

# 德貞女子中學

TACK CHING GIRLS' SECONDARY SCHOOL

## 德貞學生報



後排左起：曾依琪老師 鄭綺筠老師 鄧寶瑩 翁佩汶 黃詩雲 朱天兒 劉凱珊 許燕嫻校長  
前排左起：鄭嘉穎 許警琳 趙欣怡 李雪德 梁佩詩 鄭雅慧

### 主編的話

鄭雅慧 趙欣怡

很榮幸我們可以成為今年學生報的主編，同時也非常感謝老師能夠給予我們這個難得的機會。與此同時，可以與老師還有組員們合作，一起探討和參與今期學生報內容，實在獲益良多。

近年，越來越多年青人在外貌、追星、人格魅力，甚至在時間管理等方面，都有著不同的疑惑和煩惱。於是，我們決定將本年度的學生報圍繞著上述不同的問題，作出對應的解答，幫助同學進一步認識自己，所以我們決定今期學生報的主題為「青少年的煩惱」。

自古以來，不同的「容貌」都成為人們茶餘飯後的話題。為了建立同學們對「容貌」一詞的正確價值觀，我們探討了老師和同學們對「容貌」的看法，透過訪問深入了解「容貌」在她們心目中的重要性。

偶像崇拜也是年青人圈子中的普遍現象，「追星」更往往成為家長與子女之間角力的戰場，究竟家長和同學是否認同「追星族」的行為？家長與同學的觀點和角度又有甚麼不同？

此外，近年興起了人格測試的潮流，就正如近期大熱的「MBTI測試」，這也成為了當代年青人在社交方面的一個共同話題，所以我們在今期學生報內作出了詳細的講述和分析，希望能夠幫助更多人了解自己的人格魅力，也希望對同學們在人際交往中有所幫助。我們亦提供了人格測試的二維碼，方便大家隨時隨地為自己進行測試，進一步認識自己。

「時間管理」也是年青人成長過程中必須掌握的一課，我們會透過介紹「時間管理四象限法」，幫助同學為各式各樣的工作訂立目標，善用時間。

最後，衷心感謝許燕嫻校長為學生報擔任顧問，馮安琪副校長、麗雨霞同學、關心然同學以及她的家長抽空接受訪問，還有負責老師為我們提供不少寶貴的意見，亦感謝學生報每一位成員的努力。縱使搜集資料和採訪的過程中遇到不少困難，但仍然很高興能夠與大家一起合作完成本學年的學生報。盼望同學們在閱讀今期學生報過後，能幫助大家減輕煩惱，並對以上不同問題有更深入的了解。如有不足之處，還望指正與體諒。



### 我們的主編

左起：鄭雅慧 李雪德 趙欣怡

### 2023-2024年度 學生報編輯委員會名單

顧問：許燕嫻校長

負責老師：

曾依琪老師(中文版)

鄭綺筠老師(英文版)

中文版總編輯：

鄭雅慧(四仁)

中文版副編輯：趙欣怡(四仁)

英文版總編輯：NADEEM RIDHA(5D)

中文版編輯：

許警琳(一信) 鄧寶瑩(一信)

朱天兒(三智) 劉凱珊(四義)

黃詩雲(四義) 翁佩汶(四義)

英文版編輯：LEUNG PUI SZE(5A)

KWONG KA WING(5B)

地址：九龍深水埗興華街西九號

電話：2729 3211

傳真：2725 1779

電郵：tcgss@tackching.edu.hk

網址：http://www.tackching.edu.hk





# 容貌焦慮症 —— 現代人的「美麗病」

在這個注重外貌的時代，許多人被大眾的奇異審美標準所束縛，總對自我外貌有所批評。「修圖」與「濾鏡」的進步似乎成為了這些人的隱形面具，不敢面對自己真實的樣子，出現自卑或缺乏自信的表現。到底是我們對自己要求過於苛刻，還是現代人對於美貌的標準過分扭曲？

你有沒有總對自己的外貌產生極度不自信，甚至經常為個人的容貌感到焦慮？例如不斷重複以照鏡子的極端行為來確認自己的外表，或害怕被人盯著看，過度擔心自己的外貌，令社交表現變得膽怯或自卑？

