



Get to know more about Ms Pang

Our reporters Macy Yau and Isaac Au have interviewed our Principal, Ms Pang, so as to garner more information about her and share it with all Holapians. Below is the extract of the interview.

When we were kids, most of us had beautiful dreams. So, what was your dream when you were a little girl?

When I was young, I loved reading books about ancient civilizations as they're very mysterious and attractive to me. At that time, I really wanted to explore more about ancient civilizations by travelling to different places like Egypt and India. Perhaps, at that time, I was also deeply influenced by the Indiana Jones Movies and that's why I had that dream.

What is the reason for dedicating yourself to the field of education?

I like being with young people very much! Young people are energetic, very pure, simple, full of interesting ideas and potential. When I'm with young people and students, I'm also happy to give them guidance and contented to see them grow healthily and positively. Having been in this field for so many years, I deeply believe that education is important and divine work since it has the power to change a person's future, his family and may even impact on his next generations. Therefore, I never underestimate my responsibility as a principal

and I never dare to be negligent and reckless at my work. And I really love teaching!

Before the school suspension, why did you welcome and greet students at the main entrance every day?

That's only a very small gesture but I think it has a very great meaning. I hope everyone in our school can start every day with a warm greeting, a cheerful smile and a good mood. I would like to let everyone know that our school is happy, warm and inviting. I hope to create a happy and caring school environment for my staff and students. That's why I insist on giving students a warm welcome in the morning whenever I'm free.

What brings you in a good mood? Could you please share with us some tips about how to be more resilient in the difficult times, especially during the COVID-19 epidemic?

All of us are inevitably affected by COVID-19 pandemic. However, I often remind myself that many things are beyond our control, like the epidemic, but I can still always adjust my mind. I usually don't focus on unhappy things or let bad things stay in my memory for long. I prefer to remember happy moments. Besides, I think it's also very important that we have to learn to accept our true selves. We need to understand that we all have our weaknesses or limitations. If we understand this, we won't feel too bad about our inadequacies. And learning to accept

and appreciate other people instead of just criticizing them all the time is equally important. Sometimes, when I'm under considerable pressure due to my work, I like to relax by walking around the countryside during weekends. I can appreciate nature, breathe the fresh air, watch sea waves, mountains, plants, and enjoy the sunshine. These make me feel refreshed and happy. After recharging my batteries, I can continue with my work again.



Feature

Decluttering

Written by 4C Yip Chi Yan and 4A Ip Kit Ying

Have you ever heard about "decluttering"? It is a term always used by professional organizers. "Clutter" in the word means items that are not useful or necessary. So, decluttering refers to the action of gathering all the items in your space, considering whether or not you should throw some of them away. You can get rid of the decluttered items by selling them, giving them away, or throwing them away. We may feel overwhelmed when seeing a messy space, so we declutter to make ourselves more productive, thus we can work more efficiently.

Have you ever tried "decluttering"? If so, what do you think the difficulties are? For instance, you may be reluctant to throw away something that is of great commemorative value but useless. If you haven't tried "decluttering", do you want to give it a try in the future? Take the following test about decluttering and find out if you need to declutter!

	Mark(s)
A	4
B	3
C	2
D	1
E	0

1. When you have to declutter, do you agonize over each thing you need to throw away?

- A. Very often
- B. Often
- C. Sometimes
- D. Rarely
- E. Never

2. When you think about the prospect of friends or family seeing your mess, are you ashamed?

- A. Very often
- B. Often
- C. Sometimes
- D. Rarely
- E. Never

3. When you see an amazing sale on something, do you buy it immediately?

- A. Very often
- B. Often
- C. Sometimes
- D. Rarely
- E. Never

4. Is the furniture/your desk in your house covered in clutter?

- A. Very often
- B. Often
- C. Sometimes
- D. Rarely
- E. Never

5. When you get something new, do you find a permanent place for it?

- A. Very often
- B. Often
- C. Sometimes
- D. Rarely
- E. Never

6. When you were a child, did you get overly attached to certain objects?

- A. Very often
- B. Often
- C. Sometimes
- D. Rarely
- E. Never

Your score	Recommendations
18-24	Don't you think that your life can be a bit tidier? Find out some tips about decluttering. They will certainly help!
10-17	You tend to organize your things in a tidy way. As a tidy person, you would probably be interested in finding out what can be done to get rid of the clutter in your life!
0-9	You rock! You are such an organized person! Can you share some tips about organizing things with us?

Let's see how organized our teachers are!



Ms Yam

Tidy up for efficiency

4C Yuen Tsz Man Windstar

Is your room so chaotic that it is stuffed with random clutter? If yes, you might want to look at this article.

On 22 March 2022, I was so lucky to interview Ms Yam, our Geography teacher, about her habit of decluttering. As a messy person myself, I've learnt a lot during the interview. I hope you will find this article useful!

How often do you declutter your space? What causes you to do that?

"I like to keep everything tidy," Ms Yam said. "After I finish my work, I'll tidy up my desk. Before I go to bed, I'll declutter my room as well." Out of my expectation, such a busy teacher declutters things frequently. It's not exaggerative to say that decluttering is her everyday habit.

"My motto is 'simple is the best'. If everything is tidy and simple, I'll feel happier," said Ms Yam.

It's true! For me, I feel relieved to see a squeaky-clean floor with no stain at all! A clean space can absolutely help improve a person's mental well-being. By cleansing the room, you can cleanse your heart too.

When did you start this habit of decluttering?

It turns out that Ms Yam's habit of decluttering started at a very young age! "I think I was influenced by my parents. They are very tidy all the time," Ms Yam chuckled.

Ms Yam's kids have also developed the habit of decluttering too. "I have a board on the fridge. If they (the children) can tidy up their room or toys, I'll give them a sticker for encouragement." Parent's influence on their children is very direct and powerful. Teaching them to tidy up at young age helps them develop the habit of decluttering easily.

Do you think frequent decluttering is a good habit or a waste of time?

"Having this habit (of decluttering) is great because teachers are very busy and we have a lot of documents to handle. Having the habit of decluttering, I can find the documents easily. It helps me save a lot of time."

Yes! When things are organized, it doesn't take much time for you to search for them. Unsurprisingly, it's good to develop the habit of decluttering which helps you work efficiently and feel less burdened.



Ms Chan

Is decluttering a good thing?

3A Cheng Lik Hong Nick

Do you tidy up your room often? This article will help you understand how to tidy up places and what the advantages of decluttering are. Recently, I have interviewed Ms Chan who is a Geography teacher in our school. She shared some of her personal experience and views about decluttering.

"I have many things on my work desk."

Ms Chan said, "I have a computer, books, files, headphones, a cup, a pen holder, stationery, a box of tissues, a phone, USB chargers, memo pads of different sizes, notebooks, paper and some hand sanitizer on my work desk at home. There are even more things on my work desk at school!"

"I used to tidy up my work desk only when I no longer had space to work, but now, I am different."

"I usually tidied up my work desk once every three or four months in the past, usually during the examination periods when I had more free time." "However, starting from 8 years ago, I have made some changes because of a teacher sitting opposite me. Her desk was always tidy and spacious. I wanted to have a clean desk like that. I realized that she had the habit to clean up her desk every day." "Nobody is perfect, we need to keep improving ourselves like Ms Chan.

"One day, when I was back to school after a long holiday, I could not tolerate the condition of my desk. I decided to make changes. Then and there, I started to remind myself not to leave a mess as I had to face the same mess the next day. Now, I tidy up my work desk



Ms Yu

Decluttering

3A Lo Kai Yu Keith

On 22nd March 2022, I interviewed our History teacher, Miss Yu, about her decluttering habits and I have learnt a lot from her.

How do you declutter your handbag?

"I try not to keep too many things in my handbag. But as a mother, it's unavoidable to have something that is not really necessary in my bag, my daughter's toys, for example," Miss Yu chuckled.

once I finish working every day so that I will have a better mood to work."

Making changes is always difficult. If you want to have a neat desk, make changes from now on!

"I always have piles of paper on my desk."

"It is unavoidable for teachers. Piles of circulars and students' assignments are always found on my desk." It is reasonable that there are lots of documents on teachers' desks. "In the past, I would just put them aside and continue to work. Therefore, piles of paper built higher and higher and became a small hill." It is important that we should always keep our desk organized. "Now, I declutter regularly. What I do is to read the documents on my desk every day, then categorize them and put them into different folders." It explains why Ms Chan's desk is so tidy!

"There are loads of advantages to tidy up our work desk."

"A neat and tidy work desk makes me start my days with a good mood. You will have more energy to work and be more productive that you can complete your tasks quickly." That is right! A tidy working environment can enhance our efficiency.

Are you ready to tidy up your desk now? Don't wait! Making it a habit can make you more efficient. It makes your life more wonderful. You can develop your own ways to tidy up your desk. The sooner you take it as a habit, the happier your life will be.

That explains why Miss Yu tidies up her handbag every week to make sure there are not many unnecessary items in her handbag.

