

# DGS Kaleidoscope

Newsletter Issue No.27 (January 2023)



ESTABLISHED 1860

DIOCESAN GIRLS' SCHOOL

School Council

Chairman:  
The Most Revd Andrew Chan

Vice-chairman:  
Revd Alex McCoy

Supervisor:  
Ms Benita Yu

Honorary Treasurer:  
Mrs Josephine Chang

Members:  
Mrs Stella Lau, SBS, JP (Headmistress, DGS)  
Mrs Annie Lee (Headmistress, DGJS)  
Mrs Sherlynn Chan Wong  
Mrs Sheilah Chatjaval  
Ms Stephanie Cheung  
Mrs Yvette Ho  
Prof Arthur Li, GBM, GBS, JP  
Mr Hardy Lok  
Mr M Y Wan, BBS, JP  
Mrs Susanna Wong  
Mr Marco Wu, GBS, SBS  
The Hon Madam Justice Yuen, JA  
Ms Yvonne Chan (DOGA President)  
Mrs Christine Nip (PTA Chairman)

DGS Tel: 2277 9100

DGJS Tel: 2277 9200

Address:  
1 Jordan Road,  
Kowloon, Hong Kong

DGS Website:  
<http://www.dgs.edu.hk>

DGJS Website:  
<http://www.dgjs.edu.hk>

## Daily Giving Service

More than two millennia ago, the Magi made a journey to celebrate a birth that was God's gift to His people – a gift that changed the course of human history. Since then, Christmas has been associated with giving and celebrating.

As local travel restrictions were lifted last Christmas, Professor Emeritus of Medicine at the University of British Columbia and Honorary Clinical Professor of Medicine at the University of Hong Kong, Dr Moira Chan-Yeung returned to her alma mater with a gift two years in the making, *Daily Giving Service: A History of the Diocesan Girls' School Hong Kong*. This historic endeavor was a labor of love spearheaded by alumnae who not merely believe in the value of the DGS education, but humbly hope that the insights gained over 160 years may benefit more people. So the book was launched at Mini Bazaar 2022 and is now available online and in bookshops.

Giving the bazaar more significance, Dr Chan-Yeung presented a first edition to the headmistress, Mrs Stella Lau, and met the contributors in person after only having collaborated remotely with them throughout the pandemic. Embodying sweetness and light, the author graciously signed copies for all the Diocesans who had been waiting for a volume like this to add to their book collections.

It strikes the right balance of being informative, entertaining and educational; most of all, the work symbolizes our daily giving service.



Mrs Lau receiving the gift of DGS History Book from Dr Moira Chan



Our shared legacy

## Gifts of the Season

This year's highly anticipated Mini Bazaar was held on 20 December.

Balancing Covid-19 restrictions and a pent-up demand for our popular fundraiser, we threw open our gates and offered a warm welcome from the wintry cold. Our campus was filled with family, music, and laughter. Visitors shopped enthusiastically for a variety of merchandise and children queued excitedly for fun and games; wholesome messages were exchanged through the song dedication and Christmas cheer could be felt in every corner of 1 Jordan Road. Our guest-of-honor, Dr. Moira Chan-Yeung, author of *Daily Giving Service: A History of the Diocesan Girls' School, Hong Kong* graced the ribbon-cutting ceremony and book launch. Our musicians charmed with their beautiful voices and playing, while the dance team wowed the audience with their skills and energy. All proceeds from the bazaar go to charity, in line with our giving tradition. What a delightful conclusion to the school term!



Our celebration



Joy, unmasked



Homecoming



Chief Justice with School Council members

## Speech Day 2022

We welcomed esteemed visitors, members of the school council, teachers, parents, and fellow Diocesans to our annual speech day on the evening of 11 November to share the joy of the Class of 2022.

Speech Day was not just an important milestone for every graduate and for our school, but also a time to appreciate the development of the Rule of Law – the cornerstone of our unique legal system in Hong Kong. The Honorable Chief Justice Andrew Cheung exhorted us to learn more about fundamental values like equality before the law and independence of the judiciary, and emphasized the importance of respecting the law and the courts which uphold our freedoms. To thank our guest-of-honor, Mrs Lau presented him with a copy of *Daily Giving Service: A History of Diocesan Girls' School Hong Kong*.

Mrs Lau also expressed her heartfelt appreciation for the breakthroughs all girls continued to achieve in academics, sports, music, technology, and the humanities. She commended everyone on the remarkable effort invested in inter-school competitions and school-wide performances despite the challenging circumstances.



Mrs. Lau presenting our History Book to the Hon. CJ Andrew Cheung



School Supervisor with DGJS flower girls

Following the successes of our Schools of Music and Sports, our School of Technology is growing from strength to strength.

After the prize presentation, our Head Girls delivered their Vote of Thanks in English, Cantonese and Putonghua, followed by the proud singing of our school hymn. In his benediction, Reverend McCoy prayed for our Father's guidance as we continue to strive for excellence.



