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2022

# The Pulse

聖公會林護紀念中學  
SKH LAM WOO MEMORIAL  
SECONDARY SCHOOL

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## Message from the Principal

Dear parents and Lam Woo students,

I would like to start this article with gratitude. We are so thankful that despite the persistent Omicron threat, the learning at Lam Woo has been smooth with the support from Lamwoosers of different sectors.

### Bonding between Lamwoosers

The pandemic did not weaken the bonds between alumni. The three-tier mentorship programme, which aimed at connecting current Lam Woo students, alumni who have just graduated from universities and those who were experienced in different social sectors, was held successfully last December.

F.6 students preparing for the DSE also received warm support and encouragement in different forms from many parties. For example, students were given power banks with the imprinted school motto "The truth will set you free." We are grateful for the support from Lamwoosers and hope that the spirit can be passed on for generations.

### Optimising the four senior form core subjects

EDB announced optimising the four senior form core subjects to make room for more diversified learning needs of students. Senior form Liberal Studies (LS) will gradually be replaced by Citizenship and Social Development (C&SD) with reduced teaching time. The school will allocate the freed up lessons from the core subject to the elective ones to enhance the learning effects. For F.5, we shall offer a range of programmes such as aviation, positive psychology, and mindfulness to provide them with rich learning experiences.

### Programmes in the special holiday & General Education

The pandemic limited our outdoor activities during the "special summer holiday". To allow our students a flourishing holiday and strengthen their health in all aspects, we arranged a variety of programmes for them to learn, relax and expand their potential.

On the other hand, we offered 12 taster programmes to all students to enrich their lives during the holiday. The programmes also served as preparation for the General Education in F.5.

### STEM education

Nurturing students' STEM literacy is one of the crucial tasks of schools. Besides learning in the new STEM lab, which provides our students with a base to develop their STEM abilities, our young Lamwoosers have participated in many STEM activities and intra-school and open competitions. They got encouraging results and gained valuable learning experiences. We appreciate their efforts as well as the support from teachers.

We rearranged our holidays in the hope of making the summer holidays long enough for our students and teachers to get rejuvenated. While we are expecting it, let's enjoy the wonderful programmes the school is to going to offer in the post-exam period!



## “Distinguished Master, Accomplished Students” Mentorship Programme 2022



The Hong Kong Academy of Sciences (ASHK), in collaboration with the Hong Kong Academy of Engineering Sciences (HKAES) and the Hong Kong Institution of Science (HKIS), launched the fourth “Distinguished Master, Accomplished Students” Mentorship Programme in April 2022.

The programme aims to offer a platform for the outstanding mentors to guide the aspiring young scientists and engineers to unleash their potential. 4A Cheung Hei Ming has been nominated to participate in the programme. Joining this one-year mentorship, he would have meetings with his mentor, Prof. Paul Tam Kwong Hang, as well as other young talents in his group. Apart from the meetings, the mentees also get to attend various talks, workshops and conferences in which they will certainly gain valuable insights.

## Outstanding Performance —External Awards and Scholarships

Our students have achieved remarkably this year and clinched the following external scholarships. Congratulations!

Scholarship	Awardees
Sir Edward Youde Memorial Prizes for Senior Secondary School Students 2021/22	Au Pui Yan (6E01) and Pak Wing Hin (6D12) are awarded HK\$1000 and a certificate respectively
東華三院151周年獎學金	Lee Ming Ho (Graduate of 2021) was granted HK10,000
荃葵青優秀學生選舉2021/22	蔡昀廷同學 (5E07) 獲選為荃葵青區十二大傑出學生
Harvard Book Prize	Wong Tsz Yan (5E15), Kung Kin Ming (5D23) and Choi Ka Him (5E16) won the award
Princeton Club of HK Book Award	Chan Lok Yiu (5E04) won the award
2022 明日之星 - 上游獎學金	詹林謀同學 (4C09)及羅正賢同學 (5D08)分別獲頒發港幣5,000元獎學金

## EAS Week



EAS WEEK

English Award Scheme aims to provide a series of novel activities for Lamwoopers to polish their skills in the language, as well as have some fun along the way. This year, the EAS Week was successfully held on 3rd-5th May, 2022. Together with Mr. Richards, Mr. Zac, other English teachers and the student team, a wide range of activities were held on various interesting topics online, including an afternoon with Sherlock Holmes, calligraphy workshop, galaxy painting workshop and a game show.

