

Ma Ka Yin Jovi, the rising bowling star

How I started bowling



When I was young, my dad watched bowling competitions on YouTube, and I would approach and watch them with him all the time. When he later participated in bowling competitions, and took my mum and I to the bowling alley, where I would always play with a bowling ball at his side. Following this, my mum would once a month, and I loved to watch the pins being knocked over. That's how I started to enjoy bowling, and it became a part of my life. When I turned 10, my dad asked me if I wanted to participate in the inter-school bowling championship. Of course, I said yes. After that, my dad supported me by buying me bowling balls and accessories. On the day of my first competition, I was nervous, but I managed to overcome it. I finished in 4th place, which convinced me to set a goal for myself: to be the best at bowling and make the national team.

My Achievements

Hong Kong Inter-school Tenpin Bowling Championships

The first time I joined the competition was back in 2019; I ended up finishing in 4th place in the primary school group, which wasn't bad at all. The next time was 2021. I came 2nd in the secondary (S1-S3) singles category and 3rd in mixed doubles. I wanted to do better the next year and achieve 1st place in singles, doubles and triples.



The most recent tournament was held in 2022. During the qualifying round in secondary (S1-S3) singles, I scored an outstanding 755 in three games. This meant that I came 1st in both secondary (S1-S3) singles and mixed doubles. However, in the mixed triples, I came 3rd.

Since I have represented Hong Kong in competing in the Asian Youth Championships, I can no longer compete in any inter-school tenpin bowling championships. Even though I feel sad about it, my level differs from the rest, so it's probably fair, all told.



Hong Kong Open Tenpin Bowling Championships

This competition has been very significant to me in my life. In both 2021 and 2022, I won 1st place in the U15 (15 or under) group. I made friends with some of the other competitors, participated in youth triples and secured 2nd place in 2021. During the match, we cheered for our teammates to strengthen our bond.



1st Prize in Tenpin Bowling Championships

At Present

Currently, I train at the Hong Kong Sports Institute three times a week since I'm representing Hong Kong as a national team player. Three different coaches train me in different areas of speciality so that I can excel in any conditions in the future. At home, my dad continues to support me by drilling new bowling balls for me.

During competitions, at least 1 coach will be on hand to guide me from moment to moment. Also, my parents will cheer me on from the spectator stands. Whether I lose or win, my coaches and parents remain positive and upbeat. Either they celebrate my success or reassure me that I'll do better next time. I try to keep this optimistic outlook on life with me in all facets of my day-to-day.



奇趣盃的路途

戴振朗 中六甲

奇趣盃有別於平日一般的政策辯論比賽，更多的是價值觀思想上的碰撞辯論。踏上奇趣盃的辯論決賽台板，相信對於每一位瑞祺中辯的辯員而言，絕對是一場難忘的經歷。即使我們最終未能奪冠，但已創下辯論隊於奇趣盃最佳成績，更是印證著辯員的蛻變成長，由初出茅廬無知的新手，成長為一個又一個足以獨當一面擔當重任的辯員。成長背後刻骨銘心的經歷得著，才是最為彌足珍貴的。

綜觀過去辯論隊的奮鬥，受盡千錘百鍊，依舊迎難而上。我隊辯論隊最自豪的是不需外聘教練，靠的是歷屆師兄們不辭勞苦的指導，發揮我隊團結一心，不假外的優良傳統。面對人數不足，我們比其他人花更多時間準備，留校至晚上也在所不惜；面對失落，依舊不減對辯論的熱愛；面對場地問題，我們毫不意外出準備，種種挫折非但沒有把我們擊倒，而是令我們變得更強，我會以八個字歸納中辯隊成員的精神——「逆境自強，自強不息」。

未來是屬於下一代的舞台，辯論比賽必定有輸有贏，但必須保持一顆謙卑之心，一步一步學習，不要輕易於落敗中感到氣餒，只有經得起磨練，方可他朝於辯論場上大放異彩。我深信屬於瑞祺中辯的故事，會依舊不改地延續下去，感謝尚在堅持辯論的每一位。



