



HO FUNG CAMPUS

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HO FUNG COLLEGE

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The Spine-tingling Moment — The Alumni Cup



Our school is celebrating its 45th anniversary this year. Commemorative activities have been organised one after another. One of the highlights was the Alumni Cup on 19th October 2019. This was an event full of excitement.

Alumni and teachers grouped among themselves to compete against each other in competitions like mixed volleyball as well as 3-on-3 basketball. A student was invited to be the referee

of the match. All participants made an all-out effort to get the glory. They pulled out all the stops for triumph and drenched with sweat in the field. The audience shouted enthusiastically to cheer their supporting team up. Everyone was immersed in the game and enjoyed the ambience.

Not only did the Cup give the participants an opportunity to perform their best, but it also offered a good chance for them to show team spirit. Once the match was over, players shook hands with one another and became friends again. Memories of school life were recalled and friendship was everlasting in their heart. Hopefully, similar events can be held again in the future and more students can be involved.

Having Fun Together at HFC — Lunar New Year Fair



The annual event of Lunar New Year Fair takes Ho Fung College by storm, bringing fun and excitement to everybody. This year, it even crossed over with the 45th anniversary game stalls and was in the limelight.

Squeezing through the nicely decorated stalls, our guests enjoyed themselves a lot in this homely atmosphere together with us. Junior classes fought tooth and nail to leave a good impression on everyone so that they could be voted as the 'Most Popular Stall', while senior classes made every endeavor to make as much profit as they could. After visiting and playing in some stalls, you could get a small souvenir (limited for the 45th anniversary)!

Editors' Choice: The Most Impressive Stall

Have you ever imagined that an X-man game could be conducted in a fair? The UNICEF Club in our school organised a simulation activity in which players had to experience the life of children in the third world to shoulder the burden of gathering water and figure out solutions to help overcome the global problem of getting clean water.

In the game, participants were told to characterize as African children and accomplish a daily mission of taking water far away from home. They needed to roll with the punches, with many pieces of strings being hung in front of them. After passing the 'laser' area, they could eventually get the water they needed and end the game. Those players who were able to complete the mission very quickly would have their name posted on the ranking list!



Strenuous Lessons: Learning at Home During School Suspension

With the current outbreak of the coronavirus disease, all schools have suspended classes for more than three months. During this harsh time, teachers use their whole bag of tricks to let students acquire knowledge even at home. Let's see the 'sweat and toil' under this endless war.

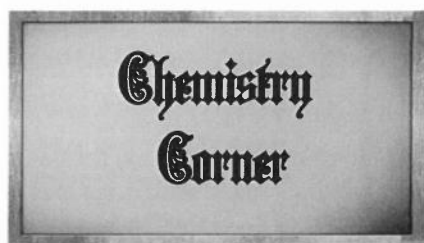
The obstacles come from two ways: The first is the rearrangement of the syllabus. Due to class suspension, teachers are not able to see students face-to-face. Many assessments need to be delayed, and teachers are struggling to catch up with the teaching progress. The second hurdle is the learning attitudes of students. With a stress-free mood, as 'deadline fighters', students would probably finish their assignments in the last

minute and the quality of their work varies.

So, what methods can teachers use to motivate students to do assignments at home? A teacher requires students to think of a funny title to catch their classmates' eye when submitting homework in the forum of eClass. The

best heading will be elected at the end of each phase for interesting and creative thoughts. This adds some pleasure and colour to the boring vacation loaded with numerous homework.

We are having a long but unexpected holiday. Students are assumed to utilize their time to learn effectively instead of idling around. After all, **TIME IS GOLD.**



Fierce Battle with Coronavirus

This is not merely a movie scene: lines of people snaking outside the stores, being panic about whether they can buy enough rice and toilet rolls, etc. Everyone is terribly affected by the coronavirus disease as the prices of hygiene products such as surgical masks and alcohol hand sanitizers have been skyrocketing due to scarcity. As everyone is in desperate need of anti-disease products, we will teach you how to make home-made alcohol hand sanitizers.

