



德蘭中學

St. Teresa Secondary School

地址：九龍何文田常盛街21號

電話：2711 5202 傳真：2715 4509

網址：<http://www.stteresa.edu.hk>

第三期

蘭語

▼ Supervisor, Rev. David Lau, Principal, Ms Tam with the Students' Association

PRINCIPAL'S MESSAGE

Time has flown by since I joined the family of St. Teresa Secondary School a year ago. Thanks to the dedication of the supervisors, teachers, parents, alumni and members of the school management committee over the years, STSS stands up well to the challenging educational environment in Hong Kong. Guided by a holistic approach to education, STSS is totally committed to students' whole-person development. Character building and academic performance carry equal weight at our school.

STSS is a school which does not only focus on 'winners'. Students are provided with ample opportunities to learn, perform and shine. Efforts in academic, artistic, creative, sporting, technological and social realms are all encouraged and supported. At the same time, we commit ourselves to following the edifying example of our Patron, St. Teresa of Lisieux, by trusting totally to God's loving care, living a life of simplicity, searching for truth and sacrificing ourselves for others with unabated courage.

The implementation of the new senior secondary curriculum has marked a new milestone in our work. One clear objective of the new structure is to equip our students with the necessary skills, abilities and mindset so that they will be able to meet the challenges of life and work in an ever-changing environment not only competently but also confidently. Furthermore, as guided by the mission of Catholic education, we have placed significant emphasis on the practice of core Catholic values (Truth, Justice, Love, Life and Family), which form the spiritual and intellectual foundations of our new programmes.

We are putting in place a broader and more diversified senior secondary curriculum to cater for the different interests, aptitudes and abilities of students. This will avoid the premature division of students into science, arts or commercial streams. To facilitate students' whole-person development, a key component of our new curriculum is non-academic learning experiences, or what is known as, "Other Learning Experiences" (OLE). We will continue to

enhance the quality of education we provide and to support our students in realizing their goals and dreams through multiple education and career pathways.

STSS has continued to attract and recruit top students locally and from outside of Hong Kong. The results of our teaching were evident from the satisfactory HKDSE results of last year. I wish to take this opportunity to thank all teachers for their hard work, their dedication to our school and our students, and their commitment to excellence.

We have made impressive progress in our student character formation programmes. Apart from having built a harmonious school atmosphere, we have also developed excellent and rewarding relationships with parents, alumni and stakeholder groups such as Education Bureau, Catholic Education Office, Kowloon City District Office, NGOs, Universities, Primary schools and other partners.

Looking ahead, STSS will continue to hold to its beliefs and will implement its strategic development plans for 2012-2015. One important project is the establishment of the Incorporated Management Committee (IMC), which will take into account the views of stakeholders and create a more transparent management system. Our school renovation works, completed during the summer holidays, have included new staff rooms and a brand new look to our library. We also plan to make our teaching more innovative and our environment more stimulating to suit the needs of our students.

We are celebrating the 35th anniversary of our school this year and we are all looking forward to some memorable events. Given the solid foundations students will acquire at STSS, I am sure that our girls will excel in whatever future pathways they choose to take, and that they will become leaders in different disciplines as we have proudly seen with our old girls.

Tam Yun Ming Teresa
Principal

▼ Observing a lesson



Educators "fly-high" in Pilot Scheme for fruitful exchanges

To improve teaching effectiveness, teachers must always reflect on their own teaching and continuously seek ways to improve it. The Pilot Scheme on Hong Kong English Teachers' Exchange Activities to the Mainland is a means to help teachers do so. This was the second year of our participation. As in the previous year, two of our English teachers were assigned to Foshan No.14 Middle School in Guangdong, where they worked closely with teachers there on their English curriculum so that they could adopt a more integrated and interactive approach to learning and teaching English. Building on the success of last year, the collaboration between the two schools has reached new heights. This year there was a successful production of an English musical.

