



地利亞修女紀念學校(吉利徑) Delia Memorial School (Glee Path) 二零一四年 第五期/Issue No.5, 2014



請留意以下宣佈: 所有「吉利徑人」,包括已畢業的校友、家長、現正就讀我校的同學、老師、職員…… 歡迎你們向本刊投稿!(投稿電郵: gp@deliagroup.edu.hk)

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校長的語 Principal's Message

學會感激

自覺是一個具有正面思維、會著眼於杯子中半滿那部份的人,但也曾接觸過不少不懂得正面思維的人,結果大家看同一個人、或者看同一件事時便有著很大的分歧。最令我耿耿於懷的,是看著他們愁眉苦臉,我卻無能為力。

感激在教師發展日中與我們分享的臨床心理學家麥詠儀女士,她為我們介紹了正向心理學的理念,更讓我明白正面思維原來並非與生俱來,而是可以通過學習而獲取的,只要我們在日常生活中,學會感恩,用欣賞的態度看待自身能力以外的事物,進而表達我們的感激之情,如是者自我訓練 21 天,我們便能培養正面的思維習慣了。

回想這兩年半,我在吉利徑與同學、老師一起經歷的點點滴滴,我所感激的人和事實 在不能盡錄。在此我選出其中之三,與同學分享。

- 一〉感激一個同學的剖白,他在十一月的一個中午向我說:「校長,我很喜歡學校!」這簡單的一句話為我注人了無限的正能量。我 亦感激同學對各種不同種族、不同膚色的同學的包容,更可以以 兄弟姊妹相稱,共同學習;
- 二〉感激老師們的專業表現,在吉利徑的蜕變過程中,老師們在關顧學生、課程、活動及行政工作等方面全力配合學校的發展方向;他們更突破了老師角色的框框,以出色的舞蹈表演在聯校的天才比賽中獲得冠軍,其專業精神實在可嘉;
- 三〉感激一個家長與我分享了獲配新居及孩子成長的喜悦。家長及社 區人士的信任,讓我們可以與孩子一起生活、學習和成長。

同為吉利徑人,我看到的亦是同學所看到的,若以「半杯子理念」觀之,感受可能不盡相同。我衷心希望同學也一起嘗試進行正面思維練習,皆因有時世事非我們所能操控,但正如梁啟超所説,「苦樂全在主觀的心,不在客觀的事」,只要我們常存感恩之心,不吝嗇與人分享,人生將會樂多於苦。

2014年2月

舊生寄語

Message from Alumni

我是地利亞修女紀念學校(吉利徑)零四至零五年度的中五畢業生梁結婷,我已經實現了兒時的夢想,任職警察。還記得自己零三年才轉校到吉利徑就讀中四,當時自己一方面要適應新學校的生活,另一方面要兼顧學業成績;但因為有老師和同學的幫助,我很快便習慣了學校的生活,還積極參與學校的課外活動。透過參與各種課外活動,我培養了團體合作的精神,增強了自信心及提高了與人溝通的技巧。原來這些正是成為一名警察所需要的。我最喜歡的是每年舉辦的陸運會,中四那年還有幸在師生接力比賽中為班取得冠軍,後來被班中同學笑稱為「女飛人」,至今仍印象深刻。正是我對運動的喜愛,為我以後投考警察時建立了體能上的優勢。

現時我是一名「行吵」的軍裝巡邏警員,面對每天的未知數,要有高度的應變能力,與拍擋之間的合作也很重要。早前在警署當值時,我竟然遇上了我中四、五時的數學老師(江瑞珍老師),萬萬想不到自己可以跟老師成為同事,駐守同一警區,我感到十分喜悦。得知有很多學弟學妹有意投考警隊,我寫下以下心得,希望對同學有幫助。

人職警隊的先決條件是有自信心、良好溝通技巧及優良的體能,因此同學要建立健康生活習慣,經常運動、操練體能,還要多留意時事,提高溝通能力。若面試時希望取得好印象,可以多參加義務工作,以示對市民和社會的承擔。同時,因為一些案件需要跨部門合作處理,如早前發生的塌樓事件,所以不可缺少團體合作精神。如果同學喜歡單獨工作,警務工作便未必適合了。投考警察絕不簡單,希望大家認清工作性質和自己的性格,按部就班,作好準備。

梁結婷









參觀九龍寨城公園 Visit to Kowloon Walled City Park

學習歷史,不一定要在課室裏。實地觀察,親身感受,才能提高同學對學習歷史的興趣。2013年4月20日,中文學會十多位同學到九龍寨城公園參觀。這個曾經是「三不管地帶」的寨城,現時已改建成為一座景色優美、富江南園林特色的公園。如今,園內仍保留了部分遺跡和文物供遊人觀賞。參觀當日,同學們透過導賞員的講解,不但認識了寨城的由來和變遷,也對香港的歷史有更深入的了解。

It is not necessary to learn History in the classroom. On-site observation which provides practical experience in person can enhance students' interest in learning History. On 20th April 2013, more than 10 students from the Chinese Club visited Kowloon Walled City Park. The Park was once totally uncontrolled by any government parties. It has been rebuilt into a Jiangnan garden styled park with beautiful scenery. Nowadays, the park still remains parts of the historical heritage for visitors. On the day of our visit, students knew more about the origin and development of the Park by the explanation of the tour guide. They also became more familiar with the history of Hong Kong.



















