



# 明風

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植和樂記

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## 到訪廣州市南沙欖核第二中學——

## 學生體藝及文化交流活動

本校參加了由教育局推動的「促進香港與內地姊妹學校交流試辦計劃」，與廣州市南沙欖核第二中學結成姊妹學校。透過該計劃，兩地師生可以相互到訪，進行各類型交流活動。

是次體藝及文化交流活動在2017年6月28至30日舉行，由本校組團到訪欖核第二中學。本校共派出40位體育校隊成員、4位領隊老師及2位教練出席活動。

6月28日當天，我們一大清早便乘直通巴士前往欖核第二中學，對於大多數同學來說，中國是一個陌生的地方，同學在車上觀看沿途風光，看見內地高速的基建發展，無不驚嘆不矣！

經過兩個多小時的車程，我們終於到達廣州市南沙區。旅行社先安排我們品嚐了一頓豐富的農家菜，望著美麗湖光山色，品嚐特色美食，真叫人回味。午飯過後，我們繼續餘下路程，經過約20分鐘的車程，我們終於到達欖核第二中學。

踏進校園，同學們已被那廣闊的校園環境吸引著，尤其是那個正規的田徑場更叫人羨慕不矣！此時，欖核第二中學黃獻文校長和一眾主任老師已在大門前等待歡迎我們，他們的熱情，讓我們感覺到無比的光榮。

黃獻文校長和主任親自帶領我們參觀校園，並向我們介紹學校的辦學理念和各項設施。接著，校方安排我們觀摩課堂教學，

看見欖核第二中學同學專心上課，讓我們留下深刻印象。適逢當天是欖核第二中學2017屆畢業典禮，我們獲邀出席活動，典禮中每一環節，無論是學生表演、畢業同學分享、家長訓勉、校長訓勉和授憑，也準備得非常認真，場面溫馨。

第二天，我們參加了欖核第二中學國旗護衛隊負責的升國旗儀式，國旗護衛隊的「專業」表現，讓我們眼界大開。之後我們參與了他們的大課間活動，內地學校非常注重學生的體質，大課間就是每天早上同學一起進行體能訓練的時間。接著兩間學校的足球和籃球運動健兒在雙方教練指導下一起進行訓練和友誼賽，雖然天氣炎熱加上訓練讓同學全身濕透，但同學們仍專注於練習，態度非常認真。訓練過後，欖核第二中學和本校同學一起學習由本校引進的新興運動飛碟，而欖核第二中學師生亦向我們介紹了火箭、無人機和航空模型飛行等遊戲，兩校同學玩得不亦樂乎。當天餘下時間，旅行社安排我們到順德博物館、順峰山公園和大良歐陸步行街等名勝參觀。

第三天，兩間學校師生繼續訓練和比賽，兩校同學們投入練習，彼此學習，互相欣賞。雖然是次交流團只是忽忽三天，但內容卻非常充實。交流活動不但增進兩校的相互認識，促進友誼，更為我們一眾師生留下了美好的回憶。

袁達威助理校長





## 一個好人，一件好事

1B 余嘉琪

在我們班上，我最欣賞的同學就是小美，如果這一次壁報設計沒有小美的幫助，我們一定不會取得冠軍的，所以我非常欣賞她。

在我們開學一星期後，每一位同學也參與了不少的課外活動。今天，班主任課上，班主任跟我們說：「十二月就是學校四十五周年校慶，所以我們要參與壁報設計比賽，有沒有同學願意放學後留下來幫忙？」由於我和幾位同學很快便要參加比賽，需要不停地進行訓練，所以沒有答應老師，可是有些同學即使放學有空閑的時間，卻不主動幫忙，最後只有小美願意幫助設計壁報，看見班上只有一個人願意留下幫忙，真的很生氣，卻又不知可以說些甚麼，最後不了了之。

每天上學時，我看着課室壁報因為小美一點點的加工而變得更漂亮，令我們的課室更加有生氣。到了決賽的那一天，我們因為小美的努力而得了冠軍，得到了一大包的小吃，可是老師說這一包小食都應該是屬於小美的，沒有付出努力的人又怎麼會得到回報呢？最後小美還是把那包小吃和我們大家一起分享。

