



天主教母佑會蕭明中學

Daughters of Mary Help of Christians
Siu Ming Catholic Secondary School

學校 通訊

第三十二期

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感恩、朝聖、與主相遇

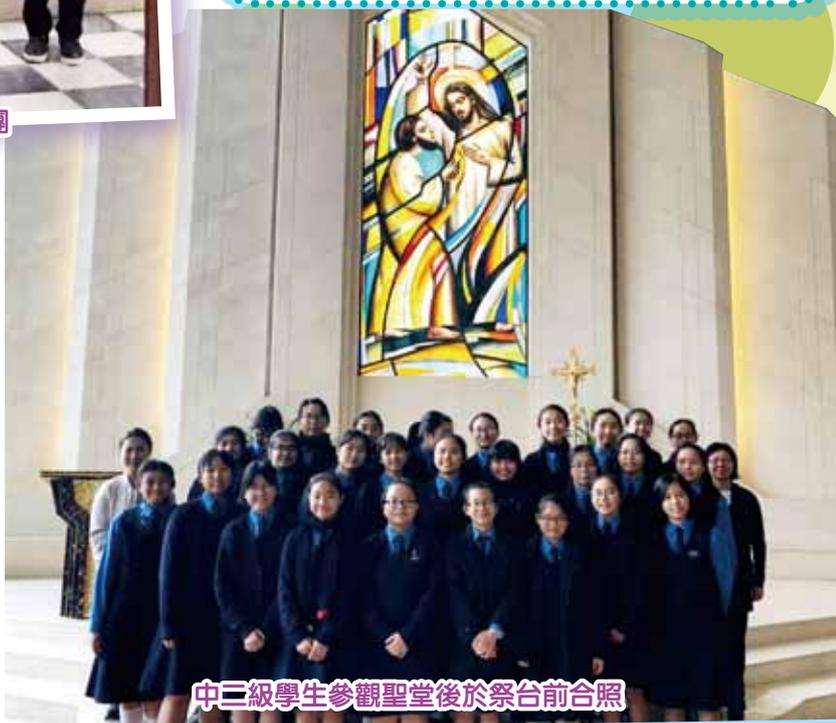
全校朝聖活動

為了加深學生對天主教的認識，及了解本地天主教會的發展，本校於二月一日舉行全校朝聖活動，是次活動乃本校第二年舉行，希望學生多一點機會走出課室，認識信仰。當天感恩節感恩祭後，全校學生按不同年級到不同的聖堂、學校參觀。



中三同學代表致送紀念品給主教座堂導賞團

級別	朝聖地點
中一	葵芳聖斯德望堂
中二	青衣聖多默宗徒堂
中三	堅道天主教聖母無原罪主教座堂
中四	土瓜灣進教之佑堂及李嘉堂宗教禮品中心
中五	將軍澳明愛專上學院及學院內小聖堂



中二級學生參觀聖堂後於祭台前合照

第三十三期校訊編輯委員會成員：

顧問：校長郭明英修女 總編輯：梁佩珊副校長 副編輯：霍珮賢
成員：周玉英、趙櫻淇、施國聰、尤惠萍、戚正堯、梁淑勤、鄧思敏、林楚湘、朱靜嫻、王凱華、嚴穎德、張泳敏



中一同學在參觀聖堂後的合照

學生在老師及駐場導賞員的悉心介紹下，認識香港天主教教會的歷史，及欣賞到不同風格的建築和設計，獲益良多。學生對是次活動有深刻的感受，以下是中一、二級同學的感想：

2D 黃靜晴

我十分喜歡這次的活動，聖堂的設計漂亮而神聖，可以看到聖多默宗徒的聖髑，內裏的古體櫃也有一百五十年歷史，是由宗座外方傳教會贈送。我在小聖堂也感受到平日教徒在彌撒及祈禱時的心情。

2D 黃佳怡

總括這次活動，我很投入其中，因為那裡有很多有關天主教的作品，又能看到聖多默宗徒的聖髑，每樣物品也有自己的價值和背景，我在這次活動真的獲益良多。

1A 楊泳

從這次朝聖活動中，我學會了聖堂的設計，特別是這次聖斯德望堂的中國風設計。由於我之前比較少去聖堂，所以我最深刻的還是苦路十四處。另外，我也學會了聖堂裏不同物品的功用，例如：椅前的木墊是用來跪下祈禱，祭台是天主舉行盛宴的地方。

1A 葉麗晶

我認為這次的朝聖增加了我對天主教的認識，我亦在天主堂中嘗試了第一次以奉獻的方式向天主祈禱，十分新鮮。但在點上蠟燭許願後，我忘記了要劃十字聖號，希望天主會聆聽我的心願吧！



