



廖寶珊紀念書院

Liu Po Shan Memorial College

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學校通訊

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愛「履」重燃

今年，本校視藝科同學在「愛履重燃環保設計比賽」中再次發揮豐富的創造力，運用各種環保物料製造出令人愛不釋手的鞋履，勇奪多個獎項：

全場總冠軍	5B 陳鈺霖
最具環保概念大獎	5B 丁穎禮
最佳物料配搭大獎	5C 方余安
優異獎	5A 林茵茵、5C 鄧嘉超、5C 郭天佑、5D 張曉瑜

頒獎禮於10月31日在亞洲國際博覽館舉行，得獎作品將於油塘、天后、西灣河、調景嶺等多個港鐵站及商場公開展出。



踐踏的生命 5B 陳鈺霖

人類位居食物鏈最頂端，向來都靠掠奪其他生物的生存權利來滿足自己的需要：以肉裹腹、以毛皮製衣履、以角或牙裝飾家居，肆意摧毀其他生命。

我的作品取名《踐踏的生命》，以舊鞋、碎布片和不合穿的衣服和牛仔褲為原材料，加以翻新製作成一隻鹿的模樣。鹿昂着頭，抿着嘴，散發出一股傲氣，可是，這美麗而驕傲的鹿，偏偏是被人踏在腳下的鞋履，這是何等諷刺啊！當人們穿上它的時候，會否意識到自己正在踐踏着一個活生生的生命呢？

通過這次活動，我不但學會了製鞋的技巧，還加強了對取材和顏色配搭的知識。我希望這件作品能喚起人們的環保意識，並反思保護動物的重要。



香港守衛艦 5B 丁穎禮

我希望藉着這艘名為「香港守衛艦」的戰船，守護香港市民的集體回憶。香港很多街道都開始改名、重建，甚至清拆，曾經陪伴我們成長的物事很快便會成為過眼雲煙，只能留在我們心底。

我把拖鞋改造，加上泡沫塑料板（即「發泡膠」）、木板和瓦楞紙做成船身，其上貼着寫有名稱和號數的街道名牌，我希望藉着我們熟悉的街道牌，喚起那一段段伴隨香港成長的歷史。船上插着的人物紙牌，是電影《星球大戰》裡的角色。這些強大的船員守衛着這艘戰艦，世世代代保護着我們的集體回憶在宇宙飛行，穿梭過去、現在和未來，將我們珍貴的記憶一直保留下去。



我的作品取名「青紋素錦」，乃因鞋身以白底青紋的布料拼貼而成，予人樸素的感覺。創作靈感來自家中的青花瓷碗碟。我希望利用各種環保物料，將青花瓷那股傳統優雅的中國氣息展現出來。

印有青色花紋的拼貼布料的鞋身，配搭青花瓷迷你花瓶造成的鞋跟，構成新奇有趣的効果。為了平衡鞋的高度，我切割了三片橢圓形泡沫塑料板，堆疊在鞋跟前方作為呼應，鞋的中間和底部置有絲帶和木板，將鞋身與鞋跟連成一氣。鞋頭則飾有具中國特色的流蘇，以收畫龍點睛之效。

青紋素錦 5C 方余安



其他獎項

本校於香港教育城舉辦的「電視新聞獎」計劃中獲初中組「十大傑出參與學校獎」。



4E 羅偉兒於荃灣區少年警訊舉辦的「荃城滅罪禁毒普通話朗誦比賽」中獲高中組卓越獎。

校友消息

校友嚴漪蕙獲中文大學伍宜孫書院頒發2014/15年度院長嘉許狀，並獲「學業優異獎學金」及另兩項獎學金，合共33,000元。

我和音樂劇有個約會

3A 王穎琳

剛過去的暑假，我獲「暑期青少年戲劇體驗計劃」挑選，參與大型原創音樂劇《以斯帖記》。經過兩個月的排練後，在九月底於香港演藝學院公開表演四場。

《以斯帖記》取材自舊約聖經故事，講述孤兒以斯帖因緣際會下成為皇后。其後，她的養父因開罪宰相，招來滅族之禍，整個民族人心惶惶。就在看似絕望之時，以斯帖憑著信、望、愛和勇氣成功扭轉困局，帶領族人脫離厄運。

