



NICER
Resilience
Gratitude

Po Leung Kuk Mrs. Ma Kam Ming-Cheung Fook Sien College 保良局馬錦明夫人章馥仙中學



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Principal's message

校長的話



Conveniently located in Tung Chung, our school has been serving the community for almost 25 years. With the shared vision of becoming a learning organization that provides quality educational opportunities for students to become well-equipped 21st century citizens who continuously pursue excellence, our teachers and students alike are sustainably growing to expand our capabilities and capacity.

We are proud to say our students outshine their counterparts in the territory in terms of academic results. However, what we celebrate is more than just our achievements themselves because we believe success is the sum of all the continuous efforts we have made to outperform ourselves. It is the positive attitude and good habits that we nurture in our students that create an immediate and far-reaching impact on students' success and happiness, now and in the future.

In the current school development plan (2021-2024), we focus on promoting self-directed learning to help all students surpass themselves even further at a pace and in a way they find most suitable for them. At the same time, we continue to strengthen our clear and positive identity through multifarious activities, achieving positive all-round education.

To us, CFS is our second home. It is a place where we grow, we learn, we love and we care. We are CFSers, and we are NICER. Over all these years of ever-changing circumstances, the qualities entailed in the acronym NICER of CFSers help us to survive and even harness unfavorable conditions like the COVID-19 pandemic. We can come out stronger by creating meaning and value in everything we do and learn. 'The whole is greater than the sum of its parts', as Aristotle's famous saying goes. We believe that all the continuous efforts that every one of us makes every day will add up to a greater sum. We will continue to thrive in the next 25 years.

We can't wait to share our wonderful school life with you.

*Ms. Joanna Or
Principal*

本校位於東涌，交通便利，環境優美。本校紮根東涌廿五載，以「愛、敬、勤、誠」的辦學宗旨，致力為莘莘學子提供適切的教育，培育人才。

我們懷著一個共同的願景：期望將學校發展成一所與時並進的學習型機構，為學生提供優質的學習機會，令他們持續地追求卓越，成為廿一世紀的良好公民。一直以來，我們的學生都很優秀，在品德、學業及活動方面都表現出色。我們欣賞學生的成就，深信他們每天都為追求卓越而努力不懈。這種積極認真的態度使學生能珍惜當下，為自己的將來打拼。

在新三年學校發展計劃(2021-2024)，我們聚焦發展學生自主學習能力，好讓他們能按自己的步伐找到最合適的學習方法，超越自我。同時我們亦會繼續透過多元活動強化學生的正面身份，達致全人發展。

對我們一眾師生來說，章中就是第二個家。我們在這裡成長、學習，互相愛護和關懷。作為章中人(CFSer)，我們努力培養NICER的素質。

過去數年，社會急速變化，這些素質讓我們學懂瞭如何克服逆境，在困難的環境下持續學習。我們會繼續往開來，力求進步，令學生及學校都能面對未來瞬息萬變的社會及挑戰。希臘哲學家阿里士多德曾言：「合作能創造的成果大於單打獨鬥的總和」，期望在全校老師、學生及家長等的合作下，章中能昂首邁向另一個銀禧！

