

火炬

英華書院校報
創於一九六五年
第五十九輯第一期
貳零貳伍年



編者的話

春風吹過，時光飛逝，我已接過《火炬》傳承的重任半年有多了。回想前來自一九六五年，過去五十九載云云編輯的不懈努力，能夠在去年從師兄們手上接過這任重道遠的「火炬」，實屬本人榮幸。

也許各位讀者會感到疑惑：《火炬》不是每年七月才出版的嗎？的確，以往數年，《火炬》只在每年七月出版一期，但實際上，直至二零一八屆校慶，師兄們一直在維持每年兩期的出版模式。不過，一九年時因校慶、其後又受疫情影響，兩期的出版模式一直恢復無期——直至今年。

由本年開始，每輯第一期會刊登中英文版的校園點滴和文苑，而第二期則刊登中英文版的封面故事。

本期《火炬》之所以能夠順利出版，上至主編；下至今年《火炬》「新血」，他們背後的辛勤工作當然功不可沒，本人希望藉此機會感激他們一直的貢獻。同時，我更希望師兄們能夠把握機會，透過與師兄一起切磋學習，取長補短，獲取寶貴的經驗，在未來擔當起校報的棟樑。

除了編輯，我更要特此感謝我們強大的顧問老師團隊的協助，尤其是首席顧問老師鄧淑敏老師，中文版首席顧問老師朱國源老師和英文版首席顧問老師林志斌老師。正因他們的引導和教誨，《火炬》才能臻至善。

《火炬》是我們每一位編輯的心血結晶。感謝各位願意抽出時間閱讀；你們的支持是我們繼續努力的動力。

這場跑了五十九年的接力賽還有數個月才要再次交棒，我們七月再見。

《火炬》總編輯 謝柏匡

《火炬》第五十九輯 編輯委員會

編輯委員會

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封面故事：湯棟博

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陳政衡

陳思宇

黃迪朗

陸進銘

陳亮翀

鄭禧洋

黃昊迅

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註：有*號為該版主編

沉浸醲郁，含英咀華

「沉浸醲郁，含英咀華；作為文章，其書滿家。」意謂同學們一同研習古今中外的文學著作，沉浸在書香之中。

「含英咀華」四字出自韓愈的《進學解》，意即沉浸在前人醇美的文章中，咀嚼其精華之處。曾副校長早有高見——人要精通、要融入的，是由生活特質構成的文化。同學要豐富文化涵養，才能立足於天地。

校方近年積極推廣文化活動，成立了「含英咀華文化研習小組」，抱著打造英華成為人文薈萃的校園願景，在校內推廣各類文化活動。為了讓同學們加深入了解此計劃，本版編輯有幸邀請負責老師——曾副校長接受訪問。

含英咀華文化研習小組

「含英咀華文化研習小組」於數年前成立，致力推動中西兼重的文化活動，教導同學觀察，與欣賞人文文化如何在遙遠的過去，及至文化開放的今日不斷碰撞，終揉合成出更具前瞻性的文化體現形態。曾副校長以日本浮世繪為例：指出自十九世紀中期起，歐洲由日本進口的茶葉包裝紙上印有浮世繪版畫圖案，梵谷也臨摹過多幅浮世繪，並將浮世繪的元素融入他後期的作品，創造如《星夜》般的驚世之作，成為全球藝術教育的教材。

再觀乎校園，先由校史說起——英華書院於一八一八年由馬禮遜牧師在馬六甲成立，在溝通中西文化上扮演重要角色。當年書院業務除教學外，亦是一間出版社，出版不同書刊，當中包括基督新教刊物、報刊及小說。小組推廣的活動大多與此呼應，令同學對文化產生好奇心，並提升對文學作品，甚至藝術的審美眼光。如今，不少老師與同學以饒富的文化涵養，

在不同的文化舞台大放異彩。小組盼以英華師生彼此交流知識、喜好，使文化得見推新，承英華之傳統，達至精益求精，培育「文化人」的目的。由此配合科技進發出寸寸新世代的繁華風光，拓寬視野。

小組命名

小組以典為名，源於陳耀南教授對校名「英華」二字的詮釋。陳耀南副校長在校時期，常在早會時候分享校名「英華」與文化息息相關。「英」、「華」均有「花」之文義，亦有中西文化之意，且《進學解》一文更有「含英咀華」之句，於是小組便以「含英咀華」四字為小組之名。

起源及發展

問及曾副校長為何有志於舉辦不同文化活動予同學參與，他從自己的故事推出答案。當他還是名懵懂學子時，其數學老師精通於芭蕾舞，這使曾副校長領悟到其精妙之處，從而明白到他人的多元文化體現是值得珍惜、欣賞和學習，並成為修養。

近年，一次粵劇欣賞活動成為契機，曾副校長對此深感興趣，並以不同科本角度切入作分析，一方面請中文科老師講解劇本用字，如何以典雅之詞托起一套劇的跌宕情節；一方面請公民科老師講解粵劇在香港社會的地位；更邀請音樂科老師講解粵劇的中樂元素。自此，他便邀請各科老師藉着自己的專業，就着不同活動分享不同見解，活動與活動相互扣連，趨成一體。

良久的運作已使體系成熟；透過校園上下尋找不同的活動，學生因而獲得更多機會接觸不同的文化面貌，同時作出反思；在校有設置壁報張貼同學的活動感想和得著，望能推廣校內文化風氣，一改學生偏重數據科研，認為學習文化遙不可及的看法。



▲《帝女花·庵遇》粵劇工作坊：同學們跟從粵劇演員體驗不同粵劇動作



▲《帝女花·庵遇》粵劇工作坊前講座：陳卓能老師為同學介紹劇本內容及其文學地位

最成功的活動？

所謂成功與否，從來沒有固定的定義。曾副校長認為所有活動都很成功，各級同學均有積極參與。在「KWL」學習框架下，學生作出的反思意見扎實，反映明辨性思維的有效訓練，以及對文化概念有更深入的了解；而最直接可見的成果，便是參與者由不解到通曉其物的過程，沒有任何經驗的同學們亦自願參與活動，以體現了小組成立目的的達成。



▲《拜將臺》粵劇工作坊：同學們於劇曲中心體驗觀賞粵劇



▲善德學堂——茶文化傳承校園課程：同學從中親自泡茶、展示茶席和分享學習心得。

誠然，不同活動各有其成功之處，同時相輔相成。計劃成立初期，有一次的粵劇欣賞活動湊巧碰上颱風，沒有如期舉行，令人惋惜，幸而有另一個較新式的粵劇表演供同學觀賞，是次活動不僅顛覆了同學們的印象，更推動文化發展，使同學們發現了粵劇文化更多可能性。

曾副校長又言，學生不應以一個科目的學習內容來判定自身愛好。不論你醉心於雄偉建築，還是國際政治，一切都不會和文化割裂。

「粵劇是中國文化不可或缺的一部分，可惜青少年較少機會接觸這種非物質文化遺產。慶幸能參與此工作坊，加深對粵劇文化的認識。同時有幸認識推動中國文化的組織—香港八和會館。《帝女花》是廣為人知的粵劇，結局淒美之餘，還隱含儒家「忠義」思想。未來會接觸更多中國文化，實踐所學以推己及人。」

——麥珀軒同學

「在參觀金庸展覽的過程中，熟悉的角色都以雕像形式生動地呈現在我眼前，使我能夠更加具體地了解金庸筆下人物的形象。此外，導賞員對展品清晰的講解令我對於金庸先生出版武俠小說的歷史亦有更深的了解。因此，是次活動對於身為金庸迷的我可謂獲益良多。」

——蕭浩然同學



▲校內文化講座：胡詠怡老師向同學分享已故校友譚福基校長的作品

理雅各文化獎勵計劃

「理雅各文化獎勵計劃」是本年度新推行的計劃。先談「理雅各」——一八四三年書院由馬六甲遷至香港，他擔任英華書院遷港後的第一任校長，是溝通中西文化的表表者——他於一八四一年開始着手翻譯中國經典；期後相繼出版《中國經書》。可見，他在文化交流上有著極大貢獻，聲名遠播，受人敬重，因此以他的名字作為計劃名稱。

目的和願景

獎勵計劃旨在培養同學文化觸覺，增加學養修為，並以計分制度獎勵同學。本計劃亦希望能令同學們了解文化從來不受性別和個性所限制，曾副校長認為男

生不一定要故作剛陽；有文化的人不一定柔弱，沒有文化、學識的人也不一定行為野蠻——這大抵只是由一些傳統思想訂定的刻板印象，正所謂粗實的雙臂也能細緻。

曾副校長亦提到未來或會物色同學協助計劃的運作，由了解文化的角色到推動文化的發展，而這個過程就是實實在在的文化傳承。

推廣文化是英華書院的創校宗旨，而「含英咀華文化研習小組」的成立正是今人承傳前人努力，培育文化人，饒富意義。希望在不久的將來每一位同學都可以明白文化的重要性，自發學習，使英華的校園充滿文化。

「計劃猶如文化的搖籃，在每位參與者身上播下文化的種子，假以時日以不同方式綻放，承傳書院溝通中西文化之念，培養新一代的文化人。」

——曾副校長



▲ 俠之大者——金庸百年誕辰紀念·任哲雕塑展：同學們前往香港文化博物館參觀展覽

含英咀華英華文化文藝研習小組

James Legge Culturati Award Scheme 理雅各文化研習獎勵計劃

書院於2024-25學年新設「James Legge Culturati Award Scheme 理雅各文化研習獎勵計劃」，整合書院各科組文化推廣的活動，跨科跨組別的獎勵計劃，營造全校氣氛，提升同學對文化活動和文化素養的意識。

本獎勵計劃紀錄同學在文化學習活動的參與。同學完成學習任務後，按表現累積積分。學期完結時，學校會根據同學累積分數頒發「金、銀、銅及優異獎」。

活動例子
(活動繁多，不能盡錄，請留意各科組宣傳資訊。)

金庸雕塑展及武俠小說參展 | 歌詞翻譯工作坊 | 書院案文化傳承計劃
八和會館粵劇教育工作坊 | 海南島遊學團 | 公民科內地考察 | 手工書製作工作坊
視藝學會工作坊 | 初中視藝培訓班 | 校園朗誦/音樂節比賽
家·親子閱讀獎勵計劃 | 博物館/文化地標參觀 | 西洋書法工作坊
英文嘢字 | Lat it Up | Creative Writers' Hub

分數	等獎	表揚
3	出席	參與
5	一般參與	參與、呈交交關外功課/反思文章
10	突出表現	呈交關外質量良好的功課/反思文章；或奪得校內比賽優異獎項
15-20	優異表現	參與校外文化相關比賽並獲獎 完成校外機構舉辦之課程 (並獲得證書)

YING WA COLLEGE
英華書院
Founded 1918

JAMES LEGGE
CULTURATI
AWARD
Scheme
理雅各文化研習
獎勵計劃

▲ 本學年新設的理雅各文化獎勵計劃



數學科
陳梓聰老師

在香港的教育體系中，你認為數學教育面臨哪些挑戰？

由中學銜接到大學專科教育是數學科的一大挑戰。

近年，考評局對高中數學科的課題逐漸進行修改及刪減。因此，在相同課題裏，學生所涉獵的知識的深度較以往淺白。然而，大學的學習自由度比較大，意味著學生完成中學階段的學習後，在大學階段掌握範圍相對較闊的知識可能會比較吃力。

有人認為數學科大部份概念不會常常應用於日常生活，你認為學生為何需在中學階段必修數學科？

且看中學數學科的課題，一部分是應用類的，而另一部分則是抽象的，例如：一元二次方程和虛數。

假如視數學為一項實用工具，那麼我們便能夠以其協助日常生活，如透過電腦製作一條與數據相關的方程式；

假如視數學為一門語言，那麼我們便能夠以另外一個角度觀看世界。運用科學理解世界的同時，亦可運用數學解釋世界發生的現象，縱使我們尚未親身經歷過。

因此，無論親身經歷過與否，數學呈現世界的另

一面。三角函數看似抽象，我們在日常生活中也甚少接觸三角函數。然而，音軌每一刻的聲波其實是 \sin 與 \cos 的總和。由此可見，耳朵接收的訊息與數學也是息息相關。

