

升中家長講座

1B 鄭碧鏗同學

二〇〇九年四月二十五日，下午2:30-4:30，本校舉辦了一場「教育及升中講座」，並有幸邀請莫鳳儀太平紳士及莊啟程預科書院戚美玲校長親臨本校擔任講者，談及有關通識教育及升中的資訊。

學生義工們摩拳擦掌，準備迎接各位來賓的來臨，兩位司儀亦忙著做最後的準備。踏入下午2時，來賓一位接一位地在接待處登記，然後步入禮堂。在講座開始前，來賓也忙於參觀禮堂後方關於兩校結龍的展板，在場亦有本校及莊預的教師和學生們解答來賓的提問。

下午2時30分，講座正式開始，首先由莫鳳儀太平紳士主講一場有關通識教育科的講座，講題為「家校攜手，學好通識——策略與思維」，莫校長演說方式生動，更不時邀請台下家長分享，回答問題，甚至唱歌帶動氣氛。而莫校長每次的提問，也引來家長熱烈的反應，來賓不但不時主動提問，亦點頭認同莫校長的觀點。

緊接莫校長演說的，便是我校黃仲奇校長與莊啟程預科書院戚美玲校長之升中講座。黃校長與戚校長在講座內分享升中選校策略，擔心子女升中的家長們全神貫注，摘下重點。到了提問環節，反應依舊踴躍。戚校長在回應某一位來賓的提問時回答道：「基本上莊預是會收納所有唐乃勤的學生，但是有一個條件……就是小朋友一定要用功讀書，只要能做得到，莊預便會收錄。」當來賓聽到後，也不禁鬆了一口氣。

每一位來賓離開的時候也面帶笑容，相信也是全賴各位老師及同學的付出！

Education and Admission Talk

Cheng Bik Wong (1B)

On 25 April 2009, an "Education and Admission Talk" was held in our school hall. It was of great pleasure to invite F.Y. Mok, JP and Ms. M.L. Chik, the principal of PLK Vicwood Chong Sixth Form College, to our school as the guest speakers on the topic of Liberal Studies and to give us information on school admission system.

Our student helpers and masters of ceremony took care of the guests to the best of their ability. Before the talk started, our guests busied themselves with reading the exhibits about our through-train arrangement. Our teachers and students also helped answer any of their enquiries about our school.

The talk started with Ms Mok's sharing on Liberal Studies titled "Home-School Cooperation for Liberal Studies – Strategies and Thoughts". Ms Mok's lively speech was interactive as she invited parents' to contribute. She even sang to stir up the atmosphere. Her questioning also drew great attention and enthusiasm from parents in giving responses and raising further enquiries.

Following Ms Mok's sharing session, Mr. Wong and Ms Chik shared some strategies regarding selecting schools with the parents. When it came to the question-and-answer session, parents also asked for more information enthusiastically. When Ms Chik replied to one of the questions, she said, 'Basically, all Tong Nai Kan students could be promoted to the Senior Secondary College, provided that they are hard-working and committed to learning', which made the parents much more relieved.

With teachers' and students' hard work and efforts in making the event a success, each and every guest was content when leaving.



保良局唐乃勤中學

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校長的話

Message from the Principal

黃仲奇校長

本年的結業禮，對我們別具意義。我們的中三同學，努力完成了初中課程，準備開始求學生涯另外一頁——升讀莊啟程預科書院。所以這個結業禮，標誌了同學一個學習階段的終結，亦同時是新學習階段的開始。對學校來說，這亦是繼往開來的重要時刻。與同學一樣，學校正為快成過去的學年作反思及檢討，為未來一年作準備，翻開學校的新一頁。

本年度，學校推出了多項計劃，目的是提升同學的學業成績及學習效能。好像中二級的奮進計劃，讓同學能認清自己的目標，努力向前，最後各同學都大有進步。中三級有TSA訓練課程，在一連串密集的訓練下，同學都能積極學習，努力求進。同學這一份對學業的堅持，我實在非常欣賞，我相信同學在TSA考試中，必定會取得理想成績。此外，高年級早前加插了星期六測驗日，每位同學都沒有因星期六上課而抱怨，反而非常認真對待這次計劃，我相信老師為大家額外付出的時間都是值得的。至於在下學期推出的飛天計劃，反應非常熱烈，同學為能「一飛沖天」，都在各方面追求進步，實在難得！校方已因計劃而送出豐富獎品，若計劃真的能改善同學的學習態度及學業成績，合理的獎勵是值得的！但希望同學們不要本末倒置，不要為得獎才努力學習，要緊記獎賞只是引子，發奮努力後所獲得的學習成果才是真正永恆的獎賞，真正讓人一生無窮受用。

