

皇仁書院家長教師會
The Queen's College Parents-Teachers' Association

快訊 Newsletter



《快訊》編輯小組

組長：陳三平先生

副組長：陳英平老師

組員：梁偉聰先生、余慧珊女士、賀賢俊先生

設計及排版：賀賢俊先生



主席的話

Message from Chairman



不知不覺，疫情困擾我們已經有兩年多了。九月開課時，很高興見到同學們終於可以回復全日上課的情況。除了多了學習時間之外，同學們亦可參與更多中學生本身應有的課餘活動。能與一眾師兄弟交流互動，真的樂也融融。在疫情的影響下，籌備家教會的活動亦顯得更為艱辛。我在此再次多謝梁校長，老師及各位家長的支持和鼓勵，更感謝家長與老師委員的默默耕耘，才能讓「與您同行」1.60公里挑戰籌款活動、「家長學堂」、「線上義補」等活動得以順利舉辦。執筆之時，正值政府考慮進一步放寬疫情限制措施。期待疫情的陰霾很快會成為過去。

1A班林逸峯 及 3A班林逸曦家長 林衛琳先生

Without our realization, the epidemic has plagued us for more than two years. When the new school year started in September, I was very happy to see that the students could finally return to their whole-day classes. The students not only have more studying time, but also can enjoy extracurricular activities that secondary school students should have. Being able to communicate and interact with fellow schoolmates is a joy.

Under the influence of the epidemic, the preparation of PTA activities has become more difficult. Once again, I would like to thank Principal Leung, teachers and parents for their support and encouragement. I would also like to thank the parents and teachers for their hard work, so that the 'Walk with You' 1.60 km Fund-raising Challenge, 'Parent Academy', 'Free Online Homework Support' and other activities were successfully held.

When writing, the government is considering further relaxing the social distancing measures. Looking forward to the day when the epidemic becomes a thing of the past.

William Lam, Father of 1A Lam Yat Fung Aris and 3A Lam Yat Hei Nicolas



皇仁書院 160 周年校慶活動 - 2022「愛·回校」之「與 您同行」1.60 公里挑戰籌款

Queen's College's 160th Anniversary Event - 2022 'Walk with You' 1.60 km Fund-raising Challenge

為祝賀皇仁書院一百六十周年校慶，同時推廣健康活動，提升家庭凝聚力，本會於二零二二年八月十二日至九月十二日期間舉行皇仁書院 160 周年校慶活動 - 2022「愛·回校」之「與您同行」1.60 公里挑戰籌款活動。參加者需於活動期間自訂一條長 1.60 公里或以上的步行路線，並於二零二二年九月十二日或之前把步行記錄及打卡照片上傳到本會指定網站。所有成功報名的參加者皆可獲得紀念汗衣(T-shirt)一件，而成功達標的參加者更可得到本會發出電子證書以作鼓勵。此外，活動設有五個獎項，包括三個最高籌款獎（個人組、親子組及公開組），不分組別的最高步行里數獎及最佳打卡照片獎。

This year is the 160th Anniversary of Queen's College. In order to promote health and family cohesion, one of Queen's College's 160th Anniversary events - 2022 'Walk with You' 1.60 km Fund-raising Challenge was held during the period from 12 August to 12 September 2022. Participants were required to complete a self-selected route of 1.60 km or more, upload an app screenshot of the completed record, and a photo to the link provided by PTA on or before 12 September 2022. All participants who successfully registered for the activity would receive one T-shirt as a souvenir. Participants who have completed the whole journey and uploaded a corresponding record uploaded would receive an electronic certificate of participation. There were five prizes, including three prizes for Top Fundraiser (Individual section, Parent-Child section and Open section), the Longest Distance and the Best Photo for all participants.





感謝校方及皇仁舊生會對今次「與您同行」1.60 公里挑戰籌款活動的支持，也要感謝參加這次活動的一百八十多名家長、學生和校友的慷慨解囊，以及身體力行。今次活動籌得的款項在扣除活動開支後，將用作皇仁書院160周年校慶活動及皇仁書院家長教師會獎學金的經費。



We would like to thank for the support from the school and the Old Boys' Association to this 'Walk with You' 1.60 km fund-raising event, and also the 180+ parents, students and alumni who signed up this event for their generosity and dedication. The funds raised after the expenses and administration charges are deducted will be used for the events of the 160th Anniversary of Queen's College and QCPTA Scholarship.