你會怎樣在教學時把數學變得更有意思和生活化？使用遊戲作引入。

有趣和生活化的元素通常會放在引入部分。以教授加減乘除為例子。首先，我會使用數獨或學生喜歡玩的荒野亂鬥 (Brawl Stars) 作引入，讓學生明白加減乘除的課題在日常生活中經常出現。然後，我會逐步將這些具體例子抽象化，讓學生知道例子背後其實有一個共通的課題。最後，我會再集中和深入地講解該課題的關鍵點。

你認為數學科的課程應該如何發展或改善，以緊貼全球化的趨勢和科技的進步？使用電子教具。

我認為香港可以借鑒這種電子化的學習模式，引發學生的學習動機。電子教具通常以遊戲或比賽作為主要教學方法，如 Angoon ，並提供達標不達標的指標，而且學生可以與同輩進行比較，讓學生不僅能學習數學，還能在活動中互相交流、討論題目，營造出輕鬆的學習氛圍。

你為甚麼會選擇回到母校英華書院開始教學生涯？

我的教學生涯始於擔任童軍導師。回望自己過往的經驗，我發現自己十分喜歡看到學生掌握新的知識，並且將其應用在相關的課題上。他們恍然大悟的樣子，除了帶給我成功感外，亦給予我動力鑽研不同教學技巧。因此，我進入了正規的教學環境，希望能進一步打磨自己的教學和表達方式，令學生發掘自己擅長之處，並使用數學作為一項工具以解決一些抽象的問題。

我一直以來都有跟英華書院的學生接觸，加上我大部分的時間都在英華學習和成長。因此，我希

望以身作則，把我學習到的自我價值和信念傳授給下一代的師弟們，成為他們的榜樣。

你會以甚麼動物比喻自己？為甚麼？狗。

我對於其他人都會頗為熱情和好奇，也喜歡認識其他人。在認識他人的過程中，我可以以一個完全不同的角度看待每一件事物。此外，我的處事方法也頗為直接，如若我認為一件事是必要的话，我就會拋開一切，做到成功才會停止。這與狗隻看到一個目標後全速前進相似。值得一提的是，對於一個群體或值得信任的人，我會願意無條件去付出和陪伴。同樣地，狗很忠心於自己的同伴或主人。



▲ 嘗試音樂活動



▲ 西班牙徒步旅程



▲ 和朋友組織社區服務

問答

你喜歡甚麼運動？
羽毛球

一天之中，你最喜歡甚麼時間的英華校園？
放學

你中學的選修科目是甚麼？
物理、化學、生物和數學延伸單元一 (M1)



數學科
李鎮宇老師

學習數學能提高一個人的理性思考能力嗎？一般來說可以。

不過，我認為先決條件在於學生的學習態度。學生應該要開放地思考，而非抱着囫圇吞棗的態度。作為數學老師，我認為理性思考更為重要。

數學對你而言是「操卷」還是理解較重要？我對於不同級別有不同的答案。越高年級，越需要着重於理解。

對初中而言，「操卷」相對上更重要，因為他們的課程較多內容需背誦和加以練習。對高中而言，「操卷」的作用在於鞏固知識和協助他們理解更多，課程著重深層次理解，掌握一些他們的已有知識。

你是否認同「一理通，百理明」這句話？我不太認同。

以數學科為例，學習代數不能令你完全明白幾何圖案的理論、關聯性、計算公式等數學範疇。同樣，在一個地方中學習到的道理、知識，亦未必能在另一個情境上用得上。

你認為數學科的課程應該如何發展或改善，以緊貼全球化的趨勢和科技的進步？

在會考的課程中有附加數學這一科。而當中的一個課題便是關於如何使用對數表、計算尺等工具。不過，科技的發展令計算機、手機等機械運算工具普及化，令以前的算術工具被淘汰。這導致數學科的課程有很大轉變，如相對上較少有機械運算的繁複內容。所以，我認為數學科的課程應著重於對問題的思考，令學生有更多思考空間。

你認為是否需要以不同的教學風格任教初中和高中學生？

需要。

例如任教初中學生時，需要提醒他們遵守秩序或上課前準備好需要的用品，但高中就不需要常常提醒他們上課的規矩。

你為什麼會開始教學生涯？

一方面我喜歡數學，另一方面大學畢業後有朋友介紹我到一所學校任教，所以便開始了教學生涯。

你如何建立和維持與學生之間的良好關係？

在我教學生涯的十多年，曾經任教男校和女學校，我覺得主要是要和學生定下界線，讓學生信服和接受你。此外，我會嘗試認識學生的個性和他們的興趣，以保持良好關係。

你的教學理念是什麼？

培育學生思考能力。



▲ 登山之旅



▲ 老師給中六同學的寄語

你中學的選修科目是什麼？
物理、化學、生物、會計

你最討厭的科目？
中國歷史科

問答
快快

一天之中，你最喜歡甚麼時間的英華校園？
早上，因為學生比較有生氣。



中文科、中國文學科
黃謠老師

你認為十二篇範文應否於初中開始教授？

不應。初中三年是讓學生建立基本文言知識的重要時間。有些同學認為像《論語》這麼短的範文可以在初中時期教授。然而，十二篇範文中，有些篇章篇幅較為艱深，初中同學較難理解。初中的課文如《岳飛之少年時代》篇幅較短，亦包括了少文言文常見字詞。因此，在初中應注重於建立好閱讀文言的基本知識，鞏固根基，才能在中學學習更長更難的指定篇章。

在資訊科技發達的年代，背誦是否有有效的學習方法？

是。在人工智能發達的年代，很多同學都依賴科技溫習和做功課。人工智能有其好處，但我們不應因為科技的出現，而非黑即白地反對傳統的背誦方法。例如，古代的文字與現今的意思存在差別，像是「人不知而不愠」的「愠」字，如果我們不背誦其句子，就無法牢記古文。除了中文課，其他科目中，背誦也有其重要性。例如：數學有公式、化學有元素周期表、生物有英文單詞，因此背誦也是有效和必要的過程。

中國文學一直被稱為夕陽學科，你會如何鼓勵初中同學選修中國文學？

中國文學的確屬於夕陽學科，本科報考人數日漸減少，每年只有一千多人，選修文學的學生可謂「人中之龍」。此科要求勤奮背誦，內容亦比中國語文科更加深入，對讀篇章亦要求同學具有中史知識，了解當代背景。

此外，這一科付出大，收穫卻沒有保證。例如文學作文始終較為主觀，而公開試一試定生死。另外，同學有機會認為此科性質為文科，對報考大學沒太大幫助。在功利角度來說，競爭力的確較低。

然而，在欣賞文學時，能勉勵自己。同學在中學階段不免會遇到不同困難，例如與知己良朋意見不合，有苦自己知。文學科讀到古人的遭遇和自己相似的作品，容易產生共鳴，從而開解自己，例如陶淵明的「悟已往之不諫，知來者之可追」，以往的東西做錯了就沒辦法挽回了，但未來的仍能補救。還有《庖丁解牛》教曉我們凡事不要硬碰硬，順應天命。像我一樣，深知自己不是讀理科的材料，於是沒有勉強自己，順其自然。我認為以古人的作品自勉勵，亦是一種得著。

再者，如果對作文感興趣，但又不喜歡太死板的題目，都可以嘗試選修中國文學。例如，《朋友，起來》和近年的《快樂的形狀》都給予學生很大的想象和發揮空間，相信能吸引不少初中同學。

你認為中國文學與中國語文科最大的分別是什麼？文學的內容較深和廣。

例如，學習屈原的《涉江》，除了要研讀作品本身，還要了解作者生平：他被流放和懷才不遇的遭遇。讀文學需要知道的歷史背景往往比中國語文科更多，要清楚了解作者的遭遇才能明白其心境。另外，文學更強調賞析，鼓勵學生代入作者的角度感受作品。相反，中國語文科較著重寫作技巧，例如《魚我所欲也》運用的對比論證和正反論證。

你較認同儒家的積極入世還是道家的逍遙處世？我更喜歡道家的逍遙處世。

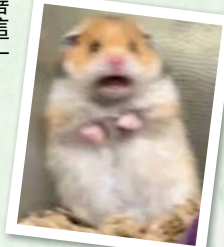
有不少人會把「逍遙遊」的概念誤解為「躺平」，事實上莊子的想法是指我們凡事應「順應天命、順其自然」而不過分勉強自己。對此我也深有同感，無論是讀書還是工作，我觀察到勉強自己的人往往活得更辛苦。當然，強迫自己的確能進步，

但於我而言，我並不追求甚麼名利富貴，也不一定成為第一。因此我更傾向順應天命，明白自身能力有限制，接受自己，也是一種值得效法的價值觀。

你會以甚麼動物比喻自己？為什麼？

我會比喻自己為這張迷因圖裏的倉鼠。

因為我是一個比較膽小的人，面對突發情況，常常不夠冷靜，容易被嚇到。而且，我在表情管理方面也有不足。我希望改善這一點，因為過多表情可能會讓學生感覺我是個古怪的人。



如果你有機會可以在大學的時候重新選擇一個學科，你會選擇哪一個學科？

我會選擇日本研究。

在大學，很多修讀中文教育的同學都同時副修中國歷史，而我則就選擇日文。我非常喜愛日本文化，若有機會，就會想選讀日本研究。然而，在下學期由於中文教育要實習，在計算上出了錯，學習時數不夠，最後很遺憾沒能把副修日文寫在成績單上。



▲ 平日以夾公仔紓壓

問快答

你最喜歡的作家是誰？
蘇軾

試用一種文體形容自己的生活方式。
遊記

可否分享你的座右銘？
我會說是，庖丁解牛的主旨——順其自然，不硬碰，不要過分操勞自己。

你最討厭的科目是什麼？
商科



▲ 班主任之樂



數學科
俞資俊老師

有些同學會認為數學是沉悶且煩厭的，所以對數學望而卻步，你會用什麼方法協助那些同對數學改觀？

我認為同學如果認為數學是沉悶煩躁的有兩個原因。第一，同學的資質過人，已經完全明白課程的數學概念，我會在課堂工作紙中加入挑戰題，讓優秀的同學能夠更深入理解該數學課題，同時在課堂中不會無所事事。第二，資質平庸的同學，理解和吸收速度比較慢，一但跟不上進度便感到氣餒和挫敗。我會選擇用一些簡單的小測來提升同學的成功感和自信心，讓他願意學習數學，重拾對數學科的熱誠。

你認為數學科與其他科目的學習方式有何不同？

我認為數學科比起其他科目會少一點抄寫，也不用背誦。反而是理解公式和定律的證明，以及建立解難能力，見題拆題。在中學的課程中，要背誦的內容不多，但數學的題目卻是百變，需要學生將知識融會貫通，應用出來。

你認為文憑試的數學課程對學生來說會否過於簡單或困難？

不會，文憑試的數學課程都有各自簡單和困難的部分。

課程涵蓋的知識點較簡單。由於中學的數學都屬於解難為主，所以作答時只需要像拼積木那樣，把已有的知識串聯在一起即可。困難的地方則在於作答有嚴格的時間限制。這對一些沒有特意「操卷」的人常常因時間不足，發揮不了他們應有的水平。

在香港的教育體系中，你認為數學教育面臨哪些挑戰？

學生難以建立其解難能力。

例如，學生為了在考試中取得優異的成績，過分依賴計算機的功能，令數學科在某些課題皆以背誦為主，令學生無法建立解難能力。其次，人工智能的崛起也是一個挑戰。有些同學為了快速取得答案，往往會利用網上的資料，特別是人工智能，來快速取得答案。