演辯之星夢想成真

戴振朗 中六甲

除了傳統的隊制辯論比賽，我亦參加了第二屆全港學生 1vs1 演辯之星挑戰賽，一個以個人形式結合了演講及辯論的比賽，最終成功奪冠。過程中沒有太多的顧慮，我深信只要盡力地應付好每一場比賽，做好屬於自己的工作，必定有所回報。我堅信天道酬勤，結果亦不負眾望取得冠軍，是我辯論生涯上重要的光輝一環。在比賽途中，我有許多的得著，例如要懂得如何說服公眾評判，用簡單、淺白、直接的用語，一個人站在鎂光燈下向公眾講述個人論點見解，正如我常言道「打辯論可能很簡單，但打簡單辯論卻很難」。感謝在我艱難困苦時，給予我援助的每一位隊友或師兄，感激每一位於路上不論是到場還是默默支持我的家人、老師、朋友。沒有大家的支持，恐怕難以走到這一步，讓我多年後依舊記得這些美好而又難忘的歲月。



瓦當文化活動

梁庭科 中六丙

是次由中文及中學學會舉辦的瓦當拓印活動，讓同學發揮創意，以不同顏色拼砌出屬於自己的拓印設計，從中學習到傳統的中國文化。

何謂「瓦當」？

其實「瓦當」意指屋檐最前端的一片瓦，在古代中國建築中有着保護木製飛檐和美化屋輪廓的作用。而瓦當的圖案設計優美，字體行雲流水，極富變化，就例如活動當日提供的車輪、飛龍、麒麟等等。

拓印則是以宣紙鋪在瓦當上，再用棉花或紙巾沾上墨水以「陰力」輕輕打打宣紙，將瓦當上的圖案及文字印在宣紙上。不單是傳統的黑白色，同學們更可選擇自己喜愛的顏色，描繪出屬於自己風格的瓦當。

活動其中一個有趣之處，正正是印刷，若力度過重，沾得太多墨水就會把宣紙弄破，但相反太少墨水，太輕力則不能把圖案完整的描繪出來，所以一切講求平衡，和中國傳統文化所提倡的中庸之道有同曲異工之妙。正如萬世師表孔子所提倡的「過猶不及」之說，「過」與「不及」一樣，都偏離了中庸的原則，會導致事情的失敗，要適度，不偏不倚，才能把事情做好。是此活動學習到不單是設計拓印，更學習到做人道理，真令人獲益良多！

在疫情中能夠和一眾同學面對面參與活動，一起學習中國文化，吸取知識，實屬難能可貴。期望將來學校能舉辦更多同類型活動，讓各位同學了解更多中國文化的高深奧妙之處！



中國歷史校際問答比賽

梁偉鈞 中二丁

「以銅為鏡，可以正衣冠；以史為鏡，可以知興替。」熟讀歷史既能啟發學生人生觀、世界觀，也能培養我們的家國情懷。

由《巴士的報》主辦、《星島日報》協辦的「中國歷史校際問答比賽」，在各界的熱烈支持和踴躍參與下，已經圓滿結束。

猶記得參賽當日，我和兩位分別是中二和中三的中同學三人一組，伴隨著謝老師的一句「同學們努力，加油！」我們徐徐踏上了比賽的舞台。帶著緊張和戰戰兢兢的心情比賽，希望能發揮好表現，為學校爭取更好的成績。面對其他隊伍，我們努力去搶答題目，可惜仍被淘汰出局，無緣晉身決賽。



這是我首次代表學校參加校外的學術性比賽。檢討過後，發現失敗的原因在於自身的準備不足。「經一事，長一智。」這次的比賽令我體會到，我們平常要先好好裝備自己，當迎接機會和挑戰時，以充足的準備加上盡力發揮，我相信不論結果如何，過程已是一個難得的經驗，這才是成長的真正歷程！獲益良多。

或許有人說中國歷史十分沈悶，對日常生活沒有太大幫助，可是我卻認為學習中國歷史能借古鑒今，避免重蹈覆轍；還能認識許多值得敬佩的前人，供我們借鑑學習，培養我們以傳統的美德待人。我想學界應多舉辦這類比賽，這不但能提高整體學生的中國文化水平，更可增進我們對中華文化的知識和認同。

除了以上的體會，因著這次比賽，我認識了一位多方照顧我的學長和幾個志同道合的同學。噢！豐富而有趣的中國歷史，我變得更喜歡你了。



CHAN SUI KI (LA SALLE) COLLEGE

陳瑞祺（喇沙）書院 2022 - 2023

NEWSLETTER



Learning Experience Matters



Betty Cheng

"Kong Yiji" (孔乙己) on stage. Whilst another said, 'It was a poetry creation competition. The teacher asked the students to present their own work.'

There were many answers, but it was not difficult to come up with the following common features:

Learning by doing, learning by play, creativity, performance...

Through good lesson design, a teacher can encourage students to respond to the texts creatively. As a result, knowledge is no longer cold but is filled with warmth and emotion.



