



Staycation — Downgraded Vacation?



There is no doubt that this Covid-19 pandemic is freezing thousands or even millions of occupations into their ice age, but it also gives rise to opportunities for some others. Before the plague, no one was familiar with the term “staycation”. Thanks to the lockdown policies, travelling around our city, as a substitution of travelling abroad, has been gaining popularity even faster than how we gain weight.

I remember when I was small, about seven or eight years ago, my parents had staycation with me during the summer holiday as we didn't want to pay a lot and my father was far too busy to have long flights. These were the reasons why people went on staycation in the past -- don't forget that some people wanted to avoid

trouble packing and planning as well -- and they still are, with an additional point of “being able to go to nowhere but from Discovery Bay to Silvermine Bay”.

It seems that these reasons are all quite negative and we go on staycation only because we cannot leave Hong Kong. It is not very likely that you would see someone like the eight-year-old me, who was so excited about “not sleeping at home”. However, by choosing suitable accommodation, you can actually enjoy spa, swim in a swimming pool, have a romantic buffet dinner or luxurious high tea in a cozy high-class



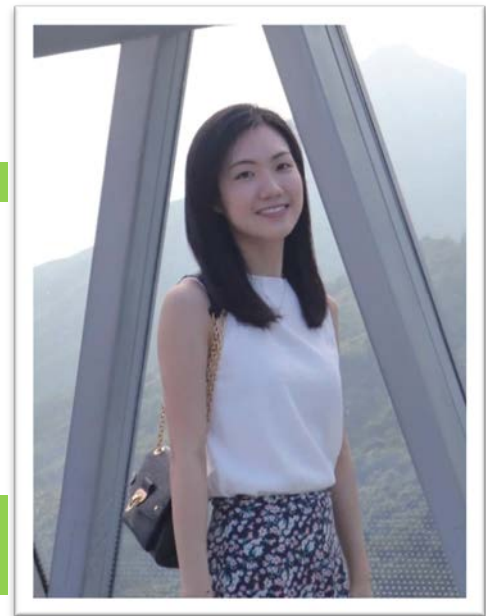
restaurant, soak in the tub while watching a dreamy sea view, etc. in our own city, just like what you normally do in hotels in other countries. Moreover, move your feet a little bit more and you can go down to the beach (though with a mask) and up to the hill for a sunset or two, explore small alleys and look for interesting local traditions which you have never noticed in daily life, or simply visit parks for seasonal flowers and museums for informative exhibitions which you are too busy to appreciate on weekdays.



This pandemic makes us miss travelling abroad and we should cherish our normal days when they come back in the future. Yet, don't cry over spilled milk. Instead, we should bear in mind that the meaning of a vacation is to relax, no matter where we are.

Interview with

Ms Au Mung Ni



1. As an alumnus, in what way do you think Ho Fung College has changed?

There has been a saying that Ho Fung students are able to learn, able to do and able to engage. But in recent years, it is heard that the school has put more emphasis on academic performance. In fact, many opportunities are still provided for students to develop their potential. So, I think students need to grab the chance to focus on not only the intellectual development but also the moral, physical, social and aesthetic aspects.

2. Has being a teacher been your dream since you were young? What made you choose to become a teacher in your alma mater?

Yes, I have dreamt of being a teacher since I was in primary school. I liked my teachers because they brought me the correct values and knowledge, and they were my role models. It is meaningful to take up this job because teachers play a decisive role in leading the youngsters to the correct path and can be influential. Therefore, I look forward to making this significant contribution to my alma mater, which brought me to be a good person.

3. How do you feel about students of Ho Fung?

I think Ho Fung students are clever, kind, and helpful. They are eager to learn, express and share. Some students have very creative thoughts and brilliant ideas, but they can perform even better if they are more diligent. For those students who may not attain wonderful academic achievements, be more

confident and believe in yourselves. With perseverance, you can overcome your weaknesses and develop your strengths.



