



## 從校訓「好學力行」看學習與實踐的精神

### 3D 尹芷慧

每日邁進校門之際，我總會不由自主地停下腳步，目光投向鐘錶上方那幅裝裱素雅的字畫。蒼勁有力的墨跡寫著我校校訓——「好學力行」。四字言簡意賅，卻道盡「知行合一」的真諦。每一次凝視都令我獲得不一樣的感悟與力量，成為我前進的動力源泉。

「好學」是在漫漫求學路上，對真理永無止境的渴求與熱忱。倘若求學僅限於課堂上的吸收及被動式學習，那些知識終將如浮光掠影般轉瞬湮沒，無法在心底紮根。因此，真正的好學需在課餘之時，仍懷抱著不滅的求知之火，進行深入的鑽研，且主動將零散的知識點整合、反覆琢磨，方能融會貫通。國學大師錢鍾書便是「好學」的典範，他自幼嗜書如命，在清華求學期間，每日泡在圖書館中博覽群書，筆記累積達數萬張。即使面對困難，他依然堅持治學，最終編撰了《管錐編》這部學術巨著。孔子曾言：「知之者不如好之者，好之者不如樂之者。」把學習由「義務」視為「樂趣」，便能在看似枯燥的研習中感到孜孜不倦、甘之如飴的喜悅。唯有發自內心的熱愛，才能支撐我們在求知路上走得更遠。

「力行」則是將書本的理論投映於現實生活，親身實踐，驗證真理。明代思想家王陽明提出「知行合一」的學說，強調「知而不行，只是未知」，一語道破實踐的核心價值。「藥聖」李時珍正是力行的楷模，在編撰《本草綱目》的二十七年間，他四處考察，深入民間遊訪，親自採集藥材，甚至不惜以身試藥。他曾登上險峻的太和山採藥，亦曾親嚐曼陀羅以驗其毒性。正是這種不畏艱險的力行精神，使他得以糾正前人謬誤，成就流芳百世的巨著，對後世作出巨大貢獻。可見，學問的種子唯有經過實踐的澆灌，方能在土壤中生根發芽，長成參天大樹。否則，一切皆為空談，只是虛無縹緲的想像。「力行」需要無所畏懼的勇氣，敢於邁出實踐的第一步，並能坦然承擔失敗的風險。許多時候，我們難免會在實驗中遭遇挫折，在創作中碰上瓶頸，但每一次看似失敗的嘗試都令我們離真理更近一步。

「好學」與「力行」兩者相輔相成，缺一不可。學而不行，只是紙上談兵；行而不學，則會失去指引，如同迷失方向般盲目行動。好學是暗夜中的明燭，照亮前路；力行則是穩健的雙腳，踏出堅實的足跡。二者合一，才能發揮最大功用，成就真正的學問與事業。

每日經過那幅字畫之時，它都警醒著我，促使我在每一天的開始時恪守校訓。仔細回想過往的校園點滴，學校曾精心設計不少戶外考察活動，如屯門徑生態考察、屏山文物徑歷史探訪等，讓我們在親身體驗中感受自然生態的奧秘與歷史文化的厚重；亦舉辦國外交流團，好讓我們拓闊眼界，瞭解中外文化。在這些活動中，我們不僅運用課堂所學的地理、歷史知識去理解眼前景觀，更透過實地觀察、記錄、反思，將知識內化為個人見解。這些經歷皆印證了實踐的重要——我們不僅要讀萬卷書，更要行萬里路。

「好學力行」蘊含著先賢的智慧與理念，深深啟迪著身處當今世代的我們。它不僅是牆上的箴言，更是流淌在我校莘莘學子血脈裡的精神！我們從書本中俯瞰世界，豐富自身內涵，再運用雙手去改變世界。讓我們秉持這份信念與肩上的擔當，邁出堅定的步伐，在知行合一的道路上砥礪前行，奔赴錦繡前程！



# 他是我的學習榜樣

2A 楊瑩瑩

「好學力行」是我們學校傳承已久的校訓。它時刻提醒著我們，知識的學習最終要落腳於實踐，思想的火花唯有在行動中才能燃成熊熊烈火。

「雜交水稻之父」袁隆平先生，正是這種精神最生動的例證。他的一生始終堅持學習與鑽研，只為讓天下人的飯碗裡，都盛滿飽滿的米粒；這位科學家傾盡畢生心血，用實際行動詮釋了學習與實踐交融所能創造的驚人成果，成為我心中最崇敬的學習榜樣。

