

The Ringing Ten

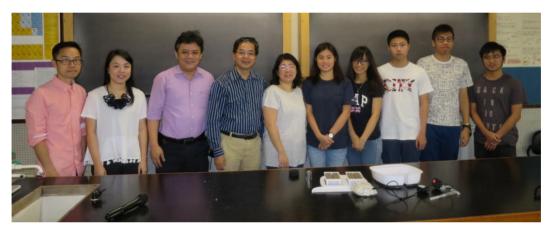
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實安商會王少清中學定期通訊/通告,2002年創刊,逢每月10、20及30日於校網連載。

本校「魚菜共生 STEM 工作坊」總回顧 加强環保意識,了解「魚菜共生」概念

本校為向學生推廣 STEM 學習 (指科學、科技、工程及數學四個範疇的能力發展)以及環保教育, 於本學年 10 月至 12 月間舉辦了由香港專業教育學院(沙田)應用科學系提供的「魚菜共生 STEM 工 作坊」課程。透過介紹「魚菜共生」系統的運作原理並讓同學親自監察以至維持 Potti 和 DIY 兩套 系統的運作,使同學深入認識「魚菜共生」技術,並培養他們對科學的學習能力和興趣。



左至右: 唐迪賢老師、劉凱怡老師、陳傑康老師、鍾佛成校長、香港專業教育學院(沙田)應用科學系導師及其五名學生







參與這次工作坊的六組同學

第一課

導師首先讓同學討論如何在香港可持續生產食糧,引導同學思考魚菜共生在香港發展的可能性,然後開始介紹魚菜共生與傳統農業的比較和當中的技術運用。當同學有了清晰的概念後,導師教導同學設立一個 Potti 魚菜共生的模型,學習魚菜共生系統的運作模式。在魚菜共生系統中我們需要生態環。生態環裏有一些微生物,用來將魚的排泄物分解成有用的養分,以維持魚缸上植物的生命。另外我們亦運用了虹吸作用把魚缸裏的水抽到植物的泥土中。在整個系統中,植物吸收魚排泄物中的養分,並依靠魚缸中的水維持生命。當水由植物泥土中再度進入魚缸時,會把空氣中的氧分同時帶到魚缸中,令魚可以吸收養份以維持生命,達成一個生態循環。



同學在經過一輪小組討論後,向導師及其他組別的 學生講解他們所找出的,魚菜共生的可能性以及利 與弊



同學們在導師的協助下設立 potti 魚菜共生系統

第二課

導師教導學生監測系統的運作指標,例如水溫溶氧氮循環等等,並讓同學化驗水質指標及分析 結果,過程需要運用不同的指示劑和進行計算的步驟。最後要改善水質以維持系統的生命。



學生正運用指示劑測試水質



學生要搗碎雞蛋殼放入模型去中和水中的酸性物質

第三課

第三課是教導我們建立 DIY 魚菜共生系統。我們需要按材料計劃如何分工及建立程序,並計劃 照顧系統更表及工作紀錄。和 Potti 魚菜共生系統不同,這個系統所用的材料較容易買得且價格較 低,如水泵、膠箱和陶珠等,有興趣的同學可以嘗試在家中自行組裝。



同學正將幼苗放入 DIY 魚菜共生系統當中



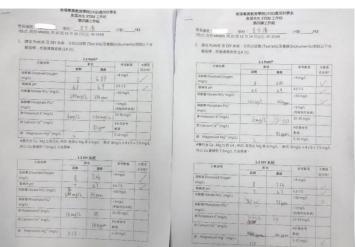
圖片中的陶珠作用是取代生態環在 DIY 系統中分解魚的排泄物轉化為養分,提供給幼苗。

