

FEATURED STORY 专题文章

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

一卷胶片 一段人生



YEW CHUNG YEW WAH

## ADVANCEMENT NEWSLETTERS 迈步

耀中耀华 拓展事务资讯

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

## 一卷胶片 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.**

电影是一种独特的艺术，因为它以其他艺术形式如绘画及摄影不能取代的方式捕捉生命。上海耀华古北校区2015年毕业生陈信怡女士就正在捕捉我们缺欠的那部份生命，她希望继续透过艺术、文化及可持续性，制作传达人性及自然之美的电影。



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

**A**s 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 (杨德昌) 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."

「电影最终把我喜爱的一切融为一体：音乐、美术、文字及故事。」

**身**为编导的信怡不断参与和观察社会，不限于身边的人群，更是多了解自身。她说：「这样我就能创作我想表达的东西。」

在英属哥伦比亚大学求学期间，信怡修读的环境课程让她意识到气候变化及污染问题的严重程度。她的首部电影《I Will Keep Your Light》就是探讨气候焦虑症的主题，并叫我们开始注意身边发生的事。她说：「居于加拿大，环顾都是大自然、海洋、沙滩及森林，像是一种特别的礼遇。当我制作这部电影时，我更珍惜这一切！」她的第二部电影《Reverie》则探讨科技与我们的关系，这是我们日常要处理的另一重大议题。信怡想透过一个讲述停电的故事，说出当我们被迫停用我们的数码设备时会发生甚么事，从而鼓励观众在科技与自身之间找到平衡点。「作为一个创造者，我觉得身边所有事物、任何经历都很自然地把我带往我真正热爱的事情。虽然我未必能够解决那个问题，但可以敲响警钟及引发大家关注问题已经足够！」

「艺术的存在是为了给予我们安慰，告诉我们并不孤单，总有相似的人在经历你正在经历的事情！」

一般而言，最能感动我们的电影不是拥有最佳视觉或音响效果的电影，而是那些真正令观众产生共鸣的作品，这亦是信怡作为监制尝试做到的事，她制作的所有电影都与她的经验和观察有关。她现正埋首两部电影的制作，其中一部探讨在大城市生活的孤独感，寻找我们这一代感到孤独的原因，以及我们如何离开这种恶性循环，这部电影的灵感来自还未完结的新型冠状病毒病大爆发。另一部电影表达的讯息是我们往往忽略了劳动阶层的努力，我们现在享受的一切都是他们建立的，这部电影就是探讨他们的故事。信怡说：「我们中文有一句话『艺术源于生活，又高于生活』，我想从女性的角度、以刚毕业踏进社会的心境表达自我，尝试理解生命正在发生甚么事。」







我们在不同的人生阶段会享受不同类型的电影，正因如此，信怡从没有崇拜一个人或推崇某部戏，但在现阶段，她向我们推介两部电影：

- 《一一》，2000年由杨德昌执导的台湾电影  
一个台湾家庭三代人的故事带观众探索台湾生活
- 《罗马》，2018年由Alfonso Cuarón执导的墨西哥电影  
导演透过一名中产家庭家佣的生活，半自传式地呈现家乡墨西哥城科洛尼亚罗马

有时候，影院效果的确是享受电影的重要一环，但能够与戏中的家庭或角色连系上，或者明白及与那个精彩故事产生共鸣，才令我们再三回味及不住思考，这就是信怡现阶段最享受这些电影的原因。

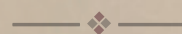
### 梦想与面包之间的平衡

新冠病毒病爆发期间，戏院都关门，电影似乎不再是必需品。信怡说：「但是人需要这些安慰，人需要艺术！」虽然她现时的制作都是短片，但她希望把细小的屏幕变大。她希望透过不断制作短片为事业累积经验，最终能够参与大制作，并发展自己的风格及故事。

