

# 沙培家書

師生投稿：

新老師  
介紹

# 疫情的日常

新常態

2020年11月號 復課後復刊

小記者



出版組

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2020年11月號



沙培人  
家書

# 學校願景

## Vision Statement

Together we nurture the life of our students.  
Hand in hand we witness the Love of Christ.

並肩培育豐盛生命 攜手見證基督大愛

# 核心價值

## Core Values

We celebrate a student-centred approach in running our school. Each of the young persons entrusted to our care is unique in the sight of God, endowed with gifts to be nurtured. Translated into practice, this means that no student is to be given up, and the interests of students override other interests.

Rapid societal changes require that we equip students with qualities to meet the new challenges. They shall have good academic performance to survive in a knowledge-based economy, an international outlook to embrace our nation and the world, confidence and innovativeness to think out of the box. The key lies in being positive with our students, helping them to believe in themselves, offering them opportunities to receive training and encouraging them to try and to perform.

This is an overall approach which we have named Invitational Education, expressed in our slogan "Let our students shine".

我們相信上帝賦予每個人不同的才幹，在祂的眼中都是獨特的。我們以學生為本，裝備學生以面對全球化及知識經濟年代的挑戰。為此我們致力幫助學生提升學業成績、拓展國際視野；又培養學生的創新精神，重視德育、藝術教育及領袖培訓。透過「啟發潛能教育」，我們強調「讓學生閃耀」，刻意安排機會給學生發揮潛能，建立自信。

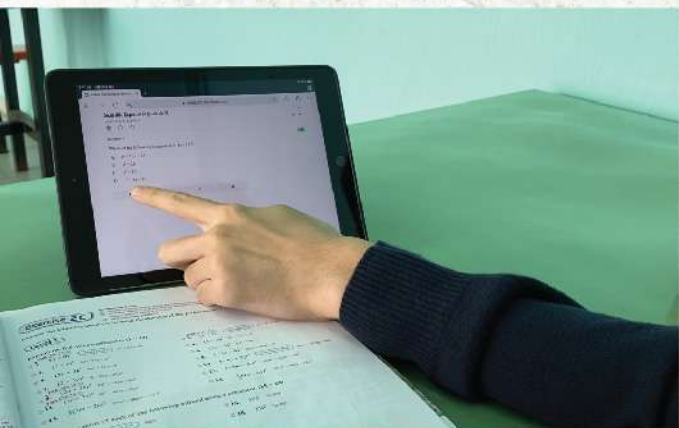
# 校 長 的 話

親愛的老師、家長、同學、校友：

在疫情和多項不穩定因素的挑戰下，先在主裡向各位問安，願主祝福大家身體健康，心中平安！

2020年是很特別的一年，大眾的生活模式起了巨大變化，本以為是暫時的應變措施，卻漸漸變成恆常的「新常態」。翻閱這一期的《沙培家書》，也不難體會這種「新常態」。找不到以往多采多姿的校園活動報道，取而代之的是師生們分享「疫情下的日常」。此外，以往覺得理所當然的日常生活，卻成了我們禱告中的熱切期盼。以往我們會於午飯時間為同學舉辦祈禱會，但在只可安排半日面授課堂的限制下，我們將祈禱會改於清晨或小息的20分鐘匆匆進行。早幾天我參與中一及中二級同學的祈禱會，見他們把握時間，下課後即趕到學生活動中心，坦誠地分享感恩及代禱事項，心中既感動又感恩。一位同學提出的代禱事項是「疫情早日過去」，另一位同學隨即和應：「就算疫情未受控，也千萬不要停課！」原來可以回校參與面授課堂是如此值得中一同學珍惜的事！相信大家在「常存感恩珍惜的心」這課題，已經上了寶貴的一課。

雖然沒有人會由衷地享受這些「疫情下的日常」，但我們仍需學習以積極的態度面對。事實上，疫情的其中一個正面影響，就是提升了我們的學習意欲。我執筆當天，正值學校的「教師發展日」。負責推動電子學習的同工花了很大功夫，精心為我們預備了豐富而實用的課程；而一眾參與的同工都非常積極投入地學習不同的應用程式及使用技巧。在有限的課時及面對隨時停課的威脅下，大家都有強烈的學習動力，希望善用各樣工具提升教學效能，同工的努力實在令人欣賞及感動！又例如今期其中一篇專訪，提到疫情如何提供動力，讓數學科老師實踐多年來的構思——為同學建立一個完善的數學科自學平台。同學們亦分享了他們如何善用有關平台溫習、預習，從而釐清數學基本概念；又有同學表示他在車程中不再玩手機遊戲，而是上平台爭分奪秒地「操數」；更有同學以摘星為目標，憑其熱誠感染其他對數學不感興趣的同學，鼓勵他們嘗試使用平台，消除對數學的抗拒。我對數學科同工的無私付出感到又自豪又感恩，相信同學學習信心的提高及數學成績的進步是同工竭盡心思的最佳回報！



## Shatin Pui Ying College



疫情帶給我的另外一個意外收穫，就是呈現了同學們卓越的才能。前兩天學校在禮堂舉行學生會的周年會員大會，由於要保持適當的社交距離，同學都要留在班房觀看直播。當日我在禮堂，看到整個直播過程都是由學生負責，在我眼前完全看不見老師或技術人員的支援，而我同時觀看平板電腦上的直播效果，實在覺得效果近乎完美！會後我忍不住立即稱讚他們，並細問他們預備的過程，得知他們為直播工作已進行了兩個多星期的測試，嘗試過不同的處理方式，並努力解決當中遇到的問題，務求效果臻於完美。相對於他們的技術，在旁的老師都直言自愧不如。這是一個何等美好的體驗！當我們將任務交給學生，他們的要求比我們還高，技術又比我們好，老師只需監察工作進度，然後欣賞他們美好的工作成果。這就是我們一直堅持的理念——提供平台讓學生閃耀！我深信這兩個星期，同學為了令直播效果盡善盡美，必定花上很多心血，玩電腦遊戲的時間無疑少了，但我相信他們從中獲得的滿足及成功感一定比電玩能給予的更大、更恆久！

但願疫情早日過去，更願我們各人都能銘記過程中所有寶貴的學習經驗！



你們的校長  
陳麗芬

沙培家書

# INTRODUCING OUR NEW STAFF



## Mr. Chapman Ho Starting His Teaching Career

4B PUN TSZ KI, STELLA

4B TSANG YAN NING, OLIVIA

**This year, we welcome many new teachers. Mr. Chapman Ho, who teaches Mathematics and Integrated Science, is no exception. One interesting fact about Mr. Ho is being a teacher is not his first job. Recently, Mr. Ho shared with us why he had changed his career and his thoughts on teaching.**

### Becoming a teacher

Mr. Ho was once disorientated when he was in university. Looking back, he believed the teachers in his secondary school and their exemplary character sowed the seeds of his life on wanting to become a teacher. The idea of being a teacher did not germinate in his mind until he became a tutor when he was a university student. After working at an engineering company for two years, he decided to pursue his dream as a teacher. He took a master's degree in mathematics and applied for a postgraduate diploma in education. He became an accredited teacher and successfully fulfilled his dream.

### Intense Interest in Mathematics and Teaching Philosophy

Mr. Ho believes that mathematics is an indispensable part of our life as it is closely related to all aspects of life. For instance, statistics and calculus, which are different branches and types of mathematics, can all be applied to our daily life. His teaching philosophy is to apply mathematics to our daily life and work out mathematics effectively. He believed that it might be more helpful for him to help students trace the familiar patterns to mathematics than drilling students without clear directions.