袁隆平的「好學」從不是循規蹈矩地死讀書，而是帶著目標主動鑽研、敢於破除常規。當時學界普遍認定水稻無法透過雜交增產，他偏不盲從，一頭紮進農學書籍裡，從遺傳學理論到水稻生長習性，逐字逐句琢磨透徹，筆記記了一本又一本。為了掌握更先進的技術，他自學外語翻譯外文資料，中年時還學起了電腦，把一切可用的學識都投入到水稻研究中。這份執著的求知慾和毅力，讓他始終站在農學前沿，也為後續研究築牢了知識根基。這讓我想起校訓中的「好學」——真正的學習不是被動接受，而是主動探索。就如同我在科學課上學習光合作用原理後，不滿足於課本知識，課後主動查閱資料，甚至設計小實驗，驗證不同光照對植物生長的影響。袁隆平的好學精神提醒我：唯有懷著熱忱與好奇心，才能把知識真正學透。

袁隆平的「力行」，是日夜堅守稻田的篤實行動。「書本裡種不出水稻，只有田裡才能。」這是他常掛在嘴邊的話。為了尋找天然雄性不育株，他帶領團隊，腳踩著泥濘的田埂，走遍海南、雲南、湖南。盛夏的田間，暑氣蒸騰，汗水浸濕了他的草帽，蛙鳴與蟬噪是他耳邊最常見的交響曲，雙眼卻像探照燈般，緊緊盯著每一株在風中搖曳的稻苗。從1964年到1973年的九年間，他經歷無數困難：1968年6月，他被派往煤礦勞動，研究一度中斷。但袁隆平從未停下腳步——在煤礦期間，他白天辛苦勞作，夜晚卻時刻牽掛著那五株寶貝似的不育株。離開前，他反覆叮囑助手務必照料好秧苗；與此同時，助手們越級向國家科委發電報反映情況，最終僅過一個月，他便重返研究崗位。正是這種不畏艱險、堅持到底的力行精神，使他最終培育出高產雜交水稻，解決了億萬人的溫飽問題。他的經歷讓我反思自己的校園生活：在準備學科報告時，我曾因困難而想放棄，但想起袁隆平九年間無數次失敗仍不言棄，我重新調整方案，最終完成了一份完整的匯報。由此可見，「力行」不是一時衝動，而是日復一日的堅持與實踐。

袁隆平先生讓我真切體會到，「好學」與「力行」正如陽光與土壤，缺一不可。「好學」為我們點亮前行的燈，廓清思想的霧；「力行」則是雙腳踩進泥土的篤定，讓理想的路步步生根，將紙上的藍圖化為田壟間金黃的風景。沒有持續的學習，行動易迷失方向；沒有踏實的實踐，知識也只是紙上風景。唯有二者相輔相成，才能在祖國廣袤的田野上，孕育出飽滿的果實。

作為學生，袁隆平的精神深深照亮了我的校園生活。在課堂上，我學習他主動探究、敢於質疑的態度，不再滿足於標準答案。袁隆平先生雖已遠去，但他那「好學力行」的身影，已化作一粒種子，在我心中生根發芽。它時刻提醒我，不僅要做書本裡的求知者，更要成為土地上的耕耘人，用自己的所學所行，為這片我深愛的土地，貢獻一抹新綠。



每當記憶的風鈴在心中輕輕搖響，那熟悉的味道便如潮水般湧現。是清晨裡木質門板開啟的聲響，是外公作坊裡鐵棒捶打牛肉的「哐哐」韻律，也是那碗熱湯中牛肉丸在舌尖彈開的鮮香。它們共同編織成我心中最綿長的潮汕畫卷。這股味道，不僅是舌尖上的鄉愁，更蘊含著一種源遠流長的文化精神，在潛移默化中鑄就了我心中的志向。

家鄉的味道，藏在外公作坊的煙火裡，融在他掌心的溫度裡，浸在牛骨湯的濃醇裡，是我走到天涯海角也忘不掉的牽掛。

清晨五點，天剛朦朧亮，巷口的榕樹還掛著昨夜未乾的露珠，外公作坊的木門便「吱呀」一聲開了。他總說，做牛肉丸得趕早，選最新鮮的牛後腿肉，才有最正的味道。兒時的我，穿著拖鞋，揉著惺忪的睡眼，趴在作坊門口，看他繫上灰布圍裙，將剛送來的黃牛肉切成條，再投入巨大的石臼裡。「哐——哐——」鐵棒落下又抬起，一下下捶在牛肉上，肉條漸漸變成肉糜，從緊實到綿密，空氣裡開始瀰漫淡淡的牛脂香。外公的手掌粗糙如老木，卻能精準掌控每一次捶打的力度，「這捶丸的功夫，是咱潮汕祖輩傳下來的，慢不得也急不得，就像做人，得有韌性。」他的話裡，我聽出了潮汕人的堅毅精神和對匠藝的虔誠。

