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校訊

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向世界出發

擁抱「一帶一路」新機遇

現今世界發展步伐急促，身處瞬息萬變的大時代，新一代的青年人需敞開胸懷，放眼世界，而「一帶一路」的倡議正好為青年人帶來新的機遇。本學年，本校分別參加了「一帶一路民心相通——香港青年新跑道計劃」和「『薪火相傳』平台系列：海南省環境保育及海上絲路探索之路」，前往越南和海南島交流考察，與學生一起積極擁抱「一帶一路」機遇，為未來發開拓廣闊的天空。



不一樣的越南 不一樣的學習經歷

2017年12月8日至12日，劉振鴻校長親自帶領，連同黃學誠老師、陳紫茵老師及十位學生走訪越南中南部——峴港及胡志明市。越南，總令人聯想到「落後」與「破舊」，然而短短五天的行程，讓一眾師生對越南的印象完全改變。

由籌劃到起行，走進「一帶一路」，放手讓學生參與、搜集資料、設計訪談及拍攝。拜訪了在越南投資的先鋒及新華集團；參觀被譽為綠色環保示範企業的理文造紙。是次交流，學生們驚覺自以為身在競爭條件不錯的香港，只是坐井觀天，若自恃優勢，只會固步自封。這趟「一帶一路」的考察，讓學生明白到自己未來的發展並不局限於香港，他們需要走出香港，為自己創一片天。

這趟旅程收穫之豐，超乎本來預期，從日趨繁榮的峴港一路走來，到胡志明市參觀華人企業，發現學生由原先抱持優越感，到行程完結時多了一份沉穩、踏實和謙卑的心，更願意開放自己與人溝通和學習。相信此行對培養學生的國際視野，警醒他們練就語言能力和溝通能力，勇於走出香港，把握機遇，踏出了重要的一步。



同學在新華大樓前拍照留念



同學對成為集團實習生深感興趣，得知競爭之劇烈都不禁訝然！



實地考察廠內設施，同學認真做筆記。



理文造紙廠前一跳留影



遊學冊子



遊學短片

踏上「海南省環境保育及海上絲路探索之旅」

要使學生增廣見聞，創造機會，讓他們親身到不同地方考察是其中最有效的方法。2017年12月4日至7日，劉校長帶領十位高中同學參加「海南省環境保育及海上絲路探索之旅」，讓學生認識海南省在環境保育方面的發展概況及成就，並了解海南省作為21世紀海上絲路重要通道的最新發展，以及內地大學的學習情況。

是次活動不但讓學生了解國家推行「一帶一路」計劃的目的及意義，更讓學生透過實地考察及與不同人士的交流，了解國家在不同範疇的發展。海南島作為「海上絲綢之路」的其中一個重要據點，在國家提倡「一帶一路」計劃下更顯其獨特性。同學在這次的交流過程中，不但加深對當地歷史及文化的認識，更重要是明白到如何好好把握當下的機會，為自己的未來作好準備。

學生分享

4C 關雅文

越南的理文造紙廠讓
我深深明白到世界格局不斷
變化，香港的繁華不是恆久不變
的，現在香港的競爭太大，年輕
人向上流動不容易。所以我們需
要擴闊眼界，瞭解世界的變化，
與不同的人交流，從他們身
上汲取經驗，加強語言
與溝通能力。

4D 劉家緯

短短幾年，越南已經發
展迅速，說不定再過幾年，可
能迎頭趕上其他國家。我們應該
把握時間自我增值，以便應付日後
對人才的不同需求。多去用心觀察
世界，擴闊視野，勇敢踏出第一
步，不斷裝備自己，成為更優
秀、更適合新時代的人！

4B 岑易諭

我們到華能風電廠及
潮灘鼻風車海岸，那是我第
一次親眼看到大風車。站在風
車旁邊，我就像一粒微塵，不
禁讓我驚嘆風力發電的威力。
同時，我也現場體驗了利用
風力發電作為潔淨能源的
好處。

4D 施俊榮

這次交流令我印象
最深刻的是「文昌航天科
普館」，我除了認識國家的
航天發展外，更了解錢學森
博士對國家的貢獻和付出，
我一定要好好向錢博士
學習。



在亞龍灣熱帶森林公園，同學們登上距離地面40米高的吊橋，欣賞優美的景色。



同學們邊聆聽導賞錄音，邊製作水火箭。



海南之行，同學們獲益良多！



面對一座座的風力發電機，同學們見識到如何在不對環境造成任何破壞下，為人類提供所需的能源。

再創佳績

「學校起動」計劃獎學金 頒授典禮 2017/18

「學校起動」計劃獎學金於 2015 年成立，每年提供獎學金予參與「學校起動」計劃之學校的同學，讓他們在八間由大學教育資助委員會資助的專上學院及香港演藝學院，修讀四年制學位課程。2017/18 年度，37 間「學校起動」計劃的學校共有 99 位同學獲發獎學金。獎學金可以紓緩同學的經濟負擔，讓他們盡情享受大學生活，追尋夢想。

經過遴選，本校八位 2016/17 畢業生，包括：陳潔婷、鄭曉怡、趙佩珊、馮心儀、郭詩敏、薛綺彤、黃家輝和余嘉琪（以英文姓氏先後排名），喜獲頒發有關獎學金；頒授典禮已於 2017 年 11 月 25 日早上假香港浸會學院曾陳式如會堂舉行，當天中五級四位同學一同出席是次活動，與得獎校友分享喜悅，見證盛事，同時激勵他們在學習路上繼續發奮向上，追求卓越。

八位校友就讀的大學及修讀的課程：

校友姓名	就讀大學及所修讀課程
陳潔婷	香港大學工商管理學士 (會計及財務)
鄭曉怡	香港中文大學政治及公共行政學
趙佩珊	香港中文大學護理學
馮心儀	香港大學理學士
郭詩敏	香港嶺南大學工商管理學士
薛綺彤	香港浸會大學工商管理學士 (財務學專修)
黃家輝	香港科技大學工程學
余嘉琪	香港中文大學中國語言及文學



