



清旬

The
Ringing
Ten

263

2013.2.10

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。



校長的話：強身健體在平日，喜得扁鵲來診脈

扁鵲是戰國時代的名醫。在《史記·扁鵲倉公列傳》的記述中，他本來只是一個旅館管理人，好像現在的酒店經理。為何一個經理會搖身一變而成一個醫生？緣於他在旅館工作時，遇到一名「仙人」長桑君，受其賞識，獲賜仙方，最後能「視見垣一方人」，即看見站在牆後的人。據載，這透視術令他能用肉眼看透病人的五臟六腑，因而斷症精準，「百發百中」，但他卻因承諾「保守仙術奧秘」，而對此三緘其口，從沒向人提及，只以「診脈」為名。既然如此，究竟司馬遷有何能耐得知此秘密？以他的邏輯，或許他自己本人也有透視人心之術吧。

神醫也捲逃！一個不治之症……

回到正題。扁鵲從此周遊列國，曾為各國貴族治癒很多醫師也束手無策的奇難雜症，更洞悉了魏國太子假死癱瘓，對症下藥，最後使他「起死回生」。雖然他聲名大噪，但治病仍不論貧富，到處為婦女小童治病。因此他不但醫術高明，而且宅心仁厚。但有一次，扁鵲居然拒絕為一個病人治病，這是為甚麼？



話說有一次，他見到了齊桓公，並透視到他的身體已暗伏隱疾，於是便向他說「你的病在皮膚，不加治理，就會加重」。齊桓公卻不以為然，堅持自己沒病。此後，扁鵲再三求見他，並指出其病已逐漸深入至血脈、腸胃，再延醫誤治，便沒救了。但齊桓公心中認為扁鵲只想藉自己揚名立萬、從中取利，自己其實沒病，因而對扁鵲的忠告不以為然。

最後一次，扁鵲只瞥了齊桓公一眼，便慌忙走開。原來此時齊桓公已病入骨髓，回天乏術。果然，幾天後，齊桓公病重，派人請扁鵲醫治，他卻早已逃之夭夭，這大概是他心知若國君已有必死之症，治不好，到頭來還會落得個「弑君」之罪。

來賓親切，有如春風

諱疾忌醫才是最大的絕症，「因逃避現實而自取滅亡」是這個故事的教訓，因此我有定期驗身的習慣，盡早知道自己的身體狀況，從而針對毛病，或接受適當治療，或多做運動、注意飲食，增強體質，才能保持強健的體格，應付繁重的工作。

學校，又何嘗不是如此？每個機構只要運作了一段時間，或多或少總會有毛病，若我們像齊桓公一樣剛愎自用，最後只會慢慢被病魔蠶蝕而死亡。

外評剛剛完結，我實在衷心感謝外評人員這些「扁鵲」，幾乎每天都不辭勞苦地走訪校園，或觀課，或與學生及老師訪談，仔細為我們「把脈聽診」；並需在短短幾天內閱讀大量文件，綜合、整理親身考察所得，替我們「斷症論治」，使我們更加「健康」，告訴我們的強項所在，使我們繼續保持。這份「醫者父母心」，我們永誌難忘。外評隊伍不但「醫術高明」，非常專業，仔細觀察學校的運作，向學校提供了很多有用的意見，而且態度親切友善，多天來與他們相處，有如沐春風之感。

感謝校董，感謝家長，感謝教職員，感謝學生

此外，我亦十分感謝王少清大家庭中的各個成員，在外評期間都一如以往，繼續緊守崗位，例如工友把校舍都打理得井井有條、光潔如新；職員細心處理學校各項大大小小的行政事務，使學校運作流暢；老師用心備課，使學生在課堂中均有愉快而充實的學習體驗；校董更在外評開始前，專誠遠道而來，為我們打氣；家長在百忙中撥冗，特意到校與外評人員面談，提供了寶貴的意見。

