



清旬

The Ringing Ten

420

2019.5.30

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。



寶安商會王少清中學四十周年校慶學生學習成果匯演

學習從來都不只發生在課室，它可以在學校不同時段；在校園不同角落；又在校園以外。適逢四十周年校慶，本校於五月廿四日在禮堂舉辦了一場豐富精彩的匯演，展示學生在學術以外的學習成



果。參與是次匯演的台前幕後同學達四百五十人，佔全體三分之二以上的學生，盡顯學生對學校的歸屬感！

當晚冠蓋雲集，禮堂座無虛席，本校校董、社區人士、友校校長、校友、家長、老師及學生濟濟一堂，觀賞學生表演，期間更須開放其他課室直播表演以招待來賓。舊雨新知畢集，學生展現頂尖的造詣、優秀的才華，極盡視聽之娛，令所有觀賞者都擊節讚賞，完全體現了本校四十周年校慶的主題—「情繫母校，奔向卓越」。

當晚精華回顧

HipHop 表演



本校舞蹈組把極限武術 (Martial arts tricking) 特技糅合嘻哈舞 (HipHop Urban Dance)，表現「越獄」主題，以肢體動作表達監牢職員在觀察囚犯過程中打破自己既有思考框框的心路歷程。

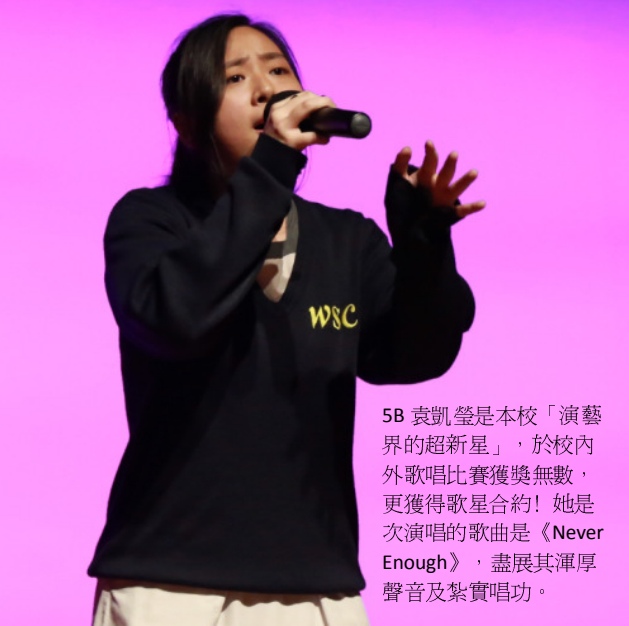
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粵曲表演

4D 曾碧嘉同學表演粵曲《紅鸞喜》，音聲悠揚跌宕，關目傳情，顧盼生姿，盡顯花旦功架，又與校長對唱。

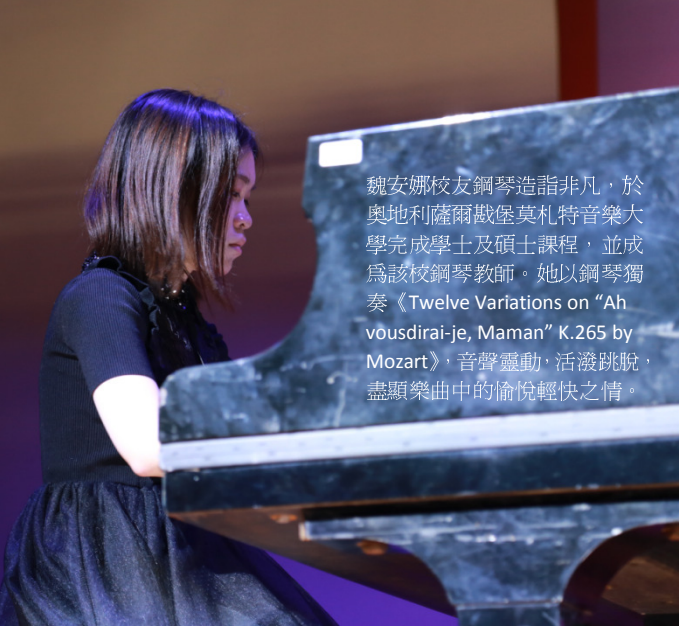


流行曲演唱



5B 袁凱瑩是本校「演藝界的超新星」，於校內外歌唱比賽獲獎無數，更獲得歌星合約！她是次演唱的歌曲是《Never Enough》，盡展其渾厚聲音及紮實唱功。

鋼琴獨奏



魏安娜校友鋼琴造詣非凡，於奧地利薩爾茲堡莫札特音樂大學完成學士及碩士課程，並成為該校鋼琴教師。她以鋼琴獨奏《Twelve Variations on “Ah vousdirai-je, Maman” K.265 by Mozart》，音聲靈動，活潑跳脫，盡顯樂曲中的愉悅輕快之情。

