



聖羅撒學校校訊

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慈悲的天父！

教宗方濟各訂定2015年12月8日至2016年11月20日為慈悲特殊禧年，為提醒我們天主是慈悲的，而耶穌基督就是天父慈悲的面容，我們看見耶穌，就是看見天父。我們要學習耶穌的言行，在我們的生活中以



實際的愛人行動彰顯天主的慈悲。因此教宗特別重提教會傳統的慈悲事工：形哀矜及神哀矜。形哀矜是指對人身體的基本需要的幫助，包括：饑者食之、渴者飲之、裸者衣之、收留旅人、照顧病人、探望囚者、埋葬死者。而神哀矜是指對別人精神方面的幫助，包括：解人疑惑、教導愚蒙、勸人悔改、安慰憂苦、赦人侮辱、忍耐磨難、為生者死者祈求。讓我們都記着教宗的提醒，常關懷有需要的人，特別是貧窮弱小者。

慈悲的聖事——校慶感恩祭

感恩祭是慈悲的聖事，是天主對人愛的標記，耶穌願意與我們同在，2月23日梁達材神父為我們主持了第68周年校慶感恩祭。感恩祭的主題是我們這一家，家庭是我們學習愛的第一個場所，家庭教導我們成為一個負責任，並懂得寬恕及憐憫的人。聖羅撒是我們的家，正如福音中耶穌所說：我們眾人都是兄弟姐妹，因為我們有同一的天父。願我們在聖羅撒這個大家庭中，常彼此合作，互愛互助，並能常以聖家為榜樣，在家庭內多

一分微笑、欣賞、體諒及尊重，使我們這一家多一份愛與平安，也使我們四周的空氣多一份祥和感！我們感謝天主過去六十八年的眷顧，並懇求天主使我們精誠團結，秉承我校「忠誠仁愛」的精神，願上主繼續降福我們這一家。



慈悲之旅！

五年級到聖德肋撒堂朝聖

教宗方濟各特別在慈悲禧年在各地都設立了聖門，這些聖門將成為慈悲之門，讓進入的人經驗天主的愛：天主要向我們施以安慰、寬仁，並注入希望。教宗希望我們藉着朝聖，跨過這些聖門，尋獲力量，去擁抱天主的慈悲。2月18日五年級的同學跨過聖德肋撒堂的聖門，透過堂區導賞組帶領及講解，了解聖堂歷史及聖人們故事，同學們都十分用心細聽，了解聖人們如何以他們的生命見證天主的慈悲。



尋獲慈悲天主之旅

有幾位同學藉着父母的引導尋獲慈悲的天主，透過聖洗聖事領洗加入教會的大家。願慈悲的天主在她們人生道路上，帶領她們、保護她們，使她們走在真理與愛的道路上，一生充滿上主的平安與幸福，並為她們的言行為慈悲的天主作見證。今年亦有十多位同學領堅振及三十多位同學初領聖體，天主藉着這些教會的聖事親臨在她們身上，常與她們同在。天主常渴望與人同在，祂常等待我們歸向祂，讓我們常去親近天主，與最愛我們的天主一起，讓天主能愛我們。



蘇朗月



梁涵蔚



我是道路、真理、生命。(若14:6)

5月17日老師們參加了天主教學校教師日，今年是香港天主教會開教一百七十五年，亦是天主教香港教區成立七十年，湯漢樞機感謝教師為天主教教育事業的付出和奉獻，鼓勵他們兼顧身心健康，常懷堅毅與仁愛的心面對困難。而夏志誠輔理主教講道時則鼓勵教師堅持教育理念這份「信仰」，「相信耶穌是道路，每位學生也是天主所愛」，且有能力成就不可能的事。他指教育工作面對挑戰，包括教育「商業化」及人人爭相贏在起跑線，教師須在困難中相信耶穌、堅持理想。