### Impression of Our Students

As a new teacher, Mr. Ho thought the recent class suspension due to COVID-19 had posed a challenge to him. It was much more difficult for new teachers like him to identify struggling students when lessons were conducted online. However, Mr. Ho was relieved that most students were attentive in class and they were eager to raise their questions. Students having enthusiasm for learning was a load off his mind. To him, most of our students are passionate learners and youthful seekers.

### Words for Students

Mr. Ho believes that learning is a long wearying journey. He admitted that even he was sometimes frustrated by the difficulty of mathematics such as solving equations with three unknowns. Solving these equations requires the use of computers, various codes and programmes and is thus immensely complicated. However, Mr. Ho did not give up. He believed students should do the same. They should not give up easily when they face setbacks in learning. Through hard work and perseverance, they would work their way up to the top.



# Mr. Derek Wong, Our New English Teacher, Shares His Thoughts on Linking Teacher and Student Learning

Mr. Derek Wong, who teaches English, joined the SPYC family this year. We had an interview with Mr. Wong to find out more about him.

4A LEE CHUN HIM, KARSTEN  
4D CHAN BO HEI, RYAN

## Mr. Wong and English

Mr. Wong's interest in English is related to his childhood. "I believe I had an innate interest in English. When I was small, I much preferred English to Chinese. As time went on, I took greater interest in English," he mentioned. He also mentioned that he enjoyed sharing his passion for English with others and also having fun with young people. Naturally, he became a teacher.

## Mr. Wong as a Swimmer

We were told that apart from English, Mr. Wong was also good at swimming and participated in different swimming competitions. He told us that he was forced to learn how to swim when he was in primary one. He did not like swimming at first. He only started to like it after he had met friends at his swimming lessons. After entering secondary school, he started competitive swimming. He represented his alma mater at many swimming competitions. At that time, he had a hectic schedule. His life after school was only about either swimming or other extracurricular activities. "I swam 4 times every week back then. Each time, I swam for 3 hours," Mr. Wong said.

## Mr. Wong as a University Student

Mr. Wong majored in English Language at the University of Hong Kong. When he was a university student, he tried many different sports other than swimming. However, he told us he was not good at ball games. "If a student throws a basketball to me, all I will do is probably escape and run away," Mr. Wong added. Obviously, he was just being humble. He is a fine athlete.

## Mr. Wong's First Impression of The School and Students

At the beginning of this school year, face-to-face lessons were suspended. Mr. Wong, just like all other teachers, had to deliver lessons online. In spite of that, he appreciated the lively personalities of our students. He did not feel he was only talking to a camera. He also appreciated our school offering a well-rounded education. He was amazed by the large number of extracurricular activities offered when he first came. He remarked, "students can participate in a wide range of activities. The school I served at previously focuses on students' academic performance more."

## Mr. Wong's View on Online Teaching

One part of Mr. Wong's job is developing e-learning resources for the English Department. We asked him about his view on online learning and teaching, which is a related new normal. He expressed that teaching is never easy and online teaching is not particularly hard. The biggest challenge of online teaching is that he cannot listen to and talk with students. However, online teaching allows timid students to send him private messages about the lesson in the chatroom. That facilitates communication between him and his students. Mr. Wong believed that as long as students are willing to learn, learning and teaching will not be difficult.



## Mr. Wong's Expectations About His First Year in SPYC

When Mr. Wong was asked what his expectations about his first year at this school are, he replied, "To put it simply, I hope I can learn with my students." After becoming a teacher, he realised knowledge is not fixed. To be a good teacher, he has to keep himself abreast of the latest knowledge. He therefore wants to teach in a relaxed atmosphere where students are allowed to talk and interact with teachers. "I am not the type of teacher who likes a quiet class that only listens to what the teacher says. I feel happy when students ask me any questions." He continued, "By listening to their questions, I know which part is harder for students to understand and what knowledge I should acquire to improve my teaching. In other words, I learn how to be a better teacher from students and so I want to learn with them." Mr. Wong's ultimate goals are to see students' smiling faces and to help them grow.

## Mr. Wong's Message for Students

Before the interview ended, Mr. Wong wanted to invite students to join the English Debate Team, a team he is in charge of, as debating teaches useful life and study skills. At last, he said, "Learning is difficult and it takes much time. Never stop learning though. Even though I am a teacher, I still keep learning. If you face any difficulty, seek help. I hope you all can find learning meaningful."

## Ms. Iris Lam : The New NET

4A LEUNG CHING HEI, LOIS

4A LAU ISAAC

**Ms. Iris Lam, who is from the United States, is the new Native-Speaking English Teacher (NET) at our school. A short while ago, she shared with us her experience of working overseas and her beliefs about teaching and learning.**

### ELIC Sparking Ms. Lam's Interest in Teaching

Actually, it is not the first time Ms. Lam has ever visited Hong Kong. When Ms. Lam was a university student, she and some other university students spent one of their summer holidays teaching in Hong Kong with English Language Institute in China (ELIC). It was then she had a chance to teach secondary school students, saw the power of education first-hand and thought of going into teaching.

### Travelling the World

Before taking a job at our school, Ms. Lam taught in the United States, Cambodia, Jordan and mainland China. She realised that people throughout the world share one characteristic: deep down, they all want to be loved and heard. She is willing to lend others an ear if they tell her their problems. She is happy to see that in Hong Kong, even though people have a hectic or stressful life, they still celebrate and enjoy joyful occasions with their families. People also turn to their families for help and support whenever necessary

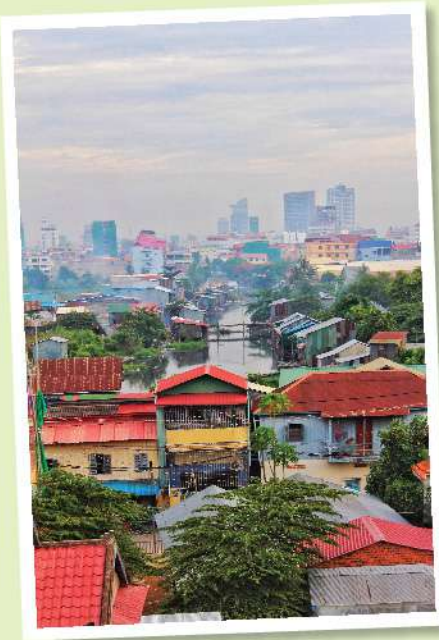


## Enjoying Her Job at SPYC

So far Ms. Lam has enjoyed her time at SPYC. She is pleased with our friendly students, enjoyable lesson time and the comfortable environment the school offers. She has noticed that despite social distancing measures owing to the pandemic, students are willing to chat with one another. That is something she is happy about.

## Generating Students' Interest in English

Ms. Lam believes that the strongest motivation for learning English is to share experience with others as each person has stories of his life to tell. No doubt English-related activities can help develop one's language skills. Yet, it is one's eagerness to share thoughts that can strengthen his motivation for mastering a new language the most.



## The Best Teacher in the World

Jesus Christ is a role model to Ms. Lam. She admires Jesus' ability as a patient teacher, humble leader and a compassionate neighbour, which is described in all four Gospels. Mark 10:45 (NIV) says, "For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many." This verse shows Jesus Christ's modesty and humility. Ms. Lam decided that she would follow in Jesus Christ's footsteps.

