

基崇家書第三十五期

Adaptation

A Brand
New Pathway
to
Blending in



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To Adapt or Not to Adapt?



5I Lam Kai Lok
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The Challenge of Adaptation

Adaptation is a challenging art to master. It is all around us and plays a significant role in the entertainment industry. Take the Oscars, for example: screenplays are separated into two categories — Best Original Screenplay and Best Adapted Screenplay. This distinction highlights the prominence of adapted material, which comes in many forms, from subtle references to real-life incidents to entire screenplays based on fictional stories. But do adaptations always succeed with the material they are based on?

A Case Study: Death Note

If you're familiar with anime, one classic example is *Death Note*, a cat-and-mouse game between a detective and a notorious murderer set in Japan. The show features unexpected twists that engross the audience and keep them binge-watching. It was rated 8.9/10 on IMDb.

The movie industry attempted to adapt this show, and in 2022, Netflix released a live-action *Death Note* movie, which excited both Netflix viewers and anime fans. Although the acting was commendable, the film failed to capture the allure that made the original *Death Note* a hit. For instance, the movie strips away the emotional connections between the characters, and the plot's pacing feels rushed.

Reactions to the Adaptation

'AS I rushed to my couch, grabbed my popcorn, and started watching the movie, my mind was filled with critiques within 30 minutes. Adaptation movies should align with the plotlines and character development of the original story, but this film showed little progress over time.

The main character, Light Yagami, was a genius with mind-blowing planning skills that drew many fans into the anime for its thrilling mind games. However, the adaptation's portrayal was the polar opposite of his personality. He was depicted as merely "book smart," which was a letdown due to poor character representation.

It wasn't the concept of adaptation that marked its failure but rather the producers' inability to deliver the true story and characters of the anime. This shortcoming failed to meet our expectations. If I were the director, I would create a live-action TV series, allowing the plotline to flow more naturally. The adaptation might have worked like a charm with its well-balanced pacing and engaging storylines.'

The Rise of Webcomic Adaptations

Webcomics such as manhwa, manga, and comics have become hot topics in recent years. One of the most viewed manhwa, *True Beauty*, illustrated by Yaongyi, was adapted into a Korean drama in late 2020 and even received an anime adaptation in 2024. With

different forms of adaptation, the storylines changed, as if they were different versions of each other.

Filler episodes and unnecessary side plots left viewers feeling put off, as they expected the same, if not a similar, plotline. Despite the varying narratives, all three adaptations conveyed the same core message that Yaongyi wanted to express — self-love.

Concerns Over Adaptation Quality

As someone who has enjoyed the original webcomic series since its early publications, the news surrounding the adaptations was a huge shock. The main concern was whether these adaptations could effectively convey the original message of the webcomic, which addresses how teenagers feel pressured to conform to beauty standards.

Adapting to these standards can be more challenging than it seems, and the adaptations made a genuine effort to portray that struggle. However, was it necessary to have multiple adaptations? While the renowned cast brought more attention to the original webcomic, the minor differences in the adaptations' plots often diverted the main message in different directions before reaching a conclusion.

A Success Story: Forrest Gump

Let's look at an adaptation that surpassed expectations and even outshone its source material: *Forrest Gump*. Originally published in 1986 by Winston Groom, the book received polarizing reviews. The movie adaptation came eight years later in 1994. Unlike the book, the film was well-received by critics and audiences alike and remains one of Hollywood's defining movies to this day. So how did this movie outperform its source material?



Preferences: Film vs. Book

‘Personally, like many others, I preferred the film over the book for several reasons. First, the film and the book took polarizing approaches. The movie used a compelling narrative style, following Forrest’s perspective, rather than a linear timeline.

The film adaptation also significantly refined the content of Forrest’s adventures, making them both extraordinary and believable. In contrast, the book’s adventures often felt oversaturated and exaggerated. For example, in the movie, Forrest joins the army, opens a shrimp company, and becomes a ping-pong champion – all of which feel grounded yet inspiring. The original material, however, Forrest is a WWE boxer and even becomes an astronaut going into space with an orangutan.’

Narrative Depth in Adaptation

‘In my opinion, the book felt like it was exaggerating for the sake of being outrageous in its narrative. Forrest’s tales came across as fictional and impossible. The film, on the other hand, dramatically changed that narrative, providing more grounded and emotionally compelling stories. Although the film may not have been a faithful adaptation, those creative liberties were likely for the best.’

Conclusion: The Dual Nature of Adaptation

Adaptation is a double-edged sword: it can lead to either disappointment or remarkable success. When done right, it enhances the original material and elevates it to new heights. Ultimately, it’s up to the screenwriter to pull the strings and breathe life into the story.

Adapting a story to appease both fans and new audiences is a challenging feat, but with the right tools and direction, success is within reach!

E-learning: A Welcome Change or a Recipe For Disaster?



2C Cheung Nga Chi
2C Chu Tsz Ying
2C Wang Hei Long

There are many things we must adapt to in our lives, and e-learning is one of them. This year, S.1 students are allowed to bring iPads to school, making e-learning an even more prominent part of our learning environment and experience. How will this change affect us? Let's take a deep dive into the realm of e-learning and explore its effects and impacts.

What is E-Learning?

E-learning (also known as electronic learning and web-based training) is a learning system based on formalized teaching, supported by electronic resources. While teaching can take place both inside and outside the classroom, the use of the Internet and computers forms the backbone of e-learning. This approach allows students to participate in online learning experiences regardless of their physical location. However, the million-dollar question remains: is e-learning a good addition to our school life?

What Are the Advantages of E-Learning?

Now that we've uncovered what e-learning is, let's discuss its benefits.

Firstly, e-learning provides great flexibility for students, allowing them to learn at their own pace. Every student has their unique learning speed, and

this is where the advantages of e-learning come into play. It enables students to adjust and refine their learning materials to better suit their pace and learning style, letting them review materials as needed while progressing efficiently through coursework. This creates a comfortable and personalised learning environment.

Additionally, using iPads as supportive learning tools also improves learning efficiency. For example, teachers can instantly assess students' understanding of lesson topics using apps like GoodNotes, providing immediate feedback and enhancing interaction between teachers and students. This makes lessons more engaging and productive.

Imperfections of E-Learning

Every great idea has its disadvantages. Let's examine some challenges that hinder e-learning.

To begin with, students may easily get distracted by various apps and software on their tablets, mobile phones, or laptops. These distractions often make it difficult for students to focus during class.

Furthermore, logging into accounts and downloading notes and materials can be time-consuming and frustrating. Technical issues, such as failed logins or problems with downloading files, disrupt lessons and create inconvenience for both teachers and students. These delays waste valuable lesson time and can hinder the learning process.

What Can We Do to Lessen the Impact of Its Flaws?

Despite its disadvantages, there are countermeasures that can address the challenges of e-learning.

Firstly, teachers can minimize distractions by setting clear classroom rules for iPad use. A simple yet effective example is having students place their iPads face down when not in use – an excellent strategy demonstrated by our science teacher, Ms. Mak.

Secondly, if inattentive students frequently cross the line and get distracted, teachers might have to take disciplinary action, such as issuing an e-record. While this is an undesirable last resort, it can be effective in maintaining focus during lessons.

To improve efficiency, teachers can instruct students to log in to their accounts and download any necessary learning materials before class begins. By doing so, technical difficulties can be addressed ahead of time, minimizing disruptions in class.



What Does This All Mean for the Future of E-Learning?