現今世代存有不同的審美標準，我們對外貌的焦慮是源於社會總將人的價值和容貌掛鉤。文化、主流媒體的影響，上下打量的視線，不斷警醒著我們一直活在他人目光下。「美麗」的社會標準太嚴格了，任何人都未能達到這些要求，但為了符合社會的期望，尤其是女性，被迫承受檢視壓力，讓人們認為他們的價值就正正取決於他們的外表。

試試這樣想：「生命中有很多關心我的人，他們不會以我們的外表來批判我們。我要告訴自己，在許多人生目標中，外表不值得佔用那麼多時間和價值。」「美貌」是轉瞬即逝的東西，我們終其一生能夠把握的，就只有當下，所以要去追求真正值得追求的東西，花時間在有意義的事情上。真正的美是了解自己的價值、擁有自信及真正的自己，這就足夠迷人了。如果想提升個人的「自信心」，不妨參考以下的小方法吧！

## 如何提升自信心？

1. 用肯定句練習積極的自我對話
2. 學會質疑批評者並認可自己的成就
3. 定期花一點時間擴大你的舒適區
4. 閱讀或查閱相關資料開闊眼界
5. 練習良好的身體語言
6. 避開極度消極和經常性傳播負能量的人
7. 停止比較、羨慕和嫉妒
8. 設定實際可達成的目標

## 人物專訪——馮安琪副校長(學生培育)及麗雨霞同學(四仁)

為著年青人對「容貌焦慮」的不安感，我們誠邀今年剛上任的學生培育副校長馮安琪老師，以及中四仁班非華語同學麗雨霞作為是次的訪問對象。

首先，馮副校認為「容貌焦慮」的對象可以很廣泛，但大多數都發生在女孩子身上，因為女孩子本來就是十分注重自己的外貌。對於「容貌焦慮」，馮副校同樣認為女孩子很多時是擔心自己的外貌未能達到社會標準，別人認為自己的外貌不好看，從而對自己有特定的負面感覺和印象，繼而否定自己，甚至對自己的生活社交有所影響，並產生焦慮。馮副校認為有「容貌焦慮」的人會花很多時間嘗試改變自己的容貌，又或隱藏自己。

訪問中，馮副校表示容易產生「容貌焦慮」的原因是整個社會傳媒都給予我們一些錯誤信息——究竟甚麼才是美？特別是一些明星效應，間接讓我們產生「偶像化」的樣貌、又或是以「偶像化」的身形才算是美的標準，一旦不符合這些標準，就會覺得自己是「醜陋」的。大多時候，大家都因為傳媒等特定的框架或定義用來衡量自己，所以才會產生「容貌焦慮」，並盲目跟隨大眾的想法，這其實未必是自己的想法，於是就會被外在的定義影響自己。

馮副校也為大家提供了一些解決「容貌焦慮」的方法。首先我們要解決自身的信心問題，經常用外界的標準來量度自己是因為本身對自己缺乏信心，不懂得如何欣賞自己，沒有個人的想法。為了解決這個問題，我們可以嘗試建立正面的想法：「何謂美？」、「內在美是否更重要？」、「外表是否真的要達到傳媒所說的標準：眼大、鼻小才是美？」、「還是每個人不同的外貌組合才是美？」

就如我們欣賞藝術品一般，在各式各樣的藝術品中，從不同角度就會有不同的想法和理解，沒有一定的標準來標榜美或不美。馮副校也希望大家能夠慢慢懂得欣賞自己，不要讓自我形象的重點只放在外貌或身材上，應該進一步追求內在美，這便能幫助我們解決「容貌焦慮」的問題。

為了鼓勵正在經歷「容貌焦慮」的同學，馮副校贈予她們一番說話：「希望同學們能夠欣賞自己好的一面，沒有人是完美的，真正的美是靠自己定義的，我們應該更加追求自己內在的修養及品行。不要將重點放在自己的外貌和身材上，因為外貌會隨著你的年齡成長而改變，不同年齡不同階段亦有不同的美，不需要讓外界的定義來影響自己。」





鄧寶瑩同學(左)和鄭雅慧同學(右)與馮安琪副校長合照

對於作為年青人的同學而言，麗雨霞同學也有一些相似的看法。身為非華語學生的麗雨霞同學，雖然生活在以中國人為主的社會，然而她從沒有對自己的容貌感到焦慮。她認為年青人心目中的「容貌焦慮」，就是對自己的外貌不滿意，極有可能是受到外來標準或批評的影響，例如是在網上見到明星的們「大眼高鼻」的標準，於是就會想要得到和他們一樣的外表，從而產生否定自己容貌的念頭。此外，年青人亦往往將自己的容貌和其他人進行比較，有可能是明星、同學，甚至是親戚。當我