## English Debate Team

The English Debate Team had outstanding performance this year. In Hong Kong Secondary Schools Debating Competition, both F.4 and F.5 teams performed very capably. Vanessa Chung, Raymond Chan, Jordi Lee, Angus Yuen from F.4 team, Vanessa Wong, Hamilton Chui, Issac Lui and Ryan Leung from F.5 team, both captured the Champion trophies in Term 1 Finals (Kowloon and New Territories Senior Division I). Both teams reached the Grand Final of Hong Kong Secondary Schools Debating Competition, which will be held in late July 2022.



F.5 team



F.4 team

## Online Exchange Session with our sister school



Japanese students are very focused while having an online exchange session with our Lamwoopers



Interesting Japanese card game!

## Saga University Affiliated Junior High School, Japan

An online exchange session with Saga University Affiliated Junior High School, our sister school, was held on 4th March 2022. Due to COVID-19, students from both schools are not able to visit each other face-to-face. But thanks to technology, the online session got students to know the happenings in Japan and Hong Kong. After the welcoming speech of our school principal Mr. Cheng, students talked about their school life, social services and voluntary work. Lamwoopers introduced Hong Kong popular culture to their Japanese counterparts, while the Japanese students also talked about the popular Japanese culture. The Q&A session has also deepened their understanding on the topics. The exchange session ended with the speech by the Principal of S.U.A.J.H.S, Miss Nagata Yasuko and a photo-taking. All teachers and students enjoyed the online exchange session a lot and they all hoped the pandemic would be over so that they could meet each other in person soon!



Robotics class

## STEM

Aviation Course for beginners

**This year, our STEM team has arranged a series of STEM activities including aviation, artificial intelligence and robotics in our STEM room. A number of students joined STEM competitions and won prizes. We are very honoured that some of our students were even nominated to represent Hong Kong to participate in regional and national STEM competitions.**

### Review of STEM Activities

#### (a) Aviation Course for Beginners

The aviation course for beginners was conducted in May and June 2022. Like the formal training for cockpit crews, our students learned to fly by the flight simulator in our STEM room. Also, they were equipped with aviation knowledge and the aerodynamic theories behind. After ten intensive lessons, all participants were able to understand both the theory and practice in aviation.

#### (b) Robotics Class

CL & ICT Department has invited our alumnus, Mr. Leung Chun Wai, to conduct the robotics class in the first term of year 2021/22. Students gained knowledge in robotics and electronics through Arduino programming.

#### (c) Faraday Challenge Day

IET Faraday Challenge Day 2021 was held by the CL & ICT Department on 14 July 2021. Four teams of F.1 students designed and programmed their products. It provided opportunities for students to work in co-operation and cultivate their creativity and problem-solving skills as responsible individuals.



4 Teams of F.1 students designed their products



Students were selecting materials that were useful in their work

#### (d) Rocket Car Competition Fun Day



F.2 students were making their rocket cars using the hot wire cutter



A team of F.2D girls achieved champion in the activity

The Integrated Science Department hosted Rocket Car Competition Fun Day for all F.2 students on 8 July 2021. Not only did students learn science-related knowledge, they also gained hands-on experience in designing and building model rocket cars. Students needed to take part in an engineering design process, including research, design, building, testing and improvement.

#### (e) Wooden Trolley Workshop

The STEM Room Preparation Team invited our alumnus, Mr. Tang Chi Chun, a member from Absence from Island, an architecture design studio, to organize a Wooden Trolley Workshop. The wooden trolleys made by our students are used in our STEM room.



