



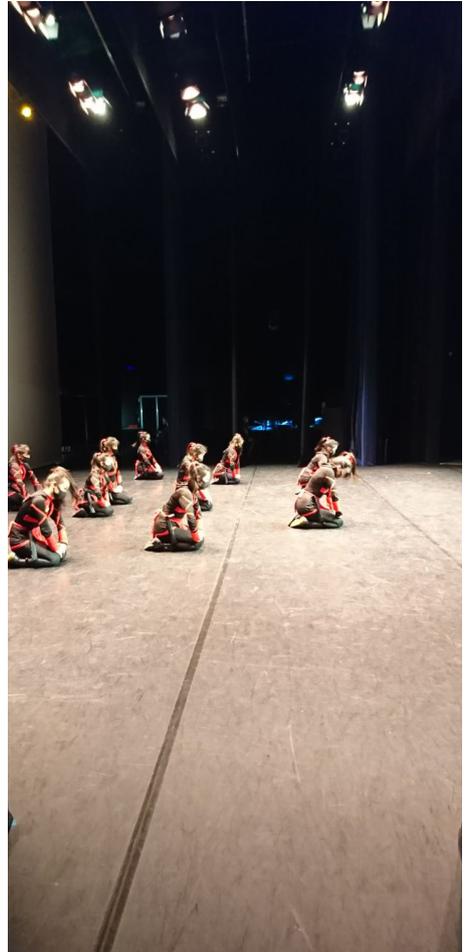
Alumni Association E-Newsletter

Issue 15 (May 2018)



A-School Updates

01





Dance World Cup is held in different countries every year. Dancers from all over the world competed in their own regions to get into final round. There will be over 1,200 teams in different categories in the final.

Jazz Dance Team participated in the Dance World Cup 2018 on March 29 & 30, 2018 and won the Gold Awards in both the Hong Kong Qualifying Match and the Asian Cup. They have scored high enough to enter the Dance World Cup Final which will be held in Spain in June.

The Dance World Cup Final will be held in Sitges, Barcelona in Spain from June 22 to June 30, 2018. Jazz Dance Team will be competing with other teams in the evening on June 27, 2018 at the Beach Stage, Melia Hotel at Sitges. There will be a live broadcast of the competition on the Internet. Please surf the official website of Dance World Cup (<http://dwcworld.com/>) for more information.

Don't miss it!

1.
Jazz Dance -
Gold Award



The World Class Test – Mathematics and Problem Solving

A-School continuously encourages and supports students to join various Mathematics competitions. Some of our Grade 5 to Grade 8 students attended the World Class Test (世界數學及解難測試), which is an international benchmarking assessment that evaluates the higher order thinking, analytical thinking, critical thinking and creativity abilities of students. Our students achieved great results in the test and A-School received the School Award (Secondary) for “Outstanding Group Performance & Most Double Distinction” in this competition. Congratulations to our students for their outstanding performances!

2. World Class Test



3. Championship of Bible Choral Speaking Competition

中文集誦隊迎來了七連冠！這七年來的榮譽，屬於每一個放學後留下來訓練的老師和同學；那飄蕩在禮堂和校園各個角落的回音是他們奪冠路上的印記。比賽當天，每一位同學不但高度集中地完成比賽，更享受比賽過程，陶醉於詩詞歌賦中，感受古人的豪情壯志，相信對他們學習中文亦有很大的助益。

10E 余欣衡

起初受邀入隊時，我不明白反覆誦讀的趣妙之處。如今回首，才驀覺朗誦古詩詞實是與古人神交的橋樑，「守拙歸園田」的閒適怡然，「黃河九天上」的雄奇險象，我們以跌宕精彩的朗誦重現舊情舊境。練習固然辛苦，但有同舟共濟的隊友、悉心指導的老師，他們總能賜我力量，在我倦怠時有如最堅強的後盾。三年來，我們聯手打過一場場漂亮的仗，「付出甘之如飴，所得歸於歡喜」。感謝集誦隊予我的一切，這些年的回憶、感動，我將銘記於心。