也不知捶了多久，肉糜終於變得黏糯，外公停下鐵棒，搓了搓手，舀起一勺肉糜，手腕一翻一捏，一顆圓滾滾的牛肉丸就成型了。他把丸子滑進旁邊沸騰的牛骨湯裡，不多時，丸子浮了起來，表皮光滑得像珍珠，在湯裡打著轉。「來，丫頭，嚐嚐阿公的手藝。」外公舀起一顆，吹了吹，遞到我嘴邊。我滿懷期待地咬了一口，滾燙的肉汁瞬間在齒間爆開，牛肉丸彈得差點從嘴裡跳出來，鮮、香、彈三重滋味在舌尖綻放，燙得我直咧嘴，卻捨不得鬆口。外公在一旁笑得鬍子都翹起來：「慢慢吃，這裡還有一大鍋呢！」這滾燙的滋味，是童年清晨最溫暖的開場白。

家鄉的午後，是外公作坊最熱鬧的時候。鄰里鄉親會帶著牛肉來讓外公捶丸，作坊裡鐵棒捶打的「哐哐」聲，人們的談笑聲，牛肉丸入鍋的「咕嚕」聲交織在一起，成了老巷裡獨特的交響樂。外公會教我分辨牛肉的部位，「這霖肉紋理細，捶出來才夠彈；要是選了腩肉，那丸子就柴了。」我蹲在石臼旁，看他把肉糜分成小團，手掌一搓一揉，轉眼間，一顆顆圓潤的牛肉丸就排著隊跳進鍋裡。有時他會故意放慢動作，讓我學著搓。可我不是搓成橢圓，就是捏出個尖角，惹得外公哈哈大笑：「我們家丫頭還是先學會吃吧！」

這時，外婆會端來一碟自家醃的沙茶醬，醬色濃郁，香氣撲鼻。「蘸著吃，才是咱潮汕牛肉丸的靈魂。」我夾起一顆剛出鍋的丸子，在沙茶醬裡滾一圈，鹹香中帶著微辣，和牛肉的鮮香味融合得恰到好處，越嚼越香。作坊裡的叔叔阿姨們也跟著湊過來，你一顆我一顆，邊吃邊誇：「阿伯的手藝，就是地道！」外公摸著鬍子，眼睛笑成了一條縫，滿是慈祥。

每逢除夕、中秋這樣的佳節，牛肉丸便從家常菜升華為團圓的象徵。它必會出現在祭祖的案頭與團圓飯的餐桌中央。外公會格外仔細地挑選牛肉，捶打的節奏也彷彿更加莊重。他會對圍在身邊的我們說：「這丸子，圓圓滿滿，吃了它，一家人的心就團在一起了。」在氤氳的香火與歡聲笑語間，我赫然明白，我們吃下的不只是一顆丸子，而是家族血脈的牽絆，是無論走到哪裡都無法割斷的根。

那「哐哐」的捶打聲如同一曲悠揚的潮劇，在舌尖盤旋，喚醒了我對故土深層的眷戀。潮汕大地，人多地少，先輩們為了生存，如那千錘百鍊的牛肉丸一般，歷經捶打而不散，練就了一身「硬頸」的韌性與團結的智慧。外公手中的鐵棒傳遞的不僅是美味，更是「寧可食無肉，不可居無竹」的風骨，以及對食材、對生活一絲不苟的態度。

如今，這份家鄉的味道已化作我心中的志向。我立志要像外公那樣，無論身處何方，做人做事都要有那份「千錘百鍊」的韌性，守住內心的清白與圓滿。同時，我也渴望能將這份承載著潮汕歷史與溫情的飲食文化傳承下去，讓更多人透過這顆小小的牛肉丸，品味到祖籍地那份堅韌不拔、團結向上的文化精神。每當我想起家鄉的味道，心中湧動的不僅是溫暖，更是堅定不移的信念。這份味道與志向，是屬於我、屬於潮汕最珍貴的回憶。



### 我的籍貫

#### 鍾嘉琪同學

我的家鄉在廣東番禺，那裏充滿濃厚的嶺南氣息。日常生活中隨處都能聽到粵語，語調婉轉、節奏明快，街坊鄰里隨口一句「食咗飯未」，就讓人覺得格外親切。

說到風土人情，廣州的節慶特別熱鬧，市集人潮不絕，燈火通明，叫賣聲此起彼落，渲染出一片喜氣洋洋的氣氛。美食更是不可錯過：「一盅兩件」的早茶最具代表性，蝦餃、燒賣、叉燒包配上一壺熱茶，慢慢吃、慢慢聊，這就是廣東人的生活節奏。

更深的體悟，一定來自於行萬里路。我曾與家人走訪陳家祠，那些別致的嶺南建築，讓我真切地觸摸到家鄉的歷史與文化。這些具體的經驗令我明白：當我們主動了解、親身體驗祖籍文化時，那份對鄉土的認同與歸屬感，便會在心中生根發芽。

