



校長的話

親愛的家長：

本學年所餘下日子也不多，但願同學們抓緊時間，好好為大考準備。願天父保守、加力予我們正在應考的中六考生，願主賜他們勇氣與信心面對各項挑戰，也請各位以禱告記念同學的需要，尤其在面對公開試的同學。

今期家書刊登了一位馬可賓校友，現職香港足球運動員陸平中先生的訪問，分享了他的成長經歷。亦欣賞今次負責採訪及編輯的校園英語小記者們用心的預備，願一起共勉。

今期家書還有以下事情請你們留意：

1. 中三級選科晚會（學生必須出席）

教育局於早前公佈優化高中四個核心科目政策，隨後各大學亦公佈一般收生門檻，學校為讓家長及學生瞭解優化高中四個核心科目後，本校高中課程的安排及學生選科的變化，故將會舉行中三級選科晚會，詳情如下：

日期：7/5/21（五）

時間：7:00 – 8:30 p.m.

地點：本校禮堂

晚會目的：(1) 優化後本校高中課程規劃及策略以幫助學生考入大學。

(2) 修讀 2 個選修科或 3 個選修科的考慮因素。

(3) 修讀數學延伸課程單元一（M1）或數學延伸課程單元二（M2）的考慮因素

是次晚會學生必須出席。由於疫情影響下，為確保參與者有一定的社交距離，禮堂可安排的座位將大幅減少，故每個家庭只能讓一位家長代表出席，敬請見諒。

2. 師兄師姐分享會（中三級適用）

為了讓中三同學能對各選修科有多點了解，故此安排了中四及中五學長以小組形式分享，詳情如何：

班別	日期和時間	班別	日期和時間
3A	18/5/2021 下午 2:30 – 3:30	3C	12/5/2021 下午 2:30 – 3:30
3B	12/5/2021 下午 2:30 – 3:30	3D	18/5/2021 下午 2:30 – 3:30

Zoom 登入資料會稍後透過班主任發放給同學，敬請家長留意。

【尚有資料請翻閱後頁】

願你們身心健康！



張冠康 校長

主曆二零二一年四月二十九日

3. 熱帶氣旋及持續大雨期間之上課安排

每年三月至十一月是香港的風季及雨季，如遇有熱帶氣旋或持續大雨影響，家長和學生請留意電台、電視台、教育局公布及本校網頁最新消息，及參閱學生手冊(p.41)或中文手冊(p.27)有關熱帶氣旋及持續大雨期間之上課安排。

4. 優才增益課程（香港科技大學舉辦）

由香港科技大學資優教育發展中心舉辦的「優才增益課程（網上暑期課程 2021）」將於七、八月期間開課，現正開始接受網上報名。科目涵蓋天文學、化學、計算機科學、設計思維、工程、人文藝術、生命科學、數學及物理。本年度的優才增益課程將採用網上教學模式。有興趣的同學可自行報名參加。如欲了解報名程序、課程資料、學費資助計劃等，請瀏覽：

cdgt.hkust.edu.hk/eng/EPGL（英文）

cdgt.hkust.edu.hk/chi/EPGL（中文）

截止報名日期：2021年5月6日



有需要的學生除可申請科技大學學費資助計劃外（M106課程除外），香港資優教育學苑的「學生會員課程資助計劃」亦為部分優才增益課程提供學費資助。有關課程可直接與香港資優教育學苑聯絡。或瀏覽：

<http://www.hkage.org.hk/b5/students/student/programmes/subsidy-scheme>。

如有查詢，可聯絡廖美瑋老師。

5. 康樂及文化事務署「寓樂頻道」及「101 入門教室」

康樂及文化事務署（康文署）的一站式網上文康資訊學習平台「寓樂頻道」（www.lcsd.gov.hk/tc/edutainment-channel.html）面世，取代今年四月起設立的「網上資源中心」。新頻道同時增設「101 入門教室」，以短片方式介紹有關文化、藝術、科學、體育、園藝及養動物等範疇的基礎知識，增加市民對各個範疇的認識和興趣，市民安坐家中也可接觸各式藝文康體資源，探索知識新領域。

「101 入門教室」的內容包括：認識動物 101、園藝 101、賞花 101、藝術欣賞 101 及說故事 101

歡迎各位同學及家長登入康文署「寓樂頻道」網頁

（<https://www.lcsd.gov.hk/edutainment/tc/index.html>），並訂閱【101 academy 入門教室】，以獲取康樂文化的最新資訊。最後，衷心感謝大家一直對本組別所舉辦的動物及園藝教育活動的支持和參與！



