights shared within empower you to embrace the power of change. Let's embark on this journey together and become the change-makers we aspire to be.

\*Notice of Correction for TTCiAn Issue 31

We regret to inform our readers that the name of one of the contributors was mistakenly omitted from an article published in the last issue in February 2023. The article titled 「從JoJo的奇妙冒險空条徐倫的故事看成長」 should have been credited to two contributors instead of one. The correct names of the contributors are **3C Ng Yu Sau** and **3C Ngai Ka Nok**. The Editorial Team regrets the error.

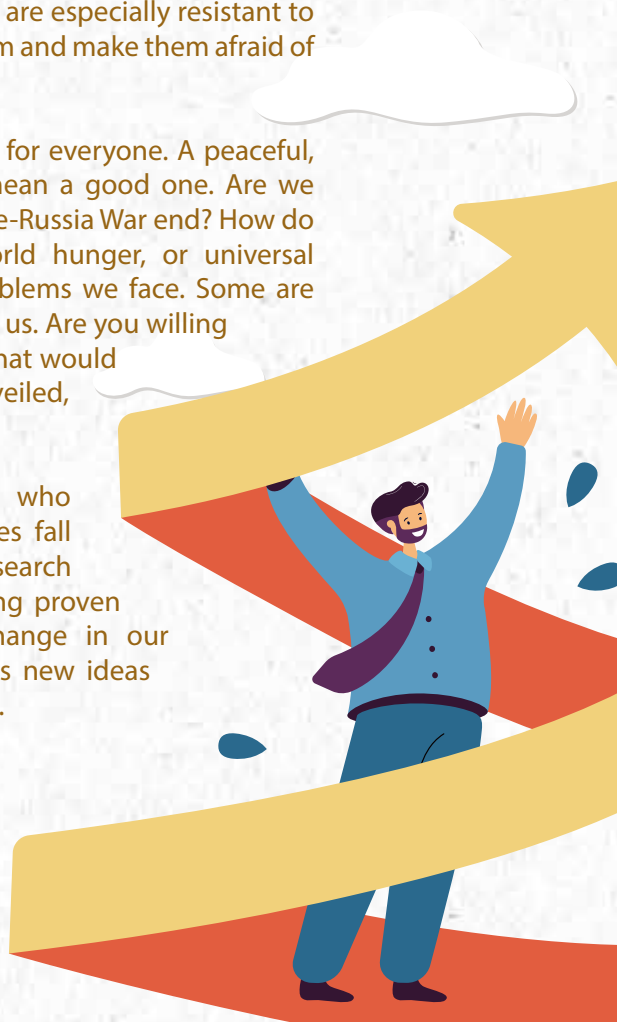
# CAN YOU BE THE *Change* YOU WANT TO MAKE PSYCHOLOGICALLY?

SI YUNG WAN HO  
SI WU DEREK

Many people tend to resist change and prefer to stick to the familiar, especially as they grow older. They like to keep their environment, the people around, and their work constant for the feeling of security and safety that stability provides. However, why are we afraid of change? The extent of the change can affect the time needed for adaptation. The bigger the difference, the more time and effort is required to adjust. This process may cause discomfort, and we may feel overwhelmed by potential threats and possibilities. This explains why even though we may be in a toxic environment surrounded by negative people, we still find it difficult to leave because we have become too accustomed to it. Some children are especially resistant to change when their parents are overly critical of them and make them afraid of making mistakes.

Change is what the world needs, everywhere and for everyone. A peaceful, comfortable environment does not necessarily mean a good one. Are we doing enough for our future? When will the Ukraine-Russia War end? How do we solve the problems of global warming, world hunger, or universal education? These are just a few of the many problems we face. Some are beyond our reach, while others are right in front of us. Are you willing to help our society? Your ideas and opinions on what would benefit society should not be hidden but unveiled, brought to light for all to discuss.

Isaac Newton, the famous mathematician who discovered gravity, was curious about why apples fall downwards after observing them. His intensive research and experiments led to his theory of gravity being proven correct and brought about groundbreaking change in our understanding of how the world works. Newton's new ideas have indeed made a significant impact on our lives.





Change itself is neutral and the word does not imply whether it is good or bad. Adolf Hitler, for example, changed Germany in many ways, leading his country to war, taking over other countries, and starting the Holocaust, etc. This change was seen as evil and outrageous, but he can be considered as influential. Hitler was originally an unknown painter who joined the military and fought in WW1. He was inspired to pursue a life in politics after the fall of his country. Even though his actions as a dictator were questionable, he was a man of passion who realized his vision during his reign.

As mentioned, change isn't always good. Some changes can bring us benefits, while others can be detrimental. However, we can definitely learn from them and improve ourselves. As a fifth-grade transfer student, I have experienced difficulty of changes: new school, new people. I struggled at my old school. So I knew that a change of scenery was what I needed. I have learned to adapt, familiarize, and make new friends in these few months. I have learned a lot from new classmates and teachers, and my interactions with them have changed my perspective on building confidence and my values of what is right and wrong.

Learn from the changes that come your way and be the change you wish to see in the world.

*" I cannot say whether things will get better if we change; what I can say is they must change if they are to get better. "*

*— George C. Lichtenberg.*

# Lessons Learnt as a Student Leader

5A Kwok Ho Hang

Throughout my time as a Head Prefect, I have assimilated a plethora of knowledge about leadership and communication. I would like to share the salient lessons I have learned while serving the school.

I used to believe the Head Prefect only needs to enforce the school rules and without much ado. Obviously I was ignoring the reality. As a student leader, a bevy of expectations and obligations arise. I became the role model for the prefect team, a beacon of excellence to strive for. Managing a team and coordinating different people is very important.

On top of that, I have to deal with students and their misbehaviours. Maligning the issues and reaching a solution is harder than it seems, but it's rewarding at times. In hindsight, fostering amicable communication with others will forestall misunderstandings and resolve conflicts. Utilising good interaction skills is also the scaffolding of a harmonious environment.

Another valuable lesson that I learnt after becoming a Head Prefect is the importance of time management. As a Head Prefect and a senior form student, I have to manage my time wisely. In my junior form years, I compartmentalised my tasks without much thought. As a result, I was constantly in a rush, and constantly had a surfeit of tasks to do. I often felt overwhelmed with what I had in hand. I scoured for ways to deal with the situation, and I am glad that I have found a way out of this vicious cycle. Everyone should have a habit of creating a schedule for themselves and following it closely.

Senior form subjects require us to invest more time. Sometimes, it feels frustrating, especially when results differ from what you expected. I always pressure myself to achieve this cutoff score, or that certain grade. Now I know that endlessly chasing a goal is unrealistic and deleterious. I should learn not to set unrealistic goals and give myself some breathing space. I also need to believe in myself and assure myself when I feel discouraged. I am fortunate to have supportive people around me who give me encouragement when I need it the most. They are sublime assets in navigating through life's winding paths.

In a nutshell, cultivate optimism, be kind to ourselves when we face adversity, and manage our time judiciously. Furthermore, we should sharpen up our communication skills to develop a sincere and amiable atmosphere. Last but not least, I would also like to use this opportunity to give my sincere gratitude to students and teachers for placing trust on me and the prefects. Your support has contributed hitherto to the growth and improvement of the prefect team.