5C 林佳瑩

我所知道的九龍寨城,只是中史老師口中那個中、英、港政府「三不管」,殘破不堪的地方。誰知到達後,我看到的竟然是一個井然有序、環境清幽的公園,令人心曠神怡,難以想像這裏曾是黃、賭、毒的罪惡溫牀。通過導賞員的介紹,我了解到這個經濟百四個足球場大小的寨城,竟曾經濟下了500幢樓宇,可以想像當年的居時間,這次遊覽讓我感受到歷史的演變。

6A 敖露

遊覽九龍寨城公園時天氣不錯,不時有幾縷金燦燦的陽光灑在古意盎然的石路上,顯得格外明亮,讓人精神面貌亦煥然一新。置身於眾多特色建築物當中,我最感興趣的就是「衙府」了了,我最感興趣的就是「衙府」了。那讓嵌在衙府中央位置的篆書「墨緣」,寫得端莊雅正,筆鋒流轉處隱隱透出壽為得端莊雅正,筆鋒流轉處隱隱透出壽然起敬。雖然遊覽時間只有兩個小時,但已令我對腳下這塊土地有了更深的認識。

共融課-多元文化日

Immersion Pilot Scheme - Multicultural day

2013 年 5 月 16 日為共融課的多元文化日,老師和不同種族的同學們一同製作了各類展板和攤位,讓大家一同學習不同種族的服飾、節日、食物、藝術、歷史等。透過彼此的認識和了解,從而學會互相尊重和欣賞其他文化。

The Immersion Pilot Scheme held a Multicultural Day on 16th May 2013. Teachers and students with different races prepared different exhibition boards and held various stalls to let everyone learn more about their cultures such as their traditional costume and accessories, festivals, food, arts and history. Through learning more about different cultures, everyone could learn how to respect each other.











going to talk about Multicultural Day!

About 2 months before Multicultural Day, the whole Form 1 was divided into different groups. Each group had a theme to work on and had to set up a stall accordingly. The theme of my group was Pakistani festivals, so we dressed ourselves in Pakistani clothes and we prepared their traditional food and

> organized some traditional I think it was good to know about other countries and to see how other students are





Ms Kara Fleming PhD Candidate in Linguistics, University of Hong Kong

music filled the



Day fair as students enjoyed as part of the Immersion Pilot Scheme to make this day a

have family backgrounds - Nepal, India, Pakistan, China, information about the history and traditions of the festivals, students prepared related activities and foods for their learn more about other parts of the world and work together chance to show off their artistic, culinary, and organizational

> skills. Students used both Chinese and English in working in groups provided their learning about festivals resulted in a day that was a



這是我第一次參與多

元文化日活動,受益匪淺 是次活動跟我們學校的特

色有關,因為我們學校有

來自不同國家和地區的學

巴基斯坦、印度等不同國

文化歷史,也很欣賞同學 籌備活動時的踴躍參與和

合作精神,希望以後還能 參與到這樣有趣又能學習

的活動。













2C 黄瑩瑩





















為了迎接 2013 年 6 月 9 日乘風航海上歷奇的挑戰,同學早於 5 月已開始接受訓練。在活動當日,參與的同學皆全力以赴,勇敢面對難關,克服恐懼。他們在活動後均表示會嘗試把這種積極的處事態度應用在日後其學習和生活上。

Students had attended several training workshops to prepare themselves for participating a sea-based adventure called "Adventure Ship" on 9th June 2013. Students overcome their fear and successfully completed different tasks. After the activity, students promised that they would apply all the skills they have learnt into daily lives.



其 知 所 Hdventure Ship

































2013 暑期青年領袖學校 The Summer School for Effective Leadership 2013

在中學生涯的最後一個暑假,我幸運的參加了一個與眾不同的「學校」—— 2013 高效能領導夏季訓練 學 校(THE SUMMER SCHOOL FOR EFFECTIVE LEADERSHIP 2013),而參加的過程也為我留下了難以磨滅的記憶。在為期兩周的「學校」生涯中,我結識了來自世界各地的中學生,有韓國、中國內地、澳洲等,他們大膽而又新奇的想法令我大開眼界,拍案叫絕;在「高桌晚宴」中,我有幸見識了傳統英式畢業晚宴的雍雅莊重;全球視野是不可或缺的「學校」科目,當中全球貧窮議題更是重中之重,為此,我和其他隊友熬夜趕出一份厚厚的計劃書。甜絲絲之中又糅合著淡淡的苦澀,或許這就是我的體會吧!

公開考試即將來臨了,我在此寄語「戰友們」百 尺竿頭更進一步。而學弟學妹們,好好珍惜現在的時 光吧!

6A 敖露

由香港大學和香港青年協會青年領袖發展中心合辦的「2013 暑期領袖訓練學校」旨在讓來自香港、內地和海外的高中學生透過體驗大學校園生活和跟社會領袖見面,發展領導才能、擴闊視野,從而增強同學的人際關係、批判思考、分析及解決問題的能力,培養服務社會的精神及促進文化交流。

The Summer School for Effective Leadership 2013 was a 10-day programme co-organized by The University of Hong Kong and The Hong Kong Federation of Youth Groups. Participants included students from Hong Kong, the Mainland and foreign countries. The programme was composed of experiencing campus life, meeting with community leaders, developing effective leadership skills and building broader perspectives. It aimed at nurturing young leaders; strengthening students' critical thinking skills, interpersonal skills, ability to analyze and problem-solving skills; reinforcing students' willingness to serve the community; and developing global perspectives and promoting intercultural awareness among the participants.











4 日 3 夜的桂香港青少年志願工作者雙向交流之旅任 有苗基金及永恒教育基金合辦。交流團於 2013 年 7 月 16 3 由香港出發到廣州,期間同學不單參觀了狗醫生訓練中心,還參與義工服務,探訪長者,之後更與當地中學生交流體驗。是次交流讓兩地學生對義工服務有更深入的認識,明白到義工服務的真正意義,且加深了學生對兩地人民生活的了解。

and Wing Han Education Foundation. Students from Hong Kong travelled to Guangzhou and started the exchange tour on 16th July 2013. Students visited a Doctor Dog Training Centre and joined a voluntary service to visit the elderly in Guangzhou. Students also exchanged their learning experiences with the secondary students over there. This exchange tour provided an opportunity for students to know more about different voluntary services and be more familiar with the lives of the Guangzhou secondary students.