6. 第 46 屆全港青年學藝比賽：全港青年攝影比賽、全港青年普通話朗誦比賽（公民教育）及全港青年粵曲比賽

比賽網址及報名表格詳情如下：

攝影比賽：<http://www.hkycac.org/news?aid=667>

普通話朗誦比賽（公民教育）：<http://www.hkycac.org/news?aid=674>

粵曲比賽：<http://www.hkycac.org/news?aid=669>



如有查詢，請致電 28352190 與大會秘書處職員聯絡，或瀏覽大會網頁 www.hkycac.org、Facebook（HKYCAC）、Instagram（hkycac1975）或手機應用程式（HKYCAC），查閱有關比賽的最新消息。

7. 雙贏的正向互動青少年網上講座

有見近月有年輕人因疫情關係而增加了與人之間的磨擦及衝突，並因停課而出現的社交疏離及各種負面情緒和壓力反應。因此，Teen 使行動團隊預備了是次講座，讓中學生們以心理學角度認識更多人際關係及溝通技巧，裝備自己以應付生活中的種種挑戰，為學業、家庭及職場生涯作準備。活動詳情如下：

第一場	或	第二場
日期：2021 年 5 月 14 日（星期五）		2021 年 5 月 22 日（星期六）
時間：16:00-17:00		11:00-12:00

兩場內容相同，請選擇其中一場

形式：網上講座

對象：中學生

講者：劉詠霖博士（葵涌醫院臨床心理學家）

講座語言：廣東話

報名方法：透過二維碼或網址(<https://bit.ly/3xbxLTZ>)登記，講座連結
會在報名成功後發送到閣下電郵

查詢電話：2959 8514

查詢電郵：healthinmind@ha.org.hk



8. 正向家長運動親善大使「媽咪 Light」和「爹咁 Light」家庭成員命名比賽

為了向家長及公眾宣揚兒童愉快和健康成長的重要性、教育局於 2020 年 6 月開展正向家長運動、並於 11 月公布、「媽咪 Light」和、「爹咁 Light」獲選為正向家長運動吉祥物象徵著充滿正能量的父母才能培養出健康快樂的孩子。為了讓學生和家長明白良好的親子關係對子女的成长十分重要、教育局現舉辦、「媽咪 Light」和、「爹咁 Light」家庭成員命名比賽、為這兩位親善大使的團團和囡囡徵集具創意的名字、日後、這兩位家庭新成員將會和、「媽咪 Light」和「爹咁 Light」一起協助推動正向家長運動。參加者可由即日起為「媽咪 Light」和「爹咁 Light」家庭的兩位新成員建議的一組名字並透過是次活動的指定網址 (https://www.parent.edu.hk/article/ppc_naming) 提交、截止時間為 2021 年 5 月 10 日。請同學和家長踴躍參加。如有查詢，可與鄧俊維老師聯絡。



9. 暑期資優課程（中文大學舉辦）

香港中文大學舉辦暑期面授／網上資優課程，科目包括：科學、語文、心理學、數學、工程等。有關課程內容及收費等請瀏覽 www.fed.cuhk.edu.hk/pgt/，截止報名：5 月 3 日。如有查詢，可聯絡廖美瑋老師。

10. 留意社區情況變化

近日因應社會情況變化及衝突，請家長更留意及叮囑子女，大規模的社區集體活動時有機會觸發不快或意外，甚或引至身心傷害及法律責任，而「國旗法」、「國歌法」及「港區國安法」已經實施，更要避免觸犯相關法例。請家長務必與子女保持密切溝通，叮囑子女注意人身安全，遠離可能出現的混亂、危險及非法活動。讓我們一起為社區及社會求平安及包容，從上帝而來的愛勉勵我們。

此外，香港青年協會家長全動網，得悉最近的「社會事件」引起社會上很大的迴響及關注，家長多方面需要支援，故印製「對應社會事件家長錦囊」小冊子。內容包括家長與子女分享「社會事件」的方法及常見子女問題解答。家長可從右面 QR Code 下載或瀏覽網頁 (http://psn.hkfyg.hk/value_added/detail/2003/)。



Alumni Profiles

Felix Luk (陸平中)

The Way of Pursuing Dreams

By Thomas Ho(4B)

Mavis Ngai(1B)

Heidi Yau(1B)



Do you have dreams that you want to pursue? The answer to that is likely an affirmative to most people. But do you actually know what it would take to fulfill one's dream? Though we are always told that it is all about hard work, there is in fact way more than that. In this article, we will learn more about how dreams are realized through the experiences of Felix Luk, a professional footballer and a Makopan graduate.