## Ms. Lam's Unusual Hobbies

Ms. Lam told us that she likes "getting lost" in her free time. In countries like Cambodia and China, she would cycle to places she had never been before. After arriving in Hong Kong, she once looked at the MTR map, chose a station that was new to her and explored the neighbourhood near the station. She also tried getting on a random bus, admiring the scenery along the way and again exploring some neighbourhood she had not known before. In addition, she sometimes wandered around the streets to take pleasure in the pleasant surroundings like the Shing Mun River. Venturing places alone excites her.

## A Few Words of Encouragement

Ms. Lam believes practice does not make perfect, but rather progress. She encourages students to be brave and confident, challenge themselves and try new things. It does not matter if they make mistakes as they can learn from them and improve. At the end of the day, the value of a person does not change despite the failure they make. Everyone is appreciated, loved, and cared for by God.



# INTRODUCING OUR NEW STAFF

## Extending A Very Warm Welcome to Miss Jacqueline Wong, Our New English and History Teacher

4A LEE CHUN HIM, KARSTEN  
4D CHAN BO HEI, RYAN

This school year, we welcome Miss Jacqueline Wong, our new English and History teacher. During our interview with her, we were able to know more about her.

### Becoming an English Teacher

Miss Wong studied English Literature and Comparative Literature, which focuses on the study of literature from different cultures, at the University of Hong Kong out of her passion towards English. After graduating, she started serving at our school. Becoming a teacher was not her dream job when she was young. Yet, as time went by, she wanted a job which is people-oriented but not one that requires her to do a mountain of paperwork. Since being a teacher would allow her to have authentic interaction with people like students, she chose to become one.

### A Bumpy Start

As a novice teacher, Miss Wong said she had definitely been nervous about teaching in an actual classroom environment. What made things worse was the COVID-19 pandemic. Due to the pandemic, when this school year first started, lessons were conducted online in the absence of face-to-face interaction. That presented a tough challenge, which was teaching without much knowledge of students, to her. She realized that delivering a lesson was much more challenging than she had expected because she needed to spare much time and effort for lesson preparation. Despite all obstacles, she thought students were attentive and studious. She appreciated their good performance. This helped lighten the burden for novice teachers like her.

### Leaving No One Behind

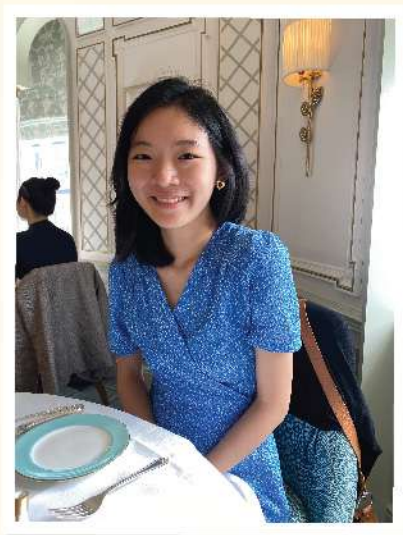
Miss Wong hoped that the students she teaches know that she values every one of them and she hoped none of them feel left out. She told us that she would try to spare some time to chat with students after class and encourage each of them to take the initiative in learning. She hoped that students would feel loved and cared about. She also hoped that she would be able to transmit useful knowledge to students.





### **Avid Interest in Drama and Music**

Beyond classroom walls, Miss Wong is interested in drama and music. Her alma mater has a long tradition of staging drama productions. She took part in some productions and her interest in drama and music stemmed from the productions. She mentioned that she would be the teacher-in-charge of some drama/musical-related activities and she would be the assistant director of the upcoming English musical production. She believed that such arrangements would allow her to share her love of drama and music with students.



### **Words for Readers**

Miss Wong wished students to cherish their time and value every learning opportunity. She believed that even though not everything is under our control, we should live in the moment.



# INTRODUCING OUR NEW STAFF

## Miss Fronia Cheng Launching Her Teaching Career

4A LEUNG CHING HEI, LOIS  
4A LAU ISAAC

**This year, the English Department received an infusion of some new blood including Miss Fronia Cheng. Recently, she gave an interview about herself.**

### Hong Kong as Miss Cheng's Desired Destination

Miss Cheng grew up in a city called Brighton in the United Kingdom. Hong Kong, a multicultural city which is "very different from the UK" but at the same time places emphasis on English, attracted her attention. She arrived in the city a year ago and started working at a Youth College as a Native English Teacher (NET). She took an interest in teaching English Language and decided to explore the possibility of being an English teacher in other local settings. This was why she started serving at our school.



### The Lightbulb Moment

Miss Cheng's lightbulb moment came while she was serving at the Youth College. After delivering an English lesson about Corporate Social Responsibility – a company's sense of responsibility towards the community and environment in which it operates, her students expressed that they would fulfill corporate social responsibility if they ever became a businessman or businesswoman. It was then that she realised education is a sure way to improve society and language is a tool to introduce students to new ideas and the world. She then had a keen interest in English language education.

### Miss Cheng's Ultimate Goal

Miss Cheng believed that students' lack of motivation presents a tough challenge.

There is no difficulty in delivering lessons, yet if students are not interested in English, they will not be motivated to learn. She believes that the best way to learn a language is when one has a genuine love for it. She told us that she strives to encourage students to read and use English all the time, so as to arouse their interest in English. She hopes that students use English not because they have to but because they want to. She plans to nurture that by giving students individual attention and feedback in the enhancement classes and remedial classes she is responsible for this school year.



### Miss Cheng Reminiscing about Her University Life

When we asked Miss Cheng to share something about her life outside class, she shared with us that the best moment of her life was when she studied English Literature at university. She could spend most of her time doing what she loved, including reading and having lively discussions with professors and her classmates. She still fondly remembers learning about the reader-response theory, which was proposed by Wolfgang Iser, a German literary scholar, and discussing whether it is the author or the reader constructing meaning in a text. Undoubtedly, Miss Cheng immersed herself in literary studies.



### Choose Kindness, Students

Before the interview ended, Miss Cheng shared with us that she once listened to an episode of the podcast TED Radio Hour. In the episode, the speaker suggested, if asked to choose between having intelligence or kindness, most people would choose to have intelligence. Miss Cheng believed intelligence and kindness are not mutually exclusive. Students should not use their intelligence to achieve a high level of proficiency in different subjects. Rather, they should utilise it to become caring and compassionate individuals who bring about social change for the betterment of society as a whole.

Welcome to SPYC, Miss Cheng! We wish you a delightful and rewarding year here.



# INTRODUCING OUR NEW STAFF

## Mr. Ryan Ng's Thoughts on Serving at His Alma Mater

4B PUN TSZ KI, STELLA

4B TSANG YAN NING, OLIVIA

Apart from welcoming different new teachers, we also welcome different support staff. Mr. Ryan Ng, who is an alumnus, is one of them. Not long ago, Mr. Ng shared with us some of his fond memories as a student and thoughts on serving at his alma mater.



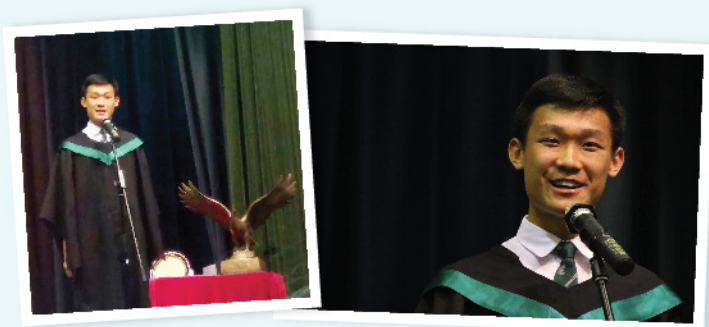
### Mr. Ng as a SPYC student

Being a graduate of SPYC, Mr. Ng had many nostalgic memories of his school life. One of the most nostalgic one was the 16 X 100m relay race in his S.6 athletics meet. It was a relay race that involved the active participation of himself, many of his classmates and Mr. Chow, his class teacher. They did not expect to get a prize in the race, but their unity and determination helped them win.