What happens to the clothes that you no longer wear?

"Recycling is the perfect answer."

Miss Yu recycles the clothes which she no longer wears. That is a wonderful way to declutter.

Ms Yu tries to make things simple and tidy. That's really something that we should do. Decluttering is a truly amazing experience that gives you space to figure out what you really need. Give it a try!

Reading Fun

You must have heard of the name of this amazing little girl Matilda and her marvelous tricks and incredible powers in one of Roald Dahl's beloved books. By the age of four, she has read all the children's books in her local library. Books have been her loyal friends who give her courage and wit. Have you been doing some reading that could give you some insights into your inner self and the world? This section features how books inspire us to form new perspectives on disability and realise how influential teens could be in changing the world. What's more, you will be thrilled to look at some snapshots of Reading Club activities and wish that you could be a member of it!



Book recommendation

Written by 4D Au Chiu Chun Issac

Book title: Who is Malala Yousafzai?

Author: Dinah Brown

Publisher: Grosset & Dunlap

Mingora is a city in the Swat district in Pakistan. You may have heard or read about this city in books and various media. The reason why this place is well-known is because of a young girl called Malala Yousafzai. Malala was born on July 12, 1997. She loved going to school every day and enjoyed studying a lot. She learnt various subjects such as Science, History, and Geography. When she was ten years old, a group of violent fighters called the Taliban destroyed many girls' schools in Swat Valley and resulted in Malala being unable to receive education. Unable to go to school, she voiced her opinions to the BBC website, covering the Taliban's growing influence in Swat. She was allowed to blog anonymously about her life there for her safety. It was a life-changing event for her as well as other girls in Pakistan. People all over the world read her blogs and she became more recognised as an outspoken girl who voiced out against the suppression of children and young people.

But a tragedy happened, as she was shot by the Taliban on October 9, 2012, right in the head. She was barely alive; fortunately a special surgery saved her life. On December 10, 2014, she was awarded the Nobel Peace Prize for her struggle for the right of all children to education. Having received the prize at the age of 17, Yousafzai is the youngest Nobel laureate. This book not only tells us about Malala's dramatic life, but also the fact that all children should have equal access to education.

**All the reading she had done
had given her a view of life
that they had never seen.**

Roald Dahl, *Matilda*

New Book Cover Design of El Deafo written and illustrated by Cece Bell



New design by Ip Chi Yan, 4C



Original design by Cece Bell

About El Deafo:

El Deafo is a 2014 semi-autobiographical, graphic novel by American author and illustrator Cece Bell. Bell, who was born deaf, recounts her childhood in the format of a guide starring an anthropomorphic rabbit, "Cece." El Deafo challenges common misconceptions about disabilities, showing that they are not measurements of character; nor are they necessarily debilitating, or inherited at birth. The book won a 2015 Newbery Honor and a 2015 Eisner Award for Best Publication for Kids.

Excerpt from Overview, Super Summary
<https://www.supersummary.com/el-deafo/summary/>

Reading Club Activities



Chinese New Year Faux Calligraphy



Christmas Bookmark Design



Visiting Bleak House Books, an English-language independent bookshop in San Po Kong



Golden reading moment with the bookseller, Mr Albert Wan

Students' Good Works

4D Chong Yuet Molly

Dear Editor,

I am writing in response to the article 'Ageing population is not a problem' published in your newspaper on 16th April. According to the article, ageing population is not a serious problem and it does not deserve our immediate attention. However, I disagree with it. I think ageing population is a pressing problem that should be dealt with immediately.

Undoubtedly, the problem of ageing population is getting worse. From a survey conducted by Hong Kong Polytechnic University, one out of eight people in Hong Kong is aged 65 or above. In 20 years' time, one in every four Hong Kong residents will be 65 or above. By 2050, Hong Kong is forecasted by the World Health Organization to rank fifth in the world for cities with the largest percentage of old people as 40% of its population will be aged 65 or above. This shows that the number of senior citizens in Hong Kong increases rapidly and the problem of ageing population is worsening.

Given the above, the problem should be handled as soon as possible. Although the elderly are valuable assets to society as they can share their skills and experiences with young people, they may also be burdens to Hong Kong. As they are living longer and getting older, the chances of dependency on medical, welfare and other services will be greater and it may increase the government expenditure on the health and welfare sectors. Also, with the increase in the old age dependency ratio, the labour force in Hong Kong will shrink. It may greatly affect the development of Hong Kong economy. Therefore, the government should have a comprehensive plan to provide different kinds of services and support for the elderly and find some ways to alleviate the problem before it is too late.

With reference to the action plan of Successful Ageing in Singapore, I believe our government can try to introduce similar policies in Hong Kong. Firstly, I think we can organize a movement for senior volunteerism, encouraging an additional 50000 elders to become volunteers by 2030. If more elderly people become volunteers, not only does it help the needy or the disadvantaged in Hong Kong, but it also gives the old people a sense of satisfaction and achievement as they can still make contributions to society. Besides, I believe we can maximize seniors' potential at workplace by raising the retirement age from 65 to 67. According to the aforementioned survey, 85% of the elderly population is ambulant and able-bodied. They are still productive and they can share their expertise and experiences with the young. Work can give them a sense of dignity and self-worth. This policy can also solve the problem of labour shortage and sustain the development of Hong Kong.

To sum up, ageing population is getting worse without a doubt. It is necessary for us to take action now. The elderly can be valuable assets if good plans are implemented by the government. What we can do as individuals is to show our love and care to the elderly and help them lead a fruitful and wonderful life by encouraging them to be volunteers, offering a helping hand to senior neighbours and visiting the home for the elderly.

Yours faithfully,
Chris Wong

5C Liu Li Lily

To go or not to go?

Have you ever thought about studying abroad? Actually, many parents in Hong Kong are sending their children to other countries to complete their schooling. According to a survey conducted by Dadi Education, around 70% of the parents in Hong Kong have the idea of sending their children overseas. It shows that sending children overseas to study has become a popular trend in Hong Kong. You may wonder whether it is really a wise choice to study overseas. There are a few reasons behind why the parents try to make such an important decision for their children.

First of all, it can be traced to their discontent over the Hong Kong's education system. It pushes parents to arrange for their children to study overseas. Hong Kong's education system is exam-oriented and it is generally believed that public exam results will determine the children's future. Some schools try to put extra emphasis on training students to excel at their studies at the expense of developing their other talents, ignoring the importance of the whole person development of students. For example, some students may be talented in sports but cannot score high in exams. However, the learning atmosphere of over-emphasizing academic achievements cannot provide those students with the best environment for stretching their unique potential. On the contrary, children may have better studying opportunities abroad than in their home city. They may be able to take a course that they could not do in Hong Kong or are able to study at a college or university that specializes in their chosen area of study. It could be beneficial to their personal growth and future career development.

In addition, studying overseas broadens the horizons of children. Living abroad can be great fun and it broadens their perspective on life. There are new friends to meet, new learning experiences to gain, new lifestyle to adapt to and a new culture to explore. Learning by experience is much more fascinating, meaningful and comprehensive than learning from books. Even though they may not stay with their parents when they study overseas, it could be a valuable experience of learning to be independent. All these cannot be learnt from books. Also, with the experience of studying abroad, they can impress potential employers when it comes to applying for jobs since it shows that they possess valuable workplace qualities like independence, initiative and resilience.

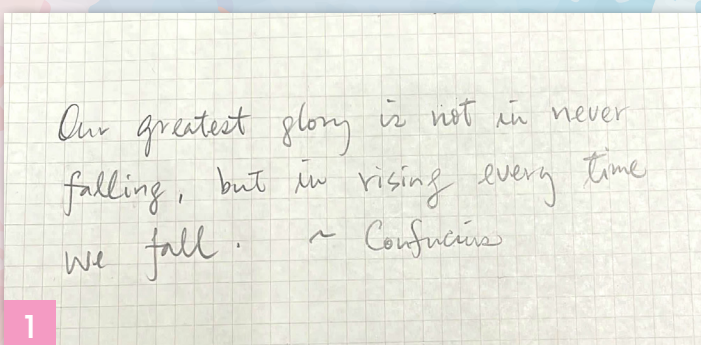
However, the popular trend of studying abroad may bring harm to local schools in Hong Kong. Some local schools may be forced to shut down due to a lack of students studying in their schools. The demand of teachers would decrease. Some teachers may even face the problem of unemployment. Nevertheless, we cannot deny that it may bring positive changes to schools at the same time. To maintain competitiveness and attract more capable students, schools may improve their management and encourage teachers to adopt different teaching approaches and change their styles to cater for the individual needs of students. With a smaller class size, more attention can be given to every student and thus, it may improve the teaching and learning effectiveness.

Apart from the local schools in Hong Kong, children who leave to study overseas face great challenges too. They may spend much time adapting to the new environment and may feel lonely since their close friends and families are in their home city. Making new friends may be really challenging to them as there may be communication barriers. Not feeling familiar with the new environment, children may be under pressure and depressed at the beginning.