Having the right attitude

1. Be patient

Felix started his career in football when he was a Form 4 student. His schoolmate recommended Felix to his father who was a football team manager. Felix could not practice with the other teammates while the team was practising in the mornings because he had to go to school. As a result, he could only attend training on Saturdays or at night times.

Due to the lack of training, he could only be assigned as the “second reserve goalkeeper” for the first few years. In other words, he could barely take part in the competitions. But Felix never complained about it. “I was never upset about the arrangement as I knew that I wasn’t ready yet.” the young goalkeeper mentioned. “I would say those years allowed me to learn from the other two goalkeepers in the team.”

The chance for you to shine may not appear very often. Until then, be patient and work on improving yourself first.

2. Seize your opportunities

When Felix graduated from the college, he realized that it was time for him to go a step further. Therefore, he joined another football team where he would have more opportunities to play in real games. He recalled one time when the starting goalkeeper could not join a competition for personal reasons, the coach recognized Felix’s hard work in regular practices and let him fill in the position. “I was extremely excited. Since then, I told myself that I needed to put in more effort every time I played on the field. I wanted to strive for excellence whenever I got the opportunity.”

When chances have been granted, cherish them. Give it the best of what you’ve got.

His experience as a student

For many students, it is extremely challenging to balance the time for studying and their interests. Since Felix was in Form 1, his interest in football had grown significantly. “At that time, I believed as I could play football for a living, studying seemed not as important anymore, so I put nearly no effort into that.” Because of this, he did quite poorly in all his classes.



However, things started to change when he was in Form 2. During a Parents’ Night meeting, his class teacher showed a list of ten students who had the lowest grades in a class of forty-two students. Felix’s name was on that list, and it shocked and embarrassed him greatly to no end. Since then, he was determined to change for the better.

“I was thankful that the teachers at Makopan were very supportive and caring.” Even though Felix was not always on his best behaviour, his teachers never gave up on him. They tried their best to help him tackle problems he encountered in his studies. “Among the teachers that helped me a lot was Mr. Chu. I had heard that many Makoponians were quite scared of him because he was very strict. But that’s only the surface.” Felix was always called into Mr. Chu’s office as he was always late to class and had always failed to hand in his work on time. During these meetings, Mr. Chu came to assess Felix’s problem more clearly. When he was his Math teacher in Form 3, he always lent Felix a helping hand. Many other teachers like Mr. Chu helped Felix realize that he could overcome difficulties in his studies if only he would put his mind to it. At the same time, as he gained more experience playing football, he became more and more determined about pursuing professional football as his career. Eventually, he was admitted into a physical education programme at a local university.

Advice for pursuing dreams.

1. Have clear goals

We always complain that 24 hours are not enough for us to do everything in our lives. Felix also faced this struggle when he was both a full-time student and an athlete. His way of dealing with it was to remind himself of what the top priorities were at the moment. When exams were near, he set studying as the most important thing to do as he did not want to fail. Then when competitions approached, he shifted his focus and effort to practising with his teammates as he really wanted to win. It is only when you are clear about what you want to achieve then you will be certain about what you should be doing. As a result, you will be able to focus on the right things instead of wasting time on matters that are less important. That way, there will always be enough time for whatever task you dedicate yourself to.

2. Never give up easily

Last year, Felix was severely injured in the middle of a game. Before that, he was selected to represent Hong Kong to play in an Asian Cup competition. He had always wanted to play in that game. "I was told that my legs would take at least four months to recover, which means I wouldn't be able to play in that." But a "stubborn" man like him would never simply lay down and let it be. He did not want to let his chance slip away right in front of him. He visited the physical therapist and exercised his muscles every day, hoping that he could recover as soon as possible. "I said to myself that I must recover before that competition even though the doctors thought it was impossible. I must not give up." To everyone's surprise, Felix only took 3 weeks to recover instead of four months. Though he still missed the Asian Cup competition, he learnt a valuable lesson. "It sounds really corny, but we should never give up easily when challenges approach." Sometimes, the difficulties can be so terrible that it seems like it can knock you out completely. But do remember, if one's dream should fall and break into a thousand pieces, one should never be afraid to pick one of those pieces up and begin again.