

好學

校園熱話

Speech Festival Triumph! Ciara grabs gold for TLLF

在剛過去的第六十六屆香港朗誦節中，我們共有十八位同學參與英詩朗誦比賽。同學們表現理想，獲得令人鼓舞的成績，當中4B班莎華同學更憑著 "Summer Storm" 勇奪冠軍。今期「好學」特別為大家請來莎華同學分享參加比賽的感受，而陳明姬老師亦會講解英詩朗誦的技巧。



The talented winner, Ciara, and her mentor, Ms Chan

A captivating performance at the 66th Hong Kong Speech Festival in Tuen Mun Town Hall, saw Ciara beat thirty other competitors from schools all over the New Territories. She performed the poem 'Summer Storm' by English poet John Foster in front of an audience of parents, teachers and students. Having been intensively trained by English teacher Ms. Rebecca Chan, Ciara was able to keep her cool and impress the judge with her impressive recital of a challenging poem. This victory comes on the back of TLLF's success in the 2013-14 Asia School Competition when Lo Yee Lam (2A), Lo Chun Hin (4C) and Li Ching Yin (5A) won silver awards.

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編者的話

2015年了！首先祝大家新年進步，身體健康。在一年之始，編者的話為大家分享一些中外名人對學習的體會和看法，希望同學可以用心細味，在追求知識的路途上得到啟發。

「未來社會中，文盲並非不識字的人，而是不能再學習的人。」
(美國哲學家杜佛勒)

「為學好像金字塔，要能廣大要能高。」(中國教育家胡適)

「哪裡有天才，我是把別人喝咖啡的工夫都用在學習上的。」
(中國現代文學家魯迅)

「我在科學方面所做出的任何成績，都只是由於長期思索，忍耐和勤奮而獲得的。」(英國生物學家達爾文)

「經驗豐富的人讀書用兩隻眼睛，一隻眼睛看到紙面上的話，另一隻眼睛看到紙的背面。」(德國作家歌德)

「書籍若不常翻閱，則等於木片。」(英國劇作家莎士比亞)

「學，然後知不足。」(法國哲學家、數學家笛卡爾)

「三人行，必有我師焉。擇其善者而從之，其不善者而改之。」
(中國教育家孔子)

好學編委會



In her own words... **Ciara Malato (4B)**

I was nervous as it was the first time I had entered the Speech Festival. I really didn't know what to expect but I felt well prepared and was willing to give it my best shot. Six students performed before me and some of them were pretty good. This made me even more anxious. My hands were shaking as I went up to the stage but I managed to get them under control and recite the poem just like I had done in training with Ms. Chan. When the judge announced that I was the winner, I was really taken by surprise! He told me that I read the poem with passion and that my pronunciation was almost perfect.

The experience of the Speech Festival has really made me more confident in my public speaking abilities. I would definitely recommend this competition to other students looking to improve their English speaking skills.



This year's participants

Back row: Chan Shuk Fong (5A), Lo Chun Hin (4B), Fung Tak Wa (3A), Chu Cheuk Fung (2A), Man Martin (2A), Mok Hiu Ki (2A), Tiu Yam Ming (4C), Wong Lam (5A)
Front row: Or Yik Ming (3A), Ming Hoi Lam (1A), Lo Yee Lam (2A), Lam Kwan Yan (2A), Yau Chun Yan (2A), Ciara Femme P Maloto (4B), Lam Wing Yu (4C), Li Ching Yin (5A), Tam Pui Yin (4C)

A winning formula for the Speech Festival **Ms. Rebecca Chan**

Ciara was willing to put in the effort required to win the competition. If you want to be a winner too, you should study the poem in detail. Try to get into the mind of the poet by finding out the background of the poem and the reason it was written. Once you know the overall mood of the piece you can move on to learning how to pronounce the individual words.