桂港青少年志願工作者雙向交流之旅 Summer Service Learning Trip 2013



青苗 Youth Arch Foundation







這次4日3夜的桂港交流 團大大地充實了我的假期及人 生,同時亦令我結交了不少廣 州、香港的新朋友。其中令我 極難忘的兩個活動是探訪長者 中心和「城市定向」。

在探訪長者中心前,我們各組通力合作,為長者編排一下午的節目。這不但使我感受到合作的重要性,也使我明白施比受更有福,我決定在往後的日子花更多的時間投身於社會服務行列。

而「城市定向」活動要求 各組在兩位或以上的南武中學 同學的指導下以最快速度到達 廣州的七個檢查站。這不但讓 我了解到廣州的名勝古跡,更 令我和組員在過程中建立了深 厚的友情。

總而言之,這次交流團令 我獲益匪淺,如果有機會我必 定再次參與同類活動。

6B 鄺子謙

這次活動令我印象最深刻 的是到長者中心探望長者。在前 往長者中心的途中,我一直想著 會面對怎樣的挑戰,因為以往的 我很少嘗試與長者溝通,而自己 與他們在年齡上又有明顯的差 距,當我面對他們的時候應該說 麼呢?到了長者中心,我開 一位婆婆交談・原來她是講 普通話的,而我的普通話已經退 步了,期間更出現「雞同鴨講」 的情況,但婆婆並沒有取笑我的 普通話。 她説得最多的三個字是 「想當年」,常常提起她兒時的 生活是如何度過的。聽了婆婆的 話,我明白到現在的我們是多麽 幸福和快樂,也明白到即使遇到 困難都不應輕易放棄,而是應該 勇於面對和克服困難。

6B 葉梓榮

很開心能參與這次青苗: 基金舉辦的粵港雙向交流團。 這是我第一次參與校外的交流 團,有很不一樣的感受。雖然 團友來自不同的學校, 甚至來 自不同的地區,但大家相處非 常融洽,同心協力地完成城市 追蹤的任務。這不單只是 遊戲,一個任務,而是讓我們 建立團隊合作精神和友誼的奇 妙過程。在步行街,我們見證 了「食在廣州」的美譽;而「狗 則讓我感受到廣州濃厚 的人情味。很慶幸白己能夠參 與這次的交流團,往後我也會 積極參與這類型的交流團。

6B 張靖琳

四日三夜的粵港交流團使我獲益良多。在出發前我有點擔憂,因為我從沒有參與過校外的交流團,也沒有參加出發前的茶會,不知道團友是怎樣的人呢?出發後我很快發現大家都十分友善。而我印象最深刻的是第二天我們去啟明中學與當地學生交流時,大家需要合力去完成一個叫「龍捲風」的遊戲,這個遊戲令我最開心和最欣賞的並不是結果,而是團隊合作的精神。總的來說,這次粵港交流團非常有意義,若還有此類活動,我一定會繼續參與。

6B 鄺淑儀



















抛開生活的束縛,走到圖館書海中,從容地 尋找與自己靈犀相通的書籍。

用心閱讀,領略他人的智慧精華;不花分文 拓闊自己的天空,喜悦油然而生。

由此構想「心閲軒」之名。

Whenever you see the word " land", what comes out from your mind? Like Disneyland, Hello Kitty land, to most people, I believe it means (1)having fun, (2)magic appearing around you and (3)pursing your

Then how about "Readingland" — our school new library? It's the same. (1)You can have fun through communicating spiritually with people in reading. (2) Magic is always surrounding you when you read the books you like. (3)You can also purse your dream through equipping yourself through reading.

Hope you can have fun and pursue your dream in our Readingland.

























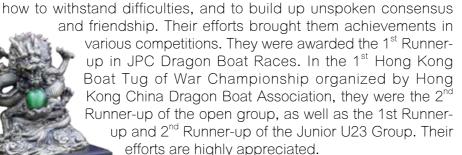




少年警訊龍舟慈善赛 JPC Dragon Boat Charity Races

划龍舟是一項講求團隊合作的運動,健兒須要配合節奏,同步划槳,龍舟才會勇往直前。從數個月的艱苦訓練裡,同學學會了堅持、培養出默契,更建立了珍貴的友誼。而同學的努力並沒有白費!在2013年10月12日,本校的龍舟隊在少年警訊龍舟賽中取得亞軍。而在2013年12月14日,兩隊龍舟隊在中國香港龍舟總會主辦的第一屆香港龍舟拔河錦標賽中再下一城,分別取得公開組的季軍、青少年組U23的亞軍及季軍,成績實在令人鼓舞。

Dragon boat racing is a sport which highly demands team work. Within the small chamber of the dragon boat, there are many athletes. In order to successfully move the dragon boat forward, athletes need to synchronize the process of paddling. Under intensive training, students learn











第一屆香港龍舟拔河錦標賽 1st Hong Kong Boat Tug of War Championship



一個由二十人組成的比賽隊伍,我想除了龍舟隊,也不會有其他了吧! 在比賽之前,我是一個初出茅廬、對龍舟一無所知的新手。 經過三個月的刻苦訓練,我和隊友間的默契不斷提高。比賽完畢,站在領獎台上那一刻,我知道,一切都離不開我們背後刻苦的訓練。龍舟比賽,讓我明白到「台上一分鐘,台下十年功」的真正涵義。我相信在往後的生活中,我會時刻銘記著這句話。

6B 蘇梓城





龍舟 —— 這是我以前從未接觸過的運動。看上去是簡單的玩意,但事實上卻非常深奧。試問有何運動是二十人一起完成的? 唯有龍舟。是什麼動力令我繼續划龍舟?就是那種開心的氣氛,是隊友「肥龍」的金句、「高佬」的歌聲,讓我們把辛苦拋諸腦後。訓練時,每人都是全神實注,力求達到獎法一致,從而令速度提升。划龍舟不但令我明白團體合作的重要性,更令我的毅力、耐力以及個人意志得到提升。經過划龍舟的訓練和比賽,我們的友誼更上一層樓,更有默契,而話題當然也少不了龍舟。

