



清旬 *The Ringing Ten*

124

2007.4.20

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：把炮口對准「水過鴨背」

語文學習，既要學知識，也要掌握操作，而且應以操作為主；聽、講、讀、寫，缺一不可。英文科的性質，決定它既難學又難教。因為學習英語是學一種語言技能，不能只靠「溫書背筆記」成事，另外，英語既然是外來語，學生在日常生活中接觸有限，這種技能便難以依靠自然習得。課堂上教授過的英語，若無大量而又頻密的鞏固活動配合，就會「水過鴨背」，流失嚴重。沒有一定的數量，不會有質量的飛躍。這個數量，可以靠學生自覺爭取，更重要的是靠學校政策保證。

教師的主要教學工作，一是在課堂上有效傳授知識和技能，二是安排學生鞏固知識技能。傳授與鞏固是教學的兩個基本環節，相輔相成。就我的觀察，本港的學校應該在鞏固環節花多些心思，下多些工夫，尤其對英語教學而言，更需要加強「鞏固 Consolidation」方面的力度。

本校老師十分重視英語教學的「鞏固環節」，基於這個堅定的信念，推行英語廣泛閱讀(ERS)，英語早會(EMA)，英語師徒制(ELMS)，英語戲劇(DE)，英語午間藝墟(Lunch-time English Show)，英語自由寫(Free Writing)等活動。堅持了數年，效果明顯。

英語教學的成效，關鍵不是在投放多少資源，而是在對英語教學的認識。

手球連續九年不敗，又創下輝煌一頁！

本校手球隊第九度奪得學界手球比賽男子組總冠軍，連續九年稱霸荃灣及離島區，成績斐然！

<u>荃灣及離島區男子組總冠軍</u>	
男甲：冠軍	
隊員：4B 張驩才、王嘉裕、黃漢釗、4E 陳主威、張裕華、黃志欽、5A 林輝、連澤鑫、蔡皓光、5B 黃晨勇、5D 馮昇璋、6A 林一峰、張宏龍、吳峻翔、7B 何浩文	
男乙：季軍	
隊員：2B 陳品、2C 洪佳偉、4C 譚祖文、溫浩樑、3B 羅昆碩、3C 羅振誠、馮福喬、凌嘉傑、3E 林子健、4B 黎焯延、黃建勳、葉國豪、4E 徐展珩	
男丙：冠軍	
隊員：1A 陳漢文、劉宏基、2B 蔡梓熙、張衡、2C 陳仲璟、李霆鋒、黎忠賢、嚴正開、2D 陳家洛、陳銳、鄒永鴻、陳皓弘、萬頌賢、曾智謙、邵栢熙、2E 朱鴻城	

本校奪校際戲劇節「傑出合作獎」

由本校中二、中四及中六同學組成的話劇隊伍，於「2006-2007 年度校際戲劇節」(中學廣東話組)比賽，以《回憶》一劇獲得「傑出合作獎」，各同學合作無間，發揮出團隊精神，令人鼓舞！

下星期有「普通話周」

本校將於下星期舉行「普通話周」活動，屆時午間將設有攤位遊戲、卡拉 OK、中午(12:40 至下午 1:30)及課後(下午 3:45 至 4:45)有電影欣賞等活動，歡迎各師生參與。中一、中二級同學必須出席「電影欣賞」活動，詳情如下：

中一級： 4 月 23 日，中午 12:40 至下午 1:30，下午 3:45 至 4:45，於各班課室播放。

中二級： 4 月 24 日，中午 12:40 至下午 1:30，下午 3:45 至 4:45，於各班課室播放。

敬請各家長及同學留意。如有任何查詢，歡迎致電 24140157 與普通話科主任黃子敬老師聯絡。

小心！脂肪家族有個大壞蛋！

脂肪家族有好幾個成員，有好有壞，反式脂肪(Trans fat)是家族中最壞的成員。反式脂肪是植物油經過人工氫化後產生的固體油脂，由於植物的脂肪酸結構由順式變成反式，因而稱為「反式脂肪」。