Don't just recite the poem – the words have to come from the heart. You have to perform the lines in the same way an actor or actress does in your favourite movie. Showing the feeling and the emotion hidden in the poem ensures that the delivery will be smooth and natural.

香港學校音樂及朗誦協會於1949年舉辦首屆音樂及朗誦節。該會的宗旨在於推廣及提高學生和年青人對音樂及朗誦的興趣；推動學生及年青人積極唱奏出優美樂韻，並透過朗誦表達心聲。而歷年來，參賽者的音樂和朗誦水準極高，享譽國際。



Triumph at the Asia School Competition

English Week February 2015

How did Ciara and the other Speech Festival winners become confident English speakers in the first place? Why of course they eagerly participate in TLLF's English Week every year! There's no better way to improve your skills than speaking English with your teachers and classmates especially when there's so much fun to be had and prizes to be won!

Held during the second week of February, English Week is all about fun and games, making the stress of exam week seem like a distant memory. This year we will be inviting some foreign exchange (海外交流) students to TLLF to help with our activities so you will have the chance to find out about student life in other countries.



Miss Lau and the winners of the TLLF story-telling competition

Each lunchtime exciting English activities and games will be held in the school playground. If you can sing, recite poetry or are just good at English games then you will have the chance of winning one of the fabulous prizes on offer.

Don't forget to join the Scrabble Competition (英文拼字比賽), Creative Writing Competition (故事創作比賽), Pictionary (猜猜畫畫遊戲), A Puzzle A Day (縱橫字謎遊戲), Song Dedication (歌曲點唱) and Book Exhibition (書展).

A Story-telling Competition (講故事比賽) will be held in April as an extension of the week to continue the fun of learning English while a senior form speech contest will also be held as part of English Week. You will have the chance to see the best English speakers in the school represent your class to fight for the glory of being the champion.

Student ambassadors (英語大使) and teachers will be on duty throughout the week, ready to speak English with you whenever you have time! Your NET teacher, Oliver will also be on hand for a friendly chat. If you've never spoken to him before then why not give it a try. He's a friendly guy from England who's always on the lookout for interesting conversation about almost any topic!



A fearless performance from Oaun Ali(3D)



Having fun with the Net during English Week



Prizes galore during English Week

Remember that every time you chat to an ambassador or join in an activity you will receive a sticker or a chop in your logbook. At the end of the week you will be able to exchange your stickers for prizes including stationery, soft toys and tasty ice-cream.

So if you're feeling cold this winter then why not warm yourself up by joining this year's English Week!

TLLF's English week will be held from 9-13 February 2015.

Clifton Leung Design Workshop Project Dream 資助計劃大獎營

為了鼓勵2013-2014年成功獲批Clifton Leung Design Workshop Project Dream 資助計劃組別及於比賽項目中表現優異的同學，以下同學將獲發「激躍動」禮物乙份：

1. 黃深銘(4A)、李鍵邦(6B)
2. 陳筠灝(6B)
3. 周浩霖(5A)、覃嘉駿(5C)
4. 何俊迪(6D)
5. 關迦諾(2A)、文錦鴻(2A)
6. 杜梓強(6B)
7. 莫曉麟(6C)

自潔門柄-發電機組合光觸媒塗層門柄設計
2014年三項鐵人訓練
四人保齡球訓練課程
奇鈴夢想義工班
長者輔助器
Dream Fly
奧運夢

各同學可從十一項刺激好玩的活動(包括潛水及風箏衝浪等項目)，挑選一項活動免費體驗，寄望同學承先啟後，再創佳績。



讀書有法



如何學好英文???