6C 何家豪





十分開心參加了划龍舟這一項活動,我們最後得到了第三名。但我不會忘記在訓練過程中龍舟隊的輝哥給我們的幫助,無論烈日當空還是夜幕低垂,他都陪我們練習,給我們親身指導,教我們如何協調合作、發揮團隊力量,如何規範划槳動作等。三個月艱苦的訓練使我們很疲累。在那些日子中我曾想過放棄,但每當聽到隊友的鼓勵我心中的熱情都被燃起。龍舟隊隊員給了我堅持的力量,在我疲憊的時候他們總會支持我,使我有毅力堅持到最後。

生活中的我們也需要這種不斷拼搏,勇於挑戰的精神。不管多困難我們都要堅持,敢於迎接挑戰才能取得突破。昨天我們為的是龍舟,今天在學習的路上,我們為的是自己的明天,為的是中國的明天。盧新寧講過,「無論中國怎樣,請記得,你所站立的地方,就是你的中國。你怎麽樣,中國便怎麽樣;你是什麽,中國便是什麽;你有光明,中國便不會黑暗。」我認為,希望不用等待,因為它在我們的手上,只要我們不斷拼搏,下一秒就是我們的希望。

6C 黃家明



在2013年10月12日,同學門參加了「壯志雄 在2013年10月12日,同學門參加了「壯志雄 心歷奇為本」訓練日營。日營的目的是為了建立同學 心歷奇為本」訓練日營。日營的目的是為了建立同學 之間的信任,增加彼此的合作和溝通機會,讓同學門 之間的信任,增加彼此的合作和溝通機會,讓同學門 之間的信任,增加彼此的合作和溝通機會,讓同學門 之間的信任,增加彼此的合作和溝通機會,讓同學門 之間的信任,增加彼此的合作和溝通機會,讓同學門 之間的信任,增加彼此的合作和溝通機會,讓同學門 之間的信任,增加彼此的合作和溝通機會,讓同學門 之間的信任,增加彼此的合作和溝通機會,讓同學門

On 12th October 2013, students participated in an Adventure-based Day Camp. The activities of the an Adventure-based Day Camp. The activities of the activities of the activities of the activities of the activities for them to cooperate and different opportunities for them to cooperate and different opportunities for them to cooperate and accommunicate. By helping each other, students learnt communicate. By helping each other, students have to work as a team. Through the accomplishment of different tasks, they strengthened their self-confidence and their abilities to overcome difficulties.

1A 何國煌

歷奇營的那一天,我和同學們都穿好整齊的運動服, 帶著興奮的心情前往西貢。

到達目的地後,我們首先聽導師講解活動的要求和有關安全的問題。其中一項活動是要求我們選一位自己信任的同學與自己合作,登上攀爬架的最頂端,然後敲鐘。我聽了直流冷汗,因為我是有點畏高的。但我是不會認輸的,於是我和我的拍檔佩戴好安全裝置,開始攀登。我先踏上一格棚木,再用手抓緊第二層棚木,並踩著自己拍檔的腿部,才能踏上更高的一層;然後能。不過我們很有默契,最後很順利地登上頂端。

這次活動使我發覺,難度並非最重要因素,最重要的是合作和信任。







全方位學習日 Life-wide Learning Day

2013年10月18日是一年一度的全方位學習日,今年中一至中三的同學到了海洋公園,而中四至中六的同學則到了郊野公園或離島。既然是全方位學習日,同學除了玩樂外,當然還需要完成各項探索任務。

我們相信,為同學們創造校園以外的學習機會不 單可提升同學的學習動機,還可增進師生感情,而同 學也能藉此認識新朋友,促進與同學的關係。

Our school Life-wide Learning Day took place on 18th October 2013. Junior students went to

the Ocean Park while senior students went to the countryside or the outlying islands. As it was the Lifewide Learning Day, apart from having fun, there were exploring tasks tailor-made for students.

We believe that through creating learning opportunities outside our school for students, students' motivation to learn would be increased. Moreover, teacher-student relationship and the relationship among students could be enhanced.

All Form 1 and 2 students went to Ocean Park for the Life-wide Learning Day.

We learnt a lot about animals and we learnt that some animals were already endangered so that we must save our environment to help those lovely animals. Moreover, we have made a lot of new friends from other classes. They are all nice and friendly. We enjoyed the trip and we are looking forward to participating in other activities.

1B Clarizza Catingan



























3C 曾思霞

4A Hung Wai Chi

The Life-wide Learning Day was great. We went to Cheung Chau Island, which was an unforgettable experience to me! I could not sleep the night before because I was extremely happy and excited.

We arrived at Cheung Chau Island at noon. After dismissal we went cycling. I went to Cheung Potsai Cave with my friends and we learnt some interesting legends about the Cave. What also excited us was that Cheung Chau had a lot of local snacks like big fish balls, fruit flavor popsicles, red-bean buns and so on. I thought the most delicious are the big fish balls.

We left at 5:00 p.m. I was tired but happy. I really enjoyed the trip.

6A 周雪瑩

學校旅行日的早上,我匆匆忙 忙、大包小包地趕到學校,自己都 覺得好像變成隊員的老媽子了!進 了教室,看到一些同學在興高采烈 地玩三國殺,剛想笑他們稚氣,卻 忽然有些許傷感,因為這是我們最 後一次集體旅行了。







Competition





本年度的聯校中文和數學比賽分別於 11 月 9 日和 30 日順利舉行。

聯校中文比賽初中的比賽項目為創作與演繹,而高中的比賽項目則為個人短講。兩項比賽均講求團隊合作和創意。憑着同學出色的發揮,我校在中二級比賽取得冠軍,並在中三和中五級比賽取得季軍。

至於本年度的數學比賽包括個人賽和團體賽。參賽 同學經過訓練後皆能發揮應有的水準,我校的代表在中 一、中二和中三級比賽皆取得冠軍,另外也在中五級比 賽取得亞軍,表現令人滿意。

In the annual Joint-School Chinese Competition, the topic for the Junior Form was creation with performance whereas the Senior Form was individual presentation. Through the students' efforts, our school was the Champion of Secondary 2 and the 2nd Runner-up of both Secondary 3 and 5. The results were encouraging.