在食物包裝標識上，含反式脂肪製品的成分名稱，非常多變，包括**氫化植物油/精煉植物油 (hydrogenated vegetable shortening)**，**部分氫化植物油(partially hydrogenated vegetable oil)**，**固體油脂(shortening)**，**氫化脂肪、氫化菜油、酥油、人造酥油、雪白奶油**等等。

人體進食「反式脂肪」後，不單會增加體內壞膽固醇(LDL)的含量，還會危害好膽固醇(HDL)，更易引致血管硬化或阻塞，增加患冠心病或中風的風險。

聰明的你，要遠離飽和脂肪和反式脂肪的食物，要親近含不飽和脂肪的食物，更要減少進食快餐店/食物部的炸、焗食物。還要話俾阿媽知，不要用反式脂肪煮菜。

(資料：美國心臟學會—家政老師 Ms Yim 提示)

「健康美食之標語創作及烹飪比賽」歡迎你參與

家長教師會與家政學會將於 4 月下旬至 5 月 5 日(星期六)聯合舉辦「健康美食之**標語創作及烹飪比賽**」活動，希望提高同學及家長對健康飲食的關注。活動詳情如下：

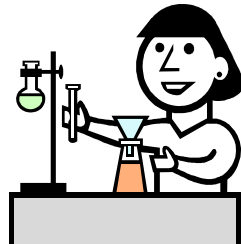
標語創作		烹飪比賽	
主題：	宣揚健康飲食	主題：	➤ 食得健康之材料及製作方法 ➤ 請為作品命名
截止日期	27/4/07	截止報名日期	27/4/07
備註	報名時交回標語作品	備註	➤ 5 月 5 日，帶同作品參賽。大會提供每隊/組最高 30 元材料費。請保留單據。
➤ 參加者可以個人、家庭、班級或自由組合的形式報名。 ➤ 可同時參加標語創作及烹飪比賽，或只參加其中一項。			



-----回條及報名表-----

請於 27/5/07 前由女班長集齊交回圖書館主任潘少玉老師

學生姓名/班別/座號：	/ /	
家長簽署		
<input type="checkbox"/> 參加		<input type="checkbox"/> 不參加
組合形式及成員姓名		
參加項目	<input type="checkbox"/> 標語創作	<input type="checkbox"/> 烹飪比賽
內容/名稱 (請清晰書寫)		
聯絡電話：		



14 同學接受科大「少年科學家」培訓

「少年科學家優才計劃」由香港教育城及香港科技大學合辦，目的是培育少年科學家。此計劃提供具挑戰性的學習歷程，藉此培育在數理方面具優厚潛質的本地優才。在第一階段中，學生需透過網上平台，進行強調解難的互動練習。成績優異的尖子，有機會參與科大的數學特訓課程，體驗多元化的學習經歷，全面提昇個人潛能。

全港共 80 所中學，約有 2000 位同學參加第一階段比賽，其中最高分數的 300 人可進入第二階段，即 4 月 29 日於科大舉行的「數理日營」。本校共有 14 位同學入圍，表現優異，名單詳列如下：

排名	總積分	名字	班別	排名	總積分	名字	班別
<u>1</u>	<u>2270</u>	朱鴻城	<u>2E</u>	8	1975	楊子樂	1E
<u>2</u>	<u>2250</u>	莊凱殷	<u>2E</u>	9	1960	陳文芳	2E
<u>3</u>	<u>2220</u>	梁柏康	<u>3E</u>	10	1950	鄭博文	2E
4	2170	李銘揚	2E	10	1950	方梓全	3E
5	2100	周智弘	2C	12	1915	鄭兆霖	1A
5	2100	鄧卓熹	2C	13	1810	凌嘉晴	3D
7	2030	金文杰	1E	14	1800	呂均浩	3E

