



道慈佛社楊日霖紀念學校

Buddhist To Chi Fat She Yeung Yat Lam Memorial School



The 28th Parent-Teacher Association 2021-2022 PTA Newsletter

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Message from the Chairperson of the Parent-Teacher Association

Ms. Leung Lai Seung
(Parent of Mak Ka Hei, S.3A)

Dear Principal, Vice Principal, teachers, staff members, parents, and students,

It is a great honour to chair the 28th Parent-Teacher Association, which is made possible by all your trust and support. During the pandemic, parents have been under tremendous pressure; on top of the stress caused by the pandemic's impact on livelihoods, and the anxiety over getting enough coronavirus supplies, parents also need to arrange online classes for their children, and activities for them during the early summer holiday. When face-to-face lessons were unavailable, our teaching staff were adaptive to changes, and went the extra mile to equip themselves with IT skills for virtual teaching and organising online events for students. We are thankful for their hard work in maintaining the students' intellectual curiosity, and to continuously enrich the learning experience.

It has always been the Parent-Teacher Association's goal to facilitate collaboration between the parents and the school. The pandemic has certainly posed a great challenge to the Association, where many of our events had to be cancelled, or turn virtual. I would like to express my gratitude for the school in supporting the Association. This year, we still managed to host "School for Parents", which is a learning platform that provides training for parents, and enables them to share their experience with peers. It advocates for growth alongside our children, and testifies for the importance of parent-school collaboration in creating a better learning atmosphere.

I would also like to thank the vice chairperson and the committee members for their immense support and goodwill. The selfless parent-volunteers are equally indispensable in our event planning and execution. I sincerely wish for all parents to participate in the events organised by the Association – we need all of you to join forces for a stronger tie between the parents and the school! Last but not least, on behalf of the 28th Parent-Staff Association, I wish you all good health, and may the students excel in their studies!

Inauguration Ceremony of the Parent-Teacher Association and Teachers Appreciation Event



Introducing the new Committee Members of PTA

The newly appointed Committee Members of the Parent-Teacher Association had officially taken office on October 27, 2021. The inauguration ceremony was held online, with students joining in from their classrooms and parents watching the live-streaming from home. During the Teachers Appreciation Event held on the same day, the representatives of PTA presented a gift prepared together by the Committee and parent volunteers to all the teaching staff to thank them for their hard work.

Messages from the Parent-Teacher Association Committee

I am very excited to be the vice chairperson of PTA this year. Thank you all so much for your support; I will dedicate myself to serving the school! Due to the pandemic in the last two years, our kids rarely went out and had to attend Zoom classes at home most of the time. Let's hope the pandemic will soon be over, and life will return to normalcy, so that everyone can attend more school events!

Ms. Hui Ka Wah
(Parent of Tse Hoi Nam, S.1)

I am the Amenities Officer of the Parent-Teacher Association. Initially, my goal was to organise some events and outdoor activities, but none of those materialised due to the pandemic. Although the pandemic situation remains untamed, we will always get better at dealing with the ebbs and flows of what comes in life – the key is to keep our spirits high!

Ms. Chan Yeung Fai
(Parent of Tang Yat Sing, P.2A)

I am the Financial Officer of this year's Parent-Teacher Association, and I look forward to contributing to the school and the students. Wishing everyone good health! Let's hope the pandemic will be over soon.

Ms. Xie Haiping
(Parent of Ye Yuze, P.5B)

Hello everyone! I am delighted to join the Parent-Teacher Association as the Liaison Officer.

Ms. Kwok Siu Chun
(Parent of Wong Hong Wing, S.1)

Message from the Principal



After the special holiday in April, our students attended the school and participated in diversified activities as usual. For example, 1-2: 2022 National Security Online Quiz Competition; 3: Tongue-Twister Fun for Chinese Language; 4: Painted Eggs Activity for Visual Arts.

When we all thought COVID-19 was about to come to an end, Omicron hit unexpectedly during the school year. Under the fifth wave, all half-day classes had to turn virtual again, face-to-face activities had to be suspended, and classmates became "online friends". Our daily lives had been deeply affected.

