



清旬

The Ringing Ten

111

2006.10.30

寶安商會王少清中學定期通訊/通告，逢每月十、二十及三十日派發。



校長話：5P 防「輸蝕」

2006 年會考，本校的摘 A 率和優良率超越了不少英中，報章電台說我校是「會考大贏家」。工友成叔半年前已提醒我「買定香檳」；這次突破的幅度之大，全港第一，的確飲得杯落！

特別要提的是，我校有近三十位同學英文科 (B) 取得優良，其中十位是 A 或 B 級，尤其值得慶賀。須知道，在個別英中，英文科也不是年年有 A。

不過，我還是要提醒同學們要狠抓英文。

過去，英文科有分甲卷和乙卷，我校同學全部選考程度較高的乙卷，合格率仍能升至 83.2%，在中中而言，屬於全港少有的佳績。不過，還有二、三十位同學英文科只拿 F 級，令合格率未能越過理想的 90%，而這些同學的個人道路也曲折起來，實在是一大憾事。

會考各科皆設中、英文卷。自中、英分流以來，越來越多會考生選用中文作答。目前，有近 30 個科目以中文答卷的考生佔多數；只有物理，化學，生物，附加數，會計五科仍然是以英文答卷的考生較多。

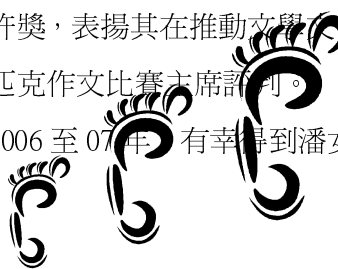
為順利升讀海內外大學，我校鼓勵同學以英文應考各科。必須指出，有小部份同學英文不過關，要以英文答題，難免「輸蝕」。要避免「輸蝕」，惟有從低年班開始打好英文底，特別要增強英文寫作的的能力。英文好了，會考才不致於負磅作賽，升學才有希望。西方人的智慧「Proper preparation prevents poor performance」，與中國人的智慧「工欲善其事，必先利其器」，可說是異曲同工。發揮你的智慧，磨刀霍霍向英文，是時候了。

名作家潘明珠來校授徒

潘明珠筆名英明，曾留學東京。著作約 60 種，曾獲中、港、台多項兒童文學獎項。潘氏致力推廣青少年文學閱讀和寫作，策劃及主持多種校園創作坊，包括童詩、童話、故事、小說創作等，並於演藝學院教授「兒童圖畫故事」及「遊遊新感官創意寫作坊」等。潘明珠曾獲香港民政事務局局长何志平頒贈嘉許獎，表揚其在推動文學及藝術發展之傑出貢獻。現為香港中外文化推廣協會主席，亦擔任奧林匹克作文比賽主席評判。

本校作家班（2006 至 07 年）有幸得到潘女士加盟為導師，師生皆雀躍不已。

校友追蹤



➤ 吳燕玲獲理工大學「傑出商貿設計獎學金」

吳燕玲校友 (2003,7B) 理工大學理學院今年畢業，因學業優異，獲 Dr. Kong Footcare Outstanding Business Plan Scholarship。

➤ 黃芊芊浸大一級榮譽畢業

黃芊芊校友 (2003,7A) 入讀浸會大學電影藝術系，上了學院成績優異榜，並以一級榮譽畢業。(本屆浸大 1444 名畢業生，獲一級榮譽的只有 72 人。)

➤ 上榜校友

各大學設「成績優異榜」嘉許優異學生，本校校友近期上榜的有陳文放(浸大工管)，鄭琳(浸大社會科學)、葉惠聰(浸大工管)、余玉萍(浸大文學院)、黃楚淇(嶺大翻譯)。

➤ 孫家筠、謝俊婷校園拍新婚照

孫家筠校友 (1990,3E) 完成中三後移民美國，現在加州任建築師。謝俊婷校友(1992,5A)，中五畢業後赴美半工讀完成大學。兩位校友在美國相遇相戀，最近結婚，乘回港宴親朋之便，特別在 10 月 14 日回到母校校園拍結婚紀念照。兩位新人約了當年(1989)F.2 同班的死黨五人齊回母校，全部不穿禮服，換上校服，以見證個人成長的重要階段，緬懷昔日同窗的歲月。當年的班主任鄭婉玲老師喜見門徒，與新人及「伴郎」們合照誌慶。兩位新人稍後回美國發展事業。

