

# 五邑司徒浩中學

F.D.B.W.A. SZETO HO SECONDARY SCHOOL

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2022  
July

## Getting to Know

## Ms. Sophie

Dear parents and students,

My name is Miss Sophie Witham. Let me tell you a little bit about myself. As you may know, I come from Canada but I have lived in Hong Kong for 24 years. Hong Kong is my home and I love it here. My family and I live in Sai Kung and being near the ocean is relaxing. In my free time, I like to solve crossword puzzles and read fiction novels. I also enjoy swimming and hiking in the country parks.

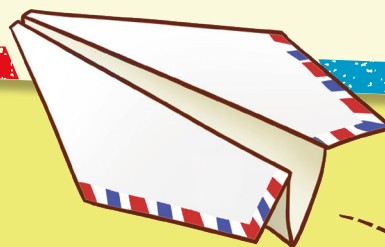
I am having a wonderful time here at Szeto Ho Secondary School. The teachers and students are very friendly and helpful. Although online learning has posed some challenges, we as a community have adapted and are continuing to persevere. I am teaching all form one and form four oral lessons. Many students actively participate in class discussions and are keen to share their thoughts and ideas. I have really gotten to know my 2B and 2C students as I teach them all areas of the English curriculum.



As well as teaching, I have also had a role in many school-wide events such as English assemblies, Halloween and speech festival. Everyone involved has been enthusiastic and committed to all of the English activities. It has been a pleasure to be a part of them and I am eager to continue to be involved in school life.

Despite my status as a teacher, I believe that there is always room to learn more and I am discovering new things every day. The best part is speaking to all the fantastic students around the school.

Miss Sophie







# Enjoy the way you learn English

Dear all,

It is with great pleasure that I have been asked to write a few words to all of you. Taking this opportunity, I would like to share my English learning experience with you. As you know, I am teaching English; however, I was not so keen on English when I was little.

When I was about five, my parents sent me to different English tutorial groups. It made me feel stressed, and, eventually, I resisted learning it. I did not perform well until Secondary 3.

When I was in Secondary 3, my teacher explained the importance of learning English as it is an international language and exposes us to different cultures. The teacher shared her experience of learning English with our class, and I was impressed. Learning English does not mean that you must recite phrases or read the dictionary. Instead, learning should be enjoyable like reading and watching dramas.

As a secondary school student, I know you are having a challenging time learning English, especially when you are given a passage with difficult words. I can tell you that I have been down this road for decades; however, I strived for a change when I was in secondary 3. I believe that you are still young enough to take a step forward. Let's find a way to help you enjoy learning English!



Miss Tang







# Wise

## 2A Yu Wing Sum

*"Look before you leap." / "Jump once but look twice."*

I love this quote very much because it reminds me of the correct attitude when I have to do something important. It's my motto. I think we should never act on impulse.



## 4A Hui Pui Shuen

*"Everyone is the architect of their own destiny."*

This proverb helps me to be more motivated when achieving my goals. And I don't believe that fate is decided by heaven in the first place. Fate should be in our own hands.

Some people are born poor, but they do not give in to it, but work hard to learn and change their destiny. But some people succeed while some people fail. Fate is so unfair, but even if they fail, they do not give up. So I think destiny is built step by step by our own efforts and persistence.

As long as we remain optimistic and firmly move towards our goals, we will one day receive the results we want!



## 3B Cheung Tsz Ching

*"Efforts will lie, but they will not be in vain."*  
— Yuzuru Hanyu

This proverb is thought-provoking. When we strive for our goals but don't get the results that we want, we shouldn't give up. If we keep working hard, someday we will attain our goals.



## 2A Ivan Lee Ka Chun

*"The secret of success is constancy to purpose."*  
— Benjamin Disraeli

I believe that one indispensable element of success is having different goals whether it's long-term or short-term, since they could give me the impetus and the reasons to work hard.





# Saying

Proverbs are ingredients of our life. With proverbs, our values and beliefs are stored and uplifted forever.

## 2A Cherry Li Yuk Yu

*"A friend in need is a friend indeed."*

I love this sentence because it reminds me of my good friends. Whenever I get into trouble, they will help me unconditionally.



*A friend in need is a friend indeed*



## 2A Morgan Leung Sum Lap

*"You cannot be jealous when others go forward; you must go forward when others are jealous."*

It's a motto for every single student. When the others try to make progress, you can't be jealous; but when others are jealous of your progress, you must use your efforts to keep going!

