



# 聖羅撒學校校訊

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## 方濟大家庭聯校宗教活動

為了讓學生了解方濟精神，方濟大家庭聯校宗教組特別為屬校的信仰小團體，安排了主題為「方濟精神在聖堂」的聯校宗教活動。本校一班小四及小五的公教學生，與其他四間學校的學生一起靜心聆聽方濟會夏志誠神父，介紹慈雲山聖文德堂的歷史及主保聖人。之後更到聖文德堂參觀，並以祈禱作為這次聯校宗教活動的結束。同學們帶着天主的降福及基督之光回家。



# 運動會



運動會開始前，大家首先誠心祈禱。

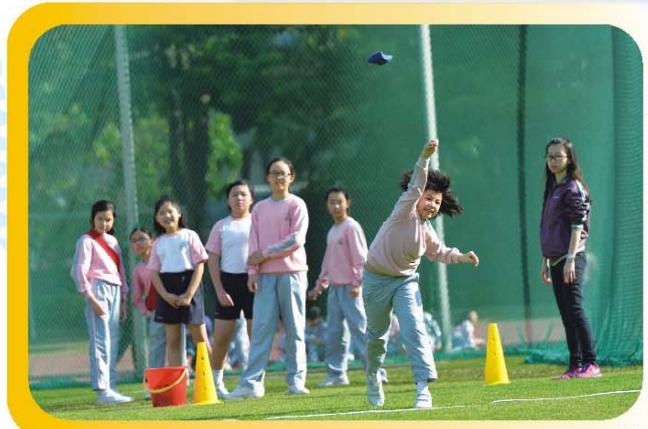
二零一四年一月二十九日(星期三)，我校舉行了第十四屆運動會。一大清早，大家就懷著興奮的心情來到了九龍深水埗運動場準備參賽。現在，快來讓我們一起回顧一下運動會當日的精彩片段吧！



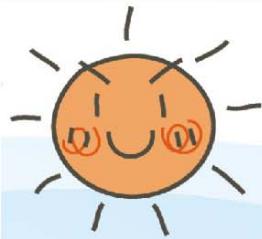
小健兒們不忘老師的教導：  
劇烈運動前，先要做熱身。



看台上的同學也同樣投入比賽，一起為同學加加油、打打氣。



比比誰是大力士？



猜猜誰跳的次數多？



接力賽上你追我趕，緊張又刺激！



這真是充滿歡笑和收穫的一天啊！



# 校慶樂繽紛

二月二十二日對於聖羅撒學校學生來說，是一個十分特別的日子，皆因那天是「校慶樂繽紛」的日子！今年所舉辦的攤位遊戲較從前多樣化，相當吸引。那天，不少校友、家長和同學都全情投入，大家都玩得十分盡興呢！

今年是我第一年以家長義工身份參與校慶日。參與是次校慶活動，由構思直到活動當日，真的讓我見識到「愛心玫瑰」的力量！在構思各個不同手工攤位中，我看到各家長義工付出寶貴的時間，設計不同手工攤位，希望學生在活動當天感到快樂；在採購手工材料方面，家長義工精打細算，為手工攤位揀選合適的材料；最後在活動當天，更感受到各家長之間各盡所長及無言的默契，實在十分難得！在此感謝各位家長義工不辭勞苦及無私的奉獻，才能讓這個大型的活動順利地完成。令聖羅撒大家庭上上下下都能真正繽紛同樂，萬分感激！

家長教師會副主席  
陳楊佩韻(2D陳正恩家長)

校友、家長、同學於當天全情投入，把校慶的歡樂氣氛推至高峰，就讓我們一起回顧當天的有趣時刻吧！



快快參加攤位遊戲來  
換取禮物吧！



有很多禮物等着你們啊！



考我記憶，無難度！



擲彩虹，我的眼界不錯吧！



算一算，24原來有很多組合啊！



這個遊戲需要手穩不震。  
你看，我又夾到了！



三個字……猜中嗎？



玩得餓了，當然要到小食部啦！



準備好未？開始計時……



你看她很投入，  
少一點耐性也不行啊！



當天的手工攤位很歡迎，  
你看她們用心地製作小手工。  
攤位每位家長義工亦很  
用心地教同學們做手工啊！



兩層高的吹氣滑梯十分受歡迎，  
由高處滑下來真刺激啊！



她們為自己的木手鐲塗上顏色。



吹氣彈床是今年新設的遊戲，好玩！



她們在穿珠，製作手鍊。



媽媽跟女兒一起製作相架，  
是一個親子的好機會啊！



全部都是同學們用心繪製的製成品。

# 小六教育營

## 活動花絮

三月二十六日至二十八日，六年級同學參加了學校舉辦的教育營，地點是明愛長洲明暉營，大家在歡笑聲中度過了愉快的三天。看看我們的照片吧！

我們出發了！

### 沙中情



### 環保課程



### 長洲社區探索



## 遊小長城



膳食真豐富！



三天的營期結束，  
我們回家去了！



# 聖羅撒學校管樂團復活節 台灣交流之旅2014

4月22日  
出發啦！

日期：22/4/2014至26/4/2014

交流學校：台灣高雄市前金國民小學管樂團

參與人數：合共70人

同行老師：何秀慧老師 余穎嫻老師  
呂彥德老師 潘啟英指揮



22/4(二)	23/4 (三)	24/4 (四)	25/4(五)	26/4(六)
上午： 由香港出發 至高雄	上午： 觀光活動	上午： 8:00 -12:30 前金國小排練	上午： 觀光活動	全日： 觀光活動
下午： 2:30-4:00 前金國小排練	下午： 1:30-4:00 前金國小排練	下午： 觀光活動	下午： 1:30-3:00 成果分享音樂會	



我們的早餐，YUM!