#### 家長陳女士

作為家長，我們深知培養子女對籍貫的認同感至關重要。日常帶孩子認識祖籍江西九江的文化，其實一點也不複雜。比如飯後和孩子講家族在九江的舊事；煮九江魚餅、雙蒸酒釀菜時，和他們說說這些美食背後的風俗——九江魚餅是當地宴席的必備菜，雙蒸酒則是九江百年釀酒技藝的代表。聊到端午，又可以講九江龍舟賽的熱鬧場面，還有璜礪村傳統龍舟製作的手藝，讓孩子從飲食與節慶裏，慢慢接觸祖籍的溫度。

我們也會帶子女回九江探親，走訪九江古橋、朱九江紀念館，看看西江邊的漁港風光，逛逛煙橋古村的嶺南古建築，讓他們親眼見證祖輩生活的痕跡，感受九江「魚米之鄉」的水鄉韻味與崇文重教的鄉風，進而建立對鄉土的情懷。

#### 王志傑老師

我的祖籍是廣東東莞，一個充滿嶺南水鄉韻味的地方。這裏的方言是莞城話，屬於粵語的分支，聽起來軟糯親切。其中最特色的節慶活動是元宵「賣懶」習俗，小朋友會提著燈籠走街串巷，寓意甩掉懶惰，勤奮向上。

說到美食，絕對不能錯過燒鵝瀨粉——脆皮燒鵝配上滑溜的瀨粉，湯頭鮮美，是地道滋味。還有甜點糖不甩，軟糯香甜，吃了就忘不掉！

莞城歷史悠久，曾是繁華的商埠，如今在老街巷弄裏，還能感受到昔日的風華。有機會來走走，親自體會這裏的溫情與古樸吧！

#### 溫詩彤老師

在我的家鄉廣東興寧，客家人視「賞燈」比春節更隆重。這項始於元代的習俗，取「燈」與「丁」的諧音，寓意「上丁」報喜，慶賀家族增添新成員。

每年農曆正月，各姓宗祠便會舉行盛大儀式。族人伴隨鑼鼓炮竹「請燈」，將精美的巨型花燈高高掛在祠堂大樑，象徵血脈傳承，紅光映照祖屋。當晚更有熱鬧的「賞燈酒」，席間必備鮮香的客家釀豆腐與自家釀造的糯米紅酒，鄰里親友歡聚一堂，人情味濃厚。

這盞花燈，對我而言不只是工藝品，更是凝聚族群情感、銘記祖德的文化符號。它教會我們在繁華都市生活中，始終不忘根本，將這份重視家庭的精神世代相傳。



## 好書推介：《從月曆學數學》

作者：曹亮吉

2024-25 中學數學閱讀報告比賽初中組得獎作品

榮獲表揚獎及中華文化獎

3C 許錦波

在時間的長河中，人類對時間的計算、理解和實踐經歷了不斷的演變。從古人在牆上刻痕記錄日子，到現代精確到分秒的計時，這段歷史發展究竟如何？透過閱讀這本書，我不僅學習了曆法的運作原理，也理解了時間對世界各地文化歷史的深遠影響。

《從月曆學數學》是一本別具特色的書籍，由天下文化出版社於 2002 年 9 月 25 日出版，作者是台灣大學數學系教授、芝加哥大學博士曹亮吉先生。全書共 203 頁，採用對話形式呈現內容，語言簡明易懂，將枯燥的數學題目與生動的歷史故事巧妙結合，即使對數學或歷史不感興趣的讀者，只要靜心閱讀，也能沉浸其中。

本書分為前序和五個章節。作者在前序中分享了他對天文曆法的啟蒙與研究歷程。他先提出一道問題：「2000 年 1 月 1 日是星期六，下一個 1 月 1 日也是星期六會在哪一年？」結果顯示，每五個考生中只有一個答對。你會嗎？接著，作者提到 2000 年是否閏年，由此開啟了他對月曆的深入研究。他參考了大量文獻，如《學曆散論》、華羅庚的《數學分析導引》及《大英百科全書》的曆法部分等。他幽默地用英文字母順序，表達自己的水平已從 ABC 進步到 GHI。然後，他借用中國明代曆法學家徐光啟與外國傳教士利瑪竇的對話，開啟了全書。

### 第一章：中西曆的對照

作者透過徐、利二人的對話，巧妙回答了四個問題：曆法有幾種？耶穌復活時間與復活節日期為何每年不同？1582 年為何少了 10 天？陽曆和陰曆如何安排閏月？

首先，復活節是每年春分後第一個月圓的禮拜天。其中，春分和秋分是黃道與赤道的交點。曆法分為陽曆、陰曆和陰陽合曆，農曆就是陰陽合曆。1582 年因天文上的春分與日曆上的春分相差了十天，故刪除 10 月 5 日至 15 日這十天以矯正時間。陽曆的置閏方法是四年一閏、百年不閏、四百年再閏；而農曆較複雜，分為 24 節氣，當某月沒有中氣時就置閏，共 19 年 7 閏。文章還提及一個有趣的問題：希臘天文學家默冬提出的 19 年周期，與印度、中國等地的 19 年周期，究竟是巧合還是文化交流的結果？