### Mr. Ng as a University Student

Mr. Ng majored in biology at the Chinese University of Hong Kong. Biology is about the study of living organisms. While he was majoring in biology, he had ample opportunities to conduct different experiments. For instance, he had the chance to dissect different creatures such as cockroaches and squids. He learnt to be respectful to the anatomized organisms because they had been sacrificed for the sake of modern biological sciences. He also learnt to cherish every learning opportunity he had.

Apart from majoring in biology, Mr. Ng also minored in psychology, which delves into the study of how the human mind works, at university. Although there is not much correlation between biology and psychology, Mr. Ng was grateful that he could choose the subject he was interested in and study the science of the mind and behaviour.



### Going 'home'

Being an alumnus, Mr. Ng felt exhilarated coming back to the campus again in a new role. During class suspension, Mr. Ng offered technological support to teachers. For example, he assisted teachers in digitising learning and teaching materials for students' easy access. He also helped teachers develop databases which facilitated learning and teaching under this challenging condition. He aspired to serve his alma mater wholeheartedly.





### Spiritual Development of Mr. Ng

Mr. Ng has developed a habit of going to church every Sunday since he was a primary school student. Nevertheless, he was not very strong in his faith. It was not until he participated in The Boys' Brigade, Hong Kong in secondary school that he got to know more about Christianity and became more aware of God's presence. He decided to be baptized when he was a sophomore in university. He has become a devout Christian ever since.



### Encouragement to Students

Nowadays, students face many hindrances to learning. Last year, all face-to-face classes and activities at school were suspended owing to the COVID-19 pandemic. Students were forced to have online lessons at home. Thus, learning became more difficult. However, the school has introduced a package of measures to help students overcome the obstacles to learning online. For instance, the school lent iPads to students who did not have electronic devices to participate in e-learning. Mr. Ng encouraged students to treasure the resources offered by the school and to never stop learning.



# 他們的履歷表——中文科新教職員簡介

文：鍾施憫 (5D)、方晴 (5C) (相片由受訪老師提供)

朱麒穎老師、何子柔老師和黃佳鑫先生是本年度中文科新力軍。他們初入職場，來到沙田培英，給小記者們送上一份履歷表……



## 朱麒穎

專攻：中文、中史

### 選擇成為老師的原因

對朱老師而言，老師是一個特別的工種。老師擔當著同行者的角色，教導學生學科上的知識和做人的道理，陪伴學生成長。朱老師也提及做老師很有成就感，尤其看到學生中學畢業後成為自己大學的師弟，長大成人，感到十分滿足和有趣。

### 選擇沙田培英的原因

朱老師選擇沙培有兩個主要原因。第一，朱老師認為沙培的學生發展全面、自覺性高，因此對同學印象不錯。另外，就是朱老師幾年前就已經萌生選擇來培英執教的念頭，因為當時回想起小學曾到本校參觀，十分喜歡沙培的氣氛。最後在機緣巧合之下，朱老師就來到了沙田培英。

### 對網課的看法和體會

面對疫情，初來培英教書卻無法立刻面對面接觸同學，朱老師對此覺得怪異。對着冷冰冰的螢幕，老師看不到學生的表情和行為。有些時候，同學又會突然關掉鏡頭，難以瞭解學生的學習情況。不習慣用這種形式上課的朱老師在訪問期間也無奈地表示：「既來之則安之。」

在面對疫情和複雜的社會局勢，想必同學也會感到力不從心……

### 給同學的話

「各位同學加油！要盡自己的能力追緊進度、自覺自律，有餘力的就幫幫身邊有需要的同學。」

朱老師在受訪時恰好在教《勸學》，於是把教學內容應用到生活上。他認為為學要專心，不可以半途而廢。若要用一個詞語去勉勵同學，那就是「堅持」。朱老師鼓勵同學不要有始無終，直到最後一刻也要盡全力做到最好，因為虎頭蛇尾是非常可惜的事。

### 興趣

#### 1 跑步

朱老師來年會負責本校的長跑學會

#### 2 龍舟

從大學開始，朱老師就參加校隊，因為他覺得校隊「很型很有名」，而且能從中培養合作精神。不過自從政府實施限聚令，朱老師就轉玩獨木舟。

#### 3 煲劇

有別於同學愛看的校園青春劇，朱老師愛看歷史劇，如《清平樂》、《第一爐香》。

### 減壓方法

面對壓力，朱老師會釋放自己，多做自己喜欢做的事情，令自己變得開心。

朱老師說道：「減壓的重心不是在於自己做甚麼，而是時間分配上。」壓力大的時候就放下工作，調整對自己的要求，休息過後再重整旗鼓，做事才能事半功倍。





## 何子柔

專攻：

中文，中國歷史，中國文學

### 興趣

- 1 看書，尤其是香港文學。
- 2 做手作，例如黏土、首飾。  
會參考網上教學片段學習。

### 減壓方法

放輕腳步認識自己，才能找到適合自己的方法。要知道即便花很多時間學習，也要不時放輕腳步，瞭解自己。

### 老師小故事

記得一年學校旅行，去了海洋公園。因為就讀的是文科班，班上人數不多，只有二十多人。當別的班都分成一個個小分隊，何老師和同學卻在旅程中形影不離，就連洗手間也一起去。對於同學之間密切的關係，何老師深感難忘。

後來，班上有七位同學都修讀中文，如今一同成為老師，何老師笑言：「看來班主任對同學影響深遠，才會看到如此多人願意投身教育事業。」

## 選擇成為老師的原因

何老師小學時已萌生成為教師的想法，但直到高中，因為兩個人使她下定決心。

何老師十分幸運，在高中的時候遇到兩位良師，他們自願付出課餘寶貴的時間與同學建立關係，給了何老師很大的支持，看到老師對同學影響深遠，因此下定決心成為這樣的老师。

何老師也提到，自己從不求學生天資優越，鶴立雞群，更重要的是學生力求上進的態度，她希望能看到自己的學生有所進步。

## 選擇沙田培英的原因

在宗教上，何老師大力稱讚本校擁有良好的信仰培育。與此同時，何老師亦認同本校的教育理念，她認為本校對學生多元化的栽培正是她的教育理念，她十分欣賞學校除了教導學生知識外，更讓學生能學會待人接物之道。

## 對網課的看法和體會

初來培英教學便遇上疫情，令喜歡與同學互動的何老師直呼連同學的外貌也未能看到，隔着屏幕，很難與同學建立關係。她直言，感到電子教學相當單向，不但不能與同學互動，而且不能聽到同學的反應，沒有了同學的參與，令她偶爾感到網課根本不像一個課堂。然而，慶幸的是，培英的同學都願意參與和嘗試，讓她感覺好多了。

## 給同學的話

各位同學：

人生路上的困難總是源源不絕，接踵而來，我們不能改變它，不能扭轉它，不能逃避它；因此我們只能接受困難的存在，反求諸己，追求心態上的改變，把握能夠控制的地方——就是我們的心，去包容困難，讓它成為生活的一部分，學會與它們共存。