同學們都感受到熱情的招待



出發前來一張大合照，SMILE!



終於到了高雄！

管樂合  
奏訓練



多謝指揮劉老師的指導

## 分組訓練



## 成果分享 音樂會

高雄市教育局楊專員



送給台灣同學的紀念品

再見了!

## 擂茶



## 參觀博物館 及藝術區



## 十鼓文化村 及遊夜市



## 開心時刻



# 交流後感.....

## 學生感言

### 文化/參觀

6D 簡羽佑

今天，我們去了藝術特區，從那裡我看到很多影片，包括台灣人的心聲：「反核」。原來興建核電廠有那麼多壞處，但又同時帶來經濟效益。看來，政府應多聆聽市民的聲音。

6D 簡羽佑

今天，我們到十鼓文化村看精彩的打鼓表演，表演時會出現洶湧的水，真是令我大開眼界。

3D 黎綺晴

今天，我們到了美濃文化村學擂茶。首先，我們把所有材料放進大碗，然後將它磨成粉，再把熱水加進碗裡喝。

4D 陳靖彤

我在這次交流中已經學會了各種樂器的稱呼，如：單簧管即是豎笛的意思。此外，我還學到團隊精神對一個樂團的重要性。這天的交流很有意義，我還在前金國小認識了一位新朋友，她跟我一樣，都是吹「豎笛」呢！

5B 李曉鈞

當他們跟我們說：「再見，歡迎妳們下次再來！」的時候，我感到十分感動，四天的練習已經過去，這次的交流令我技巧上大有進步，也令我更加熱愛管樂。

4C 林卓穎

雙方同學都非常認真地練習，最難忘的是前金國小的校長也來看我們練習。今天我了解到節奏感的重要和學懂更多的普通話。

6D 何柔蔚

當前金國小的學生們列隊歡送我們的時候，我很感謝他們這幾天的教導和照顧，更多謝令我進步的兩位同學，因為他們二人幫我練習，我才能改進，我萬分感謝。

### 家長的話

4C 郭偉僮家長

兩地合奏的前一個晚上，偉僮和兩位同學主動地要求回房間加緊操練，她們的熱誠值得一讚。欣賞兩地交流的合奏後，我更要給予各位同學十個讚。

5C 何妙珊家長

前金國小是一所校舍非常宏大的小學，令我眼界大開，他們熱情的歡迎及歡送儀式卻令人感動及印象難忘。女兒每晚在酒店房間內親述上午在前金國小的一點一滴。今次台灣交流對我及女兒都是很好的經驗及對管樂有更深入的了解。最後感謝校長及各位參與老師的照顧與關心。

3D 黃珞茵家長

集訓的幾天，看著女兒及同學們真的有所進步，互相合作、團結及認真的學習，這些人生經驗對她們是十分重要，是千金難買的寶貴經歷。直到成果分享會，她們成功的演出，大家也十分興奮，也感覺到女兒長大了，很棒的表演！

5B 高穎嘉

我希望下年會再有機會到台灣交流，因為十分有意義。在最後一天，還有一個送別禮呢！我們跟前金國小的三年級交換禮物，禮物有一個寫著前金國小的小包和文具。我們最後還收到一杯台灣地道的珍珠奶茶，加上在那兒學的知識，這次真是滿載而歸啊！

# 常識科

## 專題研習

為了培養學生高階思維能力，本科積極發展以探究式學習為主的校本課程，因應學生的興趣與能力，提供全方位學習的機會，以豐富學生的學習經驗，協助她們建構相關的知識，而專題研習及科學探究為本科發展探究式學習的主要策略。



