



廖寶珊紀念書院《學校通訊》 2011年4月號

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文學之星

何清 (3D)、劉嘉慧 (3E)、岑鋤文 (3E) 及吳汶瑤 (7A)、黎菁菁 (7A)、麥朝豐 (7S) 憑著優秀作品, 於全港逾1,100篇參賽文章中脫穎而出, 分別奪得「中國中學生作文大賽香港賽區—文學之星」初中組及高中組優異獎。謹此致賀。

音樂節佳績

第63屆香港校際音樂節已圓滿結束, 本校同學在多項比賽中勇奪殊榮:

小組比賽:
6A賴綺婷及友校同學黃綺婷: 19歲或以下女聲二重唱(中學組) 亞軍
2C鄒嘉敏及2D陳俊伶: 15歲或以下女聲二重唱季軍
2E丁箴言及3C劉倬好: 15歲或以下女聲二重唱季軍
個人項目:
3D章潔如: 古箏獨奏(初級組) 亞軍
4E梁家儀: 中阮獨奏(初級組) 亞軍
5D陳韻妍: 中阮獨奏(初級組) 季軍
2E任心妍: 揚琴獨奏(初級組) 亞軍
2D張彥潼: 揚琴獨奏(初級組) 季軍
此外, 在各項歌唱及樂器演奏比賽中, 本校同學共獲得21張優良獎狀及9張良好獎狀。



運動競技顯本領

本校同學在運動比賽中也有優異的表現, 包括:

荃灣及離島區學界校際田徑賽
女子甲組1500米亞軍: 梁穎欣
女子丙組100米跨欄亞軍: 林曦文
女子丙組4x100米接力亞軍: 林曦文、歐靜潼、陳康苗、何穎文、葉泳妮
男子乙組1500米亞軍及800米季軍: 鍾穎德
男子乙組200米亞軍: 鍾朗榮
男子甲組跳高冠軍: 李健朗
男子甲組4x400米接力季軍: 林進庭、張誌顯、陳嘉凱、劉龍威、余成強
男子乙組4x100米接力季軍: 鍾朗榮、陳國豐、周建滔、吳鍵生、何振邦

灣仔區分齡田徑賽
男子乙組跳高季軍: 鍾朗榮

荃灣及離島區學界校際手球錦標賽
女子乙組亞軍: 大友美希、陳詠珊、鄭嘉慧、梁詠欣、陳卓琳、陳倩怡、鍾焯堯、馬蔚珊、毛凱欣、謝雅莉、胡巧汶、黃麗盈、黃倩盈
男子乙組季軍: 易晉樑、賴文俊、周倬匡、林思浩、何振邦、黃柏銘、陳維彬、鄧嘉豪、吳鍵生、黃宥榮

荃灣及離島區學界校際乒乓球錦標賽
女子丙組團體殿軍: 陳鈺霖、劉子貞、陳康苗
男子甲組團體季軍: 岑熙文、張翹韜、吳浩賢、余成強、梁肇驥、曹庭坤
男子乙組團體亞軍: 顏偉倫、余錦鵬、阮健祠、范曉鋒、岑鋤文

第三屆全港運動會荃灣區代表誓師大會乒乓球友誼賽
中學組男子隊際賽冠軍: 吳浩賢、梁肇驥、曹庭坤
中學組女子隊際賽季軍: 鍾焯堯、黃麗盈、張詠欣、陳康苗

荃灣及離島區學界校際羽毛球錦標賽
女子乙組團體亞軍: 林詠彤、余詠彤、黃焯瑩、黃麗盈、胡巧汶、馮思晴

荃灣及離島區學界校際排球錦標賽
女子乙組殿軍: 葉亮晴、詹安妮、陳瑩、陳卓琳、陳倩怡、葉倩維、呂凱晴

2010中學校際獨木舟比賽
男子11-12歲組季軍: 彭梓鴻

2010亞洲花式溜冰比賽香港區比賽
女子組個人自由滑第一名、跳轉動作第一名及指定動作第四名: 陳明蕙

2010深圳滑冰邀請賽
女子組個人自由滑第二名及指定動作第一名: 陳明蕙



Synopsis

The modern world is a world of speed. People gain everything way faster and more easily than they expect. But the world turns so fast that people do not realize that they are also losing things.

Mike's parents and friends often encourage him by saying "one day you will..." He doesn't understand why the "one day" could not come faster if the "you will..." is true. He thinks waiting is a waste of time. With the help of the mysterious Angela de Vil, Mike has the ability to fast forward his life and only enjoy the fruits of his life. However, he does not realize that he is losing his patience, his ability to love and his life experience. How can he stop this?



3D Wong Yee Sze, Director

This year I am the Director. I need to be in charge of the whole play, so I've learnt to shoulder responsibility. I have joined the English Drama Club for three years and I've learnt a lot of English and improved my interpersonal skills. I also learnt to cooperate with other people. All these are valuable to me.



