

迴聲

Echo.3



地利亞修女紀念學校(協和二中)

Delia Memorial School
(Hip Wo No.2 College)

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放眼望去，只見一座聳立在藍白之上的高橋，空氣恬靜，海浪打在石礁之上，耳邊隨即泛起一股空靈。我待藍天靜好、叢花顯紫，曾經，紫色代表漁鄉。如今代表的卻是一股返回上游的驕傲，這樣的思緒隨著微暖的日光治癒著我渴望歸來的心情。

5B-杜小川



午後黃昏，街上似乎變得冷清，剩下的是待歸的遊子。有的孑身一人、有的成伴結隊，為的只是瞥見那泛紅的斜陽，餘溫為船隻揚帆，就像我們背靠著的温度。舒服而暖心，以前總說「城裡的人想出去，城外的人想進來」，現在的我只想北上去探求那抹艷陽。

5B-張宥衡



日暮將垂，街道卻繁華依舊，恍如火球的高陽為這個石幕森林增溫，溫暖了忙碌的上班族。「夜」，似乎沒有打斷此城的節奏，璀璨的明珠掛在維多利亞港之上，中式帆船讓我想起故鄉的另一端，此端和彼端都在各自努力，建造出屬於自己的嶄新面貌。

5B-江嘉怡

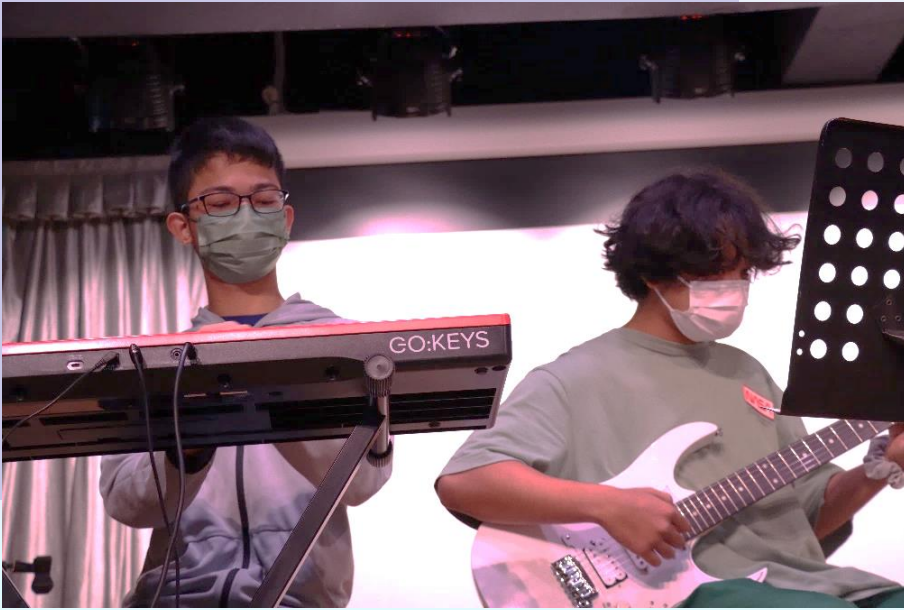
Cheering Team 啦啦隊



The cheering team is a team that uses various props, slogans, dance moves, etc. to cheer for the participating students in the competitions.

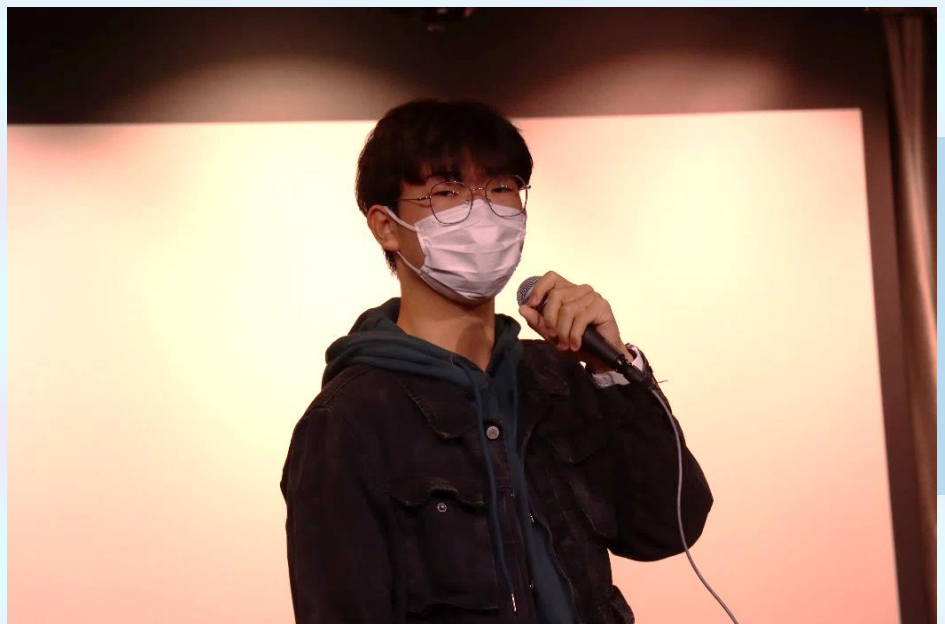
啦啦隊是在競賽活動中，利用各種道具、口號、舞蹈動作等，為參賽同學加油的隊伍。





Students learn to play different instrument in Performance Team and practice for the dance show of cheering team. We also organized the Christmas Talent Show. And we had achieved good result in Inter-school Talent Show.

學生在表演藝術組中會學習不同樂器，亦為啦啦隊的舞蹈表演進行恆常練習，籌備聖誕才藝表演，並在聯校才藝表演中獲得佳績。



Uniform Team 制服團隊



Uniform team consists of Scout, Road Safety Patrol and Flag Guard. We conduct flag raising ceremony and practice foot drills every week. Our objectives are to build up students' sense of responsibility and to develop their self-discipline.

制服團隊包括了童軍、交通安全隊及升旗隊，我們每星期都會進行升旗禮及練習步操。我們希望建立學生的責任感及培養學生的自律性。





Creator 創作者: NG TSZ CHUN 吳子俊 3B

Title 名稱: Follow your heart 隨心

Interpretation 創作意念:

I picked up the brush and splash the mixed color on the drawing paper freely. From this drawing experience, I found myself enjoy in doing such of art, by its freely creation, like abandoning all the bad feeling in my mind.