這個棋盤很精美呢！二年級的同學運用所學，設計一個寓學習於遊戲的棋盤。



一年級的同學正在專心地設計宣傳「家居安全」的畫冊。



三年級同學合作構想為老人院的老人買禮物，藉以體驗精明的購物之道。



為了探究昔日香港的教育概況，四年級的同學訪問本校舊生及參觀學校的文物室，以取得與專題有關的資料。



五年級的同學在星光大道進行訪問，蒐集有關資料，然後撰寫建議書。

# 科學探究



## 一年級

一年級的同學在測試不同物料的防水能力。



## 二年級

究竟紙蜻蜓下墜的速度與它的翼長有甚麼關係呢？  
二年級的同學正在進行比較和觀察。



## 三年級

三年級的同學透過實驗驗證哪一種物料所製造的杯較具保溫能力。



## 四年級

空氣有沒有重量？風是怎樣形成的？為甚麼噴射機能向前推進？四年級的同學透過觀察、記錄、分析及結論去找答案。



## 五年級

五年級的同學透過不同的實驗，了解閉合電路的原理，還自行製作電路迷宮遊戲。



# 其他

## 2013 - 14年度 「一人一花」計劃

本年度小二至小四學生參加由康樂及文化事務署舉辦的「一人一花」計劃，在家中栽種新畿內亞鳳仙，學習如何栽種植物，並藉此了解植物的形態。



新畿內亞鳳仙色彩鮮艷，形態優美，很多同學都前來欣賞。



同學們正為自己栽種的新畿內亞鳳仙澆水。

## 科學小智慧問答獎勵計劃



高年級的同學盡顯愛心，指導低年級的同學閱讀科學雜誌。



《小小科學家》益智又有趣，同學們都看得津津有味。

## 小小科學家培訓班



看啊！我的製成品多美！



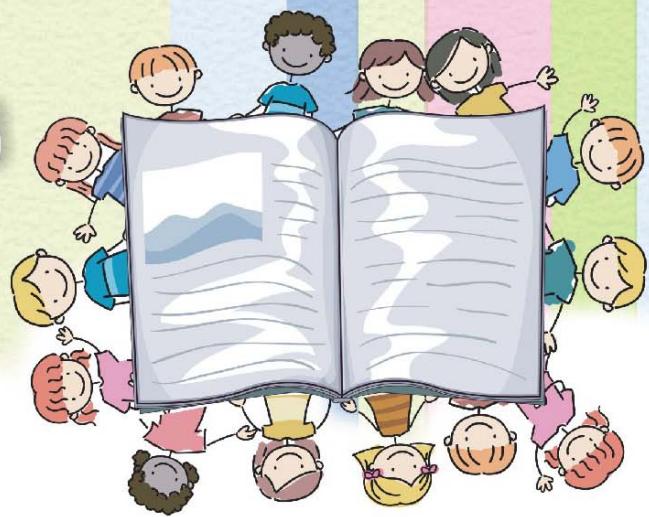
小科學家們在互相討論，看看如何拼出成品。

# 2013-2014 「寶藏書中尋」閱讀活動



常言道“閱讀”是開啟知識寶藏的鑰匙，所以我們希望同學能透過一連串的閱讀活動，認識更多益智讀物，對學校圖書館館藏增加了解，更可與同學分享所愛書籍或故事，在發現閱讀樂趣後，能終身愛上閱讀。

本學年舉行的 [寶藏書中尋] 閱讀推廣活動共  
有十八項，種類各有不同，例如：書簽/封面/角色  
創作比賽，愛閱讀齊分享，書展，校園故事爸媽，  
作家講座，世界閱讀日海報設計比賽，閱讀精靈比  
賽，閱讀問答比賽，英文故事音樂劇，老師好書  
推介等等。同學如參加當中指定的閱讀活  
動，可獲發印章，在學期完結時，成績優  
異者，更會獲發禮物以作獎勵。



## 閱讀活動花絮：



## 世界閱讀日海報設計比賽優勝作品

## 2013-14 九龍城區閱讀獎勵計劃 獲獎名單

姓名	班級
梁慕晴	6B
鄧卓林	6B
黃曉盈	6A
何柏霖	6A
葉嘉鈴	6A
戴鈺芙	6A
陳碧珩	6A
陳昭蓉	6D



## 宗教科的專題書展



校園來了故事媽媽呀！



看，誰成為為閱讀大使！



## 中學大姐姐在閱讀分享會的介紹



嘩！熊仔叔叔講故事



好精彩，同學也跟隨熊仔叔叔舞動了！

# 數學遊戲大激鬥

數學科於2013年12月進行了為期兩周的「數學遊戲大激鬥」活動。透過不同類型、富趣味性和挑戰性的遊戲，培養學生學習數學的興趣，提升學生的思考和解難能力。在活動中，邀請高年級的學生擔任數學大使，負責教導低年級學生玩數學遊戲。



看！同學們多專注投入玩數學遊戲呢！

## 數學大使感想：

參加這次活動讓我覺得很開心，因為在教同學玩遊戲時，既可以增進數學知識，又可以結識新的朋友。

6C 龔穎然

## 學生感想：

我覺得這個活動可以增加我們對數學的興趣，可以一邊玩遊戲，一邊思考。想不到答案時就會有高年級姐姐的幫忙，她們態度親切。

3A 李在琳

# 愛上閱讀齊分享

為了培養學生閱讀數學課外讀物的興趣，我們著學生在復活節期間借閱數學書及完成閱讀報告，並在午讀時段向同學分享閱書心得。



5C 郭欣桐同學：「我看了一道很有趣的數學題，讓我考考你們！」



2D 羅喜芊同學：「每個數字都有不同的意義，原來“4”在西方社會裡代表幸運，來到中國卻不受歡迎呢！」

## READ ALL ABOUT IT!

Read these stories and find out about some naughty monkeys and P.4 bullies.

### An Unforgettable Outing

4A Candice Cheng

When I was in Primary 3, my scout group went to a country park to have a barbecue. Something terrible happened at the that made it an unforgettable outing for us.

I remember that it was a sunny morning. Our group leader, Mr. Chan took us to the country park by school bus. We chatted on the bus and I was very excited and happy. When we arrived at the country park, My friend Mark breathed in the fresh air and I ran happily on the grass.

