



天水圍官立中學

Tin Shui Wai Government Secondary School

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疫境要自強

4D 陳樂兒



全世界因為一個不速之客——新冠病毒變得兵荒馬亂，它毫無預兆地席捲全球。這是一場抗疫持久戰，但我們何時才能打敗它呢？新冠病毒的出現，擾亂了人類的一切生活規律，當中學生所受到的影響甚大。從來都不關注新聞報道的我，現在每天都會打開電視機，目不轉睛地留意新聞報道的畫面，最令我著緊的就是一堆確診數字；看著它直線上升的趨勢，不禁令人擔心。學校要停課、學生恢復半天面授課程、中小學及幼稚園提前放暑假等消息，每天都有不同的新訊息接踵而來，相信老師和同學們一定非常擔憂。

起初，大家得知不用上學的消息時，都沾沾自喜，加上上網課，沒有了老師的管束，更是令人感覺輕鬆了許多，即使有時在上課分神，老師也難以察覺。漸漸地，我開始懶散了，有時候我會在上網課時用心不專。雖然我知道這是不對的，但後悔過後總又重蹈覆轍。看到其他國家的學生可以回到校園上學，與自己的朋友玩耍打鬧，我羨慕他們能有學校的約束規管，也羨慕他們能有一個很充實的一天。

我期望香港能全面恢復正常，令學生可以上全日課，大家便能迎接充實的校園生活。



疫境要自強

4D 黃子權



在中國，根據最早已成系統的文字——殷墟甲骨文所記載，在商朝時期就已經有了「蟲」、「蠱」、「瘧疾」這些文字的記錄，特別是「瘧」在中國古代文字學中，是指「瘟疫」的意思，這些與疾病有關的字應當是中國最早與瘟疫有關的文字記載。直至今日，全球新冠病毒確診個案已突破4.9億人，死亡人數更高達260萬人，面對來勢洶洶、不斷變種的新冠病毒，我們不禁會問疫情何時才能結束，讓大家回歸正常生活呢？

2003年的那一場沙士風波，給香港每一位居民的心中，都留下了一道難以磨滅的傷痕，這也是一次既悲痛又漫長的集體回憶。

在新冠疫情爆發的初期，港人便爭相湧到各大商店藥房裏將口罩、消毒水、酒精等抗疫物資搶購一空，他們害怕那心頭不解的結，會再一次重現眼前。當然事後在中央的大力援港下，在政府和專家的安撫下，這次恐慌並沒有持續多久，而人們也將重心轉移到了「衛生安全」上。

國家衛健委專家梁萬年表示雖然新冠疫情仍處於上升階段，但我們對這種疾病的認識加深了許多，加上香港有較好的醫療資源條件，城市治理和管理能力也比較強，尤其是有中央的支持，有特區政府的堅強領導，有社會各界團結一心，這些都是戰勝疫情的有利條件。

為了減少感染機率，香港人時刻都遵守著一套抗疫招式，那就是：戴口罩、勤潔手、保距離、早求醫、護長者、寫日記、齊檢測。雖然在別人看來只是簡單的防疫知識，但這也是最清晰、最直接的方法告訴我們，在疫情之下該如何保護自己。

除此之外，心理的健康也是最重要的，大家在疫境中，也許會產生不少負面情緒，但無論我們遇到怎樣的挑戰和困難，都要以樂觀積極的心態和自強不息的精神去面對，同時更要好好利用這段時間，在各方面提升自己、多多陪伴自己的家人。面對疫境，我們不要只著眼負面訊息，而是多留意社會上正面的事情，如民間組織義助長者抗疫等、派發防疫物資、免費派發食物給有需要的家庭等善舉，從而令市民感到有人關心，對前勇抱著希望，這樣便有助他們減輕負面情緒。

雖然疫情仍在蔓延，社會也開始出現了「抗疫疲勞」的現象，但在此也要呼籲大家要保持抗擊疫情的信心，也正如專家梁萬年稱「不能麻痹大意，但也要樹立信心，人類一定能夠戰勝新冠病毒，香港肯定能夠戰勝新冠肺炎疫情。」

大家要常抱希望，積極抗疫啊！



疫境要自強小知識

4D 郝樂芝

中國

中國早在去年第二季

已經解除國內封鎖，國民都可以自由進出各城鎮，但最近內地疫情反覆，早前上海便有過萬宗的確診數字。由疫情爆發至今，中國內防反彈、外防輸入，維持着十分嚴格的入境檢疫措施，嚴防死守對新增感染零容忍，被稱為追求動態清零的防控政策。這種政策的好處就是避免了由新冠病毒造成生命和健康損失，同時以最快速度恢復經濟和社會生活秩序。不過有專家擔心，將來如果其他國家實現了羣體性免疫，將對中國產生相當大的壓力，或會增加中國的防控難度和成本。