PTA & DOGA Bouquet



Mrs. Lau with prizewinners 2022

# Victories at Kowloon Park



Off to a flying start



Up for grabs

Perhaps there is no better example of 'stamina for sports' than our swimmers. On 3 November 2022, they were crowned the 34<sup>th</sup> consecutive Overall Champion of the Interschool Swimming Competition at Kowloon Park, despite a typhoon, Covid-19 disruptions to training schedules, and home quarantine rules that sent our reserve team into the fray of the C grade Girls' Division I competition.



34<sup>th</sup> Consecutive Overall Champion

As recently as 22 July, our swim team won their 33<sup>rd</sup> consecutive overall championship with a grand slam. A new record was set in A Grade 50m Freestyle, the B Grade 50m Butterfly, and the B Grade 4x50m medley relay event in November while five records were broken at the July championships.

Between these two interschool events, our inter-house Swimming Gala took place on 26 September. Gibbins House came first overall. Cheerleaders and supporters from every house pulled out the stops, lending their voices, waving banners, flags, and pompoms energetically throughout the afternoon. It was a fun day for all involved!

Not resting on their laurels, our swimmers continued to work their magic at Kowloon Park on 18 November. Named Overall Champion for the third year running at the Interschool Lifesaving Competition, these versatile swimmers proved once again their prowess in water sports: the junior team was champion while the senior one was first runner-up.



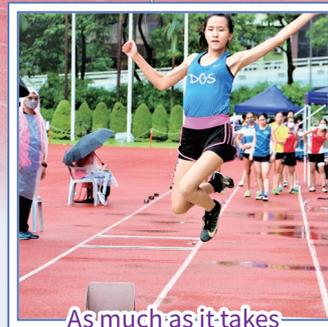
No lack of passion



## Our Track Records

*If you can fill the unforgiving minute  
— With sixty seconds' worth of distance run,  
Yours is the Earth (Rudyard Kipling)*

The Interschool Athletics Competition (Division 1) organized by Hong Kong Schools Sports Federation returned to the school calendar after a Covid-19 hiatus on 7 June 2022. The final day of competition was an unseasonably wet and grey Friday. However, displaying true sportsmanship, our track and field team put their best foot forward and brought home a grand slam for the 14<sup>th</sup> successive year. Our athletes called forth their reserve of stamina and fortitude to race against the clock and achieve their personal best; morale ran high as the team came together to cheer one another on in a fierce contest closed to spectators.



As much as it takes



A final push



A gruelling start



14<sup>th</sup> victory

## A Roaring Success

On 1 August 2022, the much awaited performance organized by the Chinese Literary Club was finally held in the Assembly Hall. Twice postponed because of Covid-19 prevention measures, this annual celebration of the Spring Festival was appreciated by one and all. Though it did not mark the traditional start of the lunar new year this time, it did mark an improvement in the pandemic situation in Hong Kong because mass gatherings were once again possible.



Peach Blossom Spring

The stage was simply but tastefully decorated with a sleek horizontal beam balancing elegantly shaped traditional lanterns at each end in perfect harmony. The warm colour tones evoked by the subtle stage lighting set the atmosphere for the Year of the Tiger.

The three emcees bantered wittily to create a cheery and lighthearted mood for the show. Our multi-talented musicians from the Chinese Orchestra and Guzheng Ensemble opened with their renditions of favourite musical melodies, followed by our Chinese Dance Team who won applause for their colourful costumes and graceful choreography. To the delight of the audience, classes who had spent countless hours rehearsing took to the stage enthusiastically with their song, dance and sketch centring on Chinese virtues. The thrill reached fever pitch when the students in the audience recognized some of their teachers dressed in period costume in the final item on the programme, the out of this world drama entitled 'Peach Blossom Spring'. Everyone had an enjoyable time and newcomers to the DGS family were full of praise for this tradition.

來君心所向  
民方是所愛  
代千生難捨棄



Waxing lyrical



Swirling colours



Best wishes, one and all!

## Dance Away



Carpark Dance @ DGS Plaza

14 January 2022 was a cold winter's day, but the dancers' passion and the crowd's enthusiasm burned unwaveringly bright under their face masks nonetheless. Teachers and students erupted into cheer as booming music took over the plaza, drawing more students out of their classrooms to lay eyes on the vivid exuberance of brown, cream, orange and pink moving in perfect unison below. Starting off were the winners in the dance contest displaying different dance

styles: some powerful and dynamic; some playful and lighthearted, spreading ripples of laughter through the excited crowd. Our versatile Dance Club and Team gathered for the finale, and the Carpark Dance concluded in deafening applause.

# Heard Melodies are Sweet



Mesmerizing music

Some two hundred Diocesans came together to put on the Summer Concert and Concerto Concert for the DGS family and friends. Balancing popular demand and social distancing guidelines responsibly, the audience took their seats in our renovated auditorium on both evenings eagerly for the first full concerts we presented on campus since January 2020.

