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校園節拍

SCHOOL
TEMPO



香港道教聯合會鄧顯紀念中學
HKTA Tang Hin Memorial Secondary School

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香港道教聯合會鄧顯紀念中學 (2022至2023年度)

第一期《校園節拍》工作人員名單

負責老師：

陳佩貞老師 陳玉婷老師 廖慧穎老師 葉加威老師
楊碩檀老師 黃玉珍老師 葉嘉輝老師 林麗儀老師

總編輯：

6A 陳心然 6B 孫珮珊 5A 霍愷寧 5D 陳政諺

記者：

6B 吳妍伶 5A 宋子墨 5A 徐曉霖 5B 莊凱汶 5C 彭嘉敏
5C 李彥霖 5C 凌雪怡 5C 黃露儀 5D 陳慧宜 4A 陳穎彤

HKDSE Examination Results (2022)

This year's results are as follows :



A total of 140 students from our 5 Form Six classes attended the HKDSE. **95.7%** of our students have fulfilled the entrance requirements for enrolling in the universities in Hong Kong (Core subjects at 3322 or above, with one elective at Level 2 or above), while the overall average for Hong Kong is 36.7%.



The average passing rate in all subjects is 99.9%. The rate in all subjects with Level 4 or above is **83.8%**, while the overall average for Hong Kong is 35.6%.



85.7% of our students have attained Level 4 or above in five subjects, while the overall average for Hong Kong is 20.7%.



138 students applied for a seat in a university degree programme through the JUPAS System and **96.4%** of them got admitted.



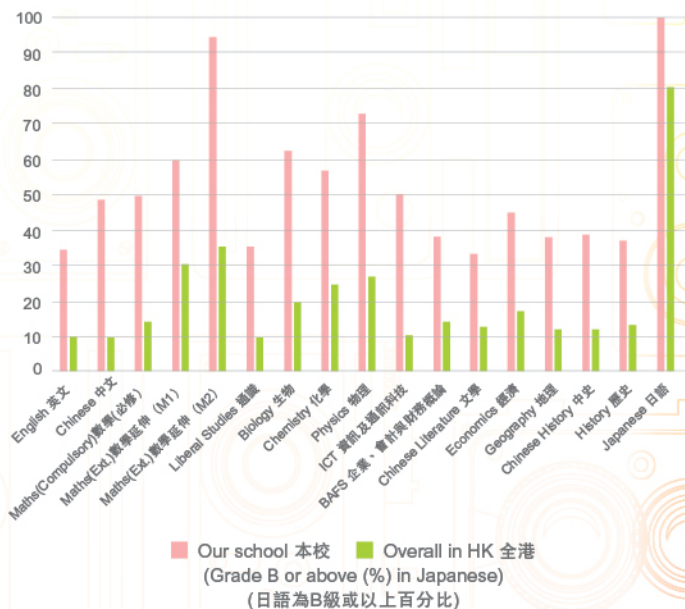
On average, each student gained **0.29 (Level 5**), 1.1 (Level 5*), 1.54 (Level 5) and 2.54 (Level 4).**

Outstanding students in HKDSE :

傑出學生包括 :

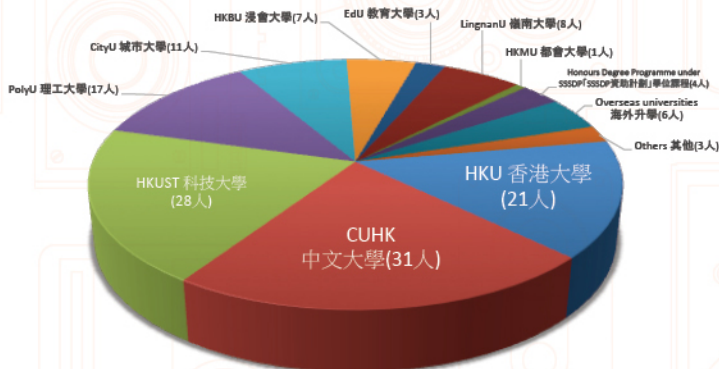
Lou Kin Yeung 勞健洋	3(5**) 4(5*) 1(5)
Yeung Ka Pui 楊嘉培	3(5**) 2(5*) 2(5)
Lee Man Hei 李泯熹	3(5**) 2(5*) 1(5) 1(4)
Ng Ka Yin 吳嘉妍	2(5**) 5(5*)
Yeung Sin Chun 楊善進	2(5**) 3(5*) 2(5) 1(4)
Lam Ching Yin 林正彥	2(5**) 2(5*) 3(5) 1(4)
Lo Yi Hang 盧意行	2(5**) 2(5*) 1(5) 1(4)
Tao Chun Yin 杜晉言	2(5**) 1(5*) 3(5) 2(4)
Cheung Yuen Lam 張琬琳	1(5**) 4(5*) 2(5)
Zheng Ching Yeung 鄭清揚	1(5**) 4(5*) 2(5)
Leung Oi Ting 梁藹婷	1(5**) 4(5*) 1(5) 1(4)
Wong Lok Hei 黃洛僊	1(5**) 3(5*) 3(5) 1(4)
Wu Ming Nam 胡銘楠	1(5**) 3(5*) 2(5) 1(4)
Chu Kwai Yee 朱桂儀	1(5**) 3(5*) 1(5) 1(4) 1(A)

Level 5 or above (%) 五級或以上 (%)



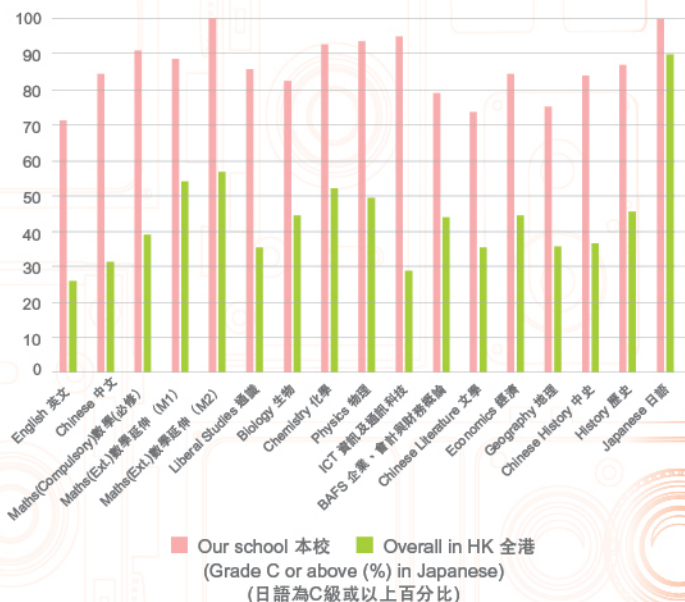
Statistics on exits of graduates

升學人數統計



57.14% (total 80 students) of our students have enrolled in HKU, CUHK and HKUST
入讀香港大學、中文大學及科技大學佔全體學生57.14%(共80人)

