

道網校園報

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可道中學(嗇色園主辦)
校園報
第一期 總第十九期

2017年1月

地址：元朗洪水橋洪順路11號

電話：2479 9885

網址：<http://www.hodao.edu.hk>

傳真：2474 7324

電郵：mail@hodao.edu.hk



各校校監、校董、嘉賓及表演師生合影

嗇色園主辦 可瑞幼稚園 可銘學校 可道中學合辦 「洪福邨嘉年華 —— 環保科技尋新趣」

2016年11月26日(星期六)，本校聯同嗇色園主辦可銘學校及可瑞幼稚園假洪福廣場順利舉行了「洪福邨嘉年華——環保科技尋新趣」。是次活動我們很榮幸能邀請嗇色園董事兼教育委員會主席陳燦輝先生、各校的校監、校董以及元朗區議員張木林先生撥冗前來主持啟動禮，與眾同樂，可見各人對三校所舉辦的活動鼎力支持。

嘉年華當天雖然天氣不穩，時有驟雨，但仍無阻各位師生為洪福邨居民提供文娛活動，例如：多個以環保及科技為主題的攤位活動、各項的舞蹈、歌唱、雜耍、銀樂步操等表演，為場內帶來了無數歡樂氣氛，坊眾人潮如湧，也讓三校的幼、小、中同學發揮平日所學，積極回饋社區，各人盡興而歸。

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編者的話

今學年第一期的可道校園報《道網》又跟大家見面了。今期的內容主要報道洪福村嘉年華的熱鬧情況，讓未能出席的家長及同學們，了解當天的活動實況。另外，我們也會為大家介紹可道中藥園的新設施，亦會重溫中文有聲書、北京音樂文化探索之旅、多元智能躍進計劃及家教會活動。另外亦會向同學展示上學年同學在不同比賽中所奪得的獎項，例如：棋藝比賽、視藝比賽及壁報設計比賽等。創作園地，展示了同學們中、英文寫作的創作能力，期望達致互相交流的效果。今期專訪外籍老師Eric及邀請他作好書推介，同學們又豈能錯過？



嗇色園董事兼教育委員會主席陳燦輝先生帶領各嘉賓進行啟動禮儀式



可瑞幼稚園歌唱表演



可銘學校舞蹈表演



坊眾投入參與攤位活動



可道中學銀樂隊演奏

「有聲好書比賽」

早前本校參加了香港電台數碼台舉辦的「2017全港中學生聲演比賽」。我校挑選了10位同學參賽，分別是1B駱子峰、潘麗蓉、黃沛妮，2C李紫琳、曾子晴，4C袁文禮、房承熹，5A陳靜彤、黎文迪及5B何詩詠。比賽當天，同學落力表現，能夠在短短一分鐘裡，將文字演譯得栩栩如生、聲情並茂的三位同學得以晉身決賽，恭喜，恭喜！



1B駱子峰



1B潘麗蓉



1B黃沛妮



2C李紫琳



4C袁文禮



5A陳靜彤



5A黎文迪



晉身決賽者(右起)：房承熹，曾芷晴，何詩詠



參賽同學與香港電台工作人員合照

中草藥區

環境教育組在校園大門口的生涯規劃室附近新開設「中草藥區」，那裡雖然佔地不多，但我們在有限的空間裡栽種多種具中藥價值的植物，例如有天冬、龍船花、長春花、馬纓丹、水竹草、山管蘭、龍利葉等，附以說明文字，指出該草藥的性味及功能，務求讓家長和全校師生多認識常見的草藥。大家有空記得前往「中草藥區」一行啊！



天冬



長春花



馬纓丹



龍船花

北京音樂文化探索之旅

尚德 勵志 博學 精藝



參觀「華東樂器有限公司」，是中國樂器行業知名企業

本校於2016年10月25至29日參加了由教育局舉辦的「北京音樂文化探索之旅2016」。是次活動讓學生走出校園到訪北京去認識當地的音樂文化和發展，並了解內地專修音樂學生的學習生活，以及北京的歷史及藝術文化。

參訪中央音樂學院附屬中學並體驗古箏課堂及進行音樂交流



參觀「大鐘寺古鐘博物館」，寺於清雍正十一年（1733）興建，是清帝祈雨場所之一



參訪大鐘寺古鐘博物館及中國樂谷展示中心

多元智能躍進計劃

「5日4夜挑戰營」

本校二十位同學於十一月上旬參與了由教育局舉辦的「多元智能躍進計劃」——海關訓練學校五日四夜挑戰營。活動為中二及中三學生提供有系統的紀律及團隊訓練，以提升學生的自律、自信、團隊精神、抗逆能力和領袖才能，促進學生的全方位學習和發展。