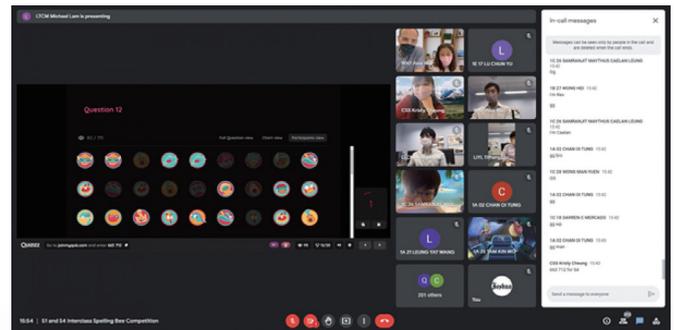
歡迎大家加入章中的大家庭，希望你能在本校報感受到章中的美好校園生活！

柯玉琼校長



English Enrichment Activities

Reporters : 4C Iqra Mehreen, 4C Gurpal Kaur



S1 & S4 Spelling Bee Competition

At the start of the school year, our school was engaged in hybrid learning because of the COVID-19 pandemic, and inevitably some of our school activities needed to be held online. One of these activities was the annual S1 and S4 Spelling Bee Competition, which was held on October 28 2021 from 2:30 p.m. to 3:30 p.m in order to allow students to enjoy the beauty of the English language while also engaging in a friendly inter-class competition.

There were two rounds in the competition. In the first round, all S1 and S4 students answered questions about the spelling of advanced vocabulary from their English lessons, textbooks and daily life. Participation on such a large scale was made possible because students simultaneously answered the questions using Quizziz, a gamified student engagement platform. Students had a limited amount of time to choose the correct spelling of the words and they scored points for each right answer, the more points they scored!

The second round of the competition was more like a traditional spelling bee. Four to five student representatives from each class participated. Teachers read out some challenging vocabulary and the contestants had to spell them correctly as quickly as possible. The ones who misspelt the words didn't lose any points, but the pressure was still on for students to spell the words correctly in order for their classes to come out on top. Throughout the competition, students showed great enthusiasm and were actively engaged in the competition. Many said that it was as exciting as a face-to-face competition! It was so intense that some overly-eager students even buzzed in to give their answers before the questions had been asked. It showed all of us the students' willingness to strive for excellence.

Everyone enjoyed the competition and tried so hard but there could only be one winner. The champions of the competition were 1C and 4C. However, all the contributions and efforts of the S1 and S4 students are very much appreciated!

English Week

One of the most anticipated activities in our school is undoubtedly the annual English Week. It is always a wonderful opportunity for students to appreciate the beauty of the English language and show gratitude towards their English teachers. The theme of this year's English Week was Perseverance.

The first activity was conversing with teachers. Students chatted with their English teachers about different aspects of perseverance, like how they remained persistent when facing difficulties and who their biggest supporters were when they were facing seemingly insurmountable obstacles. This activity was a great opportunity for our students to learn more about teachers and perseverance. As an added bonus, by conversing with teachers, students were able to earn stamps and get prizes!

The second activity was song dedication. Students stayed true to the theme of perseverance by sending out messages of gratitude and encouragement to their beloved teachers and friends. It was with great delight that those amazing songs and messages were broadcast through our PA system.

We are grateful to all the students who contributed to the English Week and managed to make it fun and successful.



Our PLKCFs students teamed up and flew to break a record

Reporters: 4B Raymond Lau , 4C Him Choi, 4C Angus Lam

Over 500 Hong Kong students recently set a Guinness World Record for Mass Robot Programming and some of our PLKCFs students were among them. We had the opportunity to interview Koo Yiu Ming (4A), Suen Ka Hang (4C), Wong Chung Wai (4C), Choy Chun Yin (4C) and Cheung Ka Ming (4D) and they shared their bittersweet experience with us.

The “Mass Robot Programming for a New World Record” event was held on 21 August 2021 by the Hong Kong Productivity Council, which has been leading the promotion of artificial intelligence (AI) & robotics technology, FutureSkills training and STEM education for future talents in Hong Kong.

Before their decision to join the event, the young men had never had any experience participating in programming activities. It was Ka Hang, who has long been keen on STEM activities, who first heard about the event. Eager to take part, he invited some of his best friends in S3 to band together. Despite some initial hesitation, they finally made up their minds and gave it a go.

In the event, their task was to programme and fly a drone to complete various missions like rotating it 360 degrees and doing front flips without referring to any notes. Without a complete picture of the event or any programming experience, they needed to do a lot of in-depth research to prepare. They were rightfully nervous when they realised the importance of teamwork – if one of them failed in his part, the whole team would fail. They



had to work together to succeed, and making a single mistake, even a minor one, was not an option. Therefore, they were determined to do their absolute best.

