

FEATURED STORY 專題文章

Why a Reel of Film Is Just a Reflection of Real Life

一卷膠片 一段人生



YEW CHUNG YEW WAH

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耀中耀華 拓展事務資訊

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Why a Reel of Film Is Just a Reflection of Real Life

一卷膠片 一段人生

Film is a very unique form of art because it captures life in a way that other forms of expression, like painting or photography, cannot. Ms Chelsea Chen from our YWIES Shanghai Gubei Class of 2015, hopes to continue making films that convey the beauty of humanity and nature through art, culture and sustainability.

電影是一種獨特的藝術，因為它以其他藝術形式如繪畫及攝影不能取代的方式捕捉生命。上海耀華古北校區2015年畢業生陳信怡女士就正在捕捉我們缺欠的那部份生命，她希望繼續透過藝術、文化及可持續性，製作傳達人性及自然之美的電影。

“Film ultimately combines every single thing I love – music, art, words and stories.”

As a writer/director, Chelsea is constantly observing broader society, not just the people around us, to understand more about ourselves. “It allows me to create what I want to express,” she says.

During her time at UBC, the environmental courses Chelsea took helped her realise how serious the problem is of climate change and pollution. “I will keep your light” is her first big production, exploring the theme of climate anxiety. “I feel it is a privilege living in Canada surrounded by nature, the sea, the beach and the forest. While I was creating this film, I came to treasure this even more.”

Her second big production “Reverie”, explores our relationship with technology, another big issue that we all deal with daily. Through a story about a power outage, Chelsea hopes to depict what would really happen if we were forced to disconnect from our digital devices. Ultimately, the film encourages her audiences to find the right balance between humans and technology. “As a creator, I feel like everything around us, everything we are experiencing, naturally draws me towards something I really feel passionate about. Although I might not be able to solve the problem, being able to ring a bell and bring awareness of the problem is already enough.”

“Art is here to give us comfort, to tell us that we are not alone. There are always other people going through what you are experiencing.”

Interestingly, the movies that give us serious chills aren’t the ones with the greatest optical or sound effects, but the ones we closely relate to. This is what Chelsea is trying to do as a producer. All the films she has produced relate to her own experience and observations. She is currently working on two film projects. One explores the sense of loneliness in a big city. Inspired by the current Covid outbreak, it looks at the reasons for our generation’s alienation and examines how we might break free of this cycle.

The second project examines how we often overlook the working classes, the people that laboured to build the world we enjoy now. As Chelsea explains, “We often say in Chinese, ‘Art is inspired by life but goes beyond it.’ I want to express myself from a female perspective as someone just graduated from college; someone who has just entered society and is trying to figure out what is happening in life.”



We often enjoy different types of film at different stages of our life. For this reason, Chelsea has neither a particular role model nor a film she solely admires. But at her current stage in life, she recommends two films that have much meaning.

- ‘YiYi’ (一一), a 2020 Taiwanese film directed by Edward Yang (楊德昌) that brings the audience right into the lives of three generations of a Taiwanese family and explores the experience of living in Taiwan.
- ‘Roma’, a Mexican film directed by Alfonso Cuarón shot in 2018, which follows the life of a live-in housekeeper of a middle-class family, in a semi-autobiographical take on Cuarón’s upbringing in the Colonia Roma neighbourhood of Mexico City.

Sometimes, the theatre effects play an important part in movie enjoyment, but relating to characters, families and storylines, gives us a deeper connection and lingering

aftertaste that keeps us thinking about issues and circumstances. This is why Chelsea particularly enjoyed these two films.

Balancing Between Dreams and Bread

During the ongoing Covid outbreak cinema theatres are closed. Film doesn't feel like an essential activity any more. "But people need these comforts... people need art," says Chelsea. Although her current projects are all short films, she eventually wants to make the transition from small screen to big. Keeping herself busy with small projects and building up her experience for a career in film, she ultimately hopes to get involved in theatre projects to develop her own style and stories.

Of course, early on it is difficult to find the right balance between the dream and your daily bread especially if, as with Chelsea, you're not working for profit. Currently apart from all her non-profit film production, Chelsea is also doing a lot of commercial advertising and branding videos. "Right now at an early stage I don't need to make a definite choice. But it will eventually become a challenge to balance both. It is a question that will need an answer if I continue to go on this path."

Art is never about satisfying everyone, but to create a special bond and connection with someone.

Chelsea strongly recommends those who are already in or still considering this field to keep their passion alive and to believe in their pursuit. "Being able to explore things fully is a privilege," she says. "Take advantage of this and don't overlook how precious it is. When you have the passion for art or are in an environment where you can explore art, take advantage of it. It doesn't always happen."

「電影最終把我喜愛的一切融為一體：音樂、美術、文字及故事」

身為編導的信怡不斷參與和觀察社會，不限於身邊的人群，更是多了解自身。她說：「這樣我就能夠創作我想表達的東西。」

在英屬哥倫比亞大學求學期間，信怡修讀的環境課程讓她意識到氣候變化及污染問題的嚴重程度。她的首部電影《I Will Keep Your Light》就是探討氣候焦慮症的主題，並叫我們開始注意身邊發生的事。她說：「居於加拿大，環顧都是大自然、海洋、沙灘及森林，像是一種特別的禮遇。當我製作這部電影時，我更珍惜這一切！」她的第二部電影《Reverie》則探討科技與我們的關係，這是我們日常要處理的另一重大議題。信怡想透過一個講述停電的故事，說出當我們被迫停用我們的數碼設備時會發生甚麼事，從而鼓勵觀眾在科技與自身之間找到平衡點。「作為一個創造者，我覺得身邊所有事物、任何經歷都很自然地把我帶往我真正熱愛的事情。雖然我未必能夠解決那個問題，但可以敲響警鐘及引發大家關注問題已經很足夠！」

