



# 伊利沙伯中學

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第五十七期校刊

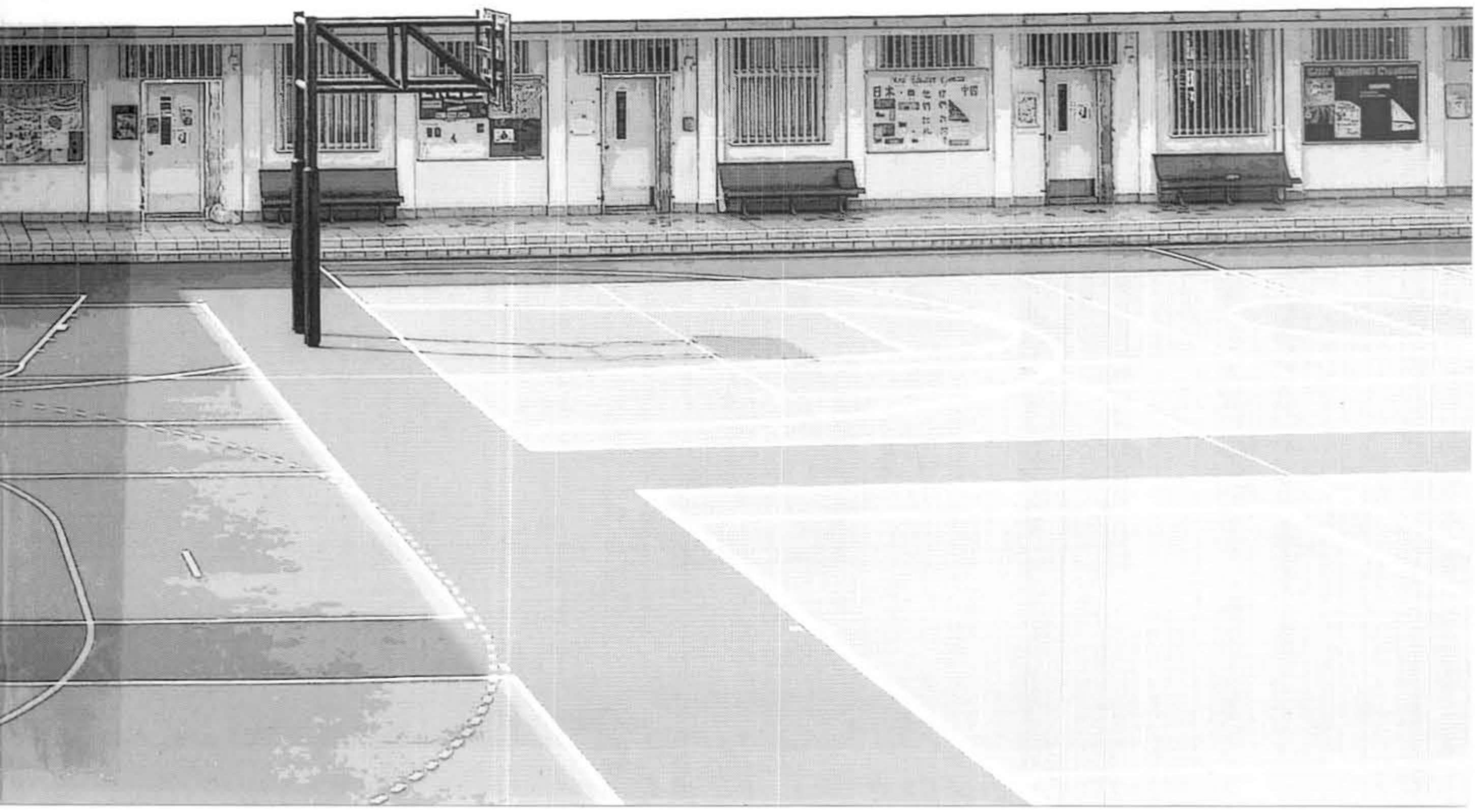


校刊 第五十七期

# Queen Elizabeth School



School Magazine  
Issue 57





Music by D. E. PARKER  
Lyrics by E. BLUNDEN

# SCHOOL SONG



*mf* *p*

1. Bring to our song the thank-ful soul, the lov - ing thought, the  
2. E - li - za - beth a queen - ly name, be - gins the song and  
3. May know-ledge from our works in-crease, and serve the world and

shin - ing dream. And let us all as one ex - tol. Our  
so be - gun. Fair be our school's ad - vance and fame. And  
spread the light. Be ours to share an ac - tive peace, a -

gener - al and our sever - al theme. Our  
 ev - er new her glo - ry won. The  
 mong our - selves first learned a right And

*Allergando*  
3

School of roy - al ti - t - le. Bring great glad - ness  
 glo - ry of the wise and good. And old tru - th  
 from this School let this be shown. "T'was mine, but

V. 1      3rd Verse  
 V. 2

*Marcato* **ff**

to her hon - our - ing  
 new - ly un - der - stood.  
 was not mine a - lone." Now close the song; and

close in full. Re - e - cho, "Queen E - li - za - beth School."

Music by D. E. PARKER  
Lyrics by E. BLUNDEN

# SCHOOL SONG

Musical notation for the piano introduction, consisting of two staves in G major and 4/4 time.

Musical notation with lyrics and dynamics. Dynamics include *mf* and *p*.

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 2. E - li - za - beth a queen - ly name, be - gins the song and  
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Musical notation with lyrics.

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Musical notation with lyrics and dynamics. Dynamics include *Allergando* and *3*.

School of roy - al ti - t - le. Bring great glad - ness  
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Let's give a round of applause for the 57<sup>th</sup> issue of our school magazine! However hard the editorial process was, it is our privilege to showcase all the mesmerizing and memorable moments right here at our beloved school. Every single page is an epitome of students' talent, teachers' nurturing and the solidarity of this big family. You will find yourself smiling from the bottom of your heart as you flip through the pages of our editors' collaborative work.

Reflecting QES's remarkable achievements throughout the years, our alumni not only serve society with the knowledge and social skills acquired at our school, but they also offer their countless support to the school by participating in important events and sharing their tips for success with their younger brothers and sisters. It is our greatest honour to have invited Mr. Ho Che Leung, Mr. Tam Wing Oi and Mr. Patrick Yeung to publicize their unforgettable memories at QES and the journey to strive for excellence in the special interview series, "QES Giant Footprints in Society". Just catch a glimpse of the lives of these high achieving big brothers to extract the essential elements of success and the underlying meaning of service.

It is time to focus on the present after learning from the past. Every day, we spend the majority of our time studying, joining extra-curricular activities and serving our schoolmates at school. Having tasted the hardships and rewards of every position, can you find your specific role in QES? How is your role exerting its indispensable function at school? Recognizing the significance of students' roles, we chose "Your ROLE in QES" as the theme of this issue. The Righteous Prefect Body, the Obliging Big Brothers and Sisters, the Loyal Student Union and the Enthusiastic Camp Warden Association share their uncountable ardor and life-long gain in the course of fulfilling duties in their roles. I hope that QES descendents could learn from these experienced predecessors to assume their future roles in this heart-warming home.

I would like to express my sincere gratitude to teachers for their relentless support and editors for their diligence and perseverance in this platform. This school magazine would not have been come into existence without all of your concerted efforts. It is definitely my honour to be part of the team.

So now, engross yourself in the wonderful records of our school's and your success this year!





Our Guests of Honour, Mr. Simon HO Che Leung MBE and Mrs. HO, distinguished guests, parents, old students, staff and students of Queen Elizabeth School.

It gives me great pleasure to welcome you to our Annual Speech Day. Your presence accords invaluable support and encouragement to the school, our graduates and prize winners. I would like to express my heartfelt gratitude to everyone here. We are highly privileged to have Mr. Simon HO Che Leung MBE, distinguished alumnus of QES and Honorary President of the Hong Kong Award for Young People, as our Guest of Honour.

Mr. HO of the 56 Form Association was one of the graduates among the first batch of S.5 students of QES since it was founded in 1954.

At school, Mr. HO had excellent academic results in the internal examinations, the Hong Kong School Certificate Examination and the Matriculation Examination. Besides this, Mr. HO actively participated in ECA including sports, debating, drama, the school choir and the Harmonica Band. He held responsible posts namely School Prefect, East House Captain and Founding Leader of the School Harmonica Band. He was awarded Special Prize for Outstanding Service. Mr. HO proved himself an all-rounder exemplifying the school's mission of providing students with an all-round education through a well-balanced curriculum.

Mr. HO pursued both his undergraduate and post-graduate studies at the University of Hong Kong and was equally active in student activities. Upon graduation, Mr. HO entered the Civil Service and developed his career in the field of Education, having worked as teacher in King's College, Lecturer at Sir Robert Black College of Education, Senior Inspector of Schools, Principal Curriculum Planning Officer, Deputy Chief Inspector and Assistant Director of Education (Chief Inspector of Schools). He made great contributions to improve the quality of education in schools through inspections, curriculum planning

and the promotion of student activities, e.g. the Duke of Edinburgh's Award (now the Award for Young People), the Community Youth Club and Inter-school Drama Competition.

While in civil service and even after retirement, Mr. HO has served on numerous statutory and non-statutory bodies, fully demonstrating his genuine commitment to education and adolescents' whole person development and manifesting the School Motto – Prepare yourself that you may serve. Some of the public offices he held include Registered School Manager of the Sir Robert Black College Past Students' Association HO Sau Ki School since 2000, Registered School Manager of the Jockey Club, Ti-I College since 1997, member of the Award Council of the Hong Kong Award for Young People since 1998, of which he became the Chairman in 2008-10, and now Honorary President, Honorary Adviser of the Lok Sin Tong Benevolent Society (Kowloon) and Honorary Adviser of the Gold Award Holders' Association of Hong Kong.

In recognition of his contribution to education and commitment of service in Hong Kong, Mr. HO was awarded the MBE in 1997. He is also the first recipient of Service Badge granted by the Award Council of the HKAYP for over 40 years' service.

An eminent figure with outstanding accomplishments in academic pursuits, career development and service to the community, Mr. HO is an exemplary alumnus for us to emulate.

We are indeed grateful to have Mr. HO for honouring us with his presence to impress upon us with his words of wisdom. We would also like to express our sincerest thanks to Mrs. HO for presenting the certificates and prizes to our graduates and prize-winners.

Ladies and gentlemen, I am going to deliver the School Report for the year 2009-2010. As copies of the School Report have been distributed to you, I would only highlight



a few salient points to pay tribute to those involved.

In the 2010 Hong Kong Advanced Level Examination, we entered 83 students and they scored altogether 123 distinctions and credits. 86.75% of them met the minimum entrance requirements for tertiary education. The high achievers are WONG Yu Yeung of 7B who scored 3 A's and 2 B's, LO Man Kong of 7B who scored 3 A's and 2 B's and CHAN Pui Man of 7A who scored 2 A's, 1 B and 2 C's.

In the 2010 Hong Kong Certificate of Education Examination, the 157 students we entered scored a total of 764 distinctions and credits with 84.1% of them obtaining 14 points or more from the best 6 subjects. A marked improvement in students' results was recorded, as evidenced from the well above average percentage of distinctions and credits scored in almost all subjects entered. Some of the top performers are: TSE Wing Ching of 5C who attained Level 5\* in English and Chinese in addition to 7 A's, LAM Long Hei of 5C who attained Level 5\* in English and Chinese in addition to 5 A's and 2 B's, CHAN Chun Him of 5C who attained Level 5\* in English and Chinese in addition to 5 A's and 1 B, LI Ka Chun of 5D who attained Level 5\* in Chinese and Level 5 in English in addition to 6 A's, NG Hiu Man of 5C who attained Level 5\* in English and Chinese in addition to 5 A's and 1 B while AU Wing Shan of 5C attained Level 5 in English and Chinese in addition to 6 A's. These six students are eligible for the University Early Admission Scheme.

The pursuit of academic excellence is by no means the only goal of our school. At QES, students are nurtured in a harmonious, stimulating and enabling environment for whole-person development. Our mission is to groom students into responsible young people with good moral, intellectual, physical, social and aesthetic qualities. It is our aspiration that QES students will make themselves contributors to the well-being of their home, country and humanity. Towards this aim, multifarious co-curricular and extra-curricular activities are organized to provide our students with optimal opportunities for realizing their potential to the full and growing in a sense of self-discipline, civic responsibility, concern and respect for

others and commitment to the common good.

The school year 2009-10 was the first year of the 3-year School Development Plan (2009-2012). Taking into account our findings through the School Self Evaluation Exercise, the Education Reform and the need to promote Moral and Civic Education, the school drew up the Annual School Plans. The first Area of Major Concern is to fine-tune the teaching and learning strategies adopted for smooth and successful implementation of the New Senior Secondary Curriculum. To improve the quality of Learning and Teaching, subject departments adopted and practised the CPR model (Collaborative lesson preparation, Peer lesson observation, and Review, reflect and develop). For school sustainable development, the School Self Evaluation culture was promoted through the PIE model (Planning, Implementation and Evaluation) with great emphasis on data-driven analysis and action planning. EDB school-based Support Service was solicited to develop the capability of teachers and the Liberal Studies curriculum. The second Area of Major Concern is to unleash students' potential for achieving excellence in their pursuit of knowledge. Subject departments and functional teams adopted appropriate strategies to challenge students through learning and teaching activities. Students were made to aim high, to balance work and play as well as to make continuous effort. Active engagement in learning, taking charge of one's learning and practising high order thinking were emphasized. An abundance of opportunities were seized and provided for students to unleash their potential. Funds were injected into the organization of more than ten Special Learning Programmes encompassing team sports, the School Orchestra, Drama and Debating. Students were given the autonomy to organize activities and vested with responsibility to contribute to the success of major school functions and initiatives such as Forums, Inter-Government Secondary Schools English Debating Competitions and the variety show 'Fiesta of Expression'. The outcome was pleasing and successful. The third Area of Major Concern is to foster among students a set of core and sustainable values and attributes conducive to their whole person development. Our aim is to instill our students the QES spirit and to manifest the school



motto in their endeavours. The functional teams played a major role to address this area of major concern. Besides working on individual programme plans, the functional teams joined effort in launching the Day 4 Student Development Programme during which distinguished old students, guest speakers and personnel from NGOs were invited to speak to students and conduct workshops. Subject departments also integrated this area of work into their curriculum. Extra-curricular and co-curricular activities aiming at promoting QES spirit and the school ethos were organized. Opportunities were provided for students to acquire different kinds of skills, such as time management skills, study skills, leadership skills, life skills, goal setting skills and interpersonal skills. Students were reminded from time to time the importance of ABC (Aiming high, Balancing work and play and exerting Continuous effort). It is worth mentioning that the school's 55th Anniversary Celebration has provided opportunities for Functional Teams and ECA teams to target this area of major concern. The effort made in the last school year would be sustained in the school years 2010-2012.

Besides launching programmes for the Areas of Major Concern, the school also continued the 'English Enhancement Scheme'. One extra Native English Teacher (NET) was employed to help with the enhancement of the English-learning environment of the school. The teachers of English were also provided with outside school and on-site professional training in preparation for the New Senior Secondary Curriculum.

To cater for learning diversity, the school launched both remedial and enhancement programmes. Classes manned by old students were arranged to help the junior form students adapt to studies in secondary school and the stragglers to catch up with the main stream in academic achievements. On one hand, it provided old students with chances to reciprocate the school and on the other hand, it provided current students with the support needed for achieving in studies. Regarding our exceptionally-gifted students, we nominated them for

participation in the Leadership Enhancement Programme, the Mathematics Enhancement Programme, the Science Enhancement Programme and the Humanities Subject Enhancement Programme organized by the Curriculum Development Institute of EDB.

Leadership training was given to all S3 students at the end of the school year to prepare them for office bearing in senior forms. Besides, tailored leadership training programmes were conducted for Prefects, Big Brothers and Big Sisters and club officials. Other external leadership programmes included The Basic Law Ambassadors Training Programme offered by the Joint Committee for the Promotion of the Basic Law of Hong Kong, The Business & Entrepreneurship Enhancement Programme on Social Enterprises offered by HKU, The Health in Mind Programme offered by EDB, The Hong Kong 2010 Leadership Project offered by the Hong Kong Federation of Youth Groups, The Leadership Training Course offered by Hang Seng Bank, The National Education Ambassadors Training Programme offered by National Education Centre, The Navigator Scheme offered by Hok Yau Club and The Hong Kong Jockey Club Award Scheme for Student Leaders of Hong Kong offered by EDB.

Our school is committed to securing every opportunity for students to learn beyond the confines of Hong Kong so that they can develop deeper insights into global issues such as poverty, social inequality, international goodwill, cultural tolerance and respect for diverse values. Our students participated in such events through school nomination or being awarded free trips for winning various external competitions. Students attended the Future Pilot Training Programme in Australia and various National Exchange Programmes which took place in Fujian, Guangxi, Jiangxi, Shanghai and Sichuan. Other programmes included The Shanghai-Qingdao-Hong Kong Youth IT Summer Camp in Shanghai, The Singapore International Mathematics Challenge in Singapore, the 11th Asian Physics Olympiad in Taipei, Taiwan and



the Ninth Hong Kong-Singapore Exchange Programme in Singapore.

Our students actively participated in inter-school competitions and succeeded in winning prizes and awards for their outstanding performance. I would like to highlight the following. In the 62<sup>nd</sup> Hong Kong Schools Music Festival, our students were awarded 2 First Prizes, 4 Second Prizes and 2 Third Prizes. In the 61<sup>st</sup> Hong Kong Schools Speech Festival, our students won 3 First Prizes, 12 Second Prizes and 13 Third Prizes in the English Section; while in the Chinese and Putonghua Section, our students won 7 First Prizes, 7 Second Prizes and 16 Third Prizes. In the Anti-drug Campaign Recycle Bag Design Competition, our students won the championship in the Open Section. In the Hong Kong Mathematics Olympiad, our student won a First Prize. In the HKSSF Inter-school Swimming Championships 2009, our students won 1 First Prize, 3 Second Prizes and 1 Third Prize. In the HKSSF Inter-school Volleyball Competition Division III, our students won the championship in Girls C Grade. Our students were the Team Champions in the Joint School Chinese Chess Competition and the Mathematics Trail of HK Mathematics Olympiad. In the Navigator Scheme 2009, our student won the championship and was awarded a free trip to Beijing on National Education. In the Point @ Media 2010, our student was the Champion. In the Question-orientated Learning Report Competition, our student won the championship. In the Singapore International Mathematics Challenge 2010, our students won the Distinction Award. Our student won a Gold Award in the Chinese Language Elite Scheme as well as in the Torch Cup Putonghua Prose Reading Competition. In The Hong Kong Mathematics Olympiad – 2010 Hong Kong and Macau Cup, our students won 1 Gold Award and 2 Silver Awards. For details of the other prizes, please refer to the School Report.

Support from stakeholders, in particular parents and alumni, is indispensable to the school's endeavour towards sustainable development and provision of quality education. In this regard, we are blessed with enthusiastic and supportive parents as well as old students. Their unstinting support

and contributions to the school are highly appreciated. The successful organization of the school's 55<sup>th</sup> Anniversary Celebration activities is testimony of the collaborative effort of parents, alumni, students and the staff of the school. May I take this opportunity to express our sincere thanks to the Parents-Teachers' Association under the chairmanship of Mr. LO Man Fong, Alain and the Old Students' Association under the leadership of Mr. Henry TONG.

Last school year, as usual, was a very busy and challenging year for all our colleagues whose enthusiasm and dedicated efforts enabled the ongoing prosperous development of the school. I must express my profound appreciation of their whole-hearted devotion to their work. My heartfelt gratitude goes especially to members of the School Management Committee under the chairmanship of Ms WONG Suk Wah Sophia PEO (HK), and colleagues of the Regional Education Office (YTM) for their advice and support on school management and organization. I am also grateful to my partners and our two Assistant Principals, Mr. LI Wing Leung and Mr. TAM Wing Hung, for their valuable assistance and contribution to school management and organization work. My sincere thanks also go to the school social worker, Ms. CHEUNG Mei Ling, the clerical staff and the janitor staff for their support and cooperation.

To conclude, our school progressed with strength and vitality in every aspect last year. I am sure the effort exerted will sustain us and stand us in good stead in overcoming the challenges that accompany the implementation of the New Senior Secondary Curriculum.

Finally, let me thank once again our Guests of Honour, Mr. and Mrs. HO and all of you for your presence. May I wish our prize-winners further and greater success, our graduates a bright future and all of you, ladies and gentlemen, happiness, prosperity and the best of health. Thank you.

## Speech by Mr. Simon HO Che Leung MBE

Honorary President, The Hong Kong Award for Young People

At the Speech Day of Queen Elizabeth School

on Friday 10 December 2010

Mr. Tong, Teachers and Students of Queen Elizabeth School, Ladies and Gentlemen.

On behalf of my wife and myself, I wish to thank Mr. Tong for his kind invitation. As an old student of QES, I am truly honoured to be able to speak to you on this momentous occasion. I am very happy to be here today to share with you the success of the school, the jubilation of all the F.5 and F.7 graduates, and the outstanding achievements of the prize-winners. Today's occasion has brought back many fond memories. Just like many of you sitting here today, I was once a F.5 graduate at QES. The only difference is that I was in the first batch of F.5 Graduates of the School during its infancy period (1954-56) over half a century ago. The school was founded with great expectation from the Government. It was staffed by a group of very dedicated teachers headed by a very capable principal, Mr Cheong Wai Fung, assisted by a very enthusiastic Senior Master, Mr Arthur Hinton. As the school was new, we were reminded all the time that we should work hard in our studies, do our best in the external competitions of school activities and participate fully in extra-curricular activities so as to justify the confidence that the Government had on us. I wonder if any of that has changed after half a century!

Looking back after so many years, I consider myself extremely fortunate to grow up in the healthy and caring environment such as QES. I worked hard in my studies, and my results in the Hong Kong School Certificate Examination were well above average. My results in the Matriculation Examination allowed me to further my studies at the University of Hong Kong in the subject of my choice. I participated fully in a wide range of school activities including sports and games and other cultural activities such as debating and drama. I sang in the school choir and played in the School Harmonica Band. Among other responsibilities I held at school, I was a School Prefect, a House Captain and the founding leader of the School Harmonica Band. I am pleased to say that my wide interests have served me well throughout my life, and I have made many friends and contacts through my extra-curricular interests. As icing on the cake, I was also a prize-winner like some of you. In recognition of my services to the school, I was awarded the Special Prize for Outstanding Service in 1954-55. In 1957-58, I was awarded the class-prize in Upper 6A, and on that same occasion, I had the honour to receive the Overall

Championship Shield for East House as its Captain. I was greatly moved as it took us four years of hard work to achieve this honour. These awards did have a significant influence on my life. They helped to galvanize my beliefs that I should continue to work hard in my studies, play a leading role in student activities and have commitment to serve others. I am grateful for what the school has done for me - enabling me to pursue my further studies at the University of Hong Kong and providing ample opportunities for me to realize my potential to the full. Within four years, the school was able to establish a good reputation and be compared favourably with other leading schools in Hong Kong. I wish to take this opportunity to thank the Principal, staff and fellow students of my time for laying down such a good foundation for QES.

Now, I wish to offer you a few pieces of advice under the following two domains which I hope you will find useful in your future endeavours.

### **Pursuit of Excellence**

The pursuit of excellence is a very important concept in whatever you do. In simple terms, you should always do your best. You should develop a genuine interest in your studies or chosen career through a thorough understanding of its key concepts and skills. Therefore, you should be able to explain to others what your studies or career is all about, its relevance to the job market and its contribution to society at large. Then you should keep yourselves updated to meet the changing needs of society. Also, you should develop a habit of self-evaluation to ensure that you continue to improve all the time. In order to reinforce your faith in the course of your studies or your chosen career, you should read up successful stories, past and present, in your field. More importantly, you should talk to those who have done your programme and are successful in their careers. Once you have faith in your field of studies or chosen career, the next thing is to commit yourself fully and work hard. Obviously, you should seek advice from your tutors and seniors. Here, I think the Old Students' Association (OSA) might be able to give you more help. Through their network, they might be able to put you into contact with the right person. Our school has an Alumni Mentorship Programme with the OSA. As a former President of the OSA, I suggest that you should support the Alumni Mentorship Programme when you are still at school and join the OSA when the time comes.

## Development of Personal Qualities

As you know, personal qualities cannot be taught. They can only be acquired through active participation in activities of various kinds. In order to enable students to acquire these qualities as spelt out so clearly in our school mission, i.e., a sense of self-discipline, civic responsibility, concern and respect for others as well as commitment to the common good in their service to home, country and humanity, QES has in place an established infrastructure of student organizations. It also provides ample opportunities for students to participate in a wide range of extra-curricular activities. For example, the Prefects, the Student Union, the Big Brothers and Big Sisters Scheme and the Camp Wardens Association. These help to develop a sense of self-discipline and responsibility; the House system fosters a sense of belonging, loyalty and commitment; the Societies and Clubs provide opportunities for students to develop important generic skills which would include amongst others, leadership skills, inter-personal skills, communication skills and problem-solving skills. The uniform and social services groups encourage a commitment to serve others. The external competitions related to various kinds of school activities enable students to try their best to win, and at the same time, accept defeat gracefully as lessons for improvement. The cultural exchange programmes and educational tours help to promote national education and international understanding. There is no doubt that students can acquire many important personal qualities through their participation in some of these activities. In order to maximize your opportunities, you need to get your priorities right in terms of balance and focus. More importantly, you should develop a special interest in either sports, music or arts, in addition to your general interests, so that this becomes a special quality in yourselves. This will be an edge in yourselves when you are competing for a programme of studies or a job.

At this point, I would like to introduce you to the Hong Kong Award for Young People (HKAYP). I must first make a conflict of interest declaration! I am the Honorary President and Immediate Past Chairman of the HKAYP Scheme, and I have been involved with the Scheme (formerly known as the Duke of Edinburgh's Award) for 48 years. I have always believed in the importance of the personal development of young people, and I believe from the bottom of my heart that the Scheme has much to offer for young people like all of you. I understand that our school has joined the Scheme for some years. Perhaps you are too busy with your involvement in other clubs and societies or perhaps you may not know enough about the value of the Scheme. I will try to take this opportunity to explain to you the usefulness of the Scheme and hope that more of you will join. You may join even after you have left the school, as the Scheme caters for participants up to the age of 25. The Scheme is well supported by the Government with the Chief Executive as its patron. The Scheme aims to cultivate

youngsters with perseverance and the spirit of self-challenge, to help them become active and responsible citizens. It complements the formal education for the development of the whole person. To gain an Award, participants have to fulfil requirements of different sections of activities' namely: Service, Skills, Expeditions and Physical Recreation. Gold Award participants have to take an additional Residential Project. The Gold and Silver Award holders are granted merits in the Self Recommendation Scheme of the Joint University Programmes Admissions System in Hong Kong, listed together with the Olympic Games and Asian Games medal recipients. The HKAYP is a member of the International Award Association with its Headquarters in London. The standards of the Gold and Silver Awards are closely monitored by the International Award Association and therefore are internationally recognized. More and more local companies and international corporations are giving support to the Scheme because they consider the HKAYP to be a worthwhile programme for youth development.

In the New Senior Secondary Curriculum, 'Other Learning Experiences' is one of the six domains that students have to pursue in their studies. Students are expected to record their learning experiences in the form of a student portfolio. Schools are seeing the value and relevance of the HKAYP Scheme in this area of learning. Today, the development of the Scheme in schools has reached a record high in terms of the number of participating schools (251) and the number of student participants (over 35,000). Its development in the tertiary institutions is also very encouraging. Students in tertiary institutions will have more time for personal development as the general undergraduate programmes will be extended from three to four years.

I know QES has good potential to develop the Scheme. Our School Camp in Sai Kung provides a suitable venue to train participants in camping skills. The Camp Warden Association can provide the necessary volunteers to help in the expedition exercise which is the most challenging part of the Scheme. I am willing to arrange for a special team from the HKAYP Headquarters to come and give you more information and talk to potential participants. I am sure successful participants of this Scheme will be more able to put our school motto "prepare yourselves for service to others" into practice.

In closing, I wish to congratulate the Principal and staff of QES and all the stakeholders including the School Management Committee, the Parents-Teachers' Association and the Old Students' Association for their great success in the academic year 2009 – 2010 and wish they will continue to do well in the future. Above all, I wish to extend my heartiest congratulations to all the graduates and prize-winners for your outstanding achievements on this very special day. Each and every one of you, through your hard work and perseverance, is a deserving winner here today. May I thank you all for your patience and I wish you all the very best in your future pursuits.

Thank you.



Our Guests of Honour, Mr. Simon HO Che Leung MBE and Mrs. HO, distinguished guests, parents, old students, staff and students of Queen Elizabeth School.

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While in civil service and even after retirement, Mr. HO has served on numerous statutory and non-statutory bodies, fully demonstrating his genuine commitment to education and adolescents' whole person development and manifesting the School Motto – Prepare yourself that you may serve. Some of the public offices he held include Registered School Manager of the Sir Robert Black College Past Students' Association HO Sau Ki School since 2000, Registered School Manager of the Jockey Club, Ti-I College since 1997, member of the Award Council of the Hong Kong Award for Young People since 1998, of which he became the Chairman in 2008-10, and now Honorary President, Honorary Adviser of the Lok Sin Tong Benevolent Society (Kowloon) and Honorary Adviser of the Gold Award Holders' Association of Hong Kong.

In recognition of his contribution to education and commitment of service in Hong Kong, Mr. HO was awarded the MBE in 1997. He is also the first recipient of Service Badge granted by the Award Council of the HKAYP for over 40 years' service.

An eminent figure with outstanding accomplishments in academic pursuits, career development and service to the community, Mr. HO is an exemplary alumnus for us to emulate.

We are indeed grateful to have Mr. HO for honouring us with his presence to impress upon us with his words of wisdom. We would also like to express our sincerest thanks to Mrs. HO for presenting the certificates and prizes to our graduates and prize-winners.

Ladies and gentlemen, I am going to deliver the School Report for the year 2009-2010. As copies of the School Report have been distributed to you, I would only highlight

a few salient points to pay tribute to those involved.

In the 2010 Hong Kong Advanced Level Examination, we entered 83 students and they scored altogether 123 distinctions and credits. 86.75% of them met the minimum entrance requirements for tertiary education. The high achievers are WONG Yu Yeung of 7B who scored 3 A's and 2 B's, LO Man Kong of 7B who scored 3 A's and 2 B's and CHAN Pui Man of 7A who scored 2 A's, 1 B and 2 C's.

In the 2010 Hong Kong Certificate of Education Examination, the 157 students we entered scored a total of 764 distinctions and credits with 84.1% of them obtaining 14 points or more from the best 6 subjects. A marked improvement in students' results was recorded, as evidenced from the well above average percentage of distinctions and credits scored in almost all subjects entered. Some of the top performers are: TSE Wing Ching of 5C who attained Level 5\* in English and Chinese in addition to 7 A's, LAM Long Hei of 5C who attained Level 5\* in English and Chinese in addition to 5 A's and 2 B's, CHAN Chun Him of 5C who attained Level 5\* in English and Chinese in addition to 5 A's and 1B, LI Ka Chun of 5D who attained Level 5\* in Chinese and Level 5 in English in addition to 6 A's, NG Hiu Man of 5C who attained Level 5\* in English and Chinese in addition to 5 A's and 1 B while AU Wing Shan of 5C attained Level 5 in English and Chinese in addition to 6 A's. These six students are eligible for the University Early Admission Scheme.

The pursuit of academic excellence is by no means the only goal of our school. At QES, students are nurtured in a harmonious, stimulating and enabling environment for whole-person development. Our mission is to groom students into responsible young people with good moral, intellectual, physical, social and aesthetic qualities. It is our aspiration that QES students will make themselves contributors to the well-being of their home, country and humanity. Towards this aim, multifarious co-curricular and extra-curricular activities are organized to provide our students with optimal opportunities for realizing their potential to the full and growing in a sense of self-discipline, civic responsibility, concern and respect for

others and commitment to the common good.

The school year 2009-10 was the first year of the 3-year School Development Plan (2009-2012). Taking into account our findings through the School Self Evaluation Exercise, the Education Reform and the need to promote Moral and Civic Education, the school drew up the Annual School Plans. The first Area of Major Concern is to fine-tune the teaching and learning strategies adopted for smooth and successful implementation of the New Senior Secondary Curriculum. To improve the quality of Learning and Teaching, subject departments adopted and practised the CPR model (Collaborative lesson preparation, Peer lesson observation, and Review, reflect and develop). For school sustainable development, the School Self Evaluation culture was promoted through the PIE model (Planning, Implementation and Evaluation) with great emphasis on data-driven analysis and action planning. EDB school-based Support Service was solicited to develop the capability of teachers and the Liberal Studies curriculum. The second Area of Major Concern is to unleash students' potential for achieving excellence in their pursuit of knowledge. Subject departments and functional teams adopted appropriate strategies to challenge students through learning and teaching activities. Students were made to aim high, to balance work and play as well as to make continuous effort. Active engagement in learning, taking charge of one's learning and practising high order thinking were emphasized. An abundance of opportunities were seized and provided for students to unleash their potential. Funds were injected into the organization of more than ten Special Learning Programmes encompassing team sports, the School Orchestra, Drama and Debating. Students were given the autonomy to organize activities and vested with responsibility to contribute to the success of major school functions and initiatives such as Forums, Inter-Government Secondary Schools English Debating Competitions and the variety show 'Fiesta of Expression'. The outcome was pleasing and successful. The third Area of Major Concern is to foster among students a set of core and sustainable values and attributes conducive to their whole person development. Our aim is to instill our students the QES spirit and to manifest the school



motto in their endeavours. The functional teams played a major role to address this area of major concern. Besides working on individual programme plans, the functional teams joined effort in launching the Day 4 Student Development Programme during which distinguished old students, guest speakers and personnel from NGOs were invited to speak to students and conduct workshops. Subject departments also integrated this area of work into their curriculum. Extra-curricular and co-curricular activities aiming at promoting QES spirit and the school ethos were organized. Opportunities were provided for students to acquire different kinds of skills, such as time management skills, study skills, leadership skills, life skills, goal setting skills and interpersonal skills. Students were reminded from time to time the importance of ABC (Aiming high, Balancing work and play and exerting Continuous effort). It is worth mentioning that the school's 55th Anniversary Celebration has provided opportunities for Functional Teams and ECA teams to target this area of major concern. The effort made in the last school year would be sustained in the school years 2010-2012.

Besides launching programmes for the Areas of Major Concern, the school also continued the 'English Enhancement Scheme'. One extra Native English Teacher (NET) was employed to help with the enhancement of the English-learning environment of the school. The teachers of English were also provided with outside school and on-site professional training in preparation for the New Senior Secondary Curriculum.

To cater for learning diversity, the school launched both remedial and enhancement programmes. Classes manned by old students were arranged to help the junior form students adapt to studies in secondary school and the stragglers to catch up with the main stream in academic achievements. On one hand, it provided old students with chances to reciprocate the school and on the other hand, it provided current students with the support needed for achieving in studies. Regarding our exceptionally-gifted students, we nominated them for

participation in the Leadership Enhancement Programme, the Mathematics Enhancement Programme, the Science Enhancement Programme and the Humanities Subject Enhancement Programme organized by the Curriculum Development Institute of EDB.

Leadership training was given to all S3 students at the end of the school year to prepare them for office bearing in senior forms. Besides, tailored leadership training programmes were conducted for Prefects, Big Brothers and Big Sisters and club officials. Other external leadership programmes included The Basic Law Ambassadors Training Programme offered by the Joint Committee for the Promotion of the Basic Law of Hong Kong, The Business & Entrepreneurship Enhancement Programme on Social Enterprises offered by HKU, The Health in Mind Programme offered by EDB, The Hong Kong 2010 Leadership Project offered by the Hong Kong Federation of Youth Groups, The Leadership Training Course offered by Hang Seng Bank, The National Education Ambassadors Training Programme offered by National Education Centre, The Navigator Scheme offered by Hok Yau Club and The Hong Kong Jockey Club Award Scheme for Student Leaders of Hong Kong offered by EDB.

Our school is committed to securing every opportunity for students to learn beyond the confines of Hong Kong so that they can develop deeper insights into global issues such as poverty, social inequality, international goodwill, cultural tolerance and respect for diverse values. Our students participated in such events through school nomination or being awarded free trips for winning various external competitions. Students attended the Future Pilot Training Programme in Australia and various National Exchange Programmes which took place in Fujian, Guangxi, Jiangxi, Shanghai and Sichuan. Other programmes included The Shanghai-Qingdao-Hong Kong Youth IT Summer Camp in Shanghai, The Singapore International Mathematics Challenge in Singapore, the 11th Asian Physics Olympiad in Taipei, Taiwan and

the Ninth Hong Kong-Singapore Exchange Programme in Singapore.

Our students actively participated in inter-school competitions and succeeded in winning prizes and awards for their outstanding performance. I would like to highlight the following. In the 62<sup>nd</sup> Hong Kong Schools Music Festival, our students were awarded 2 First Prizes, 4 Second Prizes and 2 Third Prizes. In the 61<sup>st</sup> Hong Kong Schools Speech Festival, our students won 3 First Prizes, 12 Second Prizes and 13 Third Prizes in the English Section; while in the Chinese and Putonghua Section, our students won 7 First Prizes, 7 Second Prizes and 16 Third Prizes. In the Anti-drug Campaign Recycle Bag Design Competition, our students won the championship in the Open Section. In the Hong Kong Mathematics Olympiad, our student won a First Prize. In the HKSSF Inter-school Swimming Championships 2009, our students won 1 First Prize, 3 Second Prizes and 1 Third Prize. In the HKSSF Inter-school Volleyball Competition Division III, our students won the championship in Girls C Grade. Our students were the Team Champions in the Joint School Chinese Chess Competition and the Mathematics Trail of HK Mathematics Olympiad. In the Navigator Scheme 2009, our student won the championship and was awarded a free trip to Beijing on National Education. In the Point @ Media 2010, our student was the Champion. In the Question-orientated Learning Report Competition, our student won the championship. In the Singapore International Mathematics Challenge 2010, our students won the Distinction Award. Our student won a Gold Award in the Chinese Language Elite Scheme as well as in the Torch Cup Putonghua Prose Reading Competition. In The Hong Kong Mathematics Olympiad – 2010 Hong Kong and Macau Cup, our students won 1 Gold Award and 2 Silver Awards. For details of the other prizes, please refer to the School Report.

Support from stakeholders, in particular parents and alumni, is indispensable to the school's endeavour towards sustainable development and provision of quality education. In this regard, we are blessed with enthusiastic and supportive parents as well as old students. Their unstinting support

and contributions to the school are highly appreciated. The successful organization of the school's 55<sup>th</sup> Anniversary Celebration activities is testimony of the collaborative effort of parents, alumni, students and the staff of the school. May I take this opportunity to express our sincere thanks to the Parents-Teachers' Association under the chairmanship of Mr. LO Man Fong, Alain and the Old Students' Association under the leadership of Mr. Henry TONG.

Last school year, as usual, was a very busy and challenging year for all our colleagues whose enthusiasm and dedicated efforts enabled the ongoing prosperous development of the school. I must express my profound appreciation of their whole-hearted devotion to their work. My heartfelt gratitude goes especially to members of the School Management Committee under the chairmanship of Ms WONG Suk Wah Sophia PEO (HK), and colleagues of the Regional Education Office (YTM) for their advice and support on school management and organization. I am also grateful to my partners and our two Assistant Principals, Mr. LI Wing Leung and Mr. TAM Wing Hung, for their valuable assistance and contribution to school management and organization work. My sincere thanks also go to the school social worker, Ms. CHEUNG Mei Ling, the clerical staff and the janitor staff for their support and cooperation.

To conclude, our school progressed with strength and vitality in every aspect last year. I am sure the effort exerted will sustain us and stand us in good stead in overcoming the challenges that accompany the implementation of the New Senior Secondary Curriculum.

Finally, let me thank once again our Guests of Honour, Mr. and Mrs. HO and all of you for your presence. May I wish our prize-winners further and greater success, our graduates a bright future and all of you, ladies and gentlemen, happiness, prosperity and the best of health. Thank you.



## Speech by Mr. Simon HO Che Leung MBE

### Honorary President, The Hong Kong Award for Young People

#### At the Speech Day of Queen Elizabeth School

on Friday 10 December 2010

Mr. Tong, Teachers and Students of Queen Elizabeth School, Ladies and Gentlemen.

On behalf of my wife and myself, I wish to thank Mr. Tong for his kind invitation. As an old student of QES, I am truly honoured to be able to speak to you on this momentous occasion. I am very happy to be here today to share with you the success of the school, the jubilation of all the F.5 and F.7 graduates, and the outstanding achievements of the prize-winners. Today's occasion has brought back many fond memories. Just like many of you sitting here today, I was once a F.5 graduate at QES. The only difference is that I was in the first batch of F.5 Graduates of the School during its infancy period (1954-56) over half a century ago. The school was founded with great expectation from the Government. It was staffed by a group of very dedicated teachers headed by a very capable principal, Mr Cheong Wai Fung, assisted by a very enthusiastic Senior Master, Mr Arthur Hinton. As the school was new, we were reminded all the time that we should work hard in our studies, do our best in the external competitions of school activities and participate fully in extra-curricular activities so as to justify the confidence that the Government had on us. I wonder if any of that has changed after half a century!

Looking back after so many years, I consider myself extremely fortunate to grow up in the healthy and caring environment such as QES. I worked hard in my studies, and my results in the Hong Kong School Certificate Examination were well above average. My results in the Matriculation Examination allowed me to further my studies at the University of Hong Kong in the subject of my choice. I participated fully in a wide range of school activities including sports and games and other cultural activities such as debating and drama. I sang in the school choir and played in the School Harmonica Band. Among other responsibilities I held at school, I was a School Prefect, a House Captain and the founding leader of the School Harmonica Band. I am pleased to say that my wide interests have served me well throughout my life, and I have made many friends and contacts through my extra-curricular interests. As icing on the cake, I was also a prize-winner like some of you. In recognition of my services to the school, I was awarded the Special Prize for Outstanding Service in 1954-55. In 1957-58, I was awarded the class-prize in Upper 6A, and on that same occasion, I had the honour to receive the Overall

Championship Shield for East House as its Captain. I was greatly moved as it took us four years of hard work to achieve this honour. These awards did have a significant influence on my life. They helped to galvanize my beliefs that I should continue to work hard in my studies, play a leading role in student activities and have commitment to serve others. I am grateful for what the school has done for me - enabling me to pursue my further studies at the University of Hong Kong and providing ample opportunities for me to realize my potential to the full. Within four years, the school was able to establish a good reputation and be compared favourably with other leading schools in Hong Kong. I wish to take this opportunity to thank the Principal, staff and fellow students of my time for laying down such a good foundation for QES.

Now, I wish to offer you a few pieces of advice under the following two domains which I hope you will find useful in your future endeavours.

### Pursuit of Excellence

The pursuit of excellence is a very important concept in whatever you do. In simple terms, you should always do your best. You should develop a genuine interest in your studies or chosen career through a thorough understanding of its key concepts and skills. Therefore, you should be able to explain to others what your studies or career is all about, its relevance to the job market and its contribution to society at large. Then you should keep yourselves updated to meet the changing needs of society. Also, you should develop a habit of self-evaluation to ensure that you continue to improve all the time. In order to reinforce your faith in the course of your studies or your chosen career, you should read up successful stories, past and present, in your field. More importantly, you should talk to those who have done your programme and are successful in their careers. Once you have faith in your field of studies or chosen career, the next thing is to commit yourself fully and work hard. Obviously, you should seek advice from your tutors and seniors. Here, I think the Old Students' Association (OSA) might be able to give you more help. Through their network, they might be able to put you into contact with the right person. Our school has an Alumni Mentorship Programme with the OSA. As a former President of the OSA, I suggest that you should support the Alumni Mentorship Programme when you are still at school and join the OSA when the time comes.

### Development of Personal Qualities

As you know, personal qualities cannot be taught. They can only be acquired through active participation in activities of various kinds. In order to enable students to acquire these qualities as spelt out so clearly in our school mission, i.e., a sense of self-discipline, civic responsibility, concern and respect for others as well as commitment to the common good in their service to home, country and humanity, QES has in place an established infrastructure of student organizations. It also provides ample opportunities for students to participate in a wide range of extra-curricular activities. For example, the Prefects, the Student Union, the Big Brothers and Big Sisters Scheme and the Camp Wardens Association. These help to develop a sense of self-discipline and responsibility; the House system fosters a sense of belonging, loyalty and commitment; the Societies and Clubs provide opportunities for students to develop important generic skills which would include amongst others, leadership skills, inter-personal skills, communication skills and problem-solving skills. The uniform and social services groups encourage a commitment to serve others. The external competitions related to various kinds of school activities enable students to try their best to win, and at the same time, accept defeat gracefully as lessons for improvement. The cultural exchange programmes and educational tours help to promote national education and international understanding. There is no doubt that students can acquire many important personal qualities through their participation in some of these activities. In order to maximize your opportunities, you need to get your priorities right in terms of balance and focus. More importantly, you should develop a special interest in either sports, music or arts, in addition to your general interests, so that this becomes a special quality in yourselves. This will be an edge in yourselves when you are competing for a programme of studies or a job.

At this point, I would like to introduce you to the Hong Kong Award for Young People (HKAYP). I must first make a conflict of interest declaration! I am the Honorary President and Immediate Past Chairman of the HKAYP Scheme, and I have been involved with the Scheme (formerly known as the Duke of Edinburgh's Award) for 48 years. I have always believed in the importance of the personal development of young people, and I believe from the bottom of my heart that the Scheme has much to offer for young people like all of you. I understand that our school has joined the Scheme for some years. Perhaps you are too busy with your involvement in other clubs and societies or perhaps you may not know enough about the value of the Scheme. I will try to take this opportunity to explain to you the usefulness of the Scheme and hope that more of you will join. You may join even after you have left the school, as the Scheme caters for participants up to the age of 25. The Scheme is well supported by the Government with the Chief Executive as its patron. The Scheme aims to cultivate

youngsters with perseverance and the spirit of self-challenge, to help them become active and responsible citizens. It complements the formal education for the development of the whole person. To gain an Award, participants have to fulfil requirements of different sections of activities' namely: Service, Skills, Expeditions and Physical Recreation. Gold Award participants have to take an additional Residential Project. The Gold and Silver Award holders are granted merits in the Self Recommendation Scheme of the Joint University Programmes Admissions System in Hong Kong, listed together with the Olympic Games and Asian Games medal recipients. The HKAYP is a member of the International Award Association with its Headquarters in London. The standards of the Gold and Silver Awards are closely monitored by the International Award Association and therefore are internationally recognized. More and more local companies and international corporations are giving support to the Scheme because they consider the HKAYP to be a worthwhile programme for youth development.

In the New Senior Secondary Curriculum, 'Other Learning Experiences' is one of the six domains that students have to pursue in their studies. Students are expected to record their learning experiences in the form of a student portfolio. Schools are seeing the value and relevance of the HKAYP Scheme in this area of learning. Today, the development of the Scheme in schools has reached a record high in terms of the number of participating schools (251) and the number of student participants (over 35,000). Its development in the tertiary institutions is also very encouraging. Students in tertiary institutions will have more time for personal development as the general undergraduate programmes will be extended from three to four years.

I know QES has good potential to develop the Scheme. Our School Camp in Sai Kung provides a suitable venue to train participants in camping skills. The Camp Warden Association can provide the necessary volunteers to help in the expedition exercise which is the most challenging part of the Scheme. I am willing to arrange for a special team from the HKAYP Headquarters to come and give you more information and talk to potential participants. I am sure successful participants of this Scheme will be more able to put our school motto "prepare yourselves for service to others" into practice.

In closing, I wish to congratulate the Principal and staff of QES and all the stakeholders including the School Management Committee, the Parents-Teachers' Association and the Old Students' Association for their great success in the academic year 2009 - 2010 and wish they will continue to do well in the future. Above all, I wish to extend my heartiest congratulations to all the graduates and prize-winners for your outstanding achievements on this very special day. Each and every one of you, through your hard work and perseverance, is a deserving winner here today. May I thank you all for your patience and I wish you all the very best in your future pursuits.

Thank you.

## Secondary 1

Au Yeung Ho Lam	歐陽濠琳	F	Lo Wai Kwan Scholarship
Chan Sze Wai	陳思慧	F	1 <sup>st</sup> in Home Economics
Chen Wing Shuen	陳泳璇	F	1 <sup>st</sup> in Putonghua
Cheng Wai Kam	鄭璋淦	M	1 <sup>st</sup> in Design & Technology
Chiu Lok Yi	趙諾宜	F	1 <sup>st</sup> in Visual Arts
Chung Ka Ki	鍾嘉琪	F	Lo Wai Kwan Scholarship
Fok Ka Man	霍嘉敏	F	Cheong Wai Fung Scholarship 1 <sup>st</sup> in Secondary 1 1 <sup>st</sup> in Chinese History 1 <sup>st</sup> in Chinese Language 1 <sup>st</sup> in E.P.A. 1 <sup>st</sup> in Geography 1 <sup>st</sup> in History 1 <sup>st</sup> in Integrated Science
Ip Chung Ming	葉仲銘	M	Cheong Wai Fung Scholarship 1 <sup>st</sup> in Geography
Kong Yan Sin	江欣茜	F	1 <sup>st</sup> in Music
Lee Ka Fai	李家輝	M	Cheong Wai Fung Scholarship 4 <sup>th</sup> in Secondary 1 1 <sup>st</sup> in Mathematics
Li Wai Man	李慧雯	F	3 <sup>rd</sup> in Secondary 1
Liu Ka Ling	廖珈羚	F	1 <sup>st</sup> in Physical Education (Girls)
Tam Siu Hang Henry	譚兆亨	M	Li Shi Yi Scholarship
Wong Yin Ping	黃燕萍	F	1 <sup>st</sup> in Integrated Science
Woo Ka Chai	胡家齊	M	Cheong Wai Fung Scholarship Best Student in Secondary 1 2 <sup>nd</sup> in Secondary 1 1 <sup>st</sup> in English Language
Woo Siu Man	胡筱雯	F	5 <sup>th</sup> in Secondary 1
Yau Lai Ho	邱禮豪	M	1 <sup>st</sup> in Computer Literacy
Zhu Zhuorui	朱卓銳	M	1 <sup>st</sup> in Physical Education (Boys)

## Secondary 2

Au Yeung Yuen Kwan	歐陽婉筠	F	Cheong Wai Fung Scholarship 2 <sup>nd</sup> in Secondary 2 1 <sup>st</sup> in Geography
Chan Yuk Chi	陳鈺慈	F	Agnes Wong Prize Miss Lee Wai Lan Award 3 <sup>rd</sup> in Secondary 2 1 <sup>st</sup> in Chinese History 1 <sup>st</sup> in Chinese Language 1 <sup>st</sup> in Computer Literacy 1 <sup>st</sup> in English Language 1 <sup>st</sup> in Integrated Science 1 <sup>st</sup> in Putonghua
Chong Lai Chun	莊禮俊	M	1 <sup>st</sup> in Physical Education (Boys)
Huang Huiying	黃慧瑩	F	Lo Wai Kwan Scholarship
Hung Tsui Ying	孔翠瑩	F	1 <sup>st</sup> in Design & Technology
Kwan Kwing Ho	關炯豪	M	Li Shi Yi Scholarship
Lam Wing Sze	林詠詩	F	Cheong Wai Fung Scholarship
Li Man Yee	李敏儀	F	1 <sup>st</sup> in Home Economics
Liu Tsz Yin	廖子賢	M	Cheong Wai Fung Scholarship Best Student in Secondary 2 5 <sup>th</sup> in Secondary 2 1 <sup>st</sup> in E.P.A. 1 <sup>st</sup> in Mathematics
Mak Chin Ying	麥千螢	F	1 <sup>st</sup> in Physical Education (Girls)
Ng Yik Lam	吳亦琳	F	Miss Lee Wai Lan Award 4 <sup>th</sup> in Secondary 2 1 <sup>st</sup> in History
Tsui Cheung Lee	徐彰利	M	1 <sup>st</sup> in E.P.A. 1 <sup>st</sup> in History
Wong Hoi Shan	黃凱珊	F	1 <sup>st</sup> in Music
Yim Kai Lap	嚴啟立	M	Cheong Wai Fung Scholarship
Yip Cheuk Ying	葉卓滢	F	Yeung Chi Hung Scholarship 1 <sup>st</sup> in Visual Arts
Yuen Lok Yiu Laurel	原樂堯	F	Cheong Wai Fung Scholarship Miss Lee Wai Lan Award 1 <sup>st</sup> in Secondary 2 1 <sup>st</sup> in English Language 1 <sup>st</sup> in History 1 <sup>st</sup> in Integrated Science

## Secondary 3

Chan Tsz Kwan	陳芷君	F	Cheong Wai Fung Scholarship Agnes Wong Prize Miss Lee Wai Lan Award 1 <sup>st</sup> in Secondary 3 1 <sup>st</sup> in Computer Literacy 1 <sup>st</sup> in Design & Technology 1 <sup>st</sup> in Geography 1 <sup>st</sup> in History 1 <sup>st</sup> in Home Economics 1 <sup>st</sup> in Visual Arts
Fok Lam	霍霖	F	1 <sup>st</sup> in Chinese History 1 <sup>st</sup> in Chinese Language 1 <sup>st</sup> in Putonghua
Hung Wing Yi	孔穎怡	F	Cheong Wai Fung Scholarship Miss Lee Wai Lan Award 4 <sup>th</sup> in Secondary 3
Lau Chi Yan	劉智仁	M	5 <sup>th</sup> in Secondary 3 1 <sup>st</sup> in E.P.A.
Lau Yin Fan	劉燕芬	F	1 <sup>st</sup> in Geography
Lee Ka Ho	李家豪	M	1 <sup>st</sup> in Mathematics
Lee Ka Yi	李珈誼	F	Lo Wai Kwan Scholarship
Man Ming Yan	文銘恩	F	1 <sup>st</sup> in Physical Education (Girls)
Poon Chung Yan	潘仲欣	F	Cheong Wai Fung Scholarship
Seung Pok Man	宋博文	M	5 <sup>th</sup> in Secondary 3
Tam Pak Wai	譚百惠	F	1 <sup>st</sup> in Music
Tong Zhi Cai	湯子才	M	1 <sup>st</sup> in Physical Education (Boys)
Wat Kwok Hei Henry	屈國禧	M	Best Student in Secondary 3 3 <sup>rd</sup> in Secondary 3 1 <sup>st</sup> in Integrated Science
Wong Mei Yin	黃美彥	F	Miss Lee Wai Lan Award
Wong Sze Kun	王詩韻	F	Cheong Wai Fung Scholarship
Wong Wai Yu	黃偉瑜	F	Cheong Wai Fung Scholarship Miss Lee Wai Lan Award 2 <sup>nd</sup> in Secondary 3 1 <sup>st</sup> in English Language
Yau Wai Fat	邱偉發	M	Li Shi Yi Scholarship

## Secondary 4

Chan Florence	陳淑鈞	F	Cheong Wai Fung Scholarship
Chan Ka Kin	陳家健	M	Leung Lee Kit Fong Award
Chau Chun Yee	周駿易	M	Chan Ping Tat Scholarship
Cheung Siu Hong	張兆康	M	Tong Wai Ki Award
Cheung Yuen Tai	張元泰	M	Li Shi Yi Scholarship
Chong Wing Si	莊穎鋸	F	Tong Wai Ki Award
Chow Ka Yin	周嘉賢	F	1 <sup>st</sup> in Chinese Literature
Chung Hiu Yin	鍾曉燕	F	Li Po Chun Scholarship
Fung Ka Ling	馮嘉玲	F	Miss Lee Wai Lan Award
Kwok Kit Ying Elaine	郭潔瑩	F	1 <sup>st</sup> in Secondary 4B
Lam Mat	林密	F	Chan Ping Tat Scholarship 1 <sup>st</sup> in Liberal Studies
Lam Tsz Yin	林芷彥	F	Tong Wai Ki Award
Lau Chun Ho	劉駿灝	M	1 <sup>st</sup> in Economics
Lee Nga Ting	李雅婷	F	Tong Wai Ki Award
Lee Sarah Ka Yee	李嘉頤	F	1 <sup>st</sup> in Chemistry
Leung Ho Yung	梁浩榕	M	Tong Wai Ki Award
Leung Sau Chun	梁守真	F	Cheong Wai Fung Scholarship Miss Lee Wai Lan Award Best Student in Secondary 4 1 <sup>st</sup> in Secondary 4D 1 <sup>st</sup> in Liberal Studies
Leung Woon Man	梁煥敏	F	Cheong Wai Fung Scholarship 1 <sup>st</sup> in Chemistry 1 <sup>st</sup> in Visual Arts
Li Hiu Ching	李曉晴	F	Yeung Chi Hung Scholarship
Li Mei Fan	李美芬	F	1 <sup>st</sup> in Visual Arts
Lui Yin Man	呂彥民	M	1 <sup>st</sup> in Info. & Comm. Technology
Mak Sze Ning	麥思寧	F	1 <sup>st</sup> in Combined Science (Chem & Bio) 1 <sup>st</sup> in Geography
Ng Chi Wing	吳智穎	M	Cheong Wai Fung Scholarship 1 <sup>st</sup> in Physics
Ng Hei Yee Sharon	吳熙怡	F	1 <sup>st</sup> in History
Ngai Tsz Hin	魏子軒	M	Dr. Su Chung Jen Language Award 1 <sup>st</sup> in Secondary 4A 1 <sup>st</sup> in Bus. Acct. & Financial Studies 1 <sup>st</sup> in English Language
Pang Wing Chau	彭泳秋	F	Tong Wai Ki Award
Shum Wing Yee Winnie	沈穎兒	F	1 <sup>st</sup> in Physical Education (Girls)
Tam Chi Wing	譚志榮	M	Chan Ping Tat Scholarship 1 <sup>st</sup> in Biology
Tong Yuen Man	唐婉雯	F	1 <sup>st</sup> in Chinese History
Tsang Hoi Ying	曾鎧瑩	F	Miss Lee Wai Lan Award 1 <sup>st</sup> in Biology
Wong Hei Chi	王希慈	F	1 <sup>st</sup> in Secondary 4C 1 <sup>st</sup> in Chinese Language
Wong Kwun Tat	黃冠達	M	1 <sup>st</sup> in Physical Education (Boys)
Wong Ming Foon	黃明寬	M	1 <sup>st</sup> in Mathematics
Wong Wing Man	黃穎雯	F	Chan Ping Tat Scholarship Miss Lee Wai Lan Award
Wu Cheuk Ning Loretta	胡卓寧	F	Miss Lee Wai Lan Award
Wu Yanjun	吳艷筠	F	Murjani Scholarship
Yik Lok Yee	易樂怡	F	Tong Wai Ki Award
Yip Ching Wan	葉菁雲	F	Leung Lee Kit Fong Award

## Secondary 5

Au Wing Shan	區詠珊	F	Cheong Wai Fung Scholarship
Chan Chun Him	陳俊謙	M	Best Student in Secondary 5 1 <sup>st</sup> in Biology
Cheng Wat Kwan	鄭喬君	F	Dr. Su Chung Jen Language Award 1 <sup>st</sup> in Chinese Language 1 <sup>st</sup> in English Language
Cheung Hing Wa	張慶樺	M	1 <sup>st</sup> in Physical Education (Boys)
Chiu Kwai Kei	趙桂琦	F	Lo Wai Kwan Scholarship
Lam Long Hei	林朗熙	M	1 <sup>st</sup> in Chinese Language 1 <sup>st</sup> in Mathematics
Lau Ka Yee	劉家怡	F	1 <sup>st</sup> in Economics
Lee Nga Wun	李雅媛	F	Miss Lee Wai Lan Award
Lee Wai Fan	李慧芬	F	Miss Lee Wai Lan Award
Lee Wing Yin	李泳賢	F	1 <sup>st</sup> in Geography
Leung Hung	梁虹	F	Miss Lee Wai Lan Award 1 <sup>st</sup> in Secondary 5A 1 <sup>st</sup> in Principles of Accounts
Li Joyce Y	李卓穎	F	1 <sup>st</sup> in Visual Arts
Li Ka Chun	李嘉俊	M	Cheong Wai Fung Scholarship 1 <sup>st</sup> in Secondary 5D
Liu Chi Wai	廖智偉	M	Li Po Chun Scholarship
Man Yuk Ching	萬鈺清	F	Li Po Chun Scholarship
Ng Hiu Man	吳曉文	F	Li Po Chun Scholarship Miss Lee Wai Lan Award 1 <sup>st</sup> in Mathematics
Ng Ka Chun	吳嘉俊	M	Cheong Wai Fung Scholarship Lee Hing Kui Memorial Prize
Ng Sin Yan	伍倩欣	F	1 <sup>st</sup> in Secondary 5B 1 <sup>st</sup> in Chinese History 1 <sup>st</sup> in History
Tang Yik Ching Dorothy	鄧譯晴	F	1 <sup>st</sup> in Physical Education (Girls)
Tsang Wan Yee	曾韻而	F	Miss Lee Wai Lan Award
Tse Wing Ching	謝詠菁	F	Sir Edward Youde Memorial Prize Cheong Wai Fung Scholarship Tan Peng Kian Scholarship Chu Ka Fai Memorial Prize Lee Hing Kui Memorial Prize 1 <sup>st</sup> in Secondary 5C 1 <sup>st</sup> in Additional Mathematics 1 <sup>st</sup> in Chemistry 1 <sup>st</sup> in Economics 1 <sup>st</sup> in Physics
Wong Cheuk Cheuk	黃卓卓	F	Chu Ka Fai Memorial Prize

## Secondary 6

Chan Hoi Ying Stephanie	陳愷盈	F	Yeung Chi Hung Scholarship Pang Cheung Yee Fan Scholarship Leung Lee Kit Fong Award
Chan Wai Yee	陳慧儀	F	Chan Ping Tat Scholarship Mrs. Betty Li Memorial Scholarship 1 <sup>st</sup> in Chin. Lang. & Culture 1 <sup>st</sup> in Economics 1 <sup>st</sup> in Geography 1 <sup>st</sup> in Principles of Accounts
Ho Siu Ying	何笑盈	F	Miss Lee Wai Lan Award
Huang Shao Ran	黃劭然	M	Terry Chamberlain Scholarship 1 <sup>st</sup> in Physics 1 <sup>st</sup> in Pure Mathematics
Hui Ming Pui	許銘倍	M	Arthur Hinton Scholarship 1 <sup>st</sup> in History
Kit Tsz Ki	揭紫琪	F	Chan Ping Tat Scholarship
Lee Ka Chun Matthew	李嘉駿	M	1 <sup>st</sup> in Physical Education (Boys)
Lee Tsz Ting	李子婷	F	Chan Ping Tat Scholarship Yeung Chi Hung Scholarship Best Student in Secondary 6 1 <sup>st</sup> in Physical Education (Girls)
Luk Ka Wai	陸嘉偉	M	Chan Ping Tat Scholarship Leung Lee Kit Fong Award
Ma Yan Chak Tse Yik Kei	馬愷澤 謝奕琦	M F	Chan Ping Tat Scholarship Pang Cheung Yee Fan Scholarship
Wong Hei Tung	黃晞彤	F	McNeill Scholarship Dr. Su Chung Jen Language Award Lee Kwok Hong Memorial Award 1 <sup>st</sup> in Biology 1 <sup>st</sup> in Chemistry 1 <sup>st</sup> in Use of English
Wong Ho Yu	王浩宇	M	Chan Ping Tat Scholarship
Wong Kai Sum	黃啟深	M	1 <sup>st</sup> in Chinese Literature
Yu Yum	俞鑫	F	Li Po Chun Scholarship

## Secondary 7

Chan Pui Man	陳佩雯	F	Sir Edward Youde Memorial Prize Best Student in Secondary 7 1 <sup>st</sup> in Chin. Lang. & Culture
Cheung Ka Fai	張家輝	M	1 <sup>st</sup> in Economics
Cheung Ki Leong	張棋量	M	1 <sup>st</sup> in Geography
Chung Ka Fai	鍾嘉輝	M	Chu Ka Fai Memorial Prize
Ho Chun Yin	何俊賢	M	1 <sup>st</sup> in Physical Education (Boys)
Ho Lai Man	何麗敏	F	1 <sup>st</sup> in Principles of Accounts
Ko Kristy	高燁焯	F	1 <sup>st</sup> in History
Leung Man Yuk	梁文玉	F	1 <sup>st</sup> in Physical Education (Girls)
Li Ka Wai	李嘉慧	F	1 <sup>st</sup> in Economics
Lo Man Kong	羅文江	M	Li Po Chun Scholarship Chu Ka Fai Memorial Prize Lee Hing Kui Memorial Prize 1 <sup>st</sup> in Use of English
Mak Ying Tung	麥映彤	F	1 <sup>st</sup> in Chinese Literature
Ng Wa Ngai	吳華藝	M	Lee Hing Kui Memorial Prize 1 <sup>st</sup> in Physics
Tam Wai Kei	譚惠琦	F	Lee Kwok Hong Memorial Award 1 <sup>st</sup> in Chemistry
Tin Nga Ching	田雅靜	F	1 <sup>st</sup> in Economics
Ting Ka Sin	丁嘉倩	F	Miss Lee Wai Lan Award
Wong Lok Yi	黃樂兒	F	Li Po Chun Scholarship
Wong Yeung Kong	黃洋港	M	1 <sup>st</sup> in Pure Mathematics
Wong Yu Yeung	黃宇洋	F	Dr. Su Chung Jen Language Award 1 <sup>st</sup> in Biology 1 <sup>st</sup> in Chin. Lang. & Culture

## P.T.A. YEUNG WING HONG MEMORIAL PRIZE FOR THE STUDENT WHO ACHIEVED THE BEST RESULTS IN THE H.K.A.L. EXAMINATION 2010 家長教師會楊永康紀念獎

Wong Yu Yeung 黃宇洋 F 7B (3A's 2B's)

## PRIZE FOR THE STUDENT WHO ACHIEVED THE BEST RESULTS IN THE H.K.C.E. EXAMINATION 2010 香港中學會考最佳成績獎

Tse Wing Ching 謝詠菁 F 5C (9A's)

## SPECIAL PRIZE FOR THE HEAD PREFECTS 總領袖生特別獎

HEAD BOY	男總領袖生
Chiu Wing Chuen	趙永泉 M 7C
HEAD GIRL	女總領袖生
Chan Pui Man	陳佩雯 F 7A

## SPORTSBOY OF THE YEAR 最佳男運動員

Lau Chi Yan	劉智仁	M	3B	(Junior Section)
Lee Ka Chun Matthew	李嘉駿	M	6C	(Senior Section)

## SPORTSGIRL OF THE YEAR 最佳女運動員

Chiu Daphne Hechen	趙曦澄	F	1A	(Junior Section)
Lee Tsz Ting	李子婷	F	6A	(Senior Section)

## CHAMPION HOUSE 社總冠軍

East House 東社

PRINCIPAL : TONG KWOK KEUNG 唐國強  
 ASSISTANT PRINCIPALS : TAM WING HUNG 譚永雄  
 TSE WAI MAN 謝偉文

AU KA YEE (AKY)	區家怡	KWAN KI SHUN (KKS)	關姬遜
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CHOI SHUK HAN (CSH)	蔡淑嫻	NG YIN TING (NYT)	吳燕婷
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KONG KWOK LUNG (KKL)	鄭國龍		

## Clerical and Ancillary Staff

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LO CHING YI, FLORENCE	羅靜儀		



**Fourth Row**

Mr. Hau Clement, Mr. Chui Ka Cheung, Mr. Wong Hin Ming, Mr. Tai Yuk Lun, Mr. Yip Ka Fai Gavin,  
Mr. Chung Sze Tik, Mr. Kong Kwok Lung, Mr. Matthew Scowcroft, Mr. Simon Patience, Mr. Wong Hing Chiu,  
Mr. Mak Tin Kin, Mr. Chan Wing Wah, Mr. Poon Tat Choy, Mr. Tsai Yung Chuen.

**Third Row**

Mr. Leung Wai Fu, Ms. Ho Ngar Yin, Ms. Yau Kwai Fong, Miss Chung Shun Wai, Ms. Choi Shuk Han,  
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Miss Hui Lai Na, Miss Leung Kit Yu, Mr. Lam Ying Kit.

**Second Row**

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Ms. Ip May Ling, Miss Chan Sau Kuen, Ms. Chow Yuet Yee.

**First Row**

Mr. Kwok Wing Yip, Mr. Wong Siu Keung, Ms. Yu Siu Ying, Mrs. Ho Tang Wai Ling, Mr. Chan Wai Sum,  
Mr. Cheung Fook Lee, **Mr. Tam Wing Hung, Mr. Tong Kwok Keung, Mr. Tse Wai Man**, Mrs. Chan Tai Yee Man,  
Mrs. Liu Tam Toi Wah, Mrs. Tsang Chan Choi Fan, Ms. Wong Siu Ying, Miss Chau Chik Yee Joanne, Ms. Chan Pui Wai.

# Speech Day



Teachers and students welcoming guests to the Speech Day.



Today's performance is about to begin.

The Annual Speech Day was held on 10<sup>th</sup> December 2010 at our School Hall. Our Guest of Honour, Mr. Simon Ho Che Leung MBE, Honorary President of the Hong Kong Award for Young People, shared his valuable experiences and words of wisdom with us and presented the prizes to the winners. It was followed by a tea reception, at which guests, our principal, teachers and students enjoyed a harmonious and joyful evening.



Principals and guests at the tea reception.





Congratulations to the prize winner!



Our principal delivering the school's annual report.



Student representatives receiving a trophy.



The orchestra playing a piece of music.



Our Guest of Honour receiving souvenirs from students.



The Chinese Orchestra is marvellous!

# Sports Day



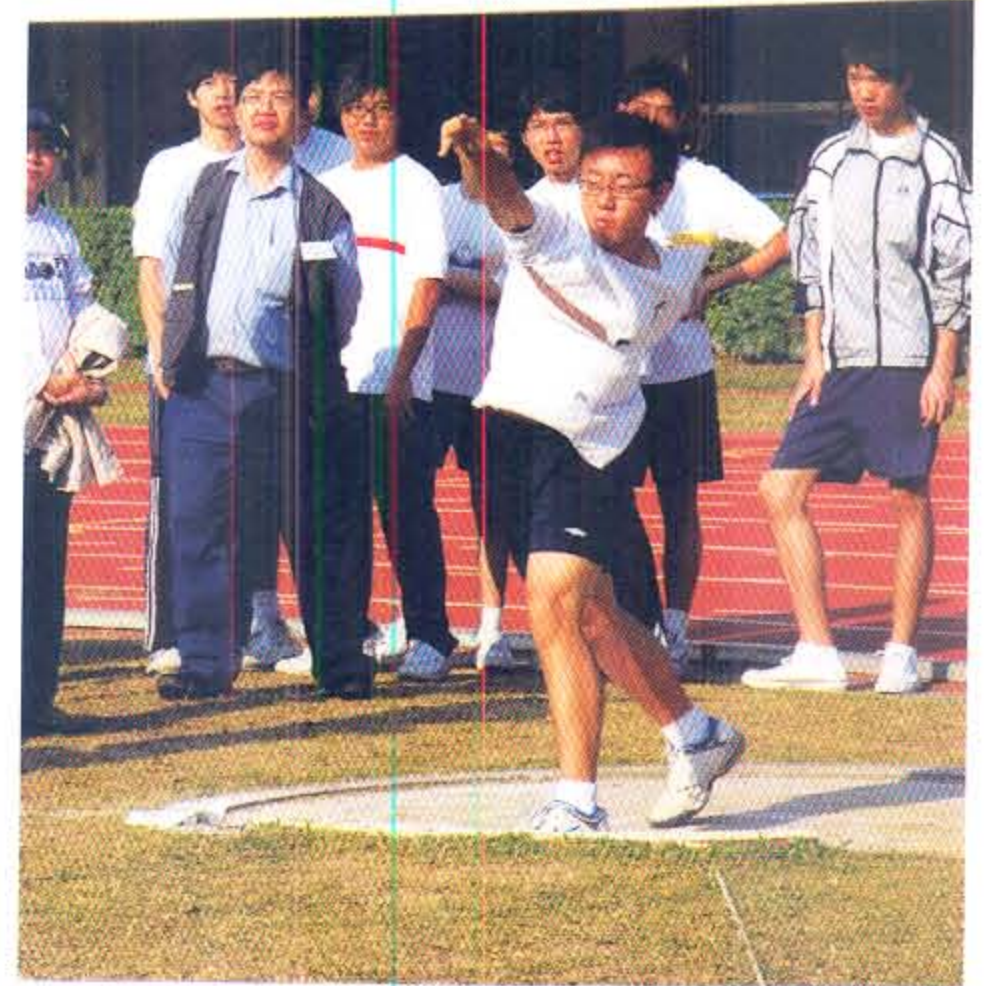
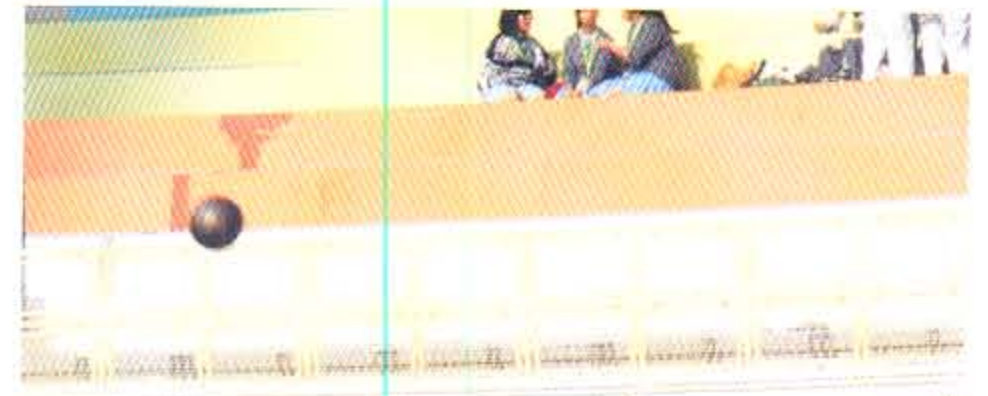
Our Guest of Honour, Mr. Tam, delivering a speech on Sports Day.

The 57<sup>th</sup> Annual Sports Day was held on 24<sup>th</sup> November and 2<sup>nd</sup> December at Sham Shui Po Sports Ground. Under the radiant sun, our athletes went all out to give their very best performances.

The highlight of all races was the special relay, where our big brothers of 69 FA and 70 FA, teachers, students and staff were in the spotlight of the whole school's attention. Our Guest of Honour, Dr. Tam Wing Oi, encouraged all of us to be more devoted to the spirit of sports. He then presented the prizes and trophies to the winners, while our principal, Mr. Tong, praised the spirit of all the competitors again and thanked all parties for their assistance. Our Annual Sports Day came to a perfect finish.



"Come on! Do your best!"



