

## 停課不停學 – 特殊的學習體驗



親愛的同學：

你們好！受新型冠狀病毒疫情影響，農曆新年假期至今一直未能復課。教育局宣佈，停課日期繼續順延，復課日期不早於四月二十日。猶記得在書聲琅琅的崇真校園，你們認真學習的模樣，以及小息時，你們盡情玩耍的歡樂笑聲。我與眾位老師十分想念你們！你們同樣有記掛著我們麼？

2020年這場突如其來的疫情，帶給我們很多遺憾。它不僅危害我們的健康，更為我們帶來種種不便：歡樂祥和的春節被打亂了，原先計劃好的假期活動被破壞了，這個學期亦要延遲到來。但是，孩子們，面對疫情，你們不必過分擔心或沮喪。如果你們從整个人生來看待這場疫情，將會是你們成長的契機。

這次疫情，給予大家寶貴的一課：我們了解到病毒是什麼，它的可怕及傳播速度的迅速。為了防備疫情的擴散，我們明白到每個人都要注意個人衛生，保持健康的身體相當重要。早在十七年前，香港亦曾面對嚴重疫情的威脅：「嚴重急性呼吸道症候群」(SARS，又稱作「沙士」或「非典型肺炎」)在2003年肆虐香港，你們的父母，對當年的疫情，想必至今仍歷歷在目。你們不妨查閱網上資料，了解當年疫症帶給人們的傷痛。其實，長久以來，瘟疫都是人類的威脅。你們有聽說過「伊波拉病毒」(Ebola Virus)、「寨卡病毒」(Zika Virus)或「中東呼吸症候群」(MERS)麼？這次「新型冠狀病毒肺炎」(COVID-19)，是透過什麼途徑肆虐地球的呢？你們要做什麼，才能保護自己和家人免受感染？透過這次經驗，相信你們能學會如何保護自己及家人，在生活上受益。

人們為什麼稱醫護人員為「白衣天使」？我們看到每位守護生命的醫護人員的言傳身教，相信你們一定能找出自己的答案。面對疫情，除了可敬的醫護人員外，許多普通人，或堅守工作崗位，或在社區防疫一線，他們都是責任與承擔的表現。希望你們能學好科學知識，長大後，無論身在哪兒，做些什麼，都有能力及承擔，為天主服務，無私貢獻社會。

孩子們，當我們看到身處湖北省而未能返港的人們，以及在鑽石公主號郵輪被隔離的人們，難免感到難過。內地疫情嚴重，當我們想到湖北省及武漢居民的苦況，心情變得沉重。大家還記得陶老師嗎？他居住在武漢。不過，大家不必擔心，吳景謙主任早前曾跟他聯絡，並送上我們的慰問及祝福。陶老師向我們表示，疫情雖然嚴峻，但目前一切安好，請大家放心。原訂在三月底，我與小四、小五同學前往武漢、探訪姊妹學校的交流團，為了安全而必須取消。相信待疫情過後，內地交流學習團會繼續舉辦。

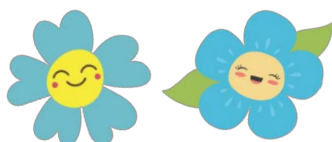
我們仍有待疫情的消退。同學們請謹記，出門務必戴上口罩，勤洗手，注重個人及環境衛生，避免前往公共場所或人多的地方。仍留在內地的孩子們，你們一定要好好保護自己。所有老師和同學，都期待著你們平安歸來。

孩子們，「停課不停學」，校長希望你們好好把握這段日子，進一步提升自主學習和自我管理的能力。網上學習及自學，是特殊的學習體驗。你們從中自我鍛鍊，按照學校的要求，做到作息有序、自主學習、自我管理。藉著老師的網上指導和家長的幫助，堅持鍛鍊身體，積極做家務，閱讀，默書，完成日誌……我知道你們一定能夠做到，我為你們感到自豪！

