

50th
Anniversary



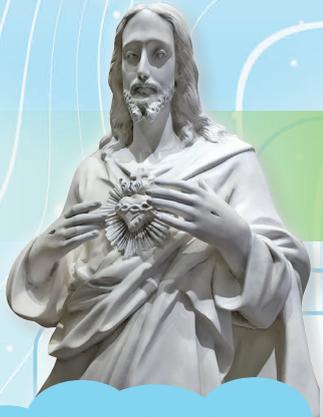
天主教母佑會蕭明中學

Daughters of Mary Help of Christians
Siu Ming Catholic Secondary School

學校 通訊

天主教母佑會

第三十六期
11/2022



Statue of the Sacred Heart of Jesus

校址：新界葵涌葵葉街六號
電話Tel: (852) 2424 1796
電郵E-mail: general@dmhcsm.edu.hk

Address: 6 Kwai Yip Street, Kwai Chung, N.T.
傳真Fax: (852) 2484 1434
網址Website: <http://dmhcsm.edu.hk>

Principal's Message Sr. Anita Kwok Ming Ying Principal



2022-2023 marks the golden jubilee of the installation of Daughters of Mary Help of Christians Siu Ming Catholic Secondary School. With God's abundant grace and the powerful intercession of Mary Help of Christians, for half a century the school stands firmly on this lovely land of Kwai Chung district. Being one of the earliest renowned schools built on the hill, the school provides education to many young people with low socioeconomic status. The school aims to help these low income families to become the better persons God created them to be. The school has been blessed with the generous support of the Siu's family, not only in the beginning when the school was built, but also when the Siu's family has continuously supported the school, especially in the annual scholarship for academic outstanding students and for those in need. A heartfelt gratitude should go to Mrs. Julie Siu M.B.E., B.B.S., S.B.S. and Dr. Gerald Siu for their generous and unconditional support. The school has been blessed also with fervent, conscientious and hard-working teachers who have been giving themselves whole-heartedly in the field of education and in this Salesian family adhering to the Preventive System of Education, Reason, Religion and Loving Kindness inherited from the founder St. John Bosco of the Religious Institute Daughters of Mary Help of Christians. Students over these 50 years benefited from their teaching not only in academic excellence but most importantly in becoming authentic Siumingians who willingly and selflessly contribute themselves to the community as well as society.



Students and Past Pupils of the school

Building an "Amoris Laetitia" Family, which is the theme of the golden jubilee as well as the 5-year School Development Plan from 2021 to 2026, reveals the significant features of the school. They include instilling the positive attitudes in life into students, preparing them to assume the responsibilities to contribute to the community, the society and even the whole world, being ready to offer their help to the needy and in making the world a better place to live in. May the love of God instilled in our hearts continue to burn and may He shower His abundant grace on each and every member of the family.

"For God so loved the world that He gave His only Son, so that everyone who believes in Him might not perish but might have eternal life." (John 3:16)