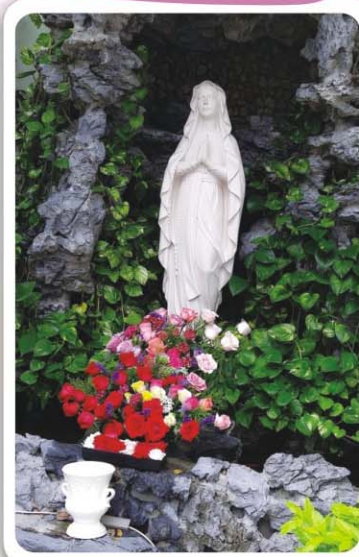


慈悲之母瑪利亞！

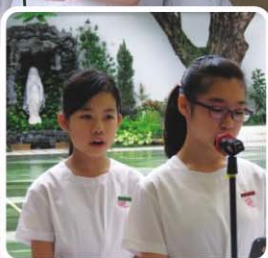
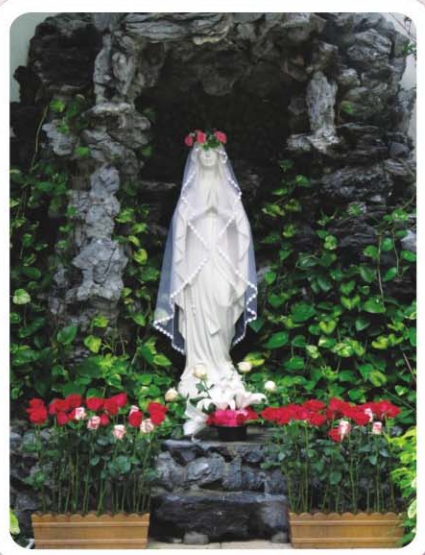
同學們一起頌唸玫瑰經，
為有需要的人祈禱！



教會把五月定為聖母月，特別尊敬瑪利亞，她被揀選為天主聖子的母親，沒有人比她更深入體會聖子降生成人的偉大奧蹟。瑪利亞珍藏天主的慈悲在她心中，並把這份天主的慈悲帶給人。她更是世上第一位基督徒，即是世上第一個相信耶穌是天主子的人。願聖母瑪利亞帶給我們安慰與力量，使我們學習她與天主合作，把耶穌的愛與平安帶給我們身邊的人，作為天父的好女兒。



聖母月獻花及聖母加冕



天父慈悲的面容(耶穌)的跟隨者！

耶穌是天父慈悲的面容，而基督小先鋒就是耶穌的跟隨者，透過聚會學習耶穌的榜樣，去祈禱、去愛天主愛人。今年基督小先鋒有38位成員，分別在12月及4月進行了兩次許諾禮，更有8位同學考獲第二級的紅章及1位同學考獲第三級的黃章。

12月



4月



基督小先鋒聯校活動

今年基督小先鋒九龍II區聯校活動的主題為「一人有一個夢想」，活動包括：祈禱、聽故事、做手工及小組討論等。梁長才先生透過《花婆婆的故事》及犬隻訓練員區啟俊的經歷，及結合瑪竇福音中「撒種的比喻」的意義，帶領小先鋒訂立利己利人的目標，並把目標寫在「夢想樹」上，從中了解自己的志趣與能力，學習評估難度及克服困難的方法。最後，小先鋒握著親手做的「守護夢想小天使」，並由江天文神父為他們逐一降福。



Students' Writing

The P.1 girls wrote reply letters to Simon and Sharon to tell them what they like to put in a fruit salad and also the clothes that they like to wear. Here is what they wrote.

Calantha Lui (1A)

Dear Simon and Sharon,

How are you? I am happy because you like my yummy salad and clothes. I like to put strawberries, oranges, mangoes and pineapples in my salad. I like them because they are sweet. But I think you may not like oranges because they are sour.

I am glad that you like my clothes. My favourite clothes on cold days are sweaters, scarves and jackets. But on hot days, I do not like these clothes. On hot days, I like to wear skirts and T-shirts because they are comfortable. I believe I will catch a cold if I wear these clothes on cold days.

Do you like spring? Do you like drawing?

Write soon.

Best wishes,
Calantha

Venus Ng (1B)

Dear Simon and Sharon,

I am happy because you like the salad and the clothes.

I like to put some strawberries, pears, mangoes, apples and melons in my salad because they are juicy, sweet, yummy and fresh. On cold days, I like to wear jackets and mittens because they help to keep warm. On hot days, I like to wear dresses and shorts because they are beautiful and comfortable. I like to wear colourful clothes. What music do you like? What colour do you like? What drinks do you like? What books do you like? Please let me know.

Love,
Venus Ng

Hillary Lee (1C)

Dear Simon and Sharon,

I am really happy that you like my salad and the pretty clothes that I buy.

I like to eat salad too. I like to put pineapples and apples in my salad because they are healthy and delicious. On hot days, I like to wear vests and shorts because they help to keep cool. They are comfortable. On cold days, I like to wear sweaters and fluffy jackets because they help to keep warm.

