



## 我的受傷領悟

時光匆匆，轉眼間我在湯國華中學已來到了第十三個年頭，而今年我亦跟中六畢業同學一樣，離開「湯中」這個大家庭，踏入人生的下一個階段。

無論是早年作為老師，或者近年的校長生涯，我喜歡跟學生分享我的人生經歷和體驗。今次，也是我最後一次，分享我最近經歷。

五月的某天，一次跌倒，意外傷了膝蓋。不幸地終止了我四年來每天晨跑的習慣。更甚者，手術後，醫生建議，到了我這把年紀，一定要好好保護膝蓋，要避免長跑及長途遠足等等對膝蓋有額外損耗的運動。然而，這十多年來，遠足和長跑，既是興趣和樂趣、亦是體能和意志的鍛鍊，一下子要我放棄，起初不能接受！

英文有句諺語「When God closes a door, he must open another window（當上帝為你關了一扇門，祂同時會幫你開一扇窗）」。醫生給了我建議，以單車運動或游泳，仍可延續每日運動的習慣。於是，我的目標，由每日跑五公里，轉為每日在家中踏四十五分鐘單車了。

世界不斷有新的問題，困難、挫折和挑戰必然不斷湧現。這三年疫情變化，由起初各國束手無策，到目前世界已恢復到一定的秩序。雖然疫情尚未完結，但復常的曙光是可預見的。

同學未來必然會遇上種種困難和挑戰，路途上亦會充滿荊棘，甚至要面對艱辛的時刻。請大家謹記，未來是屬於年青人的，我希望同學能抱有好學不倦的心志，把各種困難視之為人生的鍛鍊，從挑戰中學習，讓身心得以變得堅韌，增加自己的能力，提升自己的才能。每次挫敗的經驗都是推動成功的養份，希望同學能在現今物質豐盈的生活中，保持一顆善良的心，就算面對任何考驗，仍能保持堅韌，迎接將來。

校長 朱國華  
二零二二年七月



湯

芸窗

伊利沙伯中學舊生會湯國華中學

二零二一至二零二二年度第十九期家長通訊

# 專業團隊的建立

## 教師專業發展



學校持續推動教師專業發展，提升學與教效能，於本年一月，正規課程組與教師專業發展小組協作，邀請辦學團體校董及香港中文大學「優質學校改進計劃」人員到校進行「一堂好課」教師專業發展活動，讓老師透過分析課堂教學規劃，了解如何通過不同層次的提問，提升教學效能。





# 學習歷程豐富多姿

## 中國語文

### 校際朗誦節

為提升學生的說話能力，  
從朗誦感受文學之美，  
本校鼓勵學生參加香港  
校際朗誦節，本年有5  
名同學獲得優良獎狀，  
6名同學獲得良好獎狀。



第73屆香港學校朗誦節中二級得獎同學

### 陳栢皓同學榮獲2022年 「小雨點圓夢工程」 徵文比賽二等獎

恭喜4A班陳栢皓同  
學榮獲由「香港愛心  
慈善基金會有限公司」  
舉辦「小雨點圓夢工程」  
徵文比賽二等獎，陳同學  
以「我最希望實現的夢想」  
為題，表達出珍惜家人的主題。

左起，4A 陳栢皓同學、  
6D 林咏詩同學和3A 陳  
炫均同學



同學在寫作課上用虛擬實境技術「親歷其境」

## 引入虛擬實境技術

中文科引入虛擬實境（VR）技術，令同學能置身於課文篇章所描述的情景之中，提升學生對景物的觀察力和觸覺，運用科技打破時空限制，提升學與教的效能。

## 「篇篇流螢」網上閱讀計劃

本校已連續兩年參加中國文化研究院創設的中國歷史文化跨課程閱讀平台，平台為各級同學提供編排多元而適切的電子閱讀材料，培養恆常閱讀的習慣，提升閱讀的深度和廣度，培養學生的文化底蘊與人文素養。