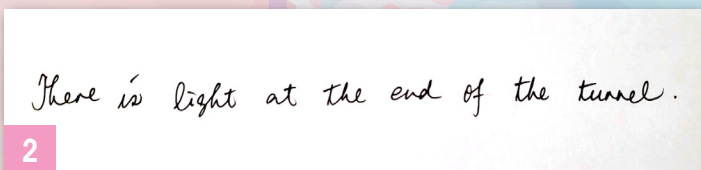
All in all, studying overseas brings positive and negative impacts. It is no doubt that parents always care about their children's future and try to make a perfect study plan for them. However, open, effective communication between parents and children is essential and should never be ignored. Before making the decision to study overseas for their children, it is advised that parents should communicate with their children, understand their concerns and respect their choice.

Sayings of Wisdom – Inspirational messages from teachers

English Sayings of Wisdom (SOW) are inspiring words that hold the knowledge of truth and advice for life, shed light on uncertainties, and provide insights into life. We are thrilled that our teachers have chosen some sayings of wisdom that they would like to share with you! Guess whose messages these are!



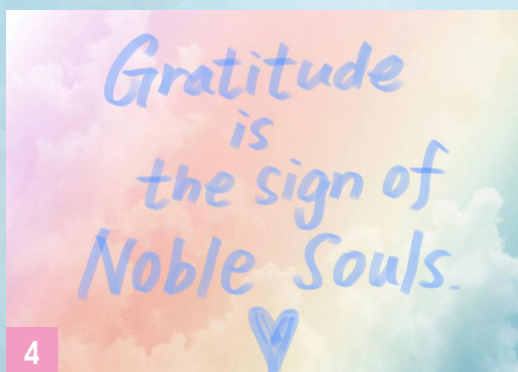
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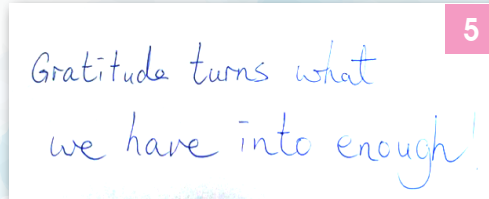
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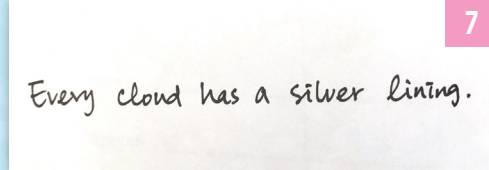
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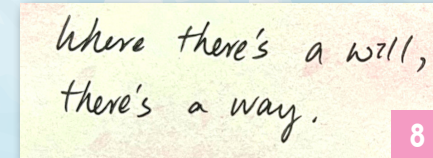
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- (1) Ms LAM Wei-man, Carol
- (2) Ms CHAN Yan-yan
- (3) Mr YIM Wai-tak, Victor
- (4) Ms CHONG Cheuk-man, Cherie
- (5) Mr CHAN Siu-sing, Sunny
- (6) Mr POON Man Tsan, Timothy
- (7) Ms HO Yuen-ling, Jane
- (8) Ms LAI Lok-ki

新老師介紹

陳國興老師 (體育推廣主任)



- 1中學時最擅長的科目：體育
2讀書時的目標：每天閱讀最少60分鐘。
3學習方法分享：多利用Google 或 YouTube 尋找學習內容，選擇一個自己比較容易明白的方法，便可更容易吸收知識。
4喜愛的讀物：Appear人性遊戲系列小說
5授課時的深刻片段：某班中一同學午膳後跟我做體能訓練，進行了十分鐘練習後，就有部分同學舉手示意「想嘔」，我在訓練後叮囑他們下次課前不要吃太飽。一班很有禮貌的學生，而且能夠虛心學習。
6心目中可立人的特質：一班很有禮貌的學生，而且能夠虛心學習。
7現時最想達成的心願：考取體適能教練資格。

林書樂老師 (視藝科老師)



- 1中學時最擅長的科目：視藝
2讀書時的目標：高中時決定要入讀與藝術或設計相關的課程。盡量選一個幽靜的環境，將手機調校至靜音，讓自己可以集中精神，提升記憶力。
3學習方法分享：繪本，許多人認為繪本是幼童開始閱讀故事或小說前的讀物，看繪本看似有點丟臉，但在成長的過程中，我慢慢發覺在累積人生經驗後，細味繪本反而具有深厚的趣味和意義。
4喜愛的讀物：課堂上有同學舉手發問，本想叫「阿sir」，但喊錯了「阿爸」。
5授課時的深刻片段：聰明和純樸。
6心目中可立人的特質：繼續進修與藝術相關的課程，與學生們一同進步。
7現時最想達成的心願：

徐敏玲老師 (中文/中史科老師)



- 1中學時最擅長的科目：中國文學
2讀書時目標：成為一位教師。
3學習方法分享：多閱讀，反覆做練習，以測試自己對該課題的掌握程度。
4喜愛的讀物：楊絳的作品。
5授課時的深刻片段：2B班同學們上課時總是熱情投入，他們於每次的討論中均能提出一些新穎、合理的見解。
6心目中可立人的特質：積極、主動投入校園生活，堅毅不屈地探求新知。
7現時最想達成的心願：去旅行。

蘇家倩老師 (英文科老師)



- 1中學時最擅長的科目：體育、視藝、音樂、數學
2讀書時的目標：成為一位體育、視藝老師。
3學習方法分享：自學 (尋求課堂以外的知識)、閱讀課外書。
4喜愛的讀物：《Why men lie and women cry》及旅遊雜誌。
5授課時的深刻片段：同學們上網課時在 breakout rooms 積極討論。
6心目中可立人的特質：可愛、受教。
7現時最想達成的心願：全日復課！

李海娜老師 (中文/視藝科老師)



- 1中學時最擅長的科目：中文
2讀書時的目標：成為一位老師。
3學習方法分享：溫習時可以一邊朗讀一邊抄寫，以加強記憶；小步子背默課文，每次背數句，熟記後再加新的句子。
4喜愛的讀物：《亂世佳人》
5授課時的深刻片段：(1) 1A班課室的時鐘經常失靈，我們常笑說好像走進了時間黑洞。(2) 某天上3D班時多次踢到某同學放在走道旁的書包，一次更差點跌倒，幸好雙手快速扶著兩旁的桌子，學生們比我更緊張，覺得他們很會關心老師。
6心目中可立人的特質：正直有禮，積極上進。
7現時最想達成的心願：希望剛出生的女兒身體健康，快高長大。

羅文龍老師 (經濟科老師)



- 1中學時最擅長的科目：化學
2讀書時的目標：高中時對化學和物理較有興趣，希望這兩科能取得好成績，以便順利升讀大學，於是就為這兩科設計了一個溫習時間表，鏗而不捨地溫習，最終成績也不錯。
3學習方法分享：上課要留心聆聽老師講解，有問題要多發問，功課最好即日完成，多做額外練習，理解學習內容後再自己編製筆記。
4喜愛的讀物：《蘋果橘子經濟學》(中)/《Freakonomics》(英)
5授課時的深刻片段：我很欣賞同學主動發問的精神，回答題目時也可以清楚指出題目的關鍵之處。
6心目中可立人的特質：肯嘗試、盡責、有禮。
7現時最想達成的心願：希望疫情早日過去，可以真面目和同學見面，並盡快融入可立的大家庭。

周雅穎老師 (英文科老師)



- 1中學時最擅長的科目：英文科
2讀書時的目標：希望在教育或社福界發展。
3學習方法分享：每次測考範圍派發後，我便開始規劃每一天溫習的內容，這樣便能善用時間，也不會拖延溫習的進度。每一天完成溫習後也特別有成就感。
4喜愛的讀物：亨里克·易卜生的作品，他是一名挪威劇作家，作品多數以日常生活為題，劇中不少用字和情節發人深省、耐人尋味。
5授課時的深刻片段：在疫情影響下，大部份課堂都是在網上進行，透過視像和短訊與學生連繫。同學們都很樂意將有用的學習資源和其他同學分享，讓我印象特別深刻。
6心目中可立人特質：同學們相處融洽，對師長有禮，也很有責任心。
7現時最想達成的心願：在未來的幾年，我希望能專研法語，閱讀一些未被翻譯成中英文的文學作品。

歡迎新成員

2022年雖然仍受疫情困擾，但在苦中有甜，校內幾位老師相繼誕下新生兒，祝福所有新成員！希望他們健健康康、快高長大！



王艷玲老師的小公主



李海娜老師的千金



蘇家倩老師的小公子

立聲

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從傳統走到現代——具香港特色的節日

香港這彈丸之地，既承傳了中國不少傳統節日，如中秋節、端午節、農曆新年等；亦發展出具本土特色的傳統習俗——驚蟄打小人和長洲太平清醮。它們都充分地表現出香港的獨特之處。然而，隨著時代變遷，人與物都有所改變和進步。那麼，這些傳統節日在香港到底有甚麼變化呢？這些傳統習俗有否被傳承下來？接下來，讓我們窺探一下吧！

