

The Good Old Days

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Generation Gap?!

5A Kirito Cheung Chak Yat
5A Duncan Leung Yan Lam

Hobbies continue to change and grow as each generation comes with its own set of characteristics based on the environment in which its members are raised. Most of the elderly in Hong Kong are fond of mahjong. Working adults enjoy a glass of wine in their spare time. Teenagers play video games on their phones while young kids often play tag. Yet, some hobbies do not go but stay with generations as they are not only for fun but improving the quality of our lives. Here are two which we feel more connected to these days.

Cooking from Full-time to Part-time

Who doesn't enjoy good food? Cooking is no longer a task for housewives to feed their families regularly only but it promotes food trends of innovative fusion creations. Locals, especially the elderly, love making traditional cuisine in their spare time and on occasions such as celebrating festivals. Turnip cakes for Chinese New Year, zongzi for Dragon Boat Festival and mooncakes at Mid-Autumn Festival are some of the known ones. Women play a key role in turning an ordinary household task into a trend. Apart from typical Chinese and western dishes, Japanese boxed meals and Korean barbecue are now their favourites and even delicacies to make for friends and families. Interested in western light recipes, young people are willing to explore the world of desserts ranging from Italian panna cotta, tiramisù and gelato, to French crème brûlée, soufflé and macarons, and to waffles from Belgium.

You may find an interesting contrast in cooking venues of different generations. When the elderly and the majority of adults here in Hong Kong prefer their very own kitchens at home to freshly produce their dishes for their families, adolescents polish their skills in cooking workshops and try out their new recipes in private kitchens with instructors who teach them in more detail. They can enjoy their own creation of quality, which they are happy with, with their loved ones by bringing it home later.

Cooking is a hobby for all ages. Every generation brings out their own styles. So, which one do you prefer?



Definitely Not Hobbies

When It Comes to

Ever-Green Chess

Another hobby which stands the test of time is chess. Back in the day, people didn't have fancy gadgets like mobile phones that they could use to spend time on nor did many have the access to the Internet, so many of them engaged in activities like playing chess to kill time.

Playing chess might sound dull to you. Indeed, it is one of the most interesting hobbies to spend your time on. With the help of advanced technology, people nowadays can pursue their hobby of playing chess much easier than before since the Internet allows you to find anyone who shares the same interest anywhere and provides accessible information on how to improve your skills. Robotic development, which has created complex engines that can beat any humans in playing chess, also encourages anyone who comes in contact with this gripping hobby to make an attempt. This hobby has drawn attention from different parts of the world when world champions and professionals got beaten in world-class chess tournaments and competitions. Chess grandmaster, Magnus Carlsen, is also not an exception. This innovative development creates extra challenges for people and makes them feel dedicated to putting more time and effort into playing chess and trying to defeat those engines.

Different generations have their own 'styles' in chess. You may find the elderly play Chinese chess or share their chess-playing secrets with their fellow senior citizens or friends for hours in many small local parks or benches near their homes. Meanwhile, young players are interested in playing novel chesses such as Chinese checkers, Go, Ludo, Reversi and Othello with friends or any mates online.

Chess is not a strange interest to any generation and even better, many see it as a valuable legacy which deserves time and effort to further develop. The joy and happiness it brings to all of us cannot be measured.

It is fascinating to see how hobbies evolve across generations and exist in their distinct forms and styles in Hong Kong.

Cooking and chess are only two examples. We, therefore, should preserve such treasures and promote their growth combining old and new elements including technology to benefit not only current citizens of all ages in Hong Kong but also our future generations.



Reminiscences of TOYS

3A Elma Wong Nga Man

4A Cherry Tam Cheuk Lam

Thanks to the Internet, cultural protection of Hong Kong toy industry has become a hit topic in recent years. More and more locals start collecting nostalgic toys made in Hong Kong and thus, there are more vintage toy shops opening for its increasing demand. So, what is so special about our local toy industry which has re-emerged and is welcome by younger generations here in Hong Kong despite the penetration of mobile devices in our society? Let's dig deep into the decades-long history of the toy industry in Hong Kong.

70s - 80s: the Start Off

Hong Kong was extremely strong in plastics manufacturing between 70s and 80s. A wide range of plastic toys were produced and exported to different parts of the world. Population growth of Hong Kong in the 1970s led to a great demand for employment.

However, the education level of people in the 1970s was relatively low and most of the people could only work as labourers, like manpower in the factories. This was an advantage to factories due to the low expense on hiring cheap labour, which and promoted a great development in the manufacturing industry, especially the plastic industry. That's the reason why toys during that decade were usually made of plastic!

70s - 80s: Toy Dolls in Hong Kong

When it comes to toys, plastic dolls might be the most memorable. People during that time worshipped foreign cultures and believed that foreign things were of higher quality and a higher class. This led to the phenomenon that dolls produced in different countries might have huge difference in price tags.



Locally, dolls were produced by manpower in factories. Different body parts of the baby dolls were inserted and combined step-by-step. Dolls produced locally were mostly cheaper than the ones produced in foreign countries because of the low cost of materials used and the brandless label although the image of the foreign ones were more advanced. For instance, the Cabbage Patch Kids, which are fabric dolls with plastic heads, were first produced in 1982. They were unique and special in the market with a 'birth certificate'. They were also the products of the company Mattel, which is the same company as the popular Barbie dolls. Although the Cabbage Patch Kids were a bit costly, its import to Hong Kong brought collective memories to a lot of Hong Kong 70s and 80s generations who had loved and collected the dolls because of the trend.

70s - 80s: Learning Toys Worldwide, the Rubik's Cube

Have you ever played the Rubik's Cube? Whether you have or not, I guess it is a common toy that everyone has heard of. Apart from dolls and figures, the Rubik's Cube was one of the trendy, memorable toys in the 70s and 80s, not just in Hong Kong, but worldwide. Rubik's Cube was first assembled in 1974, designed by a Hungarian architecture and design teacher Ernő Rubik, who is also a serious puzzler. The Rubik's Cube was first called 'the Magic Cube' because Rubik thought that the cube had magic. It has 6 faces with different colours, each with 3 squares by 3 squares. According to Rubik, there are approximately 43 quintillion possible combinations. It makes the task of returning the colour pieces to the axes which is devilishly difficult to accomplish.

The cube was not a popular toy at first since it did not look like an ordinary toy for the complexity of fixing the cube. Many toy companies refused invitation from Rubik to associate, until the acceptance by Ideal Toy Company and the toy marketer Tom Kremer. In 1980, after the Rubik's Cube was licensed by Rubik to be sold by Ideal Toy Company, it started to become popular. Since then, 450 million cubes have been sold worldwide, showing the rising popularity of the cube, including Hong Kong. It was considered the world's bestselling toy. People became addicted to it due to the challenging nature of the cube, its fascinating sharp colours, and its distinctive rattle as the pieces turn and the satisfaction it brings.

With the surging trend of the Rubik's Cube, many unlicensed toy factories produced the pirated version of the same cube, particularly the local ones. Hence, a relatively low-priced version of the cube became very widespread and they are the ones you usually see in local toy stores or stationery shops.



90s: Fall of Local Industries VS Rise of Imported Toy Products

A northward shift of Hong Kong toy manufacturers into mainland China, involving the gradual declining toy industry in Hong Kong, started in the 1990s since China adopted the Open Door Policy in the late 1970s and 1980s. Hong Kong thus transformed herself from being a manufacturing hub into a international financial centre. Because of this, toys in that decade in Hong Kong were mostly imported from foreign countries, e.g. Japan, the US, China, etc. At the same time, technology was emerging; there were more electronic devices in daily lives, though not without toys. Toys started to be electronicised and the dynamic of the industry was completely revitalised.

Now let's see what was trendy and popular during the 1990s.

90s: Tamagotchi – the Toy that represents 90s generation

Do you like pets? Have you got a pet at home? Many families in Hong Kong live in a small flat, which is impossible for them to keep any. With the desire of having a lovely friend, the Tamagotchi became a companion to most teens in the 1990s.