What fruits do you like eating now? What clothes do you like wearing? Let me know.

Love,
Hillary

Kristi Chan (1D)

Dear Sharon and Simon,

Hello! How are you? I am happy to get your letter. Also, I am glad to know that you like the salad and the clothes.

I like to put bananas, blueberries, cherries, strawberries and oranges in my salad because they are delicious and healthy.

On cold days, I like to wear boots, trousers, blouses and scarves because they are comfortable and warm. On hot days, I like to wear skirts, dresses, hats and shoes because they are beautiful and trendy. What do you like to put in your salad? What clothes do you like to wear? Let me know.

Love,
Kristi

After reading 'Kenny's Shopping List', Isis Hui from Class 2A imagined herself as Kenny and wrote about his special day when he knew that he won the drawing competition.

Kenny's Journal

By 2A Isis Hui

20th January, 2016

I am very happy today because I win the drawing competition! I get a good prize. It is \$1000 in coupons! I shout as loud as I can, "I've won! I can go shopping in Shiny Shopping Centre to buy a lot of things!" I am very excited because I can go shopping by myself! I write a shopping list. My sister is curious about what I write. She tries to look at my coupons. My sister wants to find out what I am doing, but I use my arms to cover the shopping list.

First, I go to the Flying Horse Gift Shop. I can see a wallet and a key ring. They are beautiful so I buy them. Next I go to the electronics shop. I see a beautiful yellow camera. It's very expensive, but I buy it for Mum. Then I go to the book shop. I can see the book series of "Tell me about Nature" on the book shelf. It is interesting. So I buy it. After buying all the things, I have a coupon left for an ice cream! I enjoy the ice cream in the food court. Then I go back home.

At home, I unpack the shopping bags and wrap the gifts by myself. After that, I write the gift tags. Finally, I give the presents to my family. Mum gets a beautiful yellow camera. My sister gets a key ring and some books. I give Dad a black wallet. Everyone is happy. I don't need any presents because I have a happy family. I love my family very much.

After reading 'The Hungry Giant's Lunch', Victoria Chan from Class 2B imagined herself as the waitress and wrote about what happened in her café when a giant came for lunch. Read and find out how she felt about the giant's visit.

The Waiter's Journal

Victoria Chan 2B

What a special day! A giant comes to our café today. He is very hungry. He yells, 'I want food!' I think he will eat all the food in the café so I ask the giant what he wants to eat. He orders so fast that I need to write faster than usual. I think he is an angry customer. He orders a big salad, two tubs of potatoes, three big pizzas and four chickens. When the food arrives, he eats it quickly. Then he says, 'I'm still hungry.' So I give him more food. He eats five buckets of corn chips, six hotdogs, seven hamburgers and eight cans of pop. After that, he eats nine melons and says, 'What a good lunch.'

I think that the greedy giant is going back to his home. But, he notices the ice-cream in the fridge. He loves ice-cream. He picks the most popular chocolate peanut ripple ice-cream and eats it. After that, he goes burp!

Finally, the giant goes away. He sings, 'Yummy! Yummy! That food was delicious!' When he leaves, he drops some gold coins. I think the giant is cool!

Eric is a 'star student' in class. Everyone in class likes Eric and they all think that he is a good boy. Do you know why? Read Cheryl Li's writing to find out.

My Good Classmate, Eric

Cheryl Li 2C

Today, Eric, Tom and I play basketball together in the school gym. We take turns to shoot for goals. We are very excited.

Suddenly, I fall on the ground because I run too fast. When I fall on the ground, my knee bleeds. I feel a lot of pain. Eric says to me, "Ken, are you all right? Don't cry. Wait for me."

Eric runs as fast as he can to the staffroom and says to Miss Lam, "Miss Lam, please help! Ken hurt himself in the gym and his knee is bleeding. Please take him to the clinic!" So, Miss Lam goes find me and takes me to the clinic.

At the clinic, the doctor checks my leg and bandages my wound. He says, "You are fine. Don't worry. You just need to rest." Miss Lam says, "Thank you very much, doctor." Then we go back to school together.

I feel very thankful because Eric and Miss Lam help me today. Next time, I can help my classmates too!

Miss Yu brought her cat, Goo Goo to our school in January 2016. The P. 2 girls interviewed Miss Yu about her cat during their English lessons and wrote a description of it.

Alