

戴著口罩的「約會」

疫情不退，唯生活依舊，又到小一入學的申請檔期。如果你是適齡學童的父母，心情額外的緊張嗎？這是個多餘的問題吧！今年基於防疫，各校安排不一，委實辛苦了各位爸媽！可能不同學校，要求不同。如果你為孩子製造了多個機會，父母可能一邊要安排為子女拍片，同時又要準備網上實時會面，甚或還要請假帶同子女親臨校舍面試，總之，大家都吃力。

九月尾十月初，我們花了幾天，一次過邀請了所有申請入讀的孩子到來，與老師們進行一個戴著口罩的「約會」。礙於防疫，大家都不能除下口罩，還要保持距離，互動減少了、遊戲刪掉了……坦白說，我真的很擔心嚇怕了孩子們。不過，從那幾天的現場觀察，怕的似乎是大人（一笑）；莫說孩童年幼無知，他們有的是童心，疫境逆境，都是天不怕地不怕。

面試的其中一天，一個女孩子不小心跌倒還擦傷了膝頭，可幸不算嚴重，到醫療室消毒後貼上膠布，心情馬上又恢復過來，順利完成會面。另一個爸爸拖著的男孩，一邊走，一邊抬著頭問這問那，口罩下的好奇心不減，爸爸有問必答，很讚！疫境？我們都適應了？

今年學校的年度主題是周副校長提出的 **Building Resilience**；你一定支持吧？建立抗逆之心，此時此刻，你我都要。從來，真正的學習最好就是能邊學邊試，這一兩年，香港社會提供了充足的機會讓我們去學習如何面對逆境（苦笑）。那麼，抗逆能力的培養，重點是甚麼？或許，每人對逆境的 understanding 都不盡相同，要學懂從逆境中 **Bounce Back**；往往，關鍵在於「你」如何解讀「你」身處的逆境了。周副校也提供了幾個貼士：

1. 幾時都要做情緒的主人呀！無論壓力大小，情緒一定出現，重點是不要把它壓下去，而是以誠實的態度去了解；那麼，要多聽孩子的心聲了。
2. 永遠抱著樂觀而務實的態度去面對，要相信黑暗的盡頭一定有光明，面對阻礙，一小步一小步解決。
3. 要保持思考彈性，方法總比問題多，多元開放，才能脫離困境，找到出路。

2020，全球新局面，範式大轉移，如果你的孩子明年入讀小一，你有把握他/她能面對十年後的新世界嗎？變幻原是永恆，朋友，你預備好了沒有？

楊永明校長

2020 日 10 月 27 日

Wearing a mask when attending your “appointment”

Pandemic has not eased, yet life has to go on. It's time for P1 admission application to start. If you are parents of eligible students, are you particularly nervous? Needless to say, the answer is in the affirmative. With preventative measures in place against the virus, the arrangements by different schools may be varied. This is actually difficult for parents who have to cope with different requirements by different schools. If you want to create more opportunities for your kids, you may need to shoot a film for them on one hand, and prepare for online real-time interviews on the other. Additionally, you may need to take a leave and bring your kids to the school for an interview. In sum, all are striving hard.

During late-September and early-October, we invited all P1 Admission applicants to the school to meet our teachers for an interaction between them, all wearing masks. As precautionary measures, all could not take off their masks and had to maintain social distancing which would hamper interaction to a certain extent, and games were cancelled..... Frankly speaking, we were worried this might scare the kids. Yet, on-site observations revealed that adults were the ones who were scared (Kidding). Not to mention kids are innocent, what they have is a pure heart. Faced with the pandemic or any adversity, they will fear nothing and no one.

During one of the interview days, a girl carelessly fell down and hurt her knee. Luckily, it was not serious. After the wound being sterilized and properly dressed, the girl cheered herself up and finished the interview smoothly. Another boy, who was walking hand in hand with his father, raised his head and asked about this and that. The curiosity under the mask did not diminish, and the father responded to all his questions. Give them a “Like”! Pandemic situation? We are all accustomed to?

“Building Resilience” is the theme of the year proposed by Vice-Principal Mr Chou. Surely, you will support it, won't you? Building resilience is required for both you and me at this moment. All along, the real learning is studying while trying. During the past one or two years, the Hong Kong community has provided sufficient opportunities for us to learn in the face of adversity (a bitter smile). Then, how can resilience be nurtured? What are the focal points? Perhaps, everyone interprets adversity differently. If we want to learn how to “Bounce Back” from adversity, the key is how to interpret by yourself the adversity surrounding you. Vice-Principal Mr Chou has provided several tips:

1. Be the owner of emotion. No matter how big or small the pressure, when emotion emerges, the key is not to suppress it, but to face it honestly. So, we have to listen to the voice of our kids.
2. Always adopt a positive and pragmatic attitude to face, and believe there must be light at the end of the darkness. Facing obstacles, let's solve it step by step.
3. Keep a flexible mindset. There are always more solutions than problems. With a multivariate openness approach, we can be out of the woods.

2020 - the year of Change. If your kids will enter P1 next year, how can you ensure that he/she can face the new world ten years later? There is nothing permanent except change. Dear friends, are you ready?

Principal Derek Yeung

27 October 2020