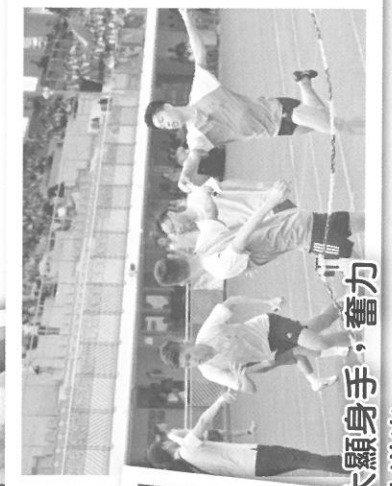




陸運會

同學們紛紛在運動會結束後拍照留念，記錄這美好的瞬間。



各社健兒大顯身手，奮力比賽，為社增光。



美國喬治市交流體驗

高中同學於7月初到美國展開為期兩星期的美國大學生活，此行大大提升了同學們的英語能力和自信心。



歷奇活動講求整體合作性，充滿挑戰。



同學們都很珍惜和美國人一起相處的機會。



中一資訊日



彭校長向家長和學生們致歡迎辭。



捐血活動

同學們踴躍參與捐血活動，彰顯愛心，願意為有需要的人出一分力。



當天同學們合作無間，捐血活動順利完成。

氣體定律實驗



物理科與理工大學應用物理系合作，讓同學們有機會嘗試進行氣體定律實驗。



每位同學都積極地投入，按部就班地完成實驗。



考察活動進行得如火如荼，最後同學們在瀑布旁拍下大合照。

地理科 梅窩考察



同學們幾經艱辛沿着岩石登上了瀑布，他們臉上的笑容流露永不放棄的精神。



經過同學們細心的指導和詳細的講解，小學生們積極參與，樂不可支。

彭惠蘭校長

Q1.你曾在舊色園四所中學任職，你對可立同學的第一印象是甚麼？

A1.可立同學聰明自主，有不錯的基礎，亦有很大潛能，但缺乏自信，以及拼搏的精神。

Q2.你對可立中學未來有甚麼發展方向？對同學們有甚麼期望？

A2.可立中學歷史悠久，發展得不錯，希望能夠建基於好的歷史基礎，讓同學能夠發揮所長，追求卓越，將來成為出色的人材，回饋和貢獻社會。

Q3.這次新冠肺炎疫情對你本人、老師、同學有甚麼啟示？

A3.第一，明白世事無常，要珍惜身邊的人事物，好好表達對他人的關懷和感情，要活在當下。第二，看到人的適應能力和持續學習的重要，在沒有先例下，大家都要學習和適應新的教學方法。

Q4.由於2020年有很多大事發生，同學們與校長相處較少，認識也相對不多，您有沒冇考慮一些方案，拉近彼此的距離？

A4.從教學生涯開始，直到現在，我依然保持初心，希望能夠努力工作和與學生多多相處。現在，我會利用早上的時間在大門口與同學打招呼，之後或會到各班探訪，以及利用早會作面對面分享，增加多些交流的機會。

Q5.你有哪些鼓勵的說話想跟同學們說？

A5.「可立人係得嘅！」這是從前的校長們常說的一句話。看到歷任校長對同學的信任、鼓勵和鞭策，我也認為可立同學就像寶石般，是可造之才，因此我會繼續保留過往的傳統，盡我所能幫助同學發揮潛能，最後我亦希望自己能夠培育出優秀的可立人。



校園訪問

蔡婷婷老師

Q1.你為何會選擇成為一位老師？

A1.我是中四的時候開始想成為一位老師的。因為當時修讀了中國文學，我很喜歡詩詞歌賦，也喜歡跟人分享，所以會想有什麼職業可以跟人分享我喜歡的中文呢？最後選擇了成為中文老師。

Q2.你對可立同學的第一印象如何？

A2.以前完全不認識可立中學的同學，只知道可立的名字，所以上學校官網查看，得悉可立是屬第一組別的同學。我覺得學生都很天真活潑，行為和想法雖像長不大的小孩子，但不失純真可愛。

Q3.疫情期間須網上授課，當中有沒有發生什麼趣事或遇上困難呢？

A3.趣事一是正在上課時，我媽突然進入房間噓寒問暖，令我不知所措。趣事二是由於鄰居裝修太嘈吵，以致無法於家中上課，於是我就拿著平板電腦和手機到樓下公園網上授課。

因為我不擅長運用網上軟件，所以最初未能順利作網上教學，後來請教了其他老師才掌握當中技巧。

Q4.在任職的首一年，你最難忘的回憶是什麼？

A4.因為疫情而停課，到現在仍不認識全部老師，也不熟悉校園。另一件難忘的回憶是在黃大仙誕時，我可以進入平時觀光遊客不能內進的內殿參拜，感到很新奇及特別。



李潔澄老師

Q1.你為何會選擇成為一位老師？

A1. 我從小就認為教育是一件很有意義的事情，尤其是見到一個小朋友因為自己的教導而獲得一些新的知識，我就會感到成功和滿足，加上我喜歡與學生相處，所以想成為一位老師。

Q2.你對可立同學的第一印象如何？

A2. 我覺得可立同學很可愛、活潑和有禮貌。一開始我會擔心，當我教授新知識時，同學們會沒有回應，令我意外的是，同學會給予回應和就所教的內容主動提問，而我會按照同學的回饋調整我的教學內容，所以我認為同學能給予回應是一件很好的事情。

Q3.疫情期間須網上授課，當中有沒有發生什麼趣事或遇上困難呢？

A3. 趣事是其中一個網上軟件有繪畫功能，同學可以在我的電腦畫面上畫畫，他們感到十分有趣，課堂參與度大幅提升。不過，這不足以彌補網上教學的不足，網上上課的困難是不能即時看到同學的行為和反應，令我感覺自己在跟空氣說話。另外，有一部分同學在家中沒有很好的時間規劃，所以作為老師就要花更多時間去跟進同學的功課。

Q4.在任職的首一年，你最難忘的回憶是什麼？

A4. 停課時間很長，這是意料不及的事，原本的計劃被很多突如其來的事情打亂，相信對大家來說都是一個巨大的挑戰。遺憾的是有很多活動因此取消，不能參與，也不能從中看到同學課堂以外的另一面。



蕭向文老師

Q1.你為何會選擇成為一位老師？

A1. 我在大學時期已有幫中學生補習，看到他們的英文有進步讓我覺得很滿足。除此之外，我很享受他們會跟自己分享他們的興趣和專長，這些經歷啟發了我立志成為一位老師，我亦希望可立的同學能夠與我分享他們的事情。