中三學生參觀主教座堂的情景



聖若望鮑思高瞻禮

及感恩節感恩祭

本校於今年二月一日舉行聖若望鮑思高瞻禮及感恩節感恩祭。當日學校邀請了慈幼會馮定華神父到校主持感恩祭。馮神父在講道中提醒學生會祖鮑思高喜樂的智慧，在困難中不必擔憂害怕，應當保持喜樂及感恩的心。在奉獻的時候，除了奉獻麵餅、酒和花外，學生還奉上寫給老師的感謝卡，感謝學校老師的教導。



公教老師在感恩祭中領受聖體



學生會代表在感恩祭中奉獻感謝卡



感恩祭完結後，校長郭明英修女致送紀念品給馮定華神父



馮定華神父主持感恩祭，為同學祈禱

宗教周： 「陪伴青年 · 與主相遇 · 辨識召叫」

在二月十八日至二十四日舉行宗教周，主題為「陪伴青年 · 與主相遇 · 辨識召叫」，這也是本年慈幼牧民主題，同時回應教區「實信青年」的內容。整個活動由校內天主教同學會學生設計，包括宗教物品售賣、四旬期攤位義賣、action song，以及話劇表演，藉以實踐慈青「以青年帶動青年」的元素，讓全校師生感悟天主的慈愛。

宗教周籌委：潘貞晶

作為宗教周籌委的其中一員，我們在宗教周前作了周全的準備，例如為話劇作綵排。全校學生於下午在班房尋找紙條，尋找紙條後需要根據紙條上給予的指示查閱聖經找到相應的字詞，並拼出今年的牧民主題「陪伴青年，與主相遇，辨識召叫」後才進入禮堂繼續參與宗教周的活動。學生進入禮堂後，宗教周的活動包括了三齣話劇，教友分享和跳 Action Song。

總括而言，我十分享受今年的宗教周活動，內容十分有意義，能緊扣着本年度的牧民主題。學生表現十分投入，我期待下一年的宗教周活動。



北京姊妹學校結盟之旅

本校於二零一八年聖誕假期舉辦的「北京遊學團 2018 ——北京姊妹學校結盟之旅」，同學反應非常熱烈。最後，被揀選的三十位中一至中五學生和校長及兩位老師參與此次結盟之旅。學生除了見證兩校的結盟儀式外，亦遊覽了很多北京的名勝古蹟。



探訪姊妹學校——北京科技大學附屬中學



北京科技大學附屬中學校舍前



簽約後，兩校的校長及副校長商討雙方日後交流的工作安排



兩校學生共晉午餐



學生見證兩校的結盟儀式，每位學生都可以配對一位科大附中的學生進行交流



午餐後，學生們都走到球場去



故宮博物院



學生遊覽北京大學後，於大學前合照



參觀北京首都博物館



學生並不懼怕當時氣溫只有零下十度，在萬里長城居庸關前合照

日本星美學園到訪

今年三月十四日，二十位來自日本星美學園的師生到訪本校，與學生進行了一整天的互動及交流，包括一同享用午餐及互相分享香港和日本的文化。同為母佑會學校，兩校學生見面倍感親切，而且透過交換電郵聯絡，成為朋友。

校風及學生支援



本校老師與三十位日本星美學園的師生合照



課堂體驗：一同學習地理知識



課堂體驗：在視藝室製作書籤



一同參與學術週的活動



學生一起分享午餐



協助交流活動的老師們



Buddies 帶領日本學生參觀校園



校長郭明英修女頒贈紀念品予星美學園的老師



兩校師生大合照

生涯規劃教育活動

中一生涯規劃教育活動已分別於二零一九年一月十四日及三月一日舉行。活動主題是：

- (一) 成功解碼
- (二) 從興趣到夢想

透過一連串活動，學生探索不同職業成功人士的特質和成功因素，從而明白生涯規劃必須配合自己的興趣和夢想，才能達致成功。活動的另一目的是建立學生對社會現況和未來趨勢的認知，擴闊視野。



中二生涯規劃教育活動於三月二十六日舉行，主題是生涯規劃四部曲：認識自我、認識環境、訂立目標及有效執行。「認識自我」部份在中二成長營進行。透過不同活動，建立學生對社會現況和未來趨勢的知識，結合外在環境，反思自己在變化的社會能如何裝備自己，從而協助規劃將來的生活和工作。