今年度在同學及老師的努力下，學生的整體成績均有進步，更值得高興的是在多項的校際比賽中，多位同學都取得驕人的成績。我在此恭賀各位同學，更要感激各位老師，你們對學生的指導和支持，均對學生有莫大的裨益。希望同學能繼續努力，珍惜師長的教誨，珍惜在這學年累積得的一切寶貴經驗，百尺竿頭，爭取更好成績。

Principal Wong Chung Ki

It's such a meaningful day for us, especially for our Form 3 graduates. After finishing the junior secondary study, they are heading for a new stage – going to the Vicwood KT Chong Senior Secondary College. This graduation ceremony thus marks a significant milestone for them. For the school, we are also coming to the end of a year and it is time for us to reflect what we have done, what we could further improve and prepare for the coming year.

In the past year, a series of programmes were launched to improve students' academic performance and enhance their learning effectiveness. For example, we had "Great Leap Programme" for the Form 2 students. Through this programme, students were clearer about what they were looking for. We are so glad that they got improvement after this programme. Form 3 students were also given TSA training. They showed a lot of effort under the intensive practice and their persistence in trying their best is very much appreciated. I believe that they must be able to get satisfactory results in the assessment. Besides, the additional Saturday test day for the senior form students also offered them more chance for practice. Their serious learning attitude really made the teachers feel that the extra time spent for them is worthwhile.

As you all know the Flying-High Scheme was implemented in the second term, we are very surprised that most of you were so engaged in it. Your response was unexpectedly enthusiastic. Many students tried very hard to seek for progress in different areas. Thus rewards is definitely a positive and constructive means to show them encouragement and sustain their motivation. Seeing students' effort in bettering their learning attitude and academic performance, we hope that that this scheme will be a good start for all of you to aim higher in learning.

With teachers and students' hard work, our students' academic performance has shown a great progress. What's more, it's very encouraging that some of them have obtained lots of prizes and awards in the inter-school competitions. Congratulations to all the champions. I would also like to express my heartfelt vote of thanks to teachers' guidance and support given to our students. I hope all of you would cherish your teachers' efforts and strive for the best as usual in the coming year.



JOINT SCHOOL SHADOWING PROGRAMME

訓育組 裘俊明老師

本校與保良局莊啟程預科書院一直合作無間。透過不同科組的聯校活動、聯校會議、交流和分享會等，兩校的老師們彼此都已建立了密切友好合作關係，攜手為「接龍」作最佳的準備。

剛過去的五月份，我們邀請了預科書院的老師來本校參加 Joint School Shadowing Programme。藉此讓他們更清楚了解訓育組的日常行政運作，例如：早會集隊的安排、操行分制度、領袖生及老師的日常工作的等。

這段期間，每天都有不同的預科書院老師到訪，他們會跟隨本校的其中一位訓育組老師上早會課、進課室觀課，及於小息、放學巡察。過程中，本校老師除了會簡單介紹本校的日常運作外，兩校老師更會作訓育意見的交流。他們都讚嘆本校同學們上課及下課時都有良好表現和禮貌。

這次活動非常成功，除了讓預科書院的老師們了解到訓育組的日常行政運作，亦提供了一個好機會讓他們與本校同學彼此認識，相信中三同學在來年升讀高中時對老師都不會感到陌生。

Kau Chun Ming (Discipline Committee)

Working hand in hand with PLK Vicwood Chong Sixth Form College, teachers from both schools have built up a collaborative relationship as the best preparation for the 'through-train' arrangement, through different joint-school activities, joint-school meetings, exchange and sharing to sessions,

To let the teachers from the Sixth Form College gain a better understanding of the Discipline Committee's daily work and operation, we invited them to take part in our "Joint School Shadowing Programme" in May. During this visiting period, there were different teachers coming to our school every day. They paired up with one of our teachers to attend the morning assembly, have classroom observation and carry out patrol duties during recess and after school. Our teachers also briefly introduced the daily operation of the school, merit system and perfects and teachers' daily duties and work, etc. Both shared and exchanged opinions on the discipline-related issues as well.

