



清旬 The Ringing Ten

186

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寶安商會王少清中學定期通訊/通告，2002年創刊，逢每月10、20及30日派發。



校長話：向曾特首進一詩

德蘭修女 (Mother Teresa, 1910—1997)，阿爾巴尼亞人，在印度加爾各答貧民窟獻身人道工作達 50 年，1979 年獲諾貝爾和平獎，死後獲羅馬教廷封為聖人。德蘭修女受到世人普遍傳頌；儘管如此，她的一生亦不乏批評者。

多年前，李城璧中學校長徐守淇女士和我分享相傳是德蘭修女所作的一首小詩；我們都高度共鳴，深受感動。詩是這樣的：

Anyway

**PEOPLE are often unreasonable, irrational, and self-centered. Forgive them anyway.
If you are kind, people may accuse you of selfish, ulterior motives. Be kind anyway.
If you are successful, you will win some unfaithful friends and some genuine enemies. Succeed anyway.
If you are honest and frank, people may deceive you. Be honest and frank anyway.
What you spend years creating, someone could destroy overnight. Create anyway.
If you find serenity and joy, some may be jealous. Be joyful anyway.
The good you do today, people will often forget tomorrow. Do good anyway.
Give the world the best you have, and it will never be enough. Give your best anyway.
In the final analysis, it is between you and God. It was never between you and them anyway.**

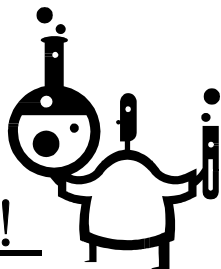
以下是我的中譯，供大家參考：

儘管如此

有人常常蠻不講理，邏輯混亂，自我中心。儘管如此，原諒他們吧。
當你慈善為懷，可能有人指責你是出於私利，居心叵測。儘管如此，慈善為懷吧。
當你取得成功，可能給你帶來偽朋友和真敵人。儘管如此，爭取成功吧。
當你待人以誠，可能會有人設計騙你上當。儘管如此，待人以誠吧。
你經年累月努力創造的成果，可能會一夜之間被人摧毀。儘管如此，創造成果吧。
當你獲得安寧，心情舒暢，可能會招人妒忌。儘管如此，心情舒暢吧。
你今天做的好事，可能明天就會被人遺忘。儘管如此，做好事吧。
你為這個世界竭盡了所能，可總還是做得不夠。儘管如此，竭盡你的所能吧。
歸根結底，這是你和上帝之間的事。不管怎樣說，從來都不是你和這些人之間底事。

德蘭修女的人格魅力和崇高形象，令這首詩在西方熱傳十多年了，成了人們汲取精神力量的心靈雞湯。我已把它作為「座右詩」，現在送給你，請你留著用；也順便遙送給曾特首，為他打打氣，相信他天天都用得上。

(附記：這首詩原先是一位哈佛大學二年級學生 K. Keith 在 1968 年寫的，是學生會用來培訓青年領袖的教材。1995 年，德蘭修女的傳記“Mother Teresa: A Simple Path”出版了，書中提到，在德蘭修女辦的加爾各答的一所孤兒院，懸掛著這首詩，大家都以為她就是此詩的作者，於是很快在全世界傳揚開來。在流傳的過程中，出現過若干刪節改動；現詩最後有關上帝一節，為 Keith 原作所無，這是新舊兩種版本的最大分別。)



小小科學家 齊來參賽呀！

「香港學生科學比賽」 「香港學生科學比賽」由教育局及科學館主辦，旨在透過科學研究或發明項目，表現同學對科學的認識，以及展示同學對有關知識的應用。比賽設初中組（中一至中三，出生日期為 1992 年 4 月 14 日或以後）及高中組（中四至中七，出生日期為 1989 年 4 月 14 日或以後）。對科學發明有濃厚興趣又想挑戰自己的同學，請組成二至五人的隊伍，並於 11 月 27 日或之前向尹國棟老師報名參賽。

「2010 趣味科學比賽——易發易拾」 「2010 趣味科學比賽——易發易拾」由香港數理教育學會及科學館主辦，旨在透過設計並製作一組乒乓球投發和接收器件，啟發同學對科學的創意。比賽分初中組（中一至中三）及高中組（中四至中七）。有興趣報名或想查詢的同學，請於 11 月 27 日或之前聯絡尹國棟老師。