Golden Jubilee Kick-off Ceremony



Inauguration of Catholic Society



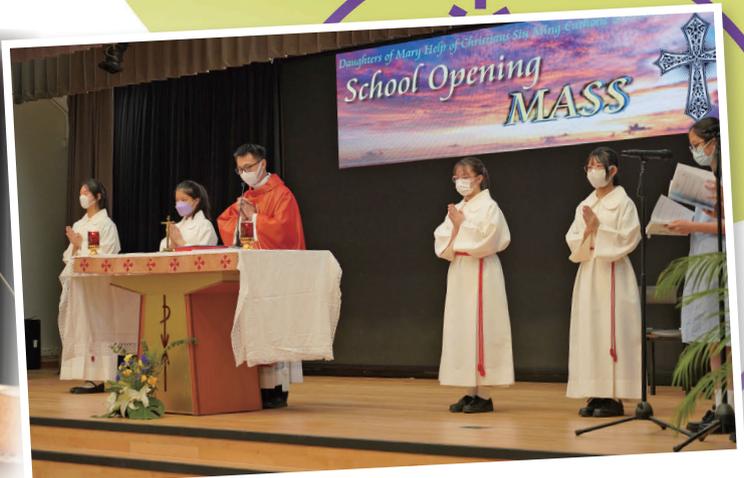
祝聖

為配合我校五十周年校慶，校內不少地方進行了更新工程，為同學提供更舒適的學習環境。學校於去年暑假期間，在花園進行工程，建造一個讓老師及同學休息和祈禱的地方。工程後的花園除了常見的花草樹木和聖母像外，亦增設了不少設施，例如溫室、草藥園、菜田等等，其中最特別的是「明陣」。

現代社會生活繁忙，人們需要停下來好好思考，而「明陣」提供了一個讓大家靜默思考的地方。師生可以在空閒時來「明陣」走走，尋求聖神的指引，聽聽天主的聲音，感受內心的平安及天主的臨在。在過去的聖母進教之佑瞻禮日中，我校有幸邀請到方濟會蔡俊源神父為花園祝聖及主持瞻禮。蔡神父提醒同學與聖母建立親密的關係，並時常請求聖母代禱。

在今年的開學彌撒中，我們邀請了慈幼會張心銳神父特別為五樓的小禮堂、禮堂下的健身室及小食部外的宗教室祝聖。為配合母佑會來華一百周年，宗教室的外牆由修讀視藝科的同學設計，主題圍繞母佑會來華歷史。內牆亦有母佑會會祖聖若望鮑思高神父及協創會祖瑪沙利羅修女的畫像，期望在日常生活中，我們能常得到聖母及眾聖人的助佑，努力活出蕭明人的精神。





A Day in the Life of a News Anchor

A Valuable Experience As An Anchor

5C Tammy Leung

How will you feel if you have a chance to be an anchor? Do you feel nervous speaking in front of the camera? Having participated in the Experience as an Anchor Course organized by the South China Morning Post, I can tell you confidently that speaking in front of people is not embarrassing at all.

I used to panic when standing on stage, like many students did. But the anchor course was the turning point for me. In each of the lessons, participants were given an assignment to write a script about idols, then each of us would give a presentation for about two minutes. Such practice could help us gain confidence, brush up our writing skills and even improve our speaking skills significantly, such as how to project our normal speaking voice. Apart from the valuable skills we gained, the interesting topic of our script changed my original attitude of being an anchor, which I originally thought was just presenting

the news tediously based on the script given. Now I think that being an anchor is great fun!

After each round of our presentation, our tutor, who is a professional journalist working in SCMP, gave us some useful suggestions on our writing and report individually so that we could further improve our performance. Moreover, we learnt some tips about how to catch the attention of our audience so as to present our research effectively. Now, I am certain that I won't panic and fidget when giving an English speech in public.

If you like to become a confident speaker like me, come and join the anchor course with us as soon as possible!



The course is completed after the shooting session as an anchor in the SCMP studio

Things that I gained from the anchor course

5C Dorothy Lam

This summer, I participated in the SCMP anchor course organized by SCMP. This course was beyond our expectations since it not only taught me practical knowledge but also showed me the perspective of a professional anchor.

In each lesson, we had to write anchor scripts and share them with the whole class. It was fine for us to make mistakes as our tutor would give us advice on the organization of our writing or speaking techniques to train us into real anchors. After a few practices, we developed a better understanding of the structures of an anchor script and became more confident while presenting in front of the crowd.

The most unforgettable part for me was having an official recording session at the SCMP studio. Before that, everyone had prepared their script about the phenomenon of idol worshipping. Although we had rehearsed many times and listened to the tutor's suggestions, we still got butterflies in our stomach on the day of the recording.