For the Joint-school Mathematics Competition, there were both individual and group events. Students' performance was so great that our school was the Champion of Secondary 1, 2 and 3, as well as the 1st Runner-up of Secondary 5.

中文中二級創作與演繹: 冠軍 中文中三級創作與演繹: 季軍 中文中五級個人短講: 季軍

2C 李泳芝

在十一月九日,我、沙比比、蔡天恩和鄭海丹帶著 緊張的心情參加聯校中文比賽的創作與演繹項目。

在比賽前,馬老師和歐陽老師已經安排我們於放學 後練習過好幾天,所以我們大致掌握了比賽的形式,也 明白表演的內容須合理而具創意,結構須清晰完整,表 演時要聲情並茂。我認為難度最高的是控制時間,因為 演繹限於3至5分鐘完成,時間不足或超時都會被扣分。

幸好比賽的時候,我們雖然緊張但能互相鼓勵,表演時也很有默契,最後剛好用了4分鐘,大家才放下心來。

在這次比賽裡,我學到事前準備和隊員合作的重要性。正是這兩樣要素令我們的付出和汗水沒有白費,獲得冠軍。

5C 曾伯南











Math (S.1-S3: Champion; S.5: 1st Runner-up)

1C 朱蕙信

今年11月,我和幾位同學參 加了 2013-2014 年度的聯校數學 比賽,並取得了中一級的第一名。 得到冠軍使我十分開心,而比賽的 過程也使我感觸良多。首先,我覺 得這次競賽的試題很有難度,真正 體現了競賽題與平時習題的區別。 其次,我覺得競賽提高了我們參與 競爭的意識,對我們將來適應社會 競爭十分有益,也使我們懂得了 「山外青山樓外樓,強中自有強中 手」的道理,激發了我們的學習興 趣和積極性。 最後, 我意識到團隊 合作的重要性,因為我們學校的名 次取決於每一個隊員的個人得分和 團體解題分。如果將來再有這類比 賽,我一定會繼續參加。

2C 張曼萍

記得最初老師確定我為參加 數學比賽的人選,我既覺得受寵若 驚,又感到壓力很大,因為我的數 學成績其實不是特別好,為了不拖 累整個組別,我只能不斷提醒自己 要努力,認真完成訓練的題目。終 於到了比賽那天,我懷著緊張的心 情去到月華校,為了不增加其他組 員的壓力,我儘量保持笑容,大家 也互相説了一些鼓勵的話。比賽 時,我一直對自己說只要盡力就 好,免得自己過於緊張。比賽結束 後的星期一,老師告訴了我們比賽 的結果,我們拿了冠軍!那一瞬 間,世界都亮了,自己的努力終究 沒有白費,我是多麽的開心!

3C 林華瀟

屈指一算,我已經參加了三次聯 校數學競賽,每次都印象深刻,有不 同的體驗:第一次參加的時候我皮膚 過敏,痕癢難耐,但還是和同學們-起完成了比賽;第二次參加的時候, 我擺了兩個大「烏龍」——首先是在 地鐵站集合的時候發現自己沒穿校服, 中於時間比較早,我連忙趕回家中更 换校服;第二個大「烏龍」,是我跑 去了月華分校,但比賽是在協和分校 舉行的。幸好月華分校的校工帶我過 去,不然我就參加不了比賽了。第三 次終於沒有什麼出人意表的事情發生。 我的心情也額外舒暢,盡情發揮所長。 雖然每次參賽的組員都不相同,但大 家都會互相鼓勵、一起努力思考問題、 共渡難關,每當和隊友一起破解難題 的時後,我就會感到莫名興奮,那種 不能言喻的感覺實在奇妙!





1C Ada Lo

In December we had a school cleaning event. My classmates and I had to clean the classroom. When we went to the washroom to wet our cloth we saw some other schoolmates cleaning the washroom, which was much harder. This event made us appreciate the daily hard work of our menial staff and understand that we should share the responsibility of keeping our campus clean and tidy. In addition, we should also keep the public areas clean, because the public areas belong to everyone.





5B 黃固力

校園清潔日前幾天,我們得知我們

班負責清潔自己班的教室及女廁,於是決

定用抽籤形式安排清潔工作。班上共有

26人,16人被安排清潔教室,每人需要

準備—條清潔用的毛巾。而被安排清潔女 廁的則有 10 人,我也是其中一個!最初

: 手盆,有的清潔馬桶。完成後,望著



6A 黃美鈴

當我聽到我校有「校園清潔日」時感到甚為震驚,因為在吉利 多年還是第一次聽到有這項活動,而我平時在家裏從不做家 務,所以我對此感到有點厭惡。更甚的是,我竟然被安排清潔底層的 男廁,身為女孩子的我真是情何以堪。

難堪的日子總是很快降臨,我只能邁著沉重的腳步、懷著不安 的心情,一臉尷尬地踏進了男廁,那惡臭的氣味直湧我的鼻孔,那 時的我只想能快點離開。但當曰賭帶隊的吳老師捲起衣袖,戴上膠手 套,二話不説地刷起馬桶,我被吳老師那份熱情所感染了,便不再畏 ,與大家一起開始清洗。當我們看見自己把男廁清潔得乾乾淨淨, 都覺得這一切的辛苦都是值得的。其實,我們都是吉利徑人,是吉利 一份子,能在最後一學年為學校作出貢獻我感到十分高興。









康樂及文化事務署 一 樂韻播萬千音樂會

Music for the Millions Concert, Presented by Leisure and Cultural Services Department, HKSAR Government

2013年12月9日,同學們懷着興奮的心情、踏着輕鬆的腳步邁進音樂會的場地,欣賞由康樂及文化事務署舉辦的「樂韻播萬干」音樂會。是次活動讓同學有機會從悠揚的樂韻聲和歌聲中領略中國的音樂文化,豐富了他們對中國樂器的認識和提升其學習中樂的興趣。

On 9th December 2013, students stepped into the venue of the music concert with relaxed steps and excited feelings to appreciate the "Music for the Millions Concert", which was presented by the Leisure and Cultural Services Department. Through different Chinese musical instruments and choir performance, students were immersed into the Chinese culture. Their interest in music and learning musical instruments were boosted.





