We were also honoured to have been invited by the EDB to be a base school for the scheme this year. During the 4-day visit in April by local teachers from CCC Hoh Fuk Tong College, PAOC Ka Chi Secondary School and Shung Tak Catholic English College along with mainland teachers from Foshan No.14 Middle School and Hua Ying School, there were many fruitful exchanges. The fact that our school was a base school for the scheme allowed us to share our previous experiences with the local secondary school teachers who were to be sent to the various participating schools in



▲ Collaborating with peers



▼ Teachers actively discuss a lesson

Foshan. As a base school, our classrooms were also opened up for lesson observations, and the post-lesson discussions between our teachers, the other Hong Kong teachers and our counterparts from the Mainland were engaging and insightful. All the visitors were impressed by the efforts that the whole school had put into creating an English-rich environment as well as the school-based English curriculum that was tailor-made for our students.

We cherish every learning opportunity. The sharing of ideas, the chance for reflection and the collaboration between peers make us stronger educators.

Miss Anita Huna, English Panel Head of STSS

▼ Two passionate teachers in Foshan, Ann (first right) and Helen (second right) worked with us closely during our stay



▼ Principal Tam presenting a souvenir to Mr Eric Chan (EDB)



A visit to Foshan No. 14 Middle School by STSS English teachers



▲ The class size is big in Foshan with 50 to 60 students.



▼ Drama workshop: "Yes, stretch out your hands like this. Yes....."

▼ Teacher Collaboration: "Let's assign one student to be the group leader."

Ms Karen Chan Ka Wing and Ms Lam Fung Ming went on secondment to the Education Bureau in the last academic year. The following is an interview with the two of them in which they talk about what they did and what insights they gained from the programme.

Q : What programme did you join last year?

Ms Lam: The name of the programme was The Pilot Scheme on 'Hong Kong English Teachers' Exchange Activities to the Mainland' (2011/12). It was a professional development programme for Hong Kong exchange teachers.

Q : What exactly did you do?

Ms Lam: At the initial stage, we took part in some training workshops to learn how to collaborate with mainland teachers, what strategies and skills school-based development facilitators should be equipped with as well as up-to-date teaching strategies, knowledge and skills, etc. We also visited some other schools on the Mainland and in Hong Kong. I think it was an eye-opening experience for us because we seldom have a chance to visit other Hong Kong schools while we are in Hong Kong.

In May, we were stationed at Foshan No. 14 Middle School for one whole month. As I mentioned before, we were school-based development facilitators and we had to work with the mainland teachers there. At first, we did some lesson observations and post-lesson discussions. Then, we designed two different sets of worksheets for them, one for more capable students and one for weaker students. Then we discussed how to make use of various teaching activities in the classroom. The class size is quite big in Foshan, there are about 55-60 students in one class, and it is mainly teacher-centred, therefore, we hoped that by making use of different teaching techniques and activities in the classroom, we could arouse students' interest in learning English and change the classroom into a student-centred one. We also organized one drama workshop and one vocabulary teaching seminar for them.

Q : What did you learn from the programme?

Ms Chan: When we first learn to ride a bike, we struggle a lot and think about what we can do to make it easier. But once you learn how to ride, it becomes something automatic. It doesn't require you to think at all. This applies to almost anything. This programme provided me with a lot of opportunities to observe lessons and get involved in post-lesson observations, which allowed me to reflect on what I have been doing in my classroom. Although we were the school-based development facilitators, we actually learnt from the mainland teachers too. They were hospitable, enthusiastic and open-minded; they were willing to explore new ideas. We always shared ideas and experiences in order to help students. It reminded me of the importance of cooperation and sharing. Through professional dialogue, we can improve our teaching.

Q : What impressed you the most about the programme?

Ms Chan: The students at the school we visited were very hard-working. They did not have as many resources as students in Hong Kong and there were not many outside-classroom activities in which students could practice English. Furthermore, they did not have air-conditioners in their classrooms. However, they treasured the opportunity to learn. When Ms Lam and I held a lunchtime activity, more than 60 students showed up. I think students in Hong Kong are quite lucky in a sense that they are provided with a lot of resources and opportunities. Although we were stationed at Foshan No. 14 Middle School for only a month (I wish we could have stayed longer!), we built up a good rapport with the students. We chatted, we played, we learnt. I was incredibly impressed by all the people I met and I will value all the experiences I had. They will stay with me forever.