When we arrived at the studio, I was shocked by the professional equipment. When it was my turn, I could feel the difference between our usual practice in the classroom and live reporting. Once I sat on the anchor seat and saw the lights and the teleprompter showing our scripts, I realized that the recording was serious and felt the pressure an anchor had to bear. Their work is not as easy as we thought, so professional anchors are respectable.

I'm truly grateful for having joined this anchor course as it showed me the work culture of a news agency, fostered my communication and writing skills, and boosted my understanding of the duties of a professional anchor. It is certainly a rewarding experience for me.



SCMP Office Tour

The Mystery of Marine Life Stranding

3C Phyllis So and Viann Lee

For you and I, if we were sick or injured, we would be able to call for help from others or call the ambulance, but what if you were a dolphin and being live-stranded? How can you get help? On 23rd of May, we visited the Ocean Park Academy Hong Kong in Ocean Park and participated in “The Mystery of Marine Life Stranding programme” to learn about this topic.

Apart from joining the programme to learn new knowledge, it was the first time for all 2C girls to have the first meal together after entering Siu Ming! It was a memorable experience for us! After lunch, we visited the Hong Kong Marine Life Stranding and Education Centre. We were glad to meet our alumnae Ms. Selina So, who was our tutor in the programme. We learnt how big animals are transported for examination and visited facilities such as CT scan and necropsy room.

We had a lesson after the visit. We learnt how to investigate the causes for the death of the sea animals such as dolphins and sea turtles.



The necropsy room in Hong Kong Marine Life Stranding and Education Centre

Rather than that, I have learned to treat animals with compassion. Innocent marine life is dying for almost the same reason: marine refuse. They should be able to live healthily and enjoy happy lives. However, they suffer because of human-made garbage and eventually lost their lives.

We want to thank Mr. Lo, Lab technician Mr. Lee and Ms. Elsa Wong for escorting us. In addition, we are grateful that Ocean Park and HSBC sponsored our trip so that we could have a precious opportunity to have an insider look into different examination techniques used in stranding investigations through interactive activities and case studies.



Selina was our tutor in the programme



We had a fruitful day in Ocean Park!

藝術的力量

“A Simple line painted with the brush can lead to freedom and happiness.” (Joan Miró)

在躁動不安的世界裏，我們更需要讓內心得到滋養，重獲一份平和的內在力量。向內探索，我們在藝術創作中經歷孤獨和平靜，能慢慢釋放繃緊的情緒，讓禁錮的心靈重獲自由。向外探尋，藝術領域浩瀚無垠，它沒有邊界，不被固有觀念、媒介所局限，展現出極大的包容性。在這個宇宙裏，創作可以幻化成無限可能，讓每個人都能學習以藝術探討屬於自己的命題。



2022年7月14日，本科老師帶領中四及中五級選修視藝科的學生前往JCCAC賽馬會創意藝術中心，到訪玻璃藝術家黃國忠先生的工作室，製作玻璃畫。



同學們都認真地創作玻璃畫。



快要大功告成了！同學們都增進了創作經驗和技巧。



2022年7月19日，本科老師帶領中四及中五級選修視藝科的學生前往M+一本港嶄新的視覺文化博物館「朝聖」。



在M+標誌前「打卡」是指定動作吧。



同學們都聚精會神地聆聽視藝科陳老師的講解。

暑期演藝興趣班

為了讓學生善用暑假閒暇，積極參與暑期活動，同時體驗表演藝術的樂趣，積累相關的學習經驗，本校特別為初中同學舉辦了「暑期演藝興趣班」(4/8 - 10/8)。此活動分為「唱歌班」、「戲劇班」及「舞蹈班」，三位校外導師都盛讚同學們「認真學習」、「表現投入」、「能積極參與」！希望同學們再接再厲，日後繼續好好發掘自己的潛能！