Q2.你對可立同學的第一印象如何？

A2. 第一天上課，我已覺得中一的同學很有健談，初相識一個星期已經與我分享不少自己的生活和學習上的趣事。另外，陳老師向中六的同學介紹了我是該班的另一位班主任後，他們給予我歡迎掌聲，我深深感受到他們對我的支持。

Q3.疫情期間須網上授課，當中有沒有發生什麼趣事或遇上困難呢？

A3. 趣事一是上課期間，有一位中五的同學意外開了麥克風，聽到他家人的美妙歌聲，但後來同學不想影響課堂就馬上關了麥克風。趣事二是有中一的同學一邊吃糖果，一邊上課，不過在我的勸喻後，她也改變了這個習慣，專心上課。此外，我也很欣賞同學準時出席課堂和呈交功課。趣事三是中五同學使用聊天室一字一句地分享他們的反思，我覺得他們的說話很真摯，令我不禁回想起從前替中學生補習的畫面。

困難是有個別同學的麥克風在幾個星期內都未能修理好，導致互動減少。

Q4.在任職的首一年，你最難忘的回憶是什麼？

A4. 我很欣賞同學積極地參與英語相關的活動，特別是比較文靜的高中同學也肯嘗試，並全力以赴，例如我班一位中五同學寫了一篇過千字的文章參與英文寫作比賽。另外，英語日那天，有些群同學聽到我的呼籲，早早就踴躍地站在攤位前等待遊戲的開始，他們的積極性打動了我，希望未來有更多的同學參與不同的英語活動。



李永嘉姑娘、許穎欣姑娘

Q1.你為何當初會選擇成為一位社工？

A1.（李）我從小便意識到自己想選擇對人的工作，特別是兒童及青少年，因為那一個階段對一個人的成長十分重要，加上自己的家庭背景及個人的經歷，篩選後便選擇了成為一名社工。

（許）我喜歡多樣化和有挑戰性的工作，不喜歡被一些固有的框架規限著自己，所以想將自己的價值觀推己及人。同時兒童和青少年的成長是很重要的，我想成為他們的陪伴者，陪伴他們見證重要的時刻，所以選擇了這份工作。

Q2.在學校任職的社工的困難是甚麼？

A2.她們都認為不同持分者對同學的福祉有不同的見解，所以在討論學生的議題上容易出現不同的意見，而困難之處就是需要平衡不同持分者的意見，再作出決定。

Q3.對可立同學的第一印象如何？

A3.整體印象乖巧而且純品，學生在考慮事情上亦會考慮別人的感受，本性善良，但對於自己人生的方向較迷茫。同學有自己的想法，會思考什麼對自己重要，但容易受他人影響而質疑自己的想法，所以未必能作出自己最想要的決定。



校報編委會名單 19-20

總編輯	：	陳佩琪老師
【校園活動】	：	陳芷妍 李詠茵
【校園訪問】	：	李淑雯 王鈺妮
【專題介紹】	：	郭夢潮 謝潔儀
【科學園地】	：	劉錦豪 余欣能
【細味英語】	：	秦仁 蘇詠詩 陸文鋒 潘珈瑤 丘月明 李祺祺 吳頌銘
英文版負責老師	：	羅麗珍老師 孫嘉祺老師 蕭向文老師
中文版負責老師	：	Mr. MIRCHANDANI, Hirdyesh
科學園地負責老師	：	黃淑儀老師 李潔澄老師 蔡婷婷老師
	：	黃振賢老師

山頂遊記 中三甲 趙穎珊

日日對著一堆書本，慢慢變成生活習慣，不可能的，對於我來說已變成厭惡，甚至對閱讀反感。當我再次從書本中找到一些大自然的圖像，心血來潮，決定去寫生。

到達黑山頂，寫生不是朝目標而來的，是憑感覺的，用肉眼、鼻覺、聽覺、觸覺來感知景色，再配合心情，仰望緣的便坐下來，把眼前的景象描繪在紙上。從山腳仰視，越過一級再越過一級，眼前的大樹，路過一棵再路過一棵，雖然只是走馬看花，但所見當中的綠色呈微妙的漸變，就如我身上攜帶的，顏色盤一樣。欣賞完這景色，卻不是我想要的感覺，之後就朝山頂而上。眼前的小梯級，不是越過一級再越過一級，眼前的大樹，路過一棵再路過一棵，雖然只是走馬看花，但所見當中的景色會比現在看到的更美更精彩。體能不好的我一下子體力已消耗了五成，為了觀賞到更好的景色，畫到更好的畫，我不能半途而廢，只好迎難而上，一先苦後甜一大概就是這個意思了吧！而且經過辛苦的上山之旅，定能深切感受到之後看到的美景是多麼難得，多麼美好，到我把景象畫到紙上時，也會畫得多麼感性，一想到這樣，體力就全都回復了。

路徑越走越窄，身旁的野草也輕輕擦過我的身體，多麼溫柔，多麼親切，多麼細緻，彷彿跟我打招呼，草一動，路過的小野花也被小草帶動了。奇妙的是那小野花，像懇求我說：「請不要踐踏我！」而我深深地感受到他的懇切和祈求，我摸一摸小花幼嫩的枝葉，並答應了它。

汗流浹背的我，到達了山頂，興高采烈地拿起手機，拍下了一張「認證照」，便開始正式觀賞景色。我坐在山頂一個小角落眺望，看到和山腳不一樣的漸變色，感覺更奇妙，望到河水，好像不是一如既往的清澈了，但也能看到藍色的海水，湧起的波浪，一波又一波，多麼美麗呀！突然有一個小果實掉到我的頭上，是大自然向我發的見面禮嗎？那我欣然地接受了。之後更一連串掉下樹葉，我能感到一點樹葉的鬆軟幼嫩的味道的，更能分辨出哪些是老葉哪些是幼葉，並告訴他們：「大樹並沒有放棄你們，而是讓你們有一個新機會繼續親近大自然、回歸大自然。」

開始準備工具寫生了，我拿出顏色盤，挑選顏色，看哪個最適合眼前這美麗的景象，並感受附近鳥語花香，小鳥的吱吱聲響著，野花的香氣。突然，我能感受到一陣風，是春風嗎？是令人感受到舒暢的春風嗎？不是呀，是一群白鴿朝我這邊飛過，我想不到更多的形容詞來形容這種奇妙神奇的感覺。大自然一直迫切地祈求我快點把他們的美貌在紙上記錄下來，而我又再次欣然地接受了這份禱告。話不多說，我先用淺綠色描繪翠綠的草地，加一點黃色，凸顯小野花的重要，不忘加點棕色，表示不會忘記這些半月，還有一個特別的重點，是海呀！先畫山頂看到的半月灣作修飾。襯托出海水的藍，還加一點深藍了，指出美妙的波浪，加上藍天白雲的天空，作為這幅畫的句號。

