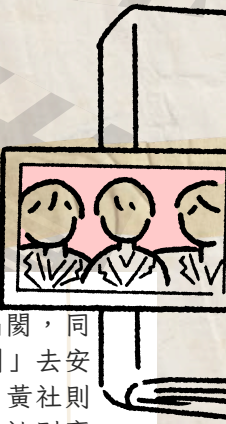




可風學生報

二零二六年六月



社「飯」tastic

古語有云：「民以食為天」，意即飲食乃民生之本。對可風的同學而言，午膳時光，固然能撫慰半日課業後的飢腸，滿足口腹之需，但在飽腹之餘，他們也悄然將「食」賦予了另一層更為精彩的意義，一種遠遠超出飽足、值得細味的校園回憶。

飯菜的熱氣在空氣中蒸騰，模糊了界限，化開了生疏，消除了隔閡，同學由尷尬的「無話可說」變成溫馨的「無話不談」。四社採用「輪班制」去安排每週一次的社飯：藍社不想佔據「藍色星期一」，而是每週二一聚；黃社則把社飯日定在每週三，給予社幹事們每週「中場充電」的良機；紅綠社則齊定「開心星期五」。

被問到為何四社都選擇在學校「大排筵席」，四社社員都一致表示是因附近甚少餐廳能提供十二人的位置讓他們用餐。為免社員們因「分枱」而分散，學校便是最好的選擇。至於具體用餐地點，他們則表示「視情況而定」。他們偶爾在昌立堂，吹着空調，絲縷暖光穿透玻璃閘門，輕柔地灑落在少男少女的髮絲上，為這頓社飯套上一層溫馨的濾鏡；偶爾在有蓋操場，鳥語花香，清風伴食。不論是在昌立堂，還是有蓋操場，不變的是十二人圍坐一起「圍威喂」，笑語盈盈地歡度午膳的溫馨熱鬧。

當我們走近藍社用餐區，便會發現社員們手上的外賣不一，有的吃熱騰騰的米線，有的吃香噴噴的漢堡，百味紛呈。社員們手中的美食雖有不同，但情誼卻無異。對此，藍社社長黃紫婷解釋了選擇留在可風吃社飯的原因：「在學校吃社飯簡直是一石二鳥，不但場地方便，而且再也不用從眾擇食，為選吃哪種菜式、哪間餐廳而猶疑。」學校為四社提供一個「美食廣場」，大大節省了四社社幹事共議餐食的時間。



「班」獎台



當午膳鐘聲驟然敲響，部份同學便步履匆匆地往洗手間去，身影在走廊上飛快掠過。他們一手拿着需要更換的衣物，一手拿着水瓶，急忙地關上了門。不久，門兒一下子被拉開，整裝待發的他們，帶着必勝的信心步出。

不過數方鐘光景，操場便已人流湧動，執哨的評判與主持活動的學生幹事早已各就各位，場邊亦圍滿了屏息而待的同學們，午膳時的可風操場赫然成了臨時閃避球場。哨聲一鳴，正式掀起班際閃避球比賽的帷幕。場上的選手舉高雙手示意「開波」，隨即單手執球，上身向後仰，借全身力氣擲球。對手或縱身躍起，閃開迎面呼嘯而來的球；或靈活側身，躲過對方迅猛的攻擊。他們手中的閃避球伴着場邊的吶喊聲擲出，進攻與閃躲的每一個瞬間，都溢着滿滿的少年意氣。場邊的加油聲此起彼伏，與場上「隊長」指揮同學的吶喊聲、球鞋踏在場上急煞的摩擦聲匯成一片，原本悠閒的午膳時光頓時變得熱鬧起來。

如果說社飯是以「食」為紐帶，打破隔閡、拉近彼此的距離，那這一場場班際賽事，便是以汗水為橋樑，把整個班級的心緊綁在一起。午膳時光裡的可風，從來不只是一所安靜的校舍，更是盛載着少年們的歡笑、熱血與羈絆的天地，無論是圍坐一桌的溫馨社飯，還是操場上沸騰的班際對決，都在這裡寫下專屬於可風人的青春印記。