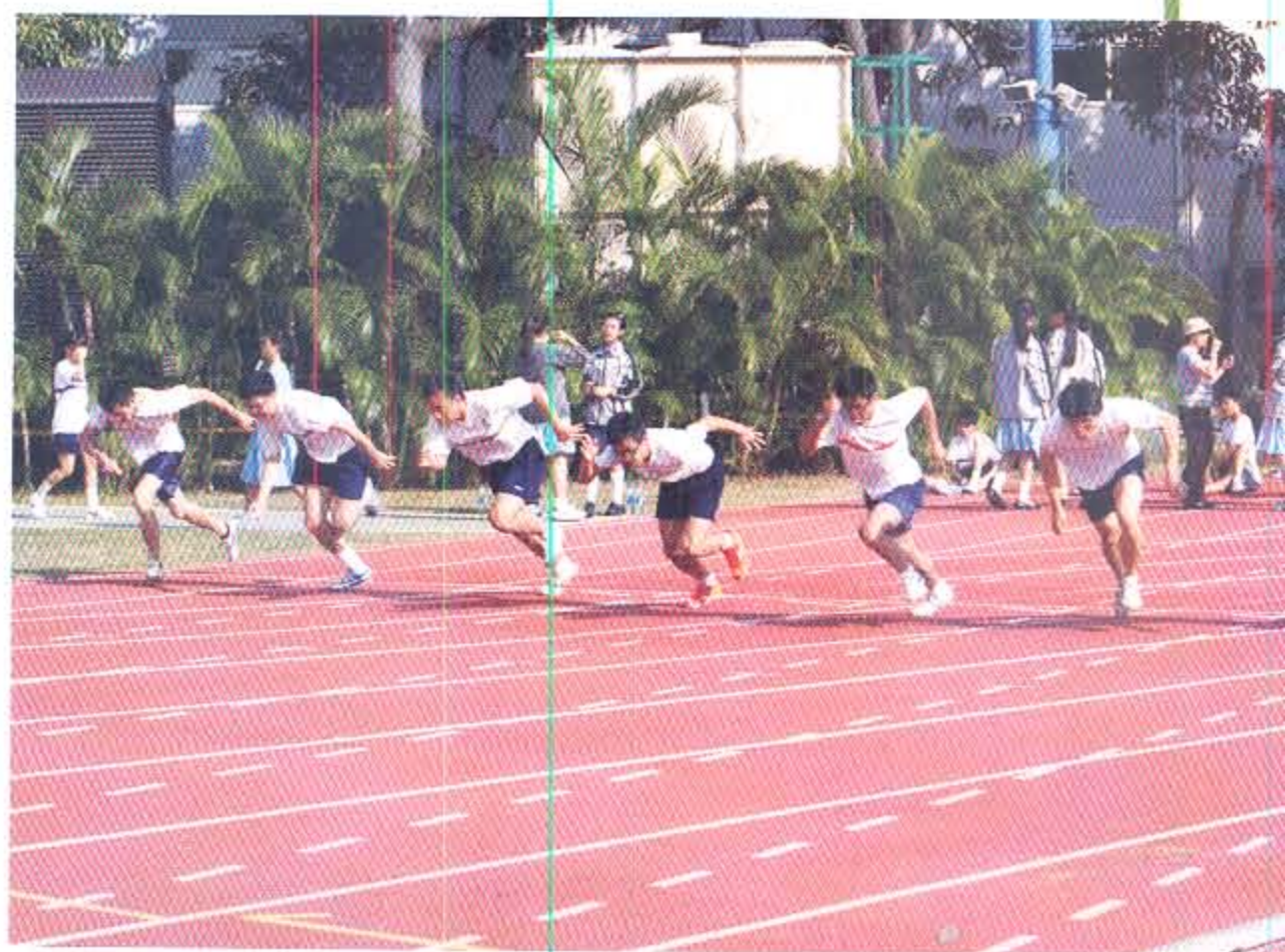
What a throw!

Students, teachers, alumni and staff members competing on the track.

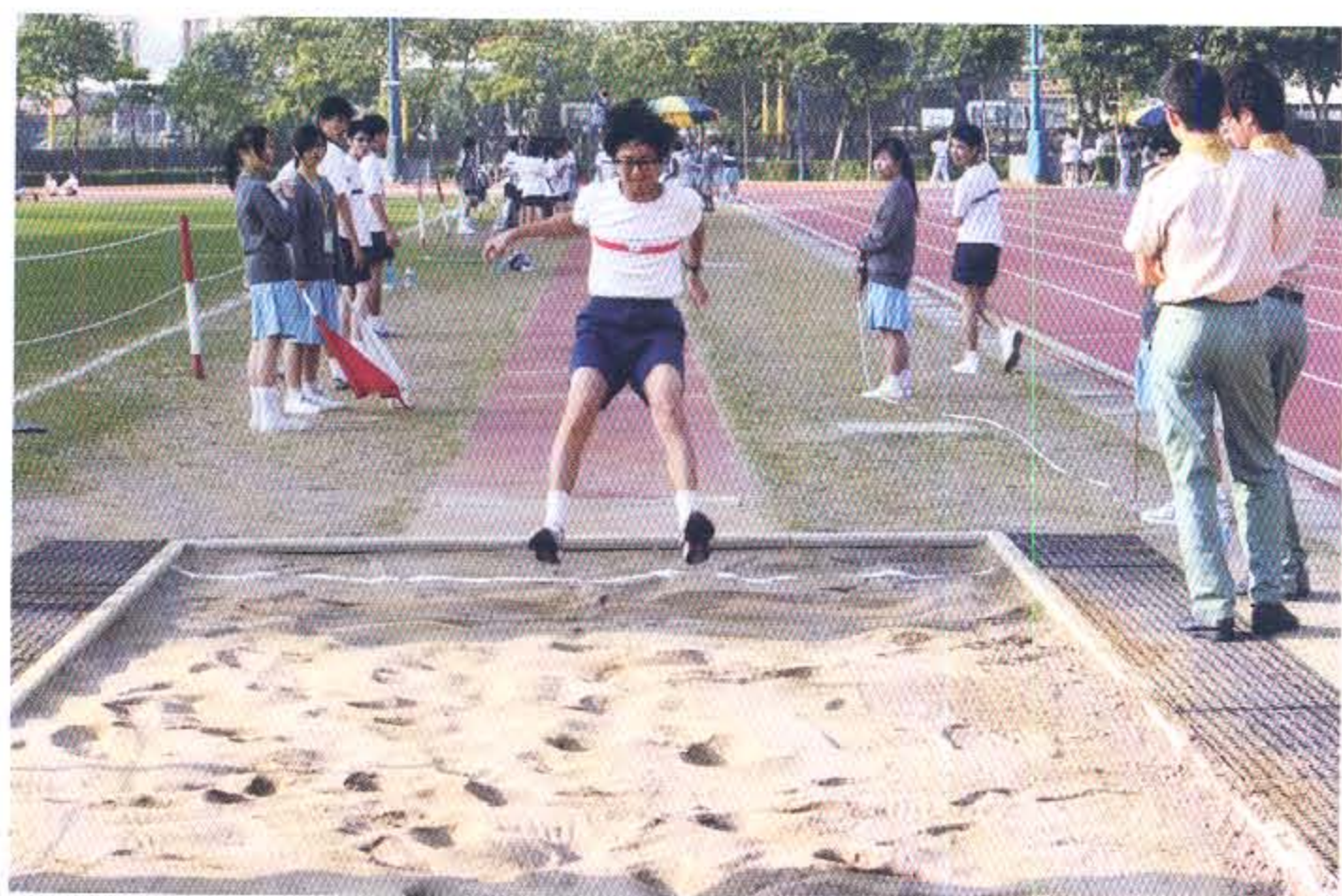




Come on, come on...Right! That's it!



Go! Go! Go! Go get the gold medal!



Let's see how far I can reach.



I'm in the lead. I've got to keep it up!



Friendship comes first.

# Swimming Gala

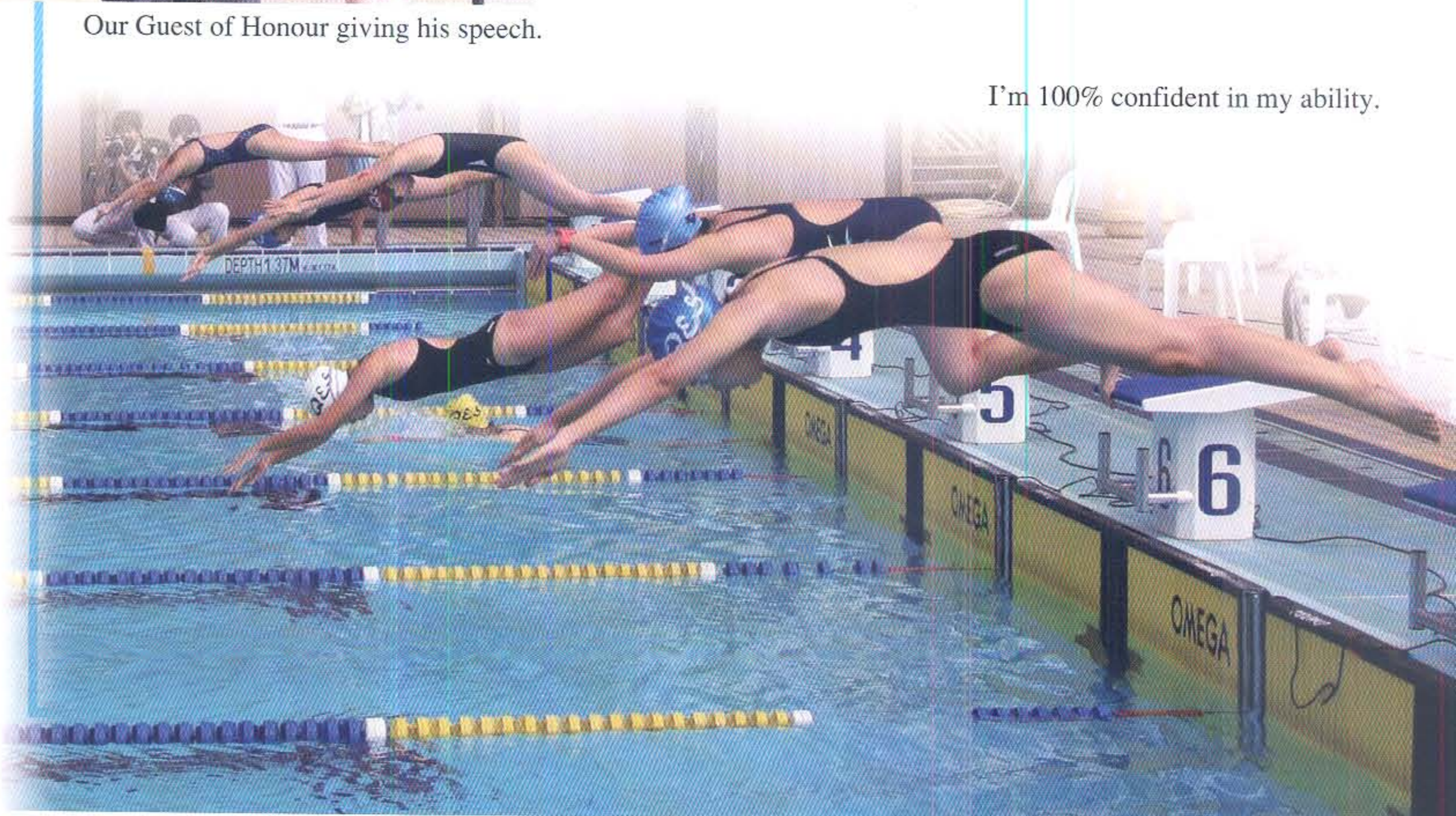
The 45<sup>th</sup> annual swimming gala was held on 27<sup>th</sup> October at Morse Park Swimming Pool. Despite the cold weather, the athletes showed great enthusiasm towards swimming, with cheering teams passionately shouting slogans to support the 4 houses. The highlight of the day was the special relay, in which 69FA, 09FA, 10 FA, 12FA and the School Swimming Team jointly had a fabulous race. Finally, our Guest of Honour, Dr. Patrick C.T. Yeung addressed us with an encouraging and inspiring speech which marked a perfect end of the swimming gala.



Our Guest of Honour giving his speech.



Our principal making a welcoming remark.



I'm 100% confident in my ability.



Such a powerful stroke, you see?



Yo! The gold medal is mine!



“Cheers!” Our big brothers and sisters from 69FA.



Time to unleash my hidden power.



Okay, I'm going to overtake you. Watch out!



Thanks for all your support!

# Open Day



Many students and visitors are lining up for the games!

Our annual Open Day was held on 31<sup>st</sup> March and 1st April 2011. It was a fantastic event. The hall was full of amusements, such as game stalls of clubs and societies, the performance of the English and Chinese Drama Society and students playing instruments. Visitors, guests, visiting primary schools' students and our students were all engrossed in the exhilarating atmosphere and had a great time. It was a fruitful day for our school clubs and societies, and a warm homecoming for our alumni.



It's full of artistic atmosphere here.



Come and find out if you're good at Geography!



1 shot, 2 shots...It looks like you're pretty good at it.



Watch out! I am going to win you!



Er... can you give me some tips?



Give you one more chance then!



The decorations of the Reading Club are nice. It just feels like walking among bookshelves.



Can you help me figure it out?



Cheer for the Dance Club! The candies look delicious!

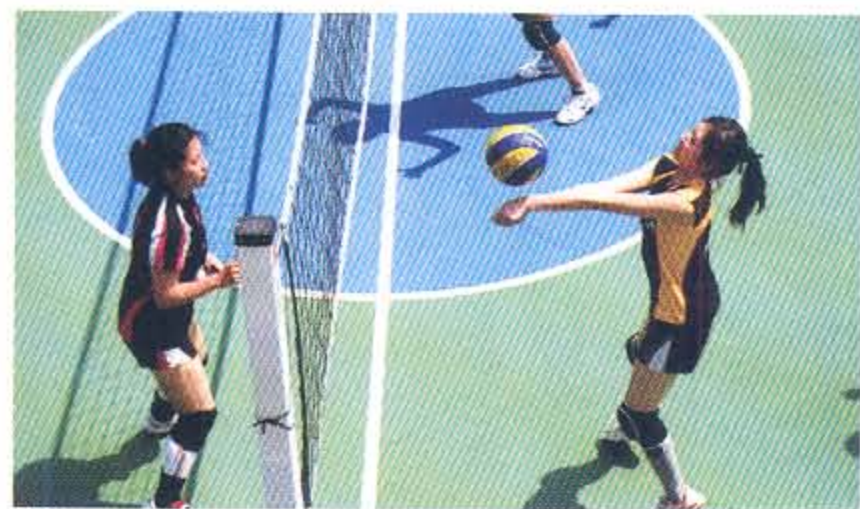


The principal welcoming our guests.



Alumni and other guests had a good day at QES.

This year's Homecoming Day was held on 2<sup>nd</sup> April. It was a good chance for the alumni to get together and tour the school to take a look at the latest campus development. Many old students enjoyed the visit to the extension of the campus at the former Mongkok Dental Clinic. There were video and slide shows on memorable student activities as well as displays prepared by the Student Union, the Parents-Teachers' Association (PTA) and the Old Students Association (OSA). Moreover, the day also welcomed sports lovers as there were finals of three ball game tournaments - football, basketball and volleyball. All in all, our alumni enjoyed a spectacular and heart-warming day.



Alumni playing volleyball.



How joyful it is to dance with old friends!



Alumni competing in a football tournament.



The champion football team!

Guests have just visited the new school annexe.



Nice to meet you at QES, my friend!



What a mirthful gathering!



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 ASSISTANT PRINCIPALS : TAM WING HUNG 譚永雄  
 TSE WAI MAN 謝偉文

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Student representatives receiving a trophy.



Our Guest of Honour receiving souvenirs from students.



Our principal delivering the school's annual report.



The orchestra playing a piece of music.



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I'm in the lead. I've got to keep it up!



Students, teachers, alumni and staff members competing on the track.



Friendship comes first.

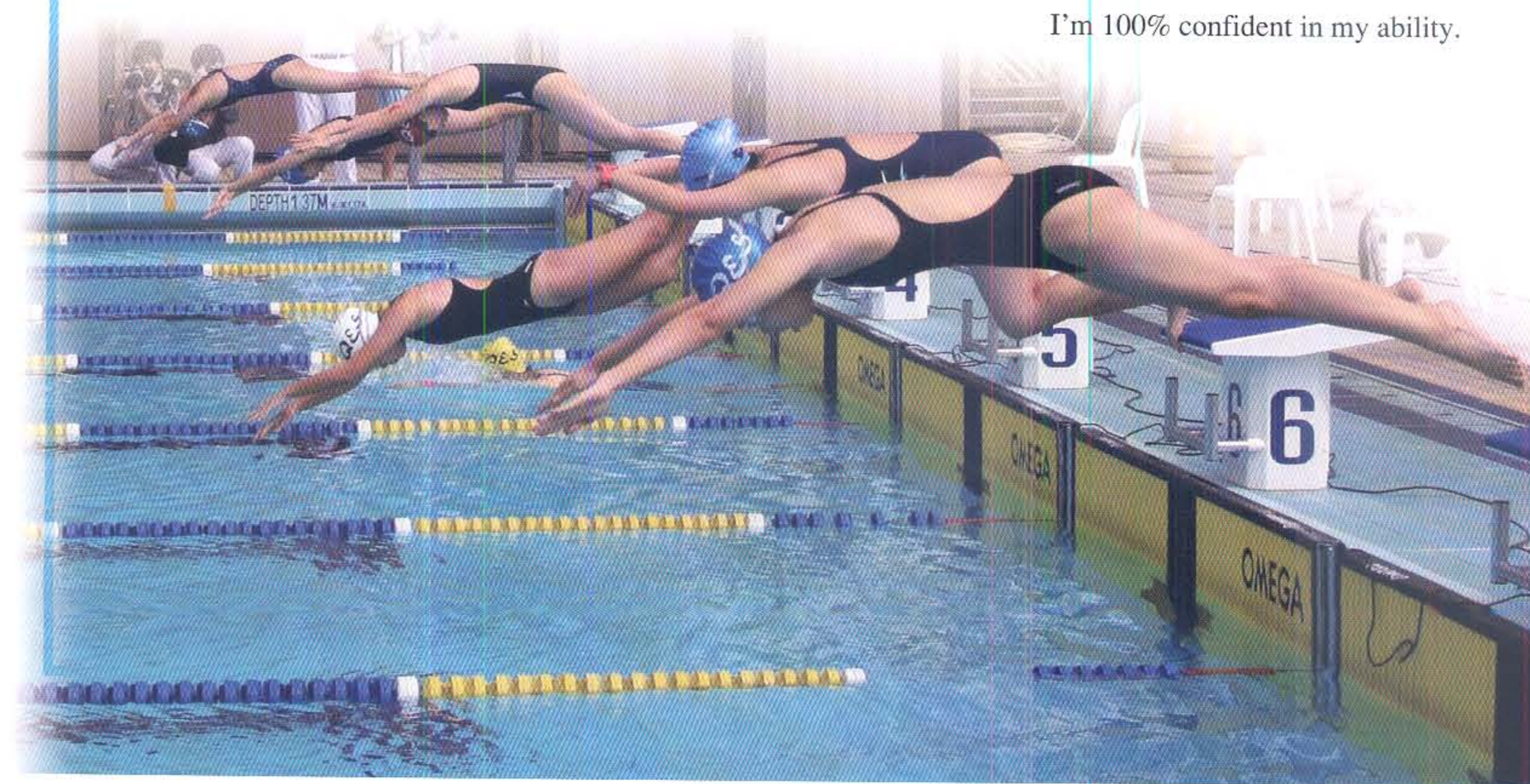
The 45<sup>th</sup> annual swimming gala was held on 27<sup>th</sup> October at Morse Park Swimming Pool. Despite the cold weather, the athletes showed great enthusiasm towards swimming, with cheering teams passionately shouting slogans to support the 4 houses. The highlight of the day was the special relay, in which 69FA, 09FA, 10 FA, 12FA and the School Swimming Team jointly had a fabulous race. Finally, our Guest of Honour, Dr. Patrick C.T. Yeung addressed us with an encouraging and inspiring speech which marked a perfect end of the swimming gala.



Our Guest of Honour giving his speech.



Our principal making a welcoming remark.



I'm 100% confident in my ability.



Such a powerful stroke, you see?



Yo! The gold medal is mine!



"Cheers!" Our big brothers and sisters from 69FA.



Time to unleash my hidden power.



Okay, I'm going to overtake you. Watch out!



Thanks for all your support!



Many students and visitors are lining up for the games!

Our annual Open Day was held on 31<sup>st</sup> March and 1<sup>st</sup> April 2011. It was a fantastic event. The hall was full of amusements, such as game stalls of clubs and societies, the performance of the English and Chinese Drama Society and students playing instruments. Visitors, guests, visiting primary schools' students and our students were all engrossed in the exhilarating atmosphere and had a great time. It was a fruitful day for our school clubs and societies, and a warm homecoming for our alumni.



It's full of artistic atmosphere here.



Come and find out if you're good at Geography!



1 shot, 2 shots...It looks like you're pretty good at it.



Watch out! I am going to win you!



Er... can you give me some tips?



Give you one more chance then!



The decorations of the Reading Club are nice. It just feels like walking among bookshelves.



Can you help me figure it out?



Cheer for the Dance Club! The candies look delicious!



The principal welcoming our guests.



Alumni playing volleyball.



How joyful it is to dance with old friends!



Alumni competing in a football tournament.



The champion football team!



Alumni and other guests had a good day at QES.

This year's Homecoming Day was held on 2<sup>nd</sup> April. It was a good chance for the alumni to get together and tour the school to take a look at the latest campus development. Many old students enjoyed the visit to the extension of the campus at the former Mongkok Dental Clinic. There were video and slide shows on memorable student activities as well as displays prepared by the Student Union, the Parents-Teachers' Association (PTA) and the Old Students Association (OSA). Moreover, the day also welcomed sports lovers as there were finals of three ball game tournaments - football, basketball and volleyball. All in all, our alumni enjoyed a spectacular and heart-warming day.

Guests have just visited the new school annexe.



Nice to meet you at QES, my friend!



What a mirthful gathering!



Fourth Row : Poon Long Wing Sylvana, Lau Yi Man, Yip Pak Ki, Ma Chun Ho, Wong Chun Wah, Keung Po Chuen, So Bing Hei, Ng Lai Wan, Ng Wing Sze.

Third Row : Pang Lok Hei, Li Choi Lam, Kwong Ching Yiu, Leung Sum Yu, Lai Lok Yiu, Lau Yik On, Leung Yui Nga, Au Yong Jeremy Wai Him, Lee Camille.

Second Row : Chan Yuen Yi, Cheung Ying Ying, Chong Ka Man, Li Janice Min, Lau Wing Hay, Cheung Chor Yee, Lee Yan Tung, Lee Cheuk Yan, Sung Hoi Ching Venus.

First Row : Wong Ki Oi, Ng Hin Chin, Leung Hoi Ching, Chan Chung Yan, **Miss Chiu Chin Yee**, Chan Yui Kai, Wong Hon Lam Leonardo, Leung Ka Yu Roy, Lo Ching Kwan.

Absent : Chan Emi.



Fourth Row : Hung Kin Ting Ken, Lai Kok Sum, So Hin Sing, Cheung Chun Hei Arthur, Cheung Chin Ho, Cheung Wai Lam, Tse Yiu Wing, Wong Chun Pui Isaac, Yuen Lok Hang Ryan.

Third Row : Ng Ho Yi, Yu Wai Ching, Ng Hau Ching, Cheng Hoi Ching Cherry, Wong Hoi Yan, Ho Wing Yu, Sin Ngai Ching, Wong Cho Wun, Chui Hiu Lam, Leung Ka Wai.

Second Row : Cheng Ting Chi, Lam Nga Suet, Pong Wing Ching, Tam Nga Yan, Cheng Po Yu, Tsang Ka Ming, Lam Yee Kei, Suen Yuk Fai, Cheung Yuen Man, Chan Ching Chi.

First Row : Tong Zhi Xian, Wong Chun Wai, Tang Robert Alfred, **Mr. Matthew Scowcroft** (The CNET Teacher), **Ms. Ng Yin Ting**, Ki Ka Lee, Chan Yan Nok Joli, Leung Tsz Ting, Chan Ying Tung.



Fourth Row : Ng Ka Yee, Lun Ho Hin, Leung Chun Yin, Pang Lik Ching, Wong Sau Chi, Ng Man Ho, Fu Sing Wai, Tung Yik Kin, Tam Hei Lam.

Third Row : Wong Yuet Yin, Wong Lok Yi, Chan Cheuk Yi, Lai Yiu Yan, Ho Si Wan, Yau Hiu Huen, Chu Yuen Nga, Suen Yee Ni, Mok Tsz Huen.

Second Row : Chan Oi Ying, Chan Sze Man, Wong Po Ying, Fung Sum Yi, Fung Yuen Ting, Leung Kit Ling, Cheung Nok Hei, Leung Wing Lam, Chung Wing Ki, Chan Sum Ming.

First Row : Chan Sin Ying, Li Kwan Yu Celia, Law Ying Tung, Kam Ka Yiu, **Mr. Chung Sze Tik**, Liu Zhi Liang, Yeung Kwok Chun, Lau Tsz Yung, So Mei Shan.



Fourth Row : Wong Kwan Yee, Szeto Tsz Hei, Leung Ka Ming, Shiu Wing Hin, Chan Kam Wai, Kuang Jianting, Wong Tin How, Jian Jinghong.

Third Row : Fong Man Ling, Lau Sin Man, Lau Wai Chi, Ma Hei Man, Yuen Wing Yan, Lee Wing Ying, Hui Wing Man, Law Mo Tung, Guan Xiaoxia, Chan Erica.

Second Row : Leung Ching Yu Yo Yo, Ma Pui Yu, Leung Po Shan, Ho Wai Ying Kirsty, Situ Yingyin, Chan Nok Nam Lorraine, Zhong Zhi Yan, Chan Chi Wan, Liu Chloe Kristy.

First Row : Wong Yuling, Chen Hui Xian, Chan Suet Kuen, Tse Man Shan Rina, **Miss Pun Yui Lan**, Lai Chun Yi, Ng Chak Ka, Yip Ka Hei Anson, Tse Yu Hin.

Absent : Lam Gary Ka Wai.



- Fourth Row : Lam Cheuk Kwan, Leung Fong Wai Fergus, Au Yuk Hung, Wang Hualiang, Lee Ka Fai, Wu Kwan Hung, Lou Tsz Hang, Li Kwan Tao, Wong Man Yu, Chu Hiu Nam.
- Third Row : Ng Yu Wing, Kwok Wing Yan, Woo Siu Man, Pun Ka Po, Wong Yin Ping, Wong Yi Lik, Au Yeung Ho Lam, Lam Kai Ki Christina, Wong Man Ting, Chan Shu Ting, Nie Jing.
- Second Row : Cheng Oi Ying, Li Oi Shan, Sin Ka Ying, Chan Sze Wai, Tao Shiu Hei, Fok Ka Man, Hui Wing Yi, Wong Yui Tung, Lam Yan Ling, Hue Pik Ying.
- First Row : Kong Yan Sin, Chiu Lok Yi, Chan Wing Sum Jennifer, Mak Yuk Lam, **Mr. Lam Ying Kit**, Chu Ho Man Owen, Lo Ivan Hok Yin, Cheng Wai Kam, Lin Cheuk Yin.



- Fourth Row : Ip Chung Ming, Yip Wing Long, Chu Kwan To, Woo Ka Chai, Yau Lai Ho, Ng Cheuk Wa, Liu Cheuk Pan, Cheung Ho Kiu, Har Ho Pan, Pang Ching Long.
- Third Row : Cheng Wang Lam, Cheung Wai Ha, Leung Tze Ning, Chow Suet Yi, Lau Ching Yan, Hui Ingrid Yin Ka, Chan Yeong Wo, Li Man Yung Emily, Kwan Lok Yin, Lee Cheuk Tung, Yim Wing Sum.
- Second Row : Sham Hok Cheung, Tam Chi Kin, Chan Ho San, Chan Cindy, Yau Man Ying, So Yat Kwan, Lai Mei Wai, Pang Lee Ting, Lai Pui Chung Jacky, Cheng Pong Yin.
- First Row : Chan Hiu Ying, Kong Man Fai, Li Wai Man, Chen Wing Shuen, **Mr. Chan Wing Wah**, Zhu Zhuorui, Lee Tsz Chung, Cheung Chun Ying, Liu Ka Ling.



Fourth Row : To Yick On, Lee Siu Kit, Chau Man Cheuk, Leung Yiu Hung, Cheung Yui Wai, Ng Yu Hin, Li Yuk Lun, Zhu Siyu, Yip Chun Ting, Tam Siu Hang Henry.  
Third Row : Wong Ka Wai, Cheung Yuk Chun, Chan Tsz Wa, Wong Yee Ching, Singh Man Hei, Tam Wai Shan, Chan Ka Man, Tse Oi Lam, Tsang Yuen Ting, Tsang Yuk Ting, Cheung Ka Ying.  
Second Row : Lee Nai Fong, Ho Ching Man, Lam Ching Jasmine, Law Yuk Ming, Chau Ka Man, Li Tsz Ying, Choi Wai Ying, Yip Pui Man, Szeto Zoe Shangyee, Ng Man Yuet.  
First Row : Chan Sze Yui Connie, Wu Po Yee Janice, Cheuk Man Ching, Tan Yanling, **Mr. Wong Hin Ming**, Chan Wai Hin, Luk Jonas, Ong Tsz Kiu, Mui Kwing Fung.



Fourth Row : Cheung Ming Huen, Hung Lok Hin Deren, Kan Sheung Hang Sean, Yim Chi Man, Chan Sik Wai, Yau Tsz Tsun, Hui Chit Yam, Leung Ka Cheuk, Tam Tak Hei.  
Third Row : Cheung Yeut Ting, Kwan Ka Fun, Yan Wai Yi, Wong Hoi Ying, Ng Wing In, Cheng Wun Man, Chung Ka Ki, Lam Sze Kit, Chan Wing.  
Second Row : Tang Tsz Kin Jean Marc, Louie Sau Mei, Zhong Lilian Pok Wa, Wong Sze Lok, Yiu Lo Sze, Chan Hoi Tung Celli, Chiu Daphne Hechen, Lau Yuen Ying, Wong Wai Ying, Lai Yuk Yin.  
First Row : Tam Wing Ki, Hau Pui Yiu, Chau Hiu Kwan, Mok Alex, **Miss Ma Hoi Kwan**, Tang Fung Mui, Tong Yin Hang, Lo Pui Shan, Cheung Sin Ting.





- Fourth Row : Hung Tsui Ying, Kwan Kwing Ho, Koon Sing, Ng Hei Tung Michael, Yau Wa Tung, Ho Kin Pan, Wong Chun Ho, Chong Lai Chun, Kwan Yat Cheung Martin, So Hiu Ming.
- Third Row : Tam Ka Wing, Ng Pui Shan, Chung Pui Yu, Fong Cheong Ching, Leung Chun Man, Ng Yan, Leu Sim Kuen, Ho Hiu Tung, Cho Yuet Wing, Ng Yik Lam, Kwan Tung Yan.
- Second Row : Choi Ho Wing, Chan Hoi Lam, Cheung Lai Heung, Hui Gi Wai, Kong Po Ki, Wong Wing Lam, Mak Chin Ying, Ho Perri, Wong Yan To, Leung Siu Yan.
- First Row : Yuen Lok Yiu Laurel, Cheng Sau Shan, Tam Lok Ting Sarah, Li Man Yee, **Ms. Yau Kwai Fong**, Seto Wai Lun, Liu Tsz Yin, Lee Ka Kuen, Chan Chun Yat Caesar.
- Absent : Chan Long Hei.



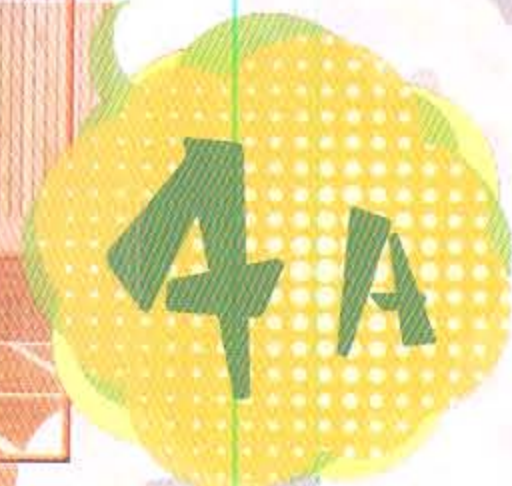
- Fourth Row : Ng Chi Yeung, Lau Park Yung, Kwok Kai Tik, Chiu Sing Hoi, Or Pak Shing Kenneth, Luk Sze Chai, Kan Chun Lok Ryan, Fung Ming Him, Lo Wai Chung, Tsang Kai Hong.
- Third Row : Wong Yuet Yi, Hui Yuen Ching, Chan Tsz Yan, Leung Ka Wun, Au Cheuk Tung, Wong Ho Yi, Tsui Yuen Yi, Ko Tsz Wing, Chan Yu Yan, Chung Pui Ching, Man Man.
- Second Row : Lam Wing Sze, Lau Chi Kwan, Tam Lok Yin, Mok Wing Ka, Chan Yuk Chi, Hui Tze Yuet Joyce, Au Yeung Yuen Kwan, Siu Hei Wai Annie, Ng Ka On, Kwok Ho Yan, Tong Ka Ki.
- First Row : Li Lok Sze, Wong Hoi Shan, Wong Yu Ching, Law Chun Hei, **Miss Au Ka Yee**, Fong Chun Hei Henry, Ling Yat Chun, Tsui Cheung Lee, Yim Kai Lap.



Fourth Row : Mok Yi San, Wong Chak Hang Franco, Tang Lok Yiu, Ng Man Tik, Wong Michael, Chan Long Kit, Sin Ngai, Lau Chun Yin, Leung Kai Yin, Hui Kin Wing, Yeu Chin Ching.  
Third Row : Lee Charlotte Choi Wan, Hung Chuen Wai, Poon Hang Sin, Yeung Ka Ching, Yeung Long Hei, So Kwan Ni, Yu Wing Sze, Ng Hiu Ching, Lau Wai Ting, Wong Chi Ching.  
Second Row : Hui Ho Yin, Chow Mei Hei, Cheung Man Yuk, Lam Chung Yan, Leung Wing Nga, Li Tsz Yan, Yip Cheuk Ying, Chan Elim, Chung Cheuk Lam Kelly, Chow Chung Sing Mobie.  
First Row : Tse Yim Mei, Cheung Cho Kiu, Ng Chung Yin Joey, Chan Wing Yan, **Mr. Wong Siu Keung**, Ip Chu Chung Derek, Pepper Rex, Sing Chun Ki Keith, Wong Tat Chun.



Fourth row : Lam Michelle Chin Ching, Lu Ching Ue, Tse Kai Hin Jason, Leung Kung Ming, Tong Cyril Ming Sun, Lee Hin Yat, Wong Yuk Kwan, Chan Tin Shun, Tse Yat Ka.  
Third row : Yip Wai Lai, Yiu Yi Ting, Suen Sin Ting, Chow Mei Yee May, Leung See Ching, Wu Hoi Ting, Kwok Cheuk Ka, Wong Man Kei, Ma Hiu Yu, Chan An Lam, Ng Chee Yau.  
Second row : Luk Wing Yin, Ho Pei Jia, Chau Siu Sho, Ku Yuen Yuen, Cheung Wing Tung, Chan Ying Ha, Chan Ching Laam, Cheung Tsz Ching, Law Po In, Hau Pui Sze.  
First row : Huang Huiying, Chan Lau Yu, Tong Nga Yi, Wong Ho Lam, **Miss Lee Tak Wai**, Liang Xuehui, Yung Chung Yeung Benjamin, Tse Yik Sang, Lee Wai Hei.



Third Row : Wong Lai Wai, Lam Chu Hin Jonathan, Yung Yiu Sing, Ng Ka Wai, Ng Kai Chi, Suen Chun Tung, Yeung Siu Chun, Liu Hak Yin, Chan Ting Him, Tang Samson Sze Chai, Lui Man Ki.  
 Second Row : Fok Lam, Chu Choi Sang Carmina, Chik Kwong Man, Chung Pik Yu, Leung Kin Kan, Wan Yee Lam, Lau Tze Wai Stephanie, Yau On Ying, Lo Yin Ching, Pong Wing Ki, Ng Yu Yan, Wong Elena.  
 First Row : Yeung Su, Lai Cheuk Chi, Luk Tsz Tung, Yim Wing Sze, **Miss Leung Kit Yu**, Li Kin On, Yau Wai Fat, Tam Wai Ho, Cheung Man Ping.



Fourth Row : Tse Yung On, Chan Yiu Fung, Tsang Wai Hung, Wong Dzi Hin, Fung Man Chun, Yiu Ka Ho, Wat Kwok Hei Henry, Tam Chun Sing, Cheung Hing Wing, Lui Tsz Kwan.  
 Third Row : Fork Pui Wan, Yeung Lok To, Wong Wai Yu, Chan Mo Hung, Chiu Wing Nam Viola, Wong Lai San, Chun Yuen Ying, Wu Xiaoyi, Chau Ping Man, Kwan Ching Yi, Man Ming Yan.  
 Second Row : Wong Kwok Ting, Law Sau Yan, Ng Tsz King, Lam Yee Shan, Chan Hei Tung, Chan Yuen Yung Judy, Chu Wing Tung, Lau Ka Po, Lee Wai Sum, Chung Hiu Ching, Lam Man Tung.  
 First Row : Chan Man Wai, Sin Shun Tak, Wong Chung Ping Sharon, Ng Ka Yui, **Mr. Hau Clement**, Lee Chak Fung, Chow Hok Chun, Li Yat Wa, Chan Gareth Ho Ting.



- Fourth Row : Chow Tsz Tsun, To Wai Hei, Cheng Wing Chun, Seung Pok Man, Ngan Ka Chun, Ma Tsz Leong, Li Kin Fung, Cheng Zing Nam, Do Hung Tuan Henry, Cheung Chun Lok.
- Third Row : Poon Li Sim Linny, Lau Hiu Tung, Lee Ka Yi, Chan Ling Yi, Wong Mei Yin, Chan Ching Yi, Lau Sze Wai, Lai Lok Yi Lowan, Fong Hao I, Cheng Yuk Hung.
- Second Row : Fung Cheuk Wing, Wong Yuen Yee, Wong Sarah, Chung Ching, Ling Siu Ying, Zheng Miner, Yu Wing Yan, Lee Hei Yue, Wong Wing Shan.
- First Row : Wong Ka Shuen, Fong Chun Ki, Yuen Sze Man, Kwok Chun Sen, **Miss Chan Sau Kuen**, Suen Ho Bong Matthew, Leung Chun Yin Chris, Hui Hill Yang, Kam Chun Sing.
- Absent : Law Lok Tin



- Fourth Row : Lee Ka Ho, Yeung Ka Chun, Wong Yiu Man, Wong Jeremy, Chow Tsz Kin, Chan Tsz Lai, Li Tsz Hei, Tse Tze Wing, Cheung Yiu Man, Hung Yat Long.
- Third Row : Cheng Man Yi, Hung Wing Yi, Lau Yin Fan, Yu Ka Wa, Poon Chung Yan, Chan Tsz Kwan, Cheung Ka Ki, Hau Yuen Tung, Wong Wing Ki, Pang Lok Yiu, Yu Shu Kei.
- Second Row : Lam Cheng Yu, Fung Ka Yin, Chan Ka Wai, Cheung Wai Hei, Tam Pak Wai, Chan Wai Man, Li Yuen Ying, Tsoi Ho Yin, Leong Shek Lun, Fong Cheuk Him Daniel, Lui Hoi Ching.
- First Row : So Wing Yan, Chan Hin Lam Hilaria, Wong Sze Kun, Ng Chiu Ying, **Miss Hui Lai Na**, Lau Chi Yan, Yip Chun San, Tong Zhi Cai, Ho Ching Yip.



Fourth Row : Yiu Hau Him, Leung Pui Yin, Kwok Ka Wai, Lee Chi Wing, Chum Pui Yeung, Cheung Yuen Tai, Kwan Ho To, Yeung Ming Lam.

Third Row : Tse Hiu Yan, Chong Wing Si, Chow Ka Yin, Hillary Chung, Cheung Colette, Mo Sze Man, Tam Li Ka Rachel, Yuen Hiu Kwan, Chu Miu Fong.

Second Row : Yip Wing Suet, Tsun Kwan Yi, Wong Sze Nok, Yang Lok Yi Cleo, Lam Hiu Laam, Tsui Cheuk Sze Katherine, Tong Mun Yin, Yung Ka Lai, Wong Chi Wan.

First Row : Pang Wing Chau, Poon Wing Tung, Li Hiu Ching, Fung Tsz Wai, **Miss Fuk Yuen Man**, Chan Weng Cheong, Lin Sum Kit, Li Chiu Wai, Wu Man Wai.

Absent : Jim Man Hei, Wong Chi Wan.



Fourth row : To Hok Hei, Cheng Wai Lam, Mak Tsun Hang, Kei Him Shun, Leung Ho Yung, Lung Tsz Ki, Yiu Lo Pan, Mak Yu Hin, Fong Tsz Kwan, Poon Ka Kiu, Chan Ting Yau.

Third row : Lau Yee Fei, Leung Wing Tung, Lau Oi Yan, Jian Jing Wen, Wong Hoi Yee, Wu Yanjun, Ma Ching Yin, Lau Yee Sum, Ng Lai Ying, Lam Tsz Yin.

Second row : Hui Wing Man, Ng Hei Yee Sharon, Chan Oi Man, Chung Hui Yin, Kwok Kit Ying Elaine, Poon Oi Ying, Leung Ching Ling, Chow Miu Lam, Li Yin Yan, Chu Oi Yan, Chui Lok Yi.

First row : Li Ka Ka, Chan Hei Tung, Leung Ki Yun, Lam Mat, **Mr. Ip Ka Fai Gavin**, Tam Chi Wing, Chau Chun Yee, Tam Siu Tim, Leung Chun Lam.



Fourth Row : Mak Chun Wing, Chan Yau Yi, Lui Yin Man, Wong Kwun Tat, Lo Fuk Wing, Ngai Tsz Hin, Cheung Siu Hong, Kung Chun Ting, Law Chi Wang, Chu To, Law Ka Ho.  
 Third Row : Wong Sze Nga, Lee Nga Ting, Chiu Ka Ying, Tong Yuen Man, Pang Sze Long, Lam Sze Nga, Chang Kong Kei, Lee Ka Chung, Li Mei Fan, Cheng Cheuk Man.  
 Second Row : Cheng Tsz Yan, Shek Ka Lai, Shum Wing Yee Winnie, Lam Yiu Ting, Tsang Yik Ching, Chung Cheuk Wing, Chan Florence, Tang Wai Sze, Chu Hoi Yi, Keung Tak Wing.  
 First Row : Wong Wai Sum, Cheung Ching Man, Tsang Hoi Ying, Wong Hei Chi, **Ms. Wu Oi Fong**, Lau Chun Ho, Chan Ching Ho, Chan Ka Kin, Ng Fung.



Fourth Row : Tam Chi On, Wong Ming Foon, Sze Lai Pan, Chan Chun Hong, Ng Chi Wing, Tsoi Chung Hin, Chan Lo Yuet, Sin Cheuk Fung, Ng Tsz Sum, Lam Chun Wai Wilson, Kuan Chuek Hin  
 Third Row : Leung Sau Chun, Mo Ka Wing, Tong Wing Sum Gladys, Mak Sze Ning, Cheng Ho Lam, Fung Ka Ling, Wu Cheuk Ning Loretta, Tsang Pui Chun, Wong Wing Man, Tse Nok Kiu  
 Second Row : Chung Lai Man, Law Shuk Wa, Yik Lok Yee, Wong Siu Ching Caroline, Lee Sarah Ka Yee, Yeung Yat Hei, Yau Wing Lun, Luk Tsz Yat, Chan Hok Fung, Tsang Chi Chung, Cheung Ho Lung  
 First Row : Leung Woon Man, Lam Sze Wing, Yip Ching Wan, Lau Siu Ping, **Ms. Poon Wai Yee**, Lam Shing Fung, Chu King Ting Kevin, Chui Ting Hin Rio, Tsui Chiu Tang.



- Third row : Wong On Ki, Leung Ka Wing Karen, Chu Wing Sze, Lau Pui Ling, Chan Horen, Cheung Wai Lun, Hui Fung, Wong Tsz Ching, Wong Hoi Yi, Siu Mei Ling, Tam Oi Chi, Au Kit Ming
- Second row : Yip Wing Yan, Ng Yuk Ying, Yu Tsz Yui, Huang Mei Yu, Hung Wai Yu, Tong Yin Ting, Lau Sum Yi, Siu Ying Siu, Fung Sin Tung, Ng Wing Yi, Chui Ho Yan
- First row : Tsang Wan Yee, Ng Sin Yan, Kung Yuen Yan, Hung Vanessa Huang, **Mrs. Tsang Chan Choi Fan**, Kong Yau Wai, Lai Chi Ning, Lo Yiu Ting, Lui King Hong.
- Absent : Lee Nga Wun.



- Fourth Row : Wong Yui Leung, Li Wai Ming, Au Yong Jonathan Long-wai, Li Ka Chun, Lam Long Hei, Chan Kin Wai, Liu Chi Wai, Tam Wing Ho.
- Third Row : Wong Ka Man, Leung Hoi Kit, Lau Sin Yee, Leung Yuen Kwan, Cheung Ming Yin, Tse Wing Ching, Lau Ka Yee, Ho Yuen Yan.
- Second Row : Chan Shun Ha, Leung Yuk Chi, Wong Cheuk Cheuk, Cheng Wing Man, Li Joyce Y, Chan Wing Tung, Ho Phoebe, Chan Ying Tung.
- First Row : Lam Hiu Long, Lee Wing Yin, Chow Tsz Yan, Au Wing Shan, **Ms. Wong Siu Ying**, Chan Chun Him, Fung Yik Hong, Luk Tsz Long, Ho Chun Sing Kelvin.



Third row : Kwok Yi Yung, Kwan Yui Hang, Wong Ting Fung, Kwan Chung Ting Samuel, Leung Ka Wai, Kwan Yat Fung, Tang Wai Chun, Suen Kai Fung Kevin, Yeung Tsz Leong, Yip Hor Fai, Law Chung Yuen, Tsang Oi Ying.

Second row : Sit Wing Shan, Cheung Ching Yee, Man Sin Ting, Ng Kit Ying, Fong Yee Hung, Lee Lai Shan, Wan Kit Lam, Yu Po Man, Cheung Yin Ching, Wong Wai Chi, Yam Sze Lap.

First row : Fung Hiu Yan, Tang Wai Shan, Chiu Kwai Kei, Ng Kwai Lan, **Mr. Leung Wai Fu**, Wong Ka Kit, Yeu Chin Ho, Cheung Man Yiu Anthony, Yuen Sing Fai.

Absent : Tsang Hiu Wai.



Third Row : Cheung Chin Ting, Tang Yau, Yeung Chor Ying, Chu Wan Fei, Chan Yin Chun, Wong Hoi Ming, Lo Hiu Yan, Ho Choi Shuen, Cheung Yik, Lam Hok Nin.

Second Row : Poon Fung Man, Wong Mei Yi, Chow Yuen Hang, Leung Rosanna Hoi Yee, Lo Chun Yin, Wong Po Yan, Chan Wai Yee, Chan Wai Sze, Wong Wing Yee.

First Row : Chick Man Yan, Chan Yan Ling, Chan Hoi Ying Stephanie, Lee Tsz Ting, **Ms. Lo Wai Man**, Wong Ho Yu, Kwok Ho Ting, Wong Kai Sum, Fung Dixon.





Third Row : Chan Kit Yiu, Ng Po Yee, Yu Yum, Tsui King Hung, Kit Tsz Ki, Ng Wing Yan, Wong Ching Ching, Li Win Yin.

Second Row : Wong Ka Lee, Lai Yuen Kiu Fiona, Chan Wing Yan, Wong Man Yin, Yeung Lap To, Chan Chi Shun, Poon Ho Ming, Lam Sui Lun.

First Row : Tse Yik Kei, Tsang Tsz Chun, Wong Yan Yu Ruby, Hung Wing Yan, **Mr. Chui Ka Cheung**, Lo Wai Ching, Luk Ka Wai, Ng Kwok Pan, Chan Yau Hin.



Third Row : Ho Siu Yin, Lee Sin Cheung, Tang Wai Yan, Lee Kin Ming, Tong Ho Kei, Ngai Chi Wa, Yu Fei, Ng Tsz Ho, Lam Chun Wan, Wong Man Lok.

Second Row : Tang Wing Yin, Choi Lai Wa, Yan Ka Kiu, Cheung Wai See, Lau Kwan Yan, Leung Lai Ying, So Wai Yin, Cheung Mei Fung, Ho Siu Ying, Lo Wing Yan Yvonne, Wong Hoi Yi.

First Row : Ling Yuen Yee, Au Hill Tung, Yung Wing Yee, Kam Ka Yan, **Mr. Chiang Lo Fung**, Chau Lai Bun, Kwok Ki Hin, Fung Ho Luen, Lee Ka Chun Matthew.



# QUEEN ELIZABETH SCHOOL

## S.7 GRADUATES (2010-2011)



S7 Graduates

Stepping into QES, Mr. Ho was so impressed with the campus of his alma mater. "Although the school campus is over half a century old, it is kept very clean and tidy, with the new annex blended well into it. I also noticed the changes to the courtyard. Do you know what we used to have? We used to have only two basketball courts, and there were no markings for handball or any other ball games. Now, the courtyard is nicely marked!" We should not only value the new annex, but also the wide variety of ball games in our PE lessons.

Mr. Ho has had a lot of wonderful experiences in QES, of which the interesting ones are the most unforgettable. "You know, QES is the place where I learnt dancing. In November 1954, the prefect body of King George V School (KGV) invited us to a social gathering they had organized. To our surprise, it was not merely a gathering, but a dance party! After we had had some soft drinks, the dance music started. All of a sudden, ladies from KGV invited us to dance but none of us could! We were dragged to the dance floor under the spotlight! After that, Mr. Hinton, the then vice principal, commanded that we should invite prefects of KGV to QES as a matter of courtesy, and that we had to master dancing in a few months. This was why we learnt the quick step, slow fours, slow waltz and other ballroom dances at school. However, in the evening, when the KGV students we had invited arrived, they wanted the Rock and Roll of Elvis Presley!"

## A Glimpse on the Success of Our Big Brother

- Mr. Ho Che Leung MBE



As the house captain, Mr. Ho was so proud of East House.



Mr. Ho and his family in Buckingham Palace.



Mr. Ho was a righteous prefect!



Mr. Ho was entitled the Honorary President of the Hong Kong Awards for Young People.

Towards the end of the interview, Mr. Ho gave us plenty of advice on study, life and personal development. "Experiential learning is very important since many things in our daily lives have to be learnt through experience. Teachers can't teach you everything, nor can you obtain good knowledge of everything just from reading. It is advisable that you participate in some extra-curricular activities to experience more so as to broaden your horizons and learn more beyond the school curriculum," Mr. Ho told us earnestly. He also advised us to read widely on normal days to gain knowledge in all aspects but be more focused in our study when exams are coming. It is preferable that we form study groups among ourselves and help each other study before exams.

When talking about life, Mr. Ho thought that in real life, for most people, there is a compromise between the ideal and the possible. "Whatever you do, you should aim high but go a bit lower when the ideal is not obtainable." Lastly, Mr. Ho reminded us to be always considerate. "When you need to make difficult decisions, you should put yourself in other people's shoes - apart from personal opinions - so that you can remain objective and just. Additionally, always be humble and listen more to others' ideas and opinions. It is crucial that you win people's trust because friends are always preferable to enemies. Your life will certainly be better off if you are able to turn enemies into friends and work together harmoniously."

In the eyes of Mr. Ho, QES is a unique school with distinct characteristics. "QES is a school where Chinese culture merges with Western culture. The very first principal of QES, Mr. Cheung Wai-fung was a traditional Chinese. He usually insisted on diligence in study. Meanwhile, Mr. Hinton advocated freedom, freedom which goes with responsibility. QES students are self-disciplined as they appreciate their freedom. Regarding discipline, students now are even better than we used to be. In the past, after recess, we had to queue up in the playground. Now, students just go back to their classrooms orderly and quietly themselves."

Finally, Mr. Ho told us all to lead healthy lives which can be fulfilled by eating and drinking healthily, having sufficient time for rest, working out regularly and developing hobbies. A healthy mind and a healthy body are both vital to success at any stage of our lives. Only people who think positively and who possess a healthy body can work wholeheartedly on their ambitions and really let their dreams come true. At this, my fellow interviewers and I nodded in agreement. Guess most of you would agree too, right?



Mr. Ho was entitled MBE by Queen Elizabeth II.



Mr. Tam distributing a trophy to our athletes on Sports Day.



Mr. Tam reunites with his QES schoolmates joyfully.

## Wholehearted Advice from Our Guest of Honour

- Mr. Tam Wing Oi



What are the two big heads chatting?

Standing on the sports field, our beloved big brother, Mr. Tam Wing Oi, from the 69 Form Association, embraced the exhilarating atmosphere of our 57<sup>th</sup> Annual Sports Day. As part of the school's proud history, Mr. Tam recalled his glorious and memorable moments at QES.

Being an outstanding alumnus, Mr. Tam actively participated in extra-curricular activities and maintained a marvellous performance in the academic field when he was a secondary school student. School magazine

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Mr. Tam, Mr. Tong and the interviewers.



Mr. Tam patiently answering our interviewers' questions.

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In addition to sharing his memories, Mr. Tam elaborated on his motto. "Act out of your own will and decisions. Do whatever you think is right. It is not necessary for you to care too much for others' stereotypes or wrong perceptions. However, be responsible for your

every action taken so as to make improvements. That is how you learn from your mistakes to strive for excellence." I guess this motto must have helped Mr. Tam a lot throughout his life in making difficult decisions.

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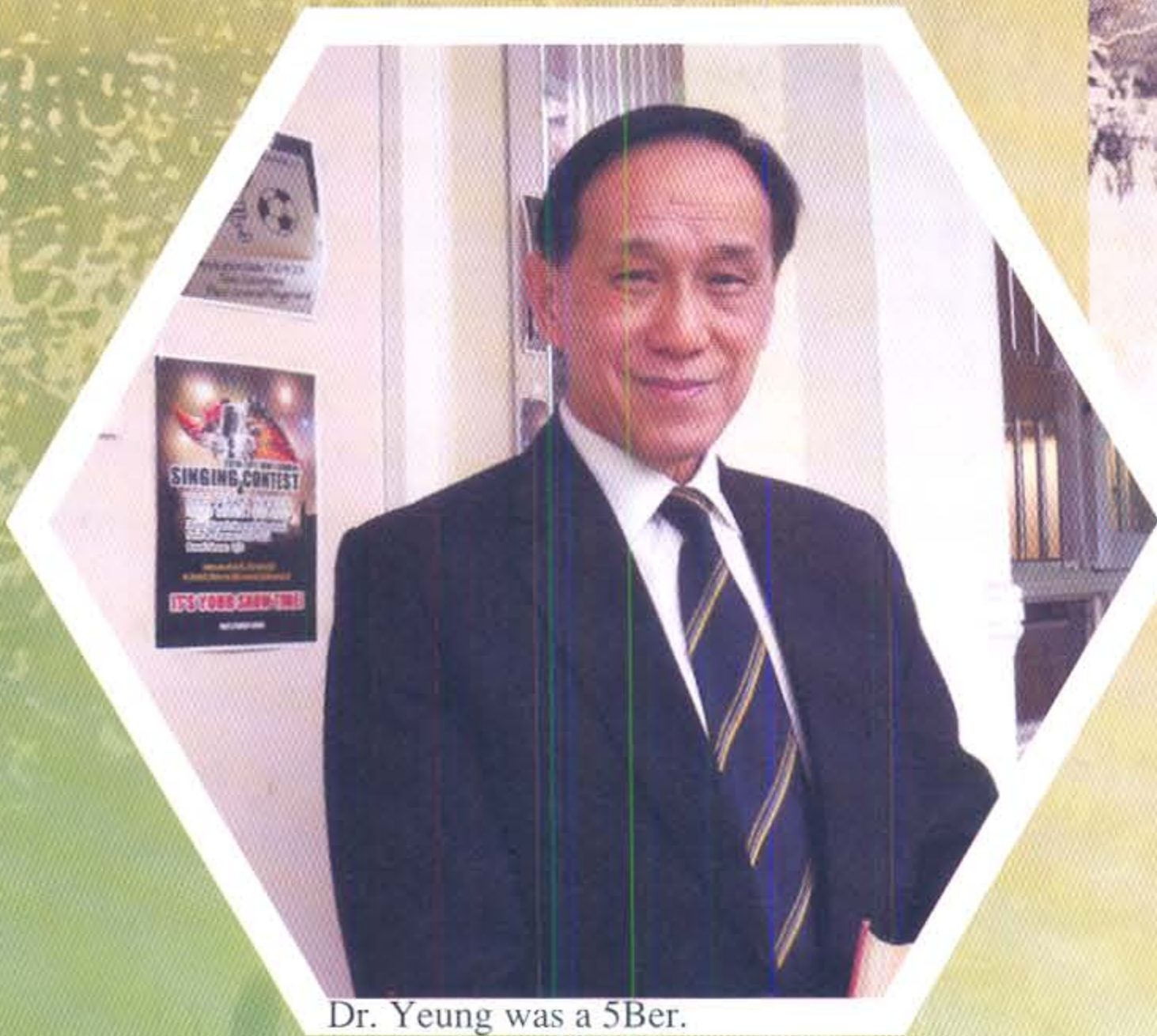
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To some students, academic result seems to be everything. What advice does our honorable big brother have? "You have to set a standard for achieving everything, including study.

Your focus will be clearer as the standard becomes your goal. Of course, try your best and don't regret. Don't be too harsh on yourself," Mr. Tam suggested. He added that his current sports and musical pursuit after retirement was an example of the importance of balancing work and play. Active participation in various kinds of ECAs is the key to relieving the enormous stress caused by academic study. Activities and academic study should be balanced well. Bias on either side is unhealthy. From Mr. Tam's life, we can observe that success is a combination of hard work and trials. Leaving the sports ground, Mr. Tam smiled at the students on the spectator stand and whispered, "Boys and girls, enjoy your school life completely while you are still young."



Mr. Tam, thank you for being the Guest of Honour of Sports Day!



Dr. Yeung was a 5Ber.



Queen Elizabeth School Carnival Team at the Past. They became Carnival Champions for 1964.

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## An Expert in Multiple Fields - Dr. Patrick Yeung Che To

Have you ever imagined a person with multi-professions? Such as someone who is a hypnotist and a Chinese medicine practitioner at the same time? Well, we have just had an interview with such a person. Our alumni from 59 FA, Dr. Patrick Yeung Che To, has a shockingly long list of professions.

Dr. Yeung was a clinical hypnotherapist, master investigative hypnotist, and a registered Chinese medicine practitioner. He was also the Founding President of Hong Kong Naturopathy Association; Knight, Director and Vice-President (AP Region) of the International Life Saving Federation; Vice-Chairman and Chief Examiner of the Hong Kong Life Saving Society; Fellow and Chairman of the Hong Kong Swimming Teachers' Association; as well as the Founding President of

Acupressure in the First Aid Federation, Hong Kong.

Shocked? Dr. Yeung advised us that we should grasp every opportunity, especially new ones, since it is easier for one to develop oneself in new fields. He spent time and effort on everything he joined. Maybe that's the reason why he is outstanding in many areas.



Mr. Patrick Yeung of the Queen Elizabeth School Carnival Team receives the Kwok Chan Trophy from H.E. The Governor.

Dr. Yeung showed us a picture of his receiving the Kwok Chan Trophy.

Back in the day, he was the vice-captain of East House. He thought that his school life was fruitful and relaxed. "There were a lot of sports activities



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held at school. When I graduated, I came back to drill with the Carnival Team. Our school won the Carnival Team Champion in 1965,” he added. Apart from sports, Dr. Yeung mentioned that there were inter-house drama competitions back in his time. He was responsible for lighting when he was in S.6.

After his graduation, Dr. Yeung had distinguished services in life-saving. We asked about how he ended up in this sector. He said that he used to be a scout at that time. With so many activities of scouts, he could not concentrate on his study. However, he did not want to give up the opportunities to join extra-curricular activities. As life-saving training was held in open seas at that time, there would be a break in winter. To save more time for studying, he joined life-saving instead of the Scouts.

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When asked if there is any change to QES, he mentioned that the new annex did not exist in his time. There were no shopping malls between the KCR station and the school campus. Students living in the New Territories used to wait for the trains in the covered playground as the train service was much less frequent at that time. Apart from the environment, there were also other changes. For instance, only girls were required to take Home Economics lessons. Also, there used to be an annual Christmas ball for the whole school. Even the Principal would join them!

Dr. Yeung is still having gatherings with his schoolmates. There is a regular lunch gathering for 59FA on the second Tuesday each month. These days, they have a new tradition—the one who has started getting the Social Security Allowance (生果金) from that particular month will pay for the lunch gathering!

“QES is special, with nice teachers and strong cohesion between students. From QES, I learnt that we should not dodge any difficulties, and keep being optimistic and positive enough to face problems.” Dr. Yeung told us that QES was a place where opportunities breed, and he is proud of being a QES graduate.

Dr. Yeung gave our students a last word, “You should keep learning, and be critical-minded. Never accept a thing blindly. It is important to update yourself and keep in touch with the ever-changing society. And, enjoy your life.”



The two generations.



Stepping into QES, Mr. Ho was so impressed with the campus of his alma mater. "Although the school campus is over half a century old, it is kept very clean and tidy, with the new annex blended well into it. I also noticed the changes to the courtyard. Do you know what we used to have? We used to have only two basketball courts, and there were no markings for handball or any other ball games. Now, the courtyard is nicely marked!" We should not only value the new annex, but also the wide variety of ball games in our PE lessons.

Mr. Ho has had a lot of wonderful experiences in QES, of which the interesting ones are the most unforgettable. "You know, QES is the place where I learnt dancing. In November 1954, the prefect body of King George V School (KGV) invited us to a social gathering they had organized. To our surprise, it was not merely a gathering, but a dance party! After we had had some soft drinks, the dance music started. All of a sudden, ladies from KGV invited us to dance but none of us could! We were dragged to the dance floor under the spotlight! After that, Mr. Hinton, the then vice principal, commanded that we should invite prefects of KGV to QES as a matter of courtesy, and that we had to master dancing in a few months. This was why we learnt the quick step, slow fours, slow waltz and other ballroom dances at school. However, in the evening, when the KGV students we had invited arrived, they wanted the Rock and Roll of Elvis Presley!"

## A Glimpse on the Success of Our Big Brother

- Mr. Ho Che Leung MBE



As the house captain, Mr. Ho was so proud of East House.



Mr. Ho and his family in Buckingham Palace.



Mr. Ho was a righteous prefect!



Mr. Ho was entitled the Honorary President of the Hong Kong Awards for Young People.

Towards the end of the interview, Mr. Ho gave us plenty of advice on study, life and personal development. "Experiential learning is very important since many things in our daily lives have to be learnt through experience. Teachers can't teach you everything, nor can you obtain good knowledge of everything just from reading. It is advisable that you participate in some extra-curricular activities to experience more so as to broaden your horizons and learn more beyond the school curriculum," Mr. Ho told us earnestly. He also advised us to read widely on normal days to gain knowledge in all aspects but be more focused in our study when exams are coming. It is preferable that we form study groups among ourselves and help each other study before exams.

When talking about life, Mr. Ho thought that in real life, for most people, there is a compromise between the ideal and the possible. "Whatever you do, you should aim high but go a bit lower when the ideal is not obtainable." Lastly, Mr. Ho reminded us to be always considerate. "When you need to make difficult decisions, you should put yourself in other people's shoes - apart from personal opinions - so that you can remain objective and just. Additionally, always be humble and listen more to others' ideas and opinions. It is crucial that you win people's trust because friends are always preferable to enemies. Your life will certainly be better off if you are able to turn enemies into friends and work together harmoniously."

In the eyes of Mr. Ho, QES is a unique school with distinct characteristics. "QES is a school where Chinese culture merges with Western culture. The very first principal of QES, Mr. Cheung Wai-fung was a traditional Chinese. He usually insisted on diligence in study. Meanwhile, Mr. Hinton advocated freedom, freedom which goes with responsibility. QES students are self-disciplined as they appreciate their freedom. Regarding discipline, students now are even better than we used to be. In the past, after recess, we had to queue up in the playground. Now, students just go back to their classrooms orderly and quietly themselves."

Finally, Mr. Ho told us all to lead healthy lives which can be fulfilled by eating and drinking healthily, having sufficient time for rest, working out regularly and developing hobbies. A healthy mind and a healthy body are both vital to success at any stage of our lives. Only people who think positively and who possess a healthy body can work wholeheartedly on their ambitions and really let their dreams come true. At this, my fellow interviewers and I nodded in agreement. Guess most of you would agree too, right?



Mr. Ho was entitled MBE by Queen Elizabeth II.



Mr. Tam distributing a trophy to our athletes on Sports Day.



Mr. Tam reunites with his QES schoolmates joyfully.

## Wholehearted Advice from Our Guest of Honour

– Mr. Tam Wing Oi

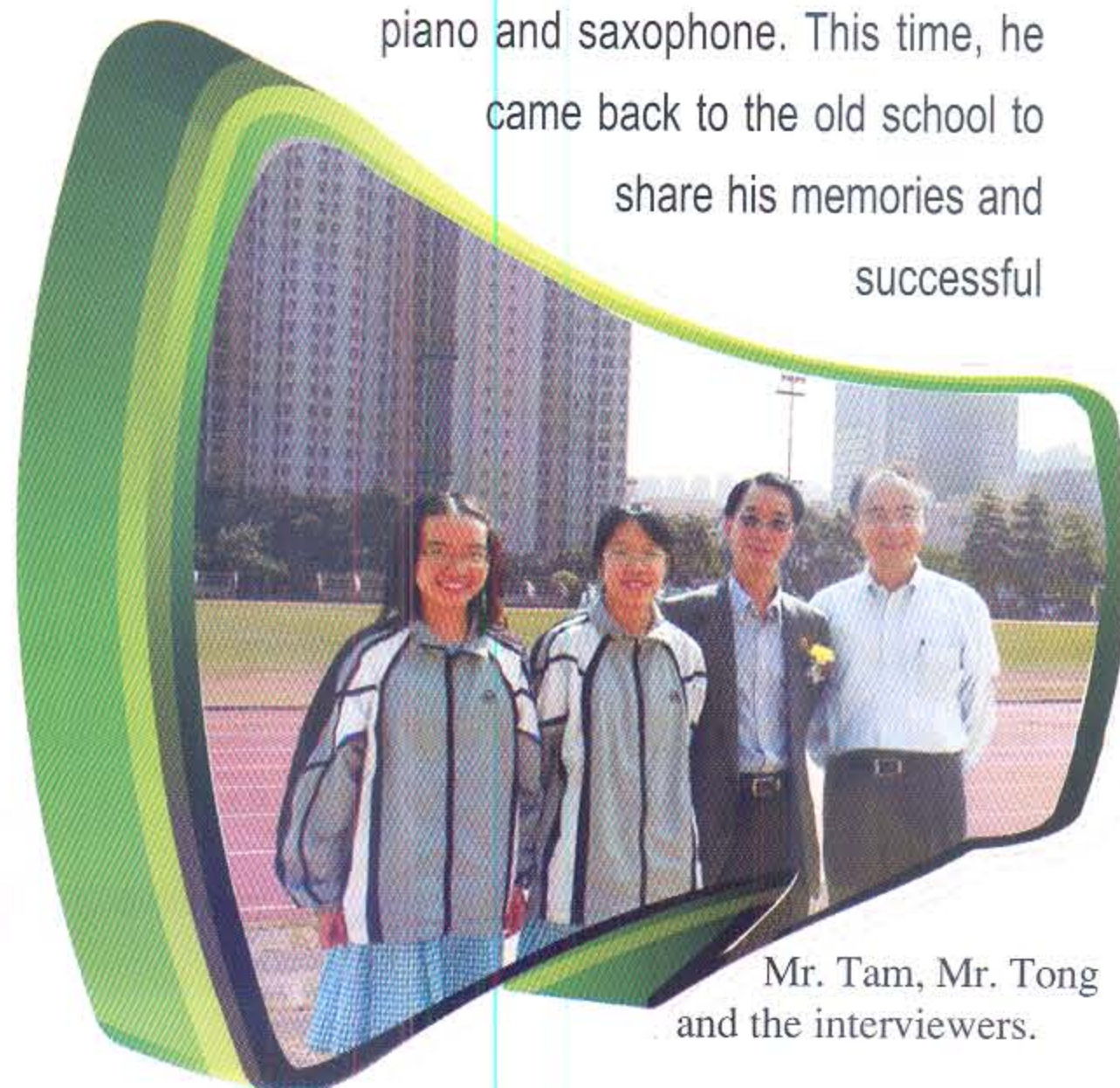


What are the two big heads chatting?

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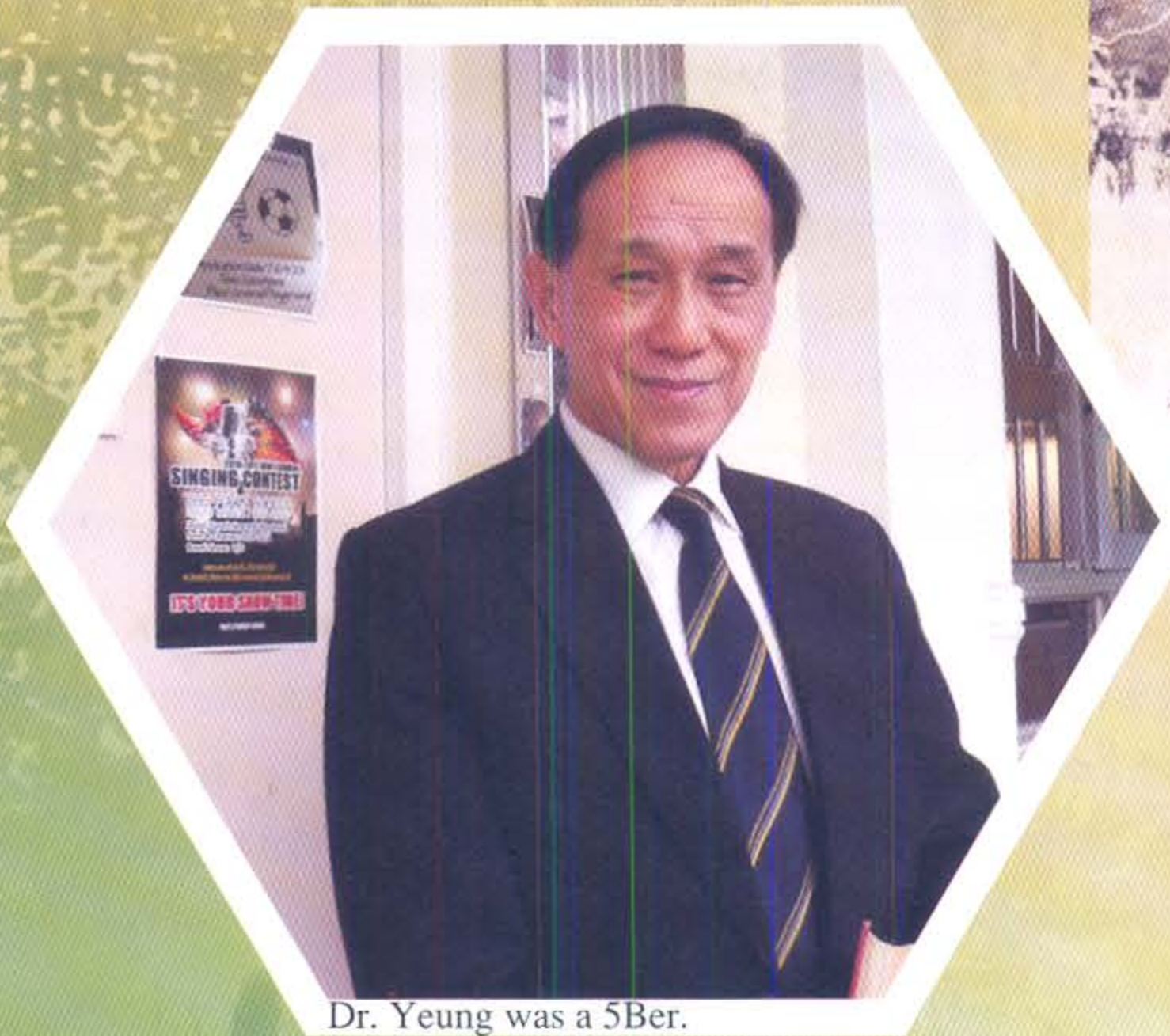
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The two generations.

## Civic Education Committee

Our major activities included Passing on the Torch: Liuzhou-Sanjian Exploring and Embracing Chinese Culture National Education Exchange Programme and Beijing National Education Exchange Programme organized by EDB, Award Scheme for Student Leaders of Hong Kong organized by EDB, Hebei Province Education Exchange Programme organized by YTM District Youth Programme Committee, Asian Games Youth Exchange Programme organized by Hong Kong – Guangzhou Youth Exchange Promotion Association, Beijing National Education Exchange Programme organized by Federation of New Territories Youth, Taiwan Exchange Tour organized by Kowloon Federation of Associations, Military Summer Camp for Hong Kong Youth 2011 organized by EDB, Navigator Scheme 2010 organized by Hok Yau Club, Hang Seng Bank-Leaders to Leaders Lecture Series 2011 and the Hong Kong 200 Leadership Project organized by the Hong Kong Federation of Youth Groups, Career Challenge organized by Equal Opportunities Commission, Housing Policy in Hong Kong - Dialogue with Eva Cheng, Adolescent Growth and Development Series Talk by Celebrities and Youth Forum on West Kowloon Cultural District organized by the Hong Kong Federation of Youth Groups, Talk by Mainland Experts and Professionals organized by Federation of New Territories Youth, Flag Hoisting Ceremony, Exhibition Visit on Centenary of China's 1911 Revolution for S.3, Class Period Programme, Top Ten World News, Mainland News and Local News Election for S.4 to S.5.



Flag Hoisting Ceremony.



Talk on Pursuing Your Dream.



Visit to Exhibition of Centenary of China's 1911 Revolution.



Reception duties on Speech Day.



Our Head Boy & Head Girl presenting a souvenir to our Guest of Honour on Speech Day.



Our Head Boy proposing a vote of thanks at Swimming Gala.



Prefect as the M.C. of the Speech Day.



Our Head Boy proposing a vote of thanks on Speech Day.



Head Girl as the M.C. of Swimming Gala.

## Discipline Committee

Other major activities included Briefing on School Rules and Regulations, S.4 Prefect Recruitment Talk, S.4 and S.6 Prefect Elections, the Outstanding Prefect Election, School Assembly, Fire Drill, Checking of School Uniform and reception duties at Swimming Gala, Sports Day, Speech Day, Parents' Day, PTA Dinner and other major school functions.



Our Head Boy proposing a vote of thanks on Sports Day.



Head Boy & Head Girl as the M.C. of PTA Dinner.



Reception duties at PTA Dinner.

Leadership Training Camp



Reception duties on Parents' Day.



Reception duties on Open Day.

## Environmental Education Committee

Our major activities included One Class, Five Flowers Scheme: Inter-class Planting Competition, Waste Separation and Recycling Scheme in School, Collection of Mooncakes for Donation & Mooncake Boxes for Recycling, Collection of Old Clothes, Environmental Protection Workshop, NO Air-con Night, Green Christmas Programme, a visit to the Greening Education and Resource Centre, Red Packets Reuse Action, Exhibits Display on Chinese White Dolphin Conservation and Class Period Programmes on Greening at school. Environmental Monitors and Monitresses were elected in each class to carry out duties on environmental protection and greening at school. Student Environmental Protection Ambassadors attended courses organized by the Environmental Campaign Committee and posted current issues on Environmental Protection on display boards.



One Class, Five Flowers Scheme: Inter-class Planting Competition – Students' sharing.



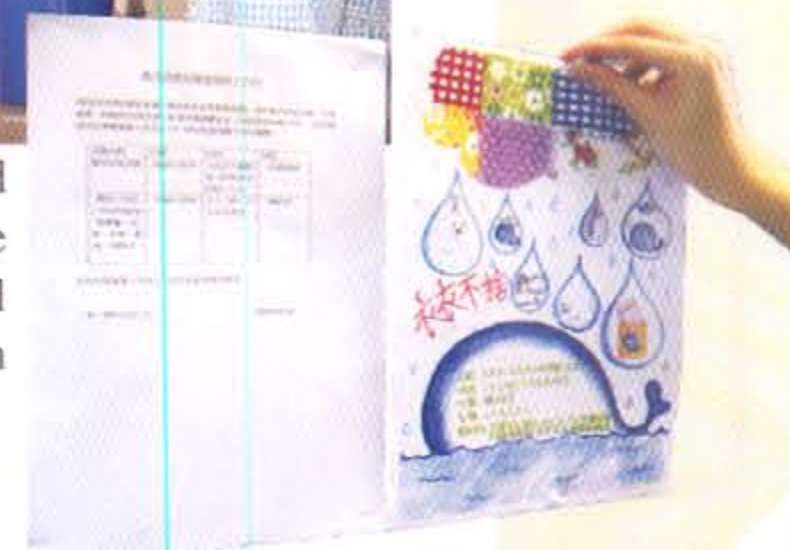
Collection of Mooncakes for donation and Mooncake boxes for recycling.



Visit to the Greening Education and Resource Centre.



Collection of old clothes for the Environmental Protection Workshop.