第四課

在第四課,導師讓我們再作水質檢測,但有別於第二課,這一次我們需要運用科學儀器而不是化學測試。同學們需要比較兩種檢測方式的利與弊,從而找出更適合的測量方法。



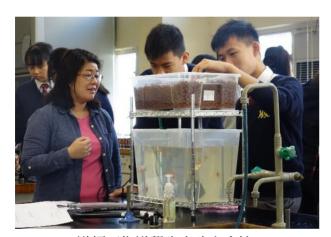
同學將系統中的水的樣本放入測試儀器中,並等待結果。



以上為同學的一些測試結果

第五課

同學們要嘗試改良之前所設立的魚菜共生系統,透過試用不同效能的水泵和轉換虹吸設計,以改變系統水流,之後找出改良前和改良後的系統性能的不同。



導師正指導學生去改良系統



同學們在計算性能上的改變

第六課

於最後一節課堂,同學在導師協助下, 透過分析他們過往兩個月所記錄下的系統參 數和表現,比較他們所設立的 Potti 和 DIY 兩 個魚菜共生系統的優缺點,再分析魚菜共生 技術在應用上的利弊。



同學在記錄菜苗高度

結語

參加這次「魚菜共生 STEM 工作坊」課程的機會實屬難得,過程不但能增長同學在生物學、化學、 科技、數學以至工程上的知識,更是一種讓同學可親身實踐所學的學習經驗,參與學生皆獲益良多。 在此感謝校長、一眾老師及香港專業教育學院(沙田)應用科學系的導師和助手。

Careers Guidance Unit – Activities Promotion

A. "My Study Opinions at HKU"生涯規劃在港大 2017

The University of Hong Kong (HKU) will present the "My Study Opinions at HKU" series in March 2017 enabling students, through talks, to get a better understanding on the professions and career that they enter upon graduation at an earlier stage.

Secondary 3 to 5 students and parents are invited to attend the talks, with the following schedule:

Date	Time	Discipline(s)
11 March 2017 (Saturday)	14:00 – 16:00	Dentistry
24 March 2017 (Friday)	18:30 – 20:30	Law
25 March 2017 (Saturday)	14:00 – 16:00	Medicine

Online registration for the talks is available at www.hku.hk/dse.



B. "Rotary Life Planning Programme 2017"

To enhance students' understanding on multiple pathways under the new academic structure, a series of life planning programmes held by the Rotary Club, will be organized for secondary 4 to 6 students. Details of the programmes are listed as follows:

Rotary Life Planning Programmes

1. <u>Careers Expo 2017</u>

Date: 6 May 2017 (Saturday) **Time:** 9:30 am – 4:00 pm

Venue: Yuen Long Public Secondary School

Objectives: To provide a platform for students to enhance their understanding of different professions, such as the latest development trends of different industries, hiring criteria and work culture, etc.

Contents: Professionals from a wide selection of industries to share their experiences during the parallel sharing sessions.

2. Rotary Work Experience Programmes

Date: July – August 2017 **Time:** To be confirmed

Venue: Offices of companies joining the Rotary Work Experience Programme

Objectives: To provide an authentic learning environment for students to understand the requirements of different posts in authentic workplaces and some essential work attitude and values.

Contents: A 2-5 days of work experience prgrammes in wide selection of businesses and companies. Details to be announced later.

Should you have any queries about the above activities, please contact Mr. Tam Siu Ting or Ms. Leung Po Chu.

《清旬》第三六四期 二零一七年二月廿八日

英雄榜 (上學期考試成績全級首二十名的同學)

