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香港道教聯合會鄧顯紀念中學 (2022至2023年度)

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We're all under the same moonlight

When you look up at the sky at night, can you see those glinting stars? Have you ever wondered what those stars are called or how the solar system works? The mystery of the galaxy has allured Jeffrey and his team to find out more about it.

The Astronomy Club was established in 2021 by Wong Chun Fung, Jeffrey and Mr. Ho Nok Chun with the goal of bringing astronomical knowledge, a subject that is less well-known in Hong Kong, to fellow schoolmates through practical experiences.

Jeffrey was first exposed to Astronomy in one of the Scout training courses. He was just briefly introduced to the topic, yet he quickly developed an interest in it. "I was deeply in love with Astronomy, though I acknowledge that it is a profound subject," Jeffrey said. With the intention to promote Astronomy, the notion of founding the Astronomy Club in school popped up in Jeffrey's mind.

Mr. Ho, the teacher-in-charge of the Astronomy Club, is likewise very passionate about Astronomy. Apart from that, he added one additional justification for his willingness to collaborate with Jeffrey and form the club, "Astronomy Club, unlike many other clubs or societies in Tanghin, is less academic-oriented. Students can benefit from the activities while having fun. I believed that Jeffrey's idea was fabulous, and the club was worth establishing."

Teamwork & the bravery to try make things done

More than a year has passed since the club's inception. This year, Jeffrey and Mr. Ho encountered more challenges. "This year, more than 250 members have been admitted. It is difficult for me and the other committee members to plan activities with a variety of themes that satisfy every member," acknowledged Jeffrey. Unexpected weather conditions are another concern of the club. The Lunar Eclipse Event, for example, was sadly cancelled owing to the bad weather. In addition, the safety of pupils is meanwhile another factor to take into account. As most stargazing activities take place at night, a large number of teachers are required to assure everyone's safety. It is also never easy for Jeffrey to hold astronomical events as they always come with huge costs. Luckily, he has got help, "Thankfully, the school is incredibly supportive, and the members of our committee work really hard to prepare. That really helped solve many of the problems."

In the meantime, Jeffrey and Mr. Ho also shared some unforgettable moments with the School Tempo. "Our committee always has meetings and does test runs for events. We gather to suggest plans and prepare for future activities. Sometimes we even leave the school at 8 or 9pm just to make sure that everything goes well the next day." Jeffrey stated. Besides, many teachers are willing to lend Jeffrey a helping hand when it comes to outings, which makes him feel that he is not alone. "Having a team of like-minded individuals striving for the same objective is extremely valuable. I'm deeply appreciative of the help from our committee and other teachers," Jeffrey added with gratitude. Moreover, as a newly-founded club, the Astronomy Club has no previous experience. Without any idea whether their plans will go well, all they can do is try everything out. "We have to put a lot of effort into putting forward fresh ideas. While some worked incredibly well, others didn't. However, when they (the committee members) succeeded, they had a sense of accomplishment. And I'm sure that they've learnt a lot from their experiences in the club," Mr. Ho remarked.



*"It was like, we really got
the feeling of 'youth' again!"*

In August 2022, the Astronomy Club held its first stargazing camping trip, which turned out to be a great success. Taking the pandemic into account, Jeffrey pointed out that no camping trips had been held due to infection concerns. In the hope to reunite members and provide schoolmates with an opportunity to appreciate the midnight sky without any light pollution, and also benefitting from the alleviation of the pandemic situation, Jeffrey held this camping trip boldly, which has never been done before by any school clubs or societies since the COVID outbreak. "I wanted our schoolmates to experience the 'secondary school life' that they missed, especially for F.6 participants," said Jeffrey.

Success doesn't come for free. A lot of effort was put into the preparation. Typically, a camping trip's schedule and events are planned by the campsite operators. The committee and the teachers-in-charge, however, handled everything this time. With little experience, the committee spent a great deal of time on researching and brainstorming. To make all participants, ranging from F.1 to F.6, feel involved in the trip, Jeffrey asked for suggestions from students in advance. After thorough discussions with his committee, they decided to include various teambuilding activities and leave out some leisure time for participants in addition to stargazing. "It was hard to strike a balance between letting the participants have fun while making the camping trip meaningful and educational," Jeffrey revealed.