新加坡

新加坡採取與

新冠病毒共存的政策，力圖恢復常態。新加坡總理李顯龍在演講中宣稱：「新加坡政府考慮所有因素後，已準備邁向與新冠病毒共存的決定性一步。」這意味著新加坡人可以參加親友聚會，在室外也不用戴口罩，甚至可以出境與國外的親友團聚。不過新加坡市民也要遵守新政策實施下的安全管理規定。比如身體不舒服時，就要自行進行核酸檢測，如果檢測結果是陽性，市民就要留在家裏自我隔離；如果檢測結果是陰性，市民外出時也需要戴口罩，希望能在市民自律下控制好疫情。

英國

英國在新增感染病例並

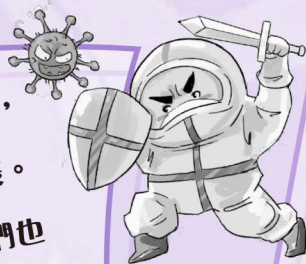
未清零，甚至還面臨反彈的情況下，政府幾乎解除了所有防疫限制，例如公共活動中不設人數上限、不強制市民在公共場所戴口罩等。大街小巷基本恢復了疫情之前的景象，街頭巷尾都非常熱鬧。英國人在廣泛接種疫苗後，選擇了與病毒共存的生活。這種方式的優勢在於經濟和行政的抗疫成本相對低，劣勢在於風險較高，因為病毒還在不斷變異，威脅着民眾的生命與健康。

訪問老師對疫情的看法

4C 鄺韻怡、4C 袁余菲、4D 陳曉君

何諾衡老師

新冠病毒流行至今已經三年多，部分國家開始採用「共存」的方式抗疫。然而，我認為不論疫情嚴重與否，我們也應該以最認真的態度養成抗疫的習慣。例如：時刻注意個人衛生，勤洗手，在街上切勿以手觸碰眼、鼻和口等。雖然疫情難以完全減退，但必須盡最大能力保障自己和家人的健康。疫情很可怕，病毒可能對抵抗力較強的你沒有影響，但它有能力帶走你身邊抵抗力較差的親人，所以我們絕對需要保持警惕，盡力而為，以一切可行的方法抵抗病毒。



胡嘉名老師

我認為這次新冠疫情大流行是本世紀一次衝擊人類生存的重大危機，富裕國家應該充分合作，盡力幫助一些經濟落後的國家抗疫，否則這些國家疫情日趨嚴重，病毒只會不斷變種，最終衝擊全世界。各國合作抗疫的目的是減低病毒變種的機會，藉此爭取時間讓科研人員研制出更有效醫治新冠的藥物以及預防染病的疫苗。另一方面，對於本港醫療人員能夠堅守崗位，默默承受工作壓力去對抗疫情，我衷心感謝他們無私的奉獻。作為市民，每天要遵守防疫措施，日子久了，或許會有抗疫疲勞，身心疲累。但本著众志成城的團結抗疫的精神，每位市民應盡自己責任，配合政府抗疫政策，這樣本港疫情才能有望舒緩和解決。



梁冬麗老師

網課初期，無論是學生還是老師，都是處於一個摸索的狀態，不過還是很快上手。大家都想快點恢復以前的狀態以及學習進度，不過因為疫情，學校有很多活動不能舉行，真是可惜！今年第五波的疫情比較特殊，來得比較快，傳染力也更強，讓感染的數字迅速飆升，完全是不敢想像的。還記得前兩年買口罩很困難，而今年我需要排隊搶購測試劑以及一些預防的藥物。經過前段時間，我的防疫措施也做得更加小心，除了外出買藥和生活用品之外，其他時間我跟我的家人基本上都留在家中，而消毒工作也更加頻繁，避免外出以後把病毒帶回家中，影響家人。

我很期待快點復課，畢竟我們上課的時間本來就不是很长，盡快恢復面授或者全日上課，對同學也有好處。不過今年我還是很感恩的，哪怕在疫情之下，學校依然有很多活動可以進行。在疫情之下，我認為心態是最重要的，我希望各位同學能用樂觀的態度去面對這一切，也希望同學就算在家裡也要積極奮發，盡自己學生的本份，努力讀書。