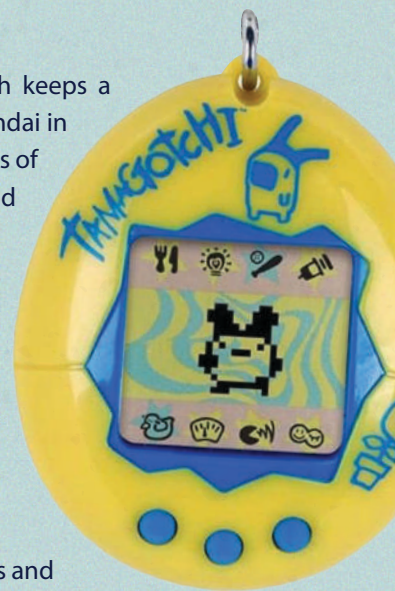
The Tamagotchi, with an egg-shaped appearance, is a digital handheld little toy which keeps a pixelated pet, created by Akihiro Yokoi and Aki Maita. The Tamagotchi was released by Bandai in Japan in 1996 and to the whole world in 1997. It quickly became one of the biggest toy fads of the late 1990s. The Characters are colorful with simple designs based on animals, objects and people.

Just like taking care of any pet, looking after a Tamagotchi is a big challenge. Responsibility is a must if an 'owner' does not want it to 'pass away'. They have to be fed regularly. Emotions, weight and health of the Tamagotchi pet depend on the food and snacks given. Apart from feeding, playing with the tiny pocket pet is important to make it happy and pleased. A clean and tidy living environment is crucial for this pet so that it won't get sick easily.

Friends can connect with each other through battles with each other's Tamagotchi in games and send each other gifts. And you know what? Pets of different genders can get married with each other even. This brings a new experience and interest to the players and this is one of the reasons why Tamagotchi was popular.

90s: Game Boy – the Legend of Nintendo

The Game Boy is a handheld game console, a product of Nintendo, and was first launched in 1989. It ceased production in 2003. It had three different revised models. It combined features from both home system and Game & Watch hardware. When it was first released to the Japanese market for two months, 300,000 products had already been sold. Three months after the Game Boy was released in Japan, it was released to Northern America, selling 40000 products on the first day it was released. The Game Boy has released a total of 1046 games since then, with some of them still appearing in different electronic game consoles nowadays, like Super Mario Land and Pokémon. Its popularity led to the fame of Nintendo's second handheld game console.



At the beginning of the Game Boy's release to the public, the production team of Nintendo thought that the sales of the Game Boy might be unsatisfactory, at least in their expectations, due to the monochrome screen. After its release to the public, its sales went unexpectedly well and many people had also made a run of this game.

People loved it because of its convenience and flexibility in the sense that players can carry it wherever they want. Apart from the convenience the host console brings, switching the game cards which could store a number of games benefitted the players. They could own a lot of games at the same time just with one host console. Game cards were easy to keep and to bring outdoors. All of these conveniently allow the players to carry the console everywhere, making Game Boy very popular.



21st Century: a New Century with Rich Diversity of Toys

In the 21st century, most of our daily lives are full of electronics. Toys became more electronicised compared to the 1990s. You may have heard of the Playstation. People have been going crazy for it and queuing up for a whole night to purchase its latest model. PlayStation is actually a video game brand that consists of five home video game consoles, involving a media center, an online service, a line of controllers, two handhelds and a phone. PlayStation is produced by Sony Interactive Entertainment. It was first invented in 1994, the PlayStation 1, a.k.a. the PS1, which is the first model of PlayStation.

Recently, puzzles have become prevalent again. People pursue not only new kinds of electronic games but also some nostalgic games, such as Rubik's Cube and chess to sharpen one's mind with different skills nowadays.

As time goes by, together with rapid economic development of Hong Kong, people's quality of life has improved. They pursue a more materialistic life. Take toys as an example. Toys popular in the 1970s were 1980s are mostly made of fabric, plastic or metal, which are some relatively low-cost materials. While in the 1990s, electronic toys emerged, presenting more options of toys for purchase. And now, toys are made with the concern of safety, and so the materials used are more advanced. Things we care about in different eras are affected by the universal value, from the appearances of toys in the 1970s and 1980s, their flexibility, to almost every aspect including safety these days.

Although the types of toys have a rich diversity nowadays, some would still prefer having the nostalgic toys, which is the simplest in their eyes; or maybe the kinds of toys that bring a feeling of accomplishment, like puzzles and the Rubik's Cube. People may gain success from these challenges and this is the reason why the Rubik's Cube is always popular. Toys are objects, that seem not have life. In fact, we can witness life by the history and stories behind them and even formation of a new culture. This may be the reason why collecting old toys is not only a past time but a major part of our society – to preserve the culture and stories behind them.



零食款式 大變化?

4B 方瞳
4C 何心扉



世界每天在變，舊的被新的取代，零食世界也不例外。不少零食如花生糖、叮叮糖、戒指糖、媽咪麵.....已成為上一代人的集體回憶，這一代人的懷舊食品。為讓同學們多了解新舊不同零食，小編二人特地走訪「美樂士多」，嘗試追尋上一代人的零食回憶。

舊時代，物質並不富裕，經濟環境亦沒有現今環境好。正所謂「慳得一餐得一餐」，為了省錢，價格親民而又飽肚的零食便大受歡迎。聽說上一代學生放學後愛與好友分吃媽咪麵，他們弄碎麵餅、加味粉，享用鹹鹹香香的美味。今天著重健康的人難以接受媽咪麵這樣的零食。





在包裝方面，上一代食品包裝較簡單，塑膠袋子上沒有特別吸引人的圖案及字樣設計。又這些懷舊零食的款式較少，味道較單一。例如，過去很受歡迎的花生糖，材料不多，僅花生加麥芽糖，大多由人手製造，沒有添加過多的防腐劑、色素等，味道香香甜甜亦較天然。花生糖包裝在一個透明小袋，袋上只寫著「花生糖」三字。這些零食味道不差，但實難滿足熱愛新奇的新一代。曾風靡一時的零食可謂難敵時代的變換。不少上一代人感慨道：「很多懷舊的零食現在都『消失』了，例如眼鏡朱古力、一袋袋的魚片花生、口味濃郁的花生餅，如果這些完全消失，真的太可惜！」

反觀新時代，人們開始富裕起來，對零食的需求、要求越來越高，故此零食的選擇變得更多。小編在超級市場買了多款新口味的零食，例如具香港風味的燒鵝味和咕嚕肉味薯片，雖然小編認為它的味道不及原味好，但各人口味不同，能一嚐其新奇創意之處也不錯。而小編推介墨西哥芝士片，芝士味非常濃郁，加上玉米脆片，一試難忘。

現在不少零食品牌每月、每季會推出不同的限定新口味和包裝，令消費者賞心悅目，有些甚至會贈送一些小禮物或小玩具，以吸引人購買。現今零食日新月異，品牌國際化，與舊式香港製造的零食有很大差別。在重包裝、重創新的今天，具傳統特色的零食應如何自處？香港製造的零食應如何把握自有的優點而繼續發展？這些課題很值得我們思考。



電視節目說

60、70年代，香港不少中產家庭陸續購買電視機，電視文化漸漸滲入港人生活。當時，電視節目以本土導向的流行文化為主流，粵語流行曲及港產粵語片大行其道。當時香港的媒體擁有很大的編輯自主空間。香港學者馬傑偉指七十年代電視的普及化，造就電視節目成為文化搖籃，香港人得以藉此建立共同想像及確立群體身分。當時香港電視媒體的影響力可謂舉足輕重。

那時候的電視節目雖不比今天的多元化，但也產出了不少經典電視節目。當時節目以反映人倫關係、時人生活或改編武俠小說為主，如「香港傳奇」、「網中人」、「倚天屠龍記」等。及後電視台也拍攝了不少廣受歡迎的家庭處境劇，如播放歷時四年半，合共1128集的「真情」等。綜藝節目代表則有「歡樂今宵」等，這些娛樂性豐富的節目均表現了香港觀眾對電視娛樂的口味。