With this programme, teachers from Sixth Form College can also meet and get to know the Form three students. This could definitely help them familiarize with their teachers when they are promoted to the Senior Secondary College.

飛天計劃

教務組 劉碧珊老師

「飛天計劃」是一個目標性及持續性獎勵計劃，顧及不同能力及程度學生，從而達到以下目標：

1. 提升學生自學動機及營造自學氣氛

學生均向來有留校自修習慣，我們期望透過「飛天計劃」，及配合學校硬件設施，以鼓勵學生於放學後使用自修室、圖書館及多媒體電腦室自習。這樣可為學校營造更濃厚的自學氣氛，藉此感染及鼓勵更多學生留校自習。

2. 培養正確使用電腦習慣

將大部分使用電腦的時間花在網上遊戲或網上聊天交友等活動上，是時下學生常見的情況。有見及此，我們期望藉著「飛天計劃」，糾正他們使用電腦的習慣，當中除於放學後開放多媒體電腦學習室讓學生進行網上自習外，各科亦會配合安排，定時提供網上練習及評估等，鼓勵學生於課餘時間完成，並對此加以獎勵。

3. 提升學術成績及課堂表現

「飛天計劃」亦獎勵學生於不同學術範疇作出正面行為，包括：準時交齊功課、學術評核成績及課堂表現等，一方面可對能力較佳學生加以肯定，給予他們動力繼續自我提升；另一方面則可鼓勵能力稍遜的學生加倍用功，努力達標。

4. 維持或改善學生訓育表現

於學生訓育方面，「飛天計劃」對出勤、準時及校服儀容等方面的正面行為加以獎勵，藉以鼓勵學生建立訓育常規。

此外，一些因曾違反校規而留有缺點紀錄的學生，則可以透過「飛天計劃」抵消缺點紀錄；而對於違規紀錄較嚴重(小過或大過)的，學生則可在訓育老師協助及同意下，訂立達至「飛天計劃」某級別以作為抵消違規紀錄目標，藉以鼓勵學生以「好行為消除壞紀錄」。

5. 訂定可達目標，突破自我

「飛天計劃」是一個全面並有晉級機制的獎勵計劃，不同能力的學生可為自己訂下能力可達的目標，亦可透過了解自己的進度，進一步提升自我要求。「飛天計劃」顧及不同能力學生，是一個讓全校學生均能受惠的獎勵計劃。

6. 提升自信及成就感，從而建立正面自我形象

「飛天計劃」的最終目標，是透過獎勵推動學生達成個人目標，藉此肯定自我價值及取得成就，並為自己建立正面形象，這對日後學生於學業及行為發展均能起深遠的影響。



計劃內容及晉級過程

學生完成有關學術及訓育項目可獲蓋印，各項內容如下：

學術項目：

1. 課餘學習
2. 電腦使用習慣
3. 準時及交齊功課
4. 學科表現
5. 課堂表現

訓育項目：

6. 出勤率
7. 準時率
8. 校服儀容

學生於其中6個項目同時獲下列數量蓋印可升級：

蓋印數量	1	2	3	5	7	9	12
級別	紙翼	木翼	銅翼	銀翼	金翼	鑽翼	飛天
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Content and Promotion

Students can get a stamp if they fulfill the requirement in the following categories.

Academic:

1. After school learning
2. Use of computers
3. Handing in homework on time
4. Academic performance
5. Performance in class

Discipline:

6. Attendance
7. Punctuality
8. School uniform tidiness

Students will be promoted to the upper level when they get stamps of any six of the categories.

No. of stamps	1	2	3	5	7	9	12
Level	Paper Award	Wooden Award	Bronze Award	Silver Award	Gold Award	Diamond Award	Flying-High Award
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Flying-High Scheme

Lau, Pik Shan (Academic Committee)

The Flying-High Scheme is a target-oriented and ongoing award scheme. It caters for students' varied ability so as to achieve the following objectives.

1. Raising students' self-study motivation and creating a self-learning atmosphere

To promote a self-study atmosphere, the self-study room, library and MMLC are open to students after school. It is hoped that students can make full use of these facilities for their learning and study.