「藝術的存在是為了給予我們安慰，告訴我們並不孤單，總有相似的人在經歷你正在經歷的事情！」

一般而言，最能感動我們的電影不是擁有最佳視覺或音響效果的電影，而是那些真正令觀眾產生共鳴的作品，這亦是信怡作為監製嘗試做到的事，她製作的所有電影都與她的經驗和觀察有關。她現正埋首兩部電影的製作，其中一部探討在大城市生活的孤獨感，尋找我們這一代感到孤獨的原因，以及我們如何離開這種惡性循環，這部電影的靈感來自還未完結的新型冠狀病毒病大爆發。另一部電影表達的訊息是我們往往忽略了勞動階層的努力，我們現在享受的一切都是他們建立的，這部電影就是探討他們的故事。信怡說：「我們中文有一句話『藝術源於生活，又高於生活』，我想從女性的角度、以剛畢業踏進社會的心境表達自我，嘗試理解生命正在發生甚麼事。」





我們在不同的人生階段會享受不同類型的電影，正因如此，信怡從沒有崇拜一個人或推崇某部戲，但在現階段，她向我們推介兩部電影：

- 《一一》，2000年由楊德昌執導的台灣電影
一個台灣家庭三代人的故事帶觀眾探索台灣生活
- 《羅馬》，2018年由Alfonso Cuarón執導的墨西哥電影
導演透過一名中產家庭家傭的生活，半自傳式地呈現家鄉墨西哥城科洛尼亞羅馬

有時候，影院效果的確是享受電影的重要一環，但能夠與戲中的家庭或角色連繫上，或者明白及與那個精彩故事產生共鳴，才令我們再三回味及不住思考，這就是信怡現階段最享受這些電影的原因。

夢想與麵包之間的平衡

新冠病毒病爆發期間，戲院都關門，電影似乎不再是必需品。信怡說：「但是人需要這些安慰，人需要藝術！」雖然她現時的製作都是短片，但她希望把細小的螢幕變大。她希望透過密密製作短片為事業累積經驗，最終能夠參與大製作，並發展自己的風格及故事。

不過，因為剛起步時的寂寂無名及在行內未有豐富經驗，很難在理想與麵包之間取得平衡，尤其是信怡大部份的製作都是非牟利的。現時，除了非牟利電影製作，她也做商業廣告及品牌宣傳片。「現在，還是起步階段，我無需作出明顯的選擇，但平衡兩者最終會是一種挑戰。如果我想繼續行這條路，我要探索這個問題並尋求答案。」

藝術從來不是要滿足所有人，而是製造與人的連繫

話雖如此，信怡鼓勵已投身或考慮從事這行業的人，要保持熱情並相信你所做的事情有意義。她說：「能夠徹底探索很難得，當這是一次獲得益處的機會，不要輕看當中的寶貴意義。當你對藝術或探索藝術的環境有熱情，請盡情發揮，這樣的事不常有。」



AWARDS FOR EXCELLENCE IN HUMAN ENDEAVOUR

表彰人類努力的卓越成就

CIDMO's message for the YCYW community 首席機構發展與市場總監給耀中耀華社區的話



This has been a challenging year. The unexpected 2020 Covid-19 pandemic has brought unprecedented challenges to teaching and learning. Yet, we have had a fruitful start to the academic year.

This year's Founder's Day was particularly meaningful for our alumni communities as we presented our first YCYW Alumni Hall of Fame Award. This is to honour distinguished alumni who demonstrate the values of Yew Chung and Yew Wah as ethical, caring and loving global citizens. Our founder Madam Tsang Chor-hang, a remarkable education pioneer and a woman well ahead of her times, believed adversity builds character. And so it is as we tackle Covid and press on with our lives.

We couldn't be more proud of Chelsea Chen (YWIES Shanghai Gubei, Class of 2015), a brilliant young film maker who constantly reminds us global issues are relevant to all of us. There's Aaron Shea (YCIS Hong Kong, Class of 1998), an outstanding entrepreneur, who has mobilised resources to develop YCCECE and been a mentor to students. Then there's Mika Ulmet (YCIS Shanghai Puxi, Class of 2010), a devoted volunteer, who helps raise awareness on food security and environment by traveling to the most under developed countries. Their leadership has been inspirational and helped make the world a better place.

Our alumni networks for Yew Chung and Yew Wah schools and the College have developed a strong bond between graduates and our philanthropic culture has encouraged the habit of giving back through donations and volunteering our time.

The year 2020 has been a tumultuous passage. Yet, the pandemic has brought out the best in us. It has strengthened our resolve to serve our community, whose wonderful support has helped carry us forward. As a strong alumni group we will continue to make a positive impact on the world around us.