「與您同行」1.60 公里挑戰籌款活動獎項得主

'Walk with You' 1.60 km Fund-raising Challenge Award Winners

最高籌款獎（個人組）：
Top Fundraiser (Individual Section)

RINGO SZE
IP CHO TING SPENCER
CHEUNG WING FAI ERIC

最高籌款獎（親子組）：
Top Fundraiser (Parent-Child Section)

ZHENG KYLE SONG
WANG YUK MIN

最高籌款獎（公開組）：
Top Fundraiser (Open Section)

SZE MING HUI

最高步行里數獎（不分組別）：
Longest Distance (for all participants)

CHAN WAI TIM – 58.52km

最佳打卡照片獎（不分組別）：
Best photo (for all participants)

LEUNG MAN YUI
HO PUI KWAN
LEUNG KUN HANG



家教會紀念品

PTA Souvenir

一年一度的大型活動「學校開放日」，受2019冠狀病毒病疫情影響停辦了，雖然「學校開放日」活動取消，但本會仍會籌辦本年度的家教會紀念品。今年仍沿用去年的銷售方式，以線上模式給家長預訂家教會紀念品。首先介紹的是今年家教會銷售紀念品，包括有利是封(套裝)，長封及短封分別印上「皇者仁風」及「皇仁勤有功」，長短封共20個，售價港幣80元。另一款是混三色屏幕觸控原子筆(禮盒裝)，屏幕觸控原子筆顏色有(黑、銀、紅)，筆身印上「Queen's College」再配上高貴的黑色禮盒，還有一筆兩用功能，只售港幣90元。另外，為慶祝皇仁書院160校慶年，家長可用優惠價港幣160元購買優惠套裝，包括一套利是封(套裝)及一套混三色屏幕觸控原子筆(禮盒裝)。今年銷售的家教會紀念品尤為精美，值得大家珍藏啊!

皇仁書院家長教師會委員
6D班黃煜楠家長 冼愛玲女士

The annual event "Open Day" was not held due to the COVID-19 epidemic. Although the "Open Day" event was cancelled, the PTA still proceed with the preparation of souvenirs. Like last year, parents ordered the souvenirs and made purchases online. The souvenirs include a set of red packets, with 20 short red packets and 20 long ones, on which "皇者仁風" and "皇仁勤有功" are printed respectively. The sale price is HK\$80 per set. The other souvenir is a 3-color (black, silver, red) stylus set with a noble black gift box, with "Queen's College" printed on the pens, priced at HK\$90. In order to celebrate the 160th anniversary of Queen's College, parents could purchase one set of red packets and one set of stylus pens at a discounted price of HK\$160. The souvenirs are worth buying!

Mandy Sin, Committee Member of QCPTA, Mother of 6D Wong Yuk Nam



家長學堂第二講： 「如何培養出高EQ的孩子」

Second thematic talk of Parent Academy: How to raise an emotionally intelligent child

本會於2022年6月11日舉行了「家長學堂」的第二次專題講座，邀請了資深的應用心理學及輔導學講師余德淳博士作為主講嘉賓，講題為「如何培養出高EQ的孩子」。余德淳博士在當天講解八種負面情緒及其應對策略，包括焦慮、急躁、自卑、頑固、凌亂、善忘、悲觀及憂愁，從而讓家長明白如何協助學生承擔責任，以及遇到困難時如何從多方面思考解決方法。

The second thematic talk of “How to raise an emotionally intelligent child” was conducted by Dr. Yu Tak Shun, Charles on 11 June 2022. Dr. Yu explained eight negative emotions and their coping strategies, including anxiety, impatience, inferiority, stubbornness, messiness, forgetfulness, pessimism and sadness, so that parents understand how to guide their children on taking their own responsibilities and looking at problems from different perspectives when they encounter the difficulties in order to find solutions.