ENJOY EVERY MOMENT

中文編輯部

5A 車殷希 4B 翁明蔚
5C 麥詠茵 4B 黃彥霖



「同」心祝願

從社飯到慶生，從聚餐到班際活動，午膳期間的可風不只是一所校舍，更是以午飯凝聚能量的「補給站」。

午膳的鐘聲甫響起，昌立堂、雨天操場看似與平常沒甚麼兩樣，然而只是一眨眼間，便已有幾位同學從梯間竄出，眼明手快地挑好有利位置，匆匆放下水瓶看守飯桌，立馬又轉身跑到校門外取外賣。此番動作行雲流水，如同高手獻藝，精彩非常。

待他們取得外賣，三五知己才慢悠悠地抵達，陸續圍坐下來。此時才發現，原來他們身負要務，是「組織」裡負責「霸位」的先頭部隊。打開外賣盒，香氣撲鼻而來，他們一邊吃飯，一邊聊著種種趣事。幾個人分享着小道消息，一時驚愕，正準備送往口裡的麵條被齊腰夾斷，麻辣湯底四濺。此時，坐在一隅的同學則仍沉浸在剛才的八卦裡，笑得不可自拔，數人趁此良機向另一端的同學打眼色，他馬上心領神會，悄悄離席——他要到學生會會室，取回早上存放好的蛋糕。

不一會兒，剛溜出去的同學便捧著一個生日蛋糕急步走回，原來是朋友精心籌備的生日驚喜！壽星還來不及反應，朋友們已經圍滿長桌，唱起了生日歌：「祝你生日快樂，祝你生日快樂……」四周的目光紛紛投向這張桌子，壽星與蛋糕頓時成為全場焦點。雖然大家互不相識，同學仍自發地加入「生日合唱團」，歡呼聲、拍手聲百千齊作，響徹整個昌立堂。

以上的畫面相信大家絕對不陌生，或許你也曾當過畫面中的觀眾，甚至正是被圍在中間的壽星。不知你曾否感到疑惑，在眾目睽睽下慶生不會感到尷尬嗎？為何同學堅持在學校午膳時間慶生？對此，中四同學張雨珊回應道：「其實這種尷尬也是一種樂趣。一來與眾多好友一同用膳的機會難得；二來，看見不認識的同學也為自己慶生，氣氛頓時變得融洽。」除了對觀眾的反應感到驚喜，雨珊亦想藉此向朋友表達感激之情。她坦言，和朋友相處的時間久了，她們如同自己的家人，在她們的見證下踏入新的一歲，感覺特別溫馨、有儀式感。

友誼的高樓往往由微小的行動築成。或許就是由那些不計較花時間跑去烘焙店、不計較早起、不計較飛奔到飯堂「霸位」的小付出，令她們的友誼緊密而牢固。可風中學的午膳時光，就是如此平淡，卻又閃閃發亮。每個小角落，都上演着屬於同學的溫馨片段。生日歌一遍又一遍響起，六年時光就這樣匆匆過去，但我們在可風建立的情誼永遠也不會凋零。

「糧」師益友

老師給人的形象總是神情嚴肅，手握粉筆奮筆疾書，將抽象的知識化為具體的板書。沒想到午飯時分，老師便會一改課間的認真模樣，執起筷子，與學生一邊談笑，一邊用膳。用膳時，飯堂的長檯間沒有「提問」和「作答」的生硬框架，麥老師爽快地說那是「任何話題」都能聊的時光。於是師生一同談論昨日玩爆旋陀螺驚險的絕殺、交流令人捧腹的冷笑話、分享週末放鬆的逛街計劃。黎老師與飛行學會的學生聚餐時，也喜歡聊生活趣事：「小息的時間較短，而且主要圍繞與教學有關的內容，不能深入了解學生們。」那些忙碌日常的嚴肅話題被排除在外，聚餐中只有輕鬆的笑談。師生一群人並肩而坐，其樂融融，飯菜裊裊的氤氳模糊了身分的界線——此刻，老師全然沒有權威的架子，僅僅是一位閱歷稍豐的朋友。

學生的言語不乏夾雜着新穎的網絡潮語：「這個漢堡好dope！」老師聽到新奇古怪之詞，總會饒有興致地「請教」，學生則雀躍地逐字翻譯。老師一邊聽，一邊蹙眉跟著複述，不準確的發音惹得學生們一陣哄笑。師生間的溝壑就在融洽的歡聲笑語中被悄然填平。

