



觀家報



2017 至 2018 年度 第二十四屆 家長教師會委員名單

主席：周笑玲女士

第一副主席：朱鎮輝先生

第二副主席：屈能伸副校長

秘書：方麗明老師、劉蓮鳳老師

司庫：李文信副校長、楊麗菁女士

文康：黃勁邦先生、周智華女士、
黎施伶老師、劉家榮老師

總務：胡曉女士、羅美卿老師

委員：楊蔚凌女士、陳玉波女士

義務核數師：杜映華女士

2017-18 第四十五期內容：

- P.1 第 24 屆家長教師會委員名單
- P.2 新委員分享及家教會全年活動
- P.3 外交知識競賽交流團分享
- P.4-5 Summer Study Tour in Edinburgh –
Sharing by students
- P.6-7 16-17 全年學業成績獎項
及獎學金得獎名單
- P.7-8 Sharing on study tips





新委員分享 --- 胡曉女士

我加入家教會是因為我愛自己的兒子，希望了解學校的情況，了解兒子學習的地方，了解兒子成長的歷程。當選委員後，我帶著戰戰兢兢、忐忑不安的心情參加第一次家教會會議；然會議開始時，大家互相介紹，並歡迎我這個新成員，氣氛融洽，更讓我感受到彼此的真誠、友愛。各位委員無私的奉獻，為學校、為學生服務，教我動容。希望校方和我們同心協力，為培育學生而努力，共同締造更美好的觀瑪！



十二月

親子旅行：舉辦日期：3/12/2017（星期日）

學校資訊日：舉辦日期：10/12/2017（星期日）

二月

中三升學講座

三至四月

親子活動：舉辦日期：暫定 3/3/2018（星期六）

優質家長學堂（講座及工作坊）

六月

親子歷奇日營

七月

舊書買賣活動

八月

迎新日

（以上活動項目及其實際舉辦日期，一切以最後公佈為準。）



外交知識競賽交流團分享

張敬華 中三乙班

上學年，我和幾位學兄在第十一屆香港盃外交知識競賽中奪得了銀獎，因而在暑假中有機會與其他得獎學校的學生同遊北京和雲南。

在五日的北京之行中，我們彷彿走過了橫跨百年的時光隧道，先是來到古色古香、山青水秀的頤和園，沉重的歷史與優美的風景交疊，引人無限遐思；再到高新科技公司林立的北京經濟技術開發區，我在那裡看到了新時代創新科技發展的面貌。我們也拜訪釣魚台國賓館和中國外交部，與接待官員的對談令我對中國歷史和外交策略有更深的認識和了解。



其後我們轉到雲南繼續行程。雲南是一處「家家有花，戶戶有水」的好地方，當地的環保事業發展也一日千里。在參觀雲南昆明滇池污水處理廠時，我們親眼看到一池污水的淨化過程。所謂「讀萬卷書不如行萬里路」，親身到污水處理廠看過水的淨化過程，真是上了一節寶貴的科學課，對環保工作的原理和具體操作有了更深入的認識。

北京、雲南之旅讓我切身見識到中國在政治、經濟、社會等多個方面的發展。今年十一月，我有幸成為香港的其中一名代表，再一次去北京，參加第二屆全國學生「學憲法講憲法」演講比賽。在比賽中我看到了全國精英在演講時的雄姿，自感不足，遂在那幾天努力苦練，又虛心向其他選手學習，最終幸獲全國第四名。在這次比賽中我不但明白到憲法中以民為本的政治精神和理念，我在演講技巧上更有了不少的進步。

在這兩次的北上經歷中，我對中國的國情、憲法、歷史和發展都有了更深的觀察和思考。希望將來能有更多的機會踏足不同的地方，開闊自己的視野。





Summer Study Tour in Edinburgh – Sharing by students



Happy Learning Experience

Seow Cheuk Hin F.4D

Today our lesson was about “supernatural”. In the class discussion, I joined the conversation with the Spanish and the Italians. We were so excited when talking about Harry Potter, the magic and the fairy. We were amazed to look into the cultural differences between the east and the west in the field of “supernatural”. Later we had to take turn to act as a fortune teller in the class. I was a bit nervous at the beginning but my Scottish teacher said I was a “professional” fortune teller as I always made positive predictions. Everyone coming to me was so happy as I dug up all good words in my mind to brighten their unknown future. That was an interesting lesson with full of laughter.

Experiencing the local lifestyle

Tai Cheuk Man F.4B

Today was Sunday. Sunlight flooded the earth. Our teachers brought us to Stockbridge market, which was a Sunday market. The stalls were located next to the bridge over the beautiful Water of Leith in a scenic village-like environment. Although the market was rather small, there were a wide range of local products, from fresh seafood to fruits and vegetables, from bakery treats to hand-crafted soaps and jewellery. I liked the homemade tea the most. The tea was grown and mixed by the local farmers and it smelt so good. The whole market is surrounded by dozens of trees and I could always hear the soothing sound of the flowing water. I bought a cup of hot tea and shared some local food with my buddies. I wish I could sit in the market and enjoy the peaceful time for the whole day!