The Astronomy Club was the first club to organize a camp trip under the COVID-19 pandemic. In addition to activity planning, they had to make backup plans and emergency plans to ensure the event could run well even with unexpected incidents, such as the dramatic rise of COVID infection cases a few weeks before the camping trip. The risk of having an infection outbreak on the trip was high, but Jeffrey and Mr. Ho still spared no effort to persuade the principal and other teachers to approve their plan, as they didn't want to disappoint their members.

Despite all their worries, it turned out that the participants enjoyed the camping trip and the whole experience was better than they had expected. Jeffrey's face lit up when asked to share some of his indelible memories, "Mr. Ho and I could see they (the participants), especially the senior ones, savoured the moment. It was like, we really got the feeling of 'youth' again! I'm glad that they liked the camping trip. It gives me a sense of achievement."

On top of the camping, the Charity Sale held in November last year has also gained great popularity among pupils. In an effort to support the Hong Kong Astronomical Society, the city's leading non-profit astronomy organization dedicated to advancing astronomy education, members of the committee created a variety of brightly illustrated products for sale, including tote bags, files, pins, and single-lined paper. After deducting all the expenses, all revenues were donated to the organization.

The committee faced a number of challenges as it prepared to hold such an activity for the first time without any prior experience. Among them, coordinating with the Education Bureau and the School Authority took them the longest time. "We must make sure that the Charity Sale complies with EDB's regulations - it does take us some time to read over the documentation. It takes time to communicate with the school as well," pointed out Jeffrey. Concerns also arose during the preparation. "I'm particularly concerned about whether students would appreciate our goods and whether we can sell all of our merchandise. We lack prior experience." To some extent, they had trouble deciding the selling prices and the quantity to be sold. With a huge effort from the committee, they hurdled all the obstacles and held the activity successfully.



The experience this time benefitted them with valuable learning opportunities as well. "No one had prior experience, so we were beginning from scratch. There is definitely room for improvement - that's how we learn to do better next time", said one committee member. Jeffrey and Mr. Ho were also glad to see students using the products in school, "it's kind of an indication that all of our work is paying off!" In addition, Mr. Ho has allowed committee members to give full play to their creativity and entrepreneurial skills. "I didn't involve too much in the process. I want to give pupils more chances to try out different things." "The Charity Sale is a worthy attempt, even though it might not turn out as well as we hoped. Nevertheless, it's an excellent start for us to build experience for future activities." Jeffrey remarked.

Founded for a year, the Astronomy Club has organized manifold activities that intrigued students from different forms to join. Active engagement of the chairperson, the teacher-in-charge and the committee accounts for its success today. "The most crucial element in running an ECA club is its committee members. Their passion and readiness to dedicate time to the club are of the essence," confessed Mr. Ho, who is also an alumnus of Tanghin. Jeffrey concurred that the support of the school and students' active participation are vital as well. "I'm grateful for schoolmates' unending support for us, especially junior form students. The school has provided venues and funds for us as well, which I'm deeply appreciative of." A variety of innovative activities, such as stargazing, crafting planet-shaped candles and the Charity Sale, have made strides for Tanghin's extra-curricular activities.

On the other side, Mr. Ho and Jeffrey both shared their sadness with the School Tempo. "This year, my stress level has increased. I've worked extremely hard to prevent blunders because schoolmates now have higher expectations as a result of the club's success in the previous academic year," stated Jeffrey. "We endeavor to hold innovative activities for the first time, but the results are unsatisfactory owing to our inexperience, which displeases our supporters and stresses me out." Mr. Ho simultaneously expressed regret, saying,

"My workload has increased this year. I am appointed more school duties, and therefore being less involved in their preparation. From another viewpoint, it may be a good thing as the committee is now granted more freedom to showcase their talents."

In the future, the Astronomy Club plans to collaborate with other clubs or societies and organize inter-club activities in the hope to give students a more diverse range of experiences. The Club also strives to hold camping trips and other excursions in the upcoming months. However, with more members this year, it's anticipated that new difficulties may emerge. It's worth mentioning that this year's committee consists of both junior and senior form members. Both Jeffrey and Mr. Ho would like to provide junior form pupils with more opportunities and pass on their experiences in running an ECA club to them.