5A Kwok Ho Hang

HEAD PREFECT



783 views

5A Kwok Ho Hang Lessons Learnt as a Student Leader

5 DAYS AGO

Student Leader



# How Can TTCiAns Contribute to Environmental Conservation?

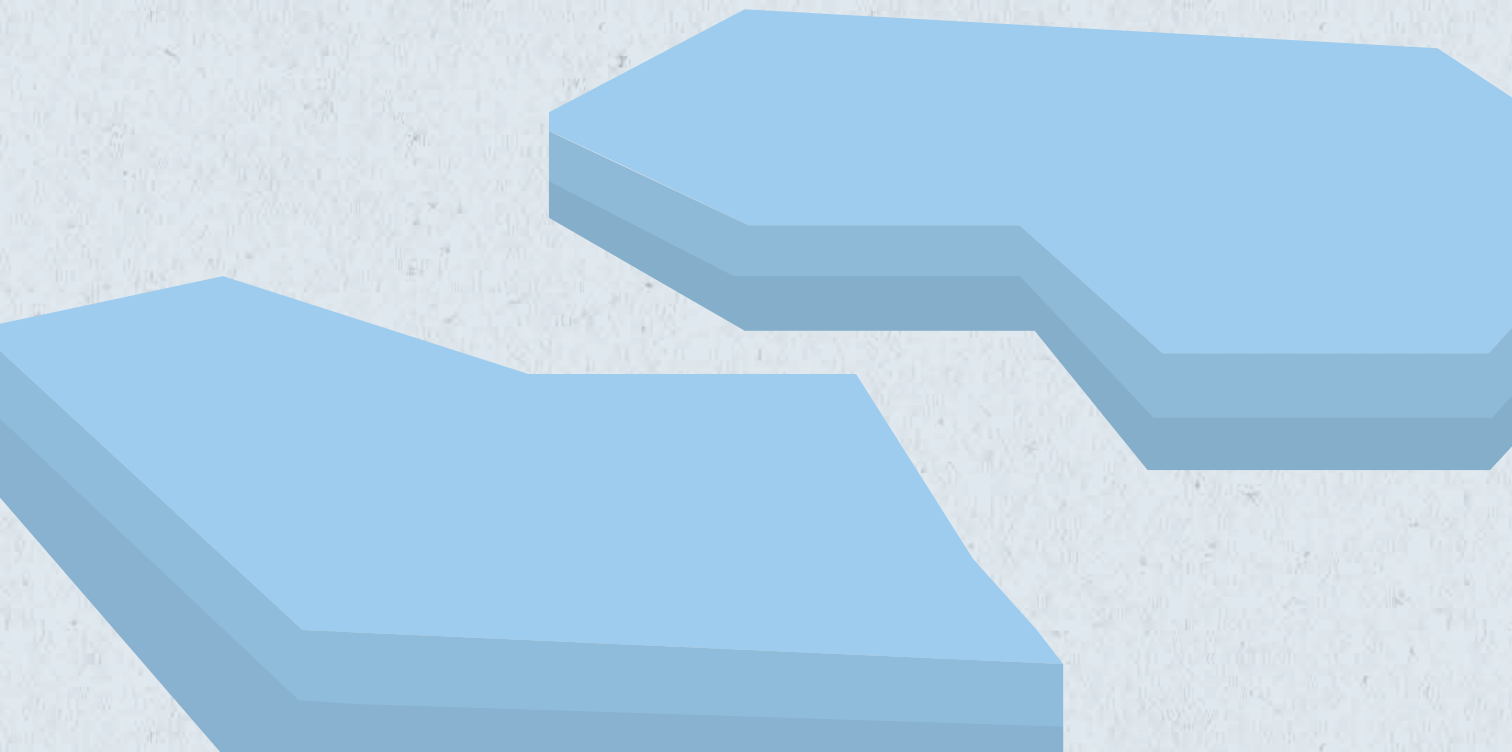
3A Han Justin Lim

As members of the TTCA community, we have all likely heard the pleas for environmental conservation on television, encouraging us to recycle and use less air conditioning. However, you might believe that your individual actions won't make much of a difference. But think about it this way: if everyone thought that their actions didn't matter, how would anything change? Environmental conservation is no different from an election, where every vote counts. In this article, we will share the insights of Mr. Fung, one of the most environmentally-friendly teachers at our school, on the importance of environmental conservation and the ways in which we can all make a difference.

## **Justin: Why are you so devoted to environmental conservation?**

Mr. Fung: As someone who enjoys hiking and visiting beaches, I wouldn't want these places to be full of litter. Additionally, as a Christian, I believe it is my duty to protect the Earth which was given to us by God, as stated in the Bible. We are stewards of the planet, so this is why I devote myself to protecting the environment as much as possible.

## **Justin: Do you think that the few proponents of environmental conservation are making a change?**







Mr. Fung: While a few people cannot make a huge difference, every small change matters. I don't force my students to follow my methods in being environmentally friendly, but I believe that my actions are influential to other people and are worth the time and effort.

**Justin: What do you think TTCiAns can do to help environmental conservation?**

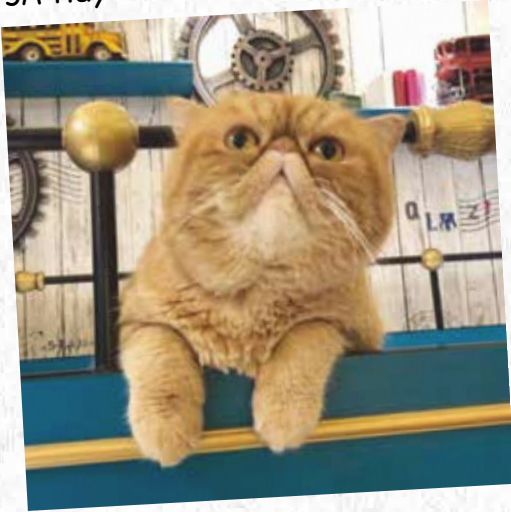
Mr. Fung: I do think that we can all make a difference by valuing what we already have instead of constantly buying new things. In the past, people valued "saving" instead of "renewing", but as people get wealthier, they throw away old things and buy new ones, which is a major cause of environmental problems. Recycling used magazines, bottles, and aluminum cans can also make a big difference.

Apart from the methods listed above, we can all reduce carbon emissions by taking public transportation instead of taxis and private cars. Transportation is a major cause of global warming, which is highly destructive to our planet. Therefore, it's essential that we take action and be the change we want to see in the world.

# What Have Our Pets Taught US?

5A Cheung Yan Nam

5A Haywood



Garfield, 8 years old  
Kept for 8 years

'I was in primary 2 when Garfield was introduced to my home. At that time, he was 6 months old. Being an absurd 7 years old, I decided to bring Garfield to my neighbor's home. However, they had two 7-year-old cats, and when I placed Garfield on the floor, the two cats quickly surrounded him and did not hesitate to use their claws to assert dominance over their territory. Garfield retreated under the couch and hid there until my mom came to his aid and rescued him.'

We all have weakness and it's alright to seek help.

We need to stay together in challenging times.

5I Benjamin



Dau Dau (豆豆), 8-year-old mother  
Fluffy (毛毛), 8-year-old father  
Coffee, 7-year-old older sister  
Bo Bo (波波), 7-year-old older brother  
Mimi, 6-year-old younger brother

'I have been keeping my cats since they were kittens. One of the most memorable experiences was witnessing the first birth of my cats during a school day. To me, my cats are not just pets but family members.'

One amusing incident happened when my cats peeked their heads out to check if my tutor had left the house because they were scared of him.'



We need emotional support from others.

We all have good and bad days.

5A Brian



Duffy  
3 years old  
Kept for 3 years

'He had car sickness and vomited when we first brought him home. Also, he is really cute. For example, sometimes he will grab his toys and place them in front of me, asking for snacks.'

We should be open to new experiences.

5B Krystal

Summer (female)  
Sweets (male)  
2 years old  
Kept for 2 years

'I took my parrots with me to Tsuen Wan for lunch and put them in a cage. It was the first time they sat still while spending time with me. We even ordered vegetarian cupcakes just for them.'

5D Jasmine



White (白白)  
2 years old  
Kept for one and a half years

'He comes beside me when I am sad, and every afternoon around 12:00, he runs around the house to get my attention.'





# 《音樂與敬拜》

4B 馮子碩



教會的崇拜除了講道和禱告，必不可少的就是敬拜。但你有沒有想過，到底敬拜和唱歌有何分別呢？為什麼我們要敬拜呢？編者作為學校敬拜隊的一員，採訪了學校敬拜隊的老師和同學。希望本次專訪能解答大家對於敬拜和敬拜隊的「迷思」。

## 敬拜的定義

在介紹學校敬拜隊前，先來解釋一下敬拜的意思。《聖經》裡「敬拜」的定義是以心靈和誠實敬拜。其實敬拜是神跟我們溝通的一個途徑，我們透過敬拜讚美神、感恩和認罪。因此，敬拜與唱歌最根本的分別就是對象不同。我們唱歌的對象沒有固定，敬拜的對象則是神。敬拜亦不需要高超的「唱功」，只要用心敬拜，神便會悅納。我們更可以透過反思歌詞了解神的話語，明白神的心意，藉着敬拜促進自己與神的關係。

## 學校敬拜隊簡介

學校敬拜隊由擁有不同音樂恩賜的同學、老師和校友組成。他們會在不同的服侍和busking(街頭演唱)中帶領敬拜，用音樂讚美神，用音樂傳福音。同時，老師亦會舉辦訓練和退修，培養同學的音樂才華和牧養同學的生命。



## 開端

學校敬拜隊是由一群熱衷敬拜的校友主動向學校老師建議成立。在此之前，學校的信仰團體只有團契，沒有一個帶領敬拜的團隊，因此校友在畢業前便向老師提出這個建議。起初，學校敬拜隊只有四名來自不同年級的成員，他們互不相識，但同樣因為神的安排加入了學校敬拜隊。那時候甚至還沒有結他手和鼓手，敬拜隊就這樣成立了。疫情剛剛開始的一年，身兼導師的校友只能隔着屏幕指導敬拜隊成員，但這並不能夠阻隔神的大能。儘管敬拜隊至今仍有不足，但他們的進步印證了神的恩典。