除電視節目外，不得不提深入民心的經典廣告。如美源髮采廣告播足30多年——「梳啲美源髮采，逐漸變黑又得，立即變黑曬亦得，得咗。」筆者相信深入民心的並不是染髮劑的功效，而是該廣告已成為大家的共同回憶。還有1996年，廣播事務管理局推出的宣傳廣告：「雞蛋六隻，糖呢就兩茶匙……」、「電視節目有好多種，不過唔係個個都啱小朋友自己收睇……」，一句一句的廣告對白，依然讓人記憶猶新。

時至今天，電視節目種類比以前更多，且今天電視節目不限於香港製作，也有來自中國、韓國、日本等國家的節目。觀乎現今的年輕人，對港產劇的需求越來越低，卻更願意收看韓劇等熱播劇。這也反映了香港人對觀賞電視節目口味的轉變。

筆者認為無論是以前還是現在，電視節目都各有特色，而人們的喜好隨著時代的變遷而改變也實為正常不過。但今天香港人，尤其年輕一輩較少觀看香港製作的電視節目，實為可惜。希望香港的傳媒人能多反思現況，製作更多高質素的電視節目，重新吸引香港人觀看。

5B 潘慧盈

今昔



崇演音樂跨越疆界

疫症橫行，病毒肆虐，你我都被迫囿於家中，渡過這段艱難的時期。備受期待的基督教崇真中學（下稱「基崇」）演奏會無法用現場方式舉辦，音樂科主任李綺妮老師表示：「同學感到失落是必然的，但我們絕沒有失去走下去的動力。只要喜歡音樂的心還在，哪裡都可以成為我們的演奏廳。」



音樂會影片

<https://bit.ly/3tcUOeg>



活用視像技術，網上教學操演

於是，在李老師的統籌下，配合資訊科技的力量，基崇木笛隊在疫情初期率先進行網上教學操演。「網上教學打破了地域和避免群組聚集的限制，老師仍能如常示範、指導個別學生。欣喜的是，學生上網課仍未有鬆懈，積極為復課後的各項比賽和演出作最好的準備。」李老師表示，喜見網上教學小有成效後，便安排合唱團團員進行視像練習。「看到他們紛紛哼著歌兒，踏著步點，打著節奏，實在感到欣慰。」正所謂「台上一分鐘，台下十年功」，看來基崇的學生有很大的決心要讓音樂走進觀眾的心。

師生協作剪片混音，分隔仍有如一體

本來的實體音樂會，現改為網上音樂會，將於2020年7月利用網上平台公演，整場演出由木笛隊及合唱團共計八十人組成。他們如何做到足不出戶卻完成各個演出項目？「以木笛隊為例，老師先錄製伴奏音樂，學生在家中聆聽並同時演練，再用手機將演習片段錄影下來。之後便交由老師和學生，在電腦中選編、剪接、混音。」疫情使人與人之間無奈分隔，但團隊的力量比病毒更強大。李老師笑言：「念念不忘，必有迴響。雖然我們的音樂震撼不了演奏廳，但深信這音樂仍可撥動大家的心弦，在這艱難的時代裡奏上一曲安撫調子。」

音樂之妙無遠弗屆，關懷的心也無分彼此。

真誠關懷無分國界

疫情之下，全球口罩短缺，學生如何從中實踐關懷社群？李綺妮老師累積了網上視像協作的經驗，策劃「DIY手縫布口罩製作」活動。她親選材料、製作筆記、拍攝影片、寄送材料包到學生家中，更以視像會議指導參與者製作布口罩。「我們堅信，這樣的實踐對於學生來說，即是校訓『信、望、愛』的最佳註腳，也是最好的品德及情意教育。」李老師肯定地說。

每一針，每一線，串起人與人相互關愛的情誼。「我們會把親手縫好的口罩，分發到以往的海外交流夥伴學校，近至內地、台灣，遠至英國。」漂洋過海的，不只是口罩，更是崇真師生一番誠摯的祝福和共渡時艱的決心。

家長心聲

1B 莫迦南家長 (2019-2020)

這次DIY口罩義工活動十分有意義，感謝老師耐心教導和解答大家的問題。由零開始的學習絕對不簡單，可以親手完成一個口罩是很有成功感的，而且可自己造更多的口罩送給別人當禮物，在這疫情中作一點點光！

4D 謝恩悅同學 (2019-2020)

這次製作活動中，我不但學會如何縫製布口罩，一針一線更磨練我的耐性及心思，希望這些以愛心縫製的口罩，可以祝福海外的學生。

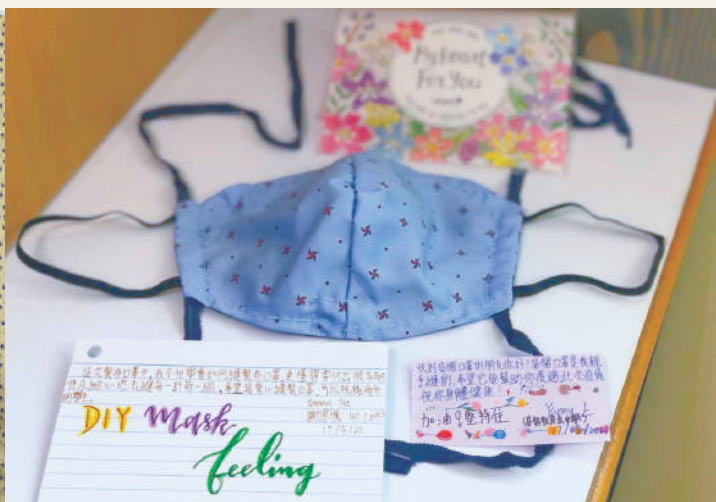
同學心聲

1F 麥皓程同學 (2019-2020)

非常感謝學校和老師安排了「DIY布口罩製作」活動。這個活動讓我可以為海外的學生送上暖意，在可怕的疫情中為大家送上問候、祝福和鼓勵，真是有意義！此外，我亦從老師身上學懂甚麼是「親力親為」和「以身作則」。看見老師從揀選布料、買材料、示範製作、以至網上教學，事事親力親為、盡心盡力，她實在是我們的好榜樣。我非常感恩，因為我上了寶貴的一課呢！

製作手縫口罩資訊

<https://bit.ly/3f2Jdaw>





TTCA STEM

MR. Lau Wing Heng

TTCA has been supported by the Quality Education Fund (QEF; 2018/1432) this year to support the development of our Biotech Team, and it has also supported us in carrying out professional teacher training and purchasing advanced apparatus.

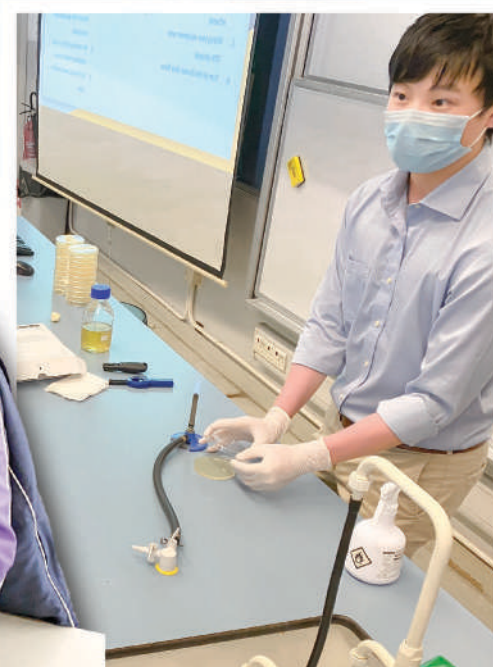
Our school has been joining biotech cross-school trainings since 2018. We have also participated in local science competitions organised by the Hong Kong Federation of Youth Groups (HKSSPC), and obtained a bronze medal in the MIT-founded iGEM competition with our sister school. Since 2019, our team has been focusing on the solution to follicle inflammation and pimples. The research project is student-oriented, while the teachers provide guidance to the learning process with the emphasis on students' interests, abilities and needs.



