

基崇家書第三十三期



Feature

Inspirational Stories and Collective Memories

School Activity

Info Day

Students' Good Work

Teachers' Updates



Contents

Feature –

Inspirational Stories and Collective Memories

- 03-04 How to Have a Positive Mindset in Studies and Life?
- 05-06 Is Perseverance Overrated?
- 07-08 M-Trains: Good Things Gotta Go!
- 09-10 Broaden Your Horizons with Just 3 Books!
- 11-12 Pipilotti Rist: A Dreamy Depiction of Liberation, Joy and Self-expression
- 13-14 Don't Waste Your Time!
- 15-16 街道的回憶
- 17-18 金魚街
- 19-20 九龍城寨
- 21-22 懷舊的味道
- 23-24 校園回憶收藏錄

School Activity

- 25-28 一展所長 - 資訊日

Students' Good Work

- 29 An Enjoyable Exam
1C Wang Hei Long
- 30 The Place Full of Fantasy and Food - Novel Cafe
1A Lau Yuet Hang Aurora
- 31-32 The Most Eventful School Day Ever!
1C Tso Lok Yee
- 33-34 感謝老師成就今天的我
「向老師致敬2023 中文徵文比賽」初中組 優異獎
1D 陳恩善
- 35-36 光線
5A 馬子淇

Teachers' Updates

37-40 Teachers' Updates

Pastoral Sharing

41-42 我們都是被愛的

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How to Have a Positive Mindset in Studies and Life?

5I Choi Pak Him
5I Lam Jamie
5I Lau Wing Suen

Have you ever faced a daunting challenge or found yourself in a dilemma, only to discover that adopting a positive mindset could be the key to breaking through it? A quote that underscores this idea is: "I don't think anything is unrealistic if you believe you can do it". Especially during nerve-racking times, such as exam periods and when you have a heavily packed schedule, maintaining a positive mindset can work wonders for students, enabling them to unwind and learn and get ready to solve any new challenges.

Embrace Growth and Learning

A positive mindset can ignite a deep desire for personal growth and an insatiable thirst for learning. It encourages us to open ourselves to unfamiliar knowledge and face different challenges with a belief in our ability to learn. With a positive mindset, we embrace mistakes as valuable lessons for growth, recognizing them as stepping stones to success. We are able to

understand that each misstep brings us closer to mastering our skills.

This mindset empowers us to wholeheartedly accept feedback, whether it's from teachers, peers, or parents. Rather than being discouraged by criticisms, we should welcome it as an invaluable source of insight and guidance. By actively seeking feedback and incorporating it into our learning process, we can effectively nurture our personal growth.

Boost Motivation and Increase Productivity

With a positive mindset, our minds are stimulated to operate for favourable outcomes. Thinking positively greatly increases our dopamine when we encounter adversity. It also leads to an enhancement in creativity which makes us more efficient in problem-solving, in addition to clarifying goals and focusing on the task. When you believe you can achieve a task, it increases



your motivation to take consistent actions towards the goal and therefore increases productivity. Someone who is inclined to think optimistically tends to find possibilities and solutions when facing problems.

Develop Lifelong Habits

A mindset of positivity is the key to building productive, long-lasting habits. According to the book *Atomic Habits*, written by award-winning author James Clear, he mentioned that *"Habits are the compound interest of self-improvement. The same way that money multiplies through compound interest, the effects of your habits multiply as you repeat them."* We can all strive to become the best versions of ourselves, be it something as minor as improving in your next speech, or something as big as becoming a world-class Olympian. However, what sets us apart from those who succeed is how they handle their time

spent, as well as setbacks and failure. Positivity teaches us the importance of facing problems head-on. Winners won't frown over a failed task. They acknowledge that their life choices have led them to this point and it's a chance for them to improve. For example, are you genuinely connecting with other people on Instagram rather than aimlessly scrolling on phones? As students, having an optimistic mindset can help us both academically and socially.

Positivity is a mindset and a way we view life as a whole. It enhances our focus and productivity and can serve as a stepping stone in successfully tackling the challenges we may face in adulthood. It is essential to adopt a positive mindset if we want to do our best and live a fulfilling life. Let us all stay positive and tackle future obstacles with a smile on our faces!



Is Perseverance Overrated?

4A Han Justin Lim

We always hear the phrases "don't give up" or "persistence is key", but why is it so important to be consistent in what we need to do and what we want to achieve? Well, I'm here to tell you that perseverance is a factor that determines a lot of things. To succeed or reach a goal, perseverance and determination are crucial.

My musical inspiration

I'm a lover of classical music, speaking of which, everyone would think of the great composer Beethoven but he is a true inspiration to many including myself. Hearing is important to musicians. However, Beethoven's hearing deteriorated as he was exposed to lead and other chemicals. Over time, he became nearly deaf, yet still refused to give up his musical career. He kept on composing and created some of the most celebrated works, such as Ode to Joy, a melody

extracted from Symphony No. 9, 4th movement, which is used in the European Anthem. Another great creation of his is the Hammerklavier sonata, which was considered so difficult and complex that no one could play it before Liszt performed it himself. As a musician who couldn't hear, how inspirational is he?

Apart from Beethoven, I've been inspired by another famous composer, Rachmaninoff, also. Rachmaninoff suffered from depression and he almost quitted music. While receiving therapy, he composed one of his most famous works - Piano Concerto No. 2, and even dedicated it to Dahl, his therapist. I admire his determination to get better and hold on to his music. These famous composers didn't just succeed because of their talents, but it was their persistence and tenacity that led to their success.



Fryderyk Franciszek Chopin



Sergei Rachmaninoff

Reaching my goal

I was the kind of person who went easy with practising the piano when I didn't have to prepare for an exam. Without my mum pushing me, I wouldn't do anything productive. But soon, I realized that I was wasting my life. For a while, I had been stuck in the first phrase of Mozart's Sonata No. 16, K545, Third Movement for the whole year. I was no longer satisfied with my nonexistent progress. Wanting to change the status quo, I started to practise the piece every day, and amazingly after one week of practice, I could play the first phrase with ease. Six months later, I was ready for my Grade 7 exam. To my surprise, I passed the exam with a score significantly higher than any that I have got in the past two exams. It was later I had this sudden realization of how Beethoven and Rachmaninoff tackled their life difficulties. These composers were as human as I was, and they still worked on their music even though things weren't great. Then why couldn't I overcome my own progress block? And I understood – I didn't need to have perfect pitch recognition to be good at playing music. At the same time, I wondered what result I would have

got if I had made an excuse for myself and hadn't practised persistently. Would I have achieved this much? I know the answer to that, and I succeeded because I persevered.

So, how to persevere?

First, stop finding excuses. Excuses are used to justify your own mistakes but they don't help you improve. You must be able to admit your own mistakes on the way to success. Owning your mistakes is the first step to self-improvement. Second, don't see failure as a tripping stone to success. Instead, treat it as a lesson to learn new skills, experience, and grow. That way, you will not give up easily. Lastly, don't let others' judgment get in your way. Be clear about what you want, keep your eyes on it, and work very hard for it! With these in mind, no one can stop you from getting up from failure and fulfilling your goal.

You can persevere!

No matter what life throws at you, you should always embrace life's challenges with perseverance and determination. I'm sure that all of you TTCiAns can achieve anything you set your mind to.



Ludwig Van Beethoven

M-Trains: Good Things Gotta Go!

3C Wong Yat Long



(Original M-Train photos taken by HKRail.NET)



"M-Trains serving each corner of Hong Kong"





"The Red Rocket"



"Out with the old, in with the new."

Being in Hong Kong, it's impossible to have not ridden the fleet of M-Trains which form the core of the Mass Transit Railway since its opening in 1979. These 768 cars were initially built by Metro-Cammell and GEC Alstom in a span of 16 years from 1978 to 1994. All good things must come to an end. M-Trains have been working tirelessly to serve millions of Hong Kongers every day and night, zooming across the city. As the sun sets on the M-Train's operational life, after 45 years of dedicated service, they have been gradually replaced by CRRC Si Fang's Q-Trains since 2018. The Q-Trains, introduced in November 2022, have replaced M-Trains on the Kwun Tong Line and are set to extend to the Island, Tsuen Kwan O, and Tsuen Wan Lines.