我在劇中飾演一個名叫希該的後宮管事。這個角色對我來說是一項挑戰，因為我需要反串男角，並且在舞台上以洪亮聲線說話，但是我很享受這個角色，除了可以扮演一大群宮女的主管外，還因為在選后大典的一幕中，我的角色佔了很重的份量。

綵排期間遇到很多困難，例如要在短時間之內熟讀劇本，並且要不斷排練，找出最理想的演繹方法。我曾因為表現不佳，令總監、導演及所有演員失望，但我想起參加這個劇是我自己的決定，也看到背後還有很多人為求製作盡善盡美，付出很多時間和心血，所以我也必須做到最好，才不負他們的努力。演出成功與否，不但取決於個別演員，更需要團隊的支持和配合，如果沒有導演、編劇、燈光師、音響設計人員和舞台監督等一群幕後功臣去準備，演出絕對無法成功。這些功臣所做的一切，都是為了讓我們可以在舞台上發光發亮，從而令觀眾感受到音樂劇的含意。帷幕降下，大部份觀眾可能會記得舞台上演員的名字，至於誰負責打點幕後瑣碎的事項，誰設計璀璨的燈光和攝人的音響，則無人問津了。

我們的成長也是一樣，父母、老師和很多親人朋友都在背後默默地不辭勞苦，為的只是希望我們能夠茁壯成長，發光發亮，因此我們也必定要全力以赴，才不會辜負他們的期望，不會枉費他們的扶持。這次活動也加強了我對戲劇的興趣，我希望能夠參加更多類似的訓練，增加經驗，日後成為一名專業的舞台劇演員。



以科技弘揚文化

設計與科技學會於2015年「中國傳統文化藝術與機械人的融合」計劃（簡稱「科技顯六藝」）創意比賽中獲「禮」藝三等獎。比賽由香港中文大學工程學院及香港科技教育學會合辦。

參賽隊員包括：5C劉健威、6D黃子鋒、4A林茵茵、4A林含吟、3D蝟菁偉、3D張寶華

5C 劉健威

我們製作了一個「舞獅」機械人，來配合這個以傳揚中國「六藝」為主題的比賽。

舞獅是歷史悠久的廣東習俗，是節日喜慶不可缺少的儀式。我們的獅子以VEX機械人作主體。VEX由多組鋼骨架、螺絲和前臂砌成，獅子的活動則全由VEX的智能部件控制，也就是獅子的「大腦」。我們本想利用搖控器指揮智能部件內的自動編程系統，使獅子作出各種動作。程式以easyV5來編寫，這個步驟可說是最困難的，因為我們沒有接受專業的編程訓練，要在不斷嘗試中摸索，汲取每次失敗的經驗來改善程式，但需要花的時間實在太長了，獅子的動作總是未能符合預期，因此最後我們作出應變，改用手動方式來控制。

由於要模仿舞獅的動態，我們在支撐獅頭的下方砌了一個升降架。升降架包含6套各由兩支前臂組成的骨架，承托獅頭的舞動姿態。為了使獅子更具動感，我們安裝了兩組LED燈作眼睛，模仿獅子眨眼的可愛樣子。

這次比賽加強了我對製作機械人和編寫程式的興趣，今年我會再接再厲，希望能再創佳績。



A Year Full of Memories

5E Cho Wai Kei



Last year, I went to a very cold country – Finland for a one-year-exchange programme. It was the greatest experience I have had in my life. I tried a lot of challenging things, such as swimming in a lake under -30 degrees, running a one-day Chinese restaurant on World Restaurant Day, learning to speak Finnish, feeling real snow for the first time in my life, etc. These were all good memories. Although sometimes I was homesick and wanted intensely to meet my family and friends in Hong Kong, I still loved the opportunity to learn the lifestyles and cultures of different countries and share my own experience with people from all over the world. This programme has thoroughly broadened my horizons and helped me find my goal to be a better me.