Level 4 or above (%) 四級或以上 (%)



綠化校園，鄧顯動員



校園不只是老師工作及同學學習的地方，更有植物處處點綴。各方都為「綠色校園」而努力，在今年嶄露頭角的園藝學會可謂功不可沒，成為綠化校園行動中的先鋒。今次校園節拍有幸與該學會的負責老師——陳佩貞老師進行訪談，帶領大家深入了解園藝學會及校園的綠化工作。

大家可能對園藝學會有些陌生，會誤以為這是新開辦的學會。其實，它在十多年前已經成立，但後來因為某些原因而暫時停辦。那為何今年復辦呢？主要是為了凝聚一群對園藝有興趣、熱誠的同學，讓同學分享園藝的心得和樂趣，於課餘一起學習栽種植物的技巧。

復辦短短一年，該學會所舉辦的種植活動確實令人眼前一亮。從小棠菜、馬鈴薯到鬱金香、風信子，從可食用植物到觀賞類植物，園藝學會都有涉獵，繁多的種類讓欣賞的人大飽眼福之餘，也讓參與種植的同學滿載而歸。

如同學有留意一樓後樓梯旁的平台以及五樓天台花園，必定會被映入眼簾的蔬菜及花兒驚艷。一樓平台主要用於種植蔬果，紅蘿蔔、青瓜、南瓜……只要說得出名字的，這幾乎都能看到。平日，這片蔬菜王國都被白紗網包裹著，陽光通過紗網灑落在肥沃的土壤上，讓植物能吸收足夠養分時，也防止昆蟲大軍肆意掠奪。在眾多盆栽旁還放置了一台白色的裝置，那就是用於種植小棠菜的水耕系統，裡面一棵棵青蔥的小幼苗都是同學的心血。參加水耕活動的同學會親手挑選菜苗，用適量泥土包裹好後，放入準備好的器皿中，最後插上寫了名字的立牌。小棠菜從幼苗直到長成，離不開同學的照顧和努力，他們的付出迎來收成的一天，也為校園帶來一絲新氣息。





在五樓天台漫步時，大家多數會注意到色彩斑斕的花，以及青蔥茂盛的樹，但或許不會想到，這裡也會種植蔬菜。園藝學會接手家政室旁邊那一隅之地後，一眾幹事和會員在烈日底下辛勤地翻鬆泥土，而這片土地未來就會像一樓平台般被用作菜田，為蔬菜提供「安身之處」。園藝學會不只種植蔬菜，種花更是必不可少的。鬱金香、風信子、風雨蘭等都是同學栽種過的花卉，不同的照顧方式，令花朵展現出千姿百態。一些天台原有的花也會分派給參與者，讓他們帶回家照顧，為家中添上絢麗的色彩。

學校門口的旁邊，白色桌椅的後面有一片土壤，是同學每天上學的必經之地。現時上面只有些弱小的灌木，毫不起眼，但到四至六月，墨綠色的葉子上將開出繽紛耀眼的杜鵑花，為校園添上不一樣色彩。

不知不覺中，我們的校園增添了不少花草樹木，四處正悄悄地透露著生機。同學和老師不妨放下繁重的課業和工作，到天台或一樓平台走一走，聞著清新怡人的花香，觀賞色彩奪目的花朵，身心將得以舒展。若同學喜愛植物或對耕種有興趣，想親自種植蔬菜和花朵，可以加入園藝學會，成為鄧顯綠化動員的一份子。園藝學會今年重新開辦，未來會舉辦更多精彩的活動，不只是在學校種植蔬菜和花草樹木，更有機會帶領會員參觀菜園、花展等，期望同學能進一步認識和瞭解園藝有趣的一面。



5A 徐曉霖 5B 莊凱汶 5C 彭嘉敏

歸家人—雷嘉慧老師和何諾進老師

近年鄧顯這個大家庭有不少舊生回來執教鞭，他們就像高飛的鳥兒再次返回昔日棲息的大樹，回饋其孕育之恩。今次有幸邀請雷嘉慧老師和何諾進老師暢談當年的校園生活，以及現在的教師生涯。

雷嘉慧老師：投入鄧顯大家庭，尋找自我價值。

與雷老師談及當年的中學生涯，她說最難忘的回憶必定是「搞社」的經歷。「搞社」的過程讓她結識到志同道合的好友，大家朝同一目標進發，充分體現青春熱血。雷老師深信「搞社」不但是個培養組織力和領導才能的學習機會，更讓同學們團結起來，能盡情享受校園生活。她相信鄧顯除了是學習氛圍濃厚的學校外，更是有愛的大家庭。只要同學願意投入校園生活，便會發現其多姿多彩的一面。雷老師尤其指出「鄧顯的社文化是四社文化」，當中存在的不僅是同社的愛，不同社之間更能融洽相處，這就組成了鄧顯這個大家庭。

作為本校唯一一位音樂老師，雷老師分享了自己對音樂的心得。只要你願意欣賞音樂，音樂的世界總有你的崗位——無論是表演者，還是觀眾。有別於以往的學生，雷老師坦言時下的學生較為文靜、被動。為鼓勵同學積極投入音樂課堂，雷老師與同學常交流音樂心得，並參考同學的意見，在課堂上教授同學感興趣的部份，以增強課堂的互動性和趣味性，令大家樂在其中。

上學年的校內音樂比賽備受矚目，同學的作品在YouTube上的點擊率達六百萬。雷老師坦言上學年的音樂比賽困難重重，但注入新元素，結果令人喜出望外，同學都投入其中。上學年的比賽有時間及形式上的限制，老師擔心同學未能投入參與活動，特意在初賽時舉辦網上投票的復活賽，讓同學進行賽前參與，以及做到隨時重溫片段，因此提升同學的參與度，也使音樂氣氛更濃。老師指出YouTube的影片有賴一位中六同學幫忙把短片上傳到YouTube，令更多人可以接觸到同學的作品，成果令人雀躍。

最後，雷老師想鼓勵同學積極在鄧顯尋找自己的價值。不少人認為中學生活離不開讀書，學業成績未如理想的同學便難以在學校找到自己的位置。其實尺有所短，寸亦有所長，讀書不是衡量能力的唯一標準，雷老師認為只要同學找到自己喜歡的事、擅長的事、投入的事，便能好好享受六年的中學時光。