中秋節

中秋節起源

每當說到中秋節，相信大家的腦海自然會浮現出燈籠、螢光棒這兩樣人人皆知的中秋應節品吧！當然，也不少得中秋必食的月餅呢！

中秋節賞月和吃月餅是中國各地過中秋節的必備習俗，俗話說：「八月十五日正圓，中秋月餅香又甜。」月餅一詞，源於南宋吳自牧的《夢梁錄》，那時，月餅僅是一種點心食品。到後來人們逐漸把賞月與月餅結合在一起，寓意「家人團圓，寄託思念」。

中秋節食品——月餅

月餅最初為形如滿月的餅，外有方形或其他形狀。月餅外層通常以小麥粉為皮，其內有餡，餡料多種多樣，如蓮蓉蛋黃、五仁餡等等。而月餅表皮上會印有不同的花紋、文字或祝福語句。



傳統五仁餡月餅



新款月餅

直至現代，中秋節吃月餅仍是香港人的傳統，而市面上不同的月餅製作公司為了吸引更多顧客，把握商機，搞搞新創意，除了售賣傳統的蓮蓉、蛋黃、豆沙、五仁月餅外，亦不斷研發新口味，例如冰皮、朱古力、乳酪、流心奶黃月餅等等。而且，餡料多樣，包括水果、巧克力及咖啡等等，甚至出現新奇又有趣的雪糕月餅，令月餅的口味不再一成不變，獲得大人小孩的喜愛。

中秋節應節物品——燈籠

很多香港人的集體回憶都離不開中秋節玩燈籠。當時，人們所玩的花燈以紙紮插蠟燭為主。回顧五十年代，紙燈籠一度十分盛行。當時香港的紙紮業發達，紙製特色燈籠也成為了小朋友中秋節最盼望收到的禮物。那個年代買一個紙燈籠也是很奢侈的事，所以小朋友會格外珍惜。紙燈籠不但環保，而且能推動紙紮手工藝發展，確實是一個獨特的香港傳統文化。

現今社會，基於安全考慮，燈籠大多改為塑膠製造，亦因此多了很多卡通人物造型的燈籠，更有LED燈發光，甚至會播放音樂。除此之外，現代的中秋節還新增了一項應節品——螢光棒。它們在夜裏閃閃發光，又能砌成足球、花朵、繩等等，為中秋節提供了多一點的樂趣，亦很受小朋友們歡迎。螢光棒漸漸地變成中秋節必備的應節產品。中秋節的應節品亦跟隨時代變遷，變得更現代化。中秋節雖是傳統節日，但亦要與時並進，迎合現今潮流。但幸運的是，中秋節的傳統習俗仍有被保留下來，創造性轉化反而有助「活化」傳統，令習俗得以世代延續，未嘗不是一件好事呢！



傳統紙燈籠

農曆新年

蛻變中的農曆新年習俗

新年，對香港人有著什麼意義？隨著社會科技日新月異及風氣變化，新年的習俗也隨時代而變動。

淘汰

有些新年習俗是出於民間的封建迷信思想，故在現代社會的環境及現代知識下不攻自破，如民間認年初一不能洗頭、洗澡，因為洗澡會洗走新年的好運。但從現代的健康角度看，我們都知道不洗澡不利身體健康。民間又認為在年初一去村裏的舊井打第一桶水可以在新的一年發大財，但很顯然這兩件事是沒有因果關係、風馬牛不相及。畢竟現在大多數人居住在大城市裏，更不用說上哪找口古井了。有的新年習俗是基於社會法令而逐漸被人忘卻，如香港以前是允許在新年的時候放鞭炮的，六七暴動後，港英政府便立法禁止了這習俗。香港回歸後，該禁令也就延續至今。

科技化與環保化

隨著社會、科技發展，某些習俗與時並進，又或者渲染上新的概念，以便追上日新月異的潮流步伐。特別是當數碼、資訊科技發展，有些習俗亦演變成數碼的形式。如昔日派實體紅包，如今也有電子紅包的選擇；昔日在大年初一、初二到每家每戶、親戚家裏拜年，如今疫情肆虐之下有視像拜年的另類選擇。與此同時，環保、綠色生活的概念深入民心亦融入了傳統新年的習俗之中。例如：昔日人們都會到銀行換取新鈔，用新的利是封包紅包。可是，在過去的新年期間，香港人丟棄的利是封往往成為了堆填區的巨大負荷；如今民間提倡用舊利是封及舊鈔包紅包，減少浪費。綠色生活概念也體現在應節的新年食品上。以前新年期間的餐桌不乏煎堆、油角、年糕等油炸多糖的新年食品；現在，香港人注重健康生活，一些油炸多糖的新年食品漸被堅果、桔子較健康的新年食品取代。



電子紅包

傳承

不過，有些新年習俗不見得有什麼變化。這些新年習俗因好意頭的象徵意義，又或者是約定俗成才特意保留下來。新年期間的街市總會賣兩種新年用「菜」。第一是「樣樣齊」，又稱「包羅萬有」或利是菜。這是一紮預先捆綁的菜，包括葱、蒜、芹菜及胡蘿蔔，上面加一張紅紙。人們將它掛在廚房內，用意是祈求來年「樣樣都有」，一家人整整齊齊。第二是柚子葉。「柚」與「佑」有相同諧音，故民間認為用柚子葉燒水洗澡有保平安、去邪氣的寓意。因此，有不少市民在新年前用柚子葉燒的水洗澡及大掃除，以求一去往年的霉氣。另外，在年初三到車公廟求籤拜車公也是市民約定俗成的新年傳統。特區政府更會於年初二的車公誕派出官員到車公廟為香港來年運程求籤。可見，到車公廟走一趟成為香港人在新年期間的必備的節目。



「樣樣齊」



祛邪的柚子葉



車公廟求籤盛況

端午節

端午節食品——糉子

古時端午節有很多習俗，可惜在時間的洗禮下，它們有些被承傳，有些卻被淘汰。在香港，人們依舊保留了吃糉子和龍舟競渡的習俗。



水晶冰糉

糉的種類五花八門，常見的有廣東糉、裹蒸糉、鯪水糉等，而香港人在端午節吃的多為廣東糉。傳統廣東糉的餡料以糯米、綠豆、肥豬肉、鹹蛋黃為主，但是為了迎合香港人的口味，商家發揮其創意，在糉的餡料和造型上融入了其他元素，例如：陳皮、紅豆沙、牛肝菌等。除此之外，亦有商家推出外層晶瑩通透的水晶冰糉，與傳統的糉大相逕庭。在商品化的影響下，糉子禮盒亦成為了潮流，禮盒的包裝精美且吸引，方便人們在端午節送禮。



廣東糉

端午節節慶活動——龍舟競渡

端午節其中一項最重要的慶祝活動是龍舟競渡。關於龍舟文化的起源，不少傳說指是當時民眾競相划船希望尋回屈原屍體。時至今日，龍舟競渡已逐漸發展成一項具本地特色的運動項目。早在十九世紀，香港便有端午賽龍舟的活動，一開始只是本地漁民的節慶活動，後來隨著龍舟賽事的普及，龍舟競賽便成為了香港每年端午節的一大盛事，吸引大量本地與外地遊客欣賞。同時，龍舟競渡亦成為了一項水上體育運動。這使龍舟文化得以承傳下去。



龍舟競賽

香港作為世界上的文化大都會，自然是雜揉了許多不同國度、中西內外的特色節日。除了大家耳熟能詳的農曆新年、聖誕節外，還有更多大大小小的節慶節日。本文以下部份要介紹的是具香港特色的習俗——長洲太平清醮和驚蟄打小人。

太平清醮

太平清醮起源

長洲太平清醮又俗稱為包山節，是香港獨有的傳統節日。大家或多或少應該都在農曆四月初八即佛誕的這一日，在網上或者電視上見到人們賣力搶平安包的激烈戰況，以及盛滿節日特色的飄色巡遊。這兩項活動都是太平清醮中最為搶眼的。

關於太平清醮的起源，據說是因為清朝中期時長洲島上發生了一場大瘟疫，島上的居民紛紛被傳染甚至死亡，束手無策的居民為了消除疫症，只能相信神明，他們到北帝廟舉行醮會並齋戒三天以示尊敬，希望瘟疫能夠消除，這就有了太平清醮的傳統。另一說法，是當時香港島太平山街發生了鼠疫，一位海陸豐的居民將家中供奉的北帝移到街上，供其他居民上香祈福，得以消除了鼠疫。自此每年居民都會在太平山街舉行太平清醮，其後這個習俗移到長洲舉行。這兩種說法都很有意思，不知大家傾向相信哪一種呢？

看到這裏，我想要考問大家知不知道太平清醮中的「醮」字是什麼意思呢？大家可能會猜到「醮」是某種祭典儀式。沒錯！「醮」就是祭祀神明的儀式。而太平清醮之中的「清醮」是祈求神明保佑的意思，所以又可以稱為「祈安醮」，這個名字與節日的起源可謂息息相關。