我拿起了畫筆，混合好了我想要的顏色，然後隨心地揮灑在畫紙上。我從這次開始才發現畫畫創作原來如此舒心，我愛上了在畫紙上自由隨心地創作的感覺，猶如將心中一切的雜念拋開。



Creator 創作者: CHAN YIK WA 陳奕華 3B

Title 名稱: Order within chaos 亂中有序

Interpretation 創作意念:

Although it look like messy , no matter the colors or the stroke , are on purpose to do so. I try to show my anxiety on taking the new challenge through the artwork.

畫面看似很凌亂，但其實都是經過刻意的安排，無論在顏色或筆觸上。我嘗試透過畫作表達出我對於迎接新挑戰的緊張。



Creator 創作者: LIMBU GRISHMA 励美 3A

Title 名稱: 鏡頭後的我

Interpretation 創作意念:

I like using camera to record down everything. One time I try to take a photo of myself toward a mirror , I found the photo is interesting , so I sketch it up.

我很喜歡周圍拍照，記錄所見所聞。而這一次我嘗試對著鏡子拍下自己的照片，記錄鏡頭後的我，發現另有一番風味。所以我便再運用素描的方式展示出來。

Beat Drug Slogan and Poster Design Competition

禁毒標語及海報設計比賽

「動敢抗毒」
BEAT DRUG WITH SPORTS
禁毒標語及海報設計比賽
SLOGAN & POSTER
DESIGN COMPETITION

遞交1份海報作品(連標語),
換取2張「動感獎券」!
SUBMIT 1 POSTER DESIGN
(WITH SLOGAN)
TO GET 2 "ACTIVE COUPON"

主題: 如何慎防誤墮毒網
THEME: HOW TO GUARD AGAINST DRUG TRAPS

海報尺寸: A4
標語字數:
(中文) 30 字以內 (包括標點符號)
(英文) 30 字以內 (包括標點符號)

Poster Size: a4
Slogan requirement:
(Chinese) Within 30 characters
including punctuation
(English) Within 30 words
including punctuation

獎品: 頭五名有豐富獎品!
冠軍標語會列印在橫額!!

Award:
Best 5 designs will get a prize!
Winning Slogan will be
printed on Banner!!

遞交到
Submit to <https://forms.gle/w6vSh5dUjDVfsSCVA>

截止日期 DEADLINE
2/6/2022 (星期四 THURSDAY)

Building a healthy lifestyle helps teenagers stay away from drugs and sports play an important role in a healthy life. Apart from enhancing the physical and mental well-being, teenagers may also establish social network, improve interpersonal relationship and foster spirits of cooperation through sports. Hence, we have launched the 'Beat drug with sports' Program in this school year.

建立健康的生活方式有助青少年遠離毒品，而運動正是健康生活的重要一環。除了增進身心健康外，青少年亦可擴闊社交圈子、增進人際關係及培養合作精神。因此，我們在本學年推行了「動感抗毒」計劃。

