

## AT LAM FAMI

Dear teachers, students, and parents,

#### 道慈佛社楊日霖紀念學校

BUDDHIST TO CHI FAT SHE YEUNG YAT LAM MEMORIAL SCHOOL

MESSAGE FROM THE PRINCIPAL







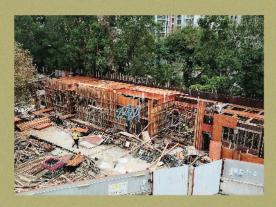
The essence of education lies in fostering a holistic development of the students and putting them at the centre, cultivating them to become all-rounded

cultivating them to become all-rounded talents with critical thinking, creativity, and social responsibility. Therefore, we place special emphasis on the diversity of the curriculum, ensuring that our students not only acquire rich knowledge academically, but also find interests in arts, sports, and other extracurricular activities. It is worth mentioning that this year our

2023-2024

students have excelled in various activities and competitions such as sports, recitation, music, and dance. Their versatility also reflects the school's success in promoting holistic development.

delays in the new wing construction, we had to make temporary adjustments to ensure the smooth operation of the new academic year. To cater for the needs of additional classes, we have decided to temporarily allocate some space in the library for classroom use. This is a difficult decision, and we ask for your understanding and trust that this is the best arrangement under the current circumstances, in order not to compromise the learning quality of our students.

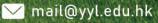


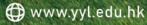
have shaped the management culture of our school into a "learning organisation," advocating a spirit of lifelong learning. With your support and team efforts, I believe we can overcome any difficulties, while creating a rich, diverse, and meaningful learning environment for our students.

filled with hope and achievements. Thank you for your understanding, support, and collaboration.

KENNETH CHENG YUI WAI SCHOOL PRINCIPAL







Ms Wong Nga Ting Mr Wong Kwan Ho

# Have you ever woken up at 4am to hike and watch the sunrise? Or tried chanting sutras and listening to the echoes at the Big Buddha in the early morning? These were all parts of the special challenge activities at this year's high school education camp.

## Destined for Buddhahood



year's itinerary incorporated elements of

Buddhist Studies, including walking

meditation, sitting meditation, and chanting.

Did you think walking meditation would be

boring? The Dharma Master led the students to experience "Iron Bowl Walking

Meditation," where each student held an

iron bowl filled with water in their hands

and followed the Dharma Master slowly

around the campsite. Students had to pay

attention to the muddy ground and stairs under their feet while keeping the water in their bowls level. It was a challenge that required focus. During the walking meditation, the students became quiet and aware of everything around them. After the walking meditation, they made wishes for their families or themselves, then watered the plants at the campsite. The exercise allowed them to live in the moment, and to learn to mediate their emotions for maintaining physical and mental health.









In addition, the students participated in several self-reliance training exercises that tested their physical fitness and willpower, including camping tent set-up, weeding competitions, and practising Shaolin Kung Fu facing the Big Buddha. One of the biggest challenges was having to wake up at 4am to catch the sunrise; it was as much a challenge for the students as it was for the teachers! Luckily, everyone was self-disciplined and went to bed early. The next day everyone was able to wake up and set off on time. Hiking was another challenge. Although there were many steps along the way, all the students were very determined and it took them about half an hour to climb to the viewing platform near Ngong Ping Village, where they enjoyed breakfast in the breeze and admired the magnificent view of Phoenix Mountain and the Big Buddha.

This camp made many "firsts" for everyone. Following the Dharma Master's guidance and explanations, the teachers and students had a refreshing and challenging experience of "Destined for Buddhahood."



Vice Principal Ms Lee Pui Sin, Mr Ma Tak Wah

Taking advantage of the funding from the "Knowing More About IT" programme, the "IT Innovation Lab in Schools" programme, and the "Quality Education Fund," the school has carried out renovation and enhancement projects on the second-floor corridor, visual arts room, music room, elevator/corner space, and computer room. The newly renovated space features a STEAM display corridor, a building block wall, an LED TV, five-sensory experiential devices, and digital music creation equipment. The most striking design feature is the transformation of the corridor space connecting the computer room, music room, and art room into a "display and interaction"

area." Complementing the school's curriculum, this area provides a space for students to showcase their coursework designs, competition entries, and project deliverables. It also provides ample space for teachers and students to engage in STEAM activities and conduct real-time testing, measurement, and refinement of their designs.

The overall goal of the project is to use a series of STEAM optimisation projects to ensure that the school's STEAM development facilities meet the learning needs of students, enabling them to be more engaged and actively involved, and to enhance the overall STEAM atmosphere on campus.











STAFF PROFESSIONAL DEVELOPMENT DAY (ID:

## PROFESSIONAL EXCHANGE ON PATRIOTIC EDUCATION

Ms Li Wai Yin

The second Staff Professional Development Day for the 2023-24 school year was successfully held on 20 December 2023. The theme of the day was "Patriotic Education," aimed at enhancing the staff's understanding of "Patriotic Education" in line with the country's educational policies.

On that day, the school staff was divided into two groups. The first group, led by Principal Mr Cheng, took 38 teachers to visit our sister school, Guangzhou Yuexiu District Qizhi School, for professional exchange. In the morning, they observed and evaluated lessons to enhance the teachers' understanding of patriotic education. In the afternoon, they visited a "Red Site" —the Memorial Hall of the First National Congress of the Communist Party of China, to strengthen the teachers' patriotic sentiment and national pride.

The other group, led by Vice Principal Ms Wong, took a total of 20 staff members to the Hong Kong Center for Supporting Patriotic Education to see the Constitution Education and National Security Education Exhibition and participate in related programmes. The aim was to deepen their understanding of the relationship between the Chinese Constitution and the Hong Kong Basic Law, as well as the importance of national security education.

All staff members agreed that this development day brought forth expansive information about patriotic education and national security education to the school, and enhanced their personal professional development.





The activity spanned a month and was divided into three parts. The first part involved all students participating in activities at the visual art class, with each student completing at least one painted tile. The second part was a family activity, which exceeded expectations with over 70 parent-child pairs participating. It was one of the most well-attended parent-child events in recent years, with each pair completing two to three tiles. The staff training activity was the finale of the event series, where all teachers and school staff engaged in creating artwork together in the school hall. To foster a stronger sense of belonging to the school, students, parents, and staff had the opportunity to pick up a paintbrush and enjoy the collective creation and painting of tiles. The entire activity was concluded in







The artworks were showcased on special days like Parents' Day, allowing students, parents, guests, and staff to appreciate the abundant results of the collaboration. Finally, the pieces will be displayed on suitable walls around the campus for long-term exhibition.

# AND **TECHNOLOGY**

This year, the Citizenship and Social Development held HISTORY, CULTURE. INNOVATION

the first Mainland China study tour which mainly visited

#### the Nanshan District in Shenzhen.

Around fifty high school students and teachers participated. The teachers and students gathered at school at 8am, and then set off for different locations in the Nanshan District.

Despite the unstable weather on the day of the visit, it did not deter the students' enthusiasm for learning in the Mainland. In response to the weather changes, the teachers adjusted the itinerary with flexibility, allowing the students to complete their field works at three different places safely and enjoyably. Those locations

include the Nanshan Museum, Shenzhen Nantou School, and Nantou Ancient City.

The study tour deepened students' understanding of the Country's conservation and cultural heritage preservation work. They appreciated the contributions of national cultural heritage conservation, which in turn enhanced their recognition and appreciation of Chinese culture. They look forward to more study tours and exchanges in different parts of mainland China in the future!









Ignite the Stage with Love and Unity, Join Hands for Sports Excellence

BEIJING-HONG KONG COLLABORATION STRIVES FOR VIRTUOSITY AND FRIENDSHIP IN THE NAME OF ART

## EXCHANGE PROGRAMME WITH SISTER SCHOOLS IN —— GUANGZHOU AND BEIJING ——

Vice Principal Ms Wong Yin Ching

This year, we held two sister school exchange activities. Students and teachers visited sister schools in Beijing and Guangzhou, participating in cultural and sports exchanges.