觀禮同學心聲

5D 呂秋蓉

最大的得著是得獎同學們給我們傳授學習技巧，且令我定下了清晰學習的目標，更積極地為目標奮進。



5D 黃利平

我覺得「學校起動」計劃能激發同學為自己的目標努力前進，發揮潛能，不留遺憾。

5D 吳嘉莹

看到這麼多同學憑藉自己的努力成功踏入大學之門，令我深感鼓舞！我希望能夠像他們一樣，考進心儀的大學，選讀自己喜歡的學科，夢想成真。

5D 梁海謙

正如主禮嘉賓楊潤雄局長所說：「每一個人都應該有學習的權利，升讀大學，不應該受經濟等因素影響他們的志向。」我相信只要有信心、有目標，我們距離入大學的路不會遠！



WeCan Scholarship WeCan Scholarship Presentation Ceremony 2017/18 2017/18「學校起動」計劃獎學金頒授典禮



「星夢計劃」延續追夢熱

「星夢計劃」於上學年啟動，經過一年的訓練和挑戰，提升了學生的抗逆力和自信，並擴闊其視野。有賴各位家長、校友和社會賢達支持，計劃的一眾師生得以遠征台灣玉山，並於 2017 年 6 月 28 日成功登上 3952 米的台灣玉山主峰。

本學年，「星夢計劃」的主題是「海洋保育」。這源自學生的一個海洋夢：保護海洋生態，讓世界各地的珊瑚群免受侵蝕。同學們懷著保育的熱情，自發參與清潔沙灘的行動。同時，更在本港水域進行浮潛活動，探索海洋生態，努力保護珊瑚這種瀕危的海洋生物。此外，本校更與香港中文大學生命科學學院合作，透過他們的技術支援，利用人工培植珊瑚幼苗，並將幼苗放回海洋，為香港的珊瑚生態系統盡一分力。同學們對海洋保育工作的積極和投入，令他們的海洋夢向前邁進一大步：得到香港航空慷慨贊助機票，正式開展「海洋探索歷險環保之旅」的籌備工作，同學們將赴日本沖繩探索當地的海洋世界。



「星夢師生到中大生命科學學院領養鹿角珊瑚，放歸海洋」



同學們自發到海灘清潔

學生心聲

1D 黃奕熙

「我希望今年有機會在大海中親眼看到珊瑚，和珊瑚魚一起暢泳！」

3C 李愷晴

「在沙灘上看到擱淺死去的魚，我覺得很可憐！我想守護海洋生物，還牠們美麗的海洋。」



學生到中文大學參與珊瑚保育課程，豐富珊瑚養殖的知識。



「星夢」隊員在中環、灣仔海濱留下汗水和足印

劉校長（前排右一）帶領一眾「星夢」師生參與海洋保育活動

情

讓孩子綻放光芒

「星夢」隊員積極參與義工服務工作，關心社會，幫助社會上有需要的人士，把仁民愛物之心化作具體行動。其中 ViuTV 及香港電台更先後邀請「星夢」的師生進行訪問及拍攝，讓更多人了解「星夢計劃」。

媒體拍攝及訪問花絮

ViuTV《細路義工隊》——少數族裔共融

「星夢」隊員參與 ViuTV《細路義工隊》拍攝，宣揚種族共融信息。本校與樂善堂李賢義裔群社合作，策劃「香港地道遊」，帶領泰籍小朋友認識中上環社區，並合力烹調港式和泰式美食，在餐桌上進行文化交流，分享努力成果。



「香港地道遊」——義工們和泰籍小朋友在擺花街一帶留倩影

香港電台《新人類、大世界》錄音及拍攝活動

「星夢」獲香港電台邀請，參與普通話台《新人類大世界》錄音節目，分享「星夢計劃」首年計劃內容和成果，以及台灣玉山挑戰之旅。節目更追蹤「星夢」本年的訓練計劃，片段將於港台網上平台及巴士電視串流播放。



「星夢」師生接受香港電台訪問

ViuTV《細路義工隊》——動物義工



帶行動不便的狗隻散步去



「星夢」隊員悉心照料被遺棄狗隻

「星夢」隊員參與動物義工活動，隨隊到寵物遺棄中心拍攝義務工作。各隊員和主持人一同清洗狗籠，餵飼狗隻，並帶行動不便的「狗公公、狗婆婆」外出散步。

勇往直前

3D 曾佩華奪「Running Land」玩轉大地

——墾丁國境之南海灘組 10 公里賽 17 歲以下組別季軍

或許在許多人心中，跑步十分沉悶；但對中三曾佩華而言，跑步卻是人生志趣，而且在過程中學會訂立目標和堅持。憑藉訓練成果及努力不懈的精神，曾佩華於去年 10 月獲「全城街馬」挑選，代表「余中」跑出香港，參加 11 月 26 日於台灣舉辦之「『Running Land』玩轉大地——墾丁國境之南」海灘組 10 公里賽，並在 17 歲以下組別奪得季軍。

曾同學本是排球校隊，不擅長跑步；去年加入「星夢」團隊後，經過一連串的訓練和考驗，一直堅持，終能完成 10 公里長跑的目標。同時，曾同學更愛上跑步，她說：「跑步會讓人『上癮』的，只要你雙腿一直在跑道上擺動，除了不想錯過沿途風景之外，當你心想『我和目標越來越近』的時候，你會不斷鼓舞自己，就不想停下來。而在每次訓練我都看到自己進步，我很滿足，從中發現原來可以不斷探索自己的極限！」

曾同學更從跑步得到啟發，在學習上也體驗到「馬拉松精神」。她想和同窗好友分享：「因為跑步，我學會了原來只要有目標，就有達成的無限動力。學習和長跑一樣，都需要循序漸進，不能夠一步登天！」



