

家 教 會 周 年 聚 餐 專 訪

十一月二十六日(星期六)是本校家長教師會周年聚餐暨第十七屆常務委員會就職典禮。當晚本校的小記者訪問了學校管理委員會主席陳美寶女士，以下就和大家一起分享這次專訪吧！

Little reporter : 6A TSE MAN HUEN

It is my pleasure to join Parent-Teacher Association dinner gathering on 26th November 2011. The dinner gathering was held in Wan Chai Fu Lam Restaurant. When I arrived there, I felt very excited!

First, I looked around the restaurant and I saw many teachers talking to parents and schoolmates. I thought they were very happy and enjoyed the party as they were all smiling and relaxed. Some teachers even sang karaoke and made the event more enjoyable.

Oh! I almost forgot my secret mission - to have an interview with Ms. Mable Chan, the Chairperson of our school SMC. I asked her about her role model when she was young, as this question is in line with our school program of

"Learning through Experience". She told me that when she was still a kid, her role model was her mother. Her mother was a nurse and was born in Singapore. She liked to help people very much! She thought her mother was brave and responsible, so Ms. Mable Chan admired her very much.

I think I learn much in this interview. My dream of being a professional reporter will come true one day if I keep on learning and practising reporting skills.

小 記 者 心 聲

小記者：6A張翼鵬、4A羅智遠

十一月二十六日是我校家長教師會周年聚餐暨第十七屆常務委員會就職典禮。當天晚上，我們負責訪問主禮嘉賓學校管理委員會主席陳美寶女士。

訪問前一天，我們的心情非常緊張，整天在思考訪問的內容。

活動當晚，我們三位小記者一起訪問陳美寶女士，我們問她最想仿效的對象是誰和成為一個成功人士需要具備哪些素質。陳女士教導我們要學習「取長補短」：吸取別人的長處，彌補自己的短處。小時候，她仿效的對象是媽媽，雖然現在她沒有特定一位想仿效的對象，但是她認為世界上一定有比自己聰明的人，他/她不一定是最棒，但一定有值得學習之處。要成為成功人士必須學會取長補短，具備這樣的素質，才可更上一層樓，成就自然會更卓越。

這次的訪問不但豐富了我們的學習體驗，而且令我們獲益良多，讓我們增加信心及提升說話的技巧，如果下次我們有幸再次成為小記者，相信我們會做得更加好呢！



小記者專心地聆聽陳美寶女士的分享。



訪問完畢，陳美寶女士與小記者來張合照。

北 京 學 校 生 活 體 驗 團

6C溫子樂同學參加了這次北京學校生活體驗團，他回港後，仍與在北京認識的好友保持聯絡呢！

周芝宇：

你好！從北京回港至今，一直沒有與你聯絡，真的很抱歉！

首先要感謝你和伯父、伯母在北京時對我的熱情招待。你們不但帶我到處觀光旅遊及品嚐美味的佳餚，還教導我很多北京的文化風俗，令我獲益良多，增廣見聞，真的十分感謝你們！

自從回港後，我非常想念你們，我很期待你們到港旅遊與我重聚！

可否告知我你喜歡吃什麼東西及想到那裡觀光呢？好讓我可預早告知媽媽為你預備。

請代我問候伯父、伯母！

祝

安康

好友

子樂上

十二月十日

十月二十七日，我懷着異常興奮的心情，拖着行李，乘車回學校準備出發去北京，參與一個非常有意義的活動 - 北京學校生活體驗團。我們師生數十人一大清早乘飛機離開香港，乘搭了四小時的飛機，終於到達了目的地 - 北京。

十月二十八日，我們正式跟當地的學生一起上課，那兒的課室大得很，簡直不可思議！我和他們上了一天課，發現他們的授課方式跟我們香港截然不同。還有，他們在下午四時多才放學，習慣三時便放學的我，真的難以適應。

在北京，我每天都非常愉快，最令我難忘的就是在十月二十九日和三十日這兩天，因為我和林家灝的接待朋友四人一起到長城。我和何智宇都是「爬」上去的，我還拍了許多風景照呢！接着我們再到國家大劇院，我們竟在這裡碰到香港的同學蔡嘉霖，大家真有緣啊！北京的接待朋友帶我們品嚐了很多北京的地道小食及遊覽多處名勝古蹟。

十月三十一日，這是旅程的最後一天，我和北京的學生再一起上課，我覺得他們上課時很認真學習及守紀律，很值得我們學習。我希望有機會再到北京，豐富我的生活體驗。

A Thief at My Home

6B Billy Hui Lok Yin

This is a Sunday morning, my mom and dad were out to their friend's jewelry shop to buy jewels. They were jewelry collectors. My house was full of jewelry.

