


Never want to say goodbye!   
不捨還得說再見!



Principal Leung receiving the Service Award from Mr. Kenneth Wu Kee-huen, Head of the Education Division of Tung Wah Group of Hospitals

Retirement is a bittersweet time that every educator has to face. As it turns out, this year, I have to deal with that experience. The traditional custom at this moment is to deliver an emotional message to you. So, here I am feeling honored, anxious, and excited as I am about to send you my retirement farewell message.

Nowadays, TWGHs Kap Yan Directors' College is a school of very good reputation in Hong Kong. The achievements of the school do not come easy. Rome was not built in a day. The drive for excellence permeates deeply throughout the school culture. It has been 4 years since my association with this prestigious school began and needless to say I have developed an enduring bond towards this institution. So, calling off my duties and responsibilities seems to be a little tough for me at this juncture. However, I would still like to take this opportunity to share things about my journey as the Principal of Kap Yan before retiring from the position. Though the journey was indeed very exciting and enriching for me, it was challenging at the same time. Since it was not possible to shoulder the responsibilities of the entire school on my own, I would like to personally thank the Incorporated Management Committee, the School Sponsoring Body, the Vice Principals, all my Colleagues, the alumni, the parents as well as our students for standing resolutely in the process of career building and shaping the future of our school.

As the Sixth Principal of Kap Yan, I would like to write a few words to express my impression and expectation on the school. Even though I just officially took up the Principalship on 1st September 2016, I already knew the school well. As a principal of sister schools in the past, I knew that Kap Yan students are good in not only academic area but also sports, leadership, speaking, music, organizing activities, etc. I highly appreciate the school's great effort and commitment to provide all-round education to students. Apart from striving for advancement in academic achievement, the school also nurtures students with good and proper attitude and values. The formal and informal curricula on language, mathematics, science, humanities, aesthetics and physical development have developed students' multiple intelligences and aptitude for life-long learning. The school offers

countless opportunities for students to take part in all sorts of curricular, extra-curricular activities and community service to broaden their exposure and insight. Remember our Talent Program for all the students and how they all benefit from the scheme. An old boy told me that Kapyanners have 3 As - Able to learn, Able to do and Able to engage. This is a well-known fact to all the stakeholders. I totally agree that Kap Yan students are each elite in varied ways.

In my career of more than one-third of a century, even though I have changed my job three times only, I do believe that I have exercised the talent of coping with new challenges, new environment, new students, new colleagues, new parents and new alumni well. I really like the school culture of Kap Yan on all-round development of students and her emphasis on student learning processes. My expectation is high on the quality of our teachers in classroom teaching and facilitating students' development in multiple intelligences outside the classroom. So, don't be surprised at when I walked along the corridor to make lesson observation, or when I joined in on the activities. It is my responsibility to continue the excellent culture of Kap Yan and maintain sustainable advancement. Kap Yan's core values (Caring, Oneness, Respect and Excellence) have become deeply rooted in my mind - "Once in Kap Yan, be with Kap Yan forever".

My dear students, let me share a few words of wisdom with you. You have a long life ahead but never take any day for granted. My life and job experience have taught me one thing and that is that life is very short indeed. You may think that you have a lot of years at your hands, but such thinking is not helpful.



A photo taken with a trainer in a training workshop.

The responsibilities of your job and life will create the perception that time moves very quickly. Soon months will feel like weeks and weeks will feel like days. So, enjoy and cherish each moment as it comes in life.

Another word of advice I would like to give is to develop a perfect balance between planning and improvisation. Believe me, both are equally important, as my long job experience has taught me. I know some people are natural planners. Furthermore, they like to make elaborate plans for most things in life. Consequently, such a way of living life is too hard and complex.

In contrast, some individuals rely too much on improvisation, which is also not a good thing. Such individuals grossly underestimate the importance of planning. Hence, you must always maintain a perfect balance between planning and improvisation.

My final advice to you is to put the school motto into practice in your daily life. Diligence, Frugality, Loyalty and Trustworthiness are the values of all the Tung Wah schools and the learning goals of all the students. Diligence and frugality are ways of behaving ourselves. Loyalty and trustworthiness are moral values for treating people and things. With all these values, our students look different from their counterparts from other schools. They make us unique in the territory. So, please try hard to maintain this uniqueness. I believe all the people give you a thumb because you are a Kapyanner possessing all these values.

After serving Kap Yan with the utmost honesty, it is time for me to step down. The older generation passes on to make way for the younger generation. This certainly is the law of life. With my retirement, I hope to pave way for a new, fresh, energetic, and ambitious executive director. My dear students, I look forward to meeting you at the university campus in the future.