下山了，帶著微笑的我下山時竟看到和上山時截然不同的景象，竟遍地垃圾，野草不多，那是因為已變成雜草了！小黃花不少也變得黑黑的，還扁成了一塊！我不禁閉上眼，不敢相信這是同一個地方，毫不安然地下了山坡，急切地，越過梯級再越過梯級，走過小徑再走過小徑，越過梯級再走過小徑……

大自然是上天給我們美好的禮物，也是上天創造最好的恩賜。人類，在現今社會也不脫離讀書了吧！但是讀的書講得沉悶時，可走出市區，來到郊區，來到這個親切的大自然，好好歡一歡呀！可愛的花花草草，愉快的小動物，美麗的小河，他們會給予你快樂啊！然後再看到上山和下山截然不同的景象，你想不起他們的要嗎？你捨得嗎？你捨得破壞他們嗎？人生苦短，當你細心留意大自然，就會明白人生是多麼的短暫，眼前的大自然，你能跟他們，對上嗎？還不如，好好欣賞大自然的美好，即使是在現代，到處都是市區，也能成為你的休閒區呀！你可以在那裏玩樂，享人生，這不就是詩仙李白所說的及時行樂嗎？大自然的美麗，為什麼被陶淵明選擇了？好好想想吧！

再次嘗到的滋味 中四丁 郭夢潮

我注定是要過一個最特別的新年。

因為疫情的緣故，外面封鎖了交通，我也無法回到城市裏工作，只能呆在老家中陪伴母親。我的老家在一個沿海的小漁村，到處洋溢著撲鼻卻又和定的氣味，鄰里關係很好，不像是冷冰冰的城市，最重要的是在這裏，我能感覺到父親的存在，就像他一直在陪伴我一樣。

這真那兒都好，就是太久有些無聊，順應著網上掀起一股下廚的熱潮，我也開始動手想做些東西來吃。有一小塊地拿來種菜，以前父親特意騰出這一塊地來，說吃蔬菜要重菜搭配，自己種的最好吃，曾經無肉不歡的母親如今倒是天天吃菜地裏種的，年紀大了，吃生鮮會腿疼。「有的，你要出去買的話去買些肉吧，別天天陪我吃素了，老李家應該還有些螃蟹沒賣出去，你買回來給我做。」母親說道。我一愣，想到了父親。

我拿著錢走了半里路，找到了老李家，大多海鮮極其他村民買了，海邊養殖的水產也就剩下那些，運氣頗好地我找到了幾隻躲起來的小螃蟹，帶著牠們回家去。母親好像聽到了我的腳步聲，站在門口等我，像是以前一樣，卻少了個人。

「媽，你會做薑蔥螃蟹嗎？」我第一次問這個問題。在眾多生鮮之中，我最喜歡吃的屬薑蔥蟹，但也只有這家鄉的螃蟹最合我胃口，長大了也嘗試過幾干的帝王蟹，但比起我父親做的薑蔥螃蟹，再貴的都索然無味。自從父親走了，我也有幾個年頭沒吃過這我心中第一美味。「就是給你做才叫你買的。」母親敲了敲我的頭，拿過我手里的螃蟹徑直走向廚房，看來是要現做了。

我幫忙在旁邊菜田摘了幾棵新鮮的蔥，馬上跑去廚房說要打下手，實際是想要偷師。我並不是沒有嘗試過復刻父親的菜，可每次都要了點什麼。廚房擠了兩個人有點擠，母親也沒趕我出去，還行廚房給我做螃蟹的要點，我就像她的學徒一樣，用手機認真記錄要點。

我協助母親將螃蟹丟腰去冚，裏面通常會藏著沙，取出就不好吃，洗乾淨之後一開火，以前吃的巨蟹大多都是十幾斤，現在那幾只也就只有四五兩，實在可惜。螃蟹下熱油鍋之後，味道瞬間撲鼻而來，又鮮又香。由於沒有加黑料，所以能夠清晰地看見螃蟹由灰色變成鮮明的橙橙色的過程，讓人食慾大增。母親又出炸至八分熟的螃蟹，用鍋裏掛著的油爆炒生薑，再放入螃蟹，加了鹽和少許糖調味，最後加入生抽和料酒做醬汁，把蔥切成長條放進去吸收汁的精華，結果最後煎熬的五分鐘後，薑蔥螃蟹終於可以出鍋。

那是我熟悉的香味，但我還是先壓抑住了自己的期待，畢竟重要香味方面，我之前自己做也能模仿七七七八，不過最重要的味道仍未能掌握。我用湯匙舀起了醬汁，淋在了像小山一樣高的飯上，醬汁並不濃稠，快速地滲入飯中，把純白的飯粒染成了金黃色。我朝著滾滾，把飯送入口中。那鹹香味道，逐漸喚醒了我兒時的記憶。

小時候，父親並不常下廚，家裏的御用廚師是母親，只有在特殊的日子，比如生日或者是考試拿到好成绩，我才能夠要求父親親自下廚煮菜。從小吃慣海鮮的我，唯一沒吃膩過的就是這道薑蔥蟹，每次都回味無窮，巴不得天天能夠吃上著道菜。

我飯上閃過驚喜的神色，馬上拿起香甜大快朵頤。就是這個味道，即使不能說完全一樣，但也八九不離十了。蟹鉗的殼比較厚，要用用鉗子夾碎，隨著清脆一聲響，潔白的蟹肉露出，這個時候才能馬上沾上碗底的醬汁吃掉。我又蟹肉蟹腳，吮掉表面上的醬汁，再開動蟹肉。我這樣的吃相當常把母親嫌棄沒個女孩樣子，每一次父親都會溫柔地看著我說「知道你喜歡吃，吃慢點，沒人跟你搶。」他把我這種行為看作對自己廚藝的嘉獎。我吃得著迷，現在才抬頭看向母親。她帶著溫柔的微笑，幫我拿下嘴角的飯粒，我原本以為我這般的吃相當肯定引來她的吐槽，卻才發現，她眼裏只有自豪的光。

我感覺心底里酸酸的，莫名的有些難過。手裏的肉一口接著一口，我只感覺這螃蟹越來越好吃了。我細味那螃蟹的味道，它依舊是那樣鮮，那樣香，彈牙的蟹肉帶著

入味的肉汁，我再回顧以往的記憶，發現這道菜居然和我的回憶完全重合了，似乎還多了一些什麼，我恍然大悟，原來並不是材料的問題。

我每次深刻這道菜的時候總感覺差了什麼，我思來想去都找不到那缺少的東西，現在我想，也許缺少的是愛吧！

即使母親沒有完全複製父親的菜餚，這兩份菜在我心中卻是一模一樣的。父親的薑蔥蟹充滿了對我的寵愛和期許，希望我可以成為一個亭亭玉立的姑娘，陪伴著我長大的母親炒的菜多了欣慰，她成功地把我養大，看著我漸漸自立、自強。