It's a piece of cake - just mix all the constituents of hand sanitizers and it's done. Here are the ingredients: 80 ml of ~96% ethanol or 75 ml of 99%

isopropyl alcohol, 1.4 ml of glycerol (to make hand sanitizers last longer!), 4 ml of 3% of hydrogen peroxide and 100 ml of distilled water. Make sure you stir the mixture thoroughly and wait for 72 hours so that all microorganisms are killed. Then you can store the final mixture in a plastic container. Those abovementioned constituents can all be purchased from pharmacies and you can do it yourself! Remember alcohol hand sanitizers are flammable, so they should be kept away from fire and children as well.

Apart from hand sanitizers, surgical masks have become a part of our daily life amid the coronavirus outbreak. You should pay attention to the Virus Filtration Efficiency (VFE) data on the package when buying them. Simply having the BFE or PFE labels, which stand for Bacterial and Particle Filtration Efficiency, is not protective enough. Make sure you clean your hands properly before putting on a mask which should fit snugly over your face.

Protection Level of Masks	
High protection	BFE + PFE + VFE (>95%) VFE (>95%) * Japanese standard
	EN 14683 * EU standard CNS 14774 ASTM Level 2-3 * US standard N95 * Universal filter efficiency standard
Medium protection	PFE (>95%) BFE + PFE (>95%)
	KF 94 * Korean standard KF 99 ASTM Level 1
Low/No protection	BFE (filter only virus attached on droplets) KF 80 (filter only particles larger than 0.6 micron)
	PM2.5 (filter only sand particles)

With all people showing solidarity fighting against the disease, we will survive the plague. Stay healthy!



1. How did you feel when you first knew that you were going to give birth to your second child? _____

Perhaps because it was a long time back then and everything went according to plans, I can't recall being exhilarated or brimming with excitement as most expectant mothers do. To be completely honest with you, the second child was kind of like a mission to accomplish, a responsibility to carry out to keep my firstborn good company, and I didn't have much emotional attachment with the then foetus - but of course it's totally different now (which I can share more about it if anyone's interested!).

2. Back to the time when you were pregnant, what was the biggest difference between your first and second pregnancy? _____

To answer this question I have to revisit my painful and somewhat traumatic memories about an incident on Instagram a few years ago. I was almost depressed and unable to get back on my feet due to the stress that resulted from all the comments and responses, be it positive or negative. Physically I was both healthy and felt only a little discomfort, but mentally the difference is remarkable. I'm not sure if that's the reason why my first daughter often felt insecure as a baby, while my second does chuckle so often that we just can't resist giving her our full attention. One thing that is in common during the two pregnancies, and something that I must mention, is that my colleagues were extremely supportive and tolerant, and I can never thank them enough.

3. As you have the experience of being a mother, do you feel less stressed and more relaxed when you take care of your newborn baby this time? _____

Definitely! But the reason may not be the experience - I almost forgot every bit about baby care (even the essential diapering) and had to learn from nurses all over again. The really crucial point is the length of the maternity leave. The 4 weeks makes an immense difference especially for a mother who chooses to breastfeed her baby and is a teacher who has a fixed timetable with insurmountable teaching and marking load (as does every teacher). Three years ago it was such a stressful time that I thought I suffered slight postpartum depression imagining all the things I had to cope with once work started, so basically caring for the baby wasn't at all relaxing and fulfilling though it was supposed to be.

4. As we know, newborn babies and their mothers may have to go to hospital for follow-up consultation, so when you really need to go outdoors, do you prepare anything to protect and safeguard yourself and your baby? _____

I guess everyone knows what a normal adult would need, and as for the baby, I usually cover her with a nursing blanket (no matter in nursing or not) whenever she's indoors or near people, as she's too small to wear a mask, let alone a pair of goggles. I also avoid public transport - luckily the government clinic is just a five minutes' ride away!



5. Is there any advice about the current COVID-19 disease, which you want to give to the students? _____

Not really, as I'm always the one being advised (or more correctly, summoned, like for not sanitising things well enough) rather than the one advising others. But I do see the best in human beings (e.g. friends delivering masks to everyone of us) and the not-so-good ones (e.g. taking masks or even mask delivery for granted - the "two boxes, thanks" phenomenon) and the worst (e.g. skyrocketing prices of the masks, online masks scams preying on people's fear). I guess, always being helpful and grateful, and putting aside our own benefits would help us all go through the distressing times.