This reminds me of Eason Chan's song Beautiful Sunset, in which he sings "Sunsets are infinitely great except that the sun is setting. The climax of happiness will eventually take a nosedive." As Eason Chan's lyrics suggest, even beautiful sunsets eventually come to an end, marking the closure of a significant chapter in Hong Kong's transit history.

When riding the M-Trains every day through the busy city, it's hard for people not to have feelings about the trains. When new trains are sworn in to serve, the old ones that have served us for decades are the ones that will leave the stage. I find that sentimental, as I, despite being a MTR aficionado myself, have travelled on these tracks for the longest I can remember.

These trains mean a lot to me, as one of my best friends and I became friends when I saw that he, like me, would capture photos of the M-Trains. Soon, this friendship grew, and we would go take photos of different types of transport together in our spare time. But we might do that less often in the future as he is approaching the end of his secondary school life. After a few months of writing, he will graduate from secondary school, ending a chapter of his life and starting a new one as he enters university.

The M-Train also reminds me of my childhood when I believed that everything would last forever. As I grew up, I realised that everything has a time limit, so we should treasure what we see and have before it disappears, without a trace. It also teaches me that when something is slowly disappearing from our sight and we can't do anything to change the situation, the only thing we can do is to record them by capturing them and hold on to this memory.

Broaden Your Horizons with Just 3 Books!

3C Nilsson Hayley

BookTok is an e-book community on TikTok where users share book recommendations, discuss literacy topics and create book-related content. BookTok has sparked interest in reading among its users, including myself. Today I would like to recommend three of the best books I have ever been introduced through BookTok and why you should read them as well.



The First to Die at the End
by Adam Silvera

This story revolves around two teens: Orion, a teenager with a severe heart condition, and Valentino, a model. They meet in Times Square and instantly form a deep connection. Later, Valentino suddenly receives a call informing him that he has only one day left to live. Subsequently, Valentino decides to donate his heart to Orion upon his death, and Orion takes Valentino outside so they can make the most of his last day.

This book was incredibly moving and evoked strong emotions, bringing tears to my eyes. However, it also made me contemplate the enduring impact individuals have on each other and the importance of living life to the fullest.

Over One Million Copies Sold

surrounded by idiots



The Four Types of Human Behavior
and How to Effectively Communicate
with Each in Business (and in Life)

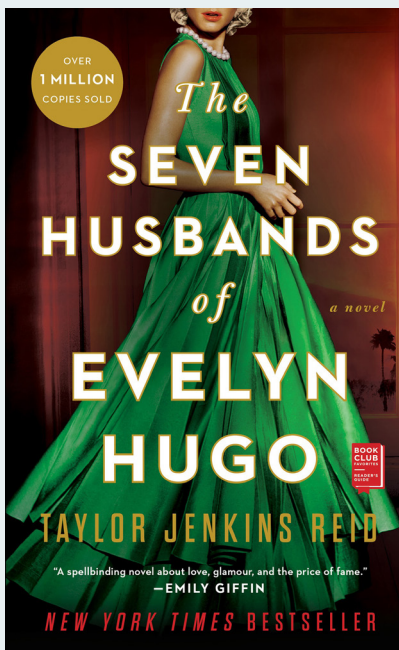


thomas erikson

Surrounded by Idiots
by Thomas Erickson

This non-fiction book explores different communication styles and personality types in society, shedding light on why people are often misunderstood and misinterpreted.

By providing practical insights and tools, the book emphasises the importance of understanding and adapting different communication styles in order to foster better connections and collaboration in both personal and professional settings. This book will greatly aid you with your social anxiety and facilitate your communication with others.



**The Seven Husbands of
Evelyn Hugo**
by Taylor Jenkins Reid

The Seven Husbands of Evelyn Hugo is a novel about the life of Hollywood actress Evelyn Hugo. Through a tell-all interview, she recounts her rise to fame, seven marriages, and the enduring love she shared with Celia St. James. The story explores love, ambition, and the sacrifices made for success in the entertainment industry.

I appreciate how down-to-earth this book is in talking about self-discovery, relationships, empowerment and feminism. I am also obsessed with the fact that the main character is a career-driven woman who didn't grow up in the best circumstances but worked herself all the way up to being a celebrity.

In short, I strongly encourage you to read these books. Not only will you acquire more vocabulary and cultural knowledge, they will help you to draw on their personal experiences on the moral dilemmas the characters have faced and reflect on the actions taken.

Pipilotti Rist: A Dreamy Depiction of Liberation, Joy and Self-expression

3C Wong Tsz Yee



Worry Will Vanish Horizon, **Pipilotti Rist**

Some artists aim to create realistic portrayals while Pipilotti Rist's work stands out with dreamy-narrative, vibrant colours, and whimsical imagery. Known for sensual elements, her art evokes joy, wonder and introspection among viewers.

Pipilotti Rist, whose real name is Elisabeth Charlotte Rist, is a Swiss artist known for her innovative and immersive video installations, as well as her photography, sculptures and multimedia works. Rist is famous for her beautifully cultivated video works with dreamlike narratives and imagery, exploring themes of freedom and liberation. Often celebrating the female body as well as challenging societal norms and expectations, she encourages viewers to embrace their desires, emotions, and identities, and develop a sense of empowerment and individuality.

One of her famous works, *Worry Will Vanish Horizon* (2014), brings a sense of tranquillity and escapism, inspiring viewers to let go of their worries and embrace inner peace and connectedness. It's a complex assemblage of imagery inspired by the human body and the natural world, with a lot of close-ups of human skin and plants. It even goes as far as showing faint recordings of the structures inside the human body, like arteries, veins and capillaries.

The video is slow and dreamlike with calm and warm music in the background, bringing out the calmness and proving that “worries will vanish”.

Another work, which inspired Beyoncé for her song “Hold Up”, is none other than Rist’s work *Ever Is Over All* (1997). It is a video of a girl in a bright yellow dress strolling down the city street rhythmically, smashing car windows with a large yellow flower along the way. This piece of art itself exudes a sense of freedom, empowerment and celebration of breaking boundaries, and

the joyful and playful nature of the artwork encourages viewers to challenge social norms and embrace their desires, emotions and individuality.

In a nutshell, Rist’s art is meticulously put together to convey deep ideas. Each piece of her art is very surreal in an enchanting way, like watching a dream play out. With just simple movements and clips of nature, each one of her works speaks volumes, conveying positive moods and messages.



Ever is Over All, **Pipilotti Rist**



Hold up music video, **Beyoncé**

Don't Waste Your Time!

3C Wan Cheuk Lam

Visualize yourself in this situation: at a dull dawn, you wake up reluctantly from a comfy bed still feeling tired. Despite your fatigue, curiosity compels you to check on the source of the deafening noise outside. You then discover that every single resident in the neighbourhood has been infected with an incurable virus. Their pupils are bleached and they are transformed into walking corpses. What would be your first thought? The instant thrill of acknowledging that you wouldn't have to attend school? Or would you be perplexed by the current situation?

Of course, the chances of a zombie apocalypse in real life are very, or rather, extremely minimal, but in the anime series *Zom 100: Bucket List of the Dead*. In the outbreak of a zombie apocalypse, Akira Tendo, the protagonist and corporate worker, lists the 100 things which he wants to do before getting infected.

Despite the disturbing challenges and bleak circumstances in the aftermath of the apocalypse, he unwaveringly maintains an indomitable positive mindset, radiating an unyielding sense of optimism, illuminating his perspective on life with a resplendent glow. He begins to list out goals he has been wanting to complete

since childhood yet has not done so due to his overbearing parents and overloading schoolwork. He enthusiastically ticks off his bucket list that includes kicking back in a hot spring to building a tree shed, or even becoming a superhero. Try pondering Tendo's experiences - can you draw any parallels to yourself?

Conventionally, academic success often overrides the importance of developing one's interests. However, there has recently been a growing realization that attaining a work-life balance and focusing on mental well-being are crucial to long-term success and happiness. Tendo's experience illustrates the value of not letting societal or family expectations define one's purpose and that is what I have been endeavouring to do.