中一	中二	中三	中四	中五
張學斌	陳希	黎欣庭	郭靄琳	徐民諾
李瀛立	戴穎烯	梁錦茵	陳映霖	楊凌鈞
陳諾文	胡希文	王俊然	梁琬琳	陳澤富
鄭媛予	歐陽逸康	林欣怡	何知穎	黃子恩
吳心如	司徒心盈	程鑛鈞	張國龍	莫允紫
余穎芯	林子晴	鄭卓瑩	唐梓晴	鄭雯馨
駱雋晞	童惠楠	吳蔚欣	賴汶聰	陳浩裕
蘇夏穂	梁穎鈞	戴樂熹	林子靖	馮穎俊
何彦林	劉恩儀	賴諾言	陸泉良	吳蕙姗
俞晨旭	江倩瑶	廖煒榮	陳靖儀	吳鎮鋒
劉逸峰	陳映彤	郭芷瑩	何思瑩	李芷翹
陳翔豐	李皓昕	陳文迪	郁鈴鈴	林巧瑜
張耀輝	鄭梓軒	謝子亢	蘇博軒	翟惠琳
梁雍琦	關家熙	何樂瑤	陸泉廷	麥家豪
馮嘉進	李浠同	麥珈瑜	張家源	丘詩穎
陳雋言	吳祉毅	周梓康	盧依嵐	賴明思
蔡晴言	鄺恩澄	李翠山	林沅微	丘嘉裕
劉姵岐	任嘉彬	李浚銘	區綽忻	陳樂謙
陳文鈺	羅曉彤	鄭嘉怡	郭家瑜	黎賡憲
賴欣怡	殷琝皓	毛凱鵬	陳昊榮	徐曼嘉

本校同學獲頒傑出義工獎 體驗深刻撰文作感想分享

本校 3D 劉柏亮、3D 謝子亢、3C 鄭嘉怡、3C 鄭卓瑩及 3C 孫樂彤同學於上個學年參加了「初中領袖訓練」的 中三同學參與了「義軍突起」義工體驗活動,並獲得「傑 出隊伍獎」。該活動由「香港傑出青年義工協會」舉辦, 參與同學以體驗方式親身經歷及代入受助者或社區中



有特別需要的群體,了解他們的需要和感受,最後他們參與了一趟長者義工服務,在新春前夕到長者家中為 他們進行家居大掃除,並與他們閒話家常,送上小禮物和關懷。以下是各參與同學的感想分享:



同學與兩位主辦機構導師(前左及後右)的合照



同學在體驗活動後分享自己的感受



同學於「成果分享會」講述義工體驗

3D 謝子亢

義工就是「施比受更有福」。是次舉辦的義工活動,特色為「先體驗,後服務」。我們在 體驗過長者、殘疾人士及難民後,再籌劃了一個長者家居清潔活動,當中不但增加了對 香港社會弱勢群體的了解,更感受到做義工的樂趣。好像我為長者清潔家居時,與他們 談天說地、閒話家常, 感受到長者也可以是十分熱情和活潑。我們應盡後輩的責任, 多 付出時間陪伴和關心他們。我十分享受整個義工活動,不論是與組員和導師的會議,以 至與長者的交談,愉快笑聲總不斷。雖然做義工服務的是他人,但得益最多的其實是自 己,因為幫助別人所得到的那份喜悅是無價、難以言喻的,因此希望其他同學也多參與 義工活動。



無論在輪椅上坐著 及在其後推著的,其 經驗都畢生難忘。

3 C 鄭卓瑩

參加這個活動真是讓我獲益良多。三次的體驗活動讓我真正清楚了解肢體傷殘的人士、老人家和難民的生活。 參加這個活動前,我對肢體傷殘人士的印象是陌生的,因為在日常生活中幾乎沒有機會接觸到,覺得他們或 會因自己身體上有缺陷而自卑內向,覺得他們的世界沒有我們的世界美好。但跟他們相處後,才知道我的想 法是錯的,他們樂觀幽默、健談有趣,他們的世界跟我們的可能是截然不同,但卻比我們的更簡單美好。對 於老人家我也有新的觀感,我們平時總覺得他們行動緩慢麻煩,但體驗過後才明白他們的辛苦,也知道他們 的辛酸孤獨,所以我覺得以後如果看見老人家需要幫忙,可以主動點上前去幫助他們,以及多陪伴家中長者。 難民的體驗活動令我最難忘,我們平日近乎沒有機會接觸難民,對他們的了解也僅限於新聞報道中,對他們 沒有甚麼感。但體驗過後才知道原來在我們幸福生活中,有這麼一群人,在一無所有後,仍懷著一丁點希望, 不惜一切努力地生存下去。我們應該要知足,知道自己是多麼幸福。

3 C 孫樂彤

我覺得在這人情冷暖和功利的社會中,肢體傷殘人士長者和難民總被社會忽略。這次活動後,我了解到他們

的生活和困境,以後會多留意身邊的人和給予幫助。跟同學及導師去做義工,亦讓 我認識一班良師益友和擴闊了眼界。

3 C 鄭嘉怡

通過這個的義工體驗活動,讓我獲益良多,對長者,傷殘人士和難民有了更多認識。 在長者這項體驗中,我們穿上模擬長者身體狀態的「體驗衣」去做不同的任務。一 開始還覺得很輕鬆,但是當上樓梯時發現腰部十分酸痛,實在步步艱辛,再戴上模 擬黃斑病的眼罩,在視野不清的情況下行走,更步步為營。通過這個活動,令我深 深明白到長者的艱辛,當我們看到長者有需要時,應主動幫助他們。



同學正為長者清理家居雜物

在難民這項體驗中,我們假裝成難民,體驗他們的生活,雖然只是短短的45分鐘,但已經令我十分害怕,



不時傳出槍聲,還會比人大聲呼喝,辛辛苦苦取得的食物,卻被人打翻了。 但他們真正的生活是比這些多恐怖十倍,可想而知,他們每天過著這些擔 驚受怕的日子,其精神壓力是如何沉重。

我最為深刻的是傷殘人士的體驗活動,因為這是我第一次近距離接觸他們。 我們的任務是到超市買豆腐花,而其中一名組員要坐輪椅。通過這個體驗, 令我明白傷殘人士的生活是十分不便,即使簡單如打開一道門,也需要別 人幫忙。我十分佩服他們能克服不同的困難。而且在談話之中,發現他們 其實與常人無異,反而比常人更樂觀更堅強,他們還教導我們很多不同的 道理,我會銘記於心。這三次的體驗活動都帶給了我不同的感受,而且亦

令我對長者,難民,傷殘人士有更深入的了解。

3D 劉柏亮

俗語說:「助人為快樂之本」。有些人會覺得義工這份工作吃力不討好,不願意 去做。其實義工這份工作,得到的比付出的更多。我覺得義工與受助者的關係不 是施與受的關係,雙方其實平起平坐,都是從對方身上學習,各有得益。至於得 到了甚麼人人都不同,需要自己去發掘。

所首甘為「長者」 中,可敬!

透過這次由香港傑出青年義工協會(OYVA)舉辦的「義軍突起」體驗活動,我們一

群同學更加理解到社會上原來有不同的人士缺乏援助。我們進行了一共 3 次體驗活動,長者、肢體傷殘以及難民,我們期盼能夠從受助者的角度出發,設身處地去理解他們的感受和需求。完成 3 次活動後,我們參加「盈愛行動」舉辦的歲晚家居清潔大行動,希望透過此活動去實踐從體驗活動中學習到的東西。在整個過程中,我們得到的比付出的更多,除了認識到一群志同道合的朋友,更認識到兩位從中用心指導我們的導師。這些事比任何東西都更有意義,更難得。也許有一天你參加了義工工作,你也能夠從中體會到更多呢!

Students' Writing

Topic: You are the president of the Students' Union at your school. You are preparing a speech to suggest ways of making Hong Kong a better place. You want to talk about the following in your speech:

- What Policy should be implemented; and
- What policy should be abolished

Give reasons to support your views. (adapted from 2016 DSE)

Honorable Principal Chung, distinguished teachers, and fellow schoolmates,

Good morning, as the president of the Students' Union of the school and also a compatriot of Hong Kong, may I take this opportunity to share some of my personal opinions about the way to refine our city? Not only our school but also our city Hong Kong, is the cradle of our life.