何諾進老師：鄧顯人默默耕耘，留下青春印記。

何老師作為鄧顯舊生，機緣巧合下回到鄧顯執教。談到昔日在鄧顯的校園生活，何老師表示當年校園生活氣氛濃厚，放學後仍有不少同學在學校逗留，有的會進行球類運動如籃球等，有的則三五成群地談笑風生，還有的會抓緊時間向老師請教。何老師本人亦是經常在校內待到傍晚五至六時的一份子，除此之外，何老師還喜歡於一樓學生會會址附近與朋友進行不同活動如玩桌上遊戲、康樂棋等，如今康樂棋仍安然存放在學生會會址內。成為老師後，他與學生談起在校園的經歷和趣事時，仍回味無窮。鄧顯校園承載一代又一代人的青春，學生的青蔥歲月仍寫在這棟屹立近四十年的建築物內。何老師仍不免感歎近年疫情肆虐，學生的生活因而受到影響，放學後留在學校進行各種活動的學生大減。初中學生對鄧顯的認識亦較淺，因此何老師期望日後校園能重拾昔日氣氛。

何老師於大學修讀精算系，現時在學校主要任教數學科。當問及鄧顯學生在數學方面的表現時，何老師認為學生們均勤奮、乖巧，即使現時外界誘惑如電子遊戲、互聯網等不斷增加，同學們依然努力完成繁重的功課，履行學生的責任，使他執教時更為順利。為提升學生對數學的興趣，他常會向同學提供富挑戰性的題目，望能激發學生的鬥心。同時，他作為班主任，也會在編排座位上花點巧思，安排相熟的同學坐在附近，讓同學在課堂上有疑難時可以互相幫助。

何老師除任教學科外，亦是天文學會的負責老師。天文學會致力舉辦不同的活動如觀星、講座、宿營等，雖活動繁多，但何老師並不覺得辛苦，反而享受準備的過程，認為看到同學享受活動，便覺得成立天文學會是一件很有意義的事情。他希望日後能繼續舉辦各式各樣的活動，讓同學體驗更多學業以外的事物。

雖然何老師從中學畢業到現在已十年，但他認為今昔鄧顯人都同樣有默默耕耘，不怨天尤人的特質。這不禁讓我思考：時光如幼沙般飛速流走，時代的巨輪一直向前，但不管世事如何變遷，不管多少學生學成後飛離大樹，但一些可貴的精神依然長存，將繼續一代代人承傳下去。



鄧顯中學數十年一直在原地
佇立，守候一眾歸家人。



6A 陳心然 6B 孫珮珊

疫情下鄧顯的守護者(下)

鄧顯列車車長的頭銜背後——黃信德校長

「列車即將到站，乘客請勿超越黃線——」我擠在攘攘人羣裏，是十二卡車廂中渺小的一員。有時，我會想像鄧顯也是一列經典的舊式蒸汽火車，車上有如妙麗格蘭傑般優秀出色的學生，也有如魯霸海格般亦師亦友的教師。這列火車本在尋常不遇的軌道裏行駛，窗外本是一片明媚的風光和清爽的海風。怎料無情的病毒突現出現，發狂傷人，肆意製造出一場災難級的驚世浩劫。在歷劫其中，列車應該循舊路，還是覓新軌？這就眾說紛紛。作為帶領列車走每一段路的车長，在他的日記中，又無聲地記錄了哪些旁人難知的挑戰、經歷和智慧呢？

一次難得的機會，我有幸與鄧顯列車車長——黃信德校長交談。對話在腦海中凝聚成文字，也便有了這次讀車長日記的難忘經歷。

列車在車軌上呼嘯而過，車上背負著百多名乘客乃至工作人員的健康與安全，它們都由車長承擔。因此，每每制定政策措施，車長都要反覆「把自己套進不同人的鞋子裏」，從不同單位的角度出發，思考措施將會為他們帶來的好處和伴隨而來的弊端。且說疫情下車廂內最重大的改裝——擴建「網課部門」。這兩年來，學校不時需要改行網上授課的辦學模式。於是，同學從跟黑板字決鬥改與刺眼的藍光抗衡。無奈前者尚有勝算，後者卻是毫無還手之力，甚至到了可直接掀桌而放棄抵禦的悲傷程度了。因此，圍繞電子學習的戰場亦由起初的必要性轉移至具體的執行細節。網課時長、課堂之間是否應有讓教師學生休息的間隙、應否有補課，都是駕駛艙內車長案上堆疊的難題的冰山一角。要確保教師教學進度穩定良好、又要兼顧學生的身心健康和全人發展、更要配合教育局的相關措施和限制；車長在設計行駛戰略時須備關懷之心、取中庸之道、隨嚴謹之行，可謂步步為營。難怪黃校長認為制定政策措施時平衡各方需要、顧及多方面考量的經歷最為艱難。

而浩劫持續，要想有機會離開鮮血淋漓的災區，列車就必須不斷向前行駛；車長縱使頂著千斤壓力、有著萬般難言之隱也不能使列車調頭，更不能讓它停駛。疫情期間，許多社際活動、校內比賽都被迫取消，乘客因此失去許多目睹車窗外明麗風光的機會。黃校長認為校園生活不只有課堂學習，各種活動也是中學生涯中重要且意義重大的一環，譬如學生透過籌備和參與活動而學習到的處世態度，這是學生將來在社會開關理想生活時不可或缺，卻是難以在書本課堂中學習到的技能。因此，即使前方車軌有重重障礙，他仍希望遵從「讀萬卷書，不如行萬里路」的初心，舉行對同學們身心發展極具裨益的全校性項目——PE Day。惟疫情肆虐，病毒狡猾地匿藏於社區每個角落。防疫指引的屢屢變更，令 PE Day 的舉行面臨重重困難，校方舉步維艱。所幸的是，體育科老師沒有放棄，一直提出方案，探索可能的新路向。經過校長和老師們的一番竭力討論和協調，最終咬緊牙關落實舉行 PE Day 的決定。計劃上，校方一改以往傳統的社際比賽形式，轉為採用班際競賽的模式以配合教育局對同一時段內回校學生人數的規限。令人驚喜的是，此舉還能加強班內同學的凝聚力，意外地起一箭雙鵰之效。於是，在 PE Day 的圓滿的舉行下，乘客們在鑼鼓般響亮的打氣聲和每個熱血沸騰的瞬間中感受到久違的團結氛圍。師生們深受打動，更篤定與對方攜手向同一個車站進發的決心，相邀在崎嶇的路途上共同畫下有笑有淚的難忘景致。