▼ Let's say 'Cheese'

Taiwan **2012 APHPE** 健康校園攜手創 身心安泰齊共享

The 2nd Asia-Pacific Conference on Health Promotion and Education

第二屆亞太健康促進與教育國際學術研討會

2012.5/4-5
Fu Jen Catholic University



台北校園健康促進交流團(2012年5月3-8日)

▲台北校園健康促進交流團團體合照

德蘭中學自二零零一年已參與由中文大學健康教育及促進健康中心主辦的香港健康學校獎勵計劃，並曾於二零零一年度及二零零八年度兩獲銀獎。我們深信學校對於青少年健康發展擔當十分重要的角色，校園生活的各個層面如健康教育課程和活動、校園環境衛生和安全、健康飲食和運動的推廣、關愛文化的建立等，均對學生的健康產生正面的影響。

為了進一步認識促進健康的趨勢和實施健康教育的策略，譚潤明校長和我於本年五月參加了由中大健康教育及促進健康中心舉辦為期六天的「台北校園健康促進交流團」。交流團主要分為國際學術研討會和探訪兩部份。首先，我們參加了在台灣輔仁大學舉行為期三日的「第二屆亞太健康促進教育國際學術研討會」。是次大會主題為「健康場所之賦權增能」，除了有來自西太平洋區的學者就最新的健康政策推行情況及相關的研究資訊發表演說，同時亦安排了多項分享環節

同步進行。我們參與了多個有關學校推廣健康教育的策略及運作細則的研究，獲益良多。此外，我們更隨團探訪了兩所健康小學——臺北縣五股鄉更寮國民小學及新北市三重區集美國民小學。兩所學校均致力透過校政和多元化的課程和活動，培養學生養成健康的生活方式與態度，建立健康學校文化。通過與兩所小學的校長、老師、學生、家長代表和當地教育部官員的交流，我們對台灣教育部如何推行健康課程更為了解。最後，我們到輔仁大學醫學院公共衛生學系，認識了當地醫學院的學制及完善的設備。

這次台北校園健康促進交流團，讓我們對學校健康推廣政策有更深更廣的認識，確是一次寶貴的經驗。

健康教育組 戴念慈老師



▲在更寮小學參與交流活動



▲與集美國民小學校長合照



▲與更寮小學校長和教育部官員合照

▼輔仁大學公共衛生學系系主任陳教授接待參觀

公共衛生學系
Department of Public Health



▲與校董李大拔教授在台灣輔仁大學于斌樞機主教銅像前合照

「同行萬里」高中學生內地交流計劃——湖北水利及工業規劃與文化探索之旅

境外學習拓視野
交流考察樂滿瀉

2012年2月22日至26日，本校聯課活動主任葉美寶老師與十名中四及中五的學生參加了由香港教育局舉辦之「同行萬里」高中學生內地交流計劃——湖北水利及工業規劃與文化探索之旅。這次交流活動以三峽大壩及湖北武漢為交流訪問地點，旨在讓學生認識祖國大型水利工程建設及其在能源、運輸及綜合治理長江所起的作用，以及面對的困難和挑戰。並探究在十二五規劃之下，中國的工業如何進行改革，以配合國家推動節能減排的政策和規劃。雖然於這五天裡，當地天氣並不太理想，但學生於是次境外學習活動中獲益良多，她們透過親身訪問、體驗、組織、整理及分析資料，完成專題研習報告，讓她們對祖國歷史文化和國家發展有更深入的認識，並能提升歸屬感及國民身份的認同。



▲攝於武昌起義軍政府舊址門外



▲於華中師範大學第一附屬中學的飯堂與學生代表共晉午餐

▽參觀青青草原



旅遊與款待科——台灣交流團

本校旅遊與款待科於上年度四月十日及十三日到台灣高雄、台南及台中進行交流和探訪活動。

旅程中，學生探訪了高雄的義守大學及彰化縣的明道大學，除了認識兩所大學的課程外，更了解到現今餐旅事業的發展趨勢及作為一個餐旅從業員需具備的條件。

除此之外，學生亦到訪了台南市政府觀光旅遊局，了解到台灣的政府觀光部門推廣旅遊業的政策及保育歷史文化景點的方法。

考察結束後，其中四位旅遊與款待科的學生於OLE成果分享活動中向全校學生介紹了考察的活動內容，並分享她們的感受。她們認為是次考察讓她們有機會認識台灣的大學課程及設施，並參觀了不少大自然景點，接觸大自然，實在是一次難得的經驗。