何老師

## 座右銘

神所賜出人意外的平安、必在基督耶穌裏、保守你們的心懷意念。（腓立比書 4:7）

大風大浪，心靈平靜。



◀ 相片中展示何子柔老師的小手作



## 黃佳鑫

專攻：填詞

### 投身教育行業的原因

黃佳鑫先生(Mr. Wong)曾擔任法庭記者，發現跟自己對文字的執着、對慢生活節奏的理念不符。相比記者行業急速的節奏，如：即日出稿、問答應變等，他更喜歡與年輕人接觸；加上喜愛文字、追求文字的美，於是萌生了投身中文科教育事業的想法。

### 突發奇想：不做老師的話……

Mr Wong 曾想過要像陶淵明一樣歸隱田園，但又怕會百無聊賴，所以更希望能夠從事和創作有關的行業，例如填詞、撰寫劇本。

### 選擇沙田培英的原因

Mr Wong 欣賞本校的學生多元發展，更大讚兩年一度的音樂劇像極電視的盛大台慶表演，認為若學生只專注於學業，會令人枯燥乏味，故十分欣賞本校能讓學生在舞台上閃耀。

### 希望在沙田培英得到的體驗

Mr Wong 期待接觸不同類型的學生，以及與不同人相處。他更透露自己將會在粵語填詞學會教導同學們填詞（學會的同學可以多多期待一下喔！）。他期望自己能夠以不同的方法令學生明白填詞的精髓，也十分期待能讓同學真正認識填詞。

Mr Wong 曾是一個反叛的學生，他希望能夠遇到不同的學生，嘗試角色對換的感覺，他笑言：「如果面對一些像自己當年的學生，會怎樣處理呢？彼此之間的化學反應又會如何呢？」在教導學生方面，Mr Wong 說自己喜歡用大人的方法，像是黑色幽默等。

### 給同學的話

各位同學：

大家思想不用太乖，是思想上，不是行為上！同學要有反叛的精神，珍惜可以反叛的年華。在資訊發達的時代裡要發展批判性思考，不要隨波逐流，並享受思想上的自由，例如像台灣詩人夏宇般顛覆語言，用創新方法表達自己。我十分敬佩她跳脫、不受束縛的精神。同學要多嘗試新事物，才能讓自己更上一層樓。千萬不要習慣安於現狀，不然思想也會變得麻木，人云亦云。

Mr Wong



## 興趣

### ◆ 聽古靈精怪的音樂

### ◆ 填詞

愛填詞卻不會音樂，小學開始改歌詞，但所填的歌詞不合樂，故為了讓詞與音樂相融，努力學習填詞。升中後填得越來越好，初期作品大多是惡搞聖詩、校歌等，高中則以抒情成熟風為主。

## 減壓方法

1. 四處摸東西。Mr Wong在訪問前幾天夾到一隻蛋黃哥公仔，自己不時會打它來發洩壓力。
2. 填詞，用音樂和文字表達情緒。
3. 聽歌，因為音樂能夠療癒心情。

## 老師小故事

Mr Wong憶述自己是反叛型學生。中學時，英文科於午飯時間舉行活動，內容主要是學弟妹和學長用英語聊天。Mr Wong不想縮短午飯時間，因而遲到，最後被老師懲罰，寫信解釋遲到原因。Mr Wong並沒有這樣做，反而在信中力陳活動的利弊，結果老師沒看一眼，白費了他的心機。

另外一件趣事，就是他沒有帶課本(Language Art Portfolio)，於是被老師罰寫該書的用途。結果，Mr Wong直指該書沒有任何用處，使老師生氣得即場離開。他覺得自己當時是為反而反，傷了老師的心。今天憶起此事，雖覺有趣，但他強調：「同學不要模仿！」



# 沙培人專訪：王國棟副校長

文：陳佩瑩 (4B)、莊卓翹 (4C)

圖：李鍵豪老師



## 工作崗位的轉變

由老師到通識科主任，再成為副校長，王國棟副校長認為，自己肩負起的，雖然更多更重，但正所謂「培英一家親」，培英就如他的第二個家，擔子再重他也樂於承擔。他在培英度過了數十寒暑，身分換過了好幾回，但他對學校的喜愛和那份親切感一直沒變。



## 參與學生會的經驗

王副校長對培英的歸屬感早已在白齒青眉的學生時期建立。他曾擔任學生會幹事會其中一員，建立了與人相處的技巧，學會從不同持份者的角度思考。但讓他印象最深刻的，還是把課堂上的知識運用在學生會的工作上。「身為文書，需於每次會議後撰寫紀錄。這時候，在中文科學到的實用文技巧便大派用場了！」這種學以致用的經驗，深深烙印在王副校長的心中。

## 教學理念

被問及對教學的憧憬，王副校長回應道：「我不是要培訓諾貝爾獎得主，而是希望可以將知識傳承下去，春風化雨，同時教導學生把課堂所學與生活結合，從中體會學習的樂趣。」

「閱讀不離生活，生活不離閱讀。」他指出現今學生普遍缺乏學習的動力，因此希望同學能透過閱讀不同類型的課外書，發掘更多生活樂趣，探索生活中的各種可能性，再結合課堂上的知識，令學習變得鮮活有趣，就如他活學活用實用文的經歷一樣，將書本所學生活化，跳出考試的框框，擺脫應付考試的心態。在訪問期間，王副校長分享自己的閱讀心得，令我們得益匪淺！

## 對學生的寄望

王副校長對學生最大的期望，是要「做個好人」，正直良善，貢獻社會，因為這是每個人應盡的本份。



訪問地點為學校二樓的圖書館，也是王副校長以往主管的地方。





突如其來的疫情，使教育局自2020年2月宣布全港學校停課，學生和老師都需要改變上課模式。然而，這無減一眾數學老師對於教學的熱誠。在停課期間，莫匡賢老師悉心設計出一個令同學耳目一新的數學網上平台——WinMaths。

## 「數」未謀面的你——WinMaths

文：蘇善 (4A)、陳樂兒 (4B) 圖：李鍵豪老師



莫老師積極發展此平台，由策劃到執行都花了不少心思。其實幾年前他已構思創建此平台，但一直沒有正式實行，而今次疫情成為了契機，讓他實踐理念，正式著手建立平台。這平台對莫老師來說是一個大挑戰，他花了不少時間研究各種技術層面的問題；除此之外，他也擔心同學的反應會未如理想。因此，他希望每一方面都做到最好，而一眾數學老師亦在過程中給予不少意見，務求呈現平台最好的一面給同學。

“WinMaths”中的“Win”，取自「溫」的諧音，整個名稱有「溫數」的意思。同時，“Win”亦解作戰勝，希望此工具可以幫助害怕數學的同學戰勝恐懼。WinMaths 是一個鼓勵同學自主學習的媒介，以選擇題形式為主，並附有答案和解題方法，供同學預習及溫習。學生可利用手機或平板電腦，隨時隨地使用此平台，也可在測驗前夕做練習，回

顧所有學過的知識，溫故知新。老師將每一個課題，分成若干個小技巧，目的是讓學生了解每課的學習重點和目標。在每個小技巧中，同學連續答對三題，便獲得一粒星。此外，WinMaths內的每一個小課題都針對各類常見題型而設，令同學清楚該課題的答題技巧，從而讓他們在測驗或考試時更得心應手。