2D Chan Chun Ling, Actress

I have learnt a lot from the play. One important thing is that love is the greatest thing in the world. If you have love, you can overcome any obstacles in your life. I've learnt not to waste time. We should treasure the things we have.

3D Tang Wai Kin, Deputy Stage Manager

I think this year's story is very revealing. It teaches us that there are so many happy and nice things around us, and we should treasure all the things we have, such as friendship and relationships. I think the Drama Club is a nice club. It is just like a family, which gives us fun and happiness.

演藝學會呈獻：

木偶奇遇記後現代3D版之 我係邊個？

木偶世界是一個人人平等、無分你我的世界，也是一個人人知足常樂、安份守己的理想國度。可惜自從一個不良木偶仔「阿強」的出現，木偶世界一貫良好的秩序被擾亂，受到前所未有的考驗。阿強瘋瘋癲癲，竟然稱自己不是木偶，還說要離開木偶世界，去找尋連他自己都不知道是甚麼的東西。最後，他竟然發現了一個他不應該知道的真相。到底他的下場如何，又能否為木偶世界帶來改變呢？



勤懇的小園丁——圖書館管理員

乍聽之下，圖書館管理員似乎是一份非常刻板、非常單調的差事。

「才不枯燥呢！」5A的蔡盈姿、馮沅汶、5C的卓蘊潔和5E的丘麗欣異口同聲地否定：「我們除了整理圖書和協助同學借書和還書外，還有很多工作，例如幫助老師處理一些簡單的事務、在家長日和觀校日負責佈置圖書館、向來賓講解圖書館的設施，以及協助培訓新的圖書館管理員……這些工作雖然瑣碎，卻很重要。」最讓這群管理員感到自豪的，就是圖書館購置的SRA (Science Research Associates)閱讀卡。她們都認為這套閱讀材料對加強英語運用極有幫助。同學們可按照自己的能力，挑選程度恰當的閱讀卡，循序漸進地提升閱讀和寫作英語的水平，可說既靈活又具效益。

原來，同學們除了對圖書館的書籍有興趣外，對條碼掃描器也感到非常新鮮，她們覺得掃描圖書這項工作可有趣了！一列一列的圖書就好像排著隊等著檢查，所以縱使點算書籍的工作很繁忙，但她們都忙得不亦樂乎。加上她們都是愛書之人，面對浩瀚書海，大家都認為是寓工作於娛樂。

此外，圖書館還會舉辦茶聚、燒烤等不同活動，讓管理員們放下工作，輕輕鬆鬆地閒話家常。「圖書館是一個大家庭，吳老師和陳老師就是我們的家長，對我們愛護有加。在她們身上，我們學習到很多課外知識，令我們受用不盡。」

以後，當你踏進圖書館，看見書架上排列整齊的書籍，請惦記著圖書館管理員們在背後默默付出的辛勞，珍惜館內每一本圖書。



SRA閱讀卡

中一愛心獻社群

我們為全體中一學生安排義工服務活動，鼓勵他們接觸和關心社區，並透過表演和遊戲，為區內長者帶來歡樂。



每月之星 — 三月

1A 張曉盈	1B 黎紫婷	1C 張恩桐	1D 蔡海英	1E 譚朗言
2A 梁楚筠	2B 卓浩渝	2C 戴盈盈	2D 鍾彤欣	2E 周芷澄
3A 黃俊諺	3B 李嘉綽	3C 洪雪瑩	3D 黃銘恩	3E 孫凱彤
4A 張梓聰	4B 呂育祺	4C 曾杞澤	4D 陳艷齡	4E 王婉婷
5A 陳諾希	5B 羅守端	5C 黃一中	5D 張禮賢	5E 許穎彤
6A 葉宥伸	6S 譚詩敏			

中二學生領袖品格培訓工作坊

為培育學生的領導能力和良好品格，我們舉辦了「學生領袖品格培訓工作坊」，讓參與的同學透過遊戲認識自我，學習與人合作和溝通。



李樂敏
啟發我凡事都要以正面、樂觀、積極的態度去面對難題，嘗試找出解決的方法。

陳嘉琪
我學會了等待，也學會了必須打好根基，才能在面對未來不可知的變化時不容易倒下。

林曦文
我最難忘的就是用木筷子建成一座大樓，就如為自己的人生建大樓，用一次又一次的經驗去築成一座屬於自己的製成品。

薛煜煌
令我學到品格的重要，還有就是只要你肯改變，沒有甚麼事情改不了，但若不付諸實行，就只是紙上談兵。

岑嘉鈴
領袖可以是天生的，但真正的領袖並不是與生俱來，而是培養出來的。「誠實正直」是我們必備的品格，也是品格的基石。

李嫻樂
令我學到聆聽別人的意見。當一個人願意聆聽別人時，得益的往往總是自己。當自己擔當領袖的角色時，必須要先幫助隊員，這樣團隊才能成功。

劉穎霖
我從少就不喜歡這類型的活動，因為怕會很悶，但這次我決定踏出第一步！要不是這個工作坊，我也不知道原來參與這類型的活動會使我獲益良多。

黃琳怡
我學會了永不放棄，不斷嘗試，不斷努力，就算成功也好、失敗也好，我都會堅持到最後。

中二級「生命重塑」訓練日營

讓我們發揮互助合作的精神，為團隊中每一位成員打氣，彼此扶持勉勵，共同迎接生命的挑戰。



CONTRIBUTION FROM SCHOOL NEWS REPORTERS

“...I Had to Sleep in a Railway Station!”