Our students were making wooden trolleys for our STEM room



A team of F.5 students got the Third prize in 24th Hong Kong Youth Science and Technology Innovation Competition

Two teams of F.1 students got prizes

## Review of STEM Competitions

Event	Participants	Award
<b>Hong Kong Olympiad in Informatics (HKOI) 2021/22</b>	So Chun Hin (5E)	Bronze Medal (Senior Group)
	Mo Tsz Hin (4D)	Bronze Medal (Junior Group)
	Lau James (2C)	Honourable Mention (Junior Group)
<b>CodeCombat ICE Challenge 2022 District Competition</b>	So Chun Hin (5E)	Top Coder Award
	Lau Kin Fung (2D)	Top Coder Award
	Lam Shing Hei (3D)	Top Coder Award
	Luk Ho Hin (4E)	Outstanding Coder Award
	Lau James (2C)	Outstanding Coder Award
	Ng Ho Ching (3C)	Outstanding Coder Award

So Chun Hin, Lau Kin Fung and Lam Shing Hei were selected to represent Hong Kong to participate in the HK-MO-TW Grand Final, and they won the following awards.

Participants	Award
Lau Kin Fung (2D)	Silver Award
Lam Shing Hei (3D)	Bronze Award
So Chun Hin (5E)	Bronze Award

Our students were dedicated to innovative invention with different technologies such as 3D printing, artificial intelligence (AI) and internet of things (IOT). They won a number of prizes with their innovative work.

Innovative Invention	Teammates	Event	Award
<b>Smart Carpark</b>	Tsui Hei Ching (5D) Wong Tsz Yan Fiona (5D) Kung Kin Ming (5D)	24th Hong Kong Youth Science & Technology Innovation Competition	Third Prize (Computer and Information Technology Category)
<b>Sanitizing robotic hand</b>	Cheung Bok Sum (1D) Lo Yin Kwan (1D) Yu Wai Ming (1D)	全港青少年機械人創科挑戰盃 24th Hong Kong Youth Science & Technology Innovation Competition	Bronze Prize Merit Prize (Mathematics and Engineering Category)
<b>Automatic full body sanitizer machine</b>	Adachi Miki (1A) Cheung Siu Ting (1A) Cheung Yau Pok Harry (1A)	全港青少年機械人創科挑戰盃 24th Hong Kong Youth Science & Technology Innovation Competition	Merit Prize Merit Prize (Computer and Information Technology Category)

All the three teams were nominated to represent Hong Kong to participate in the 17th Soong Ching Ling Awards for Children's Invention.

### Coming Soon...

In the next academic year, other than the aviation course, our school will organize LEGO robotics course, AI invention course, etc. We are expecting more students to unleash their potential by joining these activities and competitions. Please stay tuned for the news!



Mixed Choir at Speech Day



Warming up for Online Open Day Recording

## Music under the pandemic in 2021-22

After a reluctant break in silence for almost two years due to the pandemic, our Lam Woo campus has been filled with music again. Our Mixed Choir members rang out their voices on campus again on the Speech Day, and joined force with a number of returning F.6 singers in some anthems accompanied by the harp, together with several Christmas carols and canticles at the Christmas Service in December. Our Chinese Orchestra also resumed their rehearsals, as well as the Symphony Orchestra, which played the School Hymn with the Mixed Choir singing for the Online Open Day.



Mixed Choir at Speech Day



Robed ensemble at Christmas Service



Mixed Choir at Speech Day

Despite another suspension of face-to-face rehearsals and live performances due to the fifth wave of the pandemic, our Junior Choir and Mixed Choir did not stop making music at home but had their first try as a 'virtual choir' to 'perform' at the Ebenezer School's Singspiration Concert of Ebenezer Jockey Club Music Odyssey. The Virtual Choir video is also available on our school website.



Group photo after Christmas Service



Symphonic Band meeting after two years

After a long wait of months and years, our Symphonic Band members finally met again in May! We owe our deepest debt of gratitude to our long-serving conductors, Mr. Chiu Kai-keung and Mr. Yim Kin-man, not to mention also the great efforts of the Chairpersons and members of each team. We look forward to some upcoming in-campus and joint-school performances of all our school music teams soon in summer and autumn.



Recording for Joint-school Chinese Orchestra



*CNET giving F6 students some practical advice during a whole-form HKDSE speaking paper practice.*



*Some junior form students relaxing during recess and decorating the English Corner for Christmas.*

## English Department

### Our CNET's Sharing

I thoroughly enjoyed my role as a CNET at Lam Woo, and I have certainly learned as much as I have taught. As a CNET, it is my job to give students the opportunity to use English outside of the mainstream curriculum and create an exchange through which they can better understand foreign cultures.

