

## PTA境外交流團

## MY UNFORGETTABLE EXPERIENCE IN XIAMEN

On March 31, 2012, my mom and I woke up so early in the morning that it seemed like I was still sleeping. We couldn't wait for four-day trip to Xiamen together with 42 of my schoolmates, teachers and most importantly, our headmistress, Miss Tang and deputy-headmistress, Miss Mok. This was our last school trip together with Miss Mok before her retirement.

Right after landing at the Xiamen International Airport, we went to the factory of King Long United Automotive Industry. Through a special arrangement, we were permitted to visit the production assembly, where we saw the production process of big buses, middle buses and school buses. This was my first time visiting a real factory. I liked it very much.

The second day was a big day. Although I was suffering from a stomach-ache, I still insisted on visiting the Xiamen Experimental Primary School. We were all impressed by a grand welcoming ceremony joined by more than 1,600 students, teachers and the principle of XMEPS. Then, I had a Mathematic lesson in class 3F. All the students wanted to sit next to me. The lesson was very interesting. I could understand what the teacher said and also answered several questions correctly. After the lesson, we attended a performance section. Yeung Kit Yee and I played a song called "Entry Dance" using recorders. In the afternoon, we visited the home of a primary 3 student. They served us several famous local foods. This was a very different experience from my school day in NPGPS.

On the third day, we went to a beautiful island called Gulangyu by ferry. There were many kinds of trees, such as mango trees, Longan trees and Kapok trees. I also saw a hive on the tree. After that, we climbed a rock mountain where we found twelve types of Lunar New Year Animals.

On the last day of the trip, we could not wait to play on the beach near Xiamen University. We dug a big hole about half meter deep until water came out from the bottom. It quickly formed into a small artificial pond. I also picked up many shells in special shapes as my souvenirs.

This four-day trip was an unforgettable experience for me because it was totally different from my previous vacations.

3A James Hui Lok San



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## 「閃耀之星」

這次我獲得由資優教育基金主辦的「閃耀之星」才華拓展獎學金，我感到十分榮幸和自豪。這個獎項真的得來不易，它代表着父親、母親、泳隊教練和我付出多年的血汗及淚水換取的成果，亦代表我們的努力獲得評判們的認同。這個獎項為我帶來了一筆可觀的獎學金，我會珍惜每分毫，用得其所。

集訓期間的辛酸，促使我曾經無數次想過產生放棄游泳的念頭，但是最終我都堅持下去，繼續努力練習，克服當中遇到的困難，才会有今天的成果。所謂「一分耕耘，一分收穫」，我鼓勵大家每一件事都應盡力做好，因為你的努力是不會白費的。

6B何哲恆

## 「明日領袖」

能夠獲選由教育局及傑出青年協會主辦的「明日領袖獎」，我實在感謝鄧校長和老師們的提名，在此我再次衷心感謝學校多年來對我的培育和支持。

2012年2月28日，主辦單位舉辦第十二屆明日領袖高峰論壇暨「明日領袖獎」頒獎禮，當日我有幸有機會出席。論壇中演講嘉賓提到的議題，令我擴闊了對21世紀全球所要面對的危機，例如糧食不足、氣候暖化以及經濟萎縮等問題，讓我反思應該如何裝備自己以迎接未來的挑戰。

令我最難忘的是能夠聽取候任行政長官梁振英先生分享他在1988年獲得傑出青年殊榮的心路歷程。對我而言，這條路雖然還遙遠得很，但我會再接再厲，在未來的日子裡參與更多有益身心的活動，多與不同層面的人接觸和交流，從而培養積極及健康的生活模式，進一步提昇個人的領導才能，希望長大後可以貢獻社會。

今天，我不敢自滿，「堅守目標、克服失敗、記取教訓」是我做人的座右銘，我深信各位同學憑藉個人毅力和充分發揮所長，成為明日領袖的路途是指日可待。

6A蔡方培



## When A Stupid Thief Saw Smart Detectives

In the city of London, there were two detectives. One is called Watson, the other is Sherlock. They had the most able-bodied and clever soul in the world. They always move to ensure no one could find them. This time, they moved to a mansion near the National Bank.

"Don't move! Give me money! Ten thousand dollars!" A man in a police uniform rushed into the bank and pointed his knife at the staff's nose. "Calm down, calm down; I'll go and take ten thousand dollars for you now." the staff said with horror. After the robber had taken the money, he escaped with his sport car.

"ZOOM!" the car rushed into the forest. Sherlock and Watson came there first and the police arrived to surround the forest. The robber hid in a house inside the deep forest. After they searched the whole forest, they discovered that the robber had escaped. "Why the robber could escape? The police had surrounded the forest!" Watson asked. "Only, if the culprit camouflaged as a policeman. So..." Sherlock said. "So we cannot let any policeman leave!" Watson shouted.

Half an hour later, all the policeman were in the Baker Street police station. Sherlock and Watson whispered. "....." "....." Then they asked all the police to do a writing, the title was "If I were a robber".

They finished in half an hour. Two detectives found a funny writing, "If I were a thief, I would not wear the police uniform to rob the bank, it is too stupid! I will steal ten thousand dollars, it's enough."

Watson took out his handcuffs and caught the thief. The thief wanted to escape. But how could he escape? The door of the police station was already locked. Sherlock caught him and Watson used his handcuffs to lock him. The robber was shocked. He asked, "How can you know that?" The detectives smiled, "What a stupid question! You have already told us you are the robber in your writing!"

6A Owen Tsoi

## 第60期IQ題答案

IQ題1: 箱子裏混放著三種不同類的蘋果。最多要從箱裏抽多少個蘋果出來, 便有兩個是同的呢?  
答案: 四個。

IQ題2: 兩個女孩剛升讀小學。兩年後, 她們的年齡會比兩年前大一倍。你知道她們今年幾歲嗎?  
答案: 六歲。

IQ題3: 李叔叔有一盒餅, 準備分給數位小朋友吃。如果一人分一塊, 便多出一塊, 一人分兩塊, 又欠兩塊。究竟最少有幾個小孩? 幾塊餅?  
答案: 三個小孩, 四塊餅。

## 第61期 IQ大比併

1. 香蕉不懂得使用打字機(猜四字詞語)。
2. 不直(猜香港一個地區名)。
3. 中國哪地方的人最大力?
4. 哪個數字倒立後會增加一半?
5. 世界上最小的島是甚麼島?

答案將在第62期學生報公佈



## 精明

### 精明吃小食

- 如在兩餐正餐間感到肚餓, 才進食小食。
- 每次進食(包括正餐或小食)之間最少要相隔1.5 - 2小時。
- 小食份量宜少, 以免影響進食下一餐的胃口。

### 健康的小食

- 低脂奶品類及高鈣食物: 如牛奶、乳酪、芝士等。
- 蔬果類: 如青瓜、甘筍、粟米、蕃茄、蘋果、橙等。
- 五穀類及肉類: 如梳打餅、蕃茄雞蛋三文治、低脂麥片等。

### 養成良好飲食習慣

除了不偏食, 達至營養均衡外, 家長應教導孩子養成飲食定時定量的習慣, 以及鼓勵他們多吃高纖維食品如蔬菜、水果、黃豆類製品、麥米、全麥包、麥片等, 而盡量少選甜品及油膩食物。從小養成良好的飲食習慣, 可減少對健康帶來的影響。

[http://school.eatsmart.gov.hk/files/pdf/R411\\_tc.pdf](http://school.eatsmart.gov.hk/files/pdf/R411_tc.pdf)