



保良局唐乃勤中學

Po Leung Kuk Tong Nai Kan College

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校長的話

Message from Mr. Wong, Our Principal

黃仲奇校長

冬去春來，轉瞬間又過了一年！「天增歲月人增壽」，在此祝願大家新年快樂，身體健康！

一年易過，三年又如何？今年是學校第二期「三年發展計劃（2006-2009）」的最後一年，完成這階段後，我們便需要為下一個三年期（2009-2012）策劃學校的發展。因此，今年正好提醒我們必須回顧過去，檢討得失；重點分析本身的強項及不足之處，審視現時培育優才的新趨勢，藉此訂定更長遠的教學目標，從而策劃相應的措施，讓本校能繼續為學生提供更優質的教育服務，使學校的願景與使命得以實踐。

「三年又三年」，但我們走的路絕不會總是看不到盡頭的曙光，因為學校無論定下甚麼目標與方向，最終都旨在照顧學生的學習及成長需要，讓教與學皆發揮最大的果效。每一個三年都是為下一個三年的路奠穩基石；同時亦為上一個三年拓展更寬的路，使大家能看見更遠的美景。故此，同學們，讓我們攜手努力向目標進發！期望每一位唐乃勤學生皆學有所成，活出美麗人生。

Principal Wong Chung Ki

A good year it is, we have come to the last year of the second 'Three Years School Development Plan' (2006-2009). After this phase, we have to prepare for the next three years' plan in quick succession. Thus, it is now an appropriate moment in time for us to reflect on what we have done well and what we need to improve further. Employing our strengths and together with the new trend of nurturing talents, long-term teaching objectives and effective measures are being planned so as to provide high-quality education for our students.

Whatever goals we have set for the future, our final and utmost aim is to cater for students' learning and growth needs. Every 'Three Years Plan' lays a solid foundation for the next; meanwhile, it also makes an improvement on the previous one. We wish all students in Tong Nai Kan go through every stage of their life courageously despite toils and hardships and every one of you lead a fruitful life in the future.

保良局唐乃勤中學剛於二零零八年十二月十二日及十三日舉辦了本年度的學校開放日，邀請教育先進、老師、家長、小六學生及公眾人士到校參觀。

十二月十二日的學校開放予預先報名參觀的學校及家長。活動由下午一時開始。而本年度的深水埗、油尖旺、葵青、荃灣區小學生徵文比賽頒獎禮暨親子講座亦於同日進行。

學校於十二月十三日開放予公眾參觀。當天活動由上午十時半開始。來賓可先到學校地下攤位遊戲區，參與適合一家大小玩樂的遊戲。隨後到二樓新翼的電腦室參觀電腦資訊科技科的教育法，及高年級同學自行製作的電腦資訊科技科功課；然後到達三樓圖書館，了解本校「閱在唐中」的廣泛閱讀計劃，以及與高中書院合辦的「聯校閱讀計劃」；同層亦設有數學科、通識教育科、地理科及中國歷史科簡介，來賓可參觀同學的學習成果及了解有關科目與高中書院銜接的概況。其後，來賓再到達四樓的中國語文科、普通話科及英文科了解各科的課程特色；之後，各來賓可到生物實驗室參觀本校理科科目的實驗，更有機會親身參與有關實驗。最後，地下活動室設有「其他學習經歷」的介紹，包括課外活動組、公民教育組、美食製作班、劇社、毛公仔班、跆拳道班、童軍、聖約翰見習救傷隊等活動的照片及製成品。地下停車場更設有樂器表演及聖約翰見習救傷隊步操表演，為開放日生色不少。

另一方面，於五樓的科學室及化學實驗室舉行小學生「活在科學」體驗工作坊，參加者於本校經驗老師及預科書院的同學指導下，透過親身實驗和互動學習活動，以輕鬆有趣的方法學習生活上的科學知識。