## 校內文化活動

中文科將於試後活動舉辦「初中中國民間藝術班」，同學能體驗水墨畫、書法、剪紙、札作等中華傳統技藝及文化，從臨摹和模仿中學習，認識水墨的濃淡乾濕、札作、配色技巧等，並且培養同學對中華民間藝術與文化的興趣。





## 英語學習

雖然受疫情影響，英文組依然努力營造良好的英語學習環境，舉辦不同類型的英語學習活動，以提升學生的學習興趣和動力。9月至5月期間，我們舉辦了以下英語學習活動：



## 英語辯論課程

為配合中五級本英語辯論比賽，我們為參加者安排英語辯論課程。課程由校外專業導師任教，共有17位中五學生參加，參加者均積極投入，踴躍參與討論。



英語辯論班

## 英文出版學會(Press Club)

英文出版學會為全校學生提供訓練寫作的機會。於全港性寫作比賽中，我校學生更屢獲獎項。本校同學積極參與由香港青年兒童文藝協會舉辦的寫作比賽，當中有20位同學獲得獎項，中三黎穎彤同學更獲得全港第一名，中三鍾浩楓同學及中四林祖賢同學獲得全港第二名，而中四巫嘉樂同學獲得全港第三名。另外，在香港城市大學寫作比賽中，中二級鄭家慧和梁文哲同學亦能在幾百位參賽者中脫穎而出獲得優異獎。為提升學生的寫作興趣及能力，英文出版學會亦會將學生優異文章及比賽獲獎作品上載校網及結集成學生文集。

## 英國語文

### 校際朗誦節

為提升學生的說話表達能力及加強他們的自信心，學校每年均會全額資助中一至中六的學生參與校際朗誦節。今年共有26位學生參加比賽，當中有23位同學獲得優良獎狀，3位同學獲得良好獎狀，而中二級吳雪琳同學和中三級戴偉權同學更分別獲得第二及第三名。





### 多元英語課程

為鞏固學生的英語能力和提升他們學習英語的興趣，本校為學生提供「多元英語課程」，對象為中二至中三學生。課程由香港華仁書院舊生免費提供，課程已開辦了六年，獲得家長和同學正面的評價。

### 級本活動

為提升學生的英語學習興趣，中一至中五級均會舉辦級本活動。6月初，中二舉辦了一個名為Cardboard Lamp making 的英語工作坊，同學均非常認真製作。此項活動不但令學生生動地學習英語，亦可豐富英語詞彙。中一、中三至中五級亦會陸續舉動級本活動。

### 英語語音班

英語語音班非常受家長及學生歡迎，報名人數超過100位，由於課程名額有限，最後我們只挑選了20位中三至中五學生參加。課程由校外專業導師任教，報讀的學生均覺得課程非常實用，能夠大大改善他們的英語拼音及發音。



### 英文學會

為提升學生的英語能力，外籍老師會定期透過網上平台教授英語。今年4月至5月英文學會亦成功舉辦了聯校英語朗讀比賽，對象為中一及小五學生。同學投入比賽，結果將於6月底公佈。



Cardboard Lamp Making 英語工作坊



## 校外活動：青年法律學堂2021

通識科於暑假期間，推薦了6位中五及2位中六同學，參加由香港學界模擬辯護及模擬法庭協會及香港樹仁大學合辦的「青年法律學堂2021」。在四天日營裡，學生能體驗大學法律系的法學講座、導修課，及訟辯訓練，並參觀了高等法院，提升同學對法治的理解，同時思考未來的升學及就業道路。



法律學堂參加者



參觀香港創科展



參觀高等法院

## 通識教育

### 校內活動：通識達人網上挑戰計劃2022

為提升及鞏固學生對通識概念及議題的掌握和理解，通識科參與由香港教育城主辦的通識達人網上挑戰計劃2022，透過遊戲化挑戰練習，提升學生學習通識概念的動機。除了競逐全港性獎項之外，校內設冠軍（每級一名）及優異獎（每級三名），校內比賽得獎名單如下：