BIOTECH TEAM

Thanks to all the hard work of multiple student cohorts, our team has discovered a recombinant DNA protocol for the mass production of enzymes which can break down the bacterial cell wall. Theoretically, this method does not only destroy the pimple-causing bacteria (*P. acne* / *C. acne*) effectively, but also helps to avoid the side effects of traditional treatments. Our team is planning to collect empirical data to verify this method and explore the possibility of the commercialization of products in the upcoming summer.

On behalf of the Biotech Team, we would like to invite S.2 to S.4 students, who are interested in biotechnology, science, mathematical computation, graphic design, webpage programming, writing and editing, cross-school collaboration and project promotion, to join our team. For enquiry, please contact Ms. Wong Yan Yee or Mr. Lau Wing Heng.



Is Our Daily Dose of Internet DETRIMENTAL / BENEFICIAL or

5A Lam Tsz Tung

What will you do when you feel under the weather? Perhaps when you are having a mild headache or an aching stomach? If you are like the rest of us, you will type your symptoms in the search bar, looking for reassurance. Yet, in return, the Internet may tell you that you are dying from a deadly disease. In this age of technology, information is now overwhelmingly accessible and at our fingertips, but is that beneficial for humanity? Or is it only bringing unnecessary terror and uneasiness to our society?

Pieces of information are simultaneously released onto the Internet by government officials, verified accounts and even those sitting next to you in a cafe. Data and information are practically spilling into our daily lives via emails, social media and the press. The problem of information overload is intensified as more information is released onto the web. Our brain finds it hard to process the tremendous amounts of information presented to us and this leads to information overload. The once useful information and handy technology become an interruption, affecting our decision making, slowing down our efficiency and putting a strain on our mental health.

The terms "misinformation" and "fake news" have gained popularity in recent years. One of the perks of the Internet is that anyone can share information on the Internet at any time. Nevertheless, it can be a problem when it comes to fake news. As information passes from one person to another, their meanings can be twisted and changed due to one's interpretation. Novelty is human nature. We are more likely drawn to a piece of false information as it is brand-new and usually triggers certain emotions. Once misleading information is posted online, it can spread like wildfire. Fact-checking is an intricate process that takes time and effort to verify information. Usually, it is already distributed rapidly among the people before an official can clarify the information.

Still, we can't deny that readily accessible information is the foundation of modern society's advancement. The spread of information has made knowledge available to everyone. It has also accelerated scientific development as researchers can share and access reports from labs around the world. Furthermore, learning is no longer restricted to textbooks, students can learn at their own speed with materials online. Information is not entirely destructive if we know how to utilise it responsibly and correctly. First and foremost, always ask questions. When you find a piece of mind-blowing information, always question whether it is true. Is it from a reliable source? Is there another source that has mentioned similar ideas? Be a smart Internet user and never blindly believe a source. Additionally, be simple. Choose a couple of reliable sources to refer to when obtaining information to prevent information overload and misinformation. Lastly, unplug. Give yourself a break from the Internet. Sometimes you learn more through books and nature. When used correctly, all the data can be the stepping stone for humanity.

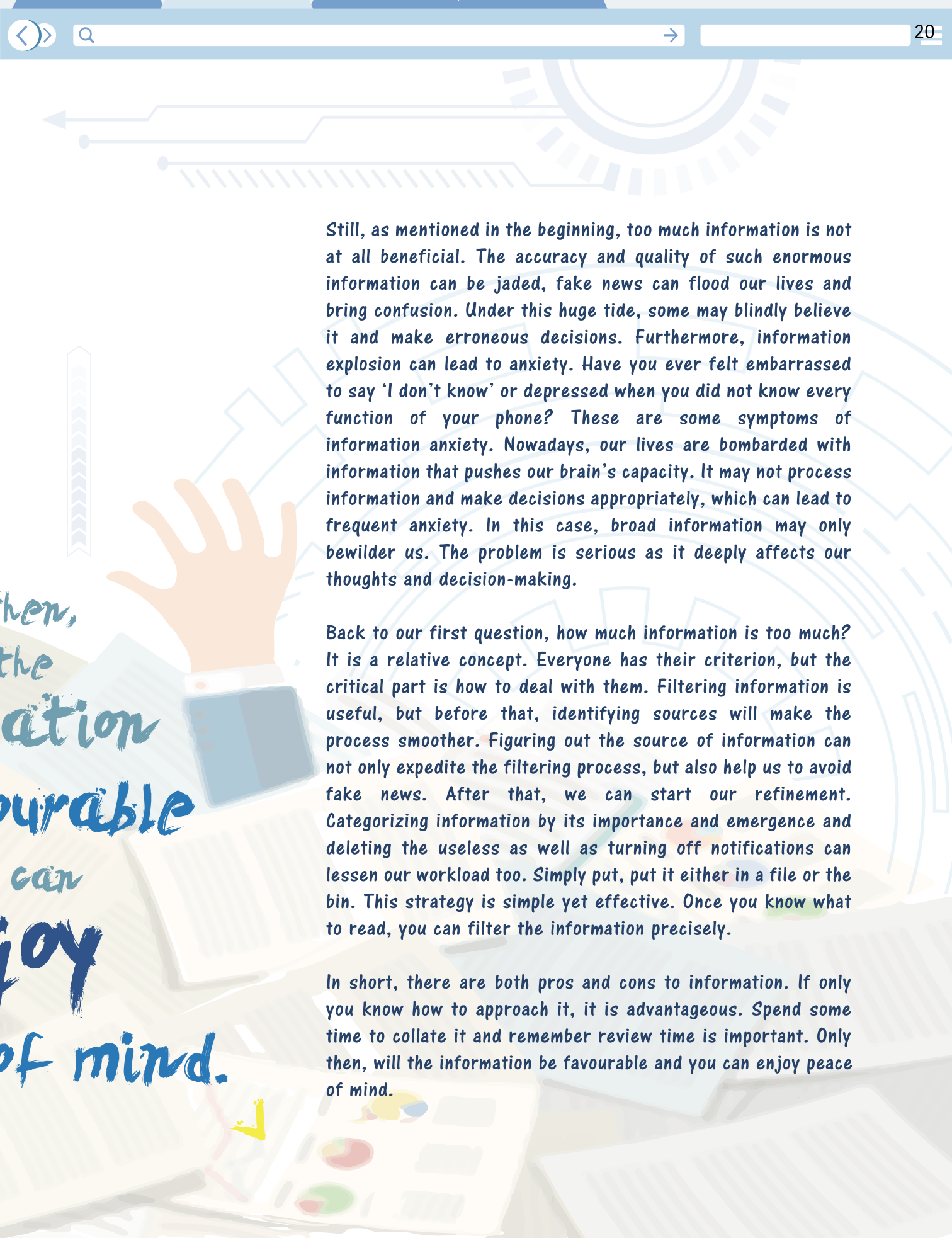
Information Overload

5A Lam Yee Ling Rainbow

Our world is built with information. With the rapid growth of technology, information has unsurprisingly become a crucial part of our lives. Yet, this well-developed technology has led to an expeditious increase in the amount of published information in the form of an information explosion. Consequently, too much information is not at all a good thing, but how much information is too much?

First, let's see how information benefits our lives. Information is a bridge for us to explore the world, and information technology is our guide. We cannot go everywhere and see everything, so our only way to realize things happening around us and understand knowledge is through information. With a broad information network, our curiosity and willingness to learn are satisfied. Moreover, it has greatly improved the efficiency of our working process, we can know anything at anytime, anywhere with just one click. Acquiring and sharing information are convenient nowadays too. Indubitably, information technology has narrowed the distance between us and the world. It has notably reduced the cost of research and learning, only through information can we have a comprehensive view and understanding of the world.