不过，因为刚起步时的寂寂无名及在行内未有丰富经验，很难在理想与面包之间取得平衡，尤其是信怡大部份的制作都是非牟利的。现时，除了非牟利电影制作，她也做商业广告及品牌宣传片。「现在，还是起步阶段，我无需作出明确的选择，但平衡两者最终会是一种挑战。如果我想继续行这条路，我要探索这个问题并寻求答案。」

### 艺术从来不是要满足所有人，而是制造与人的连系

话虽如此，信怡鼓励已投身或考虑从事这行业的人，要保持热情并相信你所做的事情有意义。她说：「能够彻底探索很难得，当这是一次得益的机会，不要轻看当中的宝贵意义。当你对艺术或探索艺术的环境有热情，请尽情发挥，这样的事不常有。」



# AWARDS FOR EXCELLENCE IN HUMAN ENDEAVOUR

## 表彰人类努力的卓越成就

### CIDMO's message for the YCYW community 首席机构发展与市场总监给耀中耀华社区的话



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 Ching 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.

这是充满挑战的一年，新冠肺炎疫情为教学带来前所未有的挑战，但我们的新学年仍有一个丰硕的开始。

今年的楚珩日对校友社区来说特别有意义，因为我们颁发了首届耀中耀华校友名人堂的奖状，这项殊荣为要表扬出色的校友，他们作为品格高尚、满有爱心的世界公民，充分表现耀中耀华的价值观。我们的创办人曾楚珩女士——非凡的教育先锋、影响时代的杰出女性——相信逆境能塑造品格，这亦是我们面对新冠肺炎及努力继续生活的信念。

校友陈信怡女士（上海耀华古北校区2015届毕业生）令我们自豪，这位优秀的年轻导演不断提醒我们，全球议题与我们所有人息息相关。另一校友余日源先生（香港耀中1998届毕业生）是杰出的企业家，他不单调动资源协助YCCECE的发展，更成为学生的导师。还有校友朱花女士（上海耀中浦西校区2010届毕业生）全心全意投入义工工作，远赴极度落后的国家，协助提高人们对食物安全及环保意识。他们的领导才能启发人心，令世界变得更美好。

我们耀中耀华及幼教学院的校友网络帮助毕业生建立强健的联系，而我们的慈善文化鼓励我们透过捐赠及做义工回馈社会。

2020年起伏动荡，疫情却激发了我们最好的一面，坚定了我们服务社会的决心。我们这个团结的校友群体将继续为世界带来正面的影响。





# HONG KONG ALUMNI CHAPTER SAYS HELLO

## 香港校友会向大家问好

**F**ollowing 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](mailto:secretariat@alumni.ycef.com)

**紧**紧跟随年初成立的上海校友会，香港校友会亦正式成立，这是多么令人兴奋的消息！

香港校友会由一群年轻尽责的专业人士组成，他们都热心服务及推广在香港的耀中耀华社区。透过举办一系列的活动及服务，他们计划在香港建立一个强健的社区网络，把校友、学生和他们的母校连成一线。

立即参加香港校友会在11月12日晚上7时举办的「虚拟试酒会」，与我们的核心成员会面吧！

敬请回复：

[secretariat@alumni.ycef.com](mailto:secretariat@alumni.ycef.com)



**Jason Chan 陈政匡**  
President 会长  
YCIS Hong Kong 2009  
香港耀中2009届毕业生

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.

陈政匡是香港一间国际律师行的投资基金组事务律师，他在伦敦政治经济学院取得法律学位。他自2019年以香港代表的身份服务于全球性的耀中耀华校友顾问委员会。



**Aaron Chung 钟兴龙**

Vice President 副会长

YCIS Hong Kong 2008

香港耀中2008届毕业生

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.

钟兴龙在耀中毕业后到悉尼大学修读健康科学与保健管理，现任壹酒窖有限公司的董事。



**Alan Wong 黄浩麟**

Secretary 秘书

YCIS Hong Kong 2008

香港耀中2008届毕业生

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.