One Class, Five Flowers Scheme: Inter-class Planting Competition – A winner's plants. (6B)



# Further Studies & Careers Guidance Committee

Our major activities included the Careers Exploration Programmes for junior form students, Careers Mapping for senior form students, Career Interest Inventory: An On-line Version for S.6 & S.7 students, Talks on Sixth Form Studies, Goal Setting & Effective Study Skills for S.4 students, JUPAS Application for S.7 students and University Applications for NSS students etc.



Our Students' Careers Group with the Careers Teachers.



Talk on "Starting a Business" by our old boy, Mr. Eric Tang Tai Lam, on 2-11-2010.



Interviewing Skills Workshop by CLP on 27-1-2011.



Talk for S.7 students by Old Boys & Girls on JUPAS on 15-10-2010.



The opening address by the Principal at the Seminar on NSS Curriculum for S.3 students & parents on 6-12-2010.



Visit to the Le Meridien Hotel at the Cyberport on 14-3-2011.



The Kick-off gathering of the Alumni-Mentorship Programme on 13-11-2010.



H.K.G.C.C. Business-School Partnership Programme Workshop on Job Interview Etiquette on 18-1-2011.



Business-School Partnership Programme 2010/2011. Mr. James Hamblin, the Political Officer for the U.S. Consulate General and Miss Adeline Fung from the Cultural Affairs Section with some of our S.6 students on 12-4-2011.



S.1 Adaption Programme.

## Guidance and Counselling Committee

Our major activities included Class Period Programmes, S.1 Orientation, the S.1 Adaptation Programme, Small-group Tutorials for S.1, S.2 and S.3, S.6 Orientation, the S.7 Sharing Programme on A-level, Guidance & Counselling Service to S.7 (Related to the release of HKAL Examination Results), a talk on 'Positive Life' for S.4 to S.7, Film Sharing and Essay Writing on 'Filial Piety', Essay Writing and Sharing on 'Worshipping Idols', Essay Writing and Sharing on 'Pursuing Your Dream', Individual Counselling, B.B.S.S. Services to S.1 Students and the School, B.B.S.S. Recruitment and Training Programmes, and the publication of B.B.S.S. Magazine.



S.6 Orientation.



B.B.S.S. Training Camp.



# Health & Sex Education Committee

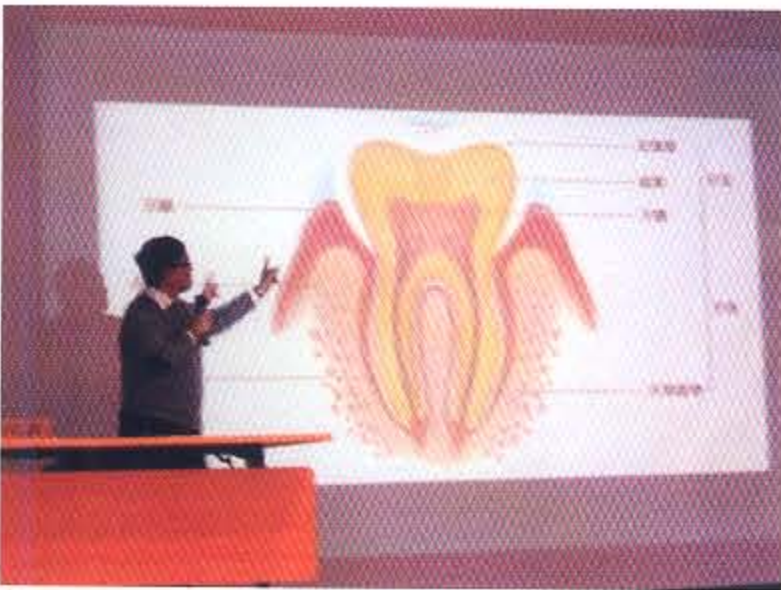
Our major activities included Health Education Programmes during class periods, health and sex talks from different organizations, publication of health leaflets, quizzes on health issues, Health Leader training projects, and arranging for students to have body checks at the Kowloon Student Health Service Centre.



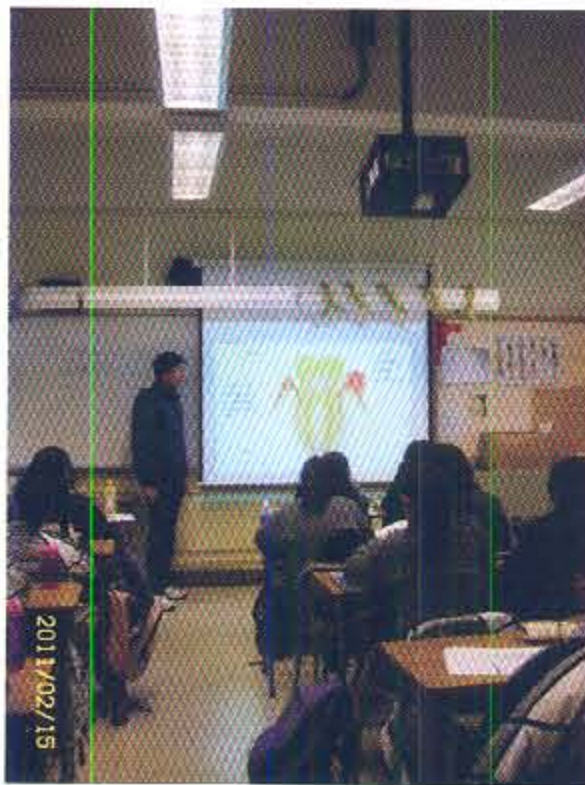
Performance by our Health Leader Project: "Teens Teeth Programme".



Teacher advisors and committee members.



Health Talk on "Teeth Diseases and Preventions" for junior form students.



S.4 students conducting a discussion on "Oral Hygiene" with their schoolmates.



Our guest speaker sharing her "Being Blind" experience with our students.



Bulletin board displayed on Open Day.



Health Talk on "Eye Protection" for junior form students.



S.1 students' active participation with our guest speaker.

# Moral Education Committee

Our major activities included the S.1 School Motto Talk, Class Period Programmes, an interactive drama performance for S.4 students, i-Teen Reporter Programmes of ICAC and the updating of our display board for current affairs and special issues.



Our Team committee members and Teachers-in-charge.



The Mobile Exhibition of ICAC.



Talk on the School Motto for S.1 students.



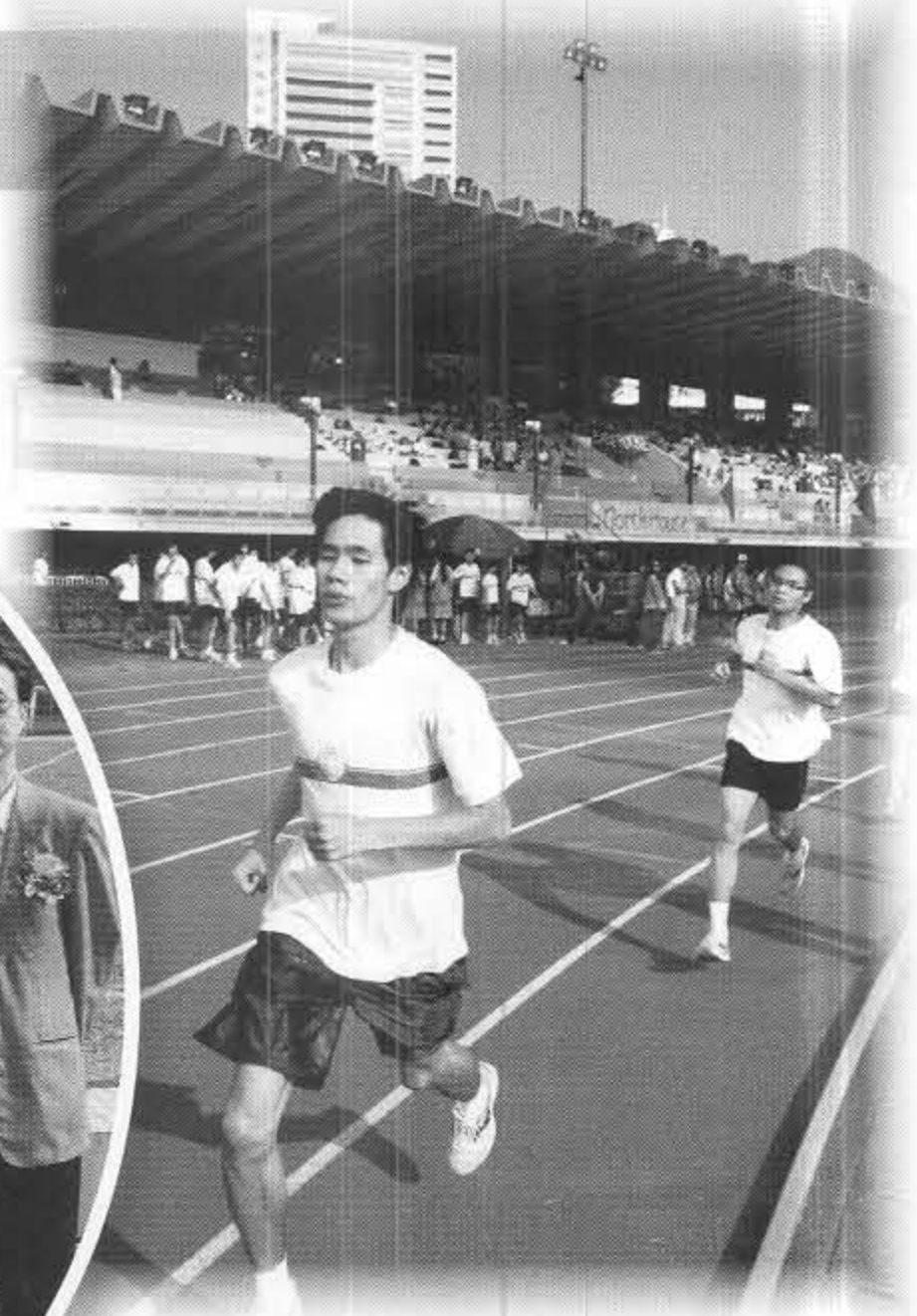
S.4 students enjoying themselves during the interactive drama performance of the ICAC.



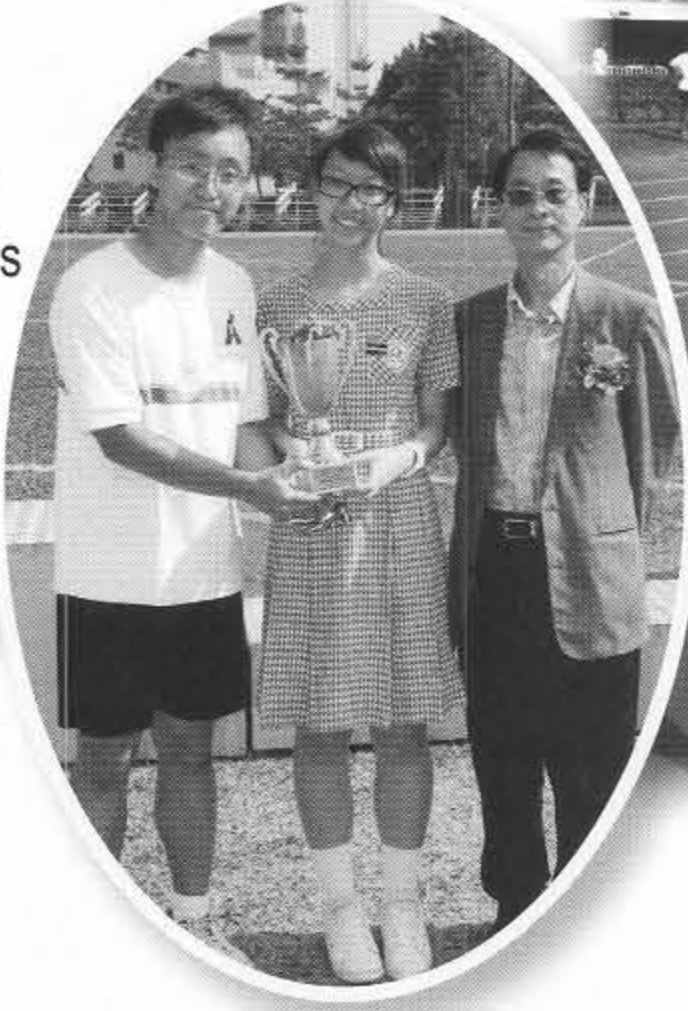
Our Team members visit the ICAC Office.

# East House

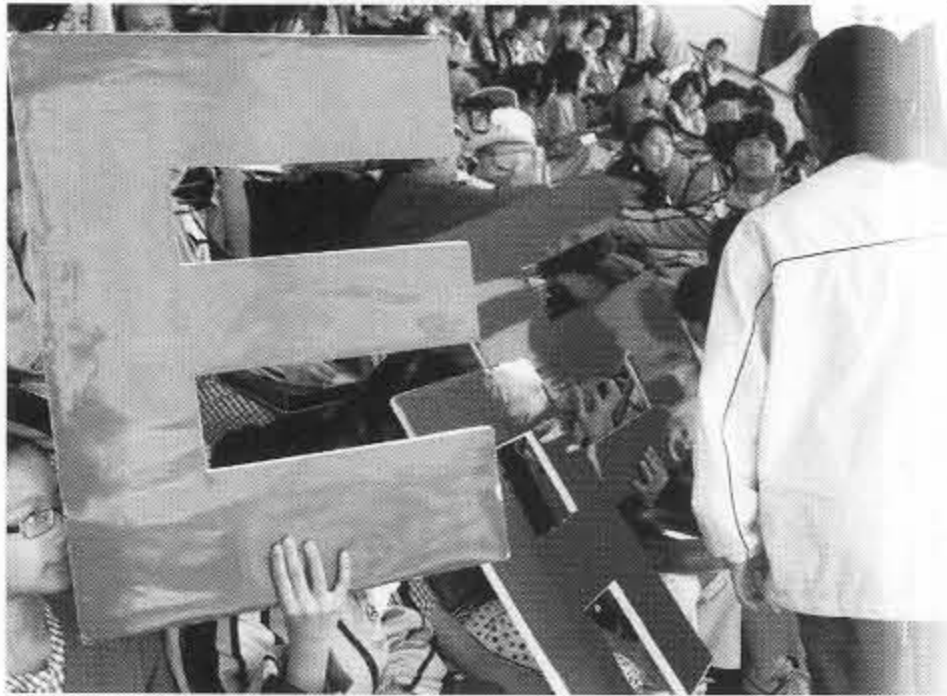
House Masters : Ms. Lo Wai Man  
 Mr. Chung Sze Tik  
 House Captains : Cheung Man Yiu (6C)  
 Ho Phoebe (6B)  
 Major Activities : House Meeting  
 S.1 Gathering  
 Cheering Team Training  
 Inter-House Competitions



The finishing line is ahead!



We are the champion!



East House is the best!

# North House

House Masters : Ms. Chow Yuet Yee  
 Miss Chan Sun Yung  
 House Captains : Fung Yik Hong (6B)  
 Yip Ching Wan (5D)  
 Major Activities : House Meeting  
 S.1 Gathering  
 Cheering Team Training  
 Inter-House Competitions



The glory of North House!



Overall Champion on Sports Day!



We are the champion of the Girls' Basketball Competition.



We love North House!



North House is the best!

## South House

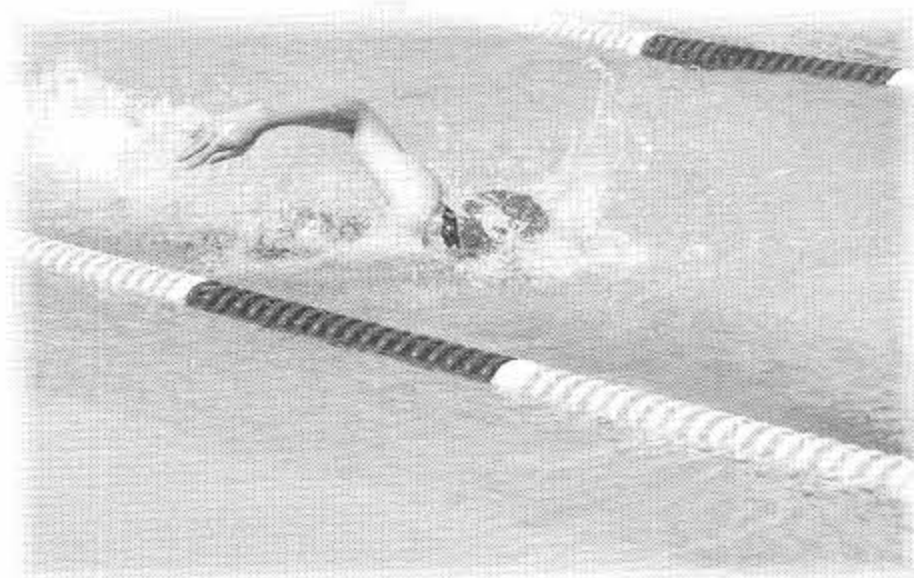
House Masters : Mr. Chui Ka Cheung  
Miss Au Ka Yee  
House Captains: Suen Kai Fung Kevin (6C)  
Fung Tsz Wai (5A)  
Major Activities : House Meeting  
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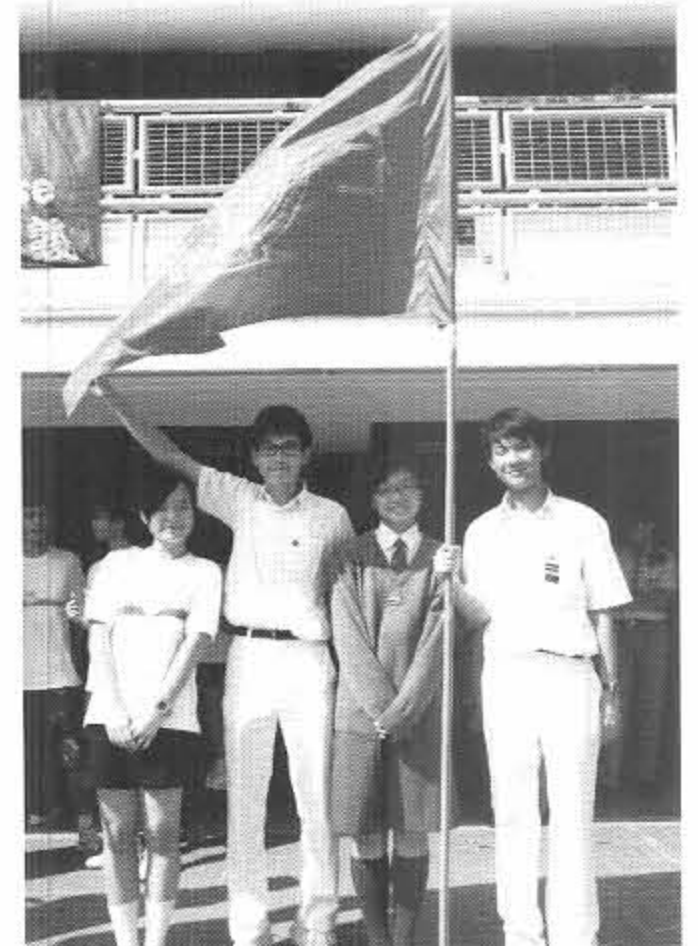
Behind our every success is others' support.



Running for pride!



Dashing to championship!



Our house captains, always with determination in their hearts.

## West House

House Masters : Mr. Chiang Lo Fung  
Mr. Wong Hin Ming  
House Captains: Cheung Siu Hong (5C)  
Lau Oi Yan (5B)  
Major Activities : House Meeting  
S.1 Gathering  
Cheering Team Training  
Inter-House Competitions



House Captains.



Overall champion of the Swimming Gala!

We love WEST HOUSE!



We are the champion of the senior volleyball competition.

# Art Club

Teacher-in-charge : Miss Chiu Chin Yee  
 Chairperson : Li Joyce Y(6B)  
 Major activities : First Club Meeting  
 Open Day Game Stall  
 Interest courses : Gel-candle Making, Kaleidoscope DIY  
 Joint-club Activity organized with the Science Club: Recycled Paper DIY



"I'm making my own recycled paper!"



Hand-painting on Open Day.



Beautiful calligraphy bookmarks made by our committees.



Our great painting for Open Day game stall: "Secret Garden".



Students enjoyed making handicrafts.

# Astronomy Club

Teacher-in-charge : Mr. Kwok Wing Yip  
 Chairperson : Lee Hei Yue (4C)  
 Major Activities : First Club Meeting  
 Movie Playing  
 Astronomy Camp  
 Open Day



2010-2011 Committee!



Open Day Board design.



AC Camp (25-26/3/2011)



Open Day Board.

## Bridge and Chess Club

Teacher-in-charge : Mr. Ip Ka Fai Gavin

Chairperson : Wu Yanjun (5B)

Major Activities : Joint School Chess Challenge organized by Q.E.S.

S.S.B.L. Swiss Team Championship

S.S.B.L. Alumni-Students Swiss Team Championship

The 6<sup>th</sup> National Day Cup – H.K. Chinese Chess Championship

The 1<sup>st</sup> Hong Kong Students Chinese Chess Championship

2010 – 2011 Hong Kong Youths Chinese Chess Championship

Joint School Go and Scrabble Competitions

The 24<sup>th</sup> Hong Kong Interschool Chinese Chess Championship

The 18<sup>th</sup> Girls Chinese Chess Competition

Joint School Chess and Rummikub Training Workshops

2011 Q.E.S. Inter-House Chinese Chess Championship



Our contestants in the 24<sup>th</sup> Hong Kong Interschool Chinese Chess Championship.

Open Day and Home coming Day Board Display and Exhibition

Games Day, Bridge Day and Chess Day

Chinese Chess Training Courses

Contract Bridge Training Courses

International Chess Training Courses

General Meetings



Our members performed well in external chess competitions.



Playing Monopoly Deal is full of fun!



Enjoy our games on Open Day!



We are the 44<sup>th</sup>, 45<sup>th</sup>, and 46<sup>th</sup> wardens!

A good morning starts with morning exercise.



We maintain our own School Camp!

## Camp Warden Association

Teacher-in-charge : Mr. Tai Yuk Lun Michael

Chairperson : Wong Cheuk Cheuk (6B)

Major Activities : 47<sup>th</sup> Camp Warden Training Course Recruitment Talk

Study Camp

Halloween Camp

1<sup>st</sup> Work Day

2<sup>nd</sup> Work Day

Form One Day Camp

Form One Camp

Form Two Challenge Camp

Astronomy and Geography Camp

Family Day Camp

1<sup>st</sup> Training Day

1<sup>st</sup> Training Camp

2<sup>nd</sup> Training Camp

3<sup>rd</sup> Training Camp

90, 95, 97 and 10FA Camps

Seasonal Camp



An unforgettable Halloween night in our school camp.

# Christian Fellowship

Teacher-in-charge : Mr. Chan Wing Wah  
 Chairperson : Yip Wing Yan (6A)  
 Major Activities : Weekly General Meetings  
 Weekly Prayer Meetings  
 Revival Meeting  
 Christmas Carol Performance  
 Alpha Course  
 Open Day Game Stall  
 Outing



Our Open Day game stall! Isn't it beautiful?



Some of our committee members.



One of our members actively participate in the meeting.



Our members were enjoying themselves at the Revival Meeting.



Some of our committee members.

# Community Youth Club

Teacher-in-charge : Ms. Yau Kwai Fong  
 Chairperson : Kei Him Shun (5B)  
 Major Activities : CYC Member Merit Award Scheme  
 CYC Awards of Honours Scheme  
 The Windshield Charitable Foundation Flag Day  
 File Cover Design Competitions  
 Movie-making Competitions  
 Fund-raising activities  
 General meetings  
 Open Day game stall



Congratulations! Our school's CYC came second in a report writing competition.



The CYC YTM District Prize-presentation Ceremony was held in our school.



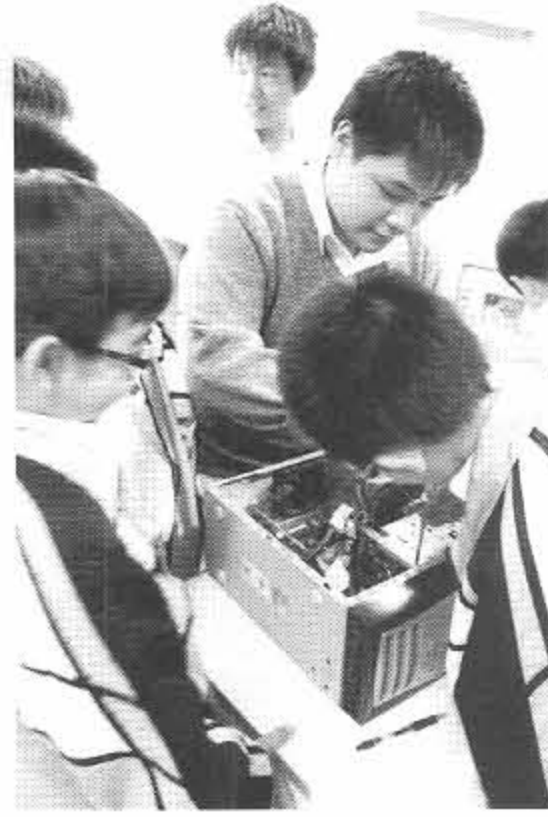
Our game stall on the Open Day.



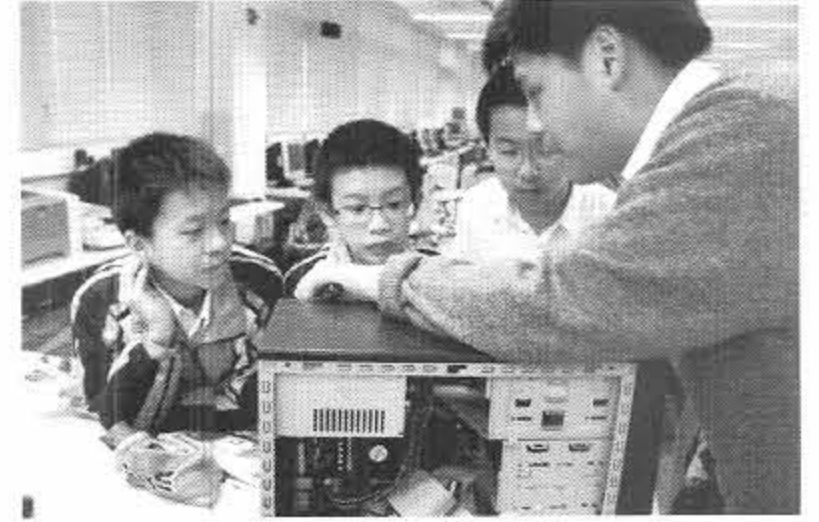
Our committee members mixed well with the gamers.

## Computer Club

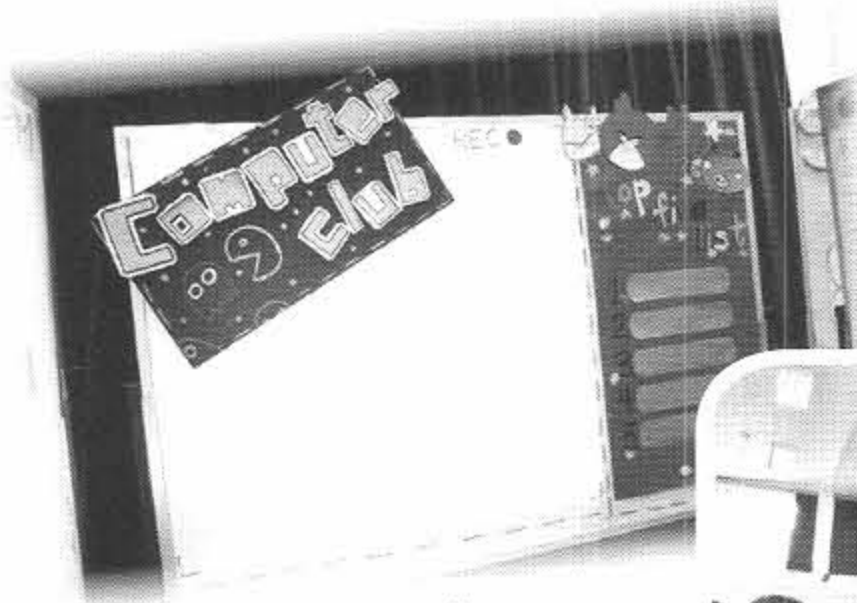
Teacher-in-charge : Ms. Lam Oi Wah  
 Chairperson : Tsoi Chung Hin (5D)  
 Major Activities : General Meeting  
 PC DIY Workshop  
 Open Day Game Stall  
 City Orientation



PC DIY course.



Students paid full attention to the instructions given by our committee member.



Open Day Game Stall.



Visitors were attracted by the games and souvenirs on Open Day.



Our schoolmates enjoyed the game very much.

## Design and Technology Club

Teacher-in-charge : Ms. Leung Wai Chee  
 Chairperson : Kwan Yui Hang (6C)  
 Major Activities : General Meetings  
 Club Logo Design Competition  
 Water Rocket Competition  
 Open Day Game Stall  
 Souvenir Making Workshop



Get! Set! ...



Preparing to launch!



The water rocket is ready to launch!

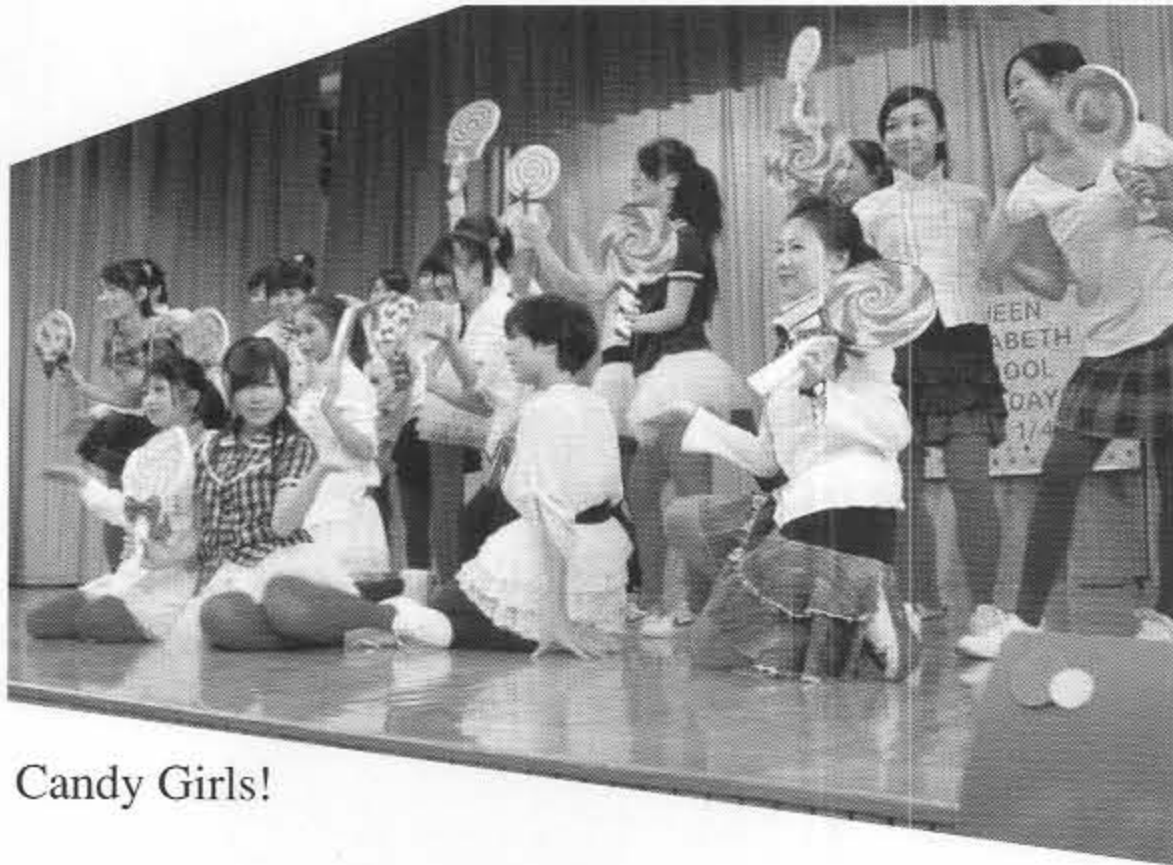


# Dance Club

Teacher-in-charge : Ms. Lau Shuk Han  
 Chairperson : Wong On Ki (6A)  
 Major Activities : Jazz Training Course  
 47<sup>th</sup> School Dance Festival  
 Open Day Performance  
 47<sup>th</sup> School Dance Festival Winners'  
 Performance cum Prize Presentations



We are going to perform on Open Day.



Candy Girls!



Let's dance together!

# Economics and Public Affairs Society

Teacher-in-charge : Mr. Chan Wing Wah  
 Chairperson : Wong Hoi Yi Heidi (6A)  
 Major Activities : Joint School Deal  
 Open Day  
 General Meeting



See how hard our member is working!



Board design on Open Day.

## Joint School DEAL

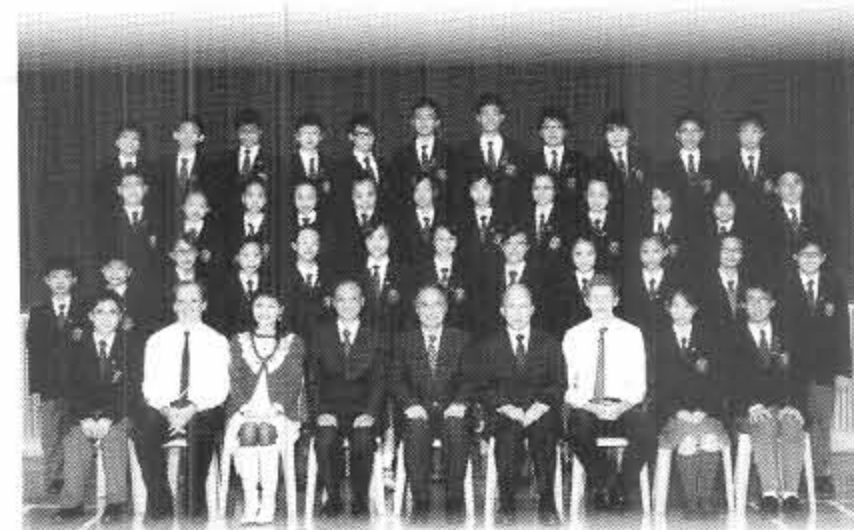
Date: 16/4/2011(Sat)  
 Time: 2pm-5pm  
 Venue: Act. Room of SKHLKMSS  
 Fee: free  
 Participants:  
 2 participants in a group,  
 7 groups in each school most  
 Deadline: 11 / 4 / 2011 (Mon)

Join this exciting competition now!



## English Debating Team

Teachers-in-charge : Ms. Ng Yin Ting Irene  
 Mr. Matthew Scrowcroft  
 Chairpersons : Chan Wang Cheong (5A)  
 Lam Sze Wing (5D)  
 Major Activities : 2<sup>nd</sup> Inter- Government Secondary Schools  
 English Debating Competition  
 The 26<sup>th</sup> Sing Tao Inter-School Debating  
 Competition  
 Inter-House English Debating Competition  
 Friendly match with Belilios Public School  
 Friendly match with Diocesan Girls' School  
 Friendly match with La Salle College  
 Friendly match with St. Mark's School  
 Friendly match with Wah Yan College, Kowloon  
 Friendly match with Ying Wa Girls' College  
 English Debate Invitation Tournament  
 organized by SKWGSS  
 Weekly Workshops



You see, we've got a wealth of talent in the English Debating Team!



The Inter-House English Debating competition. The motion is : "Hong Kong should host the 2023 Asian Games."



Our hard work has brought us victory!



Our captain is going to deliver his speech. Let's give him a big hand!



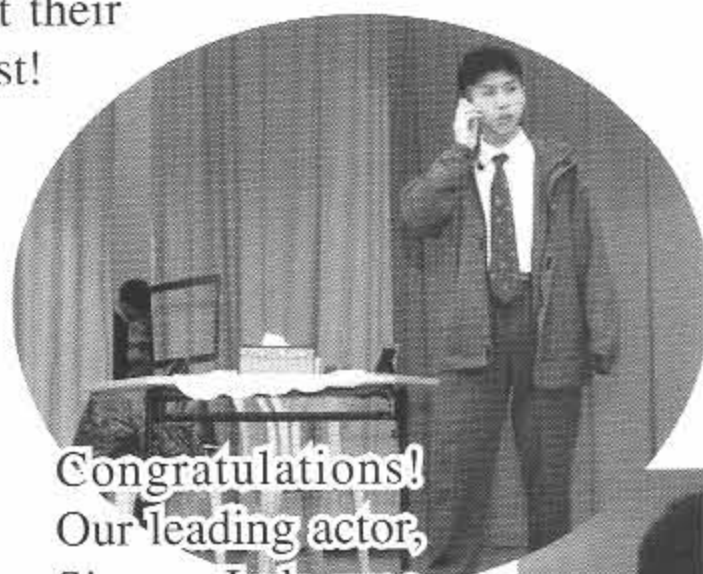
Everyone feels great after having a hearty lunch together.



Our actors and actresses are excited about their performance at the 2011 English Drama Fest!



A snapshot of "A Grown-up Kid", an original play created by the English Drama Society.



Congratulations! Our leading actor, Simson Luk, won the Outstanding Actor Award at the 2011 English Drama Fest!



Do you know what roles they are playing?

## English Drama Society

Teachers-in-charge : Mr. Simon Patience  
 Mr. Hau Clement  
 Ms. Wu Oi Fong  
 Chairperson : Chan Chun Him (6B)  
 Major Activities : Drama Workshop  
 Drama Auditions and Training  
 Open Day Drama Performance  
 Inter-school Drama Competition:  
 2011 English Drama Fest  
 Film Show



We are discussing our script seriously.

# English Society

Teachers-in-charge: Ms. Ng Yin Ting Irene  
 Mr. Hau Clement  
 Mr. Matthew Scrowcroft

Chairperson : Fung Yik Hong (6B)

Major Activities : Monthly Theme-based English Days  
 English Essay Writing Competition  
 English Poem Writing Competition  
 The Halloween Activities:  
 Halloween Catwalk Show  
 Inter-class Apple Bobbing Competition  
 English Day Camp with Tong Mei Road Government Primary School  
 Valentines' Day: Love Song Dedication and Love Message Writing Activity



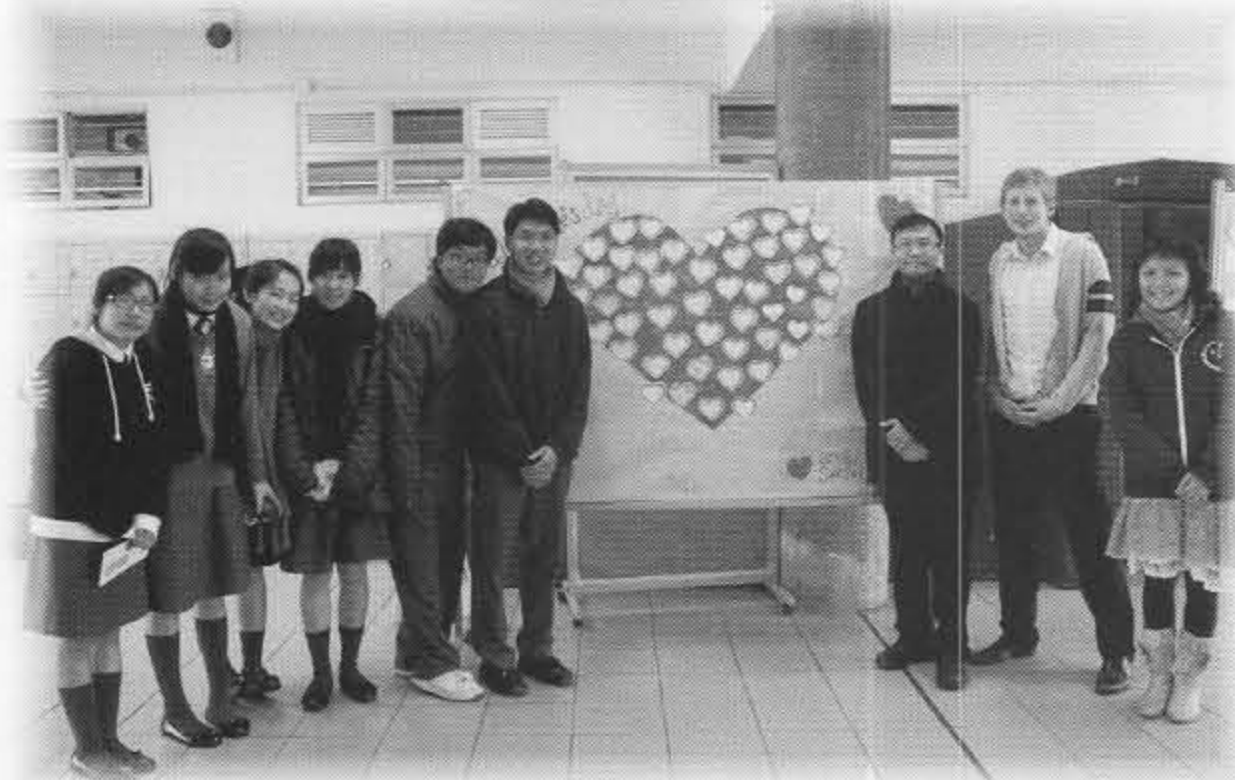
We are the English Society!



Let's put our heads together and figure out the answer!



The monthly Theme-based English Days!



Valentine's Day  
 - Love Message Writing Activity.



The Halloween Catwalk Show-"Do the models look scary?"



Stunning performance during the Halloween Catwalk Show!

## Gardening Club

Teacher-in-charge : Mr. Mak Tin Kin  
 Chairperson : Wong Sze Kun (4D)  
 Major Activities : Planting  
 2011 Hong Kong Flower Show

Let's enjoy the HK Flower Show!



Come and visit our garden!



See how happy we are!



We are as pretty as flowers!



Enjoy the game?



Our teacher-in-charge and committee.

## Geography Society

Teacher-in-charge : Miss Au Ka Yee  
 Chairperson : Yeung Siu Chun (4B)  
 Major Activities : S1 – S2 Map Reading Programme  
 Movie Show  
 Weather and News Update  
 Open Day Game Stall



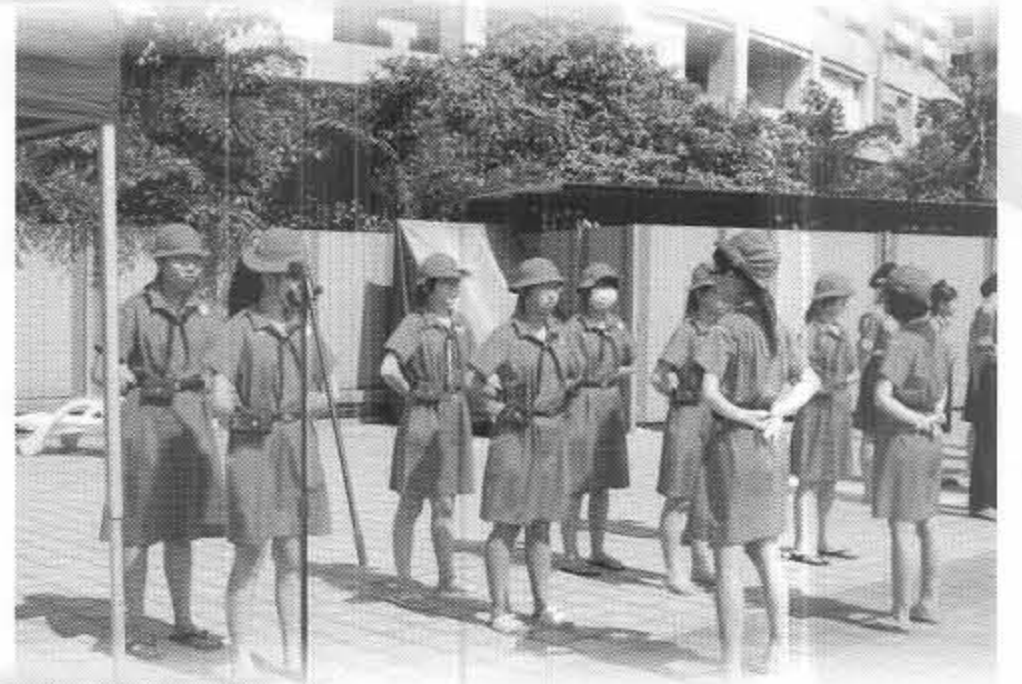
Our display board.



Primary school students were having fun in our Game Stall on Open Day.

## Girl Guides

Teacher-in-charge : Miss Chiu Chin Yee  
 Chairperson : Lee Nga Wun (6A)  
 Major Activities : Duty on Sports Day, Swimming Gala and  
 Speech Day  
 General Meetings  
 Marching Trainings  
 Joint-unit Campfire  
 Joint-unit Hiking  
 Joint-unit Training Camp  
 Joint-unit Service



On duty at the Swimming Gala.



Joint-unit hiking. (with the 16<sup>th</sup> HKGVSU)



Our Open Day board display and game stall.



Attending the 16<sup>th</sup> HKGVSU campfire 2010.



They are working hard!

## Home Economics Club

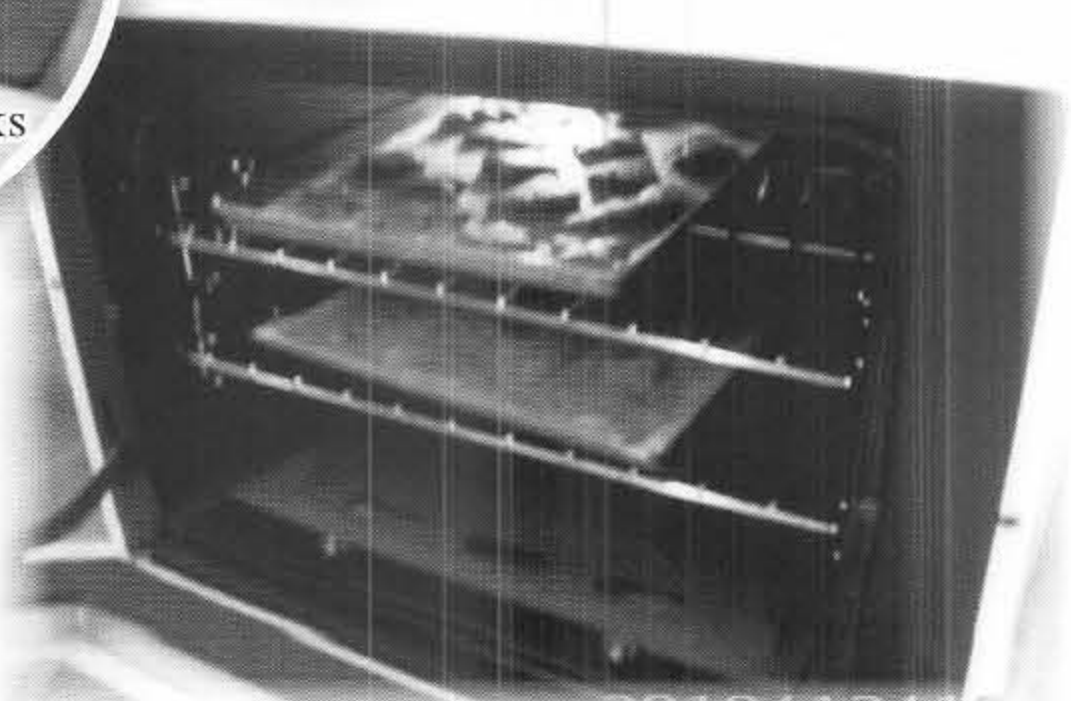
Teacher-in-charge : Mrs. Chim Tsang Lai Ping  
 Chairperson : Yeung Lok To (4B)  
 Major activities : Animal-shaped dumplings-making  
 Christmas ginger cookies-making  
 Valentine's chocolate crisps-making  
 Stuffed chicken wings with cheese and corn-making  
 Open Day game stall



The dumpling looks so cute and fine.



This is our Open Day game stall.



The cookies look yummy!

## Junior Police Call

Teacher-in-charge : Mr. Mak Tin Kin  
 Chairperson : Luk Tsz Yat (5D)  
 Major Activities : Flag Selling  
 Talks about Road Safety  
 Voluntary Work  
 Anti-drug Game Stalls  
 Visit to Disneyland  
 Hong Kong Bank Foundation JPC Award  
 Barbeque event  
 General Meetings and Gatherings



Talks about Road Safety.



General meeting.



Barbeque Event.



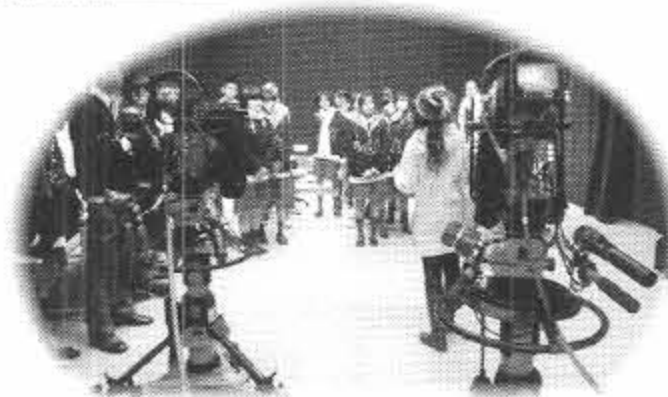
Flag Selling Day.



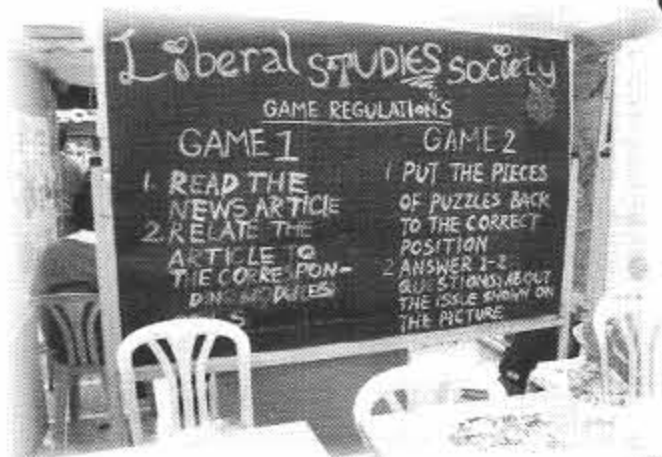
The workshop is amazing!

## Liberal Studies Society

Teachers-in-charge : Ms. Kwan Ki Shun  
 Miss Ma Hoi Kwan  
 Chairperson : Chow Miu Lam (5B)  
 Major Activities : Talk from the Hong Kong Economic Times  
 Visit to the School of Journalism and Communication, CUHK  
 Talk on Environmental Sustainability  
 Talk on Chinese Medicine  
 Workshop on Social Investigation and Oral History  
 Talk on Vaccination and Public Health  
 Talk on Architectural Conservation and Sustainable Development in Hong Kong  
 Open Day Game Stall



Are you ready? 1, 2, 3!  
 Good show!



Our attractive game stall on Open Day!



These two boys are professional!



We enjoyed the fruitful talk very much!

# Mathematics Club

Teachers-in-charge : Ms. Chow Yuet Yee

Mr. Chung Sze Tik

Chairperson : Wat Kwok Hei Henry (4B)

Major Activities : First General Meeting

Calculator Sales

Mathematics Tutorial Classes for S.1

Speedy Calculation Competitions

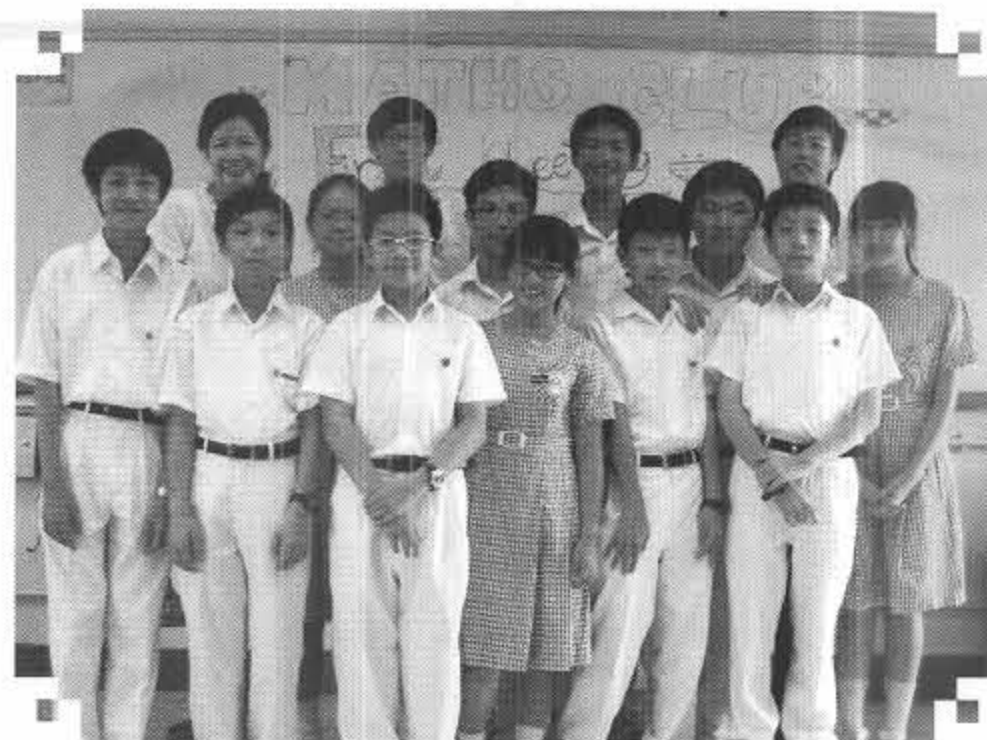
Origami Workshop

Mathematics Week

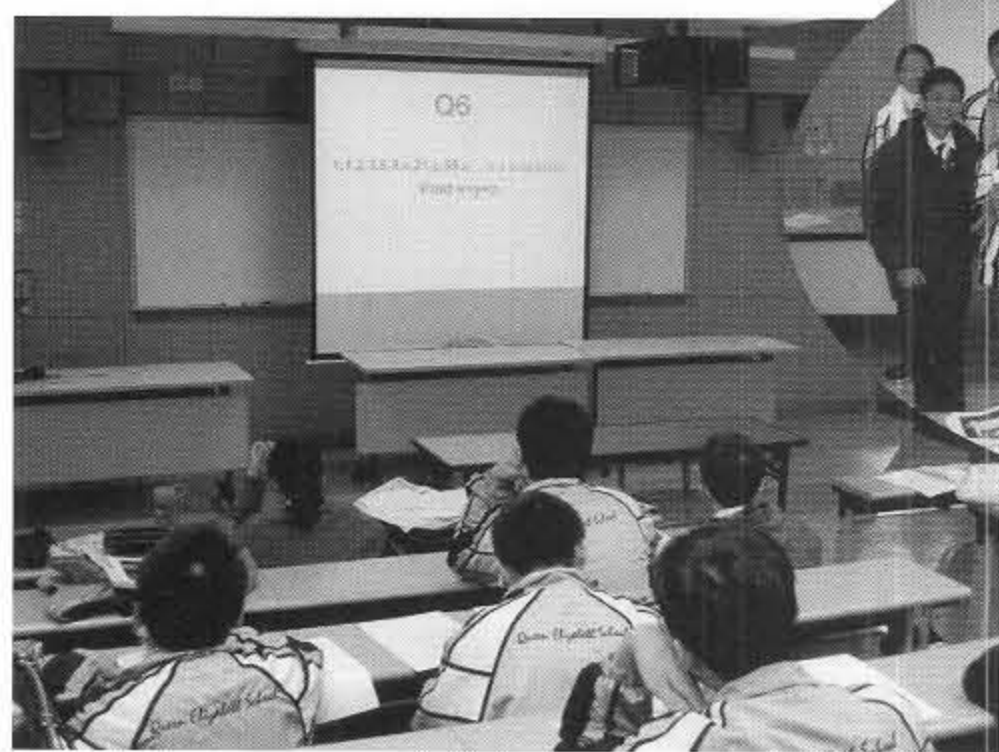
Participation in World Mathematics Day

Open Day Game Stall

Movie Playing



Mathematics Club Committee with the teachers-in-charge.



How exciting the Speedy Calculation Competition is!



Congratulations to the Speedy Calculation Competition Winners!



Students enjoyed playing with the 3D wood puzzle while guided by senior form students.



Visitors enjoyed playing at our Open Day game stall.



Let's see our beautiful work!



Come and see who is going to win this game!



Hurray! A QES student came 1<sup>st</sup> in Hong Kong in the World Maths Day Competition and 2 others won awards.

## Music Club

Teacher-in-charge : Miss Chung Shun Wai  
 Chairperson : Chui Ho Yan (6A)  
 Major Activities : Music Weeks  
 Open Day Music Performance



Our wind ensemble!



A piano solo with confidence.



Performers and Music Club committee of the Music Week.

A beautiful Zheng duet performed by our students.



Performers of the Open Day.

## Photography & Video Club

Teacher-in-charge : Ms. Lam Oi Wah  
 Chairperson : Kwok Yi Yung (6C)  
 Major Activities : 1<sup>st</sup> General Meeting  
 Photo-taking Workshop  
 Light Painting Workshop  
 Open Day Photo Exhibition  
 Sports Day Photo Taking  
 Swimming Gala Photo Taking  
 Speech day Photo Taking  
 Homecoming Day Photo Taking



Everybody is ready for light painting!



See how professional he is.



# Reading Club

Teachers-in-charge : Ms. Choi Shuk Han  
 Miss Lee Tak Wai  
 Miss Leung Kit Yu  
 Mr. Lam Ying Kit  
 Mr. Simon Patience

Chairperson : Tse Wing Ching (6B)

Major Activities : "Be Our VIP"  
 Bookmark Design Competition  
 Book Display  
 Book Fair  
 Public Library Visit  
 "Love at First Sight" My Favourite  
 Mathematics Book Election  
 "Mathematics Network"  
 Reading Club Newsletter "Bookworm"  
 Reading Workshops



Our Club committee members enjoyed the fruit of our Open Day game stall which featured the grandeur of medieval library.



Students were engrossed in reading in order to vote for their favourite Mathematics book during the "Love at First Sight" Election.

A junior form student shared his feeling on a book with his classmates in the "Be Our VIP" activity.



A journey to the world of "Shiji" to learn more about Chinese history with Miss Fuk Yuen Man at the Reading Workshop.



The school orchestra performing under the baton of Mr. Herbert Cheung on the Annual Speech Day.

# School Orchestra

Teacher-in-charge : Miss Chung Shun Wai  
 Chairperson : Wong Hei Chi (5C)  
 Major activities : Speech Day  
 Music Festival  
 PTA Dinner  
 Joint School Concert



Our dedicated saxophonists and cellists.

## Science Club

Teacher-in-charge : Mr. Leung Wai Fu  
 Chairperson : Kwok Kit Ying Elaine (5B)  
 Major Activities : Recycling Paper Making  
 Leaf Bookmark Workshop  
 Water Rocket Launching Competition  
 Rubber Crystal Workshop  
 Distribution of Mock I.S. Exam Papers  
 Open Day Game Stall

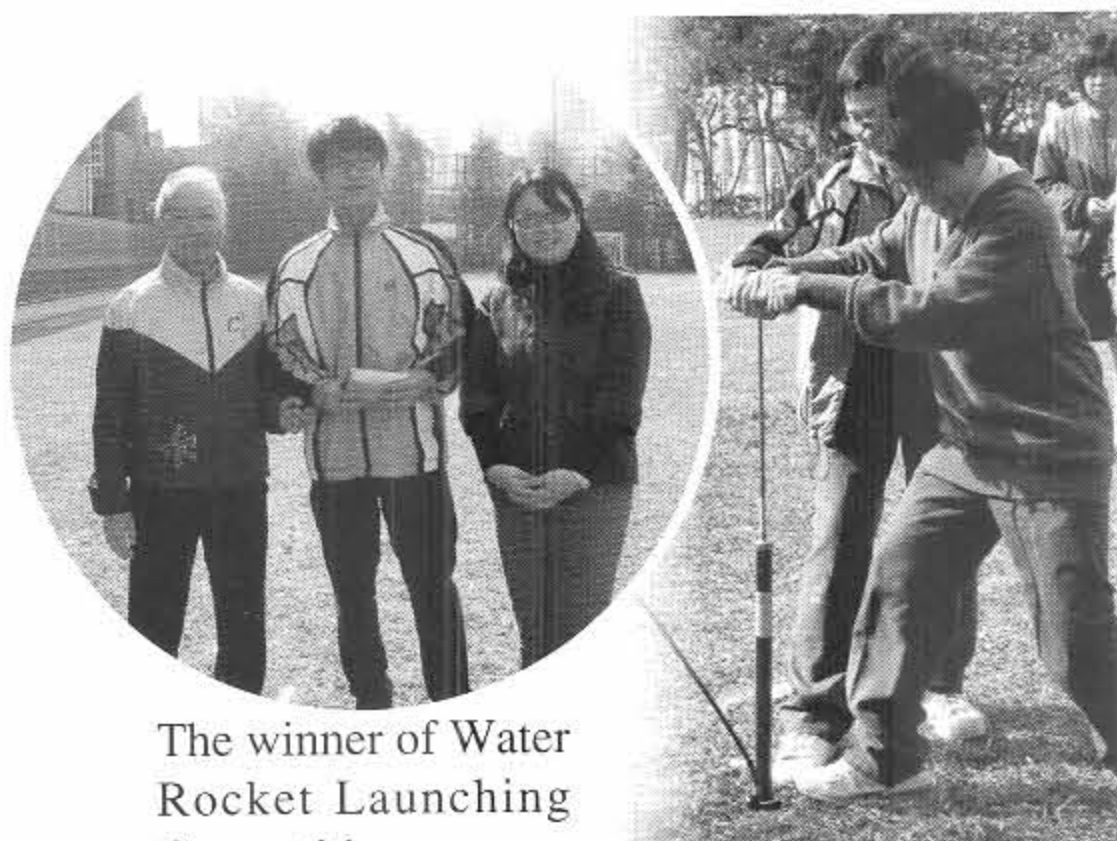


Look! How popular our game stall is!

How attentive the participants are!



Our exquisite Open Day souvenirs!



The winner of Water Rocket Launching Competition.

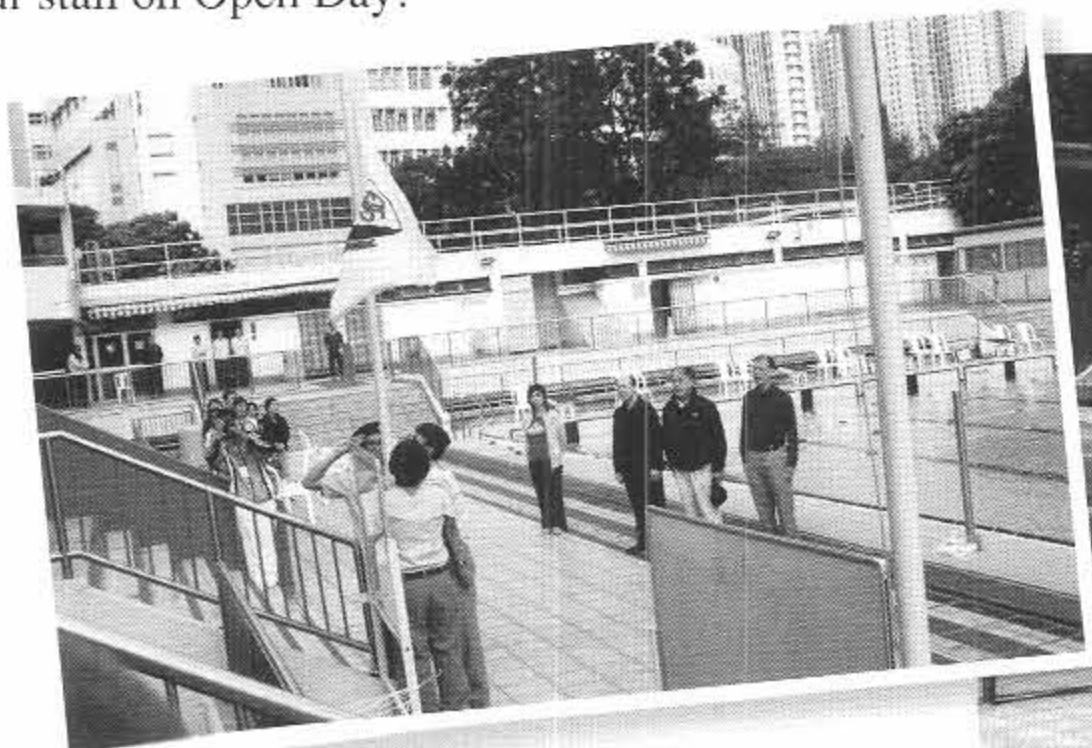
We must be the best water rocket launchers in QES!



Our stall on Open Day!

## Scouts

Teacher-in-charge : Mr. Chan Wing Wah  
 Chairperson : Kwan Chung Ting (6C)  
 Major activities : Foot Drill Training  
 Scouts Camp  
 Hiking  
 Open Day Game Stall



School flag hoisted by our flag party.



Our members performing their duties at Swimming Gala.

# Sports Association

Teachers-in-charge : Ms. Lau Shuk Han  
 Mr. Kong Kwok Lung  
 Chairperson : Ho Phoebe (6B)  
 Major Activities : Sport Equipment Purchase  
 Open Day Game Stall  
 3-point-shoot Basketball Competition  
 5-on-5 Form Association Basketball  
 Tournament



Our core members!



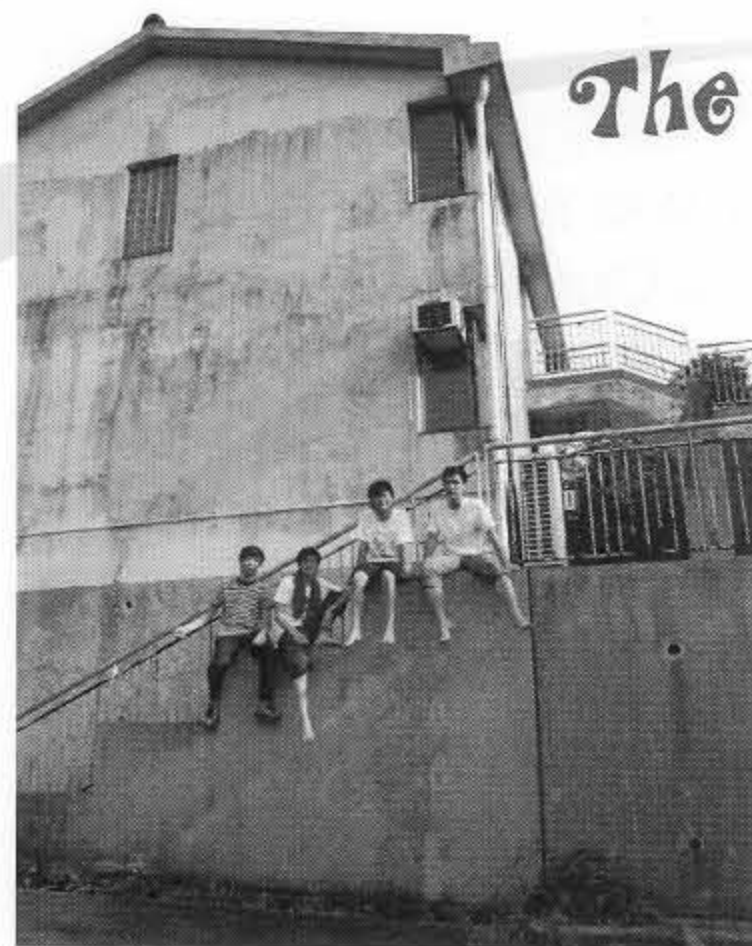
Working hard on our souvenirs for Open Day.



Enjoy the sports world!



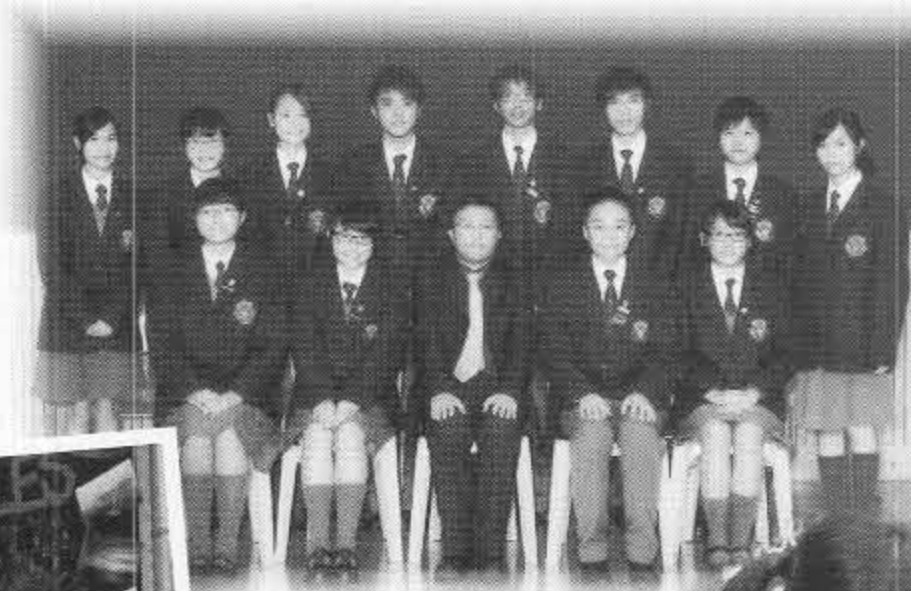
See how popular our game stall was!!



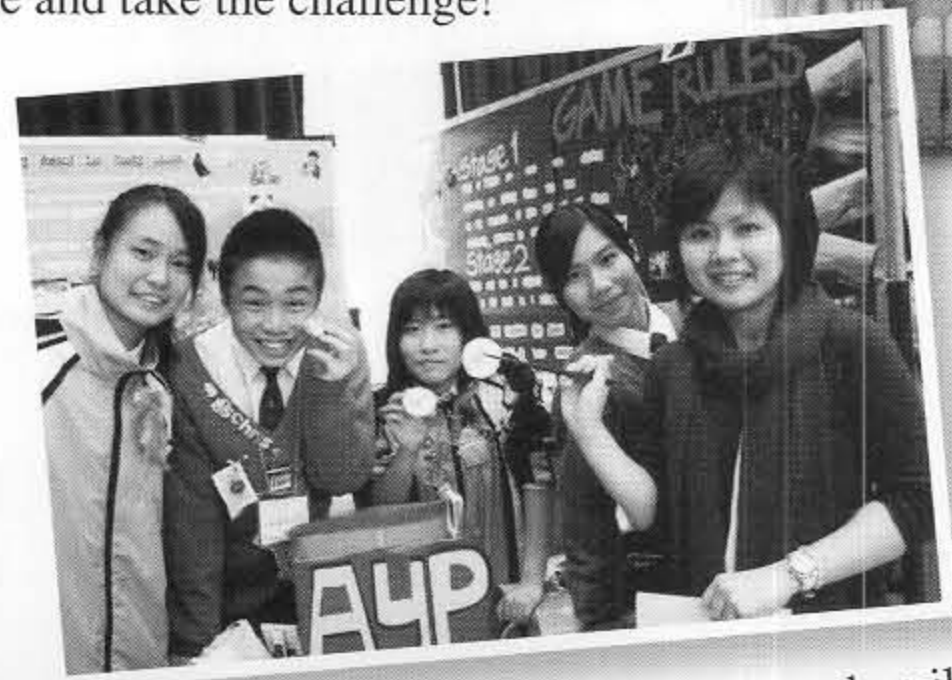
Come and take the challenge!

# The Hong Kong Award For Young People

Teacher-in-charge : Mr. Hau Clement  
 Chairperson : Luk Tsz Tung (4A)  
 Major Activities : First Meeting  
 AYP Bronze Expeditions Course (autumn and winter 2010)  
 Open Day Game Stall



Our teacher-in-charge and committee members.



Just have fun and smile!



Our Open Day game stall!

## Youth Red Cross

Teacher-in-charge : Ms. Yau Kwai Fong  
 Chairperson : Chan Ting Yau (5B)  
 Major Activities : Service Project  
 Drill Exam  
 School Health Ambassador  
 Joint-unit Christmas Party  
 YM Cup  
 Enrollment Ceremony  
 Red Cross Camp



Our enrollment ceremony!



A great day for a BBQ with our friends from other units.



Third place of the best unit in YM district.



Passing on the message of personal hygiene to our schoolmates.



Say Cheers!



It's a piece of cake!



Our committee members being installed.

## Zonta Club

Teacher-in-charge : Miss Leung Kit Yu  
 Chairperson : Leung Sau Chun (5D)  
 Major Activities : Installation Ceremony  
 Visiting the Electoral Information Centre  
 Visiting the Legislative Council  
 Visit to the Home for the Elderly



Nice visit!



Hey! Don't you try peeking at my ballot!

