



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

第三十八期
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Principal's Message

Time passes swiftly, and the golden jubilee of the school has come to an end as we embark on our 51st Anniversary. Once again, with gratitude in my heart, I would like to thank all the teachers and staff who have dedicated their energy to guiding and leading our students on their right path, showcasing their learning outcomes and revealing their talents and potentials both inside and outside the classrooms. The whole school was brightened up by their joy, laughter and love, as the authentic Salesian family spirit flourished in their day-to-day interactions with one another. True love was tangibly felt in showing care and concern, sustaining and nurturing lifelong friendships and relationships.

With the end of the pandemic and life returning to normal, the school has planned multiple activities for students to participate in, reviving their zest for life and enthusiasm for learning. Students are gradually resuming their hard work in their studies, finding joy in meeting one another face-to-face, and showcasing their creativity through joining all kinds of extra-curricula activities so as to build a healthy lifestyle and foster positivity.

In this advent season, as we prepare our hearts to welcome the celebration of Christmas, the birth of Jesus Christ, may we imitate Mary, the mother of God, to embrace the will of God wholeheartedly with love and trust, knowing and believing that God has planned the best for us in life and that He is always with us as He promised.



The Principal
Sr. Anita Kwok Ming Ying



A warm evening spent with our alumni at the Anniversary Dinner



Students with outstanding academic achievements



Students enjoying various activities

50th Anniversary Musical

The magnificent showcase of our school's 50th Anniversary Musical came to a delightful close on July 14, 2023, and July 15, 2023. The performance was an extraordinary triumph, capturing the hearts of the esteemed guests in attendance, who showered it with resounding acclaim.

The timeless tale of "Heidi" embodies themes of family, love, joy, and growth, which resonate deeply with us as we celebrate this momentous occasion. Our school has been a home away from home for generations of students, and it is only through the collective support of our families, staff, and the school community that we have been able to flourish and thrive. Just as Heidi finds love and support in her grandfather and friends, we too have found strength in our school community. The musical is an opportunity to showcase our students' talents and share our passion for arts and our school spirit.

The performance was a perfect blend of singing, dancing, and drama, which tells a heartwarming and touching story. Students showcased their remarkable performance skills and talents on stage, mesmerizing the audience. With their abundant enthusiasm, beautiful voices, and superb acting, they effectively conveyed the emotions of each character, evoking a strong resonance. Not only had they dedicated a great deal of spirit, time, and effort to improve their stage performance, but also actively cooperated during rehearsals, overcoming various hardships and difficulties, ultimately presenting a splendid and captivating performance.

Besides, the success of this musical is the result of the collective efforts and meticulous preparations of the school's teachers and staff. Teachers from the S.4 Aesthetic Development Department, external instructors and teachers from the English Department patiently guided the students in rehearsals, nurturing their performance skills. They wholeheartedly collaborated on different aspects such as language support, music production, stage and costume design, dance and acting performances, and backstage production. We extend our heartfelt gratitude to these exceptional teachers, for their unwavering dedication, as it was through their efforts that the musical extravaganza came to fruition, ensuring its resounding success.

These two mesmerizing musical performances have left an indelible mark on our spirits, cleansing them profoundly. The students involved found their place on the stage, showcasing their talents and potential, and creating a profound connection with the audience. This fusion and resonance allowed everyone to feel the power of love and warmth within the 'Amoris Laetitia' family, which is filled with love and joy. May this beauty and joy forever illuminate our hearts and become an ever-lasting and cherished memory.

