



天主教母佑會蕭明中學

Daughters of Mary Help of Christians
Siu Ming Catholic Secondary School

學校 通訊

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Sr. Anita Kwok Ming Ying Principal



"Give thanks to the Lord, for He is good, His mercy endures forever." (Psalm 118:1) The last school year has been very tough for many of us but the love of God never fails us. He lets us see wonderful deeds in our lives, and we are all blessed indeed by His grace and mercy.

The school year started in September 2019. Never in the history of Hong Kong have we experienced social unrest. Many young people including our own students are very much disturbed by the situation. Being obedient and in close communication with the teachers and the school, our students would also like to voice out their needs to express their emotions and points of view. I

am grateful that teachers are very caring and concerned that many of them immediately started to devote much of their time to communicate with the students either in groups or individually even during their own leisure time. Through this incident, the bond between teachers, including the school, and students becomes closer to each other even more when students feel personally loved and cared for individually. The only target of the school is to protect students from any kinds of harm, physically, emotionally and even psychologically.

Then in February 2020, the COVID-19 Pandemic spreads through the whole world. Schools were suspended and students need to get used to online teaching. Again I am grateful indeed to all the staff. Teachers learn bit by bit how to put up teaching materials online. Supporting staff kept running errands for all the necessary epidemic prevention materials, especially for S6 students who would sit for the public exam.

Foreseeing that the new school year would begin with online lessons, the school arranged all the students to come back to school to pick up their learning materials on 31 August. Therefore, students could begin the school year properly online and it ran well with all the videos being put up in google classroom and all the students were able to hear and read the messages from different speakers including the Principal, Vice-Principals, Discipline Mistress etc. on the first 2 days.

We are indeed grateful that with the grace and blessing from God through the intercession of the Blessed Virgin Mary Help of Christians and collaboration from all stakeholders, students gradually return to school and start their schooling normally though with only half-day learning in school. I would like to take this opportunity to express my heartfelt gratitude again to each and every teaching staff for their unceasing hard work in preparing all the teaching materials online, all the supporting staff, especially the IT staff for their unconditional support to the teachers in the frontline and parents for their trust and understanding. I would like to thank the students as well for their cooperation and eagerness to learn. May God continue to bestow on us the graces we need to accompany our students, decent and elegant young adults, ready to pursue excellence now and in the future.

Principal's Message

SiuMingians: Make Change and Go Forth

"Change is inevitable in life. You can either resist it and potentially get run over by it, or you can choose to cooperate with it, adapt to it, and learn how to benefit from it. When you embrace change you will begin to see it as an opportunity for growth."

--- Jack Canfield, author of *Chicken Soup for the Soul*

Leung PS (VP)

Every year, our school looks forward to seeing students return from their summer holidays, hearing their laughter and joyous faces filling up the school. However, this year, the school remains empty and hushed, making 2020 an especially unusual year. Like many schools across the world, our students are forced to stay home and study online instead, which prompted many students and school staff to make unprecedented adjustments to their lifestyles. Our school believes that there is no better time than now to show off our adaptability, flexibility, and durability in countering adversity as SiuMingians.

Facing such a sudden change to our usual way of life, this may be a confusing time to many, causing various negative emotions such as anxiety, dejection, or dissatisfaction to arise. However, our school believes that with a positive attitude, we can overcome any obstacles, of which how the situation develops completely depends on us. Instead of dwelling on the negatives, we should be focusing on what we can control instead, making this an opportunity to grow and help one other --- exercising the values that SiuMingians stand for.

Academically speaking, students and teachers are required to make various changes to the way they teach and learn. For teachers, switching to real-time online teaching may prove to be particularly challenging as they would need to rely mainly on technology for most of their classes. Yet, with smooth communication and dedicated collaboration between different departments, our school is pleased to see that our teachers are able to overcome these hardships and quickly adapt to create the best arrangements for our students to learn.