Interview with Julia Ivanova

1. Why did you choose to study in Hong Kong?

I thought that it's very interesting and special. And I wanted to experience something totally different in culture.

2. What are your most favorite things in Hong Kong?

Food in the first place while architecture and people in the second.

3. How did you feel when you first stepped into Ho Fung College?

Message from Julia

"I'm sorry that I have to leave so soon and I regret not utilizing the time staying in Hong Kong. If I could turn the clock back, I would manage my time better to make myself enjoy more in Hong Kong. Having so many things unfinished here, I will definitely visit Hong Kong again in the near future. Hope that you will still remember me and let me be your guest again. Even though we did not spend much time together, I swear that was the best time in my life, no kidding!"

I was really scared before I came to school as I was worried how I would be treated here. But then I was surprised to find everyone was so friendly and nice. It was not easy to adapt to a new school, a new class and a new language. In my country, all subjects are taught in Russian and so at first I had to translate almost every single word I learnt. It was very awkward when teachers and students spoke in Cantonese as I could hardly get the meaning. But I really love the school life here and get really attached to Ho Fung and my friends.

4. What do you like most about this school?

There are many extra-curricular activities and students can choose the subjects they like to study by themselves. Also, teachers here are very nice and friendly.

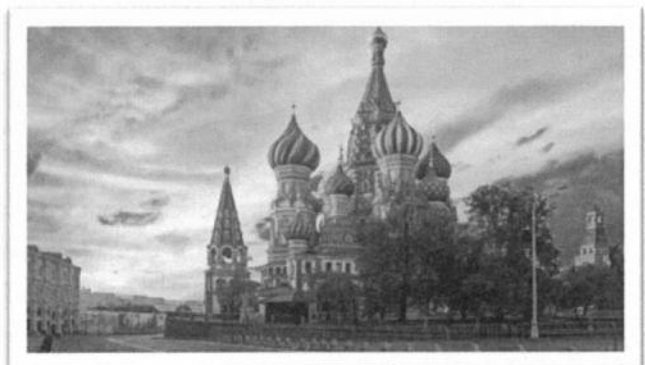


Interesting Facts about Russia



- Lake Baikal contains about 20% of the world's fresh water and is the deepest lake in the world.
- Oymyakon, a city in Russia, is the coldest inhabited place on Earth and on 6th February 1924, a temperature of - 71.2 °C was recorded.
- The Saint Petersburg Metro is one of the deepest metro systems in the world and the deepest by the average depth of all the stations.
- The easternmost point of Russia is 4km away from the USA but 6376 km away from its capital Moscow.

- The Hermitage Museum has a large number of unique exhibits (about 3 million). To protect the paintings and prevent small rodents from ruining the masterpieces, cats are used to guard the room and each of them is issued a security passport with a photo.
- Russian Christmas is celebrated on 7th January every year.
- Russians have the biggest sweet tooth in the world. They love all sorts of sweet food.
- Russia's most entertaining holiday is Maslenitsa, which symbolizes the "end of winter" and lasts for a week. People eat pancakes of various kinds during the vacation.





可風學生報

二零二零年七月

嗇色園主辦可風中學刊物

新界上葵涌和宜合道448號

四十五載情滿載，可風同心創未來 —— 可風校慶開放日

可風中學自1974年創校，至今已走過了四十五個年頭。為慶祝創校四十五週年，可風舉辦了一系列的慶祝活動，包括：校慶校友球賽、學術講座、開放日等，與師生、家長、校友及社會各界人士分享本校春風化雨四十五年的豐碩成果和喜悅。

