



晉色園主辦可譽中學暨可譽小學 Ho Yu College and Primary School (Sponsored by Sik Sik Yuen)

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熱烈恭賀 晉色園生物科技流動實驗室計劃十五周年暨可譽遷校二十周年 紀慶可譽創新教學迎未來「沉浸式創新教學系統」正式啟動 隆重登場

Warm congratulations on the 15th Anniversary of the Sik Sik Yuen Biotech MobileLab Program and the 20th Anniversary of the Through-Train Education at Ho Yu Pioneer the future with innovative teaching in Ho Yu, the Immersive Innovative Teaching System is officially launched.

「沉浸式創新教學系統」的誕生

為慶祝晉色園生物科技流動實驗室計劃十五周年暨可譽遷校二十周年紀慶，可譽在這個極具標誌性的新里程下，將以「創新教學迎未來」為目標，銳意為孩子發展及優化創新科技教育。承蒙晉色園的鼎力支持，新設於小學大樓二樓的「沉浸式創新教學系統」正式啟動，希望孩子在這股全新的教育力量下，擴闊眼界，以迎接元宇宙新時代。

科技為本的體驗學習

「沉浸式創新教學系統」以「VR、AR」的日新月異科技為基礎，從而活化書本上的知識，便利地增加了孩子在生活上實踐的機會。這種體驗彌足珍貴，既能展現孩子的個性化學習進程，也能加深孩子對知識的印象，而運用科技的技能亦能同時得以提升，增強學習果效。

持續「創新」教學 活學活用

在本系統試行時，可譽孩子在學習守規則及有禮的德育課上，興高采烈地與同學們如數家珍，分享所學。

「在港鐵裏，我要盡量站在車廂中間，這才可有足夠空間讓坐輪椅人士安全地乘車啊！」同學滿滿自信地說。

「登上巴士拍八達通卡時，當聽到『嘟』一聲後，即代表完成付款。」同學手持八達通卡娓娓道來。

可譽將在本年度起，逐步有序地規劃成為元宇宙校園，並根據課程內容、目標及孩子的需要，適時在教學中善用這套嶄新的系統，讓學習不再流於灌輸知識層面，不再是紙上談兵，而是在良好環境及資源下，讓孩子在創新教育下持續「創新」，活學活用，為創科未來作最好的準備。

To kickstart the Immersive Innovative Teaching System

To celebrate the 15th and 20th Anniversary, we are determined to develop and optimize innovative technology education for children under such a significant milestone. Thanks to the generous support from Sik Sik Yuen, the newly established “Immersive Innovative Teaching System”, which is on the 2/F of the primary school building, is now officially launched. We hope that children can broaden their horizons and embrace the new era of Metaverse under this brand-new education.

Technology-based Experiential Learning

The “Immersive Innovative Teaching System” is based on the rapidly evolving technologies of Virtual Reality (VR) and Augmented Reality (AR). Not only does it bring knowledge from textbooks to life, but it also provides practical opportunities for children in their daily lives. This valuable learning model not only showcases the personalized learning process of children but also deepens their knowledge and memory. Meanwhile, the enhanced technological skills brought stronger learning outcomes and effectiveness.

Continuing with innovative teaching for students to learn and apply

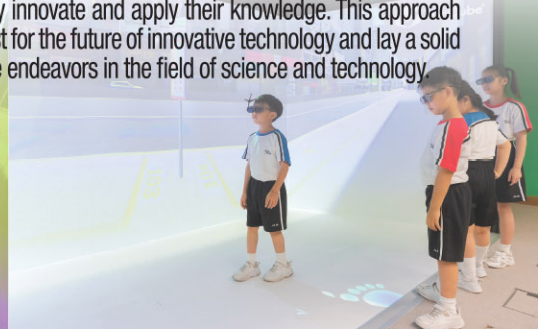
During the trial of the immersive learning system, Ho Yu students enthusiastically shared what they had learned with their classmates in moral education classes, which have a focus on cultivating discipline and good manners.

The students proudly showcased their knowledge, demonstrating their understanding of following rules and displaying proper etiquette in various situations.

“In the MTR, I should move into the centre of the train compartment, so as to leave enough space for wheelchair users to safely board!” one student confidently exclaimed.

“While boarding the bus and tapping our Octopus cards, the payment has been successfully made once you can hear the ‘beep’ sound, which indicates,” a student narrated with holding an Octopus card.