Chorus and AsD Team



Chorus (2A Jasmine Chan, 2A Katrina Hui, 2A Natalie Lai, 2A Lily Wong, 2B Dodo Zhang, 2C Yannis Tong, 3A Vivian Yip, 3B Jasmine Chow, 3B Eunice Ng, 3C Claire Ho, 3C Bethany Ling, 4A Iris Chang, 4B Chloe Lo, 4C Vincci Koo, 4D Christina Li)

AsD Dance Team (4A Jeslyn Huang, 4A Michelle Lee, 4A Esther Lee, 4A Katrina Lee, 4A Anthea Yeung, 4B Gianna Chau, 4B Theresa Lin, 4B Natalie Yu, 4C Haynee Lau, 4C Tiffy Leung, 4C Chelsi Wong, 4D Vanness Chan, 4D Athena Chung)

Moments to remember



Aesthetic Development Committee
(From left: Ms Tang S.M., Ms Connie Wong, Ms Alice Chan, Ms Tracy Pun, Ms Hailey Man, Ms Belinda Chan)



AsD Dance Team



AsD Fashion and Image Group



AsD Stage & Props Design Group



Backstage Production Team (Front row from left: 4B Karina Wong, 4B Cammy Huang, 3A Leanna Wong, 3B Vinky Wong, 4B Cherry Ip, 3D Phoebe Chan, 2D Sharon Sum, 3D Yasmine Sum, 4B Kitty Chiu)



School principal Sr. Anita Kwok and Vice-principals (From left: Mr Tang S.L., Ms Leung P.S., Ms Fong P.F.)



Ms Belinda Chan and student ambassadors. (From left: 3C Viann Lee, 3C Phyllis So, 3C Macy Lau, 3C Belle Fung)



Great thanks to Ms Tang S.M. and student helpers for graciously serving refreshments to our guests.



The guests enjoyed delicious refreshments.



Ms Lam C.S. and student helpers (From left: 5D Jannie Chung, 5C Carmen Chan, 5D Lopes Suri Agnes)



The masters of ceremony on 14th July, 2023 were 4C Jasmine Yung and 4B Lorena Yu.



The masters of ceremony on 15th July, 2023 were 4C Serena Chan and 4B Lorena Yu.

Team Rose



From left: 4A Cherry Sun as Peter and 3A Yoyo Hui as Heidi.



From left: 2C Emma Lee as Aunt Dete and 4D Natalie Fong as Grandfather.



From left: 2C Chloe Tam as Clara and 4D Katrina Chan as Sebastian.



From left: 2C Chloe Tam as Clara and 4D Elva Chan as Herr Sesemann.



School Principal Sr. Anita Kwok (middle), teachers from the Aesthetic Development Department, musical members, AsD Dance Team and the two MC. Everyone felt immensely privileged to be part of this grand musical.



The performance was a resounding success, and the thunderous applause filled the entire venue.

Team Lily



From left: 2C Akina Wong as Heidi and 4A Yoyo Chai as Peter.



From left: 2C Akina Wong as Heidi and 2C Ella Lee as Grandfather.



Left: 2C Chloe Fung as Aunt Dete.



Front row from left: 3C Angel Lam as Clara and 4A Grace Li as Sebastian.



Middle: 4D Elva Chan as Herr Sesemann.



The musical production has garnered resounding success and accolades from the enthralled audience.



Sr. Anita Kwok, Salesian Sisters, Deputy Producer Ms Alice Chan, Music Director Ms Tracy Pun, musical members, AsD Dance Team and the two MC shared the delight of the joyous performance.



舊生會 - 校慶晚宴

母佑舊同學會於 2023 年 10 月 14 日晚上在荔枝角宇晴軒名門壹號舉行學校 50 周年晚宴，當天筵開 35 席，邀請了十多位退休老師，與來自不同屆數的舊同學相聚，一同慶賀學校創校 50 周年這一個值得歡慶的時刻。



