



# 觀塘瑪利諾書院家長教師會

Kwun Tong Maryknoll College Parent Teacher Association

二零一八年 十二月 第四十七期

2018 至 2019 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
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義務核數師	杜映華女士



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## 義務核數師的話

杜映華

時光飛逝，轉眼間加入家教會已經是第六個年頭，到了要說再見的時刻。

想起當初，懷著興奮的心情參加家教會第一次的會議，接受家教會主席周笑玲女士的邀請出任義務核數師，令我有機會參予並協助家教會舉辦的每一項活動，增加了對家校合作的具體體會，更因認識了委員家長和與會的老師，從而得到的寶貴友情和投入感，使我更加能理解和支持就讀中六的小兒。

感謝觀塘瑪利諾書院的老師以及家教會成員，是你們默默的支持和鼓勵，不辭勞苦的付出造就了今天不斷進步和令人鼓舞的觀瑪！

我愛觀瑪，為能參與家教會工作而深感榮幸！願觀瑪在區內繼續閃亮，培養出對社會有貢獻的年輕一代！



## 活動預告



### 十二月

親子旅行： 2/12/2018 (星期日)  
學校資訊日： 9/12/2018 (星期日)

### 二月

新春親子同樂日： 23/2/2019 (星期六)  
(電影欣賞及團拜)  
中三升學講座

### 三月至四月

優質家長學堂： (三月下旬至四月上旬)  
(講座及工作坊)

### 七月

親子歷奇日營  
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)

## 「同行萬里」北京歷史及科技探索之旅

鍾汶霽

鍾校友 2018 年中六畢業，並於同年中學文憑試的中國語文科考獲 5\*\* 的成績。他現為中文大學文學院中文系一年級生。



今年七月間，我有幸成為學校交流團的一員到訪北京。當中的所見所聞所想所感令我留下種種深刻印象。

首先，我們前往中國科學技術館。那裡的館藏確實令人喜出望外。我不得不慢下來仔細觀賞館中的各項展品。那裡所展示的並

不是一般的科普展品，而是中國在各個科技範疇上所取得的重大成就與突破。大至火箭，小至電腦晶片，全部皆附有詳盡注解及其發展史，這亦令我對中國的科技發展有更深刻的了解。同時，我和同窗好友在館內一起試玩不同的展品，又一起觀賞不同的影片，簡直是寓學習於娛樂。整段參觀的過程，彷彿在校六年的縮影。驀然回首，方發覺，學習征途，挫敗不斷，能令我樂此不疲，或許只因有良友相伴。

走著走著，北京的文化和發展真是多元多面，絕不只有科技和歷史。你以為北京的什剎海是歷史名勝和古蹟嗎？是的話，你就會和我一樣，都是一般見識了。原來什剎海的古建築很多已經改裝成了大大小小的酒吧。而什剎海亦一早變成北京著名的消閒好去處。城市規劃將現代的飲食娛樂文化和古色古香的建築物融為一體，根本沒有露出一絲違和感。世界各地旅客就在此處與本地人一同把酒言歡、享受歡樂時光及欣賞醉人美景。我們沿著什剎海旁的行人道碎步而行，盡覽北京中西方文化共融的一面。不經不覺，夕陽已緩緩西下，餘暉灑遍海面，映出一道一道閃爍的波紋。此時此際，師生同窗之間有的談天說地，有的緬懷過去，有的想到前程……這一段路真的令人分不清文化、解不開悲喜、望不穿前程。這是什剎海的一種魔力，還是文憑試放榜前的鬱鬱結結呢？到了現在我仍是不知曉。

五天的旅程實在非常充實，三言兩語難以概括旅程中的所見所聞。走過北京的不同角落，見識到北京令人為之一振的科技水平，感受那高度國際化的人文氣息。北京確實是一個糅合著中與西、傳統與現代、歷史與科技的城市。它的包容性實在遠遠超出我的想像。或許「海納百川，有容乃大。」這句說話就最能點出北京的內涵。

收筆之際，悵觸萬分。整個交流團中，我見識了北京的面貌、看懂了中國的發展、亦明白了散聚的無情。北京之旅的五天、師生同渡的六年，說完便完，教人稀噓不已。但既然北京經歷了歲月的磨洗、戰火的摧殘，仍能有今天的繁華，我相信，同窗的情誼，同樣能闖過人潮的喧囂，見證來年的花開花落。而這次北京之行的種種片段，將會是彼此的橋樑。