做家長有時會跌入自我陷阱，覺得我食鹽多過你食米，而忽略和錯判孩子在青春期有自己的看法和感受。今日的講座令我可以多角度反思，設身處地代入他的角色，多聆聽多溝通去理解他的感受！

家長學堂結業禮

由於疫情關係，原定於2022年9月17日舉行的2021-2022「家長學堂」結業禮取消，結業證書將於周年會員大會當日頒發。



“

非常感謝家教會能夠再次邀請余德淳博士為我們演講。去年余博士提醒我們追求學問是畢生的，因此不要太緊張孩子現在的成績，我們要重視的是他們的學習態度和熱誠。今年余博士的演辭中最觸動我的是：「路是人行出來的」，不要強迫自己或孩子行一條「特定」的路，不要怕「行錯路」或行了「冤枉路」，因為每一步都帶領我們有不同的經歷和體會。余博士的演講帶給我們許多啟發，他在問答環節中更示範了重要的溝通技巧：認真地聆聽、溫和的語調、誠懇的態度；在提出自己的觀點和意見前，先認同和讚賞對方。這些做法都令我覺得自己的說話被重視，從而更願意跟他分享其他問題。大家想一想，這份信任和持續的溝通不正是我們希望從孩子身上維繫的嗎？

”

余博士的講座無論在理論和例子都很豐富，很寫實，令人容易明白並有共鳴！其中，我最深刻的是要學習與別人共存。這對於羣體生活的我們十分有幫助。



Closing Ceremony of Parent Academy
Due to the epidemic, the closing ceremony of 2021-2022 Parent Academy originally scheduled on 17 September 2022 was cancelled, and the graduation certificates will be presented in the coming annual general meeting.





家長學堂研討會： 「擁抱金融科技，迎接精彩未來」

隨著科技的進步和發展、大數據、雲端計算、人工智慧、區塊鏈等一系列金融科技近年急速冒起。本會於2022年7月16日舉行了「擁抱金融科技，迎接精彩未來」研討會。當天邀請到三位金融及創新科技界的領袖作為嘉賓講者，分別是華僑永亨銀行有限公司行政總裁歐陽麗玲女士，香港特別行政區立法會議員(科技創新界別) 邱達根先生，及香港數碼港管理有限公司首席公眾使命官陳思源先生。是次研討會透過本會主席林衛琳先生作為主持人與出席嘉賓講者們的一場精彩的分享，令家長對金融科技有更深的認識，以及反思年青一代如何能夠把握金融科技發展所帶來的機遇。

Third thematic talk of Parent Academy: Embrace Fintech for a brighter future

The third thematic talk titled “Embrace Fintech for a brighter future” was held on 16 July 2022. Three leaders in the financial and innovation and technology sectors were invited as guest speakers, namely Ms. Ivy Au-Yeung, the Chief Executive of OCBC Wing Hang Bank Limited, Hon. Duncan Chiu, Legislative Council Member (Technology & Innovation Constituency) and Ir. Eric Chan, the Chief Public Mission Officer of the Hong Kong Cyberport. Our Chairman, Mr. William Lam, as the host, conducted a wonderful sharing session with the guest speakers. The talk gave parents a deeper understanding of the latest fintech and encouraged youngsters to seize the opportunities brought by the development of financial technology.



我本身對金融科技沒有太大認識，透過今次講座，讓我對金融科技加深了認識，同時了解到各行各業都會涉及科技及對科技人材的渴求，讓我們作為家長的了解到，如子女對這方面有興趣，亦可以有很多機遇和發展空間。感謝皇仁書院家長教師會舉辦的講座，我們每次都會有得著，期待下次更精彩的講座！