9E 盧巧諾

今年是我第二年參加中文集誦隊。記得剛開始練習的時候，我對自己沒有多大信心，只輕聲朗讀，但得到老師的鼓勵、教授朗誦技巧，並經過反覆練習，我朗讀的水準也慢慢提升，並於第69屆的校際朗誦節，勇奪普通話詩詞集誦的冠軍！練習的過程雖然艱辛，但這些經歷更令我體會到「一分耕耘，一分收穫」的道理。



4. Lunch with Dr. Ben in London



Our alumni (from left to right) Dash Chan (Class of 2017), Kenna Lau (Class of 2017), Janet Li (Class of 2015) and Celine Lau (Class of 2016) having lunch with Dr. Ben

Kenna Lau Class of 2017

It has been a few months since I started studying arts in England. Although My life is really fruitful now, I wouldn't have forgotten the wonderful times I had in A-School. I am so grateful that Dr. Ben visited us and told us about the things that happened in A-School. It was also a great opportunity for me to meet up other alumni to share our thoughts and experiences on living and studying abroad. I had a great time and I hope there will be more opportunities like this in the future.

5. Award for Arts Education (School Division) of Hong Kong Arts Development Awards 2017

We are pleased to announce that the Secondary Division of A-School has been awarded the Award for Arts Education (School Division) of Hong Kong Arts Development Awards 2017 in recognition of our efforts in promotion of arts education. Accompanied by the VA teachers, student representatives of the award-winning project “古跡、今藝—由走入古跡、搜集舊物、發掘歷史到反思自身和社會關係藝術計劃” attended the Presentation Ceremony held on 11 May 2018 to receive the prize. This is a ground-breaking record to us as we are honoured to receive this highest commendation in the category for the second time since 2014.





6. APEX Visual Arts Graduation Show 2018

In order to recognize our students' talents and achievements in Visual Arts, we specially organize the APEX Visual Arts Graduation Show 2018 for our G12 graduates. The exhibition will showcase our students' artworks of their 3-year study in HKDSE Visual Arts.

The Opening Ceremony was held on May 25, 2018 and officiated by Prof. Roland Chin, President and Vice-Chancellor, Hong Kong Baptist University, Prof. Frank Fu, School Supervisor and Dr. Benjamin Chan, Chief Principal. Exhibition was held from 24/5 to 30/5 in Koo Ming Kown Exhibition Gallery, CVA building, Hong Kong Baptist University, 5 Hereford Road, Kowloon Tong. Part 2 of the show will be held in Dr & Mrs Anthony Yeung Visual Arts Gallery in A-School. Exhibition period from 15/5 to 29/5.



Student Union and Chamber Updates

Do you miss your secondary school life? Do you miss your CHAMBER? The following are some snaps of the chamber activities in the recent months.

02

As a tradition, chambers actively participated in the Chinese Culture Day by designing fascinating booths and games.





Chamber and House Competitive Games

This year, Chamber leaders participated in the annual Picnic Day held by the Parent-Teacher Association by organizing "Chamber and House Competitive Games". The event was held with joy and happiness!

Mathematics Week

Chambers also paid efforts in Academic Weeks! Here's are some highlights of the Mathematics Week and Gospel Week in March 2018.



"History of Mathematics Banner Design Competition"

Gospel Week



Representatives of Chambers were fighting for points in the inter-chamber competition.



A-School Got Talent

A-School's Got Talent (AGT) is one of the signature events organized by the Student Union. The heats were held on May 21 and 23, 2018. The heats have given us so many surprises from amazing voices to dancing vampires. This year's AGT will definitely be the one that we look forward to. We were so grateful for the four amazing judges who helped us select out the best. 19 groups performed in the heats and they all did a wonderful job. Their performances have brought us entertainment and excitement. We were glad that the contestants had this platform to show off their talents in A-School and there is more talent yet to discover. The **AGT final** will be held on **June 21, 2018**. You are cordially invited to attend this traditional event in A-School! Hope to see you all soon!