### 第二章：定朔與平朔

故事巧妙銜接，時空來到 400 年後，人物姓氏依舊是徐和利，但已是現代人。這一章探討了五個問題：為何 24 節氣不平均分散？為何十月革命在 11 月爆發？為何 2 月只有 28 天？1 星期為何有 7 天？耶穌誕生於西元前哪一年？

作者解釋， $360^\circ$  平分 24 份，即地球繞太陽轉  $15^\circ$  置一節氣，這叫「平氣」。而按實際太陽移動速度置節氣，叫「定氣」。因太陽移動速度不均，導致農曆出現變化，冬至附近的中氣時間短，未來的閏 11 月、12 月、1 月幾乎不會出現。文中還提到「藍月」這個有趣的天文現象，解釋了十月革命實際在 11 月發生的原因。1 星期 7 天源於猶太人的生活習慣。而耶穌實際出生於西元前 4 年。

### 第三章：紀年與計時法

作者舉了兩個文學例子：《魯濱遜漂流記》中的僕人星期五應該叫星期六，因為魯濱遜因病少計了一天；《環遊世界八十天》的主角實際完成了任務，因為跨越國際換日線後時間應回撥一天，並以此引出格林威治標準時間的誕生與重要性。

接著講解了中國的天干地支紀年法。天干有 10 個、地支 12 個，公倍數是 60，第一年是甲子年，故「一甲子」即 60 歲。反過來，我們可通過天干地支計算年份，如辛亥革命發生於 1911 年。閱讀至此，我深深讚歎中國文化的深厚底蘊。



## 第四章：曆法與皇權

前文提到，曆法的掌握代表皇權。漢武帝改曆極具政治意味，因木星實際繞太陽一圈是11.86年，而非12年。司馬遷想改曆法最終失敗，但經鄧平修改後成功，導致一年有422天。而武則天為彰顯皇權，創下最長一年記錄——444天。

## 第五章：涉及連分數和餘數定理等數學內容，此處不詳述。

縱觀全書，作者付出了大量心血寫作此書。全文言簡意賅，以對話形式寫作的好處淋漓盡現。它不同於其他書籍，若單從數學角度講述，強烈的目的性只會引起讀者反感。真正的教學方式，不應只背公式而忽略樂趣，而是在娛樂中學習，讓知識被銘記。這本書沒有數學自帶的枯燥，它將有趣的歷史故事化為文字力量，給予我足夠的情緒價值與樂趣，令我第一次感覺到原來非故事類書籍也能如此生動。作者或許最初並非想讓讀者學習月曆，只是想分享有趣故事，但不經意間，文字已化為記憶，深深刻在我心中，這就是文字無聲的力量。

書中有許多值得學習的知識。首先，我學會了月曆的演變與趣事。說實話，作為一位中三學生，我為自己連月曆基本知識都不理解而感到羞愧。看書前，我只知道四年一閏，從未聽說過百年不閏、四百年再閏。更重要的是，我從未探討過農曆。從前，我對農曆的印象只有24節氣，從未聽說過中氣、黃道和19年7閏。或許因現代社會通常看西方新曆，故令我不常關注農曆。想到現在，我一個在地球上活了近十五年的中國人，居然對自己國家的傳統曆法一竅不通，實在感到慚愧。

中國被稱為「活化石」是有原因的，我國五千年的歷史文化底蘊是全球華人驕傲的底氣。正因如此，中國人民才能團結一心，擁有強大凝聚力與愛國精神，為我國創下世界領先地位作出貢獻。我希望未來每位中國人都重視傳統文化，包括我自己，因為我們身上流的是中國人民的血。總括而言，在學習多元化知識時，我國傳統文化教育也應更普及。我也會致力學習傳統文化，讓其能傳承下去。

## 參考資料

曹亮吉：《從月曆學數學》，天下文化出版社，2002年。

## 月曆的結構 1個月會有4種天數



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# Book Review:

## The 7 Habits of Highly Effective People

By: 2A Ocean Lo & 2A Jack Chan

As secondary students in Hong Kong, we often feel stressed about quizzes and assignments. We ask ourselves: How can we manage our time better? How can we get along with our classmates during group projects? Recently, I read a book that offered me answers to these questions: *The 7 Habits of Highly Effective People* by Stephen Covey. While this book is famous in the business world, I discovered that it is incredibly meaningful for us. In fact, Covey's framework is a practical guide to living out our school motto: Eagerness to Learn and Diligence in Practice.