The past two years of turbulence caused by the pandemic has strengthened our team extraordinarily. Everyone was quick to respond to the new normal. Our teaching and therapy team instantly prepared a vast array of online learning resources, and reached out to students who needed mental support when circumstances required. Everyone in our team bore their mission close to their hearts, and handled situations with professionalism. Students had also swiftly picked up the rhythm of attending online classes. All our classes, therapy sessions and events had been smoothly executed, demonstrating our students' ability to adapt and drive to learn on their own. We all stayed grounded during the fifth wave of the pandemic despite how it occurred unexpectedly.

During the special holidays, parents turned to class teachers and social workers for help; not only were they worried about their children's studies, but also situations such as family members catching COVID, and problems about livelihoods. In the unfortunate situation that we got informed of a confirmed case, our administrative staff and independent volunteers would provide outreach service and distribute supply kits to the family in need. On this note, I would like to highlight and thank the parents for their frank and open communication with the school. In the spirit of family-school collaboration, we strive to offer resources and unwavering support. Despite the unpredictable pandemic situation, I believe our students would learn to equip themselves, and confront challenges fearlessly.

At the same time, the renovation projects for the gymnasium, game room, school TV station, and covered playground had been completed; some classrooms have been installed with the latest digital whiteboards and brand new bulletin boards. We have a new mural on campus, inspired by the school motto: Kindness, Compassion, Joy, and Giving; serving to brighten up the school environment, and to remind students of the importance of nurturing good values. In addition, we have upgraded our school's sound system; students can hear the soft announcement bells more clearly. The smart self check-in system and the "Immersive Classroom Installation" in the student hall are all set to facilitate learning as on-campus schooling resumes. We promise to try our very best to look for suitable resources for building a school that exudes positivity and care, so that our students can grow and unleash their full potential in the finest learning environment.

I would like to extend my gratitude to the school sponsoring bodies, patrons, and parents, for their support and trust, as well as the efforts and contributions made by our teaching staff.

Wishing you all health and growing wisdom.

**Mr. Cheng Yui Wai, Kenneth
School Principal**

Connecting with the Buddha

The Story of Benevolence and Kindness

Benevolence, Righteousness, Propriety, and Wisdom are the four basic senses in human beings; with Benevolence being the most crucial quality of all. Kindness, Compassion, Joy, and Giving are the four hearts of the Buddha; with Kindness being the cardinal quality. If one does not have a kind and benevolent heart, even if one is extremely well-read, and equipped with "higher knowledge", those would only become the karma of demons. Let me share a Buddhist story about Benevolence and Kindness to illustrate the idea for everyone.



Taking the Blame for a Swan

Once upon a time, a monk went to ask for alms from a house master, who was beading his prayer beads. While the house master went away to prepare food for the monk, a bead dropped onto the floor and was swallowed by a swan. When the house master returned, he thought the monk stole the bead; the monk took all the blame in order to protect the swan. When the house master was about to lash out on the swan, the monk teared up because of his benevolence and kindness at heart. The monk eventually told the truth; the house master apologised in repentance.

Ms. Hui Ka Wah
(Parent of Tse Hoi Nam, S.1)



Thoughts from the Graduands

I took the Adapted Applied Learning Courses in S.5 and S.6. I visited the YMCA College of Careers in Yau Ma Tei on my own to take classes. During this programme, I learnt to take public transport, cook different cuisines, and communicate with others; the experience empowered me to live a life of independence.



My goal is to work in the food and beverage industry in the future as a chef or a waiter. Upon graduation, I wish to thank the teachers who have taught me so patiently from my junior high to senior high years.

Chan Tung Shing Ken
S.5

My final year at school has been a special journey. I felt fortunate that my teachers managed to arrange work experience programmes for me against all odds. I am grateful for my teachers' nurturing and my classmates' support. With their incredible care, help and encouragement throughout my journey, that marks a perfect end to my secondary school life.



Wong Tsz Ho
S.6

Thoughts from the Parents

Man Yee used to study at a mainstream school. Back then, her after-school hours were packed with homework, revisions and dictations up until 9pm every night; the weekends were no holidays for her either, she had no time to properly go out and play. We all felt incredibly stressful. After careful deliberation, I realised that my wish for her was to grow up healthily and happily. That's why I decided to transfer Man Yee to this school. Here, Man Yee received love, care, and thoughtful mentoring from the principal, teachers and social workers. I can also relax and learn how to teach her. Time flies, and Man Yee is graduating from high school, starting her next chapter in life. I hope she can adapt to new challenges with ease. Lastly, I wish the principal, teachers, social workers, and other staff healthy and joyful.