3A曾栢鴻同學（左）獲頒發「最顯著進步獎」



3D陳芯羽同學獲頒發「傑出學員獎」



學員：「我們要把訓練所學，應用到學校跟日常生活！」

棋藝比賽



本校棋藝學會於本年度（2016-2017）取得多項中國象棋比賽獎牌，詳見下表：

比賽日期	舉辦機構	得獎項目	得獎名單
10月2日	荃灣象棋會	國慶盃象棋賽2016	高中組優異獎 5D葉志倫
10月15日	香島中學、香港國際棋院、 象棋文化發展協會、港·象棋聯合主辦	第十二屆國慶盃象棋賽	高中組個人冠軍 5D葉志倫
			高中組團體亞軍 5A陳伽明 5C冼承希 5D葉志倫
10月23日	新界西象棋會、屯門民政事務署及 康樂及文化事務署聯合主辦	屯門中國象棋爭霸戰2016	中學組個人季軍 5A陳伽明
			中學組個人冠軍 5D葉志倫
		中學組團體冠軍	5A陳伽明 5C冼承希 5D葉志倫 2C許健樂 2C丁錦豪 2C劉駿錦 2C何祖怡 2C丁錦豪 2C黃佩瑩 2C楊泳玲 2B葉天龍 2B馮易豪 1B楊宇陽 1C羅惠升



第十二屆國慶盃象棋賽 高中組
個人冠軍及高中組團體亞軍



屯門中國象棋爭霸戰2016 中學組個人季軍5A陳伽明



屯門中國象棋爭霸戰2016 中學組團體冠軍

壁報 設計 比賽

本年度的高中壁報設計及初中課室佈置比賽已順利完成，各級的成績如下：

	冠軍	亞軍	季軍
中一級	1C	1B	1A
中二級	2C	2B	2A
中三級	3B	3D	3C
中四級	4D	4B	4A
中五級	5B	5C	5A
中六級	6B	6A	6C

在此感謝鍾謝笑儀老師、官恆珀老師、李海娜老師、馮耀翔老師擔當評判。



中五級冠軍5B



中四級冠軍4D

中二級冠軍2C

視藝比賽



6B 樊振獅 望

中五級樊振獅 (今年6B) 獲金獎



剛過去的暑期，本校五位學生參加由Art2World 舉辦的「童油皇國」兒童藝術年展2016取得優異成績。中六級馮慧琳及中五級樊振獅（今年6B）獲金獎，中五級鄧力仁（今年6D）及中二級陳芯羽（今年3D）獲銀獎，中六級岑淑恩獲銅獎。而可道中學亦獲得中學藝術教育團體獎。



去年中六級馮慧琳 愛



中五級鄧力仁 (今年6D) 及中二級陳芯羽 (今年3D) 獲銀獎



簡日初得獎照



簡日初



得獎者合照

本校視藝科學生參加由「uniform power 制服動力」舉辦的「你想校服大改造」設計比賽中獲得優異成績。

中五級C班簡日初獲中學組冠軍（作品名稱為帥氣的披肩），中五級C班趙靖琳及中五級D班朱月僮獲中學組入圍獎。



可道中學家長教師會

家齊同心 暖遍校園

本年度家長教師會的活動十分豐富，除了逢星期三恆常的家長聚會外，也不定期舉辦了各種興趣班，如「微景觀盆栽DIY」、「環保酵素及蚊油製作班」，促進家長和老師間彼此的聯誼溝通，也帶動了家校推行環保的概念。

此外，本校分別於2016年10月7日及10月21日舉行了「高中多元出路家長晚會」及「第十屆家長教師會第二次周年會員大會暨中一及中二家長晚會」，由本校老師、社工以講座形式向家長介紹最新的升學資訊及與子女溝通相處的技巧，亦安排家長與各班班主任會面，以了解其子女在校的學習生活情況，進一步加強家校溝通與聯繫。



環保興趣班



家長晚會



投入製作酵素



盆栽興趣班



與班主任面談



家長聚會

外籍老師Eric專訪及好書推介

Self-introduction

I was born and raised in Canada. After studying for a business degree at the University of British Columbia (in Vancouver), I worked as an accountant. I then moved to Beijing for one year to teach business subjects to Chinese students. Then I moved to Hong Kong, where I have now been for four years.

Since I've been in Asia, I've travelled in China, Vietnam, Korea, Thailand, Taiwan and Japan.

I love doing active things! My favourite sports are dodgeball, volleyball and basketball. I also play a little piano and enjoy salsa dancing.

I've had a great time over the past few months, sharing laughs with you Ho-Do-ians. I'm looking forward to getting to know all Ho Dao-ians - students, teachers and staff!