開放日是本年度校慶的重頭戲之一，於二零一九年十一月二十九日及三十日順利舉行。期間，一眾嘉賓、校友、家長、學生共約二千人，聚首一堂，共同參與這項盛事。



典禮盛況

校慶開放日首天，非常榮幸邀請到東華三院主席蔡榮星博士為主禮嘉賓，與嗇色園主席、校監和一眾嘉賓參與當天的校慶典禮。典禮中播放了一段校慶短片，述說可風在這段時間所取得的驕人成就和師生對可風的深厚感情。眼見一位位傑出的同學和大家締造出的佳績，大家都對自己身為可風人感到無比的自豪和光榮。在典禮最後的亮燈儀式中，主持三聲倒數後，嘉賓一同按下台中央的黑色幻燈球，同時台上禮炮一響，「嘸」的一聲，在雷動的掌聲和禮炮彩帶漫漫飄飛的夢幻場景中，幻燈球中滑出了「四十五載情滿載，可風同心創未來」十四字，成了這次校慶最貼切的註腳。



多姿多彩「可風情」深

一個成功的開放日又怎可缺少位位可風人的用心籌備和精彩表演。只見操場中的舞台上管樂團和中樂團宜中宜西，譜奏出樂音裊裊，沁人心脾。合唱團人多勢眾，嘹亮聖潔的歌聲恍如天籟，更有同學引吭高歌，伴著樂隊鏗鏘澎湃的演奏，動人肺腑。同學們在台上

聲藝絕倫，台下自然座無虛席，紛紛擊節讚賞，掌聲不絕於耳。精彩不止台上，化學室裏數位同學身穿大白袍為嘉賓演示「火花四濺」的實驗，令本來偌大的化學室顯得有些擁擠；家政室內同學正細心準備精緻的甜點，色味俱全，甜美可口的氣味飄出走廊；嗇色園生物科技流動實驗室內的設備完善而新奇，在講師的指導下參加者都玩得十分投入。

師生對校慶滿懷熱忱，全情投入，把開放日辦得有聲有色。開放日裏身處不同工作崗位的同學，籌備階段無償地付出時間和心力，只為令開放日能盡善盡美。很多同學和校友都回校為可風站台，共證美好的歷史時刻。「一日可風，一世可風！」不僅僅是個口號，可風就像個大家庭，滿載溫情，彼此緊密相連，大家都願為這個家共同努力。

可風在這四十五載能長青不朽，桃李盈盈，締造了無數榮耀，一切一切都來自一代代可風師生的辛苦耕耘。校慶不單是紀念和緬懷昔日的豐功偉績，更提醒著每個可風人得繼承前人的努力和精神，發揮自己的潛能，力求上進，同心為可風創出更輝煌的未來。我想，這亦是校慶的重大意義。

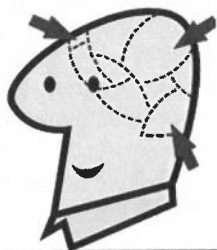


「思」、「辯」

辯論比賽中雙方辯員不斷交替攻擊防守，用簡潔的語言拓展論點，用最少的時間呈現最有說服力的論述。要判斷誰勝誰負，就是看一座城堡究竟是傷痕纍纍，還是完整無缺。

辯論主要分為兩部分——「思」和「辯」。先說「思」，辯員的思考能力是決勝關鍵之一。建構主線時，同學需要思考哪些論點對己方有利，然後預計友方論點，思考每一個論點存在的問題或矛盾，定出駁論方案，做到知己知彼。這一切都需要辯員慎思，客觀思考及推論，因為一時疏忽或會導致無可挽回。比賽台上，辯員也要慎思，聆聽友方辯員發言，小心留意對方的邏輯和推論，從而作出回應和反駁。

再說「辯」，在預備一場辯論的過程中，少不免會進行模擬比賽，有時候是教練，或是同學模仿友方辯員，與參賽辯員形成相反立場，不斷質詢和辯論。正所謂「越辯越明」，辯員在錯誤中學習，在練習中改進，比賽時便能避免重蹈覆轍。