Then, Mark and I had a barbecue at the barbecue site. We cooked the food by ourselves. The food was really delicious. Mark told some jokes that made me laugh. We chatted together happily and did not notice that there were some naughty monkeys looking at us!

Suddenly, the monkeys jumped down from the tree. Mark and I were extremely scared. Mark dropped the food on the ground. Then, the naughty monkeys grabbed our food and my scout cap. One of the monkeys laughed at us and made a funny face! Mark hid behind me. I shouted, "Help! Help! Please help us?"

At last, Mr. Chan made a loud noise by hitting a teapot and a frying pan. When the naughty monkeys heard that, they dropped the food and my cap and quickly ran away.

After that, Mark and I knew that Mr. Chan was a brave scout leader. We were very grateful to him. That day, I learnt I should be brave like him.

By Gillian Lee (4B)

When I was in Primary 3, my scout group went to a country park to have a barbecue. It was an unforgettable outing because something terrible happened to us.

I remember that it was a sunny morning. Our group leader, Mr. Chan, took us to the country park to have a barbecue. I felt delighted because I could have a barbecue with my best friend, Mark. We ran to the barbecue site and started to have our barbecue.

We were really hungry and we enjoyed the barbecue very much. But when we were eating the delicious food, some monkeys saw us and wanted to take our food away.

We felt scared and worried because the monkeys were running to us. We just hoped that they wouldn't hurt us.

After one minute, they came and grabbed our food. We screamed loudly. We didn't know what we could do. We just kept shouting "Help! Mr. Chan! Help!....."

Suddenly, Mr. Chan came. He brought a frying pan and a teapot and he used them to fight off the monkeys. The monkeys ran away quickly and we thanked Mr. Chan for saving us.

I will never forget this terrible experience!

By Yoey Li Wing Hei (P.4B)

When I was in Primary 3, my scout group went to a country park to have a barbecue. It was an unforgettable outing because something terrible happened to us.

I remember that it was a sunny morning. Our group leader, Mr. Chan took us to the country park to have a barbecue. We went to the country park by school bus. When we were on the school bus, we all felt delighted. Mark and I were in one group. When we arrived there, we were hungry, so we had a barbecue quickly.

When we were chatting happily, a monkey saw our chicken wings and came towards us. But there was not just one monkey! There were three monkeys!

We were so scared! The monkeys grabbed our bag of food, and a monkey took away my cap. Mark was too scared so he hid behind me! Then I called loudly, "Help!"

Mr. Chan heard and he ran to help us. He hit a pan and a teapot to make a loud noise and it made the monkeys run away!

Mark and I felt very grateful to Mr. Chan because he helped us to scare the monkeys away.

I thought this was an unforgettable experience for all of us and that it was my most memorable experience too!

#### Picture Story – Unforgettable Outing :





## A story of a blind boy

By Cindy Luk (Class 4C)

One day, when I was in Primary four, I met my classmate, Eddie, on the street. I wanted to go to the public library so I asked Eddie if he was free to show me the way. Eddie was kind and said that he was free and that he could take me there. So we went to the library together. I was happy that Eddie could go with me because it was my first time to go to this new library.

When we were on the way to the library, we met Tom and Judy. They were the naughtiest boy and girl in our class. They teased others all the time. When they saw us, they said to me, "Blind Billy! Silly Billy!" and they said that Eddie was a guide dog. Eddie and I were sad because of the things they said to us. We ignored them and continued walking to the library.

We arrived at the library five minutes later. We read a lot of books. Then Eddie took me home. My mum was at home. When we saw her, I said, "Mum, Tom and Judy teased us today and we do not know what we can do about it." Mum answered, "I think you should tell the teacher about the teasing. I think the teacher will help you both." "Okay," Eddie and I said together.

The next morning, Eddie and I told our class teacher, Miss Chan, about the teasing. Miss Chan said she would talk to Tom and Judy that afternoon.

Two days later, Tom and Judy said sorry to us. We were happy that they finally apologized.



## Take a **LOOK!** at students' writing about books they like.

### 'Why does the Earth Spin?'

By Ruby Fong (5A)

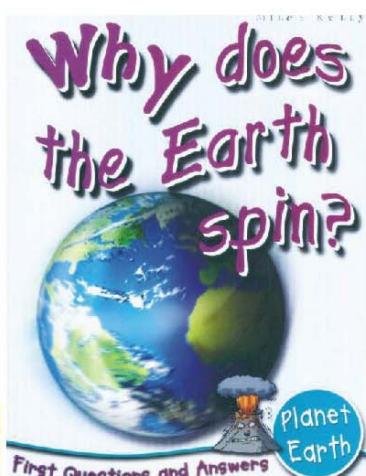
I would like to introduce a book called 'Why does the Earth Spin?' to you. The writer of the book is Miles Kelly and the illustrator is Mike Foster. It is an information book about some nature facts such as fossils, volcanoes, mountain ranges, earthquakes, glaciers, icebergs and caves.

This book has clear descriptions about some nature happenings. It is easy to read, with pictures and simple words. It is suitable for kids. It also has good illustrations with attractive and funny colourful pictures. After reading the book I learnt a lot, including the fact that the Earth always spins because it came from a spinning cloud of gas and dust. There are different layers inside the Earth. There is a thin rocky crust, mantle, outer core and the hottest area called the inner core.