# 南京歷史文化考察之旅

5C 莊卓賢



參加了這次的交流團之後，我除了學習到更多的歷史知識和參觀了一些南京的古跡外，也和同學們有了更深厚的友誼。

在歷史知識方面而言，我們這次參觀了不小具有豐富歷史價值的建築和博物館，包括介紹皇陵知識的明孝陵博物館；簽署割讓香港的不平等條約——南京條約的所在地靜海寺；內存不同展區和豐富展覽品的南京博物館；孫中山就任民國臨時大總統

時辦公的地方中國近代史遺址博物館也即總統府；介紹千年前流傳至今珍貴無比的雲錦的雲錦博物館，還有讓人傷感的侵華日軍南京大屠殺遇難同胞紀念館。

而讓我印象最深刻的侵華日軍南京大屠殺遇難同胞紀念館。外面一直走到紀念館的路上豎立著不同日軍侵華時被日軍逼害至死的同胞雕像，例如一屍兩命的婦人；帶著小孩逃難的母親；被日軍殺害的青少年和老人等等的景象，讓我還沒進去就已經感受到館內的凝重和日軍的冷酷無情。進到紀念館通往展區的路上，旁邊擺放著一個又一個的大書櫃，上面的書並不是書，而是在日軍侵華時不幸遇難的同胞姓名。進到紀念館的大堂後場面更是讓我吃驚，在館內兩旁的牆上，更是掛滿了遇難同胞的照片，數量之多已經讓我聯想到日軍是多麼冷血和殘忍。再往內走，就到展區部分，裏面介紹了日軍侵華時的進攻路線，他們的所作所為。當中最讓人熟悉的就是南京屠殺，日軍的猖獗程度真是讓人心寒，他們居然比賽誰殺人最多最快。此外，日軍即便死人也不放過，他們會用死人的屍體進行射擊訓練，也有些把吸完的烟草放到死人的嘴巴裏，以此為樂。還有，為滿足日軍的性欲，日軍逼良為娼，不少少女都被當作慰安婦，被日軍凌辱、虐待，很多少女更因此患了性病。可見日軍是如何的失去理智和良心。儘管日軍有多殘忍、有多冷血，但這都已經是歷史。紀念館出口處有句話讓我非常深刻「要記住歷史，不要記住仇恨」。



除了參觀以上那些博物館外，我們也去了南京其他的古跡，例如閱江樓、夫子廟、秦淮河、南京城牆，當然不少得國父孫中山先生的中山陵。還記得參觀中山陵當天的天氣非常熱，在到達中山陵前走的那段路已經讓我們走得汗流浹背，到達中山陵的底部後看著到達頂部那三百多級階梯當讓我們連聲說不。可是我們走到頂部是看著腳下磅礴的景色，頓時覺得什麼都值得。

我在這次的南京交流團裏，學習到很多的歷史知識，見識了很多歷史遺留下來的雄偉建築，與同學們留下美好的回憶。



## Singapore STEM Study Tour

4D Tam Man Tik

In July, I went to Singapore with my schoolmates and teachers for outside-classroom learning experience. That was the first time I went overseas without my parents accompanying me so I felt excited about the tour. On the other hand, I felt a little bit worried about the problems that we would face.

We stayed in Singapore for 5 days and we visited many places. On the second day of the trip, we went to the Merlion Park, which is one of the famous landmarks in Singapore. Located near the Central Business District (CBD), the Merlion is a mythical creature with a lion's head and the body of a fish that has been widely used as a mascot and national personification of Singapore.



The next day we went to the Singapore Zoo. I was delighted and excited as I could get close and personal to the animals. We watched two animal shows. In one of the shows, the elephants were instructed to carry logs. We were fascinated and impressed with the intelligence of the elephants. In the afternoon, we attended a workshop at the zoo. The instructor explained everything we wanted to know about the habitats and lifestyles of different animals, including insects. We were allowed to touch the animals with our bare hands.

We also attended a workshop at the Science Centre in which my teammates and I were asked to solve some questions. The questions were a little bit hard and it took quite a long time for us to solve just one. After the workshop, we walked around the Science Centre. I explored different zones of the Centre and gained more knowledge about science. Then, we headed to the Mariana Barrage. There was also a workshop about the operation of the barrage and different measures taken to maintain Singapore's sustainable development. After the workshop, I had a look at the barrage and it was enormous. The scenery there was spectacular too.



It was really an unforgettable experience for me. Singapore is really an environmentally-friendly country. People try their best to maintain the country's sustainability. The trip has broadened my horizons and I think that we should jump out of our comfort zone and travel to different places around the globe to explore more and widen our vision.