最後，這一件事令我明白，世間是沒有不勞而獲的事情，意思就是沒有付出努力，又怎會得到應有的回報呢？小美為人樂於助人，真值得我們去學習呢！



## 明天

4D 梁志賢

假如明天是你人生中最後的一天，你會如何運用這寶貴的一天呢？你又會怎樣為自己的人生畫上一個完美的句號呢？

有很多人總是認為人的一生有很多很多的時間，因此人們總是選擇去虛度光陰，做着一些沒有意義的事情。在錢鶴灘的《明日歌》中，寫着：「明日復明日，明日何其多。」人生到底還剩下多少個「明天」呢？因此今天所做之事勿候明天，自己所做之事勿候他人，不然你就會發現自己慢慢老去，並活了一個沒有意義的人生。

再者，我們要珍惜每一秒，每一分。如果我們只會浪

費時間，再怎麼努力也無法補救。海倫·凱勒曾說過：「把活着的每一天看作是人生的最後一天。」因此，我們要視每一天是最重要的一天，我們也要聰明地把握時間，不要浪費。歌德也說過：「在今天和明天之間，有一段很長時間；趁你還有精神的時候，要學習迅速辦事。」這樣才能擁有充足的時候，過好每一段的時間。

人生就好像倒計時，失去的時間不會再回來，一去不返。人生亦像一條長長的賽道，比賽的時候不能回頭，一直向前沖。即使今天的你遇到了挫折，也不要氣餒，只要你願意不斷向前衝，明天就一定會變得更好！



## 燈與蠟燭

5D 鍾嘉榮

古往今來，黑暗是自日落而現，而唯一抗衡之法便是開燈。古有燃燈照明、挑燈夜讀；今有隨手開關、開燈娛樂玩耍。但燈與蠟燭間有言語間無法解答清楚的關係。

舊時的蠟燭多由富貴人家購買和使用。隨時代變遷，家家戶戶都有蠟燭用以照明，微弱的燭光照亮漆黑一片的房間，也溫暖了點燭光的人的心房，畢竟此許光亮是夜間唯一的依靠，也因如此各家各戶都會提燈夜行。可現今科技昌明，無論大小城市都具有完善的基建設施，路人充斥着五光十色的霓虹燈與省電光管，每戶人家都安裝了電燈，只須隨手一按開關，便能照亮更多範圍廣闊的地方，蠟燭難以與其匹敵，何況燈有各式各樣的造型和五顏六色的燈管、罩選擇，面對只是簡單而毫無設計的米色蠟燭，幾乎「完勝」。

或許科技的日新月異能方便人們生活，但難以溫暖人心。燈，一項小小的發明已佈滿世界的角落，夜間不少城市都展現流光溢彩、燦若星河的樣貌，縱然眼前一片繁華，心中亦有如《青玉案·元夕》中的「那人卻在燈火闌珊處」般不欲前往，害怕被燈紅酒綠的繁花世界沾染了心。可於停電的時刻，無數人都願意拿出早藏於櫃底只用於應急的蠟燭，打火機一點，燭引一燃即亮，入眼之處雖矇矓，但心中必然感到安全了幾分，昏黃及搖擺不定的燭

光如小精靈般舞動。有人曾說：「我讚美那默默無聞的蠟燭，更讚美那和蠟燭一樣任勞任怨的人。」如今一想，可不是這樣嗎？雖日常不用，但一需貢獻，他必挺身而出。無論是多麼艱辛也必做好。李商隱也說過：「春蠶到死絲方盡，蠟燭成灰淚始幹。」雖犧牲了自己，可也照耀了別人和前路，其中喻意以燈來詮釋便弱了幾分。

有的人會讚美燈的璀璨和華麗，更是點評不少大城市、不夜城「這是燈的海洋，燈的天地！一盞盞點燃的燈，遠遠望去，猶如天女撒下的朵朵金花，又似繁星滿天，閃着亮光。」確實如此，朵朵金花驅趕了人們所畏懼的無邊黑暗，可所消耗的卻是數之不盡的地球能源，可所能任表、象徵的意義似乎聞所未聞。可蠟燭卻如人們的明燈。蕭楚女曾如此點評蠟燭：「人生應該如蠟燭一樣，從頂燃到底，一直都是光明的。」，更有人更願意付以精神和意義在蠟燭上，如生日宴會、宗教節日，集體哀悼、紅白喜事中不乏蠟燭的身影，例如在福建武夷山市，每逢農曆二月二十日，便舉行蠟燭會，為悼念扣冰和尚的祭祀活動。