Although there was a lack of e-learning tools in classrooms some twenty years ago, many teachers had already worked hard on lesson design to provide elements for students to act upon. So, how can we make good use of e-learning tools today to further motivate learning in lessons when they have become the basic configuration of every school?

In a Chinese Language lesson in CSK Secondary 1, students work to interpret the story of 'The Death of Yang Xiu' (楊修之死). First, they work in groups to create a four-frame comic. Then, they use iPads to take photos and video clips, dub some dialogue and add special effects, all in just 20 minutes. The text is shown on the

Ms Cheng Suk Wah, Vice-Principal

screen afterwards. Cao Cao 曹操 from a group is then invited to have a role play conversation with Yang Xiu 楊修 from the other groups. After the lesson, I observed that students remembered the content of the story clearly, and probably for the rest of their lives.



The unit key points and the text explanation are in the flipped classroom videos. Students can preview or review them anytime and anywhere. Through this process, they will establish the habit of independent learning from an early stage. Through assessment for learning, teachers can fully grasp the progress of students' learning and adjust their teaching pace accordingly. Through various gamification designs, students can memorize key learning points, master revision skills, and own their learning.

In this era of information explosion, knowledge is fragmented. We should focus on the experience. Every teacher is a designer of the learning experience. Designing every classroom with heart, using e-learning tools, and using the pedagogy of 'play' to the expertise of each student has always been the direction teachers are committed to. Compared with girls, most boys learn by doing and playing, quite naturally. When children learned at home during the pandemic, parents always complained that their children only used iPads to play games. Indeed, water can carry the boat but may also capsize the boat. Teachers who are good at designing lessons can use learners' existing skills and make iPads become promising tools for empowering learners to learn genuinely.

Empowering every student to learn through their own experience should not be merely a slogan. Every teacher can implement this idea in their lessons every day.



My debating life in CSK

Yu Hin Fung Ryan 6D (27)



The 2021-22 school year was an eventful yet regrettable year for the English debate team. Eventful, as we placed 1st runner up in both the first term regional final and the grand final of the Hong Kong Secondary Schools Debating Competition (HKSSDC), while for me personally, I was somehow awarded the Best Debater for the grand final. Regrettably, we could have quickly done better and easily been the champion in both

finals. Nonetheless, as the results go, it was one of the better years in the history of the English debate team.

I joined the debate team four years ago when I was a junior form student studying in form two. This makes me the most experienced debater in our group as of right now. The first year I saw a debate, it is fair to say, was the peak of the debate team. They reached the final in the Sing Tao Inter-school Debating Competition and the second term regional final of the HKSSDC, although similarly, they came second in both.

This is the second time I am writing these “reflections” in the role of a debater. The last time I did a similar thing was back in that same year I mentioned. If you were to read the school magazine a few years back, you would find an article written by a certain “Yu Hin Fung from class 2D”. “I felt so nervous that my legs were shaking”. 4 years have gone by, and I still can precisely recall the feeling when I had my first ever game played.

As for why I love debating, others might say the process of researching, learning information about different subjects, constructing arguments, and developing cortical thinking skills. Yes, these are fun things you can experience through debating.

The debate has given me a lot of things: More confidence, sometimes far too overconfident, to the point of arrogance. As I do anything, a sizeable drop of arrogance often comes in handy in my daily life. The most essential, however, remains the idea of teamwork. Without my fellow debater’s contribution and cooperation with each other, even though it sounds like a cliché, the team would have never gone this far.

We played a handful of games last year. The grand final is, without a doubt, the most memorable one. Even though we lost, that was the best performance I had as a debater. “Ryan, I really like your style,” The adjudicator remarked. And that earned me the best debater for that particular game. Having the result going our way would be one of the best moments in my “career” as a debater.

Having said that, as much as I love to focus on the positives,



I must look at what made the year “regrettable”. To improve not only is to do better but, more importantly, to not make the same mistakes once again. That’s why it is more than crucial to look at our mistakes. Former Premier League goalkeeper Ben Foster said, “There is no goal I conceded. I felt like I could not have saved. There is always something I could have done.”

I know it is not the most accurate description of my situation, but the fact is that every game we lost, we could have done something to win. Maybe it’s a little more research or choosing another argument to rebut. There is always something I could have and should have done.

There is so much more I would love to write, but I have reached my limit. No matter how much I can write, I’m no author, and I would never be able to truly express my feelings through letters and pieces of paper. However, there are people I need to send a message to.