Getting along with the host family

Ng Yuk Chi F.5D

After the visit and the lessons, I went straight to my host family's house as today was my little host brother's birthday. Ellis, who was just 3 years old today, was my host family's smallest child. He was such an adorable kid that I was mesmerized by him. He often winked at me with a sweet smile. He liked talking and playing with me. He was very funny. We had great dinner to celebrate his birthday tonight. Ellis was overjoyed and burst into laughter when my host parents and I sang the birthday song to him. I enjoyed every moment in the host family and it was my best memory in Edinburgh.



Learning more about the local history

Hung Chi Kit F.4E

Today we went to Stirling and visited the Monument of a Scotland's hero, William Wallace. When we arrived Stirling, I was very excited because I liked history very much. Walking uphill through the steep and muddy path in rain for about 15 minutes and climbing up the long and winding stairs of the monument, we stood at a high point of the town. Teacher told us the tragedy of the great hero who fought for Scottish independence all over his lifetime but died in torture. I could imagine hundreds of years ago William Wallace fought in the muddy ground right under my feet. Knowing the story of William Wallace, I had a deeper understanding on the complicated issue of the independence movement of Scotland embarked in recent years. The long and winding stairs starting from William Wallace had not yet found its destination until today.



學科成績優異獎 (2016 至 2017 年度)

1A	鄭博仁	歷史	3A	黃智立	化學	5A	葉伶聰	英文
1A	鄭博仁	普通話	3A	黃智立	中文	5B	張子軒	數學 (單元一)
1B	周洛希	中史	3A	黃智立	中史	5C	陳灝俊	歷史
1B	林文彬	體育	3A	黃智立	公民教育	5C	鍾汶霽	中文
1C	陳逸希	中文	3A	黃智立	地理	5C	鍾汶霽	中史
1C	陳逸希	視覺藝術	3A	黃智立	音樂	5C	韓宇翹	企業、會計及 財務概論
1C	高翰楠	電腦	3A	黃智立	普通話	5C	林蹕賢	通識
1C	鄧上行	英文	3B	朱天樂	生物	5C	梁偉澤	通訊科技
1C	鄧上行	地理	3B	朱天樂	化學	5C	黃凱俊	物理
1C	鄧上行	科學	3B	朱天樂	歷史	5D	蔡奇昌	化學
1C	葉誌剛	數學	3B	魯健辰	化學	5D	劉俊廷	地理
1C	周文城	倫理	3B	魯健辰	數學	5D	吳嘉傑	數學
1D	林臻揚	音樂	3B	麥子聰	電腦	5D	吳嘉傑	數學 (單元二)
1D	黃穎皓	公民教育	3B	黃子駿	倫理	5D	譚賀文	生物
1D	黃穎皓	普通話	3B	黃子駿	視覺藝術	5D	譚賀文	經濟
2A	鄺凱華	歷史	4A	黃健	倫理及宗教	5D	嚴逸洪	倫理
2A	盧良熙	英文	4B	余衍樺	體育	6A	張志文	倫理及宗教
2A	盧良熙	數學	4C	羅浩泓	中史	6C	陳繼南	企業、會計及 財務概論
2A	盧良熙	科學	4D	陳言政	生物	6C	余浚賢	生物
2A	盧良熙	地理	4D	彭宇賢	通訊科技	6D	陳明德	化學
2A	盧良熙	中史	4D	黃俊浩	歷史	6D	周建成	英文
2A	盧良熙	公民教育	4D	黃俊浩	數學(單元一)	6D	周建成	數學
2A	姚卓文	普通話	4E	洪澤龍	經濟	6D	周建成	數學 (單元二)
2B	姚炯任	體育	4E	洪澤龍	倫理	6D	周建成	物理
2B	梁綽峯	音樂	4E	郭晉皓	數學	6D	鍾秉儒	中史
2B	蕭俊亨	中文	4E	吳卓賢	地理	6D	關頌寬	經濟
2B	蕭俊亨	倫理	4E	杜焯賢	企業、會計及 財務概論	6D	關頌寬	數學 (單元一)
2B	蕭俊亨	視覺藝術	4E	杜焯賢	中文	6D	劉劭霖	倫理
2D	陳陶	電腦	4E	杜焯賢	英文	6D	利承禧	通訊科技
3A	許智健	電腦	4E	杜焯賢	化學	6D	譚競恩	地理
3A	劉卓浚	英文	4E	杜焯賢	數學(單元二)	6D	譚競恩	通識
3A	劉卓浚	物理	4E	杜焯賢	數學	6D	譚競恩	中文
3A	劉卓浚	經濟	4E	杜焯賢	物理	6D	譚競恩	歷史
3A	梁旭希	地理	4E	杜焯賢	通識	6D	譚競恩	體育
3A	石裕輝	體育	5A	蘇文滄	倫理及宗教			
3A	黃智立	企業、會計及 財務概論	5A	蘇文滄	體育			