當晚邀請了歷任校長、校監、母佑會修女、法團校董會成員、現職及退休教職員參與宴會。



校長郭明英修女致歡迎辭。



當晚邀請了三位來自不同畢業屆數，但於職場上相遇認識的 Oli、Jessica、Mary (左至右) 擔任大會司儀及表演嘉賓。



舊同學會以「電影首映禮」為主題，設計了不同的場景，讓嘉賓們回憶當年的校園生活。



當晚有中六同學參與幫忙，遇到之前於活動中見過面的師姐，開心合影。



學校第二屆的畢業生聚首一堂，與 Sr. Yick 及 Mrs. Chan 合照。



舊同學們亦趁機與當年在就讀時的班主任 Ms. Fong 及 Ms. Tsai 合影留念。



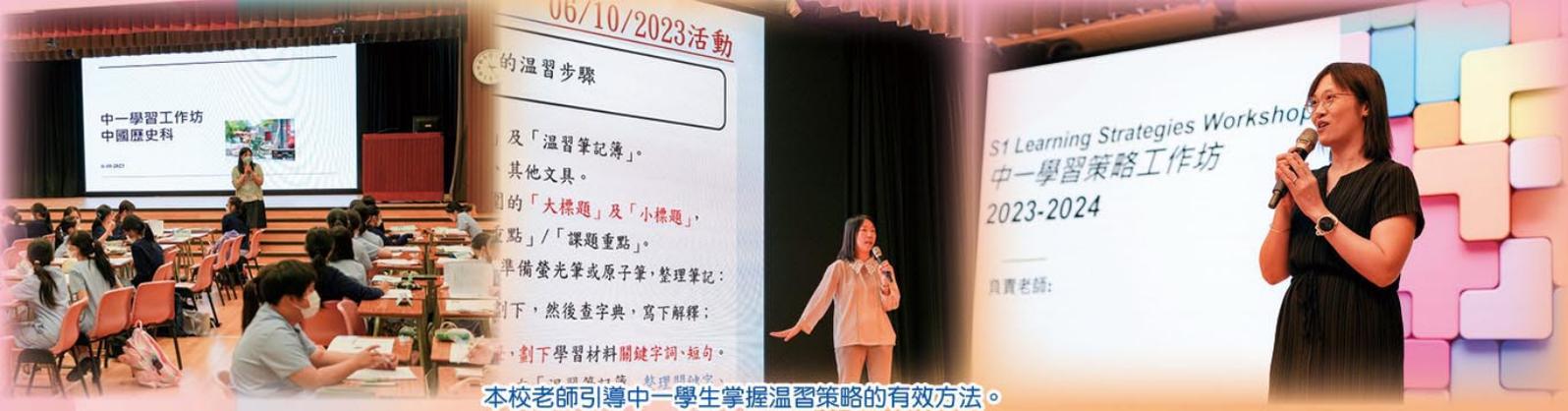
畢業後的蕭明人 (Siumingians) 帶著另一半參與晚宴。



舊同學會特地為學校 50 周年校慶設計了兩款紀念公仔，圖中為舊生們拿著身穿舊日校服的公仔的相片。



今次晚宴的順利舉行，是有賴各位舊同學會的幹事、修女及顧問老師的通力合作。



本校老師引導中一學生掌握溫習策略的有效方法。

中一學習策略工作坊

學會學習：從認識自我到高效學習

本校老師於二零二三年十月六日及十月十四日，與樂歷生命教育中心合作，為中一學生舉辦了兩天的「中一學習策略工作坊」，讓學生認識中學階段的學習策略。

「中一學習策略工作坊」活動內容包括「認識自我學習風格」、「記憶法訓練」及「溫習策略應用」。

在工作坊裏，樂歷生命教育中心的導師，引導學生認識了「視覺型、聽覺型、閱讀型和動覺型」四種不同學習風格的特點，並配合測試和問卷調查，讓學生初步瞭解自己的學習風格；學生透過遊戲、活動和比賽，從中體驗自己的學習風格特點；並為自己尋找合適的溫習策略。老師鼓勵學生在遊戲和活動中，嘗試應用適合自己的溫習方法，藉此深化學生對不同記憶方法和溫習策略的掌握。

在溫習策略方面，本校老師針對了中一學生的學習難點，設計了各類型的溫習圖表，引導中一學生學習運用圖表釐清及整理知識重點的方法，希望讓不同學習風格的學生，也可借助各類的溫習圖表，體驗融會貫通知識的歷程。

