



# 廖寶珊紀念書院

Liu Po Shan Memorial College

## 學校通訊

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地址：新界荃灣綠楊新邨廖寶珊紀念書院 電話：24996711 傳真：24909392 電郵：info@lpsmc.edu.hk

### 視藝科參觀

中四及中五級視藝科同學參觀有近百年歷史承傳的「市美雄風薪火相傳」大型畫展。



### 中樂團獎項

本校中樂團以嶄新編排的《阿里山素描》，在2015年「香港青年音樂匯演」中勇奪銀獎。此外，4B李盈悅成功入選由香港青年協會舉辦的「無伴奏合唱領導訓練計劃」，接受無伴奏合唱訓練。

### 普通話集誦 - 《歸園田居》

四十位中一同學以清脆嗓音吟誦陶淵明的《歸園田居》，鏗鏘悅耳，在香港學校朗誦節普通話集誦比賽中初試啼聲。



#### 1B 湯詠軒

《歸園田居》這首詩是寫一個厭倦官場的詩人辭官歸故里的心情，我覺得跟我們放學想回家時那種感受有點相似。在上台表演的時候，我完全進入了忘我的狀態，只記着遵從老師的教導把詩演繹好。經過這次比賽，我們都學到很多課外知識，得到豐富的收穫。

#### 1D 蘇椿婷

以前我不懂得運用丹田去運氣，也不懂得如何用表情、動作去演繹詩的情感，但經過老師的指導，我現在已經可以十分自然地表達出詩中的感情，但要做到這點，我也花了不少心力，有一段時間嗓子甚至練得沙啞了。不過，我還是覺得十分值得，如果沒有參加這次的集誦，我也不能認識到這麼多的好朋友。

#### 1D 謝禮鍵

在這次普通話集誦比賽中，我認為最困難的是怎樣和同學溝通。我們需要提高隊伍的整齊度，便需要練習把四十把聲音調節成為一個整體。同時，聲量對朗誦來說很重要，經過兩個多月的訓練，我們的聲音越來越響亮，也越來越整齊。我最開心的是在訓練過程中認識到很多新同學，而最感謝的是趙苑紅老師，因為她花了很多時間來訓練我們，令我們這個集誦隊發揮出色的表現。

#### 1C 黎君岳

由於隊員來自不同班別，所以在開始時大家並不熟絡，也並不合拍，加上我們完全不懂得朗誦的技巧，在練習時也不專心，所以製造不少麻煩。經過老師耐心的教導，我們總算學會了一些基本的集誦技巧。隨着距離比賽愈來愈近，我們也愈來愈認真，排練愈來愈緊密，隊伍也愈來愈合拍了。雖然我不太能夠感受到誦材的意境，但我在練習的過程中得到很多收穫，是一次很好的學習經驗。





# 中五義工服務

中五級同學分批進行義工服務，探訪區內獨居長者，為老人家送上祝福和心意。

5A

趙俊毅

一位老人家對我們說：「做人最要緊的就是懂得豁達！」他令我聯想起我已去世的祖母，她說過：「好的是一句，不好的也是一句，為何不說好的一句呢？」老人家的生活歷練比我們豐富，思想也比我們成熟得多，我們應該多聽他們的想法，吸收他們的經驗。

5B

鄭凱陽

令我意想不到的，是在這些長者當中，有很多都是事業有成的，有從事醫療相關的行業，也有物流業的東主，我聽他們談及過去的經歷，才發覺長者對香港的發展實在貢獻很大。

5C

周軒安

小小一個荃灣區的其中一棟大廈內，已有很多需要被關注的老人，那全港到底有多少長者需要我們照顧呢？政府又為他們提供了甚麼幫助呢？隨著香港人口日漸老化，政府除了不斷提高退休年齡、輸入外勞和新移民外，有沒有其他長遠的政策呢？



5D

黎安琦

廉價的餅乾、毛巾、茶包和米，這些我們認為寒酸的東西已足以令長者們感動。探訪長者不但讓我們關注被社會忽略的弱勢社群，更令我們反省平日的的生活，加倍關愛身邊的長者。



5E

李若林

這次活動讓我更了解長者的需要，他們較喜歡實用的日常用品，如毛巾、鹽、米等，我們大意地買了砂糖，才發現很多長者都患有糖尿病，砂糖對他們不太合適。在這事上，我學會了日後要更小心謹慎觀察別人的真正需要。

5F

林宝榆

雖然這些長者都有安穩的居所，但卻不是事事完美。我們作為聆聽者，分享他們的人生經驗和智慧，同時送上我們的祝福，雖然沒有能力改變他們的現況，但還是可以為他們平淡的生活增添一點關愛和溫暖。