3D 曾佩華在賽事中獲得季軍，展現燦爛笑容。



佩華和其他選手一起在起點熱身，躊躇滿志。

STEM 教育再跨一步

「余中」成香港首間 「STEM 實驗學校」

智能家居系統：機械人小白（後中）、中控處理、濕度及溫度探測器、煙霧感應器、平安警報鐘（前左起）

「小白……小白……我很累啊！可否播一些輕鬆的音樂給我紓緩一下？」

「小白……小白……我很口渴，給我倒一杯水吧！」

「小白，我出去了……」小白隨即關閉所有電器，並啟動警報系統。

大家有否想過以上的智能家居控制系統，將會在短短五年間出現在各位的家中？將來我們只要簡單的口語指令，已經可以監察家中的大部分電器，並獲取家中不同的環境數據，自動作出調節。這套系統於 2017 年 11 月 20 日首次在「余中」出現，老師及同學可以透過簡單的指令控制機械人小白。最特別的是當中包括一個中控系統，可以將學生自行研發的產品，透過不同的接口技術，例如 Wifi、藍牙、紅外線等，連接智能家居系統。學生在 STEM 教育實踐過程中，很多時都會將知識整理，並加入創新的概念，研發不同的產品，當中部分的产品主要應用於家居，解決日常生活的難題。



學生講解智能家居的控制原理

這些產品很多時都涉及程式編寫及物聯應用，如果能將這些產品通過不同的網上接駁口，例如學生研發的自動感應飲水機，便能直接聯上，成為智能家居的一部分。本校引入這系統的目的，是希望進一步將學界研發的產品接上市場上的系統，加強商校合作。



梁紹安校監（右二）接受由李克東教授（左二）頒發的STEM教育實驗學校牌匾

當天除為「智能家居網絡系統」舉行啟動典禮外，更是「STEM 教育實驗學校」的掛牌儀式。隨著國家教育部在「十三五」規劃中提出教育信息化的規劃，倡議「要積極探索信息技術在『眾創空間』、跨學科學習（STEM 教育）、創客教育等新的教育模式中的應用」，本校獲「粵港澳促進 STEM 教育聯盟」確定為全國第一所「STEM 教育實驗學校」。這計劃的目標是挑選一些在 STEM 教育範疇表現卓越的學校作為示例，整合及分析相關的經驗，探討在不同學校推行的可行性，以促進不同學校的交流及發展。當天的掛牌儀式獲「粵港澳促進 STEM 教育聯盟」主席兼華南師範大學李克東教授親臨主持，並向同學及來賓介紹 STEM 教育的未來發展趨勢，同學實在獲益匪淺！



同學示範聲對控機械人小白發出指令



參與 2017「學與教博覽」 展現智慧城市概念

一年一度的「學與教博覽」於去年十二月在香港會議展覽中心舉行，主題為「攜手共創教育未來」。「余中」作為參展學校，學生在教育局資訊科技教育卓越中心展區向教育局局長楊潤雄先生及其他來賓介紹智能家居網絡系統。

當天，學生在會場展示一台智能家居機械人，利用雲端翻譯的語音來控制室內設備，如他們在創客教育課堂上設計及創作的水機。只要來賓向機械人提出要求，機械人便會透過水機奉上茶、水或果汁。除了水機，學生還展示他們設計和創作的智能煮食警報系統及智能晾衫架，展示智慧城市概念。老師希望學生能夠透過他們設計的作品，融入真實商業產品的運作以解決日常生活難題，學習運算思維。

除了介紹智能家居網絡系統，學生還在 InnoSTEMer 展區展示如何利用電子模塊和配合程式編寫，製作音樂表演；以及透過不同的趣味科學實驗，以動手做和解難為本的 STEM 教學設計，培育學生的科學素養。

「余中」作為教育局的 STEM 專業發展學校和粵港澳首間 STEM 教育實驗學校，將繼續為區內和區外，以及中國、台灣、新加坡及其他國家多間學校的學生、教師及其他教育界人士提供專業 STEM 交流，並肩探索科技的最新發展趨勢。



智能家居機械人能利用雲端翻譯的語音來控制室內設備



本校學生與教育局楊潤雄局長合照留影



本校老師向來賓介紹智能家居系統



“Cake Boss” in the house

– Cupcake Decoration Workshops



Ocean-themed cupcakes

We have all had cupcakes before, but do you know how to decorate them?

On 18th October and 15th November, 2017, 20 students gathered in the English AquaCafe to learn how to decorate cupcakes using fondant.

At the workshops, trainers from Twinkle Baker Décor brought along their signature cupcakes, fondant and utensils to teach students how to decorate the cupcakes. Following the instructions, students built their own cupcakes step by step. They learnt how to make a cute little orange crab and a beautiful crown fish for their ocean-themed cupcakes. They also made some spooky bats and Frankenstein decorations for their Halloween cupcakes. The workshops were fun and everyone had an unforgettable “Cake Boss” experience.



Lim Hoi Yee, Helen, 3D and her ocean-themed cupcakes



Group photo with Ms Chan, the Vice Supervisor and the trainers



Mr. Jo and our “cake bosses” ready for delicious cupcakes



Students making the bat decorations for their Halloween cupcakes

A Visit to SCMP

By Leung Hoi Him, Ivan and Cheung Kwan Leuk, Kevin, 5D



Students visiting the printing control room

Have you ever visited a newspaper factory? I hadn't until 12th October, 2017 when we visited the SCMP factory in Tai Po. It was a fantastic experience!

very complicated process! He then showed us the machines that use the printing plates and the worker in charge of them explained to us how to operate them.



