



Issue 10

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TRUE LIGHT
READERS



READING WEEK

THE THEME OF THE READING WEEK 2023 —READING AND NATURE

We started the first day with a concert – **Listen to Nature**. Musicians from Hong Kong Ocarina Cultural Association were invited to play music with clay flute and paddy flute.



On the second day, a book fair and a booth of objects from nature were set up during lunchtime. Collectors brought objects from nature, such as feathers, animal bones, leaves, and seeds, to share with students. Books related to the topic were also displayed.

After school, there was a campus tour – Making Friends with Nature. The instructor, William from Nature Bathing, led the students through True Light kindergarten, primary and secondary schools to discover animals, plants, and creatures around us that were yet to be discovered. For instance, students found a bird's nest, a mimosa, and a small plant growing inside a shell. Participants were amazed that there were so many friends of nature in our campus that we had not noticed.



On the third day, a bookmark-making workshop was held during lunchtime, and all the students participated enthusiastically and made beautiful bookmarks. The book fair lasted until the fourth day and ended on parents' day. Both students and parents bought their favourite books.



書中自有黃金屋，但並非所有人都願意翻開書本，以致白白錯過字裡行間的寶藏。作為一名喜愛閱讀之人，我對此感到十分惋惜。然而，在籌辦閱讀週的過程中，見到同學們笑容滿面，不再埋頭閱書報告，而且毫不猶豫地來到我們的攤位借閱電子書，我作為圖書館學會的幹事，當下感到萬分欣慰。希望同學踴躍閱讀課外書籍，從而獲得閱讀的樂趣。



—5B 羅培穎

I enjoyed attending the concert - Listen to Nature, which has become my favourite activity. The show was a delightful and distinctive experience that showcased a variety of instruments, each mimicking the sounds of nature, including the melody of birds chirping. The performance was entertaining and calming, offering students a peaceful break from their academic studies. We can continue to organize such meaningful activities in the coming years.

1A Joy

As part of the reading week activities, I had the opportunity to attend a music concert that broadened my musical horizons, introducing me to new genres such as K-Pop. Another event I attended was the book fair, which displayed a vast collection of books. I purchased a book on the Japanese language, which has helped me learn a few new phrases and words. I am grateful to the library for organizing an enriching event that encouraged students to expand their knowledge and interests.

1D Hillary

Library Society's Outings

"Reading and Nature- Connections to the World." is the theme this year. Several meaningful outings were organized to allow students to explore nature, including a visit to Bei Bei Bookhouse in Kam Tin and a Reading Day Camp at Yim Tin Tsai. Students were given a wonderful and memorable reading experience in a natural and tranquil environment, allowing them to be more focused and mindful of what they read.

1. Reading Day Camp at Yim Tin Tsai (10/12/2022)

The camp was led by Sky Bird(天鳥), founder of the Nature Dao Company Limited. In the camp, participants formed three groups to read articles on different topics: "Practising in front of the Stove(灶前修行)", "Using Water Wisely(水修行)", and "Solitude and Making Friends with Nature(孤獨及與自然為友)". Here are some reflections from them.



3B 陳諾瑤

當日，我被編入「灶前修行」一組。我們先到樹林選取一些折斷和乾燥的樹枝，再到廚房煲水煮茶。我們分工合作，根據導師講解的「生火之道」，在灶前整理樹枝枯葉，為生火作準備。在整個過程中，我們專心致志地完成每項細節，看着火由火柴轉移到樹枝堆，最後成功燃燒起來，到煮沸一壺水，這過程對我來說是一次特別的體驗。

3C 朱霽鈴

我那組的活動是在林裏閱讀關於回歸自然的文章。這個活動和情景，令我深深感受到在自然中安靜地閱讀是什麼感覺，也讓我感受到我與大自然的距離和關係比以前更進一步。在林中閱讀令我有一種從未感受過的寧靜和安詳，在陽光的照耀下閱讀，撒下斑駁的影子，比起平常在家中閱讀是不一樣的，有一種特別的感受。

2. Visiting Bei Bei Bookhouse (3/12/2023)

The bookhouse is located next to a field in Kam Tin. Participants could walk in the fields guided by experienced farmers. After the field visit, they enjoyed some homemade refreshments and read books in the pleasant bookhouse.

2C 韋亦心

我印象最深刻是在比比書屋內，一邊吃着小點心、喝着茶，一邊聽書店義工熱情地講解書店的歷史和故事，使人內心寧靜，十分舒服，就這樣慢活了一個下午。在小小的書店內，好書也不少，更有一些是在外面已絕版的，置身其中，令我好像走進一個大書庫尋寶似的。義工說有一些老顧客定期來看書，有一班長期的捧場客，其受歡迎程度可見一斑。



Cross-curriculum Reading Activities

COLLABORATION BETWEEN THE LIBRARY AND OTHER DEPARTMENTS

AESTHETIC DEPARTMENT ART SOCIETY



The Aesthetic Department and Art Society collaborated to organize the Art in TL 2023 event, which exhibited several authentic works of Yayoi Kusama in the school hall. To coincide with this grand event, the library displayed books related to Yayoi Kusama, including "Yayoi Kusama", "Yayoi Kusama Infinite Mirrors", and more, allowing students to better understand Yayoi Kusama and her works.

