

The Wellness Specialist Team

At DGJS, we believe that emotional nurturing is vital to the wellbeing of our teachers, students and parents. Our school's Wellness Specialist Team consists of Dr Lawrence Chen, Dr Sharon Ng, Mrs Sarah Williams, Dr Renee Ip and Ms Helen Ng.



Together they have designed and will implement a series of trainings for teachers, activities for students and talks for parents to help our school community reach optimal emotional health throughout the busy school year.

Teachers' training early this school year provided the team with the opportunity to take time to reflect on personal characteristics and teaching styles, and to be mindful of caring for their own mental and emotional needs whilst caring for the students. The teachers look forward to the upcoming mindfulness workshops in the future months.

Students, on the other hand, will participate in reflective activities under the topics of kindness, social intelligence, teamwork and gratitude this year to help them better understand themselves, hone their relationship skills, manage stress and make responsible decisions. To start off their personal growth education this school year, the students explored the themes of positive friendship, negotiation and empathy in the first term. Students also take on the role of peer mediators to help each other maintain harmonious relationships. Ultimately, the school hopes to build a strong culture of love and respect within our beloved school walls.



Seminars and breakfast gatherings are organized for parents too. The PTA has invited Dr. Lawrence Chen to talk about the power of spiritual intelligence in parenting. Spiritual intelligence, the foundation to all other forms of intelligences, is examined from the perspectives of Developmental Psychology, Brain Science and Christian Spiritual Tradition. Dr. Lawrence Chen shares with parents practical strategies in parenting. In-depth applications and other parenting topics are further discussed at the respective breakfast gatherings with parents of both Junior School and Senior School students. Not only are parents able to gain insights on how to develop strong spirituality, but they were also better equipped to develop relational savvy kids.

They also explore ways to empower the girls and build confidence in them, with a view to helping them create motivation and joy for study, appreciate girlhood and womanhood and handle emotional stress and peer pressure, just to name a few. By building a support network with parents, the School hopes to enhance home-school cooperation for the benefit of our students.



To better accommodate our students' needs, the newly renovated Tree of Life on Level 6 was designed and furnished with the purpose of creating a secluded and tranquil space for students who would like to chat with the school's wellness specialists. As students take off their shoes and step on the soft, green carpet, they are greeted by mural paintings of trees and cushions that resemble pebbles. Students can settle into a comfy spot under the tree of life or enjoy more privacy in one of the rooms.



Old Girls Assembly Sharing Series



Do you know the difference between soaring and flying? That was a question posed to DGJS girls by Holly Ming (class of 1998), an old girl who graciously gave of her time at an assembly sharing in DGJS on 10th November. Holly's talk is part of a special series of assembly sharings where old girls are invited to share their life experiences with current students. Holly graduated from Harvard College with a BA in Economics in 2003 and received her PhD in Public Policy from Harvard Kennedy School of Government in 2009. In addition to being a stay-at-home mom, she is also a part-time researcher and trainer. Holly talked about her struggles with her studies when she was still a young student at DGS and the inspiration she received after she had found faith in God. Through Holly's talk, the girls learned that it is with faith in God that one can rise effortlessly, just like a bird soaring through the sky.

Winnie Fung (class of 1998) also came to an assembly sharing on 24th November. Winnie graduated from Harvard College in 2004 with a BA in Applied Math. She gained her PhD in Business Economics from Harvard in 2010, as well as an MA in Biblical Studies from Wheaton College in 2014. She is currently an Associate Professor of Economics at Wheaton College.

Winnie shared with us the biblical story of Hagar from the Book of Genesis. She was an Egyptian slave who was offered to Abraham to bear him a child. Abraham's wife, Sarah, treated her harshly when Hagar became pregnant. She fled into the desert and encountered an angel who instructed her to return to Sarah. Hagar addressed God as El Roi, which translates from Hebrew as "the God who sees me".



Another inspiring old girl who has shared her words of wisdom at a number of assemblies is Dr. Joyce Samoutou-Wong (class of 1993). Dr. Joyce's two daughters are currently studying in DGJS and she also has a son studying in Hong Kong.

Dr. Joyce and her husband Henri are the founding directors of the charity New Sight Eye Care. Joyce graduated from DGS before winning a full scholarship to study at the United World College of the Atlantic in the UK. She read medicine at the University of Edinburgh, which was followed by a stint as a visiting fellow at Harvard University. In 2006, she and Henri relocated from the UK to develop a non-profit eye centre in a missionary hospital in the rainforest of Gabon. In 2012, Dr. Joyce and her family moved to the north of the Republic of Congo to pioneer its first non-profit eye centre with surgery.