Eric Yau

Book Review by Eric Yau

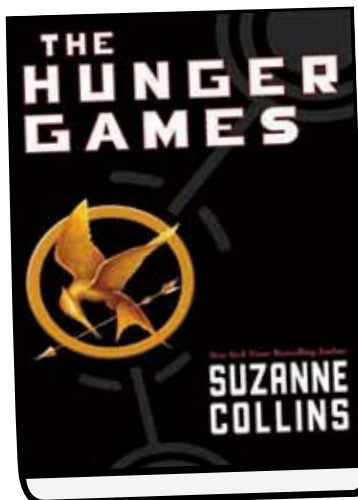
The book I have read is *The Hunger Games*. It is a science-fiction book written by Suzanne Collins.

The book takes place in a future where the government randomly chooses teenagers to fight to the death in an annual competition called "The Hunger Games". As you can imagine, it's a very emotional book.

My favourite character in the story is Katniss. She shows us that to succeed in *The Hunger Games* requires more than just strength and a killer instinct.

I enjoyed this book because it allowed me to enjoy the movie even more!

I recommend this book to everyone who has seen (or is thinking about seeing) the movie(s). It's an enjoyable way to improve your English!



中文創作園地

我最尊敬的唐老師

5D 趙鈺滢

假如每位學生都是一塊玉石，那麼良師便是琢磨光亮奪目玉石的器具。韓愈曾說過這樣一句話：「師者，所以傳道、受業、解惑也。」唐老師正是體現這句金石良言的最佳人選，他不但傾囊相授書本上的知識，更令我明白了許多人生的道理。他是我最受敬重的老師，一位儒者，從他一舉一動中無不散發着中國文化的氣質。

唐老師曾是我初中時的中文老師兼班主任。尚記得剛踏入這所中學校門時，他的形象便已在我的腦海中留下了深刻的印象。那時的他踏進課室，站在講台前，一絲暖暖的陽光照在他那花白的頭髮上，竟泛起了絲絲銀色的光亮，那一頭花白髮絲彷彿向人們訴說著他那豐富的人生閱歷，高挺的鼻樑上架著一副傳統金絲眼鏡，飽經滄桑的臉上滿佈皺紋，有如班駁路軌般交錯，平添幾分嚴肅。印象中的唐老師總喜歡穿着一身中山裝，手裡帶著幾本厚厚的書，看上去整個人就是老套、書卷氣的感覺。

起初，我並不太喜歡他，對他滿頭白髮髮嗤之以鼻，更對他的沉默寡言感到這個老師並不討好。後來觀察他的言行，才發現自己當初的自以為是是如此的無知、愚蠢。

《禮記》：「博學於久，約之以禮。」唐老師對於禮是貫徹始終的。他每天早上，對於見面的同學、老師甚至是校工，都會說一聲「早安」即使同學反應冷淡，他仍然堅持不懈，每天一如以往地重覆向人問候的習慣。

猶記得有一次校工早上來到我們課室要記名表，我拿起表格簿，隨手一扔，扔到了外面的講白上。唐老師見到了馬上走了過去，輕輕地拿起了記名表，緩步走到了校工面前，雙手遞給了校工，然後微笑地說了一句：「麻煩你了！」我看見這一幕，心中不知怎的竟生出了一絲愧疚之感，臉上像燒了火似的紅了起來。我為自己做的事感到萬分羞愧，因為自己作為學生，應該對師長有禮，但自己並未做到，如此就連最基本的待人有禮，我都做不到，我又怎還有資格說自己是學生。唐老師的行為令我明白了中國文化可貴之處不在於外在的形象，而是內在對人的心。從那以後，我對唐老師哪「老人」的形象隨即改觀，這次令我對唐老師產生了敬佩之情，成為了往後我對他尊敬的序曲。

我曾以為唐老師是那些墨守成規，自己故有一套，獨行獨斷的人，但原來是我錯了。那一次中文測驗成績卷派下來，唐老師在為我們講解試卷上的錯誤的地方，我們因一題的答案出現了紛爭，大家互相對峙，眾說紛紜，大家都認為彼此的答案才是正確的。唐老師見了，便說此題稍後經查問再核對。

下課後，路經教研室門口的我，便看見了唐老師正虛心地向幾位年資較他淺的老師請教，只見他躬着身子，與其他幾位老師認真討論，當得到結果後，便再三道謝。我對此感到十分的詫異，走上前去，詢問唐老師：「你擁有較高的學歷，為何要向他人請教呢？」他只是微微地笑了笑，說：「哪裡的話，虛心使人進步，與他人討論才能得到更好的效果。」我想了想，對啊，正所謂《易經》中提到的謙謙君子，卑之自牧。唐老師就是擁有了這謙厚的人心，他令我明白了原來謙虛可貴之處在於對於能力較遜的人，亦同樣懷懷謙厚之心。多謝你，唐老師，你的言行身教使我終生受益。