校友黃嘉煒(2012年畢業)

改變心態・愉快學習

主動學習，增加接觸面

上英文堂，如能主動發問或回答問題，會加深對課題的認識。另外，由於上課的時間有限，所以課外學習更為重要。我會將英文學習融入生活，例如每天看英語新聞報導，聽英文歌，將手機和電腦的語言改為英文等等，以便利用英語去溝通和增長知識。有些學科在西方社會發展得比較成熟及進步，用英語去學習更加有利了解這些學科。

對我而言，不論事業還是學業，英語都是重要的。我初學英文時，是十分抗拒的，尤其是對各種的死記硬背；後來發現學英語是有趣的事，便漸漸喜歡英語，而且將英文變成生活的一部份，活學活用，學習過程變得更愉快。

Attitude

Approaches

一分耕耘，一分收穫

我在首屆文憑試英文科考獲三等的成績，後來到香港大學專業進修學院修讀心理學副學士。心理學有很多英文專用術語，不能在普通的字典查到解釋，對於英文底子弱的我來說是極之吃力的，因為我要花更多時間去查閱書本。縱使開始時十分吃力，不過一直堅持下去查每個生字，過程中會遇到更多生字，我的詞彙量亦因而大增。最後畢業時的平均學分是3.7(滿分為4)，最終獲得香港城市大學心理學系取錄，於2014年入讀大學三年級。

羅馬非一日所建成

最後，我認為學無前後，達者為先，有心學習英文永遠都不會太遲。我在中學時，基本的英語溝通也不太懂，現在透過努力和堅持，已經可以一步一步追上去。學習英文無法一步登天，千萬不要因為一時失敗挫折而輕言放棄，找到適合自己的方法，持之以恆，終能學好英文。

Determination

Achievements



劉瑞霞老師回應：

黃同學的決心和毅力絕對是其成功之道。黃嘉煒同學於文憑試英國語文科取得三等成績，雖然並不是一般人眼中的驕人成績，但是對於一個英語基礎薄弱，程度屬二等的學生來說，實在是一大突破。按英文能力，黃同學被安排於第四組(能力稍弱組別)上課，如果當日黃同學不是專心致志，上課前預習，上課時多留心，多提問求證，下課時多接觸英文以及應用所學，絕對不會有今天的成果。

English Language is very different from other content subjects. Knowledge of English such as vocabulary, sentence patterns, grammar, has to be accumulated day by day, and learned by trial and error. Rome was not built in a day. It is impossible to have your English foundation built and proficiency raised by burning the midnight oil shortly before the examination. Before it is too late, start from today and stay focused. Spare some time every day to get in touch with English. There is a will, there is a way! With a willing heart and determined mind, you can surely learn English everywhere, be it on a Light Rail Train (names of districts, English announcements), in a restaurant (menu both in Chinese and English), or at home (English TV news), you name it.

踏上青雲路

「今日起步，未來的您會謝謝您」

兩年前，我是本校其中一名末代高考生，幸得老師悉心教導，最終如願考進大學。故事看似平淡，事實上卻並非如此。初中時成績差劣，被老師同學看淡，本已無心向學的我對學習完全失去興趣。直至中五，一次機緣巧合下，使我燃起了想成為會計師的念頭。當時會考正迫近，旁人皆覺得一切都為時已晚，及後三個月我抱住不忿的心態拿起書盡力讀盡力追。會考放榜，結果未如人意，唯一只能就讀 I V E 會計學高級文憑。一年過後，我毅然退學，到本校轉讀商科。當時的決定不斷被身邊人質疑，其實自己也沒多大信心。有幸高考會計及企業概論奪 A，如願獲理工大學會計系取錄。

在修讀大學期間，不時回到母校作初中、高中說話班導師，閒談間發覺不少同學「未考先降」，一早認定自己力有不逮、與大學遙不可及。請謹記，起步太遲不過是個藉口，任何時候都是起步點，未來掌握在你手。「今日起步，未來的您會謝謝您」這句話是老師告訴我的，我一直銘記於心。當然，追夢與「A」、「5 **」不一定相連，重要的是找到您自己的方向和理想，決定了就要馬上實行，一步步往目標進發。