為了增加此平台的趣味，老師們特意以遊戲的方式建構平台，例如設有升級制度、收集星星的機制、龍虎榜等等，以及新加入的生存模式，藉此提升學生「操數」的動力。另外，老師們更參考坊間的線上遊戲，引入了「徽章」形式，以不同的動物作代表，等級越高，所獲得的動物越珍貴，如代表等級30的動物為龍、代表等級29的動物為有翼獨角獸等，冀能吸引同學，使他們享受學習數學。

要在數學方面取得好成績，勤加練習是不二法門。WinMaths 以遊戲形式進行，有別於傳統枯燥乏味的操練，能讓同學在「操數」的過程中，感受到「玩」味，推動同學自主學習。



# 後記

WinMaths 平台推出不久，同學們的反應比老師預期中積極，不少同學十分踴躍「奪星」，以下為中一至中四級「奪星」數目最多的五位同學的心得分享：

## 1D 梁曉晴

在WinMaths遇到不懂的題目時，不妨先隨便選擇一個答案，仔細閱讀解題方法後再繼續做下一題，有助更深入了解該題型。另外，同學可在解題時於紙上運筆計算，而非只用心算作答，從而掌握不同題目的答題技巧。除此之外，WinMaths有助於練習、溫習甚至預習，預先做一些還未教授的課題，能令我在課堂上更明白老師的講解。而龐大的好奇心亦驅使我嘗試做其他年級的練習，初步認識未來會學習的內容。

## 2C 徐衍浚

WinMaths遊戲化的特色最能吸引我不停做數，有時在上學或放學的車程上不想玩手機遊戲時，WinMaths便能大派用場。至於心得，做WinMaths最重要的是要有毅力，有時在連續做兩題後，如第三題做錯便要重新再開始。這令我更加努力去「奪星」，也令我對數學有更大的興趣。WinMaths亦讓我可以複習一下中一的數學課題，溫故知新，有空時甚至可以挑戰一下來年要學的數學技巧。

## 3A 繆璟松

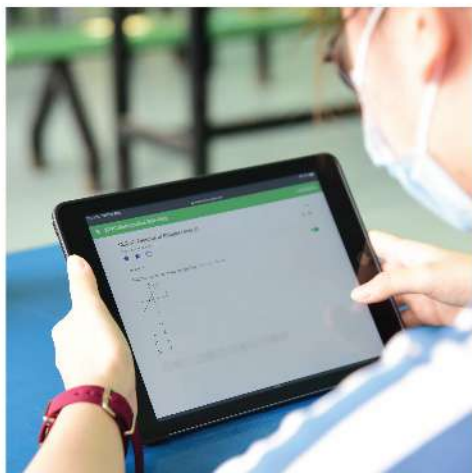
WinMaths 提供無數的題目，讓我越做越入迷，做的題目越多，便對題型更純熟，從而更加掌握答題技巧，如在考試時見到相似的題型，便能快速地作答，有助預留更多時間在困難的題目上。WinMaths能幫助我打好根基和挑戰自己，讓我的數學成績越來越好。同時，好勝心也是激發我在WinMaths不斷做數的動力。

## 3B 蘇倬希

個人認為WinMaths非常引人入勝，「升級制」、「星星收集制」等都激起我集齊三星的鬥志。而能夠成為中三級的第一名既是我的榮幸，也全賴老師在設計方面的用心。龍虎榜會明確標示首二十名的「星星收藏家」，我的好勝心也因此激發出來，希望能獲得第一名。此外，所謂「溫故而知新」，重新做中一、二的題目能重溫應對不同題目的方法，再舉一反三，應用於中三的題目上。其實，部分同學對數學並不感興趣，也不會主動做WinMaths，但受到其他同學的推薦，親身接觸後，也會發現其有趣之處，從而消除對數學的抗拒，甚至開始產生興趣。

## 4B 梁昕悅

我的數學底子並不穩固，希望能夠改善數學成績。而WinMaths數學平台能助我釐清各個課題的基本概念，鞏固所學，又使我更清楚明白到每一個課題常見的題型，令我在測驗考試時更加得心應手。而且WinMaths十分方便，不受時間、地方限制，當我想溫習數學時，只要拿出手機或平板電腦，就能開始做練習。另外，WinMaths亦附有解題方法，清楚易明，有時甚至比數學書更為清晰，讓我輕鬆知道每一題正確的答案及其說明。





# 時代的落幕：

## 回望小作家園地

文：朱恩瞳 (5C)、陳奕琳 (5D) 圖：盧俊杰 (4B)

各位同學是否準時繳交一文三評？又曾否為「一文」費盡苦心？不管你的答案如何，一切都將成為歷史，因為小作家園地即將結束其歷史任務，光榮退休。然而，即使同學經常接觸「小作家園地」，卻未必了解它的由來。今次，我們十分感謝黃慧琦老師撥冗接受訪問，為我們娓娓道來有關「網上小作家園地」的二三事。

### 不分界限 以文會友

黃老師提到，「小作家園地」的原意是以自由開放的模式讓同學展現自己所想所感、培養同學的寫作興趣，盼為未來埋下作家的種籽。在這個平台上，同學之間，甚至老師與同學之間，都能夠分享交流。同學能夠隨意瀏覽平台裡的文章，體會同學們平常難以靠言語抒發的情懷，進一步認識彼此。這種互相了解不限於同班同學、同級同學，而是擴展到全校，不分年齡、不同年級和不同年代，真正做到以文會友。如中一的學弟妹能夠看到中六學長的作品，在校同學甚至可以看到畢業生的作品。再以既是我們學長，又是我們師長的莫匡賢老師、洪美雲老師為例，他們求學時期的文章仍然收藏在小作家園地內，同學可以隨時欣賞。

至於老師也因平台而有機會一窺同學的內心世界。舊時的隨筆習作，多是新聞時事的評論，未能給予同學創作空間，同學甚少在習作裡流露自己的真情實感。於是，「小作家園地」便肩負起這項任務，讓同學自由選題，自由發揮，盡情創作，老師除可初步認識同學的文筆，更可發掘未來的寫作新秀，而更重要的是，讓老師透過文字了解同學內心世界，拉近彼此的距離。「小作家園地」無形地連結了沙培的師生，編織課室以外的感情網絡。



## 似水流年 揭新一頁

可惜，任憑佳餚再美味，隨着時代變遷，「小作家園地」在同學口中始終變味了。黃老師提到，時代背景已經不同了，「小作家園地」已難以與外面千嬌百媚、形象千變萬化的網站匹敵了。回想昔日的風采，「小作家園地」曾是當年創新之舉，開本校寫作和科技結合的先河。當時網絡科技的應用還未普遍，若希望與大眾分享自己的創作，只能往報紙雜誌投稿，然文章又較少機會刊登。昔日走在潮流尖端的「小作家園地」，正好為同學提供了一個分享自己作品的平台，同學可隨時上載作品和互相欣賞評價，是沙培寫作路上最燦爛的時刻。

不過世界每分每秒都在變，同學也不多用文字表達自己，而是透過社交網站，以自拍等方式分享生活。以往多姿多彩的標題，漸漸變成了「我不知道一文三評寫什麼」；同學的評語，也只是不斷重複，有如複製貼上的步驟，不能再說是交流了。此時黃老師有點失落，或許是因為同學被高速的環境影響了，沒有生活，沒有靈魂，沒有思想，沒有感受。同學不再細心思考，失掉了一顆細膩敏感的心，缺乏了一份不吐不快的熱誠。「小作家園地」逐漸淪為對老師和同學的懲罰：老師看得不高興，同學也寫得辛苦。