們將自己的容貌和其他人對比的時候，會有越來越嚴重的自我懷疑，並開始質疑自己，亦會嫉妒別人所擁有的外表，自然就會產生「容貌焦慮」。

麗同學覺得要解決「容貌焦慮」的問題，最重要是懂得尊重自己，因為我們的外貌是天生的，也是父母給予我們的禮物，我們既然無法改變，就不需要為此而感到焦慮。

她想跟正在經歷「容貌焦慮」的人送上一句鼓勵的話：「外表並不如你想像的那麼重要，擁有美麗的心靈才是最重要的！」



鄧寶瑩同學(左)和鄭雅慧同學(右)與麗雨霞同學合照

## 追星是好是壞？

青少年時期崇拜偶像是常見的現象，社會對年輕人「追星」的行為評價不一：有人認為「追星」無傷大雅；但亦有人批評是浪費時間。究竟「追星」對於青少年成長有影響嗎？

崇拜偶像對個人成長有一定影響，青少年會以偶像的行為舉止，作為自己的榜樣。同時，在「追星」過程中亦有機會結識一班志趣相投的朋友，包括在社交平台開設及管理專頁分享偶像資訊、參與影片剪輯、又或策劃一些粉絲交流活動等。這些體



驗能讓他們學習更多不同的技能，並提升人際關係，從中建立自尊心及精神滿足，亦能夠在追星過程中得到力量。

然而，有年青人對「追星」缺乏節制，帶來不少負面影響，例如花費過多金錢購買偶像商品、日夜追看偶像資訊，以致影響日常生活及學業。

由此可見，青少年「追星」需要學懂適可而止，理性衡量自己的能力，並且從不同層面上，客觀、理智及立體認識偶像，學習他們好的特質，從而提升自己的修養。



### 人物專訪——家長楊英女士及關心然同學(三智)

「追星」為不少人的人生帶來改變，最大的收穫包括得到滿足、帶來活力和感到幸福，也有不少覺得「追星」有減壓、療癒、帶來興奮感等好處。對於家長和同學而言，他們又覺得「追星」後有什麼感覺和變化呢？為此，我們誠邀關心然同學及關媽媽作為今次的訪問對象。

首先，關同學稱她是從媒體中認識明星，覺得「追星」非常有趣，於是便成為了「追星族」。她稱家人有時會反對自己「追星」，但她指出「追星」後成績並沒有受影響，可見只要能夠穩守成績，家長便不會反對。除此之外，關同學亦說「追星」後一個月消費大概五百元，只要適可而止，讓家長安心的話，「追星」能夠為成長中的青少年帶來一定的滿足感。

另一方面，我們亦訪問了關同學的家長楊英女士。關媽媽表示雖然覺得「追星」是浪費時間和金錢，但只要女兒喜歡，並且在不影響成績和經濟的情況下，她也會接受。



關心然同學與楊英女士

總結而言，如能理智地「追星」，相信能從中為青少年帶來一定的好處，正如如自我認同感和成就感；相反，如果盲目地「追星」，不但需要花費大量時間以及金錢，甚至連情緒都會被影響，倒是得不償失。

# MBTI

MBTI 測驗在國內外受到廣大的歡迎，不只是朋友之間閒聊的話題，還成為商品行銷、實境節目、求職徵才、甚至是選舉的發燒話題。

MBTI是一種反映人們態度與認知功能偏好的人格測驗，其分類方式是把人格以「能量態度、感知功能、判斷功能、處事態度」分成四個方向，再以四個方向分為兩極。

能量態度：內傾向 (I)、外傾向 (E)

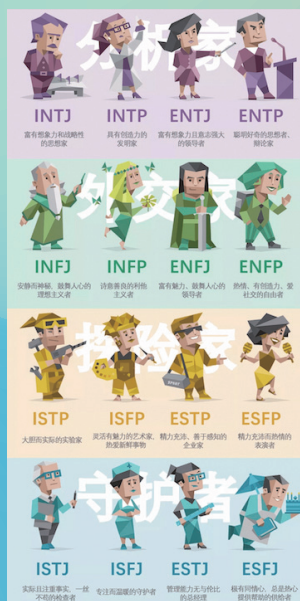
感知功能：實感 (S)、直覺 (N)