無論結果如何，各位已為王少清中學譜寫了美麗的歷史一頁，單憑您們熱切積極的參與，我相信不久後收到的成績單，縱使未必亮麗耀眼，也足以反映我們的團結齊心，讓我們引以自豪。

自主學習 Self-Directed Learning 專題

Self-directed Learning

By Zachary Ng

Self-directed learning is a mechanism that is built in us and all living things by Mother Nature so we can survive and prosper. In the old days, if kids failed to learn to hunt or farm from their elders, they would have to go hungry. Nowadays, if kids don't self-learn how to use the modern e-gadgets like smart phones to keep in touch with their friends, they would most probably be left out of their peer group. The baffling thing is, this self-directed learner only wakes up when there is a genuine interest, need or call.

The problem now is kids don't want to learn what adults want them to learn, and self-directed learning instantly becomes an issue. It really doesn't have to be if we can address kids' genuine needs and interests. The problem is not how to teach them self-directed learning, but rather, how to provide a chance to stimulate the self-directed learner in them.

The English Department has run a lot of stimulating activities that successfully wake up the self-directed learner in our students. In the 'Ringing Ten' issued on 10th January, 2013, Candice Wong (4F) puts it quite well when she talks about her learning experience in the Choral Verse Speaking team, "I did not like it. However, seeing it as a friends' gathering, I participated..." Later, she says, "I enjoyed the moment when everyone got high and was immersed in the crazy atmosphere."

How did the teacher make the 48 students go home to memorize the English poem and speak it so well, words that were originally regarded by Candice as "really basic and extremely dull"? According to her, it was the "funny actions" that provided her "a way to express herself", "the stretching, yelling and jumping" that made all team members "feel one but not many individuals", the chance "you could go bananas with your friends on stage in front of the audience" that got "everyone put in their biggest efforts".

Learning should be "a beautiful experience"; it should be done with friends, and educators should provide a chance for students to feel high, a chance to show off in front of an audience, a chance to be one with their own kind. It actually isn't much different from children learning to hunt from their elders in the past. They hunted with friends, they got high and they got rewarded. When all the basic elements are there, learning will take place, be it self-directed or other-directed.

非上課日（週六及學校假期）回校安排

1. 校園開放時間（週日及公眾假期暫停開放）：

有老師負責的學生活動	9:00am – 4:45pm	學校會於11時45分透過廣播系統要求沒有老師帶領的同學離開學校，五分鐘後工友會巡查校舍，確保沒有同學違規留校
沒有老師特別安排的學生活動	9:00am – 11:45am	

2. 回校衣著儀容：所有同學均須穿著全套整齊校服或校方認可之運動服或制服回校，不能混雜（如穿校服配球鞋等）；髮型儀容要求亦悉照上課日準則施行（如不得使用髮泥等）。
3. 在非上課日同學行為一樣受校規規管，犯校規者一概受處分；行為優良者獲得表揚。
4. 考勤：各補習班／課外活動老師皆會點名，遲到缺席者均須解釋，曠課者或會受罰，家長如須替學生告假，請按手冊所列程序辦理。

5. 活動範圍：

有老師帶領的活動	同學必須在指定地點活動，不可隨意在校園流連。
沒有老師帶領的活動	同學只可在地下範圍（有蓋操場及通用場）活動，地下設有男女洗手間，不可以上一樓或以上樓層。

6. 如果該學生活動屬於某科組老師安排，該老師將確保同學在指定地點進行指定活動，並且於指定時間安排相關同學離校。
7. 工友當值地點為學校門口大堂，學校只開放正樓梯供師生使用，以便監察。
8. 遇有任何突發事故，請即聯絡學校教職員。