Students attending the news literacy workshop

When we arrived, the first person who welcomed us was Jamie, the sub-editor. Jamie started by showing us how newspapers were made in the old days. After that, he showed us a printing plate with some blue words and

The tour continued as they led us to a shop which had huge printing machines. Everyone immediately covered their nose, the smell of the shop was terrible! We didn't let the smell temper our enthusiasm however, so we bravely marched on. Our tour then took us to the control room where the different control panels were explained to us. We were amazed by the complexity of it all: making a newspaper is not a simple process!

pictures on it. He told us that the printing plate was an essential part in making a newspaper. I was shocked because I always thought that newspapers were printed on the paper directly, like printing worksheets! He further explained that all the words and pictures were blue because of the chemicals. Jamie then showed us how the printing plates were used. It was obvious that it was a

I was most impressed by the next part of our trip. It was a workshop organized by a reporter from the Young Post, called Edmund. During the workshop, he told us more about the newspaper business. First, he explained the difference between a journalist and an editor. Then, he compared social media with newspapers and I learnt that sometimes the news on social media is unreliable but the news in the newspaper is supposed to be based on facts. After that, Edmund taught us how we should read the newspaper. He said that the main idea of a newspaper article is usually in the first two paragraphs. He also said we could learn a lot of useful vocabulary and expressions from the newspaper. This way, our English will improve gradually. The tour finished after this and we started our journey back to school.



Students having a group photo with Edmond, the Young Post reporter, and Jamie, the Young Post Editor

I am thankful to the school and SCMP for giving us the opportunity to visit the factory. It was an unforgettable trip which I will cherish for a long time. I hope that I will be able to visit it again in the future.

The Seed Project



Zhao Dong, Tony and Wong Ho Sun, Sunny making their e-book

The English Department took part in the Seed Project organised by the EDB in 2016-2017. New teaching methods were implemented in the S.1 curriculum and two tryout projects were carried out in which

better.” Chan Lok Lam, Kristy

“Through creating my own e-book, I have a better understanding of the language features of the writing task and the pictures of the e-book help me remember the newly learnt vocabulary. I also felt much more comfortable speaking English in front of a tablet.” Wong Ho Sun, Sunny



E-book samples by Wong Ho Sun, Sunny

grammar items were taught using the reading texts through a more inductive approach. For example, students were encouraged to discover the grammar rules from reading the texts and apply them in their writing. An e-learning approach was also adopted. Students used tablets to analyze the text and display their findings and the teachers then provided instant feedback to facilitate students' learning. At the end of the project, all students created their own e-books about festivals and a tour to Cheung Chau.

“It is more fun to learn grammar using NearPod and the iPads. I could understand the content of the reading text more easily when the teacher highlighted the main ideas to us using the computer. Also, I can remember the grammar items



E-book samples by Chan Lok Lam, Kristy

Halloween Game Fair

Have you ever dreamed of seeing a Cerberus, an elf, a dragon, or perhaps, a unicorn? Or have you ever fantasized about peeping into your future through a magical ball? Come to our Monsters Game Booths at Halloween Game Fair, and you shall dream no more!

Our much-anticipated, once-in-a-year Halloween Week once again brought joy and excitement to our students. Inspired by mesmerizing storybooks and fiction that our students indulged in, we proudly presented six Monsters-themed game booths to get all our students and teachers into the Halloween spirit!

A mystical Fortune Teller booth, a wondrous Unicorn game booth, an imaginative Monsters-Creation station, and many

other stimulating games were all meticulously prepared by our team of English teachers. This year's Monsters-themed English Week certainly showered our students with the magical power of fantastic monsters brought to life through the hands of our students and teachers.

Everyone had a blast and they couldn't help but ask, “What's next from our incredible team of English teachers?”



The Monster Thieves Booth



Students enjoying the game with Ms Thomson



The Unicorn Story-telling Booth and our English ambassadors

English essays

Dear Sir/Madam,

On behalf of the Social Services Club, I am writing to inform you about the 'Food for Everyone' campaign—a campaign that our club has launched to encourage eateries to provide free meals for the needy.

'Food for Everyone' aims to reduce leftovers and allow the needy to have free meals. As there is a high demand for buffet dinners, it is sensible that hotels need to provide a wide variety of food and large portions of dishes for customers. This has led them to prepare more food than needed. This often ends up creating a multitude of food waste at hotels. There are a lot of leftovers every day, which are edible, including rice, pasta, and hot dishes. These will all be disposed of directly—what a waste! To be a wise eatery, you could choose to make good use of your leftovers by turning them into free meals for the needy. The benefits from joining our campaign are manifold.

First off, this campaign could benefit different groups of people in need in the city. There are the homeless people who can't even afford a single meal in a day—this campaign would be a way to save them from hunger and prolonged malnutrition. There are also the elderly people who neither have the money for food nor the capability to prepare their own meals. Free meals ready-made from leftovers would be a godsend to the city's growing population of elderly people living in poverty. To help these people, we would need the support from conscientious eateries, like yours, to contribute to our cause and provide free, healthy meals to the needy. All you need to do is reheat the leftovers and pack them into lunchboxes ready for distribution. This could bring hope to the needy in the city and in turn foster social cohesion. The ones who benefit from the campaign would certainly appreciate your eatery's contribution as well.



Dear Sir/Madam,

I'm writing in response to the Worried Teen's letter dated on 4th January in which the writer expressed a concern about the lack of communication between teenagers and parents.

One of the problems in society is the misunderstanding between teenagers and parents. Nowadays, if teenagers have a problem, they would rather

share it with their friends or keep it to themselves. Therefore, parents cannot find out the problem easily from their children and they will not be able to help them out. The children may think that their parents do not care about them at all. To make things worse, if they cannot solve the problem well, the problem will become bigger. The problem will produce so much pressure for teenagers, making them very stressed.

The second problem is that the relationship between teenagers and parents will turn bad if they seldom talk to each other. When they do not have enough communication, it is difficult for them to share their feelings and thoughts. Mutual trust cannot be built.

S.6D Chan Hiu Ying

This campaign would also be a smart way to improve your eatery's reputation. Eateries nowadays are often criticised for being too wasteful and profit-oriented. Participating in this campaign would be an excellent way of showing your company's social awareness as well as its fulfilment of corporate social responsibility. With the compassion and willingness to care for the needy in our society through an eco-friendly way of handling edible leftovers, your eatery will certainly see a great improvement in exposure of its corporate brand image and reputation.