1A 文子欣	1B 譚昊哲	1C 丘秀薇	1D 邱 鵬	十二月之星			
2A 林琰汝	2B 陳曉維	2C 蕭楚瑤	2D 黃浩智				
3A 周卓軒	3B 鄧穎琳	3C 李詠文	3D 區凱琳				
4A 文可晴	4B 黎嘉兒	4C 何小霞	4D 龐靖潔			4E 徐 辛	
5A 趙俊毅	5B 張進熙	5C 林嘉怡	5D 黎心怡			5E 朱喬謙	5F 鄭梓澄
6A 黃浩駿	6B 劉宏豐	6C 吳鍵生	6D 譚思琪			6E 周思影	6F 張家樂





# An Unforgettable Experience in LAMDA

by 6D Chan Chun-ling, Flora

Last summer, I joined the other 18 awardees of 'Bravo! Hong Kong Youth Theatres Awards' for a one-month drama training programme in LAMDA (London Academy of Music and Dramatic Art). Before the trip, we did some research to familiarize ourselves with the famous scenic spots. We also set up rules and regulations to ensure our safety during the journey. We understood that we were more than just planning a trip, but also training our self-discipline. I wanted to make use of this opportunity to learn more dramatic techniques and experience the culture of London.

After landing at Heathrow Airport, although we were all suffering horrible jet lag, we still kept patient and calm, with our proper demeanour. It was because we knew that British people took manners seriously. We had some good sleep after arriving at the university hostel.

The day after, we started our trip with a cultural exploration day. We went to a magnificent palace called Hampton Court Palace, which is the oldest Tudor building in England and promises a magical journey back through 500 years of royal history. The palace was grand and its maze was amazing. We almost got lost in it!

At first, we thought the training programme would be quite ordinary, like the classes we took in Hong Kong. However, when we first met the teachers in LAMDA, they gave us challenging tasks to test our capabilities in acting. I was extremely nervous and hoped that my performance would not disappoint them. As the days went by, we learnt many acting theories and techniques, acting training games and warm-up activities, like the semi-supine position which is an exercise to warm up and relax our muscles, and the prone position which is also easy to learn as a method of relaxation. I highly recommend an interesting warm-up game called 'Samurai'. It is similar to 'Bing Bang Wa' but we need to change the

gun-shooting gesture to the chopping position of a Ninja. All in all, we had a tough month in LAMDA with many substantial lessons.

During the third week in LAMDA, we started to learn the play we were going to perform: 'The Importance of Being Earnest'. It is a classic English comedy by Oscar Wilde. In the play, I had to move like an English lady with their elegant gestures. It was so hard for us that our teachers had to ask us to freeze and correct our gestures from time to time when we were practicing. As a result, every one of us had a sore back afterwards. I was hoping to perform a good show as a perfect ending to our trip, but alas, I was forced to separate from our show because I got chicken pox just before the performance. Yet, all the Bravo! awardees and staff members supported me and helped me with all I needed when I was cut off from the rest of the world. Even though I did not stand on the stage with them, I was extraordinarily pleased by their successful performance and the changes they had made.

I will never forget all these unforgettable experiences we have been through and the knowledge I have learnt from them. I wish more and more young people can keep their passion for drama and join activities like 'Bravo!' to groom their techniques and broaden their horizons.





# Football Workshop

by Richard Boyd

On Thursday 13th November two English football coaches came to LPS to run a football workshop with form 1 and 2 students. Coach Martin and Coach Kieran both train students in the UK to improve their football skills, so they were excited to coach Hong Kong students for a change, and see how well they could play.

More than 20 eager form 1 and 2 students signed up for the football workshop and they gathered excitedly at the football pitch after school to meet Coaches Martin and Kieran. There was no time to waste though, as the coaches immediately got students involved in some energetic warm-up games. Students got a chance to improve their dribbling skills by kicking footballs around an obstacle course of orange cones. They also practiced their shooting and passing skills with a partner. Coaches Martin and Kieran were really impressed by how talented some of the students were!

After helping students to improve their football techniques it was time to put their skills to the test with a football match. Students were split into two teams of 11. One team wore white and the other team wore yellow. After the whistle was blown an exciting, fast-paced game of football began. LPS students played very well and many goals were scored. At one point, a player from the yellow team had to leave the game so Ms Sandeep joined in their place and tried to help team yellow score more goals. The football match got very intense towards the end; one footballer kicked the ball a bit too hard



and it soared over the playground fence and landed in the public pond beyond! Luckily, Mr. Martin went outside and rescued the football successfully, without getting too wet!

After a long, but exciting game of football, the team in white won the match, beating yellow 3-2. A group photo was taken with the coaches; then prizes were given to the three 'Players of the Match'. Winners were Dickson from 1A, Chris from 2A and Fifi from 2A. Coach Martin and Kieran were very impressed with the skills and effort from all LPS football players, so well done students! After a fun-packed football workshop, both students and football coaches went home feeling very tired.

Coach Martin and Coach Kieran really enjoyed their afternoon at LPS, they say 'hello' and hope to return to the school again someday. Thanks to all the students who got involved with the football workshop, along with the teachers who made sure the workshop ran smoothly.