日記紙頁尚未因歲月而泛黃，薄頁紙上密密麻麻的寫下千言萬語，最終因墨水的滲透乾涸而變得堅挺、蛻變成世間最獨特的散文集。疫情使乘客們兩年來與家「打交道」的時間愈來愈多。有人因此荒廢運動，索性當起不折不扣的宅男宅女；有人因此迷戀上繁華的電玩世界，意亂情迷，不惜廢枕忘餐也要跟着虛擬的那個「他」過關斬將，流連於由藍光建構的精緻大陸，對案上的「文字怪獸」卻是置諸不理；有人因此而把自己鎖在那個只有網絡和社交平台的死胡同，與南半球的陌生人用冰冷的文字暢談，把虛擬當真實，把真實當空氣。車長卻以身作則，用實際行動向乘客展現疫情這把雙刃刀精彩的一面。縱使疫情剝奪了校長小息到各級樓層與學生交流的機會、與教師在同一空間內揮灑教學汗水的日子、與師生們盡情享受每個節日、每個活動帶來的幸福和愉快的時光，他卻沒有屈服於疫情的野蠻。他，駛著這不帶魔法的霍格華茲特快車，舉行了一場別樣的，卻依舊振奮人心的「魁地奇比賽」、舉行了一場網上和一場規模較小，卻依舊溫暖人心的「聖誕舞會」、組織了兩次讓同學們寓學習於娛樂，同時大開眼界的、歡快的海洋公園之旅。在車長的循循善誘下，乘客們如今又是否已恍然大悟，明白到自己其實能看把被疫情毀掉的每分每秒活得比尋常還要精彩？人生就是一個沙漏，一個不能重新倒置的沙漏，所以我們要掙緊每粒時光的幼沙、把握每個機會的石子，去珍惜那個會陪伴自己一生的身體、那個在青蔥歲月裏獲取知識的機會、那些與疼愛你的家人共享天倫之樂的時光；然後勇敢地，不帶猶豫地完成你當下的人生目標。縱使疫情逼你提早成長、使你在各種無奈中掙扎、在困苦中求存，你仍能秉持校長的教誨，懷有一顆赤子之心與對人生的熱情，並奮勇地向疫情宣戰，向它證明我們縱非會使魔法的霍格華茲學生，卻會創造無與倫比的魔法。

就這樣，盛大的劫難下，列車的輪子與路軌相互磨擦，發出不甚悅耳的「哧——哧——」聲。儘管如此，列車依然堅忍地本著「辦法總比困難多」的決心，以緩慢但穩定的速度向燦爛的前方行駛。在如此艱難情況下，車長回首，望見車廂內的乘客覓得一絲安穩，臉上漸露笑意，他便甚感欣慰。

關關難過關關過，前路漫漫亦燦爛——車長日記裏，那有關疫情的扉頁是如是的寫著。

6B 孫珮珊 6B 吳妍伶

A Fun Day Like No Other



This year's Fun Day was successfully held on 10th June. On this joyous occasion, our teachers and schoolmates came together as a family to celebrate the jubilant event. We are glad that this day injected positivity into our school life and allowed us to create moments worth cherishing with our dearest teachers. Special thanks go to the Student Union, without whom this event would not have been possible.

The Fun Day comprised multifarious performances and a quiz game session run by the Student Union. It was an excellent opportunity for teachers and students to showcase their musical and athletic talents. The taekwondo showcase, as well as the singing and dancing performances, provided a variety of exciting entertainment for the day. At the same time, our schoolmates engaged in the quiz game enthusiastically in hopes that they would win. The exhilaration filling the campus never faded throughout the day! Following the Fun Day, we had the opportunity to sit down with some of our performers, who shared their indelible experiences and reflections during rehearsals and performances.



Cui Tak Chiu from 4D provided us with an awe-inspiring Taekwondo performance, demonstrating head-height kicks, jumping kicks, spinning kicks, and board breaking. Notwithstanding limited space, he displayed a high degree of professionalism and managed to wow the audience. After the spectacular performance, he invited our principal and teachers to break boards. Inconceivably, they managed to break all the boards, which was satisfactory for the first attempt. Cui Tak Chiu wanted our schoolmates to learn about the art of Taekwondo. ' Taekwondo is an abstract concept to many. It involves learning various poses, patterns, moves, and strikes.

Also, it requires great skills to pull off a performance. ' As the saying goes, ' One minute on the stage requires ten years of practice off stage. ' He realized that he must put extra effort into details and techniques during preparation in order to give a satisfying performance. He also encouraged our schoolmates not to fear failure and to be confident in showcasing their talents. He is deeply indebted to our principal, Mr. Wong Shun Tak, and teachers for their unwavering support, as well as their bravery in stepping out of their comfort zone to break the boards.



Afterwards, some students took the stage to perform a K-pop dance routine, which enchanted the audience. The guest performer, Ms. Cheng, and the students started preparing two weeks before Fun Day to achieve synchronization. They spent much time focusing on the details of the dance moves. During the performance, everyone wore grotesque masks. Surprisingly, Ms. Cheng even wore our summer school uniform to blend into the crowd. The performers waved their arms and moved along with the melody, and their performance certainly brought joy to the audience. Ms. Cheng said, ' It was a precious opportunity for me to dress up as a student again on Fun Day. Some students said they could not recognize me! I was grateful to participate in this activity as it was reminiscent of my adolescence. ' She added ' We devoted ourselves wholeheartedly to rehearsals and were pleased with the performance we gave. '





One of the highlights of the day was the band performance. A couple of teachers and students joined hands as a team to sing and play their favorite instruments zealously, showing their passion for music. Being one of the band members, Mr. Wong is pleased that they were supportive of one another as they juggled rehearsals and hectic academic schedules. ' The vocals did not blend well with the instruments at first. Our band faced a couple of challenges, including limited time for rehearsals. Nevertheless, we practiced diligently, putting our greatest effort into every rehearsal after lunchtime and school. Seeing our performance gradually took shape through our collective efforts, and the tight bonding we shared as a team made it worth all the sweat. ' Mr. Wong reminisced about their preparation for this performance. Mr. Wong extended his appreciation for the steadfast achievements of Tanghin students in academics, and in different areas like music and sports through the troubling waters of the pandemic.