## 成長

這些年來，學校敬拜隊的成員經歷了不同層面的成長。在團隊合作層面上，他們由當初懵懵懂懂，到現在能夠自主組織一個完整的敬拜；在屬靈層面上，他們在準備敬拜途中學會更倚靠神。在敬拜時，他們學會全心全意投入敬拜讚美神。神也藉着敬拜，帶領隊中還沒基督教信仰的人經歷祂的同在，決志信主。

## 「超能力」？

在學校創立敬拜隊的過程中，最大掣肘一定是成員的更替。隨着學校敬拜隊成員畢業，隊中某些崗位漸漸出現空缺。但神奇的是，學校敬拜隊成員總在不知不覺間擁有彈奏樂器的能力，這些既神奇又看似不可能的「奇蹟」，絕不是單靠他們自身能力做到的。神以意想不到的方式賜給同學音樂恩賜彌補缺失，讓他們即使遇上「忒修斯之船」般的困境，也不至貧乏。

## 連繫

繼成員「意外」地獲得音樂恩賜後，成員之間的關係發展也可以說是另一個意外收穫。他們起初互不相識，但卻能在短短數月之間建立深厚的情誼。他們雖然有着年紀上的隔閡，但總是無所不談，彼此鼓勵。他們之間的關係早已超越友誼，而是靈裏面的一家人，全因他們的社交有神的祝福。而他們擁有的這一份交情，是其他的團隊中看不見的。

## 總結

若要用兩個字概括學校敬拜隊，「帶領」二字最適合不過。學校敬拜隊成立三年以來，他們遇上各式各樣的難關，但神都一一帶領他們跨過，讓他們見證神蹟，使他們除了可以利用敬拜傳福音，也能利用他們自身經歷作見證，為神作鹽作光。他們總是會遇上很多「意料之外」的事情，但現在回首，這些難題最後總是迎刃而解，或許所有事情的發生並非巧合，而是神早已為他們「鋪路」。願一切榮耀、頌讚歸於我們在天上的父，亦求神在將來繼續使用這個團隊在各項福音事工上。

若同學有音樂的恩賜，並渴望對基督教信仰有進一步的認識，歡迎與黃靖瑋老師、黃家瑤老師、林學睿老師或曾葆琳老師聯絡。

「我的恩典夠你用的，因為我的能力是在人的軟弱上顯得完全。」



# Peter Singer: Famine, Affluence & Morality

5A Au-Yeung Hei Yu



Peter Singer, born in 1946, is a philosophy professor at Princeton University who gained fame through his paper titled 'Famine, Affluence, and Morality'. In this paper, he examines the moral implications of donation and argues that donation should be an obligation rather than a choice.

Singer asserts that donating spare cash should be obligatory, and failing to do so makes one morally deficient. He supports his argument with a scenario involving a child drowning in a shallow pond. According to Singer, it is a moral responsibility to prevent the child's death, and the cost of getting one's expensive suit wet is inconsequential compared to saving a life. He presents four points to support his claim: helping the child is equivalent to donating to organizations like UNICEF, the Red Cross, or Oxfam; donating money can save lives affected by famine (the first point); disease, hunger, and death are undesirable (the second point); sacrificing the ultimate luxury like money for the sake of saving a life is morally justifiable (the third point); and if we can prevent bad things from happening without sacrificing morally significant things, we should do so (the key conclusion). These points lead Singer to conclude that donation is an obligation.







At first glance, Singer's argument appears solid, as we would instinctively save a child in immediate danger. We cannot justify not saving the child by saying, 'I don't want to get my suit wet.' However, unlike Singer, not everyone adheres to utilitarian principles, and his claim cannot be universally accepted as a fact. This divergence of moral values leads to reasons why Singer's claims may be flawed.

While affluence itself lacks inherent moral significance, the items or services associated with affluence may possess moral value. This is where Singer's theory encounters problems. Although affluence may lack moral significance, different people assign varying moral values to different aspects of their lives. For some, personal health takes precedence over everything else, while others prioritize family. Singer suggests that the portion of money one does not need for survival should be donated to charity, including savings. Since savings are intended for the future and not essential for one's immediate survival, Singer argues for their donation. However, can that sum of money be sacrificed for something that holds significant moral value? The answer is yes. This contradicts Singer's last claim, as the act of donation can cause one to lose something of moral significance. Let's consider another scenario. Imagine you are about to donate all your savings to charity when an all-knowing entity informs you that in 10 years, your father will suffer a heart attack and die because you can no longer afford his long-term medications. The savings you set aside from your salary could have made a difference. What would you choose? Singer's theory is now challenged, presenting a dilemma where the life of your father is pitted against that of a random person suffering from famine. As Singer argues, death is undesirable and should be prevented, but this situation provides a reason to save instead of donating. Donation becomes a supererogatory act, as having extra affluence now holds meaning: preventing harm to the things you care about.

Despite my criticism of Singer's claim regarding the moral value of common affluence, we should appreciate his dedication and willingness to address what he perceives as wrong. Society benefits from diverse viewpoints, regardless of their accuracy. However, his claim appears to be overly idealistic, overlooking the capitalist world we live in. He is not entirely wrong in suggesting that donation should be an obligation, but it conflicts with the principles of capitalism.

# RECONSIDERING HONG KONG'S TOMORROW LANTAU VISION PROJECT AS A HOUSING SOLUTION

2C WONG YAT LONG 2E WU YAU YING

Hong Kong is well-known for its density and population. In 2023, the population of Hong Kong is around 7.5 million people, and it is estimated that the population will rapidly grow to 8.1 million people. Since the number of housing units provided is only around 3 million, there won't be enough units for future generations to live in. So what is the government going to do? Looking back on how Hong Kong has gained space by reclaiming land from the sea, it would be a choice that could be easily greenlit based on the city's experience in the field. However, the question that many government officials are asking is where to reclaim such land.



Firstly, both Kowloon and Hong Kong Island are out of the picture due to the public backlash from older projects such as the West Kowloon and the Central Wan Chai Reclamation projects. So there's only one option left, which is Lantau Island.

The Tomorrow Lantau Vision project is what the Chief Executive publishes, and where the backlash starts. So what went wrong with the plan? To begin with, let's have a look at this project. It is a reclamation project that plans to build an artificial island near Kau Yi Chau and Hei Long Chau. According to the Lantau Tomorrow website, the government claims that the land is an essential building block for the challenges faced by Hong Kong. Lantau is an excellent place with explicit air quality and a good road transport network that is connected to other cities in the Mainland and the world. That's why they are reclaiming Lantau Island to raise the dam of Lantau. Yet, the disadvantages of reclaiming Lantau are far greater than the advantages.

First, the estimated cost of the Tomorrow Lantau Vision Project is around 580 billion Hong Kong dollars, which is all the financial reserves of Hong Kong. This would lead to regional bankruptcy, generating a significant amount of government debt, and these debts would eventually fall on the citizens, increasing the burden on them.

Poor air quality would also plague the artificial island. According to a study from the JC School of Public Health and Primary Care, Faculty of Medicine, The Chinese University of Hong Kong, and the Environment and Ecology Bureau, the amount of Nitrogen dioxide on the island would be  $40 \text{ mg/m}^3$ , resulting in around 3,200 people living in Hong Kong suffering from the poor air quality.



