校長話：把票投給姚俊勤！

他，不是要競選議員，不是要競選「型男」、「先生」，他參加的是香港區奧運火炬手選拔賽。而作爲香港市民的你和我，可以令他的(和我們的)夢想成真。

他是誰？

他是姚俊勤，本校 2007 年 7B 毕業生，現在是中文大學精算系學生。

姚君文武兼顧，動如脫兔，靜若處子。在中學會考取得 4 優 2 良，在高考取得數學、物理、化學三科優異，表現優秀。姚同學是本校羽毛球队主力隊員，他又是聖約翰救傷隊領袖。本校羽毛球队及 St. John 多次奪得校際比賽冠軍，姚俊勤功不可沒。

最近，姚俊勤參加香港區奧運火炬手選拔初選。

經過超過 1 個月的面試及挑選，主辦機構可口可樂中國及香港青年協會，從 400 多人中挑選 20 名候選人。姚俊勤已成功晉身香港區奧運火炬手 20 名候選人之列，將參與 10 月 14 日舉行的決賽。最後勝出的 3 人，將與早前委任的奧運火炬手張學友、葉姵延等，一同代表香港參加北京奧運火炬傳遞活動。

公眾投票環節將決定 3 名最受歡迎火炬手，代表香港參與奧運火炬接力。

姚俊勤，撐奧運；少清人，撐俊勤，俊勤好兄弟，我們支持你！

投票方法：(1) 填選票，本校將協助派發，

(2) 網上投票：wwwooke.hk。

初中「留堂班」9·24 起實施

本年度的初中「留堂班」將於 9 月 24 日（星期一）起實施，中一至中三級同學須於第一節上課前繳交功課(如要到其他課室上课，也必須先回班房交功課)，欠交功課的同學除了按校規處罰外，還須於即日放學後留堂，補做功課或其他作業。

本校老師會將有關事項記錄在學生手冊內，敬請家長每日檢查學生手冊，因事未能即日留堂的同學須提交家長信解釋，並與老師聯絡安排補留日期，無故缺席者會被記過。

留堂地點為 107 室，時間安排如下：

循環周一至六 (Day 1-VI)：下午四時三十分至五時三十分
循環周日 (Day II-V)：下午四時至五時
到時無合理解釋者一律扣分，
新一届领袖生下星期由校长授章