期望學生將來可靈活善用工作坊裏掌握的學習策略，提升學習效能。



中一學習策略工作坊表現優異的學生，與樂歷生命教育中心導師合照。



中一學生參與工作坊的遊戲和活動，從中認識自我學習風格，並體驗不同的記憶法和溫習方法。



中五廣州交流團



本校公民科於2023年7月13日舉辦廣州考察團。考察團以中國傳統文化保育為主題，希望學生藉此了解及反思中國文化保育的方式與重要性。在出發前，本科為學生提供了不同形式的預備活動。其一是與明愛郊野學園舉辦本地文化保育日營，從長洲的古蹟及太平清醮的保育，讓學生了解物質及非物質文化遺產的保育政策。另外，本科在出發前亦為學生設計學習網頁，使學生能在出發前認識中國文化保育政策及兩個參觀地點（南越王宮博物館及粵劇博物館）。學生在考察報告中指出，是次參觀能使她們更明白博物館的設置能使下一代更能了解傳統文化以至中華文化的博大精深，也了解到科技如何令現代人體驗古代的文化，從而增進下一代對傳承文化的承擔感。





Jeju Eco Study Tour 2023

In response to Pope Francis' encyclical - Laudato si', our students took part in an environmental exchange programme with Korean teens from Sinwol Youth Center, which is run by FMA sisters in South Korea. Over the course of the 2-year programme, a group of passionate students from our school had the opportunity to exchange thoughts on environmental protection during online meetings. The highlight of the programme was the eco-camp in Jeju, South Korean, in July 2023, where our students finally had the chance to work together with their Korean buddies face-to-face.

Throughout the camp, our students actively engaged in various activities centered around environmental conservation and sustainability. They participated in eco-tours and nature walks, gaining knowledge of the local biodiversity and environmental challenges faced by the community. *'Visiting the Climate Change Exhibition Hall of Yongmeori Coast was the most memorable moment for me. As a student studying Geography, the museum alerted me to the impacts of climate change on Jeju Island,'* said Yoyo Hui, an S4 student.

A highlight of the camp was the eco-campaign organized by our students and their Korean counterparts. Together, they worked to raise awareness about the importance of environmental protection in different creative ways. One of the groups created a video to inspire people to use eco-bags.

One aspect that left a significant impression on our students was the Koreans' passion for recycling, as South Korea has a very comprehensive recycling system. Almost 80% of the waste students created was properly cleaned and recycled. In one of the 'eco-challenges', students were encouraged to bring their own utensils and lunchboxes when visiting a night market. *'There are recycling bins everywhere, which has made recycling very accessible for everyone. I think Hong Kong should have more recycling bins too!'* said Cherry Ho, an S3 student.

Despite language barriers, our students have developed deep relationships with their Korean groupmates. *'I couldn't believe I cried at the end as it was very hard to say goodbye.'* said Valerie Lee, an S3 student. The camp ended with a heart-warming festival, where students from Hong Kong and Korea put on different performances and exchanged letters and gifts they had prepared for one another.



Our students and their Korean buddies



Visiting Kim Gi-Ryang Commemorative Museum to learn more about the first Martyr in Jeju



Students showcasing their talents at the festival on the last night

Overall, the study tour was an eye-opening experience for our students. It has not only raised their ecological concerns, but also encouraged them to continue their efforts in protecting and preserving our precious planet.



Visiting a night market with their own utensils and lunchboxes, trying to create 'zero waste'



Visiting the Climate Change Exhibition Hall of Yongmeori Coast

開闊視野 啟迪心靈

在這半年裡，視覺藝術科帶領同學們一同探索了藝術的奇妙世界，包括參觀「草間彌生：一九四五年至今」特別展覽。我們有幸欣賞到當代知名藝術家草間彌生在日本以外的亞洲地區舉行的最大回顧展，認識她堅持不懈的創作精神及追求前衛的藝術實踐，以及她在逾七十年的創作生涯中發展出獨樹一幟的核心美學和人生哲理，讓學生從活動中開闊了藝術視野。