# Rising Star

## 4A Lea Lam Tsz Ni

Until now, I have always thought that winning this English Speech Festival was a dream. Before the competition, I practised the poem a lot for the pronunciation, emotion and my facial expression. To have more ideas for expressing the emotion, I studied the writer's background and the aim of the poem. In addition, every practicing time, Ms Sophie told me how I could improve my pronunciation, the poem's rhythm and the tone of the lines. She is always supportive and I have learnt a lot from her. Finally, I won the competition! I am cheerful and have already started to think about the next speech festival.



73rd Speech Festival 1st Place Lam Tsz Ni



# 傷健共融 同行守望

14位中四同學透過生命教育組參加了由香港傷健協會舉辦之「觸動身邊人，分享生命故事」的傷健共融訪問，與幾位傷殘人士作了深入的交流。以下為同學對於訪問的感想。

4A李心妍、湯婉婷

對獨居的傷殘人士而言，做家务是一件極困難的事，必須依靠為他們設計的家居設施。再者，他們的求職過程也是困難重重，我們沒法想像因疫情而三年找不到工作的那種處境，他們只能靠綜援和殘疾津貼過著拮据的生活。

4A杜梓鈺、4B徐梓銘

下雨時幫助行動不便的傷殘人士撐一下傘；多參加相關的義工活動；支持他們在社區建設相關設施的提案，這些對他們來說是最好的幫助。儘管自身力微，但只要大家做好自己，給予傷殘人士多一些關懷理解，就是對他們最好的支持。



二人一組，合作無間

4A趙焯瑜、李倍欣

在乘搭交通工具時保持禮讓，不霸佔輪椅的停泊位，學懂推己及人，試著理解和代入別人的處境，便能令社會更融洽。若你將來也有同樣的遭遇，你會希望別人如何對待自己？

4A張心如、吳焯莪

傷殘人士在日常生活中經常遇到很多不便。最令人深刻的是他們唯一能使用的殘障人士洗手間常遭普通人濫用，令他們有需要時沒法使用，那些人甚至還會反罵傷殘人士阻礙他們。一切只因他們殘障而遭到歧視，真可憐！

4A林偉明、4B梁銘軒

有健全的四肢，能跑跑跳跳絕對是一種幸運。不少人自出生便失去自由活動的權利，亦可能因為後天的因素令身體出現缺陷。不禁醒悟，能走走跳跳對某些人來說其實是一種奢侈。我們應該珍惜自己所擁有的一切，活在當下！

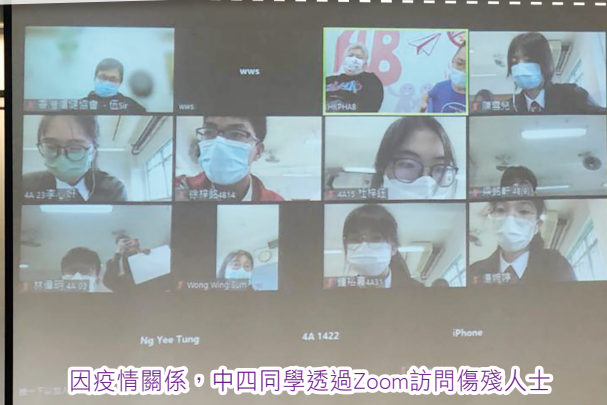


同學十分專注，用心發問

4A吳綺彤、黃愷嵐

那傷殘人士在雨中遇到一位「異於常人」的年輕人。他撐着傘跑到她面前，為她擋雨，陪伴她走過一個街口。即使他的衣服被雨水沾濕仍毫不介意，送她到地鐵站的升降機門前，替她按鈕，還把雨傘留給她才匆匆離開。

日常生活中，很多人認為幫助傷殘人士是麻煩事，視若無睹；有些更只覺得他們擋住道路，大聲叱喝。那年輕人的舉手之勞對於傷殘人士來說是一件大事，令她心感溫暖。真盼望更多人主動對傷殘人士伸出援手！



因疫情關係，中四同學透過Zoom訪問傷殘人士

4A陳雪兒、鍾裕嘉

原來當傷殘人士知道自己所受的傷害屬於永久性損傷時，往往完全接受不了，很長時間不敢見人，最後只能靠時間沖淡一切。不過，家人和朋友的鼓勵對他們來說十分重要。有親朋好友的陪伴，他們便能慢慢適應輪椅上的生活，也擁有了重新出發的心態去面對現實，開展自己全新的人生。我真佩服他們的勇氣。我們應慶幸自己有健康的身體，好好生活，積極求進。