Due to Covid-19 disruptions, few among the participants had any experience of organizing a concert by themselves, so staging these performances was a mammoth challenge and a fantastic learning opportunity for many – from designing the tickets and the promotional flyers to coordinating the teams of emcees, ushers, runners, backstage crew, AV team, Media Production Team and Photography Team. Despite the limited time to prepare for the two large-scale events, student leaders delivered spectacular performances both onstage and behind the scenes.

On 1 August, our choirs, Chinese Orchestra, Guzheng Ensemble and String Orchestra entertained an enthusiastic audience of schoolmates, alumnae, parents, teachers and guests with an impressive repertoire. This was followed on 6 August with a mesmerizing performance by our Percussion Ensemble, Concert Band, String Orchestra, Symphony Orchestra and the Concerto competition winners, whose performances were particularly well-received. A few items were performed without a conductor, showcasing the great ensembleship and maturity of our musicians in tackling challenging pieces. The variety of choral and instrumental items drew warm applause from an appreciative audience.

Some were heard singing as they left the campus afterwards.



Wonderful playing



Focused on Zheng



Altogether now



Musical talents



Well done, everyone!

# ECA Orientation Day 2022



Drama Ensemble



Chinese Debating Team



Fencing Team



Girl Guides



Humanities Club



Math Team

31 August and 9 September saw our clubs and teams busily recruiting new members for the school year. It was a thrilling time for new students, many of whom could not imagine the wide array of activities available at DGS. Ex-co members had a lot of fun coming up with creative and zany ways to draw new recruits to their booths. There was much laughter in the Assembly Hall on both days. Teacher advisers who were able to take a break from their meetings also lent some star quality to the orientation programme.

## Our Home Away from Home



Bonding session

Our brand new boarding house opened this term with 31 boarders who took part in a trial sleepover in late August before they checked in formally on 1 September 2022. The Headmistress introduced our Matron to the boarders and their parents before everyone excitedly explored the dormitories, pantries, dining area and laundry room. Everyone felt overwhelmed by the tasteful décor, was delighted with the adorable Pebble Garden and the impressive spiral staircase, and was reassured by the thoughtful catering and uniform laundry service.



A delectable selection

Though shy initially, boarders soon mingled freely across different forms and between different rooms. The younger ones got lots of tips on extracurricular activities awaiting them for a vibrant school life. The senior girls looked forward to less commuting and more time for revision, activities, and rest. The daily schedule of breakfast jazz, school, dinner with dessert, English news, evensong, and a phone-free night of sleep appealed to all, amazingly.

**BOARDING HOUSE**  
*Post-exam Fun!*

**THURS 15 DEC**  
7:30 - 9:15 pm  
Board Games  
(Feel free to bring your own games too!)

**MON 19 DEC**  
7:30 - 9:15 pm  
Dry Pastel Crafts  
和 藍粉彩  
(Bring a pair of scissors & an eraser)

**TUES 20 DEC**  
9:00 - 9:45 pm  
Christmas Carols  
(Bring your sheet for lyrics)

Post-exam Activities



Headmistress welcoming parents and boarders

## Play on! Sing on!

### Summer Concerts 2022

After a 3-year hiatus due to the pandemic, finally it was possible for all DGJS girls to showcase their musical talents on stage in the DGS auditorium! There were 3 concerts in total: Concert A (featuring Primary 2 and 3 girls) and Concert B (featuring Primary 4 and 5 girls) were held on 30<sup>th</sup> July 2022 while Concert C (featuring Primary 1 and 6 girls) was held on 1<sup>st</sup> August 2022. Each grade level had their own choir and every school team had a chance to perform too. Our girls gained valuable experience running the concerts, as they were also responsible for being the MCs, flower girls and for making in-house announcements.



It was surely a memorable occasion for our Primary 6 girls as they performed two songs *豆芽國* and *You Raise Me Up*, bidding farewell to the School where they had spent 6 years. To express their gratitude to the School, they also shared with the audience their best memories at DGJS through a graduation video that they created.

Special thanks must go to all the conductors, the PTA and parent helpers, the DGS AV Team and Music Department for their support throughout and making sure that all the concerts run smoothly.

### Concert with the Metropolitan Youth Orchestra - Who's Wearing That Mask?

The concert was held in the Hong Kong Cultural Centre Concert Hall on 4<sup>th</sup> September. As an overture to the concert, our Intermediate Choir and Senior Choir performed together two songs, *Summertime* and *William Tell Overture*. Each choir also had the opportunity to collaborate with an orchestra from the Metropolitan Youth Orchestra



of Hong Kong to perform two songs. In the second half of the concert, which featured a mini opera performance of Johann Strauss II's "Die Fledermaus", the girls had a lot of fun acting with props while singing with the soloists.