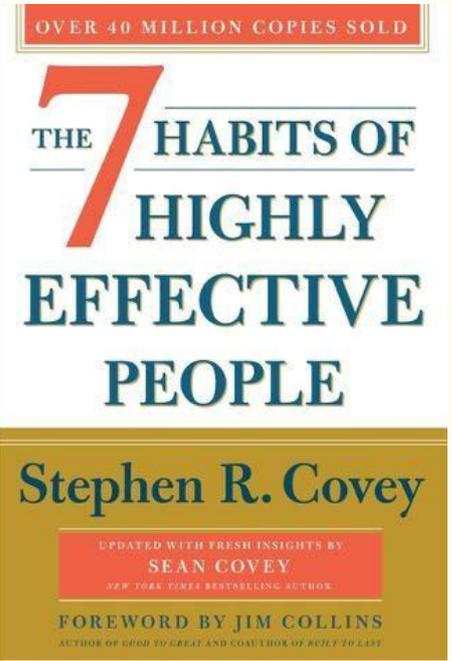
### Private Victory: The Foundation of "Eagerness to Learn"

The book first introduced an important concept - "Private Victory." This means winning the battle within yourself and trying to be a better person. If you wish to be a successful person and bring positive impacts, you need to be hard working and kind. After I read this book, I have learned to be proactive and take responsibility for my own education. In the past, I used to procrastinate, waiting for teachers to push me to study. However, after reading the book, I realized the importance of being proactive and prioritizing things that are truly important. To prepare for the half-yearly exam, instead of cramming the night before, I created a revision schedule a month in advance. This discipline—putting study before leisure—is the essence of the "Private Victory." The result was not just about better grades, but a genuine sense of confidence. I learned that "Eagerness to Learn" isn't just about reading textbooks; it is about the self-discipline to prepare even when no one is watching.

### Public Victory: The Spirit of "Diligence in Practice"

After pursuing "Private Victory", we would be empowered to reach another level - "Public Victory". We need to put our values into action and try to contribute to the community. The book teaches us to think win-win. In a competitive academic environment, it is easy to think that for me to win, someone else must lose. However, the author reminds us that we may use our own power and try to make us all stronger by sharing knowledge. This is similar to our school's teaching - "Diligence in Practice". Trying to think "win-win", I started a study group with my friends. Instead of keeping my "successful plan" for the English exam to myself, I shared my notes and strategies. Surprisingly, by teaching others, I understood the concepts even better. This practical action of helping others created a positive cycle of trust and improvement for everyone involved.

Overall, this book is very helpful for secondary school students. It gives clear steps on how to become a better person. With these habits, we can be truly a diligent and eager learner who makes contribution to this learning community. I recommend this book to everyone.



Simon & Schuster



# Film Review — Zootopia (2016)

By 3A Peony Ho

A heart-warming and emotive film for everyone

Rating: ★★★★★

Suitable for all ages

Zootopia is an emotive animated film directed by Byron Howard. The voice actors include Jason Bateman and Ginnifer Goodwin. A key feature of the film is its music, specifically the song "Try Everything," which is sung by Shakira.

## Plot Summary

This film is about Judy Hopps, a brave and upright rabbit, and Nick Wilde, a fox. After becoming a police officer, Judy changed the world's stereotypes about small animals. Meanwhile, Nick had a dream of justice as a child. However, because he was a predator (a hunter), he was ostracized by the prey tribe, which shattered his dream. After a special experience, Nick and Judy became a very good pair of partners and caught criminals in Zootopia.

## Why I love it

I love this film because it powerfully breaks the stereotypes of animals presented in the play. It proves that whether an animal is a large leopard, a petite rabbit, or even a slow-moving sloth, they can all show their true selves and succeed in Zootopia.

My favorite character is Nick because of his remarkable resilience; he did not become cynical or bad despite the negative experiences he faced during his childhood. When he met Judy, he chose to help her solve the case rather than remaining stuck in his past, which is the main reason I like this character so much. The way they work together as partners shows that anyone can overcome their background to do something good.

## Conclusion

In conclusion, Zootopia is a heart-warming and emotive film that truly offers something for everyone. It is a high-quality production that I believe is suitable for all ages.

I strongly recommend this film to anyone who wants to learn how to change stereotypes in society. It is also an inspiring watch for people who have experienced the same kind of treatment as Nick, as it shows that your past does not have to define your future. With its great music and meaningful message, it is a film that encourages everyone to "try everything" to make the world a better place.



Walt Disney Studios Motion Pictures



Walt Disney Studios Motion Pictures

# Your Voice: The Dialects of Our Roots

By 2A Ivan Xu, 2D Katie Chak, 4A Eli Wong

Local idioms are where our heritage truly speaks. These colorful, concise proverbs offer wisdom often missing from textbooks. In this column, students will share the most intriguing sayings from their homelands, revealing the profound meaning packed into just a few words.

## 2A Ivan Xu

I'm from the Chaoshan region. We have many unique idioms and proverbs in our dialect. The proverb I'm sharing is "One person's decision is not as good as two people discussing it in detail" (一人主張，毋如二人參詳). The proverb means that two heads are better than one or that many minds are wiser. I find this proverb very relatable. Once I was asked to plan an event, and I felt stuck—I couldn't think of any good ideas by myself. That's when my family reminded me of this proverb. Taking their advice, I decided to stop planning alone. Instead, I gathered my classmates and we planned the event together. It resulted in a much better and more creative outcome than I could have achieved on my own.