Prior to Primary 3, my parents had been prioritising my academic achievements over my musical skills. Although I had a strong interest in playing the trumpet, I felt undermotivated because of their negligence. After joining the school orchestra that year, my passion for the trumpet was reignited with the discovery of the balance between studies and personal interests. I became raring to excel in playing trumpet alongside striving for academic achievements.

Don't Waste

I broke through the traditional cultural values applied to children by overbearing parents and attained joy and freedom. Through reading Zom 100, I am certain that I wouldn't become a part of a system that restrains creativity and transforms individuals into unimaginative "zombies". I refuse to be restricted by the traditional confines and tread on the path of being a corporate worker who lacks passion. Some may have trouble organizing and maintaining their work-life balance, and here is when a bucket list kicks in. The bucket list of desires by Tendo revealed in the manga is secretly interpreted as an opportunity to fulfill our aspirations before we potentially transform into "zombies" within the realm of work, as well as studying. Try dedicating yourself to your passions now before when you couldn't even recall them and altering into a societal "zombie" gradually.



Here I suggest you take a moment amidst your busy schedules and create a bucket list dedicated to your personal interests and goals you consider worthy of spending time on. Put aside your obligations and responsibilities temporarily, invest your time in pursuing these goals and items on your bucket list, and allow yourself to escape momentarily from the burden of your stressful school life. Cast aside your "zombies", and take the first step of achieving what makes you happy from now on!

Your Time!

街道的回憶

2F 楊曉瞳
4C 羅文悅

每個人心中都有一個地方、一件物件，抑或是一種味道，承載年少時的回憶。我走進街道，看着那熟悉的情景，拾起一片片回憶碎片……

一天下班，趁着天色還早，我回到了兒時成長的街道，亦是我曾經每天上學的必經之路。人群穿梭於街道上，有手握咖啡杯的上班族，亦有閒逛的老人家。即使快到日落時分，街道仍然充滿生氣和活力。

我成長於一棟老舊的唐樓，但現今香港的唐樓已消失了大半。隨著經濟發展，很多舊樓已被拆除，以騰出空間興建更多商場，為市民提供娛樂、飲食等服務，卻令香港少了一些人情味……幸而這裏仍未改變。街道兩旁被民居包圍，民居樓下便是各家小商舖，價格優惠便宜，一草一木與我記憶中的相差不大，我喜歡的商舖也仍在街道上。

回到兒時成長的街道，首先映入眼簾的便是一群小孩子在狹窄的巷道中玩遊戲。各人都從家中拿出自己的「寶貝」玩具，聚在一起玩起了角色扮演，扮演超級英雄、公主等角色。夕陽落下，孩子們的母親呼喚他們回家吃飯，他們耍賴、不肯離開，像極了小時候的我和小伙伴們。兒時的回憶頓時在我的腦海浮現，那熟悉的情景彷彿把我拉回過去，回到那個充滿好奇心和憧憬的年代。

小時候，街坊鄰里關係親密，經常互相串門。家長們會在店舖裏分享育兒經驗，聊天喝茶，而我們則在旁邊捉迷藏、哼兒歌。我們躲在櫃子後、鋪子裏，穿梭在街道間。「叮叮叮叮……」遠遠就能聽到雪糕車輕快活潑的音樂，讓我們不禁循著音符找過去，在雪糕車前排隊，掂著腳拿過雪糕大快朵頤。碩大的富豪雪糕車招牌和香甜軟滑的雪糕，是我們童年時最大的慰藉。



再往前走，那香噴噴的熟悉味道直沖鼻腔。我咽了咽口水，看見店面掛著的「王記大排檔」霓虹燈牌和招牌菜「薑蔥炒蟹」的字樣。小時候王阿姨經常請我去她家大排檔吃小炒，每次都會多給我幾隻炒蟹，因為她知道我愛吃蟹。她總是面帶親切、慈祥的笑容，當時的我沒有什麼朋友，所以我會跟她聊天，有什麼不開心的事都會跟她傾訴。她願意聆聽我一切「廢話」，也會跟我分享她的日常生活。

學生時期，每次午膳或放學後我都會爭分奪秒從學校跑到她家的大排檔吃小炒。本身是鄰里，加上經常光顧，久而久之我們也熟悉了。她家的「黑椒土豆牛柳粒」，我可以說是從小吃到大，牛柳蜜糖味濃郁，土豆外表焦脆，令人食指大動。這個味道可謂是喚醒了我學生時代最為深刻的記憶。

夜幕降臨，街道的燈光開始亮起，投射出柔和的光線，映照得街道寧靜美麗。那家曾經是我與同學相約一起溫習的咖啡店，如今已換了新的裝修。我走進店裏，點了一杯喜愛的咖啡。坐在窗邊，我看著窗外汽車不斷往來，人群穿梭於街道。我回想起在這裡生活和成長的時光，成長片段在這刻被完整地拼湊起來。時間一晃眼已經過去，原來我也真的長大了……這些回憶讓我心中湧動著絲絲溫暖。

常說街道是城市的縮影，它承載著人們的回憶，見證人們的生活和成長。回憶中的碎片像拼圖一樣湊在一起，那份「家的味道」、充滿歡笑的場景，成就了在街道中最美好的時刻。這些片段和獨特的回憶，在我心中時刻溫暖、滋養著我。去尋找自己的回憶碎片，拼湊一幅專屬自己獨特的拼圖吧！



金魚街

3C 陳紫悠
3D 劉天雅

通

菜街，別名
金魚街，位於油尖旺區，自七十年代起成為
金魚商販的聚集地。

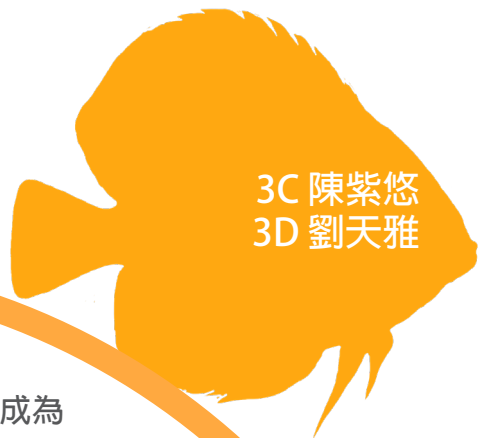
聽起來或許有點無稽，金魚既不是香港的特產，香港養金魚的文化又不算盛行，金魚街怎麼就演變成香港一處獨特的觀光熱點？但我想，只有親身踏足過那充滿生命力的街道，才能切身地感受它的魅力，流連在那舊日香港情懷之中。

一向自詡「宅女」的我，自從某次看過網友分享的照片慕名而來後，從此週末不再待在家中，只希望每週都能到金魚街裏盡情觀賞，因為它在我心目中是一條無可取替、別具特色的街道。

今天是我的第四次到訪。

金魚街的早上、下午、晚上，甚至雨天，總是人山人海，擠得水泄不通。路人炫耀着自己手上塑膠袋中與眾不同的魚兒，臉上掛着的是如孩童般純真的笑容。也有一家數口一起選購金魚，他們高談闊論、嬉笑打罵。超過四百多間金魚店的門前，老闆總是作為「活招牌」迎接客人的到來，希望自家店舖生意興隆。

仰頭觀察才發現，金魚店招牌都是以最傳統的方式由右至左書寫，經過年月的洗禮，油漆都逐漸褪色了。金魚店的上層是唐樓，唐樓外牆多已褪色，更沾滿被歲月刻上的煙塵。家家戶戶窗外的晾衣架都掛滿衣物，有的人為露台上的植物澆水，整條街道充斥着生活氣息。我忽然有點羨慕那裏的住戶，一起床，打開窗簾，就能看到如此熱鬧的景象。換作是我，肯定每天都心切地欣賞金魚街從早到晚的變化。





我隨意

走進一家相對人少的金魚店，店前掛滿了琳琅滿目的袋裝金魚，五彩繽紛宛如氣球。色彩斑斕的金魚，大小各異，姿態萬千，他們圓鼓鼓的小嘴不斷重複開合，彷彿在對顧客打招呼。原來金魚作為商品，更有裝飾店面之效呢！金魚店內地面濕漉漉的，咕嚕咕嚕的水聲縈繞在耳畔，閉起雙眼，我隱隱有一種身處河溪邊之感。