9th Aquatic Meet

November 3, 2017 @Shing Mun Valley Swimming Pool

The 9th Aquatic Meet was successfully held in Shing Mun Valley Swimming Pool in November 2017. With the training provided in Primary Division and Lessons in Grade 7 PE Curriculum, more students were capable to swim and made the competition intense and exciting. Different Chambers sent their best swimmers to compete in both individual and relay events. Da Vinci, the retaining Champion, continued to show its dominance again and was able to fend off the challenges from other Chambers to retain the champion of the overall title. The competition is expected to be increasingly keen in the future. All alumni are welcome to join us in the relay competition!



Guest of Honor, Mr. Wong Hui Wai, Hong Kong Triathlon Athlete

Sports Team Updates

03

The Girls Badminton Team

Badminton is another well-established team in A-School and always has stable performances in the Inter-School Competition but just missing some sparkles to make a breakthrough and win the Champion.

This year, we got new coaching team and new members in Grade 7 who propelled the team to move forward. The Girls C Grade Team, in particular, mixed with new experienced and potential members and posted great threat to our rivals.

They performed well in the competition and did performed even better in the final round to win the Champion without losing a single game for the first time in A-School history!



The School Tennis Team

The Boy's and Girl's Tennis Teams are quite young compared to Softball Team, Basketball Team and Volleyball Team. But their improvement over the last few years was significant and worth respecting. The boy's team entered to the final for the 4th year and the girl's team made an incredible achievement by advancing to the final for the first time.

Both teams have given their best performances and just fell short to the opponent after a hard-fought battle and got the second place in the New Territories Secondary Schools Tennis Competition.

Facing many tough rivals, the teams have shown their passion and determination in every game. Even though they did not get the Champion this year, their spirit would sustain to push them forward.

Visual Arts Team Updates



Artist in Residence 2018

1. G11 Visual Arts students - Artist Au Hoi Lam

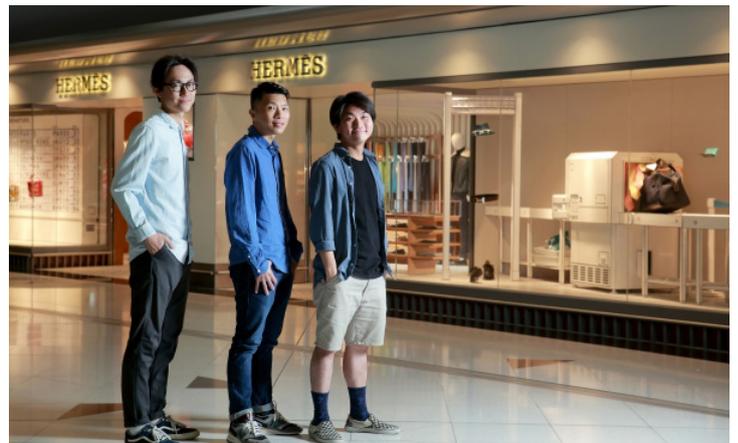
Au Hoi Lam Helen is a Hong Kong painter who graduated from the Chinese University of Hong Kong in Bachelor of Arts and Master of Philosophy. She introduced different new perspectives in the language of painting to our G11 students. The artworks from students were displayed in the Arts Festival which was held in late April to show what they have learnt in the topic.





2. G10 Visual Arts students - Artists Brainrental

Brainrental is a creative trio based in Hong Kong. They are Kelvin, Chu and Roger. The theme of this year was "Ordinary Behavior". They wanted to inspire our Visual Arts students to re-think the relationship of their everyday life with the impact of technology. Students learnt 3D model making skills and illustration technique then integrate into their artworks.