This year, we have kicked off our debate competitions with quite good results. We won the first round of HKSSDC (Senior) and in the first round of Sing Tao Inter-school Debating Competition, we defeated ESF Renaissance College, which was the champion in Sing Tao Debating Competition 2018-19.

To my teammates, Clement, Dicky and Angus, I wish you all the best in your future journey to adulthood. To Chris, keep fighting. Thank you for being my companion and a great friend. To the team’s new members, Michael, William, Hugo and Alken, you all have great potential in debating. “This is my end, not your end”, is what the team’s captain told me four years ago. I now give you the same message.

To Ms YM Lee, our former teacher-in-charge who should be in the beautiful city of Melbourne, I wish you a very speedy recovery, long health and I humbly thank you for introducing me to debating. To Ms HK Wong, thank you for being so incredibly patient with us, we know we can be extremely annoying sometimes, but you are still stuck with us. Thank you from the bottom of my heart. And finally, Mr PF Lee, I am utmost grateful



the team have such an experienced, talented and understanding teacher in charge of us. Good luck on your journey, Sir, leading the team to new heights, “peaking” once more.

CSK, my forever alma mater

6D Fung Tsz Kin Angus

After studying at CSK for 6 years, I still can’t believe I am leaving.

I still remember my first day at school, still scared by the sudden changes. No more familiar faces, just me, stuck in a new place, not knowing what to do. Luckily, my kind



classmates accepted this nerdy weirdo to be one of them, when I was worrying about my interpersonal relationship, and together we created joyful memories of our junior years.

Another anxiety-inducing factor was the intimidating teachers. All the teachers tried to assert dominance over us new students and pull straight faces. Having someone staring right into your eyes as if they can see through your soul is utterly hideous, not to mention that ‘someone’ is four-fold your age and twice your size. Still, as I got to know more about them, I gradually learned that though they might be strict, they weren’t mean, and they were all just trying to help us be the best version of ourselves.

As good as junior form was, overall, things took a sudden change when I was promoted to Form 4. I was frustrated when I learned I needed to study to get into university. I never liked studying and was never good at it, but I had no choice. I had no interest in playing games or any dream to pursue, so I had no other way except to get that university degree. That’s when I decided to make a change and try to study every day. I started with half an hour per day, which was great. I was neither exhausted nor bored, so I started doing an hour, then two, then three. Before realizing it, I could study for more than 6 hours a day while ditching computer games. Thanks to my head start, I didn’t have to catch up and didn’t have much trouble preparing for the DSE. Maintaining a 7-9 hours of study schedule, plenty of sleep, and confidence in myself was good for me. My best ended up being 25 points, which was lower than what I had wished for and, to be honest, not as good as it could have been, but it was enough to get me into HKUST.

Now that I am at university, life is nothing like at CSK. No clichés, but also no more guidance; everything is up to me. The same will be true for you. There won’t be anyone telling you what to do anymore, and the only way to figure things out will be to search by yourself. O camps, O days, class enrolment, student unions, and many more, all the information can only be found online. Still, once you’ve gotten the hang of it, you’ll be surprised by how splendid university life is. For me, barely had the semester begun, and I was already participating in all sorts of activities and meeting different talented people. I am sure I can equip myself in university to achieve my aspirations.

None of this would have come true without my alma mater. So please allow me to express my deepest gratitude. Thank you, CSK teachers, for educating my friends and staying by my side. Thank you, CSK!



CSK, a place to learn and earn

6D Cheung Kwan Hung

“You don’t have to be great to start, but you have to start to be great,” said Les Brown, a motivational speaker. This quote still stays in my heart and reminds me to be a better person. Everyone will have uncertainty when they are a newcomer to CSK. But after a 6-year study in CSK, you will have acquired more than you believe possible. For me, the teachers, the students, the learning experience, and the opportunities for students were all memorable and irreplaceable. Therefore, I want to acknowledge my appreciation that CSK has put a lot of effort into teaching and exploring students’ potential, all of which have dramatically changed me.

I still remember when I was a newcomer to CSK, I was an introverted student lacking self-confidence. I had a lot of uncertainty about secondary school life. But teachers were kind-hearted and willing to help me to tackle all the problems I faced, such as English learning and adapting to secondary school life. Apart from academic support, CSK has provided many opportunities for me to explore my potential. The class teacher let me join the wind orchestra and football team in my first year at CSK, which shaped me into a confident, outgoing person.