We have been using English in many different and creative ways this year at Lam Woo, despite the obstacles that we have faced. The English Corner has remained open for all students to come and play games, borrow books and practise their conversation skills (all in English of course!) during each recess, and plenty of junior form students have made a habit of attending. It has been amazing to see students choosing to come and socialise in English during their break time and contribute to the English language environment that is so valued by Lamwoosers.

In the classroom – both physical and virtual – students have spent the year learning about various aspects of the English language as well as the UK culture in the form of games, debates and culture workshops. This has been very important as students can study a version of English which is relevant to their interests, an extremely valuable supplement to their English curriculum.

On top of this, the English Award Scheme ambassadors have done a great job of organising extra-curricular activities for students of all forms to participate in. Thank you so much to Hamilton, Jamie, Toby and Yoyo for all the hard work this year! It is so very encouraging to see students make such an effort to create exciting opportunities to speak English not only for themselves but for their peers.

*Zachary Petherick*



*Here F1 students are enjoying an interactive assembly in the lecture theatre about fun and creative ways to learn English outside of school.*



## 中國語文科

為提升同學對中國語文的興趣及能力，並善用假期，中文科組於3月16日至4月18日「特別假期」期間，為各級同學籌辦了多種既實用，又具趣味的課程。

「中國語文精研班」重在提升中一至中四同學對詩歌、散文的鑑賞能力，繼而創作具個人風格的佳作，當中分為「新詩賞析及創作初班」與「散文賞析及創作班」兩班。「中國語文應用班」旨在提升高中同學的寫作興趣，改善創作技巧，應用班分為「寫作」及「綜合能力」兩個課程，鼓勵同學在不同生活場景中應用中文。「中國語文增潤課程」主要為中一至中五同學提供「閱讀能力」的訓練，冀能為同學打好基礎，提升理解作品的的能力。所有課程均於網上以小組形式進行，導師透過師生互動、同儕討論，循序漸進地引導同學進行解讀、賞析或創作。同學反應踴躍，在課後不約而同地表示收穫良多。

### 中國語文精研班

#### 關夢南(精研班導師)

三月接了聖公會林護紀念中學兩個寫作班：一個是中一的「新詩創作」，另一個是高年級的「散文創作」。課程兩周內完成，學生要交四篇作品。如此壓縮學習，我自然沒有問題，不過辛苦一點，但擔心同學吃不消。結果有點意外，近八成半交齊四篇功課，部分且為佳作。新詩見創意，散文的成績更佳。我每堂選幾篇同學作品放上網，讓同學互相批評，想不到反應熱烈，即時提升了欣賞水平。校園作文側重章法；文學散文傾向創作和想像，兩者其實是互補關係，高興通過今次的寫作，同學對作文有了更深一層的體會，若內化為喜愛，更是意外的收穫。盼同學以後多練筆，勤閱讀，讓寫作成為你人生遊戲其中的一個選項。



#### F.1B(2021-2022) 陳飛衡

在這個新詩班中，我學到新詩中不同的格式，也認識到詩歌可以唱、可以看、可以猜，跟以前讀古詩不同。通過欣賞同學的作品，我了解到自己的不足。最後，十分感謝關先生用心教導，希望以後再有機會跟關先生學習。

#### F.3D(2021-2022) 秦定娜

是次的散文班，給予我一個機會學習許多寫作技巧，包括如何寫人寫景，如何運用想像力增加文章的層次。通過每課的不同練習和關生的詳細講解，我能夠更好地掌握寫作散文的技巧，寫出更佳的文章。

#### F.4C(2021-2022) 俞場

新詩作法有巧妙，未入班前豈預料？  
文筆稚嫩得指導，散文揮灑盡閃耀。

2021-2022  
精研班佳作賞



## 中國語文應用班

### 盧真瑜(寫作班導師)

在課上，我常和同學一起閱讀作品示例，析其優劣，並且輔以課外閱讀材料，期望同學可以積學儲寶。學生從一開始羞於表達，到後來主動發問，參與課堂討論，能夠從篇章結構、修辭手法、字詞運用、立意等角度分析文章。班中同學亦積極把自己課後所寫的作品交予導師批改，從改正中學習，值得嘉許。