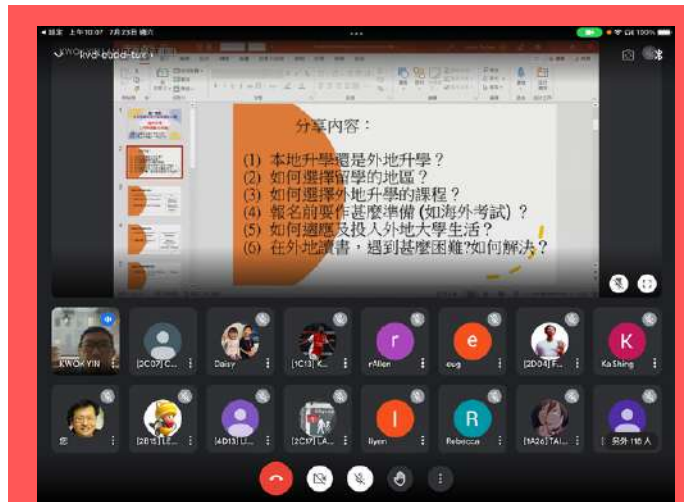
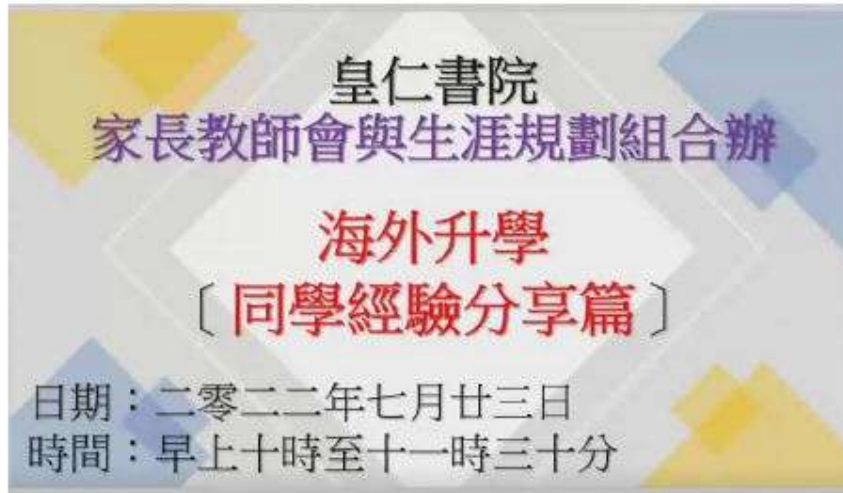
今次研討會是一個突破，請到三位有金融和創科界的領袖分享金融科技在香港以至國家的發展和前景。香港是世界三大國際金融中心之一，發展金融科技是國家發展重要策略之一。香港在這方面的地位舉足輕重。今次講座令我們一班家長大開眼界。希望學校可以給學生在金融科技方面有多一點認識。

要先了解孩子興趣，擴闊他的眼界，讓他多嘗試新事物及加強與人溝通的技巧。也要給予孩子機會多作嘗試，從中找到自己的興趣和發展方向。



海外升學網上講座

Overseas Study Online Talk



An online overseas study talk was held on 23 July 2022 by the Career & Life Planning Team of our School and the PTA. We invited seven alumni, who are now studying in the United Kingdom, U.S.A., Canada and Australia, to share their experience on how to prepare for the entrance examinations of universities, the admission requirements of different countries, and the differences between the academic systems of different countries. Over 100 students and parents joined the online talk event. We hope that the sharing could help students who are interested in studying abroad and their parents to have earlier and better preparation, and help students find their direction in order to further their tertiary education.

於2022年7月23日，本會聯同學校的生涯規劃組合辦了一年一度的「海外升學講座」。由於疫情關係，今年講座以網上直播形式進行，吸引了過百位同學及家長參加，並邀請了多位正在海外就讀的舊生主講，分享不同國家的海外升學資訊及經驗。當日共有七位舊生分享了他們在英國、美國、加拿大及澳洲的升學經歷和過程，包括報讀外國大學的經歷，入學試的準備過程和不同國家的收生要求，以及各地學制的差異等，為讓有意海外升學的中四至中六同學及其家長提供豐富的資訊。學生和家長一如以往地熱烈參與，使這次活動能順利舉行。主講舊生除主動分享他們選擇到海外升學的原因外，亦分享他們選擇某些學科的原因及申請某些學科的事前準備工夫及過程細節。