這是一充滿挑戰的一年，新冠肺炎疫情為教學帶來前所未有的挑戰，但我們的新學年仍有一個豐碩的開始。

今年的楚珩日對校友社區來說特別有意義，因為我們頒發了首屆耀中耀華校友名人堂的獎狀，這項殊榮為要表揚出色的校友，他們作為品格高尚、滿有愛心的世界公民，充分表現耀中耀華的價值觀。我們的創辦人曾楚珩女士——非凡的教育先鋒、影響時代的傑出女性——相信逆境能塑造品格，這亦是我們面對新冠肺炎及努力繼續生活的信念。

校友陳信怡女士(上海耀華古北校區2015屆畢業生)令我們自豪，這位優秀的年輕導演不斷提醒我們，全球議題與我們所有人息息相關。另一校友余日源先生(香港耀中1998屆畢業生)是傑出的企業家，他不單調動資源協助YCCECE的發展，更成為學生的導師。還有校友未花女士(上海耀中浦西校區2010屆畢業生)全心全意投入義務工作，遠赴極度落後的國家，協助提高人們對食物安全及環保意識。他們的領導才能啟發人心，令世界變得更好。

我們耀中耀華及幼教學院的校友網絡幫助畢業生建立強健的聯繫，而我們的慈善文化鼓勵我們透過捐贈及做義工回饋社會。

2020年起伏動蕩，疫情卻激發了我們最好的一面，堅定了我們服務社會的決心。我們這個團結的校友群體將繼續為世界帶來正面的影響。



HONG KONG ALUMNI CHAPTER SAYS HELLO

香港校友會向大家問好

Following in the footsteps of the Shanghai Alumni Chapter established earlier this year, we are excited to announce the launch of the Hong Kong Chapter!

This chapter has been formed by a group of committed young professionals, who are keen to serve and promote the YCYW alumni community in the city. Through hosting a range of events and services, they plan to build a strong community network in Hong Kong to connect alumni, students, staff and their alma mater.

Join the Hong Kong Chapter hosted event – ‘Virtual Wine Tasting Session’ – on November 12, 7pm, and meet our core committee members.

RSVP: secretariat@alumni.ycef.com

緊隨年初成立的上海校友會，香港校友會亦正式成立，這是多麼令人興奮的消息！

香港校友會由一群年輕盡責的專業人士組成，他們都熱心服務及推廣在香港的耀中耀華社區。透過舉辦一系列的活動及服務，他們計劃在香港建立一個強健的社區網絡，把校友、學生和他們的母校連成一線。

立即參加香港校友會在11月12日晚上7時舉辦的「虛擬試酒會」，與我們的核心成員會面吧！

敬請回覆：
secretariat@alumni.ycef.com



Jason Chan 陳政匡
President 會長
YCIS Hong Kong 2009
香港耀中2009屆畢業生

Jason is a solicitor in the investment fund team of an international Hong Kong law firm. He completed his law degree at the London School of Economics and Political Science. Jason has also served on the Global YCYW Alumni Advisory Board since 2019 as the Hong Kong representative.

陳政匡是香港一間國際律師行的投資基金組事務律師，他在倫敦政治經濟學院取得法律學位。他自2019年以香港代表的身份服務於全球性的耀中耀華校友顧問委員會。



Aaron Chung 鍾興龍

Vice President 副會長
YCIS Hong Kong 2008
香港耀中2008屆畢業生

Aaron studied health science and health care management at the University of Sydney after graduation from Yew Chung. He is currently the director of One Cellar Hong Kong Company Limited.

鍾興龍在耀中畢業後到悉尼大學修讀健康科學與保健管理，現任壹酒窖有限公司的董事。



Alan Wong 黃浩麟

Secretary 秘書
YCIS Hong Kong 2008
香港耀中2008屆畢業生

Alan worked at various international companies like Hilti and Google after graduation. Currently he is with his family business handling product development. Alan is delighted to serve in this chapter and he looks forward to meeting with you.

黃浩麟畢業後曾任職於喜利得及谷歌等多所國際企業，現在經營家族生意，從事產品發展。他很高興服務香港校友會並期待與大家見面。



Robert Sit 薛正睿

YCIS Hong Kong 2005
香港耀中2005屆畢業生

Robert is a solicitor in the corporate and funds team of an international offshore law firm in Hong Kong. He is a qualified lawyer for Hong Kong, Australia and New Zealand.

薛正睿是香港一間國際離岸律師行的企業及基金組事務律師，是香港、澳州及新西蘭的合資格律師。



Martin Hai 奚家祺

YCIS Hong Kong 2014
香港耀中2014屆畢業生

Martin is an investment analyst in the private equity team of a multi-asset investment firm in Hong Kong. He completed his Economics degree at the University of Cambridge.

奚家祺是香港一間多元資產投資公司的私募股權投資組投資分析員，他於劍橋大學取得經濟學學位。



HELPING HEALTHY KIDS FIND THAT RAINBOW

彩虹魚康復醫院院長李培英： 讓康復給生命帶來彩虹

While launching my start-up in Hangzhou I sent my daughter to a public school near our home for a year. My daughter loved the atmosphere but the school didn't instill a love for learning as it placed too much emphasis on examinations and grades. It was then that we decided to transfer her to YCIS Shanghai in the fourth grade. The school's proud history and reputation for excellence were definitely key in our decision, but what really attracted us was the prospect of an international education with its core value of developing children's personal character and growth. This aligns with my priorities as well.

I think Yew Chung has done a great job in blending Eastern and Western cultures in a challenging and creative curriculum. Yet, as a Chinese family, we hope to continue growing our Chinese roots to enable the next generation to carry forward our language and culture.

Yew Chung grants students freedom of choice. When my daughter and I discussed which subjects to select for the term, I noticed there were different mathematics and English classes of varying levels and difficulty. No matter what, I would certainly respect my daughter's decision. Yew Chung's approach doesn't emphasise competition and it encourages teamwork and group learning.

Teachers come from various cultural backgrounds and employ different teaching methods, which enable students to learn to adapt and thrive in a diverse society. I saw a tremendous improvement in my daughter's academic performance. We were delighted not only because of this, but also because she developed a love for learning and was motivated to do well.

This kind of learning style allows my daughter to continue with her interest in art and music. She loves painting, playing the violin, and particularly ballet, a hobby she has developed since she was four. For over 10 years now she has not only improved her technique but also learned to enjoy the beauty of ballet. As parents we never focus on winning prizes. We would rather watch her build confidence and enjoy the time on stage expressing herself.