I want to recommend this book to my schoolmates because this book teaches us a lot about nature happenings and it also tells us how the people damage the Earth in daily living. It also suggests some ideas about environmental protection, like recycling and planting trees.

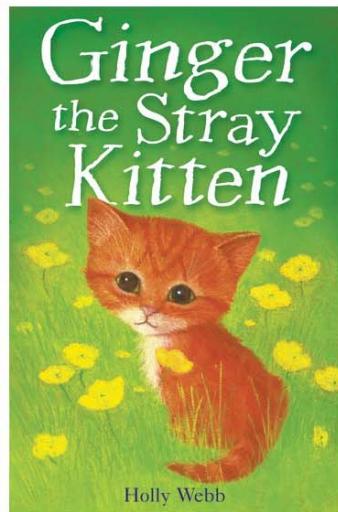
It has a quiz on the last page which asks readers some questions to enhance their knowledge.

In my opinion, I think this book is great and educational. So don't miss it!



### "Ginger the Stray Kitten"

Natalie Ho P. 5B



Do you like cats? I am going to recommend a book to you called "Ginger the Stray Kitten". It is a story book about a stray kitten. It was written by Holly Webb and illustrated by Sophy Williams. Ginger is a very cute kitten which has special coloured fur. He has big eyes, a long tail and a cute face. If you really like kittens, I am sure you will like to read this book.

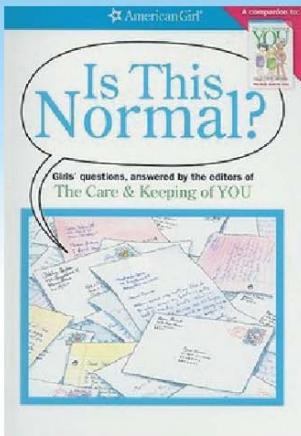
Ginger met a girl, Rosie, on the farm. She named him Ginger because of the gorgeous colour of his fur. At first, Ginger was very shy, then slowly, he learnt to trust Rosie. But one day, the farm was sold. When the builders started to destroy it, Ginger was terrified because all the other cats and Rosie disappeared! He was all alone, and suddenly the world was a scary place. What would Ginger do?

I think all my classmates should read this book because the story is really exciting. We can also learn many words from it and our English can be better. I have read it many times but I still feel touched every time I read it again. I appreciate Rosie's spirit of never giving up. I have also learnt to be patient and brave when I need to stay in a strange place.

I will recommend this book to my family, friends, classmates and teachers. If you want to buy this book, you can go to the website 'www.scholastic.com'. Read it and find out how Ginger overcomes difficulties and finds Rosie!

## 'Is This Normal?'

By Adrienne Tang 5C



talking to a good friend.

There are several reasons why my schoolmates should read this book. After reading this book, I feel more confident. This book teaches me a lot of things. I believe that when my body starts to change someday, I won't be afraid. Moreover, I learnt how to take care of my body. For example, we have to focus on keeping ourselves healthy and strong and not just skinny. Furthermore, the book also teaches me how to solve different problems in life.

I used to be embarrassed by the change in my body and all other 'girl problems'. But now, I realize that I am not the only one. This book not only gave me lots of advice, it also made me turn into a more confident girl. Therefore, I hope my P4-P6 schoolmates can build up their confidence through reading this book also.

## 'Give me a Hug'

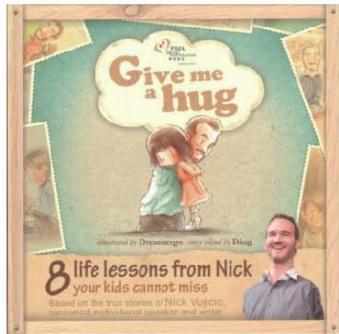
By Emily Kwok 5C

Have you heard of the book 'Give me a Hug'? If not, let me tell you more about it. This book is written by Ding. It is a book about Nick .... Wait! Oh, right! I haven't told you who Nick is yet. Nick Vujicic is a successful and famous man now. However, he was born without limbs. This book is a biography of Nick.

I like this book because the book is meaningful and inspiring. My favourite chapter is Chapter 3, 'Never Give Up'. It teaches us not to give up easily when we face difficulties in life. We should keep on trying until we succeed. Nick says in the book, 'Failure is the mother of success.' This became my motto after I read the chapter.

Besides, after I read this book, I learnt that we should never bully others. I should be an angel to others. I should use positive words to care for and encourage the people around me. Also, I learnt that happiness is a choice. We can all choose to be a happy person and enjoys our lives.

I would like to recommend this book to you, especially those in P.46. You can get this book from any book shop or from the library. I found this book very inspiring. I hope you would enjoy this book too.



## 'I Love Big Bang'

By Emily Lau (5D)

Who is your idol? Mine is Big Bang. So, I chose this book to do a report. This book is written by Mu Yue You.

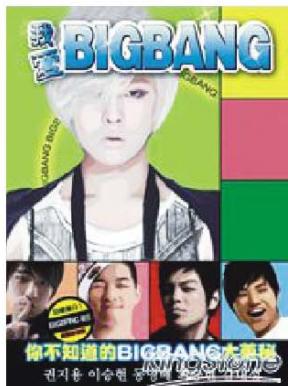
Big Bang is a famous Korean band. The members are G-Dragon, Taeyang, T.O.P, Daesung and Seungri.