After checking their drone’s battery and propellers, they were ready to start their demanding attempt at a world record. It didn’t go smoothly at first when compatibility problems between the controller app and the drone were spotted. However, they did not despair. They persisted and communicated with the organiser to do some troubleshooting. In the end, they managed to complete the mission.

During their journey, they learned many things. Skill-wise, they learned about the operation of drones. More importantly, they learned that with shared determination, effective teamwork and an efficient division of labour, they can overcome anything and fly high no matter what obstacles stand in their way.



Our new teachers

Reporters: 4C Grace Yeung, 4C Samara Canon

As you all know, Mr. Chui Kai Tai is one of our English teachers. However, did you know that he actually studied Mathematics at university? Read on to learn more about Mr. Chui.

Mr. Chui's mother was a kindergarten teacher. Because he looked up to her and was inspired by her dedication, he decided that he wanted to follow in his mother's footsteps and become a teacher as well. He has never regretted his decision because he is passionate about his profession and enjoys helping his students. No matter how capable his students are, what matters most to him is that they enjoy the process of learning.

There are always challenges. "I can get a little upset when my students have not done their homework. However, after a few moments, I calm down myself and try to come up with ways to deal with the situation," Mr. Chui said.

He went on to recall an incident that occurred during

the second year of his teaching career. A student climbed onto a blackboard and pretended to be Spider-man while everyone in the class was laughing. Mr. Chui was speechless at first but he laughed out loud the next second. To him, teachers are not just strict authoritarians enforcing rules. Rather, they are 'bridges' between students and their learning. Sometimes, they need to adopt different strategies at different times.

While it's true that nobody is perfect, Mr. Chui finds that the students at PLKCFS are respectful to everyone, especially their teachers. This has made teaching at PLKCFS an enjoyable and rewarding experience. He looks forward to guiding his students on their educational journey in the coming years. He explained that one of the most rewarding aspects of being a teacher is when students have graduated and come back to school to thank him. "During their time in school, students think teachers are harsh on them. However, after graduation, they realise that teachers have inspired them to reach their potential," Mr. Chui added.



Mr. Chui thinks teaching is all about having fun while learning.

Mr. Ma Ka Leong is a PLKCFS alumnus who is now a Mathematics teacher at our school mainly teaching junior forms. When Mr. Ma was a student, he always enjoyed teaching and tutoring his classmates. He liked the sense of achievement he got from it, so he decided to make it his career.

As an alumnus of PLKCFS, Mr. Ma has found that starting his career at his alma mater has made the transition from student to teacher an easy one because he already has a relationship with many of his colleagues. However, despite this relatively easy transition from student to teacher, he has gained a new perspective on what it means to be an educator. "Many students think being a teacher is all about giving instructions and chasing homework, but in reality, we teachers are constantly worried about whether or not we've done our best to help our students," Mr Ma says. "We always try to identify the root of our students' problems to find a way to help them."

The greatest challenge Mr. Ma has faced so far is a lack of time – 24 hours feels like it's not enough for him to fulfil all of his personal and professional responsibilities. Although Mr. Ma has yet to overcome this challenge, he is pursuing ways to deal with his heavy workload more efficiently. Mr. Ma focuses on comparing himself to his previous self instead of with others, so he is not discouraged by challenges and setbacks. "Self-reflection is very important to improve ourselves," Mr. Ma added.



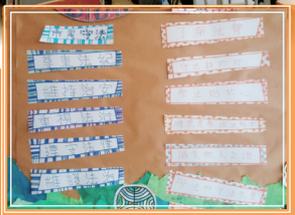
As an alumnus teacher at PLKCFS, Mr. Ma has gained a new perspective on what it means to be an educator.