▽與義守大學副校長合照



法國舞蹈交流介紹

▽法國舞蹈交流團2012



本校舞蹈組於2011年6月及2012年7月，與碧華舞蹈團應邀到法國參與「法國舞蹈巡遊表演」，以下為參與交流的學生：

- 彭瑰鈴、葉臻蓉、盧美均及葉家璋 (2011)
- 張佩瑩、李學霖、李均宜、李可頤及蘇錦盈 (2012)

大會邀請了不同國家的優秀舞蹈團隊到法國表演，猶如一場舞蹈嘉年華，本校學生能夠參與這大型的表演，實在是一個難得的機會。她們除了在街上巡迴演出，還到了不同劇場及老人院表演。無論是那一個表演場地，觀眾都十分熱情，學生也認真地跳每一支舞，並享受其中，更使她們明白到舞蹈的真正意義——帶給別人快樂。

除了表演，學生也有機會參觀當地的跳蚤市場及文化遺產，使她們了解當地的文化及歷史。這寶貴的體驗使學生獲益良多，不但認識不同國家的文化、風俗及舞蹈風格，亦加強了學生舞蹈表演的技巧，並明白到團隊精神的重要。

▽法國舞蹈交流團2011



A trip to Foshan

9th - 11th April, 2012

境外學習拓視野

交流考察樂滿瀟

歡迎香港德蘭中學師生來臨



▲ A warm welcome by school leaders and student representatives of Foshan No.14 Middle School

The English Department and the Cross-curricular Activities Team coorganized a 3-day English Learning and Cultural Exchange Study Tour to Foshan in April, 2012. Twenty-eight students, from S.3 to S.5, experienced studying with students at Foshan No.14 Middle School. During the tour, they had a chance to have an English lesson with the students there. Besides this, they were responsible for holding some English games and activities. Students also had time to talk and they discussed the differences between their education systems as well as learning more about each other's cultures. It was a wonderful experience for students in both schools. Apart from learning English, students enjoyed some excursions and sight-seeing activities there. They visited many famous tourist spots and historical sites like Guangdong Shiwan Ceramics Museum (廣東石灣陶瓷博物館) and The Foshan Folk Art Research Institute (佛山民間藝術研究社). A pottery class and a paper-cutting class were also arranged for them during the tour. Students enjoyed the activities very much. The tour definitely broadened their horizons and it was a valuable and unforgettable experience.



▲ A paper-cutting activity with students in Foshan

嶺南歷史文化考察之旅——

五愛周智欣(歷史與文化學會主席, 2012-2013)

今年我再度參加由歷史與文化學會舉辦的考察團，原因十分簡單，就是旅程有意義又從不沉悶。

是次活動名為「嶺南歷史文化考察之旅」，在三日兩夜的行程中，我們的足跡遍及嶺南的歷史遺蹟。南海神廟是旅程的第一站，神廟始建於隋朝開皇年間，距今已有一千五百多年歷史，它是古代帝王祭海的聖地。那聳立在正門的牌坊，上面刻有「海不揚波」四字，充分顯示出人們建廟的心願。神廟內還有康熙帝留下的墨寶——「萬里波澄」。此四字蒼勁有力，足見帝王的風範，亦甚具歷史價值。

古代帝王陵墓充滿神秘的色彩，同樣吸引世人的目光。我們有幸來到南越王趙昧的陵墓，這個建於秦末漢初的古墓，陪葬品極多，而且價值連城。其中如文帝行璽金印，是我國考古發掘出來的第一枚帝印；而令我最難忘的，正是那件「絲縷玉衣」，它用了2291塊玉片鑲嵌而成，可謂巧奪天工。在陪葬品中還有一幅駭人的石刻圖像——一名貌似祭師的人在船上提著人頭！相信他正進行祭祀儀式，這說明南越國仍然保留著嶺南獨特的文化，並未完全漢化。

