

舊生專訪

歷史人與作詞人
歐懷德 (T-Rexx)

What's Hot & What's Not ?

- The TV Shows Hongkongers Are Watching
- The Most Popular Boy Band Isn't Only about Music
- Hong Kong Street Food Recipes to Follow at Home!
- 耀眼新星 —— 張天賦、洪嘉豪
- 香港的「神奇小子」—— 蘇樺偉

The Troubling Tale of Preserving Buildings in Hong Kong



室內體育館班際籌款活動

Feature – What’s Hot and What’s Not?

The TV Shows Hongkongers Are Watching: In Geek We Trust & All of Us Are Dead	03-04
The Most Popular Boy Band Isn’t Only about Music	05-06
Hong Kong Street Food Recipes to Follow at Home!	07-08
耀眼新星——張天賦、洪嘉豪	09-10
香港的「神奇小子」——蘇樺偉	11-12
舊生專訪:歷史人與作詞人	13-14
The troubling tale of preserving buildings in Hong Kong	15-16
Alumni Sharing: Big Dreams will Come True, Go for It!	17-18

Students’ Good Work

Why Students Choose to Study in the Relative Comfort of a Local Coffee Shop Rather Than at Home? <i>4B Wong Ho Fung</i>	19-20
Should Social Media Be Regulated? <i>4B Wu Derek</i>	21-22
一條別具特色的街道 <i>2C 曾繁凱</i>	23-24
自此以後,我終於解開了心結 <i>4D 周丹蕾</i>	25-26

Teachers’ Updates

27-29

Parent-Teacher Association

30-32

Church

33-34

Contents

TTCiAn 基崇家書

Issue 30 Jul 2022
www.ttca.edu.hk mail@ttca.edu.hk

Tsung Tsin Christian Academy
8 Lai Hong Street, Cheung Sha Wan, Kowloon, H.K.
Tel: 2728 8727 Fax: 2728 8021

Chief Advisor Principal Cheung Man Wai

Teacher Advisors Ms. Chan Nga Fong
Mr. Cheng Chung Yan
Ms. Lew Wai Leng
Mrs. Patton, Lilly Karwan
Mr. Shah, Mohammad Sajad
Ms. Yeung Chin Lok

Editors

1C Wong Yat Long
3C Lam Jamie
3C Lau Wing Suen
3C Liu Ching Yiu
3C Lui Ying Tung
3C Wong Ming Li Ashley
4A Ang Se Yuan
4C Cheng Hei Tung
4D Chow Tan Lui
5A Fong Tung
5B Ho Sum Fei

Designers

Mr. Siu Kwok Yin
Ms. Ho Tsz Ching

Publisher

Tsung Tsin Christian Academy

The TV Shows Hongkongers Are Watching:

In Geek We Trust & All of Us Are Dead

Social distancing is undoubtedly putting all people in a virtual prison. Now that we spend much more time at home, you are probably feeling a wave of cabin fever and looking for some excitement. Watching TV shows is a great idea. It makes animated conversations with friends, family and colleagues. It also binds people together and triggers reactions on social networks. We recommend two shows produced in different countries for those of you who are struggling to find what to watch!



3C Lam Jamie
3C Lau Wing Suen Hailey

In Geek We Trust

When someone mentions IT workers, what do you think of? A nerd clad in a T-shirt and jeans? A spectacled guy typing furiously behind a brightly-lit screen? Or a person you can call to help you fix electronic devices?

It's exactly because of these stereotypes, In Geek We Trust playfully blows them up into awfully familiar scenes which make you feel unsure whether to laugh or cry. They speak to you especially if you have worked in an IT department. Though exaggerated, the drama shows how IT workers are in fact one of the most essential pillars in a company, yet they tend to be the most unappreciated or neglected individuals.

In Geek We Trust, the first ViuTV Hong Kong drama produced this year, follows the story of Shun (Ling Man-lung), a supervisor in a bank's IT department. He believes that the IT department is crucial to the company, and he decides to build a system to prove their worth. That backfires, though, leaving him jobless, and his girlfriend dumps him right after that. However, he remains optimistic and plans to make his entrepreneurial dream come true.

Apart from the unconventional storyline, one of the highlights of the drama is that it features two members of the popular Cantopop boy band MIRROR. Lokman Yeung plays the role of "star boy" Tony, while Frankie Chan plays a pessimistic game designer and programmer called Never. Lokman's character is based on inventor Stark Chan, who is the first person from Hong Kong to have an asteroid named after him. Tony is an eccentric character who invented a seemingly useless SmartCup, and seems to harbor a subtle rivalry with Shun. On the other hand, Never thinks nothing is possible in this world and hopes to bring joy through the games he develops. His personality and contradicting actions turn him into the drama's comic relief.



All of Us Are Dead

All of Us Are Dead is a Korean drama. Most Korean dramas have 16 episodes with a one-hour running time. K-dramas are generally known for having high production value, intense and often engrossing storylines, and quality acting that helps build an emotional connection between the characters and the audience.



K-dramas have a unique way of storytelling regardless of genres. They don't have the same old predictable plots that have been recycled for seasons. The plots, types of characters and even the settings, feel new and different and, therefore, more fascinating. Furthermore, its popularity is partially due to the spread of Korean popular culture, and easy access to movie and music streaming services which often offer subtitles in multiple languages.

All of Us Are Dead has 12 episodes, which are shorter than normal K-dramas, but nonetheless fascinating. The show is a horror fiction featuring a zombie apocalypse, and its story is set in the South Korean city of Hyosan. Things go berserk one day when a girl in Hyosan High School is bitten by a rat infected by a deadly virus that turns happy humans into devastatingly ugly and ever-hungry human-eating machines. Though the series is about a fictional virus outbreak, there are also clear parallels to the ongoing global pandemic. However, the story has even more to it

than just a zombie apocalypse. It offers commentary on bullying, cyberbullying, social media, backlash against refugees, and even the pandemic's lasting effects on society — all contributing to a more important message behind the jump-scare moments and high school-based drama than you'd expect.

You may be wondering, why is this drama so popular in Hong Kong? It is probably because it jumps right into the center of the action, unlike other shows where the storyline progresses slowly. It is also contained mainly to one location, which is the school. Having said that, we can say that it accommodates the situation which is really relevant to us now. As the Covid outbreak in the series makes the zombie situation more complex and undesirable, and we can see that it resonates with a lot of viewers in the city who are still following strict public health protocols.



THE MOST POPULAR BOY BAND ISN'T ONLY ABOUT MUSIC



BTS 防彈少年

3C Wong Ming Li Ashley

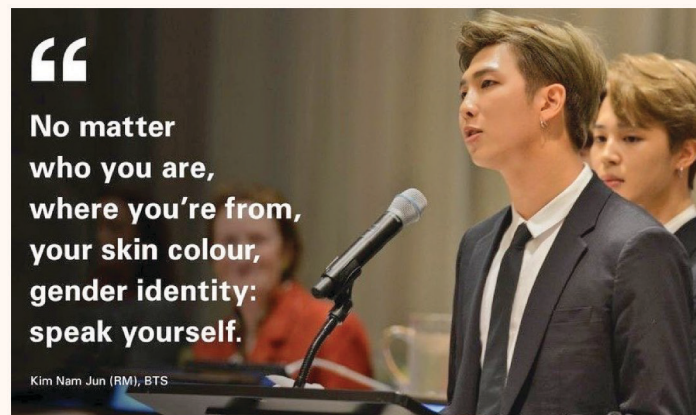
Ever since 2018, K-pop has been a global phenomenon, it has been changing music. If you ask your parents about famous boy bands, they would definitely know Super Junior. They were once the icon of K-pop. Although nowadays they may seem outdated, boy bands are likely to be around, and our personal favourites will remain in our hearts. Do you know the most popular boy band nowadays? They are the one and only, BTS.

