



香港真光書院
HONG KONG TRUE LIGHT COLLEGE

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編輯委員會名單

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Library Flash



編者的話

說起閱讀，很多人第一時間想到的是沉甸甸的課本、密密麻麻的筆記，還有那張決定名次的成績單。但你有沒有試過，在某個無聊的午後，隨手翻開一本與考試無關的書，然後不知不覺就讀完了大半？

那種感覺很特別。不是為了交功課、不是為了應付測驗、不是為了得到足夠學分的「計時治學」，純粹是因為趣味而自發去學習、去吸收知識，它會引導你進入閱讀的世界。

有人說生活很累，有人說沒時間看書，但其實閱讀不一定需要一整段完整的時間。五分鐘、十分鐘，一篇散文、幾頁小說，都可以是一扇在忙碌生活中透氣的窗，真正的學問不在於計算讀了多少小時，而在於廢寢忘食的投入與廣泛的涉獵。

編輯委員會 潘容博

名人名言

活在當下

中四 張伊彤

「過去與我無關，未來也是如此。我活在當下。」這句話出自愛默生。乍聽或許只以為是故作灑脫，但其實卻蘊含深刻的人生智慧。

人生漫漫，但總是有人為往事而執著，因未來而焦慮。但無論是過去的遺憾或喜樂，都已成定局；而未來的變數與驚喜，亦尚未來臨。如果我們只將自己困於過往和未來，便會忽略了自己眼前的生活——這個真正由自己把握的瞬間。與其反覆懊悔上一次的失誤，不如專心擺正心態，避免重蹈覆轍；與其每日將不快掛在心上，不如試著放下，讓自己過得輕鬆些。這不是在逃避責任或懦弱的表現，只是把注意力放在此時此刻能做的事，而非蹉跎光陰。

名著搜秘

《兄長》 作者：梁曉聲

中四 崔詠婷

當我們改稱姐姐為「家姐」、哥哥為「兄長」，是否意識到彼此的年齡已如兩條延伸的長線，漸漸相仿了？

《兄長》，作者為梁曉聲。初認識他的書時，只覺得神奇，他基本上所有的著作都是圍繞著他的家人，有父親、母親，還有兄長，可內容卻不累贅，在不同的書裏，同樣的角色可以有截然不同的性格，從小孩的角度看，父母的教誨通常是囉嗦的；可從父母的角度看，那不過是不願兒女「撞南牆」的勸誡，是關愛的證明。我們身為子女，可曾站在父母的角度思考呢？

然而，《兄長》這本書讓人反思：父母對子女未來的過度干涉，是否會直接導致兒女「撞南牆」呢？書

中作者的兄長是九零年代的高材生，卻因父親的干涉與對家境的考量而放棄入讀大學的機會，後來又經歷社會運動，最終困於自我愧疚感中，與心理疾病過上一輩子。當我看到兄長的一生就這樣輕飄飄地由文字道出，心中不免一陣心酸，也不禁為兄長的遭遇打抱不平，認為父親是造就他一生牢籠的罪魁禍首。可當我們反過來，從父親的角度出發，就會發現他的無奈，無奈是在金錢上，還是尊嚴上，都是埋藏在他心裏，一塊又一塊重重的石頭。

父親的選擇並不是真正的「個人選擇」，而是受困於生活的無奈之舉。所以當我們的家人囉嗦的時候，不妨安靜下來，聽一聽他們真正的聲音——不受生活所困，關懷子女的聲音。

作家座談：跟著插畫家到意大利去



2026年3月5日閱讀組安排學生參加香港國際文學節「青少年讀者節2026」系列活動。本次《跟著插畫家去意大利》作家座談會邀請知名繪本插畫家彭康兒女士 Bonnie 前來主講，她與學生分享遠赴意大利的創作見聞、出版心得，以及如何將個人插畫作品推向市場。

講座中，Bonnie 回顧自己於義大利 Children's Book Fair 尋覓出版機會的經歷，並介紹由此誕生的代表作《最獨特的朋友》。這本充滿幻想元素的無字繪本，後續獲譯成多國語言版本，廣受國際讀者歡迎。她強調，藝術創作不僅靠無限想像力，更需克服現實挑戰的勇氣。