As with other sports, ballet requires hard work and sacrifice. As our daughter underwent intensive training we found out that the muscles around her ankles did not have sufficient strength to enable her to stand on tiptoe, a common position in ballet. The problem required a large amount of assistance from sports rehabilitation doctors. The ballet teachers and the school principals liaised with my team at the hospital and that was when our professional cooperation began.

Applied science and sports medicine technologies are rather undeveloped in China and lag behind other countries. There is a need for every person to increase his or her awareness of the issue. We hosted several talks at the Yew Chung and Yew Wah schools to raise the awareness of child development and rehabilitation. This aligns with the values of Yew Chung and Yew Wah, which not only focus on academic performance but on holistic development.

Earlier our team, which had conducted examinations of the spine for primary and secondary students in Ningbo, was surprised to find that 10 percent of the children had curvature of the spine. Several common problems such as rickets, slouching, and leg length discrepancies were revealed but parents were simply not aware of this and blamed the child for walking improperly.

Our understanding is some children have a lack of confidence due to problems arising from a curved spine. Some even develop depression and tire of schooling. If parents' awareness is raised, such unfortunate situations can be prevented. If left untreated these problems can lead to frequent sports injuries such as a damaged meniscus that can result in lumbar and cervical pains.

Nowadays parents understand that sport brings intellectual and mental benefits to a child's development but there is still no understanding of how to prepare for it. We recommend that from primary onwards parents should bring their children for musculoskeletal examination and devise training for weak areas. Not only can this help reduce the number of injuries, but it can also improve children's sports performance.

We also provide a comprehensive report showing different indicators including the child's musculoskeletal condition, cardiothoracic state and weight, to determine which sport suits them best and at what level of involvement. We identify ways to train muscle groups so as to correct and strengthen them rather than simply focusing on an excessive amount of sport.

We also take into account the children's nutrition and mental health. For instance, females at puberty experience weight gain but with weak muscles and a high percentage of body fat. This can have a negative effect on their growth and sexual maturation and cause potential mental trauma. There are weight loss and beauty programmes from medical healthcare organisations, but we hope to provide positive intervention programmes by professionals.

In addition, especially for Yew Wah families whose children transferred from public schools, we hosted talks on child learning, reading skills and attention development, as many children may potentially experience culture shock and new academic challenges. It is easy for parents to misread this,



“Sports medicine technologies are rather undeveloped in China. There is a need for every person to increase an awareness of the issue.”
- Dr Peiyong Lei,
Parent of YCIS Shanghai Puxi

“我國運動醫學應用科技發展還落後於全球很多發達國家，除了專業力量的補充，普通人的認知也需要加強。”
——李培英醫生，
上海耀中浦西家長

assuming children are being disobedient or lacking in effort when they spot problems with reading. In reality, this is a reading disorder. Fortunately, it can be treated with the help of professional assessment and tests.

Hand-eye coordination, the sense of touch, and cognitive ability are all part of simple act of reading. Every child has strengths and weaknesses and our focus is to find weak areas and improve them.

Whether it is the child's learning ability or attention-cognitive ability, these are essential skills for life that will determine success in the future. Teachers and parents alike must create assignments that help develop children with a view to solving any fundamental deficits. Many mothers could then spend more time on their careers or socialising with friends, instead of being tied down at home.

The name of our centre, Rainbow Fish, is inspired by my daughter. She got it from a favourite fairytale in which Rainbow Fish is the main character. Rainbow Fish has a body full of colourful scales and she is the most beautiful fish in the sea. Yet, she is singled out as arrogant. One day, a small fish asks, "Can you give your smallest scale to me so that I can become more beautiful?" Rainbow Fish does so and is delighted to see how happy the small fish is as a result of this small gesture.

This story conveys the importance of love and sharing. Our medical technology can become a world pioneer to undertake even the most complex rehabilitation for patients who have undergone heart surgery and to help in the recovery of patients with traumatic spinal cord injury. However, just having the technology and expertise is not enough. Without kindness and compassion it is impossible for us to succeed. We hope to share our professional knowledge with everyone to bring rainbows into the lives of many, whether they are newborns or 90-year-old grandparents.

YCIS parent Dr Peiyong Lei is a medical professor who did her training overseas. She has accumulated considerable experience in clinical care and operations management. She founded Rainbow Fish Rehabilitation Center with "love and sharing" as its core value. The centre was selected for the prestigious "National Demonstration Project". As a school parent, Dr Peiyong Lei has frequently given talks at Yew Chung and Yew Wah to inspire families.

我在杭州創業的那年，女兒在家門口的公立學校就讀了一年。雖然氣氛很好，但她感覺核心主題還是考試，沒有學習的樂趣。四年級轉學到上海耀中，我們看重的第一是耀中的歷史和聲譽，這麼多年堅持在中國做國際教育，以學生發展為中心，第二點就是耀中中西並重的文化，作為中國家庭，我們希望能夠延續中國文化的根，讓孩子不丟掉中國的語言和文化。

耀中提供了很大的自由度和選擇空間。這學期女兒跟我們討論選課，還有數學和英語課程不同進度分班，我們都尊重她的想法。耀中在學習上淡化競爭，更提倡團隊合作和小組學習。老師不同的文化背景和教學風格，對孩子今後適應多元化社會也有幫助。最近女兒學習成績有很大提升，我們很高興看到，她有自主學習意識和自我驅動力，自己設定目標努力達成。

我女兒喜歡畫畫和拉小提琴。從四五歲起練習芭蕾舞，到現在將近十年了，隨着技巧的進步，她得到更多美和藝術的享受。幾次國際比賽下來，我們沒那麼看重獲獎，更重要的是自信心的提高，享受舞台，釋放自己。