2A 馮詩茵

在音樂會上,我的心情隨著悠揚的音樂起伏。看著臺上的表演者嫻熟而投入地演奏,我有一種很羨慕的感覺,並且很想去學習那些樂器。

2A 胡雪玲

這次音樂會讓我瞭解到各種樂器和曲子的風格,感受到音樂帶給我們的樂趣,也感受到中國文化的博大精深。

10 鄭海綺

這是我第一次聽中樂的音樂會,我很開心。聽完音樂會後,我發覺原來用中國的樂器去演奏一些歌曲,也可以很好聽。我希望可以再有機會聽到中樂的演奏。

1C Michelle Ogwu

It's my first time to attend a Chinese Ensemble. I feel happy because the concert was very cool, and the songs they played were very interesting.

1C Waiva Asmita

I myself am in the Chinese Orchestra group and I know it's really hard to harmonize with each other. But the performance was great! I felt peaceful and happy after listening to their music.

GP Family X Walkathon 長者安居協會: 第二十八百

「秘密天使」關愛長者

計劃 — 步行籌款活動



在 2013 年 12 月 11 日,我校 38 個吉利徑小家庭一起參加由長者安居協會舉辦的第十五屆「秘密天使」關愛長者計劃步行籌款活動。小家庭需輪流出發到荔枝角公園完成不同的任務。這次活動既能讓同學和老師鍛練身體,又能促進家庭成員之間的溝通,而且活動所籌得的款項(HK\$4,584.9)會撥捐長者安居協會,資助長者在家居安裝平安鐘,是一個有益身心的家庭活動。

Our 38 GP families participated in a walkathon on 11th December 2013. The starting point was at our school hall. Participants had to go to the Lai Chi Kok Park and completed different tasks at different check points. At the end, they had to return to our school hall.

The walkathon is a very meaningful activity and HK\$4,584.9 has been raised. All the funds raised will be donated to the Senior Citizen Home Safety Association for supporting the emergency safety alarm system for the elderly. Apart from helping the elderly, it was a great opportunity for GP family members to enjoy the time they spent together in order to strengthen their family bonding. Moreover, it is a time for both 'parents and children' to do some exercise which they lack in everyday life.





心閉會

Readingland Club

心閱會於 2013 年 11 月 15 日舉辦了 & dear 設計師分享會及工作坊。在分享會裡, & dear 設計師「表哥」分享了香港設計師的人行途徑及 & dear 產品的設計理念。之後同學在工作坊裡嘗試廢物利用,製作可愛的紙製擺設。同學在過程中學會珍惜資源,愛護地球。

The Readingland Club organized "& dear" Designer sharing session and workshop on 15th November 2013. In the sharing session, "& dear" designer Biao Ge shared his experience about how designers in Hong Kong started their careers and his design concept for "& dear" products. In the workshop, students could some make cute animals by using cardboards themselves.

"Recycle the waste and protect our environment" was another key message that was delivered in the sharing session.

&dear Workshop



在設計校內 & dear 活動宣傳海報時,我瀏覽了這個環保組織的臉書,從而知道他們的主要目的是想更多人認識和珍惜我們的動物。因此他們會製作可愛紙板動物書簽和飾品,然後透過攤位義賣。這次校內分享活動,他們講述了設計的心得,呼籲大家一起保護動物。我也參加了他們的『一翅都唔食』運動,非常有意義。你還等什麼?讓我們一起保護和珍惜我們的動物!

5C 鍾美鳳(心閱會幹事成員)

當聽聞「表哥」一 & dear 的主辦者要到本 校舉辦活動時,我並不 清楚活動的意義,但通 過 & dear 的交友網站,

我了解到他們成立 & dear 的目的,就是凴獨特的 創意,用廢紙盒精心製作一些可愛的珍稀動物紙 版飾品,從而喚起人們保護珍稀動物的意識。

活動當天,「表哥」和我們分享保護珍稀動物的想法,又耐心教導我們製作卡紙鯊魚,過程很有趣,那天我還簽了名保證不再食用魚翅。

非常感謝有 & dear 這個使用自身技能宣揚 環保的團隊,令我反思,也強化了我要培養一技 之長好好回饋社會的想法。

5B 黃婉茜 (心閱會幹事成員)

Activities

I am glad that I had a chance to listen to your sharing, the process of your ups and downs, which gave me some inspirations that can totally change my attitude towards adversity.

You used to be the Asian champion in rock climbing but a traffic accident restricts you to a wheelchair. However, dreams never die. You cherish every minute on the wheelchair and try everything you can. You see the days you can't stand as the gift from God, not a burden. Your positive attitude and perseverance deeply moves me.

Many thanks to your sharing. May all the odds be ever in your favour.

Best wishes, 6A Shirley Lau

黎志偉 -- 新書

《翻越生命的高牆》 及抗逆能力提升講座

心閱會於2013年12月舉辦了一個講座, 並邀得黎志偉先生為我們分享他的經歷。黎先 生曾有亞洲攀石王及香港包山王之稱,但他不 幸於 2011 年遇上車禍以致下半身癱瘓。黎先 生不但沒有放棄自己,還以自身的經歷勉勵學 牛,鼓勵他們積極面對逆境。

the Readlingland Club invited Mr. Lai Chi Wai to share his experience with our students in December 2013.