# 中文及中史學會

負責老師：林英傑老師  
霍婉雯老師

主席：朱濤 (5C)

主要活動：中秋燈謎會  
中文毛筆書法比賽  
中文硬筆書法比賽  
編輯《未學集·五編》  
元宵盛會

「1911 — 新中國、新亞洲」開放日攤位  
參觀香港歷史博物館「辛亥革命百周年展」  
「辛亥革命與香港」歷史文化考察



同學們熱烈參與猜燈謎遊戲。



書法比賽佳作如雲。

開放日攤位。



適逢辛亥革命百年，老師帶領同學參觀香港歷史博物館。



楊衢雲墓前。



虛幻的快樂與殘酷的現實，你會怎麼選？  
enter之後的世界，是真正的幸福嗎？



你真的願意留在遊戲世界？

# 中文劇社

負責老師：霍婉雯老師  
許麗娜老師  
陳新容老師

主席：吳啟智 (4A)

主要活動：話劇訓練班  
學生專場戲劇欣賞  
校際戲劇比賽  
聯校話劇夜  
開放日表演

油尖旺區公民教育運動統籌委員，確立  
積極人生·共建健康家庭，話劇比賽  
全港中學校際「不要碳世界」短劇創作  
比賽 2010



新的家人，帶來的是什麼？



演出前為演員化妝。

## 中文辯論隊

負責老師：林英傑老師

主席：伍倩欣 (6A)

李嘉俊 (6B)

主要活動：迎新大會－辯論比賽示範

常規辯論訓練

協辦第三屆全國即席演講比賽及第七屆全國

校際即席演講比賽

第十屆《基本法》多面體——全港中學生

辯論賽（基本法盃）作賽

星島第二十六屆全港校際辯論比賽作賽

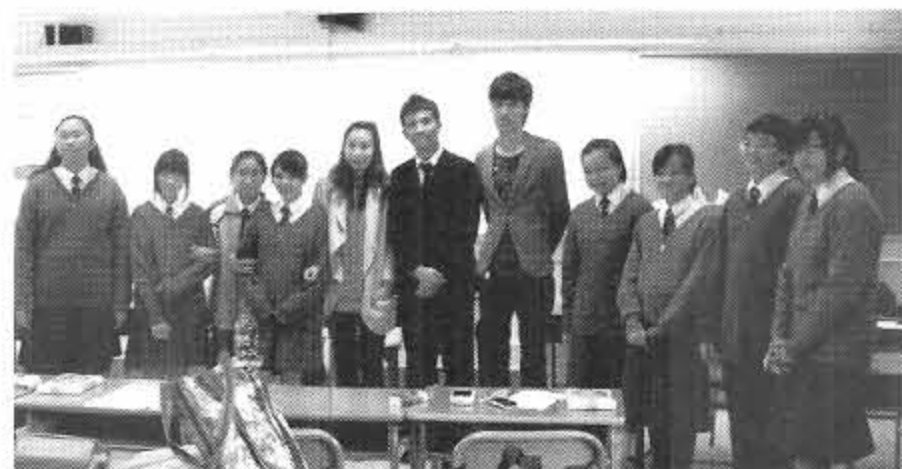
第一屆新舊人混合賽

2011大專辯論賽觀賽

2010-2011年度聯校辯論比賽爭鳴盃作賽

與匯基中學友誼賽

與香港管理專業協會李國寶中學友誼賽



第一屆新舊人混合賽，邀得三位前大專辯論員擔任評判，賽後評判與各參賽者合照。



四位中三隊員在爭鳴盃初賽中笑談對戰策略。



與匯基中學進行友誼賽後，參與同學及老師、工作人員合照留念。



師姐回校與隊員講解辯論技巧，同學都聽得津津有味。



團員們在楊偉傑老師的指揮下奏出美妙的旋律。



看我們多努力！



楊指揮、鍾老師和團員們共享晚餐。

## 伊中中樂團

負責老師：鍾舜慧老師

主席：鍾曉晴 (4B)

主要活動：週年頒獎典禮表演

香港校際音樂節比賽

開放日表演

家教會週年聚餐表演

聯校音樂匯演

常規排練



團員們在開放日中表演。

# 問答比賽隊

負責老師：李德慧老師  
 主席：馮紫惠 (5A)  
 主要活動：明報2010/11年度文化遊蹤問答比賽  
 中一級文化常識問答比賽  
 中三級中史及時事問答比賽

中一級得獎的同學與李德慧老師合照。



台上同學正留心地聆聽司儀讀出的問題。



讓我想想，答案應該是……



台下的中三同學正熱烈地參與問答比賽。

# 普通話學會

負責老師：周紅老師  
 主席：張靜雯 (5C)  
 主要活動：全體會員聚會  
 普通話電台  
 普通話朗誦觀摩大會  
 普通話電影欣賞  
 普通話詩文朗誦比賽  
 開放日  
 普通話歌唱比賽



周紅老師與各普通話學會委員合照。



普通話詩文朗誦比賽得獎者與評判老師合照。



參賽同學演繹作品時聲情並茂。



開放日的攤位遊戲挑戰大家的普通話水平。

# Hong Kong Advanced Level Examination Results, 2010

**Number of Candidates sat : 83**

Subject	No. Sat	No. of A's obtained	No. of B's obtained	No. of C's obtained	No. passed	Pass %
Use of English	83	1	3	23	83	100.0
C.L.C.	83	2	12	22	82	98.8
Chinese Literature	8	0	0	2	6	75.0
Economics	22	0	1	2	18	81.8
Geography	26	1	0	4	18	69.2
History	15	2	3	1	14	93.3
Principles of Accounts	17	0	0	0	14	82.4
Biology	17	1	4	4	17	100.0
Chemistry	52	3	5	5	47	90.4
Physics	52	7	5	2	45	86.5
Pure Mathematics	32	3	2	1	23	71.9
Applied Mathematics	3	0	1	2	3	100.0
<b>Total</b>	<b>410</b>	<b>20</b>	<b>36</b>	<b>67</b>	<b>370</b>	<b>90.2</b>

# Hong Kong Certificate of Education Examination Results, 2010

**Number of Candidates sat : 157**

Subject	No. Sat	No. of 5*/A's	No. of 5/B's	No. of 4/C's	No. of 5*/A-4C	No. passed	Pass %
English Language	157	10	53	61	124	157	100.0%
Chinese Language	157	23	30	51	104	155	98.7%
Mathematics	157	27	36	58	121	156	99.4%
Additional Mathematics	84	9	21	21	51	82	97.6%
Physics	82	21	25	24	70	82	100.0%
Chemistry	82	13	25	24	62	82	100.0%
Biology	82	18	21	28	67	82	100.0%
Economics	115	11	11	38	60	111	96.5%
Geography	112	4	11	17	32	103	92.0%
History	72	1	7	19	27	66	91.7%
Chinese History	71	2	7	14	23	67	94.4%
Principles of Accounts	70	4	6	10	20	60	85.7%
Visual Arts	5	0	1	0	1	3	60.0%
Music	1	0	0	1	1	1	100.0%
French	1	0	0	1	1	1	100.0%
Chi Literature	1	0	0	1	1	1	100.0%
<b>Total</b>	<b>1249</b>	<b>143</b>	<b>254</b>	<b>368</b>	<b>765</b>	<b>1209</b>	<b>96.8%</b>



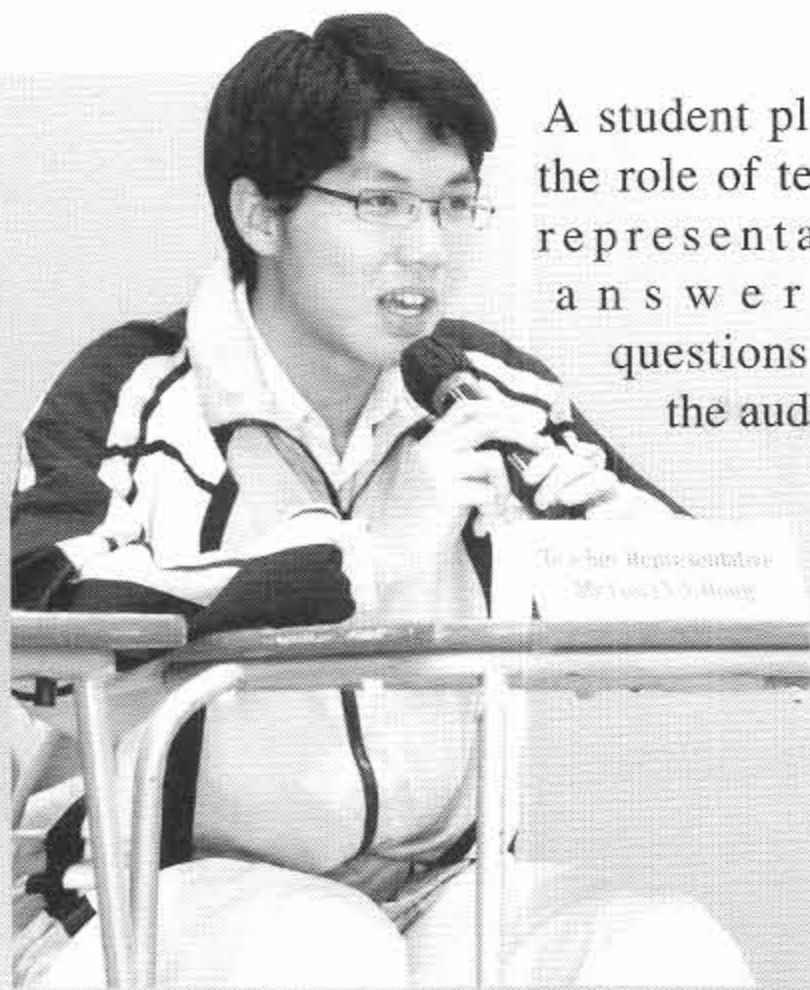
# Careers Survey 2009-2010

## Secondary 7

<b>Total number of students</b>			<b>83</b>
	Degree courses	Associate Degree / Higher Diploma courses	
City University of Hong Kong (CityU)	4	0	4
Hong Kong Baptist University (HKBU)	2	/	2
Polytechnic University (PolyU)	5	5	10
Chinese University of Hong Kong (CUHK)	14	/	14
Hong Kong University of Science & Technology (HKUST)	4	/	4
University of Hong Kong (HKU)	4	/	4
Lingnan University (LU)	1	/	1
Hong Kong Institute of Education (HKIEd)	2	/	2
Open University	1	/	1
Higher Diploma/Associate Degree/Foundation Courses (Non-Jupas)	/	34	34
Hong Kong Shue Yan University	1	/	1
Overseas studies & studies in the mainland	4	/	4
Repeating S7	/	0	0
IVE	/	0	0
Others	/	2	2

## Secondary 5

<b>Total number of students</b>	<b>157</b>
S6 in Q.E.S.	95
S6 in other schools	44
Hong Kong Institute of Education (HKIEd)	0
Commercial Schools	0
Institute of Vocational Education (IVE)	2
Overseas studies & studies in the mainland	9
Repeating S.5 in other schools	2
Pre-associate degree programmes	3
Project Yi Jin Programme	1
Others	1



A student playing the role of teacher representative answering questions from the audience.



The photo of the Forum Committee.



We are willing to listen and take public opinions into serious consideration.



Students sharing their thoughts within the group.



Students presenting their ideas enthusiastically.

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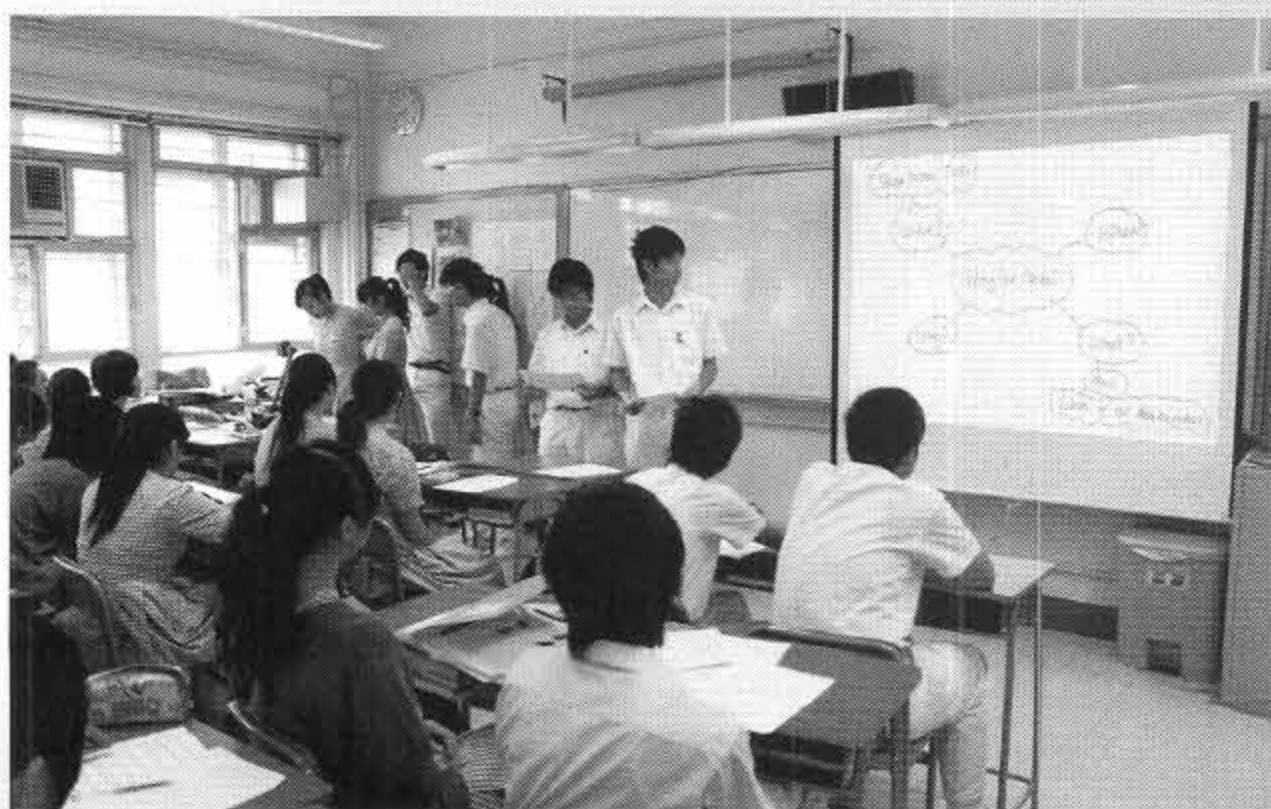
The masters of ceremony in the Forum briefing representatives of different fields.



Our principal, Mr. Tong, sharing his opinions on the topic with students.

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My fellow classmates, this is our collective mind map on the topic.



Representatives from different sectors delivering speeches to address the audience.



From my point of view, it is...



What do you think about the topic? For or against?



I have a question!

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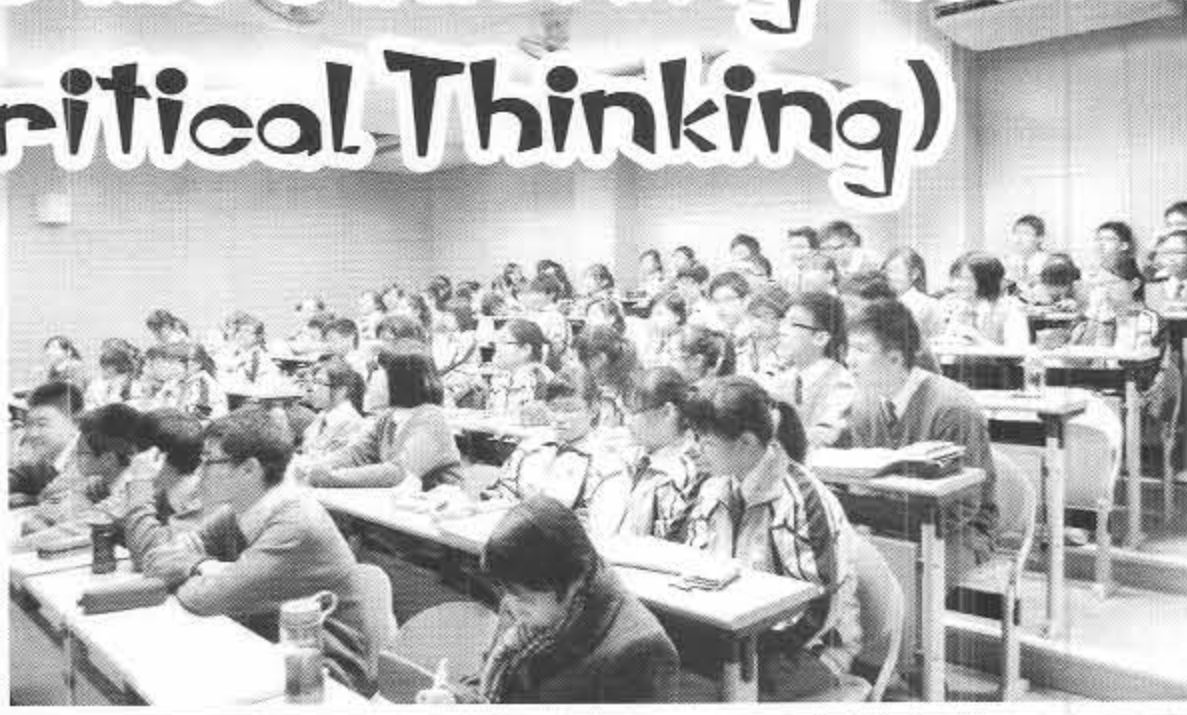
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The former head prefects and deputy head prefects.



The former deputy head boy led the prefects to maintain order during a school activity.



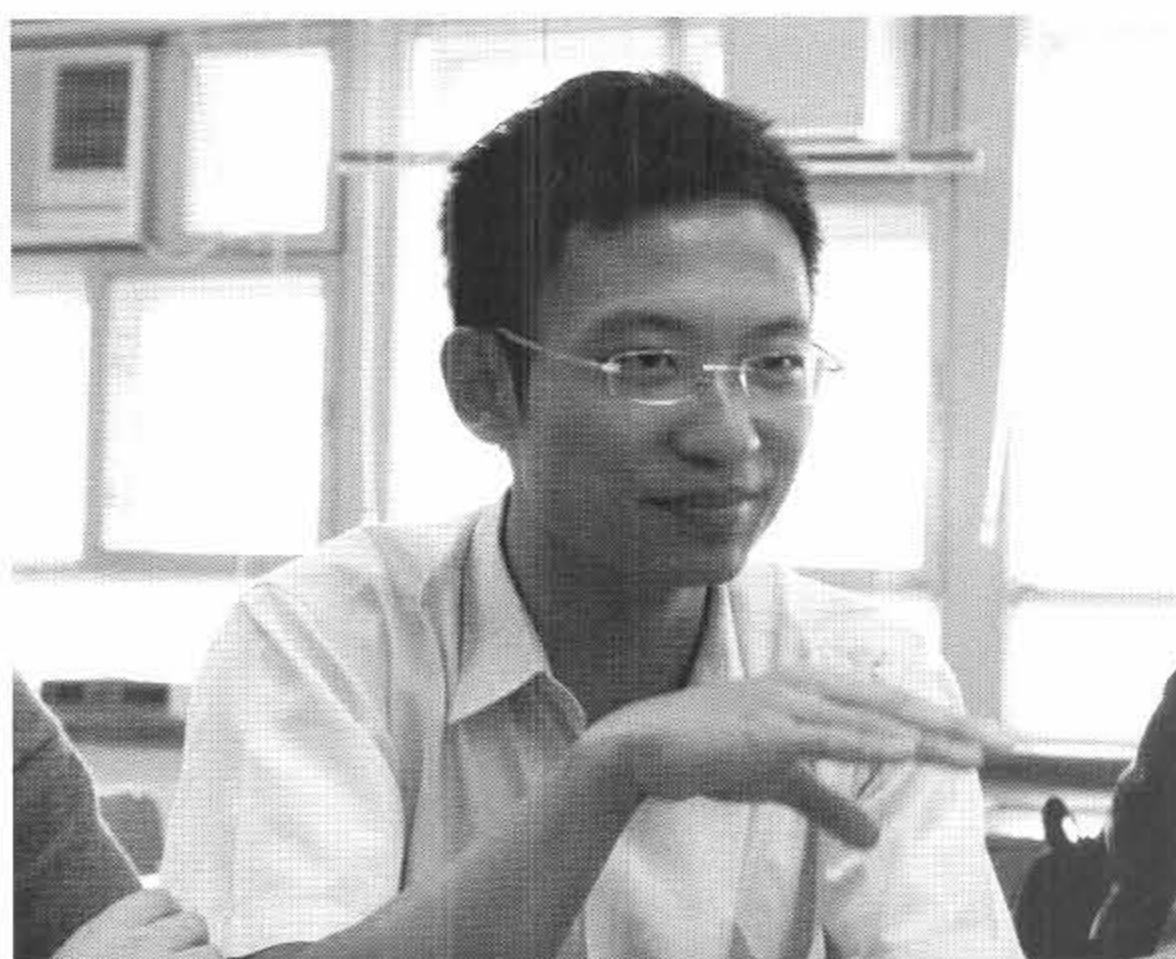
# The Righteous Disciplinarians

**- The Prefect Body Upholds Justice on the Campus**

*Ever got caught by a prefect when you're eating in classrooms? No? Lucky you! The Prefect Body usually gives strict, serious and tough advice.* We, two courageous editors, interviewed the former head prefects, Wong Ho Yu and Chan Wai Yee from 7A, and deputy head prefects Lee Ka Chun Matthew from 7C and Chan Kit Yiu from 7B in order to reveal the inside story.

Of course, you know what a prefect does. You can see them on duty every day (when they suddenly ask you to put on your house badge!), and for sure prefects make announcements about school events. What about the duties of head prefects?

'We did not have fixed normal duties. We checked whether prefects were punctual or not for duties. We also helped to organize manpower for school functions. Sometimes we were the emcees of school functions like the PTA Dinner and the Reunion Dinner. We would say the difference between head prefects and prefects is that head prefects are responsible for doing administrative work as well as enforcing teachers' order, whereas prefects are responsible for enforcing school rules.'



They eagerly shared their experience on being heads of the Prefect Body.

As you can see, head prefects bear many responsibilities. It's not hard to imagine that they faced challenges and problems. They have to keep themselves firm enough to maintain school discipline. When their friends broke school rules, they would be quite embarrassed. We wondered how they tackled this challenge. 'We would remind them for sure. Sometimes, when the situations become extremely difficult, we would leave the classroom and solicit help from other prefects.'

But still, they were not under great pressure. They believed that their schoolmates elected them as head prefects as they had confidence in them.

Everything has pros and cons, and so does being head prefects. The four head prefects enjoyed their job very much and they gained a lot of experience. Through being head prefects, they made more friends. When they had meetings with teachers, they would give suggestions on how to enable school functions to flow better. They also learnt how to be leaders and became more courageous as they had to speak in front of a lot of people.

When asked what their most interesting and unforgettable experiences were, the head boys and head girls had different choices. Do you still remember that loud 'SCHOOL STAND' called out solemnly whenever we have an assembly? That's the boys' most unforgettable experience. "School Stand" has to be called out clearly and has to be long enough. I believe our schoolmates would think that we had enough time to take a deep breath before we called. We used to have this feeling too. However, most of the time, when Mr. Cheung told us everything was ready, he was already walking in with all other teachers. The first time, we were so surprised. After several times, we learnt the pattern.'



The former head girl must be savouring her sweet memories.



Did the former deputy head boy face a challenging question?

How about the head girls? They chose the 'Fire Drills'! 'After all the students had been evacuated to the field, there was a scene they did not see. The head prefects had to run around the whole school checking. The stop-watch only stopped when the head prefects were back,' said the head girls. Wow, that must have been tiring!

We often found ourselves stuck in piles of homework. Being head prefects, they had an extra duty. They had to sacrifice some of their extra-curricular activities. To complete their tasks, they had a tip, 'Do the jobs as soon as possible'. However, the four actually did not think being head prefects brought them a heavy workload as they worked as a team.

As they will be taking their A-Level examination, they retired from the Prefect Body. We asked what expectations they had of the Prefect Body this year. The former head prefects and deputy head prefects referred to our school motto, Prepare yourself that you may serve, in this way:

*"Being a prefect, you have a greater responsibility. You become the role model of your schoolmates. The Prefect Body helps you with self-discipline. When you fail to do so, your schoolmates will lose confidence in you and you will also give outsiders a bad impression of our school."*

No matter whether we are prefects or not, let us prepare ourselves, and serve our school and then our society in the future.

## The Obliging Guardians

### - Big Brothers and Sisters Lead Your Way Home



We are always supporting each other.



Interviewers with Big Brother and Sisters.

The Big Brother and Sister Scheme (BBSS) has been run at QES for several years. Henry Wat, the head big brother, Chris Lee, the deputy big brother, Joyce Wong, the head big sister and Fiona So, the deputy big sister, were delighted to have an interview with our editors to unveil their hardship and memorable moments of being a BBS.

Asked why they wanted to join BBSS, Henry recalled, *“I was delighted to have my own BBS when I was in S.1. They helped me a lot in getting used to secondary school life. I wanted to follow my BBS’ footsteps to help the young little brothers and sisters with their academic performances as well as friendships at school.”*

So, what qualities should a good BBS possess? A good sense of humor? Cheerfulness? Academic excellence? “We think a good BBS should be patient as our little brothers and sisters may have difficulties with their homework and we need to teach them,” said Joyce and Fiona. “At the same time, we need to be responsible. “Busy” cannot be an excuse for not taking care of them,” added Henry.

As BBS, helping little brothers or sisters to become familiar with their school lives is a primary duty. “We teach them how to be secondary school students,” said Fiona. “We also introduce them to the school facilities, like bringing them to different special rooms, e.g. the Music room and the Geography room.” She added that BBS brought their little brothers and sister out for lunch so they could have lunch there with their friends later on.

The interviewers are very interested in what comments they give to the present little brothers and sisters. “They are more active. For example, my little sister once yelled my name when she met me,” Fiona said. “They are cleverer and more sociable, capable of adapting to new environment quickly. Besides, they can make friends quickly in just a month,” Joyce added. Many of the little brothers and sisters enjoy joining different extra-curricular activities. “They asked me about how to join the sports team and the girl ballgames team,” Henry said. There is no doubt that BBS have helped the new comers a lot in their early school years.





My little brothers and sisters are just like my siblings.



BBS is a big family!



We worked hard to overcome different challenges!

Many challenges unfolded along their journey. "Understanding our little brothers and sisters is as difficult as meeting a stranger. It is like we are back to square one," Joyce moaned. "At the beginning, my little sister kept a distance from me. I used my smile, humor and sincerity to change her mind. It helped to break the ice," Chris added.

Regardless of the challenges, interesting events among them and their little brothers and sisters are always mesmerizing. "I always joke with my little brothers and sisters. Once, after we had had lunch, my little sisters discovered there was a cockroach under my chair and they laughed at me," said Chris, laughing. Henry joined the laughter and added, "My little brother paid for the Casual Wear Day but he didn't have casual wear, claiming that casual wear is annoying." For Joyce, the fun was on the academic field. "My little brothers and sisters are not good at Mathematics. They once learnt positive and negative numbers. I taught them the concept with the walking method created by myself. Walking one step forward equals to +1, while moving a step backwards is -1." It seems that they find the time with their little brothers and sisters precious and memorable.

In the course of helping others, BBS learnt plentiful qualities and skills themselves. "Besides communication, we learn to think from different perspectives. It is not always easy to think in someone else's shoes," the leaders said. Leadership is another skill they acquired. For example, on the Games Day, they needed to make contingency arrangements if some BBS were not available to help. Besides, if some S.1 students were absent, they needed to make quick decisions. "We need to be decisive in case of emergency. A leader can never expose his nervousness," Fiona said. "Designing games also nurtures our creativity and carefulness," Henry added.

Superficially, BBS are confined to taking care of S.1 students. What happens when the new comers are promoted to higher levels? Will such relationships between them and their BBS continue? "I believe this is certain. We would try to keep in touch with our little brothers and sisters by different means, like having lunch and phoning them. We will still be friends even after we leave QES," Henry responded.

BBSS is definitely a bridge connecting senior and junior form students. Is it really hard to manage the work of BBSS? It actually requires your own determination. If you can balance work and play well, you will find this the most pleasurable role in QES.

# The Loyal Student Warriors

## - The Student Union Fights for Your Rights

Have you ever heard of the term “Quintessence”? You should have if you are aware of the things going on around our campus. Yes, “Quintessence” is our 12<sup>th</sup> Student Union (SU).

I think most of you would ask the same question our reporters did: What inspired you guys to form a cabinet? To find out the answer, we interviewed the committee members of Quintessence, Fung Hiu Yan from 6C, Chan Ching Ho from 5C, Lau Siu Ping from 5D and Liu Man Ki from 4A to get a deeper understanding of this student association. The first and foremost reason is that they all have the determination to serve our schoolmates. If they form a cabinet, they can organise a wide variety of activities for us. Through these activities, the gap among schoolmates from different forms can be bridged, so we can study and play in an ideal environment.

In a bid to draw up and carry out the plan, there are a lot of difficulties to contend with. Granted, they often had different points of view during meetings, so it was crucial for them to compromise before reaching a consensus. As for the preparation before elections, they listened to all kinds of comments from our schoolmates, which provided great motivation for them to improve. Such preparation took them a lot of time, so having a good time management and cooperation was of utmost importance. They firmly believed that nothing could hinder them if they put their heads together.



The whole Quintessence committee having a shot on the football pitch, the place for holding the QES League.



Our interviewees wear smiling faces to conquer multiple challenges.

As the representative of QES students, gaining our schoolmates' trust is an important task for Quintessence. "Students are entitled to freedom of speech and a fruitful school life, thus we vowed to make every effort to strive for more benefits for QES students. Since we considered schoolmates' needs seriously and acted proactively, they had every reason to trust us." As a bridge between students and the school, they were in the dilemma of balancing the interests of both. On the one hand, they actively collected opinions from students, while on the other hand, they discussed things with the school authority, so as to work out the best policies for both parties. "After all, we are the Student Union. Our loyalty is to the students. It is like being diplomats trying to negotiate the benefits with the authorities."

Being a committee member of the SU is certainly an honorable thing for a student. All members of Quintessence were delighted to have such an opportunity. They had a lot of extraordinary experiences, such as cooperating with students from different schools, contacting large-scale companies to find artists as the guests for a joint-school concert and arranging visits to different organisations. Furthermore, the most treasurable thing they gained is friendship. Although they had known each other for

just a couple of months before rallying support in the election, they already behaved like old friends, holding parties to celebrate birthday with each other. "We are now like a family. Last but not least, gaining trust from our schoolmates and being successful in contacting those companies brought us satisfaction."

All members of Quintessence are very proud to be elected by our schoolmates. They hope that our schoolmates' school life at QES can be enriched through joining the interesting and meaningful activities organized by them. Throughout the school year, they have fostered communication between students and the school and strengthened schoolmates' sense of belonging to QES. Above all, they have a clear comprehension of their mission and played an active role in serving their schoolmates. *"We feel grateful to all the schoolmates and teachers at QES, who gave us this great opportunity to serve them. The Student Union committee has a special and sacred role to connect every QES student together. We recommend the lower form students to devote themselves to serving QES in the future."*

Get the message? Be ready to manifest loyalty to our schoolmates by playing a role in the Student Union in the future!



Quintessence steals itself to fight in the Student Union Election Debate.

- Teachers-in-charge : Ms. Poon Wai Yee  
Miss Ma Hoi Kwan  
Mr. Leung Wai Fu  
Mr. Hau Clement
- President : Suen Kai Fung Kevin (6C)
- Major Activities : Joint School Singing Competition  
Joint School Stationery Ordering  
Joint School Oral Practice  
SU League – Soccer Competition  
Sponge Ball Competition  
Coordination on Open Day and at School Forum  
Publication of SU Magazine  
Message Board to S.7 Graduates  
Teacher Student Badminton Competition  
Used Textbook Sale

# The Enthusiastic Camp Wardens

- Always a Big Man with a Big Heart

It is not uncommon to see camp wardens sweltering under the hot sun, guiding the junior form schoolmates to do physical training on the playground. For those who see them for the first time, the scene can be impressive. Camp wardens always give us an enthusiastic feeling. We were pleased to invite two experienced and amiable camp wardens, Cheung Siu Hong Steven from 5C and Wong Cheuk Cheuk from 6B, to have an one-hour chat with us.



Our joyful camp wardens Steven and Cheuk-cheuk.

Camp wardens always play an indispensable role in QES, bridging the gap between the junior and the senior form students by organizing camps for them. They build a heartwarming and leisurely atmosphere in the camp so as to allow campers to relax, get relief from their academic pressures and build friendship. *“Camp wardens are trained to know a lot about the history of QES, as well as its spirit. We try to pass that sacred spirit and remarkable history to the junior students through organizing entertaining games and activities during the camp,”* said Steven.

Readers are often curious about the duties of a camp warden. Cheuk-cheuk told us that camp wardens are mainly responsible for organizing a variety of camps for students. For instance, the Seasonal Camp, the Halloween Camp, camps for Form Associations, Uniform Teams and clubs. “Apart from this, we need to carry out maintenance checks for the campsite regularly. We have to replace worn out equipment with new. Last year, we even used raw cement and pebbles to construct a new road to the school camp ourselves.” Besides, camp wardens also hold the Camp Warden Training Course for S.3 students every year in order to nurture the future pillars of the school camp.

When asked about the reasons why Steven and Cheuk-cheuk wanted to be camp wardens, they gave similar answers. Steven appreciated the team spirit and efforts of the old wardens when he first visited the school camp in S.1. He hoped to gain valuable experience at the school camp and develop precious friendship with his classmates. Cheuk-cheuk was inspired by her dad, an old warden and alumnus of our school. “When I was small, my dad told me about its history and anecdotes from school camps. This aroused my interest in becoming a camp warden. Also, when I first visited the school camp in S.1, I found the 39<sup>th</sup> camp wardens very friendly. They were also confident about solving any problems. I wanted to become wardens like them.” All these motivated them to join the training course when they were in S.3.

Being camp wardens has brought some unexpected changes to Steven and Cheuk-cheuk. Steven met some confidants through the training course. “These friends are different from those who just play basketball with you at recess time or chat with you in the classroom. We do not only share our happiness together but also overcome any difficulties we meet. We are just like a big family,” Steven described. Every August, there is an annual gathering for the



The 43<sup>rd</sup> wardens-in-training were having physical training under the hot sun.



Let's take a cold shower. Three, two, one, SPLASH!

old wardens at the school camp. Cheuk-cheuk joined the gathering last year and had some unforgettable experiences. "The old wardens really inspire me a lot. We usually thought about things in our own way in the past. At the gathering, the old wardens guided us to look at issues from different points of view, using their experiences gained from working in society." In the year of being a warden-in-training, Cheuk-cheuk also learnt to voice out her opinions among the 44<sup>th</sup> wardens-in-training. This helped to improve their communication as well as relationship.

For those who want to join the big family of camp wardens, here comes a great

opportunity for you to know more about what qualities a camp warden should have. "First, you must love our School Camp because the School Camp is the base of everything about camp warden: camp activities, games, trainings..." The two wardens also mentioned that a camp warden should be responsible and willing to put effort into their work. "It is so special that the work in Camp Warden Association is mainly carried out by students, with the teacher-in-charge acting as an adviser, so it is important for a camp warden to shoulder the responsibility of finishing all the work. To be frank, we have held a lot of meetings and spent a lot of time preparing camps and training courses. Take the training course as an example. We would not be able to reap the harvest until the year-long programme ends. In a word, camp wardens are required to put continuous effort into achieving our goals."

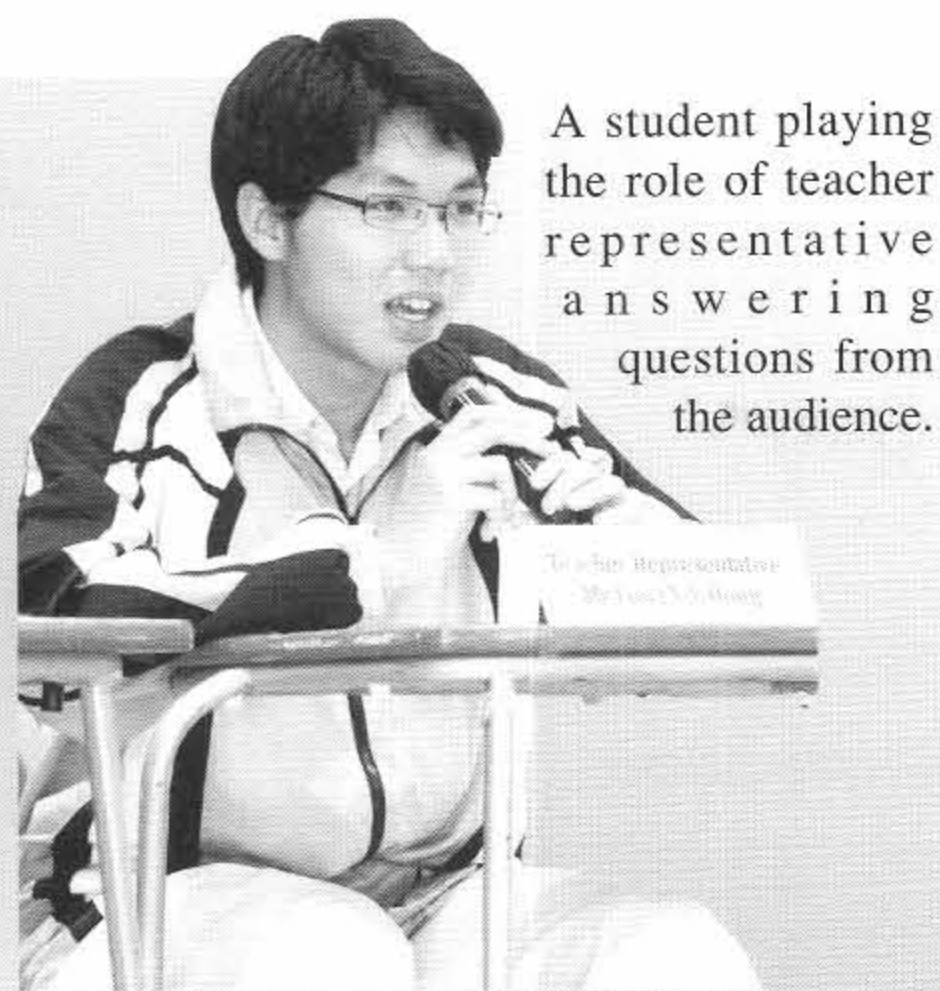
Being the only school in Hong Kong to have a school camp for over 40 years, QES has the advantage of having such a unique association. Camp Warden Association does not only bring happiness to QES students at the campsite, but also provides the opportunity to develop our character, build lifelong friendship and have extraordinary life experiences. This is also the key to making QES a special school – students in QES can learn much more than knowledge from textbooks.



The creation of 42<sup>nd</sup> and 44<sup>th</sup> camp wardens - the Pebble Road.



Look at the happy faces of campers and camp wardens after "The War of Flour"!



A student playing the role of teacher representative answering questions from the audience.



The photo of the Forum Committee.



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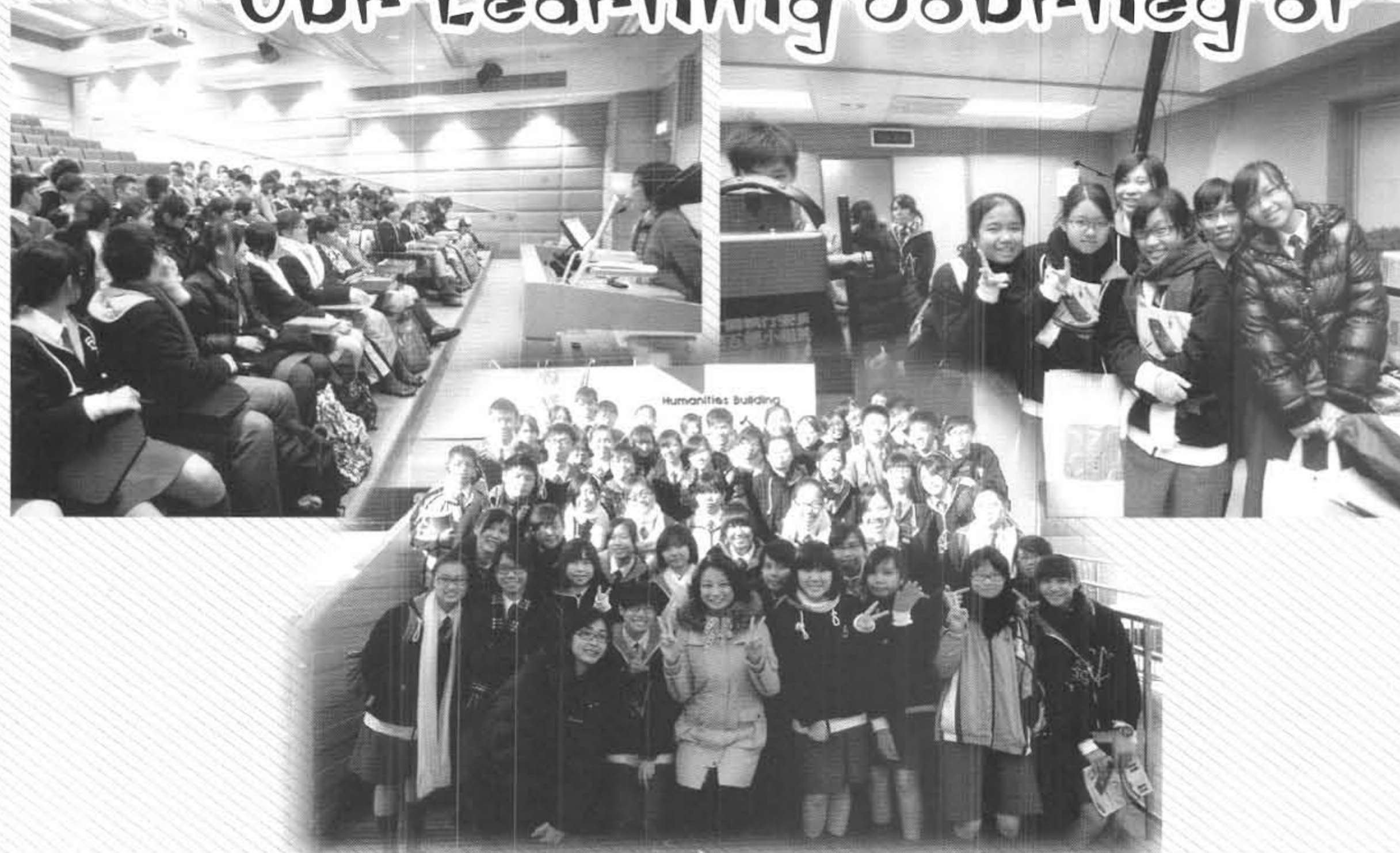


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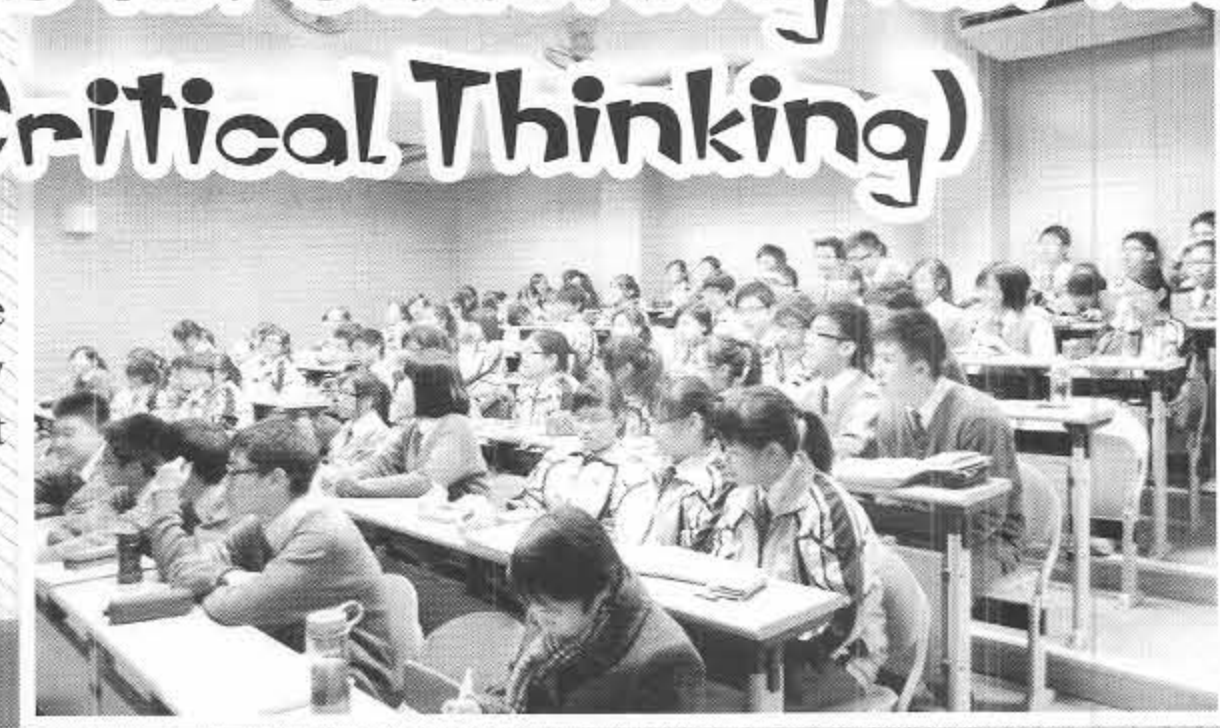
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An interactive learning workshop with the reporters from Hong Kong Economic Times on Copenhagen Summit and Mass Media Education.



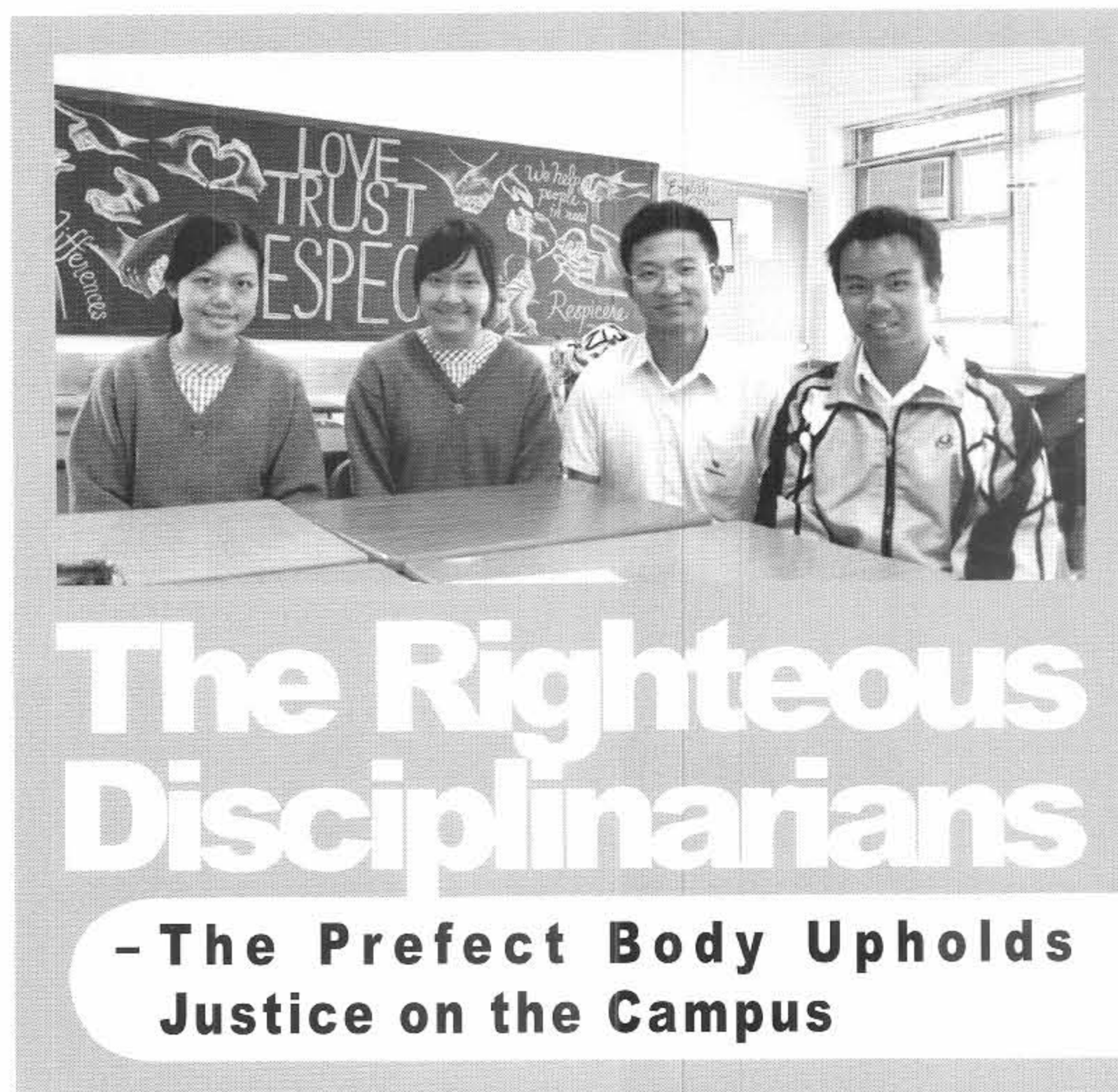
A Workshop on Oral History of Hong Kong Elderly Service 「口述歷史工作坊」 jointly organized by QES and the Faculty of History of Hong Kong Baptist University.



The former head prefects and deputy head prefects.



The former deputy head boy led the prefects to maintain order during a school activity.



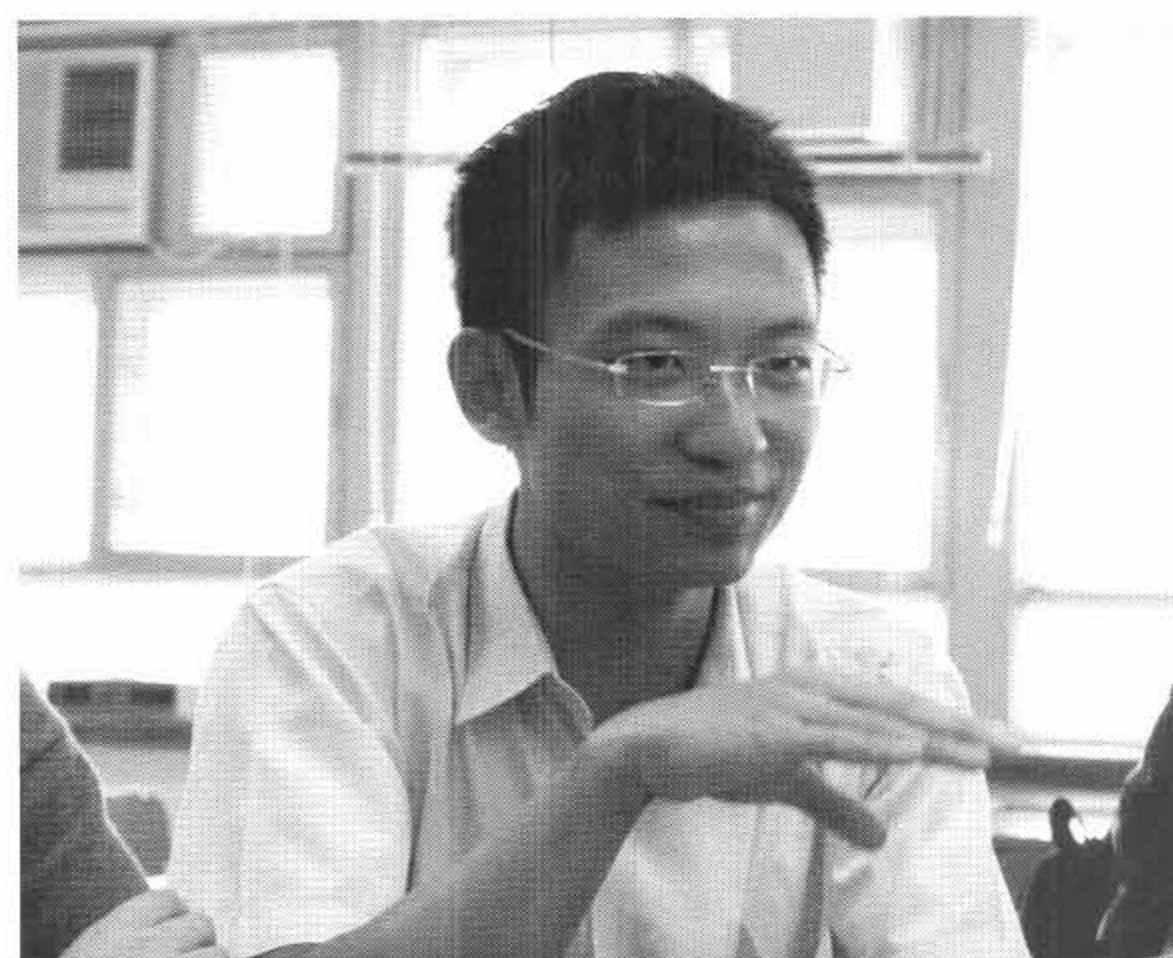
## The Righteous Disciplinarians

**- The Prefect Body Upholds Justice on the Campus**

*Ever got caught by a prefect when you're eating in classrooms? No? Lucky you! The Prefect Body usually gives strict, serious and tough advice.* We, two courageous editors, interviewed the former head prefects, Wong Ho Yu and Chan Wai Yee from 7A, and deputy head prefects Lee Ka Chun Matthew from 7C and Chan Kit Yiu from 7B in order to reveal the inside story.

Of course, you know what a prefect does. You can see them on duty every day (when they suddenly ask you to put on your house badge!), and for sure prefects make announcements about school events. What about the duties of head prefects?

'We did not have fixed normal duties. We checked whether prefects were punctual or not for duties. We also helped to organize manpower for school functions. Sometimes we were the emcees of school functions like the PTA Dinner and the Reunion Dinner. We would say the difference between head prefects and prefects is that head prefects are responsible for doing administrative work as well as enforcing teachers' order, whereas prefects are responsible for enforcing school rules.'



They eagerly shared their experience on being heads of the Prefect Body.

As you can see, head prefects bear many responsibilities. It's not hard to imagine that they faced challenges and problems. They have to keep themselves firm enough to maintain school discipline. When their friends broke school rules, they would be quite embarrassed. We wondered how they tackled this challenge. 'We would remind them for sure. Sometimes, when the situations become extremely difficult, we would leave the classroom and solicit help from other prefects.'

But still, they were not under great pressure. They believed that their schoolmates elected them as head prefects as they had confidence in them.

Everything has pros and cons, and so does being head prefects. The four head prefects enjoyed their job very much and they gained a lot of experience. Through being head prefects, they made more friends. When they had meetings with teachers, they would give suggestions on how to enable school functions to flow better. They also learnt how to be leaders and became more courageous as they had to speak in front of a lot of people.

When asked what their most interesting and unforgettable experiences were, the head boys and head girls had different choices. Do you still remember that loud 'SCHOOL STAND' called out solemnly whenever we have an assembly? That's the boys' most unforgettable experience. "School Stand" has to be called out clearly and has to be long enough. I believe our schoolmates would think that we had enough time to take a deep breath before we called. We used to have this feeling too. However, most of the time, when Mr. Cheung told us everything was ready, he was already walking in with all other teachers. The first time, we were so surprised. After several times, we learnt the pattern.'



Did the former deputy head boy face a challenging question?

How about the head girls? They chose the 'Fire Drills!' 'After all the students had been evacuated to the field, there was a scene they did not see. The head prefects had to run around the whole school checking. The stop-watch only stopped when the head prefects were back,' said the head girls. Wow, that must have been tiring!

We often found ourselves stuck in piles of homework. Being head prefects, they had an extra duty. They had to sacrifice some of their extra-curricular activities. To complete their tasks, they had a tip, 'Do the jobs as soon as possible'. However, the four actually did not think being head prefects brought them a heavy workload as they worked as a team.

As they will be taking their A-Level examination, they retired from the Prefect Body. We asked what expectations they had of the Prefect Body this year. The former head prefects and deputy head prefects referred to our school motto, Prepare yourself that you may serve, in this way:

*"Being a prefect, you have a greater responsibility. You become the role model of your schoolmates. The Prefect Body helps you with self-discipline. When you fail to do so, your schoolmates will lose confidence in you and you will also give outsiders a bad impression of our school."*

No matter whether we are prefects or not, let us prepare ourselves, and serve our school and then our society in the future.



The former head girl must be savouring her sweet memories.



# The Obliging Guardians

## - Big Brothers and Sisters Lead Your Way Home



We are always supporting each other.



Interviewers with Big Brother and Sisters.

The Big Brother and Sister Scheme (BBSS) has been run at QES for several years. Henry Wat, the head big brother, Chris Lee, the deputy big brother, Joyce Wong, the head big sister and Fiona So, the deputy big sister, were delighted to have an interview with our editors to unveil their hardship and memorable moments of being a BBS.

Asked why they wanted to join BBSS, Henry recalled, *"I was delighted to have my own BBS when I was in S.1. They helped me a lot in getting used to secondary school life. I wanted to follow my BBS' footsteps to help the young little brothers and sisters with their academic performances as well as friendships at school."*

So, what qualities should a good BBS possess? A good sense of humor? Cheerfulness? Academic excellence? "We think a good BBS should be patient as our little brothers and sisters may have difficulties with their homework and we need to teach them," said Joyce and Fiona. "At the same time, we need to be responsible. "Busy" cannot be an excuse for not taking care of them," added Henry.

As BBS, helping little brothers or sisters to become familiar with their school lives is a primary duty. "We teach them how to be secondary school students," said Fiona. "We also introduce them to the school facilities, like bringing them to different special rooms, e.g. the Music room and the Geography room." She added that BBS brought their little brothers and sister out for lunch so they could have lunch there with their friends later on.

The interviewers are very interested in what comments they give to the present little brothers and sisters. "They are more active. For example, my little sister once yelled my name when she met me," Fiona said. "They are cleverer and more sociable, capable of adapting to new environment quickly. Besides, they can make friends quickly in just a month," Joyce added. Many of the little brothers and sisters enjoy joining different extra-curricular activities. "They asked me about how to join the sports team and the girl ballgames team," Henry said. There is no doubt that BBS have helped the new comers a lot in their early school years.



My little brothers and sisters are just like my siblings.



BBS is a big family!



We worked hard to overcome different challenges!

Many challenges unfolded along their journey. "Understanding our little brothers and sisters is as difficult as meeting a stranger. It is like we are back to square one," Joyce moaned. "At the beginning, my little sister kept a distance from me. I used my smile, humor and sincerity to change her mind. It helped to break the ice," Chris added.

Regardless of the challenges, interesting events among them and their little brothers and sisters are always mesmerizing. "I always joke with my little brothers and sisters. Once, after we had had lunch, my little sisters discovered there was a cockroach under my chair and they laughed at me," said Chris, laughing. Henry joined the laughter and added, "My little brother paid for the Casual Wear Day but he didn't have casual wear, claiming that casual wear is annoying." For Joyce, the fun was on the academic field. "My little brothers and sisters are not good at Mathematics. They once learnt positive and negative numbers. I taught them the concept with the walking method created by myself. Walking one step forward equals to +1, while moving a step backwards is -1." It seems that they find the time with their little brothers and sisters precious and memorable.

In the course of helping others, BBS learnt plentiful qualities and skills themselves. "Besides communication, we learn to think from different perspectives. It is not always easy to think in someone else's shoes," the leaders said. Leadership is another skill they acquired. For example, on the Games Day, they needed to make contingency arrangements if some BBS were not available to help. Besides, if some S.1 students were absent, they needed to make quick decisions. "We need to be decisive in case of emergency. A leader can never expose his nervousness," Fiona said. "Designing games also nurtures our creativity and carefulness," Henry added.

Superficially, BBS are confined to taking care of S.1 students. What happens when the new comers are promoted to higher levels? Will such relationships between them and their BBS continue? "I believe this is certain. We would try to keep in touch with our little brothers and sisters by different means, like having lunch and phoning them. We will still be friends even after we leave QES," Henry responded.

BBSS is definitely a bridge connecting senior and junior form students. Is it really hard to manage the work of BBSS? It actually requires your own determination. If you can balance work and play well, you will find this the most pleasurable role in QES.

# The Loyal Student Warriors

## - The Student Union Fights for Your Rights

Have you ever heard of the term "Quintessence"? You should have if you are aware of the things going on around our campus. Yes, "Quintessence" is our 12<sup>th</sup> Student Union (SU).

I think most of you would ask the same question our reporters did: What inspired you guys to form a cabinet? To find out the answer, we interviewed the committee members of Quintessence, Fung Hiu Yan from 6C, Chan Ching Ho from 5C, Lau Siu Ping from 5D and Liu Man Ki from 4A to get a deeper understanding of this student association. The first and foremost reason is that they all have the determination to serve our schoolmates. If they form a cabinet, they can organise a wide variety of activities for us. Through these activities, the gap among schoolmates from different forms can be bridged, so we can study and play in an ideal environment.

In a bid to draw up and carry out the plan, there are a lot of difficulties to contend with. Granted, they often had different points of view during meetings, so it was crucial for them to compromise before reaching a consensus. As for the preparation before elections, they listened to all kinds of comments from our schoolmates, which provided great motivation for them to improve. Such preparation took them a lot of time, so having a good time management and cooperation was of utmost importance. They firmly believed that nothing could hinder them if they put their heads together.



The whole Quintessence committee having a shot on the football pitch, the place for holding the QES League.



Our interviewees wear smiling faces to conquer multiple challenges.

Being a committee member of the SU is certainly an honorable thing for a student. All members of Quintessence were delighted to have such an opportunity. They had a lot of extraordinary experiences, such as cooperating with students from different schools, contacting large-scale companies to find artists as the guests for a joint-school concert and arranging visits to different organisations. Furthermore, the most treasurable thing they gained is friendship. Although they had known each other for just a couple of months before rallying support in the election, they already behaved like old friends, holding parties to celebrate birthday with each other. "We are now like a family. Last but not least, gaining trust from our schoolmates and being successful in contacting those companies brought us satisfaction."

All members of Quintessence are very proud to be elected by our schoolmates. They hope that our schoolmates' school life at QES can be enriched through joining the interesting and meaningful activities organized by them. Throughout the school year, they have fostered communication between students and the school and strengthened schoolmates' sense of belonging to QES. Above all, they have a clear comprehension of their mission and played an active role in serving their schoolmates. *"We feel grateful to all the schoolmates and teachers at QES, who gave us this great opportunity to serve them. The Student Union committee has a special and sacred role to connect every QES student together. We recommend the lower form students to devote themselves to serving QES in the future."*

Get the message? Be ready to manifest loyalty to our schoolmates by playing a role in the Student Union in the future!



Quintessence steals itself to fight in the Student Union Election Debate.

- Teachers-in-charge : Ms. Poon Wai Yee  
Miss Ma Hoi Kwan  
Mr. Leung Wai Fu  
Mr. Hau Clement
- President : Suen Kai Fung Kevin (6C)
- Major Activities : Joint School Singing Competition  
Joint School Stationery Ordering  
Joint School Oral Practice  
SU League – Soccer Competition  
Sponge Ball Competition  
Coordination on Open Day and at School Forum  
Publication of SU Magazine  
Message Board to S.7 Graduates  
Teacher Student Badminton Competition  
Used Textbook Sale

# The Enthusiastic Camp Wardens

- Always a Big Man with a Big Heart

It is not uncommon to see camp wardens sweltering under the hot sun, guiding the junior form schoolmates to do physical training on the playground. For those who see them for the first time, the scene can be impressive. Camp wardens always give us an enthusiastic feeling. We were pleased to invite two experienced and amiable camp wardens, Cheung Siu Hong Steven from 5C and Wong Cheuk Cheuk from 6B, to have an one-hour chat with us.



Our joyful camp wardens Steven and Cheuk-cheuk.

Camp wardens always play an indispensable role in QES, bridging the gap between the junior and the senior form students by organizing camps for them. They build a heartwarming and leisurely atmosphere in the camp so as to allow campers to relax, get relief from their academic pressures and build friendship. *“Camp wardens are trained to know a lot about the history of QES, as well as its spirit. We try to pass that sacred spirit and remarkable history to the junior students through organizing entertaining games and activities during the camp,”* said Steven.

Readers are often curious about the duties of a camp warden. Cheuk-cheuk told us that camp wardens are mainly responsible for organizing a variety of camps for students. For instance, the Seasonal Camp, the Halloween Camp, camps for Form Associations, Uniform Teams and clubs. “Apart from this, we need to carry out maintenance checks for the campsite regularly. We have to replace worn out equipment with new. Last year, we even used raw cement and pebbles to construct a new road to the school camp ourselves.” Besides, camp wardens also hold the Camp Warden Training Course for S.3 students every year in order to nurture the future pillars of the school camp.

When asked about the reasons why Steven and Cheuk-cheuk wanted to be camp wardens, they gave similar answers. Steven appreciated the team spirit and efforts of the old wardens when he first visited the school camp in S.1. He hoped to gain valuable experience at the school camp and develop precious friendship with his classmates. Cheuk-cheuk was inspired by her dad, an old warden and alumnus of our school. “When I was small, my dad told me about its history and anecdotes from school camps. This aroused my interest in becoming a camp warden. Also, when I first visited the school camp in S.1, I found the 39<sup>th</sup> camp wardens very friendly. They were also confident about solving any problems. I wanted to become wardens like them.” All these motivated them to join the training course when they were in S.3.

Being camp wardens has brought some unexpected changes to Steven and Cheuk-cheuk. Steven met some confidants through the training course. “These friends are different from those who just play basketball with you at recess time or chat with you in the classroom. We do not only share our happiness together but also overcome any difficulties we meet. We are just like a big family,” Steven described. Every August, there is an annual gathering for the



The 43<sup>rd</sup> wardens-in-training were having physical training under the hot sun.



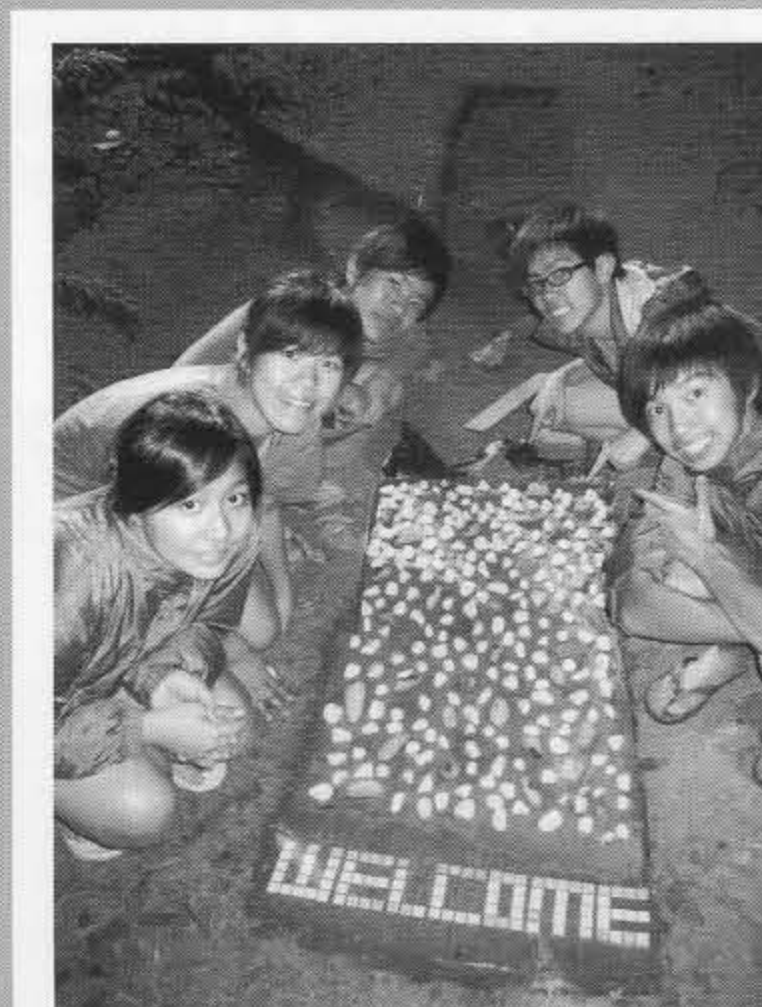
Let's take a cold shower. Three, two, one, SPLASH!

old wardens at the school camp. Cheuk-cheuk joined the gathering last year and had some unforgettable experiences. “The old wardens really inspire me a lot. We usually thought about things in our own way in the past. At the gathering, the old wardens guided us to look at issues from different points of view, using their experiences gained from working in society.” In the year of being a warden-in-training, Cheuk-cheuk also learnt to voice out her opinions among the 44<sup>th</sup> wardens-in-training. This helped to improve their communication as well as relationship.

For those who want to join the big family of camp wardens, here comes a great

opportunity for you to know more about what qualities a camp warden should have. “First, you must love our School Camp because the School Camp is the base of everything about camp warden: camp activities, games, trainings...” The two wardens also mentioned that a camp warden should be responsible and willing to put effort into their work. “It is so special that the work in Camp Warden Association is mainly carried out by students, with the teacher-in-charge acting as an adviser, so it is important for a camp warden to shoulder the responsibility of finishing all the work. To be frank, we have held a lot of meetings and spent a lot of time preparing camps and training courses. Take the training course as an example. We would not be able to reap the harvest until the year-long programme ends. In a word, camp wardens are required to put continuous effort into achieving our goals.”

Being the only school in Hong Kong to have a school camp for over 40 years, QES has the advantage of having such a unique association. Camp Warden Association does not only bring happiness to QES students at the campsite, but also provides the opportunity to develop our character, build lifelong friendship and have extraordinary life experiences. This is also the key to making QES a special school – students in QES can learn much more than knowledge from textbooks.



The creation of 42<sup>nd</sup> and 44<sup>th</sup> camp wardens - the Pebble Road.



Look at the happy faces of campers and camp wardens after “The War of Flour”!

# Business and Entrepreneurship Enhancement Programme (BEEP)

Chan Chun Him Kenneth 6B



What we were holding were the products of Déjà vu Creations. Are they beautiful?

Last summer, I joined the Business and Entrepreneurship Enhancement Programme (BEEP) on Social Enterprises (SE) with Fung Sin Tung, Hung Vanessa Huang and Ng Sin Yan from 6A, and Tse Wing Ching from 6B. The programme is jointly organized by the University of Hong Kong and the Hong Kong Economic Times. It is a competition in which hundreds of teams, from secondary schools and even universities, participated.

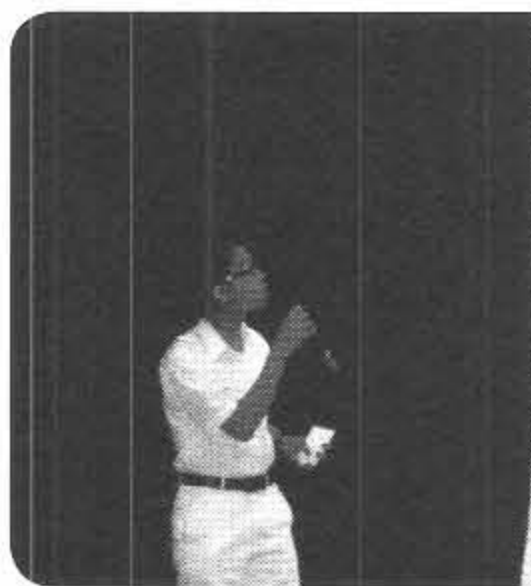
The programme was extremely rewarding! At the beginning of the programme, we attended several talks about social enterprises and we learnt what SE is: it is a form of business ownership with double bottom lines – social responsibility and profit making. Sometimes the SE may even have triple bottom lines, with the additional bottom line of environmental protection. The SE which we were assigned to help, Déjà vu Creation, is of the latter type. It “upcycles” (upgrade and recycle) waste banners into beautiful products like handbags and pencil cases. We were asked to help to solve the logistic problem of the SE in collecting waste banners.

Besides business and entrepreneurship strategies, like SWOT (Strengths, Weaknesses, Opportunities and Threats) analysis and the 4P model (Product, Pricing, Placing and Promotion), presentation skill was another valuable skill that we learnt. It is lucky for us to have entered the final round of the programme as one of the 9 finalists. We presented our proposal in the form of a drama at the University of Hong Kong. Although it seemed a bit childish to present a business plan in such a way, especially at a university, it was the most interesting and effective way to give the presentation, as the adjudicators had already listened to a whole day of presentations. (They must have been sleepy!) It was quite successful and we won the “Best Oral Presentation Prize”.

However, we faced many challenges during the programme. First of all, writing proposals was one of

the major difficulties for us. Initially, we did not know the structure and contents of a proposal. Fortunately, Ms. Lo Wai Man, our teacher-advisor, gave us a lot of valuable opinions and guidelines. Secondly, communication is another challenge. Many community centers were not able to provide banners to us. They either doubted whether we were credible or had no right to decide whether or not to give us the banners. We learned that we should describe our purpose clearly in order to gain trust from others.

In the end, we found the programme really meaningful as we contributed to helping Hong Kong society and even the environment. We tried to help the SE to develop a better system in collecting waste banners. It is sincerely hoped that the SE can really “upcycle” all the waste banners in Hong Kong and bring about a better environment for all of us in the future.



Kenneth was presenting so vividly. Doesn't he look like a financial analyst?

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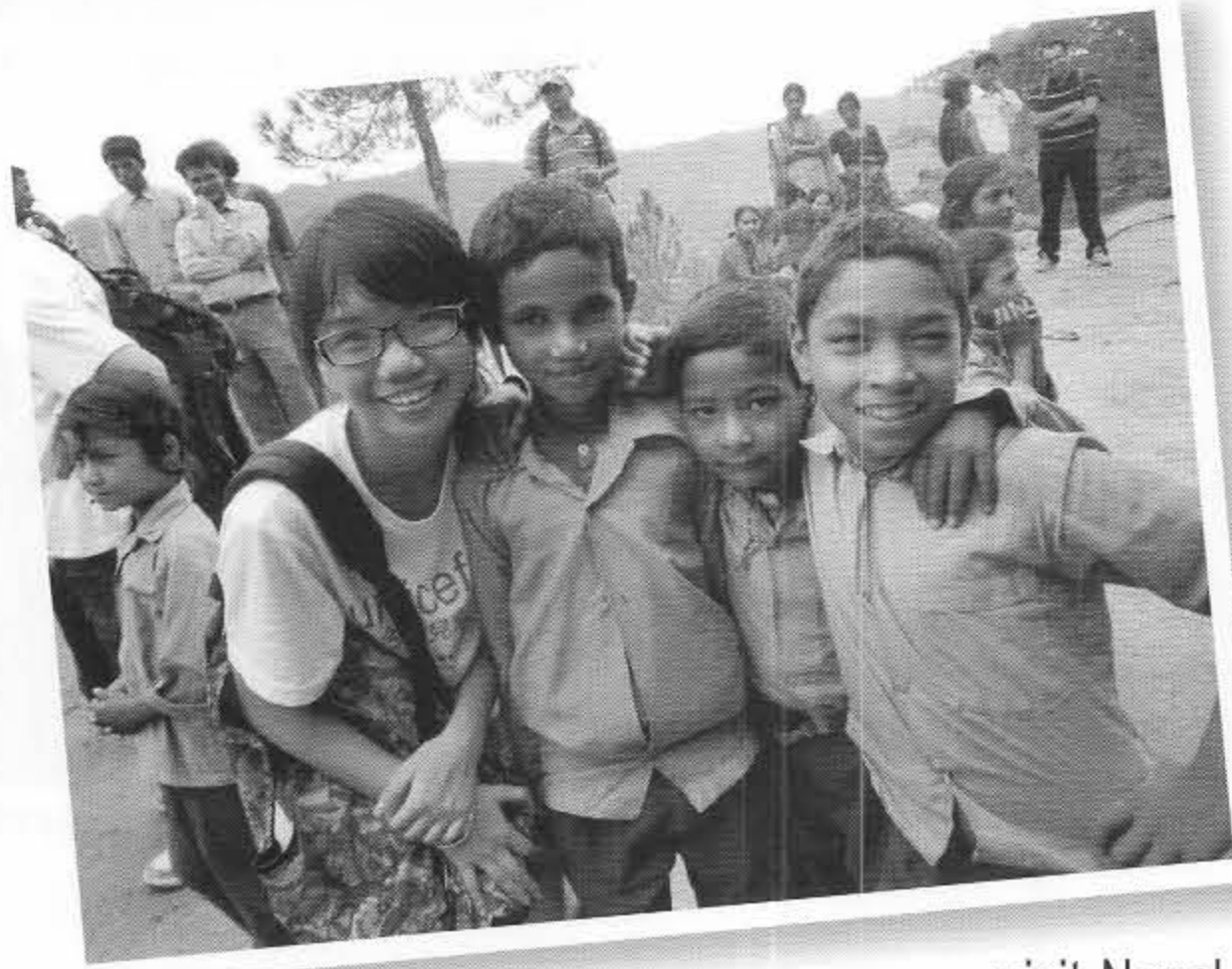
We finally won the Best Oral Presentation Award!

# UNICEF Young Envoys Programme 2010

Venue : Nepal

Date : 14th-18th, 2010 (First trip) & 21st-26th, 2010 (Second trip)

Student : 5B Ng Hei Yee Sharon, 7A Cheung Yik



UNICEF Young Envoys Programme provides ample opportunities for Young Envoys to develop their skills in leadership and communication, as well as to raise their awareness of the Convention on the Rights of Child. After a series of training courses, for example, leadership training camp, drama workshop, social services and school project, we are honoured to be appointed as the Young Envoys and were selected as representatives to

visit Nepal during this summer. During the five days in Nepal, staff of UNICEF Nepal had prepared various talks and workshops for us to deepen our understanding towards the work and effectiveness of UNICEF in Nepal. Although Nepal is a developing country, in the field of promoting children's rights, it is partially superior in some aspects to Hong Kong. This visit had provided us with opportunities to inspect and learn from UNICEF Nepal's work. Moreover, we visited many schools and villages and had an in-depth cultural exchange with the staff in different organizations and local habitants. We grabbed this chance to understand the lifestyle and practical needs of the children. This is certainly a precious experience that facilitated our advocacy for children's right. After this Nepal trip, we are more determined to call for more attention towards children in developing countries, who are still living from hand to mouth.





The Hong Kong Teacher and Student Delegates at Chek Lap Kok Airport.



Singapore buddies having a special programme for S.3 students at the School Hall.



Singapore buddies having fun with Mr. Matthew.



Singapore buddies saying goodbye to Mr. Tong and Mr. Kong.

### Reflections of QES students

I was very lucky to have a chance to experience the Singapore culture by having this trip. In general, I have learnt a lot of things in different ways. From living with my buddy and her family, I gained an understanding of the lifestyle of Singaporeans, like their eating habits and how they live harmoniously with people of different races. This programme taught me to be strong, to have self-control and to be brave facing challenges.

**Audrey Law (3B)**

During this Exchange Programme, I have made a lot of new friends and improved my English skills. Though sometimes I might have difficulties understanding my buddy and her family, they were always willing and patient to teach me everything. The most remarkable thing on the tour is that we did not only focus on the sight-seeing part of Singapore but also its local culture and history.

**Laurel Yuen (3A)**

During these fifteen days in Singapore, I attended lessons at St. Anthony School in order to understand the learning style in Singapore. After this exchange programme, my English has improved and I know more about the culture of Singapore. Overall, I have had a great time in this exchange programme. Lastly, I should thank all the teachers who have given me such a good chance to learn.