判斷功能：思考 (T)、情感 (F)

處事態度：感知 (P)、判斷 (J)



「能量態度、感知功能、判斷功能、處事態度」以這四個方向而分為兩極。從以上四個方向，再組合而成16個人格，這16個人格能讓自己更加明白未來的職業導向和交際範圍，在青少年時期我們必須學會計劃自己的發展方向，令未來目標有更加明確的發展潛力。此外，青少年時期的交際，常常都會遇到性格和想法不合的人，繼而因為找不到朋友而感到壓力，這樣是否代表無法在世上找到志同道合的人？無論如何，我們可以透過MBTI更精確地找到同道中人，令我們在生活的道路上更加暢順，也能在生活上邁出更大步！

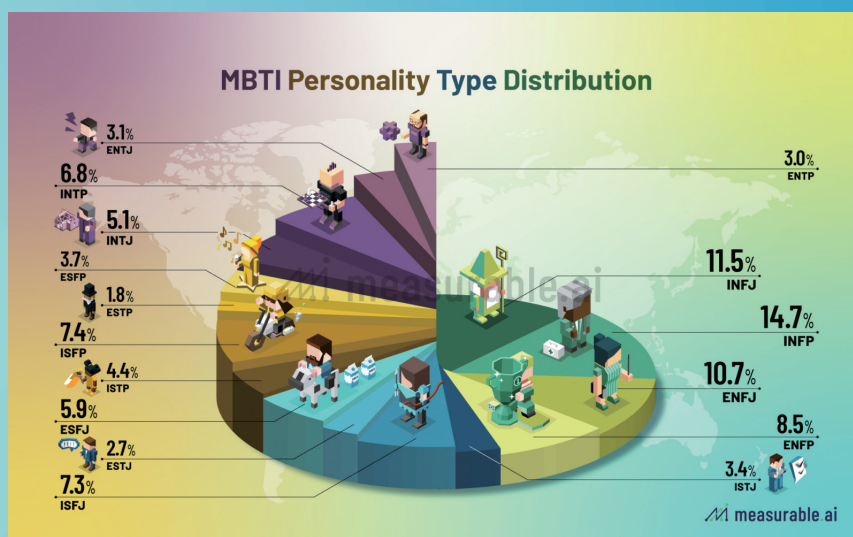


MBTI的16個人格分類



## MBTI測試

就以上所述的好處，我們準備了MBTI的測試，幫助同學們更加了解自己的發展方向，明白自己的長處。



MBTI的16種人格的稀有度

事實上，MBTI的測試不能將我們局限於16個人格中，這16種人格能大致反映我們的不同價值觀和世界觀。人人都沒有絕對的優點和缺點，每個人對於不同特質的詮釋都不同，MBTI結果也就不同。MBTI是認識自己的方法，如何在生活中落實才是最重要的。我們通過MBTI性格類型的視角，更清晰地洞察生活中的需求，以求幫助我們未來的發展。祝願每一位都能通過MBTI測試進一步認識自己和理解他人，從而活出自我，天天開心！



# 成長的必修課

成長需要什麼元素？「時間管理」、「訂立目標」及「人際關係」是全面成長道路上缺一不可的重要因素。究竟我們應如何管理好這三個方面，讓自己更全面的地發展呢？

首先，我們需要先好好管理內心的能量，也就是「時間管理」。我們可以了解自己的精力和情緒變化，合理安排任務和時間，比如精力旺盛時處理重要和複雜的工作，列出所有應做事情的清單，把所有必須做的工作全部寫在一張紙上，並集中處理重要任務，有助提高工作效率。我們亦可選出一項最有影響力的工作作仔細檢視，然後反問自己如果一天只能做其中一項，哪一項可以在你花費一樣時間的前提下，創造出最大的奇跡。大家可以參考下圖的「時間管理四象限法」，從而帮助大家先將需要完成的工作分類，令工作變得事半功倍。