Theme 主題:
How to guard against drug traps
如何慎防誤墮毒網

Junior Form 初中組



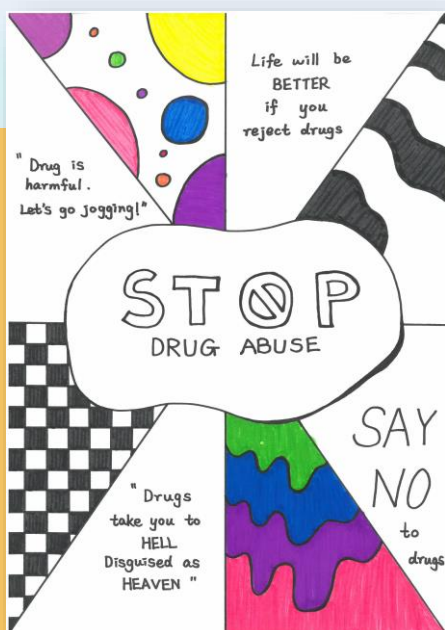
1st Place 冠軍

1B 鍾翹義 Chung Alexa Louise



2nd Place 亞軍

1B 曹翠茹 Cao Brianna Angelique



3rd Place 季軍

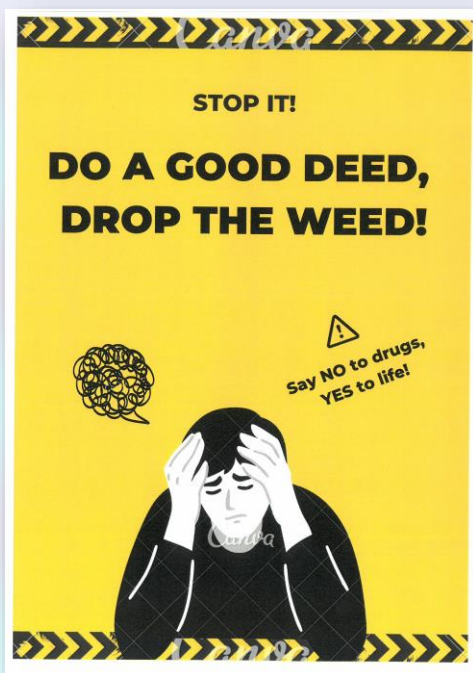
3A 陳芷其 Chan Tsz Ki

Senior Form 高中組



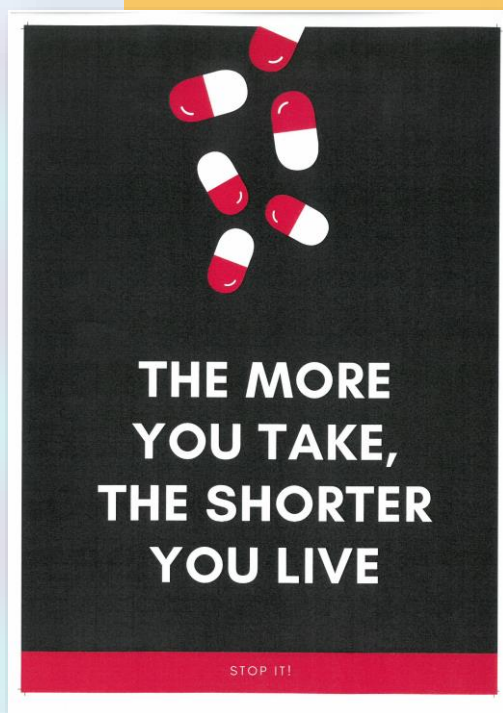
1st place 冠軍

4B 歐陽海橋 Au-yeung Hoi Kiu



3rd place 季軍

4A Abdulghani Ali Shahnawaz Othman



2nd place 亞軍

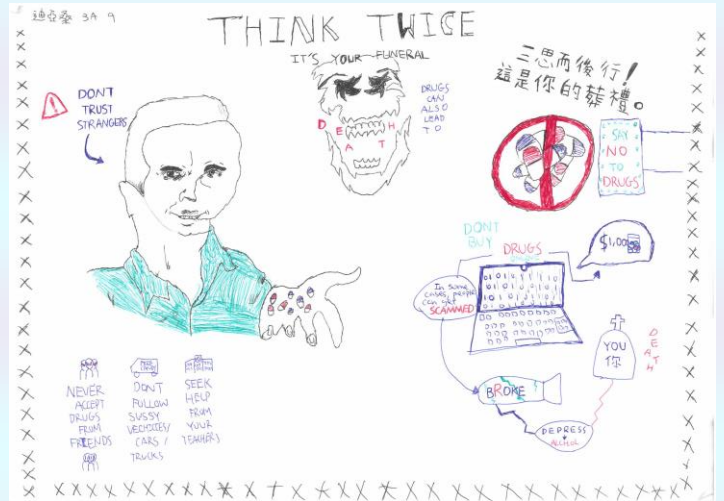
4A Sarker Aditto

Merit 優異獎

Junior Form 初中組



1A Rai Asben

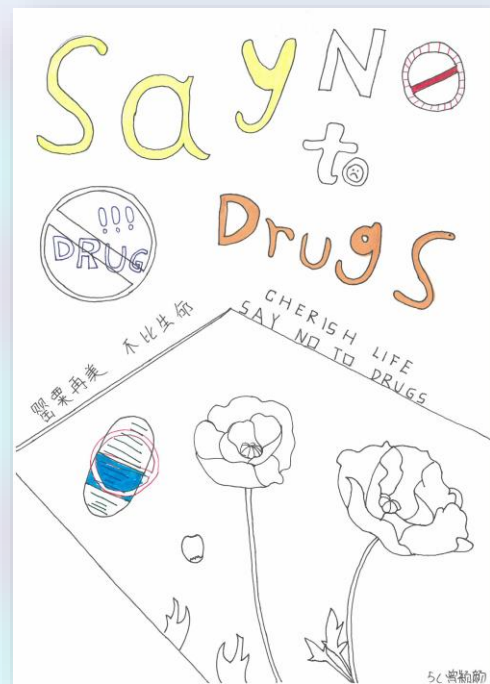


3A D'Souza Sean Diago

Senior Form 高中組



4A Adeel Ahmad



5C 曾穎顏 Zeng Yingyan

2. Taspony and Volleyball Beat Drug Challenge

手綿球及排球禁毒賽

Instructions



1. To choose the **CORRECT EFFECT** of the 'Harms of cannabis and ketamine abuse' by serving the Taspony/ Volleyball on the respective area.

2. **TWO** serving chances will be given on each attempt. Students are encouraged to line up again for another attempt 😊

玩法



1. 透過發球把手綿球/排球落在正確的「吸食大麻和氯胺酮」禍害的相應區域。
2. 每次嘗試將有兩次發球機會。
3. 鼓勵學生再次排隊參與下一次嘗試 😊

 專注力下降 Reduced concentration	 更有型 Charming	 違法行為 Legal offence
 提高行動機能 Better motor function	 增加癌症風險 Heightened risks of cancer	 更聰明 Smarter
 記憶力衰退 Impaired memory	 更健康 Healthier	 幻覺 Hallucination

X

Serving Position
發球位置

Taspony Beat Drug Challenge
手綿球禁毒賽



Volleyball Beat Drug Challenge
排球禁毒賽



Taspony and Volleyball Beat Drug Challenge

手綿球及排球禁毒賽



Student helpers can learn how to organize sport events as well!!

學生籌委也可從中學習如何籌辦活動!!

本以為今天的事能順利完成，但最後竟因為大意而得到如此下場……

比賽接近尾聲，雙方依然緊緊咬著比分，「補防啊！」，思賢大聲的吼道，對手在即將消耗完二十四秒時，將球傳給了漏空防守的底角位置，我盡力跑向進攻者但無濟於事，三分進帳，比分被反超兩分，時間更是所剩無幾，場邊的觀眾已經沸騰了起來，有的高呼加油，有得喝倒彩，「喂！醒醒啦，跑快一點啊，要不要我煲個枸杞湯給你喝啊？」向華略帶諷刺地向我說道，眼神中帶著濃濃的殺意，我早已大汗淋漓，沒有理會他，心想：「才多大的事情，一個三分就能搞定。」三人徑直走向看台誰也沒有理會誰，這是一場帶有優勢的比賽，對方三人身高都不如我們，最後一攻我們選擇交給最擅長三分球的思賢，我們默默聽著教練安排過程中我們沒有任何眼神交流。手中的寶礦力一飲而盡。

隨著哨聲吹響，雙方球員再次回到球場，半場發球，對方死死的防守著每一名球員，突然思賢通過向華的無球掩護成功跑出空位，我遲疑了一下將球奮力拋出，臉上已經洋溢著勝利的喜悅，可誰曾料到，球在空中好像放慢了速度，對手竟然已經跑到了球即將落地的位置，說時遲那時快，思賢和他幾乎同時起跳，可惜晚了一步，球落在了對手手中，快速傳給早早跑向我方籃框的另一名隊友，輕鬆上籃，我感到有些恍惚，背後感到一陣陣涼意，我不敢相信眼前的場景，尖銳的哨子聲將我帶回現實，「我宣布，今天的比賽，由 C 隊以四分之差贏下比賽！」。

對面的支持者們已經坐不住了，一窩蜂的跑向他們祝賀，反觀我們，一聲不吭，坐在座位上發著呆手裡不停按壓著空的塑料樽，很明顯我們並不服氣輸了這場比賽，「我感覺我們剛才配合得很差，我們都有問題。」我很沈悶的說了一句，思賢冷笑了一下「配合，剛剛的防守你跑去哪裡，還有最後的發球，發的那叫什麼？沒有吃飯嗎，不是因為你我們怎麼會輸掉這場比賽，簡直就是廢物一個！」思賢怒不可遏的回應了我將手中的水瓶摔在地上將頭扭向了一變，我徹底被激怒了，用力的站起來，憤怒的走向思賢，重重的推了一下他「你什麼意思，現在全部都賴我了？」思賢也不甘示弱站起身來推回了我，雙眼四目瞪著，氣氛變得白熱化起來。