搶包山

太平清醮活動



飄色巡遊

在節日內容方面，每年的農曆四月初八正是搶包山的大日子，來自各路自告奮勇的「勇士」們，會攀上三座14公尺高的竹棚包山，搶奪最多的平安包，目的是驅散亡魂，包子摘得越多，福氣就會越多，人就會越幸福。三座包山中，最中間的一座包山名為「太平山」，代表太平清醮的淵源。左右兩座分別叫「福如東海」和「安居樂業」，光是從名字來看都能感受到當中的寓意；另外，飄色巡遊則是由一群身高不高於107厘米、體重少於16公斤的孩子作為主力演出。他們會扮演歷史人物和中國神話傳說人物，除此之外，還會緊迫時事扮演現代的新聞和政治人物，可以說古往今來的「人物」都參與了巡遊，好不熱鬧。這番景象僅為香港的太平清醮特有，世界上也再難找出一模一樣的翻版，是香港珍貴的文化特色，值得每一個香港人都去了解和保護。

驚蟄

驚蟄起源

春雷響，萬物生，又是一年驚蟄。驚蟄是二十四節氣裏相當重要的一個，中國農曆中記載：「鬥指丁為驚蟄，雷鳴動，蟄蟲皆震起而出，故名為驚蟄。」與驚蟄有關的習俗更是多種多樣，而其中最有意思的莫過於驚蟄打小人了！

驚蟄活動

驚蟄打小人是一種流行於廣東、香港等地的民間巫術祭祀活動，人們希望借用此種巫術儀祀的力量來驅逐、報復日常生活中的小人，保佑自己免受小人的侵擾。每逢驚蟄，都有不少人前往當地的土地廟進行打小人活動。打小一般會在陰暗的地方進行，例如橋底。在香港，銅鑼灣及灣仔之間的鵝頸橋橋底便成為了打小人的熱門勝地。

驚蟄打小人的工序繁多，依次進行有奉神、察告、打小人、祭白虎、化解、祈福、進寶、擲筊八個步驟。其中最讓人大快人心的莫過於打小人，委托委託特定的拜神婆、喃阮佬利用剪成人形的紙，紙上則視需求書寫特定人士資料或不寫任何資料，利用鞋子或其他物品拍打紙張來達到委托者之目的。

驚蟄打小人的習俗已經有數百年的歷史，有著極高的價值和研究意義。大部分老一輩堅持每年打小人，而年輕人卻沒有那麼重視，甚至有些人連驚蟄是每年的哪一天，二十四節氣到底有哪些都說不出來。就算偶爾有一兩個願意加入驚蟄打小人的活動也只是圖個新鮮，可能今年來了，明年就未必會繼續。



打小人

科技的發達、社會的進步、人們智慧及生活素質的提升，都令傳統節日呈現不同的面貌。這些改變源於香港人對於美好生活的嚮往。我們都希望除了慶祝節日的來臨外，也能藉此享受節日帶來的樂趣。正如現代人追求更高品質的食物，並對食物的味道有了更嚴格的要求，因而誕生出更多新式月餅、糉子和糕點，為的就是令我們吃得開心。創新的應節物品的出現亦是為了在慶祝節日時，增添我們所能感受到的歡樂，讓我們能夠更能樂在其中。電子紅包、視像拜年等科技化的慶節方式，令我們能更方便、更輕鬆地投入節日的喜慶中。這些改頭換面後，傳統節日也同樣獲得了年輕人的追捧與喜愛。作為年青人，我們有責任讓這些珍貴的民間節日習俗活起來，這樣才能讓它們注入新的生機，衍生出新的故事，讓傳統文化同我們的社會一起步入嶄新的時代。

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太平清醮及驚蟄：維基百科

《驟雨中的街頭》

中二乙 李依婷

今天在放學的路上，空氣沉沉的，一團團迷霧擋了我的視線。

我仰起頭，原來天早就暗了。我背着沉重的書包，一步一步地走，雨水一點一點地落在我身上。我走到一間便利店內避雨，看着雨水不斷打在玻璃上，我陷入了沉思。以往，我十分喜愛下雨，因為只有下雨才會令世界變得寧靜，沒有了城市的喧嘩，沒有了人群的擁擠，沒有了汽車的鳴笛。但今天，我的心情十分煩躁……巷子裏有避雨的人，也有避雨的貓；花朵在雨水的打擊下變得零落不堪；道路在雨水的沖刷下變得更難走了。我看見路上的行人在雨中舉步維艱。

此刻，我並不喜歡下雨。下雨時，空氣十分逼人，天色份外陰沉，還時不時傳來雷鳴聲；下雨時，任何豪情壯舉都鋪展不開，一滴滴雨撞擊到地面，碎成了一潭水，就好像我心中那無數個夢想，一個接一個地破了，破得不留痕跡，破得乾淨俐落。

雨停了，就像一個不願被他人知曉的仙子悄悄地逃走了。雨後，世界彷彿披上了一層朦朧水霧，雨後的清涼升了上來，馬路上佈滿了縱橫交織的水漬，嬌嫩的樹葉上遺着些小水珠。人聲、雨水滴答聲和蟬鳴此起彼伏，共同奏響了一首夏日的歌。抬頭所望，那是一片一望無際的蔚藍天空。

「春天來了，冬天還會遠嗎？」風雨過後總會有天晴，我不能放棄，更不能迷失，陽光總在風雨後，我要挺起自信的胸膛，不能被陽光前的暴風驟雨所擊倒，因為明天或許就是一個晴朗的早晨，陽光總是會照亮我未來的康莊大道。

《陳伯》

「這局又是我贏了！」坐在我對面的陳伯眉飛色舞地說。「你這老頭，可別再欺負年輕人了！」在棋盤旁邊觀戰的黃太太邊瞪着陳伯邊數落他，還不忘抓起一把瓜子塞到我手裏。輸了棋局的我卻沒有絲毫不憤，甚至悄悄勾起了嘴角。歡笑打鬧的場景在我眼中無比溫馨，心情就像明媚的太陽一樣。或許這個世界上只有我一人知道，不久前，我還是一朵陰沉的烏雲。

剛踏足社會的我在事業上受到了巨大的打擊——上司的不重視、同事的冷眼、慘淡的業績等等都令我本就內向的性格越發陰沉，這種負面情緒在搬進這個舊小區後越加增長，我自然也對小區內的新鄰居冷眼相待。記得當時的我每當看見鄰舍都刻意無視，帶著耳機低著頭快步走過，從來不向人打招呼，就連出門扔垃圾，也特意選擇深夜時進行。

我自身認為每個人的生活都是獨立的，所以與鄰居打交道是沒有必要的。可是，有一個人闖進我的生活，並徹底推翻了我的認知。他是一位老人家，人們都叫他做「陳伯」——圓滾滾的身材，生得濃眉大眼，嘴上常常掛著親切的笑容。值得一提的是，陳伯的耳垂又厚又大，被鄰居們笑稱「菩薩」。當我第一次遇見陳伯時，我剛好下班回家，他正在派糖果給區內的孩子們，那氣氛真的很溫馨和諧，就如雨後浮現的彩虹，打破了那片陰沉的天空。

但說起真正讓我改變想法的，就是那兩件既特別又平凡的事了。第一件事發生在深夜，我下班後疲憊不堪地回到家門前，一摸口袋卻發現空空如也——我忘記帶鎖匙了。這無疑給心神俱疲的我一個重大打擊，一整天被壓抑的負面情緒撲面而來，我無力地坐在家門前，腦袋一片昏沉。這時，我突然看見一個人影——是陳伯。為什麼陳伯這麼晚才回家？原來他剛剛到鄰座大廈，幫助王伯伯修好了水管才回來。看見他因泡水過久而發皺的雙手時，我心中對陳伯的敬佩油然而生，令我不禁對他訴說了我的苦惱。其實向陳伯傾訴完後，我心中的苦悶已經被慢慢撫平了，沒想到他聽完我的困擾之後，就毅然決定邀請我到他家留宿，這令我十分感動。踏進陳伯家裡的時候才發現，原來慈祥熱情的陳伯家中竟冷冷清清的。接著，陳伯讓我睡在他那邊在國外的兒子的房間，看著這間像剛裝修好一樣空蕩的房間，我心裡略過一絲心酸。

《論時間比金錢更重要》

古語有云：「一寸光陰一寸金，寸金難買寸光陰。寸金使盡金還在，過去光陰哪裏尋？」這就是說，時間逝去就是無法買回，可金錢花了亦能賺回來，在對比之下，時間還是金錢更重要？答案已經呼之欲出了。