### Yao Yueh Chinese Music Association - "A Thousand Colours" concert



On 9<sup>th</sup> October, the DGJS Intermediate Choir was invited to take part in the *A Thousand Colours* (花影長歌 城鄉風情) concert organised by the Yao Yueh Chinese Music Association. The concert was a great success! It was an exciting opportunity for the girls to sing *花影長歌* by 張珮珊 with the soprano, Professor Nancy Yuen, one of the most outstanding singers from Asia. The Intermediate Choir also performed *海之歌*, a Chinese folk song from *西貢組曲* composed by 葉賜光先生.

### 5<sup>th</sup> Ko Chorus Anniversary Concert - The Music World of Ko Matsushita



On 20<sup>th</sup> November, Diocesan Girls' Junior School Choir collaborated with Ko Chorus in the 5<sup>th</sup> Ko Chorus Anniversary Concert. Alongside other outstanding school choirs in Hong Kong, our girls performed an evening of fine compositions by Professor Ko Matsushita, who is one of the most industrious Japanese composers and conductors of his era, and was the honorable guest conductor that night! What's more, on 18<sup>th</sup> November, our girls relished the precious opportunity to learn from



Professor Ko Matsushita, who visited Diocesan Girls' Junior School for a workshop with the school choir members.

## Primary 6 Community Service Project



“How much do you pay for a cup of bubble tea?” With this question in mind, Primary 6 girls were introduced to the realities of Poverty in Hong Kong and the plight of an often-overlooked community – cardboard collectors, some of whose daily wages would amount to less than the cost of a cup of bubble tea.

In October and November 2022, under the guidance of Youth With A Mission (YWAM) Tuen Mun, students navigated through a Poverty Simulation and visited a food bank to pack Blessing Bags, which the students also helped to deliver into the community on the same day. The action-packed morning was followed by chances to discuss and reflect on the experience. Our girls not only found greater appreciation for what they already have, but also a newfound resolve that they should and can make a difference for those around them, and that small gestures can go a long way.



## Virtual Exchange with Singapore Chinese Girls' School



Nothing can hinder our girls from renewing their connection with friends from Singapore, not even Covid-19. This year, the Singapore Exchange Programme was conducted via Zoom. From February to July 2022, some of our Primary 6 girls participated in the SCGS & DGJS Virtual Exchange Programme and made new friends across borders with girls from Singapore Chinese Girls' School (SCGS). Throughout the programme, our girls collaborated with their buddies from SCGS to play games online and



work on their group projects. The project was a great opportunity for cultural exchange as girls from both schools worked together to introduce a specific aspect of their hometown to their peers. The highlight of the programme was definitely the gift exchange session. Laughter and excitement filled the STEM Room as our girls unwrapped the thoughtful and heartwarming gifts from their SCGS buddies, while they did the same on the other side of the screen. The exchange programme was an enriching and eye-opening experience for our girls promoting intercultural friendship and a global perspective despite limitations imposed by the pandemic.



# Outstanding Results in English and Chinese Competitions

Three of our girls were selected as the top three writers in the Junior Level of the **Good People Good Deeds English Writing Competition**. After meeting with a panel of judges to present their ideas in July 2022, Anson Cheng (Pr. 6) received the Gold Award, Chloe Lee (S.1) the Silver Award and Sadie Chan (Pr. 5) Honourable Mention. At the prize giving ceremony in September 2022,



Anson shared with the audience how she was inspired by what she witnessed on the streets of Hong Kong; she wrote a heartwarming story of a girl who stepped outside of her comfort zone to lend a helping hand to an elderly scavenger.



*Photo credits: Tung Wah Group of Hospitals*

The winners of the **Hong Kong Budding Poets Award 2021/22** performed their work at the online ceremony on 19<sup>th</sup> July 2022.

## Excerpts from our Gold Awardees' poems:

*A broomstick is my paintbrush  
Dipped into rivers of gold.  
Raindrops are liquid diamonds  
Putting fires to a hold.  
Candle lids are my palette  
And my mind an open curtain  
Unleashing all my inner thoughts  
Until I'm far from certain.*

Creativity's Crossings - Hannah Liu  
(Pr. 6, 2021-2022)



*Be honest with yourself,  
Remember to trust your gut.  
When hard decisions are there to be made  
There's no need to say "if" or "but".*

*Be honest with yourself,  
The mirror always lies.  
When imperfection of yours, ugly as may seem,  
May look great in others' eyes.*

Be Honest With Yourself - Tiffany So  
(Pr. 5, 2021-2022)