芭蕾舞本身是苦功夫，少不了疼、苦、累，可以算作運動的一種。準備比賽時訓練強度很大，陪同觀察了幾次，我發現女兒足踝周圍小肌肉群的力量不夠，不能很好地支撐完成足尖立穩的動作，這就需要我們運動醫學康復醫生的幫助。後來，芭蕾舞老師帶了學校校長到我們醫院，告訴我們通常碰到的問題，比如關節活動度或者肌肉力量，請我們協助解決傷痛。這是很好的專業之間的協作。

在這方面，我國運動醫學應用科技發展還落後於全球很多發達國家，除了專業力量的補充，普通人的認知也需要加強。我們在耀中耀華學校也做過多次講座，普及兒童與青少年運動康復和成長發育的專業知識。這也和耀中耀華的教育理念一致，不僅關注孩子的學習成績，亦重視他們的全方位發展。

我們曾經在寧波中小學生中進行脊柱側彎的篩查，驚訝地發現，超過10%的孩子有脊柱側彎。有的孩子習慣性崴腳、彎腰駝背、長短腿，家長不了解，可能還怪孩子不好好走路。據我們了解，有的孩子因為脊柱側彎嚴重產生自卑心理，甚至抑鬱、厭學、輟學。但如果家長認知提升，就可以及早體檢干預，否則在運動中就容易引起損傷，比如膝關節半月板損傷、腰椎、頸椎疼痛等。

現在家長都知道運動對孩子的智力、精神各方面發展非常有幫助，但還沒有運動前做好準備的意識。所以我們建議從小學階段起，家長就帶孩子做肌肉骨骼系統體檢，了解孩子本身生理上的強弱之處，通過糾正性訓練，不僅

可以減少傷病，還能提升運動成績。我們還會開出「運動處方」，綜合肌肉骨骼、心肺有氧和體重等指標，判斷哪種運動更適合孩子，怎樣的頻率運動才最有效。我們能夠發現某項運動成績不足的深層次原因或障礙，比如哪條肌肉、哪個肌肉群比較弱，通過專項糾正性訓練來彌補，而不是一味地蠻練。

我們還關注孩子的營養和心理。比如青春發育期的女孩，體重增加，肌肉力量不足，體脂超標，對生長發育和性成熟都有影響，還會給心理造成很大衝擊。比起醫療機構的減肥和美容專案，我們更希望提供專業的干預服務，因為我們有幫助運動員處理生理發育的豐富經驗。

另一方面，尤其針對耀華家庭，有的從公立學校轉學過來的孩子，或許面臨文化衝突和學習方法的挑戰。我們專門做過幾次針對孩子學習和閱讀能力、注意力發展的講座。有的家長告訴我們，孩子讀書寫字常常漏字、跳字。按照傳統中國家庭思維，家長總認為是孩子不聽話、不用心、不認真，但這實際是閱讀力缺陷，通過專家評估和一些試驗方法，可以短時間內改善。手眼協調、感覺能力和認知能力都是相關的，每個孩子都有擅長和相對表現較弱的方面，我們的目標就是找出弱項，集中訓練。

無論是學習能力和注意力，還是身體運動能力，都貫穿孩子的一生，決定了他們職業生涯所能達到的高度。如果解決了以上那些基礎問題，其實在教育中不需要花那麼多精力去督促。許多媽媽也能從家庭中解放出來，有自己的事業和社交生活，而不是全都圍繞着孩子。

「彩虹魚」這個名字是我女兒起的，來自她小時候最喜歡的童話故事。彩虹魚渾身長滿彩虹鱗片，是大海中最美的魚，高傲而孤獨。有一天，一條小魚問牠：「能不能把你身上最小的彩色鱗片送給我，令我也可以變美一點？」彩虹魚答應了，當牠發現小魚拿到鱗片那麼高興，牠也覺得開心極了。

這是一個關於「愛與分享」的故事。我們的醫療技術可以做到「世界冠軍」，完成最複雜的心臟外科大手術後康復，幫助脊髓損傷截癱病人康復等。但我想，我們只有醫

療的專業是不夠的，沒有對人的熱愛和同理心，我們做不好這些事。我們希望把專業知識分享給更多人，為生命帶來彩虹，從剛出生的嬰兒到90歲的老人，都能在我們的一站式康復醫療和護理服務中，提高生活品質，享受多彩生活。

李培英女士是耀中家長、海歸醫學博士，在醫療臨床和運營管理上都積累了豐富經驗。她回國創辦的彩虹魚康復醫院，將「愛與分享」作為宗旨，現已成為唯一入選「國家級示範項目」的康復機構。兒童及青少年康復與成長發展，是醫院的服務特色之一。李女士多次在耀中耀華學校演講，希望將健康快樂帶給更多家庭。



HOW OUR STAR GRADUATES PUT THE NOTION OF “LEARN THROUGH PLAY” INTO PRACTICE

認識耀中幼教學院「明師計畫」：
將「遊戲中學習」理念貫徹推行

INTERVIEW:

For Teachers of Tomorrow from Yew Chung College of Early Childhood Education, dealing with crying toddlers and sorting arguments over favourite toys, is a snap. Here's why.





Yew Chung College of Early Childhood Education (YCCECE) launched its Teachers of Tomorrow (ToT) scheme in 2016. Under this arrangement, Yew Chung International Kindergartens open their doors to outstanding graduates from YCCECE, offering an educational pathway known as “From Baby to Bachelor”. These Teachers of Tomorrow are encouraged to practice what they have learned. This year, Yew Chung International Kindergartens in Shanghai hired three YCCECE graduates as international assistant teachers.