在我身側，有一位客人向老闆查詢有關金魚的飼養知識，只聽老闆耐心地分享養魚心得，又熱心地與顧客談論各種關於金魚的冷知識。看着他笑容可掬，口若懸河的模样，我才知道世上原來有如此熱情之人！環顧店內，有的人在用心地挑選金魚，有的人在買魚糧，有的人一邊看着金魚，一邊和親友聊天，場面實在熱鬧。

離開金魚店，我繼續漫步在金魚街。一陣臭味突然傳入我鼻腔，氣味像腐爛了的垃圾。定睛一看，原來氣味來源竟是其貌不揚的臭豆腐店啊！我連忙跑到臭豆腐店前，年紀老邁的店員笑着問我：「想吃什麼味道？」我點了原味的臭豆腐，離開時她還笑着對我揮手。老店員的和藹親切，似乎在臭豆腐中添加了一種使我心頭泛暖的調味料。

夕陽西下，這天行程亦要隨之告終，我終於又依依惜別了金魚街。

平日繁忙又缺乏人情味的香港，冷漠勞碌的人滿街可見；看似平平無奇的金魚街，反而蘊含了香港日漸稀有的溫馨純樸氣氛。在這裏，我終於體驗到舊香港那種令人暖心的溫情。每次和金魚街離別後，那裏人們無憂的笑聲、純真的笑臉、店員的熱情和齒頰留香的臭豆腐，都讓我久久不能忘懷。

若是香港能有更多像金魚街一樣熱鬧溫馨、富人情味的街道，讓人們拋下煩惱，讓紛擾的香港變得輕鬆起來，這樣該有多好啊！

3A 沈思其

九龍城寨，一個位於香港九龍城的已拆卸社區。九龍城寨原是清朝政府的軍事駐地，在英屬香港時期發展成一座無政府狀態的圍城，清拆前是世界上人口密度最高的地區。雖然它已清拆多年，但我們仍然可以在眾多作品中找到以它為原型的場景，是眾多藝術家、建築師心中無可替代的「金字塔」。

污穢橫流的街道，超高密度的住宅，內部逼仄的空間，各式不法店家的興起，九龍寨城的影像與人物故事太多，加上香港在西方的影響力，使得這個人造奇觀廣為世界所知。二萬七千多平方米的九龍城寨中卻住著五萬人，這意味著每平方米就生活著兩個人。人與人之間的距離被無限拉近，比鄰而居幾乎做到了「零距離」生活。人人都傳言它是現實中的「人間煉獄」，在九龍城寨生活過的老人卻在拆遷後一度懷念當初的城寨生活。巴掌大的城寨，曾

聚集了多達一百多家牙醫館。此處不僅有廉價的房租，還有工廠、學校、福利院，甚至有過青少年中心。由於不需要繳納任何稅金，商品價格便十分低廉。幽閉昏暗的小巷中，說不定就存在著一間供應著全香港百分之八十魚蛋的工廠。

處於「無政府狀態」與「三不管」（「三」分別指香港政府、英國政府與中國政府）的九龍城寨，自然便成為了罪惡溫床。脫離了法律的約束，各種非法勾當在1950年左右瘋狂滲透到城寨之中，居民自發組織的義工會、各種「福利會」幫派勢力、居民社團、平民百姓，共同維持著這裡「特別」的秩序。居民的和諧與城寨里惡劣的環境形成了強烈的對比。令人難以置信的是，擁擠狹窄的城寨卻從未爆發過瘟疫或是火災之類的災難。



龍

城寨

80年代的九龍城寨達到了巔峰時刻，但是很快就由盛轉衰。1993年，在經歷了多次拆遷失敗後，九龍城寨終於還是抵不過被歷史淘汰的命運，並將其原址改建為九龍城寨公園。拆除九龍城寨的消息一出，全球各地的建築師、藝術家和攝影師們紛紛前來存下了珍貴的影像資料。來過此處的攝影師曾感嘆道：「我做好了一切心理準備進入九龍城寨，以為會看見一個十分蕭條的、充滿絕望的貧民窟，但當我踏入城寨的那一刻，破爛的外表下充滿了生活的氣息，聊天聲、叫賣聲、嬉笑聲，那種反差真的讓人熱淚盈眶。」

九龍城寨就像國際大都會裏的異度空間，有著賽博朋克中對人類陰暗悲觀情緒的極度幻想，滿是叛逆、頹廢和反權威。在之後的歲月中，九龍城寨被高度浪漫化，不可避免地成為了西方很多科幻、犯罪、驚悚故事的靈感來源。其實這裡的人們並不是一群被生活拋棄，折磨到絕望的「行屍走肉」，他們仍然是希望通過努力擺脫貧困的普通人。九龍城寨給了他們實現希望的起點，給這些深陷泥淖的人們提供一個遮風避雨的住所和遠離世俗約定的「世外桃源」，儘管這裡昏暗潮濕，永無天日，但是希望在這種地方扎根，才更加難能可貴。



懷舊的味道

3A 徐子詠



被稱為「美食天堂」的香港，有不少讓人垂涎三尺的美食。遠近馳名的街邊小食——魚蛋、燒賣、雞蛋仔等，相信大家並不陌生，但是一些懷舊小食，就未必廣傳於年輕一代了。世代相傳的手藝，精良用心的製作，是香港人最獨特的回憶。

糖蔥餅

糖蔥餅的工藝約於三十年代傳入香港，雖然名為糖蔥餅，但其實並沒有蔥的成分，而是用麥芽糖製成。先煮融麥芽糖，再以人手將糖漿反覆拉扯並切開，就能做出一個個鬆脆的氣孔。過程中要好好控制溫度，溫度對糖的成型非常重要。最後加入椰絲、花生碎、芝麻等配料，再包上一塊白麵皮便大功告成。

龍鬚糖

入口香甜柔軟的龍鬚糖俗稱「麵線糖」，製作工序簡單，卻十分費時。龍鬚糖要經多次拉扯成為細線。據說早期是由皇宮後廚精心製作而成，供予皇帝享用，故而賜名龍鬚糖。製作步驟是先把麥芽糖弄搓成條型，然後放入糕粉裡反覆拉至成絲，再把絲分成幾段，放入餡料如花生、椰絲等便完成。龍鬚糖入口即化，甜而不膩，是不少人喜歡的小食之一。



釘釘糖

釘釘糖，因小販會用鐵錘將一大塊糖鑿碎成一小塊糖塊，發出「叮叮」聲而得名。釘釘糖同樣用麥芽糖製成，原是一大塊帶有薑和芝麻味的糖，等糖冷卻後變硬，售賣時會用工具敲碎成一塊塊，再包裝賣出。雖然釘釘糖很便宜，但是做起來卻很考驗功夫，街上賣這種小食的小攤已經不常見了。

芝麻卷

芝麻卷是舊式茶樓常見的點心之一，在七、八十年代盛行於香港。因為外形酷似菲林，又稱「菲林卷」。芝麻卷是由黑芝麻、冰糖及馬蹄粉製成粉漿，蒸好後再捲起而成；一個芝麻卷通常會捲七圈，每一圈厚度需要平均。芝麻卷口感煙韌彈牙，充滿香濃的黑芝麻味，但現在幾乎看不見它的蹤跡了，是不少人的童年回憶。

時光知味，歲月沉香。隨著時間的推移，承載著許多回憶的懷舊小食漸漸退出大眾的視野，手藝人越來越少，想再次品嚐到這些傳統小食更是難上加難。香港年輕新一代只能透過網絡認識這些小食，但無論如何，始終不及親口一嘗來得深刻。面對行業的青黃不接，手藝人要如何拯救它們被遺忘的命運？懷舊小食成為回憶似乎是時代進步的必經之路，令人惋惜且唏噓，卻又無可奈何。



校園回憶收藏錄

2A 周依霖

2A 勞禛安

2A 黃心瑜

校園時光總是令人難以忘懷，那與同學們在操場肆意奔跑，在課室盡情歡笑的時光仍是歷歷在目。而步入社會之後，這一段充滿着歡聲笑語的回憶，一點一點，逐漸被人淡忘。無意間找到的一張中學畢業照，已佈滿了塵埃。那是一段時光的落幕，是被埋藏的珍貴回憶。