**Carol Chung (3B)**

I was extremely excited when I first arrived at Singapore because this was the first time I had been to another country with my classmates. I could pair up with a Singaporean buddy so as to live and go to school with her to learn more about their living habits, religion and cuisine. This trip taught me to be more independent and tough. During those 15 days, I made friends with the other Hong Kong exchange students as well as their buddies. All in all, this exchange programme was really worth joining.

**Sarah Tam (3A)**

# Programme

## Introduction

The 9<sup>th</sup> Singapore and Hong Kong Exchange Programme 2010 was held in July and November by eight government secondary schools in Hong Kong and six in Singapore. Our school was one of the participating schools in Hong Kong. From 11<sup>th</sup> to 25<sup>th</sup> of July, eight student delegates of our school completed a two-week Singapore Exchange Programme. We had activities with our buddies as well as other Hong Kong and Singapore students.

Between 7<sup>th</sup> and 15<sup>th</sup> of November, the Singapore buddies and teachers paid their reciprocal visit. Our buddies had lessons at our school with us and lived with our families. During that week, we served as tour guides for our beloved buddies from Singapore, bringing them to a number of restaurants and tourist spots. Despite the differences in our languages, all of us enjoyed a great time at QES. We treasured every moment with them and, indeed, gained a life-time memory.



A trip to the Night Safari in Singapore.



School Life in Singapore.



Ready for the 9<sup>th</sup> HK- Singapore Exchange Programme 2011.



Farewell in Singapore.



**TAM Lok Ting Sarah, YUEN Lok Yiu Laurel, HO Kin Pan 3A  
CHUNG Pui Ching, KO Tsz Wing, LAW Chun Hei,  
KWOK Kai Tik Timson 3B  
SIN Ngai 3C**

## Reflections of Singapore Students

I really loved the warmth and friendliness that QES provided us with while we were on the exchange trip. From the Principal, to the teachers and the students, no one treated us indifferently. Honestly, every lesson that the teachers taught was captivating and interesting though we could not understand the lessons in Chinese or Cantonese! QES is an awesome school which I would attend if I lived in Hong Kong. It just seems so friendly. I would like to thank everyone from QES who chipped in and supported the exchange programme.

**Malcolm** (St. Patrick School)

During this exchange program, I had the chance to attend lessons at Queen Elizabeth School. The things Hong Kong students learn were different to what Singaporeans do. Therefore we had the chance to learn new things. They do not have a canteen like Singapore schools do which meant they have to go out for lunch. It was a new experience having to go out to eat every day. The Principal, teachers and students were very friendly. Overall, my experience of schooling at QES was enjoyable.

**Kelly** (St. Anthony School)

Schooling at QES has made me realize that the schools in Hong Kong are actually not that different from schools in Singapore. The students are really friendly. For example, when my buddy couldn't bring me out because she had extra lessons at school, her friend gladly volunteered to bring me! The teachers at the school were also very friendly, even the principal! I really enjoyed my time being attached to QES! In fact, the school attachment was the most enjoyable part of the whole exchange programme!

**Enqi** (St. Anthony School)



A warm welcome from the Singapore buddy!



Welcome Ceremony at QES with lots of principals and guests from the other schools.



The Hong Kong Teacher and Student Delegates at Chek Lap Kok Airport.



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# Internet - a trap for privacy?

Wong Yan Yu Ruby 7B

Internet has become a part of our daily life. We can barely imagine not being allowed access to the Internet for a few months. We can learn through the Internet, we can play online games on the Internet, and most importantly, we can share our views freely on the Internet. However, are we giving too many personal details at the same time?

There is news lately about an American stating that he was going out at weekends on Facebook and when he returned from vacation, he found his apartment had been burgled. Following an investigation, the burglar was found to be his friend on Facebook. The dangers in giving too many personal details have become evident, not only to him, but to every online user, including you and me. I used to join a promotion programme organized by a commercial company. When I had filled in the form, I could enjoy a member discount. After registration, the company continued to send advertisement links and letters to my mail box. Even though I blocked the sender's email address, I received such advertisement again from a new email address. Finally, I had to delete the account and sign up for a new one.

The Internet is a good platform for users to express their views. But at the same time, it can be a trap for users to fall into. Every word we type on the Internet should be thought through. However, it is quite difficult to decide what should be made public and what should remain private.

In fact, before we are going to publish anything on the Internet, we should think of several factors. First and foremost, you have to take responsibility for the consequences of what you publish. Despite it being a virtual network, what you share online can affect people around you in the real world. There was a man in Singapore complaining of his employer through his blog. Unfortunately, his employer saw it and fired the man. Although you have the right to say what you want on the Internet, you nevertheless have to take responsibility for what you say and how you act; this employee lost his job because of what he wrote online.

Secondly, all personal information like home address, ID card number and password should remain private and should never be shared with friends on the Internet. Internet security is almost useless. Even though you believe it is safe to give out your personal information to your friends on msn or privately via email, the data can actually be easily accessed by hackers.

In addition, respect your friends and others' privacy. We should never upload anything that is yet to be permitted. The power of the Internet network is so horrible that any information can be transmitted through the copper cables within a few seconds. Besides, while the Internet is a virtual world, invasion of privacy is still illegal. Therefore, it is the only way to protect your own and others' privacy.

It is a right for people to enjoy freedom of speech in society, including through the Internet. But the power of the Internet is different from that of a newspaper. Before you are going to share your views on the Internet, think carefully about the consequences and ensure that you can take responsibility for it!

# Is patriotism a dangerous thing?

Andrea Cheung 6C

Patriotism is a word rarely mentioned in our daily lives, but its effect is absolutely not trivial. Glorious and dignified images usually accompany the word. Pictures of people striving for liberty, protesting against dictators; warriors fighting for their country; nationals waving their national flag on their national day, etc, flash through the mind upon hearing their influential word, 'patriotism'. However, as we deepen our thoughts, notorious historical incidents which were due to extreme patriotism loom. At this point, we may question ourselves, 'Is patriotism a good thing? Is it by any means dangerous?' Generally speaking, patriotism is not dangerous, and it is necessary for the prosperity of a country. A country can only move forward in terms of liberty and influence among the international community with the support from and effort made by patriots.

Patriotism is a love of and loyalty to one's country. A patriot always supports and wants his country to be better and stronger in all aspects over time. Under normal circumstances, patriots actively participate in the development of their country. They may become part of the armed force to serve and protect their country against foreign attacks. For more moderate ones, demonstrations are held from time to time to strive for better democratic system and more rights in their nation. When government policies are found to be depriving citizens of their rights, patriots stand out and protest against their governments. This is because patriots are only in favor of governments that are beneficial to their countries, corrupt regimes and dictators are very likely to be overthrown. Furthermore, if foreign powers offend their country, infuriated patriots are ready to speak out for their beloved nation at any time.

If patriotism was not displayed by at least some people, we would not be able to witness many significant historical events

from news stories that are either moving or have let the globe move a huge step towards equality and unity. If patriotism did not exist, Eastern Germany and Western Germany might not have reunited; the Iron Curtain might not have fallen in the 1990s. We might not have a strong and democratic Germany today and we might not be able to have holidays in Eastern Europe so conveniently. If Nelson Mandela was not motivated by his patriotism, we might not have a South Africa whose problems regarding racial discrimination have been hugely improved. In addition, patriotism by some means ensure national security, and this has been proved by numerous people enlisting to fight the war on terror after the September 11th terrorist attack in the US. The effort of these people has hit the Al-Qaeda terrorist organization hard and has effectively reduced the number of attack's attempts on the US soil since that deadly incident. If no one fought the war, the US wouldn't be as safe as it is now no matter how accurate the intelligence is or how many more predator drones the CIA has.

I admit patriotism does have its drawbacks. However, they do not occur unless patriotism evolves into extreme patriotism. During the World War Two, Germans with extreme patriotism frantically supported Hitler and this resulted in the loss of millions of lives. The Cultural Revolution in China was caused by extreme patriots supporting Mao Zedong and carrying out whatever he said. The revolution ended with lots of people beaten or starved to death. These two are some of the most typical examples which prove the possible catastrophe brought about by extreme patriotism. Nevertheless, with these tragedies as an invaluable lesson, we can now avoid the disaster caused by extreme patriotism through looking back at history. It is certain that patriotism is much less dangerous now than several decades before.

Patriotism may not be the most effective element to help a country become one of the strongest nations in the world, but it can undoubtedly lead a country to progress in all aspects. With the probability of the negative outcome of extreme patriotism greatly reduced, patriotism is nothing close to dangerous at all.

# A day in the life of a street-sleeper

Shek Ka Lai 5C

The overpowering stench coming from my neighbour did not allow me to continue my long night's sleep and made my eyes open. Lying in the shabby cardboard in front of the Hong Kong Cultural Centre, I lifted my eyes to the enlarged clock hanging over the Clock Tower. It not only showed the time (6 p.m.), but also a depressing fact—it has been the sixth day since I had left home. Closing my eyes again with tears rolling down my cheeks, I recalled the plight of the past few days as a street-sleeper.



After the fierce quarrel with my stubborn father over my gloomy career, I eventually made up my mind and flew the nest. Having lived under the wings of my parents for years, I was like a bird too eager to fly away. Carrying a heavy backpack containing a modern laptop computer, the trendiest iphone 4 for entertainment, together with brand-name clothes, I embarked upon the life of a street-sleeper. Unfortunately, all these were robbed on the first night of my new life!

“Hey! Get out of this place at once. Otherwise, you will have a chance to stay overnight at the police station!” the roar of the security guard woke me up. I left everything except my dignity. I walked along the breezy cold coast. There was water as far as the eye could see. Dawn laid a thin glowing strip between sea and sky and tinged the sky with gold. I took a deep breath and felt a desire for love and support somewhere in this indifferent world. Things always go against expectations. I could barely smell the vitality of life, only a sense of apathy. I sighed and wandered aimlessly around the city all morning.

My stomach started to complain and kept drumming. It was lunchtime! I walked briskly to the nearby restaurants to beg for food. I was harshly turned down; rejection reinforced my sense of loss. What could I do at this moment? Point at the sky and shout at it? Or start a war with those apathetic people? No, in no way could I do that as it was what we learned from ages –reality.

As time passed, the sky grew dark. The darkness gave a sense of hopelessness and solitude. Wherever I went, the stench of garbage, which represented both beggars and losers, followed me. Understandably, under such circumstances, I was discriminated against by the surrounding pedestrians; all except my parents. They came towards me steadfastly. During my time as a street-sleeper, I thought of my family's smiles. I thought of the perfect dishes made by mum. I thought of the smell of home.

The smell I had once been familiar with but that had felt so distant all became so real the moment the doorlock turned.” Welcome back, my dearest son!” Our eyes were both moist with tears. I thought at that moment of love.

# Do the media have a good or bad influence on society?

Lau Chi Yan 4D

Nowadays, with advancement in information technology, the development of the mass media has become very mature and it plays a crucial role in our daily lives. However, there has been rising concern and controversy over the misuse of the mass media in recent years.

There is no doubt about the good impact of the media on society. With the popularity of the Internet - coupled with television and newspapers - knowledge is easily accessible nowadays. Information can be spread instantly and efficiently, enabling us to know about what is going on around the world all the time and facilitating communication between different places.

In addition, the mass media can act as a medium for the public to voice their opinions and complaints to the government and other authorities so as to press them to improve their services. For instance, through radio phone-in programmes and internet forums, people can express their opinions and needs to the government freely. Not only does it help bridge the gap between the authorities and the public, the government can also know more about the real needs of society, thus improving its policies and services. Once the authorities can be more open-minded and listen to the public, this can help pave the way to a harmonious society.

The mass media also provides different forms of entertainment for the public through various TV shows and dramas. From the news channels, documentaries and soap operas, the public can enjoy a wide variety of TV programmes by just clicking a few icons. What's more, through the educational TV channels,

students can learn more spontaneously besides than they can through the dull process of just memorizing textbook knowledge. The government can also use the media to raise the civic awareness of the public.

However, despite the good impacts of the media on society, we should not forget that the media is sometimes, if not often, misused. A lot of paparazzi try to photo the daily lives of celebrities and publish exaggerated news reports in order to boost their sales. However, once the mass media report such news about the life of public figures, it may infringe on their privacy and cause them trouble. This will exert extra pressure on them and cause them to think that the media is very annoying.

Publishing indecent photos also spreads the wrong messages to the public. Indeed, some newspapers and magazines often publish naked photos of young girls. This may instill incorrect ideas about sex in teenagers and affect their development. Such misuses of the mass media are disastrous to our society and have a bad influence on the next generation.

To address the problems caused by the media, the government has set up various authorities to ensure the ethic practices of the mass media and to handle public complaints against it when they violate these codes. With such monitoring, the situation will be improved particularly if the media shows self-discipline.

In this age of advanced information technology, we cannot live without the mass media. Although there are some cases of violation of ethic codes of the media, with proper supervision by the government and the monitoring of the public, the situation can still be solved. After all, nothing is perfect, including the media.

# My favourite film

Chung Pui Yu Rachel 3A

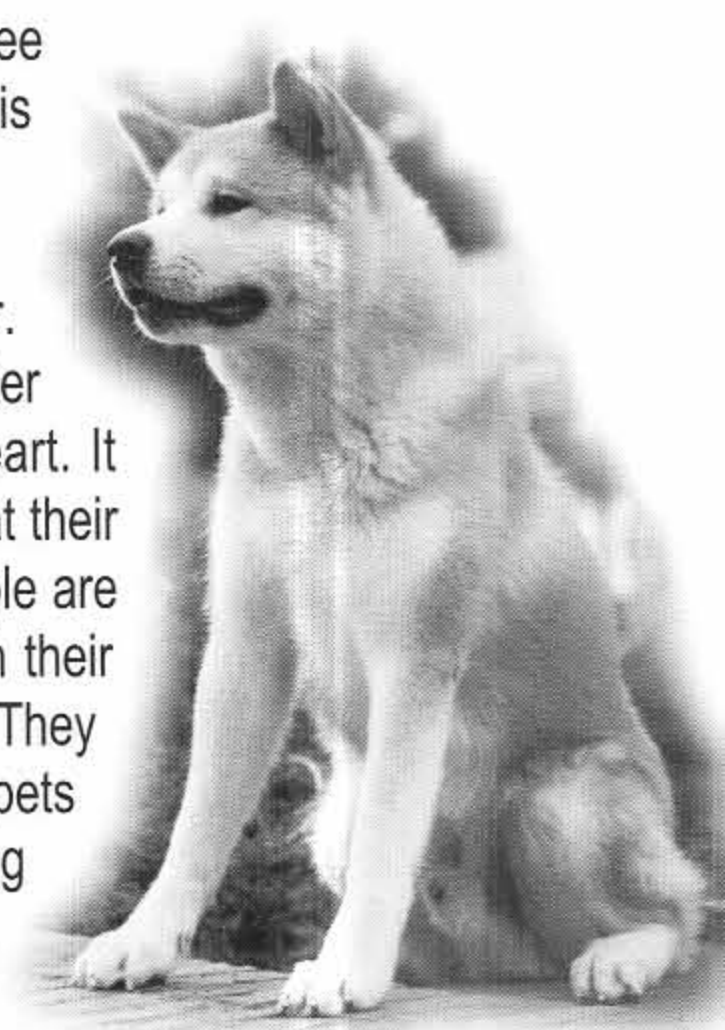
Have you ever owned a loyal pet? Do you think that dogs are the best friends of humans? A film based on a true story in America has inspired everyone. It is "Hachiko". Hachi was a dog hero adopted by a college professor who later died while he was far away from him. Without knowing that his master was already dead, Hachi waited 10 years for his master to come back from work.

Hachi was an Akita puppy that was sent from Japan to the United States, but his cage fell off the baggage cart at an American train station, where he was found by college professor Parker Wilson. Parker was instantly captivated by the dog. He took the puppy home and expected someone to contact the train station to look for the puppy, but no one came forward. Parker adopted the puppy and named him "Hachi" which represents good fortune in Japanese and the number 8. Parker always tried to play 'fetch' with Hachi, but he refused to join in. One morning, Parker left for work and Hachi snuck out and followed him to the train station, where he refused to leave until Parker walked him home. That afternoon, Hachi snuck out again and walked to the train station, waiting patiently for Parker's train to come in. From then on, Parker walked Hachi to the station every morning, where he took the train to work. Hachi went home after Parker's safe departure, but came back in the afternoon to see his master's train arrive and returned home with him again.

One afternoon, as Parker was just about to leave for work, Hachi chased after him. Parker was surprised but pleased that Hachi was finally willing to play 'fetch' with him. However, Parker worried that he was going to be late, so he got on the train despite the fact that Hachi was barking at him. Unfortunately, Parker had a cardiac arrest on the train and passed out while he was still holding Hachi's ball. He eventually died. However, Hachi did not know his master had died. He did not stop waiting for his master to come back home. He returned to the train station and waited patiently for his master to return, every morning and night. As time passed, Parker's wife, Kate, sold the house and Hachi was sent to live with her daughter. He escaped eventually and found his way back to his old house, then to the station. Hachi began sleeping under a broken train carriage. He realized that although it had been years since his master had left, he still felt that he had to wait for him to return.

Years passed, and still Hachi was waiting. Arriving at the station, Kate was stunned to see Hachi, old, dirty and weak, still keeping his vigil. That night, Hachi made his way to his usual spot, where he laid down and fell asleep for the last time, dreaming of his master.

Hachiko is a story of a dog hero and the story proves that friendship can last forever. Hachi is awesome for his loyalty and love for his master. He kept on waiting for his master to come back although his master had already died. This true story touches my heart. It teaches me what love is. It also shows pet owners how they should treat their pets. How often do you care about your pet? Many people are so busy that they do not have time to play with their pet and some even abandon their pets. They should pay more attention to their pets and put more effort into taking care of and playing with them.



# A day without modern technology

Lee Cheuk Tung 2B

Is modern technology the most important thing in the world? Let's explore the idea!

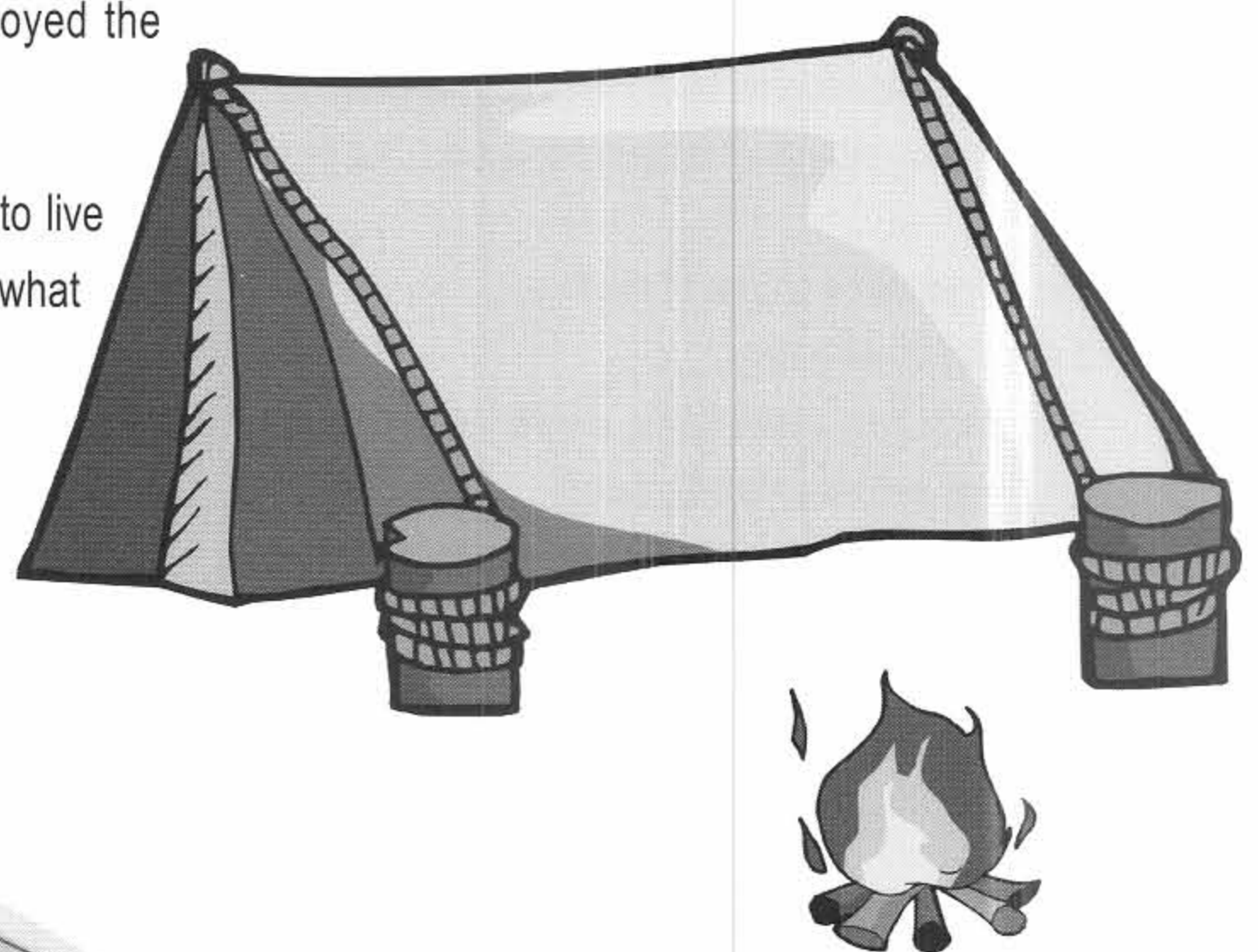
Last week, I joined a camp called "Step onto the magic carpet; back to the past!" It was a camp that allowed us to experience the way of life in the past - No electricity, no energy, no modern technology. Before I joined this camp, I had a question, "How can we live without all these things? Is it really possible?"

In the morning, we got up earlier than before because we needed to get water from a river. We worked in groups and filled the water bottles together. It was really tough for us. It took hours for us to finish. The water was so precious that we had to use it for brushing our teeth and washing our faces. There were so many of us sharing the water together and none of us could waste any of it. After that, we ate a simple breakfast because we could only cook with simple utensils. We have no ovens or micro-wave ovens so we could only steam our food using a small pot and the water we had gotten before.

In the afternoon, we played chess together. It was fun at the beginning, but we started to lose our patience after 15 minutes. Since there was no air-conditioning, it was too hot for us to stay calm and just play chess. If I were at home at that time, I would definitely enjoy my computer games in an air-conditioned room!

We started preparing for our dinner at 4:00pm but it took us four hours to do so! It was really hard to cook without technology. However, it was a rewarding process and we all enjoyed the "specially-made" dinner after our hard work!

After this experience, I realized that it is not impossible to live without modern technology. We should try to treasure what we have and enjoy it!



# The Album of Memory

Chan Tsz Kwan 4D

I turn over the album of memory.  
I see the lovely history:  
I was a little baby,  
Crawling slowly.  
I murmured and murmured the word 'mummy'.  
I was chubby and seemed to be a cute piggy.

I turn over the album of memory,  
I see the cheerful history:  
I was a pretty girl,  
Walking gently.  
I asked and asked for sweets at the store of candies.  
I was happy enough and seemed to be a sunshine lady.

I turn over the album of memory,  
I see the delicate history:  
I was a diligent student,  
Working efficiently.  
I studied and studied to achieve successfully.  
I was busy enough and seemed to be a bustling bee.

Now I close the album of memory,  
I see the cruel reality.  
I am no longer a little baby, a pretty girl nor a diligent me.  
I am just an ordinary office lady.  
But I know my memory will always stay beside me,  
In this humdrum society.

# War Games

Li Kwan Tao 2A

The enemies are arriving!  
Sliding down from helicopters.  
Running through the barracks.  
Preparing their weapons.

We need to launch a sudden attack,  
As fast as a leopard,  
As quiet as a snake,  
Moving towards them,  
Locking targets with snipers:  
We fire!  
And we see them running!  
Screaming!  
Yelling!  
Firing!

Suddenly!

The rockets are falling towards us.  
The others are dead  
And I am injured.  
Enemies are running towards me;  
I need to run  
But the next moment, they're gone.

Just when I think I'm safe,  
I see a bomb above me.



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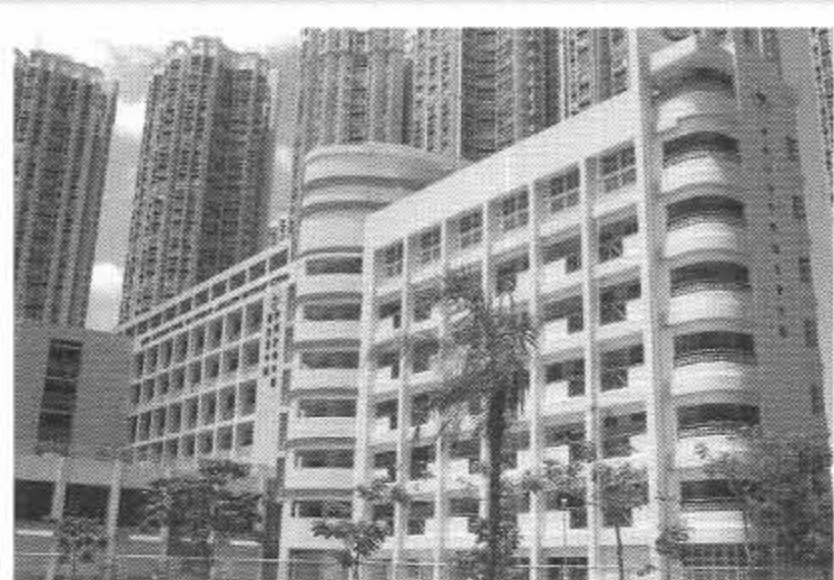
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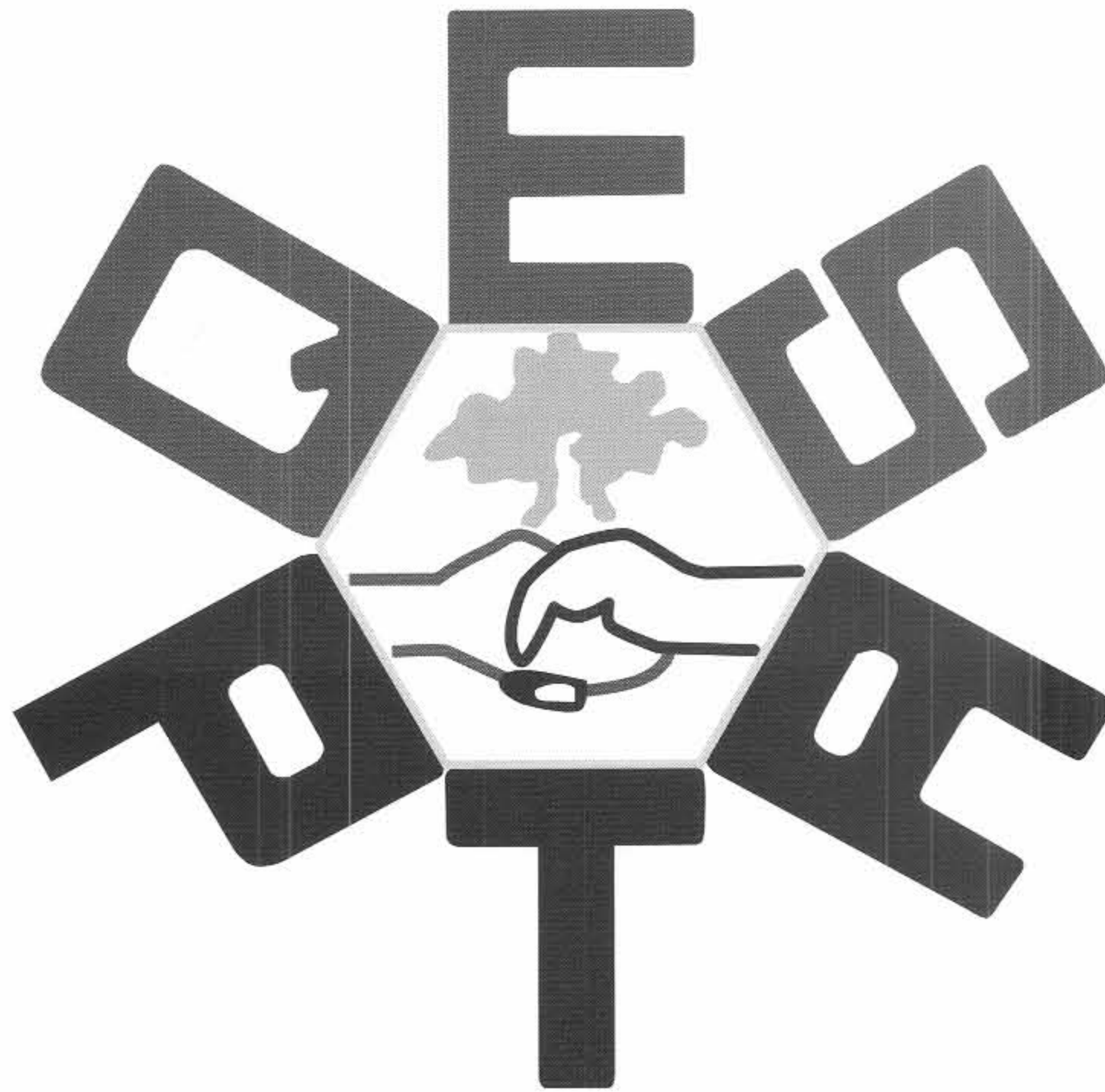


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PHILIP TONG WAI LOP (74FA)  
CAROL TONG MAN WAI (97FA)  
CHERYL TONG MAN FOON (00FA)

Room 1609A, 16/F., Tower 3, China Hong Kong City  
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**陳健開律師事務所**

香港灣仔軒尼詩道313號中國人壽大廈19樓1903室

Room 1903, 19/F, CLI Building,  
313 Hennessy Road, Wanchai, Hong Kong.  
Tel: (852) 2891-9466 Fax:(852) 2891-9465  
E-mail:allen@allenchanco.com



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**周秀穎**  
**Margaret Chau**  
Education Consultant

Tel : 852- 6187 7084 Email : sauwingc@gmail.com

## 海上漫遊

中一甲 陳苑伊

隨着「嘟嘟」的汽笛聲響起，水面泛起一圈又一圈粼粼的波紋，船尾也不斷冒起水花。一切在太陽的照耀下，閃爍着耀眼的光——渡輪終於開動了。

我倚在窗邊，微風像母親那溫柔的手，輕輕地撫摸着我的臉。一片片繁華的都市景象逐一捲入眼簾：密密麻麻的摩天大廈聳立着，它們有的像利劍般直插雲霄，高聳入雲；有的像一隻展翅欲飛的海鷗，形態獨特；有的由大大小小的玻璃幕牆構成，設計新穎……這些建築物各有特色，令人目不暇給。

不知過了多久，華煙漸散，一幅幅美麗的山水畫呈現在我的面前。繁華的都市與之相比，簡直是天壤之別；那邊盡是摩天大廈；這兒卻山清水秀，格外旖旎明媚。放眼望去，盡是一座座翠黛的青山。在巍巍的青山上，到處都是蒼松翠柏。眼前，更是一片浩瀚無際的大海。大海像是一面鏡子，映照在水面上那連綿不斷的山崗清晰可見。湛藍的大海與蔚藍的天空連成一片，叫人分不清哪兒是天，哪兒是海。在水天一色的遠方，浮雲像輕舟般悠悠信步。偶然，一些海鷗會為這幅山水畫增添了幾分色彩——牠們忽然俯衝下來，輕輕地掠過水面，水面即時泛起一圈圈波紋。漣漪四散，水面又恢復了原來的寧靜。

這時候，「嘟嘟」的汽笛聲再次響起，渡輪漸漸地靠岸了。

## 日本地震感懷

中二乙 胡家齊

我堅信  
紅日是不會倒下的

地在搖在跳在動  
驚人的一震  
裂開了吞沒汽車的縫隙  
摧毀了苦心經營的家園  
淒滄的情景  
敲碎了大和民族的心靈

海在吼在捲在衝  
攝人的一湧  
淹沒了柔弱羞澀的櫻花  
吞噬了宏偉壯闊的鳥居  
無情的洪水  
熄滅了東瀛心中的那團火

花，有再開的時候  
家，有重建的日子  
心，有痊癒的一日  
火，有重燃的一刻

我堅信  
紅日，會有再生的時光



# 一位善心的「雪糕富豪」

中二丙 李兆傑

小時候，我喜歡到「麥記」吃東西。我曾不小心將可樂打瀉在地，大哭不止，職員見狀，馬上給我換來一杯新的，還耐心安慰我。於是可樂不再冰冷，反而讓我心裡感到甜滋滋的……

去年暑假，姑母來港探望我和家人。我們參觀了濕地公園，回程時經過「嘉湖銀座」吃飯。離開商場後，我們看見一輛「富豪雪糕車」停泊在路邊，便向姑母推介道：「富豪雪糕很好吃啊！」姑母說：「那我們去試試吧！」

姑母走到雪糕車前，買了一杯軟雪糕，她拿雪糕的方法很有趣，只用兩手的拇指、食指和中指輕輕地、像倉鼠般沾着雪糕筒。她從雪糕頂尖一口咬下去，因一時抓不穩，整杯雪糕便倒了在地上。

時空都彷彿凝滯了，那位短髮、戴圓框眼鏡、臉龐飽滿的中年雪糕車司機轉過頭來，望着倒在地上的雪糕漿和脆筒碎片，一臉可惜，驀地，圓眼鏡內的眼睛，泛起了同情的眼神。

他不知從何弄來一塊紙皮，遞給姑母，讓她剷起雪糕，又輕聲說：「來，讓我來處理。」他凝重的神情，未有一刻改變過。隨即，他又給了姑母第二塊紙皮，姑母彎低身子，腰骨彎得很不自然，彷彿有一塊無形的板挺着。雪糕車司機看見老人家躬身拾物的樣子，既同情又不好意思，說：「我再給你一杯吧！」他拿了個「大碼」的脆筒，拉下軟雪糕扳手，仔細的繞，共繞了四五圈之多。姑母掏出三枚硬幣，排在雪糕車

的窗台上。司機把雪糕遞給姑母之後，認真地把三枚硬幣撿到手心，遞回給姑母，一本正經地說：「不必了，就當我請你吃吧，希望你喜歡吃我的雪糕。」姑母用同一方法拿着雪糕，口張得更大了，她一口便咬掉了一半，生怕雪糕再給掉了，就再沒機會吃似的。我和姊姊都相顧而笑了。

日落西斜，回家路上，我們看見前方剛吃完雪糕的姑母輕鬆地舉着手，將雪糕筒紙揚來揚去，我和姊姊又大笑起來。頓時，我又回想起那位坐在富豪雪糕車上的司機，他的神情總是一本正經、不帶笑容，但他毫不計較、慷慨而有愛心，可謂一位真正的「富豪」啊！縱使他只是個在

時代洪流中掙扎的小市民，他的心靈卻如此富足，比雪白的雪糕更要純潔。他不必像小丑般故弄玄虛，逗人歡笑，他只是實實在在、簡簡單單的繞着雪糕，就能讓人在冰冷之後，嘗到人情的暖意。

現在，我已少了到「麥記」用餐，也很久沒吃過雪糕了。聽說，最低工資實施後，更多員工重拾昔日的笑容。不知「嘉湖銀座」旁的「雪糕富豪」，看見小孩在他手上接過雪糕後，會不會露出更深的笑意呢？



背包，手抱弟弟。幾次我和姊嚷着要牽她的手，她都哄我們扯着她的衣尾或背包的帶子，我們也就不再鬧騰。但當弟弟亦漸大，我再牽她的手，她又笑笑放開了，說怕汗膩。

然而，父親和母親十指相扣，並肩而行時，我從沒聽她這樣說過。彼時，我在她身後，靜靜想着，那應該是母親的手最美的時候，能依舊保留着結婚照上的那份動人，細水長流。只是，結婚照上的她更顯纖瘦，雪紡紗手套籠住雙手，輕盈得像染了顏色的風。

時光一宕，歲月在母親的指間去得格外不留情面，刻下細如纖芥的皺紋，同時竟磨去了她的指紋。過關時母親只好排長長的隊，恨那智能通道不解事，明明無私奉獻的手，卻被摒於門外。

母親還是那樣親力親為。儘管有時我們跟着到超市購物，想替她提點東西，但她只會挑最輕的一袋交給我們，然後右手一袋米，左手又飲料又衛生紙的一大堆，獨力挽回家。那薄如絞綃的肌膚下，青碧的血脈像蟄伏的蛇，隱隱搏動，令人目不忍睹。

大小家務我們只會在特別日子或假期略盡綿力，平日灑掃洗曬都由父母親平分。可是有時母親體諒父親辛勞，就把功夫搶來做——逕自拿過拖把默默扭動，使勁將體重也壓下去了，讓榨出來的水化作手臂的沉重。

風霜侵染她的臂膀，青蛇爬上了她的手背，為甚麼細菌還能狠心襲擊？最近母親的手病倒了，左手拇指和中指的指甲敗

陣退縮，皮下結了一個個微小的氣泡，初時痕癢，及後脹痛就排山壓卵攻至，經久不散，任何藥膏也無法根治。這病最忌沾水，所以暑假期間就由我洗碗，但是一開學，母親又義無反顧地把家務扛起來。於是，她的左手經常得侷促在黃手套裡，母親明明很怕汗膩呀！可一旦不小心沾水，那種痛法更難受百倍：「蟄蝕入骨」，母親是這樣形容的。

是以，每當目光觸及母親的左手，總有層層歉疚薄薄的襲上心頭。執筆之時，我有點猶疑地問母親：「我想寫一寫您的手，可以給我摸一下嗎？」母親倒是爽快地向我伸手，她的左手。

輕輕一握，已驚碎了腦中的想像——竟不覺粗糙，卻也談不上滑溜，倒像：：倒像悄悄觸碰到心底最柔軟的一塊，一塊最初曾相逢在紅塵深處的土壤。

霎時，一陣溫熱蔓延開來，穿透掌心直逼脈搏，無言的感激在血液裡狼奔豕突。

紅顏彈指老，天下若微塵。彈指間，我沒有感到芳華逝去，而是頓悟了，何謂血濃於水：更勝千言萬語，世間一切。母親啊！不要再為病菌侵擾而自慚形穢。知道嗎？您不是萬丈紅塵，萬丈紅塵是您。



兒童節目中扮演動物，但這份兼職所賺的人工也總算能應付日常的生活開支。不過尹熙沛當然不希望長此下去，畢竟他也是個大學畢業生。他曾經寄了百多封求職信，但相信都已經石沉大海。尹熙沛只要一想到自己仍然要依靠父母的經濟支援，愧疚感便會馬上湧上心頭。可是，他知道無論生活有多困難，他也要接受現實，努力地做好現在的工作，哪怕這只是一份不用露面的閒工。尹熙沛穿着厚重的道具服裝，坐在梳妝桌前，慢慢地把頭套戴上。他看着桌前的玻璃鏡子，裡面有一隻生活的騾子正在和他對望。

## 母親的手

中四丙 李珈誼

最早的詩文典籍上，用最傳神的筆墨，描寫着女子的手：手若柔荑。

宛如初生白茅的嫩芽，多麼輕軟的四個字。即便美人早化為煙塵，這審美觀流傳千年依然艷活。然而，我心中最美的手，枯燥蠟黃。

因為她，將髮膚骨血分給了三個兒女；因為她，親手將一棵棵白芽拉扯大。那泛黃的膚色，自然透發一種生命的光輝；那雙手肅穆莊嚴，恍如菩薩靜謐，四方敬伏。

沒錯，在我的腦海中母親的手總是那樣可望而不可即。即使在最能撒嬌的童年，手牽手的回憶都只剩下模糊想像……

我還是嬰孩時，母親最是忙得不可開交，她這樣憶述：「每逢上街，前面懷着你弟弟，後面背着你，左手拖着姊姊，右手還挽着幾大袋菜。」

「那時每逢你啼哭，我在廚房忙着，就側耳細聽。若還有第二聲，即是只想要抱而已，我可以安心繼續幹活。若只哇了一聲，忽然沒了下文，奔去看你時已臉色紫脹，手腳發青，背過氣死了似的。那時你常常無端哭得窒息，嚇得我總要丟下手頭工作來抱一抱你。說也奇怪，只要在我的臂彎裡，漸漸你又能回復過來了。」我聽着也覺神妙，安知真正懂戲法的是母親，三頭六臂、眼觀六路、耳聽八方、力敵千軍、心細如塵，缺一不可。

到弟弟出生後，母親更是分身不暇。每次出行，都得身負

退役運動員  
援助申請表

力爭33元  
最低工資

## 生活的鏈

中五乙 李燕欣

一 「你回家等消息吧。」陳安琪從便利店出來，熱烘烘的日光把她曬得有點昏眩，她想現在到溜冰場滑冰一定會十分痛快。但既然自己已經退役了，亦不可能隨便回去，就算要去也總要買點吃的給教練們，可是她根本沒有收入，不能隨便花錢。正當陳思琪步行回家的時候，前面的一個清潔工人推着垃圾車和她擦身而過，陳思琪回頭瞥了她一眼，然後從手袋裡拿出紙巾拭抹手臂，順便把袋中的「退役運動員援助申請表」扔到旁邊的垃圾筒裡，口中呢喃道：「希望『七仔』快點打電話來。」

二 張嬭推着垃圾車從街頭走到街尾，她對這份工作並不厭倦，只是偶然會因路人的冷眼而感到難堪。她認為清潔工和其他工作並無分別，只是看來比較低微而已。張嬭在麵包店旁的一個垃圾筒前停下來，打開深紫色的筒蓋，正想把黑色的膠袋抽出之際，她的兒子打電話來說：「媽媽，今晚我要吃蛋糕。」張嬭往右邊的蛋糕店望去，看到櫥窗裡放着一件特價發售的藍莓芝士蛋糕。「好吧，待我放工後便買回來給你吃。」她掛了線，重新把手套戴上，然後把黑色的膠袋從垃圾筒內抽出，她看見吃了一半的黑森林蛋糕下面有一張寫着「力爭33元最低工資」的宣傳單張。

三 彼吉從店內出來，雖然地盤提供了免費的飯盒，但全都有

豬肉。既然身為回教徒的自己不能吃豬肉，那只好花幾「蚊雞」到附近的麵包店買麵包吃了。彼吉把麵包紙扔到前面的垃圾車裡，然後狼吞虎嚥的吃着他的「午餐」。他知道自己要盡快趕回地盤去，不然又會被「判頭」責罵。即使彼吉每天都要承受着無數的揶揄和歧視，但他依然希望保住這份收入比其他「同行」微薄的工作。他不介意別人的眼光，亦不介意別人以「阿又」來稱呼自己。「Please take one, sir!」一個派傳單的中年人向彼吉遞上一張傳單，彼吉搖搖頭，以純正的廣東話說：「唔洗喇！」說罷他繼續一邊啃着吃剩一半的雞尾包，一邊想：「我可是在香港土生土長的啊！」

四 阿東把手上的傳單一張一張的派給路過的途人。他並不介意被人拒絕，亦不介意別人看低自己。自從阿東得到宿舍的社工照顧後，病情已經好轉，只是偶然會不自覺地流口水和手震，醫生告訴他這是藥物的副作用。現在這份工作是社工替他找的，雖然只是一份兼職的派傳單工作，但能重新投入社會是阿東一直以來的心願。他不想回憶起昔日自己如何因生活種種壓力而患上這個病，亦不希望再被這個病纏擾，他相信總有一天自己能完全康復的。「先生，拿一張吧。」阿東終於把最後一張傳單派完，正當他打算離開之際，一個青年和他迎面相撞，「唔好意思！我趕時間。」阿東回過神來，突然記起：「對了！我忘了今天要到精神病院覆診。」於是他也一溜煙似的跑了。

五 尹熙沛匆匆忙忙地趕到錄影廠換衣服，雖然他只是負責在

# 一件不會再穿上的衣服

中六甲 曾韻而

我從洗衣機內，拿出了剛洗滌過的中學校裙。我伸直雙手，有點費力地甩動着裙子，使回憶般糾結的皺摺回復平靜後，就用衣架將其晾出了陽台。即使已遠離校園生活多年，偶爾我還是會從衣櫥的深處找出這條藍白格子校服裙，把它洗淨再晾乾，摺好又放回衣櫃。我會害怕，當有些東西我們不再重複練習，它就會如那些落在車子玻璃上的水滴般，一抹便乾，不留痕跡。站在陽台上的我，舉起雙手摸了摸裙子的下擺，被暖陽照耀過的溫度使我的指尖和心頭有點發癢，如果此時一陣涼風吹來，我說不定就可以嗅到種在校園斜路旁小花的芬芳。我抬起頭，細看之下會察覺到校裙的下擺其實非常厚重，一排整齊的線步把過往都收藏起來了。這件不會穿上的衣服新簇如昔，可是少年時代的风景呢？卻被一年又一年的秋意給吹得愈來愈遠了。

別人校裙的下擺都愈來愈薄了，我的呢，卻愈來愈厚重。小學時期，我是個「大塊頭」。上中一前的暑假，母親帶了我到校服公司買新學校校服。基於母親恐怕我「快高長大」，買合尺寸的衣服不耐穿，於是便替我買了大了至少兩個碼的校服裙。可是，我自中一以後便沒有再長高了，而體重呢，不但沒升反跌。大概到了中三，縱使我的身高不再增加，但性情卻愈益警扭。每次早上穿着校裙照鏡子，看到那長得過分的土氣校裙，我總是厥着嘴巴抱怨。我猜母親一定是聽到我的喃喃低語感到內疚，一天晚上，她一針一線地把校服裙過長的部份都縫起來了，而我的校園生活也如這校裙一般，愈縮愈短。

說句實話，最初，我不太喜歡這條藍白格子校服裙。藍白相間的格子，酷似桌布或是某個品牌的麵包包裝袋。但是，

穿着的日子愈久，那藍與白竟也變得愈來愈調和，愈來愈順眼了。現在回想起來，大概是與生俱來的迷思，當時鐘的時針不住加快在原地跳舞的速度，你就會忽爾驚覺有些習慣你已無法割捨。直到中七學期的最後一天，回到家脫下校服裙的一剎那，我才察覺它陪伴我走過了多少個恣意歡笑、高呼狂奔的日子。我們走遍了校園的每一個角落，踏遍了校舍的每一道階梯，我們在青蔥歲月中肆意地揮灑着汗水和淚水。在時日的沖擦下，校服裙的肩膀位置都有些發毛了。沉甸甸的教科書天天在我的肩上拉扯，校服裙肩位的布料變薄了，而我的肩膀卻好像變得寬了，能夠肩負起成長的責任與重擔。莫名地，那時候，我突然好想穿上校服裙去淋一場大雨。有誰說過，青春是一場大雨，即使感冒了，還是希望它從頭再淋一次。

太陽原來可以把水氣都蒸發，總在幾次的夕陽之後，離愁的惆悵就不再洶湧。不消幾個小時，高掛着的校服裙已快曬乾。我以最輕柔的手勢把它摺得挺直，放回衣櫥的深處。我相信，最精彩最深厚的過往，總會沉澱成閃閃生輝的粒子，一直映照著回憶裡的烏托邦。



作，有收入，在衣食住行方面或許略為節儉，買書卻是豪爽大方，一次買個十多二十本也不為怪。我心想，這些人購書如此瘋狂，早晚建一座圖書館也實不為怪。我所知的藏書至癡，乃明朝的范欽，他特意建了個「天一閣」來藏書卷帙達七萬多，駭人聽聞。

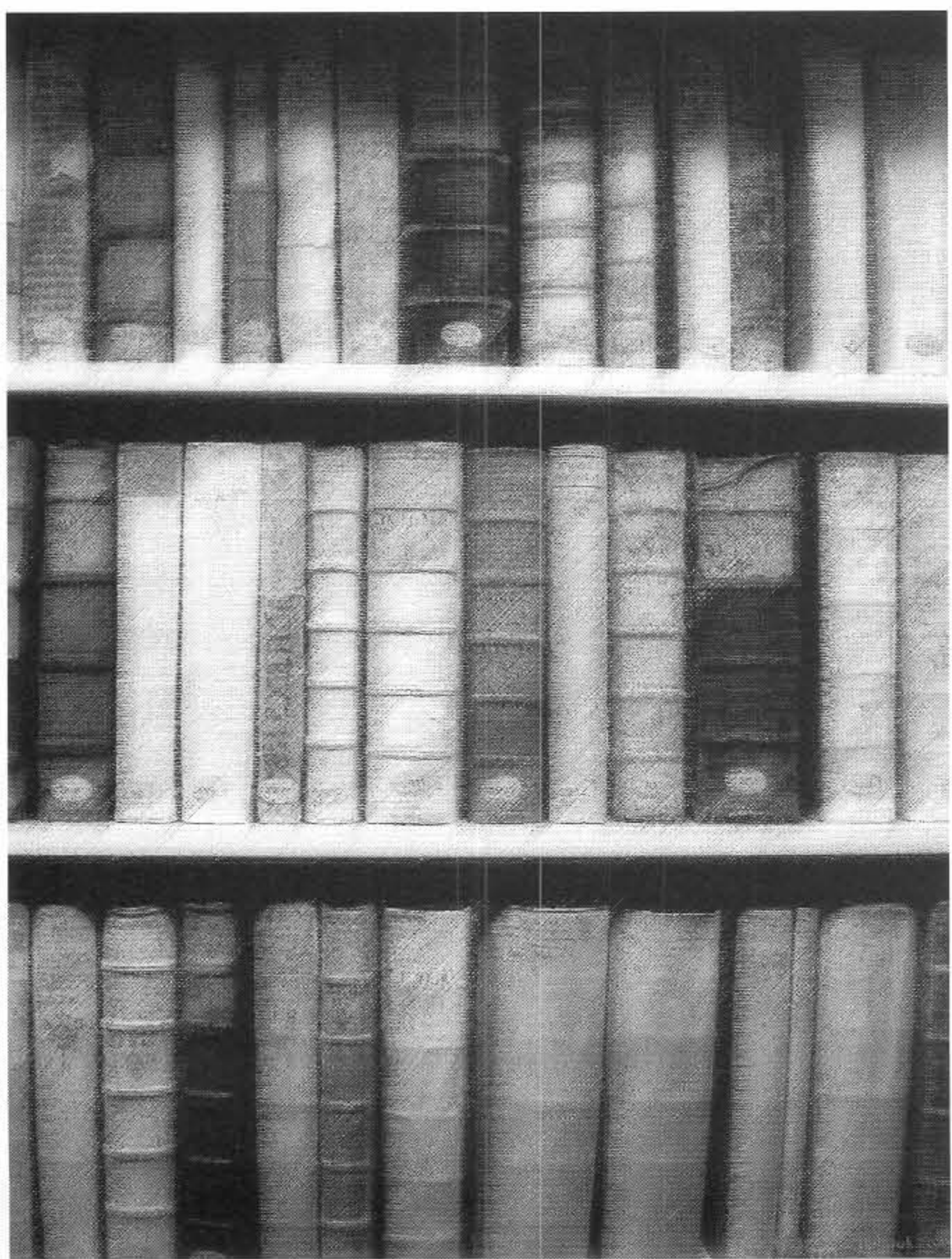
愛書之人捨不得賣書，若說讀書是習禮學義的途徑，賣書則要將愛書人陷於無禮無恥之地，比賣了他的命更為嚴重。古時候，人們家貧會把物品典當，文人也會典當，但一箱經笥，非到山窮水盡、甑塵釜魚、囊中羞澀之境，亦不會輕易當出。自置的書，拿去典當，好比割了自己一塊肉，痛苦不堪。後來得了一筆錢，生活之窘或許稍為舒解了，但曾經「半床花雨伴書眠」的日子釋懷不了，一部《春秋》的背影長於心中縈繞，戚戚不能終日。

當代著名學者郭沫若年輕時，因為要進大學唸醫科，打算與文學絕緣，把多年的藏書送的送，賣的賣，最後剩下《庾子山全集》和《陶淵明全集》兩本書，也忍痛賣到岡山圖書館去了。後來懊悔不已，感歎書之去矣，比切膚猶痛。好書之人，實在心領神會。

然而，住室範圍有限，只管買書不賣去一點怎辦？富有的人，他們家中幅員遼闊，不太成問題。八尺之家，委屈一點，把書疊成書樓，堆滿斗室，甚或讓它們進駐臥室，與己同眠，至再也擠不出一個小小的臥位，唯有將書寄人籬下，待地方許可時再取回。我父母生怕出入無路，屢勸我先讀完手頭所有的書再行購買。我開初詐聽不為，後來書本堆到床邊來，才少了

買書。

當然，我愛書買書之熱忱不可能就此減退。最近，中母親所言，即將搬屋，她「好言相勸」（於我耳中是讒言），要我賣掉一些書，好讓搬運輕鬆一點。我霎時張眉弩眼，甚有與書共存亡之勢，義正辭嚴地說：「要我賣書，你乾脆先將我典當了罷！」



「你回家等消息吧。」陳安琪從便利店出來，熱烘烘的日光把她曬得有點昏眩，她想現在到溜冰場滑冰一定會十分痛快。但既然自己已經退役了，亦不可能隨便回去，就算要去也總要買點吃的給教練們，可是她根本沒有收入，不能隨便花錢。正當陳思琪步行回家的時候，前面的一個清潔工人推着垃圾車和她擦身而過，陳思琪回頭瞥了她一眼，然後從手袋裡拿出紙巾拭抹手臂，順便把袋中的「退役運動員援助申請表」扔到旁邊的垃圾筒裡，口中呢喃道：「希望『七仔』快點打電話來。」

張嬾推着垃圾車從街頭走到街尾，她對這份工作並不厭倦，只是偶然會因路人的冷眼而感到難堪。她認為清潔工和其他工作並無分別，只是看來比較低微而已。張嬾在麵包店旁的一個垃圾筒前停下來，打開深紫色的筒蓋，正想把黑色的膠袋抽出之際，她的兒子打電話來說：「媽媽，今晚我要吃蛋糕。」張嬾往右邊的蛋糕店望去，看到櫥窗裡放着一件特價發售的藍莓芝士蛋糕。「好吧，待我放工後便買回來給你吃。」她掛了線，重新把手套戴上，然後把黑色的膠袋從垃圾筒內抽出，她看見吃了一半的黑森林蛋糕下面有一張寫着「力爭33元最低工資」的宣傳單張。

三 彼吉從店內出來，雖然地盤提供了免費的飯盒，但全都有

兒童節目中扮演動物，但這份兼職所賺的人工也總算能應付日常的生活開支。不過尹熙沛當然不希望長此下去，畢竟他也是個大學畢業生。他曾經寄了百多封求職信，但相信都已經石沉大海。尹熙沛只要一想到自己仍然要靠父母的經濟支援，愧疚感便會馬上湧上心頭。可是，他知道無論生活有多困難，他也要接受現實，努力地做好現在的工作，哪怕這只是一份不用露面的閒工。尹熙沛穿着厚重的道具服裝，坐在梳妝桌前，慢慢地把頭套戴上。他看着桌前的玻璃鏡子，裡面有一隻生活的騾子正在和他對望。



## 同學來稿

背包，手抱弟弟。幾次我和姊嚷着要牽她的手，她都哄我們扯着她的衣尾或背包的帶子，我們也就不再鬧騰。但當弟弟亦漸大，我再去牽她的手，她又笑笑放開了，說怕汗膩。

然而，父親和母親十指相扣，並肩而行時，我從沒聽她這樣說過。彼時，我在她身後，靜靜想着，那應該是母親的手最美的時候，能依舊保留着結婚照上的那份動人，細水長流。只是，結婚照上的她更顯纖瘦，雪紡紗手套籠住雙手，輕盈得像染了顏色的風。

時光一宕，歲月在母親的指間去得格外不留情面，刻下細如纖芥的皺紋，同時竟磨去了她的指紋。過關時母親只好排長長的隊，恨那智能通道不解事，明明無私奉獻的手，卻被摒於門外。

母親還是那樣親力親為。儘管有時我們跟着到超市購物，想替她提點東西，但她只會挑最輕的一袋交給我們，然後右手一袋米，左手又飲料又衛生紙的一大堆，獨力挽回家。那薄如蛟綃的肌膚下，青碧的血脈像蟄伏的蛇，隱隱搏動，令人目不忍睹。

大小家務我們只會在特別日子或假期略盡綿力，平日灑掃洗曬都由父母親平分。可是有時母親體諒父親辛勞，就把功夫搶來做——逕自拿過拖把默默扭動，使勁將體重也壓下去了，讓榨出來的水化作手臂的沉重。

風霜侵染她的臂膀，青蛇爬上了她的手背，為甚麼細菌還能狠心襲擊？最近母親的手病倒了，左手拇指和中指的指甲敗

豬肉。既然身為回教徒的自己不能吃豬肉，那只好花幾「蚊雞」到附近的麵包店買麵包吃了。彼吉把麵包紙扔到前面的垃圾車裡，然後狼吞虎嚥的吃着他的「午餐」。他知道自己要盡快趕回地盤去，不然又會被「判頭」責罵。即使彼吉每天都要承受着無數的揶揄和歧視，但他依然希望保住這份收入比其他「同行」微薄的工作。他不介意別人的眼光，亦不介意別人以「阿又」來稱呼自己。「Please take one, sir!」一個派傳單的中年人向彼吉遞上一張傳單，彼吉搖搖頭，以純正的廣東話說：「唔洗喇！」說罷他繼續一邊啃着吃剩一半的雞尾包，一邊想：「我可是在香港土生土長的啊！」

四 阿東把手上的傳單一張一張的派給路過的途人。他並不介意被人拒絕，亦不介意別人看低自己。自從阿東得到宿舍的社工照顧後，病情已經好轉，只是偶然會不自覺地流口水和手震，醫生告訴他這是藥物的副作用。現在這份工作是社工替他找的，雖然只是一份兼職的派傳單工作，但能重新投入社會是阿東一直以來的心願。他不想回憶起昔日自己如何因生活種種壓力而患上這個病，亦不希望再被這個病纏擾，他相信總有一天自己能完全康復的。「先生，拿一張吧。」阿東終於把最後一張傳單派完，正當他打算離開之際，一個青年和他迎面相撞，「唔好意思！我趕時間。」阿東回過神來，突然記起：「對了！我忘了今天要到精神病院覆診。」於是他也一溜煙似的跑了。

五 尹熙沛匆匆忙忙地趕到錄影廠換衣服，雖然他只是負責在

## 母親的手

中四丙 李珈誼

最早的詩文典籍上，用最傳神的筆墨，描寫着女子的手：手若柔荑。

宛如初生白芽的嫩芽，多麼輕軟的四個字。即便美人早化為煙塵，這審美觀流傳千年依然艷活。然而，我心中最美的手，枯燥蠟黃。

因為她，將髮膚骨血分給了三個兒女；因為她，親手將一棵棵白芽拉扯大。那泛黃的膚色，自然透發一種生命的光輝；那雙手肅穆莊嚴，恍如菩薩靜謐，四方敬伏。

沒錯，在我的腦海中母親的手總是那樣可望而不可及。即使在最能撒嬌的童年，手牽手的回憶都只剩下模糊想像……

我還是嬰孩時，母親最是忙得不可開交，她這樣憶述：「每逢上街，前面懷着你弟弟，後面背着你，左手拖着姊姊，右手還挽着幾大袋菜。」

「那時每逢你啼哭，我在廚房忙着，就側耳細聽。若還有第二聲，即是只想要抱而已，我可以安心繼續幹活。若只哇了一聲，忽然沒了下文，奔去看你時已臉色紫脹，手腳發青，背過氣死了似的。那時你常常無端哭得窒息，嚇得我總要丟下手頭工作來抱一抱你。說也奇怪，只要在我的臂彎裡，漸漸你又能回復過來了。」我聽着也覺神妙，安知真正懂戲法的是母親，三頭六臂、眼觀六路、耳聽八方、力敵千軍、心細如塵，缺一不可。

到弟弟出生後，母親更是分身不暇。每次出行，都得身負

陣退縮，皮下結了一個個微小的氣泡，初時痕癢，及後脹痛就排山壓卵攻至，經久不散，任何藥膏也無法根治。這病最忌沾水，所以暑假期間就由我洗碗，但是一開學，母親又義無反顧地把家務扛起來。於是，她的左手經常得侷促在黃手套裡，母親明明很怕汗膩呀！可一旦不小心沾水，那種痛法更難受百倍：「蝨蝨入骨」，母親是這樣形容的。

是以，每當目光觸及母親的左手，總有層層歉疚薄薄的襲上心頭。執筆之時，我有點猶疑地問母親：「我想寫一寫您的手，可以給我摸一下嗎？」母親倒是爽快地向我伸手，她的左手。

輕輕一握，已驚碎了腦中的想像——竟不覺粗糙，卻也談不上滑溜，倒像……倒像悄悄觸碰到心底最柔軟的一塊，一塊最初曾相逢在紅塵深處的土壤。

霎時，一陣溫熱蔓延開來，穿透掌心直逼脈搏，無言的感激在血液裡狂奔竄突。

紅顏彈指老，天下若微塵。彈指間，我沒有感到芳華逝去，而是頓悟了，何謂血濃於水；更勝千言萬語，世間一切。母親啊！不要再為病菌侵擾而自慚形穢。知道嗎？您不是萬丈紅塵，萬丈紅塵是您。



古人視書如命，這是毋庸置疑的。夫子路經鳳凰山下遇雨，所帶的書都濕了，焦急如焚，幸得當日陽光普照，就在山麓曬書。漢代為了這樁事，還建了個曬書城。

不知何時，文人和書之間搭起了不可分割的關係。文人愛書。他們捧着一本《四書章句集注》，又或是《唐詩三百首》，便有一副做學問的德性。書是學問人的象徵，手不釋卷，表示他們有內涵、有修養。文人愛書愛得能嗅出書之香，即便我以為那只是尋常的紙味，作家梁實秋則說人是一無以名之名之曰書香」。不是有個成語叫書香世代嗎？這種書香，在魏晉時期還挺吃香的，非書香世代的子弟不能擔任高官厚職。

好書之人自然愛買書。買書是種癮，而且這癮會愈來愈深，讀書人很多會染上「書淫」之病。我也愛買書。記得最初在某數學比賽得了銀獎，獎了一百五十元書券，到書局買了幾本書花光了。自此，我以買書為樂，起初買的速度與閱讀的速度相若，後來，我還未看完一本又置了本新的，如是者一發不可收拾，愈買愈多。家人漸生抱怨，曉我以大義。「家中地方已不大，你看，由廳中的書櫃，到你房中的書櫃，都擺滿了書。遲些搬屋，看你怎個處置。」

書癡是一群難覓知音的人，常人不明白，會說他們是癡；遇上同道中人，彼此的話題便沒完沒了，話題都圍繞着一個書字，比如「你有那本絕版書嗎？」「你的《顧亭林詩文集》屬哪個出版社？」當然，書癡也是常人，他們金錢有限，而慾望

## 同學來稿

作，有收入，在衣食住行方面或許略為節儉，買書卻是豪爽大方，一次買個十多二十本也不為怪。我心想，這些人購書如此瘋狂，早晚建一座圖書館也實不為怪。我所知的藏書至癡，乃明朝的范欽，他特意建了個「天一閣」來藏書卷帙達七萬多，駭人聽聞。

愛書之人捨不得賣書，若說讀書是習禮學義的途徑，賣書則要將愛書人陷於無禮無恥之地，比賣了他的命更為嚴重。古時候，人們家貧會把物品典當，文人也會典當，但一箱經笥，非到山窮水盡、甑塵釜魚、囊中羞澀之境，亦不會輕易當出。自置的書，拿去典當，好比割了自己一塊肉，痛苦不堪。後來得了一筆錢，生活之窘或許稍為舒解了，但曾經「半床花雨伴書眠」的日子釋懷不了，一部《春秋》的背影長於心中縈繞，戚戚不能終日。

當代著名學者郭沫若年輕時，因為要進大學唸醫科，打算與文學絕緣，把多年的藏書送的送，賣的賣，最後剩下《庚子山全集》和《陶淵明全集》兩本書，也忍痛賣到岡山圖書館去了。後來懊悔不已，感歎書之去矣，比切膚猶痛。好書之人，實在心領神會。

然而，住室範圍有限，只管買書不賣去一點怎辦？富有的人，他們家中幅員遼闊，不太成問題。八尺之家，委屈一點，把書疊成書樓，堆滿斗室，甚或讓它們進駐臥室，與己同眠，至再也擠不出一個小小的臥位，唯有將書寄人籬下，待地方許可時再取回。我父母生怕出入無路，屢勸我先讀完手頭所有的書再行購買。我開初詐聽不為，後來書本堆到床邊來，才少了

無窮，得想些法子來買下心頭好。古人若是無力買書，會問人借書回家抄錄。戰國時的管仲，正因為家貧，只利用抄書的方法來「買書」。明藏書家祁承為置書，手錄古今四部圖書數千卷，抄到「十指為裂」，可謂書癡之至。

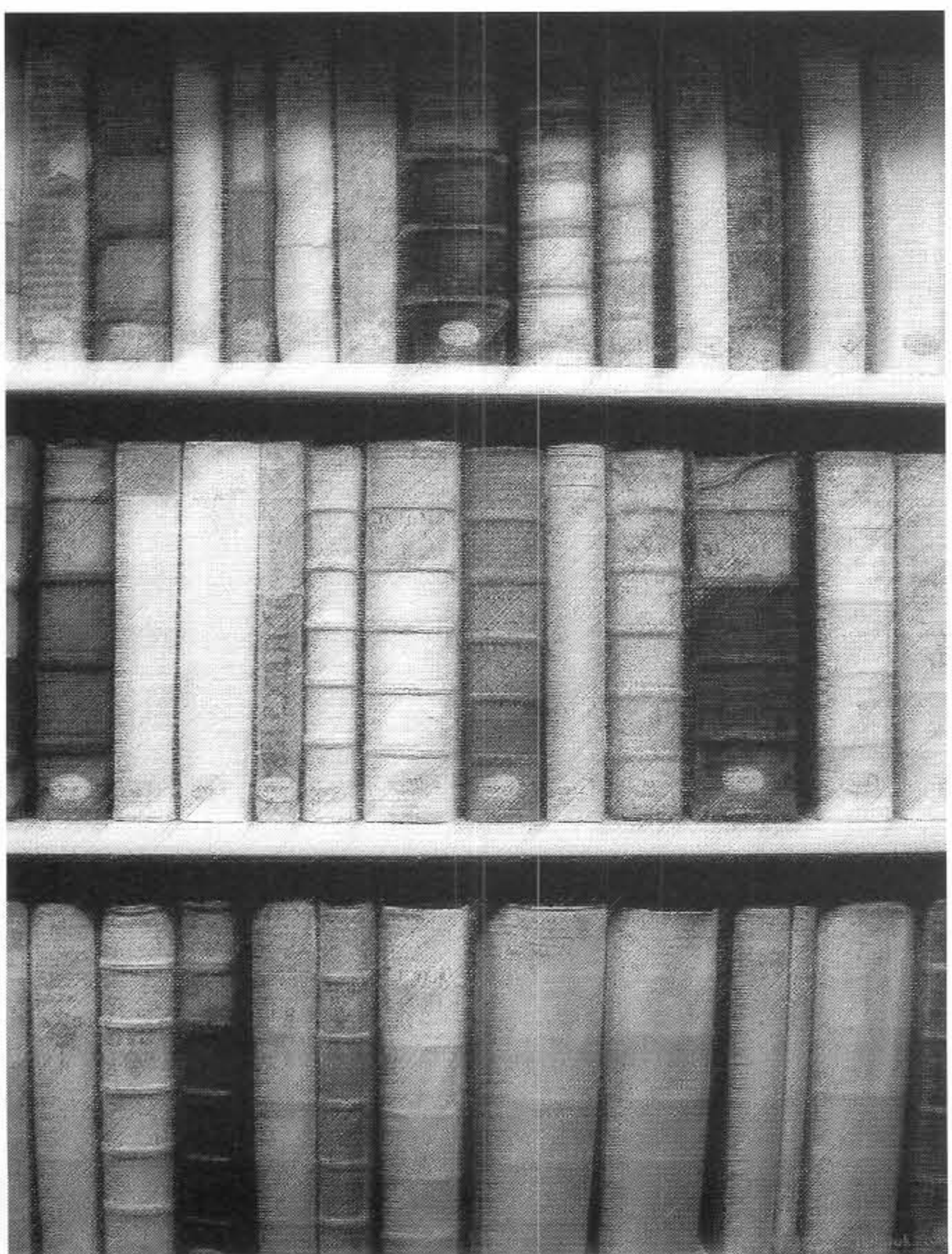
祁承除了手錄，還為了買書把妻子的首飾典賣一空。典當借錢以買書之事，於古人言煞是等閑。清朝的李文藻是個有名的書狂。文獻記載他「性好聚書，每入肆見異書，輒典衣取債致之，又從友朋借鈔，藏弄數萬卷，皆手自讎校」。蒲松齡筆下有個郎玉柱和顏如玉的故事。蒲說「彭城郎玉柱，其先世官至太守，居官廉，得俸不治生產，積書盈屋。至玉柱尤癡。家苦貧，無物不鬻，惟父藏書，一卷不忍置」。近代作家朱自清不曾經忍痛把父親為他造的大鑿當了，買下了華洋書莊一部新版的《韋伯斯特大字典》嗎？

今日物質較豐裕了，買書不是一件難事，犯不着典當質藏，但書癡對書的慾望終究是可怕的，有時免不了要節食縮衣，甚至挨餓不吃飯，也要蓄一筆錢買書。我唸中學一年級時，曾嘗試一星期不吃午飯，把剩下來錢，買了六本書，現在回想起，真有與自己的五臟廟作對之感。

書癡喜歡逛書店，閑來無事，朋友相邀去喝酒，他們會獨個兒到附近的書鋪看看有沒有新書。蒐訪是一種樂趣。我唸的中學附近有一條二樓書店街，雖然這陣子多間書店接連倒閉，書店盈街的風光不再，但回想起當日光景，二三日便到那些書店逛，實感回味。中學生經濟能力有限，我買書不多。上到書店，四角鑽遍的準是幾個熟悉的臉孔。他們大概已經出來工

買書。

當然，我愛書買書之熱忱不可能就此減退。最近，中母親所言，即將搬屋，她「好言相勸」（於我耳中是讒言），要我賣掉一些書，好讓搬運輕鬆一點。我霎時張眉弩眼，甚有與書共存亡之勢，義正辭嚴地說：「要我賣書，你乾脆先將我典當了罷！」





# 《買書和賣書》

中七甲 黃啟深

古人視書如命，這是毋庸置疑的。夫子路經鳳凰山下遇雨，所帶的書都濕了，焦急如焚，幸得當日陽光普照，就在山麓曬書。漢代為了這樁事，還建了個曬書城。

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好書之人自然愛買書。買書是種癮，而且這癮會愈來愈深，讀書人很多會染上「書淫」之病。我也愛買書。記得最初在某數學比賽得了銀獎，獎了一百五十元書券，到書局買了幾本書花光了。自此，我以買書為樂，起初買的速度與閱讀的速度相若，後來，我還未看完一本又置了本新的，如是者一發不可收拾，愈買愈多。家人漸生抱怨，曉我以大義。「家中地方已不大，你看，由廳中的書櫃，到你房中的書櫃，都擺滿了書。遲些搬屋，看你怎個處置。」

書癮是一群難覓知音的人，常人不明白，會說他們是癡；遇上同道中人，彼此的話題便沒完沒了，話題都圍繞着一個書字，比如「你有那本絕版書嗎？」「你的《顧亭林詩文集》屬哪個出版社？」當然，書癡也是常人，他們金錢有限，而慾望

無窮，得想些法子來買下心頭好。古人若是無力買書，會問人借書回家抄錄。戰國時的管仲，正因家貧，只用品抄書的方法來「買書」。明藏書家祁承為置書，手錄古今四部圖書數千卷，抄到「十指為裂」，可謂書癡之至。

祁承除了手錄，還為了買書把妻子的首飾典賣一空。典當借錢以買書之事，於古人言煞是等閑。清朝的李文藻是個有名的書狂。文獻記載他「性好聚書，每入肆見異書，輒典衣取債致之，又從友朋借鈔，藏奔數萬卷，皆手自讎校」。蒲松齡筆下有個郎玉柱和顏如玉的故事。蒲說「彭城郎玉柱，其先世官至太守，居官廉，得俸不治生產，積書盈屋。至玉柱尤癡。家苦貧，無物不鬻，惟父藏書，一卷不忍置」。近代作家朱自清不曾經忍痛把父親為他造的大斃當了，買下了華洋書莊一部新版的《韋伯斯特大字典》嗎？

今日物質較豐裕了，買書不是一件難事，犯不着典當質藏，但書癡對書的慾望終究是可怕的，有時免不了要節食縮衣，甚至挨餓不吃飯，也要蓄一筆錢買書。我唸中學一年級時，曾嘗試一星期不吃午飯，把剩下來錢，買了六本書，現在回想起，真有與自己的五臟廟作對之感。

書癡喜歡逛書店，閑來無事，朋友相邀去喝酒，他們會獨個兒到附近的書鋪看看有沒有新書。蒐訪是一種樂趣。我唸的中學附近有一條二樓書店街，雖然這陣子多間書店接連倒閉，書店盈街的風光不再，但回想起當日光景，二三日便到那些書店逛，實感回味。中學生經濟能力有限，我買書不多。上到書店，四角鑽遍的準是幾個熟悉的臉孔。他們大概已經出來工

# 詩詞創作比賽得獎作品

## 第二十二屆全港學界律詩創作比賽

預科、中學及香港專業教育學院組

### 日暮觀潮

中七甲 黃啟深

漫聽琮瑋氣逼霄，滄江曾夢掣狂潮。  
驚濤已沒錢塘弩，流響難傳羽閣簫。  
忍為蟲魚供廢晷，枉拋心血愧前朝。  
欄杆拍遍誰人識，一燭殘陽染海燒。

亞軍

## 第三十五屆全港青年

### 中文詩創作比賽

## 第十五屆全港學界對聯創作比賽

預科、中學及香港專業教育學院組

中七甲 黃啟深

### 清明上河圖

中七甲 黃啟深

萋萋春華綻汴京，畫樓舞榭憶昇平。  
依稀賸卷虹橋外，猶起艚歌三兩聲。

上聯：碧川繞郭連芳草

下聯：白露含秋冷玉階

冠軍

獲獎作品的版權為新市鎮文化教育協會擁有

亞軍

「你在這裏幹甚麼？」一把低沈的聲音問我。

原來是一隻流浪狗，嚇得我差點昏了過去。

「親愛的狗狗，您可否背我到大廈裏去？」我向牠擠擠眼睛。

「不要用那樣噁心的表情看着我，你很臭！」牠竟然狠心別過臉去！

「求求您！我妹妹在大廈內！」她現在一定很害怕。

「唉，誰叫我玉樹臨風，又擁有一顆慈祥的心呢！」

狗兒叼着我跑啊跑。

「衰狗，出去！」管理員追趕着狗兒。

「我在這裏放下你，祝你好運！」狗兒把我放在管理處不顯眼的位置。

「謝啦！」我大叫。

「我想要去洗澡……」我聽見牠咕噥了一句，真是一頭衰狗！

我就躺在那裏等待。太陽伯伯終於起來了，一晚沒睡，好睏啊。

「媽媽，不要丟掉它啦。我雖然不喜歡它，但我相信它的朋友會回來啊！」女孩撒嬌道。

「好了，媽媽不丟掉那襪子，不過若果找回它的話，你要乖乖的穿喔。」

「好的。」

主人拖緊女孩走出電梯，停下了腳步。

「很臭啊，是甚麼味道？」主人用手掩着口鼻。

「媽媽，找回它了！」小女孩指着我，甩開主人的手，真潑辣呢！她蹲下來，拾起了我。終於，我回到家了。

女孩還是一次也沒有把我和妹妹套在腳上。不過，主人把我倆製成可愛的襪子玩偶放在櫥櫃裏。

人類世界也不盡是黑暗面，我遇到隱藏在角落的色彩。

還有一件事，我生氣了很久。我在外時一直擔心着妹妹，原來她一直在睡懶覺！回來後，她第一句對我說的話是：「噢！為甚麼你還未乾？」



# 遇到了

中四丙 黃婉儀

優異獎

「我為甚麼會在這裏……？」我迷迷糊糊的摔了摔頭，好讓自己清醒過來。看看四周，垃圾和污水渠的臭味混在一起，臭不可擋。

「臭死了。」我嗅嗅自己，身上傳出刺鼻難聞的腥臭。

「欸，妹呢？」我把自已從內到外都看了一遍。「只剩下我一個呢……」

我不喜歡這人類世界，人做每件事都總有一個黑暗面，為甚麼呢？人類的心思出了名難以捉摸，難道就不可以像我們襪子一樣，或是淨色，或是花紋的嗎？最重要的是，人類總是「臭襪、臭襪」的叫我們，這還不是種族歧視？