彭女士的作品主題以「動物與大自然」、「溫馨幽默的日常」及「奇幻治癒的故事」為主軸，其畫風色彩繽紛、質感細膩、筆觸活潑，尤其擅長捕捉自然景觀與可愛動物。活動現場，她即場示範電繪技巧，僅以數筆便令小動物栩栩如生。同學們使用平板電腦及 Procreate 軟件跟隨練習，盡展創意及風格。

儘管學生作品與專業水準仍有差距，Bonnie 仍熱情指導，並與眾人高舉畫作合照，營造溫馨氛圍。師生紛紛表示，此類活動有助學生融合文學與藝術，深化文化認同與創作能力，可謂獲益匪淺。

校園記者
中三 王新媛



《獻給想死的你》閱讀報告

中三 陳慧瑜

《獻給想死的你》是一本寫年輕人經歷孤獨、痛苦後被救贖的小說。書中主角是一位二十一歲的大二女生——廣瀨優也。主角非常迷戀作家美作里奧的小說《Swallowtail Waltz》，這本書是她唯一活下去的希望，但在這本書即將要完結時，作者卻突然離世，留下了未完成的結局，這令主角感到絕望，企圖自殺，幸好最後被救回。

後來，主角與另外六名同樣喜愛書本的粉絲一同到山中的廢棄學校，模仿書中劇情生活，希望找出書中最終結局。在這些日子中，每人分別講述自己的痛苦之處：有人被同學欺負、有人得不到家人關心、有人一直覺得自己沒用。他們看似在找小說結局，其實都是在找活下去的勇氣和理由。

我以前認為想放棄生命的人很奇怪，因為世間明明有很多美好的事物，但我讀完這本書後才知道，原來他們只是太痛苦、太孤單，覺得沒有人懂自己，也找不到人傾訴，才慢慢變得絕望。這本書也告訴我們難過、逃避都是正常的，不用裝堅強，否則最後可能釀成自殺，令身邊人傷痛。

書中令我最感動的是，這些絕望的人因為陪伴、互相傾聽，逐漸找回希望。原來一句溫柔的話、一個願意聽自己說話的人，就能成為黑暗中的光。同時也讓我明白到，每個人的生命都很寶貴，就算生活多不如意，也不要輕易放棄自己。我們也要多關心身邊的人，有時候一個安慰，就有機會拉回在絕望邊緣的人。



《童年的玩具》

中五 游尚清

童年的玩具裏，印象最深刻的是媽媽親手縫的布娃娃。布娃娃的身體是裁自家裏用舊的床單，床單是粉白底色點綴着淡藍小雛菊。布娃娃的肚子裏沒有蓬鬆的棉花，而是被媽媽用舊衣物撕成的碎絮銀飽了——穿破的舊棉襖或起球的舊毛衣，被媽媽細心地處理，抽出棉球或毛線，每一縷棉絮都帶着洗衣皂的淡香。布娃娃的圓臉是米白色棉布，由兩顆圓潤的黑鈕扣當眼睛，媽媽還用紅棉線仔細地繡了彎彎笑唇。頭頂縫着一小撮淺棕色的毛線當頭髮，媽媽還特意紮成兩條短短的小辮子，用一截粉繩系着，我跑跳時，小辮子就跟着顛一顛地晃着。布娃娃算不上精緻，裙擺邊緣甚至有點破口，可是，抱在懷裏卻軟乎乎的，貼在胸口能感受到碎絮的蓬鬆與實在，給我無限安全感。仔細摩挲它的肚子，能摸到一個小小的長方形硬物，它是一道平安符，那是媽媽對我藏在碎絮深處的保佑和牽掛。



1 書名：《城南舊事》〈我們看海去〉

作者：林海音

中三 馮靖桐

讀完《我們看海去》後，我更深刻地感受到離別的殘酷，也更加了解英子可貴的性格特質。

面對一個被大眾視為小偷的男子，英子沒有戴上有色眼鏡看待他，反而主動與他交流，成為朋友。後來，男子向英子吐露心聲，說自己偷竊是為了維持生計，供養母親與弟弟讀書。英子以一顆純潔善良的心體諒了他，並與他約定一起去看海。最終，這個約定未能實現，男子被警察帶走。英子的行為令我明白，與人相處不應先入為主，只有以真誠純粹的心去對待他人，才能結交真正的朋友，也才能理解人們表裡不一的原因。