周玉鳳老師

新一波新冠病毒傳染力迅速，它經過不停變種竭力生存，人類則全力抵抗。經過兩年多的疫情，由於各國廣泛使用疫苗，加上市民感染病毒後，身體產生抗體，大家都慢慢學會如何面對這個傳染病。

面對這個傳染病，我們要對社會上不同崗位的人持感恩的心，例如一羣敬業樂業的醫護人士未曾退縮，一心堅守當初披上白袍時的承諾，承擔照顧每一位病人。還有一班默默在街頭城市努力工作的前線清潔員工，也應得到我們的尊重和感謝。前線清潔工人無懼風險，努力清潔城市，盡可能阻隔病毒傳播，為市民提供健康的環境。我們要向每一位站在前線抗疫的人致敬，希望他們在工作的時候，也要注意自身健康的防護。

近日確診數字有回落趨勢，政府亦開始逐步放寬社交距離設施。疫情當前，每一位市民都應該發揮互助精神，以強大的正能量及公民的承擔精神去對抗疫情。

每個人都盡力抗疫，希望能看到疫情緩和後的美好景象，我亦期望大家不用再戴口罩，每天都看到不同的笑臉。



Hot Topics in the World

Omicron around the world

4D Shaheena Rani

Recently, reported cases of COVID-19 have once again increasing globally especially the highly transmissible Omicron variant which has brought the epidemic to a new peak.

According to Wikipedia, The Omicron variant is a variant of SARS-CoV-2 (the virus that causes COVID-19) that was first reported to the World Health Organization from South Africa on 24 November 2021. The Omicron variant spreads more easily than the COVID-19 and Delta variants. Most importantly, anyone with the Omicron infection whether vaccinated or not can spread the virus to others. This clearly explains why cases of Omicron are rapidly increasing.

First of all, let's talk about the symptoms of Omicron. Omicron symptoms can look like flu and cold symptoms and cause a runny nose, headache, fatigue, sneezing, and sore throat. It can be seen that the symptoms of Omicron have no clear difference from Delta and COVID-19. If you are experiencing any symptoms, get tested as soon as possible.

What measures should we take if we are infected? For people with mild symptoms, it is recommended to stay at home. In addition, try to stay in bed and drink plenty of water. Those with severe symptoms are recommended to go to hospital for isolation and treatment.

Let's take a look at how some countries around the world are reacting to the omicron variant.

Spain

Reimpose a nationwide requirement to wear a face mask outdoors.

Singapore

Ticket sales for arriving flights and buses were frozen in an effort to stop the spread of the Omicron variant of the coronavirus.

Australia

Reopened vaccination hubs for COVID-19 boosters.

This shows that epidemic prevention measures in many countries are constantly tightened due to the spread of Omicron.

People are advised to get the vaccination. It is the best way to protect yourself from the virus. However, if you are fully vaccinated and boosted, you can still be infected with Omicron because of the mutations that allowed it to evade some of the immunity produced by vaccinations and previous infections. Therefore, people should still be vigilant after getting vaccinated.

Lastly, to protect yourself and others. Remember to wear a mask in public and wash your hands more often. Let's hope the epidemic ends soon.



文海試航

《推開窗，陽光正好》



3D 鄒卓彤

窗外，是一道風景，卻不在心裏；心裏，有一道風景，卻不在窗外。

「我們離婚吧！」爸媽每次吵架都會說這一句話，我只把它當玩笑話，但我從未想過，他們真的要履行這句話。他們的離婚沒有讓我感到氣憤和埋怨，但悲慟的氛圍始終徘徊在我身旁。

吵鬧聲一直伴隨著我的童年，他們的離開把屋子弄得肅靜，原本吵鬧不休的家從那天起，只剩淡淡的檀木香充斥在屋內。爸爸有了新的家庭，新的生活；媽媽常年在國外工作，不誇張的說，她一個月只回來兩三次。我帶著沉重的壓力步入初中，學習壓力也日益增多，整天埋首於書山題海，自己仿佛活成了生活中的「絕緣體」。

我開始自己上學，做飯，疊被子，有事沒事掃掃地擦擦窗，一個人包攬所有家務。自那以後，我沒有真正感到過快樂，除了上學，我就再也沒有踏出過家門，甚至遮擋著窗外景物的窗簾也沒有掀開過。