## 2017-2018 全年各班第一名

1A 馬子勤	2A 陳逸希	3A 鄺凱華	4A 伍植麟	5A 鄧裕俊	6A 范昇暉
1B 楊長昊	2B 周洛希	3A 盧良熙	4B 陳桓榆	5B 郭俊軒	6B 張子軒
1C 陳俊諾	2C 高焯謙	3B 陳俊瑋	4C 陳卓熙	5B 余衍樺	6C 韓宇翹
1D 鄭家浩	2D 吳偉隆	3C 張浚哲	4D 李創輝	5C 李金柏	6D 嚴逸洪
		3D 胡朗曦	4E 魯健辰	5D 陳言政	
				5E 杜焯賢	



## 2017-2018 獎學金得獎名單

江天文神父獎學金	3B 蕭俊亨	任澤民神父獎學金	3B 張敬華
	4E 黃子駿		4E 梁旭希
趙垣林獎	5D 黃詠雄	優秀觀瑪人獎：	6D 林瑋誠
林清新獎	4B 梁詠舜		6D 嚴逸洪
最佳運動員獎	3C 梁皓鈞		5E 吳卓賢
活動獎	5D 呂健瑋		5E 黃政熙
音樂獎	6D 林瑋誠		5D 曾俊傑
年度最佳學生	5E 吳卓賢		



### Sharing on Study Tips by Hong Yu Kiu

Hong Yu Kiu, Boris has excellent results in HKDSE 2018. He got Level 5\* in Chinese Language, English Language, Mathematics, BAFS and Chemistry as well as Level 5 in Physics and Liberal Studies. During summer holiday, he wrote this letter to all of us.

My dear Maryknollers,

I am glad to share some tips on how to handle the stressful HKDSE. In my humble opinion, the keys to success are your Attitude, Skills and Knowledge. These ASK qualities contribute to your success in the future. I will first talk about the right attitudes, then, some useful techniques in time management and finally the means to master the knowledge in different subjects.

It is always important to have a good attitude for study. Firstly, it is important for us to be serious. Many of us make excuses while we can try harder. Some of us convince ourselves that it is okay not to take our lives seriously. But why must we procrastinate? Why must we give in to laziness or negativity? We should always take school seriously, give of our best and strive for excellence.

In addition, we must aim higher. Some students may underestimate their potentials while some may not even know theirs. In the end, they end up aiming and reaching lower than they could. According to SMART principles, our goals should be specific, measurable, achievable, relevant and time-bound. With some challenges, we can figure out rooms for improvement. Besides, another advantage of aiming higher is that it provides a safety net for any eventuality. For instance, if your target for Chinese Language is a Level 5, even though you do not perform very well in the actual examination, you will still possibly attain a Level 3 or 4 meaning that you can still meet the basic requirement of university admission. Therefore, being ambitious in examination not only helps us figure out rooms for improvement, but also serves as a safety net for university admission. In other words, we must hope for the best, and prepare for the worse.

In order to reach high, it is very common to drill past papers. However, many students do not know the proper way to make use of past papers. Some may think that doing past papers could only predict our grades. In fact, doing past papers can help us understand the mark allocation and the keywords required for answering specific questions. Therefore, drilling past papers teaches us how to be efficient in exams. We will learn how to choose the right words, how to have the proper paragraphing and organization and how to analyze the questions in public examinations. We should try to find out the reasons why we cannot get the marks. Is it due to carelessness, misreading, misunderstanding, insufficient knowledge or lack of examination techniques? Once we have identified our problems, we could take actions to improve ourselves.

Besides, it is also vital to develop a routine that works for you and to keep a revision schedule. In order to prepare for HKDSE, you need to be very self-disciplined especially during holidays and the study leave. Keeping a record allows you to keep track of your progress. Then, you may plan your time according to your progress.

Last but not least, it is of paramount importance to master the important concepts in different subjects. Never stop asking questions if you have doubts on certain topics or subtopics. When we keep asking questions, we can make our concepts clearer and we may even find our interest in study.

It is highly recommended to read more books or articles written by famous writers. This could improve your language skills. Besides, it allows you to acquire the insights from experts and broadens your horizons. Therefore, it is always a good idea to read more.

“Where there is a will, there is a way.” Let’s dream bigger, aim higher and achieve more in the coming future! I sincerely hope that all of you can achieve satisfactory results!

Hong Yu Kiu, Boris

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We're on the Web!

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