On 14 December 2023, we visited Qizhi School in Guangzhou for a sports programme entitled "Ignite the Stage with Love and Unity, Join Hands for Sports Excellence". Students from both schools had a wonderful and enjoyable morning. In the afternoon, we joined the "Stepping into the Campus" music companionship programme, where students enjoyed the wonderful music performance by Xinghai Conservatory musicians.

Following the Guangzhou exchange, we visited Jianxiang School in Beijing on 10 January 2024, for another exchange programme "Beijing-Hong Kong Collaboration Strives for Virtuosity and

Friendship in the Name of Art". Students from Jianxiang School began the day with a teacher-student choir performance of the classic "My Country and I", followed by a vast array of performances including recitations, saxophone solos, teacher-student interactive dance, street performances, choruses, instrumental recitals, and more. It was an audio-visual feast!

Through these exchanges, students experienced the rich history, culture, and modern lives of both cities, deepening their understanding of national identity.









## 48TH HONG KONG SPECIAL OLYMPICS

REGIONAL ATHLETICS COMPETITION

#### Mr Chim Ho Kai

This year's Special Olympics Regional Athletics Competition was held in April at the Tin Shui Wai Sports Ground.

#### A total of 60 students from our school participated in the competition.

Despite the hot weather on that day, most of the participating students were able to overcome various challenges, showing great enthusiasm and embodying the sportsman spirit of "neither winners' arrogance nor losers' frustration".

Summarising the results of the various competitions, our school achieved excellent results with 41 gold, 26 silver, and 12 bronze medals. Additionally, our school's men's and women's teams both won the championship and runner-up in the 4x100m relay race, which is truly inspiring! This year's regional athletics competition has come to a successful conclusion. Let's continue to work hard and strive for even better results next year!







## 2023-2024 Student Achievements





Applied Learning Scholarship(22/23)

Vocal and Percussion Digital Photography and Digital Publication Design

S6A Calvin Lai

S6B Wong Yiu Hang



The 75th Hong Kong Schools **Speech Festival Solo Verse Speaking** 

2023/24 Guangdong-Hong Kong

**Sister School Choral Speaking** 

**Competition (Hong Kong)** 

Certificate of Merit

Certificate of Proficiency

P3 Chui Horus Leal P6 Lo Tsz Yau

S1A Leung Chung Fun

P5A Cheung Ming Ho

Special School Group Golden Award and

"Live in Harmony: Admiration for Exquisite Landscape"

P6 Kwan Wai Kwan P6 Xie Vincent S1A Ho Ting Yan S1A Chen Wen Jun S1B Poon Kwan Tung S2 Fong Tung Fai Iverson S4A Wu Wing Yan Kiki S4B Yip Yu Ming S5A Choy Ho Him

S5B lp Tsz Ching S6B Lee Sze Ching



Dance

The 60th Hong Kong School **Dance Festival** 

Special Group Contemporary Dance (Group Dance) Outstanding Award and Choreography Award

P6 Kwan Wai Kwan P6 Chung Sze Na S1A Leung Chung Fun S1B Phang Wing Shing S2 Hui Wing Sze S3 Rai İksa Kimdang S4A Lin Yu Tung S4A Wu Wing Yan Kiki S5A Wong Chi Yu S5A Cheng Man Leong S5A Choy Ho Him S6A Huang Chun Chun S6B Chung Yan Yu S6B Wong Wai Hei

Special Group Contemporary Dance (Duo) Outstanding Award and Choreography Award S5B Chan Aynun Adam S6A Huang Chun Chun