這篇文章教會我，真誠地結識朋友，能為彼此帶來快樂。儘管故事以遺憾收場，但那些曾經付出與共度的愉快時光，都成為塑造今日自己的珍貴回憶。

2 書名：《城南舊事》

作者：林海音

中三 黃雋瑛

閱畢《城南舊事》，我感受到英子面對身邊的人相繼離開的切膚之痛，她努力想要記住一切，卻常常獨自躲在被窩裡哭泣。為了忘記傷痛，她甚至選擇搬家，希望能重新開始。

在日常生活中，我也會嘗試與身邊的人好好溝通，不因小事而傷了彼此的感情。我會盡量不把負面情緒帶給他人，說話時注意語氣與分寸。如果別人需要幫助，我也會盡自己所能伸出援手。這就是我與身邊的人和乎相處的方式。

3 書名：《黎紫書小小說》

作者：黎紫書

中三 簡卓好

這本書記述了作者在生活中的各種經歷，探討了她與家人之間的關係，以及相處時的情感變化。同時，也描寫了她在人際與情感關係中的不同抉擇。書的最後部分，作者談到自己的理想與追尋的過程，揭示了许多內心的掙扎與成長的心路歷程，引起共鳴。

書中提到，作者的親生母親有一天突然失蹤，沒有回家。不久之後，父親帶回一位陌生女子，成為家中的新成員。作者對此感到抗拒，然而與這位「新媽媽」的共同生活過程中，經歷了和諧與矛盾交織的日子。這些情節令我深受觸動，也讓我感受到自己成長於幸福家庭的幸運，不禁回想起童年的時光，如今長大之後，更能理解作者文字背後的真意與情感。

4 書名：《母親的金手錶》

作者：琦君

中四 翁心怡

琦君的《母親的金手錶》深刻展現了中國傳統女性賢良淑德的典範。書中母親將全副身心投入家中大小事務，打理得井井有條。

母親閒暇時常在鞋履或其他物件上繡花，她鮮有獨享的娛樂時光。她為父親繡鞋時，她特意預備另一隻予琦君的媽媽，只因擔心若僅有一隻，父親定會讓與媽媽，此舉令人震驚，更彰顯母親賢良淑德。

母親不僅擅繡，更精於製作甜食，每逢過年，便親手熬製蓮子、桂圓的紅豆糕饌饌予家人，那獨特風味與綿軟口感，成為琦君畢生思念的滋味。於母親時代，蓮子等材料價格不菲，她卻慷慨添加五六種，只為讓親人節慶時盡興滿足。

母親將一生傾注在家庭與女兒，卻於罹患不治之症時選擇隱瞞在上海求學的女兒，獨自承受苦痛，悄然離世，只為免其分心，甚至錯失最後一面。她為家忙碌前後，心酸無人傾訴，那賢妻良母的可貴品格，最叫人深刻。

圖書館學會

圖書館學會於2026年3月6日及4月9日分別舉辦了「記事簿製作工作坊」和「英文書法工作坊」。

在「記事簿製作工作坊」中，同學們親手設計屬於自己的記事簿，並在封面繪製圖案，展現個人風格。大家都投入心思製作。作品不僅精美，亦充滿創意與獨特性。這次活動讓同學體驗到「從零開始」的成就感，也培養了專注力與耐力。

「英文書法工作坊」則讓同學們走進文字藝術的世界。參加者先學習書寫優雅的英文字體，再在硬卡紙上以顏色筆書寫字句，作品既展現美感，也提升了運用英文表達的自信。透過筆觸的練習，同學們感受到文字的力量與美學的結合，活動氣氛既輕鬆又愉快。

這兩場活動不僅提供動手實踐的機會，更希望同學能透過創作與閱讀的連結，養成良好的閱讀習慣，在知識與藝術之間找到平衡。



另外，圖書館學會於2026年5月8日舉辦了第二次「讀書會」，主題定為「戰爭與和平」。這次活動特別呼應近期中東局勢，選取了宮崎駿的部分漫畫作品，包括《天空之城》、《風之谷》及《幽靈公主》等。這些作品雖以幻想世界為背景，但其中描繪的戰爭場景、環境破壞與人類衝突，正好反映作者一貫的反戰立場，讓同學在閱讀中思考和平的價值。

Following the "To Safeguard Endangered Species and Foster a Spirit of Universal Love" open lesson on endangered species, students reviewed extended reading materials on the exotic pet trade. These resources helped them understand how human actions — such as poaching and habitat destruction — can drive animals to the brink of extinction, reinforcing the idea that ecological security is an essential part of national security.