這時向華站了出來把我們分開「既然一起打球這麼不開心，不如我們就解散了吧怎麼樣？」「好啊就這麼決定了！」我和思賢幾乎異口同聲，各自拎其書包，賭氣走了。

走在回家的路上，腦子裡不斷浮現爭吵的畫面，球場上的傳球失誤、掉球、上籃不進，越想心情越加煩躁，「嗶——」刺耳的鳴笛聲嚇得我一顫，「小子，找死啊！」的士司機探出頭來破口大罵，我連忙道歉，自己竟然闖了紅燈，路過公園看到幾個小孩在打球，看了看手中的手機，時間還早進去看看。

「球傳到我這裡！」其中一個小孩喊道，隊友快速將球傳到他的手中，一個輕鬆的切入上籃，他坐在了地上，兩個隊友趕忙過來將其拉起「這球漂亮啊！」口中不斷稱讚道，臉上源源不斷洋溢著笑容，即使沒有投進球，他們依然相互鼓勵，並沒有相互責怪，這使我竟倍感羞愧，今天在球場上並沒有做好自己的本分，還把責任推在隊友身上，我開始對今天所的行為感到懊悔，我用手機將這群小孩打球的過程拍了下來並且上傳到我們三人的籃球群組，平常這個時候我們正在群組激烈討論著一些籃球技術和心得，今晚格外冷清。

半個小時後，球場上已空無一人，看台上只剩下我一人，看著空蕩蕩的球場，眼前漸漸浮現出我、向華、思賢的身影，是的，這個公園的球場，是我們三個認識的地方，傳球、投籃、跑位，樣樣都練，每天放學後，我們就會相約來到這裡一起練球相互為提升籃球技術而進行討

論實戰，指出各自存在的問題。可如今卻因為輸掉一場比賽，使我們三人的友情走向分裂，我深深的嘆了一口氣，感到胸口發堵，慢悠悠地走回了家。

床邊的書架上有一個相框，裡面裝著我們三個第一次贏得比賽的照片，當時的喜悅至今都難忘，我放好相框，便睡了。

第二天清晨，我被電話鈴聲吵醒，我迷迷糊糊接了電話，「喂！快起床了，我們老地方見，等你啊。」電話那頭竟是很熟悉的聲音是思賢，我感到有些詫異「昨天我們不才……」我沒有多想，立馬趕往公園。

來到公園便看到兩個熟悉的身影，思賢和向華，我不知道昨天的行為有沒有傷害到他們，便想著先開口道歉，這時思賢首先開口了「首先我要對昨天的言行道歉，我覺得我很愚蠢，看了你昨天上傳的視頻我彷彿看到曾經的我們，我們還能做朋友兼隊友嗎？」思賢的態度很誠懇，我將左右手分別搭在思賢和向華肩上「你們永遠都是我最好的朋友和隊友！這輩子都不會變！」我們三個都笑了，便抓緊開始訓練，繼續磨練我們的默契度，相互指出問題。有說有笑，一個愉快的上午過去了，我們破鏡重圓，從前的默契好似又回來了。

幾天後，我們再次遇上上次的對手，這次我們做好充分準備非常有信心將其拿下。

比賽中我們默契配合，傳球投籃一氣呵成，進球時相互擊掌慶賀，沒進也依舊相互鼓勵，隨著一聲哨響比賽毫無懸念的結束了，大比分完勝對手，取得完勝。

賽後我們緊緊擁抱在一起，我們做到了，教練提議道「既然這麼開心不如給你們合張影做個紀念？」我們三對眼相望，會心一笑。

床頭的書架上多了一個相框，沒有別人，還是我們。公園球場，陽光普照，籃球落地的聲音響徹雲霄。

6B 黃毓達 -本以為今天的事能順利完成

這一句話，我會記上一輩子。

天氣悶熱而潮濕，空氣中的水份與汗水混合後變成了令人不適的黏澀，落日的餘暉如金色的漣漪蕩漾着，將途經的一切事物都塗上金真線。我看着頭頂被光線渲染成橘紅色的標示——「少壯不努力，老大徒傷悲」，臉上不禁流露出一不屑的神情。那時候的我天真的堅信着青春年輕的魔力，隨意地揮霍著光陰，卻不明白時間是我獨有的寶物，也是我僅有的財產。

訓導主任的臉上滿是皺紋，那是時光並不溫柔的刷洗，令他的臉上都帶上了嚴肅的神色，徒勞地說着光陰一去不返的殘忍，聽眾不以為以地聽着，我小心翼翼地繞過那個倒楣鬼，並不想被老師抓去跟他作伴，一起嘮唸着。我快步走著，直到走出校門後就慢下來了，把學校裏的事全都拋到九霄雲外。

我看着眼前的試卷，心知不妙，又翻了翻頁，試圖在其中找出一條自己會做的題目，紙上的字句簡單易明，但組合起來又陌生至極，晦澀難明如無字天書。我指尖發麻，微風吹過冷汗的後背是顫了一下。心中突然升起一股巨大的懊悔和對於自己的失望，因為自己現在陷入的糟糕境況正是當初自己做下的選擇所導致。選擇在課堂上神遊天外，心不在焉地對着課本發呆，眼睛在盯着書本卻一個字都沒有看進眼內；選擇與所謂的好友在外徹夜歡騰，但其實彼此並不熟識，對對方的了解也就比陌生人好一點，四處遊蕩，重複着毫無意義的行為；選擇回家後將書本放在一邊，從不揭開書頁看看，以致紙頁的邊緣依然鋒利得能割開手指的表皮，內裏整潔雪白如初。如暮鼓晨鐘，幡然醒悟，原來過去的我一直在虛度光陰，麻木地耗用着青春，自以為自己有大把的時間，打發那些無聊又煎熬的時光，卻未曾想過利用它們來做更有意義的事，用知識來裝備自己，用道理來豐富自己。