人類世界真的很有問題。

一星期前。

「六元一對！手快有手慢無啊！」大嬸！我的耳膜快穿了！

我在等，希望有一個好家庭收留我和妹妹。終於，這時刻到了。

「欸，這蠻可愛的啊。」有人類拿起了我們。「六元一

對，還過得去吧！是棉質的嗎？」怎搞的？我們就只值六元嗎？

「是啊。這位女士，多挑幾雙吧！」

「夠了，家裏多的是，挑給女兒罷了。」

她們就這樣有一搭沒一搭的聊着，有甚麼好談的？所以說啊，人類就是莫名其妙。他們要這樣大的房子幹甚麼？又是錢，最討厭錢這種骯髒的東西。不過這個家也沒有甚麼問題，只是小孩有點潑辣……

「我不要藍色！」小女孩扭捏着。「我要粉紅色！我丟了命也不要穿這襪子！」我有沒有醜到那個地步啊？主人對你這麼好，這女孩真自私。但不知為甚麼，主人沒吭聲，只是把我和妹放進機器內。

在這機器內，我們暈得迷失方向。出來後主人把我放到陽光下。然後，我睡過去了。

睡醒時，我就在這裏了。我終於意識到，我被無情的狂風吹到街上。妹妹應該還在上面，但若只剩她一個，也是兇多吉少了。我爬起來，身上沾滿了溝渠的水，很重。希望狂風可以把我吹到大廈裏去。

我瞥見了一雙發光的眼睛，不是怪物吧！還是異形？不要啊！我還不想死！

全國上下都頭痛不已啊！可是，畢竟小王子是最年幼的，大家在苦惱的同時也不減對她的疼愛。

三弟皓暘則是一個「皇室樂手」。小時候的他胖胖的，性格活潑開朗，是大家的開心果。也許是年齡相近吧，我和他是最要好的。這位音樂家多愁善感，卻是個很好的聆聽者，常常傾聽我的百般煩惱。而他除了逗我們笑，亦會奏出美妙的旋律，安撫眾人的心靈。

音樂家做事我行我素，別具風格，大家對他埋藏在心底的思緒難以捉摸，反而心思細密的他卻清楚眾人的需要，溫柔地、默默地支持着我們。

大哥皓靈是國家中的「大怪獸」。小時候，因為他最強壯，年紀又最大，當我們幾兄弟姊妹混戰時，他都自動成為我們的大敵。硬朗的大怪獸不受枕頭和拳頭的攻勢所影響，往往輕易的奪得勝利。經過時間的洗禮，大怪獸由眾矢之的，搖身一變成了保護公主的猩猩——金鋼。中六時，到內地升學的他成熟了許多。他的外表依舊是傻愣愣的大怪獸，但與他相處時，便不難察覺他待人接物的那份成熟和作為兄長所給人的安全感。

記得有一次，三弟跟我玩一個遊戲，要我說出他的缺點。我認真的想了很久，都想不出任何一個他令我厭惡的地方。其實，只要我喜歡一個人，便會忘記了他們的壞處；甚至他們的缺點，在我眼中也是可愛的。人常把桃花與姻緣聯繫着，但桃花對我的意義，卻是新春的

來臨。那麼，三個家庭又可變為一家，聚首一堂，在桃花盛開的美景下，組織一個愛的王國了。



## 桃花下的王國



中六甲 崔皓昕

我們順着年紀的大小，在桃花樹下，由左至右的排開：大哥、我、三弟、四弟和五妹，縱神情和動作都千奇百怪，卻有一股無形的凝聚力，把來自三個家庭的我們，緊緊的環扣着。

四弟皓旼從小就扮演着「國王」的角色，由於性格較暴躁，全國的子民也不敢逆其旨意。小皇帝不好中餐，仁慈的祖母總會特地烹煮薯仔雞翼；小皇帝愛吃壽司，卻討厭魚生，大伯總會買肉鬆和魚蛋壽司給他；向來調皮的二伯總不會捉弄他，深怕把過份認真的他弄哭。其實，這個國王如此情緒化，說穿了，是他的內心很脆弱。他的自信心低，才會介懷他人開的玩笑；他害怕與人相交，才會裝作霸道，讓他人怕自己、遷就自己。多年來的相處，大家都清楚這國王心坎的軟弱罷，所以，各人都會善待他，讓這個寂寞、自我封閉的皇帝感受點點的愛。

現在看看這個笑容燦爛的國王！他少了那份冷漠，更放下了皇族應有的架子，成為了一個懂得關心子民的賢君——他已長大了。

而我則是一位「公主」。在五妹未出生之前只有我一名女生，加上我的樣貌和言行舉止都比較孩子氣，王國裏的人都對我寵愛有加。稍為遜色的是，我琴棋書畫都不太擅長，儘管他們都很着緊我在學業和音樂方面的發展，他們都沒有施以太大的壓力，反而給我無止境的鼓勵，讓我在和暖的溫室之中成長。

但當公主步出溫室，在感情路上受挫時，那種創傷之大，是一直沉溺於幸福中的我所不能承受的。但這王國的關愛和喜樂，漸漸把悲痛掩蓋。有着強力後盾的公主，不再只露出含蓄的微笑，更會勇敢地擺出鬼馬惹笑的表情呢！

五妹是我們的「小王子」，年紀遠遠落後的皓旼該是個人人愛愛的寶貝，但她則是個活脫脫的男孩子，討厭長髮、裙子和粉紅色的東西，更學習打功夫，第一首學唱的歌曲是「男兒當自強」……而且，她非常懶惰，不肯努力溫習，又不肯聽從長輩，真的令

飛馳。我體無完膚。來不及思考情況，馬尼拉特種部隊已拿了銀晃晃的斧頭靠近，當頭砸下，我粉身碎骨。

#### 四

我是一塊防彈盾牌，子彈射過來也不會有任何損傷，是人類性命的保障。我擋在馬尼拉特種部隊跟前，登上太平門，準備衝進巴士實踐使命時，車內傳來一陣槍聲，我隨即被拉扯着退出車外。這樣做是對能力的質疑，是對我的侮辱。

#### 五

我是一枚子彈，特種部隊闖進車廂時，我和同伴馳騁於槍桿子外的自由空間。出乎意料地，我劃過一名採訪者的肚皮。大家因而屏聲止息。至於為何要傷及此人，我無從理解。但我喜歡因我們而出現的惶恐、走避，體積雖小卻能威脅到極具智慧的人類。有趣！於是，當發動者拉下扳手，榮譽感便成為燃料，使我在那巴士站肆意狂飛。

#### 六

我是一枚煙霧彈，特種部隊突破失敗後，把我從車尾窗扔進漆黑之中。也許想將槍手熏出吧，我只聽到特種部隊繞着車廂團團轉的腳步聲，像玩爭椅子遊戲。對於現時的情況，我一無所知，想想又覺可笑。不知道下一個遊戲是甚麼呢？可惜，幾分鐘後，我將煙消雲散。現在，我陶醉於車內乘客的咳嗽之中……

#### 七

我是一台攝錄機，今晨九時許便在這裡站着。據聞香港旅行團參觀完「國父里薩爾紀念公園」後，被一名菲籍前警員持

槍挾持在巴士上。槍手與警方多次爆發槍戰，警方圍着巴士繞圈子持續了幾個小時。在我快要昏睡之際，槍手被擊斃，全部圍觀者連同救護員蜂擁而上。我也不甘後人，伸長脖子攝取最清晰的畫面。

#### 八

我是一份香港頭條報紙，額頭大刺刺地印着「港殤」二字。標題之下，反映了菲律賓獨特的文化：在槍手／殺人兇手的棺木上，蓋上代表國家榮譽的國旗；人們歡天喜地在命案的事發現場拍照留念。沒有人會察覺，那和十多名香港人的生命有關。那不是他們的錯，畢竟，那裡有着一位傷心時會笑的總統。



# 港 殤

少年  
作家獎

中五丙 鄭卓文

一

我是一台迷你薄屏電視機，被困在旅遊巴士上的那種。幾年前，我已被放在司機座駕的後方，這樣，我就能把每個乘客的舉動一覽無遺。只是，留意我的人很少很少，當巴士載着人們遊覽時，外面的景物才是焦點。我的聲嘶力竭永遠夠不着人們的興高采烈。如今，四周靜得像暴風雨的前夕，所有窗簾落下，通道上，有一名拿着黑色長管的男人徘徊，並把十一名遊客平均分到每列座位。遊客們無聲地注視着我，那是仰望偶像的眼神，身體則像石膏像般繃緊。我臉上是現場直播的新聞報道。在眾人的注目禮中，不遺餘力地釋放着燃點希望的微弱的光……

二

我是一圈輪胎，從今早九時起，我便停在這裏。四周圍滿了人：拿攝錄機的、光站着和別人擁擠的，還有一些站得最遠的警察。當我再次發動時，無緣無故幾顆鋼彈射進了我的肚子內，我動彈不得。車內也立刻發射出至少六顆鋼彈回應，像玩射擊遊戲。這時候，司機從另一面逃出車外，跑遠了。脫離束縛真令人羨慕。

三

我是一塊玻璃，鑲在巴士上的金屬窗框內。十幾米外從早上到現在圍滿層層人羣。頭與頭之間的眼睛，都想把我看穿。突然，警員的鋼彈打破了暴風雨前的寧靜，迎面撲來。受到刺激，車內的槍手即進行一輪掃射。十多粒鋼彈穿透我們，往外



是微不足道的，何必費這麼大的勁裝瘋賣傻呢？」他們未免有點兒「此地無銀三百兩」了。他們該比第一種人更可憐，因為他們根本不能把心中的恐懼和空虛傾訴出來，還要裝出不怕死的模樣呢！第三種人的態度則在陶淵明《神釋》的其中四句表達了出來：「縱浪大化中，不喜亦不懼。應盡便須盡，無復獨多慮。」

這幾句話實在發人深省，難怪它們後來成了季老的座右銘。不錯，既然大部分世上發生的事我們都不能掌握，我們先行懼怕、憂慮都是沒用的；事情若注定要臨及我們，我們要躲也躲不開，事情若注定不會臨及我們，我們想迎也迎不來，不如放鬆心情，快快樂樂的過完這僅有的人生吧！正如上面所述，不圓滿的才是人生嘛。

季老對人生中不同的事也有獨到的見解。例如，他說認為別人是「傻瓜」的人才是天下最大的「傻瓜」，仔細一想，誠然如此。又例如，他認為幹損人利己的事是壞人；幹損人又不利己的事是壞人之尤者。不過，我對壞人則有另一種的看法：幹損人利己的事是在做壞事上聰明的人；幹損人又不利己的事是在做壞事上愚蠢的人。人人都有做壞事的傾向，不過是敢不敢做、做多做少的問題；況且季老自己也說他是傾向性惡說的。他又說，就他觀察所得，壞人是不能改變的。我卻認為，好人是一些跟着良心辦事的人，壞人是埋沒良心來做事的人；一旦壞人們良心發現，他們說不定還會改惡遷善呢。可能季老所觀察的那幾個人剛好沒有良心發現，又或者沒有被季老這類人「醍醐灌頂」吧。

季老最後說到他對人類未來的期望。他認為有三樣事情要處理好：人與大自然的關係、人與人之間的關係、人的

「修身」。人與大自然不是對立的，不是「征服自然」，乃是與大自然做好朋友。人與人之間要互相容忍。人要做好自己，才能「齊家」、「治國」、「平天下」……（就算人沒有這麼大的抱負，也要「獨善其身」的。）然後，我們要奉行「送去主義」，用我們東方文化來濟西方文化之窮。我又覺得，除了「送去主義」外，我們還需要奉行「拿來主義」——正如魯迅所說的——用西方文化來補中國文化之短。季老對中國和人類前途之關心，實在值得我們敬佩和學習。

有時，別人好像有很多方面都比我們強；有人的外表比我們漂亮；有人的成績比我們好；有人的朋友比我們多；有人的智商比我們高……這一切一切，就好像表明我們有很多方面都不如人。但你試想想，這世界哪裏有十全十美的人呢？即使有，那百分率也只是「天文數字分之一」罷了。每個人總有其特別之處，又何必羨慕別人呢？季老說，有勤奮沒有機會，就未必能成功；沒有勤奮，即使有天資有機會也沒有用。好好的「修身」、裝備自己，就能夠遇事不驚，把事情做得更好。我們不用羨慕別人，只要我們努力做好自己該做的事，問心無愧，為人類作出貢獻，哪怕是多是少，都總算沒有浪費一寸都不可輕的光陰，白白的過了我們這僅有的一生。

每個人的性格、生活模式都不同，我們不一定要全照着季老的態度來生活，不過，看了季老對人生的感悟後，我們知道，只要我們放鬆心情，做好自己的本份，凡事都用平常心對待，我們的人生就會更加愉快；只要「知足」就能把不圓滿的人生過得美滿。

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優異獎

中四丁 麥思寧

書名：《季羨林談人生》

作者：季羨林

季老是一個開朗、樂觀、快樂的人——從他的筆下，我們不難覺察。

一開始，季老就說「人」的「生」實在不由自己作主：「我們糊裏糊塗地誕生，糊裏糊塗地成長，有時也會糊裏糊塗地夭折，當然也會糊裏糊塗地壽登耄耋。」季老卻不贊成以糊裏糊塗的態度過人生，這會虛度此生的；正如他所說，吃飯是為了活着，活着卻不是為了吃飯。他認為生命無論是長是短，都要在這僅有的一次生命裏實現人存在的價值，就是在人類發展的長流中做着承先啟後的角色，使人類的生活過得愉快、幸福、美滿、祥和。

俗語說：「人生不如意事十常八九」，人生都是不圓滿的。季老則更上一層樓，說不圓滿才是人生。如果我們真的了解這平凡又真實的道理的話，遇到不如意事之時，對己可以不煩不躁，對人可以互相諒解。真的，很多時候，過分追求完美，會令自己很辛苦，達不到自己的要求時又會感到沮喪，不如看開一些，自己可能會開心一點呢。

我覺得在很多事情上，季老都奉行「中庸之道」。他認為人在走運時，不應該得意過了頭；在倒霉時，不必垂頭喪氣。他這方面的功力當真不淺呢，在他那本《牛棚雜憶》中我們就可窺見一斑，在「牛棚」裏被折磨的那段漫長的日子，他竟然捱了下去，委實了不起。（雖然他曾嘗試自殺，但你得知道，「牛棚」這種地方不是常人所受得了的，不少作家都在此期間自我了結了。）他對國家的看法也很中肯，他認為我們不能盲目自大，亦不能妄自菲薄；要用全面的觀點、歷史的觀點、辯證的觀點來討論這些問題。我想季老說的「盲目自大」是指支持傳統主義的人；「妄自菲薄」是指支持全盤西化論或批判傳統主義的人。其實，東西文化各有長短，我們該做的是去找出它們的優點和缺點，再來檢討怎樣改進。

另外，季老主張一切順其自然（包括死）。既然有很多事情你都控制不到、或者無法預知，不如順其自然（我的領會是，面對逆境，不是任何事情都不做，而是不要太執着得失成敗），處變不驚。因為季老那時已屆「望九之年」了，雖然他不大怕死（這要謝謝文革），但老人家總是比較容易想到死的，所以季老也說了他對死的看法。他認為自古對死的看法不外乎三種：第一種是對死十分恐懼並且十分坦蕩的說了出來，如江淹在《恨賦》中寫：「自古皆有死。莫不飲恨而吞聲！」對死又恨又怕的。人人都要死，他們恐怕要「恨」足一輩子呢！第二種是曹操的「烈士暮年，壯心不已」或竹林七賢中劉伶的「死便埋我！」之類，「似乎對死看得十分豁達，事實卻正相反，他們怕死怕得要命，若死亡

愧於心。

呂溢車長認為誠信是非常重要的，是個人的品格和德行，「正所謂『一次不忠，百次不用』，如果被人知道我們把拾物據為己有，就會『千年道行一朝喪』。所以『路不拾遺』是我的職業操守，同時亦是我待人處事的宗旨。」再者，九巴公司對車長職員們有絕對的信心，不會搜查或質問他們是否有貪斂拾物，呂溢車長當然不會破壞公司對他的信任。

對於培養誠信，呂溢車長頗有獨特的見解，他覺得家長應該從小為子女灌輸「路不拾遺」的觀念。車長自小受到粵曲的薰陶，從中學會了「誠信」的重要性，他說：「粵曲都是導人向善的，而且歌詞流暢優美，令人印象深刻，因而對我影響深遠。」如婉雅淒然的《紫釵記》中的一句：「路不拾遺，原是本美德」，呂溢車長便牢牢記住，並在生活中實踐。

對於現時人們的價值觀，呂溢車長頗不以為然，「現時的人不太着重誠信，例如擔任『禁毒大使』的歌星吸毒，這樣欺騙公眾是不應該的。」正因為他富正義感，堅持做一個誠實的人，才能以身作則。同時，呂溢車長指出教育亦是非常重要的，「我們應該從小培養誠信，成人有責任做小孩子的好榜樣。」他認為家長、學校和政府都需要為小孩子提供關於誠信的教育，而政府則擔任一個較重要的角色，因為青少年有時候較為反叛，或許不肯聆聽家長、學校的意見，政府可以透過傳媒或其他媒體，向青少年宣傳「誠信」的重要性。呂溢車長認為政府應該培養具「誠信」的下一代，使我們的社會變得更有秩序、更美好。

## 訪問後記

在這次計劃中，我們得到許多寶貴的經驗。其實，我們在聯絡呂溢車長的過程中，遇到不少困難。我們曾聯絡車長任職的巴士公司和採訪過他的報館，但都一無所獲。

我們又兩次親身到灣仔會展的巴士總站等候素未謀面的車長，但車長不是放了假，就是改了值更時間。最後，我們等到黃昏才見到呂溢車長。我們聯絡車長的過程，就像「三顧草廬」。從中，我們明白到，只要有鍥而不捨的精神，多大的問題都能迎刃而解。

本校ITCen記者與呂溢車長合照。



在參加這個計劃的過程中，我們不但學習了新聞報導的技巧、親身體驗傳媒的工作，還大大擴闊了我們的眼界。我們還領略到，心靈上的富足往往比物質更重要，就如車長，雖然他不富有，但一簞食，一瓢飲，其實也能悠然自得，不拘泥於物質的享受，才能得到真正的心靈自由。

優異獎

「路不拾遺，原是美德。」拾錄不昧的呂溢車長與我們分享他對於培養誠信的看法。（此圖片獲新聞圖片優異獎）



# 呂溢車長 車不拾遺

中三甲：李儀敏、江寶琪、梁俊文  
中三乙：湯家琪

著名粵劇《紫釵記》中曾歌頌過：「路不拾遺，原是美德。」貪斂財物原是惡行，而且法律上列明將拾物據為己有的行為，乃屬「意圖永久地剝奪他人財產罪」。本來「拾」得神不知鬼不覺，誰也無可奈何，然而誠實的車長呂溢卻堅決不欺暗室，特地將拾到的金錶，從灣仔帶到屯門交給站長，讓這隻本為「定情信物」的無價金錶物歸原主。

於二零一零年四月三十日，呂溢車長駕駛961號巴士至灣仔會展總站，他在檢查上層車廂時，拾獲一隻古舊的勞力士金錶。由於灣仔會展總站並沒有站長，於是車長又折返屯門，親手把名貴的金錶交給站長。

原來這隻金錶是一位老翁的愛妻於四十年前贈他的結婚禮物，情意深重，而自從妻子逝世，他跟金錶更是形影不離。

老翁因醉酒而一時大意，把金錶遺留在車上，事後亦感到十分懊惱。其後他的女兒致電九巴，才得悉金錶被呂溢車長拾獲。車長路不拾遺，讓老翁重拾這份愛妻送他的無價之寶，老翁喜出望外，高興不已。

呂溢車長回想起當日拾到金錶時，感到頗驚訝，畢竟這是他工作了十五年，發現的眾多拾物中最貴重的物品。但車長回心一想，「其實金錶跟以前拾到的硬幣、音樂播放器也不遑多讓，金錶只是較昂貴，但都不是屬於自己的。」所以，無論他拾到的物品價值多高，他都會把它們物歸原主。當時呂溢車長並不知道自己拾獲的金錶，對物主有着重大的意義，他得知時，就更堅信自己路不拾遺是正確的。他謙稱：「我只是把不屬於自己的財物交出，卻意外的幫到他人，這讓我感到份外自豪和安慰。」

儘管物主沒有親自向他道謝，但他並不介意——因為他幫助他人，並不是為了得到任何讚賞或是報酬，而是為了無虧良心、無

## 遇到了

中四丙 黃婉儀

優異獎

對，還過得去吧！是棉質的嗎？」怎搞的？我們就只值六元嗎？

「我為甚麼會在這裏……？」我迷迷糊糊的摔了摔頭，好讓自己清醒過來。看看四周，垃圾和污水渠的臭味混在一起，臭不可擋。

「臭死了。」我嗅嗅自己，身上傳出刺鼻難聞的腥臭。

「欸，妹呢？」我把自己從內到外都看了一遍。「只剩下我一個呢……」

我不喜歡這人類世界，人做每件事都總有一個黑暗面，為甚麼呢？人類的心思出了名難以捉摸，難道就不可以像我們襪子一樣，或是淨色，或是花紋的嗎？最重要的是，人類總是「臭襪、臭襪」的叫我們，這還不是種族歧視？

人類世界真的很有問題。

一星期前。

「六元一對！手快有手慢無啊！」大嬸！我的耳膜快穿了！

我在等，希望有一個好家庭收留我和妹妹。終於，這時刻到了。

「欸，這蠻可愛的啊。」有人類拿起了我們。「六元一

「你在這裏幹甚麼？」一把低沉的聲音問我。

原來是一隻流浪狗，嚇得我差點昏了過去。

「親愛的狗狗，您可否背我到大廈裏去？」我向牠擠擠眼

睛。

「不要用那樣噁心的表情看着我，你很臭！」牠竟然狠心

別過臉去！

「求求您！我妹妹在大廈內！」她現在一定很害怕。

「唉，誰叫我玉樹臨風，又擁有一顆慈祥的心呢！」

狗兒叨着我跑啊跑。

「衰狗，出去！」管理員追趕着狗兒。

「我在這裏放下你，祝你好運！」狗兒把我放在管理處不顯眼的位置。

「謝啦！」我大叫。

「我想要去洗澡……」我聽見牠咕噥了一句，真是一頭衰狗！

我就躺在那裏等待。太陽伯伯終於起來了，一晚沒睡，好睏啊。

「媽媽，不要丟掉它啦。我雖然不喜歡它，但我相信它的朋友會回來啊！」女孩撒嬌道。

「好了，媽媽不丟掉那襪子，不過若果找回它的話，你要乖乖的穿喔。」

「是啊。這位女士，多挑幾雙吧！」

「夠了，家裏多的是，挑給女兒罷了。」

她們就這樣有一搭沒一搭的聊着，有甚麼好談的？所以說啊，人類就是莫名其妙。他們要這樣大的房子幹甚麼？又是錢，最討厭錢這種骯髒的東西。不過這個家也沒有甚麼問題，只是小孩有點潑辣……

「我不要藍色！」小女孩扭捏着。「我要粉紅色！我丟了命也不要穿這襪子！」我有沒有醜到那個地步啊？主人對你這麼好，這女孩真自私。但不知為甚麼，主人沒吭聲，只是把我和妹放進機器內。

在這機器內，我們暈得迷失方向。出來後主人把我放到陽光下。然後，我睡過去了。

睡醒時，我就在這裏了。我終於意識到，我被無情的狂風吹到街上。妹妹應該還在上面，但若只剩她一個，也是兇多吉少了。我爬起來，身上沾滿了溝渠的水，很重。希望狂風可以把我吹到大廈裏去。

我瞥見了一雙發光的眼睛，不是怪物吧！還是異形？不要啊！我還不想死！

「好的。」

主人拖緊女孩走出電梯，停下了腳步。

「很臭啊，是甚麼味道？」主人用手掩着口鼻。

「媽媽，找回它了！」小女孩指着我，甩開主人的手，真潑辣呢！她蹲下來，拾起了我。終於，我回到家了。

女孩還是一次也沒有把我和妹妹套在腳上。不過，主人把我倆製成可愛的襪子玩偶放在櫥櫃裏。

人類世界也不盡是黑暗面，我遇到隱藏在角落的色彩。

還有一件事，我生氣了很久。我在外時一直擔心着妹妹，原來她一直在睡懶覺！回來後，她第一句對我說的話是：「噢！為甚麼你還未乾？」



優異獎

## 桃花下的王國

中六甲 崔皓昕

我們順着年紀的大小，在桃花樹下，由左至右的排開：大哥、我、三弟、四弟和五妹，縱神情和動作都千奇百怪，卻有一股無形的凝聚力，把來自三個家庭的我們，緊緊的環扣着。

四弟皓旼從小就扮演着「國王」的角色，由於性格較暴躁，全國的子民也不敢逆其旨意。小皇帝不好中餐，仁慈的祖母總會特地烹煮薯仔雞翼；小皇帝愛吃壽司，卻討厭魚生，大伯總會買肉鬆和魚蛋壽司給他；向來調皮的二伯總不會捉弄他，深怕把過份認真的他弄哭。其實，這個國王如此情緒化，說穿了，是他的內心很脆弱。他的自信心低，才會介懷他人開的玩笑；他害怕與人相交，才會裝作霸道，讓他人怕自己、遷就自己。多年來的相處，大家都清楚這國王心坎的軟弱罷，所以，各人都會善待他，讓這個寂寞、自我封閉的皇帝感受點點的愛。

全國上下都頭痛不已啊！可是，畢竟小王子是最年幼的，大家在苦惱的同時也不減對她的疼愛。

三弟皓暘則是一個「皇室樂手」。小時候的他胖胖的，性格活潑開朗，是大家的開心果。也許是年齡相近吧，我和他是最要好的。這位音樂家多愁善感，卻是個很好的聆聽者，常常傾聽我的百般煩惱。而他除了逗我們笑，亦會奏出美妙的旋律，安撫眾人的心靈。

音樂家做事我行我素，別具風格，大家對他埋藏在心底的思緒難以捉摸，反而心思細密的他卻清楚眾人的需要，溫柔地、默默地支持着我們。

大哥皓靈是國家中的「大怪獸」。小時候，因為他最強壯，年紀又最大，當我們幾兄弟姊妹混戰時，他都自動成為我們的大敵。硬朗的大怪獸不受枕頭和拳頭的攻勢所影響，往往輕易的奪得勝利。經過時間的洗禮，大怪獸由眾矢之的，搖身一變成了保護公主的猩猩——金鋼。中六時，到內地升學的他成熟了許多。他的外表依舊是傻愣愣的大怪獸，但與他相處時，便不難察覺他待人接物的那份成熟和作為兄長所給人的安全感。

記得有一次，三弟跟我玩一個遊戲，要我說出他的缺點。我認真的想了很久，都想不出任何一個他令我厭惡的地方。其實，只要我喜歡一個人，便會忘記了他們的壞處；甚至他們的缺點，在我眼中也是可愛的。人常把桃花與姻緣聯繫着，但桃花對我的意義，卻是新春的

現在看看這個笑容燦爛的國王！他少了那份冷漠，更放下了皇族應有的架子，成為了一個懂得關心子民的賢君——他已長大了。

而我則是一位「公主」。在五妹未出生之前只有我一名女生，加上我的樣貌和言行舉止都比較孩子氣，王國裏的人都對我寵愛有加。稍為遜色的是，我琴棋書畫都不太擅長，儘管他們都很着緊我在學業和音樂方面的發展，他們都沒有施以太大的壓力，反而給我無止境的鼓勵，讓我在和暖的溫室之中成長。

但當公主步出溫室，在感情路上受挫時，那種創傷之大，是一直沉溺於幸福中的我所不能承受的。但這王國的關愛和喜樂，漸漸把悲痛掩蓋。有着強力後盾的公主，不再只露出含蓄的微笑，更會勇敢地擺出鬼馬惹笑的表情呢！

五妹是我們的「小王子」，年紀遠遠落後的皓旻該是個人見人愛的寶貝，但她則是個活脫脫的男孩子，討厭長髮、裙子和粉紅色的東西，更學習打功夫，第一首學唱的歌曲是「男兒當自強」……而且，她非常懶惰，不肯努力溫習，又不肯聽從長輩，真的令

來臨。那麼，三個家庭又可變為一家，聚首一堂，在桃花盛開的美景下，組織一個愛的王國了。



少年作家獎

中五丙 鄭卓文

# 港殤

一 我是一台迷你薄屏電視機，被困在旅遊巴士上的那種。幾年前，我已被放在司機座駕的後方，這樣，我就能把每個乘客的舉動一覽無遺。只是，留意我的人很少很少，當巴士載着人們遊覽時，外面的景物才是焦點。我的聲嘶力竭永遠夠不着人們的興高采烈。如今，四周靜得像暴風雨的前夕，所有窗簾落下，通道上，有一名拿着黑色長管的男人徘徊，並把十一名遊客平均分到每列座位。遊客們無聲地注視着我，那是仰望偶像的眼神，身體則像石膏像般繃緊。我臉上是現場直播的新聞報道。在眾人的注目禮中，不遺餘力地釋放着燃點希望的微弱的光……

二 我是一圈輪胎，從今早九時起，我便停在這裏。四周圍滿了人：拿攝錄機的、光站着和別人擁擠的，還有一些站得最遠的警察。當我再次發動時，無緣無故幾顆鋼彈射進了我的肚子內，我動彈不得。車內也立刻發射出至少六顆鋼彈回應，像玩射擊遊戲。這時候，司機從另一面逃出車外，跑遠了。脫離束縛真令人羨慕。

三 我是一塊玻璃，鑲在巴士上的金屬窗框內。十幾米外從早上到現在圍滿層層人羣。頭與頭之間的眼睛，都想把我看穿。突然，警員的鋼彈打破了暴風雨前的寧靜，迎面撲來。受到刺激，車內的槍手即進行一輪掃射。十多粒鋼彈穿透我們，往外

飛馳。我體無完膚。來不及思考情況，馬尼拉特種部隊已拿了銀晃晃的斧頭靠近，當頭砸下，我粉身碎骨。

四 我是一塊防彈盾牌，子彈射過來也不會有何損傷，是人類性命的保障。我擋在馬尼拉特種部隊跟前，登上太平門，準備衝進巴士實踐使命時，車內傳來一陣槍聲，我隨即被拉扯着退出車外。這樣做是對我能力的質疑，是對我的侮辱。

五 我是一枚子彈，特種部隊闖進車廂時，我和同伴馳騁於槍桿子外的自由空間。出乎意料地，我劃過一名採訪者的肚皮。大家因而屏聲止息。至於為何要傷及此人，我無從理解。但我喜歡因我們而出現的惶恐、走避，體積雖小卻能威脅到極具智慧的人類。有趣！於是，當發動者拉下扳手，榮譽感便成為燃料，使我在那巴士站肆意狂飛。

六 我是一枚煙霧彈，特種部隊突破失敗後，把我從車尾窗扔進漆黑之中。也許想將槍手熏出吧，我只聽到特種部隊繞着車廂團團轉的腳步聲，像玩爭椅子遊戲。對於現時的情況，我一無所知，想想又覺可笑。不知道下一個遊戲是甚麼呢？可惜，幾分鐘後，我將煙消雲散。現在，我陶醉於車內乘客的咳嗽之中……

七 我是一台攝錄機，今晨九時許便在這裡站着。據聞香港旅行團參觀完「國父里薩爾紀念公園」後，被一名菲籍前警員持

槍挾持在巴士上。槍手與警方多次爆發槍戰，警方圍着巴士繞圈子持續了幾個小時。在我快要昏睡之際，槍手被擊斃，全部圍觀者連同救護員蜂擁而上。我也不甘後人，伸長脖子攝取最清晰的畫面。

八 我是一份香港頭條報紙，額頭大刺刺地印着「港殤」二字。標題之下，反映了菲律賓獨特的文化：在槍手/殺人兇手的棺木上，蓋上代表國家榮譽的國旗；人們歡天喜地在命案的事發現場拍照留念。沒有人會察覺，那和十多名香港人的生命有關。那不是他們的錯，畢竟，那裡有着一位傷心時會笑的總統。



書名：《季羨林談人生》

作者：季羨林

季老是一個開朗、樂觀、快樂的人——從他的筆下，我們不難覺察。

一開始，季老就說「人」的「生」實在不由自己作主：「我們糊裏糊塗地誕生，糊裏糊塗地成長，有時也會糊裏糊塗地夭折，當然也會糊裏糊塗地壽登耄耋。」季老卻不贊成以糊裏糊塗的態度過人生，這會虛度此生的；正如他所说，吃飯是為了活着，活着卻不是為了吃飯。他認為生命無論是長是短，都要在這僅有的一次生命裏實現人存在的價值，就是在人類發展的長流中做着承先啟後的角色，使人類的生活過得愉快、幸福、美滿、祥和。

俗語說：「人生不如意事十常八九」，人生都是不圓滿的。季老則更上一層樓，說不圓滿才是人生。如果我們真的了解這平凡又真實的道理的話，遇到不如意事之時，對己可以不煩不躁，對人可以互相諒解。真的，很多時候，過分追求完美，會令自己很辛苦，達不到自己的要求時又會感到沮喪，不如看開一些，自己可能會開心一點呢。

我覺得在很多事情上，季老都奉行「中庸之道」。他認為人在走運時，不應該得意過了頭；在倒霉時，不必垂頭喪氣。他這方面的功力當真不淺呢，在他那本《牛棚雜憶》中我們就可窺見一斑，在「牛棚」裏被折磨的那段漫長的日

子，他竟然捱了下去，委實了不起。（雖然他曾嘗試自殺，但你得知道，「牛棚」這種地方不是常人所受得了的，不少作家都在此期間自我了結了。）他對國家的看法也很中肯，他認為我們不能盲目自大，亦不能妄自菲薄；要用全面的觀點、歷史的觀點、辯證的觀點來討論這些問題。我想季老說的「盲目自大」是指支持傳統主義的人；「妄自菲薄」是指支持全盤西化論或批判傳統主義的人。其實，東西文化各有長短，我們該做的是去找出它們的優點和缺點，再來檢討怎樣改進。

另外，季老主張一切順其自然（包括死）。既然有很多事情你都控制不到、或者無法預知，不如順其自然（我的領會是，面對逆境，不是任何事情都不做，而是不要太執着得失成敗），處變不驚。因為季老那時已屆「望九之年」了，雖然他不大怕死（這要謝謝文革），但老人家總是比较容易想到死的，所以季老也說了他對死的看法。他認為自古對死的看法不外乎三種：第一種是對死十分恐懼並且十分坦蕩的說了出來，如江淹在《恨賦》中寫：「自古皆有死。莫不飲恨而吞聲！」對死又恨又怕的。人人都要死，他們恐怕要「恨」足一輩子呢！第二種是曹操的「烈士暮年，壯心不已」或竹林七賢中劉伶的「死便埋我！」之類，「似乎對死看得十分豁達，事實卻正相反，他們怕死怕得要命，若死亡

是微不足道的事，何必費這麼大的勁裝瘋賣傻呢？」他們未免有點兒「此地無銀三百兩」了。他們該比第一種人更可憐，因為他們根本不能把心中的恐懼和空虛傾訴出來，還要裝出不怕死的模樣呢！第三種人的態度則在陶淵明《神釋》的其中四句表達了出來：「縱浪大化中，不喜亦不懼。應盡便須盡，無復獨多慮。」

這幾句話實在發人深省，難怪它們後來成了季老的座右銘。不錯，既然大部分世上發生的事我們都不能掌握，我們先行懼怕、憂慮都是沒用的；事情若注定要臨及我們，我們要躲也躲不開，事情若注定不會臨及我們，我們想迎也迎不來，不如放鬆心情，快快乐樂的過完這僅有的人生吧！正如上面所述，不圓滿的才是人生嘛。

季老對人生中不同的事也有獨到的見解。例如，他說認為別人是「傻瓜」的人才是天下最大的「傻瓜」，仔細一想，誠然如此。又例如，他認為幹損人利己的事是壞人；幹損人又不利己的事是壞人之尤者。不過，我對壞人則有另一種的看法：幹損人利己的事是在做壞事上聰明的人；幹損人又不利己的事是在做壞事上愚蠢的人。人人都有做壞事的傾向，不過是敢不敢做、做多做少的問題；況且季老自己也說他是傾向性惡說的。他又說，就他觀察所得，壞人是不能改變的。我卻認為，好人是一些跟着良心辦事的人，壞人是埋沒良心來做事的人；一旦壞人們良心發現，他們說不定還會改惡遷善呢。可能季老所觀察的那幾個人剛好沒有良心發現，又或者沒有被季老這類人「醍醐灌頂」吧。

季老最後說到他對人類未來的期望。他認為有三樣事情要處理好：人與大自然的關係、人與人之間的關係、人的

「修身」。人與大自然不是對立的，不是「征服自然」，乃是與大自然做好朋友。人與人之間要互相容忍。人要做好自己，才能「齊家」、「治國」、「平天下」……（就算人沒有這麼大的抱負，也要「獨善其身」的。）然後，我們要奉行「送去主義」，用我們東方文化來濟西方文化之窮。我又覺得，除了「送去主義」外，我們還需要奉行「拿來主義」——正如魯迅所說的——用西方文化來補中國文化之短。季老對中國和人類前途之關心，實在值得我們敬佩和學習。

有時，別人好像有很多方面都比我們強；有人的外表比我們漂亮；有人的成績比我們好；有人的朋友比我們多；有人的智商比我們高……這一切一切，就好像表明我們有很多方面都不如人。但你試想想，這世界哪裏有十全十美的人呢？即使有，那百分率也只是「天文數字分之一」罷了。每個人總有其特別之處，又何必羨慕別人呢？季老說，有勤奮沒有機會，就未必能成功；沒有勤奮，即使有天資有機會也沒有用。好好的「修身」、裝備自己，就能夠遇事不驚，把事情做得更好。我們不用羨慕別人，只要我們努力做好自己該做的事，問心無愧，為人類作出貢獻，哪怕是多是少，都總算沒有浪費一寸都不可輕的光陰，白白的過了我們這僅有的一生。

每個人的性格、生活模式都不同，我們不一定要全照着季老的態度來生活，不過，看了季老對人生的感悟後，我們知道，只要我們放鬆心情，做好自己的本份，凡事都用平常心對待，我們的人生就會更加愉快；只要「知足」就能把不圓滿的人生過得美滿。

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「路不拾遺，原是真德。」拾錄不昧的呂溢車長與我們分享他對於培養誠信的看法。（此圖片獲新聞圖片優異獎）



# 呂溢車長 車不拾遺

儀家琪、江寶琪、梁俊文  
李敏儀、湯家琪  
中三甲：李敏儀、湯家琪  
中三乙：儀家琪、江寶琪、梁俊文

著名粵劇《紫釵記》中曾歌頌過：「路不拾遺，原是真德。」貪斂財物原是惡行，而且法律上列明將拾物據為己有的行為，乃屬「意圖永久地剝奪他人財產罪」。本來「拾」得神不知鬼不覺，誰也無可奈何，然而誠實的車長呂溢卻堅決不欺暗室，特地將拾到的金錶，從灣仔帶到屯門交給站長，讓這隻本為「定情信物」的無價金錶物歸原主。

於二零一零年四月三十日，呂溢車長駕駛001號巴士至灣仔會展總站，他在檢查上層車廂時，拾獲一隻古舊的勞力士金錶。由於灣仔會展總站並沒有站長，於是車長又折返屯門，親手把名貴的金錶交給站長。

原來這隻金錶是一位老翁的愛妻於四十年前贈他的結婚禮物，情意深重，而自從妻子逝世，他跟金錶更是形影不離。

老翁因醉酒而一時大意，把金錶遺留在車上，事後亦感到十分懊惱。其後他的女兒致電九巴，才得悉金錶被呂溢車長拾獲。車長路不拾遺，讓老翁重拾這份愛妻送他的無價之寶，老翁喜出望外，高興不已。

呂溢車長回想起當日拾到金錶時，感到頗驚訝，畢竟這是他工作了十五年，發現的眾多拾物中最貴重的物品。但車長回心一想，「其實金錶跟以前拾到的硬幣、音樂播放器也不遑多讓，金錶只是較昂貴，但都不是屬於自己的。」所以，無論他拾到的物品價值多高，他都會把它們物歸原主。當時呂溢車長並不知道自己拾獲的金錶，對物主有着重大的意義，他得知時，就更堅信自己路不拾遺是正確的。他謙稱：「我只是把不屬於自己的財物交出，卻意外的幫到他人，這讓我感到份外自豪和安慰。」

儘管物主沒有親自向他道謝，但他並不介意——因為他幫助他人，並不是為了得到任何讚賞或是報酬，而是為了無虧良心、無愧於心。

呂溢車長認為誠信是非常重要的，是個人的品格和德行，「正所謂『一次不忠，百次不用』，如果被人知道我們把拾物據為己有，就會『千年道行一朝喪』。所以『路不拾遺』是我的職業操守，同時亦是我待人處事的宗旨。」再者，九巴公司對車長職員們有絕對的信心，不會搜查或質問他們是否有貪斂拾物，呂溢車長當然不會破壞公司對他的信任。

對於培養誠信，呂溢車長頗有獨特的見解，他覺得家長應該從小為子女灌輸「路不拾遺」的觀念。車長自小受到粵曲的薰陶，從中學會了「誠信」的重要性，他說：「粵曲都是導人向善的，而且歌詞流暢優美，令人印象深刻，因而對我影響深遠。」如婉雅淒然的《紫釵記》中的一句：「路不拾遺，原是真德」，呂溢車長便牢牢記住，並在生活中實踐。

對於現時人們的價值觀，呂溢車長頗不以為然，「現時的人不太着重誠信，例如擔任『禁毒大使』的歌星吸毒，這樣欺騙公眾是不應該的。」正因為他富正義感，堅持做一個誠實的人，才能以身作則。同時，呂溢車長指出教育亦是非常重要的，「我們應該從小培養誠信，成人有責任做小孩子的好榜樣。」他認為家長、學校和政府都需要為小孩子提供關於誠信的教育，而政府則擔任一個較重要的角色，因為青少年有時候較為反叛，或許不肯聆聽家長、學校的意見，政府可以透過傳媒或其他媒體，向青少年宣傳「誠信」的重要性。呂溢車長認為政府應該培養具「誠信」的下一代，使我們的社會變得更有秩序、更美好。

## 訪問後記

在這次計劃中，我們得到許多寶貴的經驗。其實，我們在聯絡呂溢車長的過程中，遇到不少困難。我們曾聯絡車長任職的巴士公司和採訪過他的報館，但都一無所獲。

我們又兩次親身到灣仔會展的巴士總站等候素未謀面的車長，但車長不是放了假，就是改了值更時間。最後，我們等到黃昏才見到呂溢車長。我們聯絡車長的過程，就像「三顧草廬」。從中，我們明白到，只要有鍥而不舍的精神，多大的問題都能迎刃而解。



本校ITop記者與呂溢車長合照。

在參加這個計劃的過程中，我們不但學習了新聞報導的技巧、親身體驗傳媒的工作，還大大擴闊了我們的眼界。我們還領略到，心靈上的富足往往比物質更重要，就如車長，雖然他不富有，但一餐食，一瓢飲，其實也能悠然自得，不拘泥於物質的享受，才能得到真正的心靈自由。

## 六、其他

香港教育城「歷城記」 城市定向比賽	最踴躍參與學校獎 冠軍	沈穎兒(中四丙) 曾鎧瑩(中四丙) 王希慈(中四丙) 陳家健(中四丙)
全港中、小學中文輸入比賽	張兆康(中四丙) 亞軍 吳 鋒(中四丙) 彭思朗(中四丙) 龍芷淇(中四乙) 潘嘉翹(中四乙)	陳鈺慈(中二甲) 中學組亞軍
香港傑出少年選舉	陳芷君(中三甲) 優異獎	
獅城教育基金香港傑出學生選舉	陳芷君(中三甲) 表現優異獎	
印度會獎學金	陳慧儀(中六甲) 獎學金一千元	
中華文化演繹比試	鄭昱紅(中三甲) 吳家蕊(中三甲) 霍 霖(中三甲) 團體大獎： 陳霧虹(中三乙) 泗水獎 黃鈞婉(中三乙) 鍾曉晴(中三乙)	
香港學生上海交流大使 選拔計劃	陳泳璇(中一甲) 上海交流 李珈誼(中三丁) 計劃大使	

## 六、其他

獅城教育基金會最佳進步獎二零二零	劉栢鏞(中二甲) 梁學輝(中二丁) 黃偉瑜(中三乙) 方臻淇(中三丙) 朱愷懿(中四丙) 最佳進步獎
江寶琪(中二甲) 王皓怡(中二丁) 呂芷蕓(中三甲) 邱偉發(中三乙) 朱藹恩(中四乙) 吳子森(中四丙) 黃安琪(中五甲) 何肇庭(中五丙) 黎婉翹(中六乙)	吳智穎(中四丁) 余芷蕊(中五乙) 趙裕景(中五丁) 李善翔(中六丙)
問題定向學習報告大賽	黃文諾(中六丙) 冠軍
香港領袖生獎勵計劃	揭紫琪(中六乙) 北京交流

# 一一零零九至一一零一零零年度課外活動得獎名單

## 六、其他

第六屆傳媒初體驗計劃	林 密(中四乙) 周駿易(中四乙) 中學廣播組 陳友貽(中四丙) 冠軍
香港青少年科技創新大賽	劉駿灝(中四丙) 潘仲欣(中三甲) 林苡嫻(中三乙) 優異獎 劉燕芬(中三乙)
聯校棋藝挑戰賽—中國象棋	譚智健(中一丁) 吳子森(中四丙) 團體賽冠軍 譚智安(中四丁) 徐朝騰(中四丁)
聯校棋藝挑戰賽—拼字比賽	容詠儀(中六丙) 季軍 譚智健(中一丁) 吳子森(中四丙) 團體賽優異獎 徐朝騰(中四丁)
第十六屆香港女子象棋比賽	翁嘉麗(中四乙) 優異獎 陳穎璋(中四甲) 劉綺翡(中四乙) 翁嘉麗(中四乙) 中學組亞軍 紀謙信(中四丁)
油尖旺公益少年團 「珍惜生命遠離毒害愛護環境 共創未來」 報告書設計比賽	雷凱澄(中三甲) 公開組季軍 趙諾宜(中一甲) 初中組優異獎
2010「公聯會盃」 全港青少年圍棋大賽	
校際「滅罪環保袋」設計比賽	

## 六、其他

「信心存摺」繪畫比賽	屈國禧(中三甲) 二等獎 黃偉瑜(中三乙) 三等獎 李文蓉(中一丁) 初級組優異獎
2010香港青年協會 黃寬洋青少年進修獎勵計劃	鄭卓文(中四丙) 黃寬洋青少年 進修獎
校際「滅罪環保袋」設計比賽	屈國禧(中三甲) 初中組優異獎 林敏彤(中三丙) 優異獎
「熱愛大自然、展現人之美」 二零一零聯校攝影比賽	
<b>油尖旺區顯著進步學生獎勵計劃</b>	
聶 靖(中一甲) 黃綺晴(中一丙) 吳佩珊(中二甲) 周頌聲(中二丙) 張家琪(中三甲) 李逸華(中三丙) 楊樂兒(中四甲) 陳家健(中四丙) 黃美瑜(中五甲) 鄭永汶(中五丙) 盧俊賢(中六甲) 黃凱怡(中六丙) 譚惠琦(中七乙)	歐陽濠琳(中一乙) 李綽彤(中一丁) 文 雯(中二乙) 譚樂賢(中二丁) 陳霧虹(中三乙) 楊朗晞(中三丁) 潘藹瑩(中四乙) 顯著進步學生獎 冼卓峯(中四丁) 陳皓翔(中五乙) 黃卓卓(中五丁) 曾子津(中六乙) 勞秀鳳(中七甲) 鍾嘉輝(中七丙)
第二屆香港中小學三棋團體比賽	譚智安(中四丁) 優異獎

## 六、其他

慶祝新中國成立六十周年 中學生攝影比賽	慶祝中華人民共和國成立六十周年 全港十八區繪畫比賽	油尖旺區傑出學生選舉 第一屆九龍地域傑出學生選舉	「早晨！荃灣」圖畫比賽	「健康人生由我創」 西貢區青少年抗毒運動 環保袋設計比賽	學生低碳生活大賽	「畫出精彩·遠離毒害」四格漫畫比賽	生命有GOOD-TICK書籤設計比賽	明日領航者計劃二零零九	張兆康(中四丙) 季軍 劉小冰(中四丁) 季軍 陳家健(中四丙) 旺角區少年警訊 陸子逸(中四丁) 最佳中學學校支會 徐亦冰(中七乙) 季軍 徐亦冰(中七乙) 傑出領袖獎 陳家健(中四丙) 傑出會員獎 葉卓滢(中二甲) 中學組亞軍 吳熙同(中二甲) 優異獎 屈國禧(中三甲) 優異獎 馬慰澤(中六乙) 傑出學生 黃宇洋(中七乙) 優秀學生 林欣甯(中一丙) 優異獎	朱敬廷(中四丁) 公開組冠軍 陳穎璋(中四甲) 最佳低碳生活 陳家健(中四丙) 啟發獎 李美芬(中四丙) 初中組季軍 屈國禧(中三甲) 優異獎 陳琬蓉(中三甲) 王詩韵(中三乙) 余嘉華(中三乙) 冠軍 方臻淇(中三丙) 李逸華(中三丙) 余穎茵(中三丁)	麥浚鏗(中四乙) 優異獎
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## 六、其他

交通銀行慈善基金 中學生助學金	九龍西潮人聯會獎勵計劃	香港經濟日報世界文化祭	尋找自然的故事二零一零 探究式郊野研習比賽	高錕教授榮獲諾貝爾獎 郵票小型張設計比賽	吳曉文(中五丙) 品學優異獎 陳慧儀(中六甲) 品學優異獎 曾鎧瑩(中四丙) 品學良好獎 萬鈺清(中五丁) 品學俱備獎 梁育芝(中五丁) 品學俱備獎 呂芷荳(中三甲) 最佳學業進步獎 陸子彤(中三丙) 最佳操行進步獎 黃雯彥(中六乙) 奮發圖強獎學金 陳芷君(中三甲) 鄭文懿(中三甲) 秦宛瑩(中三甲) 鄭昱紅(中三甲) 張家琪(中三甲) 劉詩惠(中三甲) 最佳工作坊 李晞瑜(中三甲) 表現獎 吳家蕊(中三甲) 張耀文(中三甲) 李澤鋒(中三甲) 屈國禧(中三甲) 陳子禮(中三乙) 揭紫琪(中六乙) 徐璟虹(中六乙) 黃昕愉(中六乙) 亞軍 黃晞彤(中六乙) 馬殷澤(中六乙)	葉卓滢(中二甲) 中學組優異獎
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# 一一零零九至一一零一零零年度課外活動得獎名單

## 五、音樂

### 第六十二屆校際音樂節

長笛獨奏高級組	黃凱珊(中二甲) 優良獎 謝諾翹(中四丁) 良好獎 黃穎怡(中六甲) 良好獎 陳愷盈(中六甲) 良好獎
雙簧管獨奏初級組	莫浩平(中一丁) 良好獎
單簧管獨奏高級組	鄧柔(中六甲) 優良獎
口琴獨奏高級組	李育麟(中一丙) 優良獎
中音薩克斯管獨奏初級組	宋博文(中三甲) 冠軍 王學祺(中三甲) 良好獎
木琴獨奏	譚葭穎(中二乙) 良好獎

## 六、其他

### 全港中學中國歷史研習獎勵計劃

### 聖言中學物理奧林匹克

### 泛珠三角及中華名校

### 物理奧林匹克競賽

### 國際初中科學奧林匹克 香港區選拔

### 香港物理奧林匹克

黃耀文(中三乙) 初級組嘉許	黃耀文(中三乙) 初級組嘉許
李嘉俊(中五丁) 中四及中五組優異獎	李嘉俊(中五丁) 中四及中五組優異獎
黃劭然(中六乙) 中六組季軍	黃劭然(中六乙) 中六組季軍
楊立濤(中六乙)	楊立濤(中六乙)
吳子豪(中六丙) 三等獎	吳子豪(中六丙) 三等獎
黃劭然(中六乙)	黃劭然(中六乙)
團體(學校)獎 第三	團體(學校)獎 第三
黃凱珊(中二甲) 一等獎	黃凱珊(中二甲) 一等獎
黃悅懿(中二甲) 二等獎	黃悅懿(中二甲) 二等獎
黃語晴(中二甲) 二等獎	黃語晴(中二甲) 二等獎
林詠詩(中二乙) 三等獎	林詠詩(中二乙) 三等獎
徐彰利(中二乙) 三等獎	徐彰利(中二乙) 三等獎
謝詠菁(中五丙) 三等獎	謝詠菁(中五丙) 三等獎
葉可暉(中五丙) 三等獎	葉可暉(中五丙) 三等獎

## 六、其他

### 青少年創意產品計劃

### 第六屆傳媒初體驗計劃 模擬新聞採訪比賽

### 第二屆校園藝術大使計劃

### 香港學校戲劇節 李曉晴(中四乙)

### 第四十六屆學校舞蹈節比賽

陳穎璋(中四甲)	陳穎璋(中四甲)
魏子軒(中四甲)	魏子軒(中四甲)
劉綺翡(中四乙) 銅獎	劉綺翡(中四乙) 銅獎
徐卓思(中四乙)	徐卓思(中四乙)
翁嘉麗(中四乙)	翁嘉麗(中四乙)
鍾蕙禧(中四丙)	鍾蕙禧(中四丙)
劉綺翡(中四乙) 中學雜誌組	劉綺翡(中四乙) 中學雜誌組
徐卓思(中四乙) 我最喜愛的雜誌	徐卓思(中四乙) 我最喜愛的雜誌
翁嘉麗(中四乙)	翁嘉麗(中四乙)
鍾蕙禧(中四丙)	鍾蕙禧(中四丙)
李曉晴(中四乙) 校園藝術大使 傑出女演員	李曉晴(中四乙) 校園藝術大使 傑出女演員
譚惠珊(中一甲)	譚惠珊(中一甲)
許穎怡(中一丁)	許穎怡(中一丁)
黃敏庭(中一丁)	黃敏庭(中一丁)
黃語晴(中二甲)	黃語晴(中二甲)
關彤昕(中二乙)	關彤昕(中二乙)
伍家安(中二丁)	伍家安(中二丁)
陳岍霖(中三乙)	陳岍霖(中三乙)
林敏彤(中三丙)	林敏彤(中三丙)
葉穎雪(中四甲)	葉穎雪(中四甲)
唐婉雯(中四丙)	唐婉雯(中四丙)
石嘉麗(中四丁)	石嘉麗(中四丁)
梁凱怡(中六甲)	梁凱怡(中六甲)
黃凱明(中六甲)	黃凱明(中六甲)
陳潔瑤(中六乙)	陳潔瑤(中六乙)
冼嘉盈(中一乙)	冼嘉盈(中一乙)
羅玉名(中一丁)	羅玉名(中一丁)
譚詠琪(中一丁)	譚詠琪(中一丁)
張詠童(中二乙)	張詠童(中二乙)
劉慧婷(中二丁)	劉慧婷(中二丁)
蘇泳昕(中三甲)	蘇泳昕(中三甲)
孔穎怡(中三乙)	孔穎怡(中三乙)
侯沅彤(中三丁)	侯沅彤(中三丁)
簡靖雯(中四乙)	簡靖雯(中四乙)
姜德詠(中四丁)	姜德詠(中四丁)
陳燕珍(中六甲)	陳燕珍(中六甲)
潘鳳敏(中六甲)	潘鳳敏(中六甲)
黃寶欣(中六甲)	黃寶欣(中六甲)
余飛(中六丙)	余飛(中六丙)

## 五、音樂

### 第六十二屆校際音樂節

獨唱——外文歌曲組——女聲—— 中學——十三歲或以下組別	譚葭穎(中二乙) 優良獎
粵曲獨唱——平喉獨唱 ——中學初級組	李梓聰(中一乙) 亞軍
鋼琴獨奏：第三級	李梓聰(中一乙) 良好獎
鋼琴獨奏：第四級	謝藹琳(中一丙) 優良獎
	莫浩平(中一丁) 優良獎
	趙諾宜(中一甲) 良好獎
	屈國禧(中三甲) 季軍
	陳思慧(中一甲) 優良獎
	麥鈺嵐(中一甲) 優良獎
	張詠童(中二丁) 優良獎
	鄧維詩(中四丙) 優良獎
	李乃芳(中一甲) 良好獎
	張慧霞(中一乙) 良好獎
鋼琴獨奏：第五級	劉苑盈(中一乙) 良好獎
	姚露思(中一丁) 良好獎
	陳凱琳(中二甲) 良好獎
	陸思齊(中二乙) 良好獎
	文銘恩(中三甲) 良好獎
	鍾卓琳(中二丙) 優良獎
	陳愷盈(中六甲) 優良獎
	陳泳璇(中一甲) 良好獎
	李鈞陶(中一甲) 良好獎
	梁詠雅(中二丁) 良好獎
鋼琴獨奏：第七級	秦宛瑩(中三甲) 良好獎
	關晶怡(中三甲) 良好獎

## 五、音樂

### 第六十二屆校際音樂節

鋼琴獨奏：第八級	吳亦琳(中二乙) 優良獎	
鋼琴獨奏：第七級	潘仲欣(中三甲) 良好獎	
	彭樂瑤(中三乙) 良好獎	
鋼琴獨奏：中國作曲家初級組	鍾卓穎(中四丙) 良好獎	
	劉靖欣(中一乙) 優良獎	
	鍾晴(中三丁) 優良獎	
	鄭文懿(中三甲) 優良獎	
	林鶴年(中六甲) 優良獎	
	區煜雄(中一甲) 良好獎	
	鋼琴獨奏：中國作曲家高級組	陳愷盈(中六甲) 亞軍
		張捷華(中六乙) 優良獎
		黃穎雯(中四丁) 優良獎
	鋼琴合奏：中級組	黃穎怡(中六甲) 優良獎
黃凱珊(中二甲) 優良獎		
黎洛而(中三丁) 優良獎		
謝蓉安(中三丁) 優良獎		
陳愷盈(中六甲) 優良獎		
黃穎怡(中六甲) 優良獎		
吹管樂小組：甲組		廖子賢(中二乙) 優良獎
		伍智揚(中二乙) 優良獎
		方卓謙(中三甲) 優良獎
		杜偉熹(中三丙) 優良獎
	鄧柔(中六甲) 優良獎	
	吹管樂小組：乙組	趙諾宜(中一甲) 優良獎
		梁守真(中四丁) 優良獎

# 一一零零九至一一零一零年度課外活動得獎名單

## 四、體育

二零零九至二零一零年度屈臣氏集團香港學生運動員獎

歐潔鳴(中五甲) 獎狀

香港學界體育聯會  
籃球錦標賽

黃燕萍(中一乙)	郭倬嘉(中二丁)	鄭文懿(中三甲)	王詩韵(中三乙)	譚百惠(中三丙)	黃嘉旋(中三丁)	林芷彥(中四乙)	趙珈瑩(中四丙)	葉菁雲(中四丙)	女子團體	殿軍
									女子乙組季軍	

## 五、音樂

第六十二屆校際音樂節

中樂小組合奏甲組

中樂小組合奏乙組

陳可善(中一甲)	江欣茜(中一甲)	盤嘉寶(中一甲)	杜劭禧(中一甲)	冼嘉盈(中一乙)	陳靜爾(中三乙)	岑學章(中一甲)	林佳琪(中一乙)	王峻昊(中二甲)	譚葭穎(中二乙)	梁斯程(中二丙)	鍾曉晴(中三乙)	楊樂陶(中三乙)	嚴詠斯(中三乙)	方臻淇(中三丙)	梁晉霖(中四乙)	葉菁雲(中四丙)
良好獎																
優良獎																

## 五、音樂

第六十二屆校際音樂節

中樂：二胡獨奏——中級組	中樂：箏獨奏——初級組	中樂：二胡獨奏——高級組	中樂：高胡獨奏——高級組	中樂：箏獨奏——中級組	中樂：笛子獨奏——中級組	中樂：笙獨奏——高級組	中樂：琵琶獨奏——中級組	中樂：中阮獨奏——高級組	中樂：柳琴獨奏——深造組	女子初級組中學合唱隊	——外文歌曲組——	獨唱——中文歌曲組——女聲	中學——十三歲或以下組別	獨唱——中文歌曲組——女聲	中學——十七歲或以下組別							
岑學章(中一甲)	周嘉敏(中一丙)	鄧思齊(中三甲)	王峻昊(中二乙)	鍾曉晴(中三甲)	楊樂陶(中三乙)	麥千瑩(中二丁)	陳靜爾(中三乙)	盤嘉寶(中一甲)	蘇日君(中一丙)	嚴詠斯(中三乙)	羅璋宗(中二甲)	陳霧虹(中三乙)	黃鈞婉(中三乙)	鍾卓穎(中四丙)	李嘉誦(中四丙)	葉菁雲(中四丙)	林佳琪(中一乙)	陳淑鈞(中四丙)	團體	江文輝(中一乙)	譚葭穎(中二乙)	謝奕琦(中六乙)
優良獎	良好獎	優良獎	良好獎	亞軍	季軍	優良獎	優良獎	良好獎	良好獎	亞軍	良好獎	良好獎	良好獎	良好獎	良好獎	良好獎	優良獎	優良獎	優良獎	優良獎	良好獎	冠軍

### 四、體育

#### 校際越野錦標賽

##### — 第二組

歐潔鳴(中五乙) 女子甲組季軍  
司徒尚宜(中一丙) 女子丙組亞軍

#### 中學校際排球比賽

##### — 第三組

趙曦澄(中一甲)  
杜劭禧(中一甲)  
江欣茜(中一甲)  
盤嘉寶(中一甲)  
林思潔(中一丙)  
陳嘉敏(中一丁)  
王穎琳(中二甲)  
曹悅穎(中二乙)  
梁嘉媛(中二乙)  
孫羨婷(中二丙)  
陳影霞(中二丁)  
張詠童(中二丁)  
梁詠雅(中二丁)  
麥千螢(中二丁)  
女子團體 殿軍  
女子丙組冠軍

#### 「正向人生」中學排球賽

文銘恩(中三甲) 呂敏琪(中三乙)  
孔穎怡(中三乙) 劉曉彤(中三丙)  
黃思雅(中三丙) 沈穎兒(中四丙)  
馮紫惠(中四丁) 石嘉麗(中四丁) 女子組  
易樂怡(中四丁) 全場冠軍

#### 中學校際游泳錦標賽 — 第三組(九龍一組)

女子甲組五十米蝶泳 李子婷(中六甲) 季軍

女子甲組四乘五十米混合四式接力

趙桂琦(中五丙)  
何肇庭(中五丙)  
李子婷(中六甲) 亞軍  
黃昕愉(中六乙)

### 四、體育

#### 中學校際游泳錦標賽 — 第三組(九龍一組)

女子丙組五十米蝶泳 廖珈羚(中一乙) 亞軍  
女子丙組一百米胸泳 趙曦澄(中一甲) 殿軍  
女子丙組四乘五十米混合四式接力 趙曦澄(中一甲)  
鍾博華(中一丙) 冠軍  
何肇瞳(中二丙)

女子丙組 亞軍  
女子團體 殿軍  
男子乙組胸泳 朱敬廷(中四丁) 殿軍  
秦焯枏(中三乙)  
姚厚謙(中四乙)  
朱敬廷(中四丁) 殿軍  
黃冠達(中四丁)

#### Prince 香港青少年壁球錦標賽二零零九

司徒尚宜(中一丙) 季軍

#### 中學校際乒乓球比賽 (第三組, 九龍區)

林苡嫻(中三乙) 女子乙組季軍  
龍芷淇(中四乙)  
劉靄恩(中四乙)  
鄭藹滢(中一甲)  
黃凱珊(中二甲)  
梁嘉媛(中二乙)  
吳亦琳(中二乙)  
梁碩麟(中三甲)  
陳家威(中三乙)  
郭家璋(中四甲)  
梁晉霖(中四乙)  
朱濤(中四丁)  
陸子逸(中四丁) 男子乙組殿軍

#### 中學校際乒乓球比賽(第三組, 九龍區) 團體

季軍



# 一一零零九至一一零一零零年度課外活動得獎名單

## 三、數學

### 世界數學測試難解分析科

吳熙同(中二甲) 優良獎

### 二零零九至二零一零年度數學閱讀報告比賽

陳芷君(中三甲) 一等獎  
陳家威(中三乙) 一等獎

黃耀文(中三乙) 二等獎

### 二零零九至二零一零年度數學專題研習比賽

蘇泳昕(中三甲) 黃詠琪(中三甲) 傑出團體表現獎  
余舒琦(中三乙) 陳家威(中三乙) 優秀證書及獎盃  
黃耀文(中三乙) 葉俊新(中三乙)

### 二零一零年度 華夏盃

區煜雄(中一甲) 特等獎

### 香港數學奧林匹克

黃明寬(中四丁) 一等獎及良好獎

劉小冰(中四丁) 良好獎  
譚智安(中四丁) 良好獎  
吳智穎(中四丁) 良好獎

### 數學遊踪

嚴啟立(中二甲) 沈穎兒(中四丙)

藍思詠(中四丁) 譚智安(中四丁) 冠軍隊伍

黃明寬(中四丁)

### 香港青少年數學精英選拔賽

嚴啟立(中二甲) 陳子禮(中三甲)

二等獎

陳家威(中三乙)

### 培正數學邀請賽

嚴啟立(中二甲) 二等獎  
陳子禮(中三甲) 良好獎

吳智穎(中四丁) 良好獎  
譚智安(中四丁) 良好獎

黃明寬(中四丁) 良好獎  
葉可暉(中五丙) 良好獎

李嘉俊(中五丁) 良好獎

## 三、數學

### 二零一零年度港澳盃

吳智穎(中四丁) 金獎  
區煜雄(中一甲) 銀獎

歐陽婉筠(中二甲) 銀獎

### 新加坡國際數學挑戰賽

#### 二零一零

林朗熙(中五丙)

李嘉俊(中五丁) 團體優良獎

吳子豪(中六丙)

吳智穎(中四丁)

譚智安(中四丁) 團體表揚獎

黃明寬(中四丁)

## 四、體育

### 中學校際手球比賽

#### 第二組

麥宇軒(中四乙)

張慶樺(中五甲)

饒展豪(中五丙)

張文耀(中五丁)

馮奕匡(中五丁)

吳嘉俊(中五丁)

王浩宇(中六甲)

陸嘉偉(中六乙)

任浚煒(中六乙)

周禮濱(中六丙)

郭奇軒(中六丙)

林臻允(中六丙)

李嘉駿(中六丙)

李善翔(中六丙)

男子團體

季軍

男子甲組  
亞軍

二、英文

女子英詩獨誦

李綽彤(中一丁)	優良	李文蓉(中一丁)	優良
譚詠琪(中一丁)	優良	黃敏庭(中一丁)	優良
蔡可穎(中二乙)	優良	羅雋僖(中二乙)	優良
譚葭穎(中二乙)	優良	譚樂庭(中二乙)	優良
原樂堯(中二乙)	優良	吳曉晴(中二丙)	優良
鄭文懿(中三甲)	優良	朱采笙(中三甲)	優良
關晶怡(中三甲)	優良	李晞瑜(中三甲)	優良
文銘恩(中三甲)	優良	吳家蕊(中三甲)	優良
陳岍霖(中三乙)	優良	劉詩惠(中三乙)	優良
吳紫荊(中三丙)	優良	丘安盈(中三丙)	優良
謝蓉安(中三丁)	優良	陳藹敏(中四甲)	優良
馮嘉玲(中四甲)	優良	張采禔(中四甲)	優良
黃凱頤(中四甲)	優良	葉穎雪(中四甲)	優良
郭潔瑩(中四乙)	優良	劉靄恩(中四乙)	優良
吳熙怡(中四乙)	優良	程子殷(中四丙)	優良
鍾卓穎(中四丙)	優良	李嘉頤(中四丁)	優良
梁煥敏(中四丁)	優良	謝諾翹(中四丁)	優良
郭詩韻(中五丁)	優良	伍潔瑩(中五丁)	優良
陳愷盈(中六甲)	優良	鍾芷棋(中七丙)	優良
麥鈺嵐(中一甲)	良好	陳舒婷(中一乙)	良好
陳穎(中一丙)	良好	黃皓琳(中二乙)	良好
秦宛瑩(中三甲)	良好	郭津辰(中三甲)	良好
林苡嫻(中三乙)	良好	勞衍晴(中三丙)	良好
張佩儀(中七丙)	良好		

曾啟康(中二甲)	亞軍	李澤鋒(中三甲)	亞軍
李建峰(中三丙)	亞軍	鄭邦彥(中一甲)	季軍
陳家健(中四丙)	季軍	區煜雄(中一甲)	優良

二、英文

男子英詩獨誦

諸昊文(中一甲)	優良	黎沛聰(中一甲)	優良
梁晃維(中一甲)	優良	林卓賢(中一甲)	優良
盧學賢(中一甲)	優良	王文宇(中一甲)	優良
胡鈞虹(中一甲)	優良	吳卓樺(中一丙)	優良
朱卓銳(中一丙)	優良	陳偉軒(中一丁)	優良
莫浩平(中一丁)	優良	劉栢鏞(中二甲)	優良
李衍一(中二甲)	優良	甯逸駿(中二甲)	優良
羅璋宗(中二甲)	優良	吳熙同(中二甲)	優良
陳駿逸(中二乙)	優良	李家權(中二乙)	優良
廖子賢(中二乙)	優良	屈國禧(中三甲)	優良
何青燁(中三乙)	優良	林承佑(中三乙)	優良
陳穎璋(中四甲)	優良	潘嘉翹(中四乙)	優良
盧福榮(中四丙)	優良	朱敬廷(中四丁)	優良
林俊璋(中四丁)	優良		

女子散文獨誦

陳愷盈(中六甲)	亞軍	羅雋僖(中二乙)	優良
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公開演說

黃敏旗(中二丁)	優良	陳影霞(中二丁)	良好
麥千螢(中二丁)	良好		

英文二人對話朗誦

曾鎧瑩(中四丙)	冠軍	劉小冰(中四丙)	冠軍
吳亦琳(中二乙)	優良	曹悅穎(中二乙)	優良
周駿易(中四乙)	優良	劉駿灝(中四乙)	優良
林密(中四乙)	優良	李曉晴(中四乙)	優良

英語詩詞集誦

中三甲班	優良	中四丙班	優良
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# 一一零零九至一一零一零零年度課外活動得獎名單

## 一、中文

### 普通話女子詩詞朗誦

江欣茜(中一甲)	優良	陳曉瑩(中一乙)	優良
鄧梅(中一丙)	優良	譚燕玲(中一丁)	優良
陳慧敏(中三甲)	優良	鄭昱紅(中三甲)	優良
余嘉華(中三甲)	優良		

### 二零零九至二零一零年度 中國語文菁英計劃

霍霖(中三甲)	金獎	陳慧敏(中三甲)	銅獎
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### 第十四屆全港中小學中英文硬筆書法比賽 中文硬筆書法

黃偉瑜(中三乙)	中學初級組季軍
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### 全港原子筆中文書法比賽

朱濤(中四丁)	高中組亞軍
霍霖(中三甲)	初中組優異獎

### 健康展覽2009「救市攻略」徵文比賽

謝詠菁(中五丙)	高中組亞軍
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### 第二十五屆中學生閱讀報告比賽

#### ——中文主題閱讀組——「不一樣的生活」

麥思寧(中四丁)	高級組優異獎
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### 「自閉青年在途上」閱讀報告徵文比賽

陳善如(中一甲)	優異獎
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### 第二十一屆中學生好書龍虎榜書評寫作比賽初級組

李梓聰(中一乙)	優異獎
林詠詩(中二丙)	校內作品推薦 優秀作品入圍獎

### 二零零九至二零一零年度 中國中學生作文大賽

#### (香港賽區)

李珈誼(中三丙)	優異獎	鄧維詩(中四丙)	優異獎
林鶴年(中六甲)	優異獎	陳恩齡(中六甲)	優異獎

## 一、中文

### 學生中文故事創作比賽

黃婉儀(中三丙)	初中組優異獎
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### 第三屆攝影文學創作大賽

祈燕玲(中七甲)	中學新詩組優異獎
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### 第四屆「善言巧論：全港學生口語溝通大賽」

朱韻斐(中六甲)	預科小組討論：卓越論手獎
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### 首屆火炬盃中小學幼稚園普通話朗誦比賽

鄭文懿(中三甲)	金獎
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## 二、英文

### 女子英詩獨誦

江文輝(中一乙)	冠軍	關樂賢(中一乙)	亞軍
黃睿彤(中一甲)	亞軍	卓文靖(中一丁)	亞軍
何曉彤(中二甲)	亞軍	黃語晴(中二甲)	亞軍
蘇泳昕(中三甲)	亞軍	沈穎兒(中四丙)	亞軍
鄭藹滌(中一甲)	季軍	朱曉楠(中一乙)	季軍
陳詠琛(中一丁)	季軍	張嘉瑩(中一丁)	季軍
方暢程(中二乙)	季軍	何肇瞳(中二乙)	季軍
李樂施(中二乙)	季軍	張楚翹(中二丙)	季軍
陳芷君(中三甲)	季軍	彭樂瑤(中三乙)	季軍
王希慈(中四丙)	季軍	陳思慧(中一甲)	優良
趙諾宜(中一甲)	優良	江欣茜(中一甲)	優良
聶靖(中一甲)	優良	吳宇穎(中一甲)	優良
盤嘉寶(中一甲)	優良	杜劭禧(中一甲)	優良
鄧雪兒(中一乙)	優良	廖珈玲(中一乙)	優良
何靖雯(中一丙)	優良	林欣甯(中一丙)	優良
鄭煥敏(中一丁)	優良	許彥加(中一丁)	優良

一、中文

粵語女子散文獨誦

王家惠(中一甲)	冠軍	譚葭穎(中二乙)	冠軍
麥鈺嵐(中一甲)	亞軍	高芷穎(中二甲)	亞軍
李曉晴(中四乙)	季軍	林密(中四乙)	季軍
張靜雯(中四丙)	季軍	胡筱雯(中一甲)	優良
黃睿彤(中一甲)	優良	盤嘉寶(中一甲)	優良
趙諾宜(中一甲)	優良	鄭藹滌(中一甲)	優良
杜劭禧(中一甲)	優良	譚詠琪(中一丁)	優良
蔡可穎(中二乙)	優良	羅雋僖(中二乙)	優良
陳霧虹(中三乙)	優良	葉菁雲(中四丙)	優良
黃瑋琛(中四丙)	優良	吳家蕊(中三甲)	良好
余嘉華(中三乙)	良好		

道教詩文

朱卓銳(中一丙)	冠軍	李家權(中二乙)	季軍
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粵語女子組詩詞獨誦

陳穎(中一丙)	亞軍	李梓瑩(中一丙)	亞軍
冼嘉盈(中一乙)	季軍	黃慧瑩(中一丁)	季軍
朱曉楠(中一乙)	優良	黃海盈(中一乙)	優良
林思潔(中一丙)	優良	吳文玥(中一丙)	優良
陳詠琛(中一丁)	優良	黃語晴(中二甲)	優良
何肇瞳(中二乙)	優良	譚燕玲(中一丁)	良好

普通話男子詩詞獨誦

朱思宇(中一丁)	優良
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普通話男子散文獨誦

鄭瑋淦(中一甲)	優良	李家權(中二乙)	優良
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一、中文

普通話女子散文獨誦

卓文靖(中一丁)	亞軍	鄭文懿(中三甲)	亞軍
何曉彤(中二甲)	季軍	黃凱珊(中二甲)	季軍
方暢程(中三乙)	季軍	李樂施(中三乙)	季軍
陳善如(中一甲)	優良	陳思慧(中一甲)	優良
李慧雯(中一甲)	優良	聶靖(中一甲)	優良
黃燕萍(中一乙)	優良	江文輝(中一乙)	優良
羅雋僖(中二乙)	優良	譚樂庭(中二乙)	優良
張靜文(中四丙)	優良	李嘉頤(中四丁)	優良
陳泳璇(中一甲)	良好		