2018 年度音樂日小組合唱冠軍演唱



2018 年度音樂日小組合唱冠軍：麥曉嵐（2018，6A）、黃建庭（2018，6A）顯唱《The Greatest Showman Medley》，冠軍級好歌聲載譽歸來。

四社話劇比賽優勝演出



本校敬社的《給旁觀者的遺言》包攬上年度四社戲劇最佳劇本、最佳男女主角等大獎，現為自由演員及編劇的關俊雄校友修訂了劇本，於本校招募了新的演員班底，重新演出，還原當天的巔峰之作。

特別表演

鍾佛成校長、程兆麒副校長、謝穗芬副校長、趙懷信老師、尹國棟老師、林美慧老師和蔡曉瑩老師粉墨登場，同台演繹《月半小夜曲》，觀眾雷動，表演後台下「encore」之聲不絕，該演出應成為歷屆校慶節目的經典，成為「少清人」的集體回憶，為人津津樂道。



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演講及朗誦比賽表演



普通話詩詞集誦：2A 班同學（校際朗誦節中一至中二組普通話詩詞集誦比賽亞軍得主）一同以普通話吟誦王維的《山居秋暝》和蘇軾的《江城子》。



中文演講：6D 黃泳欣同學以「君子和而不同」為題演講。她曾於「2017-18 年度第四屆中華傳統文化精粹演講盃比賽」中於百多位參賽者中脫穎而出，獲高中組冠軍。



英語演講：
4C 楊廣和同學（校際朗誦節中四級演講比賽季軍）以《The historical figure I admire》為題作英語演講。（左）
5B 周子琦同學（校際朗誦節中五級演講比賽亞軍得主）以《Mature is a common language》為題作英語演講。（右）



英詩集誦：2B 班同學傾力吟誦作品《The Crow and the Fox》，他們於第七十屆香港校際朗誦節中勇奪亞軍，與冠軍僅一分之差。

合唱團及管樂團表演及壓軸表演—全校大合唱



本校高級合唱團、初級合唱團及管樂團先後演出其得獎曲目，最後全校師生及校友大合唱：《Why We Sing》



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帶領合唱團及任教音樂科多年的周玉冰老師桃李滿門，多名舊生響應號召重返母校，參與校慶匯演的大合唱，盡顯對學校的歸屬感。

花絮

校監趙熾堅先生致辭



校慶匯演剪綵儀式



茶會



邀請卡及場刊




場刊及邀請卡設計精美優雅，是本校刊物製作團隊，包括謝穗芬副校長、鄭啓德老師、蔡曉瑩老師、楊嘉美小姐的精心傑作。而是次匯演廣受好評，是籌委會及所有台前幕後老師和學生的成果，盡顯「少清人」的責任感和歸屬感。

Hong Kong Schools Speech Festival2018

This year, forty students joined the Speech Festival (English Classes) 2018. Thirty-three students applied for solo, six students for public speaking and two students for duo-entry. Congratulations to our twenty-seven students who received a Merit! A big round of applause to our winners and our Choral Speaking Team from 2B!!

Student	Class	Place	Marks	Piece
Kwok Hoi Tim (1A)	Solo Verse – Sec 1	2 nd	85	Spells by James Reeves
Yeung Kwong Wo (4C)	Public Speaking Solo	3 rd	85	The historical person I admire : Wong Ka Kui
Chow Tsz Kei (5B)	Public Speaking Solo	2 nd	89	How mother nature feeds us by giving us signals
Class 2B	Choral Speaking – Mixed voice	2 nd	89	The Crow and the Fox – Julia Donaldson





70TH HONG KONG SCHOOLS SPEECH FESTIVAL

第七十屆香港學校朗誦節

19/11 - 19/12/2018

Presented by Hong Kong Schools Music and Speech Association

香港學校音樂及朗誦協會主辦

Class

Competitor

Piece/Title

: K120 - 1

: Po On Commercial Association Wong Siu Ching Secondary School

: - The Lobster-Quadrille - Lewis Carroll

✓ The Crow and the Fox - Julia Donaldson

Assigned Order: 13

Member: 007624

Certificate	
90 marks or over	100% Merit
80-89 marks	90% Merit
75-79 marks	80% Merit

Marks	89
Place	2nd

• Adjudication is based on the overall performance of the competitor(s), including: clarity of speech, interpretation and audience awareness.