你可能會說：「即使有時間又如何？沒有錢就什麼地方、東西都去不到、買不到。」亦有人說：「錢不是萬能的，但是沒有錢就是萬萬不能。」的確，金錢在這個時代能起巨大的作用，可你曾想過金錢是不勞而獲的嗎？我們所花的金錢是用時間來換取的，我們花時間工作方能賺取金錢，即使是偷來的，也是需要時間來部署吧！因此，沒有時間，又何來金錢呢？有如富蘭克林所編撰的《致富之路》，當中「時間就是金錢」這句格言最為擲地有聲，這說明如果我們善用時間來做事情、理財，才能變得富有。香港首富李嘉誠的致富心態和富蘭克林很相似，他最初當小夥計時，凌晨五點就上班，披星戴月，努力工作，金錢累積得越來越多，到他有能力經商後，他惜時如金的習慣風雨不改，最後更令他成了富豪。這兩人皆是富豪的原因都是因為惜時如金，這說明，時間對金錢的賺取是多麼重要啊！

時間不但能用來賺錢，更能獲得金錢買不到的東西。當你患上重病或快要死亡時，即使你當時有一億美金也好，也是無補於事的，可是珍惜每分每秒進行治療，或許能留着一線生機。就如近年一宗令人刻骨銘心的新聞，一位年老伯伯突然心臟病發，昏倒地上，

中四乙 劉紫嫻

那一晚就像一隻螢火蟲，所有的場景和情緒都在微弱的光芒中閃過，一直徘徊在我的腦海裡。從那以後，我開始關注陳伯，看到他每日幫助不同的人以及陳伯樂呵呵的模樣，我感覺到內心深處深根蒂固的想法，慢慢鬆動了。這種改變導致我鬼使神差的參加了區內舉辦的義工服務。

那是我第一次真正主動接觸鄰舍們。以前一直無視區內活動的我什麼也不了解，從一開始就手忙腳亂，這讓我明白到原來看似簡單的義工服務，卻比上班工作還辛苦些。幸好，陳伯及時趕到，教導我如何派發物資、飯盒及幫助我去結交其他鄰居。那天我認識了很多新朋友，也了解到很多老人的兒女都出外工作，無法陪伴他們，導致小區內的老人家十分孤單寂寞。之前的鄰里關係疏離，後來他們靠著鄰舍之間的守望相助，都漸漸釋懷，笑容滿面地享受現在的生活，而陳伯就是一開始帶領大家接納他人，互相幫助的人。在我若有所思的情況下，這次義工服務順利完結。臨走前，陳伯走過來給了我一個燦爛的笑容，然後拍了拍我的肩膀說道：「今天多謝你幫忙了！」我愣住了，回想起鄰舍們歡樂的笑聲以及陳伯鼓勵的眼神，被拍的肩膀頓時覺得沉重了些許，我的心中突然有一股責任感浮現——原來為大家付出遠遠比沉默不語更快樂，我深深地感悟到這個道理。

自從義工服務之後，我與鄰居的關係越來越融洽。現在，我遇見每個人都會笑著打招呼，有時甚至會與他們下棋，打功夫。在與鄰居交往的過程中，我獲益良多，我的性格外向了許多，良好的鄰里氣氛不但令我振奮，還增強了我的自信心和識見，無論在日常生活中還是職場裡，現在的我已經能從容應對，這都多虧了老人家們寶貴的經驗。而我也能用現代科技幫助他們解決困難。這又一次令我明白到鄰里互助的重要，也令我醒悟到從前的思想太過膚淺自我。

思緒不知不覺飄到了那麼遠，我重新回神，看著仍在拌嘴的陳伯和黃太說：「好了好了，我認輸！我們先討論一下下星期的區內義賣活動吧，可不能辜負大家的期待呢！」

中五丙 呂彩美

光、不夠亮？月亮會不甘嗎？月亮也許真的不夠光亮，但它也付出了自身應有的能力，盡力發光。也許不夠光、不夠亮，也許不盡人意，但其實它也付出努力，做到無愧於心，這不正正是「不可必但可期」嗎？看來月亮不但可以用來欣賞，也可以作為學習的榜樣呢！

「人有悲歡離合，月有陰晴圓缺。」我愛月亮還有一個原因，便是它正正反映出與人相同的特質：有圓有缺、有喜有悲，每天都在反覆上演着。我慶幸我會出現不同的情緒，正因為這樣才使我的生活更有趣味，能夠感受人生的每一次經歷，這些喜與悲的碎片拼湊在一起才是完整的人生，才能畫上完美的句號。「人間總是有情」一點兒都沒有錯。

儘管圓月時短，但月缺時長也應該要積極面對，因為生活要繼續，也沒有理由因此而放棄吧，哪怎麼也說不過去啊！人總要找到屬於自己的生活方式，因為月缺後所迎接你的是圓月，不必常常感到氣餒。

我愛月亮，我會一直愛，即使有圓有缺，有不完美的地方，我也會包容它，總不可因為丁點兒的不完美而放棄吧！人要大方大度，看開些才是積極向上的人生。珍惜圓月的時間，但也要接受未圓或永難圓的現實。當有想不開的時候，不妨在黑夜來臨時抬頭看看月亮吧，它總會回應你，呵護你所有的「小情緒」。

中三甲 朱韻柔

幸好，當時有一位少年為他進行心肺復甦術，雖然，那位老伯伯當下沒有明顯的生存氣息，看似已經過世，但到了醫院後才發現他被救活，原來他能甦醒過來是因為少年剛好在黃金時間為他進行急救，才能保住性命。由此可見，時間是「無價寶」，這件事更能詮釋了這句話——時間就是生命。

最後，時間能夠成全夢想。很多人都會說：「沒有錢又怎樣實現夢想？夢想是需要很多資源才能實現。」可是，古今中外很多成功的人都是靠自己的努力和付出的時間實現夢想，不一定要有很多的資源，才能取得成功的。舉例我國著名畫家王冕，他家境貧窮，又要給人家放牛，讀書亦是自學，為了畫畫，他善用在放牛時的時間來刻苦讀書、畫畫，最終成為畫家，對國家更有巨大的貢獻。另外，馬克思寫《資本論》，他二十年來每天都查閱、整理資料，從早到晚都是這樣，最後共整理超過六千多本的書，最終完成了一本影響後世、奠定了政治經濟的巨著。因此，成功是與時間是緊密連繫着的，即使金錢，也不能買到成功的「果實」。

總而言之，時間是「無價寶」，是金錢買不到的，可時間卻能換取金錢，甚至金錢也買不到的東西，如生命、成就等，時間可說是概括了我們的一生，就如富蘭克林說：「時間就是生命。」因此，我對「時間比金錢更重要」這個說法首肯心折。

《坐言不如起行》

中四丁 郭子浩

相信任何人也有雄心壯志的一刻，可能是為了在比賽中奪冠作好準備，可能是為了在電子遊戲中獲勝而日以繼夜地向目標進發，可能是為了一時衝動而立下的目標。我亦不例外，曾在開學之日訂下了不少目標，但到了最後卻一事無成。經過這件事後，我才明白「坐言不如起行」的道理。

我曾在學期之初立下了「努力在考試中勇奪佳績」和「堅持在晚上閱讀課外圖書，期望拓展眼界、豐富知識層面、自我增值」這兩大目標。一開始，我的確每晚準時在書桌前安靜閱讀，本想著未來的日子定因當天的努力而變得美好，但恆心遠去，令我漸漸失去當初雄心壯志的熱情……

慢慢地，我的時間表產生了輕微的改變，第一個目標「勇奪佳績」似乎就是因此而不能達成。原本應當按照時間表放學回家複習的我，已漸漸變成了出外閒逛的青年。有時候回到家中，對於在牆上貼滿「自強不息」、「吾日三省吾身」的標語往往是視而不見。心中以為自己還是當初願意實踐行動的我，卻不知已向「坐言」靠攏而遠離「起行」了。

想到「輕諾必寡信」，還有第二個目標「晚上閱讀課外書」。想必回到家中，應遠離外在的煩瑣，而靜下心來學習了吧？然而事實總是向「坐言」的方向傾斜。晚上閱讀的是一本本漫畫書本，那是天馬行空、想像力豐富的全新世界，自然比沉悶死板的黑字白紙有趣得多。日復如是，那些有營養的課外圖書，早已束之高閣，被塵埃一點一點地封印在當初的目標中，遠離了我的視線。父母常問我學習的進度如何，我總是答道：「嗯，很好，不用擔心。」自欺欺人，掩耳盜鈴，只知道坐在書桌上說著「我要努力」的口號，卻不去吹開課外書本上的塵埃，打開教科書的內容作複習、寫筆記，放任自己沉醉在腦中空想、口中空說的世界。孔子說：「學而不思則罔，思而不學則殆。」現在回想當時的境況，真是不得不感嘆：「殆矣！殆矣！」

真正考驗來臨時，一切臨急抱佛腳的舉動均無濟於事，因為紙上談兵的策略無助於實際的情況。很快，測驗的成績出爐，事實總給人一巴掌，我並不能如想像一樣在測驗中奪取佳績。另外，和朋友的交談中，我越漸覺得詞窮，自覺胸中的墨水不多了，快到乾涸的程度。