粵語二人對話朗誦

程子殷(中四丙)		沈穎兒(中四丙)	冠軍
張采禔(中四甲)		陳藹敏(中四甲)	季軍
李燕欣(中四甲)		秦君兒(中四甲)	季軍
湯穎琛(中四甲)		黃筱彥(中四甲)	季軍
鄧穎婷(中四甲)		巫詩敏(中四甲)	優良
黃思雅(中四丙)		謝諾翹(中四丁)	優良
陳妍霖(中三甲)		郭津辰(中三甲)	良好

粵語男子散文獨誦

陳家健(中四丙)	冠軍	盧學賢(中一甲)	優良
翁耀聲(中三丙)	優良		

粵語男子詩詞獨誦

諸昊文(中一甲)	冠軍	李澤鋒(中三甲)	冠軍
李梓聰(中一乙)	亞軍	彭晴朗(中一丙)	季軍
羅璋宗(中二甲)	季軍	曾啟康(中二甲)	季軍
曾智聰(中四甲)	優良	陳穎璋(中四甲)	優良
李建峰(中三丙)	良好	朱敬廷(中四丁)	良好

中六乙 何沅茵

透過學校的推薦，我參加了由香港輔導教師協會所舉辦的暑期工作體驗計劃。經過一輪面試後，我與其他八位中五、中七同學被分派到九龍公共圖書館工作，由六月一日至七月十日，為期六個星期，好讓我們體驗在圖書館工作的感受。

我們九位義工分成三組，每兩星期交替工作，使我們能見識到圖書館內不同部門的工作。在第一、第二個星期，我與另外兩位義工負責借還書籍的工作，或許許多人都認為借書還書只是一些手板眼見功夫，並不複雜，然而事實並非如此，當中的程序不但繁複，而且每一步亦要小心翼翼，只要有其中一個步驟出錯，所有的資料就會受到牽連。收取罰款更是驚心動魄，皆因只要你按錯一個鍵，不但是市民，整個館的工作人員亦會被拖累。再者，整個借還書的程序亦不可逾時，否則耽誤市民之餘，亦會使圖書館的聲譽受損。經過這兩星期在借還書處的體驗，我明白到責任的重要性，我們的一時疏忽，一時大意，有可能引致嚴重的後果，牽一髮而動全身，所以我們應該盡力地把所有事情做好，負上責任，不應以為做錯事會有人來補救。再者，我學會了待人接物的方法。無可否認，作為過於自我中心的新一代，我的處事技巧並不圓滑，經常與人爭執，然而，透過這兩星期的觀摩，我從前輩身上學會了處事的技巧，學會如何面對難纏的人和事，學會了如何控制自己的情緒，這確實使我獲益良多！

而在其餘的四個星期，我與五位義工朋友被分派到圖書館各層整理書本。別以為這是一門簡單的工作，並不費神，事實

上，在排書的過程中，我們必須根據索書號、資料、依次序地排列，方便市民找尋書本。四個星期與書海朝夕相處，我學會了如何獨立的思考，因為不同樓層的書架狀況都不一樣，我們必須作出合適的調整，隨機應變，決不可墨守成規。這次的體驗，確實對我在處理問題上，有莫大的幫助，與此同時，我亦明白到分工合作的重要，我們每一位義工都須把自己的份內事做好，使我們的同事可專注自己的工作，並無後顧之憂，工作的效率就能大大提高。

透過參與這次暑期工作體驗計劃，我不但體會到圖書館工作的苦與樂，亦令我學懂了不少處事的方法，對我將來投身社會有莫大的益處。我真的感激學校、主辦機構及九龍公共圖書館，帶給我如此充實的暑假！

在公共圖書館工作的六個星期給了我難得的工作體驗。



此充實的暑假！



伊中同學在聖馬可中學的獅子頒獎台前留影。



陳琬蓉(左)和林主華(右)結起了聖馬可的校伙，劉子慧(中)還穿上了聖馬可的女生校服！



兩校同學在有蓋操場一起享用伊中同學最愛的煲仔飯。



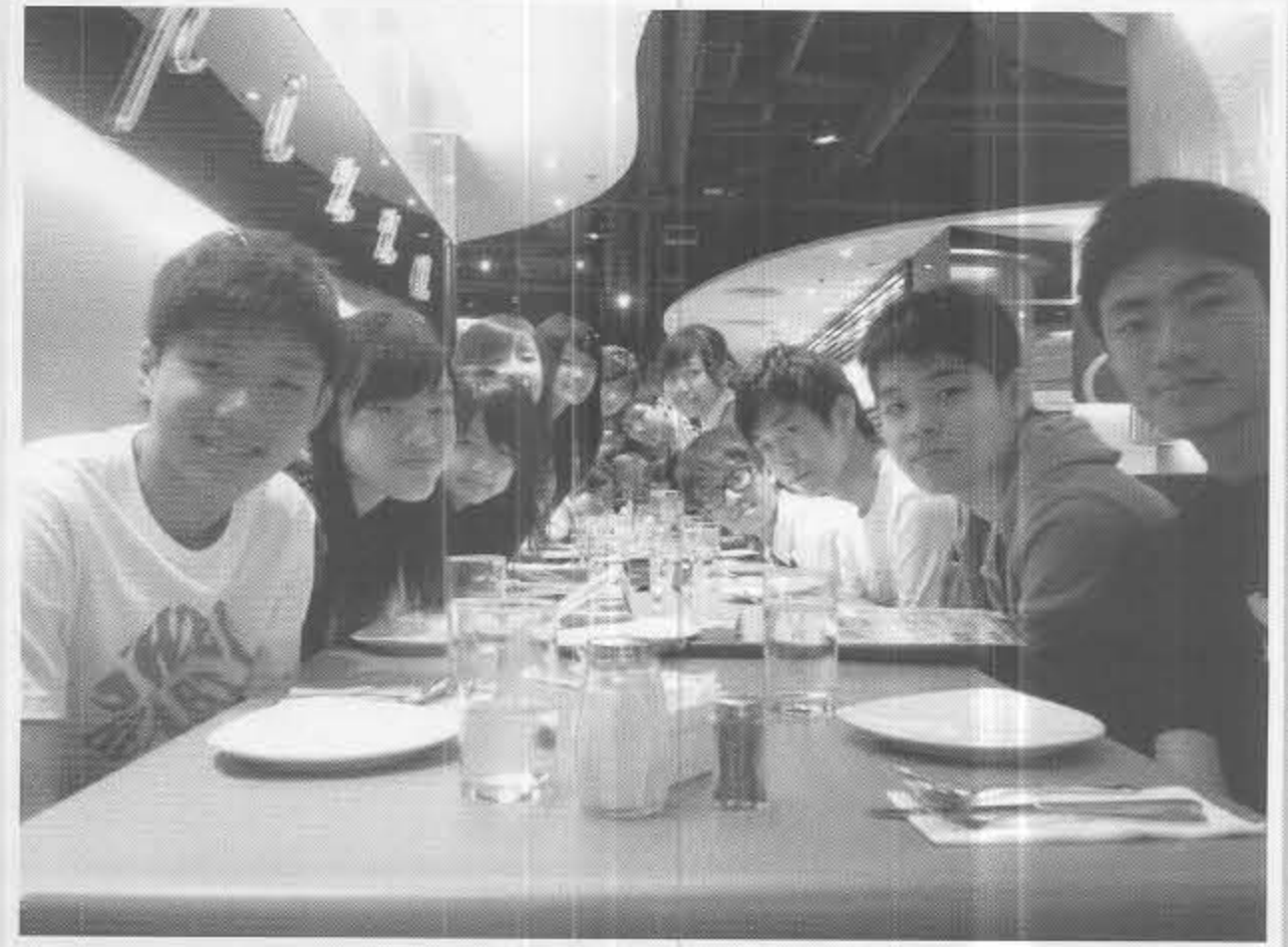
互相交換錦旗，來一張大合照！



交流的最後一天，大家分享自己的感受。



聖馬可中學的同學與伊中籃球隊激戰！



數個月後的聚會。

# 本地學校交換生計劃

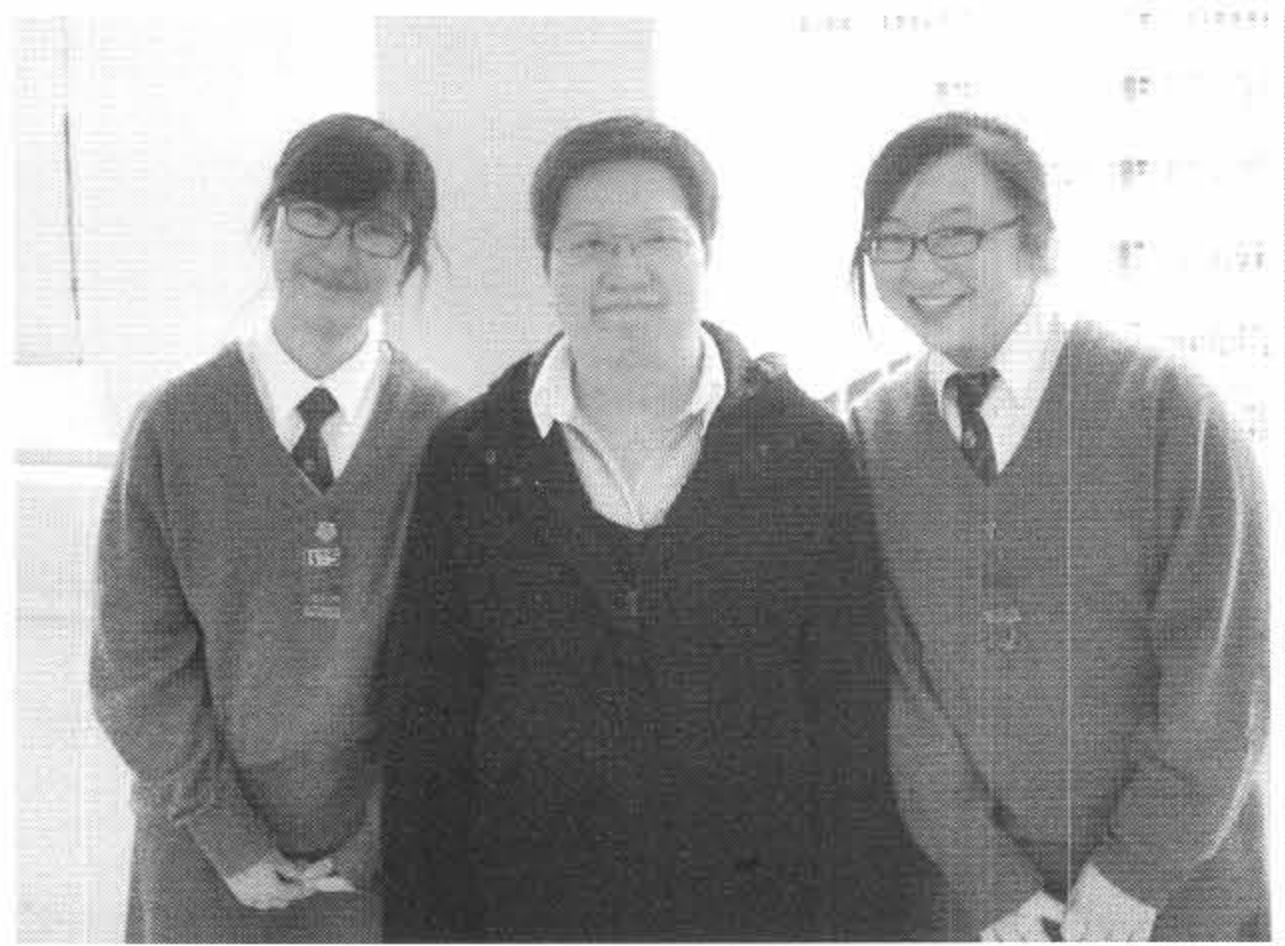


到聖馬可中學交流的伊中同學和聖馬可同學相處融洽，大家打成一片。



**今**年三月七日至三月十日，伊中十名中四同學，參與了聖馬可中學與伊利沙伯中學合辦的交換生計劃，眾人在聖馬可中學渡過了難忘的校園生活，而十名聖馬可中學的中四同學則到伊中上課，和伊中同學一起交流學習。是次活動讓各參與同學拓闊視野，體驗他校的學習氣氛，同時學會獨立及與人相處之道。各同學更認識了不少新朋友，建立珍貴的友誼。交換生計劃圓滿結束後，兩校同學皆留下很多美好的回憶，大家都希望再有機會參加同類活動。

我們在聖馬可中學的班主任。



出青年呂宇

俊先生更與同學們分享

「有效增強與人溝通能力」的

心得和技巧，以他自身的例子，令同

學知道「成績不好不要灰心，那其實是一種

提醒，讓我們知道成功必須靠自己」，他更鼓勵

青年人要化挫折為努力奮鬥的動力。

在欣賞與批評的課堂上，每位組員坦白說出自己的長處和短處，目的是對自己有更進一步的認識，導師們更會逐一按照組員的性格特徵和興趣，建議未來的工作行業，有助組員捉緊自己的優點盡情發揮，並預先於投身職場前改善不足的地方。

一連四天的港鐵參觀和實習中，學員參觀了港鐵系統建設，如車站控制室、小濠灣車廠及車站控制中心等。另外，

我們也有機會實踐所學，擔任「學生顧客服務大使」和市場調查員。「請勿靠近月台幕門……」能夠在港鐵車站月台聽到自己的

聲音，可能是一生唯一一次的機會，感覺既新奇又興奮。在整個過程當中，同學對港鐵的運作、以人為本的待客之道、市場研究和品牌傳訊知識得到了深入的認識，讓我們大開



與導師建立了深厚情誼，獲益良多。



成功幫助外國遊客後擊掌，心中滿溢成就感！

眼界之餘，亦得到了寶貴的工作經驗。

參與是次訓練計劃的確獲益良多，使我在領導才能、創意、主動學習、溝通技巧、人際關係，以及團體精神等範圍上均進步不少，最重要是我內心的一點火得以迸發，幫助開發更多的可能性。「人活着，只因有夢。」人皆有夢，只是夢太飄忽，難以掌握。有人把它藏在抽屜；有人把它埋於心底；有人卻讓它燃成火把，在面前照出一條光明大道。你會如何選擇？年青人，鼓起你心中大無畏的精神，努力追趕你的夢想吧！



## 人活着，只因有夢

中六丙 郭爾榕

中五畢業是人生十分重要的階段，畢業生往往為自己的前程苦惱，

因此，港鐵公司與香港中文大學專業進修學院合辦了「Train」出光輝每一程」訓練計劃2010，為一百名有理想及有潛能的應屆中五畢業生提供免費的多元化學習機會，讓參加者擴闊視野、增強自信，並建立未來目標，發展個人才能，發揮潛能，向夢想、向光輝前程進發。

計劃內容包括兩日一夜學習體驗營、四日課堂學習、四日港鐵實習及體驗活動，包括成為港鐵車站學生顧客服務大使及參觀港鐵車務控制中心、車廠等。

訓練計劃

首站是

在工作站服務的愉快留影。

在工作站服務的愉快留影。

學習體驗營，為

一百名學員「破冰」作

熱身。這個體驗營的訓練目的，除了

讓學員們從不同活動中體驗團隊合作的重要

性外，亦讓我們從過程中進一步了解自己及建

立自信。記得我組在體驗營的表現未如理想，原

因被訓練導師一語道破：「一個團體，最需要一個懂

得整合意見的人，他才是帶領團體致勝的關鍵，因為懂

得在失敗的經驗中找到成因，從而歸納、總結是十分關鍵

的，否則只會原地踏步，永遠是遊戲中的輸家。」

學習體驗營中的「夢想劇場」令我們印象最為深刻，

我們除了有機會將心底裏的願望實踐，尋找屬於自己的光芒

外，我們更明白到大家要不分彼此，努力協助每位組員實

現夢想。原來一個人的夢，有時也需要別人一同去參與、肯

定。

於一連四天的課堂學習中，中文大學專業進修學院的導

師們以靈活互動的遊戲，教授了學員們多方面的技能和思維

方法，讓我們更加積極思考未來，敢於追夢。其中課堂的主

題包括人際關係、創意力、禮儀、幽默感、欣賞與批評

等。大家熟識的「0分小子」——2006年香港十大傑

我們開始在維園年宵市場營業了！



包括：在維園獨一無二的煲呔兔仔耳、暖手抱枕、手織桃花、金莎花等。由於產品十分特別，所以我們在學校進行預訂時，吸引了校長、老師及同學的支持。除此之外，我們在年宵前，亦在校內播放宣傳短片及招募義工，以壯聲勢。

在營運年宵攤檔時，我們既緊張，又興奮，因為我們為此籌備已久，有時更犧牲了數小時的睡眠時間，而且這還是我們自己第一次打理生意呢！在眾多產品中，獨家而又配合主題的煲呔兔仔耳及手織桃花最為搶手，還吸引了不少記者在首天來採訪我們的攤位呢！經過大家多天的努力、同學義工的支持以及老師的協助，我們的產品成功售罄。

即使我們犧牲了不少時間，為了預備而每天很早回校，為了年宵而很晚才回家，為了叫賣而叫破嗓子，但這一切一切都是值得的。我們從中學會了如何為價錢定位，要不時作出應變，又學會如何向不同顧客宣傳、如何賺取最大利潤等，這些都是無法在書本上學到的。此外，同學之間建立了深厚的友誼，大家互相鼓勵，心中有一種筆墨難以形容的成功

感，而且對能幫助到社會企業感到光榮。

我們今次能夠奪得亞軍及最佳團隊合作獎，除了有賴隊員們的努力，亦要感謝老師的協助、星展義務導師的寶貴意見，以及社企、校長、各位老師、校友及同學們的大力支持，令我們有無比的動力！



陳永華老師和我們並肩作戰！

Qesmie的成員。



本校十四名中四級同

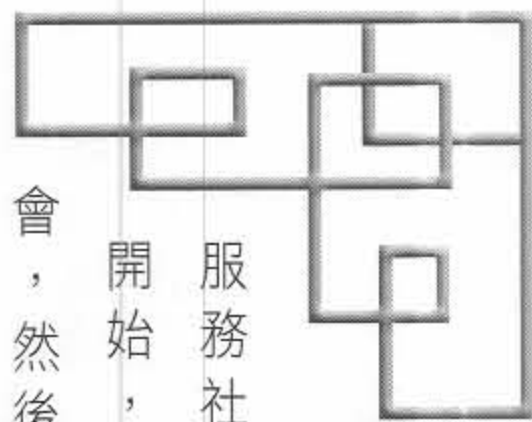
學組成「Qesmie」(實笑)隊伍，代表學校參加由星展銀行及浸信會愛羣社會服務處合辦的「星展社企計劃」，成為六隊優勝隊伍之一，獲星展銀行資助於維多利亞公園年宵市場營運攤位，最後奪得亞軍及最佳團隊合作獎。

「Qesmie」隊員除了正、副隊長中四乙屈國禧及陳霧虹外，還有中四

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是次活動旨在加強本地學生對社會企業業的認識，以實際的營商策劃及活動汲取營商知識，同時深入了解社企，以所學的營商知識服務社群，為社會帶來正面的影響。活動在去年十月開始，同學參與多個社企講座、營商講座及社企展覽會，然後撰寫計劃書。優勝隊伍在星展義務導師的協助下，與社企合作，運用港幣二萬元的種子基金於農曆新年年宵市場營運攤檔，並在活動後遞交檢討報告及財務報告，以作總結。

「Qesmie」每一位同學都認真投入，我們把隊員分成產品部、人事部、財務部及銷售宣傳部，實行分工。產品部負責與合作社企商討售賣的產品及價格；人事部負責人手分配；財務部負責制作預算及預計收入；銷售宣傳部負責提出銷售及宣傳策略和手法。經過我們夜以繼日的努力、每天早上的會議和拍攝宣傳短片，我們成功入圍，這個好消息令我們興奮不已，更為以後的努力注入了一枝強心針。我們最後決定和織職同盟及明愛藝坊兩間社企合作，他們分別是幫助區內基層婦女及幫助弱能人士的團體。我們在社企訂購不同的自家設計產品，當中



在記者招待會中落力宣傳產品，看我們的笑容多燦爛！

# 本地學校交換生計劃



到聖馬可中學交流的伊中同學和聖馬可同學相處融洽，大家打成一片。



陳婉蓉（左）和林主牽（右）結起了聖馬可的校吹，劉子慧（中）還穿上了聖馬可的女生校服！



伊中同學在聖馬可中學的獅子頒獎台前留影。



**今**年三月七日至三月十日，伊中十名中四同學，參與了聖馬可中學與伊利沙伯中學合辦的交換生計劃，眾人在聖馬可中學渡過了難忘的校園生活，而十名聖馬可中學的中四同學則到伊中上課，和伊中同學一起交流學習。是次活動讓各參與同學拓闊視野，體驗他校的學習氣氛，同時學會獨立及與人相處之道。各同學更認識了不少新朋友，建立珍貴的友誼。交換生計劃圓滿結束後，兩校同學皆留下很多美好的回憶，大家都希望再有機會參加同類活動。

我們在聖馬可中學的班主任。



兩校同學在有蓋操場一起享用伊中同學最愛的煲仔飯。



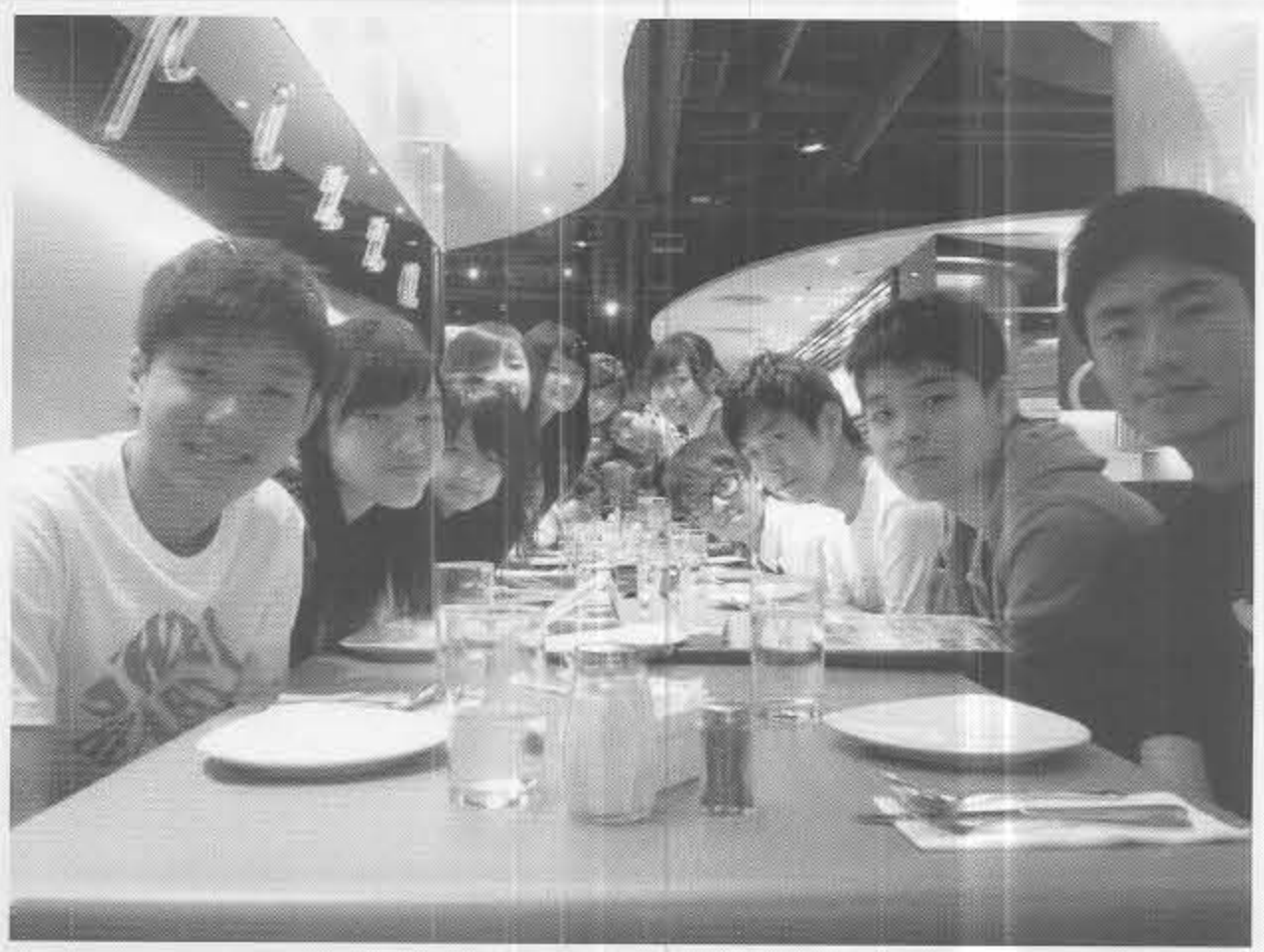
交流的最後一天，大家分享自己的感受。



互交換錦旗，來一張大合照！



數個月後的聚會。



聖馬可中學的同學與伊中籃球隊激戰！



中六丙 郭爾榕

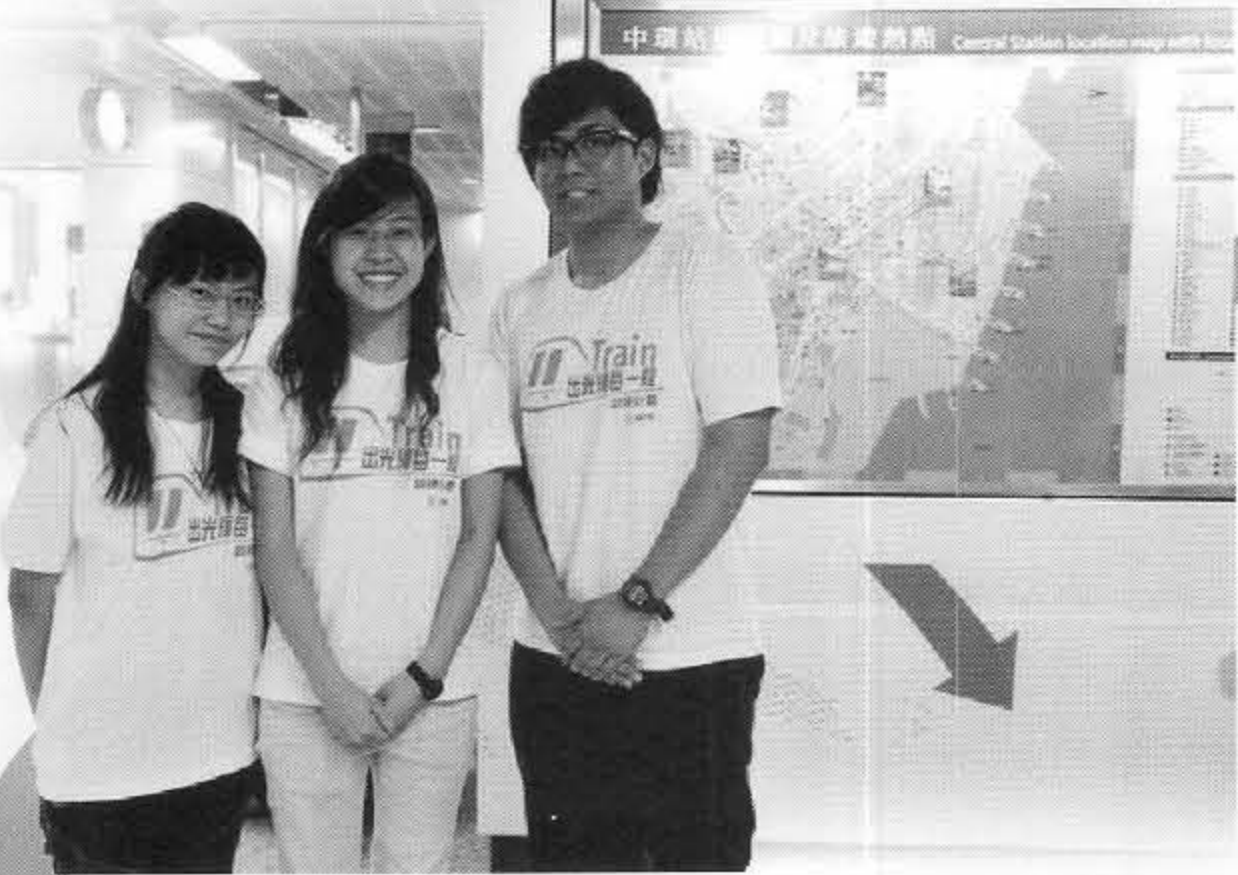
# 人活着，只因有夢

中五畢業是人生十分重要的階段，畢業生往往為自己的前程苦惱，因此，港鐵公司與香港中文大學專業進修學院合辦了「Train出光輝每一程」訓練計劃2010，為一百名有理想及有潛能的應屆中五畢業生提供免費的多元化學習機會，讓參加者擴闊視野、增強自信，並建立未來目標，發展個人才能，發揮潛能，向夢想、向光輝前程進發。

計劃內容包括兩日一夜學習體驗營、四日課堂學習、四日港鐵實習及體驗活動，包括成為港鐵車站學生顧客服務大使及參觀港鐵車務控制中心、車廠等。

首站是訓練計劃

在工作站服務的愉快留影。



學習體驗營，為

一百名學員「破冰」作

熱身。這個體驗營的訓練目的，除了讓學員們從不同活動中體驗團隊合作的重要性外，亦讓我們從過程中進一步了解自己及建立自信。記得我組在體驗營的表現未如理想，原因被訓練導師一語道破：「一個團體，最需要一個懂得整合意見的人，他才是帶領團體致勝的關鍵，因為懂得在失敗的經驗中找到成因，從而歸納、總結是十分關鍵的，否則只會原地踏步，永遠是遊戲中的輸家。」

學習體驗營中的「夢想劇場」令我們印象最為深刻，我們除了有機會將心底裏的願望實踐，尋找屬於自己的光芒外，我們更明白到大家要不分彼此，努力協助每位組員實現夢想。原來一個人的夢，有時也需要別人一同去參與、肯定。

於一連四天的課堂學習中，中文大學專業進修學院的導師們以靈活互動的遊戲，教授了學員們多方面的技能和思維方法，讓我們更加積極思考未來，敢於追夢。其中課堂的主題包括人際關係、創意力、禮儀、幽默感、欣賞與批評等。大家熟識的「0分小子」——2006年香港十大傑

成功幫助外國遊客後擊掌，心中滿溢成就感！



出青年呂宇

俊先生更與同學們分享

「有效增強與人溝通能力」的心得和技巧，以他自己的例子，令同學知道「成績不好不要灰心，那其實是一種提醒，讓我們知道成功必須靠自己」，他更鼓勵青年人要化挫折為努力奮鬥的動力。

在欣賞與批評的課堂上，每位組員坦白說出自己的長處和短處，目的是對自己有更進一步的認識，導師們更會逐一按照組員的性格特徵和興趣，建議未來的工作行業，有助組員捉緊自己的優點盡情發揮，並預先於投身職場前改善不足的地方。

一連四天的港鐵參觀和實習中，學員參觀了港鐵系統建設，如車站控制室、小濠灣車廠及車站控制中心等。另外，我們也有機會實踐所學，擔任「學生顧客服務大使」和市場調查員。「請勿靠近月台幕門……」能夠在港鐵車站月台聽到自己的聲音，可能是一生唯一一次的機會，感覺既新奇又興奮。在整個過程當中，同學對港鐵的運作、以人為本的待客之道、市場研究和品牌傳訊知識得到了深入的認識，讓我們大開



與導師建立了深厚情誼，獲益良多。

眼界之餘，亦得到了寶貴的工作經驗。

參與是次訓練計劃的確獲益良多，使我在領導才能、創意、主動學習、溝通技巧、人際關係，以及團體精神等範圍上均進步不少，最重要是我內心的一點火得以迸發，幫助開發更多的可能性。「人活着，只因有夢。」人皆有夢，只是夢太飄忽，難以掌握。有人把它藏在抽屜；有人把它埋於心底；有人卻讓它燃成火把，在面前照出一條光明大道。你會如何選擇？年青人，鼓起你心中大無畏的精神，努力追趕你的夢想吧！

Qesmie的成員。



本校十四名中四級同

學組成「Qesmie」(實笑)隊伍，代表學校參加由星展銀行及浸信會愛羣社會服務處合辦的「星展社企計劃」，成為六隊優勝隊伍之一，獲星展銀行資助於維多利亞公園年宵市場營運攤位，最後奪得亞軍及最佳團隊合作獎。

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我們開始在維園年宵市場營業了！



包括：在維園獨一無二的煲呔兔仔耳、暖手抱枕、手織桃花、金莎花等。由於產品十分特別，所以我們在學校進行預訂時，吸引了校長、老師及同學的支持。除此之外，我們在年宵前，亦在校內播放宣傳短片及招募義工，以壯聲勢。

在營運年宵攤檔時，我們既緊張，又興奮，因為我們為此籌備已久，有時更犧牲了數小時的睡眠時間，而且這還是我們自己第一次打理生意呢！在眾多產品中，獨家而又配

合主題的煲呔兔仔耳及手織桃花最為搶手，還吸引了不少記者在首天來採訪我們的攤位呢！經過大家多天的努力、同學義工的支持以及老師的協助，我們的產品成功售罄。

即使我們犧牲了不少時間，為了預備而每天很早回校，

為了年宵而很晚才回家，為了叫賣而叫破嗓子，但這一切一切都是值得的。我們從中學會了如何為價錢定位，要不時作出應變，又學會如何向不同顧客宣傳、如何賺取最大利潤等，這些都是無法在書本上學到的。此外，同學之間建立了深厚的友誼，大家互相鼓勵，心中有一種筆墨難以形容的成功



陳永華老師和我們並肩作戰！

感，而且對能幫助到社會企業感到光榮。

我們今次能夠奪得亞軍及最佳團隊合作獎，除了有賴隊員們的努力，亦要感謝老師的協助、星展義務導師的寶貴意見，以及社企、校長、各位老師、校友及同學們的大力支持，令我們有無比的動力！

# 鄺國龍老師和陳新容老師

校刊記者 中五丁 胡卓寧 中四甲 霍琳 中四乙 陳琬蓉

眼前這個有着親切大哥哥風範的，便是伊中體育科的鄺國龍老師。他陽光般的笑容和極具親和力的語言，便有如他任教的體育科一樣，使人精力充沛。而留着利落短髮，經常為同學輔導化學功課的就是任教化學科的陳新容老師。

鄺老師自小的理想便是當體育老師，但在中大畢業後，他先當了兩年國泰航空公司的機艙服務員，豐富自己的閱歷。在教授體育科的過程中，鄺老師不但教同學養成良好的運動習慣，作健康的長線投資，還指導同學待人接物應有的態度。至於陳老師的入行經過則要從她中學時期說起，她在中學時期遇到一位誨人不倦的化學老師，他雖然工作繁忙但總是耐心地解答同學的問題，因此陳老師在大學時也選擇了化學系，畢業後更當上了化學老師。她面帶微笑地說：「以前坐在臺下，覺得老師不過是在課堂上說幾句話，看似輕鬆。只有在自己成為了一名老師後才知道背後其實要花上許多功夫。」這其實也道出了許多老師不為同學所知的艱辛。課堂上的簡報、派給同學的工作紙和筆記往往要花上老師一整晚的時間，甚至要在午膳擠出一點空餘時間來準備。

鄺老師認為伊中的同學很團結，組織力和領導才能都很強，團隊之間能夠互相扶持；師兄師姐和師弟妹親暱得

有如一家人，沒有隔閡。陳老師亦有同感，她鼓勵同學多參加課外活動：「課外活動能夠增廣見識，同時鍛鍊同學的膽量，當然前提是先要應付好課業。」

陳老師會在課餘學畫畫，作為繁忙工作之外的調劑；至於鄺老師，則喜歡做運動、上網聊天，又或是泡上一杯咖啡看看書。鄺老師喜歡《阿甘正傳》裏的阿甘：「他不会算計別人，也不會太在意別人的看法，自己活得開心就好了。我感覺到現今社會像阿甘般單純的人物太少了。」簡樸生活就是美，純真的赤子之心永遠能夠打動人。

問及對同學的期望，鄺老師希望同學們為自己訂立目標，為未來打算，不要浪費寶貴的學習時光。至於陳老師，她勸勉我們未雨綢繆，努力學習，積極裝備自己。



鄺國龍老師（左）和陳新容老師（右）。

## 許麗娜老師，梁潔茹老師，侯鎮邦老師

校刊記者

中五甲 周嘉賢

中四乙 黃瑋瑜

中四丁 陳慧敏

許麗娜老師、梁潔茹老師和侯鎮邦老師都算是教學的「新鮮人」。而其中，許老師執教鞭前，曾當過報章編輯。她笑言：「報章編輯的工作比較辛苦，由於新聞瞬息萬變，我曾經在深夜才收到新聞，而要把早已做好的報章版面重新整理。身為編輯，必須要對新聞有一定的敏銳度。」許老師當編輯的工作經驗對她指導學生很有幫助，尤其是在指導同學分析資料方面，例如在中文口試中，考官如何評價考生，就視乎考生對時事新聞的分析和理解能力是否透徹、深入。

選擇走上這一條春風化雨之路的原因，三位各有不同。許老師是因為機緣巧合，侯老師則因為他自小已對英文有非常濃厚的興趣，「從小我就對英文有種奇特的感覺，同學都在看中文網頁，我卻會轉看英文版本。尋找機會，用盡方法去講、聽、用，這些是學好語言的不二竅門。」至於梁老師則是源自對母校的絲絲眷戀，她一臉緬懷地道：「中學母校有一班待人至誠的同學，也有一班和藹可親的老師，為我的中學生活添上了點點色彩。長大後，我也想下一代能夠好像我這樣，在關愛的環境中愉快成長。」

或許學生都會對課後暫時放下教鞭的老師相當好奇，侯老師輕



左起：梁潔茹老師、許麗娜老師、侯鎮邦老師。

鬆一笑：「我大部份時間都會批改作業，也會繼續進修充實自己，精神上挺疲倦的，所以有空時會上網、看英文時事、留意資訊科技消息等等，也會迫自己看書。」另外，大家或許會以為許老師是一位很嚴肅的老師，其實不然，她閒時喜歡看書、聽音樂、看電影，而許老師也是一位「綜藝八卦王」，喜歡看台灣綜藝節目，還會看泰國偶像劇呢！至於梁老師平日最愛的就是看旅遊雜誌，透過眼睛去旅行，除可擴闊視野外，更可暫時卸下煩囂生活的壓力。

問及對同學們的勉勵，侯老師認為同學們有機會就應該到其他國家走走，學習他國語言，多了解不同的文化，「漸漸你便會懂得從別人的角度看問題，學會多角度思考。」而侯老師也曾學過法語和日語呢！梁老師亦鼓勵我們要培養自立的能力，不可過份依賴父母。而許老師則認為同學若能更主動學習，一定能取得更好的學習成效。

三位老師不約而同指出現時同學的最需要改進的，是依時交功課。聽到這裡校記亦感到相當慚愧，畢竟主動學習、準時交功課都是學生的基本責任，希望伊中同學多提點自己，不要辜負老師們的期望！



# 區家怡老師和潘蕊蘭老師

校刊記者 中五丙 王希慈 中五丙 張靜雯 中五丁 鄭可琳

區家怡老師和潘蕊蘭老師是教授通識教育科的新老師。去年，她們分別在伊中擔任代課老師和教學助理，所以同學應該都對兩位老師不感陌生。

談到對伊中的難忘印象，兩位老師異口同聲說，伊中舊生對母校的感情令她們印象深刻。去年學校慶祝五十五週年校慶，舉辦了一連串傑出校友講座，今年水陸運會和頒獎典禮，主禮嘉賓都是傑出舊生，可見每位師兄師姐雖然工作忙碌，但都不忘回饋母校，百忙中抽出時間與同學分享心得，十分難得。

通識科是新學科，校記不忘請教兩位老師學習方法和答題技巧。兩位老師皆認為由於通識科涵蓋範圍廣闊，單靠課堂上的教材未必足夠，同學平日一定要關心時事、多看新聞，才可提升對時事的觸覺和敏銳度；另外，廣泛閱讀也十分重要，老師更提醒我們不能只看自己感興趣的部分，要兼收並蓄，廣泛吸收，才能事半功倍；在課堂上，應多表達自己的意見，和同學積極討論。兩位老師指出，通識科並沒有既定答案，只要同學多閱讀、多思考、多討論，勇於交流彼此的看法，便能學會更多。

至於答題技巧方面，兩位老師向我們提了一些建議：「答題前先組織內容，不要想到什麼便寫什麼；答題時要先表明立場，寫出主題句概括內容大要，還要懂得歸納和組織答案。」

兩位老師在伊中短短兩年時間，已深深體會到伊中舊生對母校深厚的感情，這一代傳一代的精神實在令我們感到驕傲、自豪。讓我們一起努力，將伊中優秀的傳統延續下去！



區家怡老師（左二）和潘蕊蘭老師（右三）在訪問後與校刊記者留影。

## 謝偉文副校長

## 及梁瑋芝老師

校刊記者

中六甲  
中六乙

伍倩欣  
陳俊謙

中六乙  
中六丙

李嘉俊  
郭爾榕

之前，兩位老師曾經在藝術與科技教育中心執教，早已認識。藝術與科技教育中心與伊中的最大分別是中心沒有既定的學生，不同學校會派學生到中心上特定的課程，學生之間較難培養深厚的感情，因此，當謝副校長和梁老師來到伊中時，他們都被伊中同學對學校的歸屬感和責任心所感動。梁老師指出，伊中學生主動積極，做事全力以赴，力臻完美，是她在其他學校找不到的。對此，謝副校長深表同意。

問到兩位老師的教育抱負時，梁老師說：「現今社會，不良資訊泛濫，互聯網、報章雜誌及電視節目的正面和負面訊息交錯，良莠不齊，我希望能教導同學分析問題，恰當地接收及篩選接踵而來的信息，協助下一代選擇正確的路。」聽到梁老師對教育的抱負，謝副校長亦表示同意：「同學必須有批判性思考，才可以配合日新月異的社會，所以我很支持『三三四』新學制，新增的通識科大大提升同學對時事的觸覺及批判性思考，這不但打破傳統的『填鴨式』教育，更能配合社會需要。」科技的急速發展的確帶來很多全球化的挑戰，所以謝副校長認為伊中的同學應該主動去認識世界，跟本地甚至外地更多學校進行協作學習。他也鼓勵同學踏出以往的框架，增廣見聞。謝副校長春風化雨數十載，他的一番話確切表達出他對同學未來的關心，即使面對繁重的教學工作，他對教育的熱誠亦從未減退。



謝偉文副校長（左三）及梁瑋芝老師（右三）和校刊記者合照。



五十週年校慶茶會與同事及嘉賓合照。



於「放任」，他對一些不盡責、不稱職的同事，則一定秉公辦理，處處以學生的福祉為依歸。

愚見以為「身教」比「言教」遠為可貴，周校長從不喜歡長篇大論地去教訓別人，他給後學最大的影響是以身作則的「身教」，所以，詩中最後的一句其實並不過譽。他那誠懇謙厚、磊落光明的風度；莊重得體、雍容爾雅的氣派；關心社會、愛護別人的情意，皆是我做人處世的好榜樣。

## 離別

歡愉聚首幾秋冬  
恨別依依斂笑容  
倘使心靈能滙合  
千山阻隔夢相逢

我在伊利沙伯中學任教了十三個學年，離別在即，真是百感交集，最捨不得的是一班合作無間、一起拚搏的同事與天真爛漫的同學，課餘或用膳時，與同事一起評論時事、說笑談天，是我人生中美妙的片段。撫心自問，我從沒有看不起成績稍遜的學生，因為我在初中的成績也很差，但我相信只要我們肯比別人多走一步，始終會迎頭趕上。當然，我也會鄙視一些忘恩負義、品格卑劣的人。正如一棵粗壯的大樹，有一兩根枯枝，也是最正常不過的事。幸好伊中的同學，絕大部份都是情操高尚，有抱負、有毅力的青少年，能夠在伊中任教，絕對是我的福氣。孟子說：「得天下英才而教育之，三樂也。」我覺得能夠教育英才不單是一件樂事，也是令我最感光榮的。最後，希望藉校刊的一角，誠心多謝多年來對我照顧有加的同事，包括辛勤地工作的工友，並祝願伊中全體人士健康快樂。



與家人參觀台灣中正紀念堂。



陳煒森老師自一九九八年起就一直任職伊中服務，見證着許多原本稚嫩的學生蛻變成獨當一面的師兄師姐，又歡送過許多懷抱夢想的畢業生踏上屬於自己的光明大道。深受學生愛戴的陳老師即將榮休，他特別創作了兩首詩，向我們細說教學多年的感受及心情點滴。

## 贈周時雍校長

策劃周詳創覺宮  
矯正時歪才心忠  
爾雅雍容真君子  
魅力勁放勝春風

周校長是將軍澳官立中學的創校校長，是我在教學生涯中最尊敬的上司。他最為人尊崇的是他濃厚的人情味，他愛護同事及學生，處處為他人着想。記得有一次，有一位同事犯下了一個錯誤，對學校會有一定的壞影響，周校長知道這位同事只是無心之失，他最先做的事是去安慰那位同事，等到他安心了，周校長才有條不紊地運用睿智去把事情弄妥。

在校政方面，他對同事的指示都簡單直接，絕不含糊，而且實事求是，從沒有為了虛榮去增加同事的工作量；有一位賢明的上司，作為下屬的能夠不鞠躬盡瘁嗎？我們都體會到甚至是一愉快地工作，最難得的是周校長肯「放手」給同事去做，從來沒有指指點點或吹毛求疵。在這裏，我要清楚說明「放手」並不等



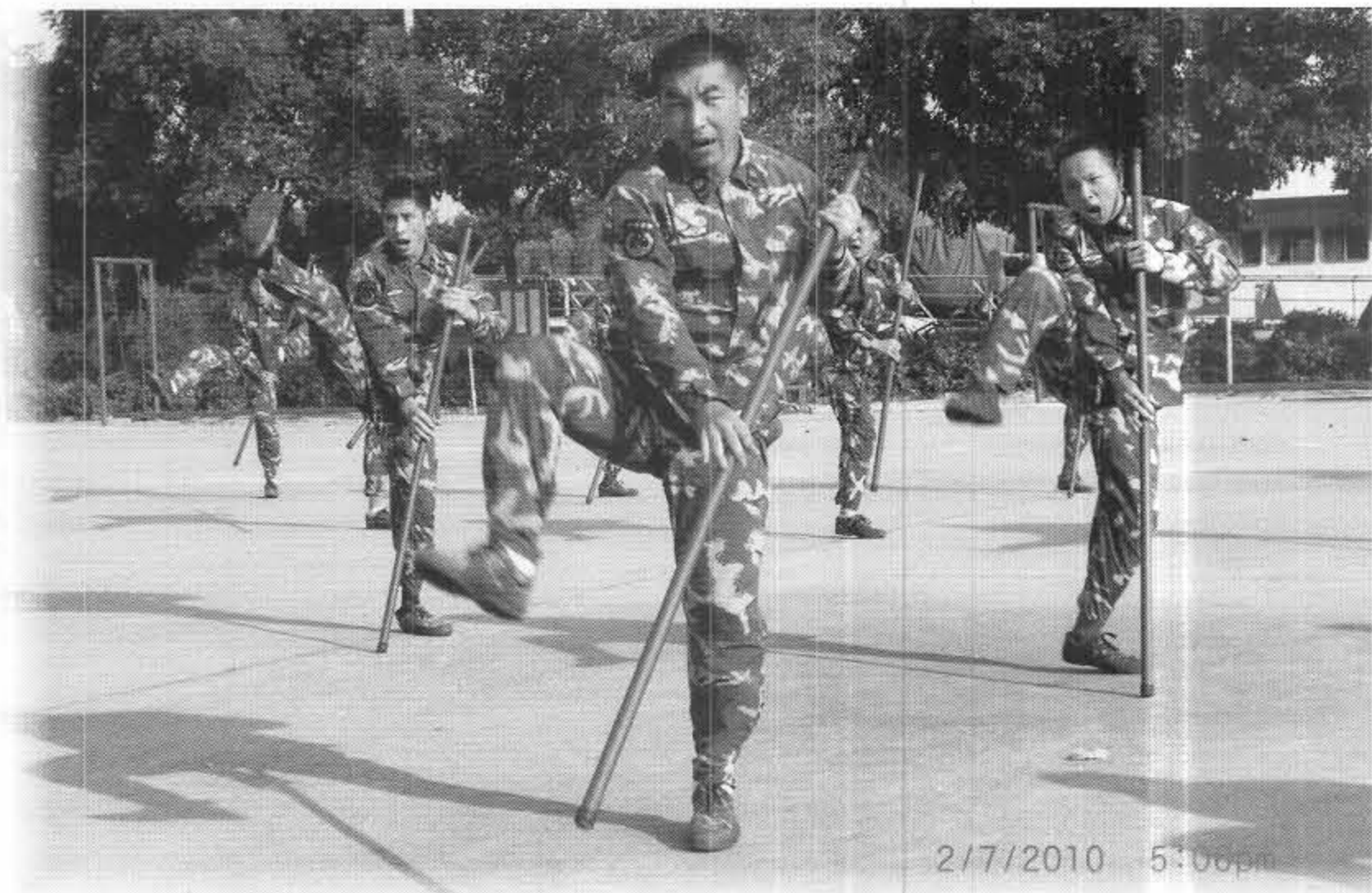
於教師專業發展日參觀地質公園。

與家人參觀台灣國立故宮博物院。



與家人到海南島旅遊時留影。

與同事享用自助餐。



之後，我們便到廣西民族大學舉行聯歡會。為了這次的聯歡會，廣西民族大學的學生及香港的學生都花盡心思，準備不同的表演節目供嘉賓、老師們及同學們欣賞。廣西的大學生預備了芭蕾舞表演、古箏表演等。香港的學生亦毫不遜色，分別表演了中式雜技、現代舞、鋼琴演奏等，贏得了現場觀眾如雷的掌聲。

在行程中，我訪問了一位廣西民族大學學生，談到香港學生跟廣西學生的分別時，他指出香港的學生比較前衛、開朗、熱情，思想亦較為開放，「你們可以從不同的途徑得到知識，眼界較廣，但唯一的缺點是怕辛苦。至於廣西的學生，則比較含蓄內斂，所學的知識一般都是從書本獲得。」他認為香港是一個現代化、國際化的城市，可以學到較現代化的知識。至於廣西，他則喜歡當地的美麗山水，加上自己從小便在那裡長大，所以也很愛這個地方。

離別在即，大家都依依不捨，我們在白色的帽子上寫上道

別的字句送給交流生哥哥姐姐。雖然我們相處的時間有限，但在短短三天裏，我們一起唱歌、一起吃飯、一起表演、一起參觀不同的景點，交流生哥哥更向我們講解百色起義的歷史，令我們獲益不淺。臨別前，我們交換了電郵地址，以便日後聯絡。

通過這次「和而不同」的民族文化之旅，正好讓我們了解到中國五十六個民族如何團結在一起，廣西更是多民族和諧相處的地區，要不同的民族文化和諧共融，我們就要有寬廣的胸襟，多了解、多關懷、多接納，這樣各個民族才能攜手向前。

旅程中，我與廣西交流生渡過了無數個愉快的時刻。



廣西秀麗的山水景色令人神往。

## 桂港·『青年匯聚2010』

### 和而不同·民族文化之旅

二零一零年的暑假，我和我校的十六位同學、兩位老師——李盈盈老師及馬凱君老師，連同三百五十位其他學校的同學和老師們一起前往廣西南寧、百色等地，感受當地少數民族的生活習俗及風土人情。

中五甲 馮紫惠

「桂港·『青年匯聚2010』和而不同·民族文化之旅」是一個由九龍地域校長聯會、香港青年協進會及九龍各區青年團體，攜手合辦的大型內地考察及交流活動。在五日四夜的行程裡，我們欣賞了精彩的軍事表演、參觀了不同的博物館和登上了中國與越南的邊界。其中最令我印象深刻的是到百色起義紀念碑前獻花、參觀百色起義紀念館和跟廣西民族大學的學生交流。

廣西民族大學特地挑選了七十名少數民族學生與我們交流。大會及校方在大學範圍裡設定了十三個校園景點，在每個點設計一個遊戲，讓我們對校園有更深的認識。

另外，我們到了百色起義紀念碑獻花。百色起義是一九二九年底共產黨利用蔣介石和桂系軍閥俞作柏、李明瑞之間的矛盾發動的一次武裝起義。在紀念館內，我們看到了當年於起義中使用過的兵器，如黨旗、步槍等，令我感到士兵們為國犧牲的捨己精神是多麼的偉大。

百色起義紀念碑。





我們在侗族歌舞中結束了我們的「百家宴」。

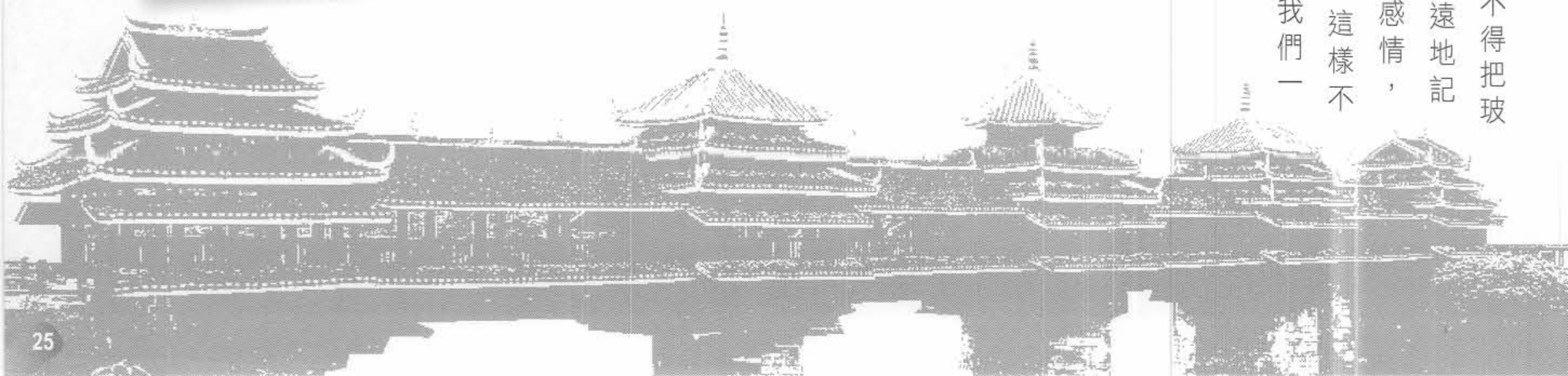


我們和侗族小學生在進行交流。



學習匯報會後，我們和導遊一起照了大合照。

裡，透過玻璃猛揮手，巴不得把玻璃敲碎，希望能讓導遊永遠地記住我們，這樣難捨難分的感情，這樣藕斷絲連的同胞情，這樣不能離別的民族情，不就是我們一直嚮往的感情嗎？



聞名中外的「百家宴」，我們和侗族人熱情起舞。



好豐盛的午餐，全都是由侗族人親手做出來的。



上添花，讓旅客們流連忘返的是那少數民族人民的純真。柳州市是漢、壯、瑤等多民族聚居的城市，具有濃郁的鄉土文化和民族文化，幾千年來一直是漢族和嶺南土著民族經濟和文化交流、融合的聚點，具有深厚的民族傳統文化沉積。

就像這一次，我們親身感受到侗族百家宴的壯觀，在飯桌上，我們從第一桌吃到最後一桌，你來我往，觥籌交錯，熱鬧非凡。我還是第一次品嚐百家宴，氣氛既熱鬧又親切，吃百家飯菜、喝百家米酒、享百家祝福，就像是一個大家庭在一起吃飯。對於很多香港學生來說，他們從小到大都是一家人圍着一張桌子，坐在椅子上吃飯。像百家宴那樣的吃飯形式也許會讓他們無所適從，但是，侗族人們的熱情，早就把我們那顆不安的心隨着一口辣辣的酒澆進肚子裡去了。

程陽風雨橋讓侗族的文化添上了一層神秘的色彩，凡侗族人聚居地區，有河必有橋。此地區橋樑的建築特色是，橋上有廊和亭，能擋風遮雨、供人畜通行，故稱為「風雨橋」。橋樑對於侗族人溝通村寨之間的聯繫，扮演着重要的角色。風雨橋的整座橋樑、橋柱及橋面橋體的建築結構，以及橋面上亭、廊的柱、枋、欄杆全用杉木鑿榫銜接，鑿眼穿枋，大小木條斜穿直套，縱橫交錯，完全不用一釘一鉚，整座橋樑不需鐵件勾連，而整體結構卻嚴謹精密，堅固耐久，表現了侗族建築藝術的高度水平。當三百多人同時踏上風雨橋的時候，我們都擔心，風雨橋會不會因為承受不了我們的重量而傾斜呢？因此，在橋上的我們都表現得小心翼翼，生怕一不小心，橋就會倒塌了。導遊解說，程陽風雨橋屹立至今差不多二十多年了，受盡了歲月的侵蝕，依然不倒，是侗族人們交通的重要一環，看來我們的擔心是多餘了。

六天的旅程真讓人流連忘返，不管我們有多麼不捨，多麼珍惜，離別的時刻總會到來，我們不捨得這個美麗的城市，不捨得這個曾經留下無數美好回憶和充滿人情味的城市。我們全體同學站在火車前，腳步不禁變慢了，希望能留在柳州這個城市多一秒鐘。「我就像個雕塑一樣一直站着，大家一一和我合影，而我心中已經是翻江倒海的捨不得。」這是我們的導遊小賴事後在微博中寫的，我們又何嘗不是呢？坐在火車



薪

火

相

傳

## 剪不斷的同胞情

中四丁 陳慧敏



一行人準備出發。

由香港教育局與  
柳州市政府聯合舉辦的  
「薪火相傳」香港國民教  
育交流計劃——柳州、三江

——城市發展與民族文化傳承之旅活動，旨在讓香港學生感受城市的發展與民族文化的傳承。本次「薪火相傳」活動共聚集了來自香港31所學校互不相識的三百多名師生，通過在柳州幾天的溝通接觸，所有香港師生與柳州的工作人員打成一片，成為了無話不談的好朋友。六天的時間雖然很短，但給我們留下的回憶卻是滿滿的。這次活動不僅增加了香港學生對國家自然、歷史、人文及當代發展的認識，對祖國內地的社會經濟發展的瞭解，培養學生對國民身份的認同，還為柳州旅遊名片做了一次很好的推介。



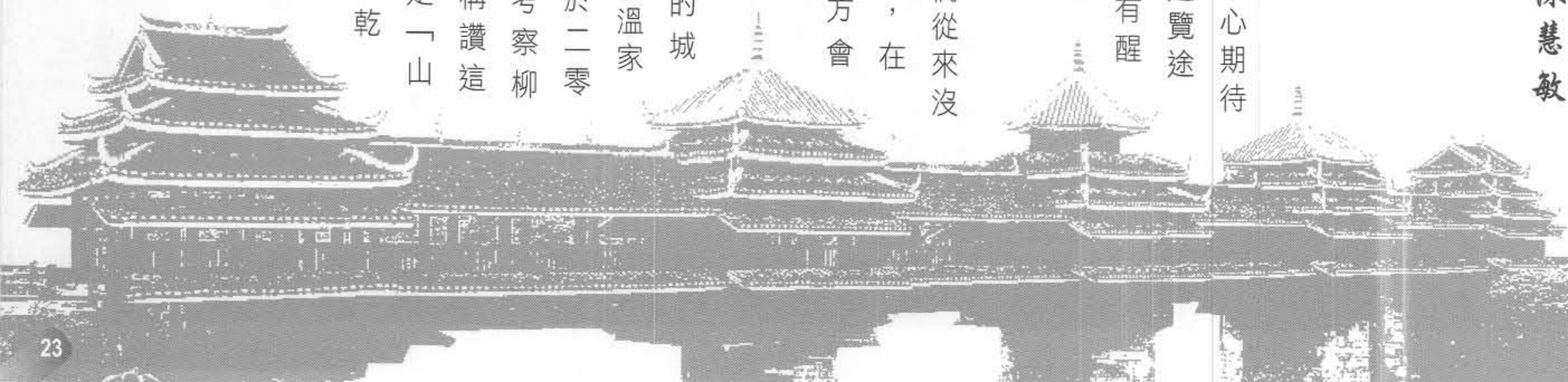
經過一天的火車旅程，我們終於到達柳州。

剛從柳州下火車，一群手捧鮮花、滿心期待的柳州導遊們早已到來迎接我們。乘車遊覽途中，一路有警車開路，我們所到之處又有醒目的橫額表示歡迎，柳州市政府的隆重接待，令我們驚喜之餘，又感意外。

我們從來沒

有想過，在中國南方會有一座猶如桃花源般的城市，就連溫家寶總理於二零零六年考察柳州時也稱讚這個城市是「山青水秀地乾淨」。

不過，讓這個城市錦



城市地球館使人反思地球資源變得稀有的原因及對地球的影響。



歲月的塵埃？在悄然流逝的光陰裡，不知是誰打翻了硯臺，墨黑潑染了整個神州大地；現在又靠誰，撩撥出清麗明淨的漣漪？

和上海的學生談，他們雲淡風輕的笑說，做出劣行的一定不是上海人，帶着身為上海人的自豪，這種驕傲很像香港人。在教育

局某主任和我們的討論中再談，那主任的結論是：中國需要時間。讓

一部分人先富起來，教育就會普及了吧。沒錯，誰成長時不用經過跌跌碰碰，一邊抹淚一邊找路？這時的香港人，只有期待、只有等候；這時的愛國，除了歌頌紅玫瑰的風采，還需坦然地面對這根刺，納刺於身，納刺於心。

上海是「先富起來」的佼佼者，一個和我們年紀相若的高中生，用一輛私家車載我們到他過千呎的家作客，途中不斷和我們聊天，不小心和旁邊的車輪碰撞了一下。或許他需要時間練習駕駛技術、或許交通安全的教育未隨富

起來而普及化，但他已急不及待的昂然上路。有時覺得中國應是五千歲的睿智老人了，但有時又表現得像個意氣風發的小伙子，未夠歷練已躍躍欲試地踏上舞台。或許國際競爭間沒誰肯等待，所以中國必須擺出大國風儀，儀仗莊嚴地營造歌舞昇平。

希望世博以後，國家不是口頭禪般唸過環保的道德哲學，轉眼又舉起紙醉金迷的酒杯，慶祝新的核能發展、資源開發，與美好的城市同醉……

希望大家不會忘記世博的啟示，像放飛一隻寫滿盛世常寧的風箏。

世博過去了，不代表一切恍然如昔，像關上一扇微雨滌塵的柴門。然而，那被年輪風蝕的門環，冥冥中彷彿扣住了誰的因果。



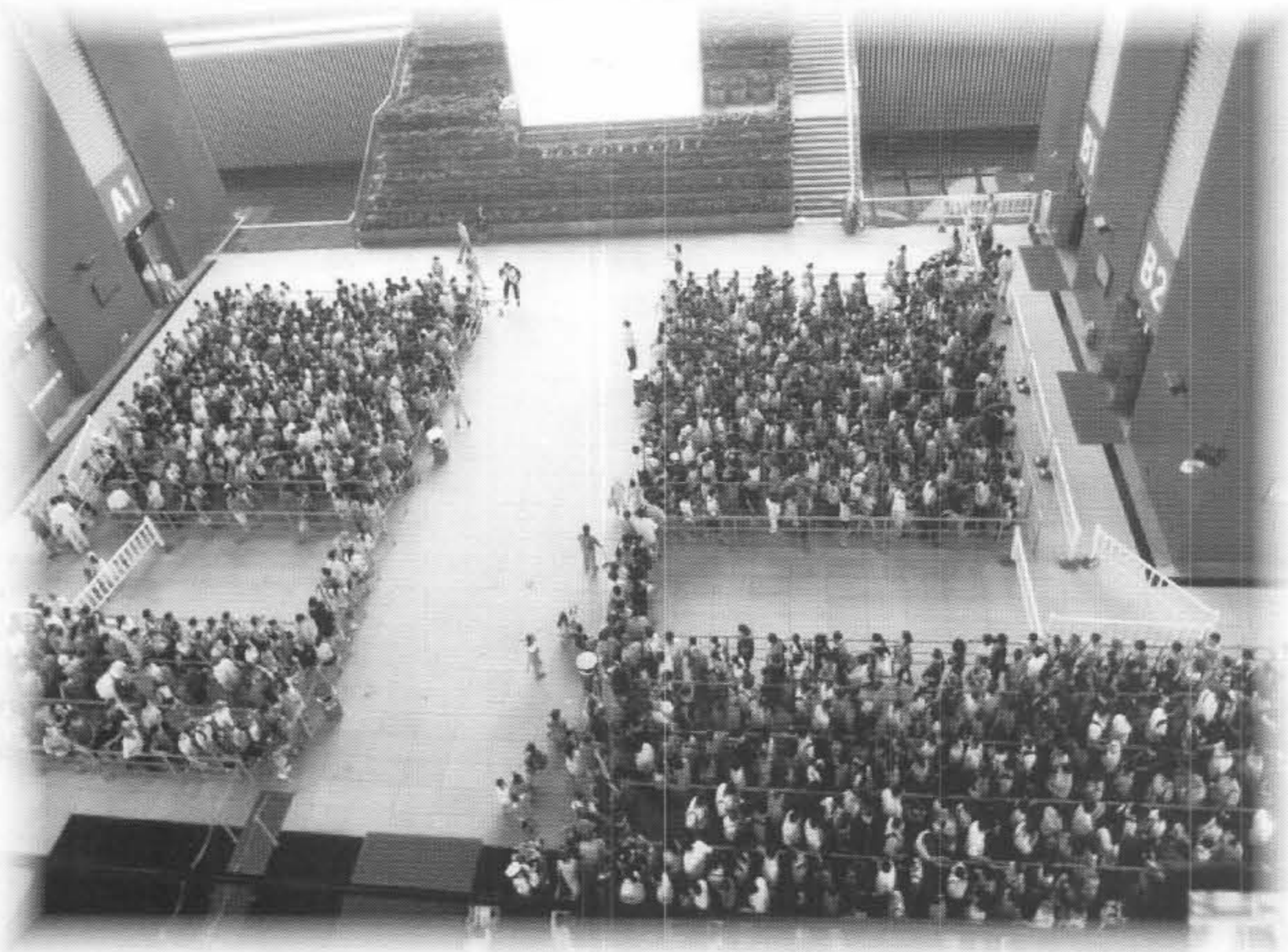
全體團員合照。

《清明上河圖》堪稱鎮館之寶，我曾看過其絹本真跡，幽幽的躺在玻璃櫥內，身上來自前世的暗香透不進人間；而電子動態版卻像迴腸蕩氣的游龍直直見到面前，遠觀錦繡山河、近賞販夫走卒……普天之下共浴盛世和煦，世間萬物同驅春寒料峭；那綺麗的畫舫裝載着誰的風景，那曲折的江水丈量着誰的年輪？還未看清，人流不住向前湧動，游走其間像仰頭偷覷人間的魚，瞬即又隨洪流到下一個展館衝鋒陷陣去了，遺下驚鴻一瞥，在那個叫清明的古老節氣。

中國館的人龍。

許多人評說，博遊大致分三種類型：蓋章遊、攻略遊，還有我這樣的瓜皮遊，腳踩西瓜皮滑哪兒算哪兒。印象最深的，只有一張張細碎的剪影——如甫入中國館時，排在前頭的中年婦人，懷着對祖國的尊崇，從兩指間甩下一道鼻涕，甩在光榮的自家門前。身邊那麼多視而不見的前進，彷彿在笑：香港人，為何要如此執着的看待？

又如輪候時雖架起圍欄疏導人群，一些小孩和男人懷着超英趕美的理想，任何阻礙都照跨不誤。身邊那麼多視而不見的前進，唯獨香港學生發出輕微嘩然。某男人跨過了，還不忘扭頭詫異道：「怎麼，沒見過？」吹鬚子瞪眼的模樣，不知他是為自家身手不凡而感到驕



傲，還是覺得香港學生像劉姥姥而感到鄙夷。

的確那時才見識到，原來中國人如此相識滿天下，排在隊尾的人可以一邊擠前，一邊遙指隊伍前方某人說「一塊兒的、一塊兒的」，便摩西分紅海似的走過去了，甚至走過他所指的那人。我們猜想那人根本不認識他。或許他眼中只要是中國人都能打成「一片」吧。又或許，他眼中只有甚麼展館用了甚麼先進科技，那才是主角，他只是一個場輝煌表演的觀眾。

原來，一些中國人插隊時都是本着「四海之內皆兄弟」的心，因為只要你忽然說出句英語，他們可立刻僵立不動，甚至讓出道來。或許，對着外國人的時候，他們總算意識到自己也是這台戲的主角。

世博將中國推上國際舞台，多少雙眼睛盯着世博園區內的中國參觀者，舉手投足間影響着中國的聲望。這是中華文化的戲台，生長在民間，流傳在民間，也璀璨在民間，曾舞出生活百味。為甚麼現在的國民只舞出急功近利、冷暖世情、卻舞不出中華文化的淡雅和從容？面對一些外國輿論妖魔化中國，中國人，怎麼能不生氣、不自律？令人不禁想問，這般讓人時驕傲時揪心的戲台，到底落滿了多少

中國館，擱歇在寥廓青天下，塑造一座處於鼎盛春秋的戲台。

# 大千觀戲百博世

李珈誼 丙四 中

二零一零年七月，我入選了「香港學生上海交流大使選拔計劃」，遊覽上海世博及作五天四夜的交流活動。

煙雨掠過滄海桑田的上海，拂過烽火濺落的塵埃，是天地間一場風雲聚會，將斑駁的歷史漸次剝落，使這顆明珠浸潤出奪目的光芒。追溯到百年以前，「世界博覽會」只是小說《新中國》裡的夢囈；在二零一零年，上海終於跨進國際的舞台，送走了遠古的夕陽，迎來今朝的眾星拱月。

以民間藝術和民俗風情為底蘊，以現代化的建築和交通為背景——「城市，讓生活更美好」，用篤定的口吻，表明上海世博將以一個民族的繁榮昌盛來向世界展示大國的风采。於是，「文明」的呼聲唱遍了街閭巷陌、「低碳」的呼聲也在各國展館中此起彼落——世博像一席流動的饗宴、一棚流金的戲台，各種大國姿態、各樣小民面貌，一一粉墨登場……

說到這台戲的主角，所有人都引頸望向中國館，中國為壯聲勢而派預約票，讓中國的五千年文化都留中國人看個夠，更多人只有望洋興嘆。拿着預約票，在兩小時的排隊中，好用來細細欣賞中國館的設計：它的設計結合了許多中國元素，除了紅色外形，尚有「層疊出挑」斗拱建構，可以說它像寓意農業豐收的「斗」，或像中國的器皿「鼎」，說它是「皇冠」亦不無道理。紅色代表興旺，塑造一座處於鼎盛春秋的戲台，擱歇在縹緲青天下留給路人自行闡釋。



所建的「天一閣」參觀。「天一閣」是中國現存最早的私家藏書樓，也是世界最早的三大家族圖書館之一。我曾經在余秋雨的文章《風雨天一閣》中讀到這藏書樓的事跡，文中提到「天一閣」是一種極端艱難、又極端悲愴的文化奇跡，又談到范氏家族如何用心保留「天一閣」，讓文化遺產可以傳承下去，我讀來深深感動。這天，我終於有機會親睹這個文化奇跡，更有幸見到無數手抄古籍及漢晉古磚，實在令人興奮不已。

古蹟文物是國家文化的珍貴寶藏，裏面流傳了一個民族的血脈，記錄了一個民族的故事和歷史，凡愛國者必會重視文物，愛護文物。因為撫今追昔，我們在古蹟文物中，可以看到自己的民族如何掙扎成長。

可是，兩天的參觀所見，實在令我們心痛歎息。我們看到遊客坐在蔣氏故居報本堂的椅子上拍照，喧嘩談笑，與兩旁「報本尊親是謂道德要道、光前裕後所望孝子順孫」的楹聯恰成對照；一張古床上扔滿了旅客拋擲的硬幣紙幣，



寧中和伊中同學築起了友誼的橋樑，互相交換禮物。

承載了超出它能負荷的願望和夢想，老舊的木樓梯搖搖晃晃；遊客吸煙推擠……我們感受到推行國民教育的必要性和迫切性。做一個好的國民就是要愛護國家的文化，愛護文物遺產，

愛護山河大地，愛民族，愛人民。

在這五天中，我們體會到友校師生的親切和熱誠，我們受到了寧波中學的熱情款待，每天午飯及晚飯都十分豐富，我們飽嘗錦繡甬甬清真等名菜，像寧波湯圓、醉蝦、片皮鴨等，讓我們大快朵頤，席間寧中的老師和我們言談甚歡，更不停勸我們多吃一點，老師的盛情、豐富的筵席，至今仍令我回味再三。

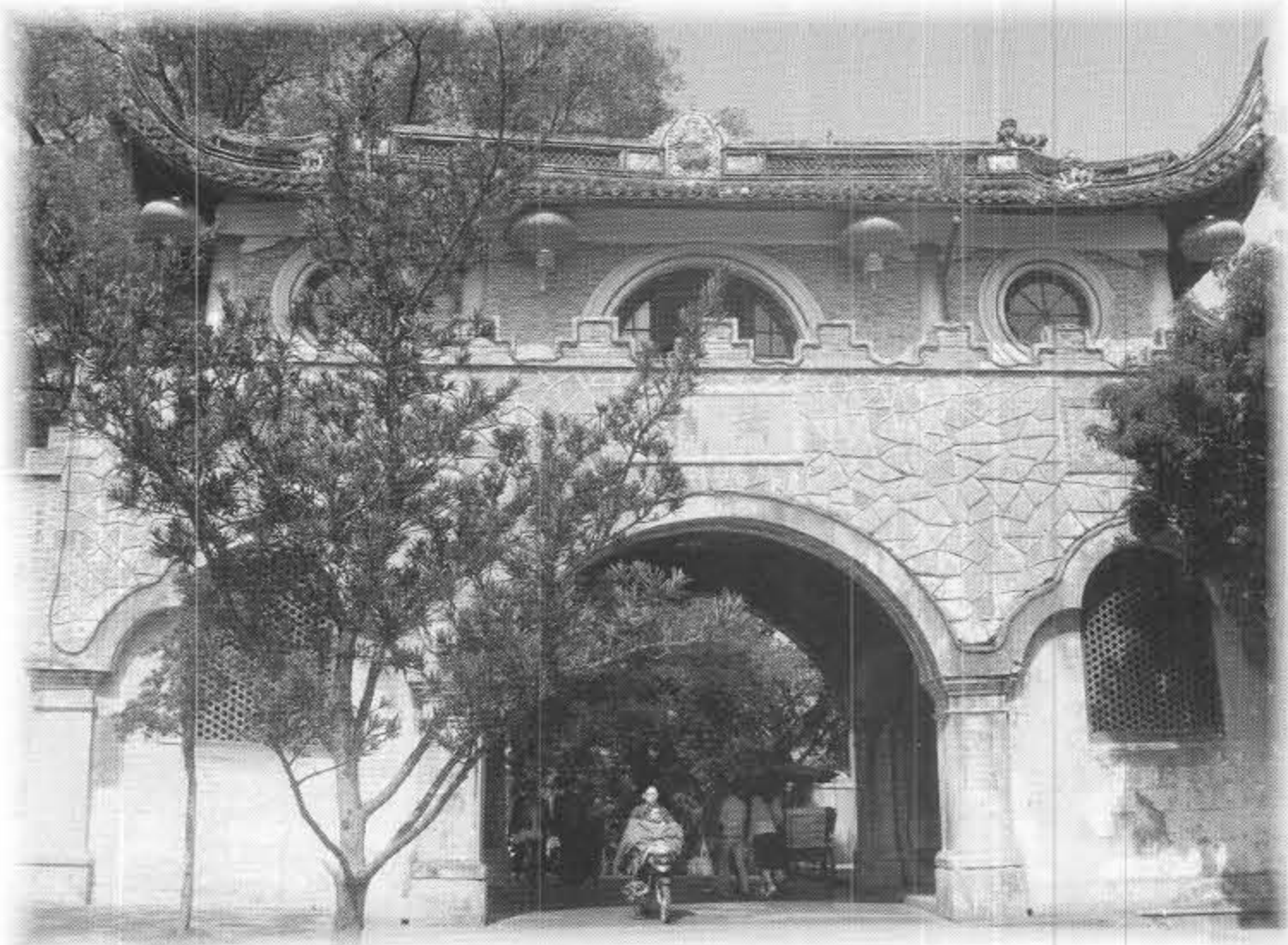
這個交流體驗團活動加深了我們對寧波及國內文化的認識。除了令我增廣見聞，結識到一眾志同道合之士外，亦享受了寧謐恬靜的生活。寧波一名取自「海定則波寧」，在復活節假期間，我可以到寧波考察交流，暫時忘卻煩囂的生活，真有種偷得浮生半日閒的感覺。