我們的領航員——李子政老師

李子政老師加入可風後，一直負責帶領中文辯論隊，與辯論隊感情深厚。被問到為何會鍾情辯論時，李老師指辯論具新鮮感，能透

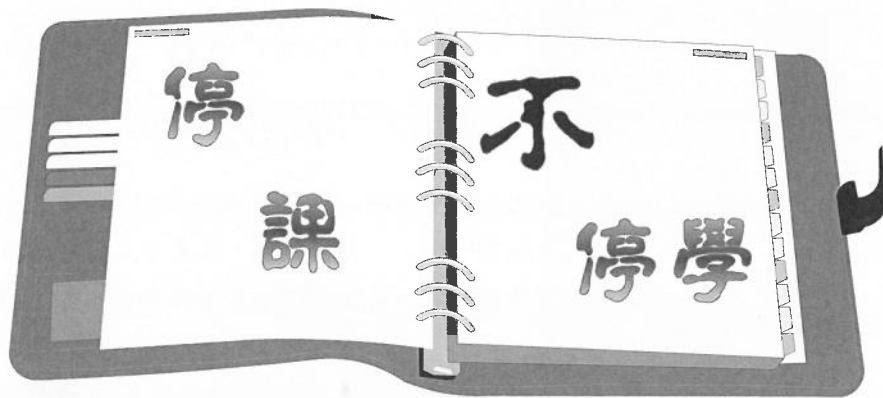
過站在既定立場深入了解不同議題和哲理，在每一場比賽中學到的都不一樣。另外，他表示帶領辯論可以跳出日常教學限制，與同學多接觸和溝通。說到最難忘的帶隊經驗，李老師說必定是2019年帶隊到馬來西亞參加「世界中學生華語辯論公開賽」。他說自己不單是辯論教練，更兼任領隊，在一個陌生的環境，以一個陌生的賽制帶領學生全心全意與世界各地的強勁隊伍作賽，此行令自己和學生都眼界大開，得益不淺。



「思」、「辯」於日常生活中的重要性

思考和辯論對每一個人都十分重要。現今社會充斥不少假消息和不實報導，不時有人因此被騙。若然我們能多思考，懂得質疑，以客觀的態度去追求真相，就不易受到欺騙。「辯」之所以存在，是因為人人意見不同、思考角度不一，多思多辯可以令我們了解不同的意見和立場，以更廣闊的眼光看待世事。這是可風辯論隊的堅持，更是文明社會裏大家都要恪守的精神。

齊心 抗疫



疫症無情 師生有愛

我們並不孤單

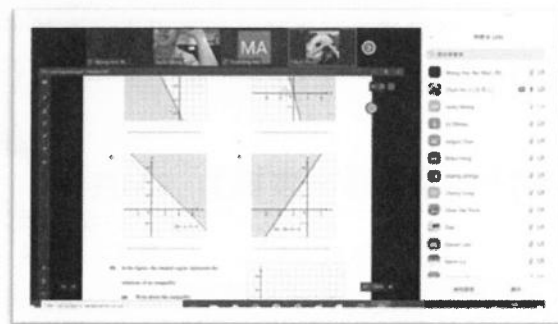
農曆年假以來，全港學校因疫情多次延遲復課。無懼世事變改，老師和學生的教與學未有因此而停止，反而同心打開了電子學習的大門。學校提供各種電子學習資源，讓學生在家中也緊貼教學進度，持續學習。



多元資源 助學生持續學習

老師把平日的教材重新整理錄製成不同的教學短片及製作電子教材。老師搖身一變，化身 YouTuber，拍攝網上教學片段，又或是成為主播，使用 Zoom 直播教學。不論教學或備課形式轉變，老師都要重新適應，工作量著實不輕。連月來同學們感受到老師的苦心，感謝老師日以繼夜的付出！

< 網上直播教學



適當心理輔導 疫情顯關懷

面對疫情，面對著無了期的停課，同學對學業難免感到迷惘，十分需要情感上的支援。兩位駐校社工定期於 e-class 平台把電子抗疫小冊子，如《「疫」流而上·家添愛——抗疫心理指南》上載予我校同學，讓同學知道疫症期間的簡單心理自助方法，自用或分享給身邊的人，互相支持。