The following is an excellent reflection from our student after her extended reading:

S5 Mavis Ho

You might be familiar with the playful moments with a puppy, the tranquility of reading a book in your comfy chair with a ragdoll cat resting on your lap, or the stress relief when a little hamster runs on the wheel in a silly manner. However, certain "exotic" animals are not supposed to be kept as pets, such as Romer's tree frogs, African grey parrots, and Asian box turtles. Driven by profit, the exotic pet trade causes excessive poaching and destroyed natural habitats through exploiting natural resources, such as wood, gum, and aquatic resources. However, this could negatively affect national safety by not just ignoring biodiversity and destroying natural areas, but also worsening the already existing environmental problems. These include desertification caused by the loss of vegetation, and a polluted environment caused by the development of natural areas. It even could ruin a country's reputation when the general public finds out they give up everything for modern development, which greatly highlights that environmental protection is not just ensuring living place and food resources, but even protecting the entire country's reputation globally.

As a student who is aware of the deterioration of our environment and the infuriating illegal poaching of wild animals which strips them from their supposed homeland and confines them to what we deemed to be the best for them, I believe we should take action. To cut down on the illegal pet trades which lead to more frequent illegal poaching and the loss of our beautiful nature, we should ensure we know the origins of what we are purchasing when wanting a pet and ensure they do not originate from poaching, which can cut down the income of illegal pet trade merchants. This could deter them from doing it once again as they no longer receive any profit from it, effectively cutting down such behavior.

An Interview with
a Local Scientist – Dr. PUN, Jason Chun Shin
(Principal Lecturer, Department of Physics, Faculty of Science, The University of Hong Kong)



**S3 Elly Hung
Miki Kwan
Rhea Lau
Kate Pang
Janice Wong**



Dr Pun's journey into physics began not with a sudden revelation, but through a quiet, persistent curiosity nurtured since his youth. He lacked a specific mentor to inspire his pursuit of Physics, particularly as no one in his family had a background in science. During his childhood leisure time, he loved reading books, especially science books, to understand the logical reasoning of how things work in the world. This habit has laid a solid foundation for him to become a renowned physicist in Hong Kong. Many people might have assumed that to become a physicist, one would need some kind of special mindset, a family with a robust science background, or even many connections to open doors for such a path. Yet, Pun's personal story reveals a different truth. His passion for Physics did not arrive with his pedigree, but rather started with science books. During the interview, Pun shared several of his childhood books with us, including one for which he had handmade a protective cover. While seemingly minor, this attention to detail demonstrates his meticulousness and reverence for knowledge that would later define his career in science. Pun harbors a fervent enthusiasm for extensive reading, showing that knowledge from textbooks alone is insufficient to meet the challenges of pursuing one of our careers in medicine. With rapid technological advancements and increasing information, it is essential for us to read beyond the syllabus in our spare time, as Pun did in his youth, to strive for knowledge and aspire to excellence.

"The READmarkables" Outdoor Reading Challenge Day at Ocean Park

S3 Amra Khan

A team of our S3 students took part in the "Readmarkables" competition at Ocean Park in March. The event was a scavenger hunt where we solved puzzles around the park to collect letters. For the final mission, we had to arrange those letters into animal names. Thanks to teamwork and quick thinking, our school emerged as the winner. It was a rewarding experience for everyone involved.



Students' reflections

Amra Khan

I felt nervous at the start, especially with other schools racing alongside us. However, as we solved each puzzle, my confidence grew. When we finally formed the animal names and heard that our school had won, I felt a rush of joy and pride. It was a rewarding experience I won't forget.

Katie Leung

The competition at Ocean Park was an absolute blast. I had tons of fun solving all the puzzles and learning more about wildlife. I learnt that no matter what, collaboration is the catalyst for innovation.