With teachers having limited supervision due to physical barriers, students must learn to be self-disciplined and responsible enough to handle this extra freedom provided to them. Indeed, students must realize that their learning is no one else's but their own responsibility and that they must try hard to keep away from various distractions or temptations that come with studying in the comfort of their home. For test and homework submission, our school relies especially on the students' cooperation, integrity, and academic honesty.

During school suspension, perseverance has become a particularly important trait as students were required to overcome both internal and external hurdles. While external hurdles can be overcome with flexible adaptation, internal obstacles are overcome only by conquering one's idleness. Hopefully students are continuously improving and bettering themselves.

As a famed English novelist once said, 'There is no royal road to learning; no short cut to the acquirement of any art'. To learn, master, and refine any field of study is never an easy task, but we believe that with good time management, organizational skills, and insatiable curiosity, our students will be able to carry on their journey to academic excellence.

Most importantly, students should be reminded that their attitude is everything. Be proactive, be inquisitive, be determined at all times, while keeping an optimistic and positive attitude no matter what task is at hand.

In life, we must be mindful that despite the need to learn and reflect from the past, we should always keep our heads high and place our eyes on the future. Treasure your time with your friends and family and don't forget to exercise the spirit of courtesy and solidarity. Let us grow and reach new milestones together, as tomorrow lies in the hands of our youths. Make Change and Go Forth, SiuMingians, and may you enjoy a new year of fruitfulness and meaningful learning.



An Unusual Start to an Unusual Year



1A
Lam SC, Mok WY



1B
Chan KM, Chiu YH



1C
Chiu TF, Yung KS



1D
Cheng YC, Leung YS



2A
Tang ST, Ng Inneve



2B
Tsang KM, Wong TT



2C
Lo SM, Yu WW



2D
Tam MW, Chan MY



3A
Kwok FL, So KF



3B
Tang SM, Cheung CY



3C
Tang YY, Chan CF



3D
Chan PL, Lee YW



4A
Sze KC, Chu CH



4B
Siu CY, Chan HW



4C
Chik CY, Wong CM



4D
Lo YY, Chan PW



5A
Ng SH, Lai KL



5B
Lam CS, Yim WT



5C
Chan SM, Choi FY



5D
Wong Connie, Wong OW



6A
Li CY, Koo SY



6B
Tang WM, Tsang LM



6C
Chun KY, Tsang SH



6D
Leung NC, Tsun WY

Making the Most of Online English-Learning

Moving the classroom online was indeed an unprecedented challenge for many. Let's take a moment to see what our English teachers have done to keep our students learning during class suspension.

As a start, we created PowerPoint presentations, videos and uploaded self-learning resources to Google Classroom. Students were also given ample guidelines for their online assignments. To track their progress, real-time grammar quizzes and reading tests were conducted for the whole form on Socrative. During the assessments, teachers could view students' progress and answers live. After that, they would review the auto-marked answers and send students their individual reports. This way, we would have a good grasp of students' strengths and weaknesses for easy follow-up.

Moreover, a variety of digital tools were adopted to engage students in learning both "in" and outside the real-time online classroom. For example, Nearpod was used for interactive lessons, Kahoot! and Quizizz for gamified grammar revision, Google Docs, Slides and Forms for spontaneous collaboration and active participation, Book Creator for creating interactive ebooks, not to mention the use of multimedia resources to make learning purposeful and fun.

Here is one of our students' experience on online learning:

The school started online lessons during the quarantine period. Sitting in front of the laptop for 5-6 hours in comfortable homewear, we studied as usual and grasped precious chances to learn. However, being at home, there are many distractions such as the TV. To boost my productivity, I started planning my schedule in detail to strike a balance between study and play.

Gradually, I got used to this new mode of learning and developed greater self-discipline.

6C Winona Cheung



A variety of online apps and platforms to enrich students' experience

For such a giant leap into the online world of education is a challenge for both teachers and students. We are ready to face all the challenges ahead!