▲ Imaginary presentation maps of the Tomorrow Lantau Project



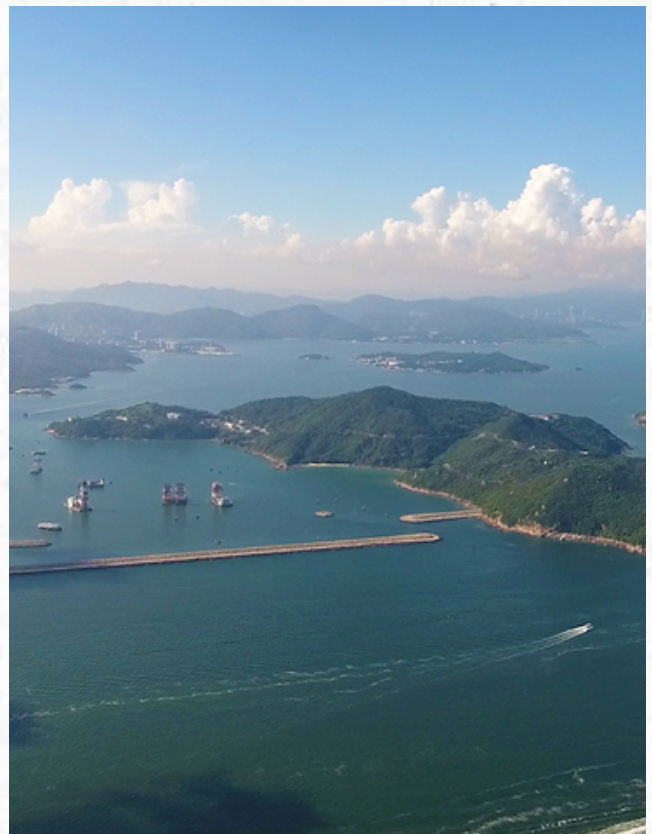
The project would also lead to rising sea levels and more frequent typhoons. It is expected that if the reclamation project goes ahead, intense typhoons like Mangkhut would happen every year. Thus, some low-lying areas, such as Wan Chai and Disneyland, would soon be flooded.

Additionally, we would have to build expensive new tunnels that cross the sea to both mainland Lantau and Hong Kong Island. These projects take a lot of time, and even if they get built, who will be there to pay for all the costs accumulated from the project? The project, at a glance, doesn't seem well-thought-out, and despite the government telling us that this would give Hong Kong a better future, it doesn't seem that way at all.

So, what can the government do to provide housing flats other than the Tomorrow Lantau project? In fact, there are many brownfield areas in New Territories, which are suitable for providing more housing units in Hong Kong. These brownfield lands can easily provide for the housing needed quickly, but building transport links to connect the new district will take a lot of time and money. Additionally, there are a lot of vacant schools and some quarantine facilities that have been built in Kai Tak and Penny's Bay. We can convert these facilities into housing blocks as a cheaper and efficient solution to provide the housing needed.

There have been some plans from the early nineties that have been scrapped but are still far better than reclaiming large amounts of land in Lantau, with one such example being Green Island, which is located by north of Belcher Bay near Kennedy Town. This would provide nearly the amount of land that is given by the Tomorrow Lantau Project. This would not disrupt the ferry services toward Macau, Discovery Bay and Peng Chau, not increasing travel times between the outlying islands and the city and also not ruining the habitat around Peng Chau and Kau Yi Chau, which have been restored since the early 2000s. So why reclaim somewhere where we need to build new transport infrastructure to connect the new islands to the neighbouring districts when we can reclaim somewhere that is near urban areas and where we can build roads much more cheaper since we wouldn't be building cross-harbour tunnels. Talking about cross-harbour tunnels, this would also increase the little to no traffic of the Western Harbour Tunnel, which is the least used cross harbour tunnel in Hong Kong. This can increase the amount of tolls earned by the tunnel, helping pay off the debts of the project.

No matter what happens in the near decades, if the Lantau Vision Project is greenlit and is constructed, it would bring a lot of new land for development and housing units, however it would dry our financial reserves of Hong Kong and cause the marine habitat to be destroyed in Kau Yi Chau. So if you were the CE, would you build it?



# SOCIAL MEDIA INFLUENCERS, A BLESSING IN DISGUISE?

3C Lam Kai Lok 3C Ngai Ka Nok

The last two decades have brought significant changes to the world, and the rise of technology has played a key role in these changes. While people used to turn on the TV and go out to play, children now flock to social media platforms, leaving playgrounds deserted. This change has impacted the way people interact with one another, leading to a discussion on whether the rise of social media influencers has been a positive or negative influence on the younger generation. Examples of this influence include the fall from grace of YouTube Shorts and the redemption after the tragic cancellation of Johnny Depp.

## THE EMERGENCE AND UPRISE OF A NEW ERA – YOUTUBE SHORTS

YouTube has dominated the internet since its launch in 2006, allowing creators to produce any content they like. However, the pandemic has led to changes in the social media giant's rules. TikTok, a platform that features shorts created by creators on that platform, has emerged as a serious competitor to YouTube. To maintain its relevance, YouTube launched YouTube shorts, but creators are now accused of being money-hungry and copying each other. Having launched YouTube shorts, audiences started criticising this new feature for being childish and plain. One victim of this was Mr. Beast. Many content creators of the platform started doing low-budgeted versions of his content using YouTube shorts. However, Mr. Beast had a trick up his sleeve. He started producing short,

high-quality shorts to dilute the "contaminated" content of the shorts catalog. Mr. Beast is a revolutionary to the platform and his work to save this genre of videos is massively appreciated by all.





Regrettably, the story doesn't end there. YouTube shorts have been out for two years, and the content is not very original. Two types of content dominate: one uses clips of popular YouTubers to make money, while the others involve scripted content that is extended to make more money through monetisation. The content is derivative and may be a reason why YouTube digs its own grave. Mr. Beast may have saved this genre for now, but it'd be up to future creators to see if they'd follow suit. Only time will tell whether this platform would actually work out.

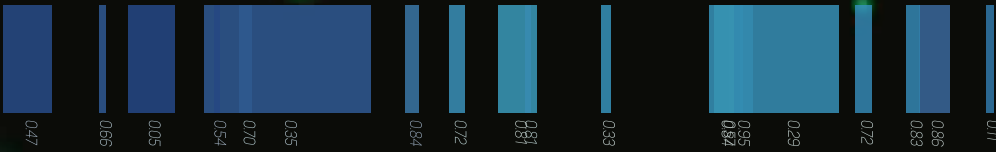
## THE POWER OF THE INTERNET – JOHNNY DEPP



In early April, the Johnny Depp versus Amber Heard court case came to a close after three months. Many influencers voiced their opinions, with most supporting Depp. In 2018, Depp was accused by his ex-wife of abusing her, leading to him losing his role in the Harry Potter spinoff franchise *Fantastic Beasts and Where to Find Them*. He was left with no stable income and received even fewer job opportunities from studios and executives. It was tragic to see how companies gave up on him and treated him like box office poison when he was at his lowest point.

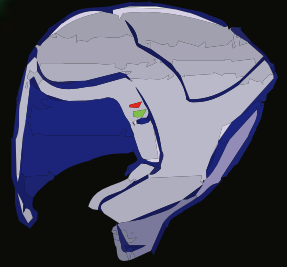
Luckily, things turned around for Depp. After losing the lawsuit in the United Kingdom, he took his case to the United States. New evidence emerged exposing Heard for her malicious chicanery, including lying in front of millions of people. Fans of Depp started a campaign to bring him back to his role in *Fantastic Beasts*, which has been a big hit. It also caught the attention of the actor replacing Depp, Mads Mikkelsen. He showed his stance on Twitter as he told Depp that he could have his role back if the series continued. Therefore, showing the power of the internet in influencing the entertainment industry.

The rise of social media has led to a discussion about its influence on the younger generation. YouTube shorts, for example, have been accused of being unoriginal and derivative, with creators merely reproducing content that already exists. Meanwhile, the Johnny Depp versus Amber Heard court case shows the power of the Internet in influencing the entertainment industry, with fans using social media to bring Depp back to his role in *Fantastic Beasts*. The internet can be a blessing or a curse, depending on how it is used, and it is up to individuals to decide how they want to use it.



# The Trending Culture of VR

3C NG YU SAU



**Imagine one day,** as you were walking through the mall, you came across a product that advertised, "If you die in the game, you die in real life!" How would you react? Would you be intrigued or frightened?

Virtual Reality (VR) is a highly controversial topic in society today due to advancements in the metaverse. Recently, reports of a "Matrix" VR headset have popped up around the world, causing shock and raising ethical questions. This prototype, called "NerveGear", is based on the popular anime series "Sword Art Online". It ties a player's real life to their virtual avatar, raising the stakes and forcing players to rethink their interactions with the virtual world.

The founder and creator of VR headset company Oculus, Palmer Luckey, tweeted that tying real life to virtual avatars "instantly raises the stakes to the maximum level". This product raises many issues, which will be discussed in this article.

The rate of crime globally would skyrocket as players' locations become untraceable due to user agreements. Players with malicious intentions could use the opportunity to commit indirect murders, leading to a decrease in the human population by at least 30%. This would result in a stock market crash even more severe than the 1929 Wall Street Crash, with the world economy diminishing within hours.

Furthermore, the creation of this VR headset may give rise to something despicable and soon become a trend all over the world. Fans may create countless replicas, causing millions of deaths and numerous tragedies. Families, friends, and loved ones will mourn, leading to an unending cycle of violence influenced by VR.