The Student Union devoted much time to ensuring a smooth Fun Day. It was not easy for students to oversee all details of an event, but they did a fantastic job. When designing school-wide events, the Student Union not only has to be tactical about how the activities are arranged, but also needs to think about ways to appeal to the audience. Organizing this year's Fun Day online was incredibly strenuous as communication barriers may arise. In light of this, our schoolmates prepared for this event thoroughly

to minimize the chances of making mistakes. The Student Union has learned that emergencies like technical problems are inevitable, and learning how to adapt to these problems is an important skill. ' This precious experience enabled us to gain new knowledge of hosting online events and develop problem-solving skills through trial and error, ' said one of the members of the Student Union.



With the ongoing construction work of the school hall, we faced some challenges in preparation for this year's Fun Day. However, we were still able to run it smoothly. This success is synonymous with the concerted endeavors of our performers and the Student Union. We would also like to extend our heartfelt gratitude to our supportive principal, teachers, and schoolmates, as it was their engagement that made this day unforgettable. Thank you all for giving us such beautiful memories before finals and see you again at the next annual Fun Day!



**4A Fork Hoi Ning,
Song Tsz Mak**

離別 · 新的一篇



6B (2018-2019) 同學在最後上課日黃昏拍合照。

吳小婷老師栽培了成群的莘莘學子，見證著本校不同年代的變遷，而經歷了這數十載的風雨後，她即將在來年離開本校。

甫入本校之時，吳老師便秉持著一個教學原則：我不是來做任何人的下屬或上司，我是來做學生的老師。入行這些年間，她無時無刻都會謹記自己是學生的老師，為學生的利益著想，有時候亦不禁慨嘆行政工作剝奪了用在教學上的時間和精力。但無論如何，她永遠都會將教學放在第一位。

談起吳老師，相信許多同學會聯想到〈健康專訊〉，但這只是她所負責健康教育的一部分。除此之外，我校健康教育組也會舉行各種不同的活動，例如健康講座、廣播劇等，宣傳健康生活知識，十幾年前更曾經與政府、社福機構舉辦過大型的心肺復甦培訓課程。吳老師認為，個人健康從來都是首位，其他永遠只能排行第二。正如她所說：「假如沒有健康的身軀，又如何能追逐自己的夢想、嚮往的人生呢？——知識是世界的寶庫，健康是人生的財富。如果沒有健康，HERO也會變成ZERO。」

九十年代末健康教育尚未普及，吳老師憶述曾有家長身體出現小問題卻諱疾忌醫，誤以為自己即將死亡而整天哭泣嚇壞了兒子。有感於不少學生甚至家長欠缺健康常識，吳老師於是決定在中文大學家庭社區醫學系修讀專業文憑，在學校推廣健康資訊。時任校長潘校長建議吳老師寫些小文章介紹一下健康知識，於是便創辦了〈健康專訊〉，希望同學關注自己的健康時，也將健康資訊帶到每個家庭中。「我希望更多同學向朋友、家人傳揚健康資訊，一起實踐健康之道。」此外，吳老師亦發現青少年往往只重視同儕的溝通交流，卻忽略了自己的家人。她希望同學掌握了有關健康知識後，不妨和家人分享，也

可以憑藉那些知識關心家人的健康狀況，不失為打破隔閡、表現關心的渠道，進而有更和諧、有愛的家庭關係，也可減少前述家長疑病而造成的陰霾。

或許很多同學並不知道，在二零零四年之前，典禮司儀一直由老師擔任，而非同學主持，而吳老師亦曾做了十年典禮司儀，但她希望學生可以突破這以老師主導的固有框架，提升自主能力。「既然在我讀書時也當司儀，那為什麼鄧顯的學生不可以？」正是憑著對學生的信心，吳老師當時向校長大膽提出由學生擔任司儀的建議，幸蒙潘校長反覆考慮後答允嘗試，才打破了傳統。從此，大部分的典禮司儀都由學生擔任。

「與其替學生製造一個烏托邦，倒不如放手讓他們經歷風吹雨打，學會順、逆境中的自處之道。」吳老師希望透過各種活動，讓學生發掘到自己的長處，讓他們不致在遭受逆境的打擊後就一蹶不振。同時，讓原來抗拒參與活動的同學逐步嘗試，增加自我發現和成長體驗，亦是吳老師多年教學中未曾動搖的宗旨。

眼見自己親自培訓的學生不再一味跟隨老師的指令，而是在過程中學懂靈活應變後，任何的言詞都不足以概括她當時的激動和欣慰之情。在二十多年的教學生涯中，吳老師亦曾訓練學生演話劇、集誦、個人朗誦及演講，親睹同學在團體活動中學懂分工和合作、承擔和妥協；而在個人的表演中則循序漸進地不斷自我修正、自我完善。大大小小的活動中吳老師都將決定權交到同學手上，讓他們從過程中成長、體會更多。

在一九九八年新實施的語文分流制度下，普通話教育被納入課程。而吳老師除了任教中國文學、中國語文，還兼教普通話。如今，許多香港學生已經掌握普通話，吳老師意識到出版社的普通話教材仍然只集中於日常生活大小二事，顯然不切合同學需要，於是自告奮勇獨力編製普通話校本課程教材，讓同學多接觸文學作品。相比以前，如今同學初中三年可以有更多機會接觸課外篇章、成語、短講和聆聽練習，彌補中文課堂因課時不足而未能教授所有教材的問題。由於明年將更換中文教科書出版社，普通話教材中的課文和聆聽練習將失卻版權，吳老師毅然重新另覓參考教材，將全新的六十篇文章納入普通話課程範圍，旨在提高同學的普通話語音水平和口語表達能力，同時拓闊同學閱讀面，提高文學素養。

作為一名中文老師，中文閱讀及寫作便是吳老師工作中最重要的一環。她希望每位學生都可以浸淫於語文當中。眼見部分學生不太願意投放時間在中文科，吳老師倍感無奈。吳老師強調運用文字的意義最終不在於應付考試，而在於「感於哀樂，緣事而發」；紀錄事實，發表意見。同學們有了語文基礎，將來就不難應用於日常生活中。未來的日子，大家將鑽研不同的學問，有不同的得著、體驗。吳老師希望同學能靈活運用文字紀錄生活，表達自己的感情和想法，發揮漢語的作用，使之成為溝通人類思想、聯繫心靈的橋樑。她認為，人的情感不應該被壓抑，任何感情都應該宣洩出來，心靈才會健康，與人的交情也不會單單流於表面。另外，吳老師談到學生普遍害怕寫議論文，但將來進行任何學術研究都需要寫論文，單靠口述道理並不足以理清思路。此時，文字載道的作用便得以被發揮。吳老師亦指出，因為有文字的出現，才衍生了文獻、評論，前人的知識因而被傳承，而古時錯誤的知識亦可被今人釐清。毋庸置疑的是，文章說明道理，經過時間的淘洗，真理愈辯愈明，建立合理的是非觀念。