Moreover, you should see this campaign as a promotional campaign at minimal cost. In this campaign, there are no extra resources needed in handling and processing the edible leftovers, as we will send our staff to collect the leftovers and take care of the rest. We will print your company logo on the lunchboxes—which will be appearing on TV commercials as well. This will be a successful promotional and marketing strategy that will make your company known to more people—and not just known, but be renowned for being a socially responsible eatery.

Providing free meals to the needy not only brings benefits to your company but also allows them to fulfil their basic needs. This is definitely a win-win solution. I sincerely hope that you will consider joining the 'Food for Everyone' campaign. Thank you for your kind attention.

Yours faithfully,
Chris Wong

S.5D Wong Ki Chun, Jackwin

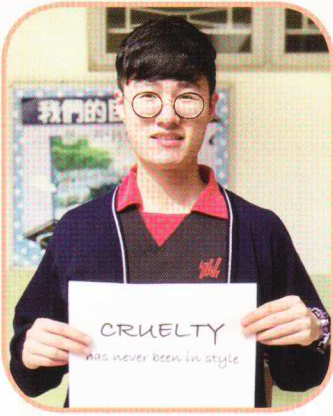
In fact, it is not easy to read children's minds, so the lack of communication can make the problem more challenging. Some teenagers even consider their parents strangers. It really hurts the parents and their relationship suffers.

It is very important for teenagers and parents to improve their communication. Being friendly to each other is a useful tip. "Go and study now," parents often say. Most teenagers think that their parents are unfriendly and always talk about studying. I believe that being friendly is the best way to improve communication. Parents can talk with teenagers in a friendly tone and avoid talking too much about studying. They can talk with each other in a more casual and friendly way. Besides, teenagers can try to share more with their parents every day. Teenagers can share one thing that they did so their parents can feel more included. This would improve their communication.

Lack of communication can be a serious problem. I hope that we can all treat people around us in a friendly way and communicate well with our parents.

Yours faithfully,
Terry Chan

S.6D Lo Fong Lam



Have you ever eaten cat or dog? Have you ever considered it? What if those cats and dogs had previously been living on the streets? Would you still be keen on trying it? Because this is what has been happening lately in Fanling and Sheung Shui. Stray dogs and cats have been taken to meat markets where they were killed, cut up and sold.

As stray dogs and cats wander the streets, they become very dirty. It is common knowledge that they have a lot of bacteria on their fur and they might carry highly contagious diseases. Meanwhile, dirty meat markets in Fanling and Sheung Shui are not authorised and they may not hold a license for selling meat. Without a shadow of doubt, the process of dismembering and carving up stray animals is very unhygienic. People who eat it certainly risk their health, which might lead to an increase in medical expenses. They could even die. Furthermore, dogs and cats are pets and are not supposed to be eaten. If people, without regard to general criticism, eat them, it may somehow promote a cold-hearted attitude in our society. As a result, people may become increasingly indifferent and have no sympathy for others. Our society would be ruined and our future would be nothing but a gloomy and disastrous bane!

There is no doubt that dogs and cats have their own feelings. They are able to feel pain and cry. It is very cruel and harsh to kill them and sell them as food. They should have rights! As we all know, every single life on Earth is equal. We share the same environment. There is no reason to hurt them. Let's put ourselves in their shoes. If you were those animals, how would you feel? They have the right to live in this world, and they have the right to enjoy their natural environment. We are living creatures and there is no difference when it comes to the right to live! We should bear the responsibility to defend their rights and share the joy with them. Animal rights, once again, should not be disregarded.

Have you ever seen stray dogs and cats wandering the streets? I am sure most of you have. However, have you done anything for them? Do you know that they are taken to dirty meat markets in Fanling and Sheung Shui? It is ridiculous to see such a deplorable phenomenon happening in our so-called metropolis. Some people earn enormous profits regardless of moral values and social condemnation. It greatly ignites public outrage worldwide and it should by no means be accepted or tolerated. We should lend a helping hand to these suffering stray dogs and cats. We should not stand aloof and turn a blind eye to it anymore! What we should do is donate a sum of money to help them create a shelter and provide a warm home for them. Come and join us. Bail the animals out of their plight!

As a member of The Green Team, I am writing to express my view towards the waste problem in Hong Kong. Despite the fact that Hong Kong is becoming more and more prosperous, it is also becoming one of the most wasteful places in the world. If the waste problem continues, the consequences will be severe. In order for people to understand the seriousness of the problem in Hong Kong, I will now look into the impact.

Due to the booming economy of Hong Kong, people's spending power has also improved. They can afford more material products to satisfy their desires. However, they can't identify what they want and what they need. Therefore, people will buy a lot of unnecessary items in their daily life. Food waste is a case in point. People simply do not care about leftovers because they may even think that buying a lot of extra food makes them look wealthier. Also, there is a variety of food choices in the markets, so they will usually buy more than they need.

In addition, shopping has become a habit to people in Hong Kong. Since they want to pursue a comfortable life, they use a lot of natural resources like electricity to raise their standard of living. However, these consumerism lifestyles may lead to wasting a lot of things such as food, clothes or electricity. The landfills are filling up fast and the environment is being affected. It is sad but true that landfills are not a solution because the preservatives used to reduce the smell caused by the food waste do not always work properly. Hong Kong does not have space for extra landfills and incinerators are expensive. Before long, rubbish will be scattered on every street.

From my point of view, the government has the responsibility to legislate the problem. This can prevent people from buying luxury goods or over-consuming products. For example, a purchase tax can reduce their shopping desire because they don't want to

S.6D Lee Wai Shing, Jacky



pay a large amount of taxes and increase their burden. This can reduce the amount of waste that people produce from excessive shopping. Also, the government should raise the price of electricity to address this problem. I strongly believe that many wealthy people think it is alright to use a lot of power because they can afford to pay more. They are often using the air-conditioner every day during the summer and it discharges a large amount of air pollutants and destroys the natural environment. Therefore, the government should take action to prevent contamination immediately.