班際壁報比賽

本年度以「堅毅」及「守法」作為壁報比賽的主題，各班同學都花盡心思，發揮小宇宙，創作自己班本的壁報。各班向大家展現了自己班的獨特一面，吸引大家的眼球。經過一眾評判嚴謹的評審，比賽結果終於出爐了！

訪問小记者：IB 關雅憬同學、IB 謝梓軒同學、IC 朱子淇同學、ID 吳思言同學、ID 刑麗敏同學

初中組冠軍：1E班



受訪同學：陳子晴同學、黃依琳同學

你們如何一起完成這次的壁報比賽？

我們一起做，一有時間就動手完成。我們按學號來分工的，不同學號的同學就各自負責自己的部分。我們把壁報分成不同部分，不同小步驟，逐一完成。做壁報的時候，男同學都主動幫手，大家都不分你我！我們用了最環保的方法，就是收集不同的廢紙、顏料，一手一腳做好整個壁報。

起初，我們都擔心不知如何完成，因為我們全班都是新一班，大家未算是很熟絡，又不是有很多時間準備。不過，在過程中，我們得到班主任和校長的鼓勵，我們最終能一起努力完成。這次的經歷和小學的全然不同，我們可以擁有一個自己一手一腳完成、代表我們1E的壁報。

我們在比賽中的得著：

我們今年第一年同班，而這次比賽是我們第一次要完成的大PROJECT！我們花了不少時間，因為我們希望壁報會是最好、最美，所以大家也樂意分工合作。我們感受到全班是一個大家庭，會團結合作，這令我們好感動。能夠得到今次比賽冠軍，我們感到好自豪及驕傲，要好好感謝班主任的支持，一起分享這次的成果！



高中組亞軍：4B班

受訪同學：司徒詠欣同學、何思琳同學、劉詠雯同學、李欣庭同學、凌琬琳同學

一走進4B的班房，就會感受到一股「霸氣」，他們的壁報到底有何特別之處呢？

你們的壁報的創作靈感是：

我們選取獅子作為壁報的重心，是因為牠是，強大的森林猛獸，代表了勇敢的化身。獅子的毛髮，我們都有花過心思，各自畫上、寫上不同的東西，展現不同的意念。火作為四周的裝飾，是想表達火多重意義：好比困難、危險、難過，又會代表了熱情、愛、我們凝聚……兩者結合後，就可以代表我們班可以透過堅毅的信念，堅持下去，就可以衝破困難。

我們對自己壁報中的點滴：

做這個壁報時，我們遇到最大的困難是時間不足，起初好擔心能不能完成。幸好，我們班每個同學都好好，不分你我，主動幫手，壁報周圍的火焰都是每個同學一起剪的，令我們感受到我們這一班的團結，過程中雖然有些辛苦，但有全班同學一起堅持，一起去，令我們很滿足，覺得再辛苦都很值得。

我們初中時來自不同班別，今年第一年同班，起初我們幾個都擔心我們班未算熟絡，同學會不會幫忙……但原來，每個同學都想為自己班努力，我們幾個好感動、留下深刻的印象。我們今次能夠得到亞軍，我們出乎意料，希望這段做壁報的回憶會令我們4B班一直團結下去。



初中組亞軍：3C班

受訪同學：趙翠煥同學、古柏楠同學

你們如何構思今次的壁報比賽？

我們全班認真去討論、去完成的。商量的過程中，同學都有給不同的意見。我們在「堅毅」的主題中，決定找生活中的人物作分享，以他們的努力，如何達成成功，當成我們的學習榜樣。我們找了一些出色的人物，如蘇樺偉、貝多芬，亦有同學分享自己喜歡的明星，如LISA(KOREAN KPOP)。透過他們奮鬥的故事，來帶出堅毅的主題。而守法呢？我們就以正義女神來扣連，代表遵守規矩。