除此之外，「訂立目標」可以為我們提供長遠的視野和短期的動力。目標需根據個人的實際情況來制定，不能好高騖遠。那我們怎樣才能訂立正確目標呢？

目標必須要具體。訂立的目標要明確，不能模模糊糊，才能讓人有奮鬥的方向。比如想要提高數學成績，我們不能把目標定為考「高分」，「高分」是一個模糊的概念，如果我們將目標訂為80分就十分具體了。目標要容易衡量，一般明確具體的目標是可以衡量的，只有容易衡量，才能判斷目標的完成情況，這樣才能讓目標不會成為空泛的口號。訂立目標一定要有時間限制，給自己一個期限，並督促自己完成，不然很容易浪費時間卻又沒有完成，導致徒勞無功。



訂立目標時可以參考「SMART」的原則

「人際關係」更是重要，我們可以向其他人分享自己的目標，能夠為自己的目標添加一份責任感，從而增加成功的機會。溝通有時不只能夠得到互相的認同，更會產生共同的行動而完成共同的目標，與朋友一起追逐同一個目標，比起孤身奮戰的成功率更高。另外，與成功達到同樣目標的人相處，交流一下心得，都能夠增加成功的機會。





# Instagrammable spots in Hong Kong

5A  
Leung Pui Sze

Instagram, which is a photo and video sharing social networking platform, is popular among young people. With two billion monthly active users, Instagram is ranked as the fourth most popular social network by number of users in 2024. In Hong Kong, we have many interesting Instagram locations where we can take stunning photos to share with friends.

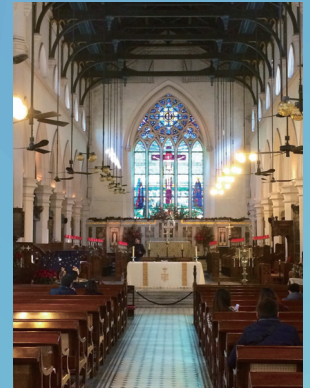
## 1. Art Lane

This attraction is located in Sai Ying Pun. It consists of many brightly colored murals. 17 renowned local and international artists were invited to create 26 large-scale murals with different styles, using the outdoor walls of the entire district, the building walls of Ki Ling Lane and Chung Ching Street, and even the staircases as the canvas. This attraction is a perfect blend of the old and the new, the Chinese and the Western, the art and the life of Hong Kong.



## 3. St John's Cathedral

The cathedral is located at Garden Road in Central. It is the Cathedral of the Hong Kong Sheng Kung Hui Diocese of Hong Kong Island. It is the oldest Western-style church building in Hong Kong, with a history of 170 years. The design of the church is a combination of 13th century early English and Gothic architectural styles, which is rare in Hong Kong.

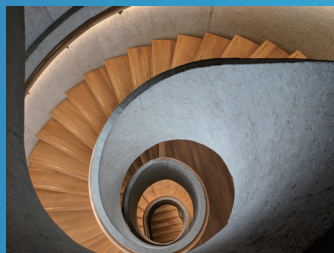


### A picture is worth a thousand words.

Taking photos is not just about securing a memory, it can help us appreciate our life more every day. When you see something beautiful, it is natural to feel a desire to share it with others. It is fun showing them to friends with just a few clicks. When you are stressed, appreciating beautiful pictures such as a lovely picture of a butterfly, your pet, or the setting sun can calm your soul.

## 2. Tai Kwun

Located on Hollywood Road in Central, it was once the Central Police Station, the Central Magistracy and the Victoria Prison, dating back to 1864. Today the original heritage buildings together with the new buildings



# Municipal Solid Waste Charging Scheme

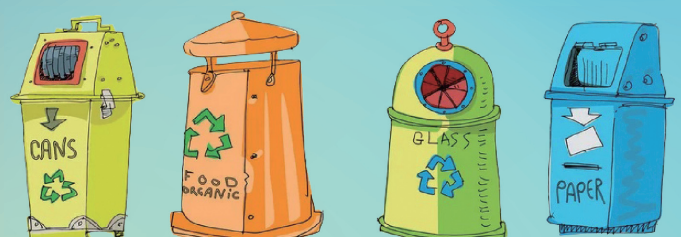
5B  
Kwong Ka Wing

To reduce the amount of rubbish dumped in the landfills in Hong Kong, a waste-charging scheme will be implemented in August 2024.