From my perspective, the integration of real life and virtual life is an inevitable consequence of technological advancements. With new breakthroughs being made every minute, a flawless way to escape reality is just a matter of time. According to Forbes, extended reality is expected to be the most transformative technology in human history in less than 5 years, with spending on VR increasing by 80%.

On the other hand, the future of VR is estimated to be revolutionary, with VR culture becoming popular as headsets become cheaper. Overuse of VR can lead to various health problems, such as hearing loss, motion sickness, headaches, nearsightedness, and delusions. An experiment led by Dr Mayank Mehta concluded that VR can manipulate our minds through the "GPS" neurons, altering our brain processes.

**In conclusion, the future of VR culture is inevitable, leading us to question whether the 1999 film "The Matrix" is an ominous prediction of what is to come.**

ONLY TIME WILL TELL... 



# Junior Science Team

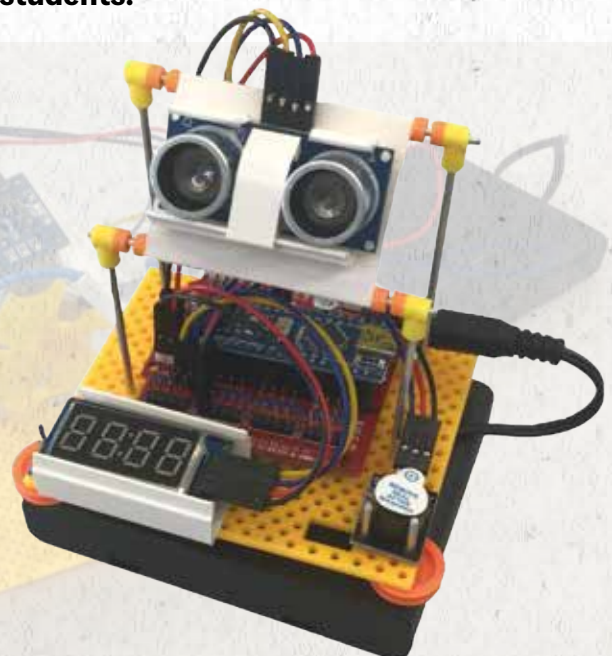
Welcome to the amazing world of the Junior Science Team, where young minds come together to explore, experiment, and discover the wonders of science through STEM! The club is a dynamic learning environment where members can participate in engaging hands-on STEM projects while developing their scientific knowledge and critical thinking skills. Our goal is to foster a love of science in our members and inspire them to pursue further learning in this fascinating field.

Throughout the year, Junior Science Team offers a wide range of hands-on STEM projects, to help members explore a variety of scientific topics. Our activities are designed to be fun, engaging, and accessible to all students with different levels of scientific knowledge and experience. Our members will have the opportunity to explore topics such as microprocessors and robotics!

As a member of the Junior Science Team, you will also have the opportunity to connect with like-minded individuals who share your interest in science. You will be part of a supportive community of lifelong learners who are passionate about science and dedicated to exploring its many exciting mysteries.

Let's take a look at the projects done this year by different students!

**1B Tai Tsz Tsun assembled an ultrasonic sitting position sensor. The model uses an ultrasonic sensor to detect the distance of a person to the table. A beep sound will alert when the user gets too close to the table.**

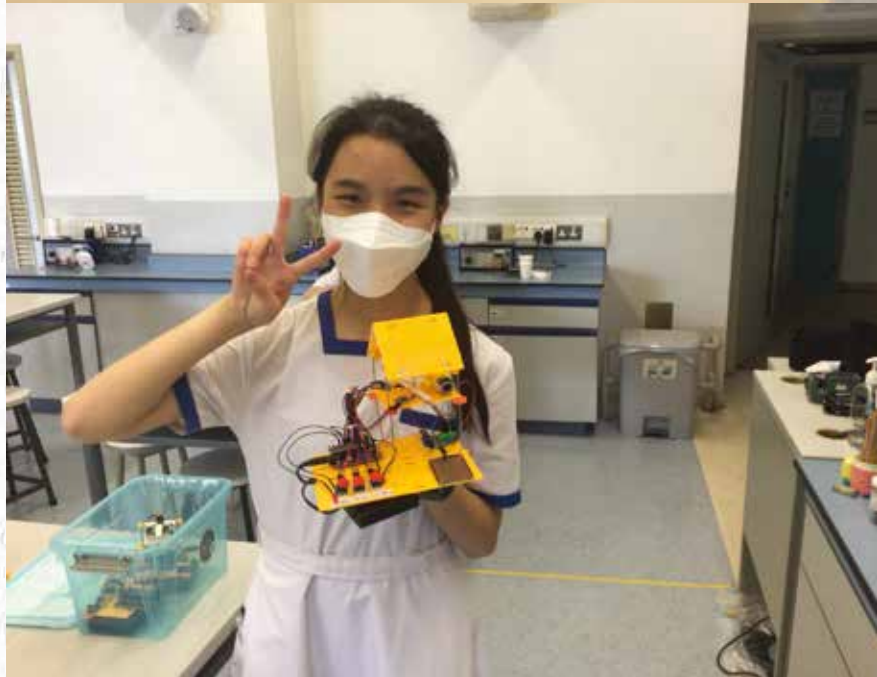




**2A Yau Nga Yiu, 2F Bee Ryan, 2F Chan Chun Him, and 2F Wong Kwan Ming assembled a flame detector. The model can detect the presence of flame and turn on a fan to put it off. The whole process is controlled using the Arduino program. This small model demonstrated the bigger idea of using flame detectors in commercial buildings!**



**1E Chu Lok Ying and 2D Chu Yan Hei assembled the smart drying rack. The model detects the presence of water. A motor pulls the drying rack back to a cover whenever it is raining and put it out of the house when it is sunny. With a creative mind and with programming, we can make our life better!**



**1E Chiu Sze Chai and 1E Zhu Tenny assembled an assembly line simulator. This assembly line simulator is a mechanical machine that moves the ball up and down the conveyor belt. No programming is needed for this machine, and we can feel the power of mechanics in this model.**







# Children Should Not Read Fairy Tales

2C Wan Cheuk Lam

Fairy tales are often portrayed as educational and creative stories offered to younger children to develop critical skills, but is that the truth? Do fairy tales contain harmful and negative content that can lead to children misunderstanding concepts?

According to research conducted by multiple renowned child psychologists, it has been discovered that fairy tales can contain contentious elements that teach distorted views, perpetuate negative stereotypes, and may disturb children when they interact with these stories. For example, in the story of Little Red Riding Hood, the wolf eats both the grandmother and the young girl. Such a portrayal could be too intense and unsuitable for children.

Fairy tales create and spread more negative effects than positive ones. One example is that fairy tales present unrealistic depictions of love and happiness, which can lead to unrealistic expectations and subsequent disappointment in real life. This can be seen in the story of Sleeping Beauty, where the princess is awakened from her sleep by a kiss from a prince, creating the idea that true love's kiss can solve all problems.

"Fairy tales are like diseases. When the story is spread among friends, they contain scary and suspenseful content. This may cause children to experience fear or even have nightmares." As described at the beginning, this is a real experience of a seven-year-old boy's dream. It illustrates the potential negative impact of frightening and suspenseful fairy tales on children's emotions.

Furthermore, fairy tales can reinforce harmful gender stereotypes and limit children's understanding of gender roles. An example of this is evident in Snow White, where the evil stepmother is depicted as vain and cruel, perpetuating the misconception that appearance is the most important aspect. It is important to avoid reading such misleading fairy tales. Fairy tales have numerous negative effects, including suggesting negative attitudes towards races or promoting violence and disturbing elements, which can be absorbed by children.

In conclusion, fairy tales should not be readily recommended for young children. The interaction with potentially malicious content in fairy tales is too much for immature children to handle.



# Peace in the Hustle and Bustle

4B Leung Enoch

Europe can be described within one word: 'Magnificent'. My friends all say that Europe is filled with magical and marvelous stuff that will completely make you stunned, especially Spain, I would describe it as one of the brightest gems in Europe. The beautiful and warm scenery may make you feel like being in paradise. I was very excited when I heard this description from my friends. This place may seem like a diamond, flawless and bright. I also cannot deny that this place has weird cultures too. These cultural shocks are definitely pieces of the puzzle which builds up a memorable travel experience for me.

My first trip to Spain started with a bang. My excitement all went to many ancient architectures all around me. They all marked an important position in Spain's entire history, which made me truly excited, even if it was just looking at them. My admiration for the country completely emerged from the depths of my heart. Also, Spanish people were very well-dressed. That was something you won't probably see in Hong Kong. I also know Fiesta were Spanish traditions in old times. Parties do take a toll on me but I enjoyed it otherwise. There may be a lot of well-known cultures in the place but there was one particular incident that left me stunned and completely eradicated my positive feelings towards this place.