我們採訪了幾位老師及同學，詢問他們有何難忘的回憶。

A老師說：「有一次，和學生補課後一起走下樓梯。當時是下雨天，樓梯每到下雨時就變得又濕又滑，很容易滑倒。當我行至最後幾級台階時，不小心滑倒，接着便跌坐在地上。其他學生忍俊不禁，個個都開懷大笑，我感到有些無奈，一度以為他們會笑話我幾天，當第二日的班主任堂來臨，昨日帶頭笑出聲的同學做了一件令我十分感動的事，他們寫了一張卡給我，提醒我以後下次小心一點，不要再跌倒。我覺得很窩心，亦很感謝這班同學對我關懷備至。」

這些師生關愛的互動，直到現在，那些畫面仍活現在眼前。一句微不足道的關心話語可以令人記得長久，一個細小幫助他人的舉動也可以在當事人心中掀起洶湧波浪。這些看似不足掛齒的小事正成就了每個人心中獨一無二的回憶：可以是第一個與自己打招呼的老師或同學；可以是與全級同學一起享用的第一頓午膳；可以在life camp時與其他班的同學成為朋友……每一件令人印象深刻的事情，都有著無可代替的意義。

而B老師亦提起自己的經歷：「當時學生和家中長輩因選科而產生了意見分歧，令關係急轉直下，而我選擇幫助他。我聯絡他的家人，了解他們的煩惱並表達學生的想法。我認為這一次經歷除了能幫助學生解決煩惱外，亦令初為人師的我獲益良多，明白到施比受更為有福的道理。」



接着，C老師也分享在校園的趣事：「我曾經任教過一位同學，他曾經是班裏最頑皮的學生，時光荏苒，他畢業後竟與我傾訴，決定要入讀香港中文大學的哲學系，這令我驚訝不已，亦感嘆時間流逝，自己幾年來的栽培沒有白費，找到了自己應努力前進的方向。

而且在我生日那一天，我任教的學生們特意買了一個蛋糕替我慶祝生日，我倍感欣慰之餘，更驚嘆於他們的心意。禮輕情義重，他們如此重視我的生日，我發自內心地感到開心！

到最後，我們訪問了一位師姐，她說：「我在學生時代最遺憾的就是因為疫情，而失去了許多與同學相處的機會，我希望每一個加入這個大家庭的師弟師妹都有享受校園生活的機會，珍惜現在所擁有的，享受與同伴共度的快樂時光。」

在中學時代，那段仍充滿了歡聲笑語的青春歲月，有過客，亦有知己。某年九月，有人踏入一所新學校，面對著陌生的面孔，不知所措。

校園因歲月而稍稍脫漆的外牆，見證着學生時代的悲與喜；隨着年齡增長而變得漫長的階梯，突然間很短，很短。短得還沒來得及看清身邊人的面貌。像冬日清晨的雪花，未着地已被磨平了菱角，着地時已消失不見。像那般的物質，已然靜悄悄地，不知翻過了幾頁年曆。分針不知追上了時針多少次，看見幾多次晝與夜交替，歷經無數個炎熱及凜冽，校園內的人，有的人來，有的人走，有的人來了又走，有的人走了又來。舊生流着淚對青春說再見，紙上以青春為題的作文寫下句號，大片水跡跌落在紙張。新血液踏上自己獨一無二的道路，以不同身份，再創造回憶。

時間在指縫裏溜走，我們，留不住它。但它送給我們一個難以忘懷的禮物，是青春，是回憶。



憶

一展所長 - 資訊日

3C 陳紫悠
3C 黃善怡

基崇本年度的**資訊日 (Info Day)** 取得空前成功，逾萬人登記參觀我校，來賓人數比往年上升近一倍。校園記者於十月二十九日資訊日當天訪問多人，來賓無不表示十分享受基崇的校園氣氛與精彩表演，一眾師生亦對活動安排讚賞有加。

耀在天
平安在地

主日學

深
八
長



張校長

張校長期望是次資訊日能令更多學生、家長認識基崇，為他們提供多一個升學選擇。校長又直言資訊日是一個珍貴的表演平台，讓基崇學生一展學習成果。看到同學在活動中獲得滿足感，並得以提升自己，他亦大感欣慰。

張副校長

張副校長指是次資訊日氣氛熱鬧，更有來賓提早在門外排隊等候參觀，令他十分驚訝。他亦欣賞各單位的師生在資訊日前努力準備，希望是次資訊日能提高同學對基崇的歸屬感，並為他們提供一個展現才能的機會。

郭嘉兒老師

郭老師負責的是今年的新學會——航空學會。她稱讚服務生們很快便能掌握操控航空模擬器的技巧，更能在來賓體驗時從旁指導。





李茹詩老師

李老師負責本年度資訊日的物理科攤位，為來賓展示「乾冰泡泡實驗」。她認為該攤位能充分發揮基崇學生的創意與探究精神。



廖彥清老師

廖老師負責數學科攤位，主持實時搶答的數學問答遊戲。他讚賞服務生們主動盡責，體現基崇學生熱情好客的美德。



曾淑珊老師

曾老師在負責資訊日視覺藝術科展覽一事上擁有豐富經驗。今年是首次有同學進行角色扮演，雖然他在過程中戰戰兢兢，但對他來說也是一次愉快與新鮮的經驗。

一



Cole同學與Hokma同學

他們負責的是中文科攤位，該攤位以燈籠等中式裝飾佈置，充分展現中華傳統文化。

展



Leah同學

她指出商業學會於資訊日當天售賣的產品都是由學生親手設計，又笑言作為「銷售員」推銷商品是一次新奇而有趣的體驗，而且她與團隊擁有共同目標，合作十分愉快。

所



Hailey同學與Jamie同學

她們負責地理科攤位，她們對邀請來賓入內參觀和介紹展品的工作樂在其中，十分開心能夠與團隊合作。

長



校友Cindy

她是邵詠詩老師昔日的「門徒」，她畢業後重回母校，連續多年協助資訊日的家政科攤位。她形容基崇的老師都對學生照顧有加，與他們打成一片；同學亦乖巧聽話，會聆聽師長的指示提點。

張小姐與黃小朋友

他們已是第二年參與基崇資訊日，他們表示透過資訊日可以加深對基崇的了解，為升中選校作預備。他們尤其喜歡物理、化學和生物科的攤位，並讚賞基崇學生的溝通能力。



朋輩輔導計劃團隊

作為團隊成員，他們的首要職責是負責照顧新入讀的中一生，其中有中五級的成員表示要主動接觸新生是一大挑戰，但同時從中獲益良多。他們期望透過是次資訊日攤位加深來賓對朋輩輔導計劃的認識，並了解釋放壓力的方法。



Samuel先生與Rachel小朋友

他們最喜歡的是英文科拼字遊戲，經過一天的參觀，能感受到基崇濃厚的基督教信仰氣息，與學生之間融洽關愛的氛圍。



黃先生、黃太太與Hayley小朋友

兩位家長期望透過資訊日了解基崇是否適合女兒就讀，同時了解中學的學制。資訊日中最令他們印象深刻的是基崇學生的表演，充分展現了他們的才華。

An Enjoyable Exam



1C Wang Hei Long

Have you ever had a day at school which was so unforgettable that you still remember it after years upon years? That's what happened to me in primary school. Let me share that joyous memory with you.

It was the day of the music singing exam. Everyone was practicing in the classroom. I wasn't specifically nervous or anxious, but it was an exam nonetheless, so I wore a frown on my face as I prepared with my friends. The nervous atmosphere was so strong, if you were there, you would've started to sweat too. We all counted down to our demise, otherwise known as music lesson. "5,4,3,2,1!" As we hit "1", our music teacher appeared in the doorway. We all groaned in unison. Little did we know, chaos was about to unfold.