An interview with the Principal

By Li Mei Xing, Nancy (3C) and Chan Hei Tung, Fion (3C)

Q Principal, why do you want to be a teacher?

A This is because I love children. Watching you grow up, witnessing you changing throughout your time at school makes me satisfied.

Q What do you do in your spare time?

A When I am free, I like reading and chatting with my kids. Sometimes I will spare a little time to take care of my flowers and do some gardening work, or cook some favourite dishes for my children.

Q How do you teach your own children?

A I remember that when my kids were young, I used to read with them and chat with them so that I could build up a closer relationship with them. Now since they have grown up, I like to treat them like my best friends. I want to share their happiness and sorrow and help them when necessary.

Q You always ask us to read. Can you tell us what your favourite book is and why you choose it?

A Haha, it is a difficult question to answer because I'm fond of books. Recently I finished reading “*Wide Rivers and Seas 1949* (大江大海1949)” by Lung Ying-tai (龍應台) and I highly recommend it to you for its expression of deep feelings about history and war. I also love the book “*The Last Lecture*” by Randy Pausch and the series written by Mitch Albom, including “*The Five People You Meet in Heaven*” and “*For One More Day*”. These books are all very touching. I'm sure you will learn some life lessons from them.

Q Did you do anything crazy when you were young?

A Sure, I was just as curious as you and eager to explore the outside world. I remember that when I was in Year One at university, I travelled with many schoolmates for over a month in Mainland China with only a few pennies in my pocket. But I was young then. I enjoyed this experience even though I had to sleep in the railway station or on Tiananmen Square. We had to take turns to stay awake and keep alert while others slept. But I would not advise you to do the same thing as this because I am now a mother and I understand how worried a mother feels when her children are away from her and she has no idea at all of what they are doing.

Q Thank you very much, Principal, this is the end of our interview.

A You're welcome.



The Most Successful Camp for F.2 Students

From 25th November to early December 2010, two camps were organized consecutively on Lantau Island for all Form 2 students. There were many activities, including team-building activities on the first day and a little concert where different groups of students danced together. Let us hear one of the participants' comments:

2E Ng Man Ling, Rosekei

Before I went to this camp, I felt afraid of the punishment that would be imposed on me by the coach. On the first day I was there, the first thing in my mind was that I wanted to go home. But at night, after we had played some games and danced, I found it was fun!

The next day, we went to the beach and made our own "boat", and we won the boat-building competition. After that, we were told to run up a hill. We were punished for not moving fast and without discipline. The coach asked us to go to the small stream nearby and stand in the water for a while. The water was so cold that at last we cried out to tell the coach that we would obey his order and continue to run. This time, we accomplished our task. That night, the coach told us what our teachers had done for us. We all cried. I know that everybody was regretting his or her previous behaviour! At that moment, I really didn't want to go. I love my teachers! I love 2E!

On the third day, we had to leave. I loved this camp because I learnt a lot of things. The camp taught me the truth about being a person and improved my learning attitude.

I will apply what the coach taught me in my daily life. I will never forget what I have learnt from this camp. I would also like to thank my teachers and my classmates. Thank you 2E!



Chess Club

By Yuen Ken Tsz, Ken (3D)

The Chess Club is one of the interesting clubs in LPS. It is held every Friday after school. There are about 40 students in the Club and the teacher who runs it is Ms Lau.

I have had an interview with one of the members, Alan. He has joined the Chess Club for two years. He joined it because he loves playing chess. He can play chess with his friends in the Club and he enjoys it very much. Alan was the winner of the matches held last year in our school! He said that he would take part in the match this year too. "Playing chess can help train my patience," said Alan.

That's right! Playing chess will bring you a lot of fun. Let's join the Chess Club together.

CLUBS & SOCIETIES

Geography Club

By Yim Tsz Wai, Joyce (3D)

The Geography Club helps you learn about geography. There are about 20 members in this Club. We will go on field trips to observe and learn something about geography, for example, the environment or the history of a place.

Once we went to Nam Sang Wai, Yuen Long. We visited a wetland there where we found birds and mangroves. During this trip, I learnt about the history of Nam Sang Wai and how to use a compass... But I think we had more fun in our game – bubble blowing. We competed whose bubble was the biggest one or the most special one, and who could blow more bubbles at one shot.

I like this trip because it was interesting. We ate delicious food during our trip. I want to go to the Bride's Pool next time. Let's hope it happen soon!