So, who is BTS? Why is everyone talking about them? Aren't they just a bunch of cute boys singing and dancing on stage? BTS, also known as Bulletproof Boy Scouts or Bangtan Sonyeondan, originated from Seoul, South Korea. Its members include the stunning Kim Taehyung "V", Dance-god Jung Hoseok "J-hope", the humourous elder brother Kim Seok-jin, dualistic Park Ji-min, gifted Jeon Jungkook, sarcastic Min Yoongi "Suga" and their tall charismatic leader Kim Namjoon "RM". To the accompaniment of sophisticated choreography and alluring outfits on stage, these talented men came together, formed their band in 2010 and debuted in 2013 under Big Hit Entertainment.



Can you imagine the now celebrated boy band started off being broke, hated, commonly described as "another boy band", and was called all sorts of discriminative names? In 2013, few ARMYs, the BTS's fans, from Hong Kong and China first recognized their talents and their music influence. BTS's music was gaining popularity in Asia and they eventually took off to a flying start. However, due to controversies such as accusations of manipulating the charts using illegal methods during the I need you era and being criticised for being misogynist in their song War of Hormone, success became an uphill battle for the band.

Despite the scandal, BTS continued to go beyond music. Until when they launched their album Love Yourself in 2018, they partnered up with UNICEF and made their very first appearance in the United Nations. Can you imagine they were the very first Kpop band to do so? Meanwhile, they started a campaign named after the album on the belief that "you can't love others if you don't love yourself." Later the band was invited to give a speech in front of the UNICEF members and the whole world.

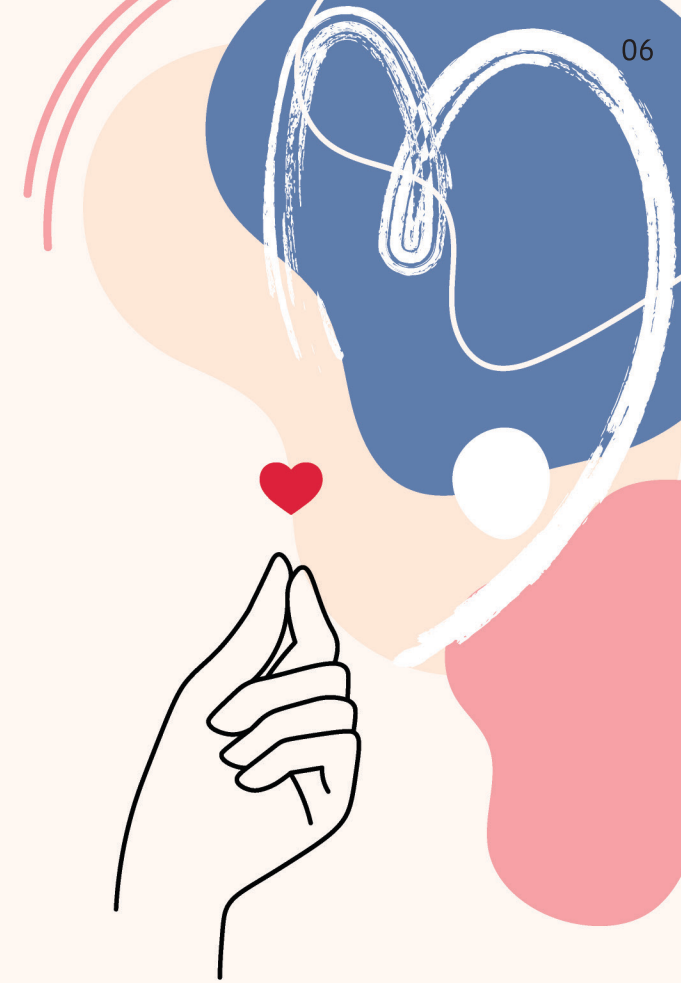


**“
No matter
who you are,
where you're from,
your skin colour,
gender identity:
speak yourself.**

Kim Nam Jun (RM), BTS

'Today, I am who I am with all my faults and my mistakes. Tomorrow, I might be a tiny bit wiser, and that'll be me too. These faults and mistakes are what I am, making up the brightest stars in the constellation of my life. I have come to love myself for who I am, for who I was, and for who I hope to become.'

-Kim Namjoon RM



As you can see, BTS doesn't simply show how much love and passion they have for their music or their fans, but also their influential impact on people in today's society. ARMYs around the world have shared their stories about how BTS's music and influence have helped them go through difficult times and taught them to start loving themselves. One young fan from Hong Kong caught the band leader RM's attention when she anonymously discussed her experience with battling both cancer and mental illnesses and regaining her health during a live session on the app Vlive. RM showed understanding and tried his best to support and communicate with this fan.

"Teamwork makes the dream work." This was posted by BTS in a recent tweet. Fans provide strength to the seven boys, and in turn, they share their strength through their songs. BTS has influenced over 90 million fans around the globe and they share a common social identity. As for the fans, it's not only about the catchy tunes, but also the essential life lessons they would like to share.

HONG KONG Street Food Recipes!

to Follow at Home

3C Liu Ching Yiu Venus 3C Lui Ying Tung Rainbow

When having Zoom meetings at home due to the fear of catching covid, many people have been craving a bite of scrumptious Hong Kong-style street food, such as egg waffles and egg tarts, since they are one of the most popular street foods in Hong Kong. Here are two easy-to-follow recipes to sate your ravenous appetite.

Ingredients (for 3 waffles):

- 1 cup all purpose flour(140 g), plus 2 tbsp
- 2 teaspoons baking powder
- 1 tablespoon custard powder
- 3 tablespoons tapioca starch, plus 1 1/2 teaspoons
- 2 large eggs
- 1/2 cup sugar(140 g), plus 3 tablespoons
- 1/2 cup water(120 mL), plus 2 tablespoons
- 1 tablespoon evaporated milk, plus 2 1/4 teaspoons
- 1 teaspoon vanilla extract
- 2 tablespoons vegetable oil
- oil, for greasing waffle machine (or any mold maker will do, such as pancake maker)

Steps:

1. In a medium bowl, sift together the flour, baking powder, custard powder, and tapioca starch. Set aside.
2. Set up a double boiler over medium heat. Add the eggs and sugar to the top bowl, whisking vigorously until the sugar is dissolved and the mixture has thickened slightly, about 5 minutes.
3. Add the water and evaporated milk to the egg mixture and stir to combine.
4. Slowly add the dry ingredients to the egg mixture and mix until well combined.
5. Stir in the vanilla and vegetable oil.
6. Pour the batter through a fine-mesh strainer into a clean bowl to catch any lumps.
7. Cover the bowl with plastic wrap and let the batter rest in the refrigerator for at least 1 hour, or overnight.
8. Transfer the batter to a spouted liquid measuring cup for easy pouring.

Egg Waffles



9. Set an egg waffle machine (or any mold machine, such as pancake maker) and set it to 400°F (200°C). Grease lightly with oil. Add about 1 cup of batter to the machine and cook for 2 1/2 minutes, until crispy and slightly brown. Using a rubber spatula, transfer the waffle to a wire rack to cool slightly. To achieve a round shape, lay the waffle over a curved surface, such as a rolling pin, to cool. Repeat with the remaining batter.
10. Serve when the shell has cooled and become crisp, but is still slightly warm.
11. Enjoy!