Last but not least, the Astronomy Club will continue to organize a wide range of activities for fellow schoolmates in the near future, including camping trips, outdoor stargazing, craft sessions, field trips to Hong Kong Disneyland for physics classes, and more. Stay tuned for their updates!



4A Chan Wing Tung, 5D Chan Ching Yin

Path to normality - the last "special-edition" Annual P.E. Days

The school hall and sports ground were buzzing with excitement on 30th November and 1st December as the school community gathered for two days to enjoy inter-class sports competitions. Since our school observed regulations of disease control, this year's P.E. days were also held on campus - hopefully, this would be the last one! Be it juniors or seniors, our students displayed their strength, agility, and sportsmanship when they participated in conventional and modified ball games. We are extremely proud of our students for pushing themselves physically and mentally to do their very best in every game. Most importantly, we congratulate all the prize winners on reaping the fruits of their labour!

The annual P.E. days were comprised of multifarious activities, including modified volleyball and football games and a conventional dodgeball competition. Our PE teachers, who sacrificed time and energy, deserved a big thank you for organizing such creative games and testing the rules for the modified games.

The two-day event started off with the modified volleyball game. The rules are as follows: each team tries to score points by grounding a hand-made balloon filled with sprinkles on the other team's court. The team can touch the ball up to three times to serve the ball to the other side of the court, but individual players can only touch the ball once consecutively. Passing through the school hall entrance, we could clearly feel the overwhelming ambience: enthusiastic cheers of students could be heard from afar, and competitors entered the court with their heads held high. The spectator stands were also brimming with anticipation as students and teachers alike cheered the players on with great enthusiasm. Rhythmic, carefully choreographed chants resounded in the school hall, and some diehard fans were even spotted holding aesthetically pleasing cheer banners!

What comes to your mind when you hear 'table football'? It involves using figures mounted on rotating bars to kick a ball into the opposing goal - and it works similarly for our modified football game! This game captured the audience the most due to its uniqueness. During the match, students had to pass the huge yoga ball while staying in their assigned space. Only when players successfully hit the ball into the opponent's goal could their team get one point. Our students



demonstrated energetic enthusiasm in cheering as the players tried their best to score goals. All in all, despite the tricky weather and uncertainty at the start of the game, everyone would agree that the modified football game was a rousing success. As for the conventional dodgeball game, it was absolutely thrilling. Since most participants were members of the school's Dodgeball Team, they managed to wow the audience with their skills and strategies learnt. What we felt the proudest of was that competitors gave it their all to strive for glory in the court, not for themselves but for the pride of their class!

The brilliant performances were vivid reflections of their hard work. The chairperson of 5C's Class Union, Wong Chun Fung, reminisced about the hard work his classmates devoted to preparing for the competition. Everyone stayed at school to practise until late at night every day despite their hectic academic schedules. 'It was exhausting, especially after

extra lessons. Nevertheless, we put our greatest effort into every practice after school. Seeing our skills gradually improve through our collective efforts, and the tight bonding we shared as a class made us persevere! We were also thankful for our teachers for practising with us after a day of tiring work.' He recalled that they were nervous throughout the day because making a small mistake in a competition would suffice to impact the results. Despite falling behind in the heats, they eventually emerged victorious as the champion of the dodgeball game with their team spirit. Hard work indeed paid off.

The highlight of our P.E. day was the much-anticipated teacher-student modified volleyball game - finally, a chance for teachers to showcase their athleticism. Teachers and students were divided into two groups: the principal and vice-principal teams. The volleyball game was a frantic one, but the principal team came out victorious. Last but not least, we were treated to a hilarious 'Just Dance Relay', where teachers and students danced to 'Fancy' by Twice, bringing much fun and joy to the audience.

After the event, we had the opportunity to interview our dearest Principal, Mr. Wong. He shared with us his indelible memories when participating in the Teacher-Student competitions, as well as his reflections on this experience. Notwithstanding the packed work schedule, he managed to partake in the P.E. days. 'I was proud to see our students give their all in the competitions!' He agreed that the P.E. days could help develop closer links between teachers and students through the troubling waters of the pandemic. Due to the consecutive practice sessions for this event, teachers and students got to know more about each other and made memories worth reminiscing. Besides, Mr. Wong extended his appreciation for our perseverance and positivity amidst the insurmountable difficulties. His speech ended with a tribute to everyone, as it was their engagement that made these two days memorable. We would like to thank him for helping us create a fruitful school life and for his unwavering support!