In conclusion, e-learning is still a work in progress. It is a flexible tool for learning that promotes self-study, but it also has its flaws, such as the distractions associated with using devices in school. Nevertheless, with proper strategies, the advantages can become more apparent, and the disadvantages can be mitigated over time.

E-learning holds great potential to become the new normal in education. With continuous improvement and adaptation, the future looks bright for e-learning, and exciting developments are on the horizon.



Navigating the Leap:

Insights on Transitioning to Form 4



4A Chan Ming Hong
4A Keung Yu Yeung
4A Lee Yan Hei
4A Nilsson Hayley
4A Wong Tsz Yee

THE transition from Form 3 to Form 4 is a pivotal moment in every student's academic journey. It marks a significant shift in workload, expectations, and challenges. To help ease this transition, we've gathered advice from five Form 4 students. Their experiences and tips offer valuable insights for those about to embark on this exciting yet daunting phase.

Hayley Nilsson

I want to kick off the discussion by highlighting the initial struggles of adapting to Form 4 life. I recall the overwhelming anxiety and long study hours that came with the increased workload. I went from having two or more hours to myself to hitting the books until midnight, hyperventilating once a week due to the stress of quizzes — only to fail the very quiz I had studied for ages in advance.

It was a grueling process, but I've finally gotten accustomed to the increased workload by planning out my weekly schedule and avoiding last-minute rushes. I've also learned to make clear and concise notes using the Cornell Notes system. Most importantly, remember not to burn yourself out; you'll be mentally and physically exhausted after a short period. I recommend picking up a hobby or something you're passionate about to help maintain a balance between your studies and personal life.

Andrian Chan

I want to echo the importance of balance but focus on the role of subject selection in making Form 4 manageable. Choosing subjects you enjoy encourages you not to give up when you encounter obstacles and allows you to push past your limits and perform better.

I chose Geography, a subject I love. Many topics in Geography require memorization, including various landforms such as volcanic island arcs and faulting. Tests and exams will be challenging; the questions are different from what you experienced in your earlier years at TTCA. You'll need to write essays about measures to combat natural hazards, and the marking system is very strict. However, my passion for Geography helped me push through these challenges, allowing me to achieve high marks on every test.

Abby Lee

I would like to shift the focus to an often-overlooked aspect of Form 4: book reports. Book reports were something I never expected to fret over when asked about my worries in Form 3. I found myself racing against time, struggling to balance reading and studying simultaneously. It's a wonder I managed to hand in my analyses on schedule.

Luckily, I'm giving you all a heads-up: make

good use of your reading time. Flip through some novels—perhaps some dystopian books like *The Hunger Games* or *Fahrenheit 451*, or maybe you prefer the classics, such as *Pride and Prejudice* or *To Kill a Mockingbird*. Other genres like historical fiction, biographies, and thrillers can also provide inspiration and broader insights. Novels with thought-provoking themes and motifs make for excellent writing material. The time to start reading is now or never!

Luca Keung

I'D like to delve into the academic rigor of Form 4, particularly in subjects like Chemistry and Physics. Not only has the grading format changed, but the difficulty has also increased significantly. After starting with above-average grades in Form 3, I really struggled to keep up with these subjects in Form 4.

Eventually, I asked a friend how he was achieving consistent, amazing grades and his advice was the best and most straightforward I've ever received: make compromises and sacrifice your time and energy. You cannot achieve the excellent grades you used to get without putting in hard work. You need to be disciplined with your free time, and you might need to burn the midnight oil. If you want to enjoy activities after school, you'll have to sacrifice your lunchtime to do homework. Success in Form 4 requires dedication and a willingness to challenge yourself.

Chloe Wong

I want to share my experience with the increased depth and complexity of Form 4 Science. Personally, the jump from Form 3 Science to Form 4 Science was significantly more challenging. I was overwhelmed with the sheer amount of information in each chapter and the technical jargon.

My advice is to conduct extra research on topics you don't understand – don't ignore

them, hoping they'll eventually make sense. That tiny seed of confusion can grow into an obstacle, leading to frustration or, worse, falling behind. Be a proactive learner. Address any problems or information gaps immediately, whether through extra revision or watching educational videos on YouTube. Develop a habit of studying ahead of time, and don't hesitate to ask your teachers whenever you're confused!

Final Thoughts

TRANSITIONING

to Form 4 is undoubtedly challenging, but as these students demonstrate, it is also an opportunity for growth and self-discovery. By staying organised, choosing subjects you're passionate about, managing your time effectively, and seeking help when needed, you can navigate this demanding year with confidence.

Remember, the journey may be tough, but with the right mindset and strategies, you'll emerge stronger and more prepared for the road ahead. Good luck!



From Amateur to Pro: My Piano Journey of Growth



5A Han Justin Lim

Piano — often described as one of the easiest instruments to learn — was my passion, yet I treated it like a mere showcase for my skills (which, to be honest, were far from impressive).

I have always had a deep love for classical music; pop music never fulfilled me, as it felt overly repetitive and lacked the complexity I craved. I longed for something grand and challenging — pieces difficult enough to impress my friends and family. Classical music fit the bill perfectly. After seven years of lackluster piano lessons marred by my laziness, I finally decided to take my practice seriously. Everything changed when a friend I met at the HKU Info Day suggested I seek professional piano lessons. Despite my arrogance about my abilities, I was intrigued by this “professional” teacher. On January 1st, my trial lesson with him began.

The Awakening

Confident in my skills, I played the famous coda of Chopin's Ballade op. 23. After my “performance,” the response was blunt: “Let’s start at the beginning.” What followed felt like a roast session. He wasn’t impressed and didn’t think I was ready to be his student, so he referred me to another teacher.

This teacher, while still strict, was kinder. Thus began my transformation from an amateur show-off to a dedicated pianist who genuinely

cared about more than just flaunting my skills. Transitioning from casual lessons to professional training was no easy feat.

The Struggle

I vividly remember my first month: I was constantly scolded for not counting my time. My teacher banned me from using the metronome and insisted I count aloud at any tempo to avoid rushing. But being the lazy person I was, I slacked off during practice, naively thinking she wouldn’t notice. I was sorely mistaken.

Each week, I was reprimanded for not practicing effectively. She demanded I count out loud and practise slowly, even for sections I thought I could already play fluently. She emphasised deliberate, controlled playing, leaving no room for rushing. As a young and immature student, I struggled to meet her expectations and faced the consequences at every lesson.

Despite my shortcomings, she remained committed to my improvement. She never slacked during our lessons, answering even my simplest questions with detailed recordings that ranged from 10 seconds to over a minute. Even while traveling across Germany for her own commitments (we had online lessons), she made time to listen to my recordings. Her dedication made me feel guilty for my lack of effort.

The Turning Point

That guilt became the turning point. I resolved to abandon my lazy attitude and embrace the discipline required for growth. During the summer, I practised 3-5 hours every day and studied piano at night.

My friend once advised me against practising too much over the holidays, but I ignored the suggestion. I was determined to change and adapt to the world of professionals, where excuses didn't exist, and everyone gave their all to achieve both technical mastery and musicality. The journey was steep, and I could feel the allure of games and television, beckoning me to relax, but I pressed on.

The Transformation

Now, while I still see myself as an amateur pianist, I've moved beyond my old habits of rushing through pieces and skipping details. I can now count my time properly and pinpoint areas for improvement.

Adapting isn't about letting the environment change you; it's about your willingness to change and fit into the environment - or persist in your ways while ignoring the world around you. Adapting to new challenges requires perseverance and determination. One cannot rise to higher standards by turning a blind eye to the obstacles ahead.