有時候，歡笑聲稍歇之際，學生會吐露心聲，向老師抱怨起繁重的考試壓力、對選科的迷惘、退修的掙扎。老師沒有給出「只要努力就一定做得到」一類的「罐頭式安慰」——這些安慰雖積極正面，但過於蒼白無力，他們反而耐心聆聽學生的焦慮。麥老師說：「我會先靜靜地聆聽，給予最真誠的關心與理解，再用人生經驗作交流。」而黎老師亦持相同看法：「先聆聽，如果有需要或者同學願意，我會再追問細節，看看能不能一起解決。」原來比起說話，聆聽才是師生溝通的第一步。午膳時光不僅有熱氣騰騰的飯菜，溫暖了學生的軀軀飢腸，更有良師的金玉良言，安撫了學生在青春期不安徬徨的心。

對於仍在猶豫邀約老師共餐的學生，麥老師的回覆簡潔有力：「無任歡迎！」黎老師則表示可以發訊息邀請，不必緊張。校園的午膳時間雖有限，但師生間的交流可以無限，同學不妨勇敢一試與老師聚餐的可風午膳文化。

一頓午餐的意義，遠不止於填飽肚子，更見師生平起平坐、歡聚一堂的溫暖陪伴。在那方寸餐桌上，少了尊卑的界線，多了亦師亦友的坦誠。那共話家常的歡笑聲迴盪在飯桌間，為可風校園添上一分溫情。



學生佳作

《港韻》 5A車殷希

少冰的C0茶，
錫蘭紅茶的澀，
帶着絲絲縷縷的甜，
碎冰與膠杯碰撞作響，
剛啜一口，
侍應便匆忙把「男人的浪漫」端上來，
喊着「靚仔另上」，
不過幾秒，又一碗白飯熱騰騰地端上飯桌。

下午三時十五分，
剛出爐的蛋撻，
牛油香鑽進鼻腔。
酥皮簌簌落下，像時光掉屑
港式奶茶的餘韻悠揚，
掛在喉間，混着蛋香。

霓虹在天際旋轉着流金的光暈。
維港的浪紋，
沾染了天星輪的餘溫。
高矮肥瘦的大廈，不一地排列着，
竟拼湊成一幅綿延千里的畫卷。
大廈窗戶溢出的煙火，
跌進海面，
點點燈火接替了太陽的工作，
用梵高的筆觸為大海點染立體的觸感，
夜間的波光粼粼油然而生。
這座城市裏，
璀璨絢麗，
一半蘊藏在街邊，
一半在浪尖的光影下流轉千年。

嘟嘟 嘟嘟嘟嘟
紅綠燈催促的聲音穿風而來。
行走在匆忙之中，
許多人的夢，
迷失在人潮洶湧之中，
迷失在一條條黃色間線之中。

扶手電梯的金屬涼意，
叫人貼緊手心，
向上的節奏，從不等人。

這座城市裏，
急促的風裹挾着眾人的步伐，
帶着他們在霓虹燈下浮沉歲月。
唯有街邊一隅，
用着最樸素的方式——
咖喱的辛 魚蛋的彈 燙嘴的暖
留着半分慢活

但不管快與慢，
城市的變化如從指尖流走的沙子，
被你掌心撫過的，那剝落的舊磚牆，
朝夕之間卻被高聳入雲的樓宇
掩沒掉存在的痕跡。
在日新月異間，
一切瞬息轉變。
我該如何將叮叮車的軋響
像指環一樣
牢鎖在記憶的指根？

《荃灣隅情》 5C林文璐

站在海濱公園的堤邊，望着眼前這片熟悉的大海，
心頭的煩惱隨着浪濤蕩啊蕩，慢慢蕩向遠方。

從學校搭上巴士，在鬧市街口停駐。荃灣最熱鬧的
地段，行色匆匆的路人、駛過的小巴，匯成最生動的市
井畫卷。我穿過熙攘人流，一路直走，腳步熟稔地邁向
那片藏着我童年溫暖的地方——楊屋道街市。