由全校老师提名，再经训导组老师面试后，共甄选出以下七十多位同学成为本年度的领袖生：

领袖生：

朱鸿杰（6B）
葉慧雯（6B）

副领袖生：

刘浩达（6B）
王裕莹（6A）

第一组

组长：
张龄健（4D）
张嘉怡（4C）

成员：
锺振龙（6B）
冀颂凯（6B）
郭博文（3C）
朱鸿成（3C）
許建翘（3C）

司徒健（3C）
李颖琪（6A）
马绮玲（6A）
刘晓文（4A）
陈暘颐（4B）

李翠华（4B）
温芷欣（4B）
潘君（3A）
匡德生（3C）
陈吴正（3C）

陈文芳（3C）
陈ectl怡（3C）
蔡美婷（3C）
许静敏（3C）
黄蕊铃（3C）

林芷晴（3C）

第二组

组长：
黎铭皓（6B）
梁慧逸（4B）

成员：
莫兆凯（6B）
梁家俊（4D）
梁瑞琳（4D）
廖晓彤（4C）
吴思慧（4E）

郭卓元（6B）
梁柏豪（4D）
陈卓明（4D）
王晓怡（4E）
刘卓颖（4E）

林智豪（4D）
莫家伟（4D）
黄宝怡（4D）
蔡小翠（4D）
杨绮雯（4E）

方梓全（4D）
袁好婷（4E）
刘宜威（4E）
张宜盈（4C）
何安琳（4E）

第二组

组长：
倪祖立（4D）
曾佩文（4B）

成员：
梁正南（6B）
林敬敏（3D）
陈素婷（6B）
杨颖玲（4B）
袁嘉彩（3C）

胡碧娴（6B）
周蔚中（3E）
郭祥琪（6B）
陈慧珊（3C）
杜颖而（3E）

郑焯熙（3C）
罗德欣（4B）
陈晓怡（4B）
周芷涵（4B）
麦晴晴（3E）

梁浩强（3C）
梁少燕（4B）
王蕊瑜（4B）
潘可盈（3C）
文咏贤（3E）

石敏蕾（3E）

新一届的领袖生於 9 月 24 日由校长授章之後，便會開始執行職務，期望各位同學能夠繼續和领袖生合作，一同維持本校良好的紀錄及純樸的校風。

本年度的社導師、社長你要識

本年度四組的職員已經順利選出，各社職員將即開始籌組各項社務，並已於 9 月 12 日召開四社社員大會，鼓勵社員積極參與各項社際活動，四社職員名單如下：

<table>
<thead>
<tr>
<th>故社</th>
<th>情社</th>
<th>興社</th>
<th>鏡社</th>
<th>故社</th>
</tr>
</thead>
<tbody>
<tr>
<td>社導師</td>
<td>Mr. Mark Knill</td>
<td>劉浩達老師</td>
<td>趙慧記老師</td>
<td>林達成老師</td>
</tr>
<tr>
<td></td>
<td>劉凱怡老師</td>
<td>何傳輝老師</td>
<td>周雅慧老師</td>
<td>鍾建文老師</td>
</tr>
<tr>
<td>社長</td>
<td>黃晨勇（6A）</td>
<td>黃家豪（6A）</td>
<td>黃小麗（6A）</td>
<td>鍾建文（6A）</td>
</tr>
<tr>
<td></td>
<td>鄧慧玲（6A）</td>
<td>伍雅儀（6B）</td>
<td>林思（6A）</td>
<td>黃蕊玲（6A）</td>
</tr>
</tbody>
</table>

社工邀請你分享飲食之樂

下一期《家福 teen 地》的主题是「尋找快樂快樂——吃之快樂」，歡迎同學投稿，來稿可以是一張照片，或者是一篇不多於 200 字的文章，題目為「令我快樂的食物……」，同學可以將照片(含簡單描述)或文章電郵到：hk.faws_newsletter@yahoo.com.hk，編者會從所有來稿中抽取優秀作品，然後刊登上報通訊，來稿一經刊登，同學將會獲得豐富禮物一份，希望所有同學踊躍參加，令到《家福 TEEN 地》成為與同學同歩的刊物。

如同學有任何查詢，歡迎與學校社工聯絡，以硬照投稿者，可直接將作品交給吳姑娘或黃姑娘，截止收稿日期為 2007 年 9 月 30 日。

《清荷》第一三四期  第二頁  二零零七年九月廿日
借用課室守則

1. 一般課室於下課後開放，由工友鎖門及清潔，同學不得借故逗留及影響工友工作。
2. 本年度安排以下課室給中五及中七級同學自修，同學須自律及保持安靜，以免影響他人。

<table>
<thead>
<tr>
<th>資源</th>
<th>室</th>
<th>開放時間：逢星期一至五，下午四時至五時半。</th>
<th>注意事項：</th>
</tr>
</thead>
<tbody>
<tr>
<td>F5</td>
<td>504 室</td>
<td></td>
<td>(1) 不可在內進食 (2) 準時離開 (3) 離開前關掉電器</td>
</tr>
<tr>
<td>F7A</td>
<td>501 室</td>
<td></td>
<td></td>
</tr>
<tr>
<td>F7B</td>
<td>409 室</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3. 同學如需借用課室進行活動，負責同學必須徵得活動老師之同意，並遵循借用課室規則（不可使用電腦及投影機），於校務處領取及填寫借用課室表格。表格最遲於借用當天下午4時前交回校務處辦理，逾時恕不受理。
4. 一般情況下，同學不可借用特別室（包括實驗室/禮堂/MM/LC/CAL/語言實驗室等），以上設施必須由負責老師提出並在場指導下才可借用。
5. 位於地下之會議室，001 至 006 室為老師會見學生、家長、訪客及進行會議等用途，同學不可擅自使用。

An unforgettable summer in England

Rotary Scholars: ‘It’s not just about English. It’s also about life!’

