



# HO FUNG CAMPUS

JUL 2022

PUBLICATION OF  
HO FUNG COLLEGE

SPONSORED BY SIK SIK YUEN

## HF School Activity Day 2021-22

The long-awaited extra-curricular activity day – the 2<sup>nd</sup> Ho Fung's Activity Day was successfully held on 20<sup>th</sup> & 21<sup>st</sup> December 2021 after the suspension of Sports Day, School's Picnic, Cross-country Run and Swimming Gala over two years due to the Covid-19 pandemic. Filled with exhilarating sports, DIY workshops and adventure-based training, the activity day let students unwind and relieve their pressure.



Dodgebee



Chinese paper-cut



Floor Curling

Karate



Kendama



S5 team building activity



S6 trip to Hong Kong Disneyland

The activity day also offered the perfect getaway for senior-form students to chill out. S4 and S5 had a 2D1N leadership adventure-based camp in Tai Tong Holiday Camp while S6 let their hair down in Hong Kong Disneyland.

The events would not be a success without the hard work from the organising committee of students and teachers. Their effort has paid off as students have created fond memories with their peers while developing numerous skills through all these unconventional learning experiences.



Chinese painting



S4 leadership training

# Champions of Public Speaking Competition

2021-2022

## You can lie to the world, but not to ourselves

How many of you have not lied before? I did. Recently, my class teacher asked me, "Have you started preparing for the exam?" and I guiltily said, "of course!". Although her question lingers in my mind, I often procrastinate and give many excuses, "I'm busy. I'm tired. I'll start tomorrow". Ten days later, I have done nothing. Then my teacher checked on me again, and I said I'm well-prepared, though I feel guilty lying to her.

So why would I lie to her but not to myself?

"Cognitive dissonance" might be one of the answers. It is a psychological term that explains why we can't lie to ourselves. People lie to themselves because they refuse to face the cruel reality. They would rather be at ease and come up with different justification. Reality check is often painful, but we only evolve through these experiences of failure. Unfortunately, lying to yourself can only delay your suffering. To be honest, it's hard to be honest with ourselves. However, candour brings out the best of us.

To lie or not to lie, that is the question.

by Donald Chan 1D



it's time to move ON.

# MOVE ON

Good morning, today I'm going to talk about the topic 'move on'. Just when hearing the topic, I think it sounds pretty personal like something you won't openly say to a big crowd of people. Well, but all of us here have moved on right?

In Ho Fung the most common reason we need to move on is because of failing tests or being unable to hand in homework. I must admit that I've fallen victim to it too. As an overthinker, I always cry over homework and grow weary of my image in my teacher's eyes. Despite this, I moved on and came to do this sharing with you, and consequently, I have to tweak my image in my teachers' eyes, hopefully for the better, and sacrifice that precious homework time.

People say that by moving on, you gain benefits such as feeling energetic, fresh, and becoming more motivated to work. And people who we deem are 'still in the process of moving on', well they usually seem lethargic, nervous, or emotionless. This is a common phenomenon.

But I want to share my insight which differs from this. Anyone would want their friends to be bubbly, charismatic, and the star of the party, right? We want them to strive and become the best version of themselves. So, when your friends are moving on, you'd usually help them. You'd cheer them up by telling them how it's not a big deal to fail a test, it's not a big issue for your friends to treat you that way. It's unimportant that you get scolded by your teacher because of something you've done horribly wrong. What I've said sounds kind of odd, don't you think so? But we do it unconsciously on many occasions. And after cheering up our friends we'll smile and think to ourselves, yeah! We've definitely brightened up someone's day. But I think it's the opposite. Sometimes, a person being down in the dumps is a sign that they could do better, change something and break out of that downward spiral.

Sometimes, though it hurts to see our friends suffering, it is the best choice to leave them and let them find out for themselves that they in fact should be feeling that way and that feeling will help them step up their game and do better than before.

Thank you!

by Angel Shao 4D





# 可風學生報

二零二二年七月

畵色園主辦可風中學刊物

新界上葵涌和宜合道448號



## 本學年

# 獲獎紀錄



舉辦機構	比賽名稱	學生姓名	獲獎項目
陳贊一博士教育基金有限公司	第七屆陳贊一博士聯校微型小說創作獎 2020-2021	6B 鄭希	高中組冠軍 
新界青年聯會、 新界青聯發展基金會、 香港傑出學生會	新界區傑出學生選舉 2021	4D 黃倩盈	新界區優秀學生
The Hong Kong Academy for Gifted Education	International Biology Olympiad - HK Contest 2021	5D LAM YUI ON	Silver Award
香港學校音樂及朗誦協會	第 73 屆香港學校朗誦節 (2021)	1B 賴俊憬	普通話散文獨誦冠軍
		1C 林嘉彥	粵語詩詞獨誦冠軍
Hong Kong Schools Music and Speech Association	73rd Hong Kong Schools Speech Festival (English Speech)	1C CHENG WING SI	Solo Verse Speaking First Place
		1C LAM KA YIN	Solo Verse Speaking First Place
香港學界體育聯會	荃灣及離島區 學界田徑比賽 	2A 李紫希	女丙 100 米、200 米冠軍
		2B 石樂施	女丙標槍冠軍
		2C 麥浩彥	男丙 100 米、200 米冠軍
		3A 蔡澤熹	女乙 400 米冠軍(破紀錄)、800 米冠軍
		3B 黃沛嘉	女乙 100 米、200 米冠軍
		5B 吳思穎	女甲 100 米、200 米冠軍
		5C 蔡澤恩	女甲 400 米、800 米冠軍
新界校長會	共享拼圖——我們都是 CEO 社區共享設計比賽	2A 陳天賜 2A 陳穎嘉 2A 麥寶瑩 2A 黃朗牲 2A 楊璟欣	冠軍 

題目：假如你是動物園裏鐵籠內的猴子，鐵籠外正有很多遊客聯群結隊地觀賞你。這刻，你想對那些遊客說甚麼呢？

鐵籠內，鐵籠外，我們目光碰上目光。

猴子或沒思想，但有記憶。我們記得茂密叢林的草腥、遠處飄來的雀啼、穿透過密麻的葉，撫上皮毛的暖陽。母親曲爪為我搔癢，我躺在懷抱中，眷戀地蹭着。我們在樹影間穿梭，靈活地摘取水果。而你們現在向我拋來一條香蕉，像施捨，但我已不在乎。昨天被訓練員操練許久，他們嫌我們表現差，跳得難看，你們觀眾會看不過癮，扣了我們食物份量。

從前我們在野外相遇，目光碰上目光，我們彼此觀察，保有互相尊重。現時我們和你們在鐵籠環繞處見面，目光碰上目光，我們仍然在觀察你們，你們卻在觀賞我們了。

施曉晴 中四丙 (22)



我是這個世界上最幸福的猴子了。在這裏，每天都有人定時給我送食物，又有玩不完的玩具，而且……偷偷告訴你喔，上帝為了令我沒那麼悶，特意把你們，就是把人類，都關在了鐵籠裏供我觀賞解悶，有時候有些人類更會停下來讓我看清他們呢！不過有一點我一直不理解，明明我們都是一樣的啊，都有兩隻眼睛、一個鼻子、一張嘴巴，不知道為甚麼偏要把你們抓起來觀賞，真的有那麼好看嗎？

有時候，我真替你們感到可悲，明明在很久以前我們都是近親動物，現在卻分道揚鑣。你們又要工作，又要為各種小事感到煩惱，真令我同情被關在籠子裏的你們……唉！

李芍瞳 中四乙 (20)