In the afternoon, I was very elated about this ancient, yet lively place. This felt like what I was going all out this time. I was having a whale of time because I thought that this travel experience was very pleasant: The glorious view of the vast ocean from my hotel room, the majority of ancient buildings made up most of my day. Suddenly, at 2 in the afternoon, I was completely fine until the sudden silence completely torn my happiness apart, replaced by the fear in my heart and the sudden, strange, abhorrent feeling of dread. The worst part was when I peeked out of window, everything seemed fine for one second but there was this abnormal feeling that had been planting in my mind during my first encounter of a silent view. I didn't even have the courage to walk on the streets alone right now, so I decided to find some company down in the lobby of the hotel, and to my surprise, there was literally no one, not even a single tourist seen in the lobby. I had no choice but to walk on the empty streets, alone, putting my fear aside.

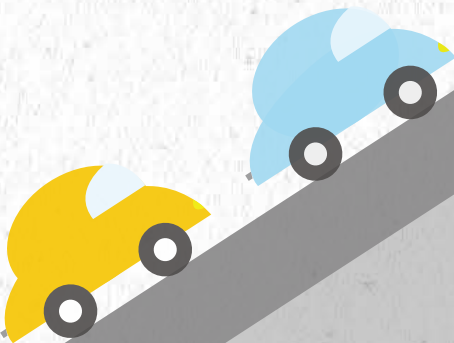
It was utter silence that I literally could hear my own voice, my own footsteps and even my own breathing. The scene was so scary that I could not stop shivering. Why were all the shops closed? Why were the people gone? Did they disappear like magic? Or was this an illusion? A nightmare that I was facing? The fear messed up my brain which was transformed into a question generator. In the end, I could not answer my own questions. I only just walked with all those emotions, which tried to damage my sanity for this sake. After for a few minutes, I could not stand this silence and decided to make my way back to the hotel.



Unable to realize what this strange and weird feeling was, I decided to find the receptionist in the lobby and told him everything that had been hiding in my mind for so long. The receptionist's first reaction was to laugh and it seemed like he was very calm about this. In a remarkable turn of events, he revealed that this section at this time was what they call a Siesta. All shops were closed at this time in order to let the owners rest. With his information, I was completely shocked since I wondered, why could they actually find time to rest at this busy time slot? It completely clashed with the lifestyle in Hong Kong. He then told me to try it out for myself, so I decided to take a nap in my room for a while and suddenly, all I felt was calm and comfort - All the tiredness was washed away by just a few minutes of rest.

After this trip, my world was completely turned upside-down. I would not believe that this few minutes of rest made me feel like I was in my own zone of comfort and with no interruptions. This also made me reflect on what was happening in the city I live in. City dwellers are completely stressed and somehow controlled by the hustle and bustle happening in daily life. There was no time for them to rest. But winding down for once actually helps people clear their minds completely and become refreshed. This was a completely new insight for me and that was what makes this trip memorable.

In conclusion, I think this culture makes us know that sometimes a rest is all we need. Being a busy resident in Hong Kong, I realized how much we overlooked the importance of winding down. Why not just take a few moments to chill and relax in the middle of the day?



# 一條別具特色的街道

2C 陳紫悠

十月十九日

今天我到訪了香港一條別具特色的街道，發現了街道上很多特點，我拍下了很多照片，記下每一個位置的獨特之處。

上午時份，我從東涌乘坐十一號巴士，經過約半小時的車程，就到達是日的目的地——大澳永安街。

剛下車，永安街的路牌就映入眼簾。我按着指示前進，便正式踏入了街道。

放眼望去，永安街給我的第一印象是：樸素——一種我以為早就絕跡獅子山下的樸素。這條街道不算寬闊，與其說是「街」，我覺得更像一條小徑或小巷；沒有行車路，僅有行人通道作為居民日常進出的必經之路。路的兩旁是一列商舖，雖說是商舖，卻更像是一些小攤檔。中環那些光鮮亮麗的招牌、鮮艷奪目的霓虹燈，這裏統統都沒有；取而代之的是信譽良好的老字號和在村內德高望重的老闆作為活招牌。

在街口隨手拍下幾張照，便沿着永安街前行。忽然，一陣滷水香撲鼻而來，只見一檔小食攤的爐頭上放了數盆或棕紅或米白的湯汁，原來便是令人垂涎的「元兇」。走近一看，那最左首是，是一盆滾燙的滷水汁，浸泡着「大澳三寶」之一——滷水墨魚。大鐵皿中，沸騰的氣泡在墨魚的空隙之間向上湧，連綿不斷。早已被滷得染成棕色的墨魚就像在溫泉中享受氣泡按摩浴的旅者，又散發着誘人的香味，引人食慾大增。我亦抵不過誘惑，高聲喊道：「老板！要一串滷墨魚！」大口地嚼起來，大澳三寶果然名不虛傳，滷得入味，爽而不韌，稱得上是我吃過最地道、最具特色的小吃。若在假日，小食攤定必客似雲來，把這裏擠得水洩不通吧！

Wing On Street  
永安街



離開小食攤，沿途繼續前行，遠遠便看見大涌橋牢固地立在橫渡河上。從橋下望去，可以看到鮮藍色的橋身被兩岸的石臺承托在水上，臺上一拱門狀的支柱以鐵索吊起橋板。站在橋上，世界彷彿靜止了。只見河中綠水徐徐晃動，偶有村民緩緩駕船划過；耳畔不時傳來吱吱的鳥鳴；兩側以木柱搭成的棚屋高架在水上，被河水清晰地倒影着。此情此景，實在寫意得令人流連忘返。

到得對岸，街上的店鋪變得疏落，民居夾雜在店鋪間，甚至有「前鋪後居」的商戶。對比起前段的永安街，這裏又別有一番景緻。這後半段更顯得老舊，房屋都是平房，多以磚木搭成，屋的大門也都是半開的，鄰里之間沒有都市人的那種隔閡。

繼續前行，看見一檔不起眼的茶果店，走近便見店前放着大小不一、餡料各異的茶果，像一團團黑色的日式和菓子，看起來不太好吃。當我仍猶疑不決之際，一把大嗓子喊着：「妹妹，要甚麼呢？」一位中年婦人迎了出來，便是茶果店的老闆娘。她熱情地向我介紹着各種茶果，說她自家製的怎麼也得嘗一嘗。我本來沒有打算買，但在老闆娘熱情的推介下，便抱着一試無妨的心態，要了一個原味無餡料的，在店前大口吃了起來。「好吃不？沒介紹錯吧！」確實是沒推介錯，黏黏甜甜的，挺特別。「有空再來大澳玩哦！」看見我吃完茶果，老闆娘用毛巾擦擦手，面露真摯的笑容，回到屋裏去了。

離開茶果檔，來到海旁，只見離岸十多米處有艘破船埋在泥石中，露出船尾的一截，令人不禁有挖開泥土一看泥下船底的衝動，卻又無法可想。黃昏潮汐時份，海水緩緩淹過泥石灘，蓋過了破船，彷彿水平線下是無盡的深海，沒有人看得出水下或許有個歷盡數十載仍屹立不倒的古蹟……

隨着夕陽西下，我亦踏上歸途。媽媽們喚着子女回家「開飯」的喊聲和攤販們「收鋪」的聲音此起彼落。我心中忽然興起一種彷彿「回家」的感覺，在這永安街待了短短一天，卻有種莫名的親切感。沒有光鮮的包裝，沒有複雜的機心，只有純樸簡單的生活和濃厚的人情味，卻足以溫暖我的心。這遠離煩囂的地方，是香港一條別具特色的街道：永安街。



# 成長

5C 王浩章

(榮獲第十二屆大學文學獎 少年作家獎)

兒子把作業簿遞給我，低下頭，等待我的評語。那是一篇周記，是我和他的經歷，為彼此上了成長的一課。

兒子自小成績不佳，但比起資質的平庸，更叫我動怒的，是他無心向學的態度，每次看着那些潦草的字體和錯亂的拼字，實在不由得怒火中燒。「你怎麼總要跟我作對！你的作業每次都錯漏百出，你還有將來嗎？」他依然抿著嘴，一言不發，只向我投以委屈的目光，但這早已不管用了，我早已煉成我的鐵石心腸。

那時候，我還不知道他一直所承受的苦澀，也未曾經歷他一直所經歷的一切。

「王太太，這次的親子同樂日，學校希望讓家長與子女彼此增進了解，請你務必要參加其中一個項目。」兒子的班主任唐老師多番勸說，我隨意挑了親子二人三足的項目，看起來不會是什麼難事。