Last but not least, the government should not only solve the waste problem for the short term, but also carry out a long-term plan. Educating citizens to treasure resources is the most effective way to solve the problem. The government can educate them about waste disposal and treatment such as recycling, reusing and reducing. It can cultivate their good habits for environmental protection too. For example, if they have extra food, they should donate it to charity. Also, we can teach them about green living. For instance, when people go out, they should turn off electronic equipment. That will help save energy. As a result, education can improve the awareness of environmental protection among people.

In conclusion, it is high time for people to face the waste problem in Hong Kong. We should protect the Earth's resources and ecological environment together. Where there is a will, there is a way. I sincerely hope that these mistakes will be remedied.



以愛同行 見證成長



霍永明學長與劉校長、文副校長及學弟妹合照留念。

首屆中七學長——霍永明教授與學弟妹暢談人生

現任美國西華盛頓大學 (Western Washington University) 經濟及工商管理學院副院長霍永明教授於 2017 年 7 月 10 日應母校邀請，出席「2016-2017 結業頒獎典禮」，與學弟妹分享「無懼、無愧、無悔」的處世態度；並勉勵學弟妹要肩負社會責任，讓自己的人生活出意義。而獎學金捐贈校友代表凌浩雲、葉子偉、校友校董蘇日輝、校友會代表邱順初及黃楚輝等校友亦出席支持；並聆聽參與「星夢計劃」的學弟妹分享「海外遠征 2017：台灣玉山主峰登頂考驗」的經歷和感受。



霍永明教授(左一)與陳婉儀副校長(右一)、校友會代表及校友會獎學金捐贈校友代表茶聚暢談。

穿針引線

樂見學弟妹成就夢想

蘇日輝 (校友校董、Prudential Global J Star Agency 區域總監)

記得劉校長在一次校友會幹事會會議報告，他會為參與「星夢計劃：海外遠征 2017」的學弟妹安排「台灣玉山主峰登頂考驗」，以激發他們的潛能，為香港培養未來領袖。他要求參與的學弟妹要靠自己的努力籌募旅費，不能依靠家人給予。



業務會議為學弟妹提供了爭取贊助的機會；也提供了學習溝通和解難的機會。

當我知道學弟妹每籌得一元，學校就會配對一元給他們後，決定坐言起行，以行動支持他們，鼓勵他們，讓他們勇於為自己的夢想而努力。因此，我在公司的團隊經理會議提出，邀請學弟妹到我的公司募捐。雖然經理們即時的回應不算積極，也有同事問：「這與我們的業務有什麼關係？」我便回應他們說：「最後，究竟誰幫了誰，我也說不準。」

去年 5 月 31 日，張副校長、陳卓勳老師和攀山教練帶領學弟妹出席我公司的業務會議。他們年紀小，又從未參加過商業會議，都顯得戰戰兢兢，有點壓力。我首先在會議發言，表示我身為校董，必定會贊助；但我的同事就不一定了。一切還要看同學的故事能否說服大家。

到同學出場了！雖然他們都只是中一、二級的學生，仍一臉稚氣；但卻用事實說服了我的同事。他們娓娓道來，由街跑訓練開始，直至登上香港最高峰——鳳凰山頂峰，並考取山藝證書。這都告訴大家，他們是認真的，是有決心的。在追尋夢想的過程雖然遇到不少挑戰；但他們憑著信心和毅力，都一一克服下來。當中付出的汗與淚也感動了我的同事，令他們紛紛慷慨解囊，甚至有人為此而落淚。

我相信，生命影響生命。同學敢夢求真的態度也激勵了我們這班成年人。感謝劉校長為學弟妹創造這個機會，令他們成功逐夢；也期望「余中人」這種追求卓越的精神繼續薪火相傳！

促膝談心 成長路上結伴行

校友會已連續第九年配合「學生發展及成長關顧委員會」對中一學弟妹的培育，安排幹事及邀請不同年代的校友出席在「官子明禮儀之家」舉行的「中一生活體驗計劃」，與學弟妹晚膳並促膝談心。今年，應邀出席的「余中人」分佈不同行業，計有資訊科技界、醫學界、廣告界、工商界、法律界及紀律部隊等。他們與學弟妹暢談工作經歷與職場準備；又或細說當年的校園趣事及生活體驗，引導他們思索中學生活及未來的人生路向。在這些溫馨的晚上，校友彷彿又回到當年的青蔥歲月，重拾校園生活的樂趣。



「校友會摯友獎學金」三位學長十分讚賞學弟的廚藝！

學妹們都傾耳細聽前學生會會長蘇敏學長的分享。



趁著與學弟妹分享之便，學長也請來當年的班主任和老師共晉晚餐。

我們的驕傲

凌浩雲校友榮獲「榮譽勳章」(M.H.) 及「2017 香港人道年獎」

凌浩雲校友現任香港社會服務聯會社會企業商務中心首席顧問。他於 2004 年開展社會創業投資事業，先後開辦社企素食餐廳 Harvester、Happy Veggies、Ateen、Goodnuts、Happy Ours、Bijas 及社企美食車 Jajambao，推廣素食文化。難得的是，上述每一個品牌都會因應不同弱勢社群的特質而設計，讓他們發揮自己的優勢。多年來，凌校友致力推動社會企業發展，曾協助多家社會福利機構成立社會企業，數量達 30 多間；並曾幫助過百名殘疾人士就業，包括視障、聽障、智障、肢體殘障及自閉症人士等。

凌校友以自己的技能及經驗幫助有需要的人；又積極回饋母校，支援培育學弟妹的工作；更以其熱誠及感染力帶動身邊人一同參與人道工作，體現人道精神。2017 年，他獲香港紅十字會與香港電台頒發「香港人道年獎」；並於 2017 年 10 月 21 日獲香港特別行政區政府頒授榮譽勳章 (Medal of Honour)。