香港科學館「科學為民」講座系列（二） 為推行普及科學教育，香港科學館將於 11 月 28 日（星期六）舉辦三場科學講座，詳情如下：

時間	題目	講者
2:30p.m. – 3:10p.m.	有機耕作技術	黃冠宏先生
3:10p.m. – 3:50p.m.	如何解決啓德明渠進口道氣味問題？	梁泳源先生
3:50p.m. – 4:30p.m.	濫用藥物的尿液檢測方法	黃大偉先生

是次科學講座不設預留座位，有興趣參加的同學請在講座開始前十五分鐘到達尖沙咀科學館演講廳入口處排隊等候入場。座位數量有限，先到先得，額滿即止。同學如有查詢，請聯絡尹國棟老師。

中三馮美儀作品獲登於家福會刊物

新一期《家福 Teen 地》已經出版！今期的主題為「寫我深情系列之四——生命因你動聽」，本校 3C 馮美儀的作品獲選刊登，得 \$50 書券一張。下一期的主題為「手足之情」。同學可以寫一篇不多於 200 字的文章或拍攝照片（含簡單描述），主題須圍繞與兄弟姊妹的快樂經歷，或有關彷彿如兄弟姊妹般無血緣或直屬親戚的友情，然後投寄到 hkfws_newsletter@yahoo.com.hk。檔案請以「學校名稱_學生姓名_班別_題目」命名。為確保相片質素，請同學分開附上文字檔案及相片檔案。以硬照投稿者，可將作品交給社工。獲刊登材料的同學，將會得到豐富禮物一份，請同學踴躍投稿！截止收稿日為 2010 年 1 月 25 日。

社工與你「同闖風雨少年路」

社工將於 2010 年舉辦「同闖風雨少年路——家長小組」，希望讓中一、中二級家長了解子女在成長過程中的需要，掌握有效的管教方法，以達致更和諧的親子關係。活動的詳情如下：

日期：26/2/10、5/3/10、12/3/10、19/3/10、26/3/10（逢星期五，共五節）

地點：王少清中學

時間：下午 2:00 — 3:45

費用：\$10

負責社工：吳麗鳴姑娘（查詢請電 2417-9014）

報名：填妥以下回條，並於 12 月 4 日前交予班主任再轉交吳姑娘。



✂

回 條

請於 12 月 4 日前將回條交班主任再轉交吳姑娘

本人（* 願意 / 不願意）參加 貴校所舉辦之「同闖風雨少年路——家長小組」。

學生姓名：_____ 性別：_____ 班別：F. _____

家長姓名：_____ 性別：_____ 職業：_____

聯絡電話：_____（日間）_____（夜間）家長簽署：_____

備註：願意參加小組之家長將獲電話另行通知。

中三級參觀「甘棠第」 認識香港革命歷史

為配合施教中三級中史科課程，讓同學對孫中山先生求學及革命事跡有更全面的認識，本校特別安排中三級同學自行組隊前往參觀位於中環半山衛城道7號的孫中山紀念館「甘棠第」，然後完成工作紙。活動的流程如下：

日期	時間	活動內容
11月23日	早上10時30分開始	以先到先得方式到中史科報告板報名，名額30人。獲取錄者可於12月5日(星期六)，下午2時半免費入場參觀，並有導賞員沿途講解。
11月26日	下午1時至1時45分	全體中三同學，中四級修讀中史的同學，以及5A、5B兩班同學 ，一同出席於本校禮堂舉行之講座「孫中山與香港」。
11月27日至12月13日	星期一至三及星期五至六：上午10:00至下午6:00 星期日及公眾假期：上午10:00至下午7:00	自行組隊前往參觀，並完成工作紙。
12月14日	早上8時30分之前	繳交工作紙予科任老師。