At best, you can regard Hong Kong as an international financial hub with a great economic success. At worst, you can say Hong Kong is becoming progressively unstable and tarnished. I believe no matter what you think about these points, you and myself included, have an unshakable belief to make Hong Kong a more joyous and prosperous place. How to turn words into deeds? Well, policies play a vital role, the more well-rounded and sensible our policies are, the better quality of life citizens can attain.

First and foremost, fundamental to a better living condition is better public housing. Hong Kong, immersed in hustle and bustle, has been facing an ordeal all along due to the lack of proper housing. But whydoes it happen? In such an exceedingly dense city, people are crammed into poorly constructed apartments with poor hygiene and closely packed compartments. Picture this scene, a kid, highly energetic and vibrant, plays in a tiny house. He is invariably restricted and could easily get injured. Absurd as it may seem, this is the reality of the housing issue to be reckoned with. Hence, why don't we put our efforts into providing more viable homesfor citizens in remote and socially segregated regions in our city? Only with ample housing can our compatriots rejoice over life. Only with well-rounded schemes related to public housing construction can citizens figure out a place to simply live. Only with a spacious apartment can our germinating seeds utterly enjoy their precious infancy. Thus, a proper policy addressing the housing problem is well-founded. Can you imagine an infirm elderly person who has been contributing much to society being coerced into a dilapidated home? Can you imagine our future pillars of society being grief-stricken by the substandard conditions? That is the problem we must encounter and address.

While there is an outcry about inadequate housing, there are also some policies which need to be abolished. That is --- abolishing the ossified education schemes targeting innocent children. Rarely does a day elapse without intensive exercises and tutorial classes for youngsters. Parents, triggered by educational policies, are in great pursuit of improvingtheir children's aptitude. Children are succumbing to a wide array of academictrainingsimply for a university place. Under this suffocating educational system, children's innovation and freedom are lamentably stifled, forced to outcompete other candidates in examinations. "The early bird catches the worm." But young birds can't fly, so can they truly get the worm or does the worm get them? Only when such a demanding system is abolished can our children attain well-rounded development.

In a nutshell, I could not be more delighted to talk to you all this morning and what I desire is that my ideas have been well delivered. To make Hong Kong a better place is worth fighting for. It is, it is worth it. Let's do our utmost to win the battle! Thank you.

5D Chan Ho Yu, Hugo

POCA Wong Siu Ching Secondary School

2nd Term Test TIMETABLE 2016 / 2017 (v.3)