校際朗誦比賽 本校勇奪 22 獎

本校在一年一度的校際朗誦比賽，共囊括了「三冠、十亞、九季」，合共二十二個獎項，成績斐然！中文及英文朗誦各項得獎名單詳列如下：



中文朗誦（粵語及普通話）：一冠、五亞、五季		
獎項	參賽同學	評語
中一粵語詩詞獨誦 冠軍	1D 徐曼嘉	充滿自信，具表現力和演繹力。傳神、動聽、感人，甚具韻味！好極了！
中一粵語詩詞獨誦 季軍	1D 余碧清	音韻悠揚，親切、流暢、自然、動聽！具表現力和感染力！
中三粵語散文獨誦 亞軍	3A 葉琅彥	聲佳美，極具詩意；眼神與面容隨文意而起跌，節奏恰當，有變化，聲調有抑揚處，宜於聲之急讀處放自然些；很能陶醉，沉思於文意中；語調與語氣自然，有感染力；情態悅目，聲音悅耳；情意綿綿，尤其是末段更佳！能突出文章的主題。
中五粵語散文獨誦 季軍	5F 林健瑩	首句不夠「慷慨悲情」，聲調有變化，也有感情，末段尤佳。
男女子粵語散文集誦 季軍	中三及 中四同學	隊型整齊，語調抑揚，聲音以可開場，輕聲吐字宜用力，聲音尚算整齊。
中一、二普通話詩詞獨誦 亞軍	1B 陳穎茵	聲音不俗，吐字發音較準。語速恰當，語氣富情感、有變化。可再深沉些。
中一、二普通話詩詞獨誦 季軍	1B 馮曉嵐	咬字清晰，讀音清楚；節奏流暢，表情自然。語氣高低變化分明。
中一、二普通話散文獨誦 亞軍	2A 黃創基	台風大方，表情自然；讀音清晰，語氣能帶出感情。節奏流暢，高低變化分明。
中一、二普通話散文獨誦 亞軍	2B 鄭芷晴	表情尚自然，重點突出，語調有起伏；節奏恰當，聲音悅耳。
中一、二普通話散文獨誦 季軍	2A 宋珮怡	充滿自信，具表現力和演繹力。流暢自然，傳神、動聽、感人。
中三、四普通話散文獨誦 亞軍	4B 梁紅珊	投入、流暢。吐字清晰，偶有不準。語連恰當，節奏緊湊。語氣能隨文意起伏。表情自然。
英文朗誦：兩冠、五亞、四季		
獎項	參賽同學	評語
中一至中三原創劇 冠軍	中一及 中二同學	Most imaginative use of the stage space. There is great creativity at work in this scene. Because your imaginations are at work, you make your audience use theirs, too. Voices very well projected to the audience. Diction was very good indeed. Costuming and use of props very good indeed.
中一主題隊際演講 亞軍	中一同學	This was a most interesting performance and the script had been constructed with skill. Well done! Make sure that the picture are absolutely still until they come to life and make more use of facial expressions. Solo speaking was of a good standard and choral work was effective. This is very promising work.
中二二人對話 季軍	2A 宋珮怡 2C 葉芷晴	You played with a sense of involvement and both characters were well suggested. Now make sure that you really listen to one another so that your responses and reactions are quite spontaneous. This was well staged and presented.
中三、四英詩集誦 亞軍	中三及 中四同學	The opening announcement of the poem was imaginative. The performance had some well managed contrasts in power of voices. Pace was also well varied. Movement and gesture were colourful and well timed. Ensure that all faces are involved emotionally with the poem / story's mood. There were some very strong individual speakers. Keep all diction tight.
中一、中二英詩獨誦 季軍	1B 陳穎茵	You have a strong voice and you used it confidently to describe that imagery. Try to make it really natural. You varied the tone and were sensitive to the mood. It was firmly and confidently delivered and words were shaped clearly.