#### 第一期

##### 中五級

5A 許煒煒 冠軍  
5A 葉靖謙  
5A 卓美欣  
5B 陳國盛

##### 中六級

6A 朱殷妍 冠軍  
6A 李霸麟 優異獎  
6D 梁嘉敏 優異獎  
6C 馮妙詩 優異獎

#### 第二期

##### 中五級

5A 許煒煒 冠軍  
5A 繆紫荊 優異獎  
5A 徐浩斌 優異獎  
5A 梁穎欣 優異獎



辯訟訓練



# 科學

## 學兄學姊分享所學 齊齊探索科學知識

物理周活動已於6月上旬順利完成。由14位中五同學主講的12場主題分享會，一連五日在物理實驗室進行。

主題包括核電、無火煮食、量子力學、黑洞、浮磁列車、光纖之父高錕、戴森球、牛頓和納米科技等。主題內容涵蓋生活科技、天文學、近代物理學、著名物理學家等，精彩豐富，吸引不同年級同學參加。

無論主講及參與同學，均對科學抱有濃厚興趣。現場所見，高低年級互有交流，熱衷討論，場面熱烈。我們熱切期待，來年物理周與大家再見，學兄學姊與師弟師妹分享所學，齊齊探索科學知識。

中四學生聯同伊中中學生一起  
參加人工智能無人車友誼賽



- 著名物理學家理查德·費曼曾經說過：
- *I think I can safely say that nobody understands quantum mechanics.*



物理周

# 電腦



老師指導中三學生於課堂上  
學習使用無人機進行拍攝



## 2021 - 2022 仰望星空話天宮 中國空間站系統建設座談會

本校三位中三級同學（3C 戴偉權、譚柏熙及楊知浩）參加了由香港特別行政區與各機構聯合承辦的中國空間站系統建設座談會。是次座談會學生能夠與在軌太空人進行實時對話，實在是一次難得的體驗！

中國空間站系統建設座談會



## STEM課程



香港創科展比賽

### 香港創科展比賽

本校四位中三級學生（3C 戴偉權、譚柏熙、李芷櫻及余泳怡）參加了由香港創新基金主辦的香港創科展。學生運用人工智能物聯網技術，發揮創意去解決日常校園生活中遇到的問題。



媒體創作班

### 媒體創作班 (全景拍攝)

中一級學生參加由學校舉辦的媒體創作班 (全景拍攝) (STEM)。學生透過活動，增加對全景拍攝的認識。



香港青少年航天創新大賽



### 編程與機械人班

中三級學生參加由學校舉辦的編程與機械人班。學生透過活動，運用課堂上學習到的相關編程知識，發揮創意，製作一架具機械理論和高效率的機械車。



### 創客班

中二級學生參加由學校舉辦的創客班。學生透過活動，增加對編程和物聯網技術的認識。





# 企業、會計與財務概論



中五學生參加青年創業體驗計劃



中五學生出席青年創業體驗計劃頒獎禮



中五學生參加由香港小童群益會滙豐青年理財師計劃所舉辦的工作坊



3A 郭汶琦、許福林、4A 歐陽梓朗同學獲得初中歷史科電子閱讀獎勵計劃2021優異獎

## 歷史

築動歷史-香港古蹟吉祥物設計比賽



1B 郭桐兒同學作品  
「上環文武廟」



3A 戴芷柔同學作品  
「油馬地果欄」



## 賽馬會「奧翔」計劃

本校參加了賽馬會「奧翔」計劃，於學校進行多項不同的活動，包括：高中職業導向講座、十角圖運動體適能測試、體能遊戲課、足球及棒球體驗，以及專項運動（田徑）訓練。

# 體育



「奧翔」計劃



健球



## 全城無煙跑

選修體育科及田徑隊的同學一同參與由香港吸煙與健康委員會主辦的《全城無煙跑》虛擬跑比賽。學校安排同學前往汀九長跑路段作賽，同學都珍惜這次機會，並享受海邊跑步的樂趣。