舞蹈班同學與導師的一幀合影。



同學們積極投入地上課。



唱歌班同學與導師的一幀合影。



戲劇班導師向學生們回饋「即興劇場」的表現。



同學們十分認真投入地演出「即興劇場」。



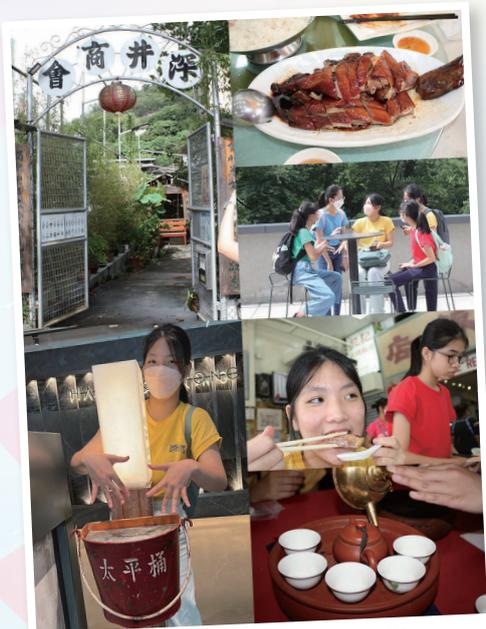
同學們都享受唱歌的樂趣。

中國歷史科——潮州文化體驗活動

本校中國歷史科於 2022 年 7 月 19 日舉辦了潮州文化體驗活動之旅，兩位老師和二十二位中一學生一同前往深井。深井初期居民主要以客家人為主；潮州人則是後來者，大多在上世紀 50 年代因內地政局動盪才開始定居深井，並在深井村原居民的耕地上居住。故此，深井當年留下了不少潮州的痕跡，是次探索之旅正好讓我們親身體驗潮州文化及認識香港的歷史發展。旅程以深井為起點，南豐紗廠則為旅程的終點站。



潮州工夫茶體驗，潮州嗜茶，工夫茶是潮州人的明顯標誌。



同學在潮州文化體驗活動的經歷



我們一起在前九龍紗廠眷屬宿舍（現為社會房屋「深井光屋」）前大合照。



同學製作潮州月糕，月糕是潮州傳統的中秋糕點。

學生感想：

2C 邢佳欣

這次的潮州文化體驗活動，實在讓我獲益良多。我們首先一起遊覽深井村。導遊向我們介紹了很多有關香港的原住民文化，過程中我亦看到不少有特色的鐵皮屋，認識了不同種類的房屋，如：丁屋、光屋和光房，增加我對於香港房屋的知識。

接着，我們前往潮州文化協會潮客間間。在該協會許老師的帶領下，我參與了潮州月糕製作和工夫茶體驗。許老師向我們講解了月糕的製作技巧以及泡茶的文化，因而讓我瞭解到潮州的風土人情。原來在潮州人眼中，雪白的月糕大多都是為白事而設，因此在他們的傳統習俗裏，完成了白色的月糕後，都會在表面撒上薄薄的粉紅色糖粉以作點綴！而在工夫茶體驗部份，潮州人品茶時，是按照輩分來決定品茶的先後次序，而且在潮州人看來，泡工夫茶不是為了解渴，而是為了招呼朋友和家人，聯繫感情。

品嚐完馳名的深井燒鵝後，我們到達行程的最後一站——南豐紗廠。在自由活動期間，我們自行尋找香港紡織工業的發展史！發掘過後，我了解到人類運用天然植物製作紡織品已有 2 萬年歷史，在 40-80 年代紡織業已成為香港社會及經濟結構的中流砥柱，其中棉、毛、絲、麻更是當時紡織業中最常用的材料。

感謝學校舉辦了這次體驗之旅，讓我們能夠更全面地了解到潮州文化和香港發展的歷史，使我們更認識中華文化！

公民教育組活動

「走出校園，培養愛國情懷」

沙頭角禁區時空探索之旅

本校於 2022 年 7 月 16 日參加了由善德基金會主辦的「沙頭角禁區時空探索」遊學團，師生在這天一同探索沙頭角禁區的歷史及文化。活動涵蓋四大宗旨：「體驗保育·見證歷史·了解現狀·跨越未來」。旅程以沙頭角碼頭作起點，大家乘船前往荔枝窩遊歷，再返回沙頭角，最後以大埔烏蛟騰烈士紀念園為旅程的終點。