2. Cultivating a habit of using computers properly

It is not uncommon that many teenagers spend quite a lot of time on online games and Internet chatrooms. To help them cultivate a habit of using computers properly, the MMLC is available for students to do online self-study exercises during after school hours. Certain subjects also give students various online exercises and assessments to complete and this encourages them to make use of their spare time to do more learning-related work.

3. Boosting academic results and bettering in-class performance

The Flying-High Scheme also aims at encouraging students' positive behavior with regards to different aspects, e.g. handing in homework on time, showing progress in academic results and a positive learning attitude in class, etc. This, on the one hand, recognizes the bright students' efforts and motivates them to strive to do their best; on the other hand, it also encourages the less able students to try harder to meet the targets.

4. Maintaining and improving students' discipline performance

To encourage students to cultivate a practice of abiding the school rules, the Flying-High scheme also awards students if they show positive behavior in attendance, punctuality and school uniform tidiness.

For those students who are given demerits because of breaking the school rules, this scheme also gives them an opportunity to offset their demerits. And for those who commit more serious offences, with the help and guidance of the discipline teachers, they can choose a certain level to achieve to offset their demerits. This can definitely show them the importance of appropriate behavior.

5. Setting attainable goals to strive for the best

The Flying-High Scheme is a comprehensive promotion award scheme which caters for students' varying needs. Different students can set their own targets according to their ability. Through understanding their own progress, it is hoped that students will be able to enhance and adjust the demand for themselves all the time.

6. Enhancing students' self-confidence and sense of success and building up a positive self-image

The ultimate and utmost aim of the Flying-High Scheme is to award students who achieve their personal objectives, it helps students get a sense of satisfaction and build up a positive self-image which is influential in their future development.

各項目內容：

項目	內容	配合	蓋印負責人	蓋印種類
課餘學習	i. 放學往學校安排之自修室溫習不少於1小時 ii. 參與學校安排之課程表現良好(3次)	i. 將安排以活動室作為自修室 ii. 由TA或clerk當值管理 iii. 每天同事當值5:30pm，而自修室則開放至6:30pm iv. 由KCM負責編列當值及訂定自修室使用守則/指引 v. 課後補課、增潤課程	家長義工 當值同事 課後輔導社工 補課同事	A C
電腦使用習慣	i. 放學後使用電腦室進行網上學習 ii. 完成科目網上評估(1次合格) iii. 完成English Bulider(1次合格)	i. 課後自修室管理(部分時間可由家長義工當值) ii. 科目須安排有網上評估配合	當值同事 科長 (科任老師安排)	科
交齊及準時交功課	一個星期沒有欠遲功課紀錄	i. Stephanie每月為各學生印製欠功課紀錄清單 ii. 每月頭安排1-2天蓋印日，於hall外設counter iii. 學生帶清單及passport往取蓋印	學務組clerk	A C
學科表現	i. 小測/默書獲90%或以上獲2個印 ii. 小測/默書獲60%或以上獲1個印 iii. 統測/考試獲50%或以上獲1個印		科長 (科任老師安排)	科
學科表現	此項可由科任老師加獎，建議如下： i. 小組活動表現良好 ii. 課堂表現積極		科任老師	科
出勤率	i. 每月沒有缺席，獲4個印 ii. 每月1天缺席，獲3個印 iii. 每月2天缺席，獲2個印	i. 訓導組文員每月檢查點名簿 ii. 每月將名單交給班主任予學生核對時蓋印	班主任	D C
準時率	i. 每月沒有遲到，獲4個印 ii. 每月1次遲到，獲3個印 iii. 每月2次遲到，獲2個印	訓導組文員每月列印清單，班主任於早會時間蓋印	班主任	D C
準時率	每月計算，沒有記名，獲4個印	訓導組文員每月列印清單，班主任於早會時間蓋印	班主任	D C



2008/09中國中學生作文大賽— 永隆文學之星〔香港賽區〕比賽

中文科 黃曉彤老師

早前，本校學生1B鄭壁鏗同學，參加了由中華全國學聯和全國中學報刊專業委員會共同主辦「中國中學生作文大賽」，成功進入了全國複賽，最後更奪得了「永隆文學之星——銅獎」的榮譽，實在值得慶賀。

「中國中學生作文大賽」是全國性的比賽，比賽分二十個賽區舉行。本年度的主題是「用愛點亮人生」，香港賽區共有186間中學參加，參賽同學近10萬名。同學要具有一定道德水平、文學修養和寫作能力，才能於比賽中脫穎而出。