黄浩麟毕业后曾任职于喜利得及谷歌等多所国际企业，现在经营家族生意，从事产品发展。他很高兴服务香港校友会并期待与大家见面。



**Robert Sit 薛正睿**

YCIS Hong Kong 2005

香港耀中2005届毕业生

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.

薛正睿是香港一间国际离岸律师行的企业及基金组事务律师，是香港、澳州及新西兰的合资格律师。



**Martin Hai 奚家祺**

YCIS Hong Kong 2014

香港耀中2014届毕业生

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.

奚家祺是香港一间多元资产投资公司的私募股权投资组投资分析员，他于剑桥大学取得经济学学位。





# HELPING HEALTHY KIDS FIND THAT RAINBOW

## 彩虹鱼康复医院院长李培英： 让康复给生命带来彩虹

**W**hile 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 Peiying Lei,  
Parent of YCIS Shanghai  
Puxi

我国运动医学应用科技发展还落后于全球很多发达国家，除了专业力量的补充，普通人的认知也需要加强。  
——李培英医生，  
上海耀中浦西家长



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 Peiying 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 Peiying Lei has frequently given talks at Yew Chung and Yew Wah to inspire families.***

**我**我在杭州创业的那年，女儿在家门口的公立学校借读了一年。虽然气氛很好，但她感觉核心主题还是考试，没有学习的乐趣。四年级转学到上海耀中，我们看重的第一是耀中的历史和声誉，这么多年坚持在中国做国际教育，以学生发展为中心，第二点就是耀中中西并重的文化，作为中国家庭，我们希望能够延续中国文化的根，让孩子不失掉中国的语言和文化。

耀中提供了很大的自由度和选择空间。这学期女儿跟我们讨论选课，还有数学和英语课程不同进度分班，我们都尊重她的想法。耀中在学习上淡化竞争，更提倡团队合作和小组学习。老师不同的文化背景和教学风格，对孩子今后适应多元化社会也有帮助。最近女儿学习成绩有很大提升，我们很高兴看到，她有自主学习意识和自我驱动力，自己设定目标努力达成。

我女儿喜欢画画和拉小提琴。从四五岁起练习芭蕾，到现在将近十年了，随着技巧的进步，她得到更多美和艺术的享受。几次国际比赛下来，我们没那么看重获奖，更重要的是自信心的提高，享受舞台，释放自己。

芭蕾本身是苦功夫，少不了疼、苦、累，可以算作运动的一种。准备比赛时训练强度很大，陪同观察了几次，我发现女儿足踝周围小肌肉群的力量不够，不能很好地支撑完成足尖立稳的动作，这就需要我们运动医学康复医生的帮助。后来，芭蕾舞老师带了学校校长到我们医院，告诉我们通常碰到的问题，比如关节活动度或者肌肉力量，请我们协助解决伤痛。这是很好的专业之间的协作。

在这方面，我国运动医学应用科技发展还落后于全球很多发达国家，除了专业力量的补充，普通人的认知也需要加强。我们在耀中耀华学校也做过多次讲座，普及儿童与青少年运动康复和成长发育的专业知识。这也和耀中耀华的教育理念一致，不仅关注孩子的学习成绩，亦重视他们的全方位发展。

我们曾经在宁波中小学生中进行脊柱侧弯的筛查，惊讶地发现，超过10%的孩子有脊柱侧弯。有的孩子习惯性崴脚、弯腰驼背、长短腿，家长不了解，可能还怪孩子不好好走路。据我们了解，有的孩子因为脊柱侧弯严重产生自卑心理，甚至抑郁、厌学、辍学。但如果家长认知提升，就可以及早体检、干预，否则在运动中就容易引起损伤，比如膝关节半月板损伤、腰椎、颈椎疼痛等。