全年各班第一名 (2016 至 2017 年度)

1A 鄭博仁	2A 盧良熙	3A 黃智立	4A 鄧裕俊	5A 蘇文滄	6A 劉冠靖
1B 林文彬	2B 蕭俊亨	3B 魯健辰	4B 李梓頌	5B 張子軒	6B 洪祉熙
1C 陳逸希	2C 陳家輝	3C 鍾澤浩	4C 李金柏	5C 梁偉澤	6C 余浚賢
1D 黃穎皓	2D 馮耀輝	3D 區文浩	4D 黃俊浩	5D 劉俊廷	6D 周建成
			4E 杜焯賢		

獎學金得獎名單 (2016 年至 2017 年度)



江天文神父獎學金：	2A 盧良熙	任澤民神父獎學金：	3B 麥子聰
	4E 吳卓賢		5C 韓宇翹
趙垣林獎：	5C 林蹕賢	林清新獎：	5D 黎致匡
優秀觀瑪人獎：	5A 范昇暉	最佳運動員獎：	2D 鄧熾堃
	6C 吳鎧充	活動獎：	5D 嚴逸洪
	6D 利成禧	音樂獎：	4E 黃政熙

Sharing on study tips by Chow Beletskiy Kevin

*Chow Beletskiy Kevin has excellent results in HKDSE 2017. He got 5** in Mathematics, M2, Physics and Chemistry. He majors in Quantitative Finance in HKUST. He would like to share his keys to success with his fellow Maryknollers.*

How can we pass the exam with flying colours? What is the secret of studying well? Are there any ways to relieve our study stress? As a freshly graduated Maryknoller, I hope I can use my own experience to advise you on time management, study methods and handling stress.

Time management is one crucial element when it comes to study. Many students find it tough dealing with all the schoolwork especially when they have IES, SBA and different tests piled up. Why do some people have the ability to finish tasks on time despite the tight schedule? Their secret is planning. Planning helps organize everything. It provides you full knowledge on what you have to do and when you have to do it. Then you will be able to stick to your schedule. I believe that planning applies to studying for tests too. I always ensure that I have a complete plan on what subject and which parts I have to study days before exams. Detailed planning can save you from last minute rushes. People often rush in the last minute because they lack thorough understanding of the amount of work they actually need to handle and then underestimate the preparation required. In the end, while some are panicking, those with preparations are following their own schedule without any troubles. The same goes for HKDSE. It is important to plan your studying schedule beforehand. Remember! Time passes quicker than you think and those who are able to spend time wisely have already gained an advantage.





How to study well is also another frequently asked question. For language subjects, I think it really depends on your exposure to the languages so there is no definite answer to the above question. But for science subjects like Mathematics and Physics, I believe that they will guarantee you good grades if you are willing to put effort. I strongly advise you to put in more effort on drilling questions on these subjects as the question types are often more or less the same. You must get to familiarize yourself with the syllabus and most importantly you should make less careless mistakes. In my opinion, avoiding careless mistakes is much more crucial than learning how to tackle hard questions in subjects like Mathematics and Physics. I would say the whole public examination is a test on how you avoid silly mistakes and 'traps'. To do so, drilling past papers is a must. At the same time, I also highly recommend you to do questions banks and mock papers from other publishers. This helps you stack up knowledge on how to handle uncommon situations. One last tip is to form study groups. They are more effective than you think! By doing so, you can organize regular mock paper sessions. This has two big advantages. First, you get more practical experience. Second, the groups can analyze their own papers and find out common mistakes or weaknesses. This helps one another to clarify misconceptions. Having teammates is definitely better than fighting alone.



How to deal with fear and stress

The last part is mentality – how to handle the stress and fear. It is normal for every senior secondary student to be stressed out of public examinations. Sometimes you may be worried about your future or worried about not meeting your expectations. Even I faced a lot of stress and was frequently disappointed when I was not satisfied with my performance. When you feel like having no motivations to continue, go spend some time on doing things you like. It could be going on a hike, playing a football match or simply watching a movie. Don't be afraid that you would waste a day that could have been spent for studying because coping with stress is not a waste of time. Another thing that I hope to remind you is that you are never alone. You always have friends and teachers who will support you through tough times and so never be afraid to seek support from them. Peer support would surely boost your mentality and confidence. Just keep that in mind: You are not alone!



And so that is all I have to say as a person who has just recently been through public examinations. I wish all fellow Maryknollers success in their goals and dreams.

觀家報 2017年12月 第四十五期
出版：觀塘瑪利諾書院家長教師會
地址：九龍觀塘翠屏道100號
編輯：黎施伶、劉家榮老師

鳴謝：
李文信、屈能伸副校長、劉蓮鳳、謝麗容、馬耀宗、周匯仁、吳浩南、
梁嘉瑤、方麗明老師；張景華、蕭卓軒、戴卓民、吳昱池、洪智傑同學、
周建成校友，以及各資料提供者