ENGLISH DEPARTMENT LAC TEAM



The Library Society has collaborated with the LAC Team and English Department to hold a book exhibition titled "Rebel Girl" in the library during English Week. The exhibition showcases books about the stories of different rebel girls around the world, aiming to inspire students and help them develop confidence in themselves, just like the rebel girls in the books.

GEOGRAPHY DEPARTMENT



The library and Geography Department collaborated to organize an outdoor activity in Aberdeen Country Park in line with the theme of "Reading and Nature". The aim of the activity was to investigate and understand the ecological environment of Hong Kong. Through this field trip, students were able to gain more knowledge about Hong Kong's ecology and become more aware of the importance of protecting the environment.

Morning Assembly on 14 April



Ms Au Po Man, Ms Kwok Sze Wan, Ms Li Miu Yung and schoolmates shared the highlights of the reading activities this year, such as the Listen to Nature Concert, Campus Tour, Yim Tin Tsai Reading Day Camp, etc. Students participated actively in these activities to enhance their understanding of and connections with nature.



聯校交流

香港真光中學x風采中學



香港真光中學x沙田循道衛理中學



3月16日和4月13日，我們懷著興奮的心情，分別迎來了風采中學和沙田循道衛理中學圖書館師生十餘人。交流會上，兩校學生分成小組，參觀了我校圖書館，並進行了小組聊天。我們不僅認識了兩校圖書館的運作模式，還結識了新朋友，一起談文論書，不亦樂乎！

Book Sharing by Ms Tsui Sau Ngan

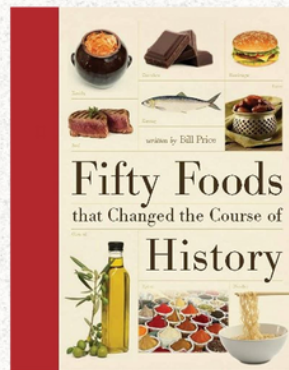
The book 'Fifty Foods That Changed the Course of History' by Bill Price provides a fascinating glimpse into how foods have shaped human civilization. The book highlights how food production has shaped and been shaped by the environment throughout history. As new lands were explored and cultivated, and as agricultural technologies advanced, fresh foods entered the human diet and transformed cultures.

One example is the domestication of crops in the Fertile Crescent, a response to changing environmental conditions. As the last Ice Age ended, the climate in the region became warmer and wetter, creating ideal conditions for the growth of wild cereal grasses. Early humans began to harvest these grasses and eventually domesticated them, leading to the development of agriculture and the cultivation of crops like wheat and barley.

The cultivation of grains was crucial to the rise of civilization in the Fertile Crescent. The ability to grow and store grains allowed humans to settle in one place instead of roaming in search of food. The surplus of grains led to job specialization and trade.

Similarly, the emergence of rice cultivation in Southeast Asia led to the rise of stable agricultural societies. The use of terracing and irrigation in these areas helped adapt tropical climates for intensive rice agriculture and support dense populations. The vast systems of terraces and irrigation channels also helped control water and minimize erosion, fundamentally transforming their environments to suit large-scale food production.

Advancements in trade and transportation, like the Columbian Exchange, enabled new crops and recipes to spread worldwide, profoundly shaping food production and the environment. Crops like potatoes, tomatoes, chilli peppers, and cassava moved between the New World and Old World, transforming cuisines and agricultural practices.



Meanwhile, introduced livestock like goats, sheep, and cattle altered landscapes in the Americas. The availability of new foods boosted populations and made civilizations more susceptible to famine if crops failed.

For example, potato adoption in Ireland enabled a significant population boom, but its cultivation relied upon innovations like crop rotation that improved sustainability. The population growth, in turn, led to land use and property rights changes. There was continuous feedback.

Ms Tsui



Between environmental pressures, food production improvements, and societal development.

The spread of coffee and tea plantations shaped forests into agricultural landscapes across tropical regions. This enabled new trade routes and economic livelihoods but also led to shifts in land use, deforestation, and habitat loss. There were immense environmental costs to the rise of these globally important crops.

The book discusses how severe drought and dust storms in the 1930s, known as the Dust Bowl, led to crop failures and widespread famine in the United States. The drought was caused by natural climate variability and poor agricultural practices, such as overgrazing and ploughing that destroyed the wild grasses that held the soil in place.

Overall, Price's book highlights how the environment profoundly shapes food production, shaping human culture and demographics. We must understand this interdependence and adopt more environmentally friendly approaches to agriculture to ensure a sustainable future.

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