燈與蠟燭不是死對頭，只是一種方便與溫暖的分別，前者照亮前路，後者照亮心靈，兩者的存在只為人們更好的面對未知的將來，無論是視覺上還是精神上的光明。

## 學生體藝及文化交流活動後感

6D 朱靄茵

在是次交流活動中，內地學校及學生給我最深刻的印象莫過於熱情好客了。內地學校為我們的來臨準備周全、盡善盡美，例如為我們安排參與他們學校第一次的畢業典禮，還無限向我們這些運動員提供充足的水，提供洗澡的安排。而內地學生在我們來臨時，熱情向我們打招呼，積極邀請我們一同參與他們的訓練，使我有賓至如歸的感覺。

在這次活動中，令我最難忘的事便是與內地女同學一起踢足球，進行一場小型的女子足球友誼賽。原來我們並

不懂踢足球，但在內地學生的邀請和耐心的指教下，我們可算是對足球有初步的認識。然後，我們便分成兩隊進行足球賽，雖然那時正值中午，烈日當空，但也無阻我們兩地學生的興致，笨拙的我們只管追着足球跑，殊不知，內地的一位女同學卻輕易地把足球踢進足球龍門內，可我們卻不分敵友，相互鼓勵歡呼，才發現原來踢進一球足球就似跑了三千米的距離，累極了。最後，我們與內地學生交換了聯絡方式，在歡樂中結束了這場足球賽。





中一校園巡禮



中一家長日



中六VTC講座



中六級模擬放榜



友師計劃・奶茶師傅工作坊



火鍋聚餐



企業參觀・消防局



生物科考察活動 土壤微生境探索



企業參觀・婚禮統籌公司



企業參觀・微軟公司



明哥派飯體驗



班際比賽



班際歌唱比賽





基商科・小生意大創意活動



黑暗中對話體驗



曾鈺成青年座談會



基商科・迪士尼通識探索之旅



模擬人生活動



學生會諮詢大會



澳門科技大學及鏡湖護理學院講座



親子栽花種植比賽



學長暑期訓練：高空繩網挑戰



學長活動



職業體驗遊戲・機械篇



## *The most unforgettable day*

2D Zeng ShiYing

Two years ago, I went to Hulan to visit my grandparents with my family. The real reason for visiting was because my grandmother was sick. Her life was in danger. We were worried about her situation. Although we have been to Hulan few times already, this time was after a long time since we last went there.

I miss my grandparents so much. When I arrived in this world,

my grandmother was living with me. I wished for my grandmother to be fine again.

We went back to Hulan immediately as the doctor said my grandmother may die! Everything just happened in one night.

Luckily, several days after we arrived, she became fine. Was that day the most unforgettable for me? I will tell you, yes!

## *A great day with my best friend*

3D Pang Tsz Nok

My best friend is called Jimmy. He is my primary school classmate. We always play together. He is not tall and he is not fat. I think he is cleverer than me. One time, he invited me to play 'war game' with him. Let me tell you more about it.

It was my first time playing 'war game'. I was very excited. When I reached there, I was very excited but nervous. We had not had lunch. They just gave us a cake and a pack of Vita milk. When I picked up a gun, I was a little afraid. Then, they gave us a mask to protect our

face. We entered the war game zone and started our battle. I wanted to laugh at myself because my eye sight was bad. I couldn't shoot my enemy. I kept shooting the wall while my enemy always shot me. I could only survive in one round and lost in other rounds.

Lastly, we took a photo. Then we gave them back our weapons. Next, we went back home. It was an unforgettable day. I hope I could go there again.

## *An important person to me*

4D Chung Lai Yin

Who is an important person to you? Your best friend? Your roommate? Or your teacher? For me, my mother is an important person to me.

She has long hair and beautiful eyes. You might say they are not so special. But for me, they are just like the most expensive diamonds in the world. A billion dollars could never buy them.

When you talk to her, you will never feel bored! It is because you can hear a lot of funny things from her. She is also good at singing. If you are very lucky, you might hear her sweet voice!

I remember when I was studying in primary school, she cooked lunch for me and sent it to my school every day so that I could have a

warm lunch to eat. Even if it was a heavy rainy day, she insisted on bringing me lunch! Since then, I wanted to be a chef in the future so that I can cook for my mum every day!