楊屋道街市，是荃灣最濃烈的人間底色，也是我記
憶裏最溫暖的歸處。兒時每個週末的清晨，阿婆們彎著
腰在菜檔前細細挑揀，指尖撥過嫩綠的菜心，一句句的
討價還價聲裹着熱氣飄開：「阿叔，菜心便宜一點啦！」
「靚貨來的，少一分都不行！」魚販敲着魚盆的響聲、
肉案上刀斧起落的篤響，與叫賣聲交織，成了楊屋道獨
有的晨曲。

而我最惦念的是街角賣沙梨的阿婆。她的
攤位總擺著一筐沙梨，阿婆總能從熙攘人
群裏認出我，皺紋堆滿的臉上綻開溫柔的笑，
隨手撿一顆沙梨塞進我手裏，粗糙的掌心裹着暖意，聲
音溫軟：「沒事的，吃吧！婆婆請你。」那沙梨的清
甜，從舌尖甜到心窩，成了我童年最珍貴的滋味。如今
街市依舊車水馬龍，人來人往，熱鬧如初，可那位送我
沙梨的阿婆，卻久未露面，唯餘那份樸實的溫柔，在歲
月裏發光，溫暖我往後每一個難熬的時刻。

離開街市，沿著熟悉的街巷緩行，路邊的士多店擺着冰
涼的汽水與各式零食，玻璃櫥窗上凝着細密的水珠。幾家傳
統的金紙店疊得齊整的金銀紙箔，藏着荃灣人對傳統的執
念。過一條馬路，便抵達荃新天地二期，那街角總有一個炒
栗子攤，黝黑的鐵鍋裏，圓滾滾的栗子在砂礫間翻滾，焦糖
的甜香隨着熱氣飄滿街巷，讓我忍不住流口水，買一袋熱氣
騰騰的栗子，那暖意從舌尖蔓延至全身，冬日的寒涼便被這
份人間溫暖，悄悄抵擋。

再往前走幾步，荃灣海濱公園的門扉便映入眼簾，這是
我煩惱時的歸處。海邊陣陣海風挾着鹹腥的氣息撲面而來，
輕輕撩起我的髮絲，拂去心頭的塵囂。我深深吸一口氣，讓
荃灣的自由味道，填滿整個胸腔，渾身的疲憊便消散了大
半。

記得兒時放學後，總牽著夥伴的手，一路歡笑着往公園
跑，那時的堤岸欄杆，早已被歲月磨去了稜角。我們趴在欄
杆上，貪婪地望着遠處的漁船，浪花一遍遍拍打着堤岸，濺
起細碎的銀色水珠，濺濕了褲腳也渾不在意。落日的餘暉灑
在海面，將滄藍染成金紅，我們就這樣靜靜看著，直到夕陽
沉落，才戀戀不捨地回家。

長大後，學業的壓力、生活的煩惱，總在無意
間纏上心頭，再也無法像童年那般肆意歡笑。可每
當心緒煩亂時，我依舊來到這片海邊，將心事訴與
滄藍。落日西沉時，橘紅色的霞光鋪滿天際，綿延至海面，
粼粼波光晃動着，歸鳥成群結隊地掠過天際，此時站在堤
岸，聽着潮聲陣陣，感受着海風的擁抱，那些難解的煩惱、
無盡的焦慮，便隨着落日的餘暉，慢慢消散。

十餘年歲月，儘管荃灣的街巷早已物是人非，可那份藏
在巷陌裏的溫柔，那份海風裏的情懷，從未改變。我愛這裏
的人間煙火，愛這裏的歲月靜好，愛這片能容納我所有歡喜
與憂愁的荃灣。

海風依舊，舊巷溫柔，這方水土，便是我此生最牽掛的
歸處。



Ho Fung Campus

JUNE 2026

TEACHER INTERVIEW WITH MR MAK

MR. MAK IS A TRULY REMARKABLE TEACHER. WE ARE HONOURED TO SIT DOWN WITH HIM FOR AN INTERVIEW AND ASK HIM SOME MEANINGFUL QUESTIONS ABOUT HIS JOURNEY.

"WHAT DO YOU LIKE TO DO OUTSIDE OF TEACHING?"

MR MAK SEES HIMSELF AN OUTGOING PERSON. HE'S ALWAYS UP FOR SOMETHING NEW, ESPECIALLY WATCHING THRILLERS AND DRAMAS. "MOVIES ARE GREAT, BUT DRAMAS BASED ON REAL-LIFE EVENTS SPECIFICALLY" HE MENTIONED.