灣仔扶輪社獎學金（每名金額約為港幣三萬六千元），專為本校學生而設，過去五年已有十位同學獲取。本年4D 顏兆軒、2E 朱鴻城和3E 陳明宇同學獲選為灣仔扶輪社獎學金得獎者，三位同學於本年7月21日至8月12日赴英國遊學三周，下面是他們遊學歸來的感想：

KIM Chan went to a school in Salisbury, in the southeastern part of England, while the two boys Winston Ngan and Jason Chu went to a school in Weymouth, which is a coastal town about 50 miles from Salisbury.

Though we were in different parts of England, we all studied with students from a wide variety of nationalities. We were able to make friends with people from different nations. We got to know more about their lifestyles and cultures. Now we could even understand English with different accents.

We have gathered a lot of precious memories and we would like to share our valuable experiences with you while they are still fresh. We would like to express our heartfelt thanks to the Rotary of Club Wan Chai and the teachers who supported us.

We have benefited a lot from the study tour in England. What we gained was not only good English but also skills in dealing with things in life. What made all this possible is the Rotarian spirit of giving. We will translate our gratitude into following the examples of the Rotarians; always remember to give back to society to make it a better one for all.

Kim Chan (陳明宇) thanks the Rotary Club for her wonderful trip to England

I am very grateful to the Rotary Club and the teachers who recommended me for this rare opportunity to study and broaden my horizon in England. I had been longing for this chance for ages and now, thanks to all of you, I have accomplished my goal.

There, what I learnt was not only English, but also a lot about life. I learnt how take care of my daily life, and communicate with others in order to blend into the crowd. That’s more, to be an independent young adult.

I went to Salisbury alone but the other two awardees were in Weymouth. At first, I found it a bit scary. All the other people went in big groups. They tended to talk to people from their own countries in their own language very often so I was afraid that I would end up making no friends.

But still, trying to chat up with the others brought me lots of friends in these three weeks. They were from various countries such as Spain, Argentina, German, and Russia. I even made some close friends from Japan and Italy, making friends here surely improved my communication skills.

The way of studying here was totally different from the one in Hong Kong. The lessons were relaxing. Apart from English, our teachers emphasized the importance of world issues and ways of thinking. We discussed different issues every lesson. The lessons were conducted in very informal way but we had great fun while learning. We could have our snacks and sit leisurely while having classes. That was so different from the formal lessons in Hong Kong. Sometimes we had morning tea in the Café shop to have some chats as lessons. That was really a pleasure.

Our teachers were witty too, especially the one called Andy. Andy was a very sophisticated guy but he always made us laugh. He also told us a lot about his stories and that would shock all of us. All of us were friends, including the teachers. There I also got to hear stories from different people of different nationalities.

I also learnt to understand accents of different nations, though some of them were really hard for me to recognize. However, I gradually got used to quite a few accents. The Italian, Spanish, Russian accents were the hardest for me.

Staying with my host family helped me know more about the English lifestyle. My hosts always chatted with me and let me see the differences between their customs and ours. The most astounding thing I found was that most of the English teenagers...
smoke, a pretty big problem in England.

I experienced heaps of things I had never experienced before. For the first time in my life I had a strong sense of growing up. I could be a real young adult but not a teenager who only knew about books.

On the last day of this trip, all of my friends and I cried, and that was the most unforgettable day for me. We missed each other so much but now I am still keeping contact with some of them.

I would like to thank the Wan Chai Rotary Club and my teachers again for supporting me to go on this trip. I would not have gained this excellent experience in England without them. I shall make myself a useful person so that I will be able to give to the community like the Rotarians do. Thank you so much.

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**Jason Chu (朱鴻輝) thanks the Rotary Club for his trip to England**

First of all, I would like to thank the Wan Chai Rotary Club for giving me such a rare opportunity to go to Weymouth for cultural exchange and to improve my English. Weymouth is a coastal city in England. From there, I visited Oxford and Cardiff.

On the first few days, I was still not used to the new environment and the lifestyle. But as more and more warm people greeted me, I gradually eased into the environment and mixed with the people around me. The people were not only friendly, but also patient. They taught me everything I didn't know. I was especially glad to have the most caring couple, Mr. and Mrs. Albertson, as my host parents. They provided me with such warmth and comfort I started to feel like being in my own home. Sometimes, Sally, my host mom drove me sightseeing around Weymouth, which was really relaxing. We even went to the City Centre to enjoy the fireworks display!!!