Valerie Chan, Rachel Cheng, Stephanie Hung and Vanessa Shum of 5D shared their views on online learning on RTHK Radio 3's Common Room Programme on 27 October. Listen to the programme here: https://www.rthk.hk/radio/radio3/programme/common_room



Students' e-book on world travel



Ms. Wong and Ms. Lo explaining the use of Socrative



Short stories learning activity on Google Forms



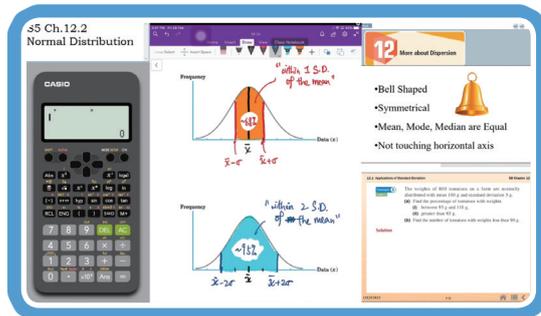
Winona having Zoom lessons at home



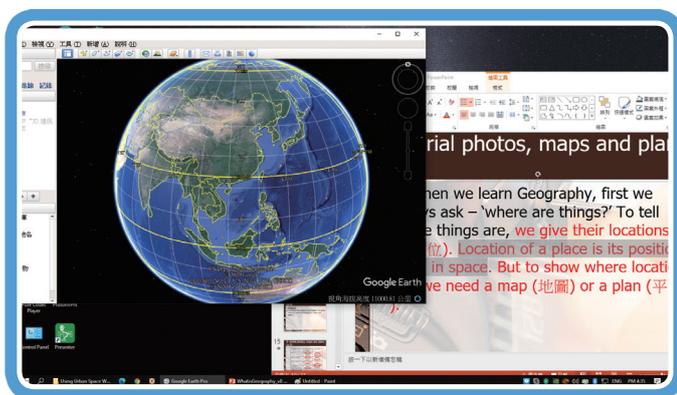
Our Form 5 girls sharing their views on RTHK's Common Room programme

尋找網上教學的色彩

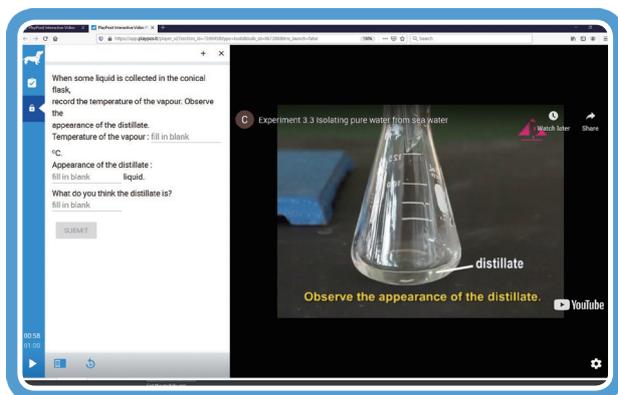
2020年，老師為了提升學生在家學習的效能都各出奇謀，希望用多元化的方式，配合不同的校外資源和網絡平台，為學生提供不一樣又多采多姿的學習經歷。在網課期間，老師又會透過抽問、即時文字回饋、分組網上討論和報告等方法，了解學生對課題的理解，讓老師能夠適當地改變教學方式和調整教學進度，希望學生可以學得更好。