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Still, as mentioned in the beginning, too much information is not at all beneficial. The accuracy and quality of such enormous information can be jaded, fake news can flood our lives and bring confusion. Under this huge tide, some may blindly believe it and make erroneous decisions. Furthermore, information explosion can lead to anxiety. Have you ever felt embarrassed to say 'I don't know' or depressed when you did not know every function of your phone? These are some symptoms of information anxiety. Nowadays, our lives are bombarded with information that pushes our brain's capacity. It may not process information and make decisions appropriately, which can lead to frequent anxiety. In this case, broad information may only bewilder us. The problem is serious as it deeply affects our thoughts and decision-making.

Back to our first question, how much information is too much? It is a relative concept. Everyone has their criterion, but the critical part is how to deal with them. Filtering information is useful, but before that, identifying sources will make the process smoother. Figuring out the source of information can not only expedite the filtering process, but also help us to avoid fake news. After that, we can start our refinement. Categorizing information by its importance and emergence and deleting the useless as well as turning off notifications can lessen our workload too. Simply put, put it either in a file or the bin. This strategy is simple yet effective. Once you know what to read, you can filter the information precisely.

In short, there are both pros and cons to information. If only you know how to approach it, it is advantageous. Spend some time to collate it and remember review time is important. Only then, will the information be favourable and you can enjoy peace of mind.

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The Werewolf

2A Leung Tsz Long

On a sunny weekend, John and his friends went on camping lightheartedly. The greenish grassland stretched to the skyline. The cloudless sky was crystal clear blue. John and his friend were dragging their footsteps due to their heavy belongings. Still, they were looking forward to the trip ahead. They had prepared a lot of food and games. The road was full of their laughter.

After a few hours, the group finally arrived at the camping destination. They felt relieved and released their heavy bags immediately. Some of them started building the tents, some of them were washing the cooking ingredients and were ready to have a feast. John spotted a corner store at the other side of the campsite. He decided to get everyone a cold drink as a treat under the hot summer day.

The corner store was dark and shabby. An old man walked out from the back of the store slowly. He got a pair of yellowish eyes and pale skin "You all must leave soon.", said the corner store owner seriously when John just approached the store. John was puzzled when he saw the serious face of the store owner. "Tonight is going to be a full moon. In the past few years, countless campers vanished for no reason in the next morning." John bursted into laughter with disbelief and left. The old man looked at John deeply.

The sky wore its dark nightclothes after a while. There was not a single star in the sky except for the big round moon. The group sat around the campfire and were playing card games "Werewolf". John, the host of the game announced "Everyone close your eyes, the players who drew the card of Werewolf can appoint a player to be killed. Suddenly, a dark shadow came out from the corner store. It dashed towards one of John's friends. He was attacked by the dark shadow and disappeared. John's jaw dropped and did not know how to react.

At the same moment, the dark shadow appeared again. It was a big grey wolf. It got a pair of yellowish eyes. Bella, the girl sitting next to John, opened her eyes at once and screamed. The wolf started attacking other friends. John grabbed the hands of Bella and ran for their life.





Aliens



2D Hui Kiu


It is the year of 2038 now. The coronavirus since 2019 has never stopped. People keep dying every day and the governments tried everything but have all been proved no good after long and difficult tests. Everyone lost hope and wondered if there will ever be an end to this war.

A few months later, someone noticed the UFOs above the busy city sky and started sucking humans into their spaceships. Parents grabbed their children while using the other hand tugging on something stable. But still, the lights were far more powerful than lampposts and people got sucked into the aircraft anyway.

Inside the UFO, the aliens were busy carrying bottles of liquid and needles everywhere. The people who got caught were afraid and wanted to leave, but they suddenly smelled a soft scent of flowers and got anesthetized. When they woke up, they forgot about everything that happened and the COVID was cured.

Everything was well until one day, when one of the UFOs sucked in a girl, she didn't sleep long enough to let the aliens wipe away her memory. She heard one of the aliens said, "How long do we have to stay here exactly? How come the humans are ill so easily, it is just a common flu." "Oh, be quiet and come help me wipe away their memory," said another alien. "Seriously, it is all your fault, you know we are not supposed to come to Earth when we are ill no matter how little your illness is. Any common illness in Luna is a deadly virus on Earth."

It turned out that many of the deadly viruses and illness in the world are mostly from Luna, the aliens tried many ways to export the vaccine to earth but nothing worked, so they had no choice but to give them the vaccine themselves.



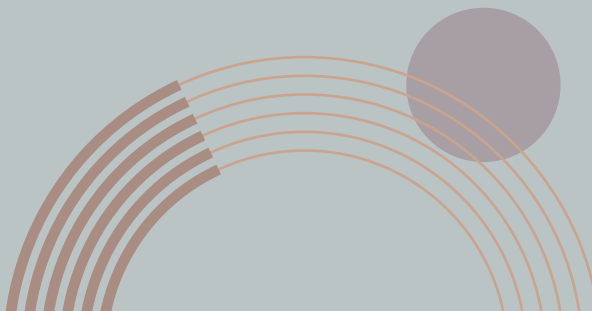


Online Education vs Face-to-face Education: Which is Better for Schoolchildren?

3C Kwok Ho Hang

How often have you used web meeting applications like Zoom for work and education purposes since the outbreak of the Covid-19 pandemic last year? Schools used to be places for children to learn and interact with other students and teachers face-to-face. However, due to the pandemic, students have to learn through computers and online meeting applications have also increased in popularity. Some people think that online education is the future of education, which is indisputably necessary to implement now. Others, however, argue that the advent of these technologies might lead to cybersecurity vulnerabilities. The question on whether online or face-to-face education is better is under heavy debate, involving different stakeholders like students and teachers alike. Regarding this issue, I personally agree that online education is not as advantageous as face-to-face education.

First of all, using a digital screen for a long time causes various physical and psychological issues. Looking at a computer screen for a long time may increase the risk of short-sightedness as children's eye muscles are under heavy stress when they concentrate hard on the screen. Modern computers also emit blue light. Excess exposure to blue light suppresses melatonin production, causing one to suffer from insomnia. It may even disorder student's circadian clock, interrupting the student's daily routine, causing fatigue and making students harder to concentrate, which will affect their academic studies. Equally important, online education affects our social life. When learning shifts to the monitor and increases student's screen time, teenagers do not have as much time compared to face-to-face lessons to interact with others. Some studies have revealed that social isolation increases the possibility for children to feel depressed and anxious. The social life of children will be seriously affected if online education continues for a long time.





Some hackers will find and exploit faults in the security in application and plant viruses in them. When opened, not only can they secretly use your cameras and microphones, they are also able to record your surroundings. They might even use your personal information to their own advantage. There are also reports that malwares can spread through microphones! One example is WannaCry. This virus mainly targets computers that are past their End of Life. WannaCry encrypts your data and holds it as ransom. This attack caused a lot of damage to public organizations such as the National Health Service in England and many other institutions, such as cyberattacks targeting schools in Miami-Dade on September last year. The computer network for the district, which is the fourth largest, is overwhelmed by unknown web traffic and caused some students to miss their online classes. This problem would not have existed if face-to-face lessons had been conducted.

To conclude, online education has multiple drawbacks, such as deteriorating schoolchildren's physical and psychological health. The immaturity of computer technologies also makes schools a target of hackers that can use one's personal information for other purposes and threaten online security. Therefore, considering online privacy and the well-being of schoolchildren, I think that classroom life is irreplaceable. I look forward to the end of the pandemic, which face-to-face lessons could resume, and we, as students, can enjoy interactive classroom learning.