可否與我們分享你最遺憾的中學回憶？

我想過了，但真的沒有，因為我沒有在英華留下任何遺憾。

你為什麼會開始教學生涯？

作為一個舊生，我被以往在這裏任教的老師所影響，而這些影響是富有啟發性的和改變一生的。他們令我明白到教導莘莘學子是一件饒富意義的行為，影響深遠。同時，我熱愛校園生活。在這裏的生活非常簡單和開心，回來教學，便是自己在校園生活的一個延伸。

你認為英華仔有什麼特別之處？

有批判性思考，在不同範疇有過人之處。

譬如在別人指示英華仔做出某個行為時，英華仔大多不會立即跟從，而會選擇不跟從對事件不利的指示，讓事件變得更好。這是因為他們會在聽到指示後做出批判性思考，再做出選擇，力臻完美。同時，英華仔的除學業以外，在不同範疇都有過人之處。如有些人擅於音樂，有些人則擅於領導團隊。

身為一位英華舊生回校任教數學科，有沒有特別的感受？

難以置信。

當我還是中學生時，我完全沒有想過自己有一天竟成為老師，更沒想過會回母校任教。看見運動健兒們在水、陸運會中拼搏的樣子，讓我想起在英華就讀時的畫面，勾起一些難忘的回憶，盼望學生能夠好好珍惜這段在英華揮灑青春的時間。



▲ 對籃球的熱愛



▲ 中六最後上課日於校門前留影

你在英華飯堂最喜歡的菜式？
豬扒即食麵配巧克力牛奶

你中學的選修科目是什麼？
物理、化學、數學延伸單元一

你小時候的梦想職業是什麼？
職業籃球員

你認為朋友、家人、工作，哪一項最為重要？
有人的地方就重要——重要的是眼前的人。

可否與同學分享你的學習之道？
找到知識中的重點，多加思考。

問答
快快

遊戲中的中華文化

《西遊記》是我國古典文學四大名著之一，其中齊天大聖火燒盤絲洞，被二郎顯聖真君捉拿的情節在近期的熱門線上遊戲《黑神話·悟空》以嶄新角度再次呈現於大眾眼前，使《西遊記》再次備受矚目，引起社會對中國傳統文化創新這個議題的討論。

遊戲簡介

《黑神話·悟空》是一款動作角色扮演遊戲，由遊戲開發商「遊戲科學」研發，有推出即成電玩界熱話，風靡一時。遊戲內容取材自《西遊記》。在遊戲玩法中，玩家需要操控一隻名為「天命人」的石猴，在「盤絲洞」、「火焰山」、「小西天」等章節中尋找齊天大聖身隕後，其身軀所化為的六件「根器」，一路過五關斬六將，直至成為「大聖」。遊戲將《西遊記》中多不勝數的精彩打鬥以絢麗奪目的形式呈現於玩家眼前，例如遊戲中紅孩兒以招牌絕技「三昧真火」與玩家短兵相接，就成為了遊戲中一大吸睛之處。除動作特效外，遊戲亦不乏豐富的劇情發展。不計其數的隱藏故事線讓玩家能自行選擇主角的命途，為遊戲增添吸引力。此外，劇情所蘊含的深厚文化元素，例如佛教哲學思想

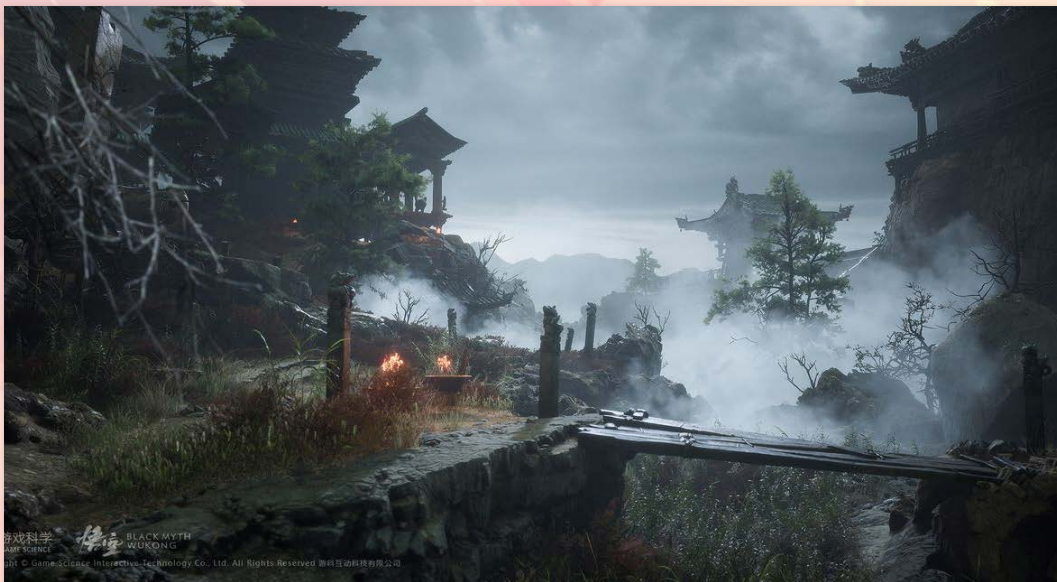


▲ 由玩家操縱的遊戲主角一天命人的外觀（來源：星島頭條）

中的因果報應論等，更是將遊戲劇情昇華，為《黑神話·悟空》增添了無可比擬的創新性和獨特性。

創新與保留

《黑神話·悟空》雖源自中國四大名著《西遊記》，但不是將取經期間所經歷八十一難原封不動地抄進遊戲裏，而是以部分原著內容為基礎，進行創新。遊戲第一章——「火照黑雲」中，「天命人」與大聖的追隨者路經黑風山，遇見「死而復生」的蒼狼精「靈虛子」、蛇精「白衣居士」以及存活至今的黑熊精。「天命人」打殺前二者後，從黑熊精口中得知更多線索，繼而向前進發。此情此景與原著師徒四人途徑黑雲山的遭遇有異曲同工之妙。相比之下，遊戲甚至更富趣味性。在玩家以第一視角，即身為「天命人」體驗劇情時，一切都是未知，更能激發玩家的探索欲，有別於原著的「上帝視角」。無可否認，遊戲所提供的視覺、聽覺效果與文字所能及的不可同日而語，繽紛亮麗的遊戲介面，伴隨著真切的聲音與畫面，令玩家彷彿身臨其境，化身「天命人」行走於天下。此外，遊戲透過多周目的反覆挑戰，向玩家傳遞了「輪迴」的概念，而解鎖隱藏結局則象徵著修行者最終擺脫輪迴，成就涅槃。這也符合佛教所說的「諸行無常，諸法無我，涅槃寂靜」三法印，所有現象都在不斷變化，沒有一個永恆不變的「我」，擺脫生死輪迴，才是修行的最終目標。大聖的精神始終不渝，天命人作為大聖的繼承者，一路上披荊斬棘，即使未來迷霧重重，甚至敵手可能是天庭，他仍行走在尋回大聖的路上，詮釋了「大聖之志」。《黑神話·悟空》詮釋了「創新與保留」在遊戲中的意義：創新，是為了更貼合時代；保留，是不失其本質。



▲ 遊戲內場景（來源：Steam Community）

商業上的成功

《黑神話·悟空》作為第一部以中國神話為主題的動作角色扮演遊戲，並於「Steam」平台上架，可謂「國產之光」，在國內國外掀起熱潮，其中外國媒體和社群平台實況主的大肆報道和宣傳，令更多的外國人因而知曉《黑神話·悟空》。遊戲的成功也令更多人樂意去閱讀原著——《西遊記》。一股閱讀《西遊記》的浪潮席捲玩家群，就推動中華文化而言，這影響力不容小覷。隨著更多人知曉和購入遊戲，它的銷量與日俱增。《黑神話·悟空》的成功證明了將古典小說融入遊戲，尤其是融入動作角色扮演遊戲的可行性，為其他適合的長篇小說名著開闢了一條全新的道路，既可提高知名度，亦能宣揚了中國文化。

結語

綜上所述，無論是遊戲玩法、故事劇情或是畫面呈現，《黑神話·悟空》的每一個細節都能彰顯遊戲公司的用心經營，對各種細節的追求令此遊戲在中國遊戲產業取得空前成功，反映把家傳戶曉的經典小說改編並融入遊戲的商業策略在國內十分奏效。遊戲在國外享負盛名，證明它不只是通過文化創新把中華文化傳承給中國新一代年輕人，還向國外玩家宣揚了中華文化的博大精深，而其暢銷亦使一眾玩家好奇，中華文化的傳承和現代遊戲的創新還能迸發出怎樣的火花？就讓我們拭目以待。



▲ 《黑神話·悟空》商業成績非常可觀（來源：香港 01）

一位樂於助人的好鄰居

中四丁 陳樂垚

從升降機中走出，幾張嶄新的桌椅映入我的眼簾。它們的主人有些無奈地將暫時容納的傢俬緊緊貼着通道兩側疊放，生怕會阻礙別人。大概搬來了一位新鄰居吧？我這麼想。

我住的屋苑不大，整個樓層只有寥寥幾個單位。即便如此，我也不太熟悉同層住戶，他們不過是恰巧與我生活在同一屋簷下的陌生人，或許他們亦如是想。在此居住的十年間，我們的足印不曾交匯，始終在自家門前徘徊、盤旋，默默堆疊成一座座孤高的黑塔。我們只會兀自站在那塔上低頭凝視着自己的生活，卻不曾抬起頭，讓他人的輪廓映入自己的眼眶。我對此並無怨言，也無意打破這番平衡。

在升降機內，我首次遇見新鄰居。他是一位魁梧的男子，粗壯的手臂上有着尚算明顯的肌肉線條。此刻他雙手提著數量頗多的垃圾袋，隱隱散發臭味。「小弟弟，請你幫我按一樓。」注意到我的目光，他笑着說：「哈哈，今天樓上的垃圾房要維修嘛，我力氣大，就順便幫大家把垃圾拎下來。」「哦……麻煩你了。」我有些不以為然，他大概是想塑造一個良好形象，以後有事相求才更好說話。人們的行為都是為了實現目的而行的，用笑容為偽善貼上標籤；用善舉幫自己戴上面具——一切都是為了掩蓋真實的意圖。當層層面具把我們的內心包裹，我想連哪一層是虛偽的都無法分清了吧？與其這樣，還不如盡可能避免戴上這些面具。到了一樓，我默默地走出升降機，對他的意圖嗤之以鼻。

自那之後，我與那大叔有過數面之緣。看見他不遺餘力幫大家辦事時的笑容，我下意識地覺得那又是一層面具，但又覺得他那笑容背後像是發自內心的一股熱誠或是滿足，我不禁對他的真實想法產生了好奇。

這答案，我並沒有找尋太久。

一個下着微微細雨的晚上，我獨自從補習社離開，腹中的空虛催促着我要趕快歸家。連接屋苑中每幢樓房的平台有一條三、四米高的樓梯，在樓梯間昏暗的燈光下，我踏空了一節台階，整个人連帶着跌下了樓梯，腿上傳來的陣陣疼痛讓我不禁哀嚎。我勉強移動手指摸向已經麻痺的膝蓋，膝蓋正被一股濕黏溫熱的液體覆蓋。我艱難地撐着地面站起身，這時一個魁梧身影走近，她手中提著幾個垃圾袋，急切地問道：「你怎麼了？」看到我身上的傷，大叔不顧拒絕，攔了輛的士，執意帶着我去醫院。「謝謝。」我輕聲向他道謝。

消毒、包紮過後，看到我沒事，大叔似乎也高興。我忍不住問他：「你為甚麼總是願意幫人？」大叔看出了我的不解：「你大概覺得我沒理由浪費自己的時間去幫助陌生人？覺得我主動幫你也是虛偽的、戴着面具的表現？這麼說其實也沒錯，因為我有能力幫助別人，所以戴上了『幫助別人』的面具。我也會權衡，但我知道這一張面具是我在衡量了所有利弊後，為此不惜犧牲時間、精力所作出的選擇。因此這面具是我遵循內心的號召而戴上的，這何嘗不是真誠的表現？更何況得到感謝，我也自覺喜悅！」看著大叔臉上綻放笑容，我似乎理解了他。