After I have had my breakfast, I turned on the television to look at the news. The biggest news was a man robbed the biggest jewelry shop in town with a machine gun and bombs. After the robbery, the culprit used a car to escape. He had an immaculate route to escape so the policemen could not catch him.

"Ding dong", the doorbell rang. I opened the door without thinking. Oh my god! He was the robber in the morning! He rushed into my house and tied me up with a string. "Why I'm so gullible!" I grumbled.

He took all of the jewels in my house and put in his package. "Help! Help!" I hope the neighbors could come to help me. "You smart guy, bye," he took his machine gun and pressed the trigger. Luckily, his gun had no more bullets to use. That means he couldn't hurt me now!

I used my nails to cut the string, and kicked his leg. He fell down and used the strings in his package to truss up him. He lied on the floor and cannot move. I called the police immediately. Then I called my parents. Five minutes later, policemen arrived. They arrested the culprit and asked me questions. I answered them in detail. They thanked me and left.

The next Sunday morning, I turned on the television and saw the news. They said the court punished the culprit to be in jail for twenty years. I am so proud of myself for helping the police to capture the robber. On the other hand, I've learnt to be more careful and not to be so gullible.

健康生活小貼士

- 生活有規律，作息要定時，每晚盡量在11時前睡覺。
- 早晨起床後空腹喝一大杯暖水。
- 每天進食高纖低脂的健康早餐。
- 進食至七、八分飽。
- 保持良好飲食習慣，避免偏食，盡量避免吃宵夜。
- 保持適當體重。
- 保持適量及有恆的運動。
- 定期檢查身體，「病向淺中醫」。
- 切勿吸煙、酗酒和濫用藥物。
- 保持愉快的心情，與人傾訴分享困擾煩惱。

健康口訣

清晨起來一杯水，健康早餐最可取；
工作不忘鬆一鬆，每天健行半點鐘；
辦公地方要環保，家居潔淨身體好；
精神健康尤重要，活力四射常歡笑！

資料來源

<http://www.dabhk.com/health/healthliving.htm>

常見有關飲食的謬誤

錯	對
煲湯後的食物沒有營養，可不吃而只喝湯。	湯裡所含營養不多，大部分營養仍在湯渣，因此應連渣一起吃。
凍肉的營養不及新鮮肉。	現代的雪藏肉類方法，能保持肉類營養，而且凍肉價錢較廉宜，可以考慮。
維生素丸、補品、健康飲品、提神劑等有助促進身體健康。	濫吃這些產品，不但浪費金錢，更可能對身體造成壞影響。
不吃早餐，可減肥和保持理想體重。	早餐除了提供每日所需營養，更可使精神集中，增加工作能力。每人每日應最少進食早、午、晚三餐，和配合適量的運動來保持理想體重。

第59期「腦筋急轉彎之IQ大比拼」第58期腦筋急轉彎之IQ大比拼答案

1. 甚麼時候5比0大，0比2大，2又比5大？
2. 小明參加賽跑，他很努力才追過第二名，所以他取得第幾名？
3. 所有交通工具參加公開考試，結果各自取得成績如下：飛機考獲B+，火車考獲D+，哪麼汽車取得甚麼成績？

答案在第60期學生報公布

1. 小明沒帶指南針，因此在沙漠裏迷失了方向。晚上他可以靠北極星來辨認方向，但現在太陽已升起，他怎樣才能辨別出東南西北呢？

答案：太陽是從東方升起的，小明只要面朝太陽升起的方向站著，就可以辨別出方向來對面是東。

2. 甚麼花不能澆水？

答案：煙花

3. 一條繩子在中間剪斷了，但它仍是一條完整的繩子，有這可能嗎？為甚麼？

答案：有。因為這條繩子是連接成一個圓圈的。