My friend Jacob was up first. Let's just say he wasn't exactly known for his singing. You could see the sweat on his face as he walked onto the stage frigidly. "You can do this. You can do this," he repeated as he warmed himself up. Tim was up next, so he started chugging down water with incredible haste. "Begin." Suddenly, we heard the most horrifying noise ever. It was a mix of

monkeys screeching, lions roaring and a cheetah's mating call all coming from Jacob's mouth. This caused Tim to spit out all the water he just downed in a disgusting yet weirdly funny manner. Within seconds, half the class was rolling on the floor, laughing hysterically. The tense atmosphere turned into one with joy. After what felt like hours of laughing, we finally calmed down. It was time to take the exam again. However, in contrast to just a few minutes ago, we were all calm and relaxed this time. Everyone was grinning and my sweaty palms were gone. Maybe school wasn't as bad as I had initially thought!

In conclusion, after this fiasco, I didn't hate school anymore. I realized that interesting things could happen every day, even in moments that are supposed to be stressful and tense. Tim, however, would be forever known as "Tim the bomb".



The Place Full of Fantasy and Food - Novel Cafe



Experience the Michelin-star Hong Kong restaurant for book lovers! If you're a bookworm and you are craving for authentic Hong Kong dishes, alongside all the well-known dishes from other countries, come on down to Novel Cafe.

The scrumptious dishes we serve

We provide a lot of Hong Kong dishes related to novel books. For example, egg tarts with The Hunger Games logo, egg waffles with firestar faces from Warriors and French toast with a wand shaped syrup beaker to feel the magic from Harry Potter! We even provide fish balls with Katniss Everdeen's arrow instead of a toothpick. Recently, we have introduced clean meat to all the diners for vegetarians. For example, you can now choose to have clean meat fillings inside of your soup dumplings and wontons instead.

Our theme

We have made the cafe like a forest with the soothing sound of nature which creates a comfy and peaceful atmosphere. We also have waiters and waitresses to cosplay as novel characters like Peeta Mellark, Katniss Everdeen, Harry Potter and so many more! Customers can enjoy reading while having a nice and peaceful meal. We also offer Novel books for you to read but make sure to return them before leaving!

Our service

Our staff and employees are polite and fun, they'll try to lighten up your mood with small talk or by telling you jokes!

1A Lau Yuet Hang Aurora

Customer reviews

@TracypumpkinPerfumeLover: I have never had such amazing authentic Hong Kong dishes before! As a novel lover, I love the Maze Runner Pineapple bun with butter! It was so crispy and buttery! The waiters are hilarious! They made my day. Overall, I would recommend people come here and I would give it a 5-star rating.

@StickingOutyourgyatfortherizzler: The theme was so calming and reading my books there was even better than reading in the library. I would give this restaurant a 4-star rating.

@PancakeShawn: I love how the staff cosplayed as novel characters! 5 stars!!

@EdSheeran: The cafe was perfect. I took a lot of pictures since the forest atmosphere was stunning! Next time, I'll see if I can perform on stage for the lovely cafe!

Information about us

Opening hours: 7:00-21:00 from Monday to Sunday

Location: 999 Tracy Street, Tsuen Wan

For reservations, please call: 999 999 999 or email us at: NovelCafe@tracymail.com

Visit our website: www.novelcafe.com

May the satisfaction ever be in your favour!



The Most Eventful School Day Ever!

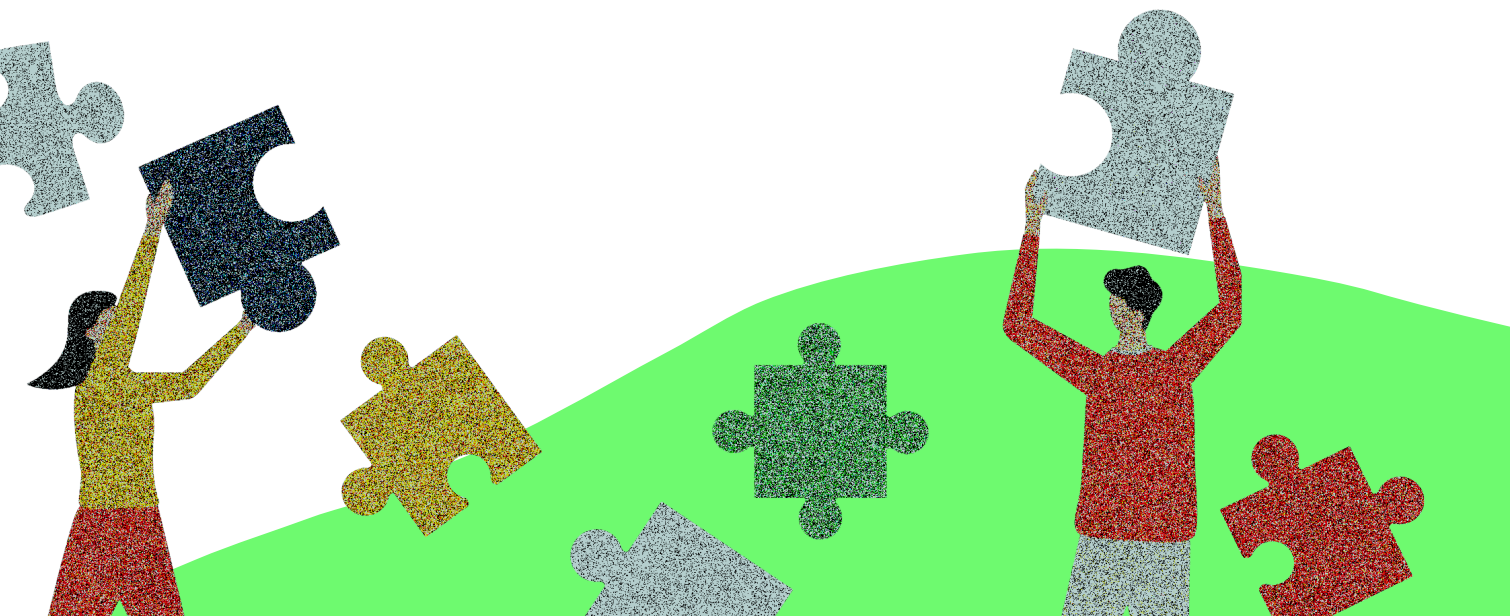
1C Tso Lok Yee

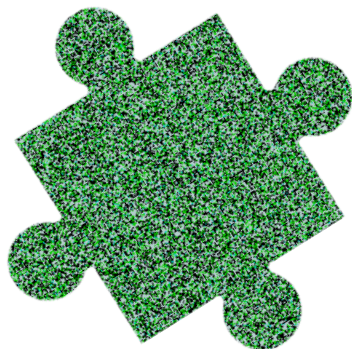
Have you ever thought about your best school day? What made it so special? Now, I would love to tell you about my best school day at TTCA.

It all started on the second day of the S1 Life Camp. When I woke up, I went to watch the sunrise on a balcony. It was gorgeous and I couldn't let my eyes off the view. After that, we had some toasts and soup for breakfast. After the most important meal of the day, our second day at camp officially began!

The first challenge of the day was rock climbing! Well, I had a huge fear of heights so my legs were shaking really hard. At first, the teacher introduced how to do the task. We needed to reach the top to

get 3 points for our team. The teacher requested us all to play at least once. After a while of waiting which seemed like forever, it was finally my turn to climb! My heart was pounding and it nearly jumped out of my chest! I took a deep breath and stepped up to the challenge. While I was facing my fear, my teammates cheered and encouraged me, "Go for it, Zaria! You can do it!" I felt the passion they were showing me, and I told myself, "I can make it!" So, I conquered my fear of heights and reached the top! We all reached the top so we were all over the moon. After the activity, Miss Lam, our leader, had a chat with us. She asked us about our feelings and said that we had done a really good job in teaming up as a group. We were really proud of ourselves.



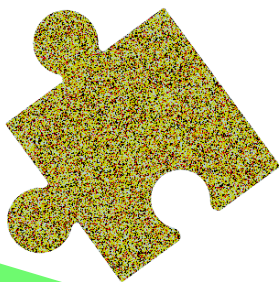


The second challenge of the day was the rope course! We went upstairs and there was an obstacle course on the roof. There were a lot of different ways to complete this challenge. At first, I was really terrified as I saw the height between the stages to the ground. My friend, Jovis, invited me to play with her. Even though I was shivering a lot, my classmates continued to cheer for me. Even Miss Lam and Mr. Har did too! I kept telling myself not to look down and I made it to the last stage. I completed the challenge with ease. I was relieved that I hadn't given up.