當天下午，禮堂進行「小六升中」講座，由保良局唐乃勤初中書院黃仲奇校長，及保良局莊啟程預科書院黎劉惠嫻校長負責主講，禮堂內更設有兩校結龍訊息的展板。

開放日於下午五時半圓滿結束。



開放日展示同學製作的藝術品。



深水埗、油尖旺、葵青、荃灣區小學生徵文比賽的評判鄭文律先生與得獎同學留影。



開放日的學生工作人員精神奕奕。



生物科的教具展示。

樂隊現場伴奏。



各科的校外獎狀展示。



中一入學講座，家長反應熱烈。



「活在科學」體驗工作坊的有趣活動。



大家齊來做實驗。



Mr. Kwok Yiu Kwong

Po Leung Kuk Tong Nai Kan College was filled with a jovial and festive atmosphere on 12th and 13th December 2008 as this was our annual grand Open Day. During the two days, educators, teachers, parents, primary six students and the public were invited to participate in the event.

On the 12th of December, school visits and other activities were preferentially reserved for specific schools and parents. The activities started at 1:00p.m. The opening of the events was followed by the prize-giving ceremony of a regional writing competition organized by our school. We then had our guest speaker, Mr. Chau Man-lut, the lecturer of Hang Seng School of Commerce, addressing the audience reading techniques and how to achieve better parent-child relationships. We definitely learnt much more from his speech than could be expressed in words.

On the 13th of December, all the activities and exhibits were opened to the public. Guests could firstly have some fun with their children at the game stalls on the ground floor. On the second floor, there was a demonstration of how Computer and Information Technology is taught in the computer laboratory. Works produced by F.4 and F.5 students were also displayed. Guests could also get a deeper understanding of our extensive reading scheme 'The Joys of Reading' and the 'Joint-School Reading Scheme', co-organized by Vicwood K.T. Chong Sixth Form College in the school library. Students' work and the progress of the through-train arrangement of various subjects with Vicwood K.T. Chong Sixth Form College were exhibited in classrooms, including Mathematics, Liberal Studies, Geography, Chinese History, Chinese, Putonghua and English. In the Activity Room, there displayed the photos and students' work of 'Other Learning Experiences' involving extra-curricular activities committee, civic and moral education committee, Cookery Club, Drama Club, Stuffed Toys Club, Taekwondo Club, Scout, St. John Ambulance Brigade, etc. In the car park, the musical and marching performance by our students and the St. John Ambulance Brigade could be viewed and they also won a big applause from the audience.

An activity named 'Daily-life Science Experimental Workshop' was launched in the Integrated Science laboratory and Chemistry laboratory. Under the guidance of our experienced teachers and the students from Vicwood K.T. Chong Sixth Form College, participants could explore the knowledge of daily-life science by doing experiments in a fun and interactive way.

In the afternoon, a 'Secondary Education Promotion' talk hosted by Mr. Wong Chung Ki, our Principal and Mrs. Lai Lau Wai Han, the Principal of Po Leung Kuk Vicwood K.T. Chong Sixth Form College, was held in the school hall. Exhibits showing the information of the through-train arrangement were also exhibited.

The Open Day ended at 5:00 pm and was a great success.

參加活動的同學都滿載而歸。

唐中莊預乒乓球邀請盃

Table tennis Invitational Cup

梁偉基老師

打乒乓球的運動量可大可小，你可以從8歲一直打到80歲，成為伴你終身的樂趣；如果你樂此不疲，乒乓球會在休閒的同時幫助你強身健體，令你耳聰目明，為你結識更多朋友。

正因如此，保良局唐乃勤初中書院暨保良局莊啟程預科書院，已於2008年12月20日，假保良局唐乃勤初中書院禮堂，舉辦了首屆「唐中莊預乒乓球邀請盃」，以提升中小學生對乒乓球的興趣，並發掘後晉。

賽事分為小學男子組團體賽、小學女子組團體賽，以及中學組團體賽，共有16所學校及團體參加。當中包括聖公會主愛小學、大坑東宣道小學、中華基督教會基真小學、以及保良局屬下的方王錦全小學、莊啟程第二小學上下午校、陳溢小學、陸慶濤小學、莊啟程小學、何壽南小學及錦泰小學。團體方面，乒域乒乓球會也有派代表參加。香港乒總會負責比賽裁判工作。