### 蘇麗萍(綜合班導師)

視像授課的新模式固然為教學帶來挑戰，但與實體授課相較亦有其優勢。新興的電子教學工具有利同學即時互評習作，也便於展示佳作並供同學討論，同學更可於課後依照個人學習進度回顧課堂所學，有助促進其自主學習。授課期間，即使冷冰冰的屏幕使師生相隔，卻無法隔絕同學們積極發問的熱心，從中我感受到同學們真切的求學之心，實在欣慰。願同學們能繼續保有這顆堅韌的求學之心，精益求精！



### F.5D(2021-2022) 黃子桐

作文班老師要求我們每一節課堂都撰寫一小段文章，然後針對內容給予評語，為我們提供不少具體建議，讓我們知道缺失和可改善之處，使我們獲益良多！

### F.5D(2021-2022) 龔建銘

課堂的形式由實體面授轉移至網上平台Zoom，即使缺少面對面的互動，但通過網上分組討論、實時練習及導師的個別評講，我們也能清楚掌握綜合寫作的技巧。

## 中國語文增潤課程

### 王彬(增潤課程導師)

感謝母校給予我機會去認識一班對中文有興趣的師弟師妹，回想起以前在母校就讀的時候，自己亦有受惠於校內不同的課外課程和活動，現在身份互換，希望自己的學習經驗和一些技巧能為師弟妹帶來一點幫助。



### 王一凡(增潤課程導師)

作為導師，我體驗到學生總是被動到主動，成功提升他們的積極性讓我充滿滿足感，聽著師弟妹雀躍的提問、搶答，不禁會心微笑。作為課程導師，讓我有一份感恩，一抹驕傲。



### F.1A(2021-2022) 葉卓嵐

我們的導師十分友善，常鼓勵同學提問，又樂意解答大家的疑問。他的講解對我很有幫助，再加上悉心的教導，我的中文進步了不少。在最後一課，導師跟我們玩網上小測遊戲，我更是全班最高分呢！

### F.1A(2021-2022) 鄭焯禧

這次的課程讓我能中文課以外得到更多接觸中文的機會，特別是文言篇章，導師能針對我的難處作出指導，即時解答我的疑難，使我對閱讀古文更有信心，不再害怕文言文。在此再次感謝導師的教導！

### 抓緊機會 • 善用時間 • 開展個人生涯規劃

#### F.6E (2021-2022) 梁詠芝

高中時，我參加了不少有關職業生涯規劃的活動，讓我好好裝備自己。

二零二一年，我報名參加「與香港同行計劃」，經面試後，有幸成為保安局局長鄧炳強先生的工作影子。這次的工作體驗，令我對紀律部隊有更深入的認識，並看清自己的前路目標。

同年，我還參加香港輔導教師協會舉辦的「暑期事業體驗計劃」，有機會參觀香港中文大學醫院，並和放射治療師進行對話。這次參觀讓我感受到科技進步為人們帶來的便利，以及了解現今醫療體制發展走勢。



參觀香港中文大學醫院



參加「畢業生大灣區實習計劃迎新營」



跟隨鄧局長出席保安局六大首長會議



和鄧局長合照

今年，我報名參加香港文化藝術發展中心主辦的「DSE畢業生大灣區實習計劃2022」。在迎新營中，我明白到團隊中互相信任、合作的重要性。在個人方面，我們亦要有勇氣去嘗試新事物，踏出舒適圈。

最後，感謝升學及就業輔導組的老師推薦我參加以上計劃。希望各位林護人能好好善用餘暇，更積極地為個人開展職業生涯規劃。

### 多元學習經歷 — 林護人 • 釋放潛能 • 綻放光芒

#### BOUNDLESS

由香港基督教青年會資助推展的「BOUNDLESS計劃」，旨在為中四及中五學生提供指導和培訓機會，以幫助學生為未來做更好的規劃。計劃包括下列項目：本地及海外師友計劃、大學與獎學金申請指南、面試和履歷表寫作工作坊、工作實習機會和海外志願服務等。以下是本校其中兩位同學參加活動後的感想：