與寧波中學新疆班的同學合照。



是次活動令兩所學校的師生加深對彼此的認識，讓我們一眾同學度過了難忘的五天。這次「甬港學生文化交流體驗團」確實為促進甬港兩地文化交流踏出重要的一步，讓我們的交流繼續揚帆起航，建立更緊密的關係！

蔣介石故居——武嶺。



一幅笑意滿溢的照片，更留下了彼此的聯絡電話，可謂「求其友聲，適我願兮，共得朋從之道」。

除了到寧波中學交流，我們亦參觀了蔣介石故居武嶺。蔣介石是近代的風雲人物，其故居巍峨壯觀，氣派不凡。建築物兩旁古木參天，溪水

潑洄其下，真有一歎世外桃源無事他求矣」之感。

除了蔣介石故居，我們還到訪了位於雪竇山的張學良第一幽禁地。張學良發動西安事變，逼蔣介石聯共抗日。他



我們和寧波中的老師一起參觀雪竇山，考察了蔣介石避暑山莊及張學良第一幽禁地。

的行動雖令國家停止內戰，一致抗日，但自己卻為此付出了沉重的代價，他失去蔣氏信任，失去軍權和自由，只能過着「觀瀑峭崖掛，聽禽深樹啼」的生活。他在被幽禁期間，寫下「萬里碧空孤影遠，故人行程路漫漫。少年漸漸鬢髮白，惟有春風今又還」的詩句，可見其落寞與孤寂，即使面對雪竇山美景，恐怕也無心欣賞了。張學良發動西安事變之後，他自願接受蔣介石長期軟禁，自此「入吾室者但有清風，對吾飲者唯當明月」，顯示出他超然物外的勇氣，值得敬佩。

在最後一天，我們到了明朝范欽



天一閣是中國現存最古老的私家藏書樓，現藏書五萬三千餘卷。

中學宿舍，看見房間收拾得井井有條、一塵不染。寧中老師說同學們是自己打掃房間的，他們的整齊令我們十分嘆服。

下午，我們和寧波中學的學生幹部討論「城市發展是否讓生活更美好」。這次論壇，令我瞭解到寧波的發展一日千里，它現已成為中國的經

濟重鎮。會上寧中同學與

致勃勃地告訴我們寧波今

日的發展，而在發展的同時也衍生出了污染問題。

他們更引用老師的話，說

十年前老師在寧波走一

天，皮鞋還是很乾淨，但

現在，到外面走一圈，鞋

子卻蒙上一層灰，回家一

定要馬上擦了，這話令人

印象深刻。在聽他們的娓

妮道來後，我們亦講述了

香港的城市發展及出現的

問題，如在城市化發展的

過程中各持份者的關注和

古蹟保護等。我們和寧中

同學還交流了一些改善環

境的方法和

化碳，便告訴我們寧波有

一種綠色天然氣巴士，可

以減少污

染物的排放。我們也把一



在研討會上兩所學校的同學熱烈討論，交換意見。

們和寧中的同學均爭相發言，交流彼此對城市發展的意見。論壇之後，寧中的同學告訴我們，這是他們第一次參與這類討論活動，他們覺得很新鮮，而且啟發了他們的思考。我們更互相交換禮物，暢談兩地學制及生活習慣的分別。在不知不覺中，我們已經和寧中的同學建立了深厚友誼。

翌日，我們更和寧中高一的同學一起上音樂課及體育

課，我們學會了吹「埙」這種古老的

傳統樂器，也認識了更多寧中同

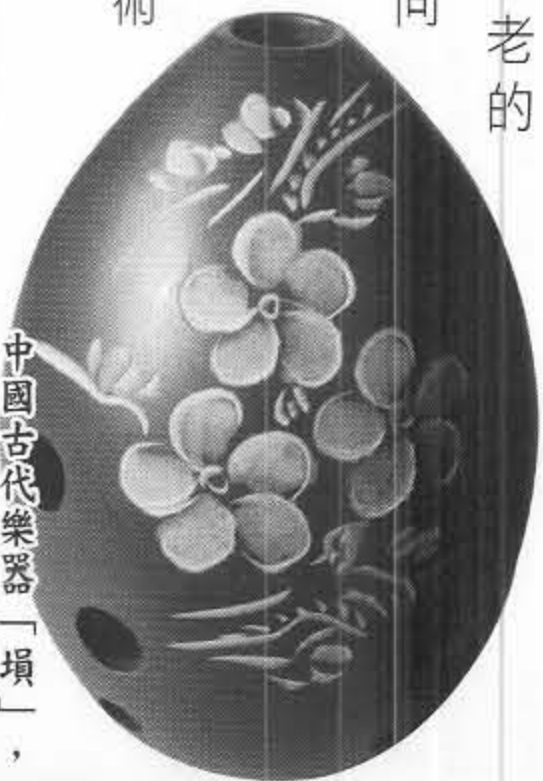
學。到了下午，我們在寧波老師

的中華文化堂中學習越曲、太

極等，體會中華傳統音樂及武術

寧中的王飛龍老師為

我們講解越曲。



中國古代樂器「埙」，樂音淒怨。

我們在寧波中學的食堂學習包餃子和湯圓。



文化的神韻。最

後，在寧中飯

堂廚師的教導

下，我們學

會了包湯圓及

餃子，看着師

傅們的巧手迅速

地包出了不同款式

的餃子，我們亦發揮創意、

努力嘗試。辛勞過後，吃着自己

做的湯圓和餃子，心中真有一種說

不出的滿足感。

這次交流，讓我們結識了很多寧中同學，拍下了一幅又

造、Refuse拒絕使用不環保產品、Reduce以環保產品代

替不環保產品、Reuse循環再用)。會上討論十分熱烈，我

常言道：「讀萬卷書不如行萬里路。」

中國地大物博，歷史源遠流長，

每個城市都擁有獨特文化和濃厚地道特色。

單憑書本上的文字，或許能夠勾勒出一個地方的表貌，

然而，那些在香港看不到的偉大景觀、未曾聽聞的傳統習俗、從未嘗過的美味小吃，還有溫暖的同胞人情味，卻要親身經歷過、體驗過才知道。

## 遊寧波古蹟 拓甬港交流

中六甲 伍倩欣

本年四月十六日至四月三十日，我參加了本校舉辦的「甬港學生文化交流體驗團」，隨戴玉麟老師及周紅老師，在寧波中學老師和學生的接待下，度過了充實的五天四夜。

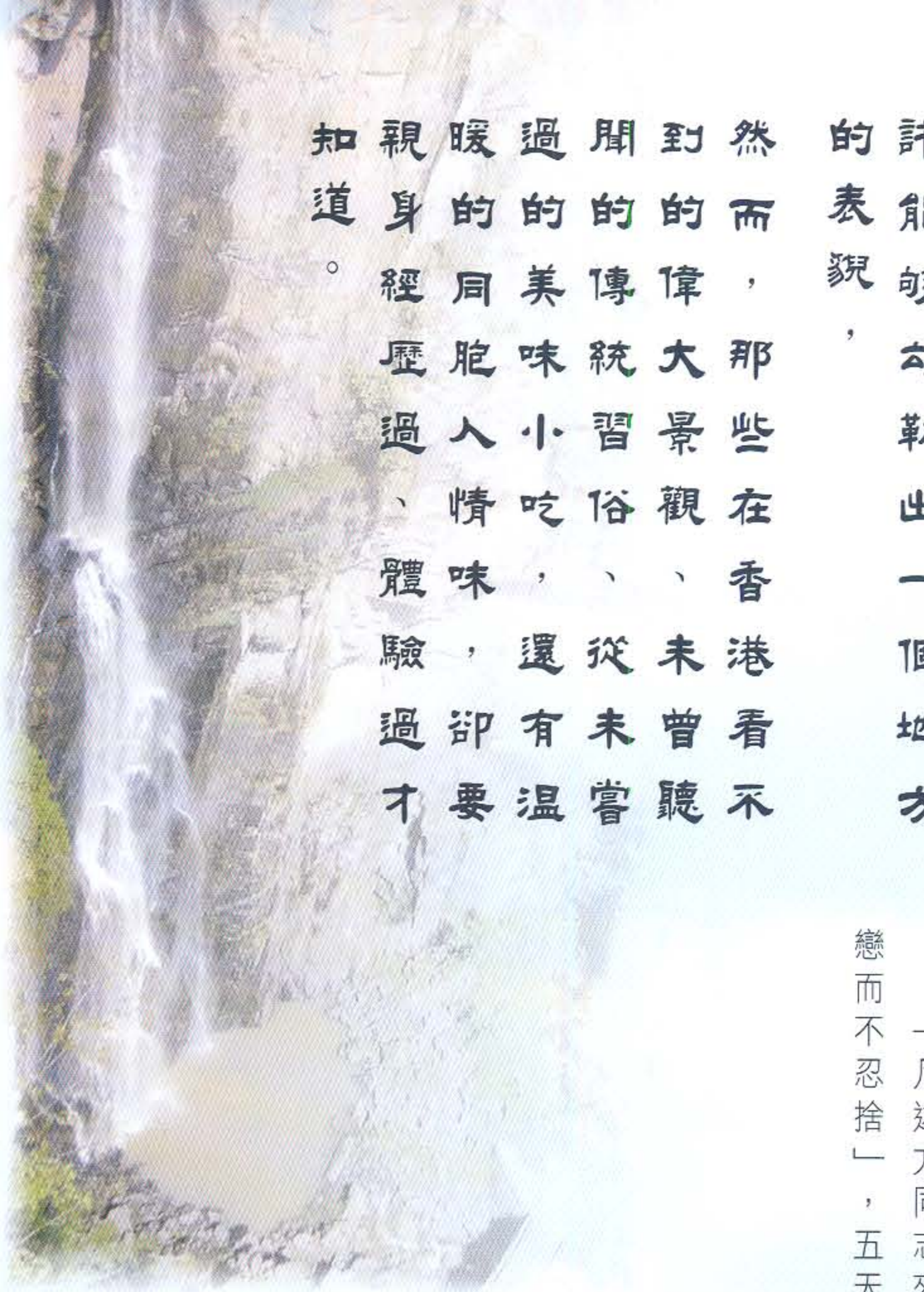
「凡遠方同志來遊者，莫不徘徊依戀而不忍捨」，五天的寧波交流日子，

讓我們一眾同學留戀不捨。這次的活動，有別於一般交流團和旅行團，是由學校主辦、浙江省寧波中學接待的。這五天我們得到寧中老師和同學們的熱情接待，參觀了蔣介石故居、雪竇山、天一閣等景點，當中最令人難忘的，莫過於可以到寧波中學上

課，和寧中同學交流。

寧波中學佔地288畝，校舍面積18萬平方米，有標準的田徑場、多個籃球場、室內體育館、游泳池等，其宏偉令人嘖嘖稱奇。我們參觀了寧波

與寧中老師一起在寧波中學校門前拍照留念。





陳煒森老師自一九九八年起就一直在伊中服務，見證着許多原本稚嫩的學生蛻變成獨當一面的師兄師姐，又歡送過許多懷抱夢想的畢業生踏上屬於自己的光明大道。深受學生愛戴的陳老師即將榮休，他特別創作了兩首詩，向我們細說教學多年的感受及心情點滴。

於教師專業發展日參觀地質公園。



與家人到海南島旅遊時留影。



贈周時雍校長  
策劃周詳創覺宮  
矯正時歪才心忠  
爾雅雍容真君子  
魅力勁放勝春風

周校長是將軍澳官立中學的創校校長，是在教學生涯中最尊敬的上司。他最為人尊崇的是他濃厚的人情味，他愛護同事及學生，處處為他人着想。記得有一次，有一位同事犯下了一個錯誤，對學校會有一定的壞影響，周校長知道這位同事只是無心之失，他最先做的事是去安慰那位同事，等到他安心了，周校長才有條不紊地運用睿智去把事情弄妥。

在校政方面，他對同事的指示都簡單直接，絕不含糊，而且實事求是，從沒有為了虛榮去增加同事的工作量；有一位賢明的上司，作為下屬的能夠鞠躬盡瘁嗎？我們都體會到甚至是一愉快地工作，最難得的是周校長肯「放手」給同事去做，從來沒有指指點點或吹毛求疵。在這裏，我要清楚說明「放手」並不等

於「放任」，他對一些不盡責、不稱職的同事，則一定秉公辦理，處處以學生的福祉為依歸。

愚見以為「身教」比「言教」遠為可貴，周校長從不喜歡長篇大論地去教訓別人，他給後學最大的影響是以身作則的「身教」，所以，詩中最後的一句其實並不過譽。他那誠懇謙厚、磊落光明的風度；莊重得體、雍容爾雅的氣派；關心社會、愛護別人的情意，皆是我做人處世的好榜樣。

離別  
歡愉聚首幾秋冬  
恨別依依斂笑容  
倘使心靈能匯合  
千山阻隔夢相逢

我在伊利沙伯中學任教了十三個學年，離別在即，真是百感交集，最捨不得的是一班合作無間、一起拚搏的同事與天真爛漫的同學，課餘或用膳時，與同事一起評論時事、說笑談天，是我人生中美妙的片段。撫心自問，我從沒有看不起成績稍遜的學生，因為我在初中的成績也很差，但我相信只要我們肯比別人多走一步，始終會迎頭趕上。當然，我也會鄙視一些忘恩負義、品格卑劣的人。正如一棵粗壯的大樹，有一兩根枯枝，也是最正常不過的事。幸好伊中的同學，絕大部份都是情操高尚，有抱負、有毅力的青少年，能夠在伊中任教，絕對是我的福氣。孟子說：「得天下英才而教育之，三樂也。」我覺得能夠教育英才不單是一件樂事，也是令我最感光榮的。最後，希望藉校刊的一角，誠心多謝多年來對我照顧有加的同事，包括辛勤地工作的工友，並祝願伊中全體人士健康快樂。

與家人參觀台灣國立故宮博物院。



與同事享用自助餐。



五十週年校慶茶會與同事及嘉賓合照。



與家人參觀台灣中正紀念堂。



廣西秀麗的山水景色令人神往。



## 桂港·『青年匯聚2010』 和而不同·民族文化之旅

二零一零年的暑假，我和我校的十六位同學、兩位老師——李盈盈老師及馬凱君老師，連同三百五十位其他學校的同學和老師們一起前往廣西南寧、百色等地，感受當地少數民族的生活習俗及風土人情。

中五甲 馮紫惠

「桂港·『青年匯聚2010』和而不同·民族文化之旅」是一個由九龍地域校長聯會、香港青年協進會及九龍各區青年團體，攜手合辦的大型內地考察及交流活動。在五日四夜的行程裡，我們欣賞了精彩的軍事表演、參觀了不同的博物館和登上了中國與越南的邊界。其中最令我印象深刻的是到百色起義紀念碑前獻花、參觀百色起義紀念館和跟廣西民族大學的學生交流。

廣西民族大學特地挑選了七十名少數民族學生與我們交流。大會及校方在大學範圍裡設定了十三個校園景點，在每個點設計一個遊戲，讓我們對校園有更深的認識。

另外，我們到了百色起義紀念碑獻花。百色起義是一九二九年底共產黨利用蔣介石和桂系軍閥俞作柏、李明瑞之間的矛盾發動的一次武裝起義。在紀念館內，我們看到了當年於起義中使用過的兵器，如黨旗、步槍等，令我感到士兵們為國犧牲的捨己精神是多麼的偉大。

百色起義紀念碑。

別的字句送給交流生哥哥姐姐。雖然我們相處的時間有限，但在短短三天裏，我們一起唱歌、一起吃飯、一起表演、一起參觀不同的景點，交流生哥哥更向我們講解百色起義的歷史，令我們獲益不淺。臨別前，我們交換了電郵地址，以便日後聯絡。

通過這次「和而不同」的民族文化之旅，正好讓我們了解到中國五十六個民族如何團結在一起，廣西更是多民族和諧相處的地區，要不同的民族文化和諧共融，我們就要有寬廣的胸襟，多了解、多關懷、多接納，這樣各個民族才能攜手向前。

旅程中，我與廣西交流生渡過了無數個愉快的時刻。



之後，我們便到

廣西民族大學舉行聯歡會。為了這次的聯歡會，廣西民族大學的學生及香港的學生都花盡心思，準備不同的表演節目供嘉賓、老師們及同學們欣賞。廣西的大學生預備了芭蕾舞表演、古箏表演等。香港的學生亦毫不遜色，分別表演了中式雜技、現代舞、鋼琴演奏等，贏得了現場觀眾如雷的掌聲。

在行程中，我訪問了一位廣西民族大學學生，談到香港學

生跟廣西學生的分別時，他指出香港的學生比較前衛、開朗、熱情，思想亦較為開放，「你們可以從不同的途徑得到知識，眼界較廣，但唯一的缺點是怕辛苦。至於廣西的學生，則比較含蓄內儉，所學的知識一般都是從書本獲得。」他認為香港是一個現代化、國際化的城市，可以學到較現代化的知識。至於廣西，他則喜歡當地的美麗山水，加上自己從小便在那裡長大，所以也很愛這個地方。

離別在即，大家都依依不捨，我們在白色的帽子上寫上道

精彩的軍事表演讓我們大開眼界。



2/7/2010 5:00pm



一行人準備出發。

由香港教育局與柳州市政府聯合舉辦的「薪火相傳」香港國民教育交流計劃——柳州、三江

——城市發展與民族文化傳承之旅活動，旨在讓香港學生感受城市的發展與民族文化的傳承。本次「薪火相傳」活動共聚集了來自香港31所學校互不相識的三百多名師生，通過在柳州幾天的溝通接觸，所有香港師生與柳州的工作人員打成一片，成為了無話不談的好朋友。六天的時間雖然很短，但給我們留下的回憶卻是滿滿的。這次活動不僅增加了香港學生對國家自然、歷史、人文及當代發展的認識，對祖國內地的社會經濟發展的瞭解，培養學生對國民身份的認同，還為柳州旅遊名片做了一次很好的推介。



經過一天的火車旅程，我們終於到達柳州。

剛從柳州下火車，一群手捧鮮花、滿心期待的柳州導遊們早已到來迎接我們。乘車遊覽途中，一路有警車開路，我們所到之處又有醒目的橫額表示歡迎，柳州市政府的隆重接待，令我們驚喜之餘，又感意外。

我們從來沒有想過，在中國南方會有一座猶如桃花源般的城市，就連溫家寶總理於二零零六年考察柳州時也稱讚這個城市是「山青水秀地乾淨」。不過，讓這個城市錦

# 本期專題：拋從萬卷向天涯，墨留千里經行處

上添花，讓旅客們流連忘返的是那少數民族人民的純真。柳州市是漢、壯、瑤等多民族聚居的城市，具有濃郁的鄉土文化和民族文化，幾千年來一直是漢族和嶺南土著民族經濟和文化交流、融合的聚點，具有深厚的民族傳統文化沉積。

就像這一次，我們親身感受到侗族百家宴的壯觀，在飯桌上，我們從第一桌吃到最後一桌，你來我往，觥籌交錯，熱鬧非凡。我還是第一次品嚐百家宴，氣氛既熱鬧又親切，吃百家飯菜、喝百家米酒、享百家祝福，就像是一個大家庭在一起吃飯。對於很多香港學生來說，他們從小到大都是一家人圍着一張桌子，坐在椅子上吃飯。像百家宴那樣的吃飯形式也許會讓他們無所適從，但是，侗族人們的熱情，早就把我們那顆不安的心隨着一口辣辣的酒澆進肚子裡去了。

程陽風雨橋讓侗族的文化添上了一層神秘的色彩，凡侗族人聚居地區，有河必有橋。此地區橋樑的建築特色是，橋上有廊和亭，能擋風遮雨，供人畜通行，故稱為「風雨橋」。橋樑對於侗族人溝通村寨之間的聯繫，扮演着重要的角色。風雨橋的整座橋樑、橋柱及橋面橋體的建築結構，以及橋面上亭、廊的柱、枋、欄杆全用杉木鑿榫銜接，鑿眼穿枋，大小木條斜穿直套，縱橫交錯，完全不用一釘一鉚，整座橋樑不需鐵件勾連，而整體結構卻嚴謹精密，堅固耐久，表現了侗族建築藝術的高度水平。當三百多人同時踏上風雨橋的時候，我們都擔心，風雨橋會不會因為承受不了我們的重量而傾斜呢？因此，在橋上的我們都表現得小心翼翼，生怕一不小心，橋就會倒塌了。導遊解說，程陽風雨橋屹立至今差不多二十多年了，受盡了歲月的侵蝕，依然不倒，是侗族人們交通的重要一環，看來我們的擔心是多餘了。

六天的旅程真讓人流連忘返，不管我們有多麼不捨，多麼珍惜，離別時刻總會到來，我們不捨得這個美麗的城市，不捨得這個曾經留下無數美好回憶和充滿人情味的城市。我們全體同學站在火車前，腳步不禁變慢了，希望能留在柳州這個城市多一秒鐘。「我就像個雕塑一樣一直站着，大家一一和我合影，而我心中已經是翻江倒海的捨不得。」這是我們的導遊小賴事後在微博中寫的，我們又何嘗不是呢？坐在火車



聞名中外的「百家宴」，我們和侗族人熱情起舞。



好豐盛的午餐，全都是由侗族人親手做出來的。



我們在侗族歌舞中結束了我們的「百家宴」。

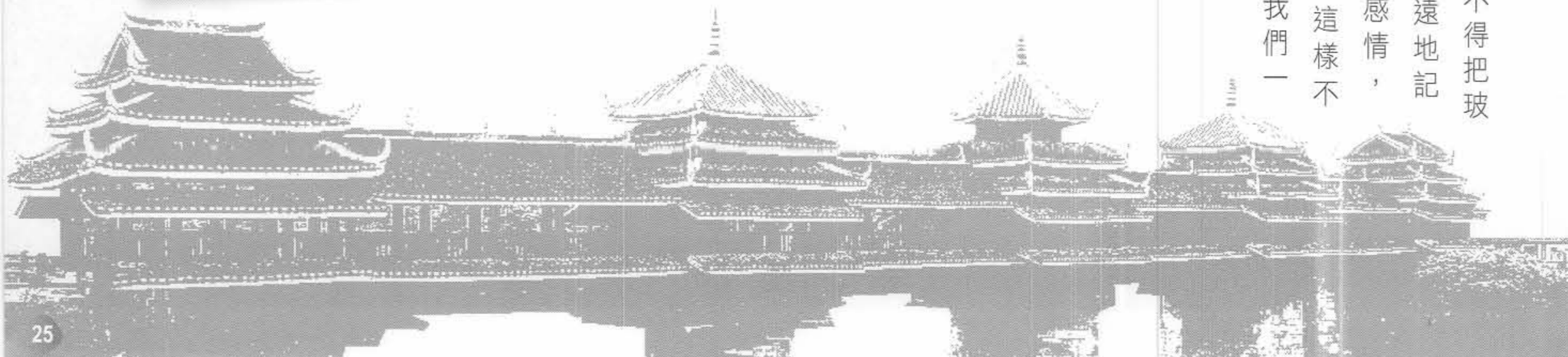


學習匯報會後，我們和導遊一起照了大合照。



我們和侗族小學生在進行交流。

裡，透過玻璃猛揮手，巴不得把玻璃敲碎，希望能讓導遊永遠地記住我們，這樣難捨難分的感情，這樣藕斷絲連的同胞情，這樣不能離別的民族情，不就是我們一直嚮往的感情嗎？





中國館，擱歌在寥廓青天，塑造一座處於鼎盛春秋的戲台。

# 大千觀戲百博世

李加誼 丙申年四月

二零一零年七月，我入選了「香港學生上海交流大使選拔計劃」，遊覽上海世博及作五天四夜的交流活動。

煙雨掠過滄海桑田的上海，拂過烽火濺落的塵埃，是天地間一場風雲聚會，將斑駁的歷史漸次剝落，使這顆明珠浸潤出奪目的光芒。追溯到百年以前，「世界博覽會」只是小說《新中國》裡的夢囈；在二零一零年，上海終於跨進國際的舞台，送走了遠古的夕陽，迎來今朝的眾星拱月。

以民間藝術和民俗風情為底蘊，以現代化的建築和交通為背景——「城市，让生活更美好」，用篤定的口吻，表明上海世博將以一個民族的繁榮昌盛來向世界展示大國的風采。於是，「文明」的呼聲唱遍了街閭巷陌，「低碳」的呼聲也在各國展館中此起彼落——世博像一席流動的饗宴，一棚流金的戲台，各種大國姿態、各樣小民面貌，一一粉墨登場……

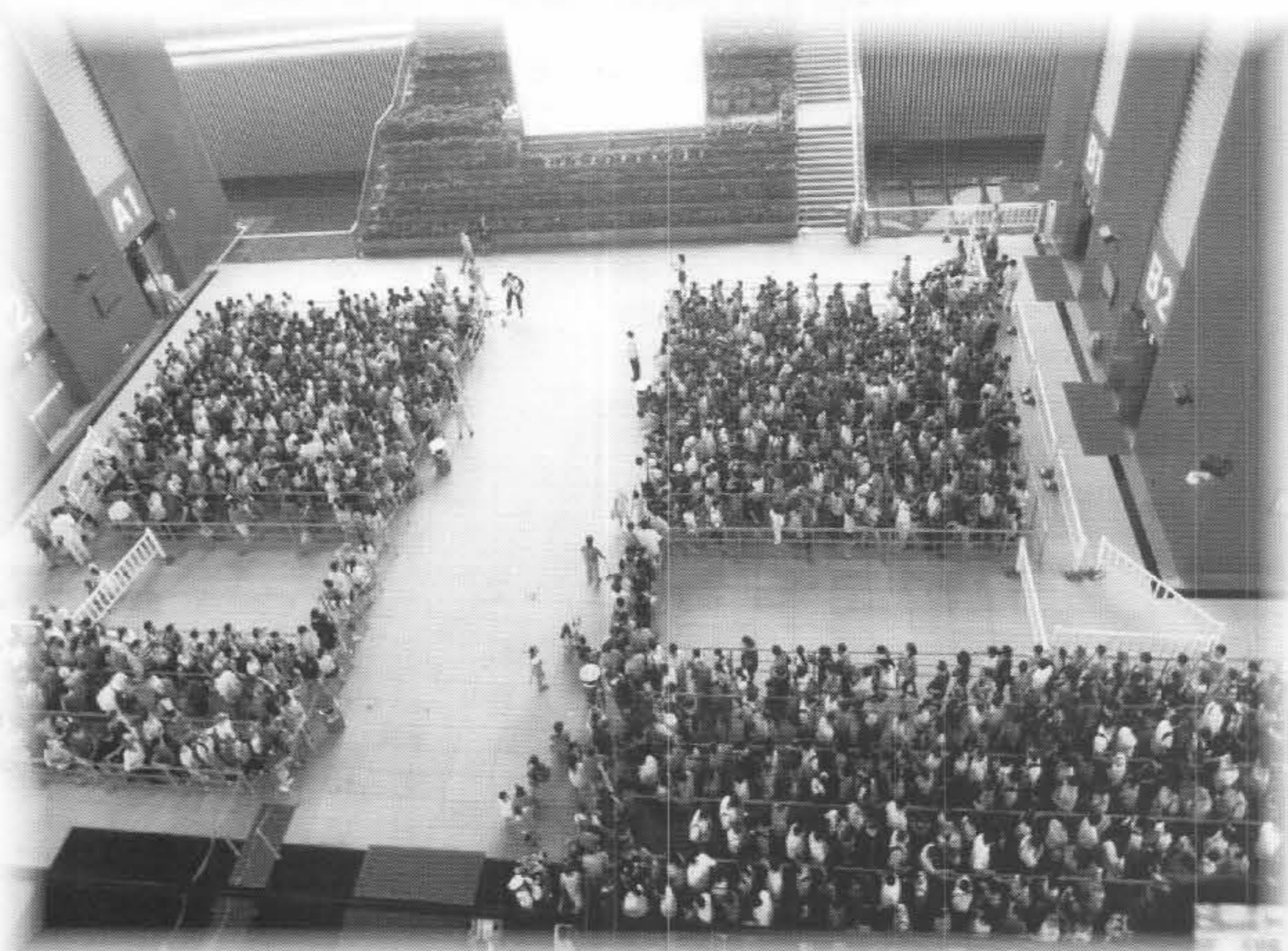
說到這台戲的主角，所有人都引頸望向中國館，中國為壯聲勢而派預約票，讓中國的五千年文化都留中國人看個夠，更多人只有望洋興嘆。拿着預約票，在兩小時的排隊中，好用來細細欣賞中國館的設計：它的設計結合了許多中國元素，除了紅色外形，尚有「層疊出挑」斗拱建構，可以說它像寓意農業豐收的「斗」，或像中國的器皿「鼎」，說它是「皇冠」亦不無道理。紅色代表興旺，塑造一座處於鼎盛春秋的戲台，擱歌在縹緲青天下留給路人自行闡釋。

傲，還是覺得香港學生像劉姥姥而感到鄙夷。

的確那時才見識到，原來中國人如此相識滿天下，排在隊尾的人可以一邊擠前，一邊遙指隊伍前方某人說「一塊兒的、一塊兒的」，便摩西分紅海似的走過去了，甚至走過他所指的那人。我們猜想那人根本不認識他。或許他眼中只要是中國人都能打成「一片」吧。又或許，他眼中只有甚麼展館用了甚麼先進科技，那才是主角，他只是——一場輝煌表演的觀眾。

原來，一些中國人插隊時都是本著「四海之內皆兄弟」的心，因為只要你忽然說出句英語，他們可能立刻僵立不動，甚至讓出道來。或許，對着外國人的時候，他們總算意識到自己也是這台戲的主角。

世博將中國推上國際舞台，多少雙眼睛盯着世博園區內的中國參觀者，舉手投足間影響着中國的聲望。這是中華文化的戲台，生長在民間，流傳在民間，也璀璨在民間，曾舞出生活百味。為甚麼現在的國民只舞出急功近利、冷暖世情、卻舞不出中華文化的淡雅和從容？面對一些外國輿論妖魔化中國，中國人，怎麼能不生氣、不自律？令人不禁想問，這般讓人時驕傲時揪心的戲台，到底落滿了多少



中國館的人龍。

許多人評說，博遊大致分三種類型：蓋章遊、攻略遊，還有我這樣的瓜皮遊，腳踩西瓜皮滑哪兒算哪兒。印象最深的，只有一張張細碎的剪影——如甫入中國館時，排在前頭的中年婦人，懷着對祖國的尊崇，從兩指間甩下一道鼻涕，甩在光榮的自家門前。身邊那麼多視而不見的前進，彷彿在笑：香港人，為何要如此執着的看待？

又如輪候時雖架起圍欄疏導人群，一些小孩和男人懷着超英趕美的理想，任何阻礙都照跨不誤。身邊那麼多視而不見的前進，唯獨香港學生發出輕微嘩然。某男人跨過了，還不忘扭頭詫異道：「怎麼，沒見過？」吹鬚子瞪眼的模樣，不知他是為自家身手不凡而感到驕

## 本期專題：拋從萬卷向天涯，墨留千里經行處

城市地球館使人反思地球資源變得稀有的原因及對地球的影響。



歲月的塵埃？在悄然流逝的光陰裡，不知是誰打翻了硯臺，墨黑潑染了整個神州大地；現在又靠誰，擦撥出清麗明淨的漣漪？

和上海的學生談，他們雲淡風輕的笑說，做出劣行的一定不是上海人，帶着身為上海人的自豪，這種驕傲很像香港人。在教育

局某主任和我們的討論中再談，那主任的結論是：中國需要時間。讓一部分人先富起來，教育就會普及了吧。沒錯，誰成長時不用經過跌跌碰碰，一邊抹淚一邊找路？這時的香港人，只有期待、只有等候；這時的愛國，除了歌頌紅玫瑰的風采，還需坦然地面對這根刺，納刺於身，納刺於心。

上海是「先富起來」的佼佼者，一個和我們年紀相若的高中生，用一輛私家車載我們到他過千呎的家作客，途中不斷和我們聊天，不小心和旁邊的車輪碰撞了一下。或許他需要時間練習駕駛技術、或許交通安全的教育未隨富

起來而普及化，但他已急不及待的昂然上路。有時覺得中國應是五千歲的睿智老人了，但有時又表現得像个意氣風發的小伙子，未夠歷練已躍躍欲試地踏上舞台。或許國際競爭間沒誰肯等待，所以中國必須擺出大國風儀，儀仗莊嚴地營造歌舞昇平。

希望大家不會忘記世博的啟示，像放飛一隻寫滿盛世常寧的風箏。

世博過去了，不代表一切恍然如昔，像關上一扇微雨滌塵的柴門。然而，那被年輪風蝕的門環，冥冥中彷彿扣住了誰的因果。



全體團員合照。

# 遊寧波古蹟 拓甬港交流

中六甲 伍倩欣

常言道：「讀萬卷書不如行萬里路。」中國地大物博，歷史源遠流長

每個城市都擁有獨特文化和濃厚地道特色。單憑書本上的文字，或許能夠勾勒出一個地方的表貌，

然而，那些在香港看不到的偉大景觀、未曾聽聞的傳統習俗、從未嘗過的美味小吃，還有溫暖的同胞人情味，卻要親身經歷過、體驗過才知道。

本年四月十六日至四月三十日，我參加了本校舉辦的「甬港學生文化交流體驗團」，隨戴玉麟老師及周紅老師，在寧波中學老師和學生的接待下，度過了充實的五天四夜。

「凡遠方同志來遊者，莫不徘徊依依戀而不忍捨」，五天的寧波交流日子，讓我們一眾同學留戀不捨。這次的活動，有別於一般交流團和旅行團，是由學校主辦、浙江省寧波中學接待的。這五天我們得到寧中老師和同學們的熱情接待，參觀了蔣介石故居、雪竇山、天一閣等景點，當中最令人難忘的，莫過於可以到寧波中學上課，和寧中同學交流。



與寧中老師一起在寧波中學校門前拍照留念。

寧波中學佔地280畝，校舍面積10萬平方米，有標準的田徑場、多個籃球場、室內體育館、游泳池等，其宏偉令人嘖嘖稱奇。我們參觀了寧波

中學宿舍，看見房間收拾得井井有條、一塵不染。寧中老師說同學們是自己打掃房間的，他們的整齊令我們十分嘆服。

下午，我們和寧波中學的學生幹部討論「城市發展是否讓生活更美好」。這次論壇，令我瞭解到寧波的發展一日千里，它現已成為中國的經濟重鎮。會上寧中同學與

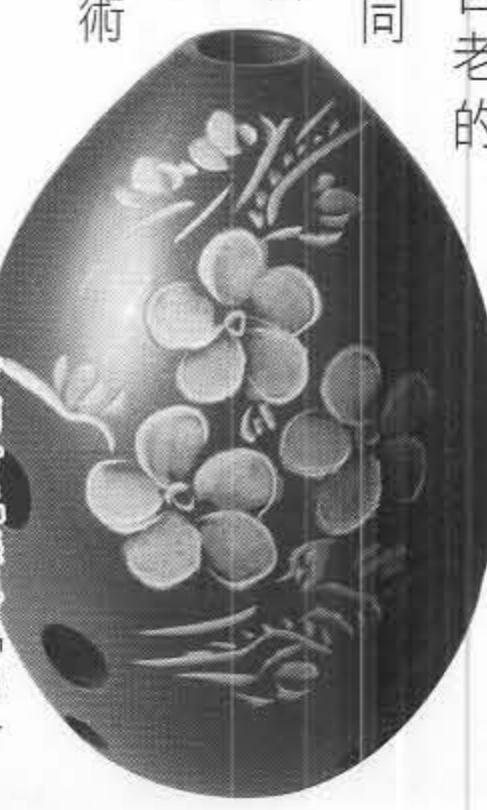


致勃勃地告訴我們寧波今日的發展，而在發展的同時也衍生了出污染問題。他們更引用老師的話，說十年前老師在寧波走一天，皮鞋還是很乾淨，但現在，到外面走一圈，鞋子卻蒙上一層灰，回家一定要馬上擦了，這話令人印象深刻。在聽他們的娓娓道來後，我們亦講述了香港的城市發展及出現的問題，如在城市化發展的過程中各持份者的關注和古蹟保護等。我們和寧中同學還交流了一些改善環境的概念和方法，例如寧波同學知道香港公共交通工具排放大量二氧化碳，便告訴我們寧波有一種綠色天然氣巴士，可以減少污染物的排放。我們也把一些香港和外國用以改善環境的方法告訴寧波同學，如SR(Reuse)減少耗用、Recycle(循環再造)、Refuse(拒絕使用不環保產品、Reduce)以環保產品代替不環保產品、Reuse(循環再用)。會上討論十分熱烈，我



我們在寧波中學的食堂學習包餃子和湯圓。

這的交流，讓我們結識了很多寧中同學，拍下了一幅又



寧中的王飛龍老師為我們講解越曲。

中國古代樂器「埙」，樂音淒怨。

## 本期專題：拋從萬卷向天涯，墨留千里經行處

深洄其下，真有一歎世外桃源無事他求矣」之感。

除了蔣介石故居，我們還到訪了位於雪竇山的張學良第一幽禁地。張學良發動西安事變，逼蔣介石聯共抗日。他



我們和寧中的老師一起參觀雪竇山，考察了蔣介石避暑山莊及張學良第一幽禁地。

的行動雖令國家停止內戰，一致抗日，但自己卻為此付出了沉重的代價，他失去蔣氏信任，失去軍權和自由，只能過着「觀瀑峭崖掛，聽禽深樹啼」的生活。他在被幽禁期間，寫下「萬里碧空孤影遠，故人行程路漫漫。少年漸漸鬢髮白，惟有春風今又還」的詩句，可見其落寞與孤寂，即使面對雪竇山美景，恐怕也無心欣賞了。張學良發動西安事變之後，他自願接受蔣介石長期軟禁，自此「一入吾室者但有清風，對吾飲者唯當明月」，顯示出他超然物外的勇氣，值得敬佩。



天一閣是中國現存最古老的私家藏書樓，現藏書五萬三千餘卷。

愛護山河大地，愛民族，愛人民。

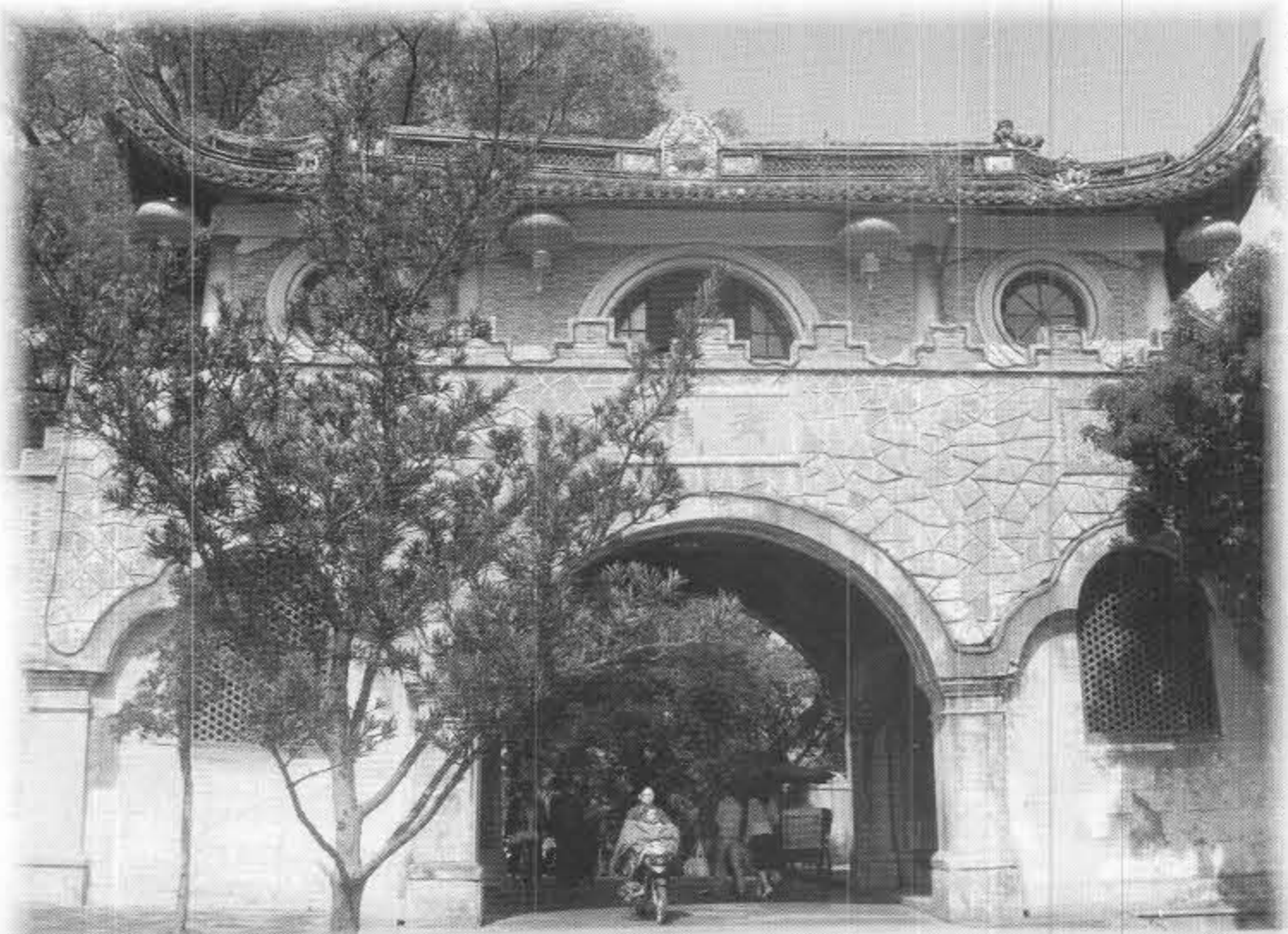
在這五天中，我們體會到友校師生的親切和熱誠，我們受到了寧波中學的熱情款待，每天午飯及晚飯都十分豐富，我們飽嘗滬浙甬清真等名菜，像寧波湯圓、醉蝦、片皮鴨等，讓我們大快朵頤，席間寧中的老師和我們言談甚歡，更不停勸我們多吃一點，老師的盛情、豐富的筵席，至今仍令我回味再三。

這個交流體驗團活動加深了我們對寧波及國內文化的認識。除了令我增廣見聞，結識到一眾志同道合之士外，亦享受了寧謐恬靜的生活。寧波一名取自「海定則波寧」，在復活節假期間，我可以到寧波考察交流，暫時忘卻煩囂的生活，真有一種偷得浮生半日閒的感覺。

與寧波中學新羅班的同學合照。



是次活動令兩所學校的師生加深對彼此的認識，讓我們一眾同學度過了難忘的五天。這次「甬港學生文化交流體驗團」確實為促進甬港兩地文化交流踏出重要的一步，讓我們的交流繼續揚帆起航，建立更緊密的關係！



蔣介石故居——武嶺。

一幅笑意滿溢的照片，更留下了彼此的聯絡電話，可謂「求其友聲，適我願兮，共得朋從之道」。

除了到寧波中學交流，我們亦參觀了蔣介石故居武嶺。蔣介石是近代的風雲人物，其故居巍峨壯觀，氣派不凡。建築物兩旁古木參天，溪水

所建的「天一閣」參觀。「天一閣」是中國現存最早的私家藏書樓，也是世界最早的三大家族圖書館之一。我曾經在余秋雨的文章《風雨天一閣》中讀到這藏書樓的事跡，文中提到「天一閣」是一種極端艱難、又極端悲愴的文化奇跡，又談到范氏家族如何用心保留「天一閣」，讓文化遺產可以傳承下去，我讀來深深感動。這天，我終於有機會親睹這個文化奇跡，更有幸見到無數手抄古籍及漢晉古磚，實在令人興奮不已。

古蹟文物是國家文化的珍貴寶藏，裏面流傳了一個民族的血脈，記錄了一個民族的故事和歷史，凡愛國者必會重視文物，愛護文物。因為撫今追昔，我們在古蹟文物中，可以看到自己的民族如何掙扎成長。

可是，兩天的參觀所見，實在令我們心痛歎息。我們看到遊客坐在蔣氏故居報本堂的椅子上拍照，喧嘩談笑，與兩旁「報本尊親是講道德要道，光前裕後所望孝子順孫」的楹聯恰成對照；一張古床上扔滿了旅客拋擲的硬幣紙幣，承載了超出它能負荷的願望和夢想，老舊的木樓梯搖搖晃晃；遊客吸煙推擠……我們感受到推行國民教育的必要性和迫切性。做一個好的國民就是要愛護國家的文化，愛護文物遺產，



寧中和伊中同學舉起了友誼的橋樑，互相交換禮物。

世紀建設人才  
速度  
一九九二年十一月



本校舞蹈學會在「第四十七屆學校舞蹈節比賽」中榮獲優勝獎及編舞獎。



本校女子排球隊在「香港學界體育聯合會校際排球錦標賽」中榮獲女子乙組亞軍。



本校同學參加「香港學界體育聯合會校際田徑錦標賽」，中六乙馮英匡榮獲男子甲組跳高項目冠軍。



本校女子游泳隊參加「香港學界體育聯合會校際游泳錦標賽」，榮獲女子甲組季軍、女子丙組亞軍及女子組團體冠軍。



中七甲黃啟深參加由新市鎮文化教育協會主辦的「第二十二屆全港學界律詩創作比賽暨第十五屆全港學界對聯創作比賽」，於律詩比賽中獲得「預科、中學及香港專業教育學院組」亞軍，於對聯比賽中獲得「預科、中學及香港專業教育學院組」冠軍，與評判何文匯教授合影。



本校男子羽毛球隊在「香港學界體育聯合會校際排球錦標賽」中榮獲男子乙組冠軍。



本校中二甲李鈞陶同學代表伊中國棋隊參加「第十屆香港業餘圍棋公開賽」，勇奪少青組個人賽總冠軍，與葉家輝老師合照。



本校橋牌與棋藝學會代表隊成員：(由左二起)中六甲陳浩翔、中五丁吳子森、中六丙葉可暉、中二乙譚智健、中六甲伍倩欣及中三甲譚樂庭，分別於「第六屆國慶盃全港中國象棋賽」、「第二十四屆全港校際中國象棋賽」、「第十八屆全港女子中國象棋個人賽」以及「伊利沙伯中學聯校棋藝挑戰賽」中脫穎而出，共贏得六個獎項，與學會顧問葉家輝老師(左一)合照。



本校英文辯論隊參加了由星島日報主辦的「星島第二十六屆全港辯論比賽」，中五丙沈穎兒奪得「最佳交互答問員」獎項，與頒獎嘉賓合照。



本校英文辯論隊參加了「筲箕灣官立中學金禧辯論邀請賽」，勇奪冠軍。圖為辯論隊隊員(左起)：中五丁林思穎、中三甲廖子賢、原樂堯，與唐校長合照。



本校同學參加「第十五屆全港中小學中英文硬筆書法比賽」，獲得優良成績。左起：中二丙黃綺晴、中三甲李敏儀獲英文初級組優良獎，中四乙黃偉瑜獲中文高級組優良獎，中五丙朱濤獲中文高級組優異獎，與唐校長合照。

旺角區少年警訊名譽會長委任禮



中五丙陳家健(左二)和中五丁陸子逸(右二)分別榮獲「旺角區少年警訊最佳領袖獎」及「最佳成員獎」，與頒獎嘉賓合照。



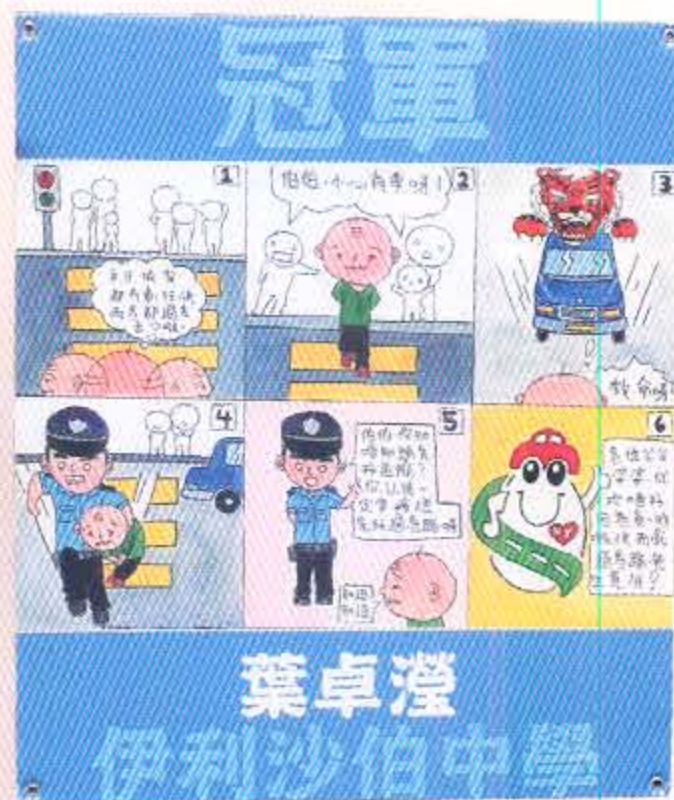
本校同學參加「第十二屆青少年科技創新大賽」，中四丁潘仲欣（中）在化學及材料學組獲得優異獎，中四乙林苾嫻（右）和中四丁劉燕芬（左）在物理及工程學組獲得優異獎。



中四丁陳芷君在香港傑出學生學生協會舉辦的「傑出學生選舉」和「香港傑出少年選舉」均獲得表現優異獎。



中五丙鄭卓文參加由香港浸會大學文學院及香港浸會大學語文中心合辦的「第六屆大學文學獎創作比賽」，榮獲「少年作家獎」。



本校同學參加了由西九龍交通部道路安全組與香港交通安全隊合辦之2010至2011年度「中學漫畫創作比賽」，中三乙葉卓滢（上）榮獲冠軍，中一丙黃楚媛（左）獲優異獎，與唐校長合照。



本校同學在「國際初中科學奧林匹克——香港選拔賽」中獲得佳績，左起：中三乙黃凱珊及黃悅懿獲得一等獎、中三乙黃語晴獲得二等獎，與黃小英老師合照。





本校同學參與由香港中華廠商聯合會青年委員會及星島雜誌集團合辦之「全港中學生廣告短片創作比賽」，其中一隊由中三同學所組成的隊伍，成員包括中三甲鄭鏘珊、張麗香、方暢程、譚葭穎、譚樂林、原樂堯、陳駿逸、官星、廖子賢及中三乙黃凱珊，獲選為「蛋撻王」品牌冠軍。圖為隊長中三甲廖子賢（中）和官星（左）作為代表領獎，與唐校長合照。



中四丁鄭文懿參加由香港教師學會主辦的「第二屆火炬盃朗誦比賽」，榮獲普通話朗誦金獎，與周紅老師合照。



本校參加由香港教育資優教育學院、教育局、香港科技大學及香港物理學會合辦的「2009香港物理奧林匹克」，中六乙謝詠菁（左）及中六丙葉可暉（中）獲得三等獎，與黃小英老師合照。



中三甲蔡可穎同學參加由香港教育學院理性溝通教育學會舉辦之「善言巧論：全港學生口語溝通大賽」，於初中組小組討論中獲得「最佳論手獎」，與唐校長合照。



本校同學參加由創新科技署主辦的「2011年香港學生科學比賽」，以「抽水大笨象」榮獲高級組研究項目亞軍，「抽水大笨象」是以吸濕劑混合吸水劑，令產品吸濕性能更強、更耐用和可循環再用。圖為得獎隊伍（左起）中四丁陳慧敏、王詩韻、李沅瀛、中四甲吳啟智及中四丁余嘉華（右一）與梁慧富老師合照。



本校少年警訊支會積極籌劃和參與社會服務、協助宣傳減罪訊息和推廣少訊計劃，榮獲「2010年度滙豐少年警訊獎勵計劃」最佳少年警訊中學學校支會冠軍。左起：唐校長、中五丁陸子逸、中二丙黃綺晴、中二丙張嘉瑩、中五丁張浩龍與麥天健老師合照。

雕刻



梁煥敏(五丁)



首飾設計

產品設計



鄭卓文(五丙)



吳麗瑩(五乙)

陶藝



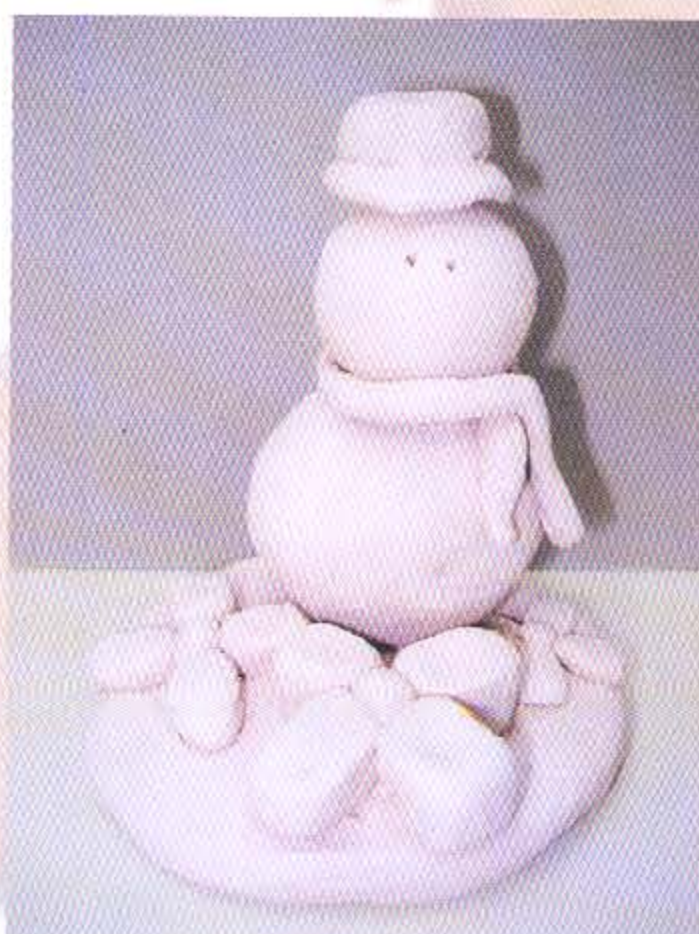
陳思行(一丁)



李維加(一甲)



簡靖虹(一丁)



崔曉嵐(一乙)

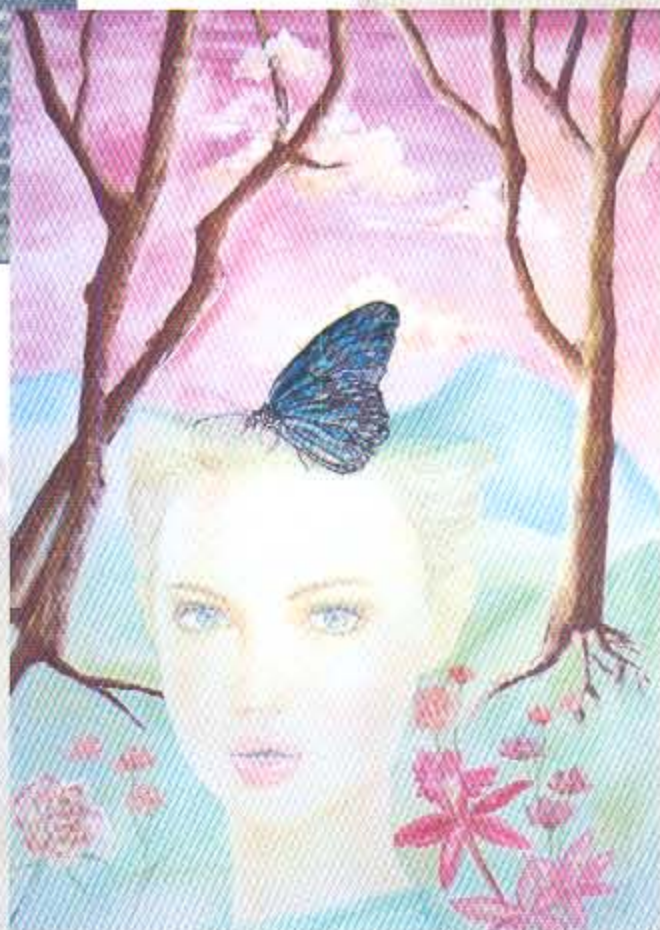


譚雅欣(一乙)

繪畫



余舒琦(四丁)



李珈誼(四丙)



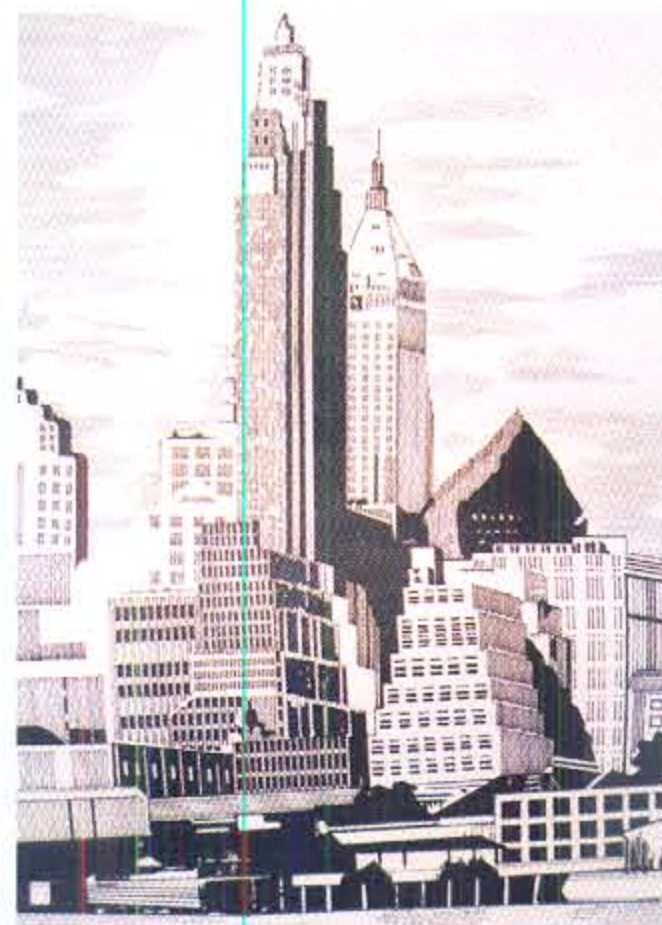
梁煥敏(五丁)



梁鍵芹(四甲)



劉曉彤(四丙)



鄭敏兒(四丙)



李美芬(五丙)

沙畫

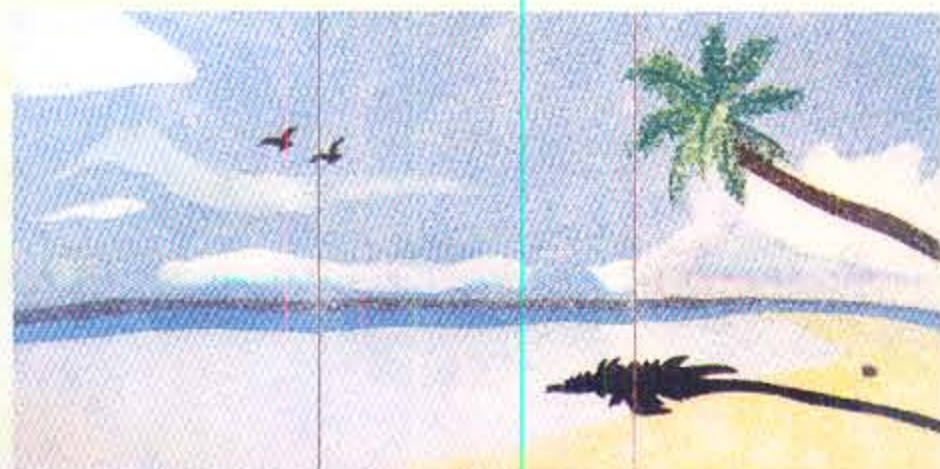
包裝設計



朱藹思(五乙)



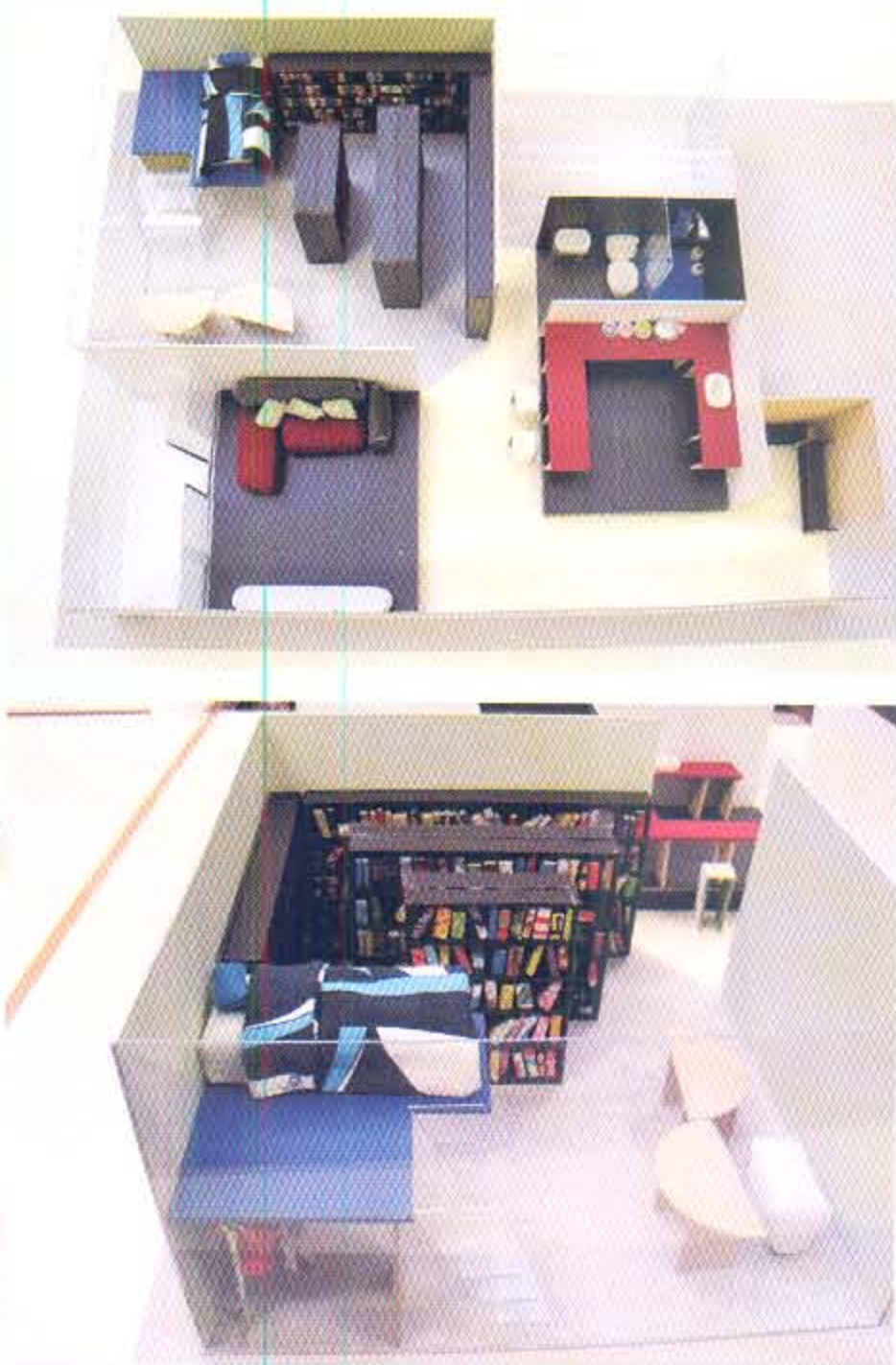
林密(五乙)



崔樂怡(五乙)



姚露彬(五乙)



鄭卓文(五丙)



李美芬(五丙)

模型製作



五甲班



五丙班



雕刻



梁煥敏(五丁)



產品設計

鄭卓文(五丙)



陳思行(一丁)



簡靖虹(一丁)



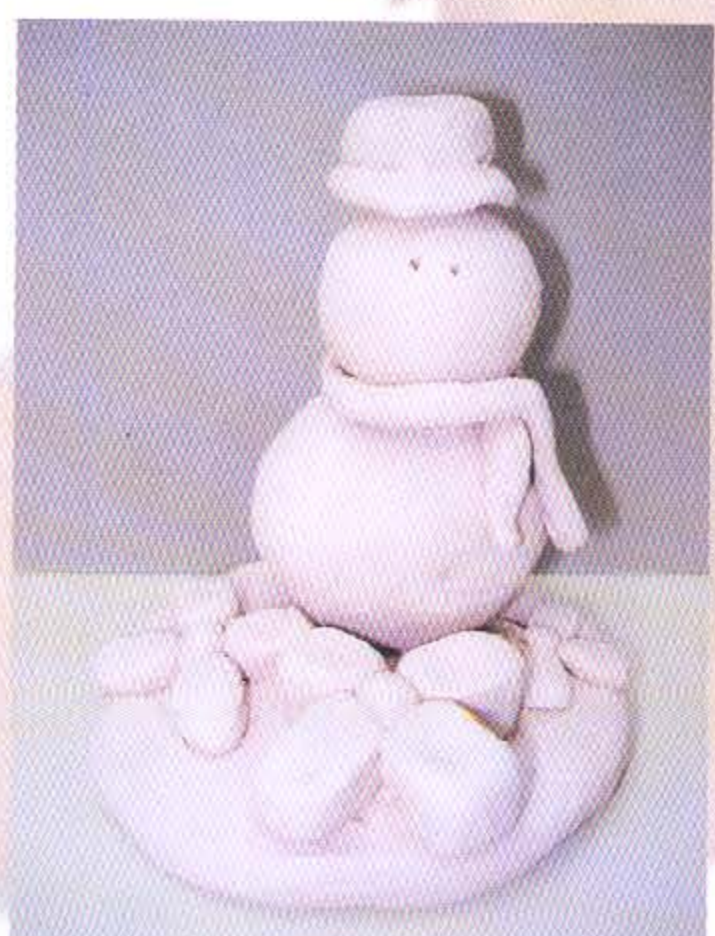
首飾設計



吳麗瑩(五乙)



李維加(一甲)



崔晚嵐(一乙)

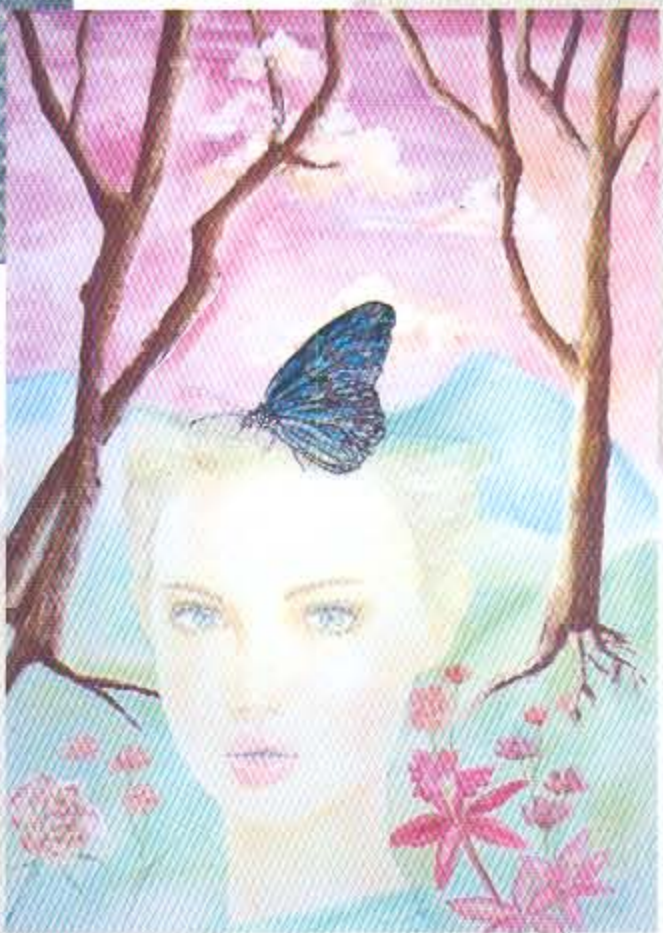


譚雅欣(一乙)

繪畫



余舒琦(四丁)



李珈誼(四丙)



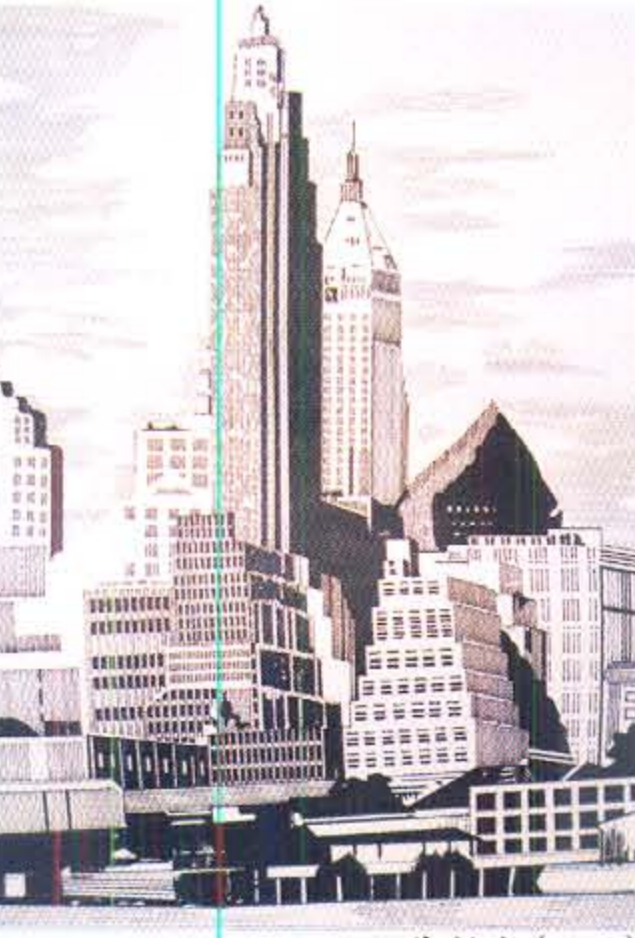
梁鍵芹(四甲)



劉晚彤(四丙)



梁煥敏(五丁)



鄭敏兒(四丙)



朱筠恩(五乙)



林密(五乙)



崔樂怡(五乙)

包裝設計

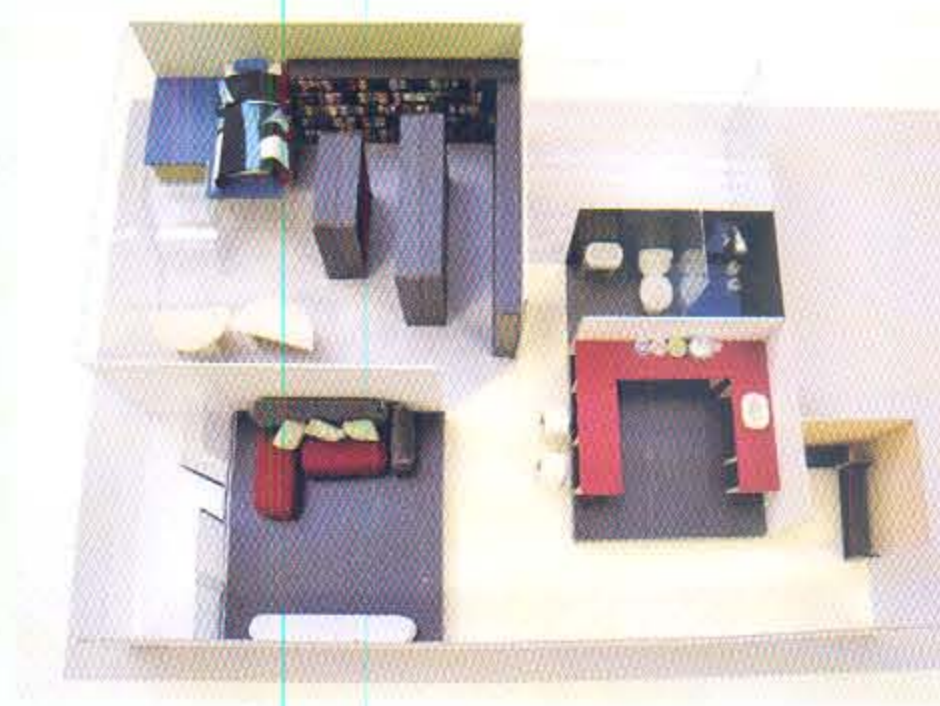


李美芬(五丙)

藝粹點描



姚露彬(五乙)



鄭卓文(五丙)



模型製作



李美芬(五丙)



五甲班



五丙班



# 家長教師聯誼會第五十六屆週年聚餐

家長教師會委員及  
嘉賓合照。



右起：盧萬方主席、唐校長、饒汝民副主席向大家祝酒。



看看抽到獎品的幸運兒笑得多燦爛！



伊中樂團演奏馬來西亞歌曲《Si-paku Gey Lang》，繞樑三日。



領袖生們在工作後的歡樂時光。



舊生濟濟一堂，把盞言歡，好不熱鬧。

# 「學得出色」家長講座及工作坊



校長、副校長與家委會委員及主講嘉賓黎淑儀姑娘（左二）合照。



成功的關鍵在於細心聆聽別人的意見，發揮團隊合作精神。



黎姑娘以生動的方式，帶出當日講座的主題。



家長義工協助本校圖書館包書，大家有說有笑多快樂。



家長義工隊參加接力賽，一馬當先！

# 家長義工小組活動



親子紙包蛋糕製作班歡樂滿溢。



家長義工於水運會中留影。

## 週年會員大會

全體委員於會後合照留念。



接待老師：左起吳燕婷老師及陳秀娟老師。

## 「新春迎喜慶」 揮春派發活動

家長梁嘉聲先生(右三)即席揮毫，祝大  
家龍馬精神、心想事成、一團和氣！



## 校營親子探訪活動

「你瞄準了嗎？」



拋開都市繁囂，融入美好大自然。



齊齊來張大合照吧！



## 週年會員大會

全體委員於會後合照留念。



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親子紙包蛋糕製作班歡樂滿溢。



# 校刊編輯委員會



## 顧問老師

陳秀娟老師

周紅老師

Mr. Simon Patience

趙展兒老師

霍婉雯老師

## 總編輯

中六甲 曾韻而

中六乙 謝詠菁

## 編輯

中六甲 伍倩欣

中六乙 李嘉俊

中六乙 梁愷潔

中六乙 林朗熙

中六乙 陳俊謙

中六丙 張靜儀

中六丙 趙桂琦

中六丙 郭爾榕

中六丙 孫啟峯

中六丙 黃廷風

中六丙 文倩婷

中五乙 郭潔瑩

中五丙 王希慈

中五丙 周嘉賢

中五丁 胡卓寧

中五丁 鄭可琳

中五丁 張靜雯

中五丁 梁煥敏

中四甲 霍琳

中四甲 梁守真

中四乙 黃偉瑜

中四乙 陳琬蓉

中四甲 鄧思齊

中四丁 陳芷君

中四乙 陳琬蓉

中四丁 陳慧敏

## 美術、封面設計

中六乙 何肇庭

中六乙 李卓穎

中五丙 李美芬

## 攝影

中六甲 黎致甯

中六丙 鄧偉俊

中五丁 蔡宗軒

## 電腦技術

中六丙 楊紫亮

中五乙 周駿易

中四丁 周梓健

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# 伊利沙伯中學

校刊

第五十七期

二零一一年九月