沙頭角最東的角落是沙頭角的最新地標：沙頭角之「角」。只要沿著海濱往東行，就會看到一塊展示著經緯度的座標牌、以一比一的比例複製的中英街界石展品。



我們在烏蛟騰抗日英烈紀念碑前來一張大合照。紀念碑前放置了幾束鮮花，悼念在抗日戰爭中捐軀的英雄烈士。



我們在全港最長的碼頭(全長約280米)——沙頭角公眾碼頭前來一張大合照。碼頭附近有充滿特色的壁畫，是沙頭角「打卡」的必到景點！

學生感想：

2B 張柏涵

經過這次「沙頭角禁區時空探索之旅」，我認識了一些沙頭角的歷史，看見了不少美輪美奐的景色，令人大開眼界。沙頭角碼頭有着不少描繪人文情懷的壁畫，又有色彩繽紛的公共屋村，令人眼前一亮！乘船踏足風水福地——荔枝窩，這裡的村民篤信風水，據說走過這個福地，就會事事順利，小孩也會聰明伶俐。希望這些具歷史足蹟的地方不要消失，讓子孫後代也可以感受這裡的歷史氣息和親親大自然。

4A 蔡安嫻

行程第一站是沙頭角，導賞員派發了禁區證，說要好好保管它，大家興奮地拍照留念，心裏頓然生起「戴着通行證，今天就可以自由出入禁區」的想法，感覺好像變得很特別呢！在沙頭角碼頭，我還是第一次看到如此長的碼頭。到達荔枝窩，導賞員介紹了這條村落的歷史文化，這是一條擁有超過三百年歷史的客家圍村，想不到這片土地有如此豐富又有趣的故事。午飯後，去了烏蛟騰抗日英烈紀念碑，我們明白不應該忘記歷史！總括而言，大家都十分享受整個活動，學到很多知識，值得再去遊歷！

「做個出色升旗手」

為協助中、小學生了解及認識國民身份、掌握規範化的升旗禮儀，升旗隊總會特別開設了「做個出色升旗手」的暑期活動。本校共十四位中一學生於2022年7月28日參加了此項活動，當天場面十分熱鬧，因為集合了來自不同地區的中、小學生，大家一同學習升國旗的禮儀及進行步操練習，並認識中國近年的發展情況。



學生到達位於沙田秦石邨的愛國教育支援中心，參與「做個出色升旗手」活動。



同學留心聆聽長官發出的指令。



同學在練習升國旗，並等候走近旗桿試升國旗。



同學在活動完結後，跟升旗隊總會兩位教官一起合照。

同學感想：

2A 李凱琪

透過參與「做個出色升旗手」活動，令我更加了解到擔任升旗手的責任及使命。當天活動內容除了有步操、拉繩練習外，同時亦設有講座時間，主題為認識基本法、中國著名基建等。活動中最令我印象深刻的環節，便是三人作一組，齊齊學習升國旗。望着國旗在國歌的奏起下徐徐升起，我的國民身份認同感油然而生，並對國家有強烈的歸屬感。總括而言，日營的訓練過程雖然艱辛，但我享受其中！

2D 鄭坤華

我能夠參加這次的「做個出色升旗手」活動，感到非常開心。在此次活動中，我學會了如何升國旗、升旗禮中的禮儀等。是次活動讓我獲益良多，除了使我增加對國家的認識外，同時也增加了自己身為中國人的身份認同。在認識基本法的講座中，我知道了國家近年大型的基礎建設發展，例如：高鐵、港珠澳大橋等。總括而言，我享受這次的活動，我希望更認識及了解國家在其他範疇的發展。