Mr. Lai was called the King of Asian Rock Climbing and the King of Bun Scrambling Competition in Hong Kong.

Unfortunately, Mr. Lai had a serious traffic accident in Tuen Mun Highway in 2011 and his lower limbs became paralyzed. Facing such a major change In order to foster students' resilience, in his life, he did not give up but use his personal experience to encourage students to overcome their difficulties in lives.



我佩服以前那個 10 秒 的您;但我更敬佩遇到毁滅 的意志, 但我一定會努力學 習您的生活態度。

5C 林铭灝

致志偉:

立於光與暗的交點,茫然傷痛。 回望過往,是春風得意、所向披靡。 而今這漆黑的夜,

只有淚,只有無邊的痛。

但,太陽雖已落,仍有繁星。

不再駐足,不再流連,放下依依不捨。

踏過荊棘,不怕狂風和泥濘!

我想,我也該如此。

第六十五屆校際朗誦節 65th Spech Festival

本學年我校有59位同學參加了第65屆香港校際朗誦節。朗誦不僅能提升語文能力,也能增強自信心。本屆的參賽同學均在比賽中取得不俗的成績,在此恭賀各得獎同學,並感謝指導老師所付出的努力。

In this academic year, 59 students joined the 65th Hong Kong Schools Speech Festival. By joining the Speech Festival, students could build up their self-confidence as they would have a chance to speak in front of the public and some of them were even awarded. We highly appreciate the efforts of our students and their teachers, and are greatly proud of their awards.

2C 李泳芝

我今年很榮幸能夠參加第六十五屆香港學校朗誦比賽,並奪得中學二年級女子組-詩詞粵語獨誦冠軍。在此,我必須感謝陳校長、與我一起練習的歐陽老師和麥老師,還有當天帶我們參賽的馬老師。



記得當日我和幾位參賽同學,帶著既緊張又興奮的心情前往比賽地點。在那裏,我被現場所有人的認真和嚴肅所感染,心裏不停重覆背誦比賽的詩詞,希望盡力為學校爭取好成績。當比賽時,我深呼吸一下讓自己平靜下來,同時腦海浮現一幅幅詩中的畫面,於是我將感情勇敢地朗誦出來……

評判宣佈冠軍的時候,我真的不敢相信,直至同 學興奮地催促我,我才害羞地上前領獎。得到冠軍的 心情,實在難忘。 3C Rahul Budhrani Deepak

My name is Rahul, I joined the speech festival this year. The title of my poem is "Giant Winter", whose words were quite hard to pronounce. But I paid full effort because I wanted to win. I memorized the poem and practiced making appropriate face expression. During my competition I was very nervous because there were very tough competitors.

I decided I would try my best any way. Finally, I got the second place! I feel so happy.



3A 梁兆基

其實在比賽的時候,我也沒有想過能夠取得冠軍,在此十分感謝林可怡老師對我的教導,令我學會在台上盡量放鬆和冷靜,投入地演繹出詩詞的內容和情感,最後取得冠軍。雖然比賽前的星期六我也要回校練習,但這一切努力都是值得的。



4A 戴逸穎

這是我第一次參加朗誦比賽,在比賽時真的非常緊張,能夠獲獎實在是意外之喜。在此我要感謝何碧儀老師對我的耐心教導,她在訓練期間教會了我很多朗誦技巧,令我能在朗誦比賽中獲得佳績。希望明年也能有機會參加朗誦比賽,繼續在朗誦技巧上取得進步。



Class 班別	Name 姓名	Division 組別	Award 獎項
2C	Li Wing chi 李泳芝	詩詞獨誦 — 粵語 — 中學二年級 (女子組) (一)渡荊門送別 — 李白 和 (二)喜遷鶯 — 馮延已	Champion 冠軍
3A	Leung Siu Ki 梁兆基	散文獨誦 — 粵語 — 中學三年級 (男子組) 山居雜綴 . 樹 (節錄) — 戴望舒	Champion 冠軍
3C	Rahul 布華豪	S.3 Solo Verse Speaking: Non-Open (Boys) Giant Winter — John Foster	1 st Runner-up 亞軍
4A	Tai Yat Wing 戴逸穎	S.4 Solo Verse Speaking: Non-Open (Girls) Piece(s) Present Smugglers — John Foster	2 nd Runner-up 季軍
1B	Harpreet 溫霞	S.1 Solo Verse Speaking: Non-Open (Girls) Snakes and Fairies — Pie Corbett	2 nd Runner-up 季軍
1B	Clarizza 丁嘉莉	S.1 Solo Verse Speaking: Non-Open (Girls) Snakes and Fairies — Pie Corbett	2 nd Runner-up 季軍

聯校歌唱比賽

Joint-School Students' Welfare Association — Joint-School Singing Contest

2013 年 12 月 7 日的聯校歌唱比賽為來自不同分校的參賽同學提供一個切磋歌唱技巧的平台,比賽當天,各參賽者均施展渾身解數,希望得到評審老師的青睞。最後,3C 顏子杰同學和麥安祿同學奪得合唱組的冠軍、5C 梁子謙同學和 4A 陳素怡同學則奪得合唱組的亞軍,而梁子謙同學更於獨唱組取得季軍及最佳台風獎。

The Joint Schools Singing Contest which was held on 7th December 2013 provided an opportunity for the participants to perform his/her talent on stage. With the hard work of our students and the valuable comments from Ms. Law, students did very well in the competition and our school received 4 prizes. Yan Zijie and Miguel from 3C were the Group Champion while Leung Tsz Him from 5C and Chan So Yi from 4A were the Group 1st Runner-up. Apart from the group award, Leung Tsz Him was the Solo 2nd Runner-up and he was also awarded the Prize of Best Performance. Congratulations to all winners.



