

Updates from Instilling Goodness and Developing Virtue School

育良培德中小學最新動態

劉自如、曾宇潔 文
勞施 中譯

By Amy Liu and Yee Kit Chan
Chinese translated by Lao Shi

Instilling Goodness Elementary School and Developing Virtue Secondary School (IGDVS) at the City of Ten Thousand Buddhas have gradually resumed in-person teaching. The in-person teaching for Girls School K-6 began on March 8, 2021, in one of the buildings at Dharma Realm Buddhist University's Sudhana Center in Ukiah, California.

During the same month, Developing Virtue Secondary School students Amy Liu and Yee Kit Chan both won state-level awards. Below are their own accounts of their experiences:

Amy Liu (Class of 2023)—
California Poetry Out Loud 2021
—Poetry Ourselves: Runner-up, “The Other Half”



After the school's Poetry Out Loud competition on Thursday, January 28, Heidi Blythe (Class of 2022) and I advanced to the county level competition. Due to the pandemic, this year's Mendocino County contest took place in the form of recitation video submissions.

Two weeks later, news came that I had won the Mendocino County Poetry Out Loud competition. I was surprised and

萬佛聖城育良培德中小學已逐步恢復面授教學，自2021年3月8日起，女校小學部已展開面授課程，目前上課地點為法界佛教大學位於瑜伽市善財參學中心的建築物之一。

本月份，培德中學學生劉自如、曾宇潔，分別獲得加州州級獎項，以下為她們得獎經過自述：

劉自如（10年級）
2021年加州英詩創作獎：第二名

校內英詩朗誦比賽在1月28日星期四結束後，11年級的白海迪和我進階參加縣裡的英詩朗誦比賽。因受疫情影響，今年曼都西諾縣英詩朗誦比賽是讓參賽者寄去朗誦錄像。

兩週後，消息傳來，我獲得曼都西諾縣英詩朗誦比賽首獎。有機會代表培德中學，以及曼都西諾縣參加全州的比賽，令我驚喜，也備感光榮，自此開始準備參賽錄像。

準備期間，曼都西諾縣聯絡專員布蕾可·摩爾女士一路指引我，並且不斷給我提供意見，很有幫助，在此要誠摯表達對她的謝意。最後，我寄出了三段英詩朗誦錄像。這三首詩是：露西莉·克利芙頓的「桑榭田」；納撒尼爾·霍桑的「噢！我能掀起這黑幕嗎？」以及莎拉·緹絲黛兒

honored to have this opportunity to represent not only Developing Virtue Secondary School but also Mendocino County in the state-level competition, and began preparing my video submissions.

During this period, the county coordinator, Ms. Blake More, guided me through the process and continuously gave me helpful feedback, so I would like to express my sincere thanks to her here. In the end, I submitted recitation videos of three poems: “mulberry fields,” by Lucille Clifton, “Oh could I raise the darken’d veil,” by Nathaniel Hawthorne, and “Let It Be Forgotten,” by Sara Teasdale.

Since 2019, along with the Poetry Out Loud competition, which highlighted poem recitation and performance, the Poetry Ourselves creative writing contest provided an opportunity for county champions to further explore poetry through the submission of original works. In English class, we had recently finished reading *The Lathe of Heaven* by Ursula K. Le Guin, and, inspired by Daoist ideas from the book, as well as Buddhist principles and current events, I wrote “The Other Half,” a poem discussing distinction, prejudice, and harmony.

On March 15, the California State winners were announced. Although I did not win in the poem recitation competition, I became the Poetry Ourselves runner-up with “The Other Half.”

Through interpreting and reciting works of others and through exploring the power of poems in writing one myself, I was able to learn more about this creative and special form of expression. I am also humbled and grateful for this chance to express some of the things I learned in DVGS and CTTB.

Again, I would like to thank Jin Jr Shi, Ms. More, and Ms. Applebee, my English teacher, for their guidance and support.