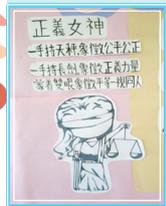


製作壁報過程中，你們是怎樣一步一步完成呢？

知道壁報比賽的主題後，我們全班一起搜集資料，然後決定選取代表堅毅的人物。我們有了意念之後，就開始選定背景顏色。之後，我們聽取了班主任的建議後，就以「畫鬼腳」來完。為甚麼是「畫鬼腳」呢？因為做事一定會遇到困難，好似遇上分岔口一樣，要嘗試找正確的方向，才能完成自己的目標。而為配合「守法」，我們將正義女神放在班規旁邊，代表我們會遵守班規。透過同學們分工合作，一點點將我們的意念展現了出來。

壁報比賽中的深刻體會：

在製作壁報的過程中，我們都試過不夠文具用而有些小阻礙，但好快就一起解決了。同學們會自願幫手，會分工合作，更會主動幫手。今年是我們同班的最後一年，大家都好用心完成屬於我們的壁報，因為我們都很愛自己班的，知道班的壁報屬於大家的，十分願意為班付出，同心合力，不計較，一起完成。這次的經歷都是很美好的，一起創造了屬於我們的校園回憶。



高中組冠軍：5B班

5B班的壁報，以多個小屋組成，由全班同學各自寫上自己對堅毅及守法的看法。今次有莊水蓮同學和梁慧英同學和大家分享過程中的點滴。

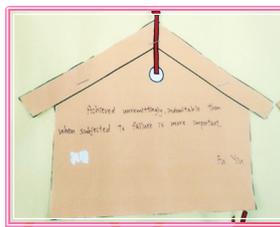
梁慧英同學：

堅毅是意志堅定而有毅力。投入足夠的熱情和堅持，努力不懈地完成目標，即使面對困難與挫折，也不放棄的精神。為增加壁報與同學的互動，壁報釘貼了同學分享自己堅毅的經驗，對堅毅的看法，個人目標等。把困難當作對自己意志的考驗，未來的我們回頭看，有沒有堅持自己的目標呢？



莊水蓮同學：

今次壁報設計的主題是堅毅及守法，由於堅毅這個詞語沒有什麼物品可以代為表達，因此索性就讓同學和班主任一起在紙樣繪畫或是寫上他們希望所堅持的一件事或目標。在設計和完成壁報過程中非常感謝5B班各位同學和班主任，在他們的幫忙之下才能完成壁報。



我們的傑出校友： 李寶琪、李寶儀 (2015畢業生)

訪問小記者：4B 何穎思同學、4C 劉青鳳同學

為甚麼會經營一個YouTube頻道？

寶儀、寶琪覺得自己有很多想法，想和不同人分享，便開始經營自己的YouTube頻道，當中的工作不似一般朝九晚五的辦公室工作，可以加入很多自己想表達的東西，有很大的自由度，當中充滿不同的可能。現在疫情的影響下，大家的生活變得苦悶，而自己想做一些有趣的事去大家分享下，同時，都用來紀錄了自己的生活點滴。