“International schools in Hong Kong, including YCIS, tend to recruit teachers with ample experience and holding a relevant degree,” Lin, Head of YCCECE Student Affairs Office, says. “However, we have a lot of faith in our graduates. The ToT scheme allows them to earn valuable early childhood education experience, so they will be able to innovate throughout their teaching career.”

The Yew Chung kindergarten international and bilingual teaching teams have adopted “Learning through Play” as an important pedagogic tool. For these graduates, it is an excellent starting point of their professional life. Past teachers recruited into the ToT scheme have stood out and received accolades from colleagues and parents alike. They were all invited to renew their contracts to teach at Yew Chung.

In these interviews we talk with five current Teachers of Tomorrow at Yew Chung who share their goals with us. They also talk about how their higher education

experience at YCCECE was rewarding in several ways and helped them reach career goals.

You can reach for the moon at Yew Chung

“They all performed admirably during their internship, and made tremendous contributions to the college. Not only are they advocates of children’s rights and welfare, but they are also true believers of play-based learning,” observes Lin, YCCECE’s student affairs officer.

When Harriet Chan was young she volunteered at a kindergarten for 10 years to help toddlers learn. She received a Community Service Award by the Hong Kong Social Welfare Department for her work. She went to a local school but due to ‘ineffective’ teaching her learning was adversely impacted. This experience taught her the value of an inspiring teacher early on in a child’s life. International schools’ approach to teaching appeals to Harriet as children tend to learn better in a more nurturing environment.

After completing her higher diploma she entered the bachelor degree programme. Last New Year’s Eve, a professor asked Harriet to write down her goal on a piece of paper, on which she wrote, “graduate with first-class honours.” Harriet got a perfect 4.0 GPA, up from an already admirable 3.6.

The lecturers motivated her to reach for the moon. She learned to leave her comfort zone and set herself new challenges. She applied for a Teacher of Tomorrow position

at Yew Chung International Kindergarten in Shanghai and began to stand on her own two feet away from home. Her years at YCCECE prepared her for success as she regained confidence. "YCCECE helped me become a new person. I think it is my destiny to be an early childhood educator," she says.

Like Harriet, Karen Yip and Carmen Chan are both idealistic young educators who also started teaching at Yew Chung in Shanghai. As English is the medium of instruction at YCCECE, Karen and Carmen feel very comfortable working in an international school environment. Being bilingual, they can communicate with parents easily in Chinese too.

Having had internship experience during their college years, Karen and Carmen prefer the international school teaching approach. The emergent curriculum, for instance, is more consistent with the approach they have learned at YCCECE. Says Karen, "At many international schools, academic results are still very much emphasised. Yew Chung's philosophy allows children to 'learning through play.' As we have just begun our teaching career, we are still exploring how best to put this notion into practice."

Play-based teaching is best illustrated through everyday practice. In her first two weeks at the kindergarten, Karen observed a child who was able to learn and remember the word "elephant" as the child constantly played with a toy elephant. To her surprise, a few days later, the child told Karen that there were also toy elephants in other classrooms. In this instance, learning was enhanced through observation, association, and expression.

Elis Cheung and Suki Hui chose to stay in Hong Kong, and began their career as teaching assistants at Yew Chung International Kindergartens. "At local kindergartens, classes are led by teachers. However, at Yew Chung, a child-centred teaching approach is preferred in order to respect children's interests, choices, and thoughts. Curriculum design is also based on this notion. Using innovative materials, Yew Chung's educators focus on children's creativity, such as art and technological

ingenuity. These pedagogical approaches are consistent with our teaching philosophy," Elis says.

The College's greatest influence on our Teachers of Tomorrow is the notion of play-based teaching. Suki hopes that this approach, which allows children to enjoy educational play experience, can be adopted in more preschools in Hong Kong. When she applied for jobs, she paid close attention to the curricula, and checked if they were compatible with her teaching philosophy. Suki notes, "Hong Kong's early childhood education field is relatively saturated – the applicant-to-hire ratio can be as high as 400:1 – so the ToT scheme is a precious opportunity."

Elis is the only Higher Diploma graduate of the five Teachers of Tomorrow. While standing out because of her strong qualification, she was grateful for this opportunity in this highly competitive landscape. Every Saturday, she studies for the bachelor degree programme. She expects to earn her degree in four years. For the next few years, she hopes to stay on at Yew Chung.

Learning from Shared Experience

"It is a privilege to graduate from YCCECE and teach at Yew Chung International Kindergartens in Shanghai. When it comes to teaching, the school and I share the same beliefs. I just need to practice what I have learned," says Carmen.

Due to the pandemic, parents are no longer allowed to enter the school premises. Instead of face-to-face conversations, teachers have to put in more time and effort to communicate with parents. Our Teachers of Tomorrow tackle the challenges in various ways.

Harriet talks to parents on the phone and via Zomo. Carmen uploads photos to the Seesaw platform so parents can see what's going on in the classroom to allay any anxiety. Karen got a few helpful tips from more experienced co-teachers. When talking to parents about their children, she uses the child's Chinese name and keeps it brief. Her focus is on the children.

Teaching is a rewarding experience but can be stressful too. Since the beginning of the school year the young teachers have made the transition from teaching small groups to managing an entire class. There are several challenges. Helping children to cope with separation anxiety, for one. Young children often miss their mothers and cry. Patience is required to calm them down. During the pandemic children have not played with other kids for a while so they are less ready to share and often fight over their favourite toys. Again, it takes patience to teach good behaviour.