拉尺的讀美

2C 陳凱喬

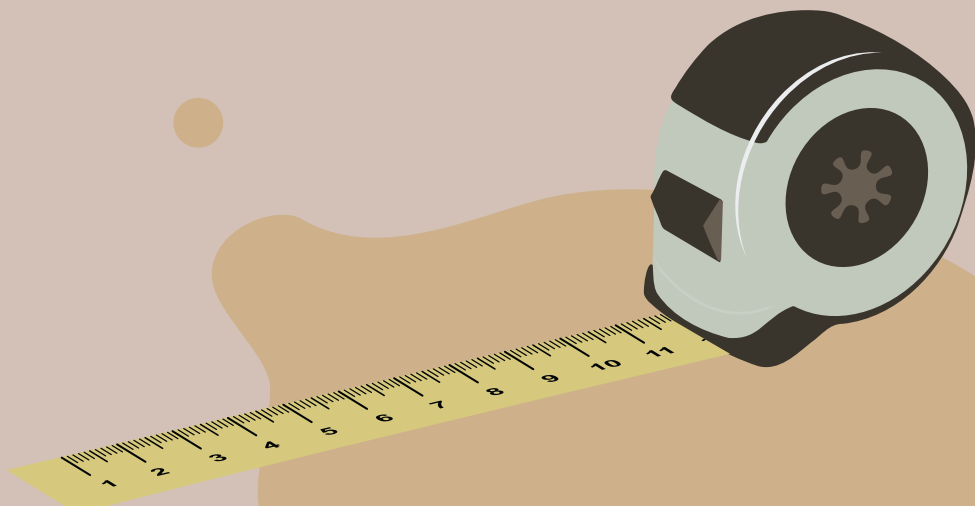
拉尺，不像軟尺般輕盈小巧，也沒有直尺般直立挺拔，卻是不少人的得力助手。難道是圖它使用起來笨重？還是圖它一拉長就會彎曲？不是的，拉尺雖然不怎輕盈，也比不上直尺的堅挺，但是它的長度遠超直尺和軟尺且方便收納，因此在不少工具箱都可見其蹤影。拉尺不但實用，還有其值得欣賞的象徵意義——拉尺精神。

拉尺就像是一位真漢子，做事能屈能伸，它能任意伸縮以俯就不同物品的量度需要，就好比人能因應情況作出合適對策，知所進退；處下風時能隱忍，居上風時放手大幹一番，可說是一位名副其實的大丈夫呢！

雖然拉尺的確能夠伸出很長很長的「手臂」，但「手臂」到達一定長度時卻會折曲，嘗試給它一點力量掰直後，「手臂」又可以繼續前伸，這份堅持不懈的努力甚少人能擁有。我們遇到挫折時，常常輕言放棄並否定這件事的可能性，相反拉尺不會因「一時失意」而盡棄前功，只會努力再努力，務求達成目標且毫無怨言，這股毅力實在令人佩服！

而且，拉尺的刻度有兩款——厘米和吋，即使長度一樣，也可以「三十厘米」或「十一吋」來表示。如同人事，即使是同一件事情，不同人的看法和理解都會有異，而我們卻常常囿於自己的主觀為事情下定論，可拉尺卻能從多角度審視「事物的絕對」，相當可靠呢！

拉尺不僅是工具，還是我們的榜樣，我們應當努力學習與拉尺比肩。



秋

3E 何詠喬

一年四季，有人討厭驕陽如火的炎夏，亦有人討厭天凝地閉的寒冬，但我偏偏討厭在兩者之間的秋天。

走在深秋的大街上，路的兩旁佈滿了金黃色的大樹，盤旋而下的葉落土成堆。眼前的一片金黃，彷彿令人置身於獨具一格的童話世界。一直走着，街上原有的寧靜漸成吵雜；人群中，落葉漸變得不起眼，被往來不絕的人們踩在腳底下，我想它們對這下場並未逆料。它們半生與樹為伴，朱明替人遮陰、白藏被人欣賞[1]，以為可以風光一世，卻未料衰敗一時。

沿着大街直走至盡頭，道上餘音嚶然，抬頭則見鳥兒翱翔。放眼張望，映入眼簾的就是一片田野。秋天是收成的季節，稻田受季風輕拂，起伏連綿，就像一片金色的海。突然，「轟隆隆……轟隆隆……」一台龐大無比的收割機出現在田野的正中央。不消一會兒，半邊田就被那龐然大物吃掉。就這樣，一幅佳畫在幾十分鐘內就活生生的被摧毀了。誰也沒想到，眼前的一片金黃，下一秒就被商業化機械拉朽摧枯下莫名消失。

想到秋天，總不禁泛起一絲悲傷、荒涼，就連葉子都會帶着遺憾悄然落下。我們無法知道下一刻會遇上什麼事，就如葉子一樣，時候到了就黯然消逝。誰說未來的路還長？我們只能目視遠方，一步步砥礪前行。

誰也不知道未來會怎樣。

注解：

[1] 朱明、白藏：四季的別稱。「春為青陽，夏為朱明，秋為白藏，冬為玄英。」
語出《爾雅·釋天》。





笑容國

3C 石灝琳

我是一個每天被學生真情表露而折磨到有抑鬱症的老師。在新學年我決定辭職，整整兩個月的空窗期後，在家人三催四請下，決定到外地尋找真正的自己。

「歡迎乘搭笑容航空！」笑容國是沒有其他航班可以抵達的，只可乘坐他們的國家航空。短短三小時航程，空姐們的笑容在冷冰冰的機艙內給我許多溫暖，如在雪地中的火爐般暖入心頭，就連整天不快的我也不禁笑了笑，心想這不愧是世界上最快樂的國家。

一路回到酒店，笑容國的國民每個長相都很不同，唯獨的共通點就是臉上總是綻放着燦爛的笑容，猶如一朵又一朵茂盛的太陽花。笑容國就好像一個可以把一切煩惱的事拋諸腦後的國家，這樣看就像世外桃源，總是那麼的不實在。

導遊先生在翌日帶領我們到笑容國最著名的「笑容宮」。在維基百科上，「笑容宮」就是世界上最神秘的宮殿，聽說有種神秘的力量驅使人民每天笑容滿面。





但實不相瞞，「笑容宮」就只是小型的故宮，說真的沒有什麼特別，也談不上有任何使我快樂的神秘力量。牆上佈滿笑容國的國旗，圖案是一又一個笑容慈祥的爺爺，看起來卻有些詭異。導遊先生介紹牆上的標記時，我卻被門上的法規被吸引：「笑容國國民法律一：謹記臉上帶有笑容；法律二，笑容等同權力……」我不禁打一冷顫，心裏突然想起，我好像忽略了一個重點——難道笑容就是快樂嗎？

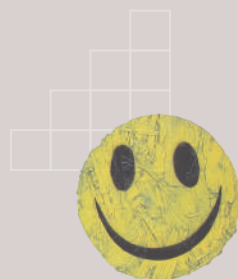
因而我走到附近的便利店，一個中年男人帶着他的微笑購買香煙，我鼓起勇氣向前問道：「你快樂嗎？」那男人躲避我的目光，上揚的嘴角微微向下，帶我到便利店一角說道：

「我的母親昨天去世。」

「你不傷心嗎？」我問道。

「我想應該沒有人因家人離世而感到快樂，但這裏是笑容國，笑不是因為感到快樂，而是我們的職責。笑容是我們的象徵，就如出門需要攜帶身分證一樣。同樣道理，看到街道上穿着笑容圖案制服的人嗎？他們是我們國家的『笑容監管者』，今早安排母親的身後事時，卻被他們發現我臉上的笑容不達標，結果給我開了告票。」

在接下來的數天，我發現在平民區上真的有許多「笑容監管者」，也訪問了不少路人，看得出他們其實並不快樂。離開笑容國後，反而鬆一口氣，不用再面對那些假裝快樂的人，亦開始懂得欣賞學生們喜怒形於色的真情。與其整天擺放着笑容，倒不如把喜怒哀樂都放在臉上，令人們能夠與你分擔你的感受，相信這樣才能夠感受到真正的快樂吧！



這一份恩情， 我會感激一輩子

4A
蘇諾明

這一份恩情，我會感激一輩子。

在二十年前的一個冬天，一個小孩子於車禍中喪失了雙親，由於孩子父母並無兄弟姐妹，唯有將孩子送到孤兒院，但一位年約七十的老婆婆無懼自己衰老的身體，仍執意要親自將孩子撫養成人。那個在黑暗中找到曙光的孩子正是我，而那個無懼困難的老婆婆正是我的外婆……