Final Thoughts

If there's one message I hope to deliver to TTCiAns, it's this: constantly strive to improve yourself and adapt to any challenges life throws your way. Whether it's overcoming laziness, like I did, or tackling other hurdles, growth comes from effort and determination. When life gives you lemons, make lemonade.



校園環保政策 挑戰與機遇

4D 徐子詠
4D 沈思其

隨著校園環保政策的推行，飯堂內的垃圾和廚餘分類已融入同學們的日常生活。這項措施旨在提升大家的環保意識，減少廢物對生態環境的影響。然而，政策的實施效果是否理想？同學們又是否能夠適應這項轉變？為了深入了解各方持分者的看法，我們訪問了學生、負責老師與工友們，來探討這項政策的挑戰與機遇。



學生採訪

記者：新環保政策實施後，同學需要在飯堂進行垃圾和廚餘分類。你對此有什麼看法？

4C Claudia：還可以，主要是過往都是直接棄置垃圾，今年突然改變了有點不習慣。

3F Lily：學校實行分類垃圾及廚餘對環保有一定的幫助，但可能由於這項制度剛剛實施，許多同學尚未完全適應。我建議學校可以加強對新環保措施的宣傳，並在飯堂張貼一些關於廚餘回收的海報，以幫助同學熟悉回收流程，從而更有效地推行回收政策。

記者：你認為回收指引清晰嗎？有沒有可以改善的地方？

1D Mavis：我認為中一飯堂的指引十分清晰，但新翼飯堂的指示可以更清晰具體，例如擺放更多指示牌，令同學容易跟從。

4E Gorden：在忙碌的校園生活中花費額外時間進行垃圾分類可能會讓一些同學感到不便，尤其是在高峰用餐時間。對於習慣把所有類別的垃圾一同棄置的同學，他們可能未能適應，更可能會感到混亂，未能妥善分類。

記者：你在參與放學後的回收工作時有什麼想法？可以分享一下你的體會嗎？

5B Chloe：倒廚餘、做好分類只是多做一步而已，並沒有消耗很多時間，其實很簡單就可以為環保出一分力。

記者：是否對適應新環保政策感到困難？

4B Ho Lam：要處理的垃圾較多，回收的過程有點辛苦。

4B Ho Lam：沒有，因為我很少在學校購買飲品，所以平時不需要進行回收。

4D Sara：放學後進行回收延誤了放學時間，希望校方可以更妥善地安排，例如在閱讀時間進行。

老師採訪

記者：對於此計畫的實施，學生的表現如何？

陳淑敏老師：經過兩個月的實行，學生的表現漸見進步。在師長積極監察下，學生基本上願意合作，做得到亦做得好。但在非積極監察時段，例如午膳時間中後段，學生的參與度及成效普遍略為降低。

林學睿老師：目前的廚餘主要為飯類或麪類，但這類廚餘水份太多，分解出來的物質營養價值較低。而且，現時廚餘機的容量未能處理所有廚餘。所以，學生取用合適份量的食物，減少廚餘至關重要。

記者：您對於學生如今的環保意識有何看法，有什麼可以改進的地方嗎？

林學睿老師：計劃實施後，學生回收意識有所提升，也更關注環保議題，但距離有效實踐綠色生活，仍需有更大的變化。

陳淑敏老師：在提供足夠設施的情況下，校園垃圾分類的政策運作良好，相信有效提升了全校師生的環保意識。部分參與回收的同學及班主任也做得很好，態度積極正面。唯獨在紙包飲品的處理上未如理想，例如部份丟棄品中尚餘大量飲料未有倒出，吸引蚊蟲。此外，亦有同學未有認真尊重及考慮回收組的感受，曾有同學將尚餘半杯的珍珠奶茶投放在紙盒收集筒中，導致他人要在數日後處理已變質的奶茶。

工友採訪



就新政策而言，我們也訪問了校工的看法。我們收集了7位校工的意見，請他們為以下項目進行評分，5分為最認同，1分為最不認同。

針對新政策令校園更整潔的觀點，有6位校工給予了5分，1位校工給予了3分。

針對新政策可令校工的工作量減輕，有6位校工給予了3分，1位校工給予了2分。

透過這次訪問，我們不難發現，雖然部分學生在適應新政策的過程中遇到困難，但大多數學生對垃圾和廚餘分類的環保意義表示理解與支持。隨著學校不斷加強宣傳和指導，相信越來越多學生能夠熟悉並習慣這個制度。同時，老師和校工也對政策的執行效果持正面態度，尤其是對環保意識的提升。然而，在操作的細節上則仍有改善空間，例如加強紙包飲品的回收管理、優化時間安排等。

展望未來，在各方的共同努力下，這項政策將為學校帶來更大的環保成效，並進一步提升師生的環保素養。讓我們攜手並肩，從每一個小舉措開始，共同書寫屬於我們的校園綠色篇章。



老師們的「適應」經驗談

2C 李祉澄
2D 吳希兒
3F 蔡逸騰

相信在新學年開始時，同學們都需要重新適應，適應新的身份、新的任教老師、新的同學、新的校政……然而，除了同學們需要適應，老師們也同樣面臨「適應」的挑戰。我們訪問了三位老師，了解他們在基崇「適應」的經歷。



蔡婉彤老師

簡介：蔡老師為今年剛加入基崇的新任體育老師

記 者：作為一個新老師，您如何適應基崇？

蔡老師：起初，我並不清楚基崇學生的性格，確實擔心不知如何融入。幸運的是，我所教的學生都非常友善，吸收能力也很強，讓我能更有信心地面對其他學生。此外，在暑假期間，學校舉辦了新入職老師聚會。聚會中，經驗豐富的老師耐心地引導新同事，不僅詳細說明需要注意的事項，還深入介紹學校文化，均有助我更快適應。

記 者：在加入基崇時，面對一個全新的環境，您遇上了哪些挑戰？您又如何解決？

蔡老師：基崇校園實在非常廣闊，我需要比較多的時間熟悉環境。比如，進入室內體育場和游泳池皆需經過特別通道，讓我在尋路方面遇上困難。幸好基崇的老師和學生都樂於伸出援手，讓我能更快地解決難題。

記 者：您已加入基崇數月，有甚麼活動能助您漸漸適應基崇？

蔡老師：師生足球賽、班際閃避球等校內賽事，都可以幫助我促進師生關係，讓我與同學關係更融洽。此外，我曾在正式執教前進行實習，對基崇文化有所了解，進一步增強信心，更好地適應基崇。

黎

泊迪老師

簡介：黎泊迪老師為今年剛加入基崇的新任中文老師

記者：請問有哪些活動有助您增加對基崇的了解？

黎老師：首先，青春洋溢的陸運會令我印象最深刻。我參加了社際啦啦隊比賽，在與學生們一同排練的過程中，我可以了解到他們在學術以外的表現。其次，是中文科組舉辦的中文活動週。我主要負責「倒背如流」環節，同學們都積極參與，讓我瞭解到大家在學習中文方面的難處。此外，還有忙碌的資訊日，我需要協助家政室的烹飪活動，如烤曲奇。在與其他老師和同學一起籌備的過程中，創造了許多珍貴回憶。

記者：在適應基崇的過程中，有沒有一些令您記憶猶新的事情？

黎老師：最感動的是來自3F班（黎老師是班主任）的心意卡！我在開學的第一個星期因病請假，回校後就收到了3F的心意卡，讓我感到非常窩心。另外，我任教1D班中文，在第一節中文課時，我讓全班同學進行自我介紹，他們的發言不但令我對他們更為了解，更感受到他們對學習中文的用心與熱情！