語文的作用是有目共睹的，因此吳老師希望學生不只著眼於如何應答題目、應付考試，而是和語文談一場戀愛，全情投入其中，從語言認識文化，在學習過程中積學儲寶，學習詞語、修辭、技巧，將生活體驗、人生閱歷融入創作中，感受語文之美。

在鄧顯中學春風化雨二十八載，離別在即，吳老師寄語同學不畏困難，勇敢前行。她將「關關難過關關過，日日皆新日

日新」這句說話送給所有同學。同學往往因未知的前景而感畏懼，因而不敢踏出第一步。對此，吳老師有一番見解：「人生就像一趟旅程，倘若因為害怕而停下腳步，就只能掀開人生的其中一頁。」而「後悔」對於吳老師而言，也是一種無用的情緒。常言道：「經一事，長一智」即使事情的發展未如理想，讓自己從失敗中蛻變，又何嘗不是全新的體驗？懂得拋開榮辱得失，每天開啟全新一頁的自己，這便足矣。

眼見不少年輕人時常自我否定或常被批評而失卻自信，吳老師認為自知、自我接納、自我欣賞很重要。她希望同學不要自我否定、妄自菲薄，要發掘自身的優點，接受短處，改善缺點。她認為沒有任何一人是完美的，也沒有任何一人是沒有缺點的。只有勇於發掘自己的優劣之處，才可以揚長避短，發揮自己的潛能。

在過往的教學生涯中，吳老師亦發現學生之間的差距愈發明顯。她認為，箇中原因在於「做好」和「做完」這兩個截然不同的心態。當部分學生重量不重質，而另一部分的學生凡事力臻完美，兩者儼然產生極大的差距。吳老師也希望所有同學都可以抱著永不放棄的精神去嘗試、創新，能夠抱著把事情「做好」的心態對待一切。

「以前讀書時期我會幫助班中同學溫習，在過程中亦發現自己一些概念模糊的地方，從而查漏補缺。跟同學講解的時候自己的思路亦會變得清晰，從而鞏固所學。」憶及往事，吳老師希望同學之間能夠抱持著一個良性競爭的心態，成績較好的同學不妨大方幫助學習能力稍弱的同學，讓彼此共同進步。

離別總是令人傷感的，但與其著眼於一時的別離，倒不如將吳老師的寄望和多年的教誨付諸實行。只要心中永遠存有其一席位，即使相隔千山萬水，亦如咫尺般相近。

在此，〈校園節拍〉編委衷心感謝吳老師在本校二十多年作育英才，在不同人生議題上啟迪同學。祝願吳老師一切順利、生活愉快！



6B (2021-2022) 同學在第五波疫情爆發初期，於突如其來的最後上課日匆忙合照。



1B (2018-2019) 同學在天台上中文寫作課。



5C 李彥霈 5D 陳慧宜

An Affectionate Farewell



It's hard to say goodbye, as it always comes with tear-shedding and plenty of memories. Our expatriate English teacher, Mr. Dietrich, unquestionably one of Tanghin's best and brightest, is unfortunately leaving us this summer after finishing twenty-four years teaching in Hong Kong.

Early days in Canada

As many of you may know, Mr. Dietrich is Canadian. Before moving to Hong Kong, he was also a teacher, teaching English and English Literature in Canadian high schools. He enjoys various hobbies, such as playing tennis, hiking, and reading; he also loves cross-country skiing, which he cannot do in Hong Kong.



Life in Hong Kong

Motivated by the eagerness to experience new things and explore another part of the world, Mr. Dietrich left his homeland and moved to Hong Kong in August 1998.

"At the time, I felt nervous, but excited about the possibility of leaving my hometown, traveling across the world and starting a new life in another country. Being here has given me a completely different living and working experience," he reminisced.

When asked about his first impression of Hong Kong, Mr. Dietrich exclaimed with no hesitation,

"Hot!" "I arrived in Hong Kong in mid-August. I was questioning my sanity - what am I doing in a place where I'm walking outside and am immediately soaking wet in the humidity and intense heat?" he joked.

Besides the heat, his overall impression of Hong Kong was quite positive. He described Hong Kong people as 'friendly' and 'open-minded', open to new things and to discussions. Mr. Dietrich also shared an interesting experience with us:

"I was living in a small community in the New Territories. I remember that as I was walking across the local estate to my school, people would just stand still and stare at me. Some looked angry, some looked scared and shocked, and some were smiling. It was hilarious to experience that feeling of being on stage, and being intensely watched."

For Mr. Dietrich, being the centre of attention and the only foreigner, or 'gweilo' in Cantonese, in school and in the community he lived in, was definitely a unique experience.

In his 24 years of living in Hong Kong, Mr. Dietrich has found Hong Kong to be a very special place.

"I especially love the proximity to greenness in such a city place with tall buildings. You feel like you're in the jungle with monkeys dancing around you, and a few minutes later, you're on a minibus back to the city centre!" he marveled.

In addition to the unique geographical features, Mr. Dietrich also enjoys local cuisine.

"I fell in love with 'yum cha'. There's such a variety of dim sum you can eat. That appeals to me a lot," he said.

Here is one fun fact - Mr. Dietrich hasn't learnt to cook any Chinese food in his 24-year life in Hong Kong! He cooks and bakes for himself and friends (and colleagues), but only Western dishes.

Besides, Mr. Dietrich also appreciates buildings with historical, archaeological and architectural value. He told us that he would like to visit the Ex-Sham Shui Po Service Reservoir, which was accorded a Grade 1 historical building status by the Antiquities Advisory Board and rehabilitated into a tour site last year. Museums and exhibitions in Hong Kong captivate him as well.

"I would have liked to visit the dinosaur exhibition at the Science Museum, but it's always full, and I won't have the chance to visit it before I leave," sighed Mr. Dietrich.

The local food, the greenness in the city, the friendliness of people... all make Hong Kong a fascinating place for Mr. Dietrich. "It feels like my second home!" he said with a smile.



Teaching career in Tanghin

Mr. Dietrich came to Tanghin six years ago upon invitation from our former principal Mr. Lau, and with a recommendation from a special friend, Mr. Leung Wai Keung, or 'M. Leung' as Mr. Dietrich and most pupils and teachers call him. M. Leung was our former Science teacher who retired last year.

"I knew him from 1998 when I first came to Hong Kong because we played tennis together. I knew where he taught, but I didn't know much about Tanghin in my early years," revealed Mr. Dietrich.