She is so important to me and I want to say to her that she is so beautiful when she is singing. She is just like a superstar that shines on the stage. I know she is working very hard now. I swear I will work hard so that she does not need to worry about me.

The last and the most important thing I want to say is, 'I love you, mum! Thank you for all you have been doing for me!'



## What if there was no electricity

5D Chan Ho Fan

Have you ever tried not turning on lights at night or using your electronic appliances for a period of time? If so, we will see nothing at night or our life will become inconvenient and dull. Having no access to any electronic appliances, mobile phone is one of the good examples that tells. The rapid development of science and technology has made technology an important part of our daily life. It is also a fact beyond dispute as well. As what I said, no electricity supply will impact us deeply.



If we don't have any electricity demand, lights will not light up everywhere, it means the world will fall in darkness, like a black hole. Apart from this, we cannot use any items which depend on electricity. The advent of mobile phones allows us to contact our friends by sending messages or calling them quickly. Without it, writing a letter is the only way to help us keep in touch with other. Without the gadget, it is highly inconvenient for all of us, right?

Simultaneously, electricity supports the viability of all electronic products. A lot of fun will be missed if we live without them. As we

know, watching television programmes or playing online games need the support of electricity. Nowadays, most youngsters have indulged in doing them. So if they can't use those items to do what they want, they may feel bored.

Moreover, electricity fuels our society and economic development. Carelessly, manufacture industry needs a lot of machines to make it up. If we don't have any electricity, no more products will be produced. It causes a severe problem. Nothing to be sold represents the job opportunities will be reduced. Everyone may lose their jobs and can't earn a living. Hence, mankind can't live in a world without electricity. Otherwise, everything will be back to the primal society when we had to lighten up by burning wood or using other primitive ways. Isn't it ridiculous for people in a high-technology society to do that?



I deem that all of us can't help that. So, electricity is absolutely the basis of a society. It is the key to achieve better development of our society in the 21st century.

## The last time I cried

6D Lau Hiu Laam

When I was small, I was told not to cry. I was born in a strict family. My mother and father thought crying cannot solve any problems and it may worsen the situation. It caused me to become an independent and tough person.

Living in this exam-oriented society, my 'tiger' parents definitely wanted me to become cleverer and more outstanding than others. And that was the beginning of my nightmare. They made me join lots of extra-curricular classes including ballet, piano, drawing and swimming. Of course, they enrolled me in tutorial classes as well. Every day, my schedule was filled with different kinds of activities. No rest time was given. Though you may think I may cry because of this. There was a person who really cared about me, she helped me and supported me. She made me more willing to walk through those difficult situations.

She is my grandmother, a kind, generous and humorous person. I could only visit her once a week. But still, she feel light-hearted even before I would meet her. Once she asked, 'Marie, how is your school life?' 'My school life is great, teachers and classmates are good to me. But I don't really want to go to tutorial classes and other...' While I was replying to her, my mother stopped me. 'You don't understand the reason why I have chosen so many classes for you! It is important to

your future. When you grow up, you will understand!' My mother shouted loudly. The room was in a silence. I could even hear the drop of a needle in the living room. I clenched my fingers together, biting my lips hard in order not to drop my tears out of my eyes. My mother found that I was going to cry. She stared at me. 'If you drop a tear out, there would be no dinner for you tonight.' And she went back to kitchen and continued to cook. 'Don't worry about what your mother says, she has been a rigid person since she was small. She shouted at you because she wants you to have a better future.' I understand, I really understand. She wants me to have a smoother road.

But her words repeated in my mind again and again. Trying to control my feelings, but I really failed! At that moment, I burst out crying. My grandmother tried to calm me down. Maybe I turned on a button called 'stress'. My voice became louder and louder. And finally, my mother went out from the kitchen. She said 'Are you going to cry forever?' I didn't reply. 'Really? No dinner for you!' she shouted outrageously. I kept my words into silence. She looked at me for a while and sighed. 'Maybe I should not push you so hard.' My tears burst out again.

Since that, I had never cried anymore.