網上見面，無阻大家真誠交流





# 獲獎消息



項目	獲獎學生	獎項
香港建造學院 2021室內賽艇機邀請賽 (男子組)	3D 梁健宇 2D 陳奕希 5D 許庭軒 3A 張文韜 3B 廖浩鈞 3D 何昊軒 3D 梁健宇	初中組個人賽300公尺季軍 初中組接力賽4x500公尺季軍 高中組個人賽500公尺季軍
黃廷方慈善基金 黃廷方獎學金 (香港)	5A 甄津蝶	獎學金
義務工作發展局 4C青年義工領袖計劃	4B 徐梓銘 5A 李文澤 5A 楊韻怡 5A 何柳翠 5A 林祉彤 5A 王思詠 5A 吳欣婷 5A 施銘雯 5A 韓美婷 5A 鄭志華 5B 何俊軒 5B 關梓豐 5B 黃凱炫 5B 葉采怡 5B 司徒庭朗	4C傑出青年義工領袖獎 4C義工個人嘉許狀
中國青少年語言文化學會 2021-22年全國青少年語文知識大賽 「菁英盃」現場作文比賽 (初中組)	3A 郭麗明	二等獎
教育局、 香港大學電子學習發展實驗室 初中歷史科電子閱讀獎勵計劃2021	2A 鄭嘉雋 2A 李嘉俊 3A 宋芷嫣 3A 漢榮德 3A 謝明臻 3A 張文韜 3A 陳俊熹 3A 鄭港源 3B 馬英傑 3B 張喬 3B 黃政淳 3C 官穎茵 3C 古皓燃 3D 梁健宇 3D 郭浩賢 3D 鄭駿灝 4A 吳綺彤 4A 周敏潼 4B 林智康	證書
香港學校音樂及朗誦協會 第73屆校際朗誦比賽 女子散文獨誦 (粵語組) 女子散文獨誦 (普通話組) 男子散文獨誦 (粵語組) 男子散文獨誦 (普通話組) 英詩獨誦	3A 王愷琳 3C 陳家善 4B 鍾慶盈 4C 李紫妍 5A 李雪瑜 3C 許思穎 4A 何俊旻 4B 黃學恩 4B 黃星綺 3C 周正浩 4A 陳家俊 4B 蔣灼熹 4C 郭宇濤 4C 李耀瀚 1A 梁瀚文 2C 伍施洋 4A 劉鴻 4A 林芷妮 1A 蔡俊鴻 1A 郭皓謙 1A 梁瀚文 2A 張曉澄 2A 徐羨渝 2A 余穎心 3A 郭麗明 3D 梁崇裕 3D 朱巧儀 5A 陳樂軒 5B 關梓豐 5B 黃凱炫 5B 王梓淇 6C 李佳俊 1B 洪靖添 2A 蔡梓楓 2A 勞韋樑 5A 林祉彤 5C 楊景翔 6A 霍澤羲 6A 伍柏林 6C 葉永楷	優良 良好 優良 優良 良好 優良 第一名 優良  良好

## 學生感受



黃廷方慈善基金  
黃廷方獎學金得主

### 5A 甄津蝶

我終於能藉此機會向學校表達由衷的謝意！

「黃廷方獎學金」旨在獎勵來自五湖四海且品學兼優的基層學生，以幫助他們接受更好的教育，培育出更多人才。我感到十分榮幸，能得到老師的賞識和學校的舉薦，讓我獲頒「黃廷方獎學金」。這給予了我莫大的鼓舞和肯定，促使我更加勤勉向學。我將會善用這筆獎學金，報讀不同的興趣課程，務求增值自己，向著大學和夢想前進，發揮自己的潛能，實現自己的目標，證明自己的價值，努力讓這個社會變得更美好。



甄津蝶 (右)

義務工作發展局  
「4C青年義工領袖計劃」  
4C傑出青年義工領袖獎得主

### 5A 楊韻怡

我很榮幸能取得「4C傑出青年義工領袖獎」，並代表學校出席國際義工日嘉許禮。

「4C傑出青年義工領袖計劃」讓我們在疫情下仍然有機會自行策劃義工活動，培養統籌及協作能力。我們的服務對象為小學生，活動分兩次進行。由於缺乏經驗，我們「諗頭」太大，想把八個遊戲擠壓在一定時間內完成，然而過程中我們手忙腳亂，第一次試煉最終以超時告終，這令我們沮喪不已。然而，俗語有云：「失敗乃成功之母」，我們從失敗中學習，重振旗鼓，一同陶醉在遊戲之中！我盼望日後能參與更多的義工服務，繼續發揮互助互愛的精神。



楊韻怡 (右三)

## 家長教師會活動預告

舉行月份	活動	內容
2022年7月	親子樂悠悠	親子遊
2022年8月	中一迎新日家長全接觸	介紹家長教師會資料及活動
2022年10月	高中與大學聯招簡介會	讓家長認識高中課程與大專收生之關係及瞭解收生的要求