Starting from this academic year, Ho Yu will gradually and systematically plan to become a metaverse campus. Based on the curriculum content, objectives, and the needs of the students, this innovative system will be utilized effectively in teaching, transforming learning from a mere dissemination of knowledge to a practical and immersive experience. It will no longer be confined to theoretical discussions but will provide students with a favorable environment and resources to continuously innovate and apply their knowledge. This approach aims to prepare them best for the future of innovative technology and lay a solid foundation for their future endeavors in the field of science and technology.



有效的整理

梁惠芳校長

各位同學：

媽媽是否經常要你整理好自己的物品，例如：課本、衣服、玩具？請問你有整理過嗎？多久會整理一次？整理時，你只把雜亂的物品堆在一起？還是有系統地分門別類？沒用的東西是否捐贈或捨棄？其實，你懂得整理嗎？

近年，出現了一個非常普及的整理理念——「斷捨離」。它原是由日本人提倡的一個瑜伽理念，意旨「斷絕不需要的東西；捨去多餘的事物；脫離對物品的執著」。現時，這個理念在世界各地大行其道，很多國家都製作成電視節目、編輯成書推出，鼓勵人們為生活及人生作出整理。

因為這個理念，令到世界各地的人開始重新關注自己的生活，是否安排妥當。例如：隨年月的流逝，我們有許許多多家裏的物品已堆積如山，有時甚至佔據其他空間，影響正常的日常運作。所以在適當既時間作出斷捨離，把過去已積存的物品、事情有效地整理，絕對是一個非常好的安排。

孩子們，踏入九月，又是一個學年的新開始，學校各人正為新的一年全力邁進，就讓我們把握好現在的時機，把好一段時間沒有觸碰的物品檢視一番，收拾上學年的書本，排列好新學年的課本、預備好文具，製作一個每天的學習與休閒的時間表，讓新的一年有規劃地開展，迎接充滿挑戰及愉快學習的一年。



TIDING UP EFFECTIVELY

Ms. Leung Wai Fong, Principal

Dear students,

Does your mother always ask you to organize your belongings, such as textbooks, clothes, and toys? Have you ever done so? If yes, how often do you organize them? When you tidy up, do you simply pile up all the messy items or categorize them systematically? For the stuff that you no longer need, will you donate or give away them? Do you really understand the concept of organizing?

In recent years, the Japanese Art of decluttering and organizing was popularized by a Japanese author. It calls 斷捨離 (pronounced as dyun6 se2 lei4) in Chinese. Its literal meaning is to get rid of unnecessary things, let go of superfluous stuff and the attachment to them. People around the world have been drawn to this philosophy nowadays. Many countries do not only make such concept into TV programs, but also edit and publish it into books, in hope of encouraging people to organize their lives.



It can also be seen that people have started to reassess their belongings and organize their homes. For example, sundry items are piled high at home over the years, which even occupy other spaces and affect our daily routines. Therefore, it is always great if we regularly tidy up and declutter, so as to free our mind from annoyances. Tidying up can restore a peaceful mind and lets us think more clearly.

Stepping into September, we embark on a new academic year. Let's seize this opportunity to declutter and organize: Keep only those things that speak to your heart, and discard items that no longer spark joy; put away the last-year textbooks and keep the new ones properly; prepare stationery and plan a new schedule for daily study and activity. So, you can get yourself ready for a challenging but enjoyable learning journey.

可譽同學藝高人膽大 越級挑戰成功 以傳統國粹——古箏樂韻 打動人心 於第八屆國際古箏比賽香港區域選拔賽 勇奪重奏組銅獎



「銅獎得主的可譽是唯一來自小學的隊伍，雖然同學的參賽經驗尚淺，但在彈奏時卻非常認真，琴音準確，並且表現淡定，絕無怯場，實在難得。你們要繼續努力啊！」「第八屆國際古箏比賽」中國香港選拔賽的評委對可譽同學寄語。

一鳴驚人 前途無限

可譽同學於7月上旬假香港西九文化區戲曲中心參加了「第八屆國際古箏比賽」中國香港選拔賽，作為首次參賽及全年年紀最小的隊伍，表現令人刮目相看。是次比賽旨在弘揚人文精神，追求和諧、純善藝術，並肩負促進古箏藝術交流，推動古箏藝術面向世界任務。