## 「兒童飛龍大使選舉」賽後感

我起初對香港文化不過略知一二，自從參加了「兒童飛龍大使選舉」，有幸參與各式各樣的體驗活動，如親手製作風車、聆聽詠春大師的經驗分享等，讓我更深入了解香港文化的趣味。在「飛龍大使」的選拔過程中，要跟來自各校的同學一起合作，共同創造一段三分鐘長的短片。雖然大家身為競爭對手，但我從中學會了放下勝負，與人和睦相處的道理。很榮幸我能夠在飛龍大使第三十四屆選舉中當選，被選為香港區代表，與太平洋各地的朋友交流。在疫情下，我們仍能在線上跟各國的小朋友交流，通過網絡超越地域界限，學習異國特色。

— 鄭安生

## 「腹有詩書」賽後有感



從第一場比賽到總決賽，我和隊員們一路過五關、斬六將，我們每個隊員都希望為學校取得好成績，大家都很努力地為比賽去做準備。我們一起並肩作戰，一起經歷了許多難忘而珍貴的時刻。在老師、師姐及家長的幫助下，我們最終獲得了亞軍，這是一個激動人心的賽果，我和隊員們都感到非常興奮。

這次「腹有詩書」比賽是我小學階段最精彩的一場比賽，亦是最難得的經驗，為我的小學生涯畫上了一個完美的句號。「腹有詩書」比賽是一個令自己中文大躍進的難得機會，亦是挑戰自己的好時機，我不但從中學到許多有關我國深厚的歷史和文化知識，更明白團隊精神的重要性，還結識了一班好友，希望師妹們將這種文化繼續傳承下去！



— 王熙琳

## The 71<sup>st</sup> PTA Annual General Meeting

The 71<sup>st</sup> Annual General Meeting of the DGS Parent Teacher Association (PTA) was held on 30<sup>th</sup> September 2022 in the Senior School AI Lab. Mrs Christine Nip, the PTA Chairman, welcomed parents and teachers who joined the meeting via Zoom.



The PTA continued to foster a close partnership among parents, teachers and the School. During the 2021-2022 school year, the PTA sub-committees organised outings, educational visits, a Brownie flag sale, author's talks and the Primary 6 Retreat for our girls. We also organised a uniform exchange programme, a lunchbox tasting session, as well as various webinars, breakfast meetings and the Christian Mothers' Group to provide parents with practical parenting tips, guidance and support. To commemorate its 70<sup>th</sup> anniversary, the PTA donated funds to both the Junior and Senior Schools to set up the Information Technology Fund, and also established the Mrs Doris Ho Staff Development Fund in honour of our former School Supervisor's retirement. Mrs Nip thanked parents and teachers for their contribution and dedication, and expressed her gratitude to outgoing Executive Committee members, including the Vice-chairman, Mrs Ada Yip, and the Hon. Treasurer, Mr William Lee, Ms Phoebe Man and Ms Camille Tse for their service and commitment to the PTA in the past years.

In her address, Mrs Lau assured us that the operations of the Senior School had been smooth under the new normal mode of learning. Mrs Lau then shared the outstanding public examination results at the HKDSE and GCE A-level, and the impressive range of university offers and prestigious scholarships earned by our girls. In sports, our girls achieved outstanding results, winning the Inter-school championship in athletics, life-saving, swimming, squash and tennis. They also reaped wonderful results in music competitions, bringing home many awards. Mrs Lau was delighted that the School was able to stage two spectacular concerts in August 2022 to showcase the talents of our young musicians. The School was committed to establishing a Technology School, revising the IT curriculum to enhance our girls' digital literacy and computational thinking skills, and offering them an exciting range of activities and courses to develop their interest in technology and innovation. Our girls achieved brilliant results in IT competitions on metaverse, artificial intelligence, art tech and blockchain. Before closing, Mrs Lau took parents on a virtual tour of the brand-new Boarding House and encouraged parents to sign their daughters up for the boarding experience to develop their self-discipline and independence.

To share with parents the year of opportunity and learning at the Junior School, Mrs Lee presented a video showing our girls' all-round development in academics, STEM, sports and music. The "Failure Day" workshop taught girls the importance of flexibility and resilience, while Project T continued to build their collaborative, creative, communication and problem-solving skills. With the newly-acquired equipment in the STEM room, girls honed their IT skills in AI, coding and robotics. National education played an important part in the curriculum to teach students about Chinese culture and our Mother country. Mrs Lee thanked parents for their support in arranging for girls to attend after-school and weekend music and sports trainings and rehearsals, and remarked that the hard work of girls, parents and staff all paid off. Not only did our girls achieve pleasing results in music and sports, the three summer concerts held in July and August 2022 were also testament to their industry and talent.

The Meeting closed with remarks by our School Supervisor, Ms Benita Yu, who reinforced the School's commitment in offering the best education to our girls. She looked forward to another year of close collaboration with parents so that our students could bloom in a hundred colours.