此刻，中文科暫擬以Google Classroom的形式代替「小作家園地」。為推動創作，鼓勵同學互相觀摩，中文科將繼續舉辦不同主題的徵文比賽，讓同學有「多」展身手的機會。除了比賽外，同學們亦可以在此一覽他人的大作，點評自己喜歡或有共鳴的作品，以輕鬆、活潑的方式學習中文。

黃老師提到中文科正在如火如荼的籌辦網站。順利推出後，佳作薈萃一堂，同學在欣賞作品之餘，更可以親手選出自己心儀的作品。與此同時，網站將會分享教材篇章供同學們閱覽，讓同學們在課餘時間，陶冶性情，在潛移默化中讓文字薰陶。

## 飲飲食食 回味無窮

自2018年起，中文科老師每年都會為學生挑選年度作家。去年的年度作家為西西老師，中文科老師為籌辦活動付出了不少心血，然而，突如其來的疫情讓一眾老師悉心的籌備付諸東流。

今年，中文科打破以往的形式，以年度主題「飲飲食食」與大家會面，讓中文更貼近大家的生活。黃老師提到過去一年，突如其來的疫情令所有同學乃至社會都變得沉重起來，訂立「飲飲食食」為主題是希望同學們從沉重中抽離，走進一個輕鬆自在的世界。接下來的日子，中文科將陸續舉辦不同的活動，帶領大家在中文的世界中遊走，體會它無窮的滋味。

「小作家園地」伴隨過數屆的學子生活，如今這個園地碩果纍纍，是時候退藏於密。希望你們將來也能在新的中文園地尋得樂趣，乘興而去，滿載而歸。



# 沙培情

# 《疫情下的日常》

徐衍浚 (2C)

疫情近來終於稍為緩和了，呆在家中悶了好一段日子，我們終於能夠回到學校跟老師面對面上課了。回想疫情期間，究竟我做了甚麼事，有甚麼感受呢？

放暑假前的我對疫情不聞不問，也沒有甚麼感受，覺得日子還是這樣過，跟平日沒有兩樣，不是上課和休息，就是跟家人四周去，直至我父親的朋友感染了新型冠狀病毒，我才如夢初醒。幸好他的朋友一星期後就可以出院，而我們一家並未因此感染到病毒。我們這才感受到，原來疫症真的近在咫尺，令我們加強了對疫情的重視。



暑假期間，不能去補習的我惟有在家中不斷複習學過的知識，休息的時候就看看書，玩玩電話，看看電視，感覺是除此之外，便沒什麼事情可以做，日復一日，不斷重複，真是度日如年。

到了開學的時候，網課是預準就緒了，可惜未能跟大家親身接觸，但我還是以萬般期待的心情迎接開學。可是，上網課的問題接踵而來！例如：點名的時候有許多同學去了別的網址；當老師邀請同學回答問題時，平時吵鬧的同學卻沒有一人肯回應；老師不能看到學生實際的狀態；上網課時會損害老師和同學的眼睛健康……為師生帶來不少負面的影響。

總括來說，雖然我在停課期間做了不少事情，但感覺復課比停課更能帶給我生活的樂趣！

# Life Under the Pandemic

3D Chow Cheuk Nam, Alicia

The sudden appearance of COVID-19 earlier this year shocked nearly everyone and I was no exception. Even now, I still feel as though my world has been turned upside down.

Face-to-face classes have been suspended and replaced by online classes twice since COVID-19 first struck Hong Kong. Usually, I wake up at around six-thirty as I have to commute to school, but I got more sleep because I had online classes at a home. When I had online classes, my day usually started at around eight in the morning. As a person who does not like waking up early, I was quite pleased with the arrangement. After a light breakfast, I turned on my tablet and got ready for class.

Very often one of the most irritating parts of having online classes soon came: the apps for them took a long time to load. I often felt anxious when I encountered problems like that because I had been late for online classes a few times due to technical issues. I breathed a sigh of relief every time I successfully logged onto my online classes. I normally only spent around four hours attending classes, but I still felt worn out because I looked at the screen for long periods of time.

After attending classes online, it was time for me to complete my assignments and submit them. Handing in assignments was another irritating part because I had to go through the lengthy process of uploading the assignments and sometimes, I was again confounded by technical difficulties. Although I knew online learning was the only viable option during the pandemic and I should be grateful I still had the chance to learn then, I missed having face-to-face classes because everything seemed to be easier. I regretted not cherishing face-to-face classes. It was then I understand why people say you only start treasuring something once you lose it.

When night fell, my family and I gathered around the table for dinner. Meanwhile, we watched the latest news about the number of confirmed COVID-19 cases. I heaved out a heavy sigh every time I saw news about the number of confirmed cases rising. It seemed that there was no end in sight to the pandemic. However, my family's laughter and chatter created a tremendous feeling of togetherness and cheered me up. They seemed to remind me that this too shall pass.

The COVID-19 pandemic is still affecting different parts of the world. I often feel uneasy because of that, but somehow my family life reminds me that no matter how unhappy our present situation is, people beside us can always bring us warmth and help us put up with our discomfort. We should treasure the moments when they are around. Let's stay alert at all times and pray for an end to the pandemic throughout the world. Hopefully, the pandemic will end soon, and everyone can stay safe and healthy.

# Diary Entry: A Day Under the Pandemic

1D Kong Pak Kiu, Augustine

It's Monday today. What I did after 2 days of confinement at home was to wear a mask and step out of my home to go to school. I took out a pen, not for writing but for pressing the lift button. I took the lift down to the ground floor and walked to the nearest minibus station. I got on a minibus a few minutes later. I took a seat and started my surveillance. Scanning around the minibus, I found a boy not wearing a mask properly and an old woman coughing seriously behind me. I was petrified of being infected with COVID-19.

To avoid the formation of crowds and fight the COVID-19 outbreak, students including me are having shorter school days. I am bitterly disappointed by the fact that there is no lunchtime now. Before the pandemic, I always enjoyed having lunch with my friends and playing some sports with them at lunchtime. Now, just taking off my mask is considered dangerous, not to mention having lunch with friends. Every one of us is urged to go home immediately after school. There is slight chance we can enjoy time off together.

After school I had a clarinet lesson. Before the pandemic, I went to the music center and had face-to-face lessons with my clarinet teacher. Now, I could only have my lesson online. In the center, I could hear the melodic sound of my teacher's clarinet, watch her fingers gracefully moving above the clarinet, and even feel the rhythm of the music. Today I relied on my iPad and her iPad to try to duplicate the same environment and experience. The sound of her clarinet was first received by the microphone of her iPad, then the sound was transmitted through the Internet to the speaker of my iPad. The sound coming out of the speaker was disappointing. It was different what I usually hear. It was of poor quality and muffled. Most importantly, I couldn't feel what my teacher wanted to express through the music.

The COVID-19 pandemic has indeed caused much inconvenience, but I am grateful that Hong Kong is already less adversely affected than other places. I have to thank the frontline medical workers for fighting the virus with all their effort. I also want to thank God that my family members are not infected with COVID-19. Let's keep our fingers crossed that the pandemic will end soon.



# Give My Normal School Life Back

1D Tan Tin Lam, Adam

In the last few months, the COVID-19 pandemic swept through the world. It disrupted many Hong Kongers' activity, including mine.