BOUNDLESS組員和師友大合照



The Project — 以塑膠污染為主題的展覽活動

#### F.5D (2021-2022) 黃思穎

去年有幸入選參加「Boundless計劃」，讓我了解更多有關升學及不同行業的資訊。藉著「The Project」計劃，我們籌備以塑膠污染為主題的展覽活動，並於2021年8月27至29日成功舉辦了為期三日的環保藝術展覽，從中取得與工作有關的經驗，提升了溝通協作和解難能力，掌握籌辦活動等技巧，更認識了一群志同道合的朋友，收穫了友情。

#### F.5D (2021-2022) 陳婧

透過「Boundless計劃」，我結識到一群志同道合、彼此能互相扶持的好同儕及師友！要籌備一次展覽活動是絕不簡單的，正正因為這一項新挑戰，給大家一個熱血青春的夏天，當中獲得的寶貴經驗，成為我努力前進的力量！



第五屆BOUNDLESS畢業典禮

## 中四、中五級早會：海外升學資訊分享

F.5D (2021-2022) 林欣彤

在學期中，我與「學生升學及就業輔導組」的幹事一起到中四級早會分享有關海外升學的資訊，講解海外升學途徑和注意事項，並介紹一些海外升學考試，如TOFEL、IELTS等，讓有志到外地升學的中四同學早作準備。在籌備及推展整個活動的過程中，我們學習如何在不同網站、書籍，搜集和整合相關資料；更有機會進行公開演說，提升了個人自信心和說話技巧，真的獲益良多。



學生升學及就業輔導組（SCT）的幹事與高中同學分享海外升學資訊



同學與來自商界的義工進行網上小組互動交流

## JA x Bloomberg網上未來技巧工作坊

F.5D (2021-2022) 曾嘉美

相信大部分同學即使到了高中，都未必清楚自己的志向，而我也同樣的煩惱。雖然以前嘗試參加不同類型的課外活動，但一直對自己的將來及工作前景感到擔憂與迷惘。是次「JA x Bloomberg網上未來技巧工作坊」透過簡單輕鬆的對話，讓我逐漸明白自己內心的熱情和潛能；當中模擬面試的環節也讓我學到更進階的面試技巧，對未來升學或求職有莫大幫助。

F.5E (2021-2022) 鄭凱晴

早前在中四和中五級早會與同學分享有關海外升學的資訊。在準備過程中，我們搜集了各式各樣的資料，對海外升學有進一步的了解。而在分享的過程中，亦能訓練我們的演說和匯報技巧。

我也參加了「JA x Bloomberg網上未來技巧工作坊」，使我學會很多有關撰寫履歷及面試的技巧。活動中，導師會跟我們進行模擬面試，幫助我們在日後的面試中發揮得更好。另外，通過輕鬆的對答，讓我們知道更多有關不同學科和職業的資訊。我很榮幸能夠參與這些活動，增值自己！

## ARCH Community Outreach (ACO) Careers Program 2022

F.5E (2021-2022) 蔡昀廷

很開心能獲選參加由ACO 舉辦的「Careers Program 2022」。在參與「撰寫履歷工作坊」中，專業導師與我們分享撰寫個人履歷的要點，例如履歷格式、內容重點等，為我未來申請大學做好準備。在8月份，ACO更會和私人公司合作舉辦「工作影子計劃」，讓我們親身體會職場生活，有助認清自己志向。同時，我認識到更多來自不同中學的新朋友，擴闊社交圈子，收穫一眾好友。！



ACO「Careers Program 2022」參與者的大合照



同學在「撰寫履歷工作坊」專心聆聽導師的教導

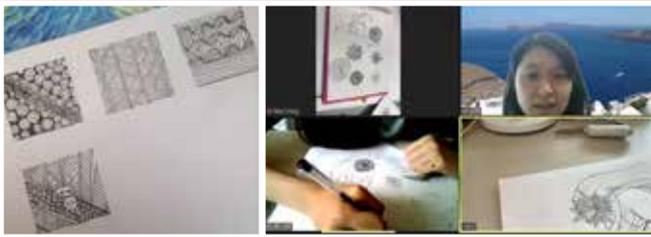
## Guidance Section – Special Holiday Activities

During the special holiday, the Guidance Section with the assistance from the school social workers and the social workers from Tsing Yi Integrated Family Service Centre organized some special activities for students, ranging from DIY handicraft workshops to group board games and relaxation workshops. It was hoped that students could enjoy the special holiday, recharging themselves for better health and emotional well-being.