管樂團宣佈：活動暫停，直至另行通知。



「英語自由寫」嘉許榜 (English Free Writing Writers' List)

「英語自由寫」計劃為常規作文課之外，同學及老師參與的文字交流活動，據不完全統計，由去年 9 月至本年 1 月，完成了 3000 字或以上的同學約有 120 人，他們是：

3000 字以上

1E	陳祉君	鄭伊嵐	曾海琪	胡珮慧	黃司豐			
2B	葉家欣							
2C	羅安妮	廖梓希	倫穎彤	吳楚瑩	黃紫婷	嚴正開		
2D	何爾寧							
2E	區樂生	齊懷恩	陳文芳	蔡美婷	莊凱殷	何麗珠	何森汝君	盧啓軒
	何裕欣	林穎然	潘芍盈	謝吳殷	黃靖茹	陳逸恆		
3A	陳珮瑚	何安琳	林君諭	李儉敏	伍凱媚	吳瑞嫻	冼穎詩	黃紫瓊
3B	張家穎	劉玉映	蘇洛儀	謝少燕	余智瑛	陳耀明		
3C	張盈盈	周蓉蓉	梁筠宜	黃詠詩				
3D	梁可欣	嚴嘉烜						
3E	葉靖堃	鄭展鵬	林博文	林梓濠	呂均浩	楊達成		

4000 字以上

2B	陳昕兒	蔡嘉麗						
2E	關嘉曦							
3A	吳思慧	楊思程						
3B	陳冬菊	林瞳欣						
3C	梁婉琪	潘昭宜	鄧翠華					
3D	倪祖立							
3E	歐芷杏	張婷	朱呈昕	劉曉恩	李翠華	梁思欣	伍靖雯	莫家偉
	孫靜宜	鄧卓婷	楊詩雅	楊綺雯	易詠恩	劉常威	梁柏康	曾焯樂



5000 字以上

2C	石毓靈							
2E	陳蕙瑜	梁寶殷	鄭焯熙	鄭博文				
3A	歐曉春							
3B	蔡小翠	朱穗欣	王昭雯	王玲玲	陳希朗			
3C	林思欣							
3D	鍾浩雯	冼瑞宜						
3E	陳香如	陳雅怡	陳娉婷	張嘉玲	馮靜儀	林曉淪	林寶盈	嚴舒婷
	李詠雅	曾麗雯	溫芷欣	王碧瑜				



6000 字以上 3C 尹偉良 3E 方梓全 廖曉彤 張齡傑

7000 字以上 3E 梁慧雲

8000 字以上 3C 何靜 3E 黃碧怡

My Secondary School Days (Part 3)

校長中學生活回憶錄

~ By Lee Man Piu



Bookworms Alley

Having dropped from a good class in F.4 to the bottom 5A; I started my last-year scramble for survival in QC. So for most of my F.5 HKCEE days, I would finish lunch in less than 15 minutes and spent the rest of lunch hour as a bookworm in this 'secret' place I named the Bookworms Alley. It's in fact a narrow strip of space shielded from the rest of the school by the science laboratory wing. You entered this place from an opening on the right of the Scout Den. This was a used-paper collection point, where discarded past exam papers and office files were lying around, perhaps waiting to be properly disposed of. It was a quiet and relatively clean place, but smell did come from the nearby Tai Hang nullah next to the school fence.

This place must have been utilized by generations of QC boys to cram for the HKCEE or AL Exams. At our time, it was frequented by the same group of about a dozen students every lunch hour. We stood there leaning against the wall, with eyes glued to our books or notes, everybody minding their own studies. I remember Chan Kam Ping was always there. Yau Yung, were you there too? How about Siu Yiu? From this Bookworms Alley (my apologies to my fellow-users for this less than glorious name) many successful professionals would emerge. (*Dr Chan Kam Ping and Dr Yau Yung Sang are both medical doctors with their own practice. Dr Sit Yiu Sun is a successful businessman.*)

A number of years ago, I purposely took my son and daughter (in primary school) to pay a pilgrimage to this scared place where their father had stood many of his lunch hours thirty something years ago. I now make sure that students in my school have their own Bookworms Corner, complete with chairs and desks, but no smell.