• Competitor(s) with less than 60 marks will not be awarded placing

Strong visual impact - lovely group division & contrasting colours worked very well.

Speech was always clear and distinct & there was a very fine sense of energy throughout

Some very good facial reactions & what a very fine piece of choice.

Mrs Maeve O'Donoghue
Adjudicator

The adjudicator reserves © copyright of the comments made above concerning the performance of the competitor(s).
Certificates will be available for collection by members of the Association from March to May in 2019.
Members are responsible for distributing the certificates to their students.

Reference Number: 2591953

Great group movement throughout added so much to your delivery
A very fine sense of rhythm + you brought your speaking to a very fine conclusion
A very well disciplined choir with great focus.

《清旬》第四二十期

第五頁

二零一九年五月三十日

Nature is a common language—How mother nature feeds us by giving us signals.

5B Chow Tze Kei, Mikie

We all belong to nature. From the Book of Genesis, we can know that God created the world of nature. Since then we have had light, water, land, plants, animals—and humans. Whether you believe in the story of Genesis or not, the world still exists, and that is the truth. But if we look at the oriental belief, another story about how the world was born is a Chinese mythology of Pangu - who is said to be the first living being and the creator of all kinds. No matter which one we look at, I'd like to say that we all live by because of nature.

So, who are we in the eyes of nature? Has nature been feeding us or giving us signals in order to sustain our lives through thousands of years? What codes has she been using to tell us the ways to survive, to evolve, to breed our lives? Well, let me explain a bit more. Farmers depend on the changing of climate to finish their farming routines.

The Nile in Africa is a very good example to illustrate it. Historically, this flooding has its particular natural function in Egypt by far. Why do I say so? It is a natural phenomenon arises every summer through millennia and it was a signal to tell the Ancient Egyptian farmers that it was time to prepare the cultivation of the land.

When the Nile floods, it leaves a rich silt deposit which fertilizes the soil and it can aid in agricultural growth. Through flooding, we can know that nature is conveying a clear message to people that it was an effective way to sustain our living. For thousands of years, the Nile River Valley civilizations have relied on this silt to fertilize their crops and animal feed, and the Blue Nile floods to irrigate them. Without the reminders of nature, we cannot survive.

As a Chinese, I want to introduce how ancient Chinese interpreted nature with wisdom. In East Asia, people in the ancient times developed something called a 'Solar Term' of their own. It is a 24-point lunisolar calendar of which each point matches an astronomical event or signifies some natural phenomenon. And 'Lichun' is the 1st solar term which signifies the crack of spring.

When Lichun comes, people obviously feel that the day is longer, and the sun begins to get warmer. At this turning point of the year, the temperature, sunshine and rainfall often start to rise or increase. There is a traditional saying to remind farmers, and it says, "Lichun comes with lots of rain, and it's about time for farmers to get up early and prepare ploughing and sowing. Farmers can then know exactly when to prepare seedlings with the sign of Lichun. To be more precise, 'Lichun' is a code that nature is trying to give farmers a signal when to sow and help us derive the sustenance of the land.

Working with the natural flow of the Earth is easier than going against it and these signs of nature can teach us how to live in harmony with the natural environment and the universe. If we can learn the basics of this ancient wisdom, interpret the codes that nature is trying to give us, we can make the best out of it to improve our well-beings.

HK Speech Festival
Public Speaking Solo
The historical person I admire:Wong KaKui
4CYeungKwongWo, Louis (3rd place)

Good afternoon ladies and gentlemen, today I am going to introduce a legend in Hong Kong music industry. He was a talented singer, guitarist, composer and a leader of a fantastic band. Hearing this, you think he is a genius, don't you? Please keep the question in your mind. And today I am going to introduce this historical figure that I admire to you - Wong KaKui.