唐老師的言行身教中，更令我懂得了何為寬恕。有一次中文堂上測驗，我因為沒有溫習却不想成績落後，因此便作弊。當然東窗事發，我被逮了個正着。當時的我站在教研室門口，我羞愧萬分，心裡緊張得要命，開始後悔自己的所作所為，手腳不自覺得顫抖着，預想着即將面臨的慘境，唐老師打開門，招招手，叫我進去。我來到他的面前，只見他拿着我的試卷，然後給了我，上面寫着「知錯能改，善莫大焉。」然後他抬了抬他的金絲眼鏡框，微微笑了笑，說：「自改思一下，「明天重新測過吧！」我的眼眶不知為何竟濕潤了，心中竟滿是暖意，從那以後，我下定決心要學好中文，不幸負唐老師對我的期望。像那天所發生的事也從未再發生過，只因我永遠忘記不了當時唐老師金絲眼鏡框後，那雙眼睛流露出了「信任」的眼神…在唐老師的身上，我學會了要常存寬恕之心，不要因小事而怒於別人，要有氣度去包容別人的過錯。

在初中這三年來，我孜孜不倦地學習，我學習唐老師的一言一行，學習他的美德和態度在跟隨唐老師三年來，我耳濡目染他的言行，濡他不大喜歡說什麼大道理，反之以身作則，「敏於事而慎於行」，這令我十分敬佩他。

雖然唐老師現在已經沒有再教我了，但其「禮」、「謙」、「寬恕」的中國文化價值長存於我心，他將中國文化精神注入玉石，使其更閃亮璀璨。唐老師，多謝日你的教導，一日為師，終生為父。」你的教誨我將永遠銘記於心中，永不忘記。

情景寫作

4D 劉曉欣

我翻閱母校的二十週年紀念特刊，見到這幀四年前跟她在小學畢業後拍的合照。照片中的她稚氣未脫，眼神流露着倔強。看着我倆的笑容，當年甜蜜和苦澀的回憶都被喚醒，一一浮現腦海。

照片裏，稚氣的大眼睛閃爍着黑寶石一般幽深的光澤，筆直的鼻樑顯露出倔強的性格，淺淺斟酌便可察覺那雙眼睛裏所承載的韌性與意志。是這個女孩教會我不懷疑自己的倔強，堅信生命中沒有不能承受的難關，沒有過不去的坎兒。教我堅信我的倔強會幫助我鏟除那人生路上荊棘，幫助我撥開那人生中的霧靄，幫助我完成那些看似遙不可及的夢想。

自我成為她的同桌起，我就知道一心是倔強的孩子。她對任何人都有些冷淡，不多說話，只是默默地坐着，似乎沒有一樣東西能引起她的興趣。她總是不聽老師的話，對老師們時有違逆，這樣有些叛逆的性格使她時常被批評。但她的性格卻不曾因此而改變半分，依然我行我素。體育課時，我常與她一組，只因我倆都不太喜歡運動。我從小便是這樣，身體羸弱的經起一點劇烈運動，體育對我來說就是個噩夢，所以那些嘲笑和尖銳的眼神總是在身旁縈繞不去。「喂，你們兩個跑快點好不好，自由活動時間都快沒了。」這樣的聲音通常在我耳畔出現，我學不會輕鬆的自嘲，也找不到一點思想的依持來下台階，只感到「處處不如人」的自卑感。面對同學的冷嘲熱調，我只能裝沒聽到一般，但又有誰願意成為大家奚落的對象呢？這時的一心常常發拽拳頭，我彷彿看到在她內心深處，隱隱約約藏着的倔強。她對我說：「我們下星期開始練跑步好不好？」在一心的推使下，我不服輸的本性開始泛濫，我埋藏在心裏的倔強開始出頭。兩星期後的耐力跑測試，我不想再成為被嘲笑的對象。我和一心相約在體育場一起練習。跑着跑着，一個又一個健將飛快地越過我們身邊。幾乎不到一分鐘，我就累得氣喘如中，乾澀的氣管火辣辣的灼痛着我。我想放棄，每當這時，一心便會跑過來，給我一記當頭棒喝，於是一點點，一點點，每天多跑一點點，只要能進步一點，我和一心便會雀躍，我們愈戰愈勇，鏗而不捨地堅持下來了。