溫副校長與1989年度2E班同學合照

「緣」來  
溫建國副校長

1989年，我來到甲寅年中學任教；能夠和大家在同一時空遇上，我時常警惕自己要好好把握每個相遇和互動的機會，活好當下！回望過去，容許我用「緣份」一詞來概括這些年的心路歷程。

第一個談到的緣，就是「通識教育」科。一般來說，回首自己的工作總是悔疚居多，其中最悔疚的就是在協助同學準備公開試的同時，能否也令他們領會到這個科目的意義——培養在多元社會中成爲一個明辨是非、獨立思考的公民？這個也是我過去10多年來堅持教學的主要動力。

「通識教育」的學習是聚焦在「社會上有爭議的議題」，而同學就要學習如何在當中找出不同的價值觀，從而明白到各種價值觀的矛盾和爭議。不過，同學的學習不是止於「找不同」，而是透過分析爭議的背景和不同意見之間的互動，學會如何建立自己的觀點，並對議題是非曲直的判斷。記得早年坊間有個說法：「通識就是通通都識！」事實上，為了讓同學能夠聚焦研習，方便公開試考評，課程定下了六個單元作為討論議題的範疇，這些單元也同時提供了知識基礎。同學們通常都會對這六個廣闊、好像沒有完整內容的單元感到很困惑；不過我慢慢見到他們獨立思考的能力漸漸建立起來，最終能夠明白回應議題，是展現他們綜合資料、應用概念，作出判斷的能力。每次回想這些年來的「通識教育」課堂，都充滿不同挑戰，給我堅持下去的勇氣，就是培養同學獨立思考的這份初心。

另一個和我結下不解之緣的就是「舞台工作組」！這個緣始自10周年校慶，在北區大會堂舉行的表演晚會，讓我見證到甲寅同學的過人統籌執行能力，開始思考舞台工作由常設學生組織負責的可能性，在創校校長阮禮先生的支持下，「舞台工作組」於1995年成立，歷年來最令我感到欣慰的地方，就是同學們在執行職務時全心投入和盡心服務的堅毅精神，此外「舞台工作組」屬下各部門之間合作無間，不論在常日的訓練、成員考核升遷，以致各種後台工作，他們都表現出超卓的管理和組織能力，以及團結的凝聚力。從不斷累積的實踐經驗，「舞台工作組」建立了完善的工作程序，也總結出不少的口號，例如「The show must go on!」，就是推動他們堅守崗位的原動力。而另一句「You are in good hand!」，就表達了他們全心全意服務的精神。相比其他同齡的同學，「舞台工作組」有更多機會接觸不同的舞台使用者，也令他們更了解到不同的服務對象的特質和要求，所以他們的溝通和協作能力也有所提升，因此我時常說「懂得不亢不卑應對，舞台工作組的同學是較爲早熟的！」在此，謹向舞台工作組歷屆的「大組長」、「人事頭」、「後勤頭」、「Committee」以及各位Crew 致以衷心的謝意，感激爲我帶來這段充滿自豪的回憶！

一段30年的緣份，時而深時而淺，也是尋常不過，但我和「設計與科技」科（D&T科）的緣份，可謂大起大落！曾經有一段時間，我會覺得這一份緣，會在我離開甲寅年之前已經完結，因為多年來香港社會重商輕工，D&T科的「運用實質物料解決生活真確難題」的特色，被視爲落伍的「學徒手工藝訓練」，更值當年互聯網、IT的興起，不少學校便棄權把D&T科剔出課程以外。又是什麼原因令我堅持下來？首先，我堅信「科技」是一個包含知識、創意、資源、設備、成本和文化等等的多元概念，若要通過D&T科，學習在科技社會立身處世，而又能驅逐逐夢想的機會，便不能以「科技就是硬件設備」的單一角度爲切入點。第二，使用工具和物料去設計和製作，有助建立「由靈感到成果」的創造過程，以及千錘百煉、精益求精的毅力，加上學習設計要了解用家的需要和喜好，有了這種「人本關懷」的心靈，我相信D&T科的設計習作，能夠培養同學對科技發明的興趣，明白如何有責任地應用科技去改變世界。

來到我和D&T科緣分的尾聲，去年幸運地獲批「優質教育基金」去更新設備和空間，以及初中的D&T科課程，其中最着心力的就是校本課程發展工作，期望這些設計習作範本能夠將D&T科的使命延續下去。

溫副校長去年在韓國出席國際科技教育會議



# Moral Education Initiatives

## Moral Education Initiatives (2019-2020)

The Moral Education Department initiates and holds activities to foster in students positive values and attitudes. We take a whole-school approach with a focus on particular moral values at each year level, as shown in the table below.

### 2019/20 Kap Yan Moral Values Framework

Form	Moral Values Focus	Form	Moral Values Focus
1	Caring, participating	4	Time-management
2	Self-discipline, respect	5	Self-reflection, responsibility
3	Participating, justice	6	Perseverance, coping with adversity

This year, our activities include the "Letter from Kap-Yanners" (甲寅家書) activity and the Bulletin Board Display Competition.

#### Letter from Kap-Yanners

"Letter from Kap-Yanners" serves as a platform for students to express their views to other Kap-Yanners, utilising interactive presentations, like casting a drama, a song or some visual art work. Students' response this year was overwhelming and inspiring as moral values were interpreted and expressed by students in their own creative ways.