Open Broadcaster軟件可以將多個視窗組合起來，同時播放。



Google Earth等軟件可以讓學生在足不出戶的情況下，觀察到不同地方的地貌。



Play Posit軟件可以彌補學生不能親手做實驗的不足。



用Google Site建立資源庫，讓學生有序地瀏覽資料。



老師運用不同的網絡平台和軟件去提升學生的學習效能。



學生感想

6A 翁飄欣

在上網課的日子裡，自制力和時間管理能力對我來說十分重要。只有遠離所有引誘和合理分配時間，我才能專心學習。

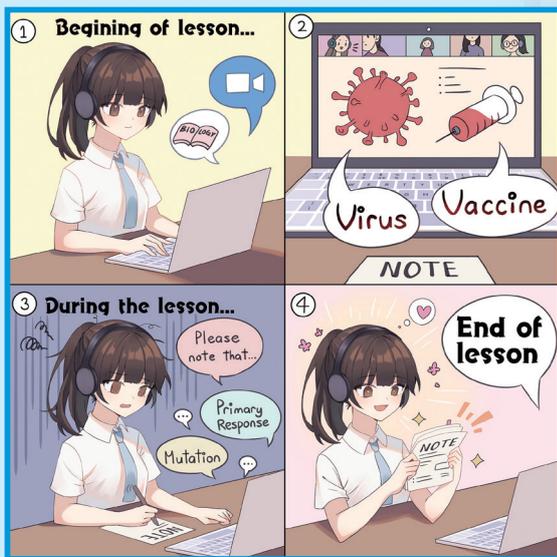
Never Stop Exploring Biology

5C Christy Yip

All schools in Hong Kong were suspended due to the coronavirus outbreak, but nothing can stop us from learning. I knew it has been challenging to stay motivated during the pandemic but I was pleased and grateful to have real-time online Biology lessons in the toughest time.

In the lessons, we were taught how vaccination works, why antibiotics are not effective in treating viruses like COVID-19, and how the virus can be transmitted through droplets expelled from our breathing system. It not only helped me better understand the body defense mechanisms but also inspired me to learn more about the virus and keep up-to-date with the latest news. The pandemic truly reminds me of the importance of studying Biology, which is a subject that helps improve life and solve societal problems.

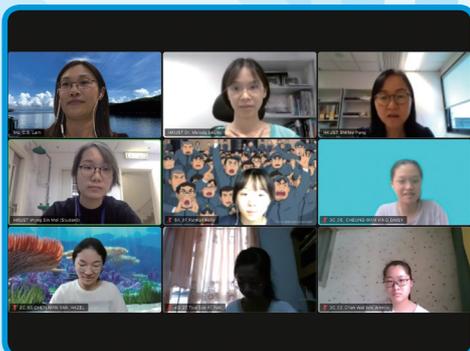
Besides having online real-time Biology lessons, it was also a precious opportunity to participate in an online science lecture and admission talk held by the School of Science at The Hong Kong University of Science and Technology (HKUST) on 30th September, 2020. We were honoured to have a 40-minute science talk presented by Dr. Melody Leung about the creation of two sexes and the necessity of gendered society. She encouraged us to keep ongoing inquiries and raise more questions in daily life. One of our alumnae, Wong Sin Mei, Minnie, shared her personal experience of studying Biochemistry and Cell Biology in HKUST with us and gave us an insight into what university life is like. Moreover, we gained lots of admission tips for applying to the undergraduate programs during the talk and are looking forward to having more science exploration activities.



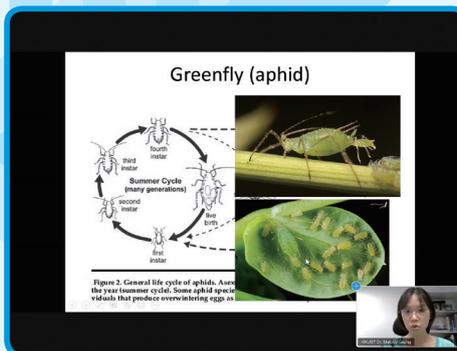
Having Biology real-time online lessons: Illustrated by 5D Windy Leung



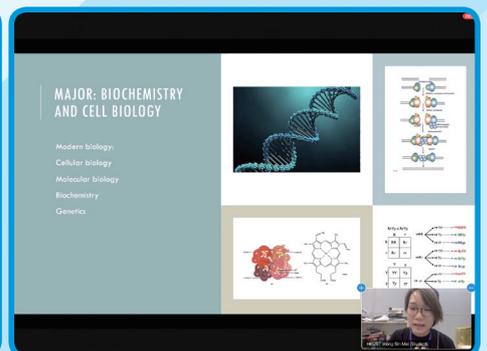
'What is vaccination?' Let's review the topic 'Body defence mechanisms' to find the answer.



Biology students attended the science lecture and admission talk held by the School of Science, HKUST.