### Executive Committee 2022-2023

Supervisor:  
Ms Benita Yu

Headmistresses:  
Mrs Stella Lau, SBS, JP  
Mrs Annie Lee

Teachers:  
Mrs M Fong  
Mrs K Au

Chairman:  
Mrs Christine Nip

Vice-chairmen:  
Mrs Janice Chan  
Mrs Hynn Ming Yeh

Hon Secretary:  
Mrs Suzanne Wong

Hon Treasurer:  
Ms Celia Chan

Hon Auditor:  
Ms Salenda Lam

Members:  
Mrs Angela Chan  
Mrs Patty Chan  
Mrs Ceci Cheung  
Ms Queenie Choi  
Mrs Catherine Siu Doo  
Mrs Frances Ho  
Ms Catherine Lee  
Ms Vivien Li  
Mrs Jessica Lie Ken Jie  
Mrs Vicky Lo  
Mrs Daphne So  
Ms Myra Tam  
Mrs Bianca Tan  
Mr Kenneth Tsang

# PTA Activities

## Primary 6 Retreat

In collaboration with St Andrew's Church, we held the Primary 6 Retreat in June 2022. The programme was well-balanced with fun games and educational and gospel sharing. Through interactive activities and role plays, the girls were taught how to face challenges and to work as a team as they progress to the Senior School.



## Lunchbox Tendering

Our lunchbox subcommittee assisted with the tender for the Schools' lunchbox service provider. As part of the tender process, members of the lunchbox subcommittee arranged a factory visit to the two bidding companies in May 2022 and a lunchbox tasting session in June 2022. At the factory visit, participating parents observed the factories' production lines and gave scores on various aspects such as hygiene, efficiency and logistics arrangement. For the tasting session, a group of students, teachers and parents from both Junior and Senior School were invited to taste the snacks and lunch items provided by the bidding company and gave their scores and comments on the food items. Participants were generally satisfied with the delicious food and thoroughly enjoyed the tasting session.



## School Uniform Exchange Programme

After being cancelled for two consecutive years due to the pandemic, the school uniform exchange programme finally returned! The long-awaited event was held on 6<sup>th</sup> August 2022. Although the event took place during the summer holiday, we received an overwhelming response and support from our parents and girls. Most of the uniform donated by parents, around 800 pieces in total, found a new home after this meaningful event!



## Mini Bazaar

Come rain or shine, the Mini Bazaar and Souvenir team have got you covered. From the hand sanitizer holder and mask holder combo to umbrellas, pins and stickers, this year's PTA Mini Bazaar products, designed by DGS parent Joyce Lam, would spice up the year ahead with fun, zest and style.



## Pr. 4 - Pr. 6 Outings

One of the most anticipated events after the examinations in December is the PTA School Outings! This year's outings for Pr. 4 – Pr. 6 were held on 16<sup>th</sup> December 2022. Before we set off, the classrooms were all buzzing with

### Pr. 4 The HKFYG Organic Farm

The Pr. 4 girls visited the HKFYG Organic Farm (青協有機農場). The farm is situated at Ho Pui Reservoir, Yuen Long, and is to date the only farm in Hong Kong that follows both the United States Department of Agriculture (USDA) National Organic Programme and also the guidelines of Hong Kong Organic Resource Centre. Not only did the girls have the rare chance to carry out simple farming chores, they also learned how to make herbal salt and bookmarks using organic materials.



### Pr. 6 Former Fanling Magistrates' Court

The girls were given a guided tour in this historical building and participated in an elderly simulation workshop that allows students to experience the challenges of being an elderly person, learn to show gratitude to the elderly and to develop their leadership skills.



chitchat and laughter as girls could not contain their excitement about the visits. With the help of 56 parent-helpers, we brought a total of 12 classes to three different destinations for half a day of fun, learning and exploration.

### Pr. 5 Cube O Discovery Park

An educational outing to Cube O Discovery Park ( 浩海立方 • 探游館 ) in Tsuen Wan was arranged for our Pr. 5 girls. Through a variety of interactive multimedia activities and observation of various types of real-life jelly fish, the girls learned about marine life and the importance of environmental protection.



## Making History for Hong Kong: Conversations with DGS Olympians (Part 2)

DOGA is proud to have eight alumnae who represented Hong Kong at the Tokyo Olympics and one alumna at the Tokyo Paralympics. The stories of the first four athletes we met with were published in the Kaleidoscope issue no. 26 (January 2022). We will now share with you the journeys of two other athletes – Cheung Ngan Yi and Justine Ng. Hope you will continue to find inspiration from them!

### Cheung Ngan Yi

Attracted by the variability in the sport and the ample court space to run around in, young Cheung Ngan Yi chose to focus on badminton among other sports. Her training at the Hong Kong Sports Institute started at Primary 3 and rose in intensity during Ngan Yi's secondary school years.

Ngan Yi was faced with a major dilemma on her future at the end of S5 – should she continue with her studies, which would seemingly offer a stabler future, or should she become a full-time athlete, enduring more hardships along the way and potentially more uncertainties after her athletic career? These hardships were not only the physical demands of training, but also the mental anguish originating from the dullness of repeating the same training content day after day. What tipped the scale was the affirmation of Ngan Yi's potential from her coach, who had just retired from the sport herself and remains Ngan Yi's coach until today. Ngan Yi decided to withdraw her place from DGS the day before S6 started.