#### Bulletin Board Display Competition

For the Bulletin Board Display Competition, students were expected to show spirit and culture in the design of Bulletin Display Boards in their respective classrooms. They used mottoes to illustrate the moral values highlighted for each form. Students applied the ideas of visual design to the moral values assigned. This served to make the whole work more meaningful and complete, through the integration of skills.

Through the "Letter from Kap-Yanners" activity and the Bulletin Board Display Competition Kap-Yanners showed a stronger devotion to the school values and a spirit of cooperation while working together. We hope to see more students demonstrating these values in their real life in the near future.



A video entitled "Letter from Kap-Yanners" (甲寅家書) made by students

## Bulletin Board Display Competition

### Form 4 Winning Board Display Champion of Form 4 : 4D Theme : Self-reflection



Champion of Form 4 — Class 4D

Self-reflection is a process by which we grow in our understanding of who we are, what our values are, and why we think and act the way we do. It is also called 'introspection', which means that one needs to observe and analyse oneself in order to grow as a person. Congratulations to the winning class 4D!

Description of the work:

The picture at the centre of the poster represents the brain. The grey and black stripes represent a colourless life without self-reflection whereas reflecting upon ourselves can bring colours to our life. Before we reflect, we may encounter difficulties like procrastination and being ignorant. If we can take the journey of self-reflection, we may even have better sleep (because looking upon events each day can bring closure to unresolved feelings), less stressed (as you worry less about what other people might think about you and your choices) and lead a more vibrant life.

#### Tips for students

These 10 questions are a great way to begin a habit of self-reflection (Woronko, M. 2019)\*

- Am I using my time wisely?
- Am I taking anything for granted?
- Am I employing a healthy perspective?
- Am I living true to myself?
- Am I waking up in the morning ready to take on the day?
- Am I thinking negative thoughts before I fall asleep?
- Am I putting enough effort into my relationships?
- Am I taking care of myself physically?
- Am I letting matters that are out of my control stress me out?
- Am I achieving the goals that I've set for myself?

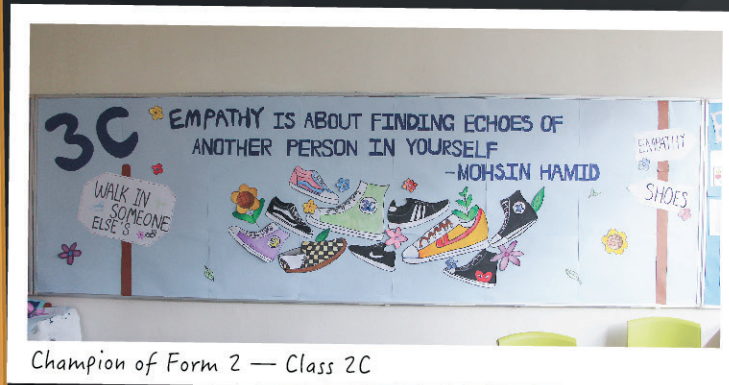
\* Michael Woronko, Lifehack, June 12, 2019, "The Power of Self-Reflection: 10 Questions You Should Ask Yourself".

### Form 3 Winning Board Display Champion of Form 3 : 3C Theme : Empathy

Empathy is an important trait that encourages us to look at the world from another person's point of view and to share that person's feelings and emotions. Congratulations to the winning class 3C!

Description of the work:

The shoes in the middle of the poster represent the need to ask a question: What's it like to be in that person's shoes? We can feel empathy towards people we know or even strangers. We should try to imagine the situation from another person's point of view and avoid judging too quickly. Can you think of some of examples from your own life?



Champion of Form 2 — Class 2C

## Reports on the TWGHS Student Ambassadors Educational Tour to London 東華三院學生大使倫敦參訪團

Our student, Chan Long Fan (5D) and Lai Man Hei (5C), attended the TWGHS Student Ambassador Tour to London from 5th to 14th October. The educational tour served as an opportunity for students to explore London and develop a global awareness and appreciation of different cultures.

### Lai Man Hei (5C)

Last October, I joined the TWGHS Student Ambassadors Educational Tour to London. The theme of the tour was "Knowledge builds up in steps: London Collection". I had an unforgettable experience in Britain with other student ambassadors and teachers from the other secondary schools of TWGHS. We visited many famous spots and different important organisations in London.

I remember that as I stepped into The Embassy of China in London, I was immediately struck by the solemn atmosphere. Embassy Envoy Mr. Ma explained the relationship between Britain and China to us, and gave some comments about the situation of Hong Kong. Although I did not totally agree with his speech, I learnt about Hong Kong from another perspective. Moreover, I strongly agreed that we should be familiar with and have comprehensive knowledge about an event before we comment about it. Otherwise, we can only know the surface and this will make us ignorant about the whole event.