Poetry Corner

My Favourite Park

2A Tsang Ka Man Carman

My favourite park
Has never been stark
Under the blue bright sky
The butterflies dance, the birds fly
The dogs walk with a bark

There are different kinds of plants
Together with sparrows and ants
When the spring wind blows
Flowers have worn their new clothes
And are ready to have a dance

People love to be there
For breathing the new fresh air
While teenagers are skating around
Children are playing with the clown
And that's the place we share





可風學生報

二零二一年七月

魯色園主辦可風中學刊物

新界上葵涌和宜合道448號

疫境中的可風「多元活動體驗日」

疫情下，學校的大型活動停辦了很長時間，本年五月十八日，可風舉行了全校參與的「多元活動體驗日」，既寓學習於娛樂，也讓師生暢聚共歡，一解一年半以來的鬱悶，當天場面別開生面，令人回味！

當天全校師生兵分兩路，中五級由老師帶隊，往海洋公園參加「海洋公園學院」舉辦的「保育最前線」自主學習活動。同學以四人分組進行活動，首先是觀看講座預錄的影片，然後展開參觀活動，活動後須完成網上習作。

校內方面，中一至中四級同學按紅藍黃綠四社的順序分時段回校，參加在禮堂舉行的「禮堂大舞動」，並到不同課室和特別室進行「分組體驗」活動，兩者交替進行，將活動人數維持在安全標準之內。

「禮堂大舞動」是活動日的重中之重，在本校校友劉珊珊、王曉嘉、蔡舒文悉心指導和示範之下，同學隨着強勁有力的音樂節拍舞動身軀，舉手投足，散發出青春活力，心中的積悶頓時化成汗水，宣洩得無影無蹤了。



在禮堂活動進行的同時，其餘的同學分成六組，每組人數約二十人，按照預選的結果，分配到不同地點參與活動。有蓋操場由四社進行同步跳繩比賽，比賽分為跳大繩和花式跳繩兩項。這項比賽既講求合作性，又挑戰個人技術，分數計入社分，現場氣氛熱烈，同學為爭社分，使出渾身解數。最終賽果，由綠社勝出，其餘排名為黃社、紅社和藍社。視藝室分成四個勞作班，製作水晶膠鎖匙扣、羊毛氈天竺鼠車、手縫皮革紙鶴和肉桂乾花香薰杯四種不同的手工藝；音樂室進行無伴奏合唱體驗；昌立堂則有太極班。422活動室是與中國文化學會合辦的毛筆書法比賽，大會聘請了專業的書法導師教導同學基本書法技巧，然後同學用「可風」兩字寫成「合

體字」參賽，即場由導師評賞同學作品，並頒發獎品。地下活動室進行「地板冰壺」訓練，「地板冰壺」近年非常流行，是一個共融，適合不同年齡和能力人士的團隊競賽體育運動。在導師指導下，同學初步掌握了比賽的規則和技巧。

當天活動於下午三時半圓滿結束，同學們都盡興而歸。是次活動能夠成功舉行，必須感謝聯課活動組精心籌劃，其間動員了全校師生，加上校友、導師、工友及學生工作人員的協助，讓同學在歡聲笑語、吶喊喝采鼓掌聲中，盡情享受久違了的活動學習的樂趣。



盛宴背後

中五甲班張月牽



我勉強抬起沉重的腦袋，無力地瞅著鏡子裡不成人形的一團糟。原本眨眼時像鳳蝶拍翼般的睫毛膏化成了一條條黝黑的毛蟲，順著我頰上的微光蠕動。原本順著唇邊俐落塗抹的嫣紅被幾絲雜髮劃破了界限，在我臉上拖出好幾條緋色的軌跡。我伸舌舔唇，酒的餘韻中卻存著一縷剛才未見的苦澀。