凌浩雲校友(右四)獲頒榮譽勳章後，與家人及特首伉儷合照留念。



凌浩雲校友除指導學弟妹製作咖啡香包產品外，更全家動員，支持學弟妹「趁墟做老闆」。

羅梓馨校友榮獲香港科技大學本科生

最高學業榮譽

羅梓馨校友於 2012 年入讀香港科技大學，主修土木工程學及綜合商業管理學雙學位課程，連續五年榮登「院長榮譽列」(The Dean's List)；今年更以一級榮譽畢業，並獲大學頒發本科生最高學業榮譽——「學業成就獎」(Academic Achievement Medal)。



「學業成就獎」肯定了羅梓馨校友(右)五年來的堅持和努力。



與科協副校長(教學)鄭樹坤教授(左)及黃綺璇老師(右)合照留念。

回家的日子——2017 校友日

11 月 25 日，校友會週年大會舉行了兩年一度的選舉。在選舉主任、校長及老師的見證下，大會順利選出 2017-2019 幹事會；而潘子聰校友則在沒有競爭的情況下，自動當選 2018-2020 校友校董。在此，謹祝新任幹事會及候任校友校董工作愉快！



跨代競技，各顯神通！



比賽中場休息，大家來張合照，留住美麗的回憶。



校友的寶貝們中獎了！



候任校友校董潘子聰醫生(左一)與同窗好友圍爐夜話。



70 年代的學長(左一、二)與老師及學妹聚首一堂！



校友會新任主席黃楚輝(右)與司庫甄嘉麟(左)當年因學生會而結緣，至今仍為服務校友及學弟妹而合作無間。



家長教師會消息

家長教師會周年大會

本年度家長教師會周年會員大會於 2017 年 10 月 21 日圓滿舉行，順利選出新一屆家長常務委員。當天安排了資深的沙畫導師李世豪先生和世豪媽媽楊玉梅女士表演及主持親子教育互動講座。李先生為香港展能藝術會註冊藝術家、香港自閉症聯盟中國香港星兒藝術大使及藝術發展局第一屆校園藝術大使；而世豪媽媽楊女士則為香港自閉症聯盟星兒藝團團長。兩位沙畫導師先配合自選樂曲即席表演沙畫，技術精湛，默契十足，讓觀眾看得如癡如醉，嘆為觀止；其後二人透過他們的經歷，與家長分享如何發掘子女潛能，只要因應孩子的志趣及才能，並予以適當的培育，定能讓孩子在不同的舞台大放光芒。



陳主席報告會務

第十九屆家長教師會常務委員名單

名譽會長：梁紹安校監

顧問：劉振鴻校長

家長常務委員		教師常務委員	
主席	陳薛萍女士	副主席	黎慧敏老師
副主席	黃妙送先生	秘書	唐振宇老師
稽核	邱麗雯女士	秘書	吳浩兒老師
康樂	馮燕瑜女士	司庫	馮敏華老師
聯絡	曹怡慧女士	康樂	李明怡老師
聯絡	王輝女士	聯絡	林少英老師
總務	黃美紅女士	總務	林佩玲老師



資深沙畫導師李世豪及楊玉梅（世豪媽媽）表演



第十九屆家長教師會常務委員大合照

家長委員心聲

黃妙送先生 (4C 黃苾欣家長)

過去一年，本人著重聯繫香港及珠三角如深圳、珠海、澳門等學校，包括校方管理層、老師或專業人士和我們學校交流，並推動合作。此外，本人也參與義工，透過不同媒體推廣「余中」的 STEM、星夢計劃、和海洋生物研習等重點項目。在家校合作上做到教學相長，並非單單由幾位家長委員就能推行和深化，本人期待更多家長投入學校事務，各展所長，為「余中」大家庭貢獻一份力量。



黃妙送先生

黃美紅女士 (2B 劉曉雯家長)

上學年本人成功當選了家長委員，注意到女兒改變了很多，變得有責任感，自信心亦增強了，不輕易放棄，學會堅持。所有改變全賴校長和各位老師給女兒機會參加不同類型的活動，令她不斷進步，從多方面學習。本人非常感恩能加入家教會這個大家庭，期望通過家校合作，令孩子們變得更好。



黃美紅女士

家校同樂日

本會一年一度的「家校同樂日」於2017年12月2日圓滿舉行。當天一眾參加者乘坐旅遊車前往「熊館蜂蜜」製作烏結糖，之後到沙田帝都酒店2+2餐廳享用自助午餐。其後到錦田鄉村俱樂部，在本校社工譚姑娘帶領下，一起進行集體遊戲，盡興而歸。