Dr. Leung introducing the reproductive method of Greenfly.



Our alumna, Minnie sharing her experience of studying science.

Our Research Experience in University

6C Eva Chui

Cherry Chiu of 6C, Valarie Chan of 5D and I have taken part in the science project since we were in junior forms and luckily we were selected to receive training at the Chinese University of Hong Kong (CUHK) for a month last summer, under Prof. Chiu S. W., retired professor from the School of Life Sciences and her research assistant Annie. We were involved in some parts of a research project which mainly investigated the relationship between some insects and some entomopathogenic (i.e. insect-killing) fungi in the Hong Kong Institute of Biotechnology. After learning some practical skills and problem-solving skills, we transferred the experiment to our school, so some of you could see us catching flies in the garden before the last summer holiday.



Opening our Eyes in the GP Room

6C Cherry Chiu

Learning about fungi from Prof. Chiu S.W.

One of the talks was held by Dr. Edward Choi, an immunologist from the University of Oxford and winner of the Ten Outstanding Young Persons Selection Award from Junior Chamber International Hong Kong in 2016 (香港十大傑出青年).

He shared his story of participating in the Ebola virus research in West Africa and the hard work in setting up a social enterprise called 'e-NABLE Sierra Leone'. Dr. Choi was born in Hong Kong and then studied at the University of Oxford. Upon graduation, he volunteered in an international medical team to fight against Ebola virus in Sierra Leone. During the civil war in Sierra Leone, many citizens' limbs were cut off and most of them lost their working abilities. To help these people, Dr. Choi set up an NGO called 'e-NABLE Sierra Leone' (<https://www.facebook.com/enablesierraleone>) and made prosthetic limbs for amputees using 3D printing and traditional techniques. People there could finally have 'hands' and 'feet' again.



Trying to catch flies in our school garden

Grabbing Training Opportunities outside School

5D Valerie Chan

The school's Gifted Education Programme has provided numerous opportunities for students to learn outside the school curriculum. Aside from internal programs and talks, students can also be nominated to join the Hong Kong Academy for Gifted Education, which provides a multitude of out-of-curriculum programmes in various domains.

This year, I've participated in an HKAGE biotechnology course in "Microbiology, Neuroscience, and Molecular Biology", which covered disease transmission and food safety, brain structure and neural coordination in different animal species and the science of nucleic acids and proteins. While seemingly difficult, the course actually correlates highly to our daily lives.

Apart from the sciences, the HKAGE also provides courses in humanities and leadership. If you want to further stimulate your curiosity, don't hesitate to nominate yourself through the school or HKAGE (<https://www.hkage.org.hk/b5/>) to reach your full potential!



Observing bugs caught in school garden



Students and alumni attending Dr. Edward Choi's talk

學生培育

學校在照顧學生的成長需要的工作上，主要分為學生支援及學生培訓兩部分：

學生支援著重輔助學生在不同階段的適應，例如為了輔助中一同學適應中學生活，學校提供中一新生預備班，讓同學嘗試中學課堂，為正式開學做好準備；大姐姐計劃中大姐姐全年照顧中一學妹，協助中一學妹解決學習及人際關係的問題。另外，中四安排啟航營，透過團隊活動，啟發同學思考，讓同學盡快了解高中生活的要求，建立健康的支援網絡。中六減壓工作坊讓同學掌握減壓技巧，學習面對壓力時的正確心態。