Mother of Kwok Man Yee

I am thankful for the hard work from our teachers and the care from our social workers, which are vital support for the kids' growth. My gratitude is beyond words; it will stay close to my heart forever. Wish the teachers healthy and all the best at their work.

Father of Lok Wing Tung

Thoughts from Parents of Newcomers

I once purchased a pot of cattleya orchid at a low price from a floriculturist friend. The orchid was badly bitten by insects, and had only three leaves left. My friend told me this orchid had never bloomed and had been left unsold for over three years. Defects aside, the plant never withered despite having to endure the sun and rain on my rooftop; instead, it sprouted new shoots. After a year, it finally blossomed – it was the one and only bud, but it thrived with vivid colour and an eccentric shape, giving out a lovely scent. The orchid is like these special kids; they are often dismissed by the conventions of the society. However, I believe with the right education and a loving environment, they will all blossom into unique and exceptional flowers one day!

My child, Cheuk Sum, we are excited to send you to this loving school. Surrounded by virtuous teachers and good friends, I trust you will fly high in the near future! Dad and mom will always be your greatest support – we love you; keep it up!



Cheuk Shum (at the bottom)

Parents of Yu Cheuk Sum Curtis, P.1

Introducing Our New Teachers



Miss Chan Wing Yu

I am the new visual arts teacher in the Yat Lam family. I hike and cook in my spare time. I love nature because of its healing energy – don't we all need to take a deep breath in the countryside when the pandemic is over? The school is blessed with a kind and loving atmosphere, I believe our students would enjoy learning in this environment.



Miss Yuen Kit Yi

I like travelling and visiting museums during my off-time, to explore the world with my eyes. I enjoy reading history books, since the past is the key to the future. We have to stay curious and discover the joy in life. My students, I look forward to sharing my book reviews with you!



Miss Yu Hoi Yee

I am Miss Yu. Teaching English is my specialty. I like exploring and trying out different funny English learning activities with my students. I hope to be your English teacher! In my spare time, I like to walk my poodle, do some cooking and listen to music. Recently, I have been practicing some new skills such as doing Chinese calligraphy and driving a car. I am looking forward to chatting with you. Come and talk to me in English!



Mr Chan Hiu Fung

I am Chan Hiu Fung, and I teach Mathematics and General Studies. I love exploring new things in different places. Despite the pandemic and the travel bans, I would still appreciate sceneries and landscapes through online footage



Miss Wong Suet Yan

I'm glad to have met you. I am the new teacher in YYL. I have been teaching in primary school over 20 years. I teach English, Maths and Visual Art this school year. The students are all lovely and friendly. I hope that all students can learn more on sharing and forgiving. I am definitely proud of being one of the members in YYL. I enjoy myself too!



Miss Yeung Wai Man

During school breaks, I like volunteering at animal shelters. My work involves cleaning cages, preparing food, and playing with the animals. Even though many plans are cancelled due to the pandemic, there are still enjoyable and meaningful things that we can do. Let's keep our chins up, and believe in a better tomorrow!

Introducing Our New Staff Members



I am Miss Wong, the new Administration Assistant. Before joining this school, I held several administrative roles at mainstream schools and a special school. I really like kids; watching them learning with joy is my greatest incentive.

Miss Wong Mei Kwan



Hello everyone! I am Chan Hei Man, the new Teaching Assistant for the English subject. I look forward to having more interactions with the students after the pandemic. My hobbies are hiking and baking – what about you?

Miss Chan Hei Man



I am Miss Tang, the new Teaching Assistant. I enjoy reading. As the Chinese saying goes, "A book holds beauty and a house of gold." Reading brings infinite joy, and I often read storybooks to my son – his attentiveness is a great encouragement. Students, do you like listening to stories?

Miss Deng Zhong Xia



I am the new Teaching Assistant. I like swimming and cycling. I had been a teaching assistant at two special schools and a mainstream school, supporting physical education classes, and taking students out to sports championships. Seeing the students learn with eagerness and devotion, I believe that courageous attempts would bring about breakthroughs and progress.

Mr Yau Ho Kuen

Feature Story

Sensory Integration Therapy and Sensory Integration Diet

Sensory integration refers to the way the sensory system receives, regulates and determines different feelings and triggers, and subsequently generates a series of meaningful, circumstantial bodily reactions (Ayres, 1976/2005). Apart from the five basic human senses: sight, hearing, smell, taste, and touch, sensory integration also includes vestibular sense and proprioception.