2023 New Territories **North-Western District Penmanship Competition** 

Senior High Group - Certificate of Participation

S5A Wong Chi Yu S6A Huang Chun Chun S6A Ng San Kwai



2324 Ferrari 296 GT3 Virtual Challenge **Student Competition** 

Individual group: Second Runner-up

S4B Tso Tsz Him



The 76th Hong Kong School Music Festival

N604 Musical Instrument Group - Age 13 or below Silver Award



**The 48th Special Olympics Hong Kong Athletics Competition**  41 Gold / 26 Silver / 12 Bronze Men Relay 4x100m Champion Women Relay 4x100m 1st Runner-up



The 48th Special Olympics Hong Kong **Speed Skating Competition** 

500m Champion

55m 2nd Runner-up

111m 2nd Runner-up

P6 Chow Tak Fu

P6 Xie Vincent

S6B Poon Chun Lam

**2024 Special Olympics Hong Kong Unified Golf Invitational Game** 

Mix Alternate Shot Group Competition (9-Hole) 2nd Runner-up S4B Wong Tsz Hei

The 48th Special Olympics Hong Kong **Figure Skating Competition** 

Solo Grade A Figure Skating Competition Champion S5A Choy Ho Him

TWGHs "iRun"-The Hong Kong Jockey Club Special Marathon 2024

Boy Group - 1st Runner-up

Girl Group - the 9th place

S5B Phiong Ka Kit

S5B Sin Wing Chi



**Hong Kong Competition of Showcasing New Visual Artists with Disabilities** 

Teenage Group - Creative Award S6A Huang Chun Chun

2324 Lions Sister Schools Scheme **Fan-Painting for Care Competition** 

**Positive Value Painting Competition** 

**Outstanding Award** 

P2 Tse Chun On P3 Chung Ching Yee

National Education Series 2023:

Open Group - Outstanding Award S1A Leung Chung Fun

## CAREER EXPERIENCE FOR STUDENTS

#### **Vocational Training:**

Restarting the "Sunshine Task Force," Adding "Stalls," and "Planting Boxes"

Ms Wong Yee May, Ms Lam Wai Ying, Ms Leung Chui Yee

2024 JAN

- · Visiting Shine Skills Centre (Tuen Mun)
- Shining Road Life Planning Scheme: Fish Pond Ecology and Culture Tour
- Shining Road Life Planning Scheme Workshop: Enhancing General Competencies (S1)

2024 FEB

Make Meanings Ice-cream Packaging Internship

<sup>2024</sup> MAR

- Visiting Po Leung Kuk Lau Chan Siu Po Integrated Rehabilitation Centre and Experiential Activity
- Shining Road Life Planning Scheme Workshop: Interview Etiquette (S6)
- Shining Road Life Planning Scheme Workshop: High School Mock Interview for Further Education (S6)
- Outstanding Students visiting Businesses
- · Make Meanings Ice-cream Packaging Internship
- Hong Chi Pinehill Integrated Vocational Training Centre Experiential Activity

<sup>2024</sup> APR

- Adapted Applied Learning Courses(S4) Mock Interview
- · Shine Skills Centre (Tuen Mun) Workshop
- Shining Road Life Planning Scheme Workshop: Subject Selection at Secondary School (S3)
- · Visiting Make Meanings Ice-cream Factory
- HSBC Financial Planning Seminar: Basic Financial Planning Concept Workshop (S4-S6)

<sup>2024</sup> MAY

- Shining Road Life Planning Scheme: High School Mock Interview (S6)
- Vocational Training Experience (S3)

2024 JUN

HSBC Financial Planning Seminar:
 Basic Financial Planning Concept Workshop (S1-3)

2024 JUL

 Shining Road Life Planning Scheme Workshop: Holy Cafe Summer Internship

The vocational training programme has established the "Sunshine Task Force" for many years. By allowing students to engage in on-campus services and work experiences, it aims to cultivate a positive work attitude. Due to the impact of the epidemic, the "Sunshine Task Force," which has been suspended for some time, has recently been reactivated. The task force duties include: playground cleaning (sweeping leaves, mopping floors, wiping tables), morning weather reporting, sports support, attendance record keeping, and providing catering services for large events. When you see the students on duty, be sure to encourage them!