## 陳祉霖同學入選 香港女子青年沙灘手球代表隊

本校中六級陳祉霖同學入選女子青年沙灘手球代表隊，於6月代表香港前往希臘出戰由國際手球聯會（IHF）主辦「2022世界女子青年沙灘手球錦標賽」。





# 多元活動激發潛能

## 升學及就業輔導活動



### 體驗活動多元化 尋找理想創明天

本校以有系統的課程和多元化的教育活動，加強同學對各地大專院校課程和行業的認識，培養同學正面的工作價值觀，裝備同學尋找適合個人志向和能力的發展路向。本學年的活動包括：校友親身分享、內地升學講座、職趣日工作坊、學習風格工作坊、選科及多元出路講座、職業性向測試、職業導向師友計劃、模擬放榜、無煙TEEN活動、「鐵路101」、院校參觀等。





中四師友行業參觀

此外，學校以講座形式，增加家長對不同主題的認識，加強家校合作，為學生提供全面的生涯規劃指導。



中三家長講座

另一方面，學校積極為教師提供專業發展機會，安排老師與同學參觀院校，認識大專院校的最新發展，裝備老師，為學生提供適切的生涯規劃教育和輔導。



內地升學講座



中五大專院校及學科介紹



師友計劃結業禮





# 德育及公民教育

## 國家安全教育通識校際挑戰賽

同學積極了解國家發展，關心社會和國家安全，8位同學在「國家安全教育通識校際挑戰賽」中成為每週知識王。



## 「迎國旗、奏國歌」計劃

為了提升對國民身份的認同，3名中二同學完成「迎國旗、奏國歌」計劃，代表學校進行升國旗儀式。



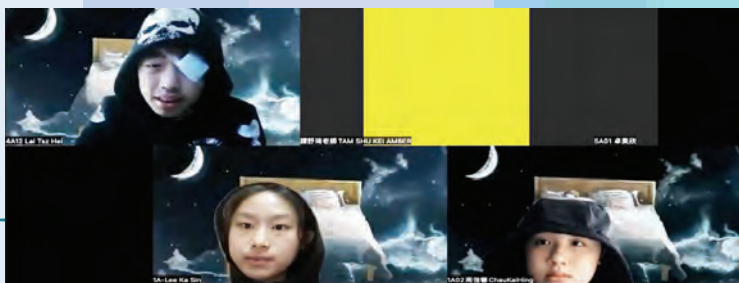
## 無煙 Teens 精英計劃

11位中四學生參與「無煙Teens精英計劃」，透過活動在校園及社區推廣無煙文化，並裝備成為社會的未來領袖。





## 融合教育



另外，本學年融合教育組增設「演藝小組」，透過ZOOM進行戲劇訓練和排演，同學亦代表學校參與本年度香港學校戲劇節，並取得「傑出合作獎」和「傑出整體演出獎」等多個獎項，盼同學能汲取是次演出經驗，來年創作更出色，更精彩的戲劇作品。

本校聖約翰救傷隊少青團於疫情放緩期間，以面授形式進行集會，同學除了學習包紮技巧，亦進行了步操訓練。期望隨著疫情逐步受控，同學可以多參與外間服務，運用所學回饋社區。



步操訓練



急救訓練

## 延展活動



學校重視學生身心均衡發展，因此於11月1日在校內舉行「全方位學習日」，提升學生團體合作精神，促進師生關係。當天活動類型十分多元化，包括團體建立活動、班際跳繩比賽、運動員分享等，同學均盡興而歸。



禁毒地壺





全方位學習日

因疫情關係，本年各項聖誕活動都是分級或分班進行，除了有各班的聖誕聯歡會外，亦有各級的班際競技活動；部分級別亦獲安排到禮堂參與音樂欣賞會，除了有同學與老師的表演，亦有幸邀請到樂團Boyz' Reborn到校演出。



聖誕聯歡活動





## City University of Hong Kong Covid19 Writing Competition, Outstanding Award

Survival in Covid-19

2A Cheng Ka Wai

COVID-19, a contagious disease, has spread worldwide and it has been getting worse these days. It has spread widely and is attracting global attention because of its shockingly rapid transmission, so the Hong Kong government has suspended face-to-face classes of secondary schools so as to avoid more infections.