We were grateful to have student volunteers for being our referees, as well as our P.E. teachers for organizing the creative games, without whom this event would not have been smooth and successful. We had a lot of fun preparing for the competitions and formed tighter bonds with our classmates at the same time. While we look forward to showcasing our skills in track and field, let us not forget the fond memories we made and the snapshots we captured on this extra special occasion!



5A Fork Hoi Ning, 5A Song Tsz Mak

校園節拍——舞動青春

看着「鏡房」裏同學揮灑着青春的汗水，心臟也不期然跟着節奏迅疾跳動。在過去四十載，我校僅有的舞蹈隊專注於傳統且優美的中國舞；而在上學期，鄧顯街舞隊——U Dance 成立了。這背後離不開諸位老師的心力和多位同學對舞蹈的熱忱和熱愛。

U Dance 在疫情的陰霾下萌芽，從起初的暑期舞蹈班，茁壯成長至規模可觀的學會。最近更在鄧顯這片沃土上結出累累碩果，先後在多個比賽中取得耀眼成績。

那麼當初為何驟然打破傳統、跳出框框成立街舞隊呢？答案要追溯到疫情的始端。2020年疫情肆虐、人人自危，師生同學之間少不免保持社交距離。當時學校給課外活動組提撥了一筆經費，用於籌備四十週年校慶表演，卻受種種防疫規例的桎梏束縛。恰巧跳舞需要的肢體接觸比其他集體運動少，就當時而言是相對可行的項目。因此我校體育老師陳慧聰老師決定放手一搏，運用這筆經費舉辦短期的暑期舞蹈班，試試水溫。讓人意外的是，同學反應異常踴躍，暑期舞蹈班成功燃起了同學對舞蹈的興趣，更激發了同學的潛能。就在這般天時地利人和下，陳老師毅然決定擴大暑期班規模，恆常化訓練，正式成立學會。U Dance 亦順勢誕生。

談及 U Dance 籌備初期，宣傳片的拍攝可謂一波三折。原定十人一同拍攝舞蹈宣傳片段，隊員卻相繼染疫，中六同學則忙於備戰公開試而分身乏術。在成員缺席下，其他同學只能臨場調整走位及轉場。拍攝當天天氣酷熱，同學更需要在當日下午頂着烈日完成拍攝。是次拍攝對於隊員們而言可謂大挑戰。

但這一切都是值得的。本學年 U Dance 隊長蘇凱晴同學憶述道：「雖然那一天的拍攝很辛苦，但看着影片裡肆意揮灑青春汗水的大家，我看到了大家截然不同的一面。那一刻，感覺一切的付出、辛勞與汗水都是絕對值得的。」宣傳片公映後，瞬間激起了陣陣浪濤，不少同學在午休時間都駐足在有蓋操場觀看宣傳片，U Dance 更在招募日收到近百份報名表格，遠遠超出預期。就在這歷史性的一刻，U Dance 創始成員的心血得到肯定和回報，鄧顯校園亦從此增添了一絲青春的氣息、一份舞動的色彩。

看見同學在鎂光燈照射下沉浸在跳舞的樂趣中，得以在繁忙的學業中找到自己的愛好，創立並大力支持 U Dance 發展的陳老師自然難掩喜悅之情。「作為負責老師，我希望同學除了認真對待學業外，還可以享受舞蹈、熱愛團隊，在過程中一起



成長。同時，我亦希望同學將來畢業後憶起中學回憶時，能在茫茫書海中尋找到曾經所熱愛、所憧憬的舞步。」讓莘莘學子在匆匆六年中學歲月裏留下美好且難忘的回憶、留下專屬的一抹倩影，正正是陳老師所希冀的。