「一二，一二！」練習時，他興奮地數着口令，一步一步向前，而也許是疏於運動，我根本跟不上小孩子那蹦蹦跳跳的步伐，我的重量更成了他的負累，一再使他絆倒。「別走這麼快！聽媽媽的口令，知道嗎？」他嘟着小嘴，勉強地點頭。「一，二，一，二……」既要遷就兒子的腳步，還要顧及喊口令，又要保持平衡，我一時間手忙腳亂。「媽媽，你太慢了！」兒子終究忍不住，抱怨起來。那時的我又一次怒火中燒，「閉嘴！」我直瞪着他，他又是那副一言不發的模樣，只是紅了眼眶。

唐老師馬上把我拉到一旁，把兒子的周記翻開來給我看。「我想和媽媽一起拿『寇』軍！」我衝口而出：「這麼簡單的一句句子，也寫不好！」唐老師卻語重心長地說：「王太太，你有沒有留意到一心平日寫的錯字都是左右對調或混淆了？」他這麼一說，我才憶起，兒子總是寫錯的字的確有着這些特點。



「那只是因為他不努力……」 「那很可能是因為他有讀寫障礙症。」唐老師打斷了我對他的控訴。

「嘗試遷就一下他的學習步伐吧，就像他剛才很努力遷就着你的步伐。」

唐老師的一語，有如醍醐灌頂，讓我陷入沉思：就像二人三足，講求體諒與遷就，才能互相配合，親子關係不也是如此嗎？

「己所不欲，勿施於人。」尺有所短，寸有所長，每個人都有自己的優缺點，有些我們看來習以為常的事，對別人來說可能已是挑戰。我們沒有經過別人面對的困難，又豈能用自己的標準來量度別人？假如不是在這次活動中暴露了自己的缺點，我也不會有所成長，永遠不會理解為何兒子寧可緊抿嘴唇，也不向我解釋——他知道對着放不下自己標準的人，再多解釋也沒有意義。

他的小手握着筆，而我，握著他的小手。



# Teachers' Updates

## Ms. Chan Chiu Yee

Hello, everyone! I am Miss Candice Chan, who is a new Economics teacher at TTCA. I am really glad to join this warm family this year. Adaption in a new environment is always not easy but I really want to thank my supportive colleagues. They give me a smooth transition and let me open a new chapter to my life. I enjoy a lot the interactions with my students. Their kindness and curiosity give me motivation. I am sure that I am not only teaching, but also growing with them together.

Winnie the Pooh is my best friend! I like collecting its merchandise. When I have spare time, I like walking in Living Plaza and am always attracted by those products. Meanwhile, I like walking in different supermarkets to investigate the pricing strategies of different shops. Feel free to come and chat with me!



## Ms. Fung Tsz Ching

Hi lovely students, I am Miss Fung who teaches Physics and Science.

I think Physics and Science help me to appreciate how the world God created operates. Everything created by God is precious and unique, including you and me. God created us based on Him. Unsatisfactory academic results or losing a competition won't affect our value. Actually, our efforts pay off each time, our improvement and our character strengths show our persistence, kindness, creativity, curiosity, team spirit, and leadership. These qualities deserve our recognition. AND Jesus loves you just because of your nature, just because you are you, no matter how good or bad you think of yourself.

I know TTCiAns are talented and keen on exploring yourself in different aspects. Try to embrace yourselves and give yourself more self-recognition. You are unique and beautiful. Jesus loves you all, and I love you all too XD.



## Ms. Ki Sum Yu

Hi everyone, I'm Miss Ki, the new ICT teacher this year. Time flies, and I can't believe that I've already been teaching at TTCA for eight months. Despite only seeing my junior classes once a cycle, I'm still grateful that I can teach my lovely students. I hope to get to know you guys more, so don't hesitate to talk to me if you see me in school!

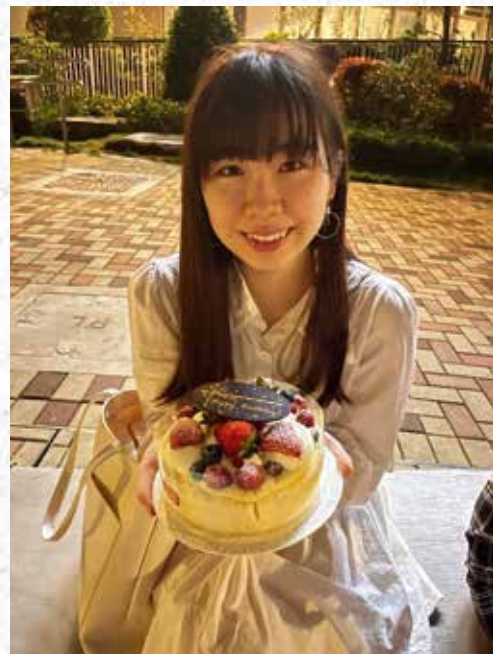
Aside from teaching, I love watching movies in my free time. One of my favorites is "The Truman Show", a satirical film that follows the life of Truman, a man who unknowingly lives his entire life on a television set. If you haven't watched it, give it a watch! And if you have watched some good movies, come and share them with me! I'm looking forward to meeting you all and discovering new films together :D





## Ms. Lee Tsz Yiu

Hello everyone, I am Ms. Lee Tsz Yiu, a new Mathematics teacher. I am so glad to join TTCA this year. Every TTCiAn is intellectually stimulated by the zealous teachers here. Students are both diligent and well-behaved. Mathematics may be the most difficult subject for some of you. "Mathematics is not about numbers, equations, computations, or algorithms: it is about understanding," said William Paul Thurston, the American mathematician. Challenges and difficulties are never far away, so prepare your best for the future and you won't end up in regrets. Hope you can find the joy of Mathematics!



## Ms. Lo Siu In

Hello everyone, I am Miss Lo, one of the new English teachers this year :) It has been a fruitful journey since I have joined the TTCA family. Teaching students in this school has been enjoyable, delightful, and sometimes amusing. I love how conscientious and creative our students are and I'm excited to meet all of you!

In the past few months, I have noticed that many of you look exhausted and restless. Make sure you strike a balance between studying and unwinding. One of the great ways of relieving stress is watching TV series or movies. I am a huge fan of anime and dark comedy films. So far Assassination Classroom and The Addams Family series are my all-time favorites! Please feel free to share with me films that you enjoy :)



## Mr. Lee Ka Kit

Hello! I am Lee Ka Kit, a physics teacher. I am glad to have met with different students in TTCA throughout the last year. I enjoy having fruitful conversations with all of you in the school.

Other than physics, I enjoy reading different genres of books, namely philosophy, popular science and literature. You may find that I am reading all sorts of books during reading time. Feel free to discuss what new book you have come across with me :).

Reaching the end of this school year, I hope all of you have had an enjoyable year in TTCA and learned a lot of new things in class!





## 衛寶宜老師

諸君日安！我是任教中文科的衛寶宜老師。中文，不單是閱讀美文的科目，更肩擔培育青年美善心靈的責任。有時候基崇同學以為讀書之用僅在於應試求職，為此壓力巨大、甚至自我懷疑，然而《逍遙遊》提醒基崇同學一個道理，不要被世俗的成見局限，認真學習「無用」知識的過程當中，潛心學習，就能忘記世上苦惱，達到現代心理學所說的「心流」，從而得到精神上的逍遙。衛老師在此分享自己的短詩拙作，盼同學明白創作及分享是人生難得之樂！盼你們不作「垂老把佛腳」——臨渴掘井的考試機器，習慣恆常溫習，熱愛學習，莫負時光莫負己！

### 〈答教場囑語〉

同學，現在你有一小時三十分完成試卷  
將一公升的腦汁  
注滿墨水筆管裡

將一學年的怨對疑問和希冀  
填滿已提供的方格上

將一甲子的賭注  
押在更迭不休的考生編號注碼中

You will have one hour and thirty minutes to complete the exam

You may start now

### 〈批改〉

剝落一頁又一頁的歲月  
征伐一筆又一劃的據點  
「殺啊！」  
「衝啊！」

從學術到精神上的遙征  
連月的帶月荷鋤歸  
數不清的筆耕  
終於看到了  
終點



## 王家瑤老師

大家好！我是任教中國語文科的王家瑤老師。很高興可以加入基崇，與大家一起成長、學習。閒時我喜歡參與不同的活動，例如學樂器、做運動、認識新朋友等等。踏出安舒區能讓我發掘自己的不同面向。

我很欣賞基崇學生總是活力滿滿，無論做任何事情都是全力以赴。這種青春的氣息好像讓我再次回到中學時期。盼望我們都能夠本著「YOLO——You Only Live Once」的精神，過每一天，做每件事都盡力而為，問心無愧。我相信大家的生命一定比以往過得更豐盛！互勉之！





## Ms. Yeung Hang Fong

Hello, everyone! I'm Miss Yeung. I teach English and I'm also the new teacher-librarian.