We also visited the University of Cambridge. We learnt a lot about Queens College in Cambridge. We followed a student guide to walk around the College and learnt about their school life. Almost all the buildings in Cambridge are designed in Gothic architectural style and they are really beautiful. I was impressed that the whole university was the size of a big town. We visited the College where Mr. Jin Yong had studied, and the apple tree that Newton sat under. Every place in Cambridge has its own story with historical value. It was my honour to visit such a meaningful place.

We visited Imperial College of London on another day. Located at the centre of the city, the buildings of the College are in modern style, like City University of Hong Kong. This was in contrast to the University of Cambridge. We were led by the student guide and learnt a lot about the College. I was glad that we could learn about two famous Universities of Britain with different styles and see the education of Britain from different perspectives.

The most unforgettable event on this tour was the night show. One evening, we had a special banquet in Chinatown with VIPs such as the Chairman of TWGHS and the general manager the Bank of China London Branch. Originally, we had planned to give a percussion performance using recycled materials in the hall. We had been practicing for the show for several months before the tour. Unfortunately, the banquet hall was too small for us to perform. Therefore, we changed our original plan and decided to perform in the street. It became a street show and there were many bystanders who joined the audience surrounding us. At that time, we should have been nervous, but excitement replaced it. This was a great challenge that we could never have imagined before. It was a very precious experience for us all.

From joining this programme, I got the chance to widen my horizons and learn more about London. As a student representative, I was able to spread the spirit of Tung Wah to many people by introducing the jobs and history of Tung Wah. During the tour, I learnt more about the link between Hong Kong and London, and some information about education in Britain. Most importantly, I built up leadership and communication skills.

I am very grateful to Tung Wah for giving us the chance to join such a meaningful programme.



A group photo of TWGHS Student Ambassadors with the Board of Directors



A group photo taken with Mr. Kenneth Wu Kee-huen (middle), Head of the Education Division, TWGHS



Long Fan and Man Hei giving a speech about Tung Wah at the Chinese Community Centre



A picture taken at Windsor Castle, one of the oldest and largest currently occupied castles in the world



Long Fan and Man Hei with Mr Ho Yau Kai, Orlando (left) (the 5th Vice-Chairman) and Ms. Kwong (right)



Visiting Stonehenge with other Tungwah Student Ambassadors



Long Fan (left), Ms. Law (middle) and Ms. Kwong Mei Sze (the Senior Education Officer, Education Division, TWGHS)



5D Chan Long Fan (left) and 5C Lai Man Hei (right)

### Chan Long Fan (5D)

It was a great honour to be one of the Tung Wah Student Ambassadors. To promote the spirit of Tung Wah, we visited London in October. On this journey, we promoted the good deeds of Tung Wah to local associations and learnt about the ethnic Chinese in London nowadays.

The slogan of the trip was "Knowledge builds in steps: London Collections", which means knowledge is gained from experience. In fact, the educational tour was informative and inspiring. We had the chance to visit places that can rarely be seen, such as the Chinese Embassy and the Hong Kong Economic and Trade Office. Talks given by successful people shared with us different opinions and explored things from different angles. It helped me to get a wider perspective of the world.

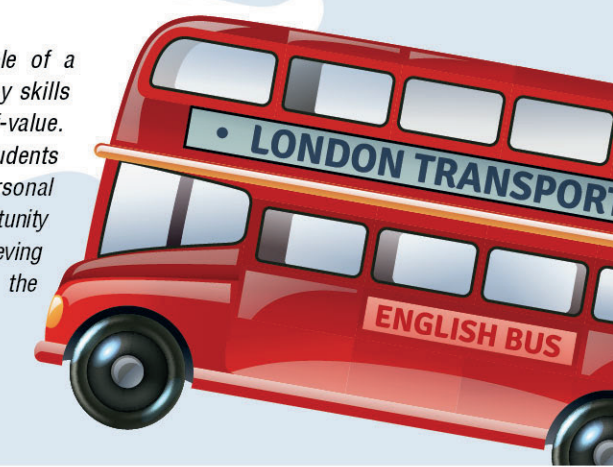
We visited the ethnic Chinese in London. Lots of them arrived there in the 1940s. That was the period of the Second World War. At that time, the Chinese had very low social status, since they were mostly workers whose services were sold to overseas markets. As a result, there was discrimination against the immigrants. When faced with these challenges, they were tough and hardworking so they could make a living. I am greatly impressed by their spirit of helping one another. Now, Chinatown has become one of the famous sights in London. That is due to the effort of the Chinese living there.

We learned more about the culture and current fashion of London. For example, we visited the Roman Bath Museum and Windsor Castle, each of which introduces the history and shows the typical architectural style of the UK. We also visited the "Making of Harry Potter" Warner Brothers Studio Tour, which recorded the film production and displayed some models. It is a well-known

book, so much so that a fashionable culture has arisen from the story. It was easy for us to see that London is a city that mixes the classic and the modern perfectly. A lot of effort was put into the protection of historical sites and it is worth learning from.