今天，我被四大國際會計師事務所之一的德勤正式錄用，向夢想跨進一步。期待在下一期的「好學」中，聽到您的追夢故事。加油！搏盡！無悔！



2012年度中七級畢業生
何軍堡



聲色藝俱備的 歌唱比賽

歌唱比賽是本校一年一度的盛事，
讓我們一起重溫今年度同學們的精
彩表演。

美麗印記

2A班同學踴躍參加各項賽事，奪得全場總冠軍可謂實至名歸！



6B班不論歌、舞都表現出色，難怪奪得高中班際冠軍寶座。



5A班「扮鬼扮馬」，演唱時亦非常投入，難怪能夠勇奪高中班際亞軍。



3A班同學沒有花巧的打扮或精彩的舞蹈，單靠動人的歌聲取勝！



高中同學為了帶給大家歡樂，努力排練舞蹈，表演時亦盡情投入。抵讚！



人數少不是放棄的藉口，6D班同學表現認真而奪得高中班際季軍，便是證明！

公開組的參賽者歌聲悅耳，台風十足，果真是「有聲有色」。



深圳市高峰學校的學生為我們表演中國傳統技藝，為歌唱比賽帶來另一高潮。



我們的美好聖誕回憶

美麗印記



3B班同學為何指手劃腳？原來他們正在玩遊戲。看！為了勝出，同學們都很投入地猜。



戴上聖誕帽的3C班特別精靈可愛。



看6B班桌上的食物多豐富！讓人垂涎！

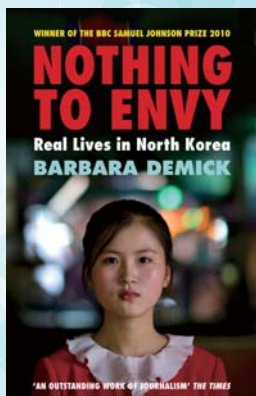
中六級同學歡聚後仍不捨得離開，一起拍攝大合照。



2A班同學和高峰學校的同學一起唱歌、跳舞，一起吃同學親手造的tiramisu和日式冷麵。



好書分享



Book title: Nothing to Envy
Author: Barbara Demick
Publisher: Spiegel & Grau
Teacher : Hui Ho Lam

Can you imagine if you lived in a country where 'equality' was advocated yet everybody there was leading a life under an 'equally' but extremely harsh environment with citizens dying of famine? Can you imagine a country where citizens were 'under the loving care of the fatherly leader' yet ruthless and bizarre decisions were often made by the 'fatherly leaders' to oppress opinions? The book named Nothing to Envy by Barbara Demick is one that I would like to recommend to you all to know more about this mysterious country – the Democratic People's Republic of Korea (DPRK) or North Korea. The Communist regime has controlled the northern half of the Korean peninsula since 1945.

The author presents the mysterious and unrevealed side of North Korea to the readers through true stories told by defectors from the country. The absolute control and absurdity of the government are hardly imagined. Most citizens have no choice but to live without food, freedom and dignity.

I hope you all will enjoy the book and at the same time, treasure what we have in our city.

書名：不去會死
作者：石田裕輔
出版社：上海譯文出版社
推介人：陸卿華 6A



我看過一本書，書的名字很消極，叫做《不去會死》，但內容卻給我很多正面和積極的影響。

作者是一位上班族，他覺得人生在世，不去做一些有意義的事，他會帶著遺憾而死。於是長大後發下「不去會死」的豪語，辭掉大企業工作，踏上了世界之旅。

經歷過許多生死絕境、哀痛的別離、幸福的瞬間後，「活著真好」的體悟，是夢想帶給作者最珍貴的禮物。從「不去會死」到「不會去死」，他沒有為失去了大企業工作而不開心，反之他為自己親眼看到大千世界而喝彩。