除了鄭壁鏗同學的《一張安詳的臉》勇奪銅獎的榮譽，本校還有5位同學同時奪得優異獎，他們的作品分別是1A劉曉穎的《特殊的禮物》、2B林英傑的《陽光總在風雨後》、4A何金紅的《淚》、4S劉曉君的《敬禮，我國英雄！》及5S黃健文的《淚》。現在就讓我們欣賞一下得獎同學鄭壁鏗的作品《一張安詳的臉》。



2008/09 Chinese Secondary School Students Composition Contest - Star Award (Hong Kong)

Chinese Department Ms Wong Hiu Tung

Congratulations to Cheng Bik Wong (1B), who joined the Chinese Students Writing Competition organized by 中華全國學聯 and 全國中學報刊專業委員會, was admitted to the final round and finally obtained the Bronze Star Award.

The Chinese Secondary School Students Composition Contest is a nationwide contest, for 20 regions in China. The topic of this year is "Lighting our life with love". There are 186 secondary schools, with nearly 100,000 students joining the competition. To stand out from other works, the winners are for sure to possess a high level of morality, a sound mastery in literature and Chinese proficiency.

Other than Cheng's masterpiece, we also had five students get the award of merit. Their works are "A special gift" by Lau Hiu Wing (1A), "Sunshine followed by ups and downs" by Lam Ying Kit (2B), "Tears" by Ho Kam Hung (4A), "Salute to our hero" by Lau Hiu Kwan (4S) and "Tears" by Wong Kin Man (5S) respectively. Now, let us enjoy Cheng's work 'A tranquil face'.



《一張安詳的臉》

1B 鄭壁鏗

重回舊地的感覺實在不好受，要是重回別的地方我不會這麼感觸，可是這裡很特別，沒有地方能夠取代，絕對沒有、沒有……

十三年前，這裡是一個生活環境尚可的小鎮；十三年前的明天，這裡是一片頹垣敗瓦；十三年後的今天，這裡是一個公園？一個紀念地震災難者的公園。

我絕對忘不了那天，改變我一生的那天，最難忘亦最難過的那天。因為她，我才能活下去，因為她……因為愛。

「嘩……啲……啲……」各種陌生的聲音突然傳到我的耳中，隨之而來的是地板的震動，心知不妙的我趕緊躲到桌子下，很快的，媽媽也趕過來了。可是，就在這一刻，時間好像變慢了，眼看著屋頂的瓦片掉下來，我人生中第一次感受到面對死亡時的恐懼。這一刻我仍看到那正在對我微笑的臉孔，可是下一刻……下一刻我再見不到了，眼前只有一堆將我和她分隔開的雪白瓦片。我依稀聽到她跟我說，要我好好活下去，接着便是一段靜默。我感受到我上方的重量不斷增加，瓦礫跟我的距離愈來愈近，好像隨時會塌下來壓在我身上，這時，我被一片瓦片擊昏了。

我在漆黑一片的環境中不知道待了多久，這時，一絲光線透進眼簾，再次為我帶來希望，就好像走到隧道盡頭看見曙光。我頭上出現一片廣闊的天空，我朝著這片天一直往上爬，終於爬出了這些瓦礫，卻看見我的右方躺着一具屍體，這個背影很熟悉——是我的媽媽。這一刻，我發不出一點聲音，血從她身上的各處傷口不斷地、緩緩地滲出，她的衣服都因為沾滿了她的血而變得濕潤。我握着她的手，發現她緊握着瓦片，我花了很大的氣力才能將瓦片從她手中拿出來，我坐在她的旁邊沉思良久，然後我站起來，朝着市中心走，這時我才發現我腳上佈滿傷口，但是，我沒有理會，因為我心裡只有「好好活下去」這句話，我一步一步的走，沿途的景物都很陌生，到處都是瓦礫和屍體，我覺得很可怕。終於，我走到了市中心的鎮診所，醫護人員替我包紮好，著我到診所外的公園休息，可是到了那兒，我再一次看見了駭人的事？一個大火堆和一具具準備放到火堆的屍體，有些屍體壓得不成人形，有些則面無血色，就像不曾有過生命一樣。