我笑著吃螃蟹，卻有淚水劃過臉龐，被霧氣蒙住的雙眼看到了母親的身影似乎和父親重合，又變成了兩個人，像是同時一樣，直到母親把我的眼淚擦乾。即使父親不在身邊，只要愛還在，味道就在，他也還在。

象棋的聯想 中三丙 劉潤鵬

常人道：「人生如棋，棋如人生。」以前並不知道它的含義，現在想起，卻令我所領悟。

開時，我常請幾位要好的朋友，拿出一副象棋與他們對弈。一邊下棋，一邊高談闊論，圍觀者也經常在旁指指點點，氣氛熱鬧！但有時大意疏忽，棋錯一著，引起哄堂大笑，我才發現自己身處於弱勢。誰料天無絕人之路！反經過一番苦思，奪得一線生機，我略施小計，最後竟反敗為勝。我高興得「大發橫財」，興之所至，又連續下了十多盤，整個週末就在刺激緊張的對弈中度過。

「屹然兩國立，限以大河界。三十二子者，一一具變態。」時至今日，象棋已成不論長幼、廣大市民閒時必有的娛樂。放學後走到屋邨公園裡，映入眼簾的總是四五十個老人圍坐在一起下象棋。有時看到一些人思緒清晰，步步為營，最後生擒敵方主帥；一些人缺乏思考，一時大意，最終喪失大好棋局，只能搖頭嘆息；而人生何嘗不是如此？大如治理國家，小至打理家務，若我們不經過深思熟慮，魯莽行事，最終只會失敗收場。例如身為行政長官，施政前若不先進行諮詢，草率立法，只會與民意不符，最終受到各界反對而失敗。又如媽媽在家做飯，若因為急於求成，放錯了調味料；又或者一不留神，切菜時就可能弄傷手指，一道菜就不可能順利完成。

下象棋的過程，就像人做一件事，每走一步，都要審時度勢，思考下一步將會遇到的問題，一步步連至勝利，而人做事也一樣，小心謹慎才能成功。曾經有一次英文考試，我本以為溫習充足，成績一定可以合格！誰知收回自己的試卷後，完美時才發現大意忘了跟從指示！！在每條題目劃下關鍵字，導致成績不合格。現在看看試卷，心想：若提交試卷前五分鐘有記得仔細檢查就好了！！可惜一失足成千古恨，做什麼也於事無補了！每次想起此事，我都眼淚淚光，十分憎恨自己！

古語有云：「一子錯，滿盤皆落索。」這句話證明一個很重要的道理：人生總會經歷無數考驗，當我們看到成功的曙光，不可因此而鬆懈，否則會犯下嚴重錯誤，與成功失之交臂。當然，我們也應看淡得失。勝敗乃兵家常事，誰也不可能一帆風順地下完一盤棋。正如人生不會沒有磨難一樣。無論輸贏，都要以平常心面對。

所以說「人生如棋，棋如人生。」踏出了一步，就不能回頭，這就是人生。

陽光與陰影 中五戊 劉明杰

說起陽光大家會有什麼感覺？不外乎是陽光代表希望和信念，而相反陰影讓人感到失落和不願意面對等的負面情緒。就如人們看見是如此光明，總是與畫畫時，心中卻泛起一絲失落。人們總愛那溫暖、沐浴大地的陽光，卻總是迴避與陽光共同出現的陰影。

陽光與陰影本就相隨，有光的地方亦必定有陰影的存在，兩者不可能分離，只要一回頭，便能看見自身在陽

光投射下所形成的影子。可是人們卻往往在乎陽光，時將陰影忘却，他們沒想過每個成功的例子背後總含著多少的心酸與汗水，正因如此，人們總是一直羨慕著他人，同時渴求著沒有陰影的陽光，而驟然易見地，這種陽光並不存在，有多大的陽光便會出現多大的陰影，兩者在數學體面上可說是一成正比一的關係。同時亦讓我在此舉出數個例子來論證我的看法，首先，人們總是一直羨慕著男子田徑運動員——劉翔，他曾獲一枚奧運會金牌、六枚世錦賽獎牌和三枚亞運會金牌，是兩次世界冠軍，並曾打破世界紀錄，是1110公尺欄史上第一位同時美奧運會冠軍、世錦賽冠軍、世界紀錄於一身的選手，同時也是中國全運會史上第一個三連冠田徑選手，有一「跨欄之王」之稱的運動好手。劉翔奪得奧運金牌，固然令他獲得至高無上的光環，但人們卻沒想過他需要同時背負著十三億人沉重的寄望和無法復元的腳傷。又例如狀元的成績非常亮麗，但他們需要日夜操練考試卷，廢忘忘地準備，在我們都在休息、玩樂的時間里依舊努力地過習。

陰影令人成長、進步，邁向光明。而愈黑暗、愈龐大的影子就意味著必定有更猛烈、更巨大的太陽。就例如海倫·凱勒失明、失聰，但她沒有自卑，反而積極學習，成為著名的教育家和作家；力克·胡哲天生失去四肢，卻拋開身體限制，發掘生命的善與美，成為激勵世人的演說家。他們身上散發著比任何事物都要亮的光芒。他們並沒有因為「巨大陰影」而放棄，因為他們知道陰影背後，一定會有陽光。

事實上，陽光與陰影從來不是魚與熊掌的問題。如無陽光，何來陰影？陰影消失，陽光還算是陽光嗎？陽光與陰影皆是相生並存，誰也缺不了誰，兩者猶如陰陽相生、剛柔並濟。而既知福禍之並存與無可掌控，我們又何必為此而牽動心情，為着一時的陽光與陰影而非喜？既然如此，我們為什麼要為見到陽光而高興，見到陰影而感到悲哀呢？

談談如何消除偏見 中五丙 林鑑盈

甚麼是偏見？偏見是指人們基於成員身份或外貌而產生的情感或態度。偏見亦是人們對他人先入為主的觀念。而這些偏見往往會對人與人的交往及對他人的心理造成傷害，甚至令自身活在虛偽之中。偏見對自身和他人都百害而無一利，但它卻在我們的生活中無處不在，那麼我們又應如何消除它？