Regrettably, the pandemic came in the fourth year. In-person classes had to be suspended, and all extra-curricular activities were stopped. I was worried about my learning progress and school life. Thankfully, CSK did a lot to support us. Teachers put a lot of effort into making teaching videos during the class suspension period. Also, they were available to answer questions from students anytime. Thanks to the teachers’ and CSK’s support, my learning progress was not significantly affected.

Finally, DSE was the biggest challenge for students in the sixth year of study. Every Form 6 student worries about their future studies or career path. But CSK always stands by its students. They have invited a lot of CSK alumni to share their career paths and jobs. Especially in my case, they helped me find my dream job. I have talked to many teachers, and they always provide me with a lot of support. They have encouraged me to join the School Nominations Direct Admission Scheme and supported me in preparing for the interview and exams. Finally, I could successfully be admitted to the University of Hong Kong and study actuarial science thanks to my teachers’ support and advice from the alumni.

For me, CSK was not only a place to learn, but also a place to earn. Although I was not familiar with secondary study life, CSK has taught me to be independent although I lacked self-confidence, they still encouraged me to join different kinds of activities; although I was not successful in learning, they



still put in effort and taught me to be more significant. They always support their students to be greater, which is why the saying still stays in my heart. Time flies but leaves its shadow behind. Everything in CSK is memorable and irreplaceable. I am proud of being a CSK student, and I hope to continue my dream at HKU and contribute to society with the spirit of CSK.

Our world-class athlete

Interviewer and writer: 6D Yu Hin Fung Ryan

After being the first long-jumper in Hong Kong to qualify for the World Athletics U20 Championships field event finals, 6D Lin Mingfu achieved remarkable results last Summer in Columbia. He was placed eighth out of 24 athletes in qualifiers, with a personal best of 7.54m on his second leap and 7.62m on his third, securing his progression to the finals, where he jumped 7.36m, 7.57m and 7.38m, putting him in ninth place.

Despite being a record breaker, Lin stayed humble. He would love to express his gratitude to the Hong Kong Association of Athletics Affiliates and the Watsons Athletics Club for providing him with the needed resources. On the other hand, he believes his success is owed to the training and encouragement from his trainers and coaches. Moreover, his friends, teammates, and family support are part of his triumph, which cannot be understated. “Without their help, I wouldn’t have come this far!”

When asked about his experience in the competition, he immediately thought of the new friends he made through the tournament. “Oh, their names should not be left out. The whole lot of friends from the contest, athletes from all around the world, all outstanding!” He commented that the meeting with other competitors made him more aware of his weaknesses and flaws, which made him realise the world around him, broadening his horizons.

Being in the spotlight, there is something inescapable, the pressure. Lin admitted the nerves he had throughout the entirety of the tournament. “Well, of course, I was nervous! You’re no longer representing yourself or CSK but Hong Kong.” As to how he dealt with his nervousness, he put his faith in God and prayed for his guidance and protection. “I prayed, which helped me a lot. But also, my friends and teammates, I chatted with them before each round, which



also took a lot of pressure off me.”

Nonetheless, he mentioned he learnt a lot more than he had expected. “It was a top-class event, very well-run.” He noted what he understood as the rundown of world-class competition and was the most impressed by it. Furthermore, he told us how his attitude improved. “I think I became a little more confident. Seeing all the athletes from around the globe, I thought I wouldn’t have a chance to compete. But here I am. I learnt not to underestimate my own ability.”

He added that he didn’t expect anything upon landing in South America. Instead, he took it as a learning experience. Having said that, he is satisfied with his performance, despite feeling he could have performed better. Overall, it was an extraordinary opportunity and experience.

Coming back to Hong Kong, other than continuing to put his heart towards the athletic side of work, he is also a senior, a secondary 6 student, taking the DSE in May 2023. “It would be a lie if I said there is no problem balancing school and sports work. I guess it’s simply a matter of choice, a give-and-take relationship.”

“Another give-and-take relationship is my own free time. I gave up a lot of personal time to have more time to train, more time for homework and more time for revisions.” His determination and willingness to give up his resting times are admirable. Still, he would find himself running out of time to use. “But in the end, it is worth it.”

For the future, in terms of his sporting goals, he mentioned a handful of local competitions he will be participating in the upcoming weekends. His head is now focused towards breaking his personal record once again. For his academic goal, it would be the public exam next year. “It is hard being an athlete and taking the DSE simultaneously, but I will try my best, do my best.”

Finally, he wishes to encourage all other athletes in CSK. “Do your best and chase your dreams. Nothing is truly impossible if you put your heart into it! Most importantly, enjoy your school life at CSK. Add oil!”



Lin Ming Fu and his coach