中四英詩獨誦 冠軍	4A 譚嘉瑜	You spoke the lines with style and confidence. Your voice is clear and your received pronunciation is good – if a little American. You thought through the lines and really gave this performance passion and feeling. Your voice, body and face were fully engaged with an energetic and moving result. Ride the rhythm a little more and be careful as you are on the edge of being over-the-top.
中四英詩獨誦 季軍	4A 譚嘉瑜	This was an excellent performance of the poem. You showed a very clear understanding of the mood of the poem. Excellent use of expression, both vocally and facially. Good understanding too of the humour. Excellent connection with your audience. Well done!
中四英詩獨誦 亞軍	4C 涂倩華	A lively voice-some clear speech. The satirical humour was captured and supported by facial expressions. The rhythm was well contrasted. The poem was shaped by pause. A lively interpretation.
中四英詩獨誦 亞軍	4F 藍虹芸	You created some warmth in the recall. You did use your face. There were some relieved moments here. You could use some vocal attack. Build more power in the strength of her inner fire as well as fondness.
中四英詩獨誦 季軍	4F 博文	Good voice, you spoke clearly and expressively, communicating the message of the poem and sharing this sincerely with the audience. A most convincing performance. Good communicating skills, developing well.
中五級英詩獨誦 亞軍	5F 秦婉婷	You observed run-on lines. Good. Sincere sharing of the lineage in the poem. Good story telling for the most part. Your work is promising. Continue to work on vowel sounds for further engagement.

1A 楊心怡獲標語創作比賽季軍

1A 楊心怡同學早前參加由東井圓佛會主辦的「中華傳統德育與慈善文化比賽」初中組標語創作比賽項目，奪得季軍。主辦當局共收到約 2500 份作品，楊同學的標語能於芸芸參賽作品中脫穎而出奪得季軍，實屬難得。得獎標語為：

弘揚中華的傳統美德；重拾五千年民族瑰寶。



容寶汶同學二胡比賽奪金

4A 班容寶汶同學早前參加由中國國際文化藝術中心主辦的「第四屆明日之星全國青少年藝術大賽」，憑出色的表現獲得少年 B 組中樂（二胡）項目金獎，可喜可賀！

感謝同學便服日踴躍捐款！

本校於 9 月 28 日舉行公益金便服日，獲得不少同學支持。是日共籌得善款 25, 213 港元，籌得最多款項班級為 1B 班。左為公益金致本校感謝函：

中六級自修室安排

本校將於假期間開放自修室供中六同學回校溫習，詳情如下：

日期	7/2 及 8/2（11/2-15/2 暫停開放）
時間	9:00am – 10:00pm
地點	MPA 及中文室

同學須穿著齊整校服回校，並嚴禁攜食物於自修室內進食。

香港公益金
THE COMMUNITY CHEST

14 December 2012

Mr Chung Fat-shing
Principal
POCA Wong Siu Ching Secondary School
2 Tai Pa Street
Tsuen Wan
New Territories

Dear Mr Chung

Dress Casual Day 20th Anniversary

On behalf of The Community Chest, I would like to express our sincere gratitude to POCA Wong Siu Ching Secondary School for your participation in Dress Casual Day and raising HK\$25,213.00 for the Chest.

All donations from your School will be allocated to support Chest's 153 member social welfare agencies without any deduction for administrative expenses.

The tireless efforts you and your colleagues have put in to co-ordinate and encourage participation of students are greatly appreciated. Your staunch support has helped make Dress Casual Day a success and I hope everyone has enjoyed a fun day while raising funds for the needy.

Thank you once again for your participation and I look forward to your continuous support next year.

Yours sincerely

Cecilia Li
Chief Executive

RECEIVED ON
19 DEC 2012
POCA WONG SIU CHING
SECONDARY SCHOOL

香港公益金
籌款委員會
主席 容寶汶女士
Patricia
The Hon Leung Chun-ying, CMB,GBS,JP
Chief Executive
Hong Kong SAR
President
Ms Regina Leung

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家校攜手合作 全面評估學生

本校將於 2 月 24 日舉行家長日，當日家長除了可與班主任面談，了解學生在校學習及活動情況外，我們亦希望能得知學生在校外的表現。屆時我們將邀請家長填寫「學生成長表現評估表」，全面評估學生的行為表現特質及能力，以便 貴子弟改善及促進學習成效，提升個人品德。家長請帶備筆以便填寫評估表。