现在家长都知道运动对孩子的智力、精神各方面发展非常有帮助，但还没有在运动前做好准备的意识。所以我们建议从小学阶段起，家长就带孩子做肌肉骨骼系统体检，了解孩子本身生理上的强弱之处，通过纠正性训练，不仅



可以减少伤病，还能提升运动成绩。我们还会开出「运动处方」，综合肌肉骨骼、心肺有氧和体重等指标，判断哪种运动更适合孩子，怎样的频率运动才最有效。我们能够发现某项运动成绩不足的深层次原因或障碍，比如哪条肌肉、哪个肌肉群比较弱，通过专项纠正性训练来弥补，而不是一味地蛮练。

我们还关注孩子的营养和心理。比如青春发育期的女孩，体重增加，肌肉力量不足，体脂超标，对生长发育和性成熟都有影响，还会给心理造成很大冲击。比起医疗机构的减肥和美容项目，我们更希望提供专业的干预服务，因为我们有帮助运动员处理生理发育的丰富经验。

另一方面，尤其针对耀华家庭，有的从公立学校转学过来的孩子，或许面临文化冲突和学习方法的挑战。我们专门做过几次针对孩子学习和阅读能力、注意力发展的讲座。有的家长向我们咨询，孩子读书写字常常漏字、跳字，按照传统中国家庭思维，总认为是孩子不听话、不用心、不认真，但这实际是阅读力缺陷，通过专家评估和一些试验方法，可以短时间内改善。手眼协调、感觉能力和认知能力都是相关的，每个孩子都有擅长和相对短板的方面，我们的目标就是找出短板，集中训练补上去。

无论是学习能力和注意力，还是身体运动能力，都贯穿孩子的一生，决定了他们职业生涯所能达到的高度。如果解决了以上那些基础问题，其实在教育中不需要花那么多精力去督促。许多妈妈也能从家庭中解放出来，有自己的事业和社交生活，而不是全都围绕着孩子。

「彩虹鱼」这个名字是我女儿起的，来自她小时候最喜欢的童话故事。彩虹鱼浑身长满彩虹鳞片，是大海中最美的鱼，高傲而孤独。有一天，一条小鱼问它：「能不能把你身上最小的彩色鳞片送给我，让我也可以变美一点？」彩虹鱼答应了，当它发现小鱼拿到鳞片那么高兴，它也觉得开心极了。

这是一个关于「爱与分享」的故事。我们的医疗技术可以做到「世界冠军」，完成最复杂的心脏外科大手术后康复，帮助脊髓损伤截瘫病人康复等。但我想，我们只有医疗的专业是不够的，没有对人的热爱和同理心，我们做不好这些事。

我们希望把专业知识分享给更多人，为生命带来彩虹，从刚出生的婴儿到90岁的老人，都能在我们的一站式康复医疗和护理服务中，提高生活质量，享受多彩生活。

李培英女士是耀中家长、海归医学博士，在医疗临床和运营管理上都积累了丰富经验。她回国创办的彩虹鱼康复医院，将「爱与分享」作为宗旨，现已成为唯一入选「国家级示范项目」的康复机构。儿童及青少年康复与成长发展，是医院的服务特色之一。李女士多次在耀中耀华学校开展公益讲座，希望将健康快乐带给更多家庭。





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

探班耀中幼教学院“明师计划”：  
将「游戏中学习」信念落地

## 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.







**Y**ew 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."







2016年，耀中幼教学院“明师计划”（ToT）项目启动，入选的优秀毕业生可进入香港耀中工作一年，此后耀华国际幼儿园也向他们敞开大门，充分体现耀中耀华‘从婴儿到学士’（B to B）模式特色。而到了今年，上海耀中也首次聘用3位毕业生成为为期一年的助教老师。

“包括耀中在内的许多香港国际学校，都只雇佣拥有学士学位的幼教，且倾向于聘用拥有教学经验的。”耀中幼教学院学生事务主管左大伟坦言，“为了让我们的毕业生有更多机会接触高质量的创新性ECE教学经验，并证明耀中对我们的毕业生质量充满信心，我们发起了‘明师计划’。”