Date	Test	Form 1A – 1D	Form 2A – 2D	Form 3A – 3D	Form 4	Form 5	
	Session	(Rm 101 - 104)	(Rm 201 - 204)	(Rm 301 - 304)	(morning session- Rm 401, 402, 403, 404, 405)	(morning session- Rm 501 (5A), 502 (5B), 503 (5C), 509 (5D), 510 (5E))	
27/3 Mon (III)	A	Chinese (8:30 - 9:30) 1A CX CY CZ 101 102 103 104	Mathematics (8:30 – 9:30)	Chinese (8:30 - 9:30)	English (8:30 – 9:45)	Mathematics (8:30 - 9:45)	
		Silent study (9:30 – 10:00)	Silent study (9:30 – 10:00)	Silent study (9:30 – 10:00)	3 rd period = Silent study session (9:50 - 10:30)	3 rd period = Silent study session (9:50 - 10:30)	
	В	Liberal Studies (10:00 -10:30)	History (10:00 – 10:30)	Biology (10:00-10:30)	4X1 Chi. Lit. 4X1 BAFS (Rm 401) 4X1 BAFS (Rm 403) 4X1 Bio. (Rm 404) (10:50-11:50*) (10:50-12:00) (10:50-12:05*) (10:50-12:00)	5X2 Ch. Hist. 5X2 Econ. 5X2 ICT 5X2 Geog. (Rm 501) (Rm 502) (Rm 503) (Rm 509) (10:50-12:00) (10:50-12:05*) (10:50-12:00) (10:50-12:05*)	
			Silent study (10:30 - 10:50)	Silent study (10:30 – 11:00)			
	C		Liberal Studies (10:50 -11:20)	Geography (11:00 - 11:40)			
28/3 Tue (IV)	A	Mathematics (8:30 - 9:30)	English (8:30 – 10:00)	Chi. History (8:30 – 9:15)	Chinese Language (8:30 – 10:00)	Liberal Studies (8:30 – 9:45)	
		Silent study (9:30 – 9:45)	Silent study (10:00 – 10:30)	Silent study (9:15 – 9:45)	3 rd period = Silent study session (10:00 - 10:30)	3 rd period = Silent study session (9:50 - 10:30)	
	В	Geography (9:45- 10:25)	Chi. History (10:50 – 11:35)	Liberal Studies (9:45 -10:15)	4X2 Ch. Hist. 4X2 Econ. 4X2 ICT 4X2 Geog. (Rm 401) (Rm 402) (Rm 403) (Rm404) (10:50-12:00) (10:50-12:00) (10:50-12:05*)	5X1 Chi. Lit. 5X1 BAFS (Rm 501) 5X1 BAFS (Rm 503) 5X1 Bio. (Rm 509) (10:50-11:50*) (10:50-12:00) (10:50-12:05*) (10:50-12:00)	
29/3 Wed (SDD)	HALL		60) F3 Physics (10 mistry (11:00 - 11:30		F.4 Visual Arts (9:00 - 9:45) (Rm 101) 4M1, 4M2 (9:00 - 10:15) (Rm 102)	F.5 Visual Arts (9:00 - 9:45) (Rm 101) 5M1 , 5M2 (9:00 - 10:15) (Rm 103)	
30/3 Thu (V)	A	English (8:30 - 10:00)	Science (8:30 – 9:15)	Mathematics (8:30 - 9:30)	Liberal Studies (8:30–9:45) English (8:30 – 9:45)		
		Silent study (10:00 – 10:30)	Silent study (9:15 – 9:45)	Silent study (9:30 – 9:45)	3 rd period = Silent study session (9:50 - 10:30)	3 rd period = Silent study session (9:50 - 10:30)	
	В	Eng. Literature (10:50 – 11:35)	Eng. Literature (9:45 – 10:30)	Eng. Literature (9:45 – 10:30)	Physics 4X1 (Rm 401) (Rm 402) (10:50 – 12:00) (10:50 – 12:00)	Chemistry Chemistry 5X2 (Rm 501) 5X3 (Rm 502) (10:50 - 12:00) (10:50 - 12:00)	
31/3 Fri (VI)	A	Science (8:30 – 9:15)	Chinese (8:30 - 9:30)	English (8:30 – 10:00)	Mathematics (8:30 – 9:45)	Chinese Language (8:30 – 10:00)	
		Silent study (9:15 – 9:45)	Silent study (9:30 – 9:45)	Silent study (10:00 – 10:30)	3 rd period = Silent study session (9:50 - 10:30)	3 rd period = Silent study session (10:00 - 10:30)	
	В	Chi. History (9:45 – 10:30)	Geography (9:45 - 10:25)	History (10:50 – 11:35)	Chemistry 4X2 (Rm 401) 4X3 (Rm 402) (10:50 – 12:00) (10:50 – 12:00)	Physics 5X1 (Rm 501) (Rm 502) (10:50 – 12:00) (10:50 – 12:00)	

^{1.} Latecomers: (i) Students who arrive late but within the first 15 minutes should be admitted. No extra time should be given to the latecomers.

⁽ii) If students arrive late, with acceptable reason, but more than 15 minutes, they should report to the Office at once. The make-up test should be done on the same day and only 90% of the score will be counted.

^{2.} Students should stay in their classrooms during the silent study sessions.

^{3.} When the Education Bureau announces the closure of school due to adverse weather, the tests will be postponed. The original scheduled tests/examinations timetable will remain unchanged. An announcement concerning the rearrangement for the postponed tests will be made later.