從醫院回家，我站在升降機裏思忖。電梯關門的一剎，一個孩子衝向將關上的電梯，我不假思索地為他按開了門。「謝謝。」孩子輕聲向我道謝，我不禁想起了大叔。

我從升降機裏走出，也向那孤塔之外，踏出了一步。



人工智能，還是「人為退能」？

中五丁 王俊霖

自從「GPT」問世以來，各種人工智能大模型便如雨後春筍般湧現，能力與日俱增。從社交平臺的演算法到各有所長的聊天機器人，人工智能已經漸漸滲透進日常生活中，但對於社會來說，卻可謂得不償失。

無可否認，人工智能給我們的生活帶來了許多便利，可比起「雪中送炭」，現階段更貼切的形容會是「錦上添花」。試想像你每一天會用到人工智能的場景：不論是那百思不解的數學、作文；或是輔助駕駛、運動監測；本質上並無通盤改變工作流程，頂多算是如虎添翼的工具。普通人使用模型時仍要有能力優化提示詞和甄別結果真偽——畢竟人工智能模仿寫作風格，憑空捏造假新聞的能力有目共睹，若把人工智能的輸出依樣畫葫蘆，少說也會引起一陣哄堂大笑。

然而，我們正高枕無憂；享受新科技時，不妨想想遠方那飢腸轆轆、缺乏基本衛生設施，遑論電力、科技的十數億人。顯然，人工智能能否真正造福貧苦大眾，仍是一大挑戰。根據國際能源署的報告，仍有六億多的人口連我們習以為常的電力都無法獲取。即使是問世多年的數字農業技術——如自動灌溉系統或天氣預測，都無法突破此「電力鴻溝」，遑論需要大量算力的人工智能呢？這種斷層在世界領導的層面便更為顯著，敢問在年初的技術交流峰會中，上臺分享的發達國家代表對本國研究侃侃而談時，有無想過更需要此類科技的，恰恰是人微言輕的欠發達國家？

雪上加霜的是，人工智能更可能降低生活素質。試想想你在百無聊賴時，是否只是在短影音平臺漫無目的地四處游蕩？這些社交媒體令人「愛不釋手」的罪魁禍首正就是人工智能算法。它們根據使用者的喜好為其量身訂造推薦的內容，配合無限滾動，潛移默

化地地使用者漸漸困在深不見底的數碼牢房中。現今已經有四分之三的美國青少年深陷社交媒體的泥潭，對學業和專注力影響顯著，未來的前景恐怕只會更加黯淡。

另一值得關注的大問題便是人工智能所導致的失業潮。二零一三年發表的論文《就業的未來》預計未來美國有一半的職業會被人工智能全盤取代，尤其是較低收入、低學歷要求的重複性工作。現今人工智能的發展早已今非昔比，即使是數學、藝術之類等逆鱗，對於逐漸崛起的推理模型早已是小菜一碟。現今不能被取代的職業恐怕寥若晨星，大概只剩下空間協調、情感互動者、創作者以及思想家了吧。遙想工業革命時，被取代的手工業者已有相當規模的抗議，之後的發展實在令人細思極恐。

文中還提及了一個頗令人深思的現象——人工智能所致的階級固化。早些年風靡一時的《賽博朋克 2077》等科幻作品也已經預示了這點，正因為被人工智能取代的職業大多是社會中堅的白領，故他們被迫向下流動到逐漸收縮的低收入市場。另一方面，大企業依仗著日新月異的人工智能算法和海量用戶數據，便能逐漸操縱輿論，形成信息繭房，使人醉生夢死，最後底層人民只能垂死掙扎，淪為資本主義的奴隸。

縱然人工智能現階段可能弊大於利，我們也不能忽略其貢獻。心理學家布蘭登曾言：「轉變的第一步為全盤理解和接受問題。」——現在亡羊補牢仍為時未晚。



冬天的味道

中三乙 龍依海

冬天，宛如一幅淡雅的水墨畫，整個世界彷彿被塗上了一抹白色，給人帶來一種寧靜而深遠的感覺。在我心中，冬天有一種獨特的味道，它不同於春的清新、夏的濃烈、秋的閒適，它有著自己獨一無二的韻味。

當晨曦出破，寒風輕撫，冬天的味道便在不知不覺間瀰漫開來。我喜歡在寒冷的清晨，沿著小巷漫步，感受那份屬於冬天的靜謐與純潔。街角的早餐攤前，擺放著金燦燦的油條與熱氣騰騰的豆漿，它們的氣味交織在一起，構成了冬天獨有的味道。顧客們一邊品嚐著美食，一邊吹著熱氣，臉上洋溢著滿足和溫暖，這就是冬天的味道。

轉角處有一個偌大的公園，撲面而來的是冬天的另一種味道。雪後的公園銀裝素裹，孩子們在雪地裡嬉戲，打雪仗，堆雪人，寒冷的空氣中迴盪著歡聲笑語。他們的臉頰紅撲撲的，彷彿塗上了一層胭脂，那是寒冷與興奮交織的色彩。而我，則默默地坐在長椅上，品味著雪地的清新與冷硬。那冬天特有的冰涼，卻讓我感到一種莫名的親切和舒適。

夜幕降臨，冬天的味道又悄然改變。家家戶戶的煙囪飄出縷縷炊煙，那是爐火在跳躍，傳遞著家的溫暖。我坐在窗前，聆聽著窗外的風聲颼颼，感受著室內的溫暖。母親煮的雞湯在鍋裏慢慢熬制，香氣四溢，沁人心脾。雞湯的鮮美與熬制時的香氣交織在一起，形成了一種只有冬天才擁有的味道。那是時光的味道，是家的味道，也是愛的味道。

冬天，是一個沉靜的季節，它不像夏日那般熱烈，也不像春天那般生機勃勃，但它有著自己獨特的韻味，那是清晨的豆漿油條、雪地的冰涼、夜晚的炊煙和雞湯的鮮美。這些味道交織在一起，構成了我心中最美的冬天樂章。每當我回想起這些，心中便充滿了對冬天的熱愛和嚮往，因為在我眼中，冬天的味道，是最真實、最純粹的生活味道。



我在閱讀中找到快樂

中三丙 龔柏熹

我喜歡看書，因為每次閱讀，我都可以發揮無限的想像力，令我從閱讀中找到快樂。

到底我是何時喜歡上閱讀？應該是從小一開始吧！那時的我性格害羞，又不善辭令，所以很多時候都是「獨行俠」。有一天午膳後，我一如既往，百無聊賴地在校園裏四處遊蕩。行經二樓，看見學校的圖書館，就隨意地走進去，隨手拿起一本書來看。起初只是想消磨時間，誰知越看越入神——我一邊拿起金剛棒怒打妖精，一邊用分身術去拯救師傅，真是忙得不可開交！就在此時，上課鐘聲響起，我才如夢初醒，從《西遊記》的世界返回現實。那次是我第一次感受到閱讀的快樂。

從那時開始，不論小息午膳還是放學後，只要一有空，我就會鑽進圖書館，獨個兒沉醉在我的書海，靜悄悄地享受著我的讀書樂。我時而化身偵探追查真相，時而化身生物學專家研究動植物，上至天文下至地理，小說漫畫，生物大全，無一不是我的最愛。那些書是我的良師，也是我的益友。他們給我知識和鼓勵，也伴我走過很多單純、天真、快樂的童年歲月。只要和他們黏在一起，我的煩惱都會一掃而空。

今天，雖然功課繁忙的我已經不可以隨心所欲地看書，但每當我被沉重的生活壓得喘不過氣來，我仍然會悄悄躲在被窩裏，好好享受我的閱讀世界，尋找閱讀給我最簡單的快樂。



爸爸的肚子

中一丁 林正睿

我收拾房間時，意外找到一幅小時候和爸爸的合照。那時候，爸爸胖乎乎、圓滾滾的模樣深深印在我的記憶裏。每天，他穿着藍色襯衫和黑色褲子，皮帶上壓着一個圓鼓鼓的肚子，走路時肚子隨着他的步伐上下搖晃，如同一個活潑的小孩一蹦一跳的。當爸爸坐下時，肚子便會隆起來，好像要將襯衫撐破，露出他的真面目。

每天爸爸下班回家，我總是像小鳥回巢一樣衝上前，扎進他那有圓又大的肚子裏，感受爸爸的體溫和那份柔軟的感覺。那一刻，我彷彿沐浴在冬日的陽光中，感到格外溫暖和平靜。當爸爸筋疲力竭時，他會躺在沙發上休息，而我會毫不客氣地坐在他的肚子上，那軟綿綿的肚子就像一張彈床，我坐在上面彈來彈去，樂此不疲。雖然經過一天的工作，爸爸早已經疲憊不堪，但他總是樂於配合我，拉着我的小手，用力把我彈起來，臉上洋溢着慈愛的微笑。有時候，我用力過猛，讓爸爸痛得捂着肚子叫起來，但他越叫我越興奮，彈得也就越高。我們的笑聲在家中迴盪，充滿了無憂無慮的快樂。現在回想起來，這些瞬間讓我感到無比溫暖。每一次與爸爸的擁抱和嬉鬧，都是我心中珍貴的回憶。那時的笑聲和爸爸的笑容在我的腦海中徘徊，讓我感受到時光彷彿靜止在那些快樂的日子裏。

隨着時間的流逝，我漸漸長大，已經不能再坐在爸爸的肚子上了。為了給我們更好的生活，爸爸每天都早出晚歸，辛勤地工作。即使在週末和假日，他也常常在家中回覆電郵和處理工作。隨着爸爸的工作變得越來越忙，我們之間的關係似乎逐漸疏遠。有一天，

因為天氣炎熱，爸爸脫去上衣，我赫然發現他原本像山丘一樣的肚子竟然變成了一片「平原」，讓我感到有點陌生。一番詢問之下，我才知道爸爸因為肥胖出現了健康問題，需要減肥。他說：「這幾個月來，我每天都努力做運動，為了這頭家，我不能太早離開。」這句話深深觸動了我，心中湧起一股深切的感激。我感激他為這個家所做的一切犧牲與努力，以及那份從不宣之於口的愛。

當我看到爸爸的變化時，心中百感交集。曾經那圓圓的肚子承載着我無數的童年回憶，也代表着爸爸對我的愛，如今卻因為爸爸的健康問題而消失。雖然爸爸的肚子不再圓潤，但它承載的愛依然深厚。我為爸爸為了我們的未來不斷努力而感到欣慰，心中充滿了對他的感激，感激他願意為我們付出這麼多。然而，我也感到我們之間的距離似乎在悄然拉遠。希望未來我們能重新找回那份親密的關係。



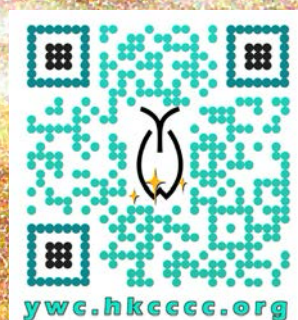


中華基督教會英華堂

The Church of Christ in China
Ying Wa Church

為年輕一代塑造 成長空間

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TORCH

VOLUME 59 ISSUE 1



Editor's Notes

Contents

Dear Reader,

After a pause of six years, *Torch* has resumed its biannual publication schedule following the pandemic. Albeit a relief, the editorial board nonetheless faces an increased workload as we work to reestablish our presence as part of the Ying Wa tradition. We ultimately found ourselves navigating hurdles whilst paving new paths forward.

Driven by a fervent passion for prose, we indulged ourselves in this evergreen canopy of journalism, striving steadily to deliver the most up-to-date news on campus.