兩星期後的體育課上，我和一心在哨子聲中一鼓作氣跑了出去，我一邊跑，一邊輕喘着氣，強忍着兩腿上越益加重的酸楚，我時不時就看看一心，看看她和自己的倔強。一遍又一遍地告誡自己不要放棄。豆大的汗珠沿着我倆的臉扉滑落，雖然手腳酸軟得幾乎發不了力，但是我們依舊堅持。終於，來到尾聲，我彎腰撐膝重重地吸了一口氣，然後和一心迫不及待地跑到老師身旁查問結果。意想不到，身為「弱將」的我們竟克服了困難，突破了自己的極限，我開心得手舞足蹈，忘情地歡呼起來，用力張開雙手，將一心緊緊抱着。原來只要願意踏出第一步，然後不畏艱辛地持之以恆，那看似天大的艱難亦不足俱。

畢業那年的夏季非常熾熱，那天我與一心一起走進校園，合照留念，唱着驪歌。那一幀照片，兩個女孩笑得格外燦爛，就像向日葵一樣，迎着那刺目的陽光不肯低頭。我們獨樹一幟的側臉仍流露着倔強。

再回首，時光倏忽，與一心的友情依然微恙在心湖泛起漣漪。細細回想，我與一心已四年沒見了，我會一直這樣倔強走下去，漫漫學途上，也希望你用倔強繪制最美的願景。

毅力與成功

3D 區梓軒

每個人都渴望得到成功，但通往成功的路卻是那麼的坎坷、那麼的漫長。而衝破難關取得成功的法寶是多種多樣的，有自信、謙虛、勤奮，但我認為最有用的法寶就是毅力。

毅力，往往在一個人的挫折中發揮出驚人的力量。只要有了毅力，困難和挫折就會向人們低頭，令人順利到達成功的彼岸。

古今中外，有許多名人都是憑着頑強的毅力而取得成功的。

世界著名的作曲家貝多芬，在他三十歲的時候，聽覺日漸衰弱，熱愛音樂的他，在痛苦中頑強地創作了第一部交響曲。在他雙耳失聰、身體健康日趨惡化，精神受到折磨的情況下，仍以巨人般的毅力完成了最後的一部巨作《第九交響曲》，令到他的名字流傳至今也家喻戶曉。

還有眾所周知的作者海倫凱勒，她在小時候就生了一場重病，令她雙眼失明，雙耳失聰，從此海倫與有聲有色的世界隔絕了。她變得暴躁起來，脾氣越來越壞，直至遇到沙利文老師，令她重拾自信心。她努力地去探索眼前這黑暗的世界，憑着她驚人的毅力，她學會了寫字、說話、書寫、算術，並在1900年考上了大學。海倫的一生都在和病魔戰鬥，她以那頑強的毅力，努力學習眼前在黑暗中的一切事物，最終戰勝了病魔，令世人驚嘆。

龜兔賽跑中，烏龜明知沒有勝算，卻依然去比賽，最後憑着自己的毅力，獲得了比賽的勝利。

由此可見，毅力是成功的前提，成功之路不平坦，每個人在通往成功之路時，都不可避免一些挫折，這些挫折需要我們用毅力去面對、去克服，這就是成功的關鍵。

我最敬愛的唐老師

5D 鄭成

正在上中文課，只見班上的同學們早也被唐老師「精湛」的「催眠術」催得是東倒西歪，有的甚至早已進入夢鄉，打起了鼾。唐老師雖然知識淵博，但無奈他的教學方式就如其穿扮一般老土，沉悶，他總穿着一式一樣藍色仔褲和如土色般的上衣，戴着副舊式圓框眼鏡，讓人見到就極想睡覺。而在我眼裡，唐老師的教學卻充滿了古代聖人般的氣氛。

但其實在發生這些事之前，我又何嘗不是那些東倒西歪中的一個呢？

身為全班第一的我，終有種屬於我自己的驕傲，認為自己根本不需要請教其他學生，更覺得請教別人是一種奇恥大辱，亦為了保住自己第一的位置，不應教導其他的同學，唯恐他人因此而超過我。我本認為拿到全班第一，會令我在同學們眼中的地位大增，使得會有更多的同學來追捧，和我做朋友。可其結果並非如此，我身邊的同學一個個地開始疏遠我，就連我最好的朋友都離我而去。這令我十分的傷心，但同時亦十分不解。我不明白到底為什麼他們在我得到第一後，反而會漸漸遠離我呢？

正當我疑惑，坐在座位上自忍不得其解的時候。滿額銀發的唐老師拿着手機走進了課室。「現在是小息時間，「還沒到上課呢？你來做什麼呀？」一名同學問道，只見唐老師自嘲道：「人老了，跟不上時代了，連手機都不會用了，那位同學肯教教我怎樣拍照呀？」說完還擰下了他那筆直的腰桿，向我們鞠了個九十度的躬。一位同學見狀連忙上前幫忙，最終在同學的幫助，唐老師學會了照相。他對那位同學說了十幾聲感謝的話語，還稱其是他手機方面的老師呢！唐老師向我走近，身影在我吃驚的眼神中不斷放大，在我耳邊柔聲說道：「獨學而無友，年輕人雖有傲氣，但不恥下問才是進步的關鍵。只要懂得知識，道理，誰不能成為你的老師呢？何必在乎那些虛榮和他人的眼光。」