邵

詠詩老師

簡介：邵詠詩老師於二零零五年加入基崇，在基崇擔任家政老師將近二十年。

記者：在平日與邵老師的相處中，不難發現邵老師的性格屬於主動型。聽說您曾幫助許多新老師融入基崇，相信在適應新環境方面有豐富的經驗和見解。請問您有什麼心得或建議給予新老師或新同學？

邵老師：自主性至關重要。新同學和新老師應該主動與他人交流，透過溝通來增進對彼此的認識與理解。此外，當遇到困難時，也建議大家勇於發問，才能更容易磨合適應。

記者：回顧當年剛加入基崇這個大家庭，有哪些人曾為您提供幫助，令您最為感激？

邵老師：首先，我非常感謝關愛珠校長（已經離世的前校長）。在我剛剛加入基崇時，她是教學經驗豐富的教務主任，給予我很多關心與支持。我也很感謝任教視覺藝術科的曾老師。視藝科和家政科的科目特性(subject nature)相似，兩者都是術科，並且當時兩科都只有一位老師，所以我們會一起探討教學方式，幫助彼此適應新環境。最後，我也要感謝天父，助我渡過了一次又一次的難關，並始終與我同在。



由初中到高中 轉變與適應

5B 羅文悅
5C 葉焯霖
5D 陳嘉嫻
5D 余柏昕

相信大家對「適應」一詞並不陌生，從小到大，大家一直在適應大大小小的事情或環境。例如升上小學，我們要適應新的學習模式；升到中學，又要適應新的學習環境。正是這些人生路上必不可少的變化，培養了我們的適應能力，讓人生更加豐富精彩。

前幾個月上映的《玩轉腦朋友2》，電影中的主角剛踏入青春期，內心除了阿樂、阿愁、阿燥、阿驚、阿憎，更迎來了新的情緒人物——消極頹廢的阿厭、內向羞怯的阿慳、容易焦慮的阿焦、經常羨慕他人的阿羨。主角在電影中需要適應新環境、認識新朋友，同時也要維繫與舊朋友的友誼。主角面臨新環境的態度、所作出的抉擇，都值得我們學習與反思。在這次的訪問中，我們分別訪問了剛升讀中四DSE和中五IAL課程的同學，了解他們面對的適應困難和解決方法，希望大家能從中獲得啟發！



學生採訪

記者：升上中四後的學習生活，與中三時相比有什麼大的改變？你又遇到什麼困難？

周同學：我認為中四的評分標準比初中更嚴謹，我需要調整答題技巧，以在測考中獲得較高的分數。此外，選修科的教學進度亦很快，讓我一刻也不敢鬆懈。然而，身為中文辯論隊的一員，臨近比賽的日子大多數都要晚上七點左右才能放學回家，溫習和做功課的時間亦因此減少。

記者：對於以上問題，你如何適應或解決？

周同學：我會以目標為動力，短期目標如希望在考試中維持以往的成績表現，長遠目標則是希望畢業後能在中文大學讀醫科。每當想放棄時，我便會以這些目標來勉勵自己堅持下去。另外，我會通過優化時間管理來增加溫習時間，例如在放學乘車時把握時間溫習和做功課，亦會縮減玩樂時間來預習或重溫學習內容。

學生採訪

記者：轉讀IAL課程之後，你認為與DSE課程的學習生活有什麼不同？在這些轉變中，你遇到了什麼困難？

鐘同學：相比DSE, IAL 課程所覆蓋的範圍更為廣泛。當中，我在化學科的感受尤深。與中四相比，我需要花費更多時間來理解教學內容。此外，由於減少了公民及社會發展科，我每個循環週必須上九堂選修課，教學進度因而比中四時快。開學僅僅一個月，我們已經完成了一整本書的內容，並進行了小測。

記者：對於以上問題，你如何適應或解決？

鐘同學：我認為最重要的是提前做好心理準備，抱著凡事盡力而為的心態。在學業壓力較重、尚未適應新節奏的時候，我們更需要明確事情的緩急輕重，適當捨棄或減少平日的運動和娛樂時間。即使在適應過程中可能會感到困難和痛苦，為了達成目標，我們也應保持自律自制，讓自己盡快習慣新課程的學習節奏。

總括而言，轉變與適應貫穿我們人生中大大小小的瞬間。升班、學習環境等轉變往往令我們無所適從，卻又無法避免。當你感到迷茫不安時，不妨嘗試傾聽不同意見，坦誠地面對並擁抱自己的情緒，適當地調整步伐。無論是面對新的挑戰、新的環境還是新的生活，願你和我都能找到最適合自己的方式，攜手並進，共同成長！



適應 人生的必修課



3A黎若晞
3A黃心瑜

在 這個瞬息萬變的時代中，「適應」是我們生存和發展的必修課。一條河流，總能找到通往大海的路徑；而我們每個人，也必須學會順應生命河流的方向，尋覓屬於自己的道路。



我們有幸採訪了幾位轉校生，聆聽他們適應的故事。

A 同學：我選擇轉校到基崇，是因為這裡提供IAL課程，而且校舍比一般學校大，可以提供一個更好的學習環境。對很多轉校生來說，人際關係是最難適應的，但我在這裏認識了很多友善的同學，他們樂意協助我適應在基崇的新生活。對我來說，適應中史和中文兩門學科最為困難，因為中文並不是我的強項，而且兩科試卷的考問內容比較複雜。我已加入基崇三個月，感受最深刻的是基崇學生勤奮好學，老師教學積極富耐心。

B 同學：我會轉校到基崇，主要是因為舊校同學的想法和價值觀與我大相逕庭，加上哥哥正在基崇就讀，因此決定轉校。我認為這裏的教學方式和人際關係比較難適應。基崇重視預習的教學方式跟舊校不同，讓我花了不少時間適應。而我個性較為內向，不擅長主動結識新朋友。幸好，基崇的同學和老師都十分關心和照顧我，願意教導和協助我完成預習功課，更讓我逐漸對基崇產生歸屬感。希望我在往後的日子能更好地融入和適應基崇的生活。

C 同學：轉校到基崇，對我而言最大的困難是語言問題。我聽不懂廣東話，難以掌握中文和中史兩門學科。而且香港和內地的答題模式截然不同，也令我無所適從。此外，基崇的英文程度較高，需要我花費更多的時間和心力去學習。但我有幸遇到一班願意體諒和理解我的同學，他們一有空就教導我溫習和答題的方式，讓我更好地適應在基崇的新生活。

轉變，是我們克服障礙、突破自我、開啟無限可能的良機。在這段蛻變之路上，我們並非孤單前行，而是被無數溫暖環抱。他們如同柔光，照亮我們前行的每一步，給予我們跨越逆境的勇氣與力量。

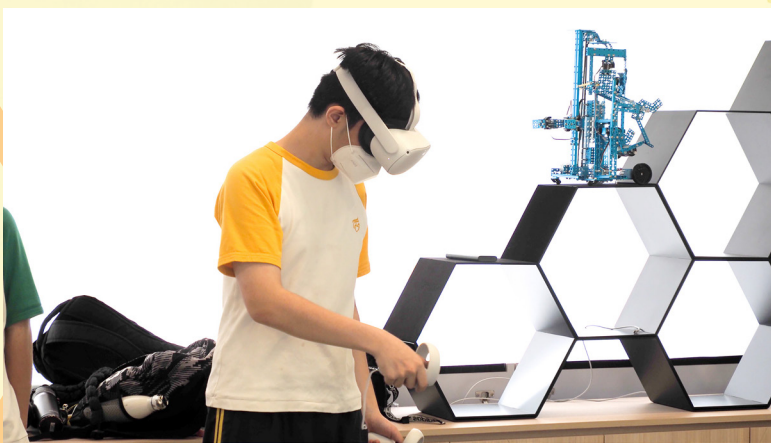
當我們回顧過往，會發現每一次適應都是成長的印記，每一次面對都是自我超越的見證。人生是一部自己提筆刻畫的作品，或灰暗或燦爛，或如暗室，或如明堂，都是傑作。若你此刻在適應的過程中掙扎，願你懷抱盼望，在雨過天晴後，續寫春詩。