要消除偏見，我們可以先由自己做起。我們應當試多角度思考，嘗試了解對方，以對方的角度來思考事情，事情或許會變得更加全面，以此消除偏見。故事中的媽媽一曲披瀝窗外鄰居俗麗的衣服便開始批評，這反映了她站在自身的角度思考和以主觀的態度來判斷事情。若我們能夠放下自身對他人所持的偏見或觀感，嘗試與他人溝通、了解他人，甚至站在他的角度來思考，繼而接受他人與自身的差異，偏見或許就能消除。多以不同角度來思考，事情也會變得不一樣。就如在梁容若的《偏見》一文，當中是及有兩個人面對面地同時站在燈箱的箱下，其中一個人開口向對面的人讚嘆道：「燈箱上的綠色小燈好靚！廣告牌好靚得煞是美麗！」怎料站在另一面的人駁斥道：「你說的是甚麼話呢？」燈箱上的小燈明明是紅色的！一結果二人就這樣吵了起來。當警察來到時，二人都名執一詞、互不退讓。警察走到二人站的不同位置看了看燈箱，再命他們二人交換位置。原來燈箱一面的小燈是綠色，另一面是紅色，誰都沒有錯。從這故事中我們可以看到多角度思考的重要性，有時候換一換位置，讓自己站在別人的角度來思考，就能對事情，甚至他人有一個更全面的看法。有這樣全面並深入的了解，我們對他人的偏見也能消除。

在自身方面，要消除偏見，我們不但可以從思維上作調整，我們亦可以從心態上改變。我們應該保持包容的心，牢記「君子而不同，小人同而不和。」放下自身對別人的偏見或觀感，用心去接納與自己意見相異的人。其後再與對方交流溝通，深入了解對方的想法和角度。在溝通的時候，更加要放下成見，虛心聆聽，聆聽除了只用耳朵，我們還要虛心諒解他人，互相尊重，平心靜氣與別人溝通。這些舉動都有助我們了解他人更多，消除那些不必要的偏見。就如美國社會一直都对黑人種族存在偏見，很多黑人種族在當地都受到不少的偏見和不公平待遇。馬丁路德金曾以非暴力的方式來爭取黑人種

權益，此舉令不少白人都意識到自身的錯處，放下對黑人種族的偏見。由此可見，改變心態，以包容及接納的心態與他人溝通，將心比心，推己及人，必定可把那些不必要的偏見消除。

除了由自身做起之外，我們亦可借助外力來消除偏見。就如例如多加一位旁觀者。以旁觀者有時就像一塊鏡子，他能夠為我們摒除盲點，以免先入為主。就如故事中的女兒，她就像媽媽的一塊鏡子，在媽媽對鄰居產生偏見時，是媽媽對女兒走前抹掉窗上的灰塵，令當兩者驚醒，消除了媽媽對別人的偏見。由此故事可見，旁觀者更能幫助我們看清事情的全部。由於觀者對事情或他人的看法與我們的看法有所不同，他的角度或許能為我們摒除盲點，反映出我們不可見的死角，使事情的真相得以還原，繼而消除我們先入為主的偏見。因此，借助旁觀者的看法也未嘗不是一個消除偏見的好方法。

偏見有時就如仇恨一樣，會蒙蔽我們的雙眼，令我們看不見事實的全部，最終傷害了他人，也傷害了自己。若我們學會調整自己的思維，改變與人相處的心態，甚至借助旁觀者的看法，我們或許對事情有了不一樣的見解，對他人那些先入為主的偏見，自然就能消除。

疫境下的悲與喜 中二乙 黃仁麟

一月二十五日，政府宣布停課，這一天就開始了無盡的假期。剛開始時，爆發了「口罩荒」，口罩由以前可能五十元一盒，被商家抬價至五六倍之多，人們由以前通宵排隊買手機到現在通宵排隊買口罩，甚至把每間超市的一些日用品，食物一掃一得一乾二淨。不過，在這段時間出現了很多事情，既有悲，又有喜，就讓我為大家分享一下吧！

首先說悲的。第一，因為沒法回校上課，所以要網上教學。網上教學有一些壞處，就是沒了上課的氣氛，這令到學生不能集中精神。即使學生能集中精神，還會有另一個問題——網絡的問題，網絡有時會斷線，畢竟全香港的學生都需要使用，當他們斷線的時候，就有可能會錯過了學習的內容，跟不上進度。

第二，就是經濟的問題。留在家中，減少了外出的機會，很多飲食業被迫結業。另外，淡不開的還有旅遊業，由於好多地方都封關了，而且沒有外地和內地的遊客來港，導致旅遊業生意大受影響，有些公司被迫結業。有些商店不結業的話，就會選擇裁員或讓一些員工放無薪假期，以保障他們的店舖能繼續經營下去。結業及裁員潮湧現，都會令失業率上升，降低市民的消费意欲和增加他們的生活壓力。因此，政府動用了大量的財政儲備，推行「撐企業，保就業」的計劃，但這又令庫底減少儲備，可能影響香港的國際信用評級，令融資成本增加，削弱經濟力。

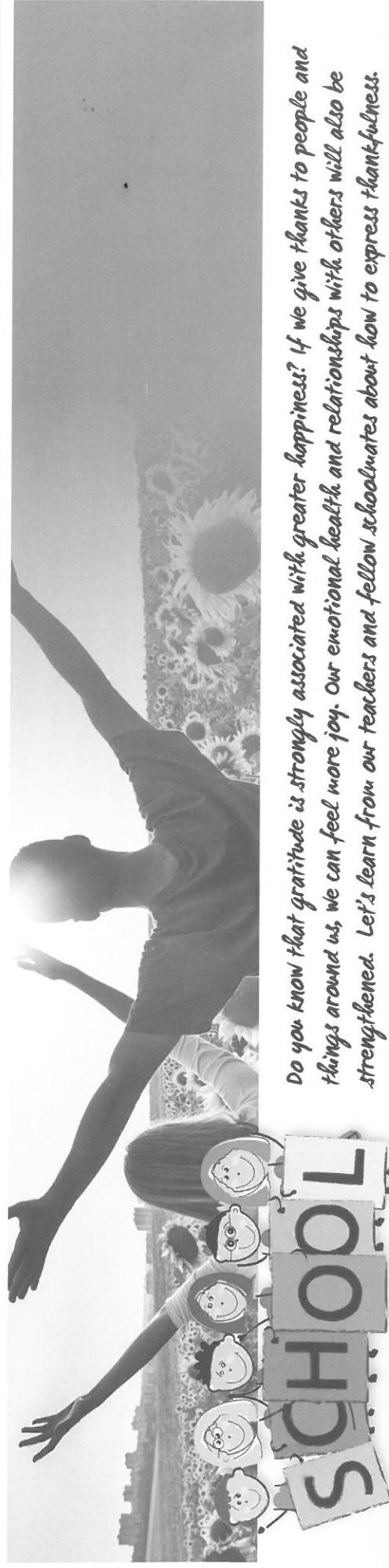
當然，除了悲，亦有喜的事情啦！在疫情期間，各地的社區都出現了一些善心的行為，大家互相互愛。很多人見到自己的鄰居有需要，他們都會盡力幫忙，共渡時艱，例如會分享口罩和一些防疫用品。有些人甚至會利用自己的創意，去幫助他們的朋友。由肺炎引發的「廁紙之亂」蔓延世界各地，其中包括目前實施封城的美國加州三藩市。當地一名男子因為缺乏廁紙而向朋友求援，結果他的朋友及時以無人機空運廁紙給他，解決了燃眉之急，成了疫情下的趣聞。另外，就是醫護人員，他們冒著生命危險照顧病患，還要很長一段時間不能和他們的家人見面，但他們都堅守崗位，這是很值得敬佩的。這也凝聚了社區的團結性和歸屬感。