Rhea Lau

The READmarkables was by far the most exciting and interactive outdoor learning experience. With puzzles that tested our knowledge of different species of animals like sharks, I learned more about wildlife and acknowledged the importance of conserving these animals.

Gina Li

The READmarkables is an amazing, spectacular, and fantastic interactive learning experience. It was both entertaining and rewarding. Through this activity, I have learnt more about the animals at Ocean Park and the importance of conserving them and keeping them from going extinct.

Lucy Dong

At first, when I joined the READmarkables, I was almost certain that we were going to lose, but surprisingly, the activities were extremely enjoyable and entertaining. From this event, I've learnt more information about different species, including both land and marine creatures, as well as the importance of protecting animals.

Kacy Yeung

The competition was a fun and challenging experience. It challenged students to work together as a team while also teaching us that learning was not only limited to sitting still in a classroom. Learning could be fun and engaging. The activity was truly an amazing experience.

Bridging Science and Stories:

Book Signing with Professor Yuen Kwok-yung

At a recent chemistry-themed talk on "From Clinical Practice to Scientific Research," students were particularly drawn to the book signing session for Professor Yuen Kwok-yung's autobiography. The occasion brought readers and authors together, transforming an academic talk into a meaningful and memorable literary experience.



參與的同學在活動前先獲得一本宮崎駿漫畫，並在家中閱讀部分內容，為分享作好準備。讀書會當日，同學們分享心得，討論作品中對戰爭的描寫、角色的抉擇，以及作者如何透過幻想世界傳遞反戰訊息。交流過程中，不僅加深了對作品的理解，也引發了對現實世界的聯想與反思。

這次讀書會不僅是一場閱讀活動，更是一個思想交流的平台。透過宮崎駿作品的啟發，同學們在文字與圖像中感受到和平的珍貴，並學會以更廣闊的視角去理解世界。圖書館學會期望透過主題式讀書會，讓閱讀不止於書本，更能成為培養價值觀、批判思考與人文關懷的契機。





Book Reports

Giving a Gift to a Character

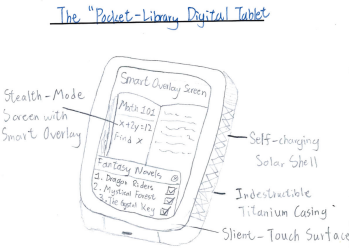
S1 Audrey Chan

Book Title:

Matilda

Author: Roald Dahl

Publisher: Puffin Books



If I could send a gift to a character, I would give the "Pocket-Library" digital tablet to Matilda. I chose this gift because Matilda loves to read, but her parents are very mean and often destroy her library books. She also has to walk a long way to the library just to enjoy a story. This tablet features a stealth-mode screen that hides what she is reading, making it look like schoolwork to her parents. It is also solar-powered, so she doesn't need to ask her father for batteries or a charging plug. I believe this would give Matilda the freedom to read any book she wants at any time, keeping her brilliant mind safe.

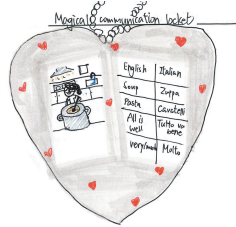
S3 Katie Leung

Book Title:

Granny Torrelli Makes Soup

Author: Sharon Creech

Publisher: HarperCollins



If I could send a gift to a character, I would give a magical communication locket to Rosie in *Granny Torrelli Makes Soup*. This polished silver locket opens to reveal two tiny screens. One screen shows a live video of Granny Torrelli in her kitchen, allowing Rosie to see her whenever she misses her. The other screen acts as a magical recipe translator, displaying Granny's famous soup recipes and translating the Italian words and phrases Granny uses. Since Rosie often feels distant and misunderstands Granny's wise Italian sayings, this locket will keep them connected even when they're not together. It truly is the perfect gift for Rosie.

Interview with a celebrity

S1 Cherry Chan

Book Title: *Rosa Parks*

Author: Kitson Jazynka

Publisher: National Geographic

Host (Cherry): Hello Rosa Parks. Welcome to our programme, *Hall of Fame*.

Rosa Parks: Hello Cherry! Happy to be here.

Host: You loved sewing—did you make any fun 'equal rights' quilts?

Rosa Parks: No, but my quilts meant we were all connected.

Host: What made you refuse to move seats?