比賽當日邀請了保良局教育總主任楊健忠先生、保良局莊啟程預科書院黎劉惠嫻校長，以及保良局唐乃勤初中書院黃仲奇校長主持開球禮、頒發紀念品及進行比賽抽籤，而保良局方王錦全小學校長盧淑宜女士亦賞蒞蒞臨出席開球禮，實令本校深感榮幸。

經過一輪激戰，乒域乒乓球會勇奪小學男子組冠軍，而小學女子組則由保良局莊啟程第二小學上午校的同學奪魁，中學組冠軍則由保良局唐乃勤初中書院奪得。

比賽過程中，我們看到健兒運用靈活的技巧，也發揮了拼搏的精神；而觀賽的學生、家長、老師及教練則全程投入，為健兒打氣。眾人的歡呼、喝彩聲，把比賽的氣氛推至高峰。

最後，容許本人代表學校，再一次多謝參加今次比賽的學校、團體，及有關機構提供的支援及協助。希望來年舉辦第二屆比賽，亦有今次的佳績。

Mr. Leung Wai Kei

Do you like playing table tennis? Did you watch the table-tennis tournament at the Olympic Games last year? Playing table tennis is not only a popular sport for all ages, but it also helps you keep fit and make more friends.

In order to raise the interest in table-tennis among the young generation, to provide them with an opportunity to participate in an activity which is beneficial to their health and fitness and to discover those who have potential to play table-tennis, PLK Vicwood K.T. Chong Sixth Form College and our school co-organized "Invitational Cup" on 20th December 2008.

Sixteen schools joined the tournament, including SKH Chu Oi Primary School, Alliance Primary School (Tai Hang Tung), CCC Kei Chun Primary School, PLK Fong Wong Kam Chuen Primary School, PLK Vicwood K.T. Chong No. 2 Primary School, PLK Chan Yat Primary School, PLK Luk Hing Too Primary School, PLK Vicwood K.T. Chong Primary School, PLK Stanley Ho Sau Nan Primary School and PLK Grandmont Primary School. Apart from the primary students' participation, there were also representatives from Pong Zone Table Tennis Club joining this event. The referees from Hong Kong Table Tennis Association provided us with professional judges.

To declare the commencement of the tournament, our Principal Education Secretary, Mr. Yeung, and Principal of PLK Vicwood K.T. Chong Sixth Form College, Mrs. Lau hosted the opening ceremony with our Principal, Mr. Wong. They, then, presented the souvenirs to the participating schools and drew lots for the sub-group competition. We were also very grateful to have Ms Lo, the Principal of PLK Fong Wong Kam Chuen Primary School, come to our school as the Guest of Honor.

After the simple but solemn opening ceremony, we had the competitors compete enthusiastically with each other. Finally, the representative from Pong Zone Table Tennis Club was the champion in the primary boys' group while a student from PLK Vicwood K.T. Chong Primary School (A.M.) came first in the primary girls' group and our school was the champions of the secondary group.

During the competition, all the players showed their sportsmanship and strived for the best with their proficient skills. Meanwhile, spectators also exerted all the energy to cheer on the competitors. It is not surprising that the cheers marked the end of the whole event.

We greatly appreciate the support from all the participating schools, groups and organizations. Without their assistance, this event would not have been as successful as it was.