最後，就是關於自然環境。隨著新冠病毒大流行，導致全球經濟活動下降，意料之中的是，與能源和運輸有關的各種廢氣的排放量大大減少。因民眾較少外出和一些工廠減少了生產，因此汽車和工廠的碳排放量下降，令到空氣素質變好。印度因疫情嚴峻的，亦宣佈全國封鎖二十一日，食肆和工廠的污染減少了，令到恒河水質有明顯改善。更可喜的是，科學家還發現南極上空的臭氧層正在自我癒合，穿的是，科學亦縮小了。我們希望全世界的人類，能汲取今次的教訓和經驗，更加愛惜大自然，不要再傷害大自然，為下一代打造一個更美好的地球。

疫情下，有喜亦有悲，或許這才是人生的真正體驗。

RESONANCE

No.64 STUDENT PUBLICATION OF HO LAP COLLEGE SPONSORED BY THE SIK SIK YUEN JULY.2020



Do you know that gratitude is strongly associated with greater happiness? If we give thanks to people and things around us, we can feel more joy. Our emotional health and relationships with others will also be strengthened. Let's learn from our teachers and fellow schoolmates about how to express thankfulness.

**Mr. Siu Heung Man**

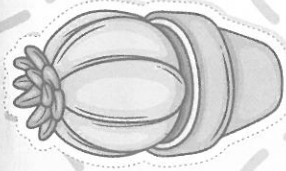
I would like to give kudos to all the janitors of our school for keeping our campus clean, hygienic and orderly. This is a challenging task, especially under the pandemic situation. All of them have to wear a surgical mask when working indoors and outdoors moving heavy supplies, sweeping walkways, and removing garbage. Every drop of their sweat has greatly contributed to the cleanliness of Ho Lap College. I just cannot thank them enough. Let me express my deepest gratitude to them all.

**Leung Chung Kiu 1D**

Dad, thank you for your guidance and support. You are my hero because you have influenced me a lot. All of our relatives, friends and neighbours agree that you are caring, helpful and honest. Your personality sets a good example for me to follow. You always tell me to be kind to others, including to those who are not very friendly to me. I wish I could be like you one day. I wholeheartedly thank you for everything.

**Ip Chi Yan 2A**

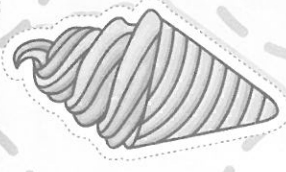
In these two years of studying at Ho Lap College, I feel more engaged in learning because of my teachers and classmates. At first, I found some subjects very difficult. Thankfully, my teachers have been encouraging and patient. Without their encouragement and patience, I couldn't have learnt so much and got such impressive results. I want to thank Miss Julia Leung most. She is a passionate and kind teacher. She always encourages me to reach for the stars and get that extra mile.

**Shek Wing Tung 2C**

I remember when I was young, I always took my parents' love for granted. The reason was that I didn't know how hard they worked. But I understand now as they always help me with my schoolwork. Also, they remind me to face difficulties with a positive attitude. I would like to express my sincerest thanks to them. I owe them big time, and I'd like to thank them from the bottom of my heart.

**Chen Yincho 3A**

I would like to thank my parents. I truly appreciate that they always give encouragement to me. I still remember that when I was in Form Two, my teacher recommended me to join a large-scale event called Wong Tai Sin District Outstanding Students Selection, but I didn't have any confidence. However, my parents said that I could get an excellent result if I gave my best. Thankfully, I didn't let them down and got a prize. Dad and Mom, thank you for always being there to have my back.

**Lam Pak Yin 4D**

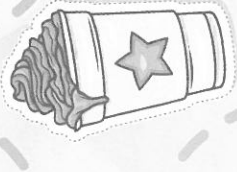
I have been studying at Ho Lap College for four years. I have met different friends here. In these four years, I have always been thankful to my friends Athea and Gina. Since we met each other in Form One, we have always been playing, chatting and studying together. Our friendship has been very deep, and we depend on each other. No matter what problems we face academically and emotionally, we try to help and encourage each other. Words cannot express how grateful I am. I sincerely hope that we can continue to work hard in the future.

**Fan Yeung Ching 5C**

I would like to thank Ms. Au for her guidance and support. When I was in Form Three, I was perplexed by the complicated but important subject selection. Ms. Au, who was my class teacher in Form Three and Geography teacher, was very patient and gave me a lot of useful advice. She always encourages me to improve and aim high. Thank you so much, Ms. Au. Your support means a lot to me. I would like to express my sincerest thanks to you.

**Lam Cho Ling 5D**

I have met lots of good classmates at Ho Lap College but the one that I want to thank the most is definitely my best friend, June. June is the first friend I met in Form One and since then, she has been the one who always stands by me. For example, when I lack motivation and confidence, she always encourages and gives me advice wholeheartedly. I am so lucky to have met such a good friend and I would like to thank her through this opportunity. My dear friend, thank you for being with me. I truly appreciate what you have done for me!

**Pun Ka Yiu 5E**

I would like to express my heartfelt gratitude to all English teachers who have taught me. When I was in Form One, I had to adapt to the new school life. I met a lot of new friends and teachers but I was not confident enough. Yet, my teachers provided me with ample opportunities to boost my confidence on the stage. I was also given many opportunities to participate in The Hong Kong Schools Speech Festival. I am now able to speak English fluently in front of a large audience.



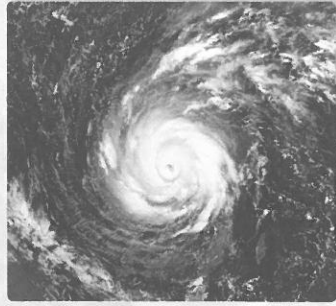
Upside Down and the Wrong Way Round

2A Au Chiu Chun

It was a bright and sunny morning. I went to the library in my leisure time. An interesting book caught my eye and without thinking, I took it home.



I prepared myself a cup of cappuccino and started to read this book. It was Sir Arthur Conan Doyle's "The Lost World". I read this when I was in junior form. For no reason, a strange feeling made me want to read this book again.