Egg Tart



Ingredients (for roughly 8 egg tarts):

Pastry

- 145g Flour
- 1 tablespoon icing sugar
- 1 egg yolk
- 1/2 egg white
- 75g Salted butter

Filling

- 2 eggs
- 70g castor sugar
- 140g hot water
- 125ml fresh milk
- 1/4 teaspoon vanilla extract
- A pinch of salt

Sources:

Egg waffle: <https://tasty.co/recipe/hong-kong-style-egg-waffle-recipe>

Egg tarts: <https://www.youtube.com/watch?v=YmpPXB0omy0>



Venus's review:

“The egg waffles were really delicious, and were as they said, crunchy on the outside and soft and pillow-y on the inside! Also, you can make use of the same recipe to make pancakes! We'll definitely try making it again.”



Rainbow's review:

“As for the egg tarts, they were not too sweet, which I personally prefer. They turned out immaculate! I replaced castor sugar with regular sugar but the results were still amazing. The recipe is also very simple to follow and the tarts are easy to make.”

Steps: (Pastry)

1. Mix butter, egg yolk, egg white and sugar until creamy.
2. Sift the flour and add to the butter mixture. Mix well.
3. Knead the dough for about 2 minutes.
4. Wrap and keep in the fridge for about 15 minutes.
5. Remove from the fridge. Portion the dough and press to tart cases.
6. Refrigerate the tart cases for 15 minutes.

Steps: (Filling)

1. Dissolve the castor sugar in hot water. Set aside and let it cool.
2. Beat the egg with milk, vanilla extract and a pinch of salt.
3. Add in the sugar water and mix well.
4. Sift the egg mixtures (2 to 3 times) to remove bubbles.

At last, take the pastry from the fridge, pour the filling into the tart and bake the tarts in a preheated oven for about 25 minutes at 190 degree Celsius. Take the tarts out and enjoy a homemade snack.

There you have two delicious snacks to chomp on while conveniently going on with our lives. We hope the recipes could bring you back memories from before the pandemic. Lastly, we hope that everybody stays safe and positive during this difficult time.



最近，香港樂壇有不少新興歌手崛起，除了廣為人們熟悉的MIRROR、COLLAR外，仍有其他香港歌手值得我們去注意和學習。以下將會介紹兩位樂壇耀眼新星——張天賦（又名：MC）和洪嘉豪。

5A方瞳 5B何心扉

歌手 張天賦(MC)

張天賦1996年出生，曾到加拿大留學，於2019年在ViuTV選秀節目《全民造星II》贏得亞軍，一夜成名，比賽過後他卻不願參與男團而自立門戶。他自組工作室後簽約華納唱片，其後他推出新歌《反對無效》、《記憶綿》，深受大眾喜愛，更在2021年度叱咤樂壇流行榜頒獎典禮上獲「叱咤樂壇生力軍男歌手金獎」。

縱使他的成名路看似一帆風順，但他過去也曾經歷低谷，全憑他努力堅持，才成就今天的他。小時候他曾經歷家道中落，父母感情破裂，MC被迫由加拿大返回香港完成高中課程。及後MC參加《全民造星II》時，父親病情惡化，MC在節目中曾說希望能讓父親在剩餘的日子裏看到自己的音樂成就，可惜，在他比賽期間，父親不敵病魔，離開人世，未能親眼看見MC在比賽中獲得第二名的佳績。還記得MC將自己成功打進20強的消息告訴父親，張父艱難地對MC舉起拇指，那份以兒子為榮的心，感人至極。這份愛激勵著MC把思念變成推動力，他努力堅持自己的音樂夢想，不讓一直支持他追夢的父親失望。



MC曾在訪問中談到自己能夠在低谷中繼續堅持，是因為自己訂立了目標：「讓更多人認識和認同」，他對自己許諾「絕不能3分鐘熱度」，這令他不論面對父親的離世，網絡上的負面新聞，他仍然能堅持下去。經過沉澱後的他變得更成熟，他保持自己的初心，為了自己和亡父，他堅持著追他的「音樂夢」，為觀眾帶來更多、更好的音樂。

MC的經歷，小編能夠看到堅持追夢有多重要。只要有足夠的決心，即使你正遇上狂風暴雨，總有一天能邁步向晴。祝MC在樂壇繼續發光發亮。



歌手 洪嘉豪

如果有留意MC的同學，應該對洪嘉豪這個名字不感陌生。洪嘉豪1991年出生，他在2014年畢業於香港演藝學院，主修聲音設計。出道前他曾從事音響工作，也曾獨立發行歌曲，2017年參加香港華納唱片的「華納賞識你」音樂比賽得到歌手合約，到2018年才正式推出自己的作品。



洪嘉豪在成為歌手前曾從事六年音響方面的工作，在某次訪問中，他被問及為什麼放棄做音響而轉做歌手，嘉豪直言音響工作太辛苦：「當時早上6點出門，工作至凌晨2點才回家，那時就像失去了自己。而從小到大自己也喜歡音樂，所以希望嘗試『玩音樂』，覺得會更有趣。」就這樣，樂壇有了這顆耀眼新星——洪嘉豪。

洪嘉豪於2018年出道，同年奪得新人金獎。但嘉豪坦言那時沒有新人光環：「觀眾對新人很快沒有新鮮感，當下一批新人又出現，觀眾就不會再注意你。」初出道時，公司為他塑造文青形象，但卻因他真實的性格並非如此，令他一度對自己的定位感到迷失。「那時我生出了負面情緒，我想過放棄。幸好之後我能向觀眾呈現一個真實的我，慢慢好像找到自己的位置。」

在2021年，洪嘉豪與張天賦於旺角麥花臣場館舉行了一連兩場《我是現場音樂會 003》，嘉豪於演唱《主角光環》一曲時泣不成聲。他分享過去曾於出席活動後，相關活動新聞對他隻字未提，令他十分失落，認為自己毫無價值。及至現在他有大批歌迷支持，感到十分感動，他激動地說：「在我找不到存在價值時，你們將我看作你們的唯一，我真心多謝你們，多謝你們將主角光環放在我身上。」歌迷以如雷的掌聲、歡呼聲表達對嘉豪的認同。

洪嘉豪為自己傾心的音樂事業而努力，縱曾感迷惘，曾感氣餒，但他仍堅持不放棄，令他的音樂路越走越順。其實嘉豪所經歷的，我們也曾經歷過。身為學生的我們，面對著沉重的學業壓力，有時候會被壓得喘不過氣。當你已經很努力的溫習，但最後的成績卻還是未如理想。有時我們可能會想：我是不是很失敗？我要怎樣面對DSE？嘉豪的經歷告訴我們，要相信自己，繼續努力尋夢、追夢。要學懂珍惜身邊愛你的家人、老師、朋友……

「做慣小角色存在誰稀罕，
角落裡獨處暗中遠望，
被流放呆坐孤島等探訪……
感激光環給我炫耀我這種配角」
《主角光環》

神奇小子 蘇樺偉

4D 洪詩源
4D 周丹蕾

不知同學有否看過《媽媽的神奇小子》這套電影，電影由真人真事改編，當中主角正是香港退役田徑項目傷健運動員——蘇樺偉，他的故事曾激勵無數人。



導演、編劇 尹志文

監製、主演 吳君如

殘奧徑賽金牌得主 蘇樺偉 真人真事感動大銀幕



成就

香港人眼中的「神奇小子」。他參與田徑運動21年，曾參加五屆傷殘人士奧運會、傷殘人士世界田徑錦標賽等運動比賽。在1996年，他首次參加傷殘人士奧運會，直至2004年，連續四屆奪冠而回。他更在2008年北京殘奧創下佳績，贏得200米（T36級別）金牌，並打破世界紀錄。