我恍然大悟，一個人獨自地學習，雖成績好但卻不願與他人分享，互相討論，如此這般的驕傲，目中無人，我身邊怎麼可能會有朋友的存在呢？而唐老師雖為生物上的博士，在遇上問題時竟能放下身段和地位，虛心向學生來請教，甚至稱自己的弟子為師，難怪唐老師雖上課不好卻仍受同學們的愛戴了。唐老師以自身為例教我這一道理，令我體會到了中國文化魅力。

除了不恥下問，唐老師亦十分尊重大自然。在一次郊遊中，有一些同學見到一些小昆蟲便上手捉住牠們，放在手中把玩，眼中還不斷露出戲謔的眼神。更有些同學順手便將路邊的花朵摘下。這令到平時沒有什麼脾氣的唐老師頓時破口大罵：「你們快點住手呀！他們可都是一條小生命呀！」他們放下昆蟲，但有一些大膽，無禮的同學反駁道：「我們人類比牠們可高等的多，牠們只是我們的陪襯和玩物呀！」唐老師出其意料地繼續和他理論，而是嘆了嘆氣，挺着自己那筆直的腰桿，大步帶領着我們向山頂前進。如刀的歲月在他眼留下了眾多的皺紋，但並沒有令他那筆直的腰桿彎曲，就如他那正直和正義感都未因這般污濁的社會所影響。到了山頂後，一種專屬於大自然的美映入我們眼帘，俯瞰山下，樹生得青葱茂盛。「美嗎？」唐老師壓低聲音對我們說道。我們幾乎是脫口而出：「真美呀！」唐老師笑道：「這麼美的自然，我們理應保護。「天地萬物本是同源而生，人類萬物並存才對呀！」只見剛剛那位大膽的同學低下了頭，充滿自責和羞愧。看着那位同學，唐老師露出了會心的一笑。這便是中國文化可貴之處啊！其不但教育我們要尊敬師表，長輩，更教育我們要尊敬世上的萬物，與他們共同生存，互相依賴，這樣才能有一個恒之美麗的大自然。

夕陽西下，淡紅色的陽光照在唐老師他那滿頭的銀發，映出陣陣光輝，那陣光輝保護那剛剛被捉的昆蟲，亦印在了我的心上，溫暖着我的心。謝謝您，我親愛的唐老師，是您令我從驕傲變得謙虛，明白了人應不恥下問才可進步。令我明白應尊敬自然，做到古人口中的「尊天」令我深深體會到中國文化的可貴和博大精深！我定會遵循您的教導，謙虛做人，尊敬自然的！

談壓力

3D 林敏琪

甚麼是壓力？當我們在生活中遇上一些轉變，困難或挑戰時，我們便會感到有壓力。無論你是甚麼人，都會遇到各種生活帶來的壓力，這是無可避免的。壓力可以使人走上絕路，做出可怕的事情；同時也可以使人進步。如果一個人沒有壓力，便沒有目標，只會停留在原地。所以我認為只要適當地處理壓力，有壓力也是一種好事。

壓力頗為重要，《孔子·告子下》中提及了「生於憂患，死於安樂。」人在憂患中能發憤圖強而得以生存，處於順境易沉湎於安樂而招致滅亡。孔子在這篇散文中列舉六位經過貧困、挫折的磨煉而終於擔當大任的人的事例，以及一個國家的興亡兩個不同的角度作對比。證明憂患可以激勵人奮發有為，磨難可以促使人有新成就。

你有聽過愛迪生的故事嗎？他不但成為近代物理史上一位相當傑出的科學家，更被譽為世界上最偉大的發明家。難道他在成功的路上沒有遇到任何的困難，沒有壓力嗎？由於愛迪生家境貧困，他只受過三個月的小學教育，十二歲就開始在火車上工作。在1913年至1928年中，他的發明更是多不勝數，他一生中最大的貢獻，就是發明了電燈，他做了無數次實驗，才製造出第一個燈泡，其後更在這基礎上不斷改良製造的方法。他接二連三的發明，使他在1928年獲得了國會金質特別獎。在成功之前，他要面對着沒有資金做實驗，以及沒有基本科學知識等困難。但是這些壓力並沒有影響他成為科學家，反而使他更加努力不懈，刻苦自學。他將適當的壓力變作為積極的動力。

由此可見，只要適當地處理壓力，壓力是一種積極的動力，讓你更有活力，也是驅使你成功的因素。當你長期間面對壓力，你的身心其實已經慢慢適應它，壓力最終可能成為你邁向成功的墊腳石而非絆腳石。

Is 'smart' card scheme beneficial for us?