The first page already surprised me. The whole page was full of typos in every paragraph. Although I knew it was not allowed to write on library books, I took out a pencil and corrected the typos. As I was doing the corrections, I heard a soft but sharp voice, "Stop it! You silly human!" The voice was that of the words of the book! "Why are you doing this? We are supposed to be read, not being written on! That's it! The world has controlled us for too long. We shall assemble our brothers and sisters. The Word Revolution begins!" Then the words flew out of the window at the speed of light. The entire book became blank!

As I ran out of the door, I saw that the sky was full of words! I had never seen such a dramatic scene. It was crazy! The words shaped into a giant time bomb. Everyone on the street stopped to stare at the weird object in the sky. Soon, the time bomb exploded and the words flew in multiple directions! I was worried that something bad would happen. And sure enough, it did.

The revolutionary army created a total mess! The word "wasp" started to attack every citizen! Some spelled "frying pan" enlarged and acted like a mosquito slapper, attempting to squash everyone in the district. And finally, the worst happened. The words spelled "hurricane" started to destroy everything in its path, including houses, vehicles and even humans! As the hurricane drew closer, I thought, "This will be the end of me."

However, the hurricane of words stopped in front of me. They looked like they were in a paralyzed state. I looked back and saw a man holding an orb. The orb released a flash of light, and the words disappeared in a second. "Who are you?" I asked. The man said, "I know you have opened the magic book of words. The library shouldn't have this book. It doesn't belong there." I kept on asking, "You haven't answered my question. Who are you?" The man answered, "I came from the future. In case you don't know, I'm here to inform you that you will encounter this incident again. I came here to warn you. In case you don't know, Harry, I'm YOU."

School Clubs – Extraordinary Experiences!

2B Wu Yiu Tsz

We all know that extra-curricular activities are favorable to our whole-person development. Therefore, our school provides us with a wide range of extra-curricular activities. Joining these activities, we can undoubtedly gain invaluable experiences!

The Scrabble Club – finding words, developing a whole new world

I'm pretty sure you might have heard about this world famous crossword game – Scrabble. Not only does Scrabble enhance your English proficiency, but it also strengthens your brain power as it is indeed a strategy game. To win the game, you have to gain as many points as possible while preventing your opponent from scoring points. This tactic is called "blocking the board."

When I play Scrabble, I realize that learning from defeats is extremely important. From failing, I know what I've done wrong and will not make the same mistakes again.

Reading Club – digging in the environment of books

English lovers, like me, surely love reading different books. The Reading Club offers me tremendous opportunities to read a wide variety of books. Recently I have borrowed a hilarious book from the Reading Club – Diary of a Wimpy Kid: Rodrick Rules. When I was reading the book, I couldn't stop laughing due to the stupidity of the main characters, Greg and Rodrick.

After joining the Reading Club, I find that reading plays a significant role in my life. A room without a book is like a body without a soul. The more we read, the more we know!

Mathematics Society – exploring the world of Mathematics

Mathematics is my second favourite subject. When I successfully solve a Maths problem, it is satisfying. That explains perfectly why I'm a loyal member of the Mathematics Society. After participating in the activities organized by the Mathematics Society, I have learnt how the Pythagorean Theorem works as well as the Trigonometric functions: the sine, cosine and tangent functions. I wish I could be a Mathematician in the future.

The Information Technology (IT) Club – creating appreciation for and understanding of technology

Technology has been playing a vital role in our life. I have been interested in technology for a while, and realized programming is an important branch of it. Therefore, I have joined the IT Club. Taking part in the club activities, I eventually found myself intrigued by logical programming. Hence, I have been learning several programming languages – Python, C#, JavaScript and Java. I strive for providing assistance to my schoolmates by making good use of my IT and programming skills. I truly believe that if you join the IT Club, you will find the experience rewarding and fascinating!

After reading this article, perhaps some of you want to join some of the above clubs. Don't hesitate to contact the teachers-in-charge if you are interested!

Is Using Disposable Chopsticks a Big Problem?

3A Law Yat Yin

Disposable chopsticks are widely used in takeaways of restaurants and eateries. Actually, using this kind of chopsticks made from trees like cotton wood, birch and spruce and bamboo, can create an irreversible effect on forests. In order to produce them, trees have to be logged. It means that the ecosystem can be severely affected. For example, many animals living in forests require shelters provided by the abundant trees. Owing to the production of disposable chopsticks, some animals lose their habitats. Some animals which feed on these plants may lose their food sources. Therefore, it is not good for us to consume disposable chopsticks excessively.

What can we do to solve the problem? First, the government can ban the use of disposable chopsticks offered by restaurants or eateries. It can greatly reduce the use of unnecessary disposable chopsticks. I suggest that offenders should be subject to a hefty punishment. It can act as a deterrent to others. Restaurants themselves can also help out. They should encourage the use of reusable chopsticks. For example, if customers do not request a pair of disposable chopsticks, they can be rewarded with \$0.5. It is hoped that people will develop a habit of not requesting for disposable chopsticks in the long run.

Becoming a Blogger is Never My Cup of Tea

4E Asghar Obaid

A blog is a platform where a writer or even a group of writers share their views on an individual subject. There are many

reasons to start a blog, such as for personal reasons, sharing experiences or opinions, and even business. Blogging is being picked up by many and has been on the rise in recent years as bloggers get to express themselves, share their passions and refine their writing skills. Blogging is perfect for many as it teaches so many skills, however, it's not meant for me. This is because being a blogger is time-consuming as bloggers need to come up with new content in order to keep their audience interested. Sadly, being a full-time student, I would not be able to cope with the pressure of studies and blogging at the same time and would definitely lack time to create quality content for my audience.

Blogging has numerous advantages, such as having a better work output and having more energy. Firstly, there would be no one to give you orders. You could do your work freely and as you like, easily concentrating on your work and writing at any time of the day. You would be the one to decide if you are satisfied with your work or not and would not have to face criticisms from anyone, e.g. your boss. Hence, this would lead to a better work output. Secondly, working as a blogger would pump your energy as you would be working enthusiastically which would also allow you to work more creatively.

However, everything comes at a price. Blogging requires one to be social and reading should definitely be a hobby as bloggers have to answer people's queries and have to be a good writer to make it to a hall of fame of bloggers. What's more, flexibility is a double-edge sword. Also, if you blog from home, it's easy to be distracted. You need to have the willpower to work if you want your blog to grow successfully. In a nutshell, blogging is perfect for some but can be a hassle for many. One should definitely weigh the pros and cons of working as a blogger before pursuing it as a full-time career.

Why Should We Care About Internet Privacy?

5C Tang Tsz Ling

A recent survey conducted by the Federation of Youth Groups revealed that many teenagers had a low awareness of web privacy. Some teens even admitted that they had shared other users' data without their consent.