距離 U Dance 初成立已過去一個學期，作為隊長，蘇同學對於 U Dance 的成立及發展別有一番感悟。「大眾普遍認為鄧顯同學的生活往往只是充斥着『補課』、『考試』和『測驗』，大多只願意在讀書方面投放時間，現在看來並非如此。」在籌辦 U Dance 的過程中，蘇同學發現原來同學並不是對跳舞沒有興趣，而是一直以來缺乏一個平台讓他們發揮所長。「始終大家來自不同年級，隊員之間難免會有隔閡。但備戰期間我們大多自發留下訓練，交流變得頻繁，亦漸漸變得熟絡。對隊員而言，從普通同學變成並肩作戰的戰友，感受練習過程的笑與淚，彼此相互鼓勵與扶持，相比比賽贏得的獎項及殊榮，更加難能可貴，更加畢生難忘，值得一再回味。」

六年時間如同白駒過隙，對於這曇花一現的青蔥歲月，或許什麼都敵不過能夠擁有一群志趣相投、共同進退的知己。在接下來的五月，鄧顯將會迎來創校以來首屆社際舞蹈比賽，將這份青春的熱血、舞動的暢快傳播到校園每個角落。

在此，《校園節拍》編委祝願 U Dance 能在接下來的比賽活動中奪得佳績，亦衷心希望首屆社際舞蹈比賽能夠順利舉行，讓師生一同感受跳舞帶來的樂趣！



5C 李彥霈 5D 陳慧宜

「腦」力擴闊，校園「新」活

近年資訊科技的發展一日千里，而學校對資訊科技硬件設備的更新同樣與時並進，在偌大的校園內，正悄悄地發生翻天覆地的變化。

「叮噠叮噠」上課鈴聲響起，同學魚貫進入不同的教室準備上課，但在地下電腦室上課的同學卻在今天迎來了不一樣的驚喜——嶄新的地板，整齊有序的座位，全新的電腦屏幕，這一切無不令人眼前一亮。上課時，陽光透過窗戶灑進電腦室，令課室變得更明亮潔淨。設計簡約的電腦室，色調柔和。放眼望去，令人心情放鬆。在這裡上課，或許會有更高的效率呢！

除了煥然一新的電腦教室，我校今年也迎來了不少富有經驗的新老師，為學校的教師團隊注入新動力。而任教電腦科的謝婉盈老師便是其中之一。今次有幸與謝老師進行訪談，原來謝老師是我校舊生，她在大學修讀電腦科學，大學畢業後，謝老師一邊攻讀教育碩士，一邊在公司的IT部門任職程序編制主任。後來為了實現一直以來想成為老師的夢想，因而放棄了原本的工作，最終在今年以不一樣的身份，再次步進母校。

問及當老師的原因，謝老師表示原因有二。其一是源於對電腦科的熱愛，因此謝老師希望能以自己的熱情感染同學，讓同學感受到電腦科的樂趣。但謝老師坦然修讀電腦科的過程確實並不輕鬆，密密麻麻的電腦編碼很容易會讓人看得頭昏腦脹，因而產生恐懼感，使學生卻步。但她勉勵同學不要輕言放棄，並以自己為例子，她憶述自己剛開始寫程式時也遇過非常難纏的敵人，那就是bug。當時她還是初學階段，每遇到bug都會感到害怕，當耗了數小時與敵人奮戰，卻依然debug未還時，謝老師也會感到泄氣。但謝老師指出正是失敗後的不斷嘗試和磨練，才讓成功的果實變得更為甘美可貴，因此她認為失敗是成功的踏腳石而非絆腳石，只要同學堅持不懈，迎難而上，就必定迎來曙光。所以謝老師希望以自己的知識和經驗勉勵同學，讓同學減低對寫程式的恐懼，並從中獲得樂趣。

成為教師的另一原因是因為謝老師的座右銘："learn how to learn"。謝老師一直深信老師肩負著使命，盡力教導學生知識是基本，更重要的是教導學生如何學習為人處事的道理，謝老師是抱著這樣的決心踏入教師行列。訪談中，謝老師提及兒時自己並非最愛讀書的一群，亦不明白讀書的意義，後來受到中學老師啟發，才明白自主學習的重要性，深知盲目地死讀書只能帶來短期效益，所以謝老師渴望盡力影響學生，使他們都能做到自主學習，並學習書本以外的知識。

「德勝才謂之君子」，作為任教電腦科的老師，謝老師更明白在現時資訊氾濫的年代，網上平台發佈的內容大多真假難辨，對學生的影響實在不容小覷，因此謝老師希望以自己的專業知識，幫助同學提升資訊素養，學會做一個負責任的網路使用者。