Here are some of the activities held:

### The Zentangle Relaxation Workshop 「正在此刻」禪繞畫工作坊

Zentangle, originated from the US, not only promotes concentration and creativity but also helps enhance personal wellbeing. With the features of using repetitive simple lines and dots drawn on the paper, participants can experience a moment of relaxation without any judgmental thoughts, releasing stress and achieve a peace of mind at the present moment. Students enjoyed the workshop a lot.



### Online Interactive 'Werewolf Game' 狼人殺之約

When you close your eyes at night, what do you expect to happen? A sweet dream or a nightmare? Here comes the most popular and exciting party game, the Werewolf Game, hosted by the social workers of the Tsing Yi Centre. The participants of this online interactive werewolf game had a relaxing and exciting afternoon with their friends and opponents.



### Workshop on Stress Management 「幫緊你！幫緊你！」減壓工作坊

Through some interactive online and quiz games, student participants had a fun time while learning different ways to manage and release stress in their daily life, killing two birds with one stone.



### Online Board Gaming 網上桌遊BGA

Have you ever played boardgames online? It is surely a good way to get connected with your friends during the pandemic. Various boardgames were played such as Hugo: Das Schlossgespenst (幽靈雨果), Saboteur(矮人礦坑), 6Nimmt (誰是牛頭王), etc. in groups with lots of laughter and excitement. The participants had lots of fun and the winners were those with strategic plans and skills as well as working well in a team.



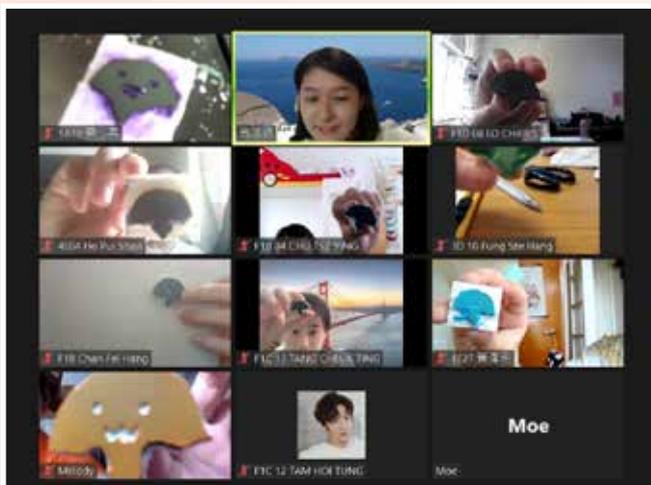
## DIY Aromatic Stone Making Workshop 水磨石擴香石石碟製作工作坊

Decorating your home with some handmade handicrafts would surely give you a sense of achievement. With such a long special holiday, the DIY aromatic stone making workshop attracted students who have a crave for some artistic decorations. They indulged themselves in the moment of concentration and enjoyed a peace of mind with the aroma from the stone plates.



## Stamp-making Workshop 「角落熊、貓與豬」擦膠印章工作坊

The flexibility of rubber enables the possibilities of crafting many lovely patterns and words easily. When the patterns and words are combined, meaningful messages and designs can be created. Participants crafted the rubbers themselves and printed the patterns on cotton bags for self-use or as gifts to friends.



## YWCA Sweating Challenge 為全港DSE考生打氣

How can we show support to the DSE students who have to overcome different obstacles due to the pandemic? Students from the Student Guidance Team and some F.3 students from the Big Brother Big Sister cum Peer Counsellor Scheme joined the YWCA Sweating Challenge during the special holiday. They took up the challenge of doing sports activities for at least 10 minutes and took a video or photo as proof. They then tagged and invited at least three other students to take up the challenge. The YWCA sent out special emergency packs to those needy DSE candidates after receiving fifty entries from our school. The salty sweat has become sweet support to the current DSE students. What a meaningful event!



## F.1 and F.2 Pioneer Programs 中一及中二抗逆同盟計劃

Some F.1 and F.2 students were invited to join the Pioneer Programs to be ambassadors to promote positive values and help cultivate a caring school environment. The programs include various activities such as experiential activities, leadership training and voluntary work. Online group activities, training on Design Thinking and Cognitive Behavioural Training were carried out during the special holiday.