Senior Secondary School Visual Arts Portfolio Awards

Our alumni Kenna Lau (Class of 2017) has won the Visual Arts Portfolios Award in the Exhibition of Senior Secondary School Students Visual Arts Portfolios. The competition was organised by the Education Bureau annually and the portfolios were exhibited at Hong Kong City Hall in April. The award is definitely a recognition for her hard-work in building up her DSE portfolio in the past years.

Kenna is now studying the Bachelor Degree of Fine Art in Central Saint Martin.



Alumni updates and Sharing

05

Yau Ruoshan

Class of 2015
Bachelor of Arts in History and Archaeology
University of Leicester



Hi everyone, this is Ruoshan!

Some of you may know I went to England for my study, but guess what? I'm in Germany at the moment for the Erasmus Exchange Programme!

I found that Germany is a very family-oriented nation, probably similar to our Chinese culture. German students are self-driven and self-motivated. Limited guidance is provided to the students unless they ask for it. In my opinion, Germany is a great place for students to study engineering or environment-related subjects as the Universities here have the best equipment in the world. All in all, I am grateful to get the chance to study here and experience the German culture!

Lee Long San
2017 畢業生 香港滑浪風帆運動員



大家好，我是2017年的畢業生李朗榮。首先感謝學校提供這個平台讓我可以分享畢業後的生活。

我自問自己不是讀書的材料，成績也不理想。當我拿到DSE的成績單時，當然未能考獲能夠入讀大學的成績，但於我而言，盡了自己的能力應考便是最理想的成績了。最後，我入讀了在A-School旁的國際學院(CIE)，就讀運動及康樂課程。CIE令我擴闊了自己的視野，結識了一班志同道合的朋友，亦令我感受到大學是一個充滿自由和自律的地方。

現時我是一位香港滑浪風帆運動員，在代表香港隊的過去四年，風帆帶給我寶貴的經歷，認識到關心我的教練和朋友，令我有一個與別不同的經歷。

2017年8月，我鼓起勇氣，立志投考消防員。當時只有17歲的我，抱住一試無妨的心態去見識。儘管如此，我還是在投考過程中花了百二分的精神去準備。付出的努力確實得到回報！在2018年3月，我收到消防處的通知，成功獲取錄成為消防員！

我真的沒想過可以達成兒時的夢想，跟爸爸一樣成為一位受人敬佩的消防員！

有許多人曾經問我，為何這麼年輕便做消防員，有前途嗎？

答案其實無人知曉。沒有人知道你今日所做的決定是否正確，唯有靠自己的堅持演繹出答案。

對於一個剛滿18歲的人來說，一定會有人質疑我的能力，但我曾答應過自己，如果我真的有機會成為消防員，我定必竭盡所能，咬緊牙關去完成所有任務，為自己的工作負責、為爸爸負責、更不辱A-School畢業生之名。

再次感謝學校給我的信心同肯定，希望大家在未來有更好的發展。

For years, I have been longing for entering the University of Hong Kong. I reached my dream in 2015, the year when my remarkable journey has started.

In my first year in University, it was tough but fruitful. As the requirement of entering the major of Civil engineering in year 2 was quite high due to its popularity. Under the changed learning environment, spoon-feeding no longer exist here, instead, self-learning is emphasized in university. With relentless challenges and uncertainties, I searched and explored; seek and found. I made some good friends in class and we assisted each other through the way, together we rise in challenges and excel in unity. Sharing what we learnt and what we misunderstood in the lesson, by discussing them, I got on the track swiftly. I also joined some activities to balance my university life. Being the organization committee of the Engineering Society high table dinner. I was responsible for the rundown of the dinner, the design of the promotion strategies and the operation of the event. This experience has broadened my horizons and stimulated me to participate in such kind of event in the future.

In the second year, I engaged in a mentorship programme called Migrant Mission Moved (流動.行動.感動). It was a one-year mentorship programme for students in Hong Kong and Yunnan migrant children with the belief of 'life enlightens life'. At the beginning of the programme, I matched with 2 migrant students studying Primary 5 in Yunnan migrant school. After several months of letter exchange, we went to Yunnan and visited them in order to consolidate and strengthen the bonding among us. This one-year-long programme was meaningful and with lofty vision. I reflected deeply that happiness was not based on the materialistic lives - less is more.