Name: Chow Pui Kwan (3) Class: 6C

Recently, our school is considering implementing a student smart card scheme. It has many functions such as attendance monitoring, electronic payment and contact details. Albeit it seems to have many benefits, there are many disadvantages.

Granted, the student smart card scheme can promote an environmentally friendly school since it keeps exam grades, and therefore, no more hard copies are needed. The scheme can save a lot of paper. It also educates our students about the importance of environmental protection. Furthermore, it is no doubt that the student smart card brings us a lot of convenience. We don't need to bring student handbook and cash because of the attendance monitoring functions and electronic payment. The student smart card furnishes school with comprehensive technical support. By doing so, it makes the school run more efficiently. Thus, it is patently true that the student smart card scheme is advantageous to the environment, students and the school.

However, this scheme inevitably leads to a multitude of privacy problems and may jeopardize the interests of students. The student smart card involves too much information of students. If they lose the card, it will pose many undesirable consequences which you can't imagine. For instance, someone may steal the personal information and ensnare you in some illegal matters. If students have much money in the card, it will bring tremendous damage to their finances. In addition, it will make students' details vulnerable to theft or identity fraud. Not only does this scheme spoil the interests of students, but also undermines the student's confidence in our school. If this scheme is implemented, students may think that school puts their own ease of operation first rather than students' best interest. It may trigger off negative emotions among students and affect harmony of the school.

To recapitulate, on the one hand, the student smart card scheme brings convenience to students, but on the other hand, it causes privacy problems and has a detriment to students' interests. For the sake of the students, our school needs to consult sufficiently before implementing this scheme.

A speech on using video game consoles to teach Primary students English

Name: Chung Yuen Wai (4) Class: 6D

Date: 17th October, 2016

Good morning, teachers. Thank you for attending this speech. My name is Chris Wong and I am the chairperson of the school's Computer Club. Our school is currently considering using video game consoles to teach primary students English. The children are delighted at the prospect, but not all of the teachers are convinced it is a good idea. So today, I am going to outline the pros and cons of using game consoles in language education.

Let me talk about the benefits of using game consoles in language education first. Using game consoles in language education is an innovative way to motivate students to learn English. If our school starts using game consoles in language education, our students will not focus on boring textbooks anymore. And as it is an innovative method, our students will be more likely to pay attention to the lessons. Moreover, it is good for students who are not interested in learning. If our school starts using game consoles in language education, the students will find the enjoyment of learning languages. It is an enjoyable and useful activity for those students who only have very short attention span, like 10-15 minutes, to learn English in a fun way. It can also let them pay more attention to the language features they are learning.

Although there are some benefits of this innovative method, there are also a lot of drawbacks of using game consoles in language education.

First, using game consoles in language education may lead to the lack of social interaction in the classroom. What is the main reason for learning a language? It is to communicate with others. So how can you learn a language without using it to communicate with others? The main point is that most of us are learning English through interaction and exchanging ideas, but these students can only learn the language through the game consoles. How can they talk to others in the future? Furthermore, there are not many opportunities for students to develop their language skills if they keep using game consoles to learn a language. We need to learn and use so many skills such as reading skills, writing skills, listening skills and speaking skills when we are learning a language. Sometimes, we need to use all of these skills. Students can improve reading skills and listening skills, but how can they practise writing and speaking skills? Can they talk to the characters in the game? No, they cannot! So this is one of the disadvantages of using game consoles in language education. Perhaps some teachers may think that there is one more advantage of using game consoles in language education – the students can use the dialogue among characters in the video games to learn spoken English in casual contexts. Nonetheless, can spoken English be used under any occasions? Is it the only way for students to learn spoken English? Absolutely not! Actually, we can learn spoken English in many different ways, like watching television programmes, YouTube and so on and so forth. But what will happen if we use the time during the lessons to teach the students spoken English? Obviously, they will lose the chance to learn some useful skills which can help them in their future employment.

In conclusion, I believe that the drawbacks of using game consoles in language education outweigh the benefits. Therefore, I do not think that using video game consoles is a good idea to teach primary students English. I hope our school will take my suggestions into account.

Thank you very much for listening.

Pokemon Go

Name: Jim Man Yan (5) Class: 5D

Pokemon Go is an app using map location and AR technology to allow players to hunt for cute monsters in real world places such as parks, subways and buildings. The developer also urges users to put on their shoes, step outside and explore the world alongside with Pokemon Go.