外婆在我三歲時正式撫養我，成為我的合法監護人，那年她六十七歲。到我長大後，才得知外婆悲慘的身世——外婆年少時在戰爭中同樣失去雙親，自小就在孤兒院長大，過着黑暗的生活，經歷無比的痛苦。長大後，認識了外公，很快便結婚，生下母親，但外公於母親出世後不久就去世了。如今母親死於車禍，對外婆更是重大打擊，但外婆仍對生活抱着樂觀的態度，可謂「女強人」。

雖然外婆於人生路上經歷很多的痛苦，但仍耐心地照顧我。記得五歲那年，幼稚園老師要求每人分享與父母的經歷。輪到我的時候，我一言不發，眼有淚光。老師問我原因，我終忍不住嚎啕大哭，更哭了幾個小時。老師通知外婆後，她立即趕來，向老師誠懇地說：「對不起！」然後帶我走了。

在回家路途中，我亦止不住眼淚，不斷大哭，問外婆：

「為何我從小就沒有父母？」

外婆只是語重心長地說：「沒關係，你有我便足夠。」

回到家後，我才止住了淚水，而外婆則躲入房間，在一片寂靜之下，我從房間外隱約聽到一陣陣的哭聲。到了長大後，我才知道我觸碰了她的傷口……

雖然外婆在照顧我的時候遇上困難，但我知道她十分愛我，視我為掌上明珠。記得小學三年級時，我要寫一篇關於父母的文章。我不再像從前般情緒化，更以外婆代入父母的角色嘗試寫作，但有幾個頑皮的同學走過來，譏笑道：「你都沒有父母，別交那份功課吧！」這一句猶如在我的傷口上撒鹽，留下深深的烙印，悲痛不已的我，再也忍不住眼淚。回家後，外婆察覺我有些不妥，便叫我一五一十道出整件事。得知原委後，外婆輕撫我的頭，微笑地說：「嘴巴長在他們的身上，我們不能控制他們所說的，別放在心裏。」雖然她說這話時露出笑容，但從她的表情，可見她難掩心底那種悲傷、那種痛苦、那種不捨……

隨着我的年歲增長，所花的開支亦增加許多，外婆年過七十仍努力出外賺錢，為我而拼搏。上了中學，我讀了《陳情表》，從中深深感受到作者和祖母之間深厚的感情，作者為了照顧年邁的祖母，竟放棄仕途大業，可謂孝子。當我讀完這文章後，心裏湧現出一種難以言喻的感受，身為同路人，我有深深的體會，回想起外婆由小至大照顧我的往事，我們之間的感情不能言喻。那種感動驅使我流下兩行熱淚，我亦立志為了讓外婆將來享受安穩的生活，給她建構一個快樂無憂的晚年而努力讀書。

回顧我這短短的成長歷程，假若沒有外婆，我可能只是個無依無靠的小孩，但從外婆身上，我學懂她那份堅強，那份忍耐的意志。生活無論多麼艱難，也要捱下去，而最重要是她對親人不離不棄，我更應該知恩圖報，感激她無私的奉獻，外婆，感謝您！

外婆今年八十七歲。

Mr. Yip Wing Hei

We smile, laugh, walk and connect together. We decide to commit ourselves to a lifelong relationship.

We always plan for the best and you know life always beats you down. With faith we know God always does the rest. Only 20 guests were allowed at our wedding ceremony but we could feel all your love through the live broadcast channel. Thank you again for all the blessings.

May God lead your way when there seems to be no way.

We got married!





劉永恒老師

劉永恒老師的細女——劉一望在今年3月4日的黃昏出世，求主讓她對生命常存盼望，並能在基督的愛裡健康成長。

黃敏瑜老師

黃敏瑜老師感謝天父賜予我們一家第二名女兒，取名為「欣悅」，寄望她擁有喜樂的人生。我們相信，喜樂的人生是可以享受生命的每一刻，不論環境如何，也有從心而發的喜悅，並能與上帝相遇，行在上帝的心意裡，能愛人亦得自愛。願上帝祝福小女兒，也祝福大家有喜樂的人生。



Ms. Tsui Ka Ki

Our second child, Gabriel (旨祈), was born on 8 February. We are so thankful to God for sending us this tiny little new family member. Caring for a newborn baby and looking after a five-year-old son at the same time is challenging yet full of sweet, memorable moments for me. I feel so blessed and lucky to be a mother of two kids!

Ms. Lau Kristina

"If I am thinking correctly," said Pooh, "a new baby is probably, undoubtedly the grandest gift that could ever be." To that James 1:17 answers, "Every good and perfect gift is from above." On August 27th, 2020, our son Zachary Ho announced the end of his reign as the only child. Meet Zoelle Leia Ho! She's currently 17 pounds of sugar and 24 inches of spice. But I assure you she's everything nice.

Zoe is the life that is given by God through Christ Jesus.
Elle means God is my light
Leia is a child of heaven.

Thank you for sharing this joyous news with us.
The Ho Family <3





第十二屆家長教師會副主席 劉寶瑜女士分享

崇真這個名字在我心目中就是「家」。因為我是基督徒，好想孩子就讀基督教幼稚園，因而找到崇真。兩個兒子從幼稚園開始，就在崇真這個大家庭中讀書、學習、成長！非常欣賞崇真的辦學理念、校長和老師們的愛心與熱誠！由哥哥K1開始，我已經積極參與家教會事務及家長義務工作，到哥哥K3時，更當選家教會主席及校車監察小組委員。時光荏苒，現在連弟弟也就讀中三了。

國際美食嘉年華、文化日、嘉年華會、家教會親子大旅行、崇真義工隊、家長興趣班、敬師心意遍崇真，一個個活動名字和美好回憶，陪著我和兩個孩子成長。愈多參與、愈能了解學校和老師的用心，更能促進家校合作，了解孩子在校的生活！

感恩在這些年來，透過參與及協辦家教會不同活動，學懂很多！不但有助我和孩子溝通，更讓我學懂怎樣做個好媽媽。而孩子在崇真這個大家庭，也長成一個懂感恩、積極上進的孩子。我會繼續參與家教會活動回饋學校，和大家一起分享、一起成長，共建和諧美好校園。



禮物包傳心傳意行動

疫情下，家教會為全校師生、職員及工友送上小小心意，希望為大家打打氣！義工服務隊的同学亦協助整理小禮物，發揮互助精神！



第十二屆家長教師會委員 吳雁女士

靜待花開的日子：聽余德淳博士「一起在ZOOM的日子」分享有感

在漫長難熬的疫情裏，不少家庭的親子相處中充滿張力，家長關心子女上網課的表現，難免身心俱疲。有見及此，本校家長教師會有幸邀得本港著名EQ專家余德淳博士，於2021年3月13日下午蒞臨本校，為家長主講題為「一起在ZOOM的日子」的專題分享。

余博士首先分享了五種不同的家長類型：虎爸虎媽、象爸象媽、直升機爸媽、水母爸媽及海豚爸媽，說明他們在對待孩子的態度及理念上的差異，並向聽眾提出一些建議。

余博士指出，用ZOOM上網課，對好動的青少年是很大的挑戰，對同學的專注力及自律有著很高的要求；與此同時，對家長的忍耐、理解、包容、溝通方式的運用、情緒控制等能力，同樣有著很高的要求。家長不能一味期望把孩子塑造成合己心意的「作品」，同時也應作好榜樣，並多些瞭解孩子，表現包容和接納：

「事實上，春春期父母最大的功課，不是進攻，而是防守！只要能順利地防守成功，穩妥地陪伴孩子度過青春期，已經是一個很大的勝利了！要對孩子有信心，他們終將會回到正路上來的。」