Every morning, I went to school with my friends and had my lessons. The lessons were a big difference from ours. We chatted about everything in our lessons, for instance, current topics, lifestyles in different countries and also things about ourselves. There was no pressure and the atmosphere was excellent for learning. I fortunately had an approachable neighbour, Annika, sitting beside me. She was from Germany. After lunch, we had several activities to choose from, such as tennis, window-shopping, games on the beach and so on. For the evening activities, we played bowling, had barbecues or discos.

Through the activities, I wasn't afraid of speaking English and I made a lot of friends.

After this trip, I realized how little I knew and how ignorant I had been before. Now, I am no longer afraid of speaking to foreigners and my English has improved a lot through speaking with foreigners. I found English not as difficult as I had thought and I have more confidence to speak English now. From now on, I would take as many responsibilities as I can to contribute to my school.

I would like to thank Mr. Lee and all my teachers who had supported me, without your help I would have been stuck in Hong Kong the whole summer.

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**Winston Ngan (顏志軒) thanks the Rotary Club and talks about his trip in England**

I had been longing to find out about every culture ever since my self-awareness started to develop. Call me a culture-vulture, but grabbing every opportunity to learn about the cultures and histories of different countries always entices me.

Here I really have to thank the Wan Chai Rotary Club for their truly generous full-scale sponsorship, allowing me to experience a foreign culture. It was unprecedented for me to meet such a great number of foreigners every day, and this was an excellent chance to practice my oral English.

I am also very grateful to my school and my parent. Without their help I would not have been able to visit England or even sustain my everyday life.

The Trip to England was a trip of treasure for me. To recall all those valuable memories, I guess I’d better start with the first day I arrived in England. I was eager to absorb foreign culture and so I began with the plain minute things.

During the car ride from London to Weymouth, I noticed that the accent of the English from Southwestern England is a bit different from those from Eastern districts. I guess a possible reason is the Welsh influence. An example is that Welsh speak the word "village" as "vill-age" but not "VILL-age", sounds interesting, doesn't it?

We learnt English in a school in Weymouth from Monday to Friday. The mornings were all about lessons, with a short break in the middle enabling us to buy some (really expensive) snacks. The most delightful parts of a day are the followings. We had different afternoon and evening activities every school day. For the afternoon, we had the very free Creative Workshop, where I learnt Origami from Andy, a yellow-shirt (group leader) of the Weymouth College. We could also go to the Learning Gateway (Multimedia Centre) to design pictures for the college by software and contact friends using Internet.

Tennis was one of the afternoon choices. Jason and I learnt playing it on the tennis court near the continuous beautiful Weymouth Beach. Jason even became a skilful tennis player after a few matches! Another nice activity for a fine weather is Games on the Beach. We could build sand castle, swim, sunbathe, read, or do whatever we like except leave before four. One day I even felt asleep on the beach under the warm sunshine!

A Tourist Information Centre is located near the town center and the beach. I attempted to buy gemstones from a vending machine, but I went away a toilet nearby. After that I bowed to deal with the too-long jeans. Something worst happened! The money I initially wanted to use to buy gemstones fell out of my pocket and a quid fell into a drain as fast as lightning. Oh my goodness! In this lesson I learnt that I must always keep an eye on my own property.

Sports were available both in the afternoon and evening section. My favourites were volleyball with the Italians and basketball.

The evening activities included watching movies, visiting local disco, barbeque. I especially loved barbeque, where I could enjoy delicious food, watch evening views, and walk around the famous Notre Fort.

The excursions to places outside Weymouth were enjoyable. The places we visited include Bath, Oxford, Cardiff and Poole.

During the trip to Poole I found that my wallet wasn't in my rucksack, so I did not have a good day. However I found it on the desk at my host family, how stupid I was! The most memorable trip is the one to Oxford. There are lovely views of course, but the exquisite and elegant academies there ignited the fire in my heart to study hard. I can still remember Jason said that that was the real university life. I absolutely agree with him!

That is an incredibly nice trip. I hope more students can have the opportunities to enjoy and learn in the summer time, like what I did!

《晴》第一三三四曰

第四頁

二零零七年九月廿日