The most valuable thing is that now I have two different families, with sisters and brothers of different nations. I have learned that we are not only students who want to get good results at university, but also global citizens who should care about things happening around the world. During this year, I have met a lot of people from different countries, such as Mexicans, Brazilians, Chileans, Germans, Italians, Hungarians, Koreans and Japanese. They have

become my best friends and important people in my life. We took care of each other and shared our love like dear family members. I truly miss them so much and wish everything that happened last year could start all over again.

My host family in Finland was very kind and generous. Apart from the parents, there were three host sisters and two dogs. They were all people I loved in Finland who supported me and helped me when I was in trouble. I also miss my schoolmates and teachers of Lammi Lukio, the high school I studied at last year. I still remember how frustrated I was when I found it difficult to study in the language I did not understand, but my teachers and classmates were all very helpful and kind to help me overcome these problems and difficulties. I intend to go back to Finland as soon as I graduate from LPS. I am looking forward to seeing all my friends and family there and eating snow for breakfast and playing hide-and-seek on the icy lake again.



十月之星

1A 梁浩洋	1B 張文菁	1C 周弘軒	1D 陳琛兒		
2A 余焯琳	2B 鄧珈妍	2C 陸詠霖	2D 曹珈維		
3A 盧晞珞	3B 陳曾艷	3C 陳宏晞	3D 黃浩智		
4A 吳嘉玲	4B 劉曉瑤	4C 周卓軒	4D 沈君禧	4E 鄧穎琳	
5A 黃仲禮	5B 梁詩欣	5C 郭天佑	5D 馮衍傑	5E 杜穎欣	
6A 葉東成	6B 鄒家敏	6C 羅穎期	6D 呂雪怡	6E 關德熙	6F 羅朗僖

Last Year I Studied in Arkansas

5E Cheung Man Yee

Ever since my cousin started his study at Washington University in 2010, I realized that I really wanted to go and study abroad as an exchange student. I thought that it would be the easiest way to live abroad, not only as a traveler but also as a member of the society. I also hoped this experience would benefit me as I made my plans for my future.

Arkansas is always advertised as "The Natural State". It is famous for its natural scenic beauty, clear lakes and streams, and abundant wildlife. Several species of animals live there, including species of bats, fish, and deer.



In Arkansas, you can study a maximum of ten courses altogether. I studied in Poyen High School which had 400 students. I took Family and Consumer Science, English, Housing and Interior Design, Leadership, Physical Education, U.S. History, Physical Science, Algebra and Vocal Music classes. Besides, I joined a number of extra-curricular activities too. Local students usually drive themselves to school as they are allowed to drive after the age of 14. Because our classes ended around 3pm, we had a lot of free time after school. Many students got excited about American football, basketball and baseball. I think that these are the most popular leisure activities in Arkansas. I tried American football once and it really wore me out!

I spent almost eleven months abroad and had the chance to visit many amazing places, including Texas and Oklahoma. I learned some American phrases and slang which were really useful. I am trying not to forget about the things I have learned now that I am back in Hong Kong.

During the exchange programme, I got to know some really wonderful people with whom I hope to keep in touch in the future. In Arkansas, it is not difficult for us to get to know local people outside the school. Americans are very friendly and happy people and they are eager to offer help whenever you need it.

Throughout the months in America, I built confidence and courage, which will certainly benefit me as I grow up. Studying abroad is not only a step to prepare for my future school and working life, but has also developed me in different aspects and widened my views of life in ways I have never experienced before! I recommend everyone to grasp the chance to study abroad whenever you come across such an opportunity. For those I met who have been studying abroad, all have the opinion that the experience made the best time of their lives. For me, it certainly was!