I was appointed to be the leader of the team. On the tour, I became familiar with ways to solve urgent issues. The problems came without any forewarning, but I learned how to solve them calmly. We cooperated with one another well. Being the leader, I sometimes needed to share on behalf of the whole team. This trained me to be more confident and responsible. In those days of living away from the care of my parents, my life skills improved. We learned to take care of one another, which it created the sense of belonging to a team.

To conclude, serving in the role of a student ambassador enhanced my skills and fostered the realisation of self-value. The educational tour benefited students in their studies and interpersonal relationships. It was a great opportunity to be a student ambassador, achieving self-enhancement while spreading the spirit of charity.



# 非常旅行

郊遊旅行，是學校每年的重點課外活動。今年，我們翻轉固有旅行的想法，走進傳奇世界，享受非一般的遊歷體驗！

中一級：「兩日一夜・中一生活營」——香港青年協會賽馬會西貢戶外訓練營，讓甲寅新生提升班中的凝聚力，由輔導組特別安排，希望藉傳奇活動，讓同學挑戰自我，實踐自立、自主的能力。

中二級：「野外生火煮食訓練」智趣樂園，在大自然的環境下，沒有先進的裝備及器材協助，克服野外各種困難，並運用有限資源解決衣食住行中「食」的需要。課外活動組希望透過「野外烹飪」活動，從而提升同學的解決問題的能力，加深自我及朋輩間的認識及瞭解，增進彼此合作及溝通。

中三級：「領袖訓練計劃・生命教育歷奇訓練中心」，分別於1月20 / 21日，走進領袖世界。來到中三，同學們開始步入高中，並有機會成為學校內各社、各學會的學生領袖。課外活動組希望透過一些具挑戰性的分組活動，讓同學加深團隊溝通及合作，提升解難能力，亦讓同學認識領袖的特質及自我反思。

非一般的旅行意義，造就非凡的同學表現，讓我們一同來細閱同學們的感言吧！

## 中一級

### 李祉瑤 中一甲

在中一生活營中，我覺得最難忘的活動就是搭建水炮塔。

這個活動讓我覺得很有趣味性和挑戰性，因為在同學們搭建水炮塔的過程中，老師不會給予幫助，只會在旁邊提點一下，幾乎全程都是我們自己動手，十分吸引，而且真正的吸收到經驗。在搭建完水炮塔後，我們會用自己的水炮塔和其他班打水仗，享受自己的成果帶來的樂趣。

### 林佳霖 中一丙

這一次中一生活營，加強了同學們的團隊精神和溝通技巧。在此之前，師兄師姐們笑容滿滿地對我們說：「這一次活動會給你帶來難忘的回憶，希望你們好好珍惜。」使我充滿好奇，迫不及待想參加這個兩日一夜的生活營。

這次活動讓我最難忘的就是水戰了，同學們專心致志地聆聽老師的指導，齊心協力分工合作，很快就完成了發射台，然後是最激動人心的發射水炮了。同學們分成了兩批，一批在崗位上發射水炮，另一批為堅守崗位的同學擋住水炮。在一炮又一炮的發射中，我班的水炮耗盡了，同學們只能在水炮的攻擊下四處躲閃。有些同學早已成為「落湯雞」，有些大膽的同學邁出了自己的步伐，嘗試去接住別的班發射過來的水炮，將它們變成我水炮，也是在這一刻，我發現原來我班的同學是那樣的勇敢，在大家躲避水炮的時候，他們迎難而上，佩服！

在短短兩天一夜的生活營中，讓我深刻地體會到團隊精神的可貴和溝通技巧的重要性。在一起遊戲合作的時候，我發現同學們有我之前從未發現的毅力，加深了我對他們的認識，促進了彼此間的感情，還增加了我對學校的歸屬感，是一次讓我受益匪淺，永遠難忘的經歷。

### 林沛穎 中一戊

在中一生活營中，最令我感受深刻的是晚上進行的活動——坐繩渡人。大家緊緊地握住繩子，一刻也沒鬆懈，怕不小心鬆了手，那坐在上面的同學就因此而受傷。最開始的時候我並不太擔心，認為只要握緊繩子就行了。但原來並不是的，我們不但要顧及每人的身高差別，也要顧及「椅子」的密度，不然同學可能會掉下來！我從此明白了凡事不應只看表面，應該真正深入地瞭解一件事物。

## 中二級

### 許詠皓 中二丙

當你看到「智趣樂園」這個名字時，可能你會覺得比較稚氣，但事實卻是如此嗎？那麼請讓我娓娓道來吧！

在活動前，我還是很期待的，我從簡介會中知道大概的活動內容，於是特意上網取經——學習如何用磚建爐，正所謂未雨綢繆，總是要了解的。活動日中，有一部分是令我印象很深刻難忘的，那就是野外煮食，這對我，甚至是大多同學來說是一個世紀難題。或許你會問：既然事前已有所準備了，又有甚麼可怕？如果你這樣想就大錯特錯了。