BESIDES THAT, HE'S ALSO A VERY SPORTY PERSON. AS HE CAN GO ON AND ON WITH A LIST OF HIS FAVORITE SPORTS! "YEAH, I LIKE HIKING, SWIMMING, BADMINTON... ESPECIALLY HIKING THOUGH." MR. MAK ABSOLUTELY LOVES TRAVELING AROUND THE WORLD, TOO.



ADVICE FOR STUDENTS

"MY WIFE WASN'T THE BEST AT ENGLISH WHEN I FIRST MET HER. BUT I KNEW SHE STUDIED BY HERSELF. SHE TAUGHT HERSELF. MAYBE NOW SHE'S STILL NOT VERY GOOD AT SPEAKING ENGLISH, BUT SHE'S DEFINITELY THE MOST HARDWORKING. SO EVEN IF YOU'RE BAD AT SOMETHING, DON'T EVER GIVE UP. BEING LAZY IS THE WORST. SO ALWAYS BE HARDWORKING. THE MOST IMPORTANT THING IS TO STAY TOUGH."

"...HOW ABOUT YOUR MOST MEMORABLE MOMENTS WHILE TEACHING HERE?"

MR. MAK MENTIONED THAT TEACHING THE CURRENT 10(1) ENGLISH CLASS IS ONE OF HIS HAPPIEST TIMES. HOWEVER, HE PICKED OUT A SPECIFIC MEMORY THAT HE LOVED:

"DURING THE SECOND PRINCIPAL OF HO FUNG, THE PRINCIPAL SENT ME TO HELP WITH A SPECIFIC UNIT FOR NAUGHTY STUDENTS, AND MOST OF THEM WERE BOYS WHO'D NEVER LISTEN IN CLASS. I SPENT TWO YEARS EDUCATING THE BOYS. OF COURSE, THERE WAS TROUBLE, BUT DURING THAT TIME I ACHIEVED MY TEACHING DREAM, WHICH WAS TO REALLY SEE THE BOYS CHANGE."

"WHAT WILL BE YOUR FUTURE PLANS?"

MR MAK IS HOPING TO BE A SUBSTITUTE TEACHER SOMEDAY FOR HO FUNG AGAIN AND NEVER STOP TEACHING. HE ALSO LOOKS FORWARD TO DO VOLUNTEER WORK. BUT THE MOST EXCITING THING FOR HIM IS TRAVEL AROUND THE WORLD. "YEAH, I REALLY WANT TO GO HIKING IN ALL KINDS OF COUNTRIES AND MOUNTAINS. AND TO FURTHER TEACH MY WIFE TO SCUBA DIVE AND PLAY PICKLEBALL."

HE TOLD US HOW HE DID ONLY HORSE RIDING TWICE AND WOULD LIKE TO TRY AGAIN "THE LAST TIME I DID WAS PROBABLY TWO DECADES AGO." HE LAUGHED.

"YEAH, OF COURSE! I'LL DEFINITELY MISS ALL THE STUDENTS AND TEACHERS"



TSCHÜSS HONG KONG!

A heartfelt message from Mirabelle

EXCHANGE STUDENT



Reflecting on these past 10 months, I realize that I have learned more about myself and your culture than ever before, and I mostly have Ho Fung to thank for that.

I can't even begin to express my gratitude to this school for taking me in and to the people who made me feel right at home. Thank you to everyone who taught me little phrases in Cantonese, shared parts of their lives with me, or simply took the time to start a chat with me.



Being here pushed me to do things I never thought I would do back home, so keep trying new things even if they seem scary at first. With the right people supporting you, it will always be worth it. Ga yau!

Herzliche Dank~ I will miss you all so much!!

Mirabelle Heuberger

Guess The Teacher



Think you know your teachers well?
Think again!
Let's see if you can guess whose desks these are!