最後，我還是努力地將試卷的空白處填滿，畢竟我總不能一直呆在原地發呆，我嘗試在記憶中榨壓出相關的片段、在微薄的知識中翻尋着，並毫不意外地發現自己只有零碎的印象。心臟猶豫蟻噬般難受，難過在腹腔中盤旋，眼眶發熱，不由自主的想起自己過去亦曾被人稱讚自己的聰明才智，成績位列前茅，如今卻苦苦思索着，掙扎着，只為了能填滿這份試卷。

我面色發白地走出考場，看到考場外貼成一排的勵志的標句。「少壯不努力，老大徒傷悲」的標誌鮮紅醒目，悵然地哀嘆着，勸誡古往今來的年輕人們要珍惜時間，否則到老時只能白白地悔恨了。我想起了訓導主任兩鬢間的白髮、臉上歲月的痕跡及他不厭其煩的勸勉，眼神間充滿對後輩的慈愛和期望，想起了母親便的魚尾紋和覆有薄繭的雙手，一陣慚愧的內疚擊中了我，我實在不應讓他們憂心。

天空是飽滿的藍色，萬里無雲，光線直直地照射下來，在婆娑樹影下投下點點光斑，身上的寒意太陽輻射的熱度下一掃而空。儘管內心仍然被悔恨和沮喪佔據着，但也不能自暴自棄，而是要改過自新，在錯誤中汲取教訓，努力成為更好的自己。

此後，我便奮發圖強，珍惜每一寸光陰，把握當下做好每一件事，努力活出更有意義的人生，日月如梭，光陰似箭，如果任由時間匆匆路過，便只能徒勞地悔恨着時光的無情或自身性命的短暫。

6B 林麗桐-「這一句話，我會記上一輩子。」

一	《	聯	構	物	地	鄰	人	
年	南	繫	比	理	里	的	隨	
》	社	的	想	位	亦	相	着	
	之	契	像	置	而	處	時	
	音	機	中	的	被	模	代	
	第	。	相	背	賦	式	轉	
	一		遇	景	予	都	變	
	百		，	、	新	起	，	
	二		都	興	的	了	居	
	十		可	趣	定	不	住	
	二		以	，	義	少	環	
	期		成	乃	。除	變	境	
	，		為	至	。了	化	、	
	二		人	在	除	，	人	
	零		與	機	了	，	與	
	二		人	機	了	，	與	

2A 陳曉琪

《南社之音第一百二十二期，二零二一年》

枯	人	出	歸	，	是	忠	辭	今	題
、	之	於	於	順	，	信	讓	人	目
悉	性	辭	暴	人	，	亡	亡	之	：
矯	惡	讓	。故	之	故	焉	焉	性	荀
然	明	，	必	情	淫	；	；	，	子
徐	矣	合	將	，	亂	生	生	生	·
直	，	於	有	必	生	而	而	而	性
；	其	文	師	出	而	有	有	有	惡
鈍	善	理	法	於	禮	耳	好	好	一
金	者	，	之	爭	義	目	利	利	節
必	備	而	化	奪	文	之	焉	焉	錄
將	也	歸	，	，	理	欲	，	，	）
待	。故	於	禮	合	亡	，	順	順	
壘	柁	治	義	於	焉	有	是	是	作
厲	木	。用	之	犯	。然	好	，	，	者
然	必	此	道	分	則	聲	故	故	：
徐	將	觀	，	亂	從	色	殘	爭	荀
利	待	之	，	理	人	焉	賊	奪	子
。	槩	，	然	，	之	，	生	生	
	後	後	後	而	性	順	而	而	

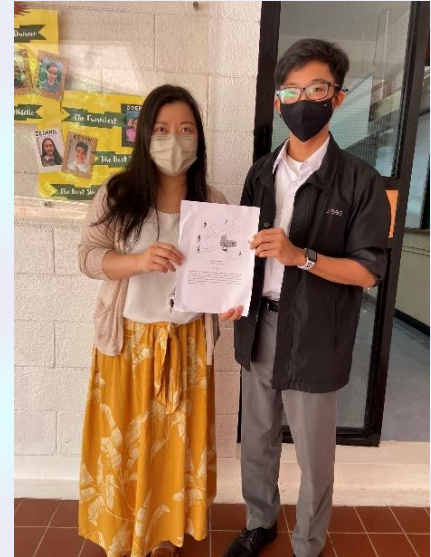
3A 陳德露

《荀子·性惡(節錄)》

Outstanding student's works- English

Sayings of Wisdom:

All roads lead to Rome



Description:

The drawing shows 5 people each taking different paths. However, all their paths lead to their goal in the end. The phrase 'All roads lead to Rome' means that there are many methods to achieve the same result. They all differ depending on the person. Some people may choose to take an easy and simple path while others may choose to take the more challenging, time-consuming path, but like I've mentioned earlier, they all lead to the same result.

4A URMENETA ALFONSO JOAQUIN IGNACIO

(No. 1) Spread Love and Kindness like Mother Teresa

Humanity , one of the 6 positive virtues. Love , appreciation and kindness , a part of the 24 good character strengths. We all grew up with the concept of 'Acts of love and kindness , even if they are small , they are never wasted' roaming around us at all times , but how much of it is still engraved on our minds and hearts? Think back to the last time you helped someone simply out of a desire to help , not because of some obligation. Do you rather do that often or was it just a once in a blue moon thing?

No matter what your thought for the previous question is , I'm sure that the question of 'Is that even important?' has sparked at least once. And the answer is yes. Yes , kindness or rather any other universal moral values are important. They are all an essential and universal quality to make the world a better place for living. For me , it is the one thing that connects us regardless of all social factors as living beings on this planet. It is something that has remained unchanged no matter what the world has gone through , therefore it is crucial for us to understand how it impacts others and the value of it.

In my opinion , change is something that is inevitable in order to keep everything in track , without influential changes made by some people with good character and heart , the world wouldn't be what it is right now. One of the most famous examples would be none other than Mother Teresa herself. At a very young age , her mother had passed on the values of kindness and charity to her , later on after years of catholic school she claimed to have had a deeper calling to work with the poorest of poor , which is exactly what she proceeded to do and ended up helping thousands of people who had no hope left. Until this day , when we hear about Mother Teresa , we almost immediately think of her charity work rather than any awards. That is because she is known for her selfless and generous spirit which left a mark in history. Like she once said “at the end of life we will not be judged by how many diplomas we have received , how much money we have earned , how many great things done. We will be judged by ‘I was hungry , and you fed me.’ ‘I was naked , and you clothed me’ ‘I was homeless , and you took me in’” In other words , no matter how many materialistic achievements you have , they are worth nothing if you don't have a good character.