出生

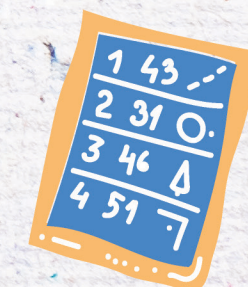
他出生在草根家庭，一家四口的起居飲食全靠父親微薄的工資支撐。蘇樺偉天生患有癱瘓，有醫生曾說蘇樺偉可能這一輩子都不會走路，但是他的媽媽非常堅強，她含辛茹苦地照顧蘇樺偉，堅持不懈的讓蘇樺偉進行復康訓練，最終培育出這個「神奇小子」。蘇媽曾說：「即使兒子到80歲還是不能走路，她也要以自己這副骨頭背起兒子一起走下去。」母愛的偉大，令人感動。

努力

13歲的蘇樺偉被傷健運動員教練潘健侶發掘，加入殘奧會訓練班。他能成為殘奧會短跑冠軍，蘇樺偉的付出是常人難以想像的。即使上台階這樣的提腿動作，他都要進行艱辛訓練。還要訓練體能，身體的柔軟性、平衡性，四肢肌肉的爆發力和配合度，他日復一日的進行頑強苦練。訓練的艱苦程度可想而知，但他一一克服，堅持下去。

在電影中，演員蘇樺偉曾說「輸在起跑線，也要後來追上」。當他說出這句話後，身後的賽道彷彿不是一條跑道，而是他奮力前行的人生路。蘇樺偉的經歷，深深感動我，蘇樺偉的夢想成真，因他的一片丹心，堅持奮進。蘇樺偉可能只有一個，但與他一樣追逐夢想的人如銀河沙數。我們都是芸芸眾生，未必能有超出常人的天賦，但一定要有追求夢想的熱情，不輕易放棄。

同學啊!
為自己的夢想奮鬥吧!好好燃亮自己!
心之所向,素履以往,共勉之。





T-Rexx

歐懷德

舊生專訪

記者：4A 洪詩源 4D 周丹蕾

人物介紹：

T-Rexx—香港流行曲作詞人，2010年於基崇中七畢業後升讀香港理工大學應用社會科學系。2019年至今發表超過60首填詞作品。

2022年上半年內，他與不同著名香港歌手合作，為以下歌曲填詞：

Fatboy - Dear MaMa
 呂爵安 - Elevator
 菊梓喬 - 愛無餘地
 藍月 - 用手說的謊話
 陳卓賢 - Got U
 張敬軒 - 賽勒斯的愛
 陳柏宇 Feat. Novel Fergus - 墜落
 安俊豪 - 癮
 ONE PROMISE - I'll Be Fine



這期主題是香港流行文化，我們有幸能邀請歐懷德師兄—T-Rexx做訪談，畢業後的他成為了優秀的作詞人。



聽聞歐師兄與張捷助理校長和已離職的嚴基柱老師很熟稔，想必你是選修歷史科的，修讀歷史科目跟現在填詞工作有甚麼相關的地方？



現在的流行曲填詞很講究「快、狠、準」，讀歷史首先就要求寫字很快，這能鍛鍊我寫作的速度。而且歷史是關於「人」的科目，分析事件的成因和影響或是研讀一個人的歷史，鍛鍊對人的觸覺跟好奇，對寫作填詞有很大幫助，同時也鍛鍊分析能力，這亦是十分重要的。



請問你平時作詞的風格是甚麼？



我很少會定義自己的風格，我建議不要加一個框架給自己，我想到甚麼就會寫怎樣的詞。總結目前所推出的作品，可能大多數為寫實、生活化的文字風格，但是我的風格不只這些。我也不算有太多人生經歷，可能以後我會再寫一些其他不同題材的詞吧。



填了這麼多首詞，哪一首是你最滿意的呢？



其實我對自己的要求很高，目前沒有一首算得上我覺得十分滿意的作品。如果問我最喜歡的，那便是衛詩的《一知半解》，因為它是我一直很想寫的題材，是關於網絡欺凌。



平時作詞靈感來自哪裡？



（哈哈）通常來自於deadline，多數有deadline就有動力，靈感也應運而生。第二就是生活不同的體驗，或是別人生活的體驗，例如聽別人的分享，都會帶給我創作的靈感。



廣東歌與香港流行文化有甚麼關聯？



廣東歌是香港流行文化很核心的一個元素，翻查歷史，香港初期的流行文化都是以國語為主，到七十年代，才開始有廣東歌的出現。廣東歌是由香港這個地方孕育出來，是很多香港人的共同回憶，也能呈現這個地方的不同面貌和不同時代的思想感情，這些都是可以從廣東歌看到的。



這份工作有甚麼吸引你的地方？



我本來就是一個喜歡玩音樂的人，出來工作能夠用自己不討厭的方式維持生活已經是很幸福了，而且還是在做喜歡的事，實在滿足。



你認為甚麼人適合填詞這份工作？



首先，第一件事就是要喜歡填詞，因為填詞這份工作很難入行，要不斷裝備自己，等候機會，才有機會發布一首作品，如果本身不是很喜歡填詞，那很容易就會放棄。第二，如果是幫別人填詞，而不是為自己而填，就需要觀察別人、細聽歌曲，要有敏銳的觀察力和判斷力。因為填詞要用不同類型的文字和語氣，這是要通過磨煉自己的觸覺，才可以做得到。



你在工作上有甚麼目標？



很簡單，就是想繼續寫下去，寫到老仍然會有新的作品，而又能緊貼當時的潮流，那已經算是很厲害的事情了。



多謝你接受訪問，通過這次採訪，相信同學們也和我一樣獲益良多，謝謝你。

The Troubling Tale of Preserving Buildings in Hong Kong



1C Gabriel Wong

Of the many historical buildings in Hong Kong that still exist, most of their fates are either demolition, abandonment, or preservation. One of the buildings that faced the fate of demolition was Queen's Pier in 2007, despite the heavy criticism of the government for not listening to the public and forcibly demolishing the pier. Undeterred by public backlash, the government continued to demolish the pier and completed the demolition in 2008. The parts of the pier were transported to a facility in Lantau Island, and after 13 years, are still there waiting to be uncovered.

As early as May of 2008, the government started to plan for the new location of the pier, regardless of the public's support. This plan would not go on as planned, and in 2016 when public hearings started to happen, mysteriously, the government did not inquire with the Antiques and Monuments Office, instead they started surveys of whereabouts to relocate the pier. It has been 6 years and this survey still has no results. It's almost like the government forgot about this once cherished landmark. But, Queen's Pier is only one of the historical buildings examples in Hong Kong that has been demolished and forgotten by the government after demolition.



Queen's Pier (Source: Wikipedia)



Mei Ho House (Original)
(Source: Commissioner for Heritage's Office)



Mei Ho House (Revitalized)
(Source: Hong Kong Youth Hostels Association)

You might ask, "How about some historical buildings that still exist today? How are they treated?" Well, to put it simply, they've seen much better days. Let's take a look at these 2 photographs taken at Mei Ho House in 2007 and today.