參觀陸運會的家長請先致電報名



本校將於 11 月 2 及 3 日於荃灣城門谷運動場舉行陸運會，並邀得校友黎志良會計師擔任主禮嘉賓，歡迎家長到場參觀。有興趣出席的家長，請先致電 24140157 向關小姐報名，以便安排座位。

學校組別低 患病風險高？

中大在 2003 至 04 年隨機為 14 間中學共 2115 名 11 至 18 歲的學生檢查身體，一半屬第一組別學生、另一半屬第二組和第三組別學生。逾四成中學生有過重、高血糖、高血壓或血脂不正常的情況，當中有多達 32% 學生有高血壓問題，因為中國人愛吃鹽份高的食物、運動量又不足，以及精神壓力過大所致。

調查又顯示，學生就讀組別(Banding)較低的學校，患上代謝綜合症的風險高出 5.5 倍。就讀於第一組別中學學生，除了平均成績較佳外，原來身體也會較健康。中大內科及藥物治療學講教授陳重娥說，至於為何組別較低的學校有較多學生患有該病症，她說暫未能分析因果關係。

中大兒科學系榮譽臨床導師鄭碧純估計，成績較好的學生較自律及注意飲食，或間接令其患病的機會下降。與學生家長的教育程度較佳、著重子女的飲食及運動，以及學生較「醒目」，在生活上較自律，注意均衡飲食有關。加上較低組別的學校，可能較少舉辦活動，增加了學生肥胖、高血壓及高血糖的機會，令他們患上代謝綜合症的機會增加。

專家呼籲年輕人要為健康著想，改變生活和飲食習慣，低糖、低鹽的飲食原則，並多做運動，家長亦應從小培養子女良好的飲食習慣。

10.26 《星島日報》、《明報》

黃詠霖、李少芬英國遊學記



自 2002 年開始，灣仔扶輪社每年向我校頒發獎學金，資助兩位品學兼優同學赴英國參加英語課程，所有遊學費用由扶輪社提供（每位約三萬元）。本年六月，灣仔扶輪社主席及委員會共四人到本校面試獎學金申請人。各評審委員對同學表現極為滿意，選定 F.4 李少芬及黃詠霖同學為得獎者，兩位同學於 2006 年 7 月 22 日至 8 月 13 日赴英國遊學三周，並於 9 月 25 日在灣仔扶輪社報告此行畢生難忘的豐富收穫。獲獎同學秉承扶輪社立己立人的精神，主動服務同學，尤其在推動校內學習英語風氣方面，給予老師極大的支持。請看她們的報告：

Three Weeks in England by Lydia Wong Wing Lam

In the summer of 2006, my schoolmate Lee Siu Fan and I got a full scholarship from the Wanchai Rotary Club to go to England to learn English and see England for 3 weeks. This is the first time I went traveling without my family, and I learnt a lot during this trip.

I studied English in the advanced class in Salisbury English Language School during these 3 weeks. There were no other Asians in my class, I was quite nervous at the beginning of the first week. Fortunately, both students and teachers in my class were very nice and I got along with them very quickly.

There were almost 20 students in each class. Students were asked to perform a drama, discuss on some hot topics and answer questions after watching movies. Lessons were interactive. During discussion, we could express our feelings about the topic, which was a very good chance for me to practise my oral English and see other people's way of thinking.

After lessons in the morning, there were lots of activities for us to join in, such as swimming, aerobic, horse riding, pottery, barbecue and disco. I love horse riding very much because this is one of sports that I'd like to try since I was small. Although the horses smelt not very good, I love them because they were obedient and friendly.