耀中拥有丰富的“游戏中学习”理论和实践经验，能在国际化双语教学团队中学习和接受指导，对她们来说，无疑是极佳的职业生涯起点。事实证明，过往的“明师计划”的毕业生也普遍受到园方好评，在一年合同后续约留任。

幼教学院的学习如何帮助她们接近职业理想？她们在耀中何有收获与志向？9月上旬，我们在上海、香港两地探访了今年的5位“明师计划”项目优秀毕业生，倾听她们的成长与蜕变。

## 在耀中实现幼教理想

“她们在实习期间都有优异表现，为学院的提升做出积极贡献，在倡导儿童权利和福祉方面表现出坚定的信念，并且深度信奉‘游戏中学习’教学法。”左大伟这样评价入选“明师计划”的学生的共同点。

陈灏欣（Harriet）从小做义工，帮助幼儿园的小朋友，持续服务十年之久，多次获得香港社会福利署颁发的志愿服务奖。然而，在香港本土学校一路求学，遇到不大理想的老师，一度令她丧失学习动力。如今回看，更让她确信老师的重要性，对于国际学校的理念也有更多认同和期待。

在耀中幼教学院读完高级文凭，陈灏欣继续深造学士项目。去年除夕，教授给她一张纸，鼓励她设定目标，她写下了“First-Honor毕业”，最终实现了GPA从3.6到4.0的飞跃。

如果不是导师的激励，她也不会跳出舒适区挑战自己，报名来到上海耀中，在浦东御翠园独自开始职业生涯的第一站。四年间重新找回动力和自信，更学会抓住机遇，陈灏欣十分感慨，“幼教学院简直帮我变了一个人，我想这就是命运吧。”

同样从小就有幼教经验和理想的叶善婷（Karen）和陈加旻（Carmen），一起被分配到上海耀中浦西荣华园。幼教学院全英文教学环境，令她们能够胜任国际助教老师的职责，双语能力更成为与内地学生家长沟通的优势。

虽然就学期间，学院也为她们提供了各种实习机会，但她们无疑更认可国际学校的教学方式，比如生成课程，与学院的学习更好接轨。“很多学校虽说是国际幼儿园，却仍很在意幼儿的学术成绩，耀中的理念是‘游戏中学习’，我们刚开始工作，就是要不断摸索，怎么真的去做到。”叶善婷说。

进入耀中短短两周，叶善婷就实实在在地感受到了“游戏中学习”的神奇。在玩玩具时，她和一个孩子讲到大象“elephant”，没想到过了几天他还记得，兴奋地说起经过其他班看到他们也有“elephant”。在这里，观察、联系事物和环境、语言表达，学习就这么潜移默化地发生了。

张淑仪（Elis）和许舒琪（Suki）选择留在香港耀中，也由助教起步。“本地幼儿园以老师为主导，而耀中的办学理念是以幼儿为中心，尊重他们的兴趣、选择、想法，以此设计课程，使用自然和开放的学习材料，更看重他们的创意和创造力，包括艺术和科技素养的发展，这些都和我的教育理念完全契合。”张淑仪说。

问许舒琪幼教学院对她最大的影响，同样是“游戏中学习”。她由衷希望，这样的教学法能进入更多香港的学校，让每个小朋友都能在童年多玩一些。求职时她也会特别看幼儿园的课，是否与她的教育理念相近。许舒琪说，香港幼教行业人才相对饱和，疫情又进一步放大了就业难题，招聘录取率高达1:400，因此，“‘明师计划’项目真的超珍贵。”

张淑仪是5位“明师计划”中唯一的高级文凭毕业生，凭借过硬的能力，她最终入选这个竞争激烈的项目，也充满了感激。现在每个周六，她还在职修读幼教学院的学士课程，预计四年能拿到学位。在香港耀中留任，是她未来数年的理想。