Dr. Joyce has enriched our lives by sharing with us the unpredictability, the hardship and the miracles she has encountered living in Congo with her family. Amongst many of the memorable and sometimes even hair-raising experiences that Dr. Joyce has shared with us, she and her family were once riding a truck and got stuck in deep mud for hours, having to sleep overnight in a particularly dangerous region. Again and again, it is her faith in God that strengthens her determination to serve others and helps her persevere through the most trying times.





Old Girls Assembly Sharing Series

The old girls assembly sharing series will extend to the second term in which our teachers will cover the life stories of more distinguished old girls. To satisfy your curiosity, here is a sneak peek of what you will hear about.

Rebecca Chan Chung (1920-2011)

When you read about World War II, does that sound very distant to you? An old girl from DGS actually worked as a World War II nurse in China. She is Rebecca Chan Chung, who graduated from DGS in 1938 when Miss H.D. Sawyer was the Headmistress.



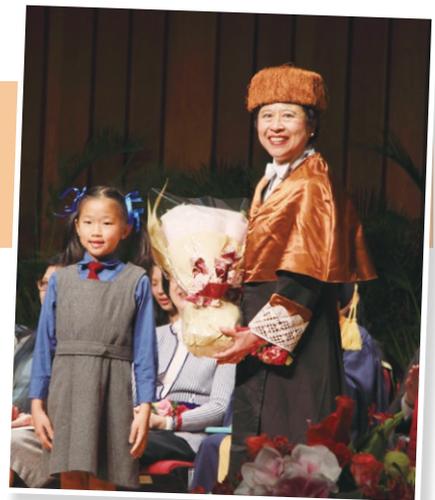
Instead of pursuing a university degree, Rebecca sacrificed the opportunity and made way for her younger brother to receive his medical education at university. She made this decision not only to lessen the financial burden of her family, but also to answer God's call to enter the nursing profession.

Rebecca started her work as a trained nurse in 1941 when Hong Kong surrendered to Japan. She then fled to Free China and was employed by the Flying Tigers in Kunming, where she experienced several Japanese air raids. In 1943, she worked for the India-based China National Aviation Corporation where she made weekly round-trips between India and China over the Hump (Himalayas). It was dangerous to take those flights because the aircrafts were not suited for flying at the needed heights.

Despite the danger of the Hump flights and the Japanese air raids, she believed that it was God's protection that empowered her to overcome all the hardships in life.

More about Rebecca's interesting encounters can be found in the book *Piloted to Serve: Memoirs of Rebecca Chan Chung, World War II in China with Flying Tigers, U.S. Army and CNAC*.

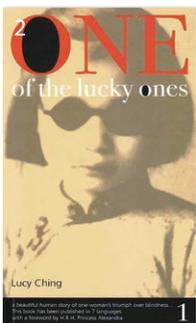
Professor Deborah Chung, daughter of Rebecca Chan Chung, was the guest of honour on Speech Day back in 2015. Professor Chung generously shared with us her mother's experiences as well as her own life, setting us examples of "women of excellence".



Lucy Ching Man Fai (1936-2011)

Known as 'the Chinese Helen Keller', Lucy Ching was blind since she was six months old. However, she made remarkable achievements in her lifetime, which she attributed to her faith in God and the enduring support from her maid Ah Wor.

With her unwavering determination, she did not have to attend special classes but she learnt by having someone to read books to her. She also mastered the English Braille and Cantonese Braille in her own way. After a rigorous process, she graduated from DGS in 1954.



Lucy received a scholarship to further her studies at the Perkins Institute for the Blind in Boston. After that she went on to study church music in Texas. During her time in the states, she had the privilege of meeting Helen Keller who inspired her to write the autobiography, 'One of the Lucky Ones'. Upon returning to Hong Kong, Lucy felt the urge to serve the blind and the handicapped. She was the first blind social worker employed by the Social Welfare Department. She particularly excelled in helping the handicapped adjust to the demanding environment and integrate well into the society.

Lucy was made Member of the Most Excellent Order of the British Empire in 1975 and attained the Hong Kong Outstanding Young Persons Award in the same year.



The movie 伴我同行 (1994) was based on Lucy's life story.

Lucy's autobiography "One of the Lucky Ones" has been published in seven languages.

Photo credits:

1. **Rebecca Chan Chung** - wiki: Wikimedia Commons, https://commons.wikimedia.org/wiki/File:Rebecca_Chan_Chung_at_Longhua_Airport_in_front_of_a_CNAC_C-46.jpg
2. **Lucy Ching** - bapress: Chinese Baptist Press (International) Limited, <http://www.bapress.org/product/r029/>
3. **Lucy Ching** - HKMDB: Hong Kong Movie DataBase, http://hkmbd.com/db/movies/image_detail.mhtml?id=7927&image_id=252513&display_set=big5