In Carmen's class the youngest child cried almost daily. So she came up with a brilliant solution. Each day she gave the little boy a number of photos of him that Carmen had taken and printed. When he finished this routine, Carmen would take one photo away from him. As the number of photos he had in hand dwindled, the child had an idea of how much time was left for school before he reunited with his family. Over a few days the youngest boy in the class was crying a lot less.

"Although we all learned about various pedagogical theories in college, we sometimes review reference books and lessons," Harriet reflects. Supervisors who are experts in the early childhood education field are great resources for the young teachers. Through weekly meetings and class observation, supervisors offer useful suggestions. For instance, when children fight over glue and stationery. As Harriet explains, "I was told not to worry too much as kids will be kids. It is the easiest just to fetch more stationery for them. Supervisors' advice reminds me to be practical. Supervisors helped me see through blind spots and to be more flexible."

At Yew Chung International Kindergartens in Hong Kong, the principal and assistant principal take turns every week to hold a seminar with Elis and Suki. They discuss difficulties that the young teachers have encountered and suggest reference books for Elis and Suki. Elis learned from the principal a 'spot casting' technique that helps children understand and express their emotions objectively. As Elis works with two-year-old toddlers whose vocabulary is fairly limited, she needs to pay more attention to their needs, and teach the children useful words to interact with them.

Suki is particularly impressed with the work culture at Yew Chung in Hong Kong, where working overtime is discouraged

and a meaningful work life balance is sought. Moreover, colleagues have lots of opportunities to interact with one another and young teachers are encouraged to share their views. Students from YCCECE come to visit often so, for her, it feels like homecoming at times.

On September 23, school resumed for kindergartens in Hong Kong. Elis and Suki sprang back into action as they prepared teaching aids and ordered new uniforms. They also took care of the children and played with them. These so-called trivial tasks are all equally important for the children.

As a freshly minted teacher, Harriet hopes she can contribute to the class and make a difference, starting with the basics. Her latest classroom decoration has won praise from colleagues. She studies the curricula of Hong Kong and the United Kingdom, and designs her own curriculum and teaching plans.

At home, Carmen and Karen compile their own song lists. They search for new songs to cater to the children's interests and give them a sense of novelty. They learn how to sing the songs at home so they can teach the children to sing along with everyone in class.

"Yew Chung is where I can put what I have learned into practice," Suki enthuses. "Children get excited easily with so many things so designing a curriculum to cater to their interests is no easy task. Yew Chung's teachers are some of the best in the field, and it is up to me to learn as much as possible from them while teaching here."





在2016年，耀中幼教學院推出〈明師計劃〉，入選的優秀畢業生獲聘在香港耀中屬下的幼稚園工作一年，之後耀華國際幼稚園也向這些畢業生敞開大門，充分體現耀中耀華〈從嬰兒到學士〉(B to B)模式特色；及至今年，上海耀中也首次聘任3名畢業生為助教老師，為期一年。

「許多香港的國際學校，一般只聘用擁有學士學位的幼教老師，且傾向於聘用具備教學經驗的，耀中亦不例外。」耀中幼教學院學生事務主管左大偉坦言：「為了讓我們的畢業生有更多機會接觸優質、創新的幼兒教育，並證明耀中眾多幼稚園對我們的畢業生質素充滿信心，我們成立了〈明師計劃〉」。

耀中擁有豐富的【遊戲中學習】理論和實踐經驗，畢業生能在國際化雙語教學團隊中學習和接受指導，對他們來說，無疑是極佳的事業起步點。事實證明，過往的〈明師計劃〉之畢業生也深受好評，在完成一年合約後獲得續約留任。

幼教學院的課程如何讓他們實現事業夢呢？他們在耀中有何收穫與理想呢？於9月上旬，我們在上海、香港兩地探訪了今年參加〈明師計劃〉的5位優秀畢業生，分享她們的成長與蛻變。

在耀中實現幼教理想

「她們表現優異，為學院的發展做出積極貢獻，在宣導兒童權益和福祉方面顯示出堅定的信念，並且全力支援【遊戲中學習】教學理念。」左大偉這樣評價入選〈明師計劃〉的學生的共同點。

陳灝欣(Harriet)從小已參與義務工作，幫助幼稚園的小朋友達十年之久，曾多次獲得香港社會福利署頒發的志願服務獎。然而，在香港傳統學校一路求學，曾經因為遇上不大理想的老師，一度令她喪失學習動力。如今回看，更讓她確信老師的重要性，她對於國際學校的理念也有更多的認同和期待。

在耀中幼教學院完成高級文憑之後，陳灝欣繼續深造學士課程。去年除夕，教授給她一張紙，鼓勵她設定目標，她寫下了「一級榮譽畢業」，最終她實現了GPA從3.6升到4.0的佳績。

如果不是導師的激勵，她也不會跳出舒適圈挑戰自己。從報名〈明師計劃〉至抵達上海浦東耀中，她獨自地開始事業生涯的第一站。四年間重新找回動力和自信，更學會抓住機遇，陳灝欣十分感慨地說：「幼教學院簡直改變了我的一切，我想這就是緣份吧。」

同樣從小就有幼教經驗和理想的葉善婷(Karen)和陳加叻(Carmen)，一起被安排到上海耀中浦西榮華園。幼教學院全英文教學環境，讓她們能夠勝任國際老師的職責，而雙語能力更幫助她們成為與內地學生家長溝通的優勢。

雖然在學期間，學院也為她們提供了各種實習機會，但她們無疑更認可國際學校的教學方式，比如萌發課程，與學院的學習更好接軌。「很多學校雖說是國際學校，卻仍很在意學術成績，耀中的理念是【遊戲中學習】，我們剛開始工作，就是要不斷摸索，如何貫徹地實踐出來。」葉善婷說。