命運的波瀾是最曼妙的風景，生命長河百轉千回，不捨晝夜，不管是我或你，都將踏浪逐風，得見滄海。

人工智能世代下的適應與把握

4A 陳紫悠
4C 劉天雅

2022年，生成式大型自然語言模型ChatGPT橫空出世，揭開了人類歷史上新一代人工智能的帷幕。時至2024年，人工智能的發展如日中天，已成為全球關注的焦點。不難預視，這將是人類未來數十年的重要發展方向。作為在日新月異的科技潮流中成長的Z世代，及早了解並適應人工智能的大趨勢，對個人應用以至未來職涯發展有百利而無一害。



人工智能的技術不似傳統程式編寫般單一，是一個涵蓋機器學習、自然語言處理、計算機視覺等多個領域的綜合體系。隨着人工智能的技術發展越趨複雜成熟，作為使用者，我們毋須理解背後的算法或學習過程，只須掌握其特性與優缺點，便可有效利用這些工具，協助我們達成使用目的。

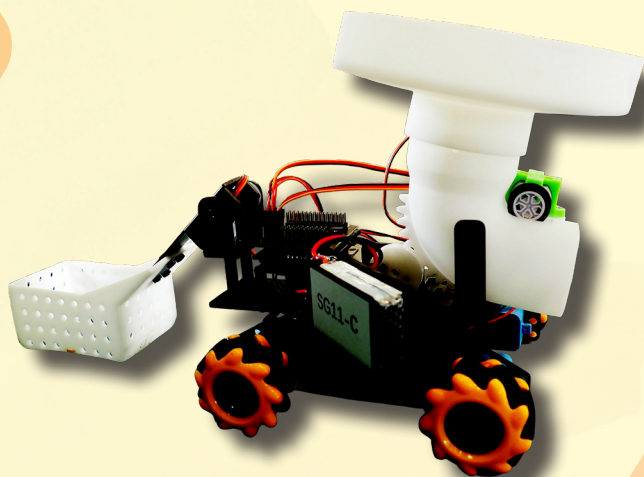
目前，人工智能重大局限之一在於缺乏創造力。人工智能依賴背後龐大的數據庫，透過對數據庫的「學習」，人工智能可在某程度上模擬人類的創意過程，然而卻終究無法實現真正的創新。可見，作為人類使用者，我們的真正優勢在於獨有而無窮的創造力。因此，個人獨立思維與創意絕對是我們應珍而重之的能力。一旦掌握了天馬行空的本領，並將意念轉化成人工智能可準確理解的指令（Prompt），我們的創意便不再是虛無縹緲的幻想，而是能在人工智能的助力下得以實現的奇思妙想。

然而，人工智能的應用不再遙不可及，我們需要保持警醒，留意衍生的各種問題。我們日常瀏覽的社交媒體、串流平台以及搜尋引擎等，都是根據用戶行為及使用習慣訓練的演算法。這些演算法通過收集及分析用戶感興趣的主題，繼而推薦相關內容，以達成平台自身或廣告客戶的商業目的。演算法提供的便利讓用戶不知不覺上癮，在瀏覽過程中接觸大量與自己觀點相符的內容。潛移默化下，我們會對自己的原有觀點更為堅信不移，並建立起牢固而局限的舒適圈。長此以往，我們的視野將變得狹隘，思維會受網絡平台的「圍爐」風氣侵蝕而日漸單一。

因此，為避免思維在智能演算法下變得遲鈍、麻木，批判思考乃每一位網絡原居民不可或缺的能力。

在保持警醒的同時，我們也要持續關注人工智能的最新發展。近年，人工智能工具爆炸性成長，種類更越趨多樣，範疇涵括文字、程式碼、圖像、影片、動畫、音樂、簡報、網站等。使用者應多測試各種工具和模型，或參考專業人士的測評，以了解各項工具的特性與限制，從中選擇最切合自己需要的產品。使用過程中，亦宜多與同儕交流，切忌在一日千里的科技洪流中閉門造車，才可發揮人工智能工具的最大價值。

在這名為「人工智能」的雙刃劍蒼啣出鞘的時代，適應相關技術已不再是個人的選擇，更是未來職涯發展的必經之路，也是推動社會乃至全人類發展的大方向。人類與人工智能融和、磨合的過程中，我們應時刻保持自己先天且無可取替的批判與創新能力，謹記「以人為本，人工智能工具為輔」的宗旨，才可在瞬息萬變的數位時代中立足，與日新月異的科技並肩前行。



大顯身手 — 資訊日

2B 周灝哲
2C 王紫嫻
2D 吳希兒

本年度資訊日 (Info Day) 於十月二十七日舉辦，向來賓展示我校辦學特色與學生學習成果。當日逾萬人登記參觀，大家都投入參與，熱情高漲，盛況空前。校園記者訪問了來賓們、在校老師與同學，大家無不對資訊日讚賞有加。

張校長

張校長笑言是次資訊日氣氛熱鬧，得到來賓的高度評價。不少家長主動向他表達對基崇資訊日的欣賞，又稱讚服務生熱心有禮。他指出學生們踴躍投入，本年度報名成為服務生的人數大幅增加，甚至有學生向他毛遂自薦，充分展現基崇學生的熱情與活力。



張副校長與吳副校長

張副校長與吳副校長認為是次資訊日熱鬧非凡，學生們積極展現不同才能，讓來賓更認識、了解基崇。他們欣賞各位老師在資訊日前盡心盡力籌備，更稱讚服務生訓練有素，語言能力良好，能流利運用雙語與來賓交流。

林學香老師

林老師負責的是科學科溫室攤位，向來賓展示溫室中的植物與學習環境，藉此讓他們認識基崇對環境保護與綠色生活的支持與實踐。她欣賞服務生們主動盡責，積極向來賓進行講解。



夏家惠老師

夏老師負責的是學生會的密室逃脫遊戲，該遊戲考驗來賓們的解難能力。他指出學生會成員付出不少努力與時間設計、製作，用不同材料將學生活動中心佈置成充滿神秘感的密室，充分展現他們的熱誠與團隊合作精神。



Jovis 同學

她負責的是體育科的籃球場活動，需要帶領來賓參與籃球挑戰。她希望來賓能在遊戲中體會運動的樂趣，又笑言與小朋友的交流提升了她的溝通能力。



Caden 同學

他負責向來賓介紹健身室，並講解不同健身器材的使用方法。他表示自己平日也會使用健身室，而擔任服務生讓他對較少接觸的健身器材更為了解。



Jamie 同學與 Vanessa 同學

她們負責的是中文科攤位，期待能透過向來賓展示書法的趣味，讓他們感受中華傳統文化。同時，她們認為本學年的懷舊香港拍攝背景最為特別，希望來賓喜愛這項佈置。



王同學與莊同學

他們負責的部分是模擬面試，讓小學生來賓體驗升中面試的氛圍。他們表示本學年有更多同學願意擔任服務生，而面試過程需要服務生抱有耐心與同理心，能展示基崇學生樂於服務與關愛他人的精神。