同心遠離毒品 活出健康人生 得獎標語有你份

為了提高學生遠離毒品的意識，本校德育及公民教育組參加了由經濟動力主辦的「同心結力抗毒大行動」，於10月19日至23日向同學派發同心結，呼籲同學把同心結扣於校服，以示同心支持抗毒，做個上進而有紀律的青年。而為了進一步深化抗毒的訊息，校方特別舉辦了標語創作比賽，優異作品如下：

要做乖仔，咪拈K仔。 食咗藍精靈，遲早變幽靈。 毒品禍害深，傷神又傷身，更誤你一生。 1A 麥梓維	拒絕食毒品，千祈唔好等。 謹慎交朋友，拒損友引誘。 一試無回頭，健康掉頭走。 1A 梁筠羚	毒品禍害影響深，喪失意志兼喪生。 切勿嘗試第一口，前途盡毀悔終生。 1A 梁茜琦
日日吸毒好無益，戒毒知識人人識， 既然戒毒你我識，咁就請你唔好食。 1B 鍾子南	毒品是魔鬼，禍害人間； 遠離是上策，幸福一生。 1B 趙泓鋒	毒品禍害人皆知，勿貪刺激去嘗試。 身陷毒海悔已遲，全城抗毒變容易。 1B 易欣儀
同心齊聲同抗毒， 遠離毒品不孤獨。 1C 徐朗軒	吸毒，吸毒，令你霎時快樂。 抗毒，抗毒，使你一生幸福！ 1C 劉嫻	毒品禍害毀一生，遠離毒品人人愛！ 攜手抗毒改一生，前程錦繡滿關懷！ 1C 翁羨茵
吸毒人，傷己身，傷親心，千萬不要這麼笨； 遠離毒品，大家開心！ 1D 蕭貝蒂	毒品禍害深，需要很多金， 對人傷害深，傷透父母心。 1D 洗慧儀	杜絕毒品，不要墮落。積極人生，遠離吸毒。 家庭幸福，人生快樂！ 1D 林柏灝
E仔大麻氣駭人，影響社會不能容。 決意同人齊抗毒，健康香港望回復。 1E 王婉嫻	毒品害死人，淺嘗也不能。 做個好市民，毒品拒接近。 1E 伍麒瑾	齊做健康小勇士， 健康身體好容易。 1E 鄭旭明

名醫培養女兒讀古文 加強內涵升讀劍橋

(文章推介 原載《香港經濟日報》，2009年11月9日)

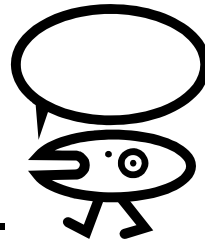
04年的10優會考狀元周廷勵，是身兼香港醫學會副會長、香港執業眼科醫生會會長的眼科專科醫生周伯展之女兒，會考取得佳績、在港完成中七課程後，她成功考上英國頂尖學府劍橋大學，完成法律系課程於今年返港。學業路上一帆風順，除天資聰敏外，還有着父母從小悉心為她營造愛閱讀的學習環境，及培養鑽研古文，加強她的內涵，培養自信心。周伯展醫生教育女兒的秘訣，就是將閱讀成為打開學習的鎖匙，同時以身作則，他與太太便時常書不離手。「在女兒小時候，我以圖書作為獎勵。一本好精美的圖書，引起她的興趣，如果有好成績，就送她一本圖書，慢慢地她對閱讀有興趣，開始喜歡閱讀。」

除圖書作獎勵外，還自小開始訓練女兒們鑽研古文，希望藉此培養女兒具有內涵，好讓日後面對面試或對答時，充分表現自己，加強自信心。「我對古文有興趣，身為中國人中文要好，不止可以看懂中文，程度包括可引經據典！」周伯展醫生說。

家長講座：新高中「其他學習經歷」

時間	11.12.2009(星期五)，下午7時至9時
地點	基督教中華宣道會鄭榮之中學 (新界沙田大圍積運街12-14號)
主題	協助家長了解新高中「其他學習經歷」
內容	「其他學習經歷」簡介、協助學生邁向未來、「其他學習經歷」與廿一世紀的人力素質要求、答問
報名方法	請登入 http://www.edb.gov.hk/parentstalks ，並按所提供的方法報名(講座編號：0924)
開始報名日期	16.11.2009(先到先得，額滿即止)；局方將於講座舉行前最少三天透過電郵或傳真通知獲安排出席的家長。

Form Four Students' Voices



上年中四同學在《南華早報》表達意見 Excerpts of Students' articles published in the SCMP

Teens are too young to have children?