1



- 1. likes Claude Monet
- 2. a die-hard fan of Garfield
- 3. loves to watch dramas and musicals

2



- 1. loves to eat nuts every day
- 2. watches the news online at lunchtime
- 3. nickname is a Chinese dessert

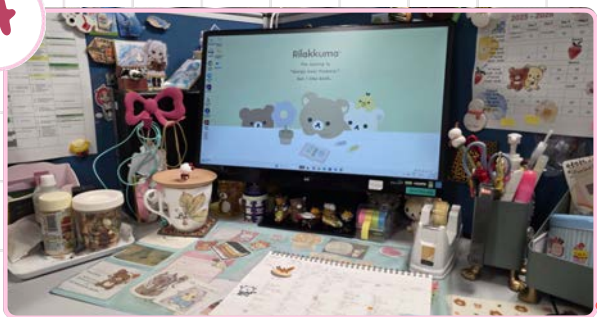


3



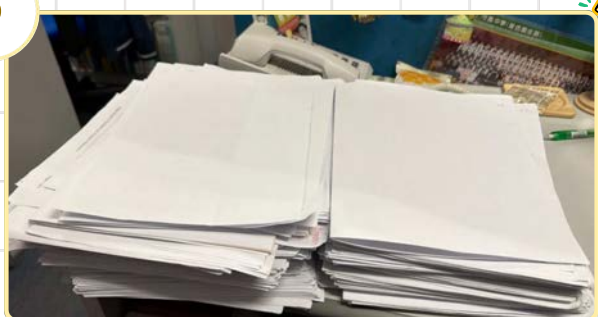
- 1. likes a blue character
- 2. likes eating desserts

4



- 1. enjoys painting
- 2. big fan of Frieren
- 3. loves all kinds of cute stuff
- 4. favourite drink is coffee

5



- 1. teaches maths and physics
- 2. walks very fast



Which type of student are you?

01

What's your role in a group project?

- A. The Leader. You create assign the tasks, and set internal deadlines.
- B. The mediator. You prevent arguments from getting heated.
- C. The Researcher. You're not a big talker but you do your part perfectly.

Mostly "A"s:
Academic Achiever

You're organised, dependable, and probably the reason group projects survive. You love the satisfying feeling of ticking off a checklist.

It's okay to take a break! Don't forget to relax and enjoy the fun sides of school life too.

How does your locker look right now?

- A. Organised. Books are neatly placed.
- B. A mix of crumpled worksheets, random snacks, and things you thought you lost three months ago.
- C. Completely empty. You don't use your locker.

02

03

There is a pop quiz today. What's your reaction?

- A. You'll probably be fine since you revised over the weekend.
- B. Skim your friend's notes frantically before the teacher walks in and hope for the best.
- C. Wing it. Whatever happens, happens.

Mostly "B"s:

The Social Butterfly

You're spontaneous and cheery! You cherish friends and memories as much as academics. You probably have friends across forms. While you procrastinate a lot, you save yourself by thinking on your feet.

You'll thank yourself later if you start your work earlier! A bit of planning goes a long way!

Your teacher asks a tough question to the class and looks around for someone to call on. You...

- A. Raise your hand. It doesn't hurt to try.
- B. Invite a friend to answer
- C. Suddenly look very fascinated by the texture of your wooden desk.

04

Mostly "C"s
The "Chill Guy"

You're the calm in the eye of the storm: cool, collected, and independent. You like to do things your own way and at your own pace. You come off as quiet to some, but loud to others. You like having a small circle of true friends."

Don't be afraid to share your thoughts with the world!

High/lowkey

Highkey: completely open or obvious about something.

Lowkey: keeping things subtle, or secretive

Example: When our writings get creative, teachers lowkey enjoy marking them.

GOAT

Meaning: an acronym that stands for Greatest of All Time.

Example: Mr Mak is the GOAT of our school in coaching a variety of sports clubs.

Solid

Meaning: Someone or something that is excellent, dependable and trustworthy. Example: Ms Yeung is a solid teacher in our school.

She makes every lesson fun and interesting.

Slang: explained

Lock in

Meaning: to enter a state of deep focus, concentration, or intense dedication to a task.

Example: If I don't lock in now, I might fail my finals.

Carry (the team)

Meaning: One person does all the work or does exceptionally well while others "slack off" or do poorly.

Example: Her friends weren't good at academics, so she had to carry the team in most of the group projects.

Glow-up

Meaning: A significant, positive transformation

Example: The students' English had a glow-up after Ms Ma gave them some tips.