「亂世守城 — 100分鐘的墨家學徒一日體驗」講座

「性格心理學」課程

## 林護通才課程(Lam Woo General Education)

2021-2024 三年計劃中的關注事項一為「Be the Light and Be Enlightened」，希望同學能發掘自己的潛能，在不同範疇中發光發亮，從而增加自信心和成就感，培養終身學習的精神。其中一個重點計劃為林護「通才課程」(General Education, 簡稱GE)，希望藉此擴闊同學的知識面，尋找傳統學科以外的才華與興趣。

本年度的GE包括講座及課程兩部份。首先，本年度與「學識」(www.hok6.com) 機構合作，於三月至四月因疫情而設的特別假期中，安排五場網上講座。四位博士級講者與一位十大傑出少年得獎者，帶領同學從古文經典、愛情哲學及墨家思想，探索至衰老科學及人工智能。每場講座均有100至200名同學參加。於講座中同學亦積極發問，與講者進行交流，相信同學對不同層面的知識都有新的領悟。

此外，截至六月，本校已舉辦了12項通才課程，均於課後以網上形式舉行。課程涵蓋不同領域，包括法語、德語及德國文化、中國象棋中的心理學、博弈論、邏輯學、天文觀星、生物科技、編程、性格心理學及數學魔術等。學校利用了遙距教學的優勢，邀請了位於德國、法國等地的導師授課，當中不乏博士級或資深導師(如中大天文學會前會長，英國註冊工商心理學家等)。同學若能達到八成或以上的出席率，學費可以獲得七至八成的學校資助。

為配合新高中的優化方案，為學生創造空間和照顧學生多樣性，於22/23學年開始，GE課將納入中五同學的上課時間表內。學生可揀選不同的GE課程，暫定包括航天、音樂製作、醫護工作生涯規劃、身心靈健康、STEM工作坊等，讓中五學生於DSE學科以外，擴闊知識接觸面，於考試以外，找到另一種學習的樂趣。有關詳情，將於下學年初公佈。



「我想和你鬥命長」講座



Orchestra and Choir play the School Hymn



Drama organised by OSA

## Open Day and Virtual Campus

As part of celebrations of the 50th anniversary of Lam Woo, an Online Open Day was held on 27th November 2021 (Saturday). The open day included a livestream program and a virtual campus tour.

The school hymn performed by our school orchestra and choir declared the opening of the livestream programme. Followed by the greeting from the School Supervisor Dr. Yuk and former school principals Ms. Leung and Mr. Chan, our principal Mr. Cheng shared his thoughts and visions in our school. Our alumni and other audiences also enjoyed the old photo slideshows and video clips, interview of alumni, the heartwarming drama performed by OSA and students, and the 'radio show' to our former house supervisors



Virtual Campus



Online Open Day Programme

and janitor, Uncle Man 文叔. There were 257 viewers in our live broadcast, and over 3500 views on Youtube. Snap the QR code if you would like to watch the programme again.



Old Photo slide show

After the programme, we prepared an orienteering game in our virtual campus. With the VR technology, visitors could reach almost every corner of the campus. Our teachers also added information tags over different rooms to let visitors understand more about Lam

Woo. You may snap the QR code to enter our virtual campus. On that day, a lot of guests, alumni and students joined the orienteering game and submitted their answers online. All the prizes (which were the valuable souvenirs of the 50th anniversary) were sent to the prize winners. Congratulations!



Virtual Campus

## 50th Anniversary Souvenirs Sale



As part of the 50th anniversary celebrations, our school has prepared exclusive souvenirs specially designed for Lamwoos to commemorate this special milestone.

The thoughtfully designed items created by our students and alumnus aim to relive fond memories of Lamwoos' vibrant school days. Items include files and folders, Lamwoo bears, scrunchies, bow tie and stainless steel gel pen.



Scan the code to visit the souvenirs sale website:



To order, fill in the google form available below:



To purchase the souvenirs, please visit the souvenirs sale website and order by completing the Google Form. All proceeds will go to the school fund benefiting students' development.