5C 梁子謙

很榮幸能 夠參與由聯校學 生福利會所舉辦 的歌唱比賽,這 次我校奪取了七 個獎中的四個, 可算是滿載而 歸。今年我們有 如此大的進步, 全靠幕後的大功 臣---羅佩卿老 師的耐心指導。 而最安慰的是我 今年終於擺脱 「破音王子」這 個稱號了!我們 的努力是值得 的,希望下一年 我們將有更好的 表現!

4A 陳素怡

這是我第二次 參加聯校學生福利 會所舉辦的歌唱比賽 了。回想去年的我 們,對舞台充滿好 奇和恐懼,表演也比 較生澀。這一年,我 們努力地充實自己, 再加上羅老師的指導 和訓練,有了很大進 步。至於賽果,很開 心在獲得合唱組亞軍 之餘更得到「最佳台 風獎 | ,這無疑是對 我們努力的最大肯 定,令我們更堅持對 音樂的熱誠。最後感 謝聯校學生福利會全 體幕後人員的付出。

3C Miguel

It was my first time joining in a big singing competition. When it was our turn to sing, I started to get nervous because many people were staring at us. Although I also had experienced going on to the stage such as performing on parents' day and joining in speech festivals but I still don't know why I always get nervous during these kinds of events. We tried our best and in the end. we got the Champion. I felt happy for winning but I also felt kind of sad for some of the competitors who didn't get the prize because they are talented too. I hope that I could be more confident and get a chance to join in the singing competition next year.

3C 顏子杰

今年和 Miguel 一起奪得聯校歌唱 比賽的冠軍覺得很 開心!經過去年聯 校比賽的失敗,我 在音樂老師 Miss 羅 的幫助下努力找出 自己的弱處,還認 識到我現在的搭檔 — Miguel。經過了 幾個月的練習,我 了這個獎。其實我 知道還存在一些因 為緊張而造成的音 準問題,我們會繼 續改進和努力,下 年還要爭霸舞臺!



质形粉 Cricket Team

板球隊是我校最受歡迎的課外活動之一,今年板球隊分為兩隊代表學校出賽。板球訓練除了能提升運動技巧、鍛鍊體魄外,還可以培養同學的服從性和團隊合作精神。

Cricket Team is a very popular extra-curricular activity in our school. This year, our school even sent out two teams to join the inter-school cricket competitions. According to the cricket team members, they have much improved their skills in playing cricket, as well as built up a strong team spirit among the team members through the training sessions.











I am Rupinder from S.1B. It is my first year joining our school cricket team. I have been interested in cricket since I was in Primary 6. Thanks to Mr. Ali who has helped me improve a lot in my cricket skills.

I want to be a cricketer when I grow up. I know that I need to work very hard to pursue my dream. Therefore, I would participate enthusiastically in my school cricket trainings and learn from my teammates.

1B Rupinde

My name is Awais Khan. I love playing cricket. I started playing cricket at the age of 10 in Primary 5. I think I' ve learned playing better when I joined Glee Path team. Mr. Niaz Ali taught me a lot of skills to play better. He taught me how to do bowling as well and I started to train myself to achieve my goal to be a good bowler. Now being in Form 2, Mr. Ali selected me as captain of team B and I feel very happy that Mr. Ali thinks I play well. I will try my best to achieve my goal.

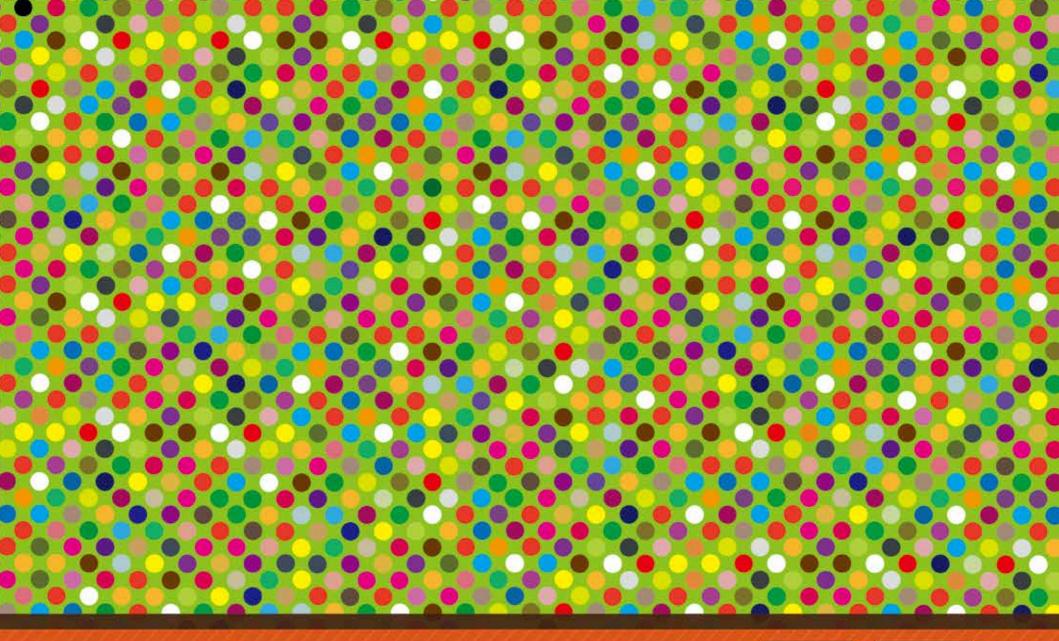
- 2C Awais

I am Lehal Navsherbir Singh, the captain of our school cricket team. I have been playing cricket for 3 years in this school. I have improved a lot of cricket skills with the help of teacher and coaches through the trainings. I have also made a lot of friends in the team and I enjoy playing with my teammates in all matches. My communication with my teammates has improved throughout these years and we have a very strong team spirit now. I made my greatest improvement in the summer vacation trainings. I would like to thank my school for all these great opportunities.

3C Navsherbir









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