In addition, the Organic Farming and Gardening Group has recently added planting boxes for students to learn how to grow plants and take care of different herbs such as mint, rosemary, and basil.

Furthermore, some students have recently started learning about "stall management" on campus. The Catering Service Group provides snack pre-order service to staff; the Logistics and Retail Group offers snack retail services to staff; the Creative Media Programme, on the other hand, provides custom Christmas cards and photographic products. Students who enjoy crafting sell homemade products such as incense stones, hair accessories, and earrings. Students demonstrate creativity, learn problem-solving skills, communicate with others, and collaborate in teamwork during the process, cultivating various essential skills.













#### Pre-employment Training Courses

Career planning in secondary school focuses on cultivating students' life skills, and strengthening work speed and work ethics. The programme aims to facilitate the process of understanding and exploring the job market, in hope for a smooth social integration. From 2019 onwards, our school participated in Hong Chi Association Shining Road Life Planning Scheme in collaboration with external stakeholders, and put together a diversified pre-employment training courses, alongside internship opportunities. This year, we offer the following training:

Oct - Feb Website Design and Edit: Coding and Web Development

Feb - Apr Pet Grooming: Pet Care and Understanding Pet Grooming Industry

Mar - Apr Handmade Chocolate: The Making of Handmade Chocolate and Operational Knowledge

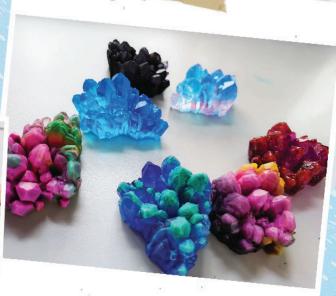
Mar - May Mural and Lacquer Artist Training: Learning to make thematic lacquer art on wall

STUDENT'S CORNER

Extracurricular Activity
STEAM Creative
Playground













**Extracurricular Activity Painting Playground** 



Handmade Chocolate
Parent-Child Workshop





Using GULU machines during recess











Speech Therapy Group Community Treasure Hunt







## \ Sports Day /





## Joyful Fruit Month /







## GRADUATE PARENT'S SHARING

Parent of S6B Wong Wai Hei Principal Mr Cheng, all teachers, and staff,

Time flies by, Wai Hei is about to graduate soon. I would like to thank all the staff for your care, love, and guidance over the years. You have stayed put at your posts, wholeheartedly dedicating yourselves to the students, which deeply moves me!

Looking back these years, Wai Hei has made continuous progress. He learned to share happy moments with others, such as how he enjoyed the music classes at school. I want to express my gratitude to the teachers for teaching Wai Hei to play different musical instruments. Wai Hei often comes home after school and sings to his own piano-playing, and I can feel his joy. Wai Hei always says he is reluctant to part with his teachers, but parting is inevitable. Without the sadness of parting, how can there be the joy of reunion?

Wishing health and joy to the entire staff at the BTCFS Yeung Yat Lam Memorial School

## WORDS FROM THE GRADUATES

S6A Huang Chun Chun



I have been this school since P1, and now it has been twelve years. I have made many close friends, and we have learned and grown together, which opened me up. Over the years, the teachers have not only patiently taught me academic knowledge but also how to draw, dance, and play musical instruments, giving me the opportunity to participate in various performances and competitions. Through this process, I have shown my strengths and confidence. I thank the school for sending me to visit Guangzhou and Beijing, which enabled an opportunity to exchange our learning experience, making an exciting and meaningful memory in my school life.

#### S6A Cheung Sze Wan

I remembered transferring to this school in P5 as if it was just yesterday, and now I am about to graduate! I am grateful to my class teacher and social workers for their care for me and my family. During home visits, they understood my family life and provided appropriate support when needed. I thank the teachers for discovering my potential, teaching me to sing, perform magic tricks and juggle, and taking me to perform at elderly homes and childcare centres, allowing me to bring joy to the elderly and children. Finally, I thank the teachers for allowing me to participate in various internships. Through this process, I could learn about work processes and skills, while getting along with colleagues. In the future, I will continue to learn to fully prepare myself for employment.