It is found that cases which involve the use of digital technology to deliberately and repeatedly harass, humiliate, embarrass, torment or intimidate another person are common. Once teenagers fail to protect themselves in the cyber world, the chance of being bullied will be higher. People may spread nasty rumors about the victims online, or disclose their personal information or photos to others without the owners' permission. Worse still, some of them are insulting or embarrassing. Undoubtedly, cyberbullying lowers the self-esteem of teenagers. It is likely that the victims show low motivation for learning and may have a tendency for playing truant from school.

How can we stay safe from social media and the Internet? First of all, we should check the privacy settings of our social media accounts. It is common that the default settings of our accounts to some popular platforms are made 'open to the public'. The risk is that strangers can have access to our photos and personal information at their fingertips! Therefore, one of the easiest ways is to reset our accounts to 'private' so that only our close friends and family have access to our posts. In addition, we should avoid disclosing personal details such as the full name, date of birth, phone number or address online to whom we do not trust.

Once the information is circulated online, it cannot be erased. Schools can make use of class periods or assemblies to help step up moral and civic education so that students can have a stronger sense of responsibility concerning Internet usage and privacy.

Simple but Significant

5D Yuen Sum Wun

Christmas seems to be a memorable and joyful moment to people around the world, in which every person celebrates the birth of Jesus on that day. But for me, it has another mysterious meaning.

It happened when I was seven years old. Life was quite tough during that time. My family was poor. I lived with my dad and mum inside a tiny wooden house, in which the living condition was extremely bad. Cockroaches and bugs were found everywhere. Sometimes, I wondered if this was the destiny of my whole life. Every winter, I always wanted Santa Claus to give me a new life. However, he has never ever come to town.

One Christmas Eve, I saw my many other friends who were talking about what Christmas gifts their parents were going to buy them. I was jealous. Because I knew I would not have any. Feeling lonely, I went home and slept. I was just hoping Santa Claus would find me at midnight and wake me up to give me a small present. Time went by, I fell asleep.

Suddenly, I heard my name as if someone was waking me up. I opened my eyes gently and tried to grab my glasses from my desk. But...there was NOBODY! I was frightened. Afterwards, a candle was lit up and the light spilt over my bedroom. It was ... Santa Claus! He was holding a candle.

He asked me, 'Any wishes? But only one!'

So many ideas popped into my head. There were tons of things I wanted. However, I must come up with ONE decision.

I said, 'I wish that you would come to my house every year.'

'Ugh...maybe I can,' he replied in a deep voice.

'You have to promise me!' I said.

At that moment, he disappeared. And then I woke up to this. I had just realized it was a dream. My dad came into my room, 'Happy Christmas, my darling,' he said in a joyful voice and handed a big box over to me. I was curious. Then I asked, 'Is it a present to me?' Dad just smiled. He didn't say a word. I untied the box to see what was inside. I saw ... a tiny little hamster!

Dad said, 'That is especially for you!' I was so surprised. I never thought I would get a Christmas gift. This was the greatest Christmas in my entire life!

I asked, 'But why a hamster?'

'That is because a hamster symbolizes happiness and simple times. I hope he can always remind you this simple childhood which is tough but significant for you and me.' Dad grinned.

That's why I gave this baby hamster a meaningful name, Christmas. Ever since, every Christmas, I will remember this very first meaningful pet in my life, and all the simple joys of the situations I encounter in my life. Thank you Father Christmas!

Role to Play

6E Yeung Ka Yan

The significant and continuous rise in the level of our earth's temperature has thoroughly aroused public attention of the atmospheric issue — global warming. It is caused primarily due to human induced factors, such as the uncontrolled emission of greenhouse gases because of activities like industrialization and

combustion of fossil fuels.

The effects of global warming are unpredictable yet they are real, and we are experiencing them on a global scale. Global warming brings about some noticeable devastating consequences to our environment, including unexpected climate changes, floods, droughts, rising sea levels, melting of glaciers and depleting aquatic species.

This has given rise to the emergence of groups like Extinction Rebellion which is a global environmental movement with the stated aim of non-violent civil disobedience to compel government action to avoid the tipping point in the climate system, biodiversity loss, and the risk of social and ecological collapse. Thousands of Britons, like Andrew Medhurst, said that they gave up their well-paid jobs to take part in this movement with the aim of environmental conservation for the future generations, which could be a stitch in time to save nine, they believed.

Our earth is in desperate need of our help. Every global citizen can play a vital part and take individual action, such as our personal choice on diet, means of long and short distance travel, household energy use or consumption of goods, to save our earth. Individuals can also engage in local and political advocacy of issues of global warming like Extension Rebellion. This can make the government realize that they should not go blindly after economic benefits, neglecting environmental conservation. By participating in related movements, the government is able to realize its grand responsibility as a leading figure and hopefully take control to alleviate the problem.

We all have a role to play in the fight for our planet!

Taking Photos with Your Life - Rooftopping

Are you a photo buff who is deeply mesmerized in your own world of pictures? If so, you must not miss this - the panoramic scenes of breathtaking glamour which can be captured on rooftops. Instead of conventional tourist sites, rooftops are emerging as some of the top spots for taking photos over the past few years.

Want to know more? Read on!

Rooftopping means climbing atop a skyscraper and snapping photos of the surrounding views or themselves. You might wonder how and why the idea first came about and thrived through all these years. Who was the pioneer? In 2011, it was Tom Ryaboi, a Canadian photographer whose first picture of rooftopping was dubbed "I'll Make You Famous." The picture had later risen to fame across the globe and hit the world by storm. With the successful precedent, others followed suit, scrambling to rooftops and snapping pictures for their social media accounts.



So, what makes rooftopping photos so luring? With the crowded living environment nowadays, photos taken on ground level can hardly capture the panoramically mesmerizing views due to possible blockages and barriers nearby. No wonder it is difficult to snap a truly immaculate picture. Yet, being atop of a building offers you the prefect view into how these photos can be taken with limitless possibilities, where photos could be taken from multiple angles with panoramic scenes. It is unquestionable that these panoramic images are truly fascinating and spell-binding; no wonder it attracts more and more rooftop lovers.

Yet, despite the beauty of these photos, rooftopping has numerous looming risks. In order to climb up a rooftop of a building, rooftoppers first have to gain access to those places. However, these sites are actually off-limits. Thus, most of them have no choice but to trespass illegally, which means they will pay their dues for legal consequences. In addition, personal safety has become a valid concern. Without any equipment or safety precautions, the daredevils are risking their lives! So far, this activity has claimed several lives already. Therefore, without proper equipment, rooftopping could be deadly. In some cases, it has even snatched precious lives from the world.

In a word, rooftopping could be an ultra-glamorous pastime appealing to the mass. At the same time, it is a precarious activity in which caution must be exercised. Thus, when it comes to our precious lives, it is truly no laughing matter.