2018全港學界中文打字達人比賽已於2018年4月21日舉行。本校5D班黃培銘同學以122 WPM的速度贏得青年組冠軍。以下為黃同學的得獎感受。



最近我因著學校的緣故，參加了全港學界中文打字達人比賽，並在比賽中取得了青年組的冠軍，我非常感謝學校為我提供了參賽機會，為我建造了一個發展才能的空間。

很多人都會問：

「為何我打字速度能那麼快？」而我直至現時為止都未能想到一個正確答案，對於每天都會接觸電腦的我來說，打字可能只是我每天都會做的一件普通事，就如每個人都會寫字一樣。在參加這次賽事之前，我只知道我打字比別人快，卻沒認知比原來比別人快很多，接下來就讓我說一下我對比賽的感受吧。

起初，我只是抱著純粹參與的心情去參加校內的打字比賽，當時在校內比賽的賽果是：「第一次：106字/分鐘，第二次：120字/分鐘」，我因此取得校內比賽冠軍，其後更被老師提攜參加全港學界打字達人比賽。在得悉了參加比賽後，我便努力去研究比賽的系統，希望能把自己的成績再創新高。我先在比賽認可的系統下練習了約30多次，由於系統練習次數有限制，於是我在網上尋找不同的練習打字程式去練習打字；與此同時，我亦搜尋去年的比賽成績記錄，務求知己知彼，以去年冠軍的速度為目標，為求將打字速度訓練至一定水平去參賽。經過多番練習後，我把自己的打字速度提昇至133字/每分鐘，雖然我不知道這成績能否獲獎，但我還是抱著擴闊見聞的心態去參賽吧！

比賽當天，我約了好朋友陪我去參賽，因為比賽場地很遠，我在早上五時多就起床出門前往比賽場地了。到達以後看見負責老師（鄭杰賢老師）也有到場為我打氣，場景令我十分難忘。比賽設有初賽及決賽，而非參賽者人士只能坐在禮堂等待參賽者完成比賽，因此我非常感謝到場為我默默打氣的兩位老師及同學。

經過初賽及決賽一番激鬥後，大會宣佈結果及頒獎，最終我以125字/分鐘之成績力壓來自不少學校的參賽者而順利勝出比賽。我為這個成績感到光榮，但我沒因此而感到自滿。對我來說，真正的打字冠軍是無論在任何設備，在任何情況下都能保持高水準，而相比我練習時，我的確是稍微退步了，我對此感到遺憾。但我在這一次的賽事中學懂了不少道理，其一，就是人不應止步於一個界限，人是一種神奇的生物，總是能突破不同的極限。因此請不要因自己一時三刻的成績而自滿，而是應該精益求精，打破界限，更上一層樓。

其實每一個人都會有自己的才能，有些人只有一個，有些人卻有很多個才能。有的是與生俱來、有的卻是後天培養的。很多人都有自己所擅長的事，但是都像我一樣，從來沒發現過自己的才能，只是欠缺一個發掘自己的機會。如果有幸地遇上這個機會，請抓住機遇，去為自己的才能開墾一條道路。

相信很多人也有試過為一件事而準備充足，就例如考試，卻可能因為各種因素失手等而失敗。在此希望各位不要放棄，並進行檢討，更要為自己再作更好的準備，有人說過：「計劃趕不上變化。」我十分認同這一句，所以臨危不亂也是重要的一環，對任何事情都抱著冷靜的態度去處理，以及做好準備，任何問題都會迎刃而解，也能將失敗的機率大大降低。

在這次的比賽中，我還學到一件事，那就是「專注」，有人認為溫習以及練習是一件十分沉悶又漫長的事。在我比賽中的五分鐘，時間過得好像一分鐘一樣。相信不少人看過電影和影片等，而當你看完一部一小時多的電影或者一條約十分鐘的影片，你會發現時間早就過去了，但套用於在學習上，只要你專注於學習，時間就如影片一樣快速流逝。學習其實就好譬如一個遊戲，只要你用心練習，你會從中找到樂趣，每個人讀書時期只有一次，把握機會，嘗試勝出這一場「遊戲」，體驗那輝煌的成就感。

最後，我想在此再對為我提供參賽機會的母校、為我打氣的同學們及一直對我不離不棄的老師們，致上感謝。

5D 黃培銘



## 2017-2018年度校報明風編輯委員會

顧問：王定鵬校長

編輯：黃思明老師 陳祉盈老師 林妙芬老師 黎敏生老師

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