When the COVID-19 disease first broke out, I was about to graduate from primary school. Supposedly, my school life then should be about graduation camps and farewell activities, something that would create fond memories and I had craved for long. Yet, it was not. Those activities were cancelled because of the pandemic. Some schoolmates and I wanted to hold a graduation dinner. However, it was also eventually cancelled. The pandemic ruined my graduation. Since many things were cancelled, I always think that I lost out on something. I didn't have the chance to say fond farewells to my friends and teachers. Bonding and friendship that lasted for six years ended with a simple "bye." My primary school life ended abruptly.

Time flies. I am already a secondary one student. The start of my secondary school life is disappointing. Surgical masks, which protect me, my classmates and teachers from the pandemic, have masked our true feelings. We seem distant from each other. Lesson time has been cut down and no extra-curricular activities are allowed. I cannot take part in playing my favourite sport.

The COVID-19 pandemic has definitely changed the world, deprived me of a normal school life and torn many of us apart. I hope doctors and all of us can work together to fight the virus and we can live a normal life very soon.



李鍵豪老師

不經不覺，肺炎疫情已持續了九個多月。我們的日常生活模式，不免有些改變，也不免帶來不便。然而，對我來說，也有值得感恩的地方——身邊的家人、朋友、學生都安然無恙。

想一想這九個月的生活，發現了很多有別於以往的事情，在此跟大家分享一下：

1) 沒有外遊的暑假

過去幾年，我都會在暑假期間外遊，放鬆一下。可是今年卻因為疫情，暑假期間只好留在香港，除了備課和處理科務，偶爾會翻看以往旅行時拍下的照片，望「相」止渴。

原以為疫情會在年底放緩，但世界各地的確診人數，逐漸回升，就連我最愛的日本，每天都有數百宗確診個案，看著數字，已感吃驚，更勿論重遊舊地了。距離再次出行的日子，似乎遙遙無期……

2) 追上潮流的口罩控

疫情爆發初期，本地口罩貨源不足，曾經出現過「搶口罩潮」，回想起來，真有點難以置信。後來本地口罩陸續推出，而且跳出了舊框框，市場上有很多不同色彩和圖案的口罩供應，而我亦從此追上潮流，不時留意「新貨」。

曾有同事和學生笑言，我的口罩和我的衣著很配襯。其實，我就是一個不太喜歡單調的人，每天戴著同一款口罩，真的很悶。沒有旅行、沒有聚會、沒有足球練習……生活如此平淡無味，何不為它加點色彩？

老師投稿：

# 《疫情下》



3) 足不出戶的消閑模式

疫情期間，不用帶領課外活動、不用處理行政工作，因此，網上教學以外，多出了一些時間。不過，「零感染」的日子寥寥可數，所以閒著也不敢外出。留在家中，對著電腦和電視，逐漸「迫」出一種足不出戶的消閑方式：看Netflix、網上購物、網上訂購外賣……一整天半步不出家門，彷彿就是平常事。

執筆之際，第四波疫情來勢洶洶，真渴望疫苗可以早日成功通過臨床測試，擊退那無形的敵人。希望各位讀者**保持正面思維，樂觀面對「疫」境**。祝福各位身體健康！



## 洪嘉麗老師

恢復面授課兩個多月，這個疫情帶來的停課、在家工作、人人戴口罩、社交距離等等的新常態(new normal)，有些放寬了，有些繼續，成為了我們的日常。

在這些日常之中，作為一位視藝科的老師，有些片段尤其深刻……

記得二月初，全城瀰漫著「一單難求」的慌亂。過往為學校音樂劇製作服裝的義工媽媽們，在這個緊急關頭義不容辭，運用她們的腳力和巧手，走遍深水埗每個角落尋找貨源有限的熱溶布，參考網上的口罩紙樣並加以改良，趕製出一些布口罩，派給社區的街坊鄰里和學校的工友，讓繁忙的校工們在消毒和清潔校園期間有口罩替換。期間我跟義工媽媽學習研製不同款式的布口罩，獲益良多。

這段時間本該為下一齣音樂劇設計服裝和準備布材，可是音樂劇在疫情之下須暫停運作，新常態之下，這班義工媽媽仍盡力發揮所長，守在自己的崗位，工作性質不變，但仁義之心更是堅定。

除此以外，主修高中視藝科的學生讓我感到欣慰。同學在停課期間不忘創作，趁著在家學習的機會，有些學生主動聯絡我請求指導技巧，埋首本來無暇參與但因疫情延期的大型比賽，或是在家創作數碼藝術作品。結果，中六甘翊嵐同學獲得「九龍倉全港中學生繪畫比賽」的首五十四名入圍獎，作品得以在多個大型商場巡迴展覽。

# 的《日常》

疫情吞嚥了美好的暑假，令百業蕭條，大家也不能到外地旅遊和盡情玩樂，做什麼可以充實假期？我想，是時候面對美術室雜物奇多的問題了！但憑我一人之力，怎能把過往學校那麼多齣音樂劇的戲服及道具整理好？想不到只是和以前修讀視藝科的舊生聊天時訴苦幾句，她們便二話不說的回來幫忙，並不介意戴著口罩搬抬衣箱，還細心摺疊衣物，她們說收拾雜物本來就要戴口罩和手套，沒甚麼的。因此，我跟校長建議以時薪方式聘請這兩名舊生回校幫忙，校方答應了，我實在十分感激。我們三人齊心整理衣櫥，令停課的日子添上一重特別的意義——和舊生再續情誼！我也感受到舊生盡力發揮她們升學後在時裝和形象設計上所學到的，井井有條地為衣物分類並標籤，我反而要跟她們學習呢！



在這些令人難忘的疫情日常之中，容我以網絡文藝世界所讀過的一句作結：

**「願你出走半生，歸來仍是少年」**

無論是家長、學生、舊生，抑或是老師，但願我們不忘初心，堅持做自己喜歡的事情，甚至運用所學，將新常態變為動力，面對疫情難關也能處之泰然，心存喜樂。

# 編委會名單

## 編輯委員會

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陳樂兒(4B)  
陳奕琳(5D)

陳佩瑩(4B)  
黃穎嵐(6A)

莊卓翹(4C)

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## 特約攝影

盧俊杰(4B)

## 學生投稿

江柏喬(1D)

陳天霖(1D)

徐衍浚(2C)

周綽楠(3D)

## 封面設計及排版

洪嘉麗老師

## 相片編修

方嘉翹(6C)



# 編者的話

親愛的校長、老師、家長、同學：

沙培家書今年「再出發」，與同學攜手邁向充滿挑戰的一年。

今年疫情來襲，回校上課的日子寥寥可數。同學被逼留在家中，由面授課堂轉為網上授課，相信對於學校的人、事、物都漸漸感到陌生。故此，我們沙培小記者希望藉着沙培家書，為同學重拾對學校的歸屬感，再次拉近你我之間的「距離」。

相隔多月，莘莘學子終於有幸地齊齊整整重返校園。新學年來，沙培大家庭增添了不同新面孔，包括老師和中一同學。因此，今期家書主要介紹新加入的老師及教學助理，以及為大家帶來學校的最新消息。另外，從今期開始，我們將加設老師同學投稿欄目，提供平台讓大家抒發意見，藉此加強同學與學校的連繫，展現「培英一家親」的精神。

讓我們一同在神的懷抱裡，即使艱難困苦，依然能夠得到平安，得到安慰。希望各位能時常保持一顆喜樂感恩的心，願主在疫情下保守每一位！

「我留下平安給你們；  
我將我的平安賜給你們。  
我所賜的，不像世人所賜的。  
你們心裡不要憂愁，也不要膽怯。」

約翰福音 14:27

《沙培家書》編輯委員會 上



# SPYC Newsletter

November 2020 Edition

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