## 2D Katie Chak

My hometown is Huizhou, and the people there speak Hakka or Cantonese. I would like to share the proverb "六月六，晒衣服" (Sixth Day of the Sixth Month, air the clothes) with you today.

This Huizhou proverb carries a lot of wisdom: it urges us to adapt to nature and practise preparing in advance. It means we should use sunny weather to air out our items, which helps in avoiding mold. Ultimately, it's a key lesson for life: we should try to solve problems early.

This proverb really shows the pragmatism of Huizhou people, especially how they cope with the local humidity, and it highlights our respect for nature's rhythms. You mostly hear it from local elders. They often say it around the sixth day of the sixth lunar month when they remind family members to air quilts, or when they chat about housework and moisture prevention. For students like me, it teaches us the importance of respecting traditions and learning practical problem-solving.



## 4A Eli Wong

Have you ever heard of an interesting proverb from Guangdong - teeth are like gold ("牙齒當金使")? I learnt this saying from my grandmother when I failed to keep my promise made to my parents. She was a very kind person who never told lies and always practised what she preached. It sounded like a cliché, but as time went by, I finally realized the value of integrity - It is very difficult to find a genuine person these days, and keeping your words does help maintain your reputation. In my opinion, it represents the core value of the Guangdong culturé, and it always reminds me of my grandmother, a woman that I always look up to.



# Student's Work

## A WORLD WITHOUT THE INTERNET, I HAVE MORE TIME TO ....



By 4D Alvin Wong

Imagine a world without the internet: no social media, no endless scrolling, and no instant answers. At first, it might seem scary, but have you considered how much time this would give us?

The internet is indeed essential; it connects the world, provides us with valuable information, and simplifies our lives. However, it also consumes a significant amount of our time. The internet offers an endless stream of interesting content that pulls us in, such as short videos, online shopping, or just aimless searching. These distractions keep us constantly engaged online. Without the internet, I believe I could focus better on my work or do something more meaningful.

While the internet is important, we must not forget its drawbacks. It can be a major distraction, pulling us away from reality and encouraging time-wasting activities.

Many of us suffer from health issues, such as eye strain and poor posture, because we spend too much time online. Furthermore, it affects our social abilities. Most of us communicate with friends through messaging, which hampers our communication skills and makes in-person conversations difficult. In a world without screens, we would be forced to look each other in the eye, read facial expressions, and experience the true warmth of human connection that an emoji simply cannot capture.

Personally, I would have more time to work on personal projects, learn new skills, and contribute to my community's well-being. Instead of watching someone else build something on a screen, I could finally pick up a paintbrush or learn to cook a meal for my parents. Moreover, my greatest wish is to spend more time with my family. Without the constant "ping" of notifications, our dinner table would be a place of genuine storytelling rather than a place where everyone sits in silence, staring at their phones. What activities would I pursue in a world without the internet? I would read more books—not just for knowledge, but to become immersed in the stories. I would feel the texture of the paper and the smell of the ink, allowing my imagination to create the visuals rather than having them served to me by an algorithm. I would also spend more time outdoors, enjoying nature and staying active. I could rediscover the local parks, feel the wind on my face, and appreciate the physical world that exists right outside my window.

Furthermore, a life without the internet would teach us the value of patience. We are so used to "instant" everything that we have forgotten the joy of waiting and the satisfaction of hard-earned results. Whether it is waiting for a letter in the mail or researching a topic in a physical library, the process itself adds depth to our experiences.

In conclusion, a world without the internet would be challenging, but it could also allow us to rediscover the beauty of real life. The value of time is greater than money. Without the internet, our lives can still be full of value! We would regain our focus, our health, and our deepest relationships. So, what would you do if the internet disappeared tomorrow? Would you see it as a loss, or as a brand-new beginning?

### Comment from Ms. Yiu:

You've shown great insight by recognizing how the internet distracts us from what truly matters. I love your focus on family, nature, and meaningful personal projects. It's heartening to see you value "real life" so deeply. A very thoughtful and inspiring piece!



# Campus Highlight

## Rooted in Our Land: Cultivating a Deep Sense of Home through TSWGSS Agricultural Practice

By 3D Rocky Cheng, 3D Alex Su, 3D Yoranda Wang

TSWGSS officially launched the Soybean STEAM Education Programme 2.0 on October 16, 2025, starting with a talk by Professor Lam Hon-ming from CUHK. The event focused on Sustainable Agriculture, Global Climate Change, and Soybean Cultivation. Professor Lam's discussion emphasized how STEAM principles are applied in modern farming to secure a food source for the world facing climate change. The audience was captivated by his work, which even includes soybeans that have been sent to space.