Jenny 校友

她離校多年後首次重訪基崇，認為校園的設施與景觀變化甚大，煥然一新。她最欣賞健身室的設備與環境，又讚揚學生們端莊有禮。

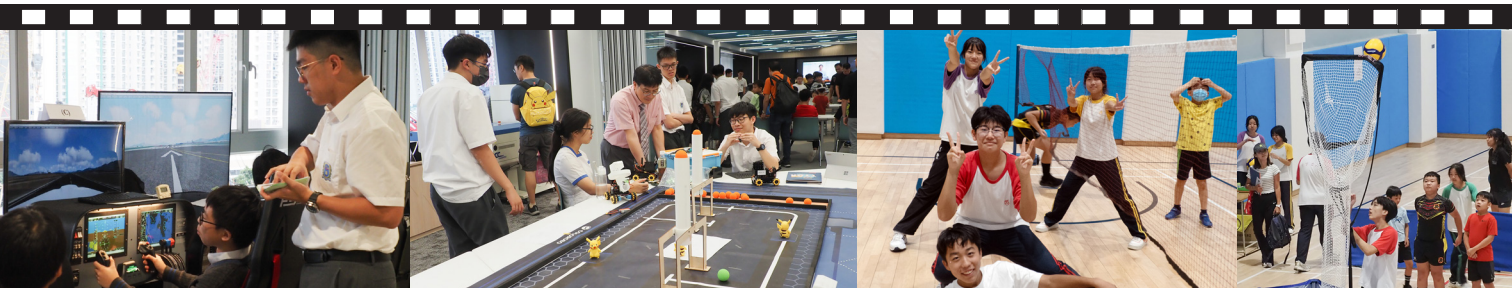
黃先生與黃小朋友

黃先生欣賞基崇風評良好，資源豐富，活動多元，期望透過一天的參觀活動增加對基崇的了解。他認為基崇學生積極主動，在資訊日中展現極高的參與度與投入度，與他參加其他學校開放日時所見大為不同。



蔡先生與蔡小朋友

蔡先生表示欣賞基崇的辦學理念，是次參觀是為了了解基崇的課程與學制。兩位小朋友認為基崇學生友善熱情，而他們最喜歡的是服務生們在家政室製作的美味甜點。



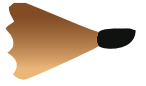
INFO DAY



INFO DAY



Adventures on the Peggy Sue: A Letter from Michael from Kensuke's Kingdom



1C Kong Tze Chun

Dear Eddie,

How

are you in England? Is everything fine? I am currently on the Peggy Sue, continuing my great adventure.

Our

trip has been thrilling and joyful, with smiles and laughter all along the way. Do you remember those precious memories of playing football? Last November, we arrived in Brazil. My family and I decided to play football on the golden beach. As we were playing, a dozen kids approached us and asked whether they could join the game. We agreed and began a new game. We found out that those kids were skilled at the game. Every one of them could run as fast as a cheetah! At the last minute of the game, it was still a tie. However, Mom caught the opposing side off guard and shot the penalty to win the game! We were over the moon! After the game, we had a drink with them while enjoying the beautiful sunset. That was such a delightful day and it remains a great memory of the past.

Christmas

day was also memorable.

Mom and Dad decorated the cabin with Christmas lights and there was even a mini-sized Christmas tree! The cabin had such a festive atmosphere like in town. Apart from that, we also had a wonderful party. Mom cooked many mouth-watering dishes. I ate like a horse and it was the best meal ever! We also exchanged gifts with one another. That special Christmas will be forever etched in my memory.



Apart from that, our puppy Stella Artois has nearly died. When we were doing our things on the deck, Stella dashed on board. However, she didn't have on a safety harness. The boat was unsteady and likely to sink at any time. Suddenly, Stella fell off with a loud, devastating bark. My heart skipped a beat. We swiftly recovered from the scare and attempted the "man overboard" drill. However, things weren't that easy. We tried closing in on Stella three times but we missed her due to the waves. At that time, Stella was struggling to stay afloat. Fortunately, at that final moment, Dad caught Stella by the paw and saved her. Thank goodness that Stella came back from the jaws of death!

Currently, things aren't looking too good for us, as it has been storming heavily and there's a system failure. Apart from that, Mom's stomach cramps are terrible and she can't work. However, I have confidence that we will get through this mess.

Best regards,
Michael



Cyberstalking? Don't get cooked!



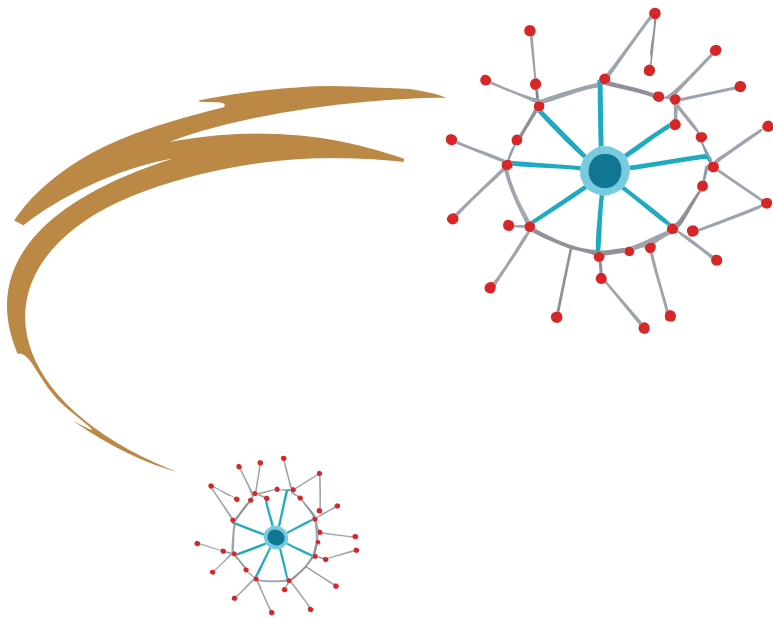
2C So Ka Wai Charlotte

Pay attention to cyberstalking... or you'll live to regret it!

You might be wondering, what exactly is cyberstalking? According to trustworthy sources, cyberstalking occurs when a cybercriminal uses email, direct messaging, or other online methods to harass, intimidate, or threaten someone with physical harm. This can include tracking someone's online activity, spreading rumors, or even creating fake profiles to manipulate or deceive victims. For example, cyberstalkers may pose as your friends on social media platforms to gain access to your location. So, why is it important to learn about cyberstalking? Because it often goes hand in hand with offline stalking and can escalate to physical danger, making it extremely harmful!

Numbers don't lie!

Reliable sources indicate that the threat of cyberstalking is growing worse. Research shows that as children grow older, their likelihood of experiencing cyberbullying increases. In 2020, 7.5 million people were affected, and by 2021, this number rose to 7.7 million—a significant jump. Today, 15% of stalking victims are aged 10 to 18. The rise of new platforms, such as Snapchat, may have contributed to this trend. While starting a Snap streak might seem fun, users should be cautious about sharing their location. It's best to turn off location sharing or limit it to trusted friends rather than making it public.



Don't fall into the "mousetrap"!

In 2016, a 12-year-old student was cyberstalked by an older man after publicly sharing personal

information online. This led to the teen's information being doxed, and soon after, he began receiving strange and harassing phone calls from an unknown number. Initially, the teen ignored the calls, but the situation escalated when he was kidnapped! The cyberstalker demanded a large sum of money from his parents, causing financial strain and leaving the teenager mentally scarred. This serves as a stark reminder: if you receive suspicious calls, block the number immediately and stay vigilant!