Surely , we can't all be Mother Teresa and be helping thousands of people in need. But that does not mean we don't try at all. If all of us try to lend out a helping hand like she did , the world would be a much better place. Acts like community service in your local community or even other acts by yourself like donating money/food/clothes/blood would be already great enough , especially in times like these where the whole world is going through a pandemic and different problems on their own. It is important to be there for each other no matter how difficult it gets and have the spirit to fight back and help out each other.

Lastly , any act of kindness and love can impact everyone , they make people feel better and become better people. It is a form of self-care and self-growth as well. Being kind and having a good character won't make you inferior but rather a more respectable person. Having good morals , ethics , and character can never hurt anyone. Always remember , it doesn't cost anything to be kind , no matter how big or small , kindness always matters and wins and it's always both sides that benefit , being kind and loving involves reciprocity , one day you will definitely get a good karma for your good acts. Therefore , never forget to be kind and a good and admirable person overall.

3A LIMBU GRISHMA

Long Question

I was born in Nepal and raised in a town near the Himalayas. The town is an eight-hour bus ride from the capital city Kathmandu. I would say that the times when I was in Nepal were some of the happiest that I have experienced in my life , as it was a place that made me feel like I was a part of a community.

Some of my fondest memories in Nepal were the weekends where adults from different families will gather in the kids' playground , picking up trash and fixing broken installations. It was a mutual understanding among adults that every Saturday morning is dedicated to cleaning playgrounds. I guess Nepal parents take "it takes a village to raise a child" quite literally - every adult feels responsible for others' children. Those are some of the happiest days of my upbringing.

My siblings and I moved to Hong Kong in 2015. I still recall the feeling I had , stuffed in a taxi from the airport with my siblings , that this place was so different from Nepal. It can be quite difficult to pinpoint how exactly it feels , but especially as an ethnic minority , alienation is a close enough word.

People in Hong Kong love individualism. Take McDonald's self-service kiosks as an example. People in Hong Kong care about efficiency so much that they genuinely enjoy doing it themselves , even if no one is lining up at the counter.

I believe that it is the conversations and interactions that connect people and build communities. With the increasing automation and repetitive jobs , tolls are taken on us. The recent "lying flat" movement that started in China , where otherwise perfectly able youngsters quit their jobs and stay in their beds , is perhaps a hint that people are not happy with how we live as urban dwellers and modern humans.

More can be said on how we make friends. As researchers of ancient tribes noted , we as humans are only capable of building true connections with around 150 other individuals. And yet , it is common that we have 1000+ friends online , the majority of whom we don't even know in real life. Is this an improvement , or is it a deterioration to how we build connections?

However , not all hope is lost. Although Hong Kong is now facing an unprecedented challenge , history teaches us that the worst times bring forth the best in people. From the book "Humankind", the author noted that during the bombings of London in WWII , the markets were bustling and people were more helpful than ever. The same can be said in Ukraine. We are shown the best of humanity among Ukrainians and beyond.

As I look back , Hong Kong might not be so different from Nepal after all. People in Hong Kong , just like Nepal , love the place which they call home. If we can take the initiative to show that we care about one another , maybe we can help the community to mend itself and move forward.

Short Question 1

During my last summer break, I was mostly working part time to sustain my expenses. When I was off work, I focused on reviewing my studying progress and learning new materials for the next school year.

I spent most of my summer last year in the kitchen of a Korean restaurant in Tsim Sha Tsui. I worked under the head chef as a trainee chef. It was a harsh working environment, but I had some very fond memories working as a chef.

A highlight I had as a chef was when I eventually got a chance to prove myself and served 200 bowls of Jajangmyeon. I started my summer cleaning vegetables and opening up crabs. After a while, I felt like I was able to take up more responsibility and I asked my supervisor to teach me how to prepare dishes as well. While he was skeptical of my abilities, he was kind enough to teach me how to prepare some simple dishes.

My role slowly switched from an ingredient preparer to a back-up chef, where I would help prepare different dishes when the orders piled up. In a particularly busy weekend lunch session, I took up the task of preparing all Jajangmyeon since the sous chef called in sick. I worked as fast as I could, cooking 6 Jajangmyeon in parallel, and didn't let my supervisor down. It was definitely a proud moment when I got a pat on the back after lunchtime from the head chef.

Short Question 2

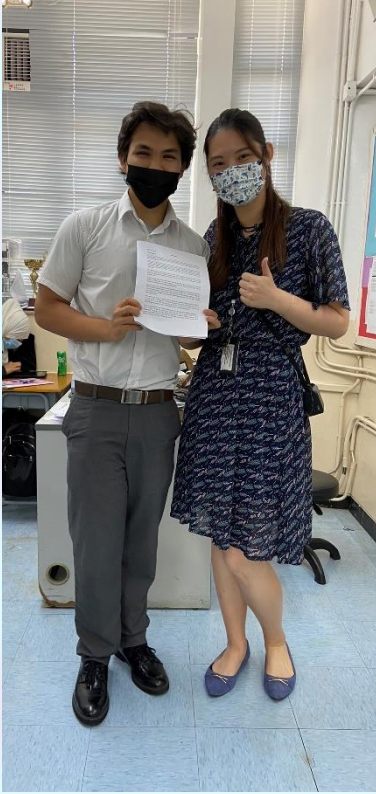
If I have the honor to win the prize, I would save half of the award and spend half of it now.

I would save half of the money for future expenses in my savings account. It is important because it means that I won't have to ask my parents if I need something for myself in the future. As an aspiring university student, I hope I can pay for my tuition fees and lessen the burden from my parents' shoulders a little. If I end up having scholarships to support my university tuition, I hope that I can use the money to travel abroad with my newly acquainted friends since I have never traveled abroad. Going to new countries can definitely broaden my horizon and allow me to learn new things.

I would spend the remaining cash for studying materials, in particular, mathematics, Liberal studies and BAFS. These are my weakest subjects, and they are required in university programmes that I'm interested in, namely business administration and marketing. These are also subjects that require a lot of practice and memorisation. I would invest some money in buying exercise books and news subscriptions (I love watching Bloomberg articles but there is a paywall after 3 articles) to improve my grades in those subjects. For the money that's left after buying all the studying materials I need, I will treat my teachers out for dinner to show gratitude for their continuous support throughout the school year.

