



# 德蘭中學

## St. Teresa Secondary School

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2014-2015  
第二期

# 蘭語

## 'The Power of Choral Speaking'

Creating an English-rich environment is crucial in cultivating students' interest in learning English. Joining the choral speaking competition of the Speech Festival has been an annual activity for our S.1 and S.2 students. This activity helps students build up their confidence and team spirit and allows them to cooperate with others. In the past few years, our students have had remarkable performances in the competition. Students who joined the activity found it beneficial to them.



**2A Theone Wong Ting**

Before taking part in the choral speaking competition, I thought this kind of activity was boring. I was wrong. I really enjoyed it and I am grateful to have had the opportunity. It has made me like acting more than before.

When it was the day of the competition, we were afraid. Other schools had some great performances. Luckily, we performed well and got the second-runner up award.

Through this competition, I learnt that team work is important to achieving success. However, the most important thing I learnt is that the process is more beautiful than the outcome. By practising hard and doing our best, we were able to get a great result.

**2D Tinsley Sit**

Teamwork is an important element of choral speaking. I learnt to cooperate with others. Our teacher, Ms Betty Tham, was patient and serious while she was training us. Besides, she also taught us how to be professional and enjoy performing on stage. It was a special experience for me because this was something I could not learn from textbooks.

**2D Anna Wong**

I enjoyed the choral speaking competition. Last year was the first time I joined the choral speaking competition. I was honoured to be part of the choral speaking group. We got the first runner-up in Secondary One. Although the time for training was a bit long, I thought our efforts paid off. This year, we only got the second runner-up award but I was not upset. Sometimes the process is more important than the result.

**2A Cathy Yao Yuen Tun**

I joined the choral speaking competition when I was in S.1. This year I joined it again because I enjoyed doing it before.

When we started our rehearsals, some of us did not want to practise. We were afraid that we would not have enough competitors for the competition. In the end, there were enough of us committed to the task.

On the day of the competition, all of us were nervous. After watching two teams perform, we became less nervous. We were pleased to come in third place!

This experience taught me that we should be united when we are performing with others. Also, it is important to finish what you start.



# Welcoming Visitors from Primary Schools

On 5th December, 2014, parents, teachers and students from three primary schools paid a visit to our school. They had a short tour around our school, observed lessons with S.1 students and enjoyed a drama on how to use the Internet properly, which was performed by Spring-Time Experimental Theatre.

The primary school students were excited when they visited different rooms such as the Biology Laboratory and Technology and Living Room in our school. They were very curious and eager to ask the teachers a lot of questions about the facilities. They found the facilities in our secondary school were much better than those in their schools. Besides, they had English, Liberal Studies and Chinese lessons with some S.1 classes. They enjoyed the lessons very much and participated in the activities arranged by the teachers actively.



After the tour and lessons, they watched a drama in the school hall with our junior form students. We all know how widely used the Internet is and this drama depicted the adverse impacts of unhealthy information through the story of Ken, a secondary school student. The primary students watched the performance attentively and we believe that they will remember to make good use of the Internet after watching the show.





# 多元出路動探索

# 美好前景盡展現

## 生涯規劃組

1. 目的：幫助學生瞭解自己，並規劃未來之升學及就業計劃
2. 本年度目標：優化生涯規劃教育及升學就業計劃，以協助學生作出明智的升學或就業選擇。
3. 本組主要活動
  - 個別輔導
  - 每年為學生進行職業志向評估
  - 中六面試講座、模擬面試及「模擬放榜活動」
  - 為畢業生開拓台灣、內地和南韓等境外升學途徑，讓學生有更多發展機會
  - 支援學生及教師瞭解學歷架構
  - 參與職場體驗計劃和商校合作計劃
  - 中一生涯規劃日營
  - 舉辦「多元出路途徑面面觀」活動
  - 參觀活動如：「教育及職業博覽」、「青年就業起點」
  - 與家教會合辦親子國內升學考察團
  - 舉辦升學及就業資訊講座
  - 邀請校友到校分享升學及就業經驗



▲ 中六級個別面談 - 你決定好將來的路嗎？



▲ 模擬放榜 - 好緊張呀，不知道成績如何呢！



▲ 中一生涯規劃日營 - YO, CHECK IT OUT! Let's dance! !



▲ YES參觀青年就業起點 - 下一站，多元就業資訊！



▲ 中六級學生穿着套裝，參加模擬面試，為理想加油，FIGHTING！



▲ 台灣元智大學講座 - 看，我們多認真！





▲ 校友跟學妹分享升學及就業經驗，同學多專心啊！



▼ 參觀明愛護士學校 - 原來做護士真不簡單呢~我們要用愛心和耐性，照顧好每一個病人！



▲ 職場體驗活動 - 齊來做工程師！你準備好嗎？

#### 4. 學生成就

##### 高中應用學習獎學金

學年	姓名	班別	課程
2011-13	羅祖宜、劉倩怡	6B	西式食品製作
2012-14	許嘉慧	6F	西式食品製作
2013-15	王凱盈	6F	西式食品製作



▲ 高中應用學習獎學金得獎者與教育局高級學校發展主任合照







## 聖誕樂繽紛 將愛廣傳贈

聖誕節是一個充滿愛的節日，除了記念耶穌基督降生成人的奧蹟，為世界帶來和平與共融外，亦是教會期待耶穌第二次來臨，將愛與正義帶來人間的重要慶典。因此，在這普天同慶的日子裡，學校不但鼓勵全體師生將愛相互傳遞，更重要的是將愛向世界廣傳，因而令社會中的不同階層，能夠在我們身上看見耶穌基督的臨在，感受到真正的平安與喜樂。