我坐下，回想這半天所發生的事，我突然明白到媽媽為何會躺在瓦礫上，手中卻緊握着瓦片？她在我被擊昏時，不斷把我上方的瓦礫清除，她一直挖、一直挖，直到她看見了我……但她已支撐不住，雖然如此，她的臉容卻十分安詳……要是她沒有嘗試救我，身上便不會佈滿傷口，說不定她還會有氣力走到這裡來……想到這裡，我的眼淚終於落下了，我承受不了，放聲地吶喊，放任她哭泣。我從未有如此傷心過，我的心裏很空虛，我只想馬上找些東西來填補這種空洞，我希望她能再吃一次她做的菜；再穿一次她造的衣服；再看一次她的微笑……

「我靠着政府的幫助，努力考上大學。今天的我，是一位地震學家，發現了一種能準確預測地震的方法；今天的我，不再是那沒出息的孩子，我是能讓你感到自豪的兒子，全因為你。」

我跪在紀念汶川大地震的紀念碑前說着。



- W1: 本校得獎同學與評審委員會及其他得獎者大合照。
- W2: 鄭壁鏗同學與評審作家余非女士合照。
- W3: 鄭壁鏗同學與評審暨籌委會委員潘步劍博士合照。
- W4: 鄭壁鏗同學與香港中華文化促進中心理事姚沛滔先生合照。
- W5: 鄭壁鏗同學與評審何偉熾博士(右)及李羅娜博士(左)合照。
- W6: 早前奪得優異獎的部份同學出席了頒獎禮，包括他們的作品分別是(左起) 1B鄭壁鏗、4A何金紅、2B林英傑及5S黃健文。

- W1: Our students taking photos with the Committee members and other winners
- W2: Cheng Bik Wong taking photo with one of the judges, Ms F. Yu
- W3: Cheng Bik Wong taking photo with Dr. B.C. Poon, a member of the Organizing Committee.
- W4: Cheng Bik Wong taking photo with Mr. P.T. Yiu, a committee member of The Hong Kong Institute for Promotion of Chinese Culture
- W5: Cheng Bik Wong taking photo with the judges, Dr. W.C. Ho and Dr. W.H. Li
- W6: Students with the award of merit attending the prize presentation ceremony, including Cheng Bik Wong, Ho Kam Hung, Lam Ying Kit and Wong Kin Man (from left to right)



合作教學

合作教學

教師發展組 黃曉彤老師

本校的中國語文科與莊啟程預科書院於本年度下學期合辦了一次合作教學，並取得了良好的教學效果。

在四月的時候，本校中三級中文老師蕭永顏老師，聯同五位莊啟程預科書院的中文老師，在中三C班課上進行了一次合作教學。該課節的教學內容是教授小組討論的技巧。在課堂開始的時候，老師為同學分組，每組同學都要用十分鐘的時間準備小組討論題。十分鐘後，每組同學之中都會有一位同學會被抽籤選出，在班上聯同其他組別同學進行一次小組討論。過程中，預科書院的老師會分別到一個組別，聆聽學生的發言，然後給予即時回饋。透過合作教學活動，同學可以接觸預科書院的老師，得到老師的引導，改進了思考方式及表達方法，而老師也可知道學生的程度，這對同學銜接新高中的學習是很重要的。

課堂後，預科書院的老師表示十分欣賞同學認真的學習態度，而同學也表示這次的合作教學活動令他們有很大得著。我們期望來年有更多不同形式的合作教學活動，推動兩校銜接工作的發展。

Cooperative Teaching

Wong, Hiu Tung (Staff Development Committee)

Aiming at looking for any new teaching strategies which can benefit our students' learning, the Chinese Department co-organized with Vicwood Chong Sixth Form College to try out "Cooperative Teaching" in the second term.

In April, our Form three Chinese teacher, Ms Siu, collaborated with five Chinese teachers from the Sixth Form College to carry out a cooperative teaching trial in 3C. The lesson focused on teaching group discussion skills. At the beginning of the lesson, teachers formed students into groups and each group was given 10 minutes to prepare for the discussion. After that, one student from each group was chosen to have a group discussion with the selected students from other groups. During the process, teachers from the Sixth Form College joined different groups, listened to their discussion and gave them feedback. This activity enabled students to get more guidance and learn more from teaches so as to improve their way of thinking and presentation skills. Teachers also got to know more about our students' ability which is crucial for their senior studies.