In Campus, we have conducted interviews with six new teachers to better understand them beyond their teaching time. We also featured an insightful article about the recently discovered Ying Wa College Song played at 13:45 every school day.

In Gallery, an outstanding piece received from the *Torch* Writing Forum is showcased. An article regarding the *Torch* Internship Programme is featured. Three bite-sized articles penned by our editors are also included in the Editors' Column.

Writing is more of a marathon than a sprint — motivation tends to wax and wane without assistance. I would like to extend a special thanks to Mr. Barny Lam and other teachers who devoted their time to polish the article. Their unwavering support means the world to us.

It is my sincere wish that you find these few thousand words in *Torch* both enlightening and enthralling. Enjoy your reading, and there is more to come.

All the best,
Samuel Luk

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New Teachers' Interview

The editorial board of *Torch* has always been committed to delivering the most up-to-date news from our campus. In an effort to provide a deeper understanding of our teachers beyond their roles at school, a series of New Teachers' Interviews has been conducted. We are delighted to feature a total of 6 new teachers in the English Section, allowing them to share insights into their lives.

Ms. Tse Yuen Ying, Vicky

Computer Literacy / Information & Communication Technology



Do you keep a pet? Could you share some tips on how to care for it?

Yes, I have a two-year-old Dachshund named *Dor Dor*, whom I named after my favourite childhood cartoon Doraemon. The key to taking care of a pet is to spend a lot of time and give them love. Dogs need human attention, so even if I am tired after work, I make sure to walk my dog for at least an hour.

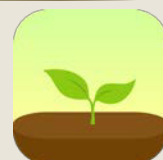


Why do you want to teach at Ying Wa? What sets us apart from other schools?

I wanted to experience education in a school with a different background. Before coming to Ying Wa, I taught at the same subsidised school I graduated from. Ying Wa boys are well-known for their excellence in both sports and academics, which aligns with my belief in holistic education. The well-rounded education Ying Wa provides is exactly the motive behind my transfer.

How can Ying Wa boys maintain a balance between leisure and learning, and why is that important?

Practical methods include designing a timetable, setting limits on entertainment, and reducing unnecessary leisure – but a more innovative approach would be utilising self-control applications. I would recommend the app “Forest”. By staying focused, you plant trees in both the virtual and real world, making an impact on the environment. This encourages students to stay away from their phones.



“Forest”
Source: ForestApp

It is important to understand why balancing leisure and academics is crucial. Leisure is vital for maintaining a good life while sustaining mental and physical health. Without good health, we cannot effectively study or work.

Focusing on academics is important as well. We learn how to learn through studying, aiding continuous improvement in any future career. Studying also helps us discover our interests and to have a choice in our future outlooks.

Which musical instrument is your favourite to play? Can you share your experience with it?

I play the piano and guitar, and I also love singing – although I am still an amateur. I often play in my leisure time. After a long break in classical piano lessons, I find it challenging to read music scores. Now, I usually play pop music with chords because I like adding my own ideas and new elements to the music. Strictly following a score limits one’s potential and creativity.

Ms. Li Nga Ting, Alice

English

Which aspect do you think students should prioritise while choosing subjects – interest, capability or career paths?

I think career paths matter more. Take my friend who got into CUHK's Integrated Bachelor of Business Administration Programme as an example. With a low GPA, he ended up working in the storage sector at an online shopping store, disliking it profoundly. To enhance career opportunities, pursue fields with strong credentials, like teaching. Staying updated on trends, and focusing on fields with consistent demand, especially in technology-related jobs, would also be beneficial.

How would you encourage students to speak more English in daily life?

Just speak up! My capstone project focused on *reticence* – students' reluctance to communicate. This can stem from peer pressure or psychological factors. As teachers, we should create a less intimidating environment. I use positive reinforcement by rewarding students with coupons and stickers for good performance, or even just speaking to me.

What was your most memorable experience while travelling?

My trip to Tibet! I visited Everest Base Camp at 5,200 metres above sea level. Interestingly, fit individuals struggle there due to high oxygen needs, whereas women and elderly people adapt easily due to their lower need for oxygen. I also visited the world's highest tuckshop! Interacting with locals was delightful; I even attempted to milk a cow in the dark. The resilience of the Tibetan people impressed me greatly, and as an amateur photographer, capturing the stunning scenery made the trip even more special.

Have you had any experience of visiting schools outside of Hong Kong? What was the environment and the student's behaviour there?

I have visited schools in Sri Lanka and New Zealand, and the cultural differences are striking to me.

In Sri Lanka, formal schools are rare; students attend community centres weekly to learn the English alphabet. Without worksheets or homework, the English proficiency of a P3 student is equivalent to that of a K3 student in Hong Kong. However, they actively engage in local traditions that celebrate Sinhalese culture, building confidence and eliminating reticence.

On the other side of the Earth, my experience teaching at a SEN school in New Zealand was refreshing. The short days in school cultivate a stress-free atmosphere, leaving students with ample time for activities and their cherished family time. Homework is banned by government policy; instead, they use *ClassDojo* for interactive learning with avatars on iPads, letting teachers see real-time reactions on the board. Overall, it was a joyful teaching experience.



Ms. Chan Lok Yee, Tiffany

History

How does your profession as a History teacher and your study of Philosophy affect your personal values?

Studying and teaching History and Philosophy made me learn that I have to keep an open mind. The more I learn, the more I see that it is very difficult to thoroughly understand every piece of knowledge around the world. This serves as a reminder not to make too many assumptions about things we think we know. By doing so, it has really helped me stay humble and curious about other people, cultures, and the unknown.

Do you think Ying Wa boys love learning and why so?

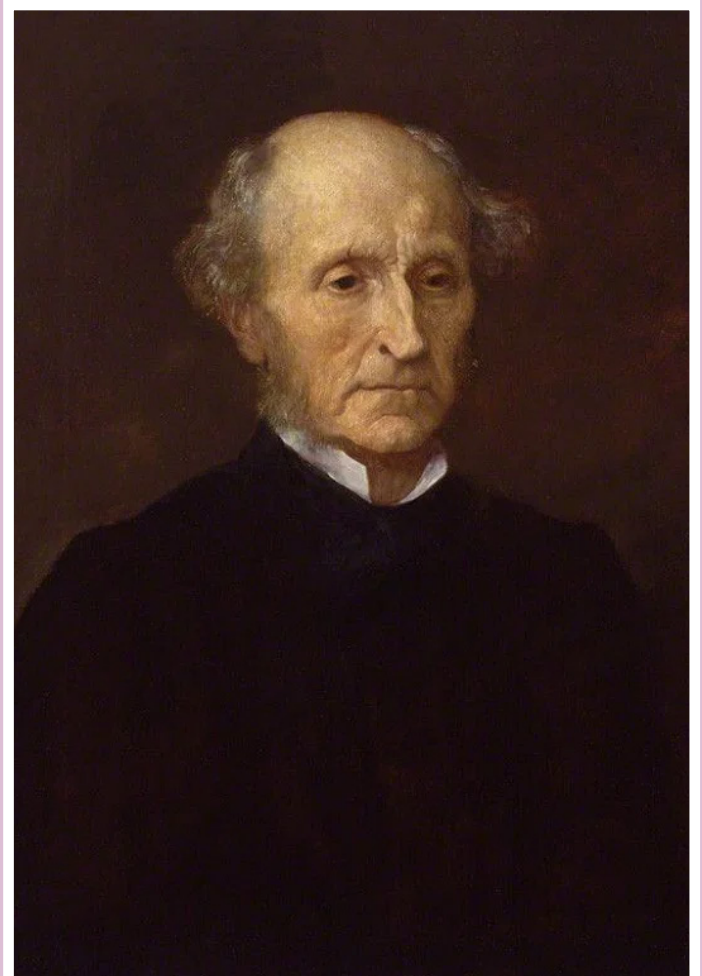
I would say Ying Wa boys love learning in a broader sense. Although they are not always particularly engaged in class, it is clear that if they have a passion about something, they will work hard for it. From my observations, some students are really into music, while others are into sports. Curiosity is the best motivator for learning. If the student possesses that trait, it is more than enough to qualify them as “love to learn”. Of course, it would be better if they paid more attention in class and focused more on their academic pursuits.

How can studying History benefit students apart from tackling exams?

A keynote skill developed while studying History is logical thinking. History is a subject that requires skills in analysing sources, explaining causal-relationships, identifying fallacies and constructing logical arguments. George Orwell once wrote, “*If you cannot write well, you cannot think well; if you cannot think well, others will do your thinking for you.*” This is why I value critical-thinking – there is so much information in this world, and we need these thinking skills to help us function in this society and make correct decisions.

Which period of history interests you the most and what makes it special?

My favourite topic is British intellectual history during the period of Enlightenment. I am interested in philosophy and different ideologies, and I find how new ideas emerged in Britain and other parts of Europe riveting, such as utilitarianism and social dominance. Moreover, how they influenced the workings of society is quite captivating. These events and thoughts happened and formed 200 years ago, yet is still relevant to date.



John Stuart Mill
Source: World History Encyclopedia

Mr. Yea Sui Shing, David

Integrated Science / Physics



Which science subject do you like to teach the most – physics, chemistry, biology, astronomy, medicine, geology and why?

If I must choose, physics would be my choice since I can use it to explain weather systems and geographical matters. But actually, it is none of the above. I majored in Earth Science in university, specifically in Meteorology. I find the power of nature such as high winds and typhoons fascinating and decided to pursue further studies on that. I would like to teach Earth Science if secondary schools had such a subject.

As you have stated you studied Earth Science, which is more related to geography. Why are you teaching science now?

Earth Science is divided into two parts: the qualitative and physical components. The qualitative part is more relatable to geography, such as reading a weather map or describing what global warming is in scientific terms. I am more inclined to the physical part, such as explaining weather systems with equations. With this part closer to science, I decided to pursue teaching science as a profession.

What are the challenges you face when teaching S3 Physics and S1 Integrated Science?

I.S. is a new subject for S1 students and they are not familiar with the terms and apparatus used in the subject. In the meantime, not all S3 students would choose Physics as their electives. Hence, their interest diversity is wide, and as a teacher, cultivating their interest in physics is the hardest part.



What is your favourite natural spot in Hong Kong to hike and what makes it special?

The Lantau Peak is absolutely stunning. When I was studying in senior forms in my secondary school, I took a hike as a scout and witnessed my first sunrise. Later I discovered that there is only a one-in-three chance to see a sunrise, and felt very fortunate.

What is your favorite dish to cook? Would you mind sharing the recipe?

Perhaps not my favourite dish, but I think the funniest one I have ever created is the Spaghetti Bolognese. The dish was an experiment without any prior research. My first attempt was way off-target, until I adjusted it a few times to make it edible. Do not blame me if you tried it out and found it disastrous.