刻骨銘心的人生課

一眾小小同學在面對比賽時，身心都面對前所未有的挑戰，惟他們並沒有因此而退縮。同場的參賽隊伍，不是來自中學，就屬大專級別，造詣水平相當高，反觀可譽成員全都正就讀高小，論訓練時間長短，已被完全比下。至於體力方面，她們需要自行把古箏及腳架帶到比賽場地，按身高體重而言，也是極嚴峻的考驗。幸而，她們都能一一迎刃而解，雖然最後得到的只是一個銅獎，但在她們的人生路上，卻是深刻的一課，終生受用。

參加比賽的名單如下(2022-2023年度):

- | | |
|---------|---------|
| P4A 林靜瑩 | P6A 丘穎晞 |
| P5D 黃鈺雯 | P6A 賀語桐 |
| P6A 池君清 | P6B 陳梓晴 |

弘揚中華文化 任重道遠

可譽謹在此祝賀古箏隊躍龍門，希望你們能奏出更多悠揚美妙的樂章，為傳統國粹——古箏覓得更多的知音人。期待着你們下一次施展渾身解數，令人眼前一亮的演出！

“Ho Yu, as the winner of the Bronze Award, is the only primary school team in the contest. Students showed conscientiousness and accuracy during the performance despite their inexperience and had remarkable composure without any stage fright. It is truly commendable. Keep it up!” – A message from the judges of the 8th International Zheng Contest – Hong Kong Regional Trials.

An impressive debut with boundless potential

In early July, Ho Yu students participated in the Hong Kong Regional Trials of the 8th International Zheng Contest, held at Xiqu Centre in West Kowloon Cultural District. Their performance was truly remarkable as the first-time participants and the youngest team in the contest. It aims to promote humanistic values, pursue harmonious and pure artistic expressions, and shoulder the mission of promoting Zheng and its art exchange.

Unforgettable life lessons

Faced with unprecedented challenges both mentally and physically, Ho Yu students did not falter. The competing teams were either from secondary schools or at the tertiary level, displaying a high level of proficiency. In contrast, our students were all studying in primary school. In terms of training time, they were clearly at a disadvantage, not to mention they had to carry both of their Zheng and stands to the competition venue. It was definitely a strenuous test considering their height and weight. Fortunately, they overcame all the obstacles with ease. Although they ultimately received a Bronze Award, it was a profound life lesson that will benefit them for a lifetime.

Students in the contest are as follows (Year 2022-2023):

- | | |
|--------------------|--------------------|
| P4A Lam Ching Ying | P6A Chiew Wing Hei |
| P5D Wong Yuk Man | P6A He Yu Tung |
| P6A Chi Kwan Ching | P6B Chan Tsz Ching |

Chinese Culture Promotion – a daunting task with a long journey ahead Warm congratulations on the remarkable achievements of our Guzheng team. It is hoped that more melodious and wonderful melodies will be performed, finding more appreciative audiences for the traditional Chinese instrument, Zheng. We look forward to your next performance, where you will undoubtedly shine and captivate everyone with your exceptional skills!



可譽同學憑着 神奇的飛鏢擲出 首次出賽 即躋身五強



Ho Yuer with his magical darts, threw his confidence, concentration, and stress resilience, who ranked among the top five in his first game.



P6B 陳梓軒 (2022-2023年度)同學參加了由香港國際飛鏢節體育協會主辦的2023中小學飛鏢錦標賽，憑着一套與教練唐逸陽老師相同的神奇飛鏢，與老師每星期課餘時堅持練習，哪怕只是擲一、兩鏢。最終在首次出賽便躋身五強，成績斐然。

唐逸陽老師憶述，起初派員參賽時本着一試無妨的心態，而梓軒剛巧在小五時跟他在多元智能節初次接觸這項運動，他們的師徒緣份亦由此而起，不久，梓軒便答應跟隨他進行專業的飛鏢訓練。

梓軒視唐老師為學習榜樣，練習期間，為希望能趕上唐老師的水平，毅然買了一套與他相同的飛鏢。每當梓軒拿着它們對準鏢靶時，便會神奇地充滿力量，彷彿獲唐老師神助，具無比的信心，然後高度專注起來，並且安心地擲出每一鏢。

可譽恭賀梓軒首次出賽即奪佳績，並希望你能再下一城，帶着這套神奇的飛鏢，與唐老師一起「過五關，斬六將」，以最佳的運動員心理素質，接受挑戰，突破自己。



Chan Tsz Hin from **P6B** (Year 2022-2023) participated in the Secondary and Primary School Darts Tournament 2023 held by Hong Kong International Darts Festival Sports Association. With the same set of magical darts as the teacher Mr. Tong Yet Yeung, Tsz Hin was diligently practicing every week after school with Mr. Tong, even if it was just one or two darts throwing. In the end, he achieved a remarkable result by entering the top five in the first competition.