除了支援學生，學校亦著重培育學生，使她們成為出色的蕭明人。學校在不同年級設計了不同的培育主題：

年級及主題	推行內容（例子）
中一級 愛及家庭	<ul style="list-style-type: none"> ✧生活與社會科、科技與生活科讓學生認識不同的家庭結構，家庭成員的角色責任，教導學生珍惜與家人關係。 ✧品格強項測驗中發掘自己的性格特質，了解個人的獨特性，明白各有所長，以培養學生自尊心。 ✧歷奇訓練營讓同學發揮團隊合作精神，訓練解難能力，亦在團隊中發揮彼此關愛的精神。
中二級 自律及自我管理	<ul style="list-style-type: none"> ✧倫理及宗教科探討自由與責任的課題，讓學生掌握兩者互為關係。 ✧透過訓導早會，培養學生自律精神。 ✧全體中二同學參加陸運會啦啦隊比賽，體驗團隊合作的精神。 ✧中二級亦安排成長營，培育學生個人反思能力，讓學生建立正確態度，勇於面對失敗和挫折。 ✧社會服務訓練讓同學掌握助人的技巧，在服務社群中明白社會上不同人士的生活狀況。
中三級 訓練及孕育未來領袖	<ul style="list-style-type: none"> ✧安排早會讓學生認識長遠規劃課外活動的概念，了解成為學生領袖的不同途徑，鼓勵同學自薦成為學會領袖。 ✧安排領袖工作坊及訓練營，認識領導角色及特質，鼓勵同學在學會內發揮領導才能。 ✧在中三專題研習的活動中，學生自定研習題目，自行規劃及進行專題探究，發揮自主自學的精神。
中四級 服務社群貢獻社會	<ul style="list-style-type: none"> ✧在社工帶領下，學生自定在社會服務活動中的學習目標，由設計學習內容、執行計劃，到檢討都由學生主導。在進行社會服務時，深化所學，對於社會上不同階層人士有更深的認識，培養同理心，亦明白助人自助，小貢獻都有大意義。
中五級 人生及職業規劃	<ul style="list-style-type: none"> ✧透過一系列的早會，向學生介紹不同的升學出路，亦安排舊生分享升學經驗、工作世界及全球職業趨勢。 ✧同學亦參觀不同大專院校的資訊日，了解不同學校提供的課程及收生要求。
中六級 生死教育及價值觀整理	<ul style="list-style-type: none"> ✧倫理及宗教科在課堂教導生與死的課題，讓學生認識生命的價值和意義，把握人生以面對未來。 ✧學生在成人禮中重新審視六年所學，重溫蕭明人的價值觀，並明白在充滿變化的社會中仍需恪守個人道德底線。 ✧職業道德講座讓學生明白價值觀的實踐及其重要性。

除了以上各級的專題式培育外，全校培育亦包括學校課外活動組安排的班際及社際比賽，進一步加強每班每社的團結氣氛，提高同學對學校的歸屬感。此外，每年亦舉辦不同的公民教育講座，邀請不同的演講嘉賓，深化同學對社會及社會議題的認識。學校亦重視對學生靈性上的培育，例如每天安排默想時間，以及不同的宗教活動如彌撒及朝聖活動。

學校相信透過以上各種活動及支援，學生能夠在成長的旅途上，感受到學校的家庭氣氛，成為出色的蕭明人。



中一新生預備班活動日



中四啟航營



課外活動資訊日



高中學生參與生涯規劃活動



初中學生參與生涯規劃活動



舊生回校與學生分享



領袖訓練營



高中學生參與職業相關活動

邁向金禧之旅：走進耶路撒冷

「我喜歡，因為有人向我說：我們要進入上主的聖殿！」（詠122:1）

去年十二月，本校十多位老師連同部份家人，一起前往聖地——以色列朝聖。

十日的朝聖與皈依旅程，我們曾走訪不同的聖堂，如聖墓大殿、天主經堂、聖母領報大殿、加納婚宴堂及五餅二魚堂等，親臨聖經中信徒與基督相遇的地方；亦走過耶路撒冷舊城，步武基督的苦路，重踏二千年前的足跡。每位朝聖者懷揣著不一樣的心情踏上旅途，途中伴隨不同的感動、反覆的省悟，最後收獲了獨特的恩寵。



神師蔡俊源神父向朝聖者詳細講解走訪的每一處。



透過參觀不同的地點，一幕幕聖經章節的內容浮現在腦海中，特別是在約旦河經歷受洗的過程，令我再次回想自己有幸得到主的恩寵。

（施國聰老師）

以色列，不論作為耶穌的出身地，還是它對世界的影響力，都令身為歷史科老師的我深感興趣。在朝聖團中，不論是猶太人聖殿遺址的哭牆、耶穌被釘十字架前所走的苦路，以及祂復活後與伯多祿對話的海邊，均令我對聖經有更立體的了解。