作者騎自行車環遊世界，經歷一個個人與人，人與動物，人與自然，人與古跡的微小故事。

我喜歡旅行的感覺，但卻不如作者般有勇氣，許下不去會死的豪語。「不去會死」，那是一種非如此不可的人生。當我們在做某些選擇時是否對自己說過，「若我不好好做到，我真的會死」這些話呢？只要有信念，便能支撐著。這就是從「不去會死」到「不會去死」的過程。

希望大家也能抽時間去感受一下作者追求人生目標，追求理想的過程，想必定會讓你留下一個不尋常的讀書經歷。

學生作品點評

Cliff Cheng 6A (8)

It's Just an Illusion

I'm a university student who used to live in a student hall. But one day my roommate suddenly packed all his belongings up and told me he had to leave. I kept asking him why but he just kept on packing and said 'Run! Run!'

After a few minutes, we left our dormitory and found that it was a mess outside. Cars were crushed together. Fire and explosions were everywhere. We heard lots of screaming but saw no one. It was getting dark but my roommate didn't even say one word. After leaving the school, I decided to find out what happened on the Internet.

What I found on the Internet really scared me a lot. A kind of strange virus was spreading all over the city where we lived. And that kind of virus could make the dead walk again and even kill others. Even worse, if people got bitten, they would rise again and even kill others. People who got bitten would be infected. The infected people are the 'walking dead', 'Are you kidding me?' I shouted loudly and of course my roommate covered my mouth quickly and he questioned with a louder voice, 'Why are you shouting? We may get killed!' After a few seconds, we started to hear some groaning. We looked around and realized we had been surrounded by the 'walking dead' already! We both grabbed sticks as weapons and dashed with a will to break through the crowds of the walking dead. We managed to flee finally. Then we discussed where to go while running. And we finally reached a consensus that we should get to the mountain area.

We killed lots of walking dead on the way using other weapons such as knives and guns. When we finally got to the mountain area, we set up a tent as we thought it was a safe place.

'And that was my journey for the past few days, doctor.' I reported. But today, when I woke up I found myself in a hospital-like building and others kept on telling me that I'm a homicidal maniac. I talked to a man in white robes who told me that I'm in a mental hospital and I'm an extremely dangerous patient as I'd killed my roommate several days ago. Anyway, it's strange to say I killed innocent people. I obviously killed people who had been infected including my roommate!

'It's not my fault! They are infected! They are infected!' I lost control and screamed.

Teacher's comments

A dramatic story plot with fluent language. It reads like watching a visual scene in the cinema.

War Game

中訓練 領導能力

領袖生射擊日營後感



5A 堵希澄

在這次戶外射擊的活動中，我的工作分配隊員們的作戰位置，帶領他們進行活動。在活動初期，我不太熟悉隊友們，未能與他們好好溝通，以致在射擊過程中，錯誤傳遞訊息，導致行動失敗。最後我建議分派隊員到不同作戰位置，這才能有成功的機會。在這次活動中，我仍然有不足的地方，例如應該與隊友有更多交流和溝通，在傳遞信息方面要更清晰。若果我想改善這方面的能力，就會先聆聽其他人的意見，與他們好好合作。我希望來年會有更多與領袖生互動的活動。



5A 潘樂宜

在今天的war game活動中，我是一個「跟隨者」。活動初期，我與隊員之間的溝通不太足夠，出現各種誤會，其後自己與隊員間有了默契，遊戲便能順利完成。在活動的過程中，我沒有給予隊員任何指示，而是大家共同討論，主動提出可行的意見。當我應付的工作不是我的專長時，我希望能透過觀察別人的做法，然後加入自己的經驗去處理事情，我不會逃避問題，這可讓我的處事能力得以提升。至於來年的領袖生活動，我認為學校可舉辦更多不同類型的訓練活動，例如一些歷奇訓練的日營等，讓大家可發揮才能。