## 从经验中活学活用

“我们从耀中幼教学院毕业，来到上海耀中，共享相同的理念，我们所要做的就是将我们的所学真正体现出来。”陈加旻也这样说。



受疫情影响，家长无法进入校舍，需要老师付出更多时间精力，耐心地与家长沟通。这对她们也带来了非常不同的挑战。

陈灏欣习惯了用电话、zomo等多种通讯方式与家长来回沟通；陈加旻则反思到可以尽量在Seesaw多上传照片，让家长直观看到孩子们在幼儿园的生活，减少对其在校情况的担忧；而叶善婷从带教的搭班老师身上学到一招，和家长聊孩子，直接用他的中文名更好，而且最好挑重点。这些小技巧无疑都来自经验的总结。

开学的适应期，从分组过渡到全班，难免压力山大。比如典型的分离焦虑难题，小朋友想妈妈而哭闹，需要更多时间去安抚；疫情中，很久没与同伴玩耍，小朋友会有不肯分享物品的问题，出现互相争执的状况，这时也要耐心多教几次，让小朋友学会用言语去表达。

陈加旻班里，年纪最小的一个孩子，几乎每天都哭，令她格外头疼。于是她想了个办法，拍下他每天在园的日常照片，做成一个序列的时间表，一项日常活动完成，就拿走一张照片，让他对在园的事务和剩余时间有所预期。果然没过几天，他就进步神速，哭的时间越来越短。

“我们学的理论都在脑子里，要用出来时，还得想一想，或者翻书确认。”陈灏欣坦言，在这方面，学校特意安排的幼教部主任给了她很大帮助，包括每周约见一次，以及进班观看教学，给予建议。比如令她焦虑的物品分享，主任支的招就是不必急于解决，小朋友抢胶水，拿多一个给他们也可以。“有时候我们容易太着重理论思维，反而忘了变通，她帮助我看到我的盲点。”

在香港耀中，每周正副校长会轮流与张淑仪和许舒琪开研讨会，推荐参考书籍，讨论遇到的困难。张淑仪印象最深的是校长介绍“spot casting”（实况转播）的技巧，不加偏见地鼓励小朋友了解和表达自己的情绪。而她要面对两岁的低龄幼儿，他们掌握词汇有限，她会更多关注他们的需要，多用积极正面的语汇来引导和互动。

许舒琪特别欣赏香港耀中的文化氛围，不会刻意强调加班，而是平衡生活与工作，同事们之间的分享交流机会也很多，鼓励新人分享看法。幼教学院的老师不时来访考察，也让她感到亲切不已。

9月23日，香港地区幼稚园开始逐步复课，作为助教的许舒琪和张淑仪，主要帮助老师准备教学材料、签收新校服等，也会照看几个孩子，陪他们玩游戏等。工作琐碎而忙碌，几乎停不下来，她们都一一认真对待。

做新老师的第一年，陈灏欣希望自己能从小处做起，努力为班级做出贡献和影响。最近一次课室布置，就令带教的搭班老师眼前一亮。她还在研究对比香港和英国的课程，通过参考自主设计课程并制定教学计划。

陈加旻和叶善婷下班回到家，还会花时间整理歌单，根据小朋友最新表现的兴趣主题搜索，让他们常有新鲜感，自己提前学会了，到了教室就可以带他们一起唱。

“耀中是最可以应用我所学的地方。”这么多小朋友每个都有很多感兴趣的东西，如何跟随他们的兴趣变化设计课程是最大挑战，许舒琪笑说，“耀中的老师真的超厉害，我最大的愿望就是尽可能去学习，在这里有多少经验就拿多少。”



“

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”

**Dr Betty Chan Po-king**

Chairperson

Yew Chung Education Foundation

Yew Chung College of Early Childhood Education

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主席

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