Brace yourself!

So, how can you protect yourself from cyberstalking? Here are four simple and secure steps to help you stay safe:

1. Use strong passwords for your social media accounts and change them regularly.
2. Be cautious of suspicious links in messages or on online platforms.
3. Set your accounts to private and only accept followers you know personally.
4. Avoid sharing your location publicly—turn it off or limit it to trusted contacts.

Reach out before it's too late!

If you ever feel unsafe or uncomfortable, don't hesitate to contact the police and report the situation. For further assistance or inquiries about cyberstalking, you can call 123-45-678 or email us at 123nocyberstalking@gmail.com. If you have any enquiries about cyberstalking, our 24/7 service is here to help, so reach out before the cyberstalkers reach out to you!

I hope this information has helped you understand the dangers of cyberstalking and how to protect yourself from it. Stay safe online!



《親愛的安德烈》閱讀報告

3A 吳卓穎



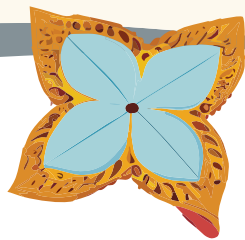
《親愛的安德烈》由龍應台和大兒子安德烈合著，是他們在短短三年之間三十六封的書信集結成書。那一句「雖然心中有愛，但是愛，凍結在經年累月的沉默裡，好像藏着一個疼痛的傷口，沒有紗布可綁。」我彷彿看見那一位渴望了解孩子的母親和一座巨大的無形牆，這個情形根本是踏進青春期的「我們」與父母的日常，充滿了分歧。

龍應台以敏銳、真摯的語言跟安德烈探討了一個又一個的話題（包括生活點滴、文化和政治的不一）。通過信件之中真誠的交流，反而增進了彼此的理解，使他們的親情變得更深厚。書中正正反映了當代家庭之中，父母與子女的溝通問題，不同的文化、教育引起的價值觀衝突，提醒了我們親情不僅是一種情感，也需要主動的交流和傾聽，最重要的是考慮並理解對方的角度，彼此信任和支持。「所謂父母，就是那不斷

對着背影既欣喜又悲傷，想追回擁抱又不敢聲張的人。」作為兒女的，就敞開心扉吧！

此外，這本書中也引發了對成長的思考，帶出了教育的價值不僅於學校的學習，更在於生活的選擇和反思。龍應台在信中察覺到，人生的選擇不只是影響當下，更是塑造未來的機會呢！所以安德烈在不斷反思的成長過程中，才能在言語、行為上更加成熟和自信。「每個人都在走自己的路，每個人都在選擇自己的品味，搞自己的遊戲，設定自己的對和錯的標準。」好好追逐和定立自己的目標吧，也表現了屬於青春的熱血、自由。

總括而言，《親愛的安德烈》不僅彰顯了母親的堅韌和深情，感受親情的可貴，更激勵生活中的我們持續理解並接納他人的想法。我認為書中最为重要的是徹徹底底令我體會到愛的多樣性呢！



《追逐繁星的孩子》書籍簡介

2C 曹樂宜



起初...

① 在一片寧靜的小山村,有一位少女(名叫明日菜)時常站在山頂,用她父親送給她的神秘礦石做二極體,收聽另一個世界的美妙音樂。

② 在一次放學途中,明日菜遭到一頭怪獸的襲擊,關鍵時她被俊美的少年救下了,男女之間感情開始萌芽。

③ 那位少年竟然去世了

追逐繁星的孩子
新海誠又



專情的發展

當中的道理

新來的一位男老師森崎龍司為孩子們講述了死國的傳說,明日菜才意識到那名少年是來自另一個世界; 而那位老師其實有一個神秘身份,而他與明日菜心中都有想復活的人,從而展開了似乎永無止境的旅程.....

- 無論是誰,人類總有一天要離開。
- 即使懷抱失去的痛苦,也要繼續活下去...那是上天賜予人類的詛咒。但一定也是一種祝福。

活出不留遺憾的人生,不要因為人生路上有很多困難而放棄,令自己後悔,珍惜眼前的事物~!!


Teachers' Updates

Ms. Chan Hiu Lam

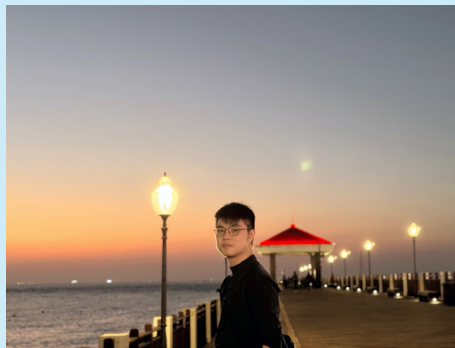


Salutations, everyone! I'm Ms. Chan, your new PE and CES teacher. It's such a joy to join the vibrant TTCA family! From the moment I arrived, I've been inspired by the kindness of this community and the amazing opportunities here for each of you to shine. I'm looking forward to hearing your unique stories and seeing your passions come to life.

As a PE teacher, it's no surprise that I love keeping active. Whether it's trying new sports or achieving new fitness goals, I find joy in the process—and I hope you will, too, in our lessons! Outside of sports, I treasure quiet moments spent watching sunrises, sunsets, or starry skies. These peaceful times help me recharge for the next exciting day.

我是任教中文科的黎泊迪老師。基崇同學都享受在知識的海洋發掘未知，但有時會觸礁，原因是未能夠細觀海的暗湧與廣闊。中文科的文章就像海錨帶你們前行，但在背誦導學案和答題技巧之際，你們有否學思並重，用不同作家的視野與墨水一窺未知的海與浪？「水能載舟，亦能覆舟」，願大家能在細嚼不同的篇章時有所得益，而不是徒添壓力的文字，也不至迷失方向。讓當中的內涵與底蘊伴你橫渡茫茫江海，也能我手寫我心。

Mr. Kwok Tin Ho



It is a pleasure to address you all! I'm Mr. Kwok, the new Economics and Mathematics teacher at TTCA. It's been an exciting experience joining this amazing school and meeting such wonderful students. I've really enjoyed getting to know all of you and exploring the beauty of Economics and Mathematics together.

Each of you has unique talents, and I've seen the dedication, perseverance, and energy you bring to lessons and school activities. I hope you'll continue to unleash your potential and achieve your goals. Let's learn and grow together in TTCA!

黎泊迪老師



Teachers' Updates

Mr. Shen Kai Yin



Greetings to all! I'm Mr. Shen. I'm thrilled to be your new English teacher! It's an absolute joy to join the TTCA family and meet all the vibrant souls that make this place so special. I'm excited to be part of your journey as we explore the world of literature and language together.

For those who don't know me yet, I'm passionate about debating and all things related to music! I love how debating feels like stepping into the ancient halls of Athens, exchanging ideas like a true philosopher—or perhaps just playfully indulging the illusion that I am one. I also can't wait to share some of my favorite tracks with you and dive into the endless ocean of pop, rock, and more.

I may look serious, but I promise—I'm just a conversation away! Let's chat!

Ms. Chan Po Yan



A warm welcome to you all! I'm Ms. Chan, one of the new English teachers at TTCA. This year, I'll be teaching classes 1A, 1F, and 4D. My first impression of the students here is that you're all incredibly smart, expressive, and full of energy! I hope you'll channel that same enthusiasm into learning English.