My name is Kwok Sui Lung, and I am an alumnus. When I visited my alma mater, I saw that the campus environment and facilities had improved, allowing younger students to study in a beautiful environment, which made me very happy!

I would like to share my employment situation with everyone here. After graduating, I underwent two years of vocational training at Shine Skills Centre (Tuen Mun), preceding my 12-year work experience at the 7-Style Development (Sugar) Limited. I am responsible for product packaging and logistics, with an average monthly salary at around \$10,000. Over the years, I have worked diligently, followed my superiors' instructions, and cooperated well with my colleagues. Through this process, I have been able to acquire job skills, earn a living, and find satisfaction in my work. I hope to continue working at this company until my retirement. With my story, I wish to encourage younger students to study hard and work hard in the future. Fret not for any challenges!

Wishing everyone a wonderful life!

#### ALUMNI SHARING



PROFESSION COLUMN

## GOOD PENMANSHIP WITH A FIRM GRASP?

Occupational Therapist Ms Fung Wai Ching

Making a strong start is often considered the goal of the new generation. As the saying goes:

learn to walk before running, learn to hold a pencil before using chopsticks

when our children have to learn to write their names even before knowing how to count,

does it truly mean that they have acquired the skills of writing?

During the pandemic, young children have reduced their playtime in the park, where they could spin around, rock on seesaws, climb steel frames, play on slides, tumble on grass, throw balls, and build sandcastles. At home, they are left with toys and pens. When they enter primary school after three years, most of them still struggle with writing and penmanship. Why is that?

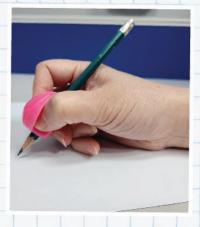


#### Three Key and Abilities Required for Writing

**Sit up straight, sit steadily:** Children, through activities and games, develop their large muscles such as the trunk, legs, and upper limbs, enhancing the stability and coordination of the head, shoulders, ankles, and wrists. This way, children will not lean on the table while writing due to a weak core back, nor support their chin with their hands or rest their entire body on the table. With proper coordination of gross and fine muscles, their little fingers can demonstrate flexible fine motor skills.

**See clearly and move accurately:** This involves two important elements; visual perception and motor integration. Being able to interpret the information received by the eyes, distinguish between different fonts, characters, and sizes, and then, with fine finger movements, accurately transcribe what is seen with hand-eye coordination.

Flexible control of the first three fingers: The thumb, index finger, and middle finger are the three pen-holding partners. With a mature pen-holding posture, flexible coordination of wrist and finger movements, along with a stable forearm, one can write characters delicately.



#### **Mature Pen-Holding Posture and Movement**

According to research, mature pen-holding postures can be categorised into four major types. At large, children with mature pen-holding can use finger movements to guide their writing. Among the four types, the optimal pen-holding posture is the "dynamic tripod grasp" (holding the pen with the thumb and index finger, supported by the distal joint of the middle finger, with the pen resting at the web of the hand). In this posture, fingers are most efficient and flexible, leading to better writing performance.

When writing, the forearm should rest on the table, the wrist slightly bent upwards, and the movement of the pen controlled by the up-and-down motion of the small joints of the first three fingers, combined with the left and right movement of the wrist, to write strokes and characters. The tip is: "Fingers for straight lines, wrists for horizontal lines."



- 1 Avoid bending the wrist downwards or hovering the arm. Keep the pinky and ring fingers tucked in. Ensure the pen is correctly positioned at the web of the hand.
- When it comes to writing, the height and distance of the desk and chair should be adjusted according to the child's height. It is recommended to choose adjustable desks and chairs that can accommodate different heights and angles.
  - Encourage outdoor activities to enhance the child's core muscle strength and stability.