參加者積極回應導賞員的提問



親子旅行大合照



同學專注地製作烏結糖



同學於「熊館蜂蜜」留影



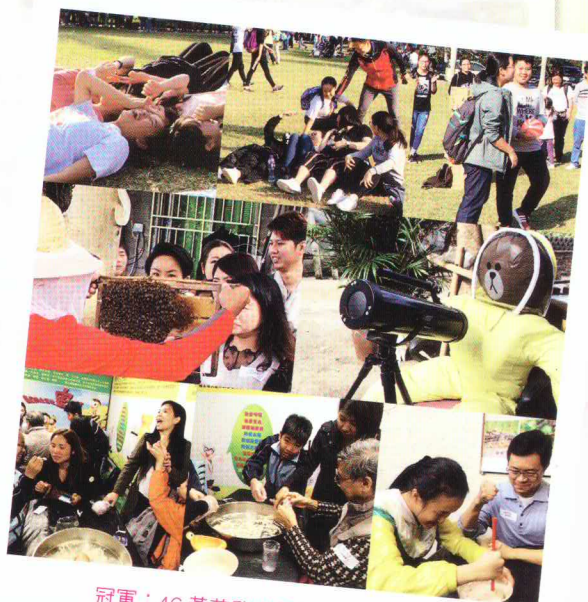
社工譚姑娘帶領集體遊戲

親子旅行攝影比賽

為配合「家校同樂日」，本會舉辦「親子旅行攝影比賽」，邀請參加旅行的學生和家長在旅行地點拍攝溫馨照片，一起分享歡樂情景。



冠軍：3D 高芷欣同學作品



冠軍：4C 黃芷欣家長黃妙送先生作品

獲獎紀錄

本校鼓勵學生積極參與不同範疇的學習活動，藉此發揮所長，其中在學業、藝術創作等方面均表現傑出，獲得多個獎項。

「調解為先」承諾書中學生徽號及星徽設計比賽

本校參加由律政司主辦的「調解為先」承諾書中學生徽號及星徽設計比賽，5D 周麗淇榮獲星徽設計比賽冠軍及徽號設計比賽優異獎，5B 張子諾獲得星徽設計比賽優異獎。



(左起) 梅詩詩同學及陳曉瑩同學合照



梁紹安校監(右二)、張齊欣副校長(左三)和勞翠華老師(左一)與獲獎同學合照

第十屆黃大仙區傑出學生選舉

東九龍青年社與黃大仙區傑出學生協會舉辦「第十屆黃大仙區傑出學生選舉」，4D 梅詩詩及 6D 陳曉瑩分別獲選為「初中組優秀學生」及「高中組傑出學生」。

學生心聲

4D 梅詩詩

得悉成為黃大仙區優秀學生時，我感到十分高興。這個獎項不僅肯定了自己的努力，也驅使我在往後的日子裡更用心學習，做好學生應有的本分，把握每一個機會增值自己，裝備自己成為一個更優秀的人。

6D 陳曉瑩

我很榮幸能夠再次獲得黃大仙區傑出學生這個獎項。初中獲獎時，能認識不同學校的朋友是我最大的得益。但現在，學懂欣賞別人的優點及反思自己的不足才是我最大的得著，正所謂：「見賢思齊焉，見不賢而內自省也。」我很高興能跟整個黃大仙的精英互相切磋、學習。

第六屆陽帆之旅——太陽能模型船創作大賽 2017

本校學生參加由藝術與科技教育中心主辦的「陽帆之旅——太陽能模型船創作大賽」，應用工作坊內學習的知識，以太陽能電池板作為主軸，設計太陽能模型船，「陽帆」出海，並以模型船的創意和航行速度進行比賽，獲得佳績。



馬基鏗老師與獲獎同學合照

第九屆灣仔區體育舞蹈公開賽

在第九屆灣仔區體育舞蹈公開賽中，3D 倫芷晴、3D 郭曉琳獲 14-15 歲雙人拉丁舞雙項(查牛)第一名及三項(查倫牛)第一名。2C 陳堽琳、2D 許千惠獲 14-15 歲雙人拉丁舞雙項(查牛)第二名及三項(查倫牛)第二名。而 3C 鄭詠如、3D 余金敏 14-15 歲雙人拉丁舞雙項(查牛)第三名及三項(查倫牛)第三名。



本校學生在舞蹈方面表現出色

比賽項目	得獎同學	獎項
個人速度賽(雙體船)初中組	2B 吳浩澤	冠軍
個人速度賽(雙體船)初中組	2C 馬緯珊	亞軍
個人速度賽(雙體船)初中組	4C 馮凌聰	季軍
個人速度賽(雙體船)初中組	2B 吳天恩	優異
2人隊際競賽	3D 方詠嫻 3D 何澤銘	冠軍
2人隊際競賽(搖控)	3D 郭肇彰 6D 余永權	亞軍

其他獎項

參賽項目	主辦機構	獲獎同學	獎項
第九屆九龍地域傑出學生選舉	九龍地域校長聯會及香港青年協進會	6D 陳曉瑩	高中組優秀學生
2016-2017 年度「黃大仙文志獎學金」	黃大仙文志基金、黃大仙工商業聯會、黃大仙區學校聯絡委員會、黃大仙民政事務處	5C 黃亦樂	最顯著進步獎(中學組)
2017 第三屆全港青少年進步獎	杜家錫恩教育基金	6C 余梓朗	全港青少年進步獎
「應用學習獎學金」(2016-2017 學年)	羅氏慈善基金	4C 陳俊豪 6C 余永權	優異獎
施彭年教聯獎學金(2016-2017 學年)	香港教育工作者聯會	6C 侯佩汶	應用學習獎學金
慶祝回歸 20 周年全港學生翡翠首飾設計大賽	香港珠寶玉石廠商會	3D 郭曉琳	嘉許狀
「關懷海洋日」短片創作比賽	香港珠寶玉石廠商會	5D 周麗淇	優異獎
亞洲國際數學奧林匹克公開賽	工業福音團契 IEF	2B 劉曉雯	網上最有人氣金獎
全港青少年數學挑戰賽 2017	亞洲國際數學奧林匹克聯合會	5D 張君略	高中組優異獎
Super 24 邀請賽	全港青少年數學挑戰賽委員會、香港聖公會何明華會督中學、左右腦力數學中心、中外學術交流協進會	2B 吳浩澤 2D 薛嘉銓	三等獎
2017 年度永倫青年啟航計劃決賽	順德聯誼總會胡兆熾中學	2D 陳建良 2D 張俊鍵 4B 陳卓烽 4B 施俊榮	組別：飛飛碟 冠軍
《2017 美麗校園 - 優秀特長生藝術盛典 - 港滙台區選拔賽》民族舞	黃大仙警區、黃大仙區學校聯絡委員會、香港遊樂場協會、男子甲一組「永倫籃球隊」	4C 區浩銘 4C 陳俊豪 5A 王俊杰 5B 葉子康 5C 蔡欣辰 5D 羅兆豪	
「環保為公益」慈善花卉義賣籌款	音韻藝術推廣協會	5B 吳宛汶	少年 B 組(16-18 周歲)特金獎
	教育局公益少年團 黃大仙區委員會	公益少年團	銀獎

2017-2018 刊物組

顧問：劉振鴻校長 文可為副校長 張齊欣副校長

編輯：林丁祺老師 陳慧儀老師 陳婉婷老師 鄭惠娟老師 周麗雲老師 梁小敏老師 王俐華老師 黃詩蘊老師