作為舊生，謝老師對學校的環境和風氣有一定的瞭解，但她坦言從程式編制工作轉為老師，要面對重大的轉變及挑戰，從以前下班就可以享受放假的生活，現在卻不會有真正的下班時間。在課後謝老師常要回覆同學們的提問、備課，思考如何將上課內容解釋得更清楚、明白。謝老師表示預備教學的時間永遠不會太多，而教學的質素永遠都有進步的空間。

最後，謝老師很感恩這段時間得到不少老師的幫助，大部分的學生也很合作和踴躍參與課堂，她希望同學能堅持開學時的衝勁，找到自己努力的目標，並好好享受六年的中學時光。



5A 徐曉霖 5B 莊凱汶 5C 彭嘉敏

闊別前的金「石」之言



石玉輝老師已於本校任教十一年，他充滿幹勁熱誠，愛護學生，一直深得各級同學愛戴。而石老師完成本年度的教學任務後，將告別鄧顯，開展第二人生。

石老師憶述在當初撰寫求職信時論及自身的教學理念，他記得當中的一句：「藉著教書去教人，亦藉著教人去教書。」石老師相信能夠讀好書的前提是先要做好一個人，而非只將知識填塞於腦袋卻忽略了言行品德，因此老師所擔當的角色舉足輕重。石老師認為要培養學生品德，老師必須以身作則，而且要有條不紊，做好時間分配、分辨事情的輕重緩急，才能引導學生妥善處事，學生最後才會懂得如何讀好書。因此，在課堂教授書本知識的同時，石老師亦希望學生能夠建立一套屬於自己的正確價值觀和學習待人接物的良好態度。在石老師的眼中，品德從來比成績重要。因此在平日課堂上，石老師會盡量將課本知識簡化、清晰有序地講授。對石老師而言，老師多付出些，學生便能夠相對輕鬆地吸收並消化課本內容，同時亦能夠學到更多知識，而這正是石老師最希望能夠做到的。

兢兢業業十一載，看著莘莘學子不斷成長，石老師的教育理念貫徹始終，他坦言並非要求所有學生都能在讀書方面取得優秀的成績，相比起試卷上的分數，他更希望學生能夠不負這段青蔥歲月，令將來的自己不會後悔。在教學的過程中，不論學生基礎穩固與否，只要學生願意付出努力，便能在學習的過程中不斷進步，將來能夠獨當一面、找到心儀的工作、工作順利順利，這亦是他最大的期盼。「當發現課堂上不經意說的一些道理能夠被學生牢記並實踐，能夠啟發他們，於我而言已經非常鼓舞。我希望能夠見證他們的成長，不論是在學期間又或者畢業之後，這些都促使我在教學路上繼續前行。」

對於鄧顯學生的第一印象，石老師坦言其想法與旁人相差無幾——「乖巧」、「內斂」。雖然當中難免有較為調皮的學

生，但總的來說是容易管教的。因此在這十一個春去秋來間，石老師總能舒心地工作。而在與學生認識更深入後，他發現學生其實也有其活潑、好動的一面，對待事物也會有各自的想法，在平日的課堂上難以察覺，打破了對他們的刻板印象。

相比起學生的品行，更令石老師困擾的是疫情下的網課。疫情肆虐，授課模式改變，日常教學亦變得舉步維艱。石老師直言網課令到每位老師的工作量大幅增加，需要同時兼顧香港同學及跨境同學、處理實體及網上授課的文件。由於隔著屏幕，網上授課最令他擔心的，便是學生的學習進度。網上授課令他缺少機會親身與同學接觸和交流，師生之間無可避免地產生距離，亦較難詢問學生的學習進度。同時老師難以在網課期間確保同學專注度；加上很多時候同學遇到困難時，他都未必能即時給予幫助，而這在某程度上亦拖慢了教學進度。對石老師來說，不論學生成績好壞，都希望最大程度地給予學生學習上的支援，因此在疫情下授課面對的種種問題實在是令其沮喪。