Initially, I was not used to having my learning style changed overnight. I had to amend my timetable to adapt to it. Such a change had turned me into a person who was more coddled than ever. I ate junk food every day as well as played computer games all day to keep eating up my time. I enjoyed it, even though I know sleeping during the day and being awake at night is extremely harmful to me. It shocked me when I saw myself in the mirror. I looked terrible! Meanwhile, I heard my mum murmuring about what she had to buy in the market. I initiated to help her buy some stuff from the market.

It was the first time for me to leave home within months. The streets were different from those before with only a few people walking around and few shops opened. Everyone was scared of this contagious disease. I felt worried when I was queuing at the checkout — the woman in front of me was sneezing but I could not get away from her because that was the only operating checkout counter.

The next day, I woke up as usual but with a sneeze — it seemed like I had a cold. I tried to comfort myself by thinking that it was normal. However, while I was having my breakfast, I heard from the news that there was a new infection in my apartment block! I wondered if I had been to the same market with the diagnosed patient the day before.

At first, I was a mild patient with moderate symptoms so I could quarantine at home. The weakness of limbs and soreness of my muscles made me feel uncomfortable. The only way to reduce the aches was to sleep. I often slept all day; I did not feel alive. The sole person I could see those days was mum. She was in charge of my meals and took care of me.

I had a headache and fever as well as having a metallic taste in my mouth. When I suffered from a fever, I could not discriminate the difference between the bitterness and sweetness of my food.

As time passed, I felt worse than before and the breathlessness had almost killed me. Moreover, I felt like I was being held down by a big rock. I had to be taken to hospital by mum before the illness could get worse. No one could accompany me once I was there.

The medicated diet was awful. I swear it would have been even worse if my sense of taste had been restored. I was trying to adapt to the fact that I could not take care of myself.

Life in the hospital was a torment. The walls of the Intensive Care Unit around me were like a jail, it felt as if I were detained as a criminal. I hated the odour of the disinfectant alcohol around me. The death toll from COVID-19 kept rising. I wondered if I would be one of them...

The thing I did when I was in the hospital was to read a letter which my family had written to me. I struggled each day to remember what they had written. My memory was getting worse because of the complications of the sickness. But I remembered mum always said she wished she could swap with me to bear my pain.

After being ill for two weeks, I started to feel better! I wouldn't need a ventilator anymore and had been able to do some exercises for a few days. I tried to walk to make my legs feel more relaxed.

But who could have guessed that luck was with me for only a short while? I got bad news the next day. Mum had been feeling sick for over a week and was diagnosed with COVID-19 whilst I was still in the hospital. It was one of the worst days of my life. To take my mind off of things, I thought that I could make some origami cranes.

A few days later, I received a letter from my mum. She was getting better and recommended some books for me to read to relax. I got tired of watching movies or sleeping and I didn't want to daydream all day.

In the end, mum recovered! She had recovered faster than I thought. I know she will always live healthily and have a strong body. My making of origami cranes helped too. It was satisfying to put them up around my room like dominoes. Whilst in hospital, it was my sister's birthday but I could not celebrate with her face-to-face. Fortunately, my limbs were not weak so I could write a birthday card for her. A cheerful moment for me was when I received some flowers and photos. My family had visited a lily garden a while ago and had sent some to me. I agree with the saying that flowers can always make people feel delighted.

Not long later, the doctor told me that I was in a better condition. I knew that I would be able to leave the hospital. I also had my taste back. It is awesome to know the taste of food again.

When it was time for me to leave, I saw my sister standing on the road across the street, waving at me with a bunch of lilies.

I knew that everything was going to be alright.



# 學生佳作

## HKCYAA Writing Competition, Champion

3D Lai Wing Tung, Alice

### A Letter to My Hero, My Big Sister, Sienna

Dear big sister Sienna,

You are the person I admire so much because you are the one who loves me the most and because of you, I am a better person every day.