我後悔了，這是一種令人無力的窒息感、一種切身的體會、一種事急如焚的警告。原來一直怠慢、懶惰、只說不做的學習態度是令我精神意志生鏽的催化劑，是禍患的源頭，是失敗的前兆。這一刻，經過這件事，我深深明白「君子恥其言而過其行」的真意。欲成有修養、有知識、有才能的人，首要的條件就是合上嘴巴，把心神心志放在自己定下的目標上，配以具體的行動，並不斷自我反省，所謂「君子病無能焉」，就是無時無刻擔憂自己有沒有能力，目標有沒有做到。「坐言」是一個好的開端，然而接下來的「起行」才是真正通往成功的康莊大道，是體現「天行健，君子以自強不息」的名言，亦是真正實現人生價值的表現。

「坐言不如起行」自此事之後深深地印在我的腦海中，時時刻刻提醒我行動永遠比只說話、只立志更為重要。

《影子的聯想》

關於影子，有的人可能想到第二個自己，有的人則能想到影子能象徵自己的缺點，而我依稀記得是它改變了我的一生。

在我的童年時候，我總是班上的討論熱點，家長口中的別人的乖孩子，老師眼中的卓越學生。家中堆滿的榮光使我覺得自己是一尊聖人，受萬人崇拜；清晨的曙光使我的輪廓逐漸形成。我的人生像是被滑動的屏幕般跳過，令我無感於一瀉千里般的光；被施下的肥料雕刻着我的輪廓，我生長在風馳電掣的速度。人長高了，自大的背影亦隨之擴大百倍，太陽的歸位亦使影子上的陰影添上幾分黑色。昔日的謙虛被埋沒，取而代之的是令人討厭的自大和炫耀時的高傲姿態，我曾嘗試找出自己的缺點，卻無從下手。浸淫於博論聖賢的我想到古人曾云「聖人也有三分錯」，「人非聖賢，孰能無過？」。論學問處世之道，我不及孔子千分之一，但孔子仍能三省自身，改正自身缺點。面對來自於自己內心深處的質疑，我選擇如同小孩子面對自己不喜歡的食物時時的決定——挑食，室內的溫度也隨着我心跳頻率而上升，喜愛炎熱的蚊子也伴隨被推開的大門一擁而出，在烈日中天之下，影子也慢慢顯得逼真，望着地上的自己，長時間高頻率的跳動次數令我衝昏了頭腦，開始對地上的自己陷入沉思。影子，是第二個自己嗎？經過幾秒的思考後，我便否認了自己的判斷，我曾拿過無數的獎牌，曾是他人的討論熱點，更是人人仰望的存在。影只不過是模仿我的行為，沒有接觸過光彩奪目的金屬，沒有登上過飽受讚美的論壇，更沒有成為過萬人仰仗的英雄。

經過大腦中混熟的會議後，一個想法突然萌生：影子是我的缺點嗎？它代表著一個人的陰暗處？現實的社會使我一味認同光明代表正義、積極等性格。反之，黑暗代表邪惡、消極等性格。自大的我認為影子是一個負累，突然間，大腦中的零件像短路般，眼前的影子彷彿知道了我的想法，逐漸形成一副猙獰的面目。一些污黑的氣息從我身上細小的毛孔鑽出，直到那道影子變得立體。面對眼前漆黑的自己，我感到一股強烈的危機感，卻又帶着一絲親切，彷彿那些氣息與我身體在愉快地玩耍，那些氣息彷彿像是失散多年的孩子重回母親的懷抱般回歸。這一刻，我明白了。它們本源自於我，是我的一部份，是真實的我，亦是有缺點的我。我這一次我並沒有拒絕它們的凱旋，反能欣然地接受他們的歸正版本，接受真實的自我。其實我身上一直存在或大或小的缺點，只不過我不願承認罷了。我從昏迷醒來，明白這並不是一個無足輕重的夢，而是助我一生的啟發。夕陽西下，光與暗影交匯時，我與我影融為一體，成為有血有肉的我。

這一次，我握緊了通往人間的鎖匙，在天堂與地獄的交匯處，領悟到凡事不能只看一面，須全面看待事物，我接受自身的黑暗，因為那才是完美的我。光並不是暗的敵人，相反地，他們相輔相成，皆暗之處不會形成影子，皆明之處亦不會形成影子。唯有光暗交錯才能產生影子。優點和缺點也是相輔相成的，最好的優點便是接受自己的缺點，最壞的缺點便是認為自己的優點才是缺點。只有優點和缺點並存才叫「人」，亦只有不同的意見才能擴闊人的思想。若是一個詞語僅有一個註解，若是一個方程僅有一個算法，若是一個問題僅有一個答案，哪豈不顯得人間單調無味？



「四人五足」合作迅速



▲為了促進中五同學間的默契及拉近彼此的距離，「朋輩輔導組」精心準備了四人五足活動。

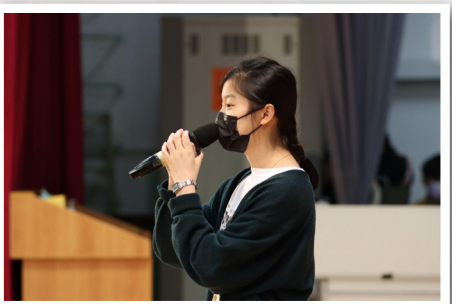


▲班參賽代表都全力以赴，齊聲大叫口號：「一、二、一、二……」，體現了同學間的合作精神！

歌唱比賽展才華



▲參賽者把歌唱才華展現得淋漓盡致，同學們聽得如痴如醉。



▲老師和同學一同舉起親手製作的卡紙，為台上的參賽者打氣加油。

奧運劍擊香港隊代表蔡俊彥先生到校分享



▲黎副校長為蔡俊彥先生送上紀念旗。



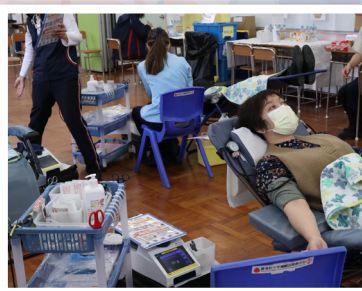
▲蔡俊彥先生盡力為同學解答問題，藉此增進同學們對劍擊的知識。最後，他更即興為大家獻唱，歌聲悅耳，令現場氣氛高漲，增添不少樂趣。