As 18 years went by, Mr. Dietrich taught in a few different schools, and with the invitation from M. Leung and Mr. Lau, Mr. Dietrich started his 6-year teaching life in Tanghin in 2016.

When Mr. Dietrich was asked what he likes the most about Tanghin, he answered without hesitation, "the people!" He was grateful to develop friendly relationships with his colleagues, janitors, and the students. He described Tanghin students as 'bright, hardworking and friendly', and he has many joyful memories with students. One of the indelible memories Mr. Dietrich shared with us is his tour to Scotland with a group of 30 students in 2019. He expressed his gratification for the trip by saying,

"I really enjoyed it! Everybody had a wonderful time, and it was great collaborating with Ms. Tong and all the students. The scenery was stunning, the history was fascinating, and the climate was cool and comfortable."

His experiences working with individual students when preparing for the Speech Festival also impressed him.

"Poetry can be quite difficult for second-language students, and even for first-language students. When we delve into it and work on it together, it's encouraging to see the progress students make from first looking at a poem with great doubt, to in the end being able to deliver the lines confidently in front of judges and the audience," said Mr. Dietrich.

Different departmental and cross-departmental collaborations left him with fond memories as well. For example, he partnered with Mr. Yeung, another one of our English teachers, to share English jokes with students in the Counselling Unit's Return-to-School Programme last year. In 2018, he also collaborated with M. Leung in a Science & English project to create amusing videos to help students understand difficult scientific vocabulary in English.

In his 24-year teaching career in Hong Kong, Mr. Dietrich has faced a number of hurdles, like the SARS outbreak in 2003, and now the ongoing COVID pandemic. Speaking of which, he admitted that the pandemic has brought considerable challenges to students, especially cross-boundary students, as well as to him. But at the same time, he noted,



"Teachers have to be adaptable. That's part of the profession. We have to go with the flow and just do the best with what we have," he added.

He also felt fortunate that technology made online learning useful when compared with what would have happened in previous decades, and expressed his hope for an end to the pandemic.

"I don't really like the online learning system, and I don't think it's the best for students either. I'm someone who likes to be in a room with live people, not just faces (or icons) on a screen!"

Following his 32-year teaching career in Canada and Hong Kong, Mr. Dietrich has observed some differences in the educational environments of the two places.

"Canadian students are given more independence. They don't have uniforms, and can move between classrooms at different periods. More emphasis is put on classwork instead of exams. They have more freedom to explore and try different subjects that they might be interested in," he pointed out.

Mr. Dietrich agreed that Hong Kong's learning environment can be stressful and high-pressure.

"Students are incredibly busy all the time with pre-tests, tests and exams. It feels like it's the be-all and end-all," he commented. He didn't think it's the easiest environment in which to learn English. "Hong Kong's not a place where students can easily leave school and use English a lot."

Mr. Dietrich is always encouraging pupils to use English in daily conversation with friends and family, and to enjoy learning English, but he acknowledged that it's difficult sometimes.

"Students feel forced to focus on other things, like Chinese, Mathematics, or the DSE. English isn't always a priority."

But still, he was glad to see the school has provided a significant amount of resources for students to learn English: "There are opportunities. Students have to cherish them and make good use of them."



Advice for learning English

Mr. Dietrich said that there is actually no 'secret' or 'shortcut' to learning English. The best way to acquire a good command of English is to practice more.

"As I often say, 'use it or lose it'. Learners have to get more practice with oral English and immerse themselves in it. It's a huge time commitment and not easy."

Mr. Dietrich also hopes learners can enjoy English language and stories. He suggested numerous ways to learn English in a pleasurable, casual way. Playing English video games, listening to speeches or music and, of course, reading for pleasure are all helpful.

"It has to be for pleasure. It can't just be forced textbook and news cutting reading. There has to be a fun element in it - something you're really fond of", he emphasized.

"Reading for pleasure gives young people the equivalent of a best friend for life," Mr. Dietrich wrote in his bulletin last autumn. Not only can you learn new vocabulary while reading, but you can find a lot of inspirational quotations as well.

"I read books of various genres, and they all make different impressions on me. They give me different feelings," said Mr. Dietrich. "Just find a book that suits your interest and dive into it. You'll definitely find a lot of pleasure."

Time flies really quickly. Mr. Dietrich has completed his quarter-century teaching mission in Hong Kong and will be leaving us this August. Moving back to Canada will present a new series of challenges for him.

"I have to start up a new life and explore my area again, even though it's my original home. It's been so long. Everything has changed a lot, and so have I."

He would like to take a break for a while and readjust himself to life in his homeland. When asked what he will miss most after leaving, Mr. Dietrich's answer is, once again, the people.

"I'm going to miss the interactions with my colleagues and the students I meet daily. However, I won't miss the heat and the humidity!"

He added that he'll also miss some of the key Hong Kong sights, such as Victoria Harbour and the view climbing up Tai Mo Shan.

"Walking and hiking around Hong Kong is completely different from what you find in other countries; there's always something new and delightful."

It is not easy to let go of the people and the environment that you have known for a long time in just the blink of an eye. We wish Mr. Dietrich the best of luck in the future!

Lastly, here is a farewell message from Mr. Dietrich to all Tanghinians:

"It may seem like a long time, but 6 years of secondary school life goes by incredibly fast. Spend time with friends and treasure the opportunities you have. I'll always be thinking about my time in Hong Kong and all the people I met. I wish you all the best!"

*"Goodbye may seem forever.
Farewell is like the end, but
in my heart is the memory and
there you will always be."*

— Walt Disney



**4A Chan Wing Tung,
5D Chan Ching Yin**

新面貌 · 新里程碑



本校於上年度學期末翻新了禮堂，全新空間提供更好的場地予同學進行各式各樣活動，又於各課室加設了互動觸控螢幕，為同學和老師帶來了嶄新的教學體驗，課堂結合科技的運用在疫情下亦便利了一眾跨境同學。

禮堂翻新工程

中學生涯始於禮堂，終於禮堂。你會記得那個初來乍到、戰戰兢兢的新生？記得那個充滿自信，手持筆袋進入考場的考生？還是那個戴着畢業帽，手持證書，熱淚盈眶的畢業生？我校創立四十週年，禮堂見證着時代的變遷和不少離別與相遇。在留下了不少歷史痕跡與回憶的同時，更孕育了不少精英和人才。以花式跳繩隊為例，我校跳繩隊曾勇奪多項全港比賽冠軍，更曾登上世界舞台一展身手，令不少鄧顯人自豪。常言道「台上一分鐘，台下十年功」放學後甚或在週末，你總會瞥見一群跳繩隊成員在禮堂努力練習的身影。他們秉持着努力不懈的精神及對跳繩的熱誠，日以繼夜地訓練，大小獎項和輝煌成就的背後絕對不乏辛酸汗水的揮灑。