直到某個下雨天，許是早上要自己弄早餐，電視很少打開，因此，我看天氣報告的次數屈指可數，導致我被我自以為突如其來的暴雨弄得猝不及防，我瞅了眼以前放傘的書包側邊袋，猛然驚覺我的傘靜靜地躺在家裡的鞋櫃上，沒了雨傘的我頓時手足無措，不知如何是好。我站在雨篷下，雨水滴滴答答的打落在地上，濺起蓮花盛開般的水花。「看來現在到晚上都不會停雨了，該怎麼回去呢？」我心想。就在我猶豫要不要硬著頭皮冒雨跑回家時，一股不大不小的力氣拖著我的書包帶，令我欲走還留的步伐徒然頓足不前。

「那麼大的雨，你連傘都沒有，就想這麼跑回去？」我聞聲後回頭，發現說話的是我班上的男同學。我怔了一會兒，意識到自己沒有接話，帶著困惑的語氣回道：「下那麼大雨，你怎麼還沒回去？」他沒有回話，一聲不響地走到我左平邊，把大傘撐在我與他之間，我緊繃的弦沒由來地鬆弛了。「走吧！送你回家。」這句話深深刻在了我的腦海裏，至今依舊銘感不忘。我側眼睨著他，只見一段星光蘊在他眼底，心裏的愉悅偷偷在湧動，我眯著眼，不由自主地笑了出來。



昨夜的窗外，墨色的虛空無一顆星點綴，仿佛是無邊無際的寂寥，我看著這一望無盡的黑夜，只覺得無邊的寂寞將我吞噬；今夜的窗外，我卻覺得格外溫馨，數不盡的每間屋子散發著暖黃的燈光，照亮了整條街道。夜幕中那深藍色的天空比平常迷人了許多，空中閃動著一顆又一顆恆河沙數的星星，好像在黑藍色的地毯上跳舞，又像在眨著眼睛和我說話。霎時，我帶著一天的欣喜闔上了眼，悄然入睡。

第二天清晨，我一反常態，揭開了塵封許久的窗簾，推開窗，陽光正好。

Students' Contributions



5C Wong Tsz Yim, Cyrus (23)

Your teacher has nominated you for the Hong Kong Good Works Society's Outstanding Youth Volunteer Award. Each nominee must submit to the adjudicators a picture and an essay describing what he / she has done for the target group in the picture.

Better Future for the Elderly

Nowadays, it is not uncommon to see elders wandering aimlessly in public areas. Thanks to the Second World War, which created the generation of baby boomers, thousands of children were born. Their tireless personalities and perseverance healed the wounds of the economic downturn. They are true legends. In the past, they were young, eager and ambitious, yet decades and decades later, there is nothing left behind but a massive group of elders. Some of them are "abandoned" by their family and sent to residential homes for the elderly. Some are forced to live alone. Some suffer from dementia and some depression. Worse still, some people vent their frustration on their elder family members. These issues touch my heart. I have been serving as a volunteer in the Society for Better Well-Being to the Elderly (SBWBE), a non-profit organization that campaigns for the elderly welfare and builds a better tomorrow for elders.

The first thing I have done is that I joined a travel event with elders. The SBWBE brought us to "travel back time" in which we paid a visit to some of the remaining 60-80s factories, the places where elders used to work in. Moreover, we had workshops with the elderly that allowed them to make plastic flowers along with some spinning work. After we merchandised those plastic flowers and fabric productions, the profits were donated. During the workshops, I learned a lot about their era, how people lived for instance. In the meantime, telling many tales about their past to us makes their mood better than before. Also, making handmade products can train their ability to think and prevent dementia.

As I said before, there's a massive group of elders that lives alone. Therefore, I interviewed many solitary elders with my teammates. The first case I met was an elder who lived with dementia. Although the first conversation we had was quite awkward, after many visits, I started to develop a friendly relationship with her. Besides, I usually did domestic chores like sweeping the floor and tidying up her stuff with my teammates. It was uplifting when we finished cleaning up a disordered house. And of course, she was satisfied every time. As long as she is happy, I feel joy too.

What I have done is very meaningful, and it brings gladness to me. I hope that I can raise people's awareness of nurturing better well-being for the elderly. We had better build a brighter future for not only the elderly, but also ourselves.



T.V Series Review

3D Andy Pei Cho Fai

"The Hot Zone" is a medical TV Series that came out in 2019, based on the 1994 non-fiction book of the same name by Richard Preston and airing on National Geographic.