余博士針對在這階段的親子關係，給家長提出一些建議，包括：

可引導孩子將讀書後所做的筆記裝訂成冊，以強化成就感：曾有學生把學習生物學的筆記譜成幾十首歌曲，以增加學習的樂趣。

鼓勵孩子思考，以懷疑精神作為學習動力：思考每一件事「是否符合事實？」「是否前後一致？」「是否實用？」若這三個條件都成立，才確認事情的合理性。

幫助孩子建立明確的目標，令他們專注：讚賞孩子的每一個小進步，並注意孩子的表現，幫助孩子訂立明確的目標。若中學生一天中有兩小時能高度專注學習已算成功；不專注的學生比較相信命運，可嘗試改變孩子的思維，鼓勵他們計劃未來。

要搞清楚家長的焦慮源頭是什麼，不要放大問題：不應自行製造焦慮，並用焦慮指引及控制子女的人生；憂愁會令焦慮升級，會愈想愈可怕，並把自己的想像誤解為事實。家長需有清晰的自我認知，知道事情的全貌，多些瞭解、多些體諒、多些溝通，即會發現事情往往沒有想像中那麼糟糕。

分享結束後，余博士在現場耐心回答家長提出的問題，並就當天的講座進行了總結，他再三提醒家長：

「良好的親子關係永遠重要過成績表現！」

給孩子多一些的時間，適當地與他們溝通；家長需耐心等待，靜待花開。

會後，家長們紛紛向余博士表達了真摯的謝意。家教會盼望家長與同學一起努力，同心走過艱難的日子，一起收穫美好的明天。

舊生分享

Alumni Sharing

張國濠老師

大家好，我是張國濠老師。我是基崇第11屆(2016)畢業生，目前在香港教育大學修讀科學教育榮譽學士，並在本年3月至5月回到基崇實習。在基崇實習的日子，讓我獲益良多，特此紀錄和分享我在實習期間的點滴和感受。

離開基崇已經五年了，以不同身份再次回到校園的感覺十分奇妙。還記得第一次進入教員室時，感覺像在基崇人的成就表上多完成了一項；第一次被學生以「張sir」稱呼時，也令我更重視教師這個身份。在這兩個月的實習當中，體驗了各種大大小小的經歷，瑣事在此不贅，這段時間裡最大的感受，莫過於感恩和感謝。

首先，要感謝基崇的老師們在這段時間的教導和照顧。特別是我的兩位原任老師——區逸賢老師和謝廣成老師，在實習期間讓我嘗試不同的教學方式，並給予種種教學專業意見。至於其他老師，雖然未必有太多交集，但每每在校園碰面時，你們也會給予我鼓勵和提醒。不論就學或實習期間，我對基崇老師們的感激溢於言表。

然後，要感謝我任教班別的學生們，在這段時間的包容和忍耐。張sir十分明白自己在學科知識和教學技巧上遠遠未及其他老師，在課堂裡的講解也未必能讓你們明白透徹，但你們在課堂上十分專注和投入的身影，大大激起了我對教學的熱情，也將成為我回到大學後，繼續奮進的動力。在此祝福你們在基崇的校園生活美滿，在學習上百尺竿頭，更進一步。

最後，也要感謝上帝在我生命中的看顧和計劃。在多年的校園生活中讓我遇見好同學、好老師、好學生，使我不論在學業上和待人接物中也變得成熟。感恩在人生中的每一步也有主的扶持。

在完成這篇分享的時候，我的實習也來到尾聲。再次離開基崇後，但願他日有緣在別處再會。



Ms. Chow Chiu Ying, Fariha

Learning is a lifelong process. Know oneself, know God.

I am Chow Chiu Ying, Fariha. Fariha means happiness in Arabic. I joined the big family of TTCA in 2010. I was a passionate Form 1 student who anticipated a lot of adventurous journeys. I even rehearsed singing the Academy Anthem before school started! I am very blessed to have had many nice classmates and teachers. They have brought so many vibrant colours to my secondary school life. I joined the English Debate Team and also the Prefect Team. These positions have armed me with the ability to cooperate with people harmoniously, to communicate in a kind manner, to give speeches confidently and to manage administrative work competently.

By the grace of God, I was chosen to be the first Outstanding Student representative from TTCA to join the Tsung Tsin Mission Interschool Competition. I got a chance to meet different students from different Tsung Tsin Mission schools. They all had different personalities, but I would say that they all had great enthusiasm in pursuing their dreams. I even bumped into some of them on university campuses some years after we had first met!

God never forgets our prayers. I wished to become an English teacher when I was a kid, or maybe when I was in early senior forms. But the goal was soon forgotten due to tedious study and overwhelming practice papers. Later, I took aim at other subjects like Architecture and Culture Preservation, Translation and Interpretation, Chinese Medicine, and a lot more. But God guided me to the path of education again when I received the offer from JUPAS allocation. I entered a double degree programme in English Language and Literature and English Language Teaching in Hong Kong Baptist University. I also minored in Religion, Philosophy, and Ethics.

I went to Brisbane in the summer of 2018 for an immersion program as a compulsory part of my double degree. It was a wondrous experience. I loved the city, the people, the culture, the food, and the lifestyle. Living with a host family for 2 months was too short. I had just built a relationship with them and then I had to leave. I cried bitterly when I had to get onto the coach heading to Brisbane Airport after saying goodbye to them. I hope that I can visit them and their beautiful city again soon.

In 2020, I also got the chance to come back to TTCA with a unique identity – an alumna and student teacher! I taught English to a lovely and active class. It was my first time ever entering the Staff Room, using the staff restroom, tapping on the card-reader with a staff card, etc. Being a colleague among many of my teachers felt so special. I think they will always be my teachers no matter what position I attain. I have to mention that seeing my teachers become mothers was also very touching! It is the continuation of life and knowledge from generation to generation. In addition, I want to again thank God! I have a primary teaching job already.



你
快
樂
嗎
?



林家貝傳道

疫情之下，許多人都過得不快樂。人與人之間好像有道無形的牆，將我們分隔開。許多城市實施封城的政策，人們外出亦因衛生的緣故戴上口罩；放眼處處死氣沉沉、人人失去動力。

事情或環境往往影響我們的選擇，然而，那也僅為眾多選擇的其中之一。

正向心理學 (Positive Psychology) 的始創人馬丁·塞利格曼 (Martin Seligman) 在他的名著《真正的快樂》(Authentic Happiness) 裡列出了一條快樂的方程式： $H=S+C+V$ 。

H = Happiness 代表維持快樂的長度。

S = Set Range 代表與生俱來的情緒基調, 快樂與否的範圍及廣度 (佔40%)。

C = Circumstances 代表現實環境和個人際遇 (佔20%)

因人在適應環境或際遇之後，心情往往會回到自身的水平，所以中頭獎或畢業之類的快樂不能持久，就是這個道理。

V = Voluntary Activities 代表可選擇控制的活動和思維 (佔40%)

即你可以選擇去做令自己開心或不開心的事情：你的思想模式、信念、對事情的理解、應付問題的能力、行為模式等等，都是決定你快樂與否的因素。由此可見，我們的選擇和行動，在「生成快樂」的過程中佔了一個很重要的位置。你有能力決定離開負面情緒、奔向快樂。其實我們有能力選擇，只是人傾向沉淪於不快樂而已。

最後希望引用何權峰先生的一篇歡笑箴言作結束：

人最浪費的時間就是那些沒有歡笑的時光。

在所有美容當中，最便宜又有效的就是你的微笑。

大笑是一種沒有副作用的興奮劑，微笑是一種沒有副作用的鎮定劑。

微笑只需用到臉上14條肌肉，而皺眉頭則要用到72條。

把生活過得愉快些、過得放鬆些，不要創造不必要的難題，你的難題有百分之九十九是你自己創造出來的。

你想學業變好，你想關係變好，你希望身體好起來，你期望好運跟著來……不管你想的是什麼，都必須先快樂起來，你只要是喜樂的，每一件好事都會隨之而來。

在生命中不管遇到任何困難，都不要失去臉上的笑容。

在此祝福每一位基崇的同學們，
都能選擇歡歡喜喜的去迎接每一天的新挑戰！
願上帝與我們同在，使我們經歷上帝的恩典。



Happiness

=



Set Range

+



Circumstances

+



Voluntary Activities



Tsung Tsin Christian Academy
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