Thank you A-School, for educating me to be thankful for all the blessings; nurturing me to be tough under adversity; cultivating me to be a responsible future pillar.



Harry Fong
Class of 2015
Bachelor of Civil Engineering,
The University of Hong Kong





余珏充

2017年畢業生
壘球隊助理教練



「你將來可能打到NBA，但不可能再打學界。」

6年在學界的時間看似很長，但其實參與學界比賽的場數可能少於30場。作為學生運動員的練習時間必定比任何時期的練習來得多，學界比賽的回憶十分珍貴，絕對不會忘記。我很珍惜能夠參加學界的機會，不但可以挑戰自己，更可看看自己能夠達到怎樣的水平；我很珍惜每一次能夠代表學校比賽的機會，因為代表學校比賽的機會就如計時器，只有減無增。學界比賽就是別人所說的這樣「老土」，只能夠說「搏盡無悔」。

請不要讓10年後的自己後悔。

張希賢
2015年畢業生
劇社導師

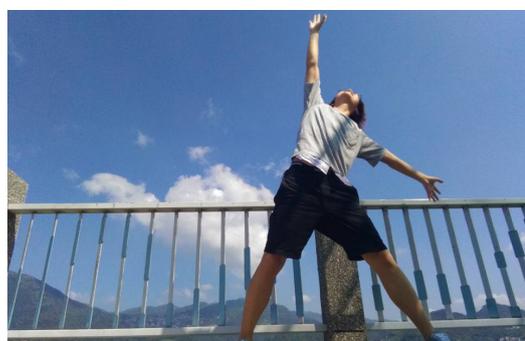


今年，在各種因緣際會下，我回到了A-School——以劇社導師的身份。在今年一月至三月期間，劇社正密密籌備將要在校戲節演出的劇目。同學們努力地背誦劇本、準備道具，見證著他們做這些功夫的我，一時間不免有些感觸。

由Grade 7開始，我受到中文組老師的愛戴與照顧，總能在中國文化節中扮演一角色——或是打雜、或是男扮女裝。由於劇目是以普通話演出的關係，平日要努力練習發音及咬字，務求表現出最好的一面。而在今次的校戲節中，看見同學的準備，就像看到以前的自己一樣，不由得有點感觸。

常言道，珍惜中學的時光，因青春不會常駐。擔當劇社導師一職，令我深深體會到青春是場大雨、青春是午後陽光、青春是一閃而過的流星。我們都知道青春不會再回來，但願我們能夠在老去的同時慢慢細閱這本令人流淚的書。

願各位能活成自己理想的模樣、願各位在最無趣、無力的日子仍對世界充滿希望、願各位平安無事地活，但別平平無奇的過。



Student Writing



06

待哺、放縱、自律

2015年畢業生

蘇喆琳

一個學年已接近尾聲，也意味著距離大學畢業、踏進現實社會又近了一步。我總有點膽怯，但更多的是對未來的期待及憧憬。雖然這幾年來，我總會反思自己的學習，嘗試利用這種方法去分析未來的發展，但是每一次的思考到最後還是沒有結果。這一次，我終於明白背後的癥結所在，就是我每次都只用成績來衡量自己的進步或退步，從來沒有深入研究出現這些變化的原因——背後心態的轉變，那我又怎能夠找到未來的方向呢？

回想起以前在中學時，我算是成績優異，也幸運地得到很多機會的一群，但我現在絕不是發展最多姿多彩的人。許多當年的同學在大學時期成為學生組織的內閣、學生代表，參加各種比賽、活動，已經深入現實社會的運作並建立起不少人際關係。反觀我自己，遲遲未能從中學時等待知識、機會的心態中走出來，依舊沿用以前那種被學校、老師和父母嚴厲規範的習慣，只會等候老師佈置功課、父母督促溫習，根本沒有自主學習的概念。