I refer to the report ("British government takes flak after 13-year-old becomes father", February 16). The story was about a British boy, Alfie Patten, who is now the father of a baby girl. This shows that among young people nowadays attitudes towards sex are too casual. However, I do think the young mother, Chantelle Steadman, aged 15, was very brave to have the child.

Poon Chek-ying, Cherry 20/2/09

I do not think he will be able to look after the baby; He has no real understanding of his responsibilities. This story clearly shows the need to have more sex education in schools. Schools have a role to teach young people to have a responsible attitude towards sex. Young people must be taught the importance of self-discipline.

Lam Tsz-ching, Yuki 23/1/09

A 13-year-old boy is a child. He is still dependent on his parents. I think his actions show he's immature, and he has obviously not considered the consequences of his actions. The mother, who is 15, is just as bad as the father. The problem of teenage sex is becoming more serious. It can only be dealt with by education.

Tsang Ching-yu 23/2/09

What can be done to combat drug-taking in schools?

Even though schools try to educate students about the dangers of illicit drugs, some young people still take them.

People who do this clearly do not treasure their lives, and there must be some underlying reason for this. It is important to find out what that reason is and try to help students deal with their problems. Students face many problems, with, for example, the break-up of friendships, homework and the pressure of exams. Often they have difficulty expressing their innermost feelings, and this allows stress to build up.

Pupils who are low achievers cannot adapt to the pressures of life. They feel useless and have an inferiority complex. Some of them are drawn to drugs.

The government should provide more resources to schools so they can help troubled students stay away from drugs. Also, the courts have to get tough with drug dealers.

Schools must offer comprehensive counselling services, and these should include keeping in touch with parents whose children have a drug problem.

There must also be a system of regular drug testing.

Chow Man-hong, Tom 12/3/09

What do you think of the 'no plastic bags' campaign?

I refer to the report ("Shoppers unprepared to go green on No Plastic Bag Day," March 4).

The scheme by major stores to stop giving out plastic bags has just started and we need to be patient and wait for the matter to be resolved.

I still think this is a good campaign and that it really can lead to a reduction in the number of plastic bags we use. Shoppers are just making excuses if they say it is inconvenient for them not to be offered plastic bags in stores.

It is simply a case of Hong Kong people changing their habits. It may take some time for that to happen but we can change our ways. I would like to see all shops in the city joining the campaign. If they do, then this will be the most effective way to change people's habits.

Leung Ka-wai 11/3/09

There is no doubt that it is hard to change shoppers' behaviour and habits in a short time, but we should support this campaign.

Of course in Hong Kong we tend to be realists and people will not do something unless they are offered a reward. Therefore, I would suggest that the larger stores should be willing to give 50 cents to consumers if they do not take any plastic bags. Given the recession, such a scheme could encourage people to use fewer plastic bags. People will come to realize that carrying an environmentally friendly bag with them when they go shopping is really no trouble at all.

Tam Sau-ha, Kelly 11/3/09

What do you think of restaurant food portions?

I think the campaign launched by Greeners Action will be successful ("Green campaign to persuade city diners that less is more", February 4). A survey by the environmental group showed that about 84 per cent of people said they often could not finish their meals at restaurants and the leftovers are wasted.

It is a win-win situation because customers can help the environment and save money by getting a HK\$1 discount [for taking a smaller portion of rice]. It seems a small amount, but in this economic crisis, every little helps. I urge people who are fairly sure they will not be able to finish their meals to ask for the smaller portion.

Leung Po-yan 16/2/09

I certainly have found that the portions of food served to me in restaurants are too large. In future I will ask for less rice with my meal.

I was shocked by the survey ("Green campaign to persuade city diners that less is more", February 4) that revealed that food waste makes up 35 per cent of total municipal solid waste. It made me think about those parts of the world where people do not have enough to eat. It may be a small step to ask for less rice with your meal, but it is a step worth taking.

Chau Kong-chung, Dicky 17/2/09