### What do we need to know about the waste-charging scheme?

- (1) We are required to use Government-approved garbage bags to dispose of trash. The bags will be sold at designated places such as supermarkets, convenience stores and pharmacies. They come in nine different sizes.
- (2) To pay less for garbage, we can recycle recyclable materials such as aluminium cans, plastic bottles and glass bottles. We should dispose of them separately in recycling bins. We can also recycle food waste by disposing of it in special food waste bins at designated collection points.
- (3) For bulky items (such as furniture) that cannot fit into authorised bags, they need to be affixed with a designated label before being taken to garbage collection points for disposal. The labels cost HK\$11 each.
- (4) A six-month grace period will be put in place after the implementation of the waste-charging scheme. During the grace period, people who fail to comply with the regulations will be given verbal warnings. After the grace period, a fixed penalty of HK\$1,500 will be imposed on people who fail to use the designated bags or labels.

Implementing the solid waste charging scheme would reduce the burden on landfills. To reduce public resistance to the scheme, it is important for the government to improve food waste recycling facilities such as increasing the number of recycling bins and strengthening recycling capabilities to help reduce waste at the source. Reducing waste in schools can teach students valuable lessons about responsible consumption. Everyone must do their part for the planet by minimizing their environmental impact.





# Why are Korean dramas so popular around the world?

When you think of Korea you will definitely think of K-pop and Korean dramas. Year 2000 saw the beginning of the Asian Korean Wave. In recent years, Korean dramas such as **The Heirs**, **My Love from the Star**, **Descendants of the Sun**, and **Guardian: The Lonely and Great God** have pushed Korean dramas to another peak. In this way, Korean dramas are gradually going international.

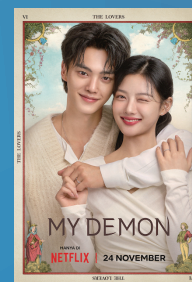
Korean dramas are becoming more popular around the world for the following reasons:

- (1) Korean dramas have provided high quality translations and subtitles for overseas audience, and organized large-scale publicity campaigns overseas, making Korean dramas more widely known.
- (2) Korean traditional etiquette, food, clothing and architecture are elements which often appear in Korean dramas. It provides viewers with a way to understand Korean culture. Viewers are able to feel the charm of Korean culture while enjoying Korean dramas.
- (3) Korean dramas have a large number of actors and actresses who are beautiful or handsome and talented. The cast attract a lot of viewers.
- (4) Most of the soundtracks for Korean dramas are sung by Korean pop singers, and these songs always become classics. For example, the theme song "My Destiny" of the Korean drama "My Love from the Star" became a global hit upon its release. These excellent soundtracks make Korean dramas appealing.

The following dramas have been popular recently:

## (1) My Demon

It is a fantasy romantic comedy about a messenger of the underworld, Jeong Gu-won (played by Song Kang), who always signs a contract of life and death with human beings when their lives are in danger. He not only prolongs their lives, but also lets them live a good life. But he will take their souls to hell when their time is up.



## (2) Reply 1988

The drama tells the story of warm family ties, youthful love and neighborly love among five families living in Sangmun-dong in Seoul. It describes tiny things in daily life, and the whole drama is full of life-like atmosphere and human feelings.

# Tack Ching 100th Anniversary Celebration

Interview 1

5D  
Nadeem Ridha

Interviewer: Ridha

Interviewee: Mr Fan Ka Wing

**Ridha:** Good morning, Mr. Fan. Thank you for accepting our interview invitation for the English School Magazine.

**Mr. Fan:** Good morning. It is my pleasure.

**Ridha:** Just to start us off, How do you feel about taking part in the 100th anniversary celebration of the school?

**Mr. Fan:** It has been my second year since I started serving in Tack Ching. I am thrilled to be able to participate in the 100th anniversary celebration because it is a once-in-a-lifetime experience for me.

**Ridha:** As the teacher-in-charge of the Multi-Intelligence Competition, can you tell us the purpose of the activity?

**Mr. Fan:** The objective of the event is not only to celebrate the school's 100th anniversary, but also to showcase our history and the best of our school to society. That way, the public can learn more about Tack Ching, its culture, history and motto. Various activities were organized for this remarkable occasion. I was mainly in charge of the Multi-Intelligence Competition. Our target participants were primary school students. We aimed at offering them an opportunity to get a better understanding of our school.