After that, we had a lunch break through the exhausting activities we had done. Then, we sang

some camp songs and played happily together. Last but not least, we played "guess the riddles". Throughout the game, we worked really well as a team even though we had arguments sometimes.

At last, we sat down and looked at the full moon while eating mooncakes as a "friendmily", which was the theme of the camp. We also gathered around and played games together. From this day, I have learnt how to collaborate with others. If one of us weren't here, the tasks would never have been completed. I really enjoyed spending time with my classmates and friends. I am really looking forward to the next life camp!



《感謝老師成就今天的我》

1D 陳恩善

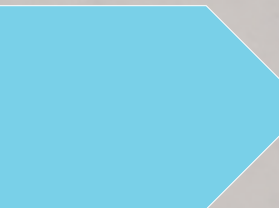
老師您知道嗎？是您讓從前不敢望向別人眼眸的我，因你的一再鼓勵，腼腆的我嘗試以大家的共同喜好打開話匣子，嘗試不再一個人徘徊走廊，嘗試不再讓自己孤單。

老師，感謝您陪我渡過許多個艱難的時分秒，令我成為一個不怕挫折的戰士，您告訴我們「真正的自信，不是獲了多少獎項，獲得眾人的認同，而是相信自己所付出的都為自己帶來進步。」您曾經直接指出我不能稱呼同學「大陸仔」，不懂分辨別人的取笑及開玩笑的陋習，當時感覺雖然厭煩和難受，但我現已明白您是為了成就今天的我。

在我遇上困難時，您會主動地走過來幫助我。當我給鄰班同學推我的頭，你厲聲制止，旁邊的同學都笑你太緊張，只有我知道，你阻止那個常欺負我的同學不再

初中組
優異獎

向老師致敬2023
中文徵文比賽



掉進犯錯的陷阱。您不但沒有放棄我，甚至將其他同學從黑暗的世界和心靈拉出來，再說出令人徹底改變的話語。「作為讀書人，不要將環境的黑暗放進內心，反要將內心的美善照亮更多人的心底。」您語重心長的話，願我能知道，也能做到！

老師，您的日夜辛勞已令您身體負荷不到，變得虛弱，您廢寢忘餐地為我們批改和補課，您連假日也不休息，笑著說：「我在假日批改到凌晨三時，白髮竟多了三根！」您為着我們有更好的學習，一杯咖啡接一杯。即使您再累，校園內外，您分享自己的人生寶貴的經驗，尤其是您分享自己的失敗，面對挫折的堅持，令我獲益良多，是您成就今天的我。

感恩有您，老師。您深受每一位學生的敬佩和愛戴，全因為您無私的付出和愛心。

光線

5A 馬子淇

「母親……」我緊握著母親尚有餘溫的手，淚水滑過臉頰，滴在她的手上。

「母親！為甚麼我的種子長不大？」我回家大喊道。

猶記得小時候，老師在科學課上給了我們每人一顆小種子，著我們用心栽培，在一個月後把盆栽帶回學校，看看誰種得比較好。

母親走近我的盆栽，仔細地觀察了一會，又看了看窗外。

回家後，我小心地把種子放到泥土中，每日按老師的指示澆水。種子在我悉心的照料下成為了一株小苗，但一個星期過去了，它還是沒有長高。聽著同學們驕傲地在班上說他們的小苗早已長成「大樹」，我心有不甘。

「這裡一點光線都沒有，又怎會適合種植植物呢？」她溫柔地回應。

母親拿起了我的盆栽，把它放到屋內光線充足的地方。其後，我的小苗以「迅雷不及掩耳」的速度成長，我樂得心裡開了花。當我想

著我鐵定會是班中把盆栽種得最好的人時，我發現我的小苗長歪了。

「你要經常為盆栽轉一轉方向，調整光照，不然它會長歪的。」母親道。

我聽從母親的話，每天轉動盆栽，讓它均勻受光。它果然不歪了，還長出了草莓。

一個月後，我把盆栽帶回班上，取得了「最佳小園丁」的稱號。看著我的盆栽上紅彤彤的草莓，同學們捧著自己的「大樹」，羨慕得紅了眼睛。後來，老師告訴我們，這個活動的重點並非誰種得最好，而是知道父母是我們生命中的光線。可惜我把大半的內容都忘了，只記得每一個同學都心不在焉，一心期待下課的鐘聲響起。

如今，我好像領悟了。

小時候，我走路步伐不穩，母親總是牽起我的小手，一步又一步帶著我走。還不會執筆寫字的時候，母親握著我的手，耐心教導我寫出一字一句。在光線之下，我逐漸成長。

升上中學後，我無心向學，更誤交損友，每晚在外流連忘返，又時常偷用母親的化妝品打扮自己。以往母親從不大聲責罵我，但在一個晚上，她看著深夜歸家的我，終於忍無可忍。

「我受夠了，這個學期結束後，我便安排你轉校！」母親又憤怒又傷心。

我猶不知錯，態度囂張地挑釁：「父親不在了，你每天都要上班，你管得了我嗎？」

母親望向天花板，盡力不讓淚水落下。我用一句又一句難聽的話狠狠刺向她的心坎，或許她的心湖早已決堤，但她仍硬起心腸，負上作為母親的責任，帶我回到正途。堅定的雙手輕輕轉動盆栽，調整光線的方向，要她的小苗不再長歪。

她為我選擇了一所校風純樸的中學，又放下全職工作，只為了能多花時間陪伴、照料我。不知不覺間，我也有所改變，我找到了新的目標，開始努力學習，希望考上大學爭取好的前程。

後來，我成了一名社工，也學著成為他人的光線。我長大了，我生命中的光線並沒有因此離我遠去，雖然身體狀況每況愈下，母親仍細心照顧著我，時常到我家中陪伴我，在秋天時熬煮我最愛的雪梨水。

自然界中的光線是永恆的，但人的生命就如火花，一眨眼就消失得無影無蹤。最終，母親還是離開了。我在床邊緊握她飽經滄桑的手，她手中的餘溫打開了回憶的大門，往昔的片段紛飛而至。

走出醫院的大門，光線灑落我身上，就如母親一直以來對我的愛。她在一生中充當我的光線，促使我成長，端正我品格。光線並不會因生命的消亡而熄滅，會一直存留在我的心中，照亮我的前路。

Teachers' Updates



Ms. Cheung Tsz Man

Hey there! I'm Cheung Tsz Man, a visual art teacher at TTCA. I absolutely love art and teaching, and I'm all about inspiring my students to unleash their creativity. I've got a solid background in visual arts, with a Fine Arts degree and plenty of teaching experience under my belt. My teaching style is all about encouraging self-expression, honing artistic skills, and getting those creative juices flowing. I'm all about creating a fun and inclusive learning environment where students can explore different art forms and find their own artistic voice. I'm super stoked to be part of the TTCA fam and help my students grow as art lovers and individuals!



Ms. Chang Chui Chui

Hi everyone! I am Ms. Chang, one of your new music teachers this year. I am thrilled to join TTCA where teachers and students are all very helpful and friendly. It is always enjoyable and meaningful teaching here. I can see many talented students and all your enthusiasm in lessons or any school activities.

My interest in music started by learning yangqin at school at an early stage. Since then, it has always been a significant part of my life but it always accompanied with a tough journey of practice, with lots of failure and self-doubt. While it teaches me patience and determination. I know most of you may have learned instruments so even though you may not constitute music as an important part of your life, I still hope that even in your short period of time of learning, you still gain what I have gained and nourish a positive attitude towards all the obstacles in your life.

I am looking forward to getting to know each of you. Feel free to talk to me:)

Mr. Cheung Yi Hei



Born in Hong Kong but raised overseas, my childhood was likely different from most of yours. I'm also certain that each of you has had unique experiences that differ from those of your classmates. However, I strongly believe in embracing differences and ensuring that every student feels valued and included.

For those who may not know me yet, my name is Mr. Cheung, and I am a new English teacher here at TTCA. I have had the privilege of teaching two S1 classes and one S4 class, as well as collaborating with several other students from the Peer Mentor group, all of whom have impressed me with their bright minds and hardworking nature. I genuinely look forward to each day because of the positive energy you all bring!