如今要闊別鄧顯，最令石老師感到遺憾的便是疫情下同學關係不如以往般親密。整個中學生涯，學生會累積許多共同經驗，彼此創造集體回憶，例如旅行的歡聲笑語、課堂上的分組討論、陸運會上的歡呼吶喊等等。然而面對疫情，絕大多數的集體活動皆礙於防疫考慮而無法進行，同學見面的時間大幅減少，自然難以培養感情和默契。「中學時期同學相處就如同打邊爐一樣，不同魚、蝦、蟹、雜菜放在同一個鍋裏，儘管他們形色各異，但煮的時間長了便會融和。但疫情下，學生就如同被分隔在不同的鍋裏煮，缺少交流。」對於疫情下同學無法創造共同經歷、建立共同回憶，較難互相熟悉，石老師頗感可惜。





disappointment)。在奮鬥初期未必能夠眼見一個很顯著的進步，倘若因此被擊垮而停下腳步，就永遠無法品嚐到成功的果實；但只要堅持下去、默默耕耘，就能夠慢慢地感受到自己的進步和付出。石老師深深明白有時候同學會覺得自己明明付出了相當大的努力卻得不到自己想要的結果，但他希望同學能夠明白堅持的重要性，無論是現在讀書或將來工作都能應用這道理。與此同時，石老師亦希望同學能夠與昨日的自己作比較，而不是去和身邊其他人作比較。眼見現今越來越多年輕人飽受情緒問題困擾，石老師認為其中一個主因正正就是因為人與人之間存在著太多的比較，甚或在比較中漸漸埋沒、忽略了自己的優點，導致自己迷失方向。石老師坦言在當前社會環境下這些比較是難免的，但他最希望同學明白其實自己每一天都在努力進步、成長，而每一個人都有自己的步伐，不需要跟身邊人比較，更加不應因為覺得自己及不上身邊人而氣餒。

“Compare yourself to who you were yesterday, not to who someone else is today.”

最後，〈校園節拍〉編委在此衷心感謝石老師在本校十一年的貢獻，同時亦祝願石老師未來一切順利、生活愉快！

談及這十一年間最令石老師留下深刻印象的事，莫過於他初執教鞭時所教導的學生在若干年後秉持著相同的教學理念，也成為了一名教師。「看著那些曾經的學生，如同看著當初的自己，這大概便是傳承。」說起前塵往事，石老師也不禁流露出欣慰之情，儘管自己在不久後便要離開，但他相信新血將注入校園，而那群兼具熱誠和理想的新老師也會繼續在鄧顯作育英才。

離別在即，看著與自己度過無數日子的學校，還有那些自己未能陪伴度過高中三年的學生，石老師亦是倍感感觸。「感覺高中三年宛如坐上了一系列通往『文憑試』終點的列車，對於高中的同學而言，這一兩年間只是走過了一部分的路程，而自己卻要在這趟旅程的中段退出，從此缺席，難免感到遺憾。」提及到自己中四、五的學生，石老師亦難掩神傷，但亦希望他們明白「天下無不散之筵席」，只要心中存有彼此，即使相隔萬水千山，也猶如相伴在側般緊密。

在訪問的最後，石老師五味雜陳，作為一名數學老師，石老師希望同學明白「複利(compound interest)」背後的威力：學生不用一下子大幅度進步，只要每天都比前一天的自己多進步百分之一，一年過後累積下來，進步的幅度將會遠超預期，而那將會是一年前的三十七倍。石老師同時亦希望同學明白其實進步的過程亦很漫長，畢竟理想與現實之間難免存在著一定的落差，過程中也需要經歷過一段失望山谷 (valley of



5C 李彥霽 5D 陳慧宜



Espoir與你同行



Espoir 是我校2022-2023年度的學生會內閣。Espoir 一字源自法文，意旨希望。Espoir 希望能幫助同學在疫情的陰霾下望見曙光，感受校園中的愛和溫暖，重拾勇氣，勇往直前，並期望在任內舉辦多種創新及多姿多彩的活動，讓同學享受校園生活。以下是幾項我校學生會已舉辦及即將舉辦的活動介紹。