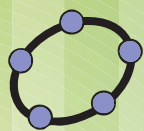
5C 梁森鋒

在war game活動中，我擔任指導同學的角色。我帶領一部分的同學進攻，與隊員都有良好的溝通。我跟隊員說有甚麼意見便要說出來，與大家一起商討，因此我們在溝通方面沒有太大問題。我給予隊員指示及委派隊員工在行動中便中槍了。在接著的幾個回合，因為累積了經驗，成功擊倒另一方的成員。另外，我亦嘗試帶領隊員進攻，完成任務。作為領袖，當我應付的工作不是我的專長時，我會去請教同學或老師，尋求解決方法，不再犯錯。我希望在來年度仍然有war game活動或歷奇活動，例如野外定向或城市定向等，增加隊員及領袖之間的合作性，有助我們擔任領袖生一職。

5C 吳浩銘

在war game活動中，我的角色是副隊長，我跟隊員溝通不錯。雖然我沒有被委派特別工作，但我有跟從總隊長長的指示。他派我到前線作戰，我很快就犧牲了。當我應付不是我專長的工作時，我會嘗試去做好，因為這是一種學習及訓練。

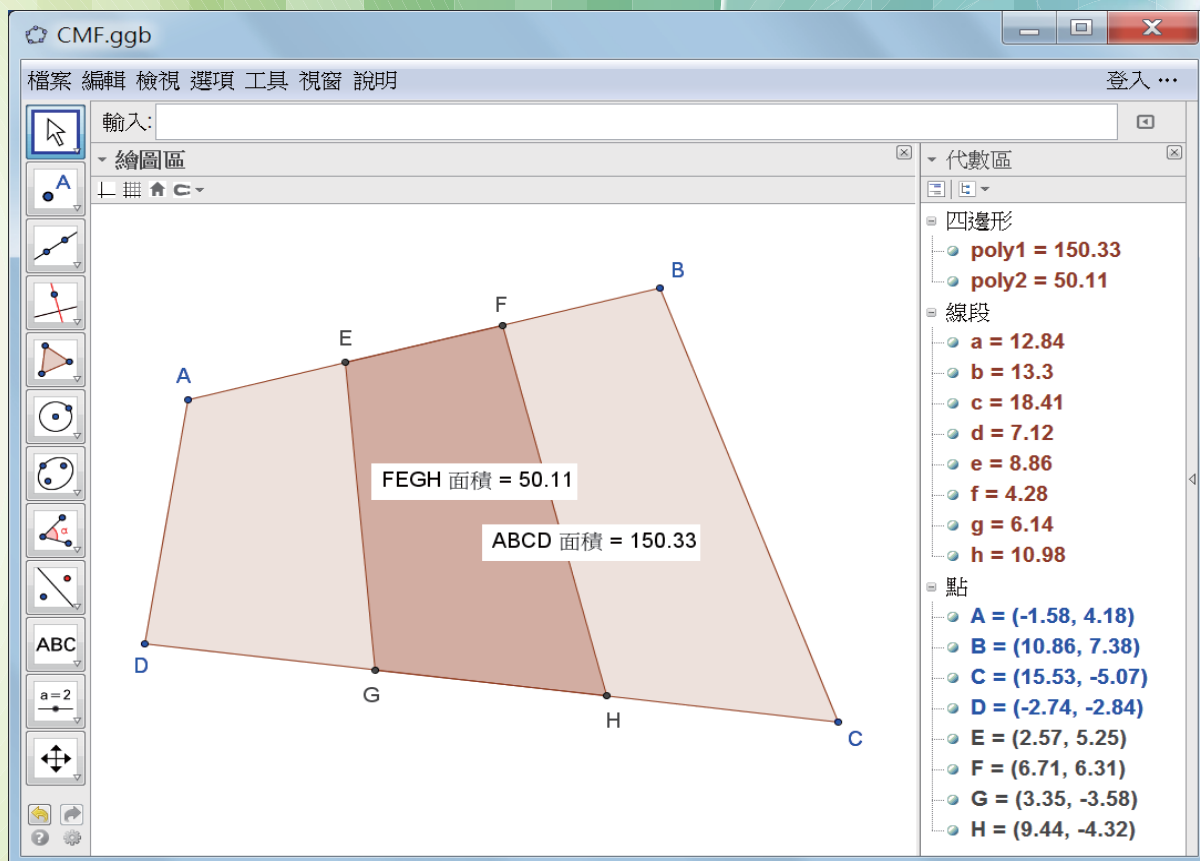




GeoGebra：學習數學的好拍檔（續篇）


戚文鋒老師

上一期「好學」為大家介紹了GeoGebra這款免費數學軟件。今期再利用GeoGebra多介紹一道有趣的幾何題目，希望同學能感受探索數學的樂趣。



開啟GeoGebra (可到www.geogebra.org下載或到web.geogebra.org開啟線上版本)。



利用多邊形工具  構作四邊形ABCD (poly1)。



構作線段AB的三分點E和F (即 $AE=EF=FB$)。你可於指令列輸入 $E=A+\text{Vector}[A,B]*1/3$ 得出E點，指令的大概意思是將A點沿AB的方向平移，而幅度為AB長度的三分之一，由此得出E點。同理，輸入 $F=A+\text{Vector}[A,B]*2/3$ 可得出F點。



修改一下步驟3的指令來構作線段DC的三分點G和H (即 $DG=GH=HC$)。



利用多邊形工具  構作四邊形FEGH (poly2)。



利用面積工具  量度四邊形ABCD和FEGH的面積。



隨意移動一下A、B、C、D四點。你觀察到ABCD的面積永遠是FEGH的多少倍？