This book is a biography of Big Bang. It shows some funny, silly and special stories of Big Bang.

Chapter 4, which is my favourite part, is about G-Dragon. In 2009, G-Dragon had a new song called 'Heartbreaker'. It was a nice song, but people said he copied Flo Rida's 'Right Round'. G-Dragon had spent quite some time on making this song. When he knew the gossip, he was really sad. However, he didn't give up. He made some other new songs. Those songs were so successful that this stopped the gossip. G-Dragon also received compliments not just for his special songs but also for his stylish clothing. People call him a 'Fashion Icon'!

I have learnt that we should be persistent and helpful from this book. If we fail, we should just try again. If we are not recognized by others, we should work harder! If our friends are in trouble, we should help them!

I recommend this book to people of the age between 11-20. But remember, don't become addicted to your idols!



## 'Give me a Hug'

By Alice Poon (5D)

Hello! I would like to recommend the book "Give Me A Hug". Do you know who Nick Vujicic is? He is a handicapped and famous person. This book tells you many moving stories about Nick. In this book, the illustrator, Dreamero, has drawn many interesting pictures to help you to understand the ideas. The editor Ding has used simple words to write the stories, so the book is easy to understand, even kids can read it by themselves.

This book is a biography of Nick Vujicic. There are eight chapters and lessons in this book. Have you ever thought about how a person could survive with no limbs? Nick has phocomelia but he still lives happily with his family and friends. You can learn great life lessons from Nick at the end of the each chapter. You'll appreciate Nick's persistency and be thankful for what you have.

In my opinion, Nick can live happily because he never gives up and is thankful for what he has. I can learn from him. I can also be an angel to encourage people who have problems and difficulties. I'm sure you'll enjoy reading this book.

# Join Hands to Save Our Earth

The earth is getting warmer. We have to do something to stop pollution and to save our earth. This year in the English lessons, the P.5 girls learnt about different causes of pollution and its impact. They have something really important to tell their schoolmates.



## P.5B Czarina Leung

Every one of us gets sick now and then. But do you know that the Earth can get 'sick' too? Let me tell you why. The Earth gets sick because of us -humans. We are very selfish and we produce a lot of waste. If we don't save our Earth, it may die. It's time for us to rescue the Earth!

We can save the Earth in many ways. Let's talk about replacing first. We can save water by taking a shower rather than a bath. This saves water. We can air-dry our clothes instead of using a dryer. We should turn on a fan instead of an air-conditioner if it is not too hot. This saves energy. We should use public transportation instead of private cars. If there are more cars on the road, more fossil fuels are used. This means there are more harmful gases which can trigger breathing problems. It may even cause deaths too!

Reducing is very easy. If you can't finish your meal in a restaurant, you can take the food home. Otherwise, waiters or waitresses will throw it away and it will take up space when it goes into the landfill. The disgusting smell in landfills attracts rats and flies. This may cause diseases. We need to preserve energy by switching off the lights whenever we leave a room. If you really need light, use a low-energy light bulb.

Another method is to reuse. We should use both sides of paper. We need trees to produce paper. It takes one log can make four hundred pieces of newspaper. If people keep cutting down trees in the forest then the animals won't have homes. Also, we can save water by using the waste water from washing rice to water other plants.

Protecting the Earth is our responsibility because we are a part of the Earth. If we use the '3Rs' - replace, reduce and reuse in our daily life, the Earth can recover soon and everybody can have a better life! Let's take action now!

## By Charmaine Cheung 5D

Do you know our earth is sick? It is because of pollution. Pollution damages our earth, it is bad. Pollution can harm the earth, so we should save the earth.

There are many causes of pollution. Cars, factories and households are the main sources of pollution. Cars and factories that burn fossil fuels produce black smoke and harmful gases. If we breathe in those harmful gases, we may get sick, especially people who have breathing problems like asthma. Households cause pollution too. They dump garbage and use too much electricity.

So how can we save the earth? It's easy! The 4Rs, 'reduce', 'reuse', 'recycle' and 'replace' might help us. 'Reduce' is the easiest. 'Reduce' means to use less of something. We can use less packaging when we buy presents. Recycling recyclable things is easy too. Just organise the recyclable items like the old bottles or old clothes and put them in the right recycling bin. Taking a shower rather than a bath is an action of 'replacing'. We can reuse old clothes. We can turn an old coat into a jacket. We can turn the jacket into a scarf. We can turn the scarf into a handkerchief. You can also turn many old things into new things!

It doesn't take much to be green! So spread the news of being green to everyone around you! And don't forget to start to be green now!



### By Bethany Chan P.5C

Hi! Do you want to be green? Do you know why we need to be green? There is serious pollution now and the Earth is getting warmer. So we should stop producing pollution. Then our Earth won't get warmer and warmer. Being green is very easy. Let me share with you some of the things we can do to be 'green'.

When we are at home, we can be green. We can recycle plastic bottles, jars and boxes. We can put them into recycling bins. When we are dirty, we can have a shower rather than a bath. This can reduce the use of water. When we are cold, we can have an extra blanket rather than using an electric blanket. This can help save energy. On Sundays, if you can't think of anything to do, you can use paper cups or other disposable items to make fun toys or cute dolls!