This Bookworms Alley was one of two factors that helped me to get the best HKCEE results among Arts students of my year, for which I was awarded a Government Scholarship for matriculation course.

Friends, thank you

The other 'factor' being classmate Albert Tsang Hon Kin, whom I got to know only in F.5. Albert selflessly revealed to me the secrets and psychological tricks of making exam markers into giving you higher marks. Only after Albert's enlightenment did I begin to have some confidence in tackling public exams. (*Mr. Tsang Hon Kin, now a barrister, made himself a name in the legal circle for representing Nina Wang's father-in-law in Hong Kong's biggest and longest ever legal battle, against Nina, over inheritance money. To Albert's dismay, Nina emerged victorious. Have you collected your fees, Albert?*)

Woo Kin Chu, in F.2, lectured me that "To do things, even good ones, in the wrong time is foolish". I have been impressed by his wisdom, and have lectured my own students on numerous occasions, using almost the same words from Kin Chu. (*Dr Woo Kin Chu now works in the business field.*)

Chiu Shiu Yim guided me on the basic tactics of badminton. "When your opponent is at the right, hit the shuttlecock to the left. When he's at the front, hit it to the back." He said. I have followed this simple but powerful formula to this day. (I play two strenuous games of badminton each week now.) I have also showed off my "insight" into this game to beginners by repeating Shiu Yim's exact words. Forgive my plagiarism, SY. Let this be acknowledgement better late than never. (*Mr. Chiu Shiu Yim taught at the Hong Kong Institute of Education before retiring a few years ago.*)

There were many other interesting figures. Yam Pui, Henry At that time I didn't know classmates around me would exert such long-lasting influence on my life, and they certainly didn't expect that. (*Mr. Yam Pui, retired from the Correctional Services Department, is now pursuing a legal career. Dr Henry Fung is a medical doctor in private practice.*)

The Exception

People want to believe that QC boys are bright with high IQ. Well, I am afraid I have let them down, because I am the exception. At HKCEE, I got distinctions and good credits in all my subjects but mathematics. I did not fail, nor did I pass, because I was simply so afraid of mathematics that I dropped that subject. I later found out that ours was the very last year when applicants were not required to have a math pass to enter HKU. What a narrow escape! I often wonder if I was the only boy in the history of QC not sitting the HKCEE math exam. You would wonder how it was possible that Hau Leung and I could have come from the same school, and the same class too! (*Professor Lee Hau Leung has been Professor of Mathematics at Stanford University for over 20 years.*)

Luckily I am still sane enough to bar my students from replicating my "achievement".

The School Lawn

I consider the lawn (outside the Scout Den and the Tuck Shop) the second best thing of QC. (The best thing being the students themselves, of course.) During our F.2 to 3 period (?), the lawn was particularly attractive, with beautiful flowers blossoming in the flowerbeds all year round. It is very rare for any school in Hong Kong to have a lawn (of this size!), and even rarer to have one that equals the beauty of the one we had. As I get to see more and more schools, I become increasingly convinced that the lawn is the gem of QC. I believe a person's character is moulded by the people and the environment around him, so I have gone to great lengths to provide a lawn, complete with two cotton trees, like that of QC's, in my present school. Though this one is only a quarter of the size of the one that we enjoyed.

Family

I am married with two children. My wife is a secondary school teacher. My daughter and son are still in school. I will be the first one in the family to leave school, in a few years' time.

The writer is the Principal of Po On Commercial Association Wong Siu Ching Secondary School, Hong Kong.