Mr. Tong recalled that he wanted to give it a shot by sending students to take part in the competition. When Tsz Hin was in Primary 5, Mr. Tong was talking about darts with him in Multi-Intelligence Period. That was Tsz Hin's first time to get to know about this sport and their mentorship was started. It is worth a mention that Tsz Hin promised gladly to conduct professional darts training with Mr. Tong.

Tsz Hin regards Mr. Tong as his role model. During practice, he bought the same set of darts as Mr. Tong's in order to catch up with him. Whenever Tsz Hin holds the darts aiming at the dartboard, he will be full of strength, confidence and focus, as if he has received the help from Mr. Tong. Then, he can throw every dart in a peaceful mind.

Ho Yu congratulates Tsz Hin for winning his very first competition in darts, and hopes that you can overcome all the difficulties and win again with the set of magical darts with Mr. Tong. We hope that you can challenge yourself with a good mental quality and have a break-through in the future!

恭賀

可譽網球小新星從87所小學中脫穎而出 於Now Sports小主播選拔賽中闖入十強

Congratulations to our eye-catching tennis star who stood out among 87 primary schools and made it into the top ten in the Now Sports Junior Anchor Selection Tournament.



訪問奧運獎牌得主經驗彌足珍貴

可譽網球小新星P6A莊祖龍同學於去年度參加了Now TV 舉辦的「Now Sports小主播選拔賽」。經過一番比拼後，最終順利躋身學校組十強，並於頒獎典禮當天，在一眾媒體及家人面前，抓住黃金機會，運用流利的英語及粵語，訪問了2020年東京奧運乒乓球女子團體賽銅牌得主蘇慧音，了解她的傷患及從挫折中追夢的堅持過程，為他的個人網球夢注下了強心針。在完成訪問後，祖龍和一眾小主播更異口同聲表示：「當體育主播要在訪問前做好充足的資料搜集，而在做節目期間，更需要專心及反應快。這些都是寶貴的經驗啊！」

小主播的全人教育

是次比賽響應了教育局所提倡的「一生一體藝」理念，希望藉此提升小朋友對運動的興趣，欣賞運動員堅毅精神及培養正面價值觀，並通過認識主播工作及採訪技巧等，提升個人自信、思維及表達等多方面能力。祖龍於稍後，更有機會踏上主播舞台，參與電視節目製作，啟發未來職業視野，提升他們對出任主播或體育記者的熱誠及信心。

可譽在此恭賀祖龍成為十強，希望你能從是次比賽經歷中，汲取經驗及教訓，成為一位出色的運動員。

Invaluable experience – to interview Olympic medalists

Burton James Alexander Loong from P6A, our tennis star in Ho Yu, participated in the “Now Sports Junior Anchor Selection Tournament” organized by Now TV last year. Not only did he successfully make it to the top ten in the school category after the fierce competition, but he also seized a golden opportunity to interview with Hong Kong Olympic hero Minnie Soo Wai-yam on the day of the awards ceremony. She is a bronze medalist of the table tennis women's team competition at the Tokyo Olympics. James, an interviewer who had remarkable composure, was communicating with Minnie Soo fluently and confidently in both Cantonese and English, not to mention it was actually in front of the media and his family. He inquired about her injuries and her perseverance in chasing her dreams despite setbacks. This served as a great inspiration for his personal aspirations on tennis. After completing the interview, James and the other junior anchors unanimously expressed, “As a sports anchor, we need to do research in advance, stay focused and quick in our responses during the interview. These experiences are truly valuable!”

The holistic education of young anchors

This competition aligns with the “One Life, One Sport and One Art” programme advocated by Education Bureau, which aims to enhance children's interest in sports, appreciate athletes' perseverance, and cultivates positive values. Through understanding the work of anchors and interviewing skills, it boosts personal confidence, thinking and communication skills. Moreover, there will be more opportunities for James to step onto the anchor stage and take part in television program production, inspiring his future career aspirations and enhancing his enthusiasm and confidence in becoming an anchor or a sports journalist.

Warm congratulations to James for making it to the top 10. It is hoped that you can gain some experience from this competition and become an outstanding athlete.