Officially, Pokemon has had over 20-year history. Both children and their parents have become so familiar with the game and characters. Since its launch in Hong Kong in July, Pokemon has attracted tens of thousands of people immediately. Why is it so popular? In my opinion, the main reason may not only be the provision of a chance for trainers to revisit their childhood's memories, but also that it gives them a new experience to use the technology.

Although I am not a big fan of Pokemon, I am still trying to play this blockbuster game. Once, I went to Tin Sau Park with my friends. I was shocked to see about 500 people flicking their fingers on the phone. However, those players are extremely kind because they will tell you where you can capture some special monsters and even yell something supportive, like "fighting for all trainers!"

Without doubt, the game makes people go crazy but it may teach everybody how to communicate with others and share happiness beyond themselves. Therefore, maybe it is the best way for you to mend the relationship with friends or family, and create a better community for everyone.

The best way to fix friendship – apology

Name: Zhao Yu Ying, Raina (13) Class: 5D

I glared at the floor as if my anger was scrubbing off roughly. Chris was tiptoeing quietly and scouring his desk. Nobody was here except the two of us. The classroom was in complete silence. Something seemed to happen underneath and became more and more serious.

Chris and I are the best friends without doubt. He is my buddy. We have become the best friends since our childhood. I still remembered the first time when I met him was at a playground. I was 5 years old at that time. There were some children playing a trick on me and I fell down on the ground. All of them laughed at me. I felt so sad and helpless, but Chris suddenly came to me and lent me a helping hand. He rebuked those children angrily and told them to get away. We became friends since then. We had some common topics to talk about and share, like sports, idols, music and so on. We both like music. So when we were in a high school, we set up a music band called 'Black Leaves' and invited two more members who were also enthusiastic about music to join in. We had tried hard and practised all the time. We participated in many competitions and won numerous prizes. Life seemed to be fine, but something changed one day.

Our music band took part in a contest. However, it was just a month away. We all surely needed to practise more often since we all wanted to do the best in the contest. I found that Chris had become so strange. He started to be late for the band's practice and then sometimes he even failed to show up. Every time I saw him, he was so tired. He had never been like this before. I wanted to ask him but I hardly had any chances.

On the day of the contest, we all prepared to go on stage, but Chris didn't come. I felt so angry and disappointed. It came as no surprise, our music band lost at the qualifications round of the contest because the rules had stated that every band should have a complete group of members. The next day, I went into the classroom and I saw that Chris was sitting on his chair. I rushed to him and started yelling to him.

'What the hell were you doing? Why didn't you come yesterday?' My ears turned bright red. Chris still did not say anything. He just sat quietly over there. 'That's all your fault! Because of you, our band lost the chance to advance in the contest!' I roared to him.

He moved slightly to look at me and said, 'My fault? Yes, that's all my fault. I feel so sorry about yesterday. But you know, you were just so selfish. You only care about yourself and the prizes. Are you going to realize your fault one day? I think it's not possible!' Chris snarled back and his voice rose slightly.

'What? Go to the hell, Chris! You're such a 'good' buddy. I don't want to see you again!' I scolded him angrily and furiously left the classroom.

After that day, I had a falling out with Chris. He refused to talk to me. I also did not want to say anything about him. Life changed. I went to school or home alone since Chris and I were not as close as before. Originally, I felt so angry. But I started to feel a little bit lonely and sad in the next few days. Before that, I had a good friend to talk to. We could share mutual interests. When I saw Chris became so weird and cold, I was really disappointed. Nevertheless, I regretted deep down in my heart when I found that the reason why Chris could not come that day. Chris's grandfather was sick one month ago and passed away that day. I realized that was all my fault, but it seemed too late for regrets.

One day after school, I came to Chris's seat and apologized to him sincerely, 'Chris, I am sorry. I have been really stupid. You're right! I am so selfish. As your friend, I do not care about you and help you to solve the problem. I am just the worst friend around the world. I know I do not deserve being forgiven.'

'Well, you're really such a bad friend' Chris said, 'But, I am the most generous friend around the world though. I have decided to forgive you. I am sorry too, because I was also wrong.'

I felt so surprised and smiled at him.

Chris patted me on the shoulder and was pleased to say, 'OK, my buddy. Let's go practise music!'

True friendship is a rare treasure that needs to be cherished. A true friend is the one who brings out the best in a person. The lesson that I have learnt is that being brave to admit your mistakes is definitely the best way to fix a nearly-broken friendship.



校園報《道網》每學年出版兩期，第二十期將於5月份出版。其中「投稿園地」現誠邀各位同學踴躍發表作品，中、英文均可，類別、字數不限，來稿者請註明姓名和班別，方便聯絡。稿件請電郵至mail@hodao.edu.hk，註明「校園報投稿」，截稿日期為3月10日。另外，如想取得更多本校資訊，亦可瀏覽本校網頁：<http://www.hodao.edu.hk>

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