Short Question 3

If I had unlimited time and money I would like to learn about human health & nutrition. I believe your body is your temple and you need to worship it and take good care of yourself.



My love towards health & nutrition started a few years ago when it helped me through a very tough period of life. Both my elder and younger brother had drug issues because of struggles in life and stress. After seeing both of them , I didn't want to turn to drugs in my tough times as well seeing it as just a short term remedy. It is very unsustainable because you will end up going down a vicious cycle. I eventually started going to the gym, and there I found that fitness helped me take off my stress and clear my mind with negative emotions and thoughts.

I think that fitness is a wonderful tool that more people like me should develop and use. It is particularly true for teenagers. As an ethnic minority , there are many peers around me that have resorted to drugs due to stress and peer influence. I believe that fitness is a great alternative that can help those who are struggling in life, and develop a better future for themselves. One main thing I learned from going to the gym is discipline. If we can bring the same attitude to different parts of our lives, I'm sure we can be in much better places.

5A Nishkarsh Damai

Inter-class Competitions Bookmark Design and Board Decoration

班際書籤設計比賽及班際壁報設計比賽

Our school has systematically implemented a formal curriculum of values education for our students. It is important to cultivate positive education for our students through the lessons and school activities. The Inter-Class Love and Peace Bookmark Design Competition and The Classroom Display Board Design Competition provides a chance for all students to share their ideas and feelings about love and peace in school. After the sharing session in the class teacher period, students form in groups in class and design a bookmark to present their ideas and share their visions. It is glad to receive the master pieces below from our students.

學校認為為學生培養出積極正面的價值品德至關重要。通過學校的課程和活動，學生可以有系統地學習正確的價值觀。而「班際書籤設計比賽」及「班際壁報設計比賽」就為所有學生提供了一個學習機會。學生在課堂上分組設計書籤，透過作品表達自己的願景或分享自己對愛與和平的想法和感受。以下是學生的優勝作品。



Life-planning Activities 生涯規劃活動

Life Planning Education Objective:

1. To strengthen student mindset and awareness on value education and life and career planning.
2. To broaden students' horizons on their career and life prospect, the school will provide diverse opportunities for students to explore different industrial insights.
3. To foster cross-subject collaboration as to enrich student learning experience.
4. To cater students from different ethnic background, the team will provide non-Chinese students-oriented career planning support, through individual and small group-based consultation, etc.

1. 增強本校學生的價值觀教育及生涯規劃教育。
2. 提供充足的機會讓學生了解多元出路及認識不同行業。
3. 加強與科組合作，讓學生能擴闊學習機會及視野。
4. 照顧學生多樣性，針對非華語學生提供相關生涯規劃支援及加強高中學生在生涯規劃的個別及小組輔導。

中一	認識自我 凡事皆可
中二	興趣技能 無限可能
中三	認清路向 選科順暢
中四	各行各業 一手掌握
中五	及早計劃 明智決策
中六	隨時起步 多元出路

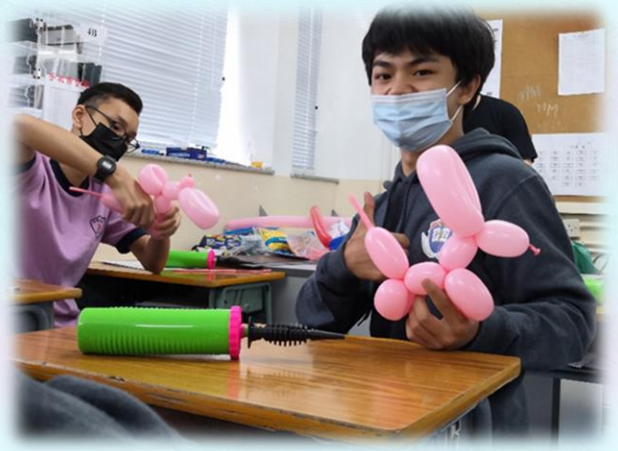
Form 1	Know Yourself Is to Know Your Possibilities
Form 2	Life Skills Open Doors and Windows
Form 3	Choose Your Subjects Discerningly for The Future You Want
Form 4	Job Market Trends at Your Fingertips
Form 5	Plan Early, Plan Wisely
Form 6	U-Turn as You Wish

We have joined “Life Buddies”, launched by The Commission on Poverty, to promote mentoring culture in the community. Government department forms volunteer mentoring team to interact with senior secondary students in school. Our mentoring team is from Electrical and Mechanical Services Department. They are experienced mentors! Students can have early workplace exposure and develop a vision for the future through the guidance of experienced mentors. Various job tasting programme allows students to explore their vocational choices and enrich with more openings of a more diverse nature. Students can also widen horizon and develop right attitude.

本校參與了由扶貧委員會籌劃的跨界別職志師友計劃「友·導向」計劃，政府部門以友師義工隊的形式進入校園與高中生互動。本校的友師義工隊來自機電工程署，他們都是富人生經驗的友師！同學們從中能夠及早接觸職場，並思考未來的方向。而不同的職場體驗讓學生及早認清個人志向及發揮潛能。同時亦能擴闊視野，培養正確的工作態度。









尤德爵士紀念基金高中學生獎 (2021-21)

得獎者:

SU QIUHUANG 蘇秋煌

YAN WING YEE 甄詠儀

2021年黃廷方獎學金(黃廷方慈善基金)

得獎者:

CHUNG KAI WA PETER 鍾佳華

青苗學界進步獎 (2020-2021)

得獎者:

SHING SZE KA 成思嘉

LI HO MAN 李皓民

GURUNG ANJILA

TSE MING FUNG 謝銘烽

VO HOANG LONG 武澤輝

CHONG HO CHING 莊皓正

MOAZZAM SALEEM 申門沙

TAI LOK HEI 戴洛希

CHAN HO CHING 陳可澄

MAMONA-TABASAM 馬滿娜

KEI KIN HOP 紀健合

高中應用學習獎學金(2020/21 學年)

得獎者:

LAI WAI MING 黎偉明

杜葉錫恩教育基金- 2021 第六屆全港青少年進步獎

得獎者:

CAO JOSHUA GEORGE 曹俊傑

ABDULGHANI ALI SHAHNAWAZ OTHMAN

CHEN PAOLO LINTAG 陳德露

融和獎學金(2021-22)