The story was about Dr. Nancy Jaax discovering a possible Ebola outbreak after receiving a sample of blood clots from a dead imported monkey infected with an unknown type of filovirus. She later took it to Biological Level 4 laboratory to test which type of filovirus it was. In the end, it tested positive for Ebola.

After that, a team was organized to decontaminate the monkey storage facility and euthanize all the monkeys inside. Despite major difficulties, they succeeded in their mission.

In the end, four people were infected with the Ebola virus. Also, an employee who worked at an international airport tested positive for Ebola antibodies. None of them died as the strain was not deadly to humans.

Even though the virus was discovered first in 1976, there have still been outbreaks of the virus in recent years. For example, last October, the Democratic Republic of the Congo announced an outbreak of Ebola in Beni Health Zone, North Kivu Province.

After watching the series, I thought long about the argument Dr. Jaax brought up, "We have to stop reacting to virus outbreaks after they flare up, and instead plan for it.". Although this series was released before COVID-19 was widely known, we still didn't plan for it, causing the deaths of millions of people around the world. What are we going to do next time? Watch the world melt down again from the virus? No, we should be prepared next time by consistently working with the World Health Organization if there's a virus outbreak so that other countries can be well prepared by deploying measures on time.

Name of series: The Hot Zone
Director: Michael Uppendahl,
Nick Murphy

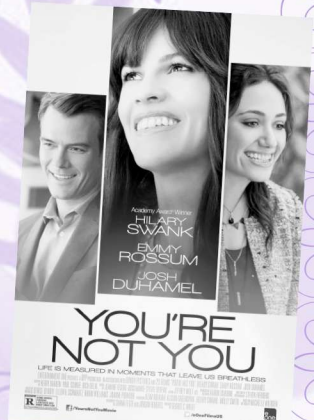
Movie Review

4D Alexa Li Hoi Ching

"You're Not You" is a drama film which was released in 2014. This story is based on a novel of the same name by Michelle Wildgen. It is about a classical pianist, Kate Parker, who is diagnosed with Amyotrophic Lateral Sclerosis (ALS). ALS is a neurodegenerative disease whose symptoms include gradual increasing weakness and muscle wasting, it will eventually cause paralysis and early death. The movie depicts the difficulties that Kate faces and the relationship between her and her caregiver, Bec Cartwell.

In my opinion, the movie encourages people to never give up easily. Kate is suffering from ALS. It is an uncommon disease and there is no method to cure it. Before Kate met Bec, she wanted to give up and was waiting to die. Fortunately, Bec became her caregiver and changed her life. Even though ALS is inmedicable, they still have a couple of adventures, including going to a club, meeting another couple where the wife has ALS and trying "herbal therapy".

Even though the film is not based on a true story, it is very touching and it teaches us how to deal with difficulties. In this pandemic era, we have had to stay home and wear masks to avoid virus infection and many people are facing emotional and economic issues. I hope this movie can bring us joy and let us overcome this difficult time.



Name of the movie:
You're Not You
Director: George C. Wolfe

Song Review



Name of the song: *Never Not*
Singer: Lauv



"Never Not" is a song performed by an American singer, Lauv. It was released on May 31, 2018. It was also featured on the album "I met you when I was 18!"

The lyrics in this song are all about missing a person. The words convey sadness because the couple are not together anymore. However, their memories will never be erased.

"Took 'em down but they're still in their frames" is a lyric from this song. The frame represents memories. Although the picture is not hanging on the wall, the memory is still there.

"Didn't we have fun?" I think this is the saddest sentence in this song so I can only think of it occasionally.

I recommend this song to people who want to relax or people that want to forget someone who has brought them miserable memories. I think they can move on faster after listening to the song.

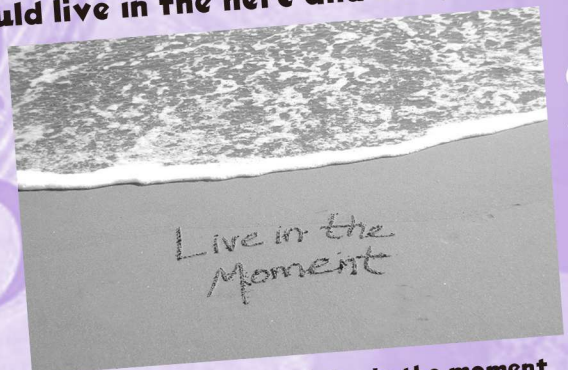
"Living in the moment" is a song by Jason Thomas Mraz which was released on 16 October 2012. Jason Mraz is an American guitarist, singer and songwriter.