For those who aren't feeling confident in English yet, don't worry! Step out of your comfort zone—ask questions, speak up, and try your best. As I often remind my students, "The expert at anything was once a beginner." Mistakes are just part of the journey, so embrace them and keep moving forward.



Teachers' Updates

Ms. Choy Yuen Tung



Good day, everyone! I'm Ms. Choy, one of your new PE teachers this year. I'm so excited to join the TTCA family and meet such an energetic group of students who are eager to try new sports. My hope is that as we share this learning journey, we'll grow and inspire one another along the way.

Some of you might already know this, but I'm a big anime fan! In my free time, I often imagine what kind of "Nen" ability I'd have or which "Breathing Technique" I'd use to battle enemies. If you're also into anime, come find me! I'd love to hear about your favorites.

Ms. Chan Siu Lai Sharon

My heartfelt greetings to everyone! I'm Sharon Chan, your new Business, Accounting, and Financial Studies (BAFS) teacher. This is my first year at TTCA, but I've been teaching Accounting for 30 years. (Yes, time flies!) This photo was taken during a Zoom lesson when my students decided to have some fun and "beautify" me with app filters. It was a great reminder that teaching isn't just about teachers sharing knowledge—it's also about learning from students and having fun together!

Business and Accounting are practical subjects that connect to the real world and many aspects of life. I hope my time at TTCA will be filled with meaningful moments, as we explore the professionalism, beauty, and fun of these subjects together.





**2024-2026年度
家長教師會主席
梁潔晶女士
(4D劉嘉翹及
1B劉嘉悅家長)**

轉眼間，在基崇家教會服務已經4年了，感覺自己、女兒和學校都在一起成長。今年妹妹嘉悅也順利加入了基崇，成為一份子，著實感恩。我們見證學校的進步，不斷創新、優化，以提供最優質的教學環境給我們的小朋友，目睹室內運動場及STEAM房等新設施落成，感覺很奇妙亦很自豪。

回想起當初大女兒嘉翹能升讀基崇，我們一家有如中六合彩般，除了感恩還是感恩。疫情期間，無論小孩和我們都經歷很多不適應，她不適應沒真實校園生活的不規律，不適應青春期的荷爾蒙變化；而我們也不適應長時間的共處，加上在升中的關鍵時刻，母女的相處難免總在緊張狀態。

身為媽媽，我純粹的祈求神能為女兒安排一所「最合適」的學校，讓她健康快樂地成長。學校中一的適應安排，讓我們讚歎不已。感恩基崇選上了她。

為了能拉近我和女兒的關係，一如既往，我選擇多參與學校義工服務，更成為家教會一員。我相信這是第一手的方式，讓我了解她在一個怎樣的環境學習和成長。中學時期是每個人由小朋友育成大人的一個重要階梯，是價值觀建立、尋找人生方向的關鍵時刻。能在基崇這個充滿關愛和信實的環境下牧養，我深信我們的孩子能學會成為一個善良的人。

這些年，我見證校長和每一位老師、員工對教育的熱誠，對學校的歸屬感和對孩子的關愛。因此，我們基崇的學生都善良而純樸，並且充滿朝氣和活力，團結和願意付出。

學校更不時更新學校的Instagram、臉書等社交平台，讓我們在工作時也能了解孩子在學校的生活。這也成了我們工作的動力，希望繼續提供最好資源給孩子。

告訴大家一個小秘密，由於我實在太欣賞學校的Instagram，有次開會時我請兩位副校長代轉告嘉許負責





部門同事的努力，才得知原來是我們的年輕老師們自發剪片和不斷為我們更新。太厲害了，要多優秀的管理才能讓一班同工自願做基本責任以外的工作。

在這段家教會服務期間，我感恩能遇上每位家長委員，他們都盡心盡力，無私地為學校和學生付出，希望共建一個愉快的家校合作環境，讓更多家長認識和了解學校，甚至提出寶貴意見讓學校進步，以證明即使在香港本土中學讀書，學生都可以很快樂，也可以很優秀。

更感謝校長、兩位勤勞的副校長，還有我們的老師委員和雷姑娘100%的支持，支持我們家教會每項活動與工作。



最後，多謝每一位曾支持過我們家教會活動的義工家長和參與過我們舉辦活動的每位家長和學生。有你們的參與，每個活動才有意義。希望大家繼續多多支持。

我經常提醒自己「勿忘初衷」。我們為何生孩子或成為教育工作者？因為我們都愛小孩，那何謂真正的愛孩子？

在我的心中，愛是陪伴，愛是他們需要時，我們都剛好在。共勉之。



2024-2026年度
家長教師會副主席
何思慧女士
(3A何蘊芯家長)

在統籌家長教師會活動的經驗中，我深刻體會到家校合作的重要性和挑戰。作為一名家長委員，我的角色不僅是組織活動，更是促進家長與教師之間的溝通與理解。

在籌辦眾多活動中，我最深刻的是2023-2024年度舉辦的「康體日」。我當初發起這個活動是因為基崇有很完備的運動場所及設施供給我們的孩子使用，我們也希望可以提供一個機會讓家長親身體驗一下。在統籌過程中，我們遇到了一些挑戰。例如，有時候會有意見不合或是資源分配上的情況出現。我從中學會了如何傾聽他人的意見，並尋求協調方案。透過這些挑戰，我不僅提升了自己的組織能力，也增強了團隊合作精神。

在一眾委員、學生義工及老師們協助下，「康體日」順利舉行並且得到參與家長的正面回饋，這讓我十分鼓舞。我期待未來能繼續參與更多有意義的活動，為家長及孩子們創造不一樣的回憶。



2024年[♥]最深刻時刻

陳智江傳道

基 崇 沙 巴 短 宣

要數算2024年最深刻的時刻，必然是去年暑假長沙灣崇真堂與基督教崇真中學合辦的沙巴短宣團。學校老師與學生一行14人在7月中出發，一同感受到了生命中的美好與恩典。這次短宣，特別要感謝王家瑤老師及阮明思老師兩位神隊友老師的陪伴，他們的專業和支持，讓整個旅程變得更加順利和平安，他們無疑是我們的定心丸。

此次短宣中，與一群充滿活力的學生共事，讓我重新感受到青春的氣息。學生的熱情和積極，讓我想起自己年輕時的夢想與熱情。學生每天在車上開「演唱會」，讓歌聲和笑聲充滿了整個旅程。在事奉時，他們的認真和專注亦讓我感到無比欣慰和感動。我們的服侍可能微不足道，但我深信這些努力能夠為當地的小朋友帶來一點溫暖和愛。與他們互動的過程中，我們見證了這些孩子純真的笑容，這讓我更加堅信愛的力量。短宣不單只是我們付出時間和精力的過程，更是我們自我成長的機會。

在沙巴中，我們有幸認識了一位委身奉獻的牧者，他的堅持與奉獻精神，讓我們深受啟發，也令我反思自己的信仰生活。這位牧者不辭勞苦地服務當地社群，他的行動和信念讓我明白到什麼是真正的委身，這是值得我們每個人學習的榜樣。





回顧這次短宣，我更體會到事奉的意義。有時候，我們往往著眼於自己付出了多少，卻忽略了在這個過程中我們獲得了多少。事實上，通過短宣，我們不但增進了對當地文化和信仰的理解，更加強了自己的信仰和人生觀。很多時候，我們一聽到短宣便「耍手擰頭」。但這次經歷讓我更加堅信短宣是值得珍惜的機會，讓我們有機會走出舒適圈，體驗不同的生活方式，並在這過程中成長。

希望往後短宣的機會來臨時，我們能夠抓住付出和成長的機會，讓這生命之旅更有意義！





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