Coach No. 313, Hong Kong Railway Museum
(Source: ezone.hk)

This is also where the term revitalization comes in, which is often overused by the government. This is where most of the historical buildings are over-refurbished, thus renovating most of the original features, basically by modernizing something that you are trying to preserve in its original condition. Such as when open corridors had windows added in the refurbishment, while most of the original features like the foyer lights and original tiling are all removed, and replacing them with modern LED lighting and concrete walls, not matching the overall outlook and specialities of the original building. Thus, ruining the building value completely. Similarly, other historical buildings that have been turned into museums also share the same fate, which is over-modernizing. Just look at the Hong Kong Railway Museum! The interior of the carriages now have air-conditioning added, replacing the pre-war fans. It's like adding things that aren't necessary, I understand that the original conditions may not be ideal in modern-day Hong Kong, but is ruining the design features of old, classic buildings/ items really that ideal for preservation? I find it a bit ironic that the government is treating these historical artefacts like this, yet still calling them preserved when they don't retain any of the original features.



Blue House
(Source: Hong Kong Tourism Board)



Western Market
(Source: Hong Kong Tourism Board)



Central Market
(Source: Mr. Cheng Po-hung)



Central Market
(Source: TimeOut)

I personally think one of the main problems is that Hong Kong is growing too speedily. In Kowloon City, around 40% of the old pre-war buildings and surrounding areas will be redeveloped. Some of the buildings that are being demolished aren't even 40 years old yet, and those that are older are still in good condition! If we continue to ignore the past and only look at the future, who's to say in around 20-30 years, the Hong Kong we now know and love will have disappeared, and been replaced by modern, tall office and residential buildings that are hard to differentiate? I think it's time for the government to reconsider redeveloping so rapidly, or the future generations will not be able to feel how life was before, and the hardships that the people faced.

So, if we were to solve this problem, I think we should start by preserving older buildings in older districts. We should keep the building in original condition, and only clean and restore the parts of the building which are damaged. We could also add more information to the building (such as plaques or posters), one such example is the Blue House in Wan Chai. If the government wants to revitalize a building, we could do the refurbishment like the Western Market, by keeping the original look and only repainting and fixing the exterior. They only refurbished the interior, this is far better than Central Market, which is unrecognizable from the exterior since most of the original walls have been replaced with glass. These solutions are much cheaper and more ideal than completely overhauling a building. They can also keep a page of Hong Kong's history for the future generations.

BIG DREAMS WILL COME TRUE, GO FOR IT!

Lai Yi Ting
(Class of 2021)



Bachelor of Arts (Honours) in Creative Arts and Culture and Bachelor of Education (Honours) (Music) Co-terminal Double Degree Programme



Looking back on my past musical journey, I have grown up with accompaniment in my secondary school. Whether I played the piano or the recorder, I have devoted a lot of time and effort to develop my musical techniques, leadership skills and performing experience.

Playing music has given me the opportunity to widen my horizons, by travelling and meeting new people. I feel very honored to have been the HKSAR secondary school representative to perform on stage in different locations, for instance, Taiwan, Japan, Germany, and China.

Even though there was a COVID-19 pandemic, nothing was going to stop us from performing on stage, such as participating in the Baroque Pitch Recorder Commemorative Launch Video Contest held in Japan and the Sören Sieg Music Video Competition 2020 held from Germany. What has impressed me the most was seeing our incredible improvement after months of blood, sweat and tears—winning the outstanding award. In addition, I joined the Hong Kong Youth Cup International Music Contest in Piano (Open Section/Secondary 3 or above) which was held in Hong Kong. As live performances are rare opportunities to let everyone enjoy the music continually, finally it was held online. These events help to spread music through online platforms and give audiences a different understanding of piano and recorder.

Despite illustrious personal achievements, I know I should utilize my strengths to bring positive influence to others. Therefore, I possess leadership experiences gained at TTCA. Apart from being a prefect captain, I have also applied my passion and experience in leading the recorder team. I am glad to share my own stories with junior students on how to overcome challenges and encourage them, as I share my own experience and show encouragement to my quartet team. Through leading and encouraging my fellow teammates in different competitions, I have learnt to share my love and care, be inspiring, and help develop unity for the team using my talents.



Along my path of improvement and achievements in music, I need to express the greatest gratitude to my music teacher Ms. Lee. She is the one who was always by my side for my ups and downs, and she has been a great influence on me and helped me make up my mind to be a music teacher. Ms. Lee provided me with opportunities to perform on stage in different competitions, and in different cities, to search for excellence and she also taught me how to face challenges. Every single competition and performance was remarkable progress for me to overcome hardships and learn from international competitors galore. Also, Ms. Lee has always encouraged me not to give up on music, academics, or my life, and has been a role model for me.



Music has not only given me a chance to express my emotions, but also led me to a path in life. Finally, I have been admitted to my ideal university — The Education University of Hong Kong, and have joined the Bachelor of Arts (Honours) in Creative Arts and Culture and Bachelor of Education (Honours) (Music) Co-terminal Double Degree Programme, to continue my musical journey. "Never quit. It is the easiest cop-out in the world. Set a goal and don't quit until you attain it. When you do attain it, set another goal, and don't quit until you reach it. Never quit." This is a quote from Bear Bryant. If you are passionate about a goal or dream of yours, then don't stop until you achieve it. Do whatever it takes. Persisting in the face of adversity is what builds champions.

Letter to the editor: Why Do Students Choose to Study in the Relative Comfort of a

LOCAL COFFEE SHOP

Rather Than AT HOME!

4B Wong Ho Fung

Dear Editor,

I am writing to express my views on your newspaper which mentioned how many students choose to study in the relative comfort of a local coffee shop rather than at home. However, customers complained these students increase their difficulty in finding seats at these establishments.

First of all, coffee shops provide a peaceful and harmonious atmosphere for students to study, since studying requires a silent or low volume environment. Therefore, you can concentrate on your work better and this makes you become more productive. Many of the students in coffee shops who enjoyed the atmosphere in coffee shops while studying were interviewed. There were too many things distracting them at home. Research found that individuals came up with more creative ideas when exposed to ambient sound at around 70 decibels- the average volume of a bustling coffee shop. Also, a semi-distracting background helps students to think more broadly and out of the box. Nevertheless, it brings some disadvantages to the shop. The shop's income will be decreased by students' studying. When customers see the seats in the coffee shops are occupied, going to other coffee shops will be unavoidable. To add on, some students may not even order some food or drinks in coffee shops.

Secondly, students are keen on studying in coffee shops due to the variety of facilities. In many coffee shops in Hong Kong, such as 'Ni Coffee & Co', 'Coffee Co' and 'Winston's Coffee' etc. There is free Wi-Fi. This addresses the needs of students who do research. Besides, some coffee shops are equipped with plugs to charge your electronic devices. However, people who really want to enjoy the coffee will be disturbed by these students.

Since students often bring laptops to work on, the typing sounds create an annoying nuisance to some customers. In general, mechanical keyboards average between 50-60 decibels when we are typing, and the loudest could reach 78 decibels or higher. As a result, it can cause noise pollution.

Thirdly, social networking can be done at coffee shops. As coffee shops are popular nowadays, students may enjoy coffee with some friends and do some work together. Also, they can have online meetings with their lecturers. No matter how bitter the coffee tastes. The student's purpose of going into the coffee shop is to enjoy the facilities and network. This defeats the purpose of the coffee shops, it creates a trendy impression of coffee shops.

In conclusion, though students are able to work together at coffee shops, the benefits outweigh the drawbacks. Therefore, I believe there are methods to solve this issue. For example, customers must buy food or drinks before using their facilities, coffee shops should set time limits or set different zones. I hope that this letter sheds some light on why coffee shops' customers are finding it harder to find seats and why these students prefer staying in coffee shops.