甚麼時候開始自己的YouTube的生涯？

寶儀由中四開始自己的多元化的創作，而寶琪是大學時期開始。我們投身YouTube頻道的創作都有好幾年的時間了，當中的經歷給我們很多美好的回憶。

經營自己的YouTube頻道，你們會如何構思拍片的內容？

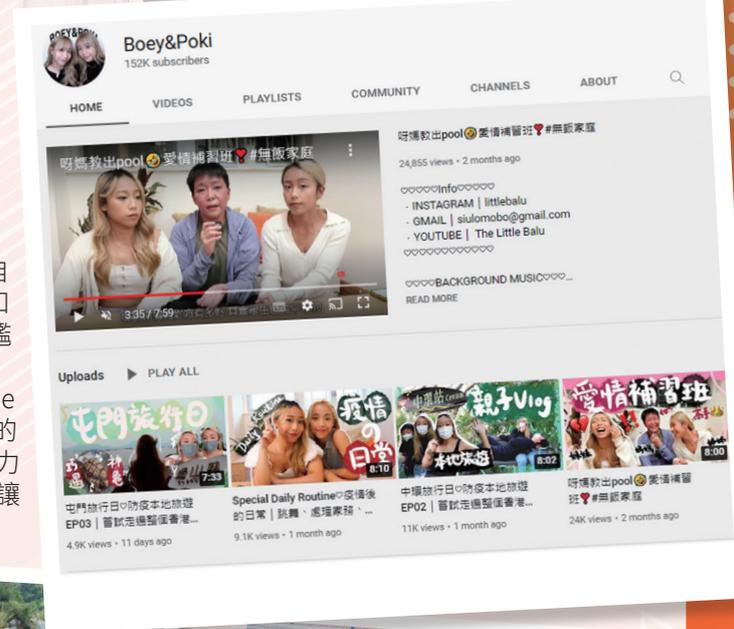
會想自己想表達的主題，有了意念，例如化妝、生活有趣的事……拍片主要是想分享自己當下一刻的想法。

做YouTuber，最開心的事是甚麼？最困難的事是甚麼？

最開心的是，當然得到網民的支持，得到支持和肯定，證明自己的想法、意念有人認同自己。可以分享一些「搞笑」的事，和（寶琪）在街上遇到Follower，被錯認為寶儀，雖然當時有少少尷尬，但也不失為一個難忘的小插曲。

最困難呢……應該是要一星期出兩次更新。因為現在YouTube出片會有不同的要求。我們要想新片素材，當大家看到的8分鐘的片，我們有不少後期的製作，剪片、加字幕、音效等等……要努力經營自己的YouTube頻道，過程是辛苦的，但當中的滿足感又會讓我們堅持。

我們相信不斷的創作，在YouTube這個分享平台會長做長有。我們會繼續自己的創作，保持自己做的不會Outdate！



對於有志於YouTube頻道的師弟师妹：

實務一點，大家要學習處理Sound，也要積累自己的剪接庫，當然要對剪片有基本認識，大家可以邊試邊學。最重要的，想做便做，「LET'S GO！」不要想太多。做任何事都是要有自己的信念，一步一步堅持，信自己。同時，大家可以試下由「試食」、「VLOG」開始，逐步建立自己的獨特之處。

最懷念的章中的人和事

……章中是一個能接納不同想法、意見的校園，給我們很多發掘自己興趣、能力的開放氛圍。我們最深刻的校園生活片段，應該是才藝表現吧！這是一個培育自己對創作的里程碑。我們也感激老師對我們的包容和鼓勵，特別是彭志榮老師、張雪倩老師、羅寶瑜老師……



校園活動日



課外活動動靜皆宜



校園點點滴滴

章中樂盈盈

社際球類比賽

聖誕班際比賽

大家各出奇謀，施展渾身解數，為求帶來歡樂的氣氛！這天的精采的表演，為這學年添上了姿采。



章中校園，處處充滿師生同樂的面孔和聲音。校園各式各樣的活動，全讓同學發揮「小宇宙」，充分表現自己的青春、活力、創意……讓我們一起感受校園的美好吧！

校園總匯



運動健兒爭佳績

章中泳隊於2021-2022年度荃灣及離島區校際游泳比賽中再次獲得佳績，總共有20名運動員參加比賽，並收穫16面獎牌（7金3銀4銅2殿）。運動員都是經過多年艱苦的訓練，他們取得的成績絕非偶然或幸運，是努力堅毅的成果。



班際球類比賽



荃灣及離島區中學分會校際游泳比賽



本年度章中田徑隊有多位新血加入，使練習氣氛比以往熱烈。隊員們的投入亦獲得正面回饋，並於2021-2022年度荃灣及離島區校際田徑比賽中獲得佳績。