得獎者:

CHEN PAOLO LINTAG 陳德露
LIMBU GRISHMA 勵美
CAO JOSHUA GEORGE 曹俊傑
DAMAI NISHKARSH
KWAN SHING CHUNG 關誠聰
HE SIYI 何思怡

「共享中國夢 — 交通銀行香港中學生獎學計劃 2021」

獎學金得獎者:

LUO WEIJUN 羅偉浚

「共享中國夢 — 交通銀行香港大學生獎學計劃 2021 – 2022」

獎學金得獎者:

CHEN YUTONG 陳榆桐

屈臣氏集團香港學生運動員獎

得獎者:

KHAN MUHAMMAD DANISH

2021 年關愛校園獎勵計劃

「關愛校園」榮譽:

Delia Memorial School (Hip Wo No.2 College) 地利亞修女紀念學校 (協和二中)

第二十四屆全港中小學普通話演講比賽 2022

九龍區高中組良好獎:

ZENG YINGYAN 曾穎顏
WONG SHO SHO 王莎莎

哈佛圖書獎 2022

獎學金得主:

DAMAI NISHKARSH

得獎者:

DAMAI NISHKARSH

WU KA WAI 胡家慧

SAFA ZULFIQAR

第七十三屆香港學校朗誦節(中文獨誦)

良好證書:

SAEED SHAHZAD MARYAM

CAO BRIANNA ANGELIQUE 曹翠茹

LIN SHEUNG YUI SUNNY 林尚睿

YAU KOK PONG ALEC

MA WEIZHE 馬煒喆

TSE MING FUNG 謝銘烽

MUHAMMAD SAMI 麥森美

WONG SHO SHO 王莎莎

ZENG YINGYAN 曾穎顏

TAN XIAOWEN 譚曉雯

YEUNG TSZ FUK 楊籽福

SHANG RONNY 梁浩賢

CHAN YIK WA 陳奕華

WONG MING HUNG STEVEN 黃明洪

THAI YI-MAN 趙依雯

DAMAI NISHKARSH

KHAN MUHAMMAD DANISH

YU WAI NOK 余偉諾

第七十三屆香港學校朗誦節(英文獨誦)

良好證書:

SYED ARYAN HUSSAIN 王嘉維

BATH ANSHVIR SNGH

GURUNG AYUSHMAAN 古浩文

LIN SHEUNG YUI SUNNY 林尚睿

ALI MOIZ
DHILLON ARDEEN KAUR
LIMBU IVANI 伊娃妮
DAMAI NISHKARSH
SINGH SANAMDEEP 丁一信
KWAN YIK HANG DICKEN 關奕衡
RANA SARA
SAEED SHAHZAD MARYAM
CHUNG ALEXA LOUISE 鍾翹羲
NAIR SANJHANA RANJIT
MALIK SABAHAT SAHAR 馬志花
CHEN HARVEY LINTAG 陳德健
CHEN PAOLO LINTAG 陳德露
DONES PAUL AIDAN MOLANO
KHAN SALIF 簡智仁
LIMBU GRISHMA 勵美
NADRES JOERAINA MAGSINO
SAEED ANS SHAHZAD
SALINAS MARC NHELSON CASAO
YAU KOK PONG ALEC 丘國邦
TSANG SEE HO 曾詩皓
TUNG YU FUNG 董汝鋒
INGNAM SUBBA SHRISTI
SHERPA LAKPA DIKI
SHRESTHA SAMITA
YEUNG TSZ FUK 楊籽福

九龍城校際國情知識問答比賽

中學組優勝獎:

XIE XIAOTONG 謝曉銅
ZENG YINGYAN 曾穎顏
REN SIYU 任思

中學校際田徑比賽 (D3A1)

女子乙組一百米跨欄- 季軍:

HO WING SZE 何詠詩

男子乙組推鉛球- 亞軍:

SINGH BHULLAR NARINDER

明日之星 2021 上游獎學金

得獎者:

REN SIYU 任思宇

ZHANG CHI YAN 張智恩

「築·動·歷史」全港中學生比賽

挑戰版 優異獎:

WONG SHO SHO 王莎莎

HUI KA LAI KASANDRA 許嘉麗

CAO BRIANNA ANGELIQUE 曹翠茹

CHUNG ALEXA LOUISE 鍾翹羲

XIE XIAOTONG 謝曉銅

CHAN KA YAN 陳嘉恩

MA WEIZHE 馬煒喆

CAO BRIANNA ANGELIQUE 曹翠茹

MA WEIZHE 馬煒喆

XIE XIAOTONG 謝曉銅

CHAN KA YAN 陳嘉恩

WONG SHO SHO 王莎莎

LAI YU HIN 黎宇軒

回歸 25 週年徵文比賽

季軍:

XIE XIAOTONG 謝曉銅

優異獎:

TSO FUNG KONG 曹鳳剛

多元智能躍進計劃-嘉許禮 2021/22

躍進獎:

SAEED ANS SHAHZAD

LAM NOK HIM 林諾謙

2021/2022 普通話短講比賽

參與證書:

ZENG YINGYAN 曾穎顏

MA WEIZHE 馬煒喆

XIE XIAOTONG 謝曉銅

WONG SHO SHO 王莎莎

回歸 25 週年國歌歌唱比賽

亞軍:

RANA SARA

SIKARMI ROHIT

SAEED MARYAM SHAHZAD 馬莉燕

SOFIYAN HUSSAIN

模型氣墊船比賽

一等獎:

LIN SHEUNG YUI SUNNY 林尚睿

KWOK SAU YIN 郭守言

ANJILA

CHEN HARVEY LINTAG 陳德健

CHEN PAOLO LINTAG 陳德露

KHAN ALISHBAH

LIMBU GRISHMA 勵美

FPV 穿越個人挑戰賽 (帶眼鏡式)

亞軍:

VILLANUEVA AXEL JEFFERSON FERNANDEZ 韋天信

FPV 穿越個人挑戰賽（模擬器式）

冠軍:

VILLANUEVA AXEL JEFFERSON FERNANDEZ 韋天信

國際青少年創科奧林匹克大賽 2022 International Youth Tech Olympics 2022

無人機編程項目中學組-優異獎:

ABDULGHANI ALI SHAHNAWAZ OTHMAN

CAO JOSHUA GEORGE 曹俊傑