乒總的裁判早已到場準備。



蒞臨主禮的教育總主任楊健忠先生，以及預科書院的黎劉惠嫻校長、初中書院的黃仲奇校長。



參賽健兒參加比賽揭幕儀式。



教育總主任楊健忠先生在乒乓球場上進行開球儀式。



乒乓球健兒的英姿。



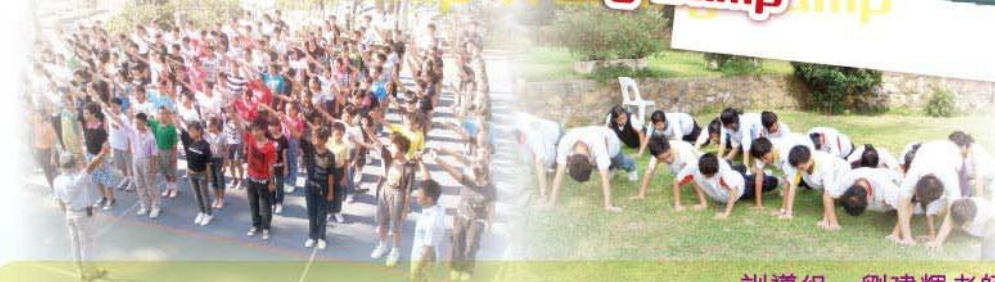
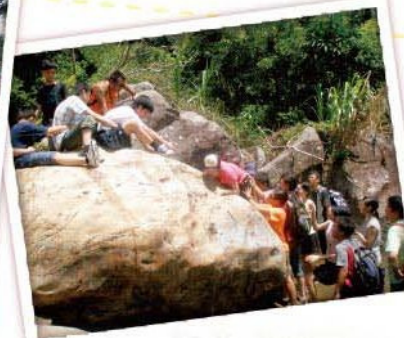
本校榮獲乒乓球邀請盃中學組冠軍。

得將隊伍留影。



中二級 領袖紀律訓練營

S2 PLK Leadership Training Camp



訓導組 劉建輝老師

本校中二級同學於2008年9月8日至9月11日參加了為期四日三夜的「保良局領袖紀律訓練營」。營內活動包括步操紀律訓練、國民教育、領袖訓練課程等，使同學自信心及領袖才能大大提升。學生在完成這次紀律訓練營活動後，導師們還跟進同學在離營後實踐承諾中所遇到的困難及得著，從而開發同學的心靈，持續同學全新的精神面貌。

為了要激勵學生們的士氣，我參加了其中兩日的訓練營活動。還記得在這兩日的活動中，我觀察到學生們的出色表現，他們在表現團結精神、紀律和對師長的態度皆有明顯的改善。此外，最令本人印象深刻的是，在導師播放國歌和校歌的時候，每位同學都神情肅穆而態度認真地唱頌，在他們的表現和神態中，充分表現出愛國愛校的精神，他們的精神面貌確實值得讚揚。透過這一次領袖訓練課程，本人深信學生的愛國愛校的精神可以一直燃燒下去，並能感染全校每一位學生。



Mr. Lau Kin Fai

To raise students' self-confidence and sharpen their leadership skills, a four-day leadership training camp (8 - 11 September 2008) was held for our S2 students. Activities included marching practice, national education and leadership skills training, etc. After the training camp, instructors came to the school to do some follow-up activities to ensure that students could maintain the team-spirit and sense of co-operation. The follow-up visit also sought to monitor if students were on the right track putting their resolutions into practice. Most importantly, they were eager to help our students overcome any difficulties they might face and share with them what they have gained during the learning process.

To boost students' morale, I participated in the activities for two days. Seeing students' great improvement, especially in building up team-spirit, developing self-discipline and showing respect to our teachers was encouraging. The singing of the national anthem and the school song by the students, which exhibited students' love and respect for the country and the school, was another outstanding memory.



華東交流團

A Field Trip To East China

於上海復旦大學前留影
Let's take a photo together!
(Shanghai Fudan University)



郭耀剛老師

華東，是中國繁華之地，上海有「十里洋場」之稱，四周車水馬龍，行人肩摩轂擊；杭州西湖美不勝收；南京有六朝古都之稱。這正是本校選擇華東作為遊學地點的原因，希望同學可以親身體會祖國錦繡河山之美。

到達上海後，同學即時乘坐全球唯一載客的磁懸鐵路，感受480公里的極速。並且到「城隍廟」，一嚐上海著名的「南翔小籠包」，各同學都讚不絕口。其後，同學前往陸家嘴金融中心，了解當代中國的經濟發展趨勢。同學更有機會登上東方明珠塔，飽覽上海灘的美景，塔內的上海歷史博物館，更展示出「十里洋場」的變遷。

在杭州的時間，同學能暢遊西湖，欣賞西子湖之美；及後到我國民族英雄——岳王廟，了解一代英雄岳飛的生平事跡。除此之外，他們更與當地學生進行交流活動，一起上課及接受軍訓，期間本校師生更獲「杭州電影台」訪問，成為我校的「親善大使」。