- ▶ The receptors of the vestibular system are in the inner ear. Its role is to sense the direction, speed and balance of head/body movements. Vestibular sense affects balance, postural control, space and coordination.
- ▶ The sensory organs of proprioception are at the muscles and joints, which detect pulling and squeezing. Their function is to let us know the body posture, where the body parts are, the strength and speed of the movements, etc. They also help us perceive the relationship between the movements of the body and the space.

Sensory Integration Dysfunction

1. Hypersensitivity

Display constant alertness and difficulty to focus. Children with hyperacusis would show fear towards loud noises, e.g. phone ringtones. They would cover their ears, lash out, scream, or make noises. Children with hyperopia, on the other hand, avoid stimulation from coming into contact with certain objects. They would refuse wearing clothing of a certain texture, e.g. cashmere or raincoat. They would also refuse touching particular objects or being touched

2. Hyposensitivity

Low arousal state causes difficulty in concentration. Children with hyposensitivity might look drowsy, show slow or no response.

3. Seeking sensory stimulation

High arousal state leads to restlessness. Children seeking stimulation on the vestibular sensory system would display behaviours such as spinning, running, and difficulty to sit still (wobbling in their seats), etc.

Sensory Integration Diet

“Sensory Integration Diet” means scheduling time for sensory stimulation like planning for a healthy diet. It helps alleviate situations of excessive self-stimulation and hypersensitivity (Wilbarger, 1995). The appropriate type, intensity, and scheduling of stimulation depend on the child’s needs. For questions regarding the types of activity that best fit your children, and the conditions with which those activities can be carried out appropriately, please discuss with a professional therapist to collaboratively design a feasible and suitable sensory integration diet for your child.

1. Examples of exercise for vestibular system

- ✿ Activities in the park: playing on a swing, slide, scooter, roundabout, seesaw, etc
- ✿ Sports: running, cycling, performing somersault, bouncing on yoga ball

2. Examples of exercise for proprioception

- ✿ Assisting with housework: cleaning furniture, pushing the shopping cart, moving the laundry basket
- ✿ Weightlifting: carrying backpacks, pushing and pulling weights, moving heavy objects
- ✿ Sports: rope skipping, trampolining, pulling a rickshaw, playing tug of war, performing pushups on a chair
- ✿ Other exercise includes biting and chewing springy, al dente food, as well as playing wind instrument, blowing whistles and paper pinwheel

3. Tactile exercise

- ✿ Brushing the body
- ✿ Touching objects with different textures, for instance playing in a ball pit, or in the sand.
- ✿ Playing sensory toys such as Playdoh or kinetic sand



Student Liu Sai Bo receiving sensory integration training, which includes music therapy, and body brushing exercise



Student Liu Wai Ying receiving life skills (time management) training



Student Hamid Laibah receiving muscle training



Ms Cheung Man Kiu

Introducing our Occupational Therapist

I am Ms. Cheung, an occupational therapist. I like painting and playing the cello. Our students have diverse interests, and I hope to practice arts with you all.

Parent-Teacher Association and Activities Highlights

Coaster Crocheting



Organised in October 2021, the event was hosted by the vice chairperson of the Parent-Teacher Association, Ms. Hui Ka Wah. She taught parents the skills to crochet coasters with yarns.

Fresh Watercolour and Calligraphy Class



The class took place over three days in January 2022, Ms. Ng Mei Fong, the Chairperson of the Parent-Teacher Association 2020-2021, volunteered to be the instructor and taught other parents skills of watercolor painting and hard pen calligraphy.

Daffodil Bulb Chipping



The workshop was organised in January 2022 by the chairperson of the Parent-Teacher Association, Ms. Leung Lai Seung. She showed parents techniques of chipping a daffodil bulb, and shared knowledge about growing and taking care of the plant.

“School for Parents” and “School for Parents Resource Centre”



The school looks forward to the parents' active participation in the programme. Through parent-school

“School for Parents” has been established this year to provide parents with a wide range of skills training, with a view to develop a holistic and systemic education programme for parents. The programme coincides with the existing activities organised by the Parent-Teacher Association, which includes leisure classes for parents, parent-child activities, and volunteering schemes. The programme aims to promote positive mindset and well-being of the parents, improve their parenting skills, enhance parent-child relationships, and strengthen parent-school collaboration.