禮堂翻新工程在期末試期間進行，希望為同學提供更好的活動空間和環境。禮堂更換了新的木地板，相比以前更防滑耐磨，能安全地進行各項表演、活動和練習，讓同學放心盡情展現「鄧顯人」的活力。此外，禮堂也塗上新的油漆，希望給予同學及老師煥然一新的感覺，也更顯美觀、明亮。

互動觸控螢幕

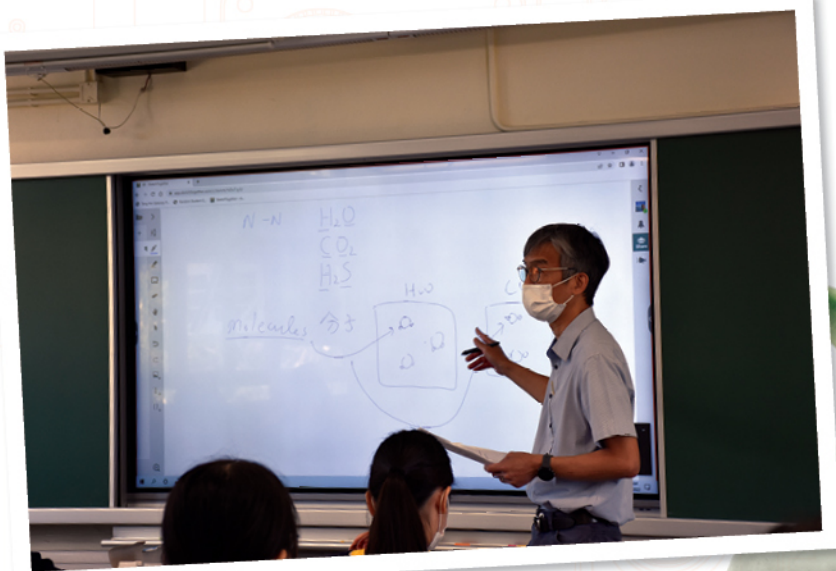
二零二零年初開始的一場世紀疫症，至今仍然肆虐全球。面對這突如其來的考驗，即使經驗老到的老師都感到措手不及。疫情下，同學都要留在家中上網課。雖然做到「停課不停學」，但始終有別於疫情前的課堂，現在網課同學們只能「孤身作戰」：同學和朋友不再坐在身旁，遇上學習困難時唯有打開咪高峰，等待老師回應。不幸的更會碰上各種電腦技術問題，導致「通話失敗」，甚至錯過部分學習內容。在網課期間，同學的學習氣氛減退，面對家中各種誘惑，自律成為了關

鍵。除了同學需要適應疫情下的新上課模式，老師們都要搖身一變，成為鏡頭前的「主播」。在剛開始時，相信網課對於很多同學來說都是一件新鮮事物，同學們少不免都有些手忙腳亂。早上起床，備妥電腦和咪高峰，開啟攝像頭，打開打印機，新奇之餘更多的是緊張。

改用網上教學模式一段時間後，大家越來越適應，更願意一起摸索、探究如何能做得更好。老師們為此付出了很多努力，同學們也十分配合，共同營造良好的學習環境。相較於剛開始上網課時，現在同學們更願意在課堂上積極發言，各抒己見；討論區滿是意見與回應，即使隔着屏幕也能感受到課堂熱鬧的氣氛。老師亦針對同學需要，讓同學在課前預習及在課後複習，提高學習效率，使同學每節課都收穫滿滿。經歷過你我隔着屏幕相隔兩地的網上課堂，才赫然發現面授課堂竟變得如此彌足珍貴，更應珍惜。

為了提升教學效率以及更能照顧跨境同學的需要，學校於暑假期間在各課室設置互動觸控螢幕。事實上，早在一年前，我校已在音樂室及幾個班房設置了觸控螢幕來「試試水溫」。試用一年後，觸控螢幕得到不少老師和同學的好評，學校於是採納有關意見，全面改用觸控螢幕。觸控螢幕同時具備顯示文件及文件上標記功能，便利了不少老師的教學。相比起投影機，互動觸控螢幕的顯示範圍更大更廣，坐在較後以及側旁的同學也能清楚看到畫面。同時，互動觸控屏幕較少受到光線影響，即使在光線不足的環境下，也能清晰呈現影像。老師及同學又可直接用手指或觸控筆在螢幕上控制裝置，甚至能繪畫、書寫，讓同學發揮創意，老師也能更方便地在課堂標記文件。另外，滑動式黑板使用起來靈活，提升課堂教學效能。課室亦配備原來的投影機及投影幕，老師能交替使用，大大提升教學效率。

適逢本校創立四十周年，新設施的引入象徵一個新里程碑，繼續肩負育英才的使命，砥礪前行，乘風啟航。



5C 凌雪怡 5C 黃露儀



香港道教聯合會鄧顯紀念中學

2021-2022年度 全年成績優異學生

姓名	獎項	畢業小學
許榮焜	中一全級第一名	順德聯誼總會何日東小學
黃上瑜	中一全級第二名	曾梅千禧學校
胡瀚文	中一全級第三名	順德聯誼總會何日東小學
劉繼日	中二全級第一名	曾梅千禧學校
王子銘	中二全級第二名	曾梅千禧學校
陳芍攸	中二全級第三名	光明英來學校
王苑廷	中三全級第一名	東華三院馬錦燦紀念小學
王睿廷	中三全級第二名	鳳溪創新小學
丘雋怡	中三全級第三名	聖公會嘉福榮真小學
霍愷寧	中四全級第一名	嘉諾撒聖家學校(九龍塘)
鄧胤灝	中四全級第二名	五旬節于良發小學
鄧信希	中四全級第三名	大埔舊墟公立學校
吳怡萱	中五全級第一名	鳳溪創新小學
陳心然	中五全級第二名	港九街坊婦女會孫方中小學
劉卓衡	中五全級第三名	光明英來學校
吳嘉妍	中六全級第一名	五旬節于良發小學
林卓盈	中六全級第二名	五旬節新茂生小學
勞健洋	中六全級第三名	香海正覺蓮社佛教正覺蓮社學校

Choi Yuen Estate, Sheung Shui, NT
新界上水彩園邨

Tel 電話 : 26726820 Fax 傳真 : 26720711

URL 網址 : www.tanghin.edu.hk E-mail 電郵 : school@tanghin.edu.hk