For me, KaKui was just like an angel of music from 1980s-90s, because he saved Hong Kong music industry. But how?At that time, many songs in Hong Kong were adapted from some Japanese songs and there was nearly no original music, even the songs of famous singers Alan Tam and Leslie Cheung!Do you think it was terrible ? For me,it was really insane that Hong Kong music industry didn't have its own style. However, angel of music saved us. KaKui saved HK music industry with his original songs such as Truly Love you, Glorious Years.etc .KaKui went to Japan and South Africa to share his music. Therefore, more and more people in Asia and even South Africa know about our songs.

I admire KaKui not only because of his contributions to HK music industry, but also his attitude to his music. He was the one who formed Beyond. Some members quit as Beyond was labeled with no future then, and you know why? Because they were not as famous as now! But KaKui still acted as a leader to inspire his band to create more meaningful songs and he never gave up in music. He moved to Japan with his band without any hesitation to develop their own music. Please, imagine some young people were going to a new place for their dream. From this, we can see KaKui was serious to his music. Also, from his song 'The Boundless Sea and Sky', we know that KaKui missed his home a lot, but he chose music because he loved it and couldn't live without it, although they were looked down by other people.

Let me share its lyrics with you,' Today I watch the snow drifting at cold night with a cooling heart drifting far away. How many times, I am facing disrespect and ridicule and I have never given up my dream.' From these lines, we know that he was serious about music and he could do anything for music at all cost. And let me ask some questions to the teenagers here. Do you have dream? Are you just waiting for chance? Are you just doing nothing but waiting for your dream to come true? Stop doing this! Actions speak louder than words, just do it. And you think KaKui didn't experience failure? And you are totally wrong! Without trial and error, he couldn't have succeeded.

From KaKui, we know that action is very important and we could also transform humiliations to motivations. When we're chasing our dream, there are many obstacles along the road and we should be as determined as KaKui and our dream will also come true.

Before I finish my sharing, do you remember the question that I asked you earlier? Do you still think KaKui was a genius? He wasn't and he was. So even we are not a genius like KaKui,we can try to be as committed as him to fulfill our dreams, thank you.

其他學習經歷日回顧巡禮

—中三級：培養自主自律精神，促進全面個人成長

本校一向著重學生的全人發展，故此每年都會為學生舉辦紀律訓練營。為了提升中三同學紀律、獨立及領導能力，以至增強其自信心及解決問題的能力，培養團隊精神，加強其人際關係及溝通能力，安排了中三同學參與紀律訓練活動。

軍事及紀律體驗營—黃埔青少年軍校



本地紀律訓練營



步操訓練



體能訓練



廚餘札染工作坊



園藝耕種工作



午飯後學生自行清洗餐具

中三同學參與軍事及紀律體驗營後的感想分享

3D 周巧玲

這是我們第一次接觸軍訓，當中有學習基本中式步操動作，練習軍體拳、射擊訓練以及模擬投擲手榴彈等等。我們每天的作息時間都很規律，朝七晚十，活動也很豐富，所以每天都過得很充實。第一次接受軍訓的我們，很多地方都有不足，但是感恩各位教官都給我們一次次機會去改過，包容我們，悉心指導我們，希望我們能做得更好。

起初我質疑自己是否能夠應付這次的軍事體驗營，總覺得不太可能熬得過去。但是我心無旁騖地投入其中，完成最後的檢閱，得到滿意的結果，便證明了自己是可以做到的。從這次體驗，我深深感受到人生中有許多事莫不如此，沒嘗試就先下「不可能」的定論，就永遠都成不了事；只要盡力，即使不是做得最完美的，但也有機會成功的。能做到凡事投入，不論結果如何，享受過程就已經是有所收穫。

3D 俞晨旭

我第一次參加軍訓，擔憂之情不免時常地在心中迴盪。「憂」由對旅程的不明確而生，到底那邊的教官好嗎？會不會很辛苦呢？帶着種種疑問我踏上前往黃埔軍校的旅途。

記得剛到軍校的時候，教官對我們這批「乳臭未乾」的新生也是頗為嚴厲的，可能是因為我們初來不懂得規矩，又或是彼此也比較陌生吧。面對行峻言厲的教官，我們心中覺得戰戰兢兢之餘，也覺得教官不易相處。在練習步操時，教官的懲罰和批評更令我們對他們的不悅增添幾分。晚上的時候，大家帶著疲憊身軀回到宿舍，便互吐苦水，抱怨教官的差勁。這或許便是來到新環境中不適應的表現吧，對於剛來到這裡的我而言也正是如此，但是在經歷了後面幾天的訓練後，自己的心態也有所改變。