剛開始在「起爐」的時候，我和組員都頗有合作精神，一些人在準備食材，一些人在製作餐具，而我則在用磚建爐，可惜這良好關係卻無法長久地維持下去……

萬事俱備，只欠東風，只需放柴「起爐」便可煮食了。可是一個又一個問題開始接踵而來：不小心踢翻大米、柴火燒不上等，爭執也開始出現，有組員開始不配合，擅自離開休息，甚至袖手旁觀，所以沒有太多人在意午飯了，結果確是泡湯了，全是沒熟透的食材，算得上是慘淡收場。

雖然活動日的經歷不佳，但我仍然很高興和銘記於心，常言道「失敗乃成功之母」，只有經歷過失敗，下一次才能做得更好，人與人之間更為團結。所以，你還認為「智趣樂園」是一個稚氣的地方嗎？

### 戴文彬 中二丁

在中二智趣樂園的活動之中，我印象最深刻的就是野外生火煮食這個活動了，畢竟我是第一次在野外生火煮食。這個活動就是我們自己處理食材，「起爐」生火。其中我認為生火是最困難的了，不僅要考慮風向，還要隨時看着以防熄滅。這個活動很考驗分工合作的，有人負責建造爐子，有人負責處理食材，有人負責生火等等，如果其中的任何一環有缺失，就可能導致失敗了，更不可能在時限內完成，這讓我明白合作的重要。雖然最後我組的食物略微有點慘不忍睹，結果不盡人意，但是那一餐卻是難以忘懷的。

### 曾偉賢 中二戊

這些歲月中，我們原本在童年裏無憂無慮地生活，那些愉快不過的日子，我們都大概快要從繁瑣的學校生活中被忘卻了；但這裏卻讓我們能夠回憶和重新感受到童年那無憂的快樂。放下課本，體驗着那看似無聊但藏着重大意義的幾個小時，卻是令我們繁忙得喘不過氣的中學生的寶貴時光……

「噢！我的天！」我班其中一人大聲地叫了起來，吸引我們的眼光。原來是一個「中二生活日營」的宣傳海報，我們班中的人看到，都不由自主地倒吸了一口涼氣，有些人說這是一個給一些無知的小學生玩耍的營地，還有一些人把「中二生活日營」改成「小一幼稚日營」，但當時的我卻不認同他們大多數人的想法，我覺得這會是一個絕好的機會給我們在繁忙的學習中休息一下，放鬆緊張的心情，再次迎接下一次重要的測驗（可惜現在只剩下最後一次考試了）。

轉眼間，今天已是生活日營了，我們起初到達營地時簡直是晴天霹靂，那裏怎麼是幾塊荒蕪的小田呢？我當時亦很愕然，為何可以稱為「營地」、而不是「爛地」呢？但願活動能夠滿足我，而且新奇有趣。我們起初的分組活動是要八個人組成一隊，再設定我們的小組名稱，然後上台講解我們的創作理念。雖然當時只是在草地上作演講，看似輕鬆隨意，但這確能提升我們的自信心。我和組員還因此更加了解對方，交換了電話號碼，即使大家不同班別，也能互相聯繫交流。

到了上午十一時，大家已經餓得精神不振了，所以工作人員提前準備了終極活動——我們要親自下廚烹調午餐！我們一組人全都是不太會煮食的男生，身為副組長的我，真的很擔心我們的午餐。接過食材時，各組員都顯得無比慌張，還差點忘記洗滌那紅得透透的蕃茄啊！準備食材後，我們立即「起爐」生火，但火燒不到一分鐘便被強風吹滅了。我們想了個方法試圖將火「死灰復燃」，但也不成功。幸好有新來的沈老師協助，我們才成功烹調那隻全雞，「這不就是成功了嗎？」我和組員都大喊。到了品嚐作品的時候，我們才發現雞肉還沒有完全熟透，只有不到一半的雞肉是可以吃的，真是遺憾啊！有過那次失敗的經驗，我相信下次一定會有更佳表現。

我在這次日營確實得益不淺，我確切地學習到：有趣的野外生活技巧，人與人之間相處之道，生活上必需具備的自信心，還有最重要的是「要成功，先要學習失敗」的人生大道理。

# 旅行是一種學習……

## KYDers 2020 非常體驗日



## 中三級

### 陳若菲 中三甲

在這次活動中，最令我感觸的活動就是在不觸碰到呼啦圈的情況下穿過它。可別看輕這項挑戰，呼啦圈是掛起來的，有一定的難度呢！在小組討論後，我鼓起勇氣，作為第一個挑戰的人！在大家討論如何把我送過去的時候，我突然很害怕我會跌倒，但想了想，我應該相信我的組員們，只要團結一致，一定能安全完成任務。我先是躺在他們的手臂裡，然後放鬆身子，讓他們把我推過去。這個凌空的感覺嚇得我身體崩緊起來，但我始終保持著對大家的信任。噢！我接觸到地面了！全組人一起歡呼，看著大家自豪和滿足的表情，我頓時有所感觸，是啊！我們成功的關鍵就是信任吧！大家相信我，讓我第一個過去；而我也相信大家，聽從他們對我肢體的指示。若沒了信任，我們還能成功嗎？想不到一個小小的遊戲，竟帶來一個值得思考的道理。同學之間的信任在那一瞬間全然展露出來。朋友之間有了信任，即使是小小一根火柴，也能燃亮整片星河，正所謂：信任也是成功的一個關鍵。