請各位同學留意ABCD不單可以是我們熟悉的特殊四邊形如長方形、梯形、平行四邊形等，更可以是任意的四邊形！為甚麼ABCD的面積恰恰是FEGH的三倍？要解釋的話需靈活地運用三角形的面積公式 (面積=底 \times 高 $\div 2$)。你願意接受這挑戰嗎？

放眼世界

郵輪之旅



美味的西班牙菜式，
現在還很回味。
Craving for great
Spanish cuisine!



記得這個地方嗎?(岸上觀光)
意大利羅馬鬥獸場。
Coliseum – An ancient Roman
architecture located in the centre
of the city Rome, Italy



頑皮的女孩子竟想推下這個塔
(意大利比薩斜塔)。
Leaning Tower of Pisa, Italy



在水上樂園玩過的玩意，
在這裡也可以玩到。
Water slide on Deck 10



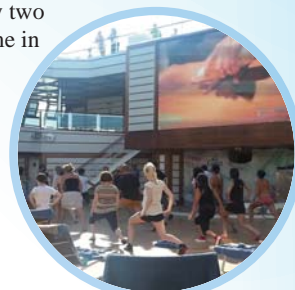
找到我和兩個女兒嗎?
Can you find my two
daughters and me in
the photo?



四群完全不認識的船客，
都可以一起玩得興高采烈。
Guests on the cruise are
having a competition



每晚都見到這日落美景。
Beautiful sunset



郵輪上太多美食，
記得要做運動。
Exercise time!

上船前

，我們要先用護照換
船卡，船卡同時是房間鑰匙
，也可用來消費、登記上落船之
用等。船上的節目豐富，每晚都有
不同的主題，例如希臘之夜，當晚的
客人無論男女老幼都要穿上白色衣服
。而船長在船長之夜會與大家一起開
香檳祝酒。意大利之夜則要穿上白、
紅或綠的衣服。船上的活動亦非常
精彩，例如有花式溜冰、雜技
表演、腹語、歌詩達先生
小姐選舉等。

我們乘

船由羅馬出發，
一連八天的行程，共經
過五個城市，包括：意大
利的西西里島(Sicily)、奇維
塔韋基亞(Civitavecchia)、西
班牙的巴塞隆拿(Barcelona)
、帕米爾(Palma
Mallorca Island)等。

圖、文：陳明姬老師