SPAGHETTI BOLOGNESE

Serving: 2-3 people

Ingredients:

- 2 Fresh tomatoes
- 1/2 Onion
- 1 Garlic clove
- 200 g Minced beef
- 200 g Spaghetti
- 2 teaspoons of Tomato paste
- 1 teaspoon of Olive oil
- 1/3 teaspoons of Pepper
- 1/2 teaspoons of Salt
- A small pack of finely-chopped dried Basil

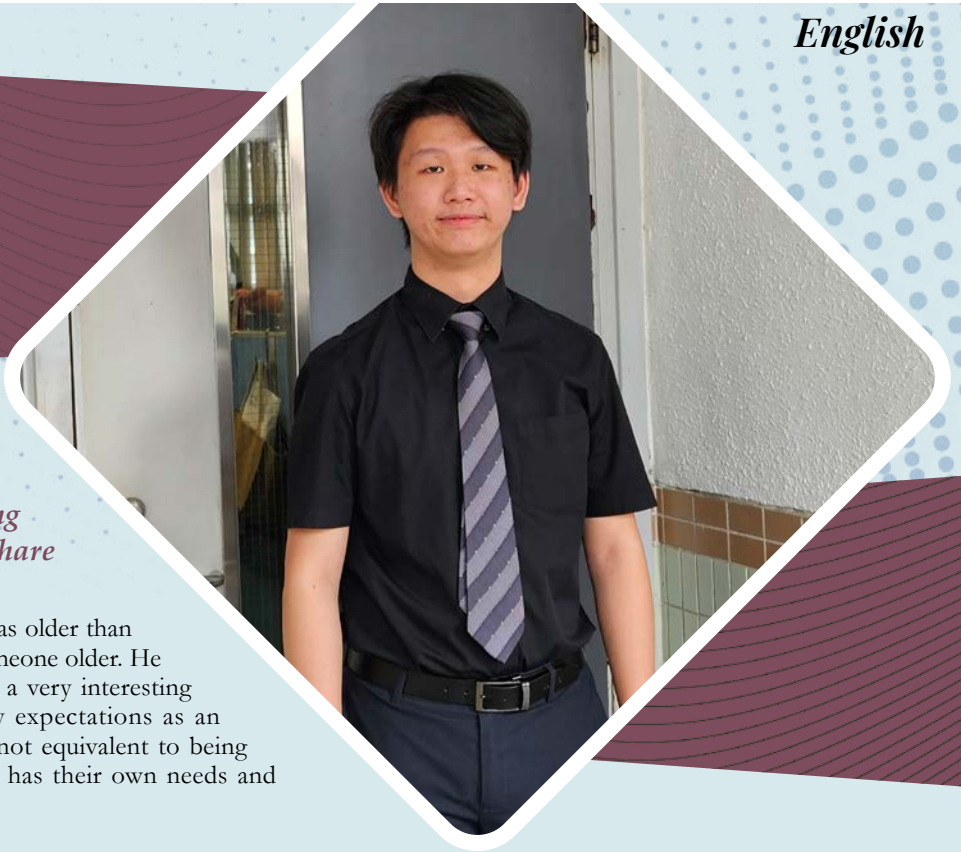
Steps:

1. Finely chop the onion, garlic clove, and fresh tomatoes.
2. Put a pan on a medium heat and add 1 teaspoon of olive oil.
3. Add the chopped onion and garlic clove, fry until aromatic.
4. Increase the heat to medium-high, add tomato paste, minced beef, pepper and salt. Cook and stir for 3-4 minutes until the meat is browned.
5. Add the tomato, cook and fry for 3 minutes.
6. Add 3 cups of water and the basil, bring it to a boil.
7. Reduce the heat to low, cover the pan and cook for 1 hour. Add some water if needed. The sauce is ready once it is thick and rich.
8. Cook the spaghetti according to the instructions on the pack, then drain it once finished.
9. Mix the sauce with the spaghetti and it is ready to serve.



Mr. Ng Kai Yeung, Kenny

English



Have you had any memorable teaching experiences outside of a Hong Kong school before coming to Ying Wa? Could you please share more about it?

It would be teaching an IB student. He was older than I was, and it was the first time I taught someone older. He was not proficient in English, but it was a very interesting experience as it helped me redefine my expectations as an educator. I learnt that being an adult is not equivalent to being good in English, and that every student has their own needs and shortcomings.

Would you prefer to teach a quieter but more focused class, or an energetic, but more rowdy class?

I would prefer a more energetic and rowdy class. I would not know if my students are listening if they are quiet. Instead, for the opposite, although their rowdiness causes trouble sometimes, I know we are having a conversation and are building rapport, which is a sign that they are listening to me and giving me feedback.

Would you have any advice on how to learn English?

Speaking and utilising vocabulary from films can be a great way. I love watching films, so I suggest quoting from films and remembering what those phrases or words mean. Regrettably, many readers just put their book away on a bookshelf when they finish reading, or lose their “vocabulary booklet” of new words learnt. Instead, putting to use your newfound knowledge could strengthen your memory.

What is your favorite film, and could you tell us why that specific film has won your heart?

Infernal Affairs is the best locally-produced film ever made in my eyes. Compared to Hollywood films with top-tier budgets and technology, Hong Kong films are produced on a smaller scale. To overcome these limitations, *Infernal Affairs* had a compelling script that utilized the filmmakers’ resources effectively. While not action-packed, the character dynamics surpass many contemporary action films. The story features policemen going undercover in a triad – but as a young viewer, you may find the film’s darker themes to be difficult to comprehend.

Do you have any favorite quotes in a movie or book?

“If a man knows why, he can almost bear anyhow,” by Friedrich Nietzsche, as it tells us setting clear goals enables us to overcome any hardships.

Mr. Choi Kam To, Scater

Physics

What motivates you to educate the students and general public about astronomy?

The most essential reason is my curiosity about the skies. When I was an F2 to F3 student here at Ying Wa, it was my classmate who taught me about the Orion in winter. I did not know about other stars so I joined the Astronomy club in Ying Wa. When we gaze at the sky, we look so small when compared to the universe. I am also amazed by the fact that we can learn so many things in the deep skies light-years away, that are unbelievably large. I wanted to share this astronomical knowledge with others.

What is the most significant change in the campus after you have left in 2018?

I was here from 2000 to 2018. The major change I discovered is that students now are much more capable in terms of academics. Some students were disruptive and disturbing. But now, I find students being much more motivated. They can finish their classwork quicker and like to learn more about the subject. Yet, their leadership skills seem to be lacking, and they might be more concentrated on their studies. Many students ran for leadership posts previously, as opposed to the current school year.

Could you share with us some memorable experiences when you taught in Ying Wa?

Most of the memorable experiences were related to science events. I once led a group of students in the science research team. We went to 3-5 science competitions every year. We won many prizes, and visited various exhibitions in foreign countries. Yet, the most memorable competition was the Science Drama. We devoted much effort into perfecting our craft within the 1-hour time limit. Organising Scienceland was also an unforgettable experience, as we arranged 20 of them yearly.

How do you stay active during holidays?

I always believe that we need to make good use of our limited time. Thus, I am an avid learner. For example, I take dancing classes frequently at night because it is one of the hobbies I excel at. I have been playing the piano for 3 years too, and I recently passed my grade 3 piano exam. During holidays, I continued my volunteer work in organising stargazing activities, lectures and camping trips for the public. In addition, if I am determined to accomplish a goal, I pursue it relentlessly. For instance, I wrote two astronomy books in the past few years and am currently working on the third one.

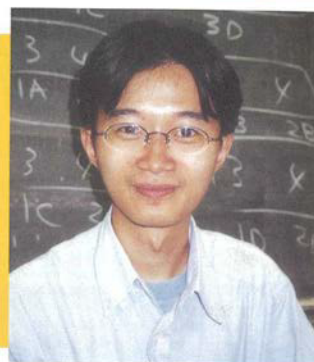
第六頁

校園

火炬

英華「新鮮人」
蔡錦滔老師專訪

訪問及整理：陳冠賢 攝影：余建邦



近日，校園裏多了一張平易近人的新面孔。他跟我們一樣，都是在英華的培育下成長，更是曾慧慧老師的高徒之一。他是我們的蔡錦滔老師。擁有理學士及哲學碩士學位的蔡老師由今年開始接替曾慧慧老師，於我任職校務主任後，他接任了物理科。

編：陳冠賢
蔡：蔡錦滔老師

編：你是何年於英華畢業的，升讀那所大學呢？
蔡：我在一九九一年於英華畢業，後來入讀科技大學。

編：重回舊地，你覺得母校有何轉變？
蔡：英華大致上沒有太大轉變，但在設施上則有很大的改善，例如購入很多先進儀器、教具，及增設多媒體語言實驗室等。同時，操場也比以前擴大了許多。

編：那麼，英華的同學在你心目中，又有沒有轉變呢？
蔡：有。印象中，以前的同學的領導能力及自覺性較現在的高。他們善於策劃及動員人力去籌備活動。我當時覺得他們是相當優秀和勤快的。他們十分有理想，在我心目中的地位是相當崇高的。例如當年，我就讀英華時，認識一位中六的同學，他對天文很有興趣，便親自繪製一本五十多頁的全天星圖作為天文學會的會訊，最後更為了理想而前往美國修讀天文物理學。反觀現在的同學上課時不太用心，分配時間和讀書方法都需要改善。

編：你認為單性學校是性學校好一些呢？
蔡：其實兩者各有長處。在單性學校中，能避免男女感情間的複雜關係，學生較專注學習和課外活動；但同時也對學生與異性相處的技巧和能力有所影響。而學校裡也少了一種社會應有的特質。在雙性學校裡，課外活動的範圍較廣，不會只見到只屬男生或女生的活動。他們較懂得與異性相處，身心方面得到全面發展。

編：最後，你對英華的同學有何期望？
蔡：我希望同學的自覺性能夠提高，主動地為同學、班會和學校服務，將來亦能學有所成，貢獻社會。

編：你認為課外活動與學習有衝突嗎？
蔡：當然沒有衝突，但是同學必須懂得分配時間，不應側重課外活動或學業上，應注重全面發展。在參與課外活動的過程中，可以改進我們的溝通技巧，從中所得的經驗和啟發是十分寶貴的，也會使我們對人生有新的觀念、新的感悟。

編：你曾經在男女校任教，你認為男孩子和女孩子在學習上和待人接物上有什么不同？
蔡：基本上，男女在學習能力上是有分別的。男孩子通常長於邏輯理解方面，女孩子則長於文學及背誦方面，以物理科為例，男孩子通常比女孩子更易明白課程中的要義。在待人接物方面，男孩子不易發怒，他們比較敢於表達內心的情感，待人較親切熱情。例如在聖誕時，她們會送聖誕卡來表示對老師的敬意。

編：那時你會做甚麼呢？
蔡：我會上網去找一些關於天文的資料，也會在網上的資訊站推行天文知識，此外，我也有寫網頁的習慣。在課餘時，我會去社區中心當義工，組織一些天文活動，以及協助不同的團體，提供免費的天文講座及觀星指導。另外，亦會籌備一些環保活動，如觀鳥、觀星或觀石等。我覺得這些活動都很有趣，因為從活動中可以認識大自然的奧秘，擴闊個人視野，在活動中亦可以認識新朋友，令自己的生活多姿多采，同學應多參與這些活動。

編：你認為大學的生活最難忘，也最快樂。因為在大學，自由度較高，可以自由選擇任何科目和課外活動。而我在大學時曾參與策劃不同類型的學會及活動，讓我的體魄及成功感，令我感到十分充實，也十分難忘。

編：你認為小學、中學，還是大學的生活最難忘呢？
蔡：我認為大學的生活最難忘，也最快樂。因為在大學，自由度較高，可以自由選擇任何科目和課外活動。而我在大學時曾參與策劃不同類型的學會及活動，讓我的體魄及成功感，令我感到十分充實，也十分難忘。



蔡錦滔老師正在用心地講課

Impromptu Questions

What places would you like to travel in the future?

“ **Paris.** It is a romantic city, and now that the Olympics have passed, it will not be too crowded for travelling. ”



“ **Antarctica.** Although it is very pricey, it is still at the top of my bucket list. ”

“ **Germany,** since I have to teach about the World Wars and the ideologies that influenced the occurrence, I want to visit historical sites and museums to learn more about totalitarianism. ”



“ **England's Old Trafford stadium.** I love football and Manchester United. ”

“ **The British Museum.** I would like to see the jewelry and artefacts. It is a bit ironic that Chinese artefacts are housed in a British museum, but it will be interesting to see them. ”



“ A place where I can see a **total solar eclipse.** Maybe after I retire, I will go around the world to visit other countries. ”

What do you think is the best way for Ying Wa boys to relieve stress?