For Saturdays and Sundays, we went to some famous places such as London, Windsor Castle, Weymouth, and Stonehenge. Of these four places, I love Stonehenge the most because there was a great piece of grassland, which I cannot see in Hong Kong.

This trip has changed me a lot. Before this trip, I was a dependent girl since I always rely on my parents for everything. However, during this trip, I need to arrange all things by myself such as how to spend the money wisely, what activities I should take part in and so on. Now I can do things more independently than before.

Also, during this trip, I met a lot of friends from countries such as Germany, Japan, Italy and so on. Now I still keep in touch with them by sending e-mails. I can also practise my English by writing letters to them.

I would like to say thank you to the Rotary Club of Wanchai for giving me such a good chance to widen my knowledge. I will learn the Rotarian spirit, and try my best to contribute to my school and society in future.

England, my England by Dorothy Lee Siu Fan

I am Lee Siu Fan of F.5B. First of all, I'd really like to thank the Wan Chai Rotary Club for this trip. This trip to England is not a trip only, but also an experience that will stay in my mind for a lifetime. I can't believe I have grown up so much. In the first few days to Salisbury, I was such a little girl who didn't know anything. After a few days later, my new friends brought me to a new world, taught me new things and helped me build up my confidence and made me become more independent.

Through the activities such as making pottery, dancing and horse riding, I have made a lot of friends and tried a lot of new things that I had never done before. I enjoyed taking part in all these activities. My

friends helped me a lot in these three weeks. Although they are of different nationalities, they are so friendly that I can share my feelings with them. The most unforgettable experience is to have known such good friends. I am so happy that now I can keep contact with them and I hope this will continue in the future.

I was so lucky to have a dutiful host family hostess, Mrs. Greyer, who provided a comfortable, pretty and warm place for me and to let me experience the local living style. We also helped her to water the garden, cut the grass, went out to pick up some blackberries and we enjoyed the TV program together. It seems we became the family members in the house. I appreciate her care to us very much.

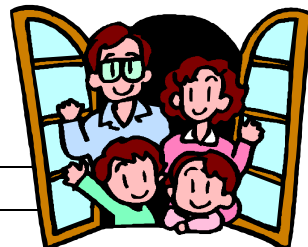
I wish to thank the Rotary Club of Wanchai and my principal, Mr. Lee again for making these wonderful things happen to me. I will keep improving myself so that in the future I will be in a position to help others like the Rotarians.

此「士」不同彼「仕」

本刊第 109 期頁三，誤將智障人「士」植為智障人「仕」，特此更正。根據《現代漢語辭典》，「士」的其中一個義項為「對人之美稱」，「仕」則「舊指做官」，所以此「士」不同彼「仕」。

濕地公園，你去過未？

家長教師會 2006 冬季旅行團，誠邀你參與！詳情如下：



日期	二〇〇六年十二月十日 (星期日)
集合地點、時間	王少清中學側閘(面對荃灣廣場方向)，上午九時正
行程	濕地公園>流浮山>恆香老婆餅製作工場>文山公園
午膳	流浮山海鮮宴：白灼蝦、紅燒蘇眉、豉油雞、蒸鮑魚、焗肉排、魚香茄子、羅漢上素、油菜、水果、白飯
費用及繳交辦法 (包所有費用)	每位 \$100。17 歲以下及 65 歲以上人士，每位\$90。報名時請繳付團費，盡量以 支票 繳付。支票抬頭：<寶安商會王少清中學家長教師會>
名額	有限。欲免向隅，報名從速！
其他	包導遊及旅行保險。另有有獎遊戲節目。
查詢	請致電 93547706 與袁力康老師聯絡。

✂.....**回 條**.....
(無論出席與否，都必須交回)

請女班長集齊回條及支票後於 11 月 10 日前交蕭友光老師

學生姓名/班別/學號 _____ / _____ / _____			
家長姓名/簽署 _____ / _____			
<input type="checkbox"/> 不參加 <input type="checkbox"/> 參加共 _____ 人			
	參加者姓名：	費用：	
		人數	小計
		\$ 100	=
		\$ 90	=
		總計	=
聯絡人姓名/電話： _____ / _____			