Apart from teaching, I enjoy doing sports, especially basketball, as it is my way of releasing stress. So aside from the staffroom, you may also find me shooting some baskets on the basketball court as I always love a good 3 v.s.3 match!

陳柏蓉老師



大家好！我是任教中國語文科的陳柏蓉老師。很高興能夠加入基崇這個大家庭，遇見一群活力充沛、積極主動的同學，我希望在教授大家中國語文知識的同時，與大家共同學習、成長，達到教學相長的目標。

我喜愛閱讀小說、散文，亦享受以畫畫、打排球等活動填滿休閒時光，假如同學有相同的興趣，歡迎你們隨時找我聊天，讓我們了解彼此！盼望我們無論在磅礴典雅的古典詩詞，還是風格各異的現代文學作品中，亦能一同領略中國語言的文字之美，感受跨越時空、地域限制的感動。

Ms. Lee Yu Sze



Hi everyone, I am Ms. Lee Yu Sze, the new Biology teacher. It is a new journey for me to become a TTCiAn. I'm grateful for God leading me to TTCA, where I meet wonderful people. I am surrounded by many supportive and caring colleagues. The students here are adorable and diligent, and I am proud of to be their teacher.

Like all of you, I have been a student, learning hard over the past twenty years. I still see myself as a student learning to be a good teacher. On many occasions in our lives, we might encounter many challenges that always turn us down and make us feel stressed. We feel powerless somehow because we are all human beings. But he said, "My grace is sufficient for you, for my power is made perfect in weakness." Therefore, I will boast all the more gladly about my weaknesses so that Christ's power may rest on me. (Corinthians 12:9)

Let us spread the love of God to everyone, praise him, and grow together at TTCA. ❤️ Cheers!

Ms. Lui Wai Man



Hello, everyone! I'm Ms. Lui, your PE and History teacher. When I'm not in the classroom, I enjoy pursuing my interests and living life to the fullest. One of my favorite activities is long-distance running. I find it exhilarating to push my limits and achieve goals I never thought possible. If any of you are interested, I invite you to join me for a Sunday morning jog at Tolo Harbour.

I also have a soft spot for small animals. I have two wonderful furry companions: a black cat who has been with me for 15 years and a playful brown cat who is 8 years old. They bring so much joy and laughter to my life, and I look forward to sharing their antics with all of you.

I'm thrilled to be a part of this amazing school community and can't wait to share my passion, energy, and enthusiasm for learning with each and every one of you. Let's make this educational journey memorable!

Teachers' Updates



Mr. Lui Chun Ming

Hello, I am Mr. Lui, the new Economics and BAFS teacher. I am thrilled to have the opportunity to teach both of my favourite subjects at TTCA. The knowledge gained from these two subjects not only helps me develop a deeper understanding of the world around us, but also equip me with the wisdom to make good decisions in my life. The students at TTCA are intelligent and full of energy, and I look forward to exploring the beauty of Economics and BAFS with the all of you.

During my free time, I enjoy watching movies and anime. Additionally, I have an insatiable love for exploring various places in Japan. I would be delighted if you could share your favourite places or spots with me :)





Ms. Mak Tsz Sum Peony

Hi everyone! I am Ms. Mak Tsz Sum Peony, teaching Chemistry and Science. I believe some of you may know me, especially the senior forms students. I appreciate that all of you have given me the warmest welcome since the opening ceremony. TTCiAns are energetic and sweet. No matter inside or outside the classroom, all of you are talented and show passion towards different activities. I enjoy teaching you all and sharing what I know.

One of my favourites is the star tortoise living in TTCA (You can find our photo on the ground floor's board). Sometimes I spend time having a little walk with her around the school. Don't hesitate to say "Hi" to us when you pass by!

Mr. Har Jia Wei Abram

Hi everyone, I am Mr. Har. It's my privilege to have joined the TTCA family as a new English and Geography teacher this year. It has been lovely getting to meet new faces and interesting personalities here at TTCA and I'm glad that I can play a part in a pivotal stage of your life, to support you on your journey of growth and learning.

Some of you may know that I am passionate about sports and music. Especially as an English teacher, I love exploring the nuances of language in popular culture such as music. Hopefully I'll have the chance to share my favourite music with you and we can have a deep dive into the art of lyricism together! I look forward to meeting you all!



Mr. Ng Chak Fung

Hi all! I am Mr. Ng Chak Fung, a new PE teacher in TTCA. I am grateful to become a part of the TTCA family. I can feel the warmth and acceptance from teachers and students in just a few months! Furthermore, I am amazed by the campus and resources provided by the school. May I invite all of you to explore as much as you can in TTCA, and step out of your comfort zone before it gets really cozy. Never regret your choices!

As you may have noticed, I like to reward my students (with push up and burpee). I know most of you love and enjoy it after doing some silly actions, but please don't be too keen on these rewards. Or else, I will provide somewhat better gifts to you (if you get stronger for real).

我們都是被愛的

潘俊廷先生



在過去的十二月中，學校舉行了2023-24年度的第一次福音週，主題為「Beloved 我們都是被愛的」。連續四天的福音週中，傳道同工、宗教組老師和同學們安排了各種形式的福音活動，包括：馬賽克杯墊和擴香石工作坊、學校敬拜隊和老師的詩歌表演、點唱和心意卡放送時段，以及在週會時間舉行的聖誕崇拜。這些活動旨在讓學生們在福音週和迎接聖誕節的節日氛圍中，更深入認識耶穌基督的愛。

談到「愛」，在聖經中，我們不得不提的是哥林多前書第十三章「愛之篇」。而基崇的校訓「信、望、愛」(Faith、 Hope、 Love)正是來自這段經文，無論同學是否基督徒，相信都一定聽過。哥林多前書十三章第四至八節及第十三節「愛是恆久忍耐；又有恩慈；愛是不嫉妒；愛是不自誇，不張狂，不做害羞的事，不求自己的益處，不輕易發怒，不計算人的惡，不喜歡不義，只喜歡真理；凡事包容，凡事相信，凡事盼望，凡事忍耐。愛是永不止息……如今常存的有信，有望，有愛這三樣，其中最大的是愛。」

在聖誕崇拜中，我分享了撒該的故事。撒該是一個財主，擁有社會地位和財富。但撒該的故事告訴我們，無論我們擁有什麼身份或地位，每個人都會經歷心靈上的空虛。正如我們身處一個注重學業的學習環境中，成績方面都有一定的水平。但面對高壓的學習氣氛，有時我們不知如何面對，亦有可能會忽略自己的感受。然而，耶穌來到世上就是要尋找並拯救失喪的人，其中一個目的就是讓人找回自己的身份和價值。我們的價值不應該只建立在學業成績或各樣的技能專長上，而是建立在愛與被愛的基礎上。透過馬賽克杯墊工作坊，我與同學分享，不同的馬賽

愛
Love



克象徵著上帝賜予我們不同的性格特質和生活資源，用來規劃自己的人生。可惜的是，人生中總會有不完美之處。唯有神的愛能填補這些缺口，彌補我們內心的空虛和需求。

毫無疑問，我們每個人都知道需要愛和被愛，但有很多原因驅使我們不敢去愛，也不敢被愛。然而，基督的到來告訴我們，我們可以愛，我們可以被愛，我們更是值得被愛的那一位。即使在一所基督教學校，我們可能會問上帝在哪裡，也可能覺得信仰與自己無關。不同的宗教活動在我們身邊變得司空見慣，我們開始對基督的信息和愛變得麻木。但無論你以什麼樣的心態來到基崇這所學校，我盼望每一位TTCiAn都能在這裡找到從天父而來的愛，看到上帝對你的看顧和無盡的愛。



願神的愛與祝福常與你們同在，帶領你們在信仰的旅程中找到愛的價值和意義。無論你們的身份如何，無論你們是基督徒還是非基督徒，愛是一種超越身份和地位的力量，它能填補我們心靈上的空虛，並給予我們意義和價值。在這個聖誕季節，讓我們記住基督的愛，並將這份愛延伸到我們的生活中，成為彼此的安慰和支持。願每一個人都能在基崇感受神的愛和恩典，並在愛中找到真正的自身價值。

信
Faith

望
Hope





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