“ **Doing sports.**
Ms. Tse: Not only do Ying Wa Boys excel at this, but scientifically speaking, doing sports can relieve stress.
Ms. Chan: Being able to move around allows you to forget about your worries and enjoy the moment.
Mr. Yea: When you are focused on a specific sport, you would forget your problems for a while and get happier since you will soon figure out the solution. ”



“ **Mental health corners.** We can have some peer-sharing groups to chat non-judgmentally. ”

“ **Watching films.** In a cinema, you do not actually think about anything. You simply focus on the story. It takes away your troubles, feelings. That is how I recommend others to relieve stress. ”



“ **Doing whatever they enjoy.** They can play sports, listen to music, go for a walk, or take a nap. They should find the method most suitable for them. Good time management can also give you more time to relax. ”

If you could choose an animal to describe yourself, what would it be?



A dog. Dogs are always happy, and I think I am an optimistic person, so I would describe myself as a dog because of that.



A deer. I am an observant and proactive person who loves to explore.



A cat.

Ms. Chan: The way cats can be cool to strangers but close with humans they love, is in a way similar to my introverted personality.

Mr. Yea: Both myself and cats like observing from different angles. However, I might not be as smart as a cat.

Mr. Choi: You can also see the word 'cat' in my name. Many people think I appear quite calm, but I am very active as well. I also do a lot of sports, such as running and dancing.



An axolotl. Physically, it is very hard to kill them as they would regenerate their limbs. This ability makes me believe I am indestructible and not easily distraught by negative things in life.



What trait is the most important for teachers to possess?



Patience.

Ms. Tse: Patience is crucial for both teaching students and managing the classroom effectively, especially when dealing with rowdy students.

Ms. Chan: There are always some students who challenge your limits and cause trouble, so I think it is important for a teacher to stay calm.

Mr. Ng: At the end of the day, you are teaching kids or people who may not have an idea on what or who they are. If you lack the patience to cater to different needs of students, then why even be a teacher?



Empathy. It is always of the utmost importance as you need to understand the students. Letting students communicate with you is important as well.



Reflecting on my lessons regularly. I usually try to think about students' attentiveness and attempt to adopt new methods to engage students in lesson activities.



Integrity and politeness. You need to have a certain moral standard so that students can learn from you. Just like prefects, your morals are very important.



If you could go back in time, what time would you visit?



2022. I was studying in Britain at the time and I made some close friends, and I would love to go back and cherish the time I had with them.



Secondary Five. It was a fruitful time, but I had to make a lot of choices in a very short period. Obviously, some of them were wrong. I would choose to study more instead of fooling around.



When **Frank Herbert**, the author of the book *Dune*, **was still alive**. I really hope that I could travel back to discuss with him about the geo-political news and storytelling strategies.



The time **before I was born**. Then I can meet my family members to remember and understand more about my family background, their difficulties and how to improve myself.



My days **studying in secondary school**. It was the most valuable time to meet real and new friends in my life.



Instead, I would go to **the future**. I am always looking forward, like a deer that never looks back. A quote I got from my mentor is, "*Everything will fall into place.*"



Here at Ying Wa, there is no need to fret over knowing when lunchtime ends – for the vintage school song serves as a stern reminder of asoon-ending lunchtime. Have you ever wondered how this century-old relic of the past became the song we now hear? *Torch* has interviewed four individuals who played a key role in the revival of the *Ying Wa College Song*, unveiling its fascinating transformation process.

Interview on the Ying Wa College Song



Mr. Cheung Ka Fai
Member of YWCOBA Heritage & Archives Group

The discovery of the song was coincidental. In around 2016, while Mr. Cheung Ka Fai (Member of YWCOBA Heritage & Archives Group) was researching the current school song, *Home of Our Youth*, he came across a report of Ying Wa's 1922 annual prize distribution in a newspaper. The newspaper stated that all attendees sang the school song (with the lyrics attached in the paper) – yet neither the lyrics nor the melody resembled *Home of Our Youth*. Interestingly, the article also mentioned that the tune was *Grenadiers' March*, a British military song.

"For Ying Wa, the period before 1938 was a largely undocumented era, as the artefacts were destroyed during Japanese occupation. We desperately wanted to investigate further but had no clue where to start," said Mr. Cheung. "Therefore, this discovery holds immense importance, as it reconnects us with a forgotten chapter of our school's history."

Former Principal Mr. Allan Cheng is also an ardent researcher of the school's heritage. During his tenure, he visited the School of Oriental and African Studies (SOAS) in London seven times in search of more relevant information. Among countless worn-out papers, he uncovered the programme pamphlet of the 1922 Graduation Ceremony, which included the full vintage School Song.

"While our school was facing challenges, there was still an unmatched pride and ambition expressed in the school song," said Mr. Peter Lee (Convenor of YWCOBA Heritage & Archives Group). "Our school maintained its confidence and had faith and hope in our students."

This resilience that is embodied in the lyrics reflects the unwavering spirit of Ying Wa during a difficult time in its history.



Mr. Peter Lee
Convenor of YWCOBA Heritage & Archives Group

Although the cultural background of Ying Wa at that time remains unclear, the lyrics shed light on the school's ideals back then. In the early 1920s, our College faced financial difficulties, a shortage of students, and limited land resources. Nevertheless, Ying Wa aspired to match the prestige of famed varsities in the United Kingdom such as Eton, Harrow and Rugby.

Another milestone of the revival of the song was the chance discovery of an antique hymn book. In August 2022, Mr. Cheung discovered the hymn book in an online bookstore. Thanks to a page with the old school song, he was able to confirm that the book was indeed from Ying Wa College in Hong Kong. An "all-in bet" from Mr. Lee propelled the bid in an auction, and it was safely won. This rare find became a significant artefact in reconnecting with the school's early musical traditions.

The hymn book was in a state reaching disrepair. Neglected for over a century, its cover was severely worn, and there was extensive damage caused by insects. With its historical significance, the book was sent to the University of Hong Kong Libraries Preservation Centre for professional restoration. After six months, it was returned to Ying Wa in much-improved condition.

Ms. Jane Sze (School Archivist), displayed the page with the school song in the School Heritage Room, with the replaced worn-out cover beside it. The hymn book was put next to the score of *Home of Our Youth*, our current school song, and hymn books from the post-war period to the present day. The arrangement highlights the evolution of music used and performed at the College throughout our history.

"There had been very few artefacts left from the early years of the reopening of the College in 1914," said Ms. Sze, "The hymn book is one of the few rare artefacts from that period, so it is very significant."

With its renewal and preservation in the School Heritage Room, this artefact allows history to be shared with students and visitors, fostering a deeper appreciation for the College's legacy.



Ms. Jane Sze
School Archivist



Mr. Ernest Hui
Conductor of the College Senior Choir & Local Composer

Alongside preserving the past, Mr. Lee expressed a desire to keep the song's spirit alive. "It would be great if someone could rearrange the song and play it." To bring this vision to life, Mr. Ernest Hui, an esteemed local composer and conductor of the College Senior Choir, was commissioned for the project.

The arrangement was crafted for string orchestra and male-voice choir. Rather than "reverse-engineering" the song to replicate the exact vintage version, Mr. Hui created an arrangement in his own style while retaining its historical importance.

First, he researched various existing adaptations of the *Grenadiers' March* and incorporated a marching style to reflect its original character, giving it a strong and majestic beat. Then, he adapted the composition to fit the needs of

today's Ying Wa. The initial verses were structured with the hope that everyone could sing along. "Back in the old days, supposedly all students could sing this piece," said Mr. Hui.

As the song progressed, he gradually introduced more complexity to drive the music forward. A particular highlight was an a cappella section for the choir that underscores the Ying Wa spirit by singing "and when it is our duty, be not afraid to fight". This further propels the song to the "grandiose" section before a powerful conclusion.

Mr. Hui is proud to be a part of the revival of the old school song, reinstating an integral part and a significant piece of Ying Wa's culture. Having tutored at Ying Wa for over a decade and briefly served as a full-time teacher here, he found it heartwarming to contribute to Ying Wa's legacy.

"I am very honoured to be part of the project, and I am also glad to know that I can serve Ying Wa by doing what I excel at."

At the 205th Anniversary Christmas Concert in 2023, the restored hymn book was officially donated to the school and a special rendition of the school song was performed, signifying the complete revival of this piece of heritage. Behind the stage, Mr. Lee watched the performance with a sense of fulfilment, knowing that his wish to revive the song had finally been realised.

The *Ying Wa College Song* is more than just a piece of music from over 100 years ago. Its lyrics reflect the school's resilience, commitment and its age-long strife for excellence. The efforts to rediscover, preserve, and reimagine the song represent a collective determination to honour the school's heritage while inspiring its future, and is a reminder of the strength and unity that define the Ying Wa community. Let us cherish this revival and continue the legacy of this *Home of our Youth*.

Torch Writing Forum - Winning Piece

Disclaimer: The views and information expressed by other authors in the Gallery Section do not necessarily represent those of *Torch*. Works in the Gallery Section may have been edited and/or truncated by *Torch*.

Comparison

the never-ending cycle of envy and inferiority

The grass gazes at the leaves of an evergreen bush. The leaves acknowledge the grass, yet they only yearn for the validation of the leaves of a nearby oak.

The leaves on the oak sing their ballads of fleeting joy as they bristle from the winds, bathing in the sunlight, unaware of the presence of the evergreen and the grass below.

The society we live in today is undoubtedly materialistic and somewhat dystopian, the rich and influential stay powerful. The grassroots wander on the bottomest floor, fighting their way through every staircase leading to the second-last floor.

And then there are the ones in the middle. They're introduced to opportunities, but they'll never be good enough to compete with the top. They lead a life with somewhat comfort and a few bumps here and there, but they still manage to get by, just not with a lavish lifestyle. They, too, want to claim a spot in the luxurious penthouse the rich are living in, but many just can't find the right key to the right door.

Today I'm not here to write about the financial classes of our materialistic society, but rather the vicious cycle of envy and inferiority the new generation is exposed to.

In our society, children are brought up with strict manners, burying their heads into "copybooks" and Kumon since they know how to walk, and dipping their toes into a pool of extracurricular activities, when one day their parents, or the child themselves, will pick some for themselves, and spend their lifetimes devoted into their craft.

It's almost identical to the prince in the tale of Cinderella. Examining prospecting ladies, until he lays eyes on Cinderella, in which he asks for her hand and they waltz until the end of time. But one could only wish it were as beautiful as the fairy tale goes.

They start their training since little, heading to the gymnasium every other day, practising their instruments tirelessly or scribbling away in their Maths Olympiad book. It's only normal that it merges into a

of their daily lives, and then as their skills improve and win achievements in their field, a sense of pride fosters.

Pride is an interesting subject. It's the feeling someone has when they're proud of what they do, but the word has negative connotations, for a reason.

Pride is like a spider, constructing its habitat — the cobweb of 'comparison'. It only exists because one compares themselves to others to feel prideful of themselves. However, it is also the reason for its downfall. 'Inferiority' is the broomstick to the cobweb, one poke and the labyrinth of comparison and pride falls to the puddle below, drowning the spider, with only the cobwebs above the spider pressing down on its maker. Waterboarding one, until it is no more.

This means that while comparison may allow you to feel like you're on cloud nine temporarily, it also nurtures a lot of insecurity. One can only pray that they stay at the top for a while, before another knocks them down a flight of stairs, surpassing them, unless you're the best at your craft, which quite literally is impossible.

Insecurity is a devil. It bashes one's confidence and makes them self-conscious. It's no good for anyone, especially teenagers who dream the wildest fantasies, but are sliced at the hip for the indulgence of comparison. The period of adolescence is filled with uncertainty and competition. You're trying to figure out your future while competing with other fellow high schoolers for the iron throne in the activity you chose 10 years ago. Let's say you're a debater since elementary school who's pretty much won all your local matches, you tried to take the next step into Valhalla and, oh no, there are another hundred high schoolers out there who are doing just the same, some more talented and skilled. A look towards their direction is enough for you to tumble backwards on the pyramid, and you realize you're not even halfway to the summit.