Fortunately, turning full-time was a decision Ngan Yi would never regret. Participating in the Olympics was indeed a truly rare opportunity, but Ngan Yi's athletic career also enabled her to grow and mature in ways she did not expect. While striving hard for excellence in badminton, she discovered her "deficiencies"

as an athlete: wilful, self-centred, and emotional, the last being an athlete's nemesis. Fortunately, after abundant reflection, and with steadfast determination, Ngan Yi conquered these deficiencies and reformed herself to come out on top of the "mental game" in badminton.

There were two points in her career where she almost quit badminton. Three years after turning full-time, Ngan Yi hit a wall and became disillusioned. Upon painstaking contemplation and discussions with her coach, she realized she still had some way to go before reaching her full potential. Fortified with this knowledge and more positivity and patience, Ngan Yi embarked with a deep sense of rebirth to approach her career from a new angle. Then leading up to the 2016 Olympics, when Ngan Yi was steadily ahead to qualify, a few "unlucky" draws to face top-ranked opponents in the last few rounds meant that her teammate overtook her and qualified instead. This adversity crushed Ngan Yi – it seemed that even luck was not on her side. However, after assiduous reflection, she concluded that between luck and better skills, she should focus on the latter as it could give her better control over success. Armed with this fresh thinking, Ngan Yi carried on. As a result, Hong Kong has its top women's singles badminton player today.

The pandemic and postponement of the Tokyo Olympics greatly unsettled many athletes, but Ngan Yi saw them as a double-edged sword, as her chronic Achilles tendon injury was at its worst in summer 2020. Her injury gained some reprieve the following year and allowed her to focus her energy on training for the games. When she finally got to the Tokyo Olympics, Ngan Yi found it challenging to follow her original intentions to relax, as immersed in the environment, she esteemed the competition greatly and wanted to give her best.

With students excelling in every discipline, the DGS environment spurred Ngan Yi with the motivation to keep trying and improve when facing a goal. Benefitting from this attitude and her continuous reflections, Ngan Yi advises DGS girls that persistence is essential. In her



Cheung Ngan Yi (Class of 2010) at Tokyo 2020 Olympics



Ngan Yi (middle) with classmates on her last day at DGS



Taipei Open 2019

#### General Committee 2022-2023

President:  
Ms Yvonne Chan

Hon Vice President:  
Mrs Stella Lau, SBS, JP  
Mrs Annie Lee

Vice President:  
Mrs Grace Lee Lam  
Ms Gladys Lo

Treasurer:  
Ms Winnie Kong

Company Secretary:  
Ms Cindy Hui

Administrative  
Secretary:  
Ms Connie Lung

Members:  
Mrs Shirley Cheng Chan  
Ms Vicki Chan  
Ms Irene Cheong  
Ms Elfreda Chow  
Ms Andrea Lai  
Ms Christy Lam  
Ms Charis Lee  
Ms Vanessa Leung  
Ms Janice Li  
Ms Greta Ng  
Ms Diana Ting  
Ms Helen Wong

DOGA Tel: 2771 5881

DOGA Email:  
doga.info@gmail.com

Follow us on Instagram



@doga.org.hk

career, the difficulties she confronted in achieving a goal far exceeded what she had imagined. She persevered through them and did not let them sink her. In addition, having experienced the perils of negativity, she realized that positive thinking is key. Not only does it give her the energy to carry on, it also diverts her focus from troubles.

With chronic injuries affecting her training and competitions in recent years, Ngan Yi feels more uncertain about her future. So, after reaching this significant Olympics milestone, Ngan Yi thinks that it is time to adjust her mind and body to release some apprehension, to not set any goals, to just go with the flow for once, with the hope that she can return to the right mode some time. As of this point, it is uncertain whether Ngan Yi will participate in the Asian Games 2022, which has been postponed to 2023, not to mention the 2024 Olympics. In the meantime, Ngan Yi has shifted her focus to exploring her interest since childhood – she is studying psychology part-time online at a university in the UK.

## Justine Ng

“The Mini Bazaar brings back happy memories from my days at DGS,” Justine Ng (Class of 2006) reminisced. “It taught me how to work with people and to learn the value of preparation.” Justine’s years of preparation in fencing eventually led her to win a silver medal in the women’s epee team event at the Rio Paralympic Games in 2016. She also competed in the Tokyo Paralympic Games in 2021, which makes her part of a small elite group of two-time Hong Kong Olympians and Paralympians.

Justine was diagnosed with cerebral palsy at a very young age, but her condition is mild. She spent her junior years at DGJS and out of curiosity, she joined a beginner’s fencing course when she started senior school at DGS. As her interest deepened, she entered joint school competitions. She later trained with a private coach and, following that, at the Hong Kong Sports Institute. In her transition from abled to disabled fencing, she noted that disabled categories have different requirements from abled ones, even if the physical differences in athletes may not always be apparent to observers.