中五生涯規劃教育活動於二月二十六日舉行，活動名稱是「職業列車」。學生根據個人特點、興趣、能力與重視的工作價值去選擇職業，接近二十位中四及中五學生負責不同攤位，協助學生探索職業的技能與素質，從而了解職場現況及未來發展趨向。



荃葵青區傑出學生

5C朱可晴

感恩・一次選舉・一次寶貴的學習經驗

非常榮幸能得到學校的舉薦參選荃葵青區傑出學生選舉，幸而我並未辜負學校和自己的期望，能夠當選荃葵青區傑出學生之一，並作為學生代表於頒獎禮上致辭。

其實，是次傑出學生選舉對我而言，不單只是一次選舉或比賽，更是一次非常寶貴的學習經驗。在數次訓練活動中，我對香港現時最富爭議的議題，包括香港土地及房屋議題，明日大嶼計劃及香港時政有了更全面的了解。然而，我所學到的遠遠不止有關這些議題的知識：透過聆聽不同立場的講者的分享，培養了我的多角度思考能力，令我學習如何客觀而全面地了解進而分析一個爭議性議題。每次講者分享後的提問環節提高了我思考及提問的能力，在考察活動中，探訪劏房令我對劏房的租務和經濟問題留下深刻印象，對時下的社會議題有了更具體的認識。整個選舉活動都擴闊了我的眼界，並大大提升了我的思考、分析、表達、組織以及提問能力，這些能力無論於我求學抑或個人發展方面都有助益。而我們一眾參選同學之間的交流及從中建立的友誼，更是十分寶貴。

為此，我衷心感恩能獲得今次難能可貴的參選機會。



朱可晴同學與本校陳樹鳴老師（左）及尤惠萍副校長（右）合照

校風及學生支援



葵青區少年警訊名譽會長獎學金計劃

本校七名學生，包括林穎彤、鄧穎芝、許芷鳴、羅卓怡、張尹俐、許樂瑤及龍泚林，獲推薦參加「葵青區少年警訊名譽會長獎學金計劃」。評核標準為領導才能、警隊知識、運動才能、慈善服務、學業成績及操行，同學於各項目中均展示了優秀的表現。



中六級林穎彤獲得優秀學生金獎及一萬元獎學金



中六級鄧穎芝及中四級許芷鳴獲得優秀學生優異獎及各 \$5000 獎學金



本校三位學生於芸芸的葵青區精英中脫穎而出，獲得警區高度讚賞及表揚！

Pursuing knowledge through STEM activities

Our students have been learning different creative and innovative STEM activities throughout this year to enrich the concepts of science, computer and mathematics. By visiting the InnoTech Expo 2018, InnoCarnival 2018 and Hong Kong Wetland Park, students had wonderful experiences as biological engineers, making robot arms, exhibiting their works of human sensors and computer sensors. These STEM-related activities nurture students' creativity, collaboration and problem-solving skills, it also unleashes their potential in innovation!



Visits to the InnoTech Expo and the InnoCarnival allowed students to gain a lot of knowledge about new technology.



4C Lillian Lin, Eva Tsai, Eugenia Tsui and 4D Celine Yung participated in a competition called “智能都會創新能源比賽” to write computer games on the topic of energy saving on 13/4/2019.



Computer sensors can read through our mind. So amazing!



Let's make an electronic card for my friend!



Students attended Robot Arm Interclass Competition to unleash their innovative creativity.



Students become biological engineers to create their own paper planes by implementing the observation of birds' wings in Hong Kong Wetland Park.

蕭明校隊百花齊放

「蕭明出高人」用於蕭明運動員就貼切不過！運動員在不怕艱苦努力練習下，今年在各個學界比賽中獲得驕人成績。其中在乒乓球及羽毛球比賽中，獲得葵青區女子組總冠軍！

3A 班羅卓怡同學更入選香港代表隊，代表香港出戰學界埠際游泳比賽。

蕭明人不但讀書卓越，運動出色，而且具高尚情操。運動員都抱著勝不驕，敗不餒的精神公平較量，在比賽中吸收經驗，欣賞友校同學的長處，虛心學習。同學於比賽過後也會釋善意，彼此交流，合照留念，能體現友誼第一，比賽第二的精神。

希望運動員能繼續努力，創出更多佳績！



葵青區學界羽毛球比賽女子甲組冠軍



葵青區學界羽毛球比賽女子乙組冠軍，丙組殿軍



葵青區學界七越野比賽女子乙組季軍



3A 班羅卓怡同學代表香港參加學界埠際賽女子五十米蝶泳及五十米背泳



蕭明接力隊奪陳南昌紀念中學邀請賽冠軍



蕭明接力隊奪九龍塘中學邀請賽冠軍



葵青區學界游泳比賽女子丙組亞軍，乙組亞軍



葵青區學界乒乓球比賽女子甲組季軍



葵青區學界乒乓球比賽女子乙組冠軍



比賽過後，善德英文中學和本校學生來一張大合照

Conquer Your Fear

What I gained from RTHK's 'The Speaker' English Public Speaking Contest 2019

by 5A Alysha Bibi

What an incredible journey!