六祖惠能的故事，相信大家耳熟能詳。在今次的行程中，我們親臨光孝寺——六祖惠能創立佛教禪宗的發祥地。這真是千載難逢的機會，我很喜歡光孝寺富有傳奇色彩的味道，這裏古樸

恬靜、與世無爭，令我頗有領悟。我想，人們整天營營役役，如果能好好靜下來，反省自己今生究竟為何而活？有什麼東西值得珍惜和感恩，那才是不枉此生。

記得有人說過，如果要掌握將來，一定要好好把握現在。我們如何把握現在？這就必須明白過去。過去就是歷史，文物古蹟正是人類過去的明證。故此，將來有機會的話，我仍會繼續參加歷史與文化學會舉辦的考察團。



▲ 陳家祠



學術體藝才華展 多元學習成就顯

傑出女演員白潔鈺和葉曉雯的對手戲

傑出女演員游嘉婷在台上演出

中文話劇

戲劇學會一向重視學生的藝術發展，每年都會聘請資深戲劇導師帶領學生創作劇本。在創作和排練的過程中，學生不但能活用生動的演出技巧，還能提升創造力和合作精神。本學會有幸於二零一一年至二零一二年度香港學校戲劇節獲得多個獎項，包括：評判推介演出獎、傑出合作獎、傑出舞台效果獎、傑出女演員獎5個（白潔鈺、劉思敏、葉曉雯、游嘉婷、周穎怡）及傑出導演獎2個（周穎怡、陸艷雯）。本學會更被邀於二零一二年五月十三日，在荃灣大會堂演奏廳公開演出。學生均表示這次演出令其眼界大開，獲益良多。



▲同學投入演出

李愷超 (中四孝)

我相信我們每一位成員都因為獲得「評判推介演出獎」而非常高興。雖然排練時很辛苦，甚至星期六、日也要回校綵排，但每位成員均樂在其中。得獎固然開心，但更開心的是認識了新朋友，能與她們一起為學校爭光真是一件樂事。

陳廷欣 (中四孝)

參加學校戲劇節是我中學生涯中最精彩的時刻。今年參賽的是古裝劇，為了令我們明白古人的神態，戲劇導師特意請來一位導師教我們「做手」及古人走路的方式，十分有趣！最後我們更獲得「評判推介演出獎」，真的很意外呢！我記得每次排練都要待很久，非常辛苦，但經過這次比賽，我明白到團結的重要，只要有一人缺席就不能順利綵排。



HKVEP Workplace English Contest 2012 - Champion



▲Students receive their prizes

S.4 students Jovy Ng Chow Yee, Colleen Ng Hang Ki, Sally Wong Po Ching and Kathy Yip Yan Wa's video entry in the HKVEP Workplace English Contest won the Champion award. The contest was organised by the Hong Kong Institute of Vocational Education (IVE). The final and award presentation ceremony was held at the Hong Kong Design Institute on Saturday 21st April, 2012.

Students had to film a product or service presentation (3-5 minutes in length). Judging criteria included *impact, creativity, content, language skills and presentation skills*. The skills and knowledge gained from the competition helped students with the NSS Elective module - Workplace Communication.

The team's winning entry was titled 'Harmony House Maid Service'. The team wanted to promote the message that domestic helpers play an important role in the lives of Hong Kong families. The winning entry may be viewed at: www.youtube.com/hkvep

Clipit Competition 2012 - 1st Prize

Clipit is organised by the Native-speaking English Teacher (NET) Section of the EDB, and it is open to all schools in Hong Kong. The competition aims to develop students' English language proficiency in a creative way through the use of technology.

Students form a team and are given a piece of raw video footage in which they need to edit and then re-arrange the film. Teams need to conduct research and write a commentary for their videos, and there is a requirement that their videos have a focus on one of the Elective modules of the Senior NSS curriculum. Finally, a voice-over with matching subtitles and special effects are added.