最後一站，我們到達了「博愛之都」——南京。在此地，同學深深感受到中國的誕生和劫難。到中山陵參觀，同學體會到中山先生的治國理想——民族、民權、民生，從中明白到中山先生的偉大、高尚的情操。到訪「南京大屠殺遇難同胞紀念館」時，同學都感受到戰爭為中國人民帶來的傷痛，時至今日仍不能磨滅。

是次交流團能讓同學體會到古今歷史、文化、經濟的發展，擴闊同學的視野，領略及體會課本以外的知識，實是一次深刻的體驗。



在杭州時與當地同學交流
Our Students exchanged their
ideas with the local students

Mr. Kwok Yiu Kwong

East China, is a place of prosperity. Shanghai, one the busiest cities in China, is always crowded with people and vehicles. Hangzhou, is famous for its beautiful West Lake. Nanjing, was once the capital city for many dynasties. We deliberately chose these cities in East China as the destination of our field trip. We hoped our students would experience the spectacular views of our motherland.

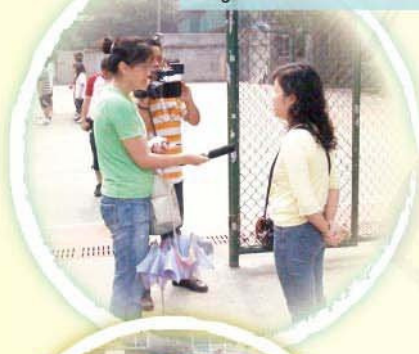
When we arrived in Shanghai, all the students felt so excited because that was their first time traveling on the Maglev Train which was running at a speed of 480km/hr. When they arrived at the Towns God Temple, they all tried the famous and delicious Nanxiang dumplings. Then, they went to the commercial center in Lujiazui and learnt a lot about the development of China's economy. After that, all the students went to the Oriental Pearl TV Tower. They did not only enjoy the magnificent views of the Bund, they also visited Shanghai History Museum and learned more about the changes in Shanghai.

During their time in Hangzhou, students had a nice boat trip in West Lake. They then went to Mausoleum of General Yue Fei to pay their respect to our ancient hero and to learn more about his life. Apart from visiting these tourist attractions, our students also had some exchange activities with the local students. They had lessons together and they all went on a military training camp, too! Our teachers and students even got interviewed by local TV and they became the ambassadors of our school.

For our last destination, we visited the City of Love - Nanjing, and it was at this place where we all learnt a lesson about the establishment of China and all the unfortunate calamities it had gone through. Students visited Dr. Sun Yet Shan Museum and they were inspired by the creed of Dr. Sun - nation, civil rights and the people's livelihood. While visiting The Memorial Hall Of The Victims In Nanjing Massacre By Japanese Invaders, students realized that wars brought great pain to our nation, even today, people still cannot let it go.

The field trip was a very unforgettable experience for the students as they have all experienced the history, culture and economic development in the past and present of China. This experience not only broadened their horizons, but also taught them a lot of things that they will never learn from their text books.

本校老師正接受杭州電視台訪問
One teacher was interviewed by
Hangzhou TV



本校同學正與杭州同學接受軍訓
Our Students went on a military training
camp with the local students



同學在秦淮河搜羅的紀念品
Shopping ladies with bags
of souvenirs were walking
along the Qin Huai He



與顏主席真情對話

輔導組 蕭佩賢老師



9月30日，全級中二同學終於等到一位期待已久的重要人物蒞臨，她就是我們的校監及保良局主席——顏寶鈴主席。

這次「與顏主席真情對話」活動，由構思問題，到設計及製作紀念品，每一名中二同學都有份參與，為的是讓主席知道，同學們感激學校及局方的栽培，會努力做好自己，不令師長失望。

顏主席貴為本校校監及上市公司主席，可沒有半點兒架子，她與過百名同學坐在一起，分享自己人生經歷過的高低起伏，亦不忘以自己的奮鬥故事勉勵同學：遇到逆境的時候，不要輕言放棄；順境的時候，要學懂幸福非必然，要好好珍惜關心自己的人，常懷一顆感恩的心。顏主席的一席話，實在是對同學最大的鼓勵。同學從主席身上，深深感受到何謂自強不息、百折不撓的精神。

同學們，我們都明白，成長路並不好走，但顏主席及師長們都樂意沿途為你們打氣。

在此要讚賞陳子謙同學、田潤豐同學、廖康靈同學、仇嵐楓同學及各班班代表當日出色的表現，令顏主席留下十分深刻的印象。



Ms. Siu Pui Yin

30 September 2008 was a special day for our S2 students. The chairman of Po Leung Kuk and our school supervisor, Mrs. Pauline P L Ngan came to school to visit us.