After the lesson, the teachers from Vicwood expressed their appreciation for our students' active and enthusiastic learning attitude. Students also stated that they had benefitted greatly from this kind of learning. We hope to organize more different types of cooperative learning as it helps boost the through-train development between the two schools.

與校長真情對話



輔導組 蕭佩賢老師

2月19日下午，會議室內座無虛席，同學們都收起了平日的笑臉，認真、嚴肅地向黃校長表達改善學校的建議。四十名學生代表，雖然來自不同的班別，但他們都是老師、同學心目中的領袖，他們的聲音能代表同學們的想法。

當日每位同學均把握機會向校方提出意見，他們的建議涵蓋著不同的層面——有關食物及環境衛生：洗手間、午膳飯盒保溫、小食部清潔及營養等；有關校園設施：電腦室的配套設備及儲物櫃的使用等；有關學習：課後補課、英語語境及課室座位等。當然，還有很多同學也關心的留堂班、手提電話、穿體育服回校及增加課外活動等事項。

同學們都認同校方樂意聆聽他們的聲音，所以他們都踴躍發言。黃校長強調學校一切政策均以學生的學習為先，而同學們於會內所提出的事項，大部份校方已經開始跟進。校長亦藉此機會向同學們簡介未來三年學校的發展重點：提升學業成績及讓學生掌握兩文三語；在發展學校特色方面，亦會豐富現有的課外活動，務求本校學生有一個更理想、愉快的學習環境。



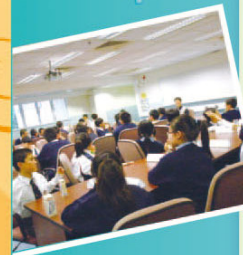
Talk with the Principal

Siu, Pui Yin (Counselling Committee)

On 19 February, some students gathered in the conference room in such a sincere and earnest manner. There were 40 student representatives from different classes whom teachers and students regarded as outstanding leaders who could represent other students to voice out their opinions for improving the school.

What a golden opportunity it was! All representatives grasped the chance to express their opinions and express their needs to the principal. Their demands covered different areas—food and hygiene, washrooms, lunchboxes, tuck shop's hygiene condition and the nutrition of the food it sells were the main areas of concern. As for the school facilities, students were concerned about the facilities of the computer rooms and the use of lockers; as for learning, they also cared about the after-school tutorials, the English learning atmosphere and the classroom seating, etc. Students also showed their concern for the detention class, the use of mobile phones, wearing P.E. uniforms to school and including more extra-curricular activities.

Believing that the school is willing to hear their voice, they expressed their opinions enthusiastically. As we emphasize that our policies are student-oriented, the school has already followed up on the some of the issues raised by the students. After the sharing session, the principal also introduced our three-year development plan to the students. Our focus will be on raising students' academic standards and ability in bi-literacy and tri-lingualism. To enable students to have a balanced development and provide them with a sound learning environment and atmosphere, there will also be more different extra-curricular activities for students to choose from.



全方位戶外學習日



活動組 郭耀剛老師

一如往年，本校於五月中旬舉辦了一次「全方位戶外學習日」。本年的學習日內容十分多元化，包括大澳考察團、國民教育日營、廣東虎門鴉片戰爭遺址考察團、中華白海豚考察活動、航空探知館參觀活動等。藉著這些活動，同學能一開眼之餘，亦能學得不少在平常課堂中學不到的知識。現在，讓我們聽聽其中兩位參加過廣東虎門考察團的中三同學的心聲。

Life-Wide Learning Day

Kwok Yiu Kong
(Extra-curricular Activities Committee)

The Wide-Life Learning Day was held in May. The activities were of a wide spectrum and included the Tai-O field trip, National Education Camp, Guangdong Humen War Site Remains field trip, Chinese White Dolphin exploration trip and Visit to the Aviation Discovery Centre, etc. All these activities help widen students' horizons and enable them to acquire knowledge which is not obtainable from books. Let us read the sharing of two of the students who took part in the visit on the Guangdong Humen field trip.