Yours faithfully,
Chris Wong



Two-sided argumentative essay: Should Social Media Be Regulated?

4B Wu Derek

Social media is a place where you can share what you are up to during the weekends. What struggles you are facing, or even voice opinions on Twitter if you are brave enough to. When you voice opinions there are bound to be people who disagree. Then, arguments are sparked, some hurtful words are exchanged and there's always a line, but who decides where it is drawn?

Firstly, let us consider how social media assists us in our daily lives. We can check what's going on with a flick of our finger. We can check up on our friends to see if they're doing fine, we can see election results all over the media, we can see memes posted on these sites to have a laugh and also view some informative videos on YouTube. Now imagine if social media was regulated. You'd not even know if the President that got elected was really the winner, you wouldn't know what happened during the Russo-Ukrainian War and you can only learn from people who may have limited knowledge instead of the unlimited knowledge we have because of our unregulated social media. Besides, I'd much rather have the truth from Google than from some stupid government issued website containing only information that they want you to know.

Secondly, knowledge is everything they say. I agree with that statement to some degree. Knowledge isn't really everything if you can't use it wisely, but of course if you truly wish to obtain said knowledge in this day and age, there are a variety of different sources. There's no more waiting on your teacher to teach you, no more wasting time in classrooms listening to the teachers repeating the same thing over and over again. With one click of a button the glorious Wikipedia is now in front of you. So you can read the entire passage about how Perseus slew the mythical monster Medusa, and present it to your class only to be utterly humiliated when you find out Medusa was decapitated instead of being stabbed in the stomach like the wiki page says. That's right, Wikipedia is not all truth with no lies. The wiki site is user generated, so people can literally type whatever they want up there and people can read it, thinking it is the truth. This isn't to say that all wiki pages are false, actually most of them are correct, though it is possible that there is some fake information on that site. The simple solution could be just to regulate wiki to form a more dependable answer instead of freelance typing, but of course this kind of regulation could lead to censorship as answers to questions may need to pass through government officials before being released to the public. So the government could also censor the parts they don't like and release the approved parts.

Finally, there is the fragile state of freedom of speech. Since social media is a place where you can type what you want, upload pictures of your choosing, and edit those said pictures, it's really a place of lies and deceit. This freedom could lead to some irresponsible people typing some racial slurs or disrespecting a person's religion or gender identity. If freedom leads to these hurtful words and attacks, why should we not regulate social media? Now, people are free to voice their opinions but that might not be the case if social media is regulated. It can be done via the pretense of censoring offensive comments. Then to spread propaganda by governments that buy these social media platforms and censor their political rivals. Normal civilians would also be affected by these regulations as they would only be exposed to the propaganda and be brainwashed into thinking that the government is protecting their civil liberties.

In conclusion, there's a certain gray area to all this. On one hand, regulation doesn't seem like a bad idea, as cyberbullying could be avoided and racism could be less prominent as fewer people would be exposed to these kinds of things and not jump on the hate train. Also there would be some consequences, like whether the people regulating the social media sites can be trusted with our information and the content on the sites. If regulation is enacted then media sites could so easily be used as a huge campaign for political people or become a race where political rivals can see who can censor the other faster.

To sum it all up, I am of the opinion that regulation should not be put in place for social media as the consequences outweigh the benefits. I hope that, as humans, we can be more considerate of others' feelings and make social media sites a friendlier place where people can socialize freely and safely without the fear of being attacked just for being different.



一條別具特色的街道

2C 曾繁凱

上環高陞街中藥店林立，故又稱為「藥材街」。過去只要有人跟我提起中藥，就仿似有股難聞的苦澀藥味撲面而來，令我眉頭緊皺。但今天，冬陽和煦的一天，我抱着「姑且一試」的心態參與社區介紹團前去參觀藥材街。

下車後，到達高陞街頭，眼見四周都是貨車卸貨的情景。原來中午時分是海味鋪最繁忙的時段，四周好不熱鬧！貨車鐵門的撞擊聲、拉著滿載藥材海味的手推車所發出的轆轤聲，以及伙計報數點貨的叫聲，全都在大街小巷中穿插，串成一首節奏俐落的午市小曲，讓人精神為之一振。

我首先到參茸店參觀。這間參茸店舖面積窄小，但貨架上有很多用來放藥材的瓶子，瓶子上的藥材名字令人目不暇給，例如人參、甘草、銀杏葉等等。接著，老闆帶我到樓上的中藥加工倉參觀。爬上窄長的樓梯，進入這個陰暗的倉庫，一陣陣濃烈的藥材味撲鼻湧來。桌上、地上都是一箱箱藥材。正當我心生厭惡之際，老闆彷彿看穿我的心思而揚聲道：「你們千萬不可小覷這小倉庫，高陞街當數這裏最讓人大開眼界！」果真，繞過大小箱，進入小房，房內大大小小的箱子裏全是等待處理的鹿茸！一對對鹿茸驟眼望去猶如深褐的樹枝，但聽老闆的講解後，我們無不驚歎其珍貴藥效。老闆毫不吝嗇還想給我們展示「鎮店之寶」——大小猴棗！恕我孤陋寡聞，當初以為猴棗必定是從猴身上所得，原來也有取自羊小腸的結石，因形狀似棗而命名。中醫藥材的名稱，有時還真的令人費解，卻有隱藏著無數耐人尋味的樂趣。

向老闆道謝後，我們下樓前往另一草藥加工倉。進入藥倉，眼見地上一袋一袋金金黃黃的，湊近一看，原來是蟬殼！這般薄如翼的小東西，要如何收集和清洗呢？旁邊一位師傅解釋，原來收集時只能以人手輕掃慢取，而清洗方法，就是用水輕輕浸洗。「中藥材是很有趣的，用不同的方法製藥會有不同的切法和效用，橫切、直切也不一樣啊！」聽完他的話，便越覺得中醫藥這門古老傳統學問，真是一座深藏知識的寶庫，當中蘊含的是累積多少年的民族智慧和文化的！

步出加工倉，那股淡淡的藥材香似乎還依附在我身上，久久仍未飄散去。餘暉已將天色渲染得紫紅斑駁，看着高陞街頻密的上落貨速度漸漸疏落下來，街道逐漸恢復平靜。藥店老闆或坐或站，或與行經的客人閒聊、介紹藥材，為街道平添一份適意。

一趟高陞街之旅，不但增加了我對中醫藥的認識，更令我體會到中國傳統文化的博大精深。離開高陞街前，我大口呼吸了一下，那股藥材味，反覺溫醇濃厚。



自此以後，

我終於解開了心結

4D 周丹蕾

從小與我最親近的便是母親。對我而言，父親總是沈默寡言的，惜字如金的他更不會與我玩耍。因著母親灑脫的性子，她常常帶我四處玩耍，而好玩的她總是細心地照顧著我，生怕我受到一絲傷害。

這便是我的童年，母親的陪伴讓我過得很充實、很美好。人們總說美好的時光是短暫的，而我的美好時光也不例外。

某天放學回家，母親並沒有像往常一樣在門口等待我。我不禁好奇地打開了門，發現外公外婆、爺爺奶奶都在。大家都圍著母親喝采，歡樂的氣氛就像是在過年一般。「你回來啦！告訴你好消息——你要當姐姐啦！」大家高興地圍著我，期待著我的反應，但我只應了一聲：「哦。」便沉著臉回了房間。