今年的四旬期已經開始。四旬期是紀念耶穌基督苦難的日子，在這四十天內，我們應該多作祈禱和補贖。適逢香港及世界的人們，面臨嚴峻疫情的威脅。就讓我們效法主耶穌，一起共渡這段艱難時刻，勤克己，行愛德，多祈禱，背起自己的小十字架，與主耶穌的大十字架相連。這樣，我們就能與基督救贖的愛相結合，追隨祂的足跡。

主佑大家！

你們的周校長  
2020年3月2日





2 March, 2020

Dear students,

Hello! Since the Lunar New Year holiday, classes have not been resumed because of the new coronavirus epidemic. The Education Bureau has announced that the suspension date will be postponed and the resumption date will not be earlier than April 20. I still remember your hardworking attitude and your joyful laughter at recess. All the teachers and I miss you very much. Do you miss us too?

The sudden outbreak of the epidemic in 2020 brought us a lot of regrets. It not only endangered our health, but also brought us various inconveniences: The happy and peaceful Lunar New Year holiday was disrupted, the originally planned activities were cancelled, and this semester is delayed. However, don't worry or be upset. The epidemic is just one of the tests in your life, it can be regarded as an opportunity for your growth.

This epidemic has given all of us a valuable lesson: we learned what virus is, its horror and its rapid spread. In order to prevent the spread of the virus, we have to care about personal hygiene. It is very important to keep healthy. Seventeen years ago, Hong Kong also faced the threat of a severe epidemic: "Severe Acute Respiratory Syndrome" (SARS), which raged Hong Kong in 2003. Parents are still vivid to those days. You may search more online information to know the pain caused by that epidemic. In fact, plagues have been human threat in history. Have you ever heard of "Ebola Virus", "Zika Virus" or "Middle East Respiratory Syndrome" (MERS)? How does the new coronavirus pneumonia (COVID-19) ravage the earth? What do you need to do to protect yourself and your family from infection? I believe you can learn how to protect yourself as well as your family and benefit from your life through this experience.

Why do people call medical staff 'angels in white'? We have seen the words and deeds of every doctor who guards life and puts life and death aside. I believe you can find your own answer. In the face of the epidemic, many ordinary people, they stick to their jobs or they are at the front line. All of them are manifestations of responsibility and commitment. When you grow up, no matter where you are or what you do, you have the ability and commitment to give selflessly. Serve God, and contribute to the society.

Dear children, we are saddened when we see people in Hubei Province who have not yet returned to Hong Kong, and people who have been isolated on the cruise ship, Diamond Princess. When we think about the plight of the residents of Hubei Province and Wuhan, our mood becomes heavy. Do you still remember Mr Tao? He lives in Wuhan. However, we don't have to worry about him. Mr Ng King Him contacted him and sent him our condolences and blessings. He explained that although the epidemic situation is severe, everything is still all right now. The educational trip to Wuhan originally scheduled must be cancelled for safety. But I believe that after the epidemic situation, our study exchanges with the mainland will be continued.

We still have to wait for the epidemic to subside. Please remember to wear masks, wash your hands frequently, pay attention to personal and environmental hygiene, and avoid going to public places or crowded places. For those children who are still in the Mainland, please protect yourself well. All teachers and classmates look forward to your safe return.

Dear children, "suspending classes without suspending learning". I hope that you can grasp this period and further improve your self-learning ability and manage yourself. Online learning and self-study are special learning experiences. From this, please exercise yourself, and in accordance with the requirements of the school, achieve orderly, independent learning, and self-management. With the teacher's online guidance and parents' help, insist on exercising, actively doing housework, reading, dictating books, completing diaries ... I know you can do it, and I am proud of you!

Lent of this year has begun. Lent is the period to commemorate the suffering of Jesus Christ. In these forty days, we should do prayer and redemption. People in Hong Kong and the world are facing the epidemic situation severely. Let us imitate Our Lord Jesus, go through this difficult time together, be self-denying, be charitable, pray more, take up your little cross, and connect with the big cross of Our Lord Jesus. In this way we can unite with Christ's redeeming love and follow in His footsteps.

God bless us!

Miss Chau Lai Hung  
Your Principal