To let Mrs. Ngan know that we are grateful for the program to nurture students' development, every S2 student showed their enthusiasm in the course of preparing for her visit. From preparing the questions to designing and making souvenirs, they did their best and participated actively in the event.

Being our school's supervisor and the chairman of a listed company, Mrs. Ngan is yet very gentle and amiable. She shared her past experience and ups and downs with our students, encouraging them not to give up when facing any difficulties or challenges and treasure things around them even if they do not taste any success. From what Mrs. Ngan have share with us, we believed that our students have learnt the significance of building up the spirit of making unremitting efforts to improve themselves, surpassing themselves and never giving up.

With the dedicated efforts of Enoch Chan, Leon Tin, Candice Liu, Maple Tso and other class representatives, the whole-hearted and outstanding performance of the students have greatly impressed Mrs. Ngan.

Despite the many changes and uncertainties as the students face growing up, we hope our students continue to grow, develop maturity and have a healthy personal development with the help and guidance offered to them whenever sought.



《What Next? Surviving the Twenty-First Century》

前港督彭定康新書簽名及分享會

彭定康，一個經常在本地媒體出現的名字，曾任香港總督，現為英國牛津大學校監，其最新關於世界性議題的著作更引發國際間的一些迴響。彭定康勳爵於2008年11月到港舉行新書分享會，本校榮幸獲得七張入場券供同學出席。會中作者就國際間一些急切性的問題，例如全球化、能源、傳染性疾病和環球氣候變暖等作出評論，與參加者分享意見。是次活動同學大有裨益，最後作者為每一本書籍簽名以茲紀念。上述書籍已成為中一級的課室圖書，供同學在閱讀節閱讀或外借回家細閱，這不但有助提升同學英語水平，並且增加同學知識的廣度及深度，對全球的最新發展有更深層次的認識。



Book Signing & Sharing Session by Lord Patten, former governor of Hong Kong

If you know that Hong Kong used to be a British colony, you must be very familiar with Lord Patten, who was the former governor of Hong Kong, and now the Chancellor of Oxford and Newcastle Universities. With his brand new book "What Next? Surviving the Twenty-First Century", he visited Hong Kong in November 2008 to hold a book signing and sharing session. Among the many global issues such as globalization, energy, epidemic disease and climate change, he analyzed what we know and argued how in those areas we could get somewhere we might want to be. By the end of the sharing session, he autographed his book for each participant. This book has been placed in each S1 class library. Reading such an inspiring book not only helps raise students' English standard, but it also broadens their horizons and lets them get an in-depth understanding of the present global issues.



書券設計比賽 Book Coupon Design Competition

為了推動「一人有一本好書」的閱讀文化，圖書館與電腦科合辦書券設計比賽。該比賽於2008年11月中旬舉行，設有手繪和電腦製作組別，讓同學透過不同的方式設計心目中的理想書券。參賽作品眾多，經過篩選後，最終由李健玲同學和賴凱齡同學分別奪得手繪組和電腦製作組冠軍。該書券可在本校舉行的書籍展銷博覽中使用，既可支持同學選購心儀書籍之餘，又可以發揮同學無比的創意，一舉兩得。

To foster a reading culture among students, the school library, collaborating with the Computer Department, co-organized a 'Book Coupon Design Competition' in mid-November 2008. Dividing into two sections, hand drawing and computerized drawing, allowed students to design their dream book coupon according to their specialized artistic talent. With loads of entries from our students, Lee Kin Ling (4S) and Erica Lai (1A) came the first in the hand drawing and computerized drawing sections respectively. Not only could students show their creativity through the competition, but they could also use the special coupon to purchase books in the school book fair.