**Yee Kit Chan (Class of 2022)—
California Association of Professional Scientists Award 2021:
“Observing Trends and Correlations in Sleep Quality and
Stress of Students Immersed in Different Modes of Instruction
and Learning”**

This year’s science fair was unique as student teams could not gather, meet up at school, or gain access to the school laboratories. Ever since its onset in late 2019, the COVID-19 pandemic has impacted the learning environments of students all around the world. Most schools have adopted either a remote or hybrid learning approach for their students and teachers. This change called into question the status of student wellbeing. Does online

的「遺忘吧！」。

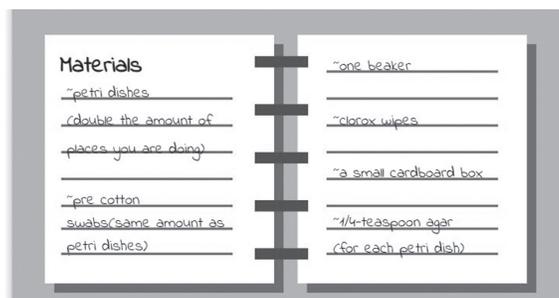
英詩朗誦比賽著重的是朗誦和表演；自從2019年起，加州英詩朗誦比賽增加了「英詩創作」比賽，讓各縣朗誦冠軍自行創作英詩，以便更深入英詩的境界。我們的英文課最近才讀完娥蘇拉·勒瑰恩的小說《天鈞》，我受這本書裡道家思想的影響，也受到佛家道理以及最近一些時事的影響，因此寫下詩作「另外半個」，這首詩探討的是差異、偏見、以及和諧。

3月15日，加州英詩比賽成績揭曉。我雖然在朗誦項目上沒獲獎；但在英詩創作比賽中，我以「另外半個」得了全州第二名。

藉著詮釋、朗誦其他詩人的作品，也通過自己寫詩去探索詩的力量，對於這種充滿創意又特殊的表達方式，我學到很多。此刻我感覺謙卑、更感謝有此機會將我在培德女中和萬佛聖城所學到的一部分表達出來。

我要再次感謝近智師、摩爾女士、以及我的英文老師艾波碧，感謝她們的指導和支持。

**曾宇潔（11年級）
2021年加州專業科學家協會獎**



今年的科學展很特別，因為學生團隊不能相聚，也不能到學校碰面，更不能使用學校的實驗室。從2019年底新冠疫情展開以來，已經影響全球學生的學習環境。大部分學校採用遠距教學，或者混合式教學。這種改變讓我們不禁要質疑學生到底過得好不好，網路教學是否

schooling through Zoom meetings and virtual classrooms affect sleep quality among students? Do students attending in-person classes experience better sleep quality than their peers online? What about students in hybrid mode?

The boundaries between school and home blur. Though students are spared from the daily morning rush, they experience degradation in attention span and alertness. Extended periods of screen time and low levels of motivation cause students to work less effectively, and some burn the midnight oil in exchange for academic performance. With all factors combined, what is the net impact on sleep quality and stress level during this unprecedented time? I hoped to answer these intriguing questions through data and the scientific method.

My research was entered into the Mendocino County Science Fair in February, and the results were announced on March 20, 2021—besides receiving the California Association of Professional Scientists (CAPS) award, my project was selected as one of the ten projects to represent Mendocino County in the California State Science and Engineering Fair! I feel honored to be given this exciting opportunity to share my research at the state level.

I would like to express my gratitude to Ms. Wang and Dr. Yu for their kind guidance and invaluable insights, as well as Ms. Phi, Ms. Mark, Ms. Applebee, Mr. Todd Whitmire, and friends near and far for their sharing of the survey. I would also like to acknowledge the students of DVGS for their support and feedback throughout, and without whom this research could not have been completed. ❀

影響學生的睡眠品質？能夠接受面對面教學的學生，比起網路上課的同學是否擁有更好的睡眠品質？接受混合式教學的同學情況如何？

家庭和學校之間的界線已經模糊，雖然學生們早上不必再匆匆忙忙趕著上學，但卻出現注意力和警覺性都退化的情況。長時間面對電腦螢光幕，以及偏低的學習動機造成學生學習效果低落，有些同學還得熬夜以求好成績。所有的因素相加之後，在這個史無前例的時代裡，對學生睡眠品質和壓力水平的衝擊究竟多大？我希望透過資料和科學方法回答這些令人困惑的問題。

我的研究在今年2月參加曼都西諾縣科學展，3月20日宣佈結果。我除了獲得加州專業科學家協會獎之外，還獲選為代表曼都西諾縣參加「加州科學與工程展」的十個研究項目之一。我覺得很榮幸，能夠獲得這個令人興奮的機會，在加州的展覽中，和大家分享我的研究。

我要感謝王旖旎老師以及陳玉博士的慈悲教導和她們珍貴的見解；也要感謝費如孝老師、茱莉亞·馬克老師、艾波碧老師、陶德·惠特邁爾老師，以及遠方和附近的朋友，感謝他們參與這項問卷調查。同時，我要特別向培德女中全體學生致謝，要不是她們一路相挺和有始有終的回應，這項研究是不可能完成的。❀



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