全方位學習活動日

為了擴闊學生視野，本校於 2022 年 7 月組織了「全方位學習活動日」，提供了十三項不同的活動，同學可依隨興趣去選擇，讓她們因應每一年級的主題及發展需求，從體驗中學習。

中一 群性發展、與人相處 歷奇活動



中二 與大自然融洽相處 體驗學習工作坊

- 生活書院參觀



- 樂施會：「水平線土地」工作坊
- 用盡食物殘渣系列：「薯仔清潔工」工作坊



中三 了解歷史和文化傳承 歷史導賞、文創工作坊

- 元創方參觀



中四 訂立職涯目標 大學探訪 / 試驗活動

• 香港中文大學心理學學系工作坊



• 香港中文大學數據科學與政策研究學系工作坊



• Edvenue 多元智能工作坊



• 香港理工大學設計學系工作坊



中五 在真實工作環境中實踐所學 工作體驗 / 企業探訪 / 面試技巧工作坊

• ISS 香港工作體驗



• 國際成就計劃香港部 My strength, My future 面試技巧工作坊



• 法律援助處工作體驗
• 破產管理署工作體驗



• AT&T 工作體驗



• 平衡心間參觀 • 盈電工程有限公司參觀



天主教同學會

Day1：認識幹事和分組 4C 陳芷晴

地點：學校

內容：到達場地後，首先由中六的幹事教我們跳 action song——這一家作為活動的開始，跳 action song 這個活動其實也與團隊合作有關，因為跳的時候要團結一致，舞步才會好看。另一個活動就是名字 bingo，我們需要問其他幹事的姓名並寫在紙上，之後中六幹事會隨機讀出幹事的姓名，當讀出的姓名能連成直、橫、斜線後便為之勝出。最後的活動是蒙眼遊戲，由老師和中六幹事帶領我們遊走學校，當中有很多障礙和困難，但經過老師和師姐的帶領，我們都能順利完成遊戲。經過這次的活動，我們對彼此的認識都增進了不少，此外我們亦明白到遇到困難時會有同伴的支持和陪伴。



Day2：長洲之旅 4D 譚晴

地點：賽馬會長洲鮑思高青年中心

內容：首先進行 ice breaking game，我們做了自我介紹，然後進行遊戲，各小組都分別派了一個球，當球傳過給每一位同學後，就大叫「完成」。這個活動令所有 Katso 同學對彼此的認識更深，令我們更團結。午餐後，就進行下午的歷奇活動。一組要爬梯然後站在線上，雙方要一邊握着手，一邊沿着線向前走。另外兩組則要爬上木條，運用不同的小工具艱辛地爬上最高，然後響鈴。這活動令我們明白到團隊合作的重要。這次長洲的活動使 Katso 同學獲益良多，期待下次的長洲之旅。

Day3：活動和分工日 4D 楊偉盈

地點：學校

內容：首先，我們進行了「三姑六婆」遊戲，每個幹事要以一個親戚身份代表自己，要記着各幹事的親戚名稱，帶領者叫出名字的人便要去搭著膊頭連成一條龍，直至帶領者召叫回去，幹事要盡量找到一個座位去坐，未能找到座位的幹事就成為下一輪的帶領者。另外，「各家自掃門前雪」遊戲是幹事分為六組，每組要把自己組內的雪減至最少，方法不限，此遊戲帶出了對自己最有利的的方法是互相合作。再者，我們玩了 Kahoot 遊戲，增加了有關彌撒的知識。經過這次活動，我們更加了解 Katso 的成員和彌撒，更從遊戲中明白到日後要互相團結合作去運作 Katso，善用各幹事的所長，才是最有效、最能使 Katso 長遠發展的方法。



第三十六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：張慧文

成員：黃梓彤、王凱華、陳佩玲、郭鳳玲、李俊逸、盧紹傑、鄧倩婷、林詩環