### 潘臻翰 中三丙

我認為中三活動日是一個十分有意義的活動。在活動日期間，導師透過設計一些難題給我們，讓我們學習了團隊精神。正所謂「眾人拾柴火焰高」，在困難面前，只有團結才可以令我們成功解決問題。而令我最深刻的活動是我們需要在不碰到呼啦圈的前提下穿過去。在經過大家共同努力後取得的成功，令我感到很高興，因為成功是屬於大家的成果。這次活動日令我獲益良多。

### 葉實淇 中三丁

記得剛收到活動日行程時，有點失望；看到「教育訓練」幾個字時，更有點害怕，但我從來沒想過這是一趟不錯的體驗。在日營中，突破了自己，也給自己留下了美好的回憶。

我有點畏高，害怕從高處看地面和被吊在半空，可是這次活動我卻接受了這兩種挑戰——在大概3至4米高的橫木上行走，克服了自己的心理恐懼。看著同學們一個一個的爬上梯級，踏上橫木，我都不覺得恐怖。但當自己踏上時，感覺是切切實實的不同。記得我在橫木上呆了20多秒才開始行走，睜着眼睛，不敢直視終點，亦不敢俯視地面，雙腳不斷顫抖，橫木亦跟著慢慢震動，感覺有點不實在。走到一半時就嘗試把眼睛睜大少許，看見終點越來越近，心裡既欣慰又害怕。最後戰戰兢兢地把剩下的部份完成了，到達終點時那種滿足感相信比勝出比賽還要強，因為我戰勝了自己。

雖然過程中不敢看地面，亦不能放鬆自如地在橫木上行走，但我戰勝了昔日的自己——我再不像以前那麼怕高了，往後有類似的挑戰也可以一步一步地邁向成功。這次活動刷新了我對教育訓練的印象，將來也要讓自己盡力接受任何的挑戰啊！

### 陳巧蓉 中三乙

每次學校旅行，我們都期待能去燒烤，不用參與什麼生活日營，而這次亦是如此。

是的，當我們收到了學校回條，得知今次的學校旅行又是 Day Camp，我看每個人的臉上都寫滿了不情願的表情。不過，經過這次的傳奇體驗，我們也算是獲益良多。上午，我們透過一連串的遊戲，多多少少學會了領導才能和團隊合作的重要性，更加把我們班互助互愛和好勝的精神，從各項遊戲中展現得淋漓盡致。而在下午，我們分組挑戰了一項高空運動，這更體現出鼓勵同學是完成挑戰中，必不可少的方法，也令我們學會克服困難，勇於嘗試的勇氣。

傳奇遊戲，看似簡單，但卻最考驗我們的合作和溝通；傳奇遊戲，看似無聊，但卻是訓練領導能力的最好方法。活動結束後，我看見同學的臉上也沒起初那樣的不快，而是多了一點成長，一些微笑，和一絲懷念。





# 學習為樂，各科各有精彩時空 • Enjoyment in learning



我在甲寅的學習生活，總會找到喜樂和精彩，投入學習活動的過程中，自會發現更多得著，引發思考，追求卓越的學術層次。  
I always find joy and happiness in my study life in KYD. During the learning process, discovery often encourages me to think further in the pursuit of academic excellence.



Jack Lau Tsz Kit (6B) giving a talk on online security

## Ted-type Talks at Kap Yan's Lecture Theatre

Every year, all students are invited to attend TED-type talks at the Lecture Theatre as either audience members or guest speakers. The event is organized for students in each form during the English Speaking Weeks across the year. This activity has marked an important step in our school's progress towards strengthening the English environment.



The Lecture Theatre

Students at Kap Yan are passionate about learning and they are interested in a wide range of subject areas. We are pleased at the scope of the talks that has continued to widen over the years. The topics of the talks range from health and fitness, films and literature, science and technology, to STEM-related projects that demonstrate a firm grasp of knowledge across different subject areas.

The quality of the talks delivered by junior form students is encouraging. At times, they can be very philosophical and talk about the aims of education. They can also offer great advice to their peers, such as how to study effectively and how to work together more effectively.



But what advice is better than the words of wisdom given by alumni? Thomas Leung, who graduated two years ago, left us with his parting reflection on how to learn English. His talk can now be watched on the KYD YouTube Channel. With the active participation of our alumni, we are sure that our students will continue to benefit from the activity!