Justine Ng (Class of 2006)



Justine and her mom at the Mini Bazaar

As Justine accumulated training and competition experiences, it became clearer to her that her path would be in the disabled category. Starting from S3, she decided to train solely at the Hong Kong Sports Institute, attending school in the morning and training in the evening.

After S5, Justine switched to another school. Justine wanted to take advantage of every opportunity and traveled to different places every month for international fencing competitions, including Italy, mainland China, and Malaysia. While it was challenging to juggle academics and a full competition and training schedule, the opportunities were valuable as they gave her great exposure and increased her self-confidence. Justine had previously felt that she was not as good as the “normal” students. But as she gained more exposure, she came to appreciate that she is very privileged and has fewer struggles than other teammates with more serious disabilities. She also came to see that people have different strengths and it is not always necessary to compare who is better.

When asked about key learnings from her time at DGS, Justine said without hesitation that the solid English foundation and communication abilities she acquired at DGS are essential skills that are applicable throughout her fencing career and beyond. For instance, she was able to act as a translator for teammates during international competitions, communicating with the judges and others.

Justine found her Tokyo Paralympics experience in 2021 very different from other competitions. Because of the Covid-19 pandemic, she had not been able to compete outside Hong Kong since February 2020. The lack of overseas training and competitions gave many athletes a lot of pressure. Fencers require training partners, and Covid-19 made it very hard to keep up unless athletes were engaged in long-term training overseas. Thankfully, Hong Kong athletes performed very well at the Olympics, which helped to boost the Paralympic team’s confidence, in spite of the hurdles during their preparation.

Comparing her experiences at the two Olympics, Justine shared that Tokyo had much better food compared to Rio, and the volunteers in Tokyo were helpful and friendly. She particularly appreciated how they helped with equipment like wheelchairs and cheered for both the athletes who won and those who lost. The sense of support and respect was significant. She also pointed out that the Tokyo Olympics marked the first Games where the Olympic and Paralympic logos were combined, symbolizing equality while also reducing the setup time between the two Games.

Justine believes that the development of Paralympic sports in Hong Kong has a bright future, with better coaching resources and more Paralympic fencers committing to serious training. Justine has aspirations to both be a fencing coach and, more broadly, as an advocate of physical exercise and sports nutrition.



Epee competition at the Tokyo 2020 Paralympics

Her wisdom for DGS girls is to strike a balance between academics and sports. For elite athletes, that balance is particularly difficult, and Justine feels fortunate to have been guided by an inspiring and wise coach. She views academic credentials as very important in carrying one through life. Justine studied accounting and finance in university and is currently an auditor. She has found the stability enabled by her academic credentials reassuring, and allows her to pursue her other interests such as sports coaching.

“Fencing came under the spotlight because of Cheung Ka Long’s achievement at the Tokyo Olympics. Back in Rio, I did not receive much attention even after I won a medal, but I am happy to get the attention now. People finally realize how challenging fencing is!”

## DOGA Activities

### Stretching & Myofascial Release Zoom Workshop

A zoom workshop “Health Regimen from Stretching & Myofascial Release” was held on 29<sup>th</sup> November 2022 for 30 alumnae. Ms. Josephine Wong was invited to share advice and theory on << 保健伸展及肌筋膜放鬆 >>, and to introduce methods to alleviate muscle tension and joint pain. Ms. Wong is a personal stretching trainer, a Tai Chi Coach as well as a Yoga instructor. She demonstrated how to use simple equipment at home, including yoga mat, yoga block, towel, and tennis ball, for stretching and toning to release the pressure points related to stiff neck, back, and thigh muscles.



### Mid-Autumn Crochet Workshop

In September 2022, the Art Club hosted its first in-person event in two years – the Mid-Autumn Crochet Workshop. It was indeed a valuable experience to be able to meet face-to-face. In this fun and festive workshop, participants learned how to make a miniature Mid-Autumn rabbit doll. Although the task was not easy, the instructor, Winnie Sze (Class of 2004), taught each participant very patiently.



### Keewah Summer Baking Workshop

In August 2022, DOGA members gathered at the Keewah Studio to learn how to make loveable 吉士小雞包 (Custard Chicken Buns) and 肉鬆獅子包 (Pork Floss Lion Buns). The studio was filled with smiles and delight as the participants shared in the fun of Chinese pastry baking, turning freshly baked buns into baby lions and chicks.

### Dr. CJ Symons Scholarship 2022

DOGA is happy to announce that Felice Chan has been awarded the Dr. CJ Symons Scholarship for 2022. The scholarship, which amounts to HK\$160,000, will go towards her study at the University of Chicago where she intends to major in Economics. Congratulations and we wish Felice every success in her future endeavours.