To enter 'The Speaker', there were many stages I had to fight through. There was the 1-minute video on the topic 'Wonder'. I had to film over 100 takes to get a decent video. There were the Semi-Finals, where 50 students were shortlisted to give a 2-minute speech on the same topic in front of live audience. Finally, I made it to the Grand Final, where the top 10 finalists gave a 2-minute speech on 'I Wonder' and a 1-minute impromptu speech (my worst nightmare!).

The Grand Final was really grand, trust me, because there were hairstylists and makeup artists to make us look 'presentable' as our performance would be broadcast on TV. I must say the RTHK crew and the other competitors were amazing. Without their encouragement, I wouldn't have made it through. The impromptu speech was indeed the most terrifying. We were given two different words earlier on and had to pick the last word on the spot and give a 1-minute speech right after 10 seconds. This part was demanding but quite entertaining as some words that made no sense were forcefully put together, but hey, we all had great fun. Finally, we came to the eagerly awaited Prize Presentation. I loved it because guess what? I came second among a total of nearly 300 contestants!

When I look back, I remember fearing public speaking. Now I feel a lot more confident about it. One lesson I have learnt is the importance of perseverance. Before this contest, I participated in two other public speaking competitions and failed miserably in both. With the fundamental belief that I can succeed, I persisted through the tribulation and achieved my goals.

No matter what your dreams are, it is normal to fail when you are trying to achieve them. But if you never lose hope, one day you will succeed. Don't let your fear stop you, instead conquer it, shape your future and create the change you want to see.

Lastly, thank you Sr. Anita, Ms. Wong and Ms. Yim for taking your time to come to the contest. Most importantly, from the bottom of my heart, thank you Ms. Wong for being such a supportive coach.

"Making your mark on the world is hard. If it were easy, everybody would do it. But it's not. It takes patience, it takes commitment and it comes with plenty of failure along the way." - Barack Obama



Alysha delivering her main speech



Adjudicator Mr. LAU Chi-kuen, member of SCOLAR presenting the award



Sr. Anita and the English teachers celebrating Alysha's success



Speakers of the Year and the adjudicators

Learning English Through Drama in S.2

The S.2 Drama Half-Day Camp has successfully been conducted in March this year. Before this Half-Day Camp, students were already equipped with knowledge of drama and a range of skills related to drama like playwriting, backstage and acting. Therefore, they were competent when asked to come up with ideas related to the theme – family/ teen problems.

Creativity and originality were shown in their play script, and effort and cooperation were seen in their performance. After working on the first draft of the script and rehearsing in class, students further improved on their work and arranged frequent rehearsals by themselves so as to achieve a flawless performance. Their persistence, which was reflected in the process from preparation to implementation, is commendable.

Working as a team, students had to communicate well with their team members in order to show their best on stage. All of them were involved in the cast and the crew.

They could utilize this opportunity well to strengthen their collaboration skills. It was fabulous to see that students could act so naturally and speak so fluently. They displayed more confidence than before! Hesitation or stage fright was nowhere to be seen as they were fully prepared. More significantly, students applied suitable intonation, stress, actions and emotions to put up a lively performance.

Drama brings so much joy to students' language learning and has multifarious benefits. It is hoped that drama can continue to become an indispensable part of students' learning.



Siumingians enjoy reading 蕭明學生享受閱讀

This year, our students pleurably spent \$88,000 to buy books they love in the two book fairs organized. Why? It's because they genuinely enjoy reading. Reading gets them engaged in knowing about the wonderful world.



1st Book Fair



A visit to Cheung Sha Wan Catholic Secondary School



Borrow-book-to-get-lucky- saying promotion (Late Jan.)



E-book and Britannica Online Introduction



Outstanding Reading Promotion Class Competition



Information Literacy Training Workshop III by H.K. Public Library



Open Day 1:12:2018



E-book Reading Report Competition



Outstanding Reading Classes and Outstanding Readers (Sept. - Dec.)



Reading celebration & workshop



Ms. Fan's Book Recommendation Talk 27 Feb



Reading Club



Reading Week - 2nd Book Fair



Reading Week - Chinese Language Reading Activity



Reading Week - Book Promotion Morning Assembly



Reading Week - Mini-reading Carnival