「小巴牌匙扣工作坊」：（已舉辦）

相信不少同學曾見過舊式的小巴印有白底藍字的路線牌。由於小巴的路線繁多，為了讓乘客分辨不同路線，當時的小巴司機開始使用塑膠路線牌，以手寫藍色及紅色字去顯示內容，別有一番特色。可惜隨著電子路線牌的興起，膠製小巴牌逐漸式微，也因需求的下降，愈來愈少人承傳這門手藝，使小巴膠牌逐漸消失於大眾的視野。

為了讓同學了解更多香港的本土文化產物及當中的歷史和意義，我校學生會——Espoir在12月舉行了「小巴牌匙扣工作坊」。同學在工作坊中能夠自由選擇小巴牌的文字，並以紅色及藍色的馬克筆為屬於自己的小巴牌填色。看則容易，但原來要把顏色填得飽滿也很考功夫。如同學要先把凹陷位置的邊框框好，然後用力壓筆頭，務求使中間上色的地方均勻，避免留下筆痕。

在同學的製作途中，會在螢幕播放有關小巴牌的歷史及工序的影片，旁邊則有學生會成員為同學講解小巴牌的歷史及傳統，使同學在製作自己的迷你小巴牌中，能認識香港交通發展上的獨特文化。工作坊不但宣揚了香港的本土文化，更令同學在繁瑣的學業中忙裏偷閒，真是一舉兩得。



香港道教聯合會鄧顯紀念中學

2022-2023年度 全年成績優異學生

姓名	獎項	畢業小學
韓俊豪	中一全級第一名	五旬節新茂生小學
胡亦斐	中一全級第二名	五旬節于良發小學
余宛霖	中一全級第三名	順德聯誼總會何日東小學
黃上瑜	中二全級第一名	曾梅千禧學校
陳 譽	中二全級第二名	香海正覺蓮社佛教正覺蓮社學校
胡瀚文	中二全級第三名	順德聯誼總會何日東小學
劉繼日	中三全級第一名	曾梅千禧學校
楊銘洲	中三全級第二名	聖公會嘉福榮真小學
劉淞源	中三全級第三名	石湖墟公立學校
王睿廷	中四全級第一名	鳳溪創新小學
卓鈞海	中四全級第二名	香海正覺蓮社佛教正覺蓮社學校
王苑廷	中四全級第三名	東華三院馬錦燦紀念小學
鄧胤灝	中五全級第一名	五旬節于良發小學
藍晉豪	中五全級第二名	方樹福堂基金方樹泉小學
霍愷寧	中五全級第三名	嘉諾撒聖家學校(九龍塘)
吳怡萱	中六全級第一名	鳳溪創新小學
陳心然	中六全級第二名	港九街坊婦女會孫方中小學
冼俊然	中六全級第三名	香海正覺蓮社佛教正覺蓮社學校

慈善義賣：（已舉辦）

慈善義賣一直是學生會的傳統，惟因疫情的緣故而停辦了三年。我校學生會——Espoir 有幸在疫情緩和下的家長日復辦此活動，延續傳統。為鼓勵同學積極籌款，此次慈善義賣有別於以往做法，添加了新元素——所有二手商品均由同學自由定價，每一款商品會有一個最底價，在此基礎上由同學自主加價，所有籌到的款項將會捐給愛護動物協會，實在別具意義。

除了二手商品售賣外，學生會還設計了多款精美產品進行義賣。其中包括學生會親身設計的黃麻袋，在鼓勵同學使用環保袋的同時，又能兼顧實用及美觀。當然還有代表我校學生會 Espoir 的吉祥物——鹿玩偶的售賣，相信各位同學都會愛不釋手。其他原創商品還包括鎖匙扣及鄧顯人校園貼紙，上面都分別印有經典勵志歌詞及金句，望能在疫情下為同學送上溫暖及祝福。

由我校學生會自行組織的義賣活動，望能激發同學們的社會責任感，使之擁有持久的動力從事慈善活動，宣揚公益精神。我校慈善義賣的活動一直以來以實踐公益行動為目的，通過義賣籌款的活動形式，不僅能營造慈善氛圍，更能倡導師生間互助互愛的精神。

我校學生會 Espoir 期望能繼續竭誠地為鄧顯人服務，更盼望能燃亮校園、點亮前路、照亮同學的心扉。

5C 凌雪怡 5C 黃露儀

明道立德

Grasp Principles, Cultivate Virtues

鄧
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