老師心聲

老師 1：網上教學教書可以，教人則難。

原來不能留意到彼此的小動作，是大損失。

大家努力抗疫，日後除下口罩相見。

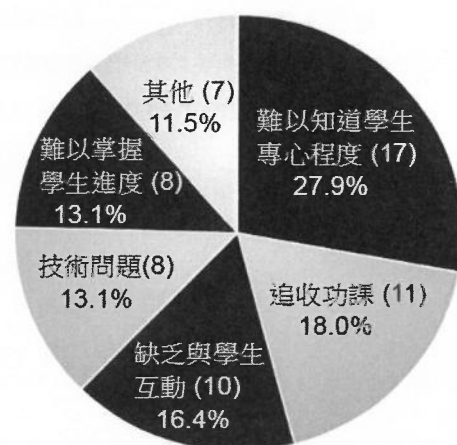
老師 2：學習是辛苦的，自己在家學習更是辛苦，希望大家能在停課期間不停學，有困難記得找朋友或老師幫忙。

老師 3：力求進步，突破自己。

老師 4：這段時間同學也辛苦了，希望疫情能早日完結，大家可以快點見面。

老師 5：疫情提升了大家的電腦科技知識！

最大的困難





「本港再增一宗確診個案……」，打開電視，又是令人沮喪的消息。我跌坐在沙發上，歎了口氣。近來新型肺炎肆虐，擴散至全球多個國家，各國都採取了不少措施，以減少病毒傳播，而對我們學生來說，影響最大的莫過於停課了吧。

當政府宣布停課時，我騰地坐直了身子。儘管對此已早有所料，聽到消息時還是不禁暗自竊喜，腳步輕快地奔回房間，愉悅地轉了一圈。「啼鳥有時能勸客，小桃無賴已撩人」，我不由得想起這句詩，即使外面沒有鳥兒，也沒有桃花，只得病菌在隨風舞動。

剛剛開始停課的那幾天，如果不是不能外出，我幾乎以為自己是在度假。每天，我都可以睡至日上三竿，不用每天帶著睡眠惺忪的黑眼圈去上學，還可以悠閒的吃零食和看電視，而不是日復一日的做功課。但漸漸地，我不禁感到無趣和厭悶，甚至有點掛念上學的日子。

我躺在床上，百無聊賴的瀏覽着有關病毒的資訊，突然感受到它為我們帶來的諸多不便。對學生，它令我們在學習和完成功課上都帶來了阻礙，要提交功課給老師似乎也成了一項難題；對上班族，交通成了問題，有的甚至面臨失業；對普羅市民，因為口罩短缺，上街亦變為一件需要再三考慮的事情。

其中最辛苦的，影響最為重大的就是醫護人員了。在過去的一個多月裏，世界各地的醫護人員都疲於奔命，只為救助患者，有的甚至犧牲了——「死有輕於鴻毛、重於泰山」，他們想必是後者。

回想起自己，我也從床上坐了起來，找到束之高閣的書本，細細翻閱。想到大家都在困境中努力，我又怎能繼續虛耗時光呢？



《蒹葭 蒹葭》 5D 佚名

蒹葭 蒹葭	蒹葭 蒹葭
你對我們實在	你更提醒我們
太好了	要多親近
前些年一知道	美好的大自然
我們生活安逸	要到山上工作啊
不知何謂居安思危	沿路各位口罩
便暗暗	留守山上各處
從不知名處偷渡入境	它也為你
輕輕提醒我們	創造新食譜
遺忘的衛生	煎炒煮炸
好與	燉燉焗烤蒸
乾涸的渠管	主角還是口罩
飛濺的水花	
看齊	到時過了火候
	那就真是
	炎重了

*註：本詩擬鍾國強

《百佳頌》。

《聽李榮浩「李白」》 4B 黃偉誠

我對你實在
有微妙的感情
前些年偶爾得知
你在月下獨酌
便一直
在課本與筆記之外
去洞悉你的雲漢、高樓、花間
零亂的身影
好與
徘徊的歌月
共歡

*註：同前詩，擬鍾國強

《百佳頌》。

李白，李白
我何能找到
你那比桃花源更渺遠的世界
千尺潭水雖然好
汪李交情價更高
山水人情
現今再看不到
我抬頭
床前仍是月光
卻思索不到
故鄉情

只怕聽到兩岸猿聲
那時就真的是要
散髮弄扁舟了

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中文版總編輯：

5A 溫和棟

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