虎門之行

3A 梁金苑同學

2009年5月13日——是本校一年一度的全方位學習日，而本年中三級則到廣東虎門進行考察活動。雖然在炎夏去參觀，但內心的感受卻比夏日更為熾熱，久久未能平靜。透過數台古舊的大炮，一池碧綠的湖水，我似乎看到了林則徐威武不屈的身影，也似乎看到了洋人狼狽不堪的驚惶模樣，心中悄然嘆息：「林則徐，你依然偉大」。看！那銷煙池依舊斑斑駁駁，你就是用它來締造虎門銷煙的壯舉，治愈了「東亞病夫」的創傷嗎？

參觀的過程中，我似乎感到林則徐那樹立中華民族自尊，自愛，自立，自強的新形象的巨大身影，一直在伴著我們。

銷煙的大炮，槍孔，你能看到那份用生命，用血淚用智慧，去捍衛為中國人尊嚴的熱誠！看著那一個個狹小的子彈孔，我不禁打從心底發涼，那便是他們作戰過的地方嗎？用手去觸摸這些英雄曾經有血、汗交織的牆壁，想像他們那面臨大敵，心中無法言喻的恐懼，用生命一次又一次與恐懼鬥爭的情景。如果我每天生活在這樣的恐懼中……我無法想像，也不願去想。我心中對他們的敬意，無法以言詞表達。

在歷史書中我知道最多的是林則徐，他是一個正直不阿的人。但望著這幅面朝大海的牆，看著每一個錯落有致，多如恆河細沙的彈孔，我知道我對他的理解是多麼膚。

炮台面朝大海，海風輕輕吹撫，放鬆你每一條忙碌的神經，涼風習習，腳下被一棵棵的樹苗包圍著，綠樹林立，令你覺得那是一個舒服又寫意的旅遊地點。但回頭望去看身後四通八達的牆壁像迷宮，進了去無法回來，永遠找不到出口。士兵們就是在那裡與故人周旋嗎？為的是保護現時我腳下的一片土？拿著那又落後，又古舊的武器。那棵大樹啊，當時還是小樹苗吧！看著士兵們拿著落後的武器出生入死，你可會覺得心酸？這段悲傷的歷史，我沒有經歷過，但現時的我，看見了。

炮台，銷煙池，槍孔牆，炮洞——被歷史匆匆刷洗過後，換來了如今的太平盛世。現在只留下那零落，孤獨的遺址，等待人們一次又一次的來臨。海風輕撫著傷痕累累的炮台，但從前的雄姿早已不復存在了吧！曾經它是如斯的重要，被人珍惜；現在它是被遊人玩耍的物品。

虎門之行，讓我感受良多。在課堂上學習的時候，不曾有過心酸的感覺，緊繞心頭。中國人的瘡疤與心中的刺，看似與你無關，但沒有這段歷史，我們現在會是甚麼模樣？



歷史的路

3A 潘惠文同學

2009年5月13日——是本校一年一度的全方位學習日。

拋開了書本的枷鎖，帶著輕鬆及期待的心情，踏上前往東莞虎門的旅途。可惜，天公不作美，太陽的熾熱與心裏那興奮形成強烈的對比。

帶著幾許期待，帶著幾分感動，我在腦海中多次構思了一幅幅美麗的圖畫。汽車在公路上奔馳，那塵霧，並著風，在半空中盤旋。途中，導遊一直喋喋不休，告訴我們這一天的旅程安排。

這漫長的旅途終於在我們的目的地——鴉片戰爭遺址，劃下了句號。現實與想像總是有些距離的。腦海裏一幅幅預先構想好的美麗圖畫，完全派不上用場，甚至和現實景色有些格格不入。或者，這歷史的原貌是給現代人的警惕吧。曾有那麼一瞬間，我有些感慨：如今的和平是過去多少血淚堆砌而成的。還記得嗎？鴉片戰爭發生在1840至1842年，當時由於鴉片大量從英國運入中國，中國的未來岌岌可危。於是道光帝派林則徐前往廣州禁煙，鴉片戰爭一觸即發，歷史的惡夢從此展開。的確，鴉片戰爭後，中國逐漸喪失領土完全權，民族自尊心更多次被列強踐踏。

戰爭——全人類的痛！為不論是入侵的，還是被入侵的，都留下了不可磨滅的「痛」！

「讀萬卷書，不如行萬里路」，大概就是說這個道理吧，只有實地觀察一番，才深深地體會到單單有書本上的知識原來並未足夠。年輕的我們，該是反思的時候了，不能讓歷史重演，那是我們承受不了的代價。

路，一直都在，只在乎我們有沒有勇氣，走到盡頭。然而，當我們再回眸時，卻驚覺時光不再，只留下一聲聲嘆息。