A library is a wonderful place where, supposedly, you are entitled to peace and quiet, and thus you can immerse yourself in worlds built by creative writers and learn a wide range of knowledge from brilliant minds. As the hustle and bustle of the world is shut away, you are transported to a different universe to share a life with characters whose experiences, feelings and even their most secret thoughts are unconditionally unveiled to you, and you shake hands with people whose influence seeps into your daily life but whom you may never meet; therein, every time you finish a book, you re-join the world buried deep in feelings, perhaps a little shaken, with a slightly different worldview.

Come to the library. Open yourself. Grab a few books, and be ready to see and feel what's in store for you.

## Ms. Yuen Ming Sze

Hi, TTCiAns. I'm Miss Yuen Ming Sze, a new Visual Arts teacher. It is nice to be part of the passionate TTCA family.

Apart from striving for excellent academic results, teenage life is also an essential time to seek for the true meaning of life. I consider myself quite fortunate to have found Jesus, my greatest treasure in life when I was young. He has carried me through my highs and lows. I wish you would find the same treasure that I have found here in TTCA and experience God's goodness and love.

“Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.” (Psalm 23:4)



## 謝曉琪老師

大家好！我是任教中文科的謝曉琪老師。學期幾近完結，很感恩這年在這裡遇上一群充滿活力、積極學習的同學們，你們每一位都是獨一無二的。盼望大家在短暫而美好的中學生涯中，可以盡情探索這個沒有邊際的旅程，但願你們都不要害怕失敗，因為只有親身冒險、跨過當下的困頓，才可以翻開那些書本沒有的答案。我們面對的世界是難以預知的，未來並沒有預設好的軌道，所以你們要在這段光景裡尋找自己所熱愛的事情，並做到最好，那麼你們終有一天會成為自己希望成為的人。在此謹以我一句很喜歡的話勉勵大家：「路漫漫其修遠兮，吾將上下而求索。」





# 家校合作 攜手成長

第十三屆家長教師會主席 劉寶瑜女士

時光飛逝，轉眼我已經在崇真這個大家庭度過了十六個年頭，由一開始的幼稚園家長，到小學家長，再到現在成為高中家長，一路走來我參與過不同工作崗位，讓我有機會參加或籌辦家教會活動，更清楚孩子的在校情況，真正做到與孩子同行，更明白孩子，也更了解學校和老師面對的困難。

感恩我和兩個兒子可以在崇真這個大家庭一起成長，多年來參加過許多家長成長課、6A品格教育、生命影子計劃等等，認識了許多熱心的家長和老師，不少更已成為摯友，大家互相關心、交流育兒心得，令我學懂不少！有時在合作過程中，我還會見到家長、老師們有趣可愛的一面😊真的很開心😊在此鼓勵大家積極參與家教會的活動！

最後，藉此機會衷心感謝一直無私奉獻的家長義工們、委員和老師們的幫助，才能讓各項活動順利進行🙏也感謝各家長積極參與！家教會會繼續努力，做好家校溝通的橋樑🤝疫情終於過去，希望未來能多辦活動、共同創造美好回憶，營造歡樂的校園氣氛，讓家長、孩子們能在健康快樂的環境中，共同成長、共同進步！

## 家長教師會活動照片分享：





## 家長義工心聲：



2F 楊昊穎家長

今年四月尾同仔仔有幸跟雷姑娘、同學們及家長們參加剩菜回收體驗活動，由回收食物到篩選食物，食物分類，再派給街坊，成個過程都不簡單！最難得嘅就係有一班義工團隊嘅幫手，同埋有一班熱心嘅店主，先至可以令食物唔使浪費，同時又幫到有需要嘅人！

令我最難忘嘅就係店主們所捐贈嘅食物，比我想像中質素好！佢地真係好有愛心！

參加咗呢次活動，令我同仔仔體會到珍惜食物嘅重要，一個蘋果，原來已經可以帶俾婆婆一個好甜美嘅笑容！一句「你食咗飯未呀？」都可以令婆婆笑逐顏開，或將自己嘅感想講出，令佢覺得喺呢個社區裏面係有人關心佢嘅，有人聽到佢嘅聲音！

願意為社會出一分力，係年青人需要學習嘅一種態度！讓佢地知道幸福唔係必然，要好好珍惜！



2D林雋軒家長

感恩兒子在前年順利加入基崇這個大家庭，在充滿關愛的環境內愉快學習，發展所長。學校不僅關顧學生的各種需要，也提供了不少機會讓家長參與其中。

去年和今年，我很高興有機會參加由家教會舉辦的「親情加油站」家長支援小組活動。每次聚會，熱心的社工雷姑娘都會精心安排，除了構思不同的活動主題外，還會邀請導師提供工作坊。來自不同年級的家長可以聚首一堂，在輕鬆的氛圍下暢所欲言，抒發感受，提供意見，汲取經驗，互相鼓勵等。每次活動不知不覺便過了兩小時，家長們難得碰面，意猶未盡，會一邊前往搭車，一邊繼續談天。「加油站」名副其實，聚會總能令我輕鬆不少。雖然是下班後才聚會，大家還是精神奕奕。因疫情的關係，我們已有兩年沒法舉辦集體活動，很感恩本學年可以恢復！

在基崇，家長踴躍擔當義工。例如：開放日慈善義賣、新生註冊日慈善義賣等，每次都有數十位家長參與，非常熱鬧！學期結束前，家教會和雷姑娘還會安排一次義工重聚日。我們剛去了元朗的大江埔村，不僅認識了一些平時不常見的植物，還明瞭了水耕種植的方法。疫情把我們困得太久了，難得到郊外透透氣，家長們看見鋤頭，都躍躍欲試。農莊的主人還教我們怎麼做有趣的「驅蚊塔」，來自不同年級的家長一邊傾談，一邊共同合作、體驗。在一片笑聲中，我們愉快地度過這次的郊遊！

在此衷心感謝學校、家教會和雷姑娘的各項安排！希望孩子們在這大家庭愉快地成長，大家共度美好的時光！



# 關心身邊人

陳智江傳道

最近本港接二連三發生社會的悲劇及衝突事件，引起社會關注香港人精神及情緒健康問題。香港人的精神健康狀況一直未如理想，「全港精神健康指數調查」指出，超過一半受訪者得分連續五年不合格，當中更有超過一成可能成為情緒病患者。

在今天的社會中，許多人感到孤獨和被孤立，更有情緒困擾等問題，需要更多關心和支助。當我們關心身邊人時，我們可以從他們身上學到許多道理，因為每個人都有自己獨特的經歷和故事。而當我們持續地愛與關心身邊人，亦有助建立生命力更強大的社群，以及建造充滿愛與和平的社區。關心身邊人是聖經教導我們的一個核心價值，在聖經中，神的愛和人的愛是基督教信仰的核心，而我們作為基督徒，亦應該以這種愛和關心來對待身邊人。

在腓立比書二章四節教導我們：「各人不要單顧自己的事，也要顧別人的事。」這是指我們不僅要關注自己的需要，也要關注身邊人的需要。當我們顧及他人需要，我們會更懂得關心他人。在生活中，我們可投放更多時間與朋友見面、吃飯，一起做有趣的活動，甚或分享自己的資源。另外，我們與人相處時，可以多一點聆聽和關注，主動向他人表達關心，甚至伸出援手，讓彼此的關係不止停留於吃喝玩樂，而是走進更深的層次。

在加拉太書六章二節教導我們：「你們各人的重擔要互相擔當，如此，就完全了基督的律法。」我們需要彼此相助，分擔身邊人的負擔和壓力。當我們互相關心與分擔彼此的壓力，有助我們的精神及情緒更健康；當身邊人面臨挑戰和困難時，我們要讓他們知道自己並不孤單，而是有人與他同行。多一點鼓勵和支持，多說一點造就人的說話，會形成一個更堅強的社群、更有愛心的社區。

最重要的是，當我們以愛心對待身邊人時，我們就是在實踐耶穌的教導。耶穌在聖經中多次提到愛和關心身邊人，告訴我們要愛我們的鄰居如同愛自己一樣。讓我們每個人都更懂得關心身邊人，在人群中作鹽作光，並讓教會成為關心鄰舍的基地。









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