Our alumnus, Thomas Leung Yu Ho, sharing with students on how to learn English

## 中國文學

在畫面上寫字——「實景閱讀·實時寫作」中國文學科的創作魔法

文學創作 X 攝影 X 遊歷——中國文學科與中文學會合辦「文學散步活動」，先後舉行「紅葉舞秋山·大棠賞楓行」、「日落維港·天際100」，讓同學走進我城，閱讀美文，閱讀美景，跟老師一同走進文字結合影像的創作世界。



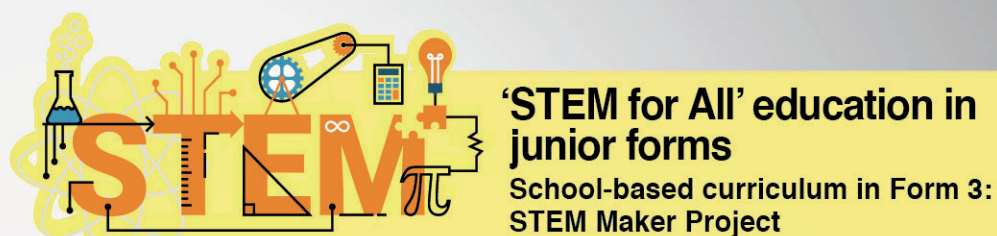
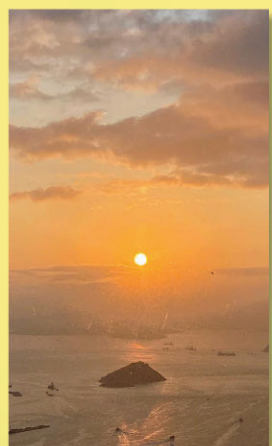
### 4B 廖啟宏同學《紅楓脈絡》

我摘了片紅葉，她畫了張地圖，只見經脈戰戰抖，四方八面地跌跌碰碰。她一面惶恐地告訴我她的故鄉，她的來處。她抬起頭，告訴我那裏的風濃郁的香，因為麥子遍地開花。她嬌滴滴地說地圖上的黑點不是鼻上的黑頭，黑點下是漫山遍野發光的碎石。她傲然地說地圖上蜘蛛網般的線是樹林大樹互相牽著的手，互相牽著的肩，樹林的阡陌在手與手間築起，一棵棵的家園在線和線間連繫。她灑然地說：「拿著我吧，像前人一般肆無忌憚地闖入我的家吧！」我不以為然，拿著她在楓樹與楓樹之間穿梭遊歷。夜幕降臨，繁星一顆顆地被摘下來，放在燈籠裏發光。星河熱鬧非凡——地上的那條。天上的……一片沉默。我好像明白了她的惶恐——我在手心上捧著她，輕放在地上，讓她回家。

### 5B 李煒昕《落日感歎》

厚重的雲層壓在山群之上，騰騰了墨綠的輪廓，山腳與山頂被斬斷，雲霧繚繞中如有龍蛇盤桓俯臥。船隻在水面劃下波紋，或駐足在那片金黃裡，身披縹緲，鑲上黃昏的色。它像隨意畫下的，點在海面的橘黃，乾枯後塗抹不開，留下不均勻的，拖拽出的痕跡，印在褪色的海上。

從接近銀色的白，到鮮亮的金，再被暈開變作暗沉的橘紅。夕陽轉瞬間道別，從蒼穹墮下。與她相隔億萬年的玻璃窗裡，有人幻想與她下沉，落在波濤裡，觸摸浪花的溫柔，嚐盡落日餘暉。



## 'STEM for All' education in junior forms School-based curriculum in Form 3: STEM Maker Project

### Topic: Self-heating meal box

Learning across the curriculum:

- Chemistry: Production of a heat pack
- EPA: Cost and benefit analysis
- Physics: Heat transfer
- English: Business pitching
- D&T: 3D printing and Vacuum forming of container

What students can learn?

- ✓ Engineering design process
- ✓ Entrepreneurial spirit
- ✓ Nature of Science via Hand-on experiment
- ✓ Design and Make
- ✓ Language across curriculum

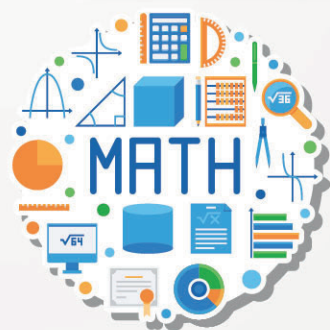
### External STEM competitions

Digi-Science Video Production Competition

Digi-Science Video Production Competition for Hong Kong Secondary Schools is a competition about scientific testing. The theme of this year was 'Testing Science for Green Living'. Our team produced a video titled 'Green testing of using rust to analyze polyphenols in drinks', which obtained 1st runner-up in the Senior Secondary Division.



Students preparing for the STEM Maker Project



A Sudoku Competition was organized by the Mathematics Club for all students on 17 December 2019. Students had great fun while enjoying the brain teaser!  
Results of Sudoku Competition (19-20)

**Champion**  
2E - So Man Wing

**1st runner-up**  
2C - Ng Sze Tung

**2nd runner-up**  
5C - Chan Char Ju



Students solving the Sudoku puzzles in class.



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