「啱噏！」酒杯清脆的碰撞聲迴盪著，香檳溢出，一陣醇厚撲面而來，點綴人們洋溢著笑意的臉容。「李先生，恭喜恭喜！」「現在升官可不愁生活了，更能好好寵太太了吧？」人聲從四面八方而來，此起彼伏，一波波接連圍繞著我和丈夫。我環顧四周的人海——抵著嘴回應，在一次次的回眸和眼波流轉當中，狂喜湧上胸臆，混和着酒精充斥著我靈魂的每一寸。「先生們也太會說話了。」那些甜言蜜語中夾雜著笑聲，猶如一個熱情的擁抱，呵護著我，亦將我倆緊貼在一起。我扭頭俯首，瞪大眼珠子仰望他，凝視裡含著熾烈的愛戀。他依舊別過臉去，但他的側顏已夠我心滿意足。

七時正的鐘聲響起，我擠過人群，從客廳入到廚房準備晚餐。當我把一碟碟美饌端送到客人前，讚歎如夏花在我四周盛開，注視像聚光燈那樣落在我身上，我不得不展顏歡笑。白家的大小姐甚至刻意站起來說：「李太太，你為今天的慶宴也準備得太完美了。」「哪裡，難得李先生出差回來一趟，耗盡一切是必須的。」觥籌交錯，大家前傾後仰地交談著，許多人懷著羨慕的目光告訴我廳堂奢華，丈夫稱心，生活幸福，我愣了愣，只能連忙淺笑道謝。

夜幕降臨，一眾賓客漸漸離去，與光彩一道消逝，最後剩下我和食物殘渣被遺留在客廳裡。死寂和空蕩感竟比人群更不留情地壓迫著我，我感到窒息，喉嚨似被一隻無形的手掐著。幾下腳步聲接近，丈夫從房間走了出來，草草拋下一句：「你收拾一下吧。別呆坐在那兒。」「我們幾個月沒見面，這是你第一句對我說的話？」我嘶啞的聲音顫抖著，心涼了半截。他默然，拎起外套就要往大門走去，霎那，一股絕望捏碎了我的心。「你又去找姓王那女的？」我哽咽著嚷道。「你不就個女人麼，家裡男人你管得著？」「我到底哪點比不上她？」聽罷，門把轉動聲響起，他頭也不回，那個我心心念念的背影眨眼間消失在漆黑中。

我癱坐在地毯上，我以為虛榮心能填補我的空洞，結果那傷口被挖得更深，那陣陣荒涼滲入我的皮囊，刺痛我的肌膚，侵蝕我的骨髓。人人稱羨，事實上我卻一無所有。我四處張望，猶如一隻迷路的孤雀，拼命想尋回方才時光的一幀影子，但徒然無功。我支離破碎，一塌糊塗，唯有踏進廚房，給自己倒滿一杯二鍋頭，一飲而盡。一股勁兒的熱流突襲我的頭頂，我甩甩頭，重複，喉嚨卻越是炙熱。耳朵嗡嗡作鳴，腦袋暈眩，沒多久我連杯子放哪都茫然了，興許杯子連同我的偽裝、我的自尊、我脆弱的心一塊兒碎了遍地。

到頭來，我的所有都是包裝。這場宴會是包裝，情誼是空的，客人不過是來做場面罷了；這段婚姻是包裝，愛意是空的，丈夫不過是把我當擺設罷了；這副美顏是包裝，心內是空的，自己不過是塑膠洋娃娃罷了。我奔波了一輩子，原來是水中撈月，換來一場虛影。淚流到嘴角，爬到下巴，閃著悲痛，閃著自嘲。我的生活不過是一場秀，到頭來作給誰看卻渾然不知。我嘴角抽搐著，兩片含著苦澀的唇，扯出一抹格外扭曲的弧度。許多人奉承，許多人吹捧，被逗樂了又散去，無影無蹤。片刻華麗背後，只剩下台上孑然一人佇立在無盡的寥寂中。

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