為新學年打打氣



▲學生輔導員將「鼓勵」和「關愛」全部放進禮物裏，希望透過小小的心意為同學們在新一年打打氣，收到禮物的同學都展現了燦爛的笑容。

愛心捐血日



▲老師們身體力行，在捐血日為社會大眾貢獻一分力，展現「施比受更有福」的助人精神！

傑出學生殊榮高



▲本校學生毛妍蘇同學分別在〈第十四屆黃大仙區傑出學生選舉〉和〈第十三屆九龍地域傑出學生選舉〉中表現優異，獲頒「傑出學生」的殊榮！

「閃避盤」擦出師生火花



▲經歷了長時間的停課，中二同學終於有機會近距離地與老師接觸。透過閃避盤比賽，師生除了可以做運動外，還可以增加對彼此的了解。



▲在老師比賽環節前，各位老師為彼此打氣，體現了團隊精神和「友誼第一，比賽第二」的體育精神，成為學生的學習榜樣。

組合歌唱比賽及聖誕聯歡會



▲各得獎者在領獎後拍照留念，彼此分享快樂。



▲老師們攜手獻唱〈蒙著嘴說愛你〉，同學們拍手和應，樂也融融！

▲久違了的聯歡會讓同學們有機會玩玩遊戲，拍拍照，歡樂無窮！

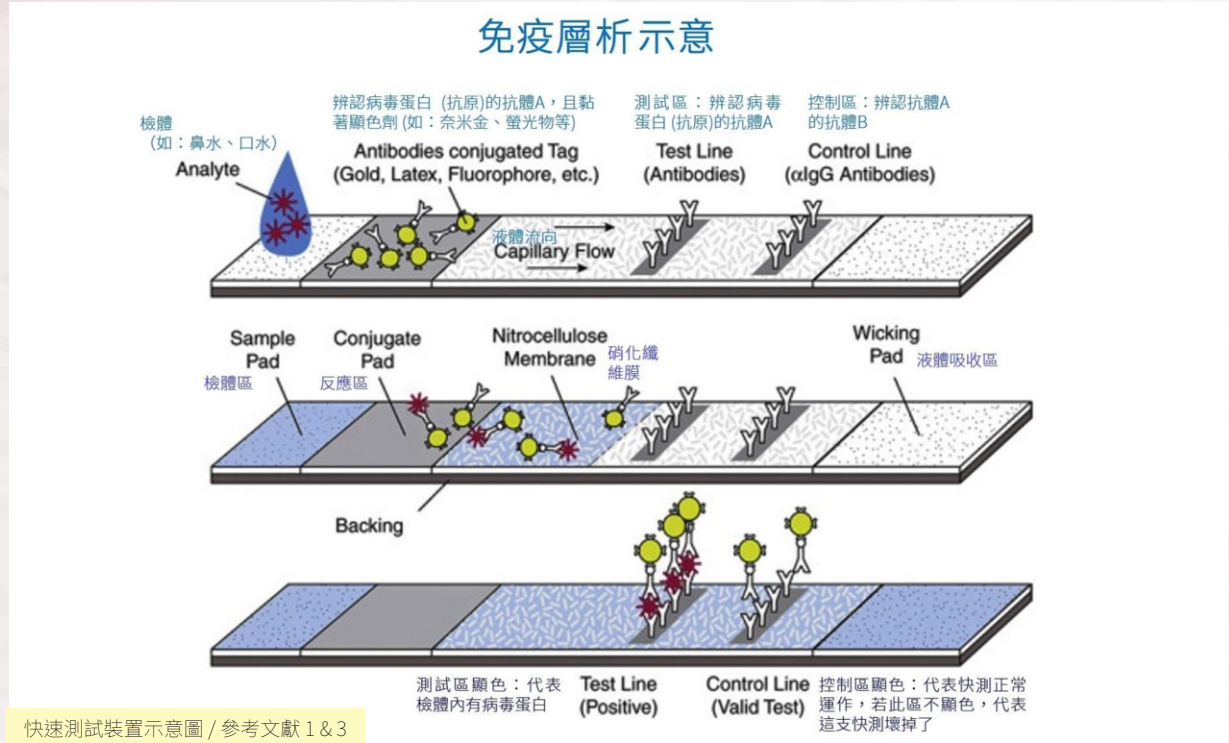
新冠病毒病快速抗原測試原理淺談



相信各位同學對新冠病毒病快速抗原測試劑 (COVID-19 Rapid Antigen Test(RAT)，以下簡稱「快速測試」) 這個名詞不感到陌生。現在新冠病毒的快速測試不用半小時便已知結果，此方法雖然方便但對比核酸檢測 (PCR, Polymerase Chain Reaction) 精準度略為不足。但為何快速測試會成為現時偵測染疫人士的重要步驟呢？其工作原理究竟是什麼呢？

快速測試是抗原抗體的快速篩選。它的原理與鎖鑰假說 (The lock and key hypothesis) 有關。那就是說我們在快速檢測裝置上放的是抗體，如果病人身上有抗原代表有病毒的存在，此時檢測裝置會顯示兩條紅線。快速測試的原理，主要是利用抗原和抗體的反應，藉由側向流體免疫層析法 (lateral flow immunochromatographic assays) 進行篩檢。拆解快速檢測裝置的內部結構，主要有四部分：

- 檢體區
- 反應區 / 膠體金抗體區
- 硝化纖維膜
- 吸收區



當檢測樣本滴入之後，會透過毛細作用 (capillary effect)，依序通過各區。其中檢測裝置上擁有可以辨識病毒抗原的抗體 (位於膠體金抗體區，內含在包裝盒上印上的膠體金 (colloidal gold)，在生物醫學中用作標示作用)。如果受測者的樣本中含有病毒抗原，就會在第二層與單株抗體結合。

到了測試區 (檢測裝置上T位置) 上的抗體找到了病毒抗原，就會產生反應變成紅色。控制區 (檢測裝置上C位置) 則是用來確認測試劑是否有採檢到樣本，並且完整地進行反應。一旦順利完成，也會變成紅色。因此當兩條線都變色，就代表快速測試結果呈現陽性，受測者的樣本內含有新冠病毒；反之如果只有一條變色，就是陰性。

快速測試的限制就是要同時找到兩把鑰匙 (反應區及測試區的抗體)，它能夠對得上抗原這個鎖。它重要的地方就是在於說，這兩把鑰匙要同時找到抗原而且要具有很強的吸引力 (化學鍵或分子吸引力)，這樣子才能達到最好的快速測試效果。

另外，目前的快速測試多半是透過鼻腔採檢而並非唾液。專家表示兩者的精準度其實不相上下，但是因為唾液的採檢動作難度較高，要是沒有弄好很容易影響最終結果。可能你會問採集唾液為何會困難，主要是唾液中會有一些黏膜，需要一些酵素先去把它處理掉，才能夠比較容易測試。此外，當患者身上的病毒量過低令測試劑無法偵測到，快速測試結果也可能出現錯誤偽陰性的情況。另外，如果病毒特异性不高、加上血紅素干擾，也可能導致快速測試結果失準出現偽陽性的狀況。

快速測試的靈敏度有一定的極限，例如病毒的傳染力不強，要測出來的機率並不高。那它的好處就是快又便宜，因此相較於快速測試，最精準的篩檢方法還是核酸檢測。以下是核酸檢測和快速測試的比較表：

	核酸檢測	快速測試
優點	準確率高 微量病毒也能驗出	耗時短 迅速得知結果
缺點	耗時耗力 需專業人員及器材	準確率較核酸檢測低 易出現偽陰性、偽陽性

兩種方法各有利弊，卻是對抗新冠病毒的重要工具。疫情當前多一份檢測就是多一份保護，面對世紀病毒所有人都該全力備戰！！

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科學趣味小知識

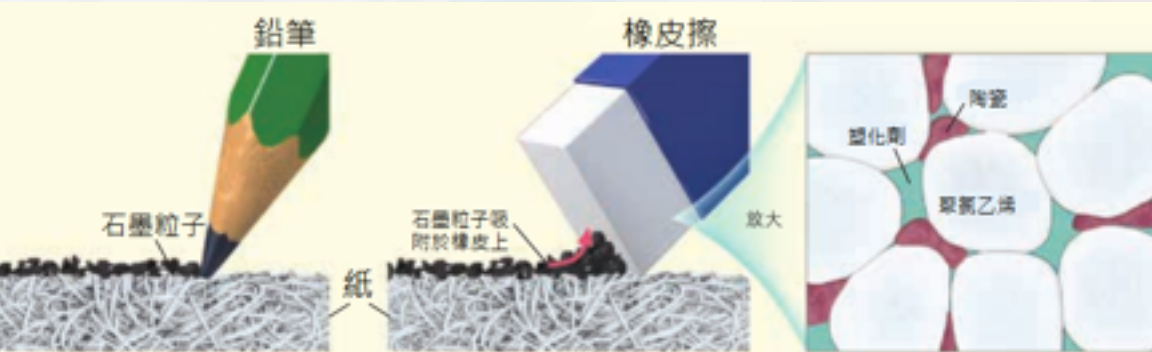
為什麼橡皮擦可以擦去字呢？



就如同橡皮擦的名字一樣，以前的橡皮擦是用天然橡皮 (rubber) 造成的。不過，現代的橡皮擦是用塑膠做的。現今的橡皮擦原料為聚氯乙烯 (polychloroethene)、名為鄰苯二甲酸二 (2-乙基己基) 酯 (di(2-ethylhexyl)phthalate) 的塑化劑及陶瓷粉末。比例為2:3:1，仔細混合之後就可以拿來製作橡皮擦了。

一般來說，為了要使塑膠變形，必須要在高熱及高壓下才能讓塑膠變形。而剛剛提到的塑化劑，就是讓塑膠可以在低溫及低壓的情況下得以加工的一種添加物，是一種徹頭徹尾的配角。

但是呢，在橡皮擦中負責將字擦去的，其實是稱為鄰苯二甲酸二 (2-乙基己基) 酯的塑化劑。雖然說是塑膠橡皮擦，同樣是塑膠的聚氯乙烯是沒有辦法擦掉字的，橡皮擦中的聚氯乙烯其實是負責包覆塑化劑用的。



那麼，橡皮擦是用什麼方式將字擦去的呢？用顯微鏡去看紙的表面時，可以看到表面上交纏在一起的紙纖維。在上面就可以看到鉛筆筆芯中的石墨粒子黏在上面，形成我們肉眼看見的字。橡皮擦中塑化劑所含有的油，與石墨粒子結合力非常的強，比石墨粒子與紙黏結力要強上數百倍。因此，當塑化劑觸碰到石墨粒子時，粒子就會像是鐵遇到磁鐵般吸附上去一樣，脫離紙張吸附到塑化劑上面去了。

有些人會誤以為橡皮擦是削去紙的表面來擦掉字的，但實際上不是，是把字從紙上面吸走的。橡皮擦擦字的時候，原料中的陶瓷成份會以不會傷到紙表面的程度摩擦表面，作用只是把位於纖維中的石墨粒子抽離出來。

這個動作也只是為了要盡可能讓石墨粒子接觸到塑化劑而已。鄰苯二甲酸二 (2-乙基己基) 酯的機能則在於，以適當的強度包覆著負責消字的塑化劑。有適當的強度，可以在擦字的時候釋放出塑化劑，將字擦去。

發明橡皮擦的，是在 18 世紀的英國。塑膠橡皮擦則是在 1952 年，由日本所發明的，並在 1965 年普及到全世界。

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