During the first school semester, “School for Parents” hosted a vast array of events. Amongst the events were the “Students’ Growth” series which began with a talk titled “Effective Parenting—Handling Children’s Emotional and Behavioural Issues”. The talk took place alongside the “School for Parents” Commencement Ceremony. Other events include the Positive Education Workshop and Parent Groups; activities that promote healthy lifestyles, such as the “Mind-body Wellbeing” series with a yoga and stretching class; and activities jointly organised with the Parent-Staff Association such as the coaster crocheting leisure class.

To encourage active participation, a reward scheme is implemented for the “School for Parents”; 10 points will be given for each talk or event attended. The scheme works as follows:

Points obtained within a school year	Rewards
70 or above	“School for Parents” graduation certificate and a gift
100 or above, with participation of at least 1 event from 2 different series	“School for Parents: Second Class Honour” graduation certificate and a gift
120 or above, with participation of at least 2 events from 4 different series	“School for Parents: First Class Honour” graduation certificate and a gift



“School for Parents” provides diverse training programmes. They are popular among the parents.



The “School for Parents” Resource Centre offers different types of materials for the parents’ reference

“Rise and Shine Career Planning” Event

This year our school continues to participate in “Rise and Shine Career Planning” organised by Hong Chi Association, with the aim to let students explore and plan their future career and enhance their life skills. Activities include:

- ❖ Polymer Clay Workshop: students used polymer clay to design and create their own unique clocks
- ❖ Smartphone Pet Photography Workshop: students learned how to get along with pets, and shoot fabulous photographs
- ❖ Grooming and Relationship Workshop: students learned about basic daily grooming skills, and tips to get along with members of the opposite sex.
- ❖ Financial Management and Consumer Traps Workshop: students learned how to manage their expenses and make budgets on clothing, food and travelling, so as to avoid falling into consumer traps.



Students made beautiful clocks engraved with their names



Students taking beautiful pictures of puppies



Students learning skin care techniques



Students learning how to manage money

Work Experience and Internship Sharing by Students

Students began taking part in various kinds of career development programmes in their senior high years. The programmes offer a wide range of talks, workshops, work experience activities, and internships to the students. This year, some female students participated in “DIY Natural Masks and Special Effects Makeup Workshop” and “Essential Oil Perfume Making and Hand Massage Workshop” hosted by the Qualifications Framework Secretariat. Not only did they receive hands-on training on special effects makeup and the process of making essential oil perfume; through these workshops, they have also understood the work of the Qualifications Framework Secretariat as well as aspects of the beauty industry.

Our students also had the opportunity to partake in work experience activities or internship in different companies, e.g. Sunshine Laundry Factory Co., Ltd, KMB Kowloon Bay Depot, Cafe 1933, the social enterprise Fairtaste, Hong Chi District Support Centre, and Central Kitchen. Students get to understand what is required at work, and become more cognisant of their own capabilities and interests. The experience laid a good foundation for their future studies and career paths.



Work Experience and Internship Sharing by Students

I have immense interest in makeup art and I am glad to have joined this workshop; it enriched my understanding in the makeup industry.

Ho Pui Ling
S.5

I learnt to do scar makeup in the workshop, and I look forward to applying this skill when I do makeup on others.

Tse Lok Yee
S.5

During the internship, I realised that I lacked confidence. Also, I am determined to become more courageous to speak to the customers actively.

Chan Tung Sing
S.6

Aside from completing a task, I figured out I also need to do it well. In addition, when speaking to others, I realised I need to pay attention to my choice of words and tone of voice to avoid miscommunications.

Chan Chun Kit
S.6

Hundredth day celebration with our P.1 students

The Hundredth Day Celebration was an event to welcome our P.1 students into the family, where our students reflected on their growth over the past three months, and celebrated their progress with our teaching staff. Students and parents who attended the event collaborated to create a “Thank-you Tree” made out of thank-you cards, as a token of gratitude for our staff’s devoted teaching and care. The junior grade students sent the newcomers their blessings. At the end of the event, our teachers distributed “Smartie Eggs” and gift packs to our students, wishing them happy and healthy, and continuous growth with a grateful heart.