加入耀中短短兩周，葉善婷就實在地感受到了【遊戲中學習】奇妙之處。有次在與一個小朋友玩玩具，提及大象「elephant」，沒想到過了幾天那小朋友還記得，興奮地說起他經過其他班時，亦看到他們也有玩「elephant」。在耀中校園，觀察、聯繫事物和環境、語言表達，學習就這麼潛移默化地發生了。

張淑儀(Elis)和許舒琪(Suki)選擇留在香港耀中，亦由助教起步。「本地幼稚園以老師為主導，而耀中的辦學理念是以小朋友為中心，尊重他們的興趣、選擇、想法，以此設計課程，使用自然和開放的學習材料，更看重他們的創意和創造力，包括藝術和科技素養的發展，這些都和我的教育理念完全配合。」張淑儀說。

許舒琪分享幼教學院對她最大的影響，答案同樣是【遊戲中學習】。她由衷地希望，這教學法能進入更多香港的主流學校，讓每個小朋友都能在童年多玩一些。求職時她也會特別看幼稚園的課程，是否與她的教育理念相近。許舒琪說，香港幼教行業人才相對飽和，疫情又進一步增加就業難度，招聘取錄率高達1:400，因此，〈明師計劃〉實在難能可貴。

張淑儀是5位〈明師計劃〉的畢業生中唯一的高級文憑畢業生，她憑著優秀的表現，最後入選這個競爭激烈的計劃，她十分感恩。現在每個星期六，她還修讀幼教學院的學士學位課程，預計四年能拿到學位。在香港耀中留任，是她未來數年的理想。

從經驗中活學活用

「我們從耀中幼教學院畢業，來到上海耀中，大家擁有共同的理念，我們要做的就是把我們所學的真正體現出來。」陳加叻也如此說。



受疫情影響，家長無法進入校舍，需要老師付出更多時間精力，耐心地與家長溝通。這對她們也帶來了非常不同的挑戰。

陳灝欣習慣了用電話、zomo等多種通訊方式與家長溝通；陳加叻則反思到可以儘量在Seesaw多上傳照片，讓家長即時觀看到孩子們在幼稚園的生活，減少家長的掛慮；而葉善婷從聯席老師身上學到一招，就是和家長面前提及孩子時，直接唸他的中文名字會更好，而且最好挑重點，不必把所有東西一次說完。這些小技巧無疑都來自經驗的總結。

在開學初期，小朋友需要適應從分組上課至與全班同學一同學習，這難免有點壓力。特別是在與媽媽分開時的哭鬧，老師便需要更多時間去安撫。另外，在疫情中，很久沒與同伴玩耍，小朋友會因為不肯分享物品而出現互相爭執的情況，這時老師也要耐心多教幾次，讓小朋友學會用言語去表達心中所想。

在陳加叻班裡，年紀最小的一個孩子，幾乎每天都哭，令她格外費神。於是她想了個辦法，就是拍下他每天在校園的生活照片，做成一個有次序的日程表，當孩子完成一項日常活動，陳加叻就拿走一張照片，讓他對校園的事情和剩餘時間有所預期。果然沒過幾天，他就進步神速，哭的時間越來越短。

「我們學的理论都在腦子裡，要運用出來時，還得想一想，或者翻書本確認一下。」陳灝欣坦言，在這方面，學校特意安排的幼教部主任給了很大指引，包括每週約見一次，以及進入班房視學，並給予建議。例如令她焦慮的物品分享時間，主任給她的貼士就是停一停，等一等，不必急於解決。例如小朋友為了用膠水而吵架，乾脆拿多一支給他們便可以了。「有時候我們新人容易太著重理論思維，反而忘了變通，靈活正正是我們經常忽略的。」

在香港耀中，每週正副校長會輪流與張淑儀和許舒琪開會，推薦參考書籍，討論遇到的困難。張淑儀印象最深的是校長介紹實況轉播(spot casting)的技巧，不加偏見地鼓勵小朋友瞭解和表達自己的情緒。而她要面對兩歲的低齡幼兒，他們掌握詞彙有限，她會更多關注他們的需要，多用積極正面的說話來引導和加強互動。

許舒琪特別欣賞香港耀中的文化，我們不會刻意強調加班，而是平衡生活與工作，同事們之間的分享交流機會也很多，並且鼓勵新人分享看法。幼教學院的老師不時來訪，也讓她感到親切不已。

9月23日，香港的幼稚園開始逐步複課，作為助教的許舒琪和張淑儀，主要幫助老師準備教材、安排新校服等，亦需照顧幾個小朋友，陪他們遊戲和學習等。工作瑣碎而忙碌，幾乎讓人停不下來，但她們都一一認真而專業地看待。

做新老師的第一年，陳灝欣希望自己能從小處做起，努力為同學與學校做出貢獻和積極影響。在最近一次課室佈置中，就令聯席老師眼前一亮。有空時，她還在研究與對比香港和英國的課程內容，通過參考自主設計課程並制定教學計劃。

陳加叻和葉善婷下課回到家後，還會花時間整理歌紙，根據小朋友最新表現的興趣主題搜索，讓他們常有新鮮感，自己又會預先學習，到了課室就可以帶領他們一起唱。

「耀中是最可以讓我學有所用的地方。」這麼多小朋友每個都有很多感興趣的東西，如何跟隨他們的興趣設計課程是最大挑戰。」許舒琪笑說，「耀中的老師真的多才多藝，能力又高。我最大的願望就是盡力學習和吸收，豐富自己的幼教經驗。」

“

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”

Dr Betty Chan Po-king	陳保琮博士
Chairperson	主席
Yew Chung Education Foundation	耀中教育機構
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