You are always there for me! You are there even when others cannot be. I was injured in a cooking class at school and you somehow got the news, skipped your lunch and rushed to check on me. I was in an ugly quarrel with my best friends and was crying in a quiet corner of the campus and there you were again, telling me jokes and wiping my tears away! When you are there, it seems that there is nothing to worry about or nothing matters. You always say, 'May the force be with you!' You say, 'This is a beautiful world. Remember the good. Forget the rest.'

I have been unfairly treated sometimes at home since my parents favour my brother. I was devastated and could not find a way out. I was having some stupid thoughts and then you came. You are my saviour! You said, 'Yes, the world is not perfect. The world is unfair because some like you, but not others.' Your hilarious remark made me smile again. You can always make me smile.

Once, I failed my dictation and was put to study in a detention class. You learnt about it and it was the first time you have been angry with me. You said, 'You must work hard so as to be strong. If you are lazy, anyone can take advantage of you. You are free to play today but you are putting your future in the hands of others.' You lectured me so much that day but I simply did not listen. Who does not give in to leisure?

Later, I read about you in a school newsletter. Only then did I realize that you had lost your younger sister in a car accident and now you are the only child in your family. Heart-broken, you vowed to live the life your sister is missing and you also take up the responsibility to support your parents when they are old. That explains why you always excel academically. You survived your loss with a bigger heart to love! Sienna, you are my hero! You also mentioned that God has prepared another sister for you, one who looks like your sister, one who is imperfect, in trouble all the time and even attempts self-harm. It then dawned on me that I am that 'imperfect girl' and why you are always around.

When God closes a door, he opens another. My life may be miserable sometimes and you come to support me. You lost your sister and you find comfort in having me. I am fortunate to be loved and cared by you, Sienna! Time flies! Day after day, month after month, year after year, we have spent a year and a half together which has passed in the blink of an eye. Thank you for your unconditional love! It is the best present I have ever been given! Because of you, tears are sweet.

As you wish for me, I will count my blessings from now on and I want you to live happily every day. I will always love you, my big sister Sienna!

Kisses from your sister,  
Alice



4C 梁逸晞同學



# 學生佳作

## 榮獲2022年「小雨點圓夢工程」徵文比賽二等獎

### 《我最希望實現的夢想》 4A 陳栢皓

夢想，我有甚麼夢想呢？閉上雙眼，聞天地之色變，嚼大江之東去。也許我早已墮入塵網，被黏得死死的。皓月閃爍，為無盡的黑暗帶來一絲曙光。也是在陰晴不開時，微薄的一柳晴天。那道早已緊閉、早已陳舊了不知多久的大門，再次帶來了渺茫的光束。

踏了一步，門後是一片深不見底的大海。我攤開了雙手，悠然地沉了下去。三十五度的身體，與正常應是十六度多的海水親熱着。但出乎意料的是，沒有想像中的冰冷，亦沒有想像的刺骨。海水輕撫着我的全身，我真的累了，又或是周公想與我相會.....我墮入了那既不是全白，又不是全黑的夢境。

春雨綿綿地落下，滋潤着新生的綠芽。小小的身板踏足在大地之上，臉上掛着的，是那無垠的、是那毫不忌諱的笑容。那人大聲道着夢想，乘着綿雨一往無前。固之然，免不了父母的毫不吝嗇的愛護。春雨滋潤的，不只有綠芽。

秋風颯爽，少年早已長大。秋風演奏起了維瓦爾第的四季協奏曲之「秋」，四周也隨之起舞。在演奏至最後時，發黃的音符也隨完結的樂章緩緩下墜。少年兒時稚氣，早已消失不見。他有的，是與家人安穩的夢想。秋風吹走了他的稚嫩，但吹不走隨時間醞釀的成熟。