Do you know that we can be green at school too? During PE lessons, we should use a handkerchief rather than tissues to dry ourselves. We should write on both sides of the paper. Lots of trees are cut down to make paper. However, trees can give us fresh air. We should save our forests. Moreover, we should use lunch boxes instead of sandwich bags to store our lunch.

Besides, we can be green outside school. We should buy fewer takeaways. If we must have takeaways, we should bring our own lunch boxes and cutlery. Don't drop any rubbish on the floor. If possible, put it into recycling bins. When we go shopping, we should bring our own cloth bag.

There are lots of ways to be green. Everyone can save our Earth. One person can make a small difference, but lots of people can make a big difference. I hope you will have a green day everyday!



### By Jane Kuk (5A)

Do you know where pollution and waste come from? In fact, pollution and waste come from us. Every day, we throw away a lot of rubbish such as bottles, jars, and old newspapers. Then, the rubbish goes into landfills and attracts many rats and flies.

We can tackle the problems of pollution and waste by using the '3Rs' : reduce, reuse and recycle. Reducing is the best solution to reduce the waste we produce. We can all help to reduce waste by avoiding products with a lot of packaging. We should not use disposable items like plastic forks, knives and paper plates. Also, if we have a packed lunch, we should use lunch boxes rather than sandwich bags. We can also help reduce the air pollution. When going to school, if possible, we should walk. If it's too far away to walk, then cycle. If the roads are too busy to cycle, then take the bus or train. If you absolutely have to go by car, get together with other people and share lifts.

All sorts of materials can be reused- with a little thought. We should write or draw on both sides of paper before we throw it away. A wide range of materials can now be recycled. We can divide our waste into two groups. One group is the waste that can be recycled. Another is the waste which should be put in rubbish bins. We can also recycle unwanted things like old newspapers, jars, bottles and glass by putting them into recycling bins. It doesn't take much time to do it.

One person can make a small difference, but lots of people can make a big difference. If you don't want our earth to be so dirty, try your best to tackle the problem of pollution and waste. Let's make the earth more beautiful!



# 親子互動歷奇活動

訓輔組在3月15日舉行了「親子互動歷奇活動」，透過不同的親子歷奇活動，讓父母和子女加強溝通和協作。

活動當天天氣明媚，戶內戶外活動都順利進行。讓我們一起回顧當天的歡樂片段啦！



攬實喎，攬實喎！  
我愛與家人一齊遊戲。



來到目的地，先來張大合照。



看看她們多有趣！玩完熱身遊戲「大笨象」，  
準備投入下一項活動啦。



我們成功用最快速度轉過圈子啦！



一個跟一個，手拖著手，我們成功過河了。



除了活動，還有燒烤時間。好味道！

同學，你拿著磚頭做甚麼呀？



一齊玩才能做到。看，我們成功了！



三個人再加數條繩，如何運送這個網球呢？

# 愛心募捐大行動

本學年訓輔組舉辦的愛心募捐大行動，壓軸活動是「樂善好施傳愛心」，眾多家長與學生都慷慨解囊，總籌款額為五萬八千零三十九元。此外，我們亦收集到很多由家長及其女兒製作的美味甜點及精美的小手工，並於二月十二日將之贈予樂於捐款的同學，多謝幾位熱心的家長義工協助活動的進行。

這個活動得以順利舉行，實有賴家長及同學的支持，大家合力為兒童癌病基金出一分力，多謝各位。



# 秩序及清潔獎勵計劃



1A代表



2A代表



3D代表



4A代表



5B代表



6C代表

於下學期進行的秩序及清潔獎勵計劃已完滿結束，雖然部份班別未能取得貼紙，但同學們都異常投入，在活動進行期間特別注重秩序，以及努力打掃課室，並將自己的物品執拾妥當，學會如何提升自理能力，改掉壞習慣。

真厲害！1A、2A、3D、4A及5B正是上學期秩序獎勵計劃的得獎班別，今次又再獲獎，同學們必定付出了極大的努力，恭喜恭喜！



## 秩序獎勵計劃得獎班別：

1A, 2A, 3D, 4A, 5B, 6C



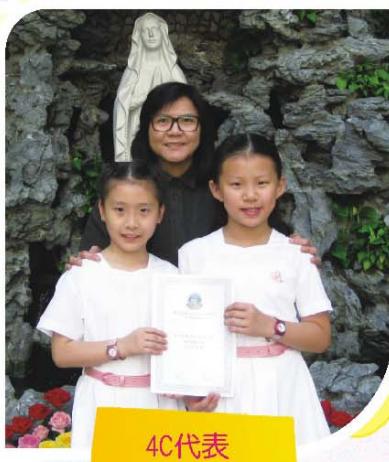
1C代表



2A代表



3B代表



4C代表



5C代表



6B代表

## 清潔獎勵計劃得獎班別：

1C, 2A, 3B, 4C, 5C, 6B

# 愛心天使義工活動



玩多幾次，氣氛更融洽，有更多歡樂了。



我拍！對著醒目的長者，同學亦不留力呀。



今次輪到長者們主持大局，帶領同學玩桌上遊戲。



第一次見面，同學介紹遊戲都有些緊張呢。



同學和長者有更多機會溝通

各位同學，你試過賣旗籌款、探訪老人院，或者清潔海岸公園嗎？你對於做「義工」有甚麼印象呢？

學校一班「愛心大使」於本學年進行了一連串的義工活動，到訪「旺角街坊會九龍總商會耆英中心」與長者進行交流活動。「愛心大使」教導長者玩桌上遊戲之餘，長者們亦教導她們新的桌上遊戲。