希望是次「海外升學講座」能為有意海外升學的同學及其家長早作準備，幫助同學在升學路途中尋找方向。

<p>英國升學同學代表：</p> <table border="1"> <tr> <td>1. 陳浩基同學</td> <td>University College London</td> <td>Law</td> </tr> <tr> <td>2. 區俊明同學</td> <td>Imperial College London</td> <td>MEng Civil Engineering</td> </tr> <tr> <td>3. 鄧國明同學</td> <td>University of Cambridge</td> <td>Human, Social and Political Sciences</td> </tr> </table>	1. 陳浩基同學	University College London	Law	2. 區俊明同學	Imperial College London	MEng Civil Engineering	3. 鄧國明同學	University of Cambridge	Human, Social and Political Sciences	<table border="1"> <tr> <td>4. 何俊廷同學</td> <td>Arizona State University</td> <td>Computer Science & Mathematics</td> </tr> <tr> <td>5. 何耀璋同學</td> <td>University of Utah</td> <td>Strategic Communications & Film & Media Arts / Marketing</td> </tr> </table>	4. 何俊廷同學	Arizona State University	Computer Science & Mathematics	5. 何耀璋同學	University of Utah	Strategic Communications & Film & Media Arts / Marketing
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<p>分享内容：</p> <ol style="list-style-type: none"> (1) 本地升學還是外地升學？ (2) 如何選擇留學的地區？ (3) 如何選擇外地升學的課程？ (4) 報名前要做甚麼準備 (如海外考試)？ (5) 如何適應及投入外地大學生活？ (6) 在外地讀書，遇到甚麼困難?如何解決？ 																



家長義工感謝聚會

Appreciation Party for Parent Volunteers

本會於2022年8月3日舉行了「家長義工感謝」聚會，活動中除了感謝家長義工在過往一年對家教會的付出外，大家更一起回顧和檢討這一年的活動，並且收集了大家的意見用以計劃將來的活動。

The Appreciation Party for Parent Volunteers was held on 3 August 2022. We would like to thank volunteers for their dedication to the PTA. During the event we also reviewed the whole year's activities and collected parents' opinions as a reference for planning our future activities and events.

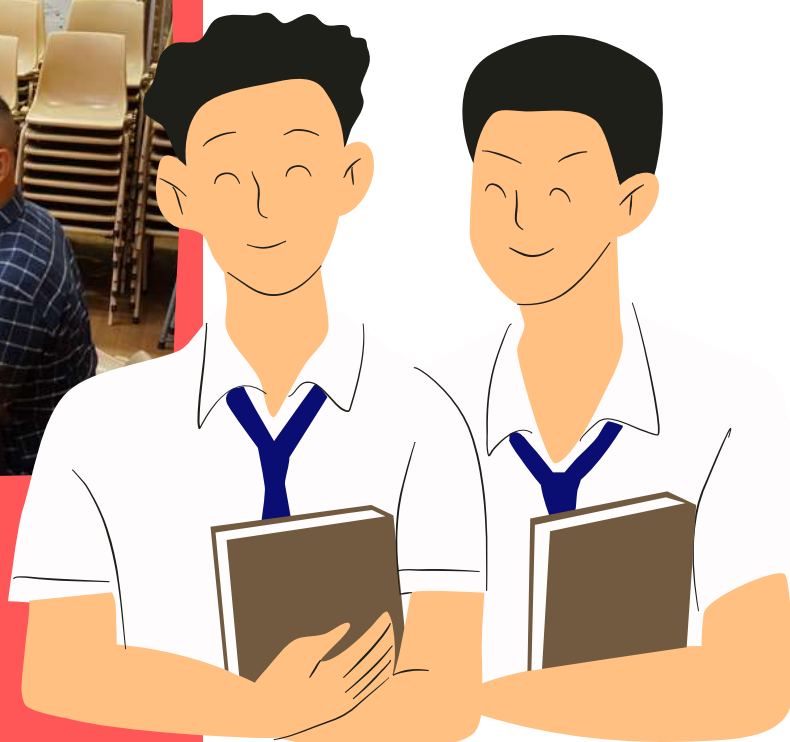


中一新生註冊

Registration of New S1 Students

本校於2022年7月28日及29日為中一新生進行註冊，本會並於註冊首日招收新會員。

Registration of new S1 students was held on 28 and 29 July 2022 at School. The PTA set up a counter to recruit new members on the first day of registration.