### From Theory to Personal Aspiration

Following the talk, 25 students, including us, were selected to join a series of lectures and workshops on modern agricultural technologies. We not only learnt the theories; but also engaged in practical fieldwork, taking care of plants around the campus.

Firstly, in this programme, students engaged in the cyclical rhythm of agriculture—turning the soil, sowing seeds, weeding, and watering. These simple acts demand patience and perseverance, transforming the abstract concept of "land" into a tangible, life-giving reality. As one student reflected, "Seeing the first green sprout break through the soil was magical. It wasn't just a plant; it was a promise—a symbol of hope that I helped bring to life." This meaningful experience roots them, forging a deep, personal understanding of their connection to the earth.

Secondly, the lectures on growth taught students how to change and improve soil quality to grow more crops in different seasons. Moreover, we could learn from the professor's extensive experience. The key lesson was this: if you want to improve something, you must be patient and you must have an unbending spirit, especially since the professor's experiments often faced many difficulties. The professor's experience truly strengthened our understanding of patience.



Furthermore, during the course of lectures, the topic of plant transformation—making crops in the north plentiful—made us think of our hometown. We felt that science is wonderful. We hope we can learn more knowledge about plants to help our country and make contribution to Chinese food safety one day, like what Professor Lam did.

### Conclusion

All in all, this program was very wonderful, and I learned the spirit needed when you face difficulties. After the lectures, I feel strongly that I want to gain more knowledge to change and help my hometown in the future.





## Feature Article

# The Melodies of Virtue: How Our School Song Defines TSWGSS Spirit

### Our School Song: A Significant Role

When a school is established, the school song has a significant role to play, and our school is no exception! Do you have a sense of animation when you are listening to our school song? Our school song is injected with diverse and inspiring lyrics in abundance. Singing our school song in the hall, everyone will definitely show their collective energy and unitive morale, students and teachers alike. Apparently, the song is sowing the seeds of nurture for a positive learning environment in our school.

### The Driving Force: Perseverance and Charity

As stated in my favorite line of the school song—"Perseverance charity we all know / They forever in our spirit grow," perseverance and charity are the two major spirits that keep students going. These lyrics suggest that these virtues are not just temporary rules, but internal forces that are meant to evolve within us over time. While 'Perseverance' gives us the resilience to overcome considerable obstacles, 'Charity' encourages us to face hurdles with empathy and courtesy, making the world around us better. This lyric ensures us to be contributing citizens, preparing us not just to be successful individuals but people of character.

### A Commitment to Truth and Improvement

Another line that deeply defines our school spirit is: "Seek to improve, Pledge to be true." This verse highlights that being a student here is a dual commitment to both excellence and integrity. To "seek to improve" shows that the TSWGSS spirit is never stagnant; we are always reaching for a higher version of ourselves in our intellectual and moral education. However, this improvement must be paired with the "pledge to be true," which emphasizes honesty and being true to our own principles. It reminds us that our successes mean nothing if they are not built on a foundation of truth. This balance is what makes our school education truly meaningful, as it develops our potentials while keeping us grounded in sincerity.

### The Growth of our Inner Spirit

Instead of just looking at these virtues as school rules, we should see how the line "They forever in our spirit grow" defines our internal journey. This specific part of the song teaches us that our school spirit is a living thing that develops as we face challenges. To live these values means to accept that our character is always under construction. The "spirit" mentioned here acts as an internal engine; it means that even when we face difficult academic subjects or social hurdles, there is a permanent part of our TSWGSS identity that pushes us to keep trying. It is not about a single act of hard work, but about the "forever" growth of our mindset, ensuring that the wisdom we gain at school stays with us long after we leave.

### Our Greatest Legacy

All in all, our school song is our moral compass. It reminds us that just knowing these virtues is not enough; the lyrics serve as a constant reminder of the people we are becoming. Let us keep this wisdom forever, not just for a moment. I strongly encourage all students to listen closely to the lyrics next time we sing, finding our own path to defining the TSWGSS spirit. The strength we build and the kindness we give will definitely become our greatest legacy.

By 4D Gabriel Tam

**SCHOOL SONG**

words: Mrs. L. Kung  
Miss K. C. Liu      melody: Mr. V. Tong  
arr.: Dr. W. Watson

Tin Shui Wai-pupils Love we all pro-fess keen-ness on learn-ing we mani-fest

天覆地載 水圍山繞 萬物滋長 樂隨時序

Hon-our our teachers and take pride in our school Seek to im-prove Pledge to be true

業宇繼開 有教無類 登覽振聵 啓地多方

Sing and re-joyce with voices strong to one fam-i-ly we all be-long

五育栽培 敦厚綿長 勉哉同學 珍惜時光

Per-se-ve-rance chari-ty we all know They for-e-ver in our spirit grow

好學力行 結隊向前 匡時偉業 奮勇承當