此外，本科還特別邀請了舊生陳雅瑩小姐為一眾師妹進行分享，主題為「應考公開試及大學修讀藝術」；帶領學生在試後活動期間參觀了「學生視覺藝術作品展」；以及於本學年舉辦了藝術家駐校及交流計劃——「繪畫精進班」，旨在增進學生對生涯規劃的認知和提升不同的創作技巧。

再者，我們還在新學年九月為初中學生舉辦了講座：「以藝術設計思維實踐人文關懷」，以開拓她們的視野和思維，增進同學們對藝術世界的了解，學習從藝術中認識生活，繼而關注社會。

藝術無疑可以啟發我們，連結我們和世界，它讓我們重新思考世界，表達內心，從參與藝術活動中感覺到滿足、享受和愉悅。



參觀「草間彌生：一九四五年至今」特別展覽

學生參觀感言

6B Selina Ho

一直以來，我都知道草間彌生是日本著名的藝術家，她的作品很特別，富個人風格。一走進展覽場地，我已被藝術氛圍和裝飾所吸引，現場有由不同波點組合起來的作品，繽紛吸引。當中的裝置藝術最能令我感受到她獨特的創作風格，展示了她在年輕時遇到人生低谷和晚年成熟時期的對比。這次真是一個難得的體驗，從草間不平凡的藝術生涯和跌宕際遇中，我得到了許多啟發。

5D Perzsi Chan

我認為參觀草間彌生 M+ 的展覽有助我未來在藝術上的意念發展。畫家探索人類與宇宙之間的關係，從生命到死亡，繼而累積，再延伸到無限。其中我最深刻的，是關於草間在戰爭當中宣揚「愛與和平」，以及在男權社會下勇敢直視「性」的態度。這種前衛的藝術精神能激發我在作品的意念表達上有更多的可能性，例如探討社會議題等。

6D Katniss Ng

最令我印象深刻的作品是沉浸式空間藝術，整個作品雖然只用了黑色和白色的波點、圓球，但是配合鏡子和一個封閉空間的時候，我就感覺自己好像置身於一個廣闊無垠、渺無邊際的地方，似乎完全融入了草間彌生的宇宙之中，使我真正體驗到她的內心世界。



學生參加校內舊生分享講座 —— 「應考公開試及大學修讀藝術分享」



高中學生參觀展覽 —— 「學生視覺藝術作品展」



視藝科邀請了退休藝術教師及藝術家楊秀卓先生主講「以藝術設計思維實踐人文關懷」，演說發人深省。



現場有不少學生積極地向楊老師提出有關藝術的疑問，似乎啟發了不少思考呢！



本科邀請了藝術家謝文達先生駐校，指導學生不同的創作技巧。

書展



我校跨課程閱讀推廣團隊每年定期舉辦為期三天的書展。礙於今年受惡劣天氣和颱風「小犬」的影響，書展由三天縮短至兩天。

每年學生和老師可以在休息、午膳或指定的課堂時間，挑選自己喜歡的書籍來閱讀，享受閱讀的樂趣。學科教師也可以向學生介紹學科相關書籍。

近年，偵探、懸疑小說和科幻小說是我們學生的最愛。中國文化、老香港等文化類書籍亦開始流行。此外，心理自助類書籍例如有關「自我成長」、「人際關係」、「人際溝通」、「情緒與壓力調適」、「生涯發展與規劃」、「心理學知識科普」等也榜上有名。



中一及中二家長觀課日

中一及中二家長觀課日在每年十月舉行，家長可前來參觀課堂。學校希望透過這次活動，促進學校不同持份者之間的溝通。家長來聽課可以了解學科的學習內容、老師教學方法、女兒的課堂表現等。另外，家長可更了解老師、社工如何協助學生克服各種學習與成長過程中遇到的難題。



第三十八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：陳佩玲、李俊逸、鄧穎雯、陳樹鳴、陳浩華、伍人壯、鄧倩婷、蘇雅靜