中一新生家長簡介會

Orientation Day to the Parents of New S1 Students

本校的「中一新生家長簡介會」於2022年8月2日舉行，本會主席於簡介會中向中一新生家長介紹本會活動，讓他們對本會有更深入的認識。

The orientation day for the parents of new S1 students was held on 2 August 2022, our Chairman introduced the PTA to the parents of new S1 students, so that they can know more about QCPTA.



敬師日

Respect our Teachers Campaign

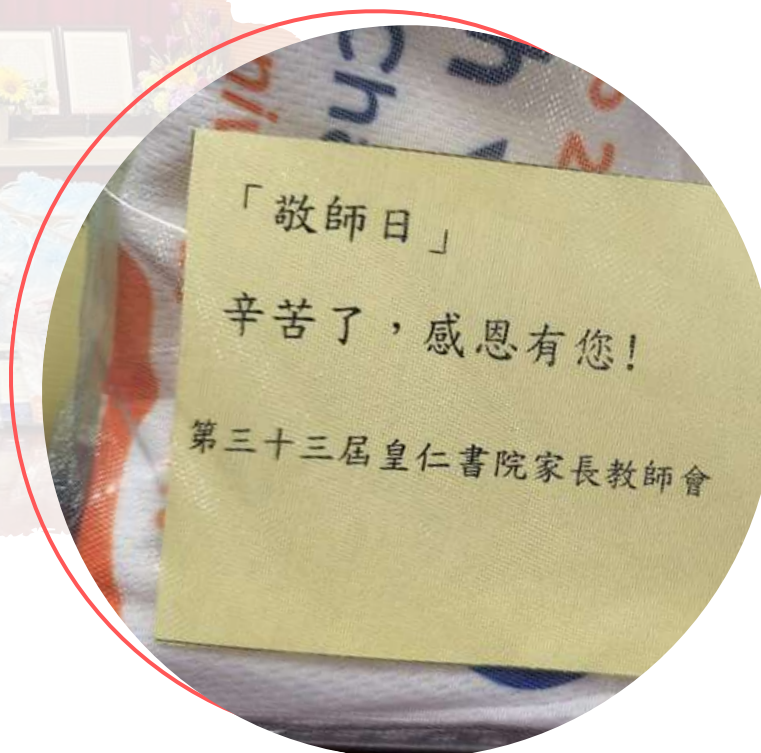


每年「敬師日」均是本會為感謝老師們栽培和悉心教導學生及無私付出的重要日子。今年定於2022年9月29日「敬師日」送贈精美的小禮物給各位老師，表達由衷的謝意。希望校長、三位副校長及老師們在忙碌時也感受到家長們對您的支持。老師辛苦了，感恩有您們。

皇仁書院家長教師會委員
6D班黃煜楠家長 冼愛玲女士

We thank our teachers for nurturing and teaching students and for their efforts every year during the "Respect our Teachers Campaign". We presented our gifts to all teachers to express our heartfelt thanks on 29 September 2022. I hope that the Principal, three Vice Principals and teachers would also feel the support from the parents. Thank you for your hard work.

Mandy Sin, Committee Member of QCPTA,
Mother of 6D Wong Yuk Nam





疫苗講座 Vaccination Seminar



家教會於2022年9月29日舉辦了「齊打疫苗，共建安全穩定校園生活」的健康講座。我們邀請了香港醫學會會長，皇仁舊生會名譽顧問——鄭志文醫生作為嘉賓講者。當天約有二百多名家長透過網上直播，或親身到校參與是次講座。

A seminar “Early vaccination for a safe and stable school life” was held on 29 September 2022. We invited Dr. Cheng Chi Man, President of The Hong Kong Medical Association and Honorary Adviser, Queen’s College Old Boys’ Association as our guest speaker. Around 200 parents attended the seminar in person or online.





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