窗外的天空隨著我的心情一樣忽然變得烏雲密布，更下起傾盆大雨。我蜷縮在角落裡哭著。是啊，我很小器，我無法接受突然跳出個「程咬金」來搶走母親，搶走本該屬於我的一切。不可否認，我對母親的愛的確自私，我亦不願去接受這個「程咬金」。從此，母親在我心中繫上了一個結……

後來弟弟出生了，在他誕生的那一刻，所有人都在激動著，除了我——就是那個格格不入的人，站在角落，為那份逝去了的、只屬於我的母愛而感到委屈、悲傷。心中的結好像又緊了一些。

再後來，不出所料，母親像從前對待我那般細心地照顧著弟弟。然而，弟弟總是在哭鬧，起初母親還耐心地對待他，但日復一日，孩子頻繁的哭鬧讓母親漸漸失去耐性。她變得急躁，甚至會在忙不過來時教訓我：「你可是他姐姐！你怎麼對他不加理會？你知道我有多辛苦嗎？你們關係這麼差，像是親姐弟嗎？」那時候，我總是會鎖上緊閉的門。我無法想像門外母親抓狂的樣子，我假裝甚麼都聽不見。可是，母親罵我的每句話、每個字卻像刀刀一般刺向我的心。

我憎恨母親，她對我可能亦只剩下無奈和失望了吧。我抱著這種心態過了好幾年，或許在我心中的那個結，是個死結吧……

後來有一次，我發現我的衣服上破了一個大洞，我隨手給了母親，說了一句「這衣服破了」，便回了房間。那天半夜，我因口渴而去客廳喝水。可經過母親房間時，那束微亮著的燈光吸引著我。我緩緩走了過去，向未掩的門內偷望。啊……原來是母親正在縫補我的衣服。

我望著母親，不知何時，她的頭髮已經斑白。明明那盞小夜燈那麼暗，卻照得母親頭上的那些銀絲如此刺眼。母親細心地一針一線縫著，她的手卻微微顫抖著。我不禁沉思，我已經有多久沒有這麼細緻地觀察過母親了？忽然多出來的白髮、皺紋是何時長出來的？就在我賭氣的這幾年裡，母親已漸漸變老……

回想這些年，母親雖然沒有在言語上對我作太多關心，但她的愛卻在無聲中流露著：在我放學後特意弄熱飯菜、在我學習時叮囑他人放低聲浪……，這種種舉動，不都代表著母親還是愛著我嗎？

我心中的那個結，也在母親一根一根地挑著線頭時，逐漸解開了。

原來那個心結，是我自己繫上的，而母親卻是那個為我解開結的人。

偷走母親青春的不是時間，而是我們。我是時候該做個稱職的女兒；該重新正視與媽媽、弟弟之間的關係，彌補那些該對母親付出的愛；該承擔照顧弟弟的責任。我不要再做母親的拖油瓶，我要做她的第二個青春。



劉慧琳老師新婚快樂!

Mr. Chan Yuk Sum

Hi, everyone. I'm Mr. Chan Yuk Sum, a new Mathematics teacher. First of all, I would like to take this opportunity to show my gratitude toward my colleagues. It is great to have their help through my first year of teaching. As a first-year teacher, everything is new to me. What I love most about my job is interacting with students and seeing them grow. I like to play basketball. Feel free to come and chat with me, it would be my pleasure to play basketball with you! Keep striving in your studies! Enjoy the magic of numbers!



Mr. Ip Cheuk Long

Hi, students. I am Mr. Sky Ip :) I am a new Biology teacher. One of the major reasons why I became a Biology teacher is that I am an animal lover. I own five cats, one dog and some fish.

I am very excited and grateful to be a TTCiAn. There are seven billion people in the world. It's such great luck for me to know everyone here at TTCA. It is my pleasure to teach the students at TTCA as they are warm, considerate and enthusiastic.

Sometimes I feel like TTCA students feel lost easily, especially when they are under academic and social stress. It's unavoidable that we may be frustrated in some moments. You just need to remember: you are stronger than you think. The key to success is to continue making the effort. You have to trust the process and you will find your way. When you look back, you will realize everything you did is worth it.

Mr. Ko Kin Bun Kenny

Hi TTCiAns. I'm Mr Kenny Ko, an Accounting teacher teaching S4 and S6 BAFS and S5 IAL. Having been here for almost nine months, I find TTCA a peaceful place to work where colleagues are warm and helpful, and students are extremely pure and obedient. Unlike the culture of my previous school, where everything was so ultra-proactive and result-oriented, it took me a few months to adapt to the pace here. I have learned to slow down a bit and adjust the number of homework assignments and assessments to suit the needs of my students. I also wish to set up a Business Club in the next school year to run a Lunar New Year Fair Stall in the Year of Rabbit.



林楚兒老師

我是任教中國語文科及宗教的林楚兒老師。我喜歡閱讀、音樂和攝影，更喜歡與人分享生活。在基崇的短短一年中，同學們是耐心的聆聽者，傾聽我分享天南地北；也是真誠的分享者，與我訴說心聲想法。尤記得一次與同學談到對於未來的看法，各人是心有所期盼又猶有所懼。這讓我想起了聖經中的一句話：「你的話是我腳前的燈，是我路上的光。」(詩篇119:105)但願基崇同學在未知與迷惘中，能靠著這光，堅定前行；亦盼我在神的牽引下，能成為基崇同學的同行者。



Mr. Leung Tik Sang

Hi, everyone! I am Mr. Leung Tik Sang. It is my pleasure to be a new English teacher. My first year at TTCA has been incredibly rewarding. Not only am I surrounded by a team of supportive teaching staff who spare no effort in ensuring I have a smooth transition into the TTCA environment, the students here also bring great inspiration to my teaching.

Even as a teacher, I still sometimes find myself getting hung up on the daily ups and downs. Very often it costs me the courage and confidence to make positive changes. I always believe what we focus on will grow. Let's take the long view and focus on appreciation and possibilities. Perhaps new doors will soon open for us.



Mr. Mohammad Sajad Shah

Hello everyone! I'm Sajad and I have been teaching English language in Hong Kong for the past 5 years. I am delighted to be part of the TTCA family and grateful to be bestowed with the role of a class teacher.

My word of advice for students who are at odds with English is to go the extra mile to find a way to make English's mojo work for you. Not only is English a useful tool for international communication, it's the missing piece of the puzzle to enable you to have more opportunities in life. Undoubtedly, you will be intrigued if you stumble across the beauty of majestic English literature in its many genres such as poetry, plays and stories. Whether you are into novels, songs or films, English is more than a means of intellectual pleasure.

If you are good at reading between lines, you may have spotted the cliché of better safe than sorry in my subtle effort to promote English. Are you ready to embark on your own journey to conquer this beautifully monstrous language?



Mr. Wong Tsun

Hello, everyone. I am Mr. Wong Tsun, a new History and Life and Society teacher at TTCA. I am very glad to join this big and warm family this year. Starting from the first day, I have already felt the warm welcome from both students and my colleagues, so it really helped me a lot in adapting to this new environment and this new chapter of my life. When I am not at school, you can find me in different country parks in Hong Kong. Every weekend, I hang out with my friends and stroll different trails in the country parks and mountains. Hiking can help you to stay healthy and you can also enjoy the beautiful scenery of Hong Kong simultaneously. I encourage all of you to spend some time hiking with your family and friends so you can find some fun and joy in doing it. I look forward to seeing you at the mountain top!