閉合的雙眼再次打開，我的夢想，到底是甚麼呢？我靜靜地坐在岸上，細味河流的微息，細味沙鷗與沙鷗在湖面的邂逅，我頓時感悟到了。我並不稀罕大紅大紫，亦不奢求榮華富貴。我的夢想，只是希望能與家人肩並肩，坐在幽靜的湖旁，抬頭欣賞著這晚皎潔明亮的月色。



3C 余泳怡同學



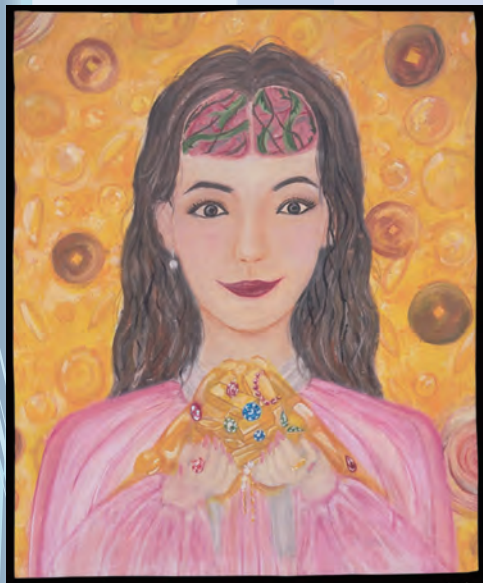
3E 蔡曉盈同學



3E 陳紫蔚同學



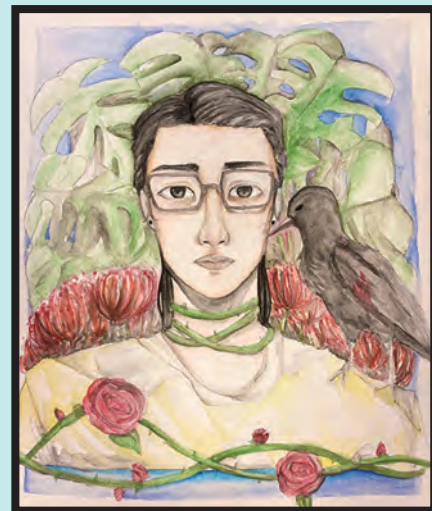
# 學生佳作



6A 鄭芷菁同學



6D 蔡穎欣同學



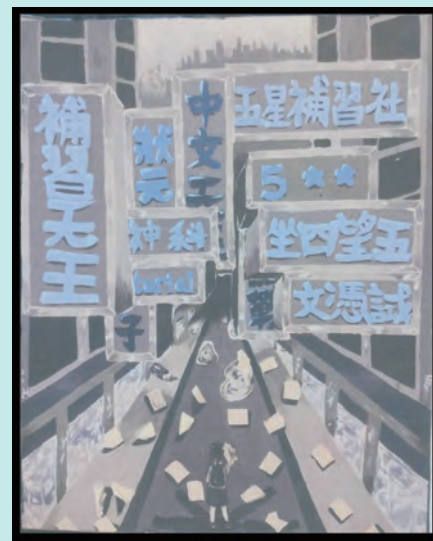
4A 司徒靈楓同學



6C 孫曉琳同學



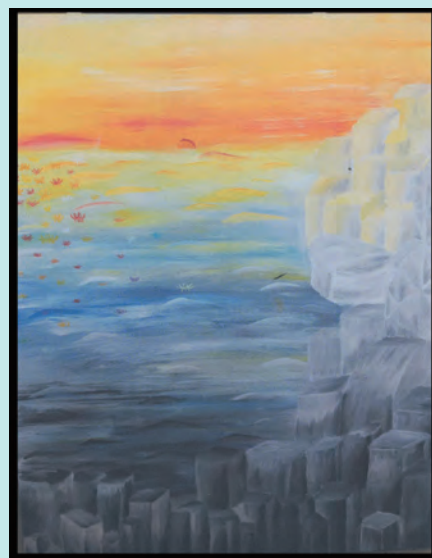
4C 戴詠恩同學



6C 羅珮瑜同學



4D 陳志源同學



6C 林穎瑶同學