▲ 聖誕老人與眾同樂



△ 聖誕同樂齊共舞



△ 以「愛」為題的聖誕歌唱比賽



▲ 聖誕遊戲手工



△ 聖誕禮儀記念耶穌的降生



# 水陸兩運會 才能盡顯現



▼ 全場最多人參與的項 —— 歡樂跑，校長、老師與畢業班同學在跑道上留下美好的回憶。



▲ 頒獎嘉賓李翠莎博士 (Dr. Trisha Leahy, BBS) 與譚潤明校長及洪佩儀副校長合照



▲ 每年的action song，畢業班同學都努力設計班衫及帶領隊形

## 陸運會

陸運會於2014年9月22及23日假灣仔運動場舉行。雖然剛開課不久，各社幹事也充分展現她們的領袖才能：組織各級接力隊伍、與啦啦隊練習、製作社章等等，忙得不可開交。田徑隊亦早已於暑期開始練習，期望能在比賽中一展所長，為社增光；結果梁嘉雯(6D)及鍾沛瑩(4B)分別刷新女甲二百米及女甲標槍紀錄。

頒獎嘉賓香港體育學院院長李翠莎博士 (Dr. Trisha Leahy, BBS) 以一口流利的廣東話勉勵同學要以精英運動員為榜樣：有困難時主動尋求協助、做好時間管理，及在所有事上盡力而為，如此則大家都可以在自己的崗位上成為一位精英。

比賽結果由羅撒社勇奪啦啦隊冠軍及全場總冠軍。

## 水運會

水運會在香港天文台發出寒冷天氣警告的2014年12月4日假九龍公園泳池舉行，卻無損眾健兒奪標爭勝的決心。大伙兒在早上八時已換上泳衣熱身，並在緊湊的賽事中奮力游向終點；結果由余宛庭(5E)刷新女甲50米背泳成績，而全場總冠軍則由余宛庭(5E)與余明琛(4A)雙雙獲得。

頒獎嘉賓為有「香港女飛魚」之稱的蔡曉慧小姐。蔡小姐雖曾獨攬香港18項游泳紀錄，卻提醒運動員她的得著並不是眾多的榮譽，而是作為一個運動員在面對大大小小的磨練與挑戰時應有的一分堅持和奮鬥心。



▲ 看誰能一馬當先，以最短的反應時間躍進水中？



▲ 頒獎嘉賓蔡曉慧小姐 —— 你喜歡顯示板上的她，還是現實中的她？



▲ 譚潤明校長陪同頒獎嘉賓蔡曉慧小姐，頒發獎項於全場總成績的得獎社別





## 再度榮獲健康校園銀獎

本校再度榮獲「優質教育基金健康校園網絡計劃——銀獎」。此計劃是本港首個獲取世界衛生組織認可的健康促進學校計劃，世界衛生組織西太平洋區、香港特別行政區教育局及中文大學健康教育及促進健康中心均為此計劃之頒獎機構。經過專業評審，肯定了本校在健康促進學校六大範疇（學校健康政策、健康服務、個人健康生活技能、校風／人際關係、社區關係及學校環境）達到一定的標準。

本校各持分者將繼續通力合作，致力讓學生享受愉快的經歷，並且建立有助推動及保障學生健康狀況的學校架構。我們將繼續以全面及全校性的政策去推廣個人、家庭及社區健康，並進一步優化校內的健康教育課程、學校的健康服務，以及環境及校風各範疇，力臻完善。



▲ 本校所有持分者代表在開學禮一起簽署校園健康約章



▲ 家長教師會聯同科技與生活科合辦健康食譜設計及烹飪比賽



▲ 健康軍團頒獎禮



▲ 水果FUN享日



▲ 性教育講座

## 上學期佳績報捷：

### 星島第三十屆全港校際辯論比賽(第二回合初賽)

最佳辯論員 4B 麥華麒  
最佳交互答問辯論員 2A 鄺卓敏

### 星島第三十屆全港校際辯論比賽(第三回合初賽)

最佳辯論員 4B 麥華麒  
最佳交互答問辯論員 4B 麥華麒

▲ 麥華麒獲最佳辯論



▶ 鄺卓敏獲最佳交互答問辯論員

◀ 比賽情況



▽明愛賣物會工作人員大合照



▷本校獲得遊戲設計比賽及攤位佈置比賽兩項冠軍

## 遊戲佈置奪冠軍 明愛攤位獻愛心

本年度九龍區明愛賣物會已於2014年11月9日順利完成。是次活動中，中五各班學生以班本形式一起籌備及設計賣物會中之攤位遊戲，社會服務團之學生亦協助當天攤位的義賣工作，而修讀視覺藝術科的學生則負責攤位佈置工作。在校長、老師、工友及學生的共同努力下，本校獲得遊戲設計比賽及攤位佈置比賽兩項冠軍。扣除基本開支後，本年度本校為香港明愛籌得\$16,941.2元。



▲親子合力過難關



△大人和小朋友都樂在其中



△遊人們踴躍支持攤位遊戲

6B李可頤於第20屆國際泳聯世界青年跳水錦標賽(俄羅斯)

女子A + B組3米雙人跳板獲世界排名13佳績

視藝科於第十四屆「星星河」全國少年兒童美術書法攝影大賽中喜獲121個獎項，比去年多逾50%，其中更有四位學生獲最高榮譽的美術特等獎：

5A 吳楚婷 | 5B 梁俏怡  
6C 蕭美 | 6F 鍾嘉琪

▶ 星星河，美術特等獎 - 梁俏怡5B



▲李可頤同學(左)獲世界排名13佳績