**Ridha:** That is really thoughtful! What difficulties did you encounter when organizing the activity?

**Mr. Fan:** Firstly, to organize an activity for primary school students, communication was our major concern. Clear instructions had to be given to the participants. To be able to do it, our students had to know clearly their roles and what they were responsible for. It was to ensure that the activity would run smoothly. Secondly, it was important to devise an activity which was suitable for primary school students, considering their interests and abilities. We wanted to create an unforgettable experience for them. It was a pleasure working with dedicated teachers who put all their efforts into putting together the activity to make it a success.

**Ridha:** All the hard work of teachers paid off. What memorable moment in the activity would you like to share with us?

**Mr. Fan:** I was overwhelmed by the feedback from the primary school students who expressed their gratitude and appreciation towards our teachers and students. It has given me a great sense of satisfaction. I do hope that the event could strengthen the bond between Tack Ching and society.

**Ridha:** I am sure with the dedication of our teachers and students, we could foster a positive relationship with the community and enhance the appeal of our school to prospective students. Thank you for your time, Mr. Fan.

**Mr. Fan:** You are welcome.



# Tack Ching 100th Anniversary Celebration

Interview 2

Interviewer: Ridha

Interviewee: Ms. Karen Chow

**Ridha:** Good afternoon, Ms. Chow. Thank you for accepting our interview for the English School Magazine.

**Ms. Chow:** You are most welcome, Ridha.

**Ridha:** Let's begin the interview. First, as the teacher in charge of the English Musical, what do you think was the purpose of organizing the musical?

**Ms. Chow:** The purpose of organizing the musical was to create an enjoyable English learning experience through drama for our students. We aimed to instill confidence and perseverance in them, allowing them to shine and communicate confidently in English. We wanted to enrich their lives by fostering a deeper understanding of the language and a stronger desire to connect with others.

**Ridha:** I am sure it did, Ms. Chow. We all know that the English Musical, **The Sound of Music**, was a huge event to celebrate the school's 100th anniversary. Taking part in the musical as a backstage team member, I was quite nervous. As the teacher-in-charge, did you face any difficulties working on or throughout the show?

**Ms. Chow:** While working on this musical, we faced certain difficulties. Coordinating rehearsals and managing a large-scale production required careful planning and organization. It was challenging to ensure that all students remained engaged and motivated throughout the process. Additionally, logistical issues, such as securing a suitable venue and managing the financial aspects, presented their own set of obstacles that we had to overcome.

**Ridha:** What were some other challenges that you faced?

**Ms. Chow:** We faced some unexpected challenges along the way. Just

before the show, some students came down with a fever, and unfortunately, a few even fell ill on the actual show day. It was a real test for them. However, what



amazed me was their unwavering commitment to perform. Despite feeling unwell, they showed incredible determination and resolve. They bravely took to the stage and delivered outstanding performances, demonstrating their unwavering dedication and passion. It was truly inspiring to see them push through and overcome those obstacles.

**Ridha:** Can you share with us some memorable moments from the activity?

**Ms. Chow:** There are many special and memorable moments from this activity that I would like to share. However, one that stands out is the dedication and commitment shown by everyone involved. We sacrificed our time after school and even during holidays to conduct rehearsals and perfect our performance. Witnessing the growth and development of the students, as well as their enjoyment of the musical, was incredibly rewarding. The collective effort and teamwork displayed by my colleagues and the students, even in the face of unexpected challenges, created a truly remarkable show that will be cherished in their hearts for the rest of their lives.

**Ridha:** I am sure the memory of this once-in-a-lifetime experience will last a lifetime. Thank you for your time and sharing.

**Ms. Chow:** Thank you, Ridha.

## Reflection on 100th Anniversary Celebration of Our School

5D  
Kwong Ka Wing

I was honoured to attend the school's 100th anniversary dinner as a Student Ambassador. Besides teachers and students from our school, teachers and students from Tack Ching Kindergarten, as well as some alumni were also present. The dinner featured a video documenting the 100-year history of Tack Ching and wonderful performances by students from both our school and the kindergarten. Also, I was responsible for a fragrance sachet-making workshop on the school Open Day. My job was to teach the participants including current students and alumni how to make the sachets.

The experiences are memorable and enriching as the alumni shared their interesting stories about the school. I could deeply feel their love for the school. Although it has been ages since they graduated from Tack Ching, their hearts are always connected with their dear school, and they will always be members of the TCGSS family.