（陳康華老師）



在熙來攘往的巷弄中，踏著耶穌背負十字架的路——拜苦路。



坐船遊加里肋亞湖時，載歌載舞。



修女及一眾公教老師在約旦河重宣聖洗誓辭，棄絕罪惡，堅定信仰。

靈性培育發展

天主教母佑會蕭明中學是一所天主教修會中學，由聖母進教之佑孝女會(簡稱母佑會)主辦。作為一所天主教中學，本校重視學生的靈性培育發展，學生靈性培育分為課程和活動兩部分。

學生每星期需上一至兩節宗教教育課，初中課程主要包括課本內容、修會人物事跡、天主教禮儀以及性教育四個部分。內容涵蓋天主教五大核心價值、六育、情緒、性、解難和面對壓力的方法、自然環境方面的學習，結合實際生活作靈性培訓。高中宗教教育以校本課程為基礎，題目包括倫理學、性教育、教會歷史等。

靈性活動對學生的身心發展同樣重要，學校除了一年進行四次全校彌撒外，也包括大大小小的活動，例如宗教周等。學校也有天主教同學會，由學生自行組織宗教活動予同學，她們同時也是慈幼青年運動(簡稱慈青)會員之一，與其他慈幼會及母佑會學校學生一起參與聯校活動。對宗教興趣濃厚的學生更可以參與校內的慕道班，深入了解天主教的教理，培育她們成為天主教會的一份子。

本校每年也會舉辦一次全校朝聖活動，各級分別參觀香港不同的聖堂或展覽館，透過參觀宗教建築讓學生更了解天主教教義以及天主教在香港的發展。近年學校更積極舉辦學生海外朝聖團，希望學生有機會了解天主教在不同國家的發展。



中一學生參觀聖堂領洗池



學生參觀母佑會修院



神父到校舉行聖誕彌撒



參加慈青信仰生活營



停課期間學生進行天主教同學會活動

2020-2021年學長會訓練活動

雖然在疫情之下，我們不能聚集一起進行學長會的訓練活動，但我們透過線上會議平台，分組舉行訓練活動，由學長領袖分享心得。活動讓組員互相認識，建立團隊精神，加強團體的溝通和合作；認識學長職務，提升學長們執行職務時的自信心。



總學長、副總學長及各小組正副隊長



Purity組員



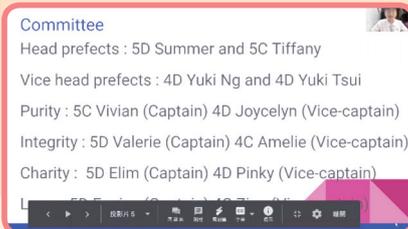
Integrity組員



Charity組員



love組員



總學長向學長們講解學長會架構

學長會「扔筆Challenge」活動

為了讓初中學生更認識學校發展目標——迎難而上，學長會協助舉行「傳『蕭』有方」中的「扔筆Challenge」活動。

我們在班主任課時到中一和中二課室，帶領同學進行遊戲。同學先分成不同小組，將筆從手背拋起，然後在半空中接回，每完成一次，便增加一枝筆，最快完成的一組勝出。

此遊戲的目的是希望同學明白「迎難而上」的意思：同學挑戰接越來越多筆，難度越高時，就要更堅持去面對難度，相信自己便能取得成功！學長們看見她們玩遊戲時興奮的模樣，都樂在其中呢！



很緊張呢！堅持、堅持！



我們全組成功了！全部筆都能順利接回手中呢！

第三十四期校訊編輯委員會成員：

顧問：校長郭明英修女 總編輯：梁佩珊副校長 副編輯：霍珮賢
 成員：方佩芬副校長、鄧倩婷、盧星美、黃瑾瑜、王凱華、李俊逸、林楚湘、盧紹傑、翁愷瑞、
 施國聰、許玉華