This song really cheered me up when I was in my darkest time. Live in the moment and you will live worryless, happy and content all your life.

This song was inspired by the yoga classes that Mraz attends. He explained to Billboard magazine: "I wanted to create a song with mantras and affirmations. I honestly get my best material from yoga classes. At the end of a class, a teacher will tell you something so simple yet so profound that sticks with you throughout your day and it shows up in how you interact with others or how you interact with your tasks. This song was kind of a collection of all that I've been learning the last couple of years that might empower a listener if one should choose to sing it."

This song conveys the message that we should live in the here and now, and we must not carry baggage from our past life so that we can enjoy every moment of our life.

When you are too afraid of life and new things to explore, this song will rescue you and give you positive feelings.



Name of the song: *Living in the moment*
Singer: Jason Mraz



展覽名稱：「起現實之外—巴黎龐比度中心藏品展」
展覽地點：香港藝術館 二樓專題廳
展覽日期：2021年5月21日至9月15日

「不加思索自畫像」是由香港藝術館館推出的互動展覽，展覽由新媒體藝術家朱力行創作，當中包括一個大型 LED 顯示屏、一組可移動的長臂和三部輕觸式顯示屏。這項目所展示的眼睛、鼻子和嘴巴圖像來自接近四十件香港藝術館藏品。當參加者移動長臂便會改變 LED 顯示屏上由館藏組成的肖像；參加者亦可以揀選藏品中不同的眼睛、鼻子和嘴巴圖像，或用自己的面孔來組成獨特的自畫像。

這作品鼓勵參加者透過互動激發創意，並為香港藝術館館藏注入新能量。當您照鏡時會看到自己，藉著參與這個互動展覽，您有機會審視、思考、感受和展示自己，並從有趣的體驗中欣賞藝術。



好書推介

4D 蔡鋒熙

什麼時候子女和父母深深聊天已成為一件難事？為什麼和心愛的人溝通那麼不可能？父母為什麼不可以像朋友？又為什麼管那麼多？

《親愛的安德烈》主要是由作者龍應台和他的兒子安德烈之間往來的三十六封書信構成的。龍應台女士和安德烈因為身處異地和工作的原因，互相陪伴見面的時間不多，甚少接觸，所以龍應台女士決定和安德烈書信往來，藉此重新認識對方。從價值觀念、文化品味、政治時事等不同的差異以及龍應台身為一個母親對子女的慈愛、關心亦在書信中自然呈現。

在書中安德烈說：「媽媽你跟我說話的語氣跟方式，還是把我當成十四歲的小孩看待，你完全無法理解我是個二十一歲的成人。你給我足夠的自由，是的，但是你知道嗎？你一邊給，一邊覺得那是你的「授權」或「施予」，你並不覺得那是我本來就有的天生的權利！」或者這就像現時父母和兒女的處境，父母和孩子就像上下級的模式一樣，沒有互相瞭解亦沒有互相體會，但是這些隔膜是可以化解的，最好的方法就是互相對談、互相了解，從分享日常生活去慢慢消除隔膜，讓和父母聊天成為一件簡單的事，讓他們成為我們成長過程最好的朋友。



書名：《親愛的安德烈》
作者：龍應台, 安德烈
出版社：天地圖書有限公司
出版日期：2007年11月

電影介紹

4D 陳樂兒

《長津湖》於2021年9月30日在中國上映，該片以抗美援朝戰爭第二次戰役中的長津湖戰役為背景，講述了一段波瀾壯闊的歷史。在極嚴寒環境下，中國人民志願軍東線作戰部隊憑著鋼鐵意識和英勇無畏的戰鬥精神，扭轉戰場態勢，為長津湖戰役勝利做出重要貢獻的真實故事。

這部電影裏有句話：「我們這輩人打仗，為的就是下輩人不再打仗。」他們在戰場留下的血是中國人的驕傲，他們戰死沙場的身軀，抵禦了列強入侵，成功擊退敵軍，履行了保家衛國的使命，捍衛了中華人民共和國的尊嚴；他們頑強抵抗零下四十多度的惡劣天氣，最終在戰場被冰封了。他們堅定無比的意志被永久地留在那裡，敵軍再也無法靠近。

我們現在所享受的安穩都是前輩人打仗贏來的，所以欣賞這套電影時，大家也要銘記一眾烈士的功績。



電影名稱：《長津湖》
導演：陳凱歌、徐克、林超賢
主演：吳京、易烊千璽、朱亞文、李晨、韓東君、胡軍

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