Rosa Parks: I was tired of unfair treatment. I deserved a seat.

Host: What advice from your grandmother helped you?

Rosa Parks: "Keep your dignity."

Host: The boycott was hard—did you ever give up?

Rosa Parks: Rainy days were very tough, but we didn't give up.

Host: What is your message for our friends?

Rosa Parks: One person can make a change.

Host: Thank you for joining us.

Rosa Parks: Thank you, too.

Message to the author

S1 Katrina Fok

Book Title:

The Moon in the Stars

Author: Philippe Goddin

Publisher: Last Gasp, U.S.

Dear Mr. Goddin,

I've just finished reading your book, *The Moon in the Stars*. I found the book very easy to understand.

I think it is a very touching story. It focuses on courage, resilience, and the effort to find light during tough times. I was especially impressed by how you show the characters' inner strength and how they face their challenges. This book is adventurous and makes me think deeply, leaving me with a strong sense of peace after finishing it.

In conclusion, it is a very meaningful book. I will definitely recommend it to my family and friends. Thank you for sharing a wonderful story with me.

Best regards,

Katrina

The Scene I'll Never Forget

S1 Gloria Chan

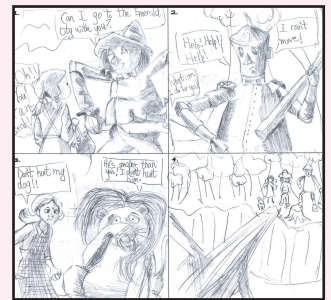
Book Title:

The Wizard of Oz

Author: L. Frank Baum

Publisher: Penguin Books

I like this part because Dorothy needs to go to the Emerald City to find a way back home. On the way, she meets the Scarecrow, the Tin Man, and the Lion. She also encounters many difficulties, but she faces them bravely. Therefore, I think her journey is very meaningful.



S1 Vicky Kan

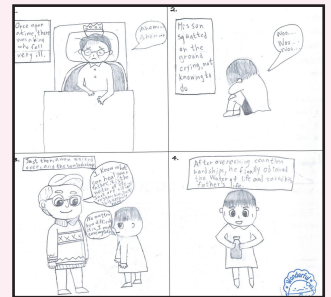
Book Title:

Grimms' Fairy Tales

Author: Jacob and Wilhelm Grimm

Publisher: Puffin Books

I like this part so much because I believe the son's noble character—his willingness to rescue his father despite knowing the hardships—is something we should all learn from. It also teaches us that crying is useless; only by seeking solutions and taking action can we truly solve problems.



S1 Kitty Wan

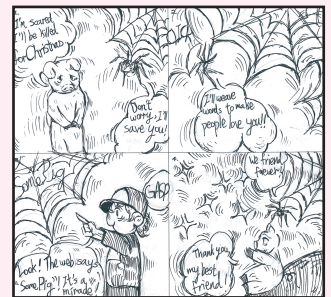
Book Title:

Charlotte's Web

Author: E.B. White

Publisher: HarperCollins

I love this part of *Charlotte's Web* the most because it shows true friendship. Charlotte uses her wisdom to keep her promise to save Wilbur, making him feel safe. It teaches me that a true friend always helps us when we're in trouble, which deeply touches me.



S4 HANNAH MARTINEZ DRUMMOND

Book Title: *Animal Farm*

Author: George Orwell

Published in 1945, George Orwell's *Animal Farm* is a short but powerful novel. It tells the story of a group of farm animals who overthrow their human owner, Mr. Jones, to establish a society where animals are equal.

The novel's main message is a devastating critique of how idealistic revolutions can turn corrupt. The pigs, who are the most intelligent animals in the story, manipulate language to justify their power-hungry urges, ultimately betraying the revolution's



original ideals and everyone else.

The novel was written as a satire based on the Russian Revolution of 1917 and the rise of the dictator Joseph Stalin. It exposes the hypocrisy of Stalin's regime while illustrating how power corrupts. Its portrayal of the manipulation of truth and collective vulnerability resonates far beyond its historical context.

The book was a very insightful read—thought-provoking, funny, and profound by turns—and each aspect educated me in a different way. I came to understand the foreshadowing within the story, and the simplification of a major event like the Russian Revolution helped open my mind to what the world was like before I was born.