Of course, on the other side of the spectrum, comparison is beneficial. Without the web, the spider would starve without an apparatus to catch its prey. The key to webbing your comparison is to make it discreet and small enough, that the gardener with the broom overlooks the web. Comparison is needed to motivate a person, to push a person to their limits. However, what's key is that we only keep a limited amount of comparison with us, to prevent that feeling of superiority to the ones 'below' you, and to prevent yourself from falling off a cliff when you see someone better than you.

For adolescents in modern times though, balancing comparison may only be a dream. In class, you are compared with your peers; in family gatherings, your cousins. Being constantly exposed to such toxic environments at such a young age is extremely detrimental to oneself. While most children are taught to 'take the blunt' and accept it as inevitable, it is not the solution to encourage growth under pressure. Most times out of a hundred, the child succumbs to the negatives of comparison, vulnerable to the unprecedented barrage of envy and inferiority, curling themselves into a ball of depression.

Some on the top of the food chain become cocky, but deep down, their fragile egos dangle by a thread. Once another overtakes them, they fall into the abysmal void of insecurity and inferiority. Those at the lower levels constantly seek for their pride, but when the whips of envy strike them, not only does it not propel them forward, but it also causes an impact on their mentality.

With how our society has evolved, children are inevitably exposed to comparison. What matters is how they are taught to cope with comparison. Maybe we should take inspiration from the evergreen, and appreciate our leaves and branches, instead of fawning over another tree's foliage.

4A-11 Lee Shing Kwan

comparison

I'm not slim enough

the never-ending cycle of envy and inferiority

I'm not bold enough





TORCH

INTERNSHIP PROGRAMME

PASSING ON THE TORCH

A VISION REALISED

While the idea of mentoring younger writers has long been on the minds of past Chief Editors, it wasn't until Volume 58 that the stars aligned. With the College's 205th Anniversary around the corner, a team of junior editors was needed to help produce the 205th Anniversary Commemorative Publication (205 Yearbook). And so, the *Torch* Internship Programme was born.

Originally a simple idea — pairing interns with mentors to work on the yearbook — the programme quickly evolved. We introduced after-school workshops, created a Mock Issue, and launched a school-wide campaign with morning announcements and eye-catching posters to recruit fellow English lovers.

“

From lectures to creating the Mock Issue, the programme introduced me to the basics of editorial writing and opened the door to feature writing. Exploring MBTI helped me see the world through a new psychological lens. It's a fruitful experience for any aspiring writer looking to grow and express their creativity.

”

Matthew Cheng
Torch Internship Programme, Volume 58

“

*Being a *Torch* editor is a tough job. The newspaper touches on different topics in society, such as discrimination in Volume 57. I believe it was very important to raise attention for different marginalised communities and I hope *Torch* will continue to spread positive values in Ying Wa.*

”

Wallace Hui
Torch Internship Programme, Volume 59



“Are you an aspiring writer? Are you ready to devote your writing talents to the school?”

The *Torch* Internship Programme is a pioneering initiative designed to nurture a new generation of *Torch* editors, attracting students passionate about writing and eager to contribute to both the school and broader community. Launched in February 2024, the programme has already seen two successful cycles.

EXPERIENTIAL LEARNING

Four workshops led by senior editors and our Chief Advisor Mr. Barny Lam were held, who delivered an inspiring talk on editorial ethics. Interns were guided through the structure and style of *Torch* articles and were tasked with realistic editorial duties, from writing feature articles to conducting interviews.

The culmination of their efforts was the Mock Issue, a printed publication that showcased their growth and creativity. Feature interns explored the popularity of MBTI personality tests and the psychology behind them, encouraging readers to break free from societal labels. In Campus, interns had the opportunity to interview Mr. Lam, offering fresh perspectives on the life of the English Department Panel Head.

MORE THAN JUST WRITING

Some might wonder, “Isn't editorial writing already part of the English curriculum?” Perhaps. But the *Torch* Internship Programme offers so much more. It is a hands-on journey where interns develop practical skills, voice out their opinions, and learn through collaboration.

We, the mentors, are not perfect writers. It is not our goal to produce full-mark articles as individuals. Instead, we are teammates — sharing discoveries, providing feedback, and embracing the messy yet rewarding process of creating something meaningful. In some ways, it feels like our own Dead Poets Society — only this time, we champion editorial writing to ignite each other's growth.

THE TORCH CARRIES ON

The Internship Programme is not a one-off initiative — it has now been passed on to the Volume 59 team, who are continuing to expand its scope. We are delighted to have *Torch* teacher advisor Mr. Kenny Ng share the importance of a uniform style in writing. For the Mock Issue, this year's interns in Feature explored the world of musical theatre, while those in Campus interviewed two teachers Ms. Agnes Lee and Ms. Yvonne Hung, capturing the spirit and stories outside regular lessons.

The passing of the torch is not just the namesake of our magazine, but rather, our mission. With every intern trained and every article written, we wish to light the way for future generations of writers. It is our hope that this programme continues to serve as a beacon of inspiration for years to come.

EDITORS' COLUMN

The Editors' Column consist of three bite-sized articles in relation to societal issues and facts that you might find relevant and riveting. In Issue 1 of Volume 59, we would touch upon the topics of "brainrot", "actions" and "sleep", in an attempt to better our understanding of these phenomena and their impact on modern life.

The "Brainrot" Takeover

When the term "brainrot" gets brought up, many people jump to "skibidi toilet", "sigmas", or "rizz" and other such Gen Alpha terms. How did we get here? Since when, and how did we enter this era of peculiar pictures and weird words?

What is "brainrot"?

"Brainrot" is a pop-culture phenomenon, hiding itself in pieces of content scattered throughout the internet. Taking its form as short and digestible content, their chief objective is to capture the attention of its viewers, and to ultimately, bombard their brains with these ridicules and "rot" their brains. "Brainrot" is also tied to nonsensical images and phrases (e.g. skibidi toilet, mewing), as well as the exaggerated misinformation.

Pre-brainrot trends (and why they are not brainrot):

Pre-brainrot trends emerged between 2010-2018, comprising of memes that provided a template for different people to put what they found funny into an existing format, or were specific images to add humour to an otherwise mundane statement. These memes were a way to show a sense of humour and the creator's experiences, even if there were some more akin to modern "brainrot". Modern "brainrot" is consumed as a chant or symbol, uniting people over a repetitive phrase, figure or action. Like vines growing over a stone wall, "brainrot" content overshadows creativity and meaning, devolving into a tangled slab of confusing slang and nonsense.

Pandemic and kids channels

Cocomelon, Pinkfong, and other such nursery rhyme channels started to boom in the pandemic, as parents had

to find less exhausting ways to keep their children entertained while locked up at home. These channels used saturated colors and fast-paced animation to maintain a child's attention. Songs like "Baby Shark" used repetition to keep the tunes deeply engraved in their minds. However, as the pandemic lengthened, many children over-consumed this type of content in the aftermath of the pandemic. Children were slowly indoctrinated by these videos, unable to be separated from

Horror turned popular trend

Mascot horror, a rising genre starring franchises "Five Nights At Freddy's" and "Poppy Playtime", has also been a significant contributor to "brainrot". These games usually feature jumpscare, and while the characters are designed with simplicity, they easily attract children's attention as they face these monstrosities in horror games and share folktales of the characters.



Many caretakers ignore the backstories of such horror, instead treat it like something considered atypical and different to distinguish themselves from other kids. Mascot horror franchises have doubled down on this, by introducing merch, allowing children to connect with others even easier by having a common favorite horror-inspired character. This further reinforces the brainrot trend of uniting over characters, decreasing children's ability to come to their own opinions.

Gen Alpha: the brainrot army

"Brainrot" could have been in an isolated corner of the Internet. However, the Internet took the centre stage to provide company to the growing isolated and impressionable children - not just entertainment. It is no surprise "brainrot" had successfully crept its way to the forefront of

the Internet. As technology and media continue rising to prominence in our society, are we truly going to accept the majority of people embracing this zombie-like behaviour? Blindly following groups because of figureheads that are mere phrases and toys?

Actions Do Speak Louder Than Words

When it is about communicating with others and transferring information, most people solely focus on voice projection, in which the tone affects how they speak and convey a message. However, the speech aspect might not be the most important in communicating, as experts contend that body language is the most emphasised.

ACTIONS > words

Actions do speak louder than words

In the book *Silent Messages* by Mehrabian, the 7-38-55 rule states that spoken words only account for 7 percent of what we convey. Intonation takes up 38 percent, and the remaining 55 percent boils down to body language. Former FBI lead hostage negotiator Chris Voss finds the perpetrator's body language and tone to be the most powerful assessment tool in negotiation as it often unveils their actual intentions. In critical conditions, body language still portrays one's personality and feelings at the moment. Experts do not necessarily have to put stresses on every word to sound professional in their field – they use hand gestures and a strong voice to project their message. Subtle body language is

a better aid, and thus they do not have to say it out loud to get their point across. Applied to different fields of research such as negotiation, education and even leadership, it is indeed a tried and true concept. Body language is crucial in an environment where first impressions are formed quickly, and it might be wise if we utilised them for our own good.

Effective Communication with Body Gestures

Establishing eye contact with the person you are chatting with is a simple yet effective way to show others you are actually listening. If the person you were talking to kept staring into the abyss, you likely feel that they are uninterested in the conversation.

Whether it is used in everyday conversations or important presentations, purposeful hand gestures can help convey your message and ideas more clearly. Motions such as slightly waving with an open palm might seem inconsequential, but some view it as a show of honesty and openness. While this holds true, one should not overuse these minor gestures to the extent that it distracts the listener from your message.

We should consider the use of body language as appropriate into our daily conversations so that we can better get our message across and not cause any misunderstandings. Apart from using body language, we should also pay attention to the body language of others to better understand their emotions and intentions, fostering stronger connections.

Science of Sleep

Vital yet mysterious, on average, sleep consumes 26 years of our lifetime. Though its nature remains vague, as scientists still have a shallow understanding of it.

Understanding sleep cycles

Sleep is a state characterised by a reduction in brain wave activity and other physiological functions, including heartbeat and body temperature.

In one night, a person typically goes through six sleep cycles, each consisting of two parts, N-REM and REM. The former is further divided into 3 stages. N1, as the first phase, is short and shallow. People gradually switch from wakefulness to sleep. N2, which accounts for the largest proportion of sleep time, is when the body and brain activity slows down and becomes inactive. N3 is the deepest and most restorative phase. Essential functions, ranging from wound healing to memory processing take place. During these three processes, brain wave frequency greatly reduces from 13-30Hz to 1-3Hz. Following N3 is Rapid Eye Movement (REM) sleep. As the name

suggests, our eyes move very rapidly in this stage. Brain activity drastically rises, and thus our human brains start dreaming, fostering emotion regulation and memory consolidation.

Significance of sleep

Sleep plays a crucial role in supporting both physical and psychological health. On the one hand, sleep is essential for metabolism and the making of hormones. A lack of sleep suppresses the production of growth hormones, potentially retarding your height development. On the other hand, negative emotions may be evoked due to a lack of sleep. Anxiety and depression is common with the sleep-deprived, and thus are more prone to mental disorders; in contrast, sleeping for 6-8 hours effectively reduces the risk of developing chronic mental disorders such as depression or becoming suicidal. In simpler terms, sleep is a much-needed rest for our body and brain.



Tips for effective sleep

As important as it is, sleep is often neglected due to the tremendous work and stress we face daily. By understanding the patterns of sleep, you can find strategies to always enjoy a good night's sleep. The key is to strike the right balance. Too much or too little sleep can put you in fatigue, hampering your performance for the rest of the day. Some may say that scheduling your sleep in 90-minute multiples can avoid waking up in the middle of a sleep cycle, which usually lasts one and a half hours each. It prevents sleep inertia, which can lead to drowsiness and slow reaction time after waking up. Committing to better sleep habits is fundamental to a better lifestyle, health, and overall vitality.

16	32.1	3	6.9	63	152.0	68	167.3	15	31.0
S		L_i		E_u		E_r		P	
sulphur		lithium		europium		erbium		phosphorus	