的確教官在訓練的過程中會懲罰我們，會罵我們，但是有一點不可否認的便是教官對我們的付出與陪伴。三日的訓練中，他們一直與我們如影隨形，在我們需要的時候向我們伸出援手；在我們訓練的時候細心糾正我們的錯誤，提出建議；在我們覺得苦悶的時候說個笑話。正因如此我們才可漸漸打破隔閡，互相欣賞，更在最後的結營儀式上打出一套流暢的軍體拳，做出一套完整的隊列動作，不枉我們三日以來所付出的努力與汗水。我們的這些成果，每位教官都是功不可沒的。

對於來營前的疑惑，在經歷了這三日兩夜的旅程後，心中已有明確的答案：軍訓是辛苦但有所收穫的；教官是嚴厲但是用心良苦出的。對於這次的軍事體驗營，要感謝的還有許許多多在背後策劃、安排以及帶隊的老師，因為沒有他們的付出，我們也不會有機會，參與這個令我們獲益匪淺的訓練營。

3D 何慧恩

在今年的其他學習經歷日，去了深圳黃埔軍校分校參加了既辛苦又充實的三天軍事體驗營。軍訓期間，我們嚐遍了酸甜苦辣，在這短短三天，有了很多得著。

在那三天，我們每天都做著差不多的事情：吃早餐、練習步操軍拳；吃午飯、練習步操軍拳、吃晚飯，周而復始。每天由早到晚都忙得汗流浹背，讓我體驗到軍人的刻苦。那裏有三位教官，女生分為一班，剩下的男生分成兩班，雖然教官十分嚴厲，但最後最捨不得的竟然就是教官，他們是真心為我們著想，比我們早起，比我們晚睡，也非常用心教我們步操和軍拳。特別是黃教官，很感謝他選我為優秀學員。訓練期間，當我們的腳疲累痠痛時，叫大家可以放鬆手腳休息一下，可見教官其實也十分關心我們的感受。

這三天兩夜最難忘的應該就是第二天晚上的聯歡晚會了，那時每位同學都「大展身手」，有些唱歌，有些跳舞，更有些讀誦詩句。每個表演都很精彩，也很開心我們 311 宿舍的表演能脫穎而出，贏到獎品。原來精髓在晚會尾聲出現，黃教官出現，大家都歡呼著以為他要開始表演，怎料他開始教我們跳舞，讓我們一起跳。這時隨著音樂響起，大家都跟著黃教官跳舞，氣氛非常高漲，場內充滿了歡笑聲，而另外兩位教官也跟著笑了起來，這估計是我們和教官們相處最輕鬆的一天了。

三天兩夜是一段「不長也不短」的時光。「不長」是因為在那裡過得愉悅高興，到回程時才覺得時間過得真快；「不短」是因為在烈日下練步操軍拳真的辛苦，那些時候真是度日如年啊！

生物科野外考察活動

中五級修讀生物科的同學於 5 月 14 及 15 日參加了於可觀自然教育中心暨天文館舉行之生物科野外考察活動。透過是次活動，學生將生態學知識學以致用，並增加實際考察之經驗。以下為活動剪影。



收集數據



尋找生物的踪影 (上)

收集樣本 (左)

讓收集的樣本回歸大地 (下)



學生參與「『迎刃有餘』歷奇成長挑戰營」，促進全人發展

為了有效發展學生的潛能，本校及香港家庭福利會於去年 10 月開展「樂 Teen 同行計劃」，透過多元化的團隊訓練活動，培育同學多方面的能力，並擔任樂 Teen 大使一職，於校園宣揚正面及關愛的文化。他們於本年 1 月 26-27 日參與了該計劃下的「『迎刃有餘』歷奇成長挑戰營」。

學生於賽馬會鮑思高青年中心，進行一系列安全而富有挑戰性的歷奇活動，培養他們的正向心理，並提升他們的自信心、解難技巧及團隊精神。



一個考驗信任和默契的集體遊戲



訓練營座落長洲，到市集品嚐各式小食是常識吧！



做足安全措施，「失足」也不用怕！