但最可怕的是，在大學沒有人會提醒我們交功課、溫習，也不會看我們的出席率。升讀大學後，我可以自由安排自己的時間、可以任意地做自己喜歡的事情。在經歷近二十年的規範生活後，這種自由讓我欲罷不能。我開始放縱自己，在安排課堂時間時，能不用上學的日子就絕不回校，能繼續睡覺就絕不起床，能享受娛樂就絕不工作，所以我經歷了一段極其懶散的時期，甚至即使回到大學上課也是人在心不在，沒有專心上課，功課也總是最後時刻才會完成，令我自己總是一知半解地完成考試，最後只能僅僅及格，嘗到苦果。

因此，沉淪在自由和輕鬆的生活一段時間後，我發現自己的生活變得無聊、沒有意義，終於明白到我是時候要轉變觀念和習慣，學會自我規劃和控制。在課堂裏，我專心上課，不再漫不經心；在平日，我盡早完成課業，不再等到限期前才匆匆忙忙趕著開始；在課餘時間，我早早起床準備上班，不再睡到日上三竿；在看到機會時，我主動爭取，不再等待。我學會了自主學習、學會了要自我要求、學會了自我規範；明白了善用時間才是充實自己的方法、明白了靠自己的努力去爭取機會才是我的本事、明白了自律才是對自己負責任，才是通往成功的關鍵。

幾年來，我就像隻雛燕一樣，從剛出生時嗷嗷待哺，到長大了些，學會飛翔後，便享受自由、放縱自我，但在明白生活的目標、意義後，才學會自己覓食。我從一個被動、懶惰的人漸漸變成了一個主動和有自律意識的人。雖然我還沒有完全改變，還是偶爾會有想放鬆的想法，但人無完美，總是要給一些時間自己，讓自己學會自律，正如康德所言，「唯有自律，自律使我們與眾不同，自律令我們活得更高級。」只有學會自我規範，對自己負責，才能讓自己成為一個更好的人。



The Gold Fish Race: Slow Down to Speed Up

Cheong Lok Yung, Jenny, Class of 2015

A Gold Fish once told herself,

Speed up, so that you can do more.

Speed up, so that you can escape from what you've wanted to get rid of.

Speed up, so that you can make people adore.

Speed up, so that you go for aspirations you've always dreamt of.

Though being a gold fish,

Swim like a shark.

Though being a gold fish,

Learn the dog's bark.

Swim the swim, then she forgot how.

Bark the bark, then she forgot why.

Speed up, then she forgot how to slow down.

Though being a gold fish,

Slowly I don't feel self-ish.

Slow down, so that you can do more.

Slow down, so that you can embrace what you've wanted to get rid of.

Slow down, so that you can make yourself adore.

Slow down, so that you know how to go for aspirations you've always dreamt of.

Alumni Association Chairman sharing



Ho Kwan Leong, Robin

Class of 2014

President of HKBUAS Alumni Association 2016-2018

07

It's been almost two years since the foundation of A-School Alumni Association, it wasn't an easy task but definitely an unforgettable experience for me in the lifetime.

Being the president of the Alumni Association, I have been trying to lead the Association to deliver as much as we could, to add value to all the involved parties; Yet, I truly know that we can do better.

Everything takes time, it's so true. For the growth of Alumni Association, we are still in the early process, we need time and passionate alumni to achieve the greatest success. I am fully confident in the future cabinets.

I will always support A-School Alumni affairs even when I am no longer the president of the Association, I hope that all the alumni can support our Alumni Association as much as I do because A-School is where we are all from.

Alumni information update column

08

A New Cabinet of Alumni Association will be formed on 7th July Annual General Meeting (AGM) You are cordially invited to join the AGM and lunch gathering on the day.

* For Alumni information update and sharing, please email to ss-alumni@hkbuas.edu.hk

* A-School Alumni newsletter is published by the school Alumni Affairs team and distributed by email to all alumni who have registered with the school.

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