Our Junior Secondary team (Anson Chan Hoi Lam, Gina Chan Kin Shing, Lily Chiu Mei Lei, Pauline Rose Trieu & Zoe Yeung Tsz Lam) won the 1st Prize in their category. Their video was titled 'Overcoming Monday Sickness', and it related to the NSS Social Issues elective. The prize ceremony was held on 3rd July 2012 at EDB Kowloon Tong Education Services Centre.



▲Students proudly display their certificates

Read Out Loud Competition (2012)

The Daily Readers 'Read Out Loud' Competition was organised by KEA Learning International. A secondary school category was added to the competition for the first time this year. Participants had to submit an audio recording of a poem (over 1000 entries were received). Short-listed participants were chosen to read out the poem in a semi-final. Four of our students got through to the final and were invited to take part in the final and award presentation ceremony at Hong Kong University on Saturday 21st April, 2012. At the final, students needed to present their poems in an effective way as well as explain how they felt about the poem and why they chose it. Students were judged on *their pronunciation, voice projection, presentation and creativity*. Pauline Rose Trieu (S.2A) won the 1st runner-up prize while Michelle Chan Long Ki (S.1D) and Lily Chiu Mei Lei (S.2A) were both awarded a merit award.



▲ Trophy for the 1st runner-up

▶ Reading aloud with passion



德蘭傑出運動員專訪

四孝班李可頤同學是香港跳水隊其中一位代表，蘭語記者特邀請她作訪問，好讓德蘭學生分享她成功的經驗。

- * 李同學，你在跳水方面屢獲佳績，在7月的時候曾代表香港前往新加坡參加「新加坡跳水國際賽」，榮獲個人3米板季軍。而你將於10月前往澳洲，代表香港參加「19th FINA World Junior Diving Championships 2012」，相信你現在一定勤加練習，全力以赴。你可否跟我們談談你練習跳水的情況？
- 我每天放學後都會往九龍公園泳池練習跳水，每次約兩小時。而星期六全日，星期日上午都會練習。
- * 你花在跳水練習的時間真不少，有影響你的學業嗎？
- 事實上，對學業或多或少也有影響，但我已習慣了這樣的生活，而且跳水是我的興趣，我唯有善用時間來兼顧兩方面。例如在乘車時，或在周末、假日全日練習跳水時，抽出午膳時間在泳池閱書、做功課。
- * 你真能善用每分每秒，怪不得能兼顧學業與跳水。在艱辛的訓練中，相信你也曾遇上困難，你是怎樣克服的？

- 我還記得兩三年前，我在練習某一個動作時，不小心撞到了跳板，心生恐懼，整整一年再也沒有嘗試做這個動作。後來得到教練和很多隊員的鼓勵，終於鼓起勇氣，克服心理障礙，再試跳這個動作，終於成功了。
- * 別人的鼓勵和自我的肯定是邁向成功的重要因素。李同學，請問你下一個目標是甚麼？
- 我希望能於10月的澳洲世界青年錦標賽中奪取理想的成績，而更大的目標是能代表香港參加2015年青少年奧運會。
- * 謹祝你達成願望。最後，希望你能贈同學幾句勉勵的話。
- 我希望同學能珍惜時間，切勿讓它白白溜走，如果只浪費在玩樂方面，時間必定不夠用。只要學懂分配時間，好好運用，成功自然會在你面前。

蘭語記者：施曉彤 陳依婷(五孝)

▼ 李可頤同學優美的跳水姿勢



李可頤個人檔案

- 於11-15/4/2012代表香港參加「2012年澳門國際跳水邀請賽」
獲女子乙組3米板殿軍、甲乙組雙人3米板季軍
- 於23-24/6/2012參加 2012香港分齡跳水賽
獲甲乙組雙人3米板冠軍
- 獲2011-12年度德蘭傑出運動員獎
- 於3-10/7/2012代表香港前往新加坡參加「新加坡跳水國際賽」
獲個人3米板季軍
- 於11-26/7/2012隨碧華舞蹈團前往法國作巡迴匯演
- 於10/2012代表香港前往澳洲參加「19th FINA World Junior Diving Championships 2012」