過程中，長者們欣賞同學的愛心和耐性，而同學們亦發現長者的過人之處，大家彼此欣賞、彼此學習。多次的探訪活動後，她們的關係亦日見深厚。

來看看她們的服務片段啦。



各位同學，下年一齊加入「愛心大使」的行列啦！



# 校外成績



## 2013-14數學校外比賽

### 「華夏盃」全國數學奧林匹克邀請賽2014 (香港賽區)初賽

4B 容灝堯	二等獎
5D 鄧依諾	二等獎
6B 陳嘉潞	三等獎
6B 劉茜婷	二等獎
6D 鄧祖頤	三等獎
6D 簡羽佑	三等獎

### 「華夏盃」全國數學奧林匹克邀請賽2014 (華南賽區)晉級賽

4B 容灝堯	三等獎
5D 鄧依諾	二等獎
6B 劉茜婷	三等獎

### 「華夏盃」全國數學奧林匹克邀請賽2014 全國總決賽

4B 容灝堯	三等獎
5D 鄧依諾	二等獎

### 《港澳盃HKMO Open》暨亞洲國際數學 奧林匹克公開賽

6B 伍嘉鏞 銀獎

### 2014年全港小學數學精英選拔賽

6B 伍嘉鏞 計算競賽三等獎

## 『資訊科技挑戰獎勵計劃』

6B 李倩伽	金章
6D 黃穎詩	金章
6D 陳奕霖	金章
5A 張家睿	銀章
5D 鍾可欣	銀章
5D 許瀝文	銀章
3B 陳紀蕙	銅章
3C 任穎楠	銅章
3D 郭藹翹	銅章
3D 戴瑋妍	銅章
3D 葉翠瑩	銅章
4B 蘇琬淘	銅章
4B 梁綵孜	銅章
4B 張嘉桓	銅章

## 第五十屆學校舞蹈節

組 別：中國舞校隊(高小組)

比賽日期：21-1-2014

獲得獎項：甲級獎

學生名單：

4A 馮曉敏	4A 梁愷桐
4A 徐懿	4C 陸曉瑩
4D 馮穎恆	5A 劉學欣
5C 康靜晞	5C 郭欣桐
5D 張凱晴	6A 尹樂茵
6B 區愷晴	6D 容慧喬
6D 鄧祖頤	6D 盧靖琳



# 聖羅撒學校

## 第六十六屆學校音樂節 獲獎名單(個人)

## 第六十六屆香港學校音樂節 小學合唱隊- 中文-高級組 優良獎

班別	姓名	參賽項目	名次	4A	5B
1B	羅珮嘉	鋼琴獨奏 - 一級	冠軍	區旻維	陳榕蔚
1D	甄尹琳	鋼琴獨奏 - 一級	亞軍	鄭煦凝	許凱晴
1D	劉穎詩	鋼琴獨奏 - 一級	季軍	馮曉敏	尹俞晴
2A	梁凱盈	鋼琴獨奏 - 二級	亞軍	林卓淇	康靜晞
2C	羅芷盈	鋼琴獨奏 - 六級	季軍	林紫瑩	李令渝
2D	何彥彤	鋼琴獨奏 - 一級	季軍	梁愷桐	鄧卓昕
2D	余芷淇	鋼琴獨奏 - 一級	亞軍	李皓浤	陳宇嫣
2D	羅喜芊	聲樂獨唱 - 外文歌曲 10歲或以下	亞軍	黃琬然	李樂彤
2D	羅喜芊	鋼琴獨奏 - 二級	季軍	黃穎琳	莊樂瑤
4A	司徒巧琳	鋼琴獨奏 - 二級	冠軍	陳凱晴	潘昕泠
4B	楊靖晴	鋼琴獨奏 - 二級	冠軍	李嘉瑤	潘懿琳
4D	陳靖彤	聲樂獨唱 - 外文歌曲 10歲或以下	亞軍	李君怡	鄧依諾
5D	陳宇嫣	柳琴獨奏 - 初級組	季軍	梁烯怡	何焯媛
6B	區愷晴	箏獨奏 - 中級組	季軍	梁婷惠	鍾旻岐
6B	陳卓兒	鋼琴獨奏 - 四級	冠軍	徐若瑜	馮詠琳
6D	楊皓斐	鋼琴獨奏 - 四級	亞軍	董琬瑜	何雅麗
				楊靖晴	吳蒂僮
				崔倩怡	譚鎧欣
				林卓穎	鄭可琳
				陳靖彤	司徒恩言
				馮穎恆	陳昭蓉
				孫朗瑜	何思穎
				楊美娜	簡綽筠
				陳穎瑤	梁雪盈
				周孝賢	成佩恩
				葉凱澄	王曉瀅
				林葦晴	胡錫愉
				麥芷菲	袁鈺淇
				莫愷晴	