PARENTS-TEACHER ASSOCIATION

家長教師會活動回顧

疫情持續下，家教會不少義工服務及活動都要延期或取消。回顧過去數月，家教會仍努力推出以下活動，在此與大家分享一下：

INFO DAY 慈善義賣



「逆境同行陪伴子女度過暴風期」家長講座



「親子衝突處理」家長小組



親子歷奇體驗



家長教師會活動回顧

剩菜回收體驗



領犬義工體驗



崇真會賣旗



「親情加油站」家長支援小組 疫情打氣小禮物

家長心聲分享

我的兩位子女都在TTCA就讀，大女兒已在2018年畢業，幼子今年應考DSE，直至現在，我都一直參與義工活動。不過因為這兩年疫情的關係令大部分義工活動都要取消或延期，非常可惜。我很希望疫情盡快過去，大家可以回復正常生活，一切安好！回顧過去，多得學校及雷姑娘悉心安排，曾參與不同義工活動，分別成為義工聯絡員、參與領犬義工體驗、開放日慈善義賣、萬糶同心為公益、新生註冊日慈善義賣，探訪智障人士等活動，非常感恩。此外做義工的同時也可以認識到來自不同級別的學生家長，成為好友！



6A黃正鋒家長

另外我非常感謝校長安排開放自修室給予應屆考生們使用，讓他們有一個寧靜及舒適的溫習環境，遇到困難時可以即時找老師幫助。同時亦感謝老師們對學生的種種關懷及照顧，令學生們在這疫情下都能得到扶助，作為家長的我也同樣感受得到老師的愛。

祝願應屆考生有理想成績，邁向另一旅程！



2B郭鴻鈞家長

大家好，我是IVY。這幾年間經歷了社會運動，加上疫情，學生不能正常回校上課，只能留在家中網課，從而在教養子女及與子女相處方面都面對不少挑戰。上學年，我有幸參加了家教會一個名為「親情加油站」家長支援小組的活動，令我紓緩了不少壓力。

透過這個小組活動，我認識了一群來自不同年級的學生家長，大家互相分享子女在成長中遇到的困難和與子女的相處之道，互相勉勵，實在獲益良多。在這裏，我可以放鬆心情，分享和聆聽家長當中的甜酸苦辣……每次離開都覺得自己釋放了不少壓力，感覺像充滿正能量，提醒自己永不放棄，繼續努力面對。

在此衷心感謝學校社工雷姑娘，欣賞她對工作的熱誠和對家長的關顧，她實在是一位「有heart」的社工呢！

聽過一段說話：「快樂有人分享，就會加倍！」、「痛苦有人分擔，就會減半！」。家教會舉辦的「親情加油站」活動，正正發揮了這個作用。

為人父母的確不容易，碰上子女正值反叛期，生氣無助的時候，感覺不足為外人道。參加了「親情加油站」，家長們在社工雷姑娘的引領下，真情流露，毫不吝嗇地互相分享與子女日常相處的點滴，有衝突的、有傷痛的、有窩心的、有感恩的……天下父母心，每當分享的內容，觸動到痛處，家長們都感同身受，紛紛作出正面的建議，協調的方法，或道出自己的親身經歷作為借鏡，通過傾訴、聆聽和鼓勵，一晚的分享，就在笑聲中渡過，感覺很治癒！

求學時期是年輕人最無憂無慮的時候，但時代不同了，年輕人所面對的壓力，家長未必能全部理解。加上兩年多的疫情，令孩子白白失去兩年多的校園生活，大家無不感到惋惜！中學仍然在探索階段，家長要給予時間、接納與包容，讓孩子找到自己的興趣，走自己當行的道，懂得分辨是非黑白，只要孩子不要學壞，給孩子關懷和成功感是他們前進的動力！

現今作家長的要「特異功能」，但我深信，我們面對的所有困難，都是一種歷練，教我們學懂得堅強面對，習慣在逆境中保持樂觀，向明天出發！家長們：別忘我們是同路人，共勉之！



5A 鄭諾謙家長

長崇核心信念： 行動學習、同行牧養

我們以聖經為基礎，建立青少年委身基督、堅持真誠、相愛待人的信仰態度，在這世代見證基督。每個青少年不單是腦袋認識真理，更需要讓他們生命品格和行事為人能夠活出基督的樣式。而我們致力平衡教導與牧養，使青少年在團契裡得著聖經指引與真誠關愛。每位青少年的成長步伐都不同，因此牧養的方向雖然一致，但方式確有不同。同行牧養的重點，就是陪伴成長。

長崇教會逢星期六活動：

2022年9月開始

躲避盤訓練簡介：

躲避盤訓練

12:00 – 2:00pm



新興運動躲避盤，不單新奇好玩，更能在短時間內幫助學生建立信任關係，學習彼此配搭、相互合作的精神，並訓練其組織、計劃的能力、藉此建立一個具領導力和機動性的團隊。

青少年崇拜簡介：

青少年崇拜

3:00 – 4:00pm



崇拜是年青人面見上帝的地方。遇見上帝的一刻，就是生命被陶造之時。崇拜形式沒有固定，年青人可以在這裡，一起摸索及學習。

領袖訓練簡介：

領袖訓練及 初中團契

1:00 – 3:00pm



以基督教教育精神，透過活動及經歷，讓青少年更多認識自己和信仰，達致生命成長，發揮潛能、培訓領袖的目標。

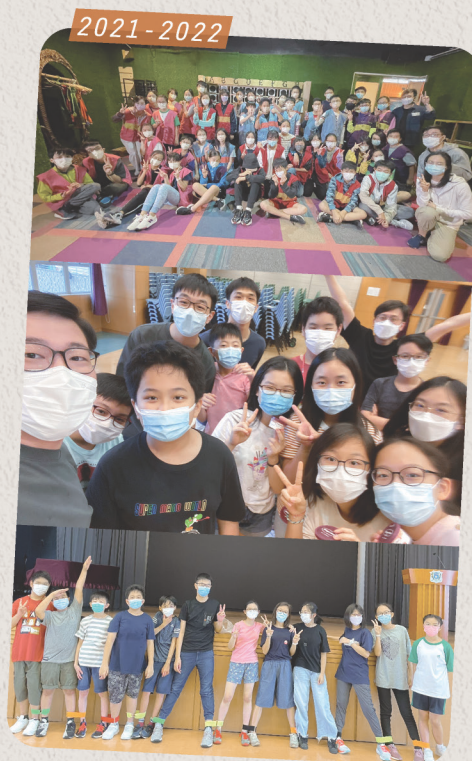
團契簡介：

高中及大專生 團契

4:00 – 5:30pm



青少年團契按年級分組，由初中、高中及大專/畢業生團友組成，透過開放生命、查考聖經、信仰裝備、家聚及其他節期活動，幫助青少年打穩信仰基礎，建立「埋身」牧養文化，從而實踐活出基督的生命。



長崇教會暑期興趣班：

2022年8月9至30日



暑期興趣班

狼人殺小組
KPOP跳舞班
桌遊班

費用全免

AUG 9-30, 2022
CONTACT: 95187936 提子SIR

基督教香港崇真會深水埗堂長沙灣分堂

K-pop跳舞班

8月9、16、23、30日

(逢星期二1:30pm至3:00pm，共四堂)

桌遊班

8月9、13、16、20、23、27、30日

(逢星期二3:00pm至5:00pm、
逢星期六1:00pm至3:00pm，共七堂)

狼人殺小組

8月11-12、25-26日

(星期四、五2:00pm至4:00pm，共四堂)

費用全免，名額有限，額滿即止。



Tsung Tsin Christian Academy
基督教崇真中學

地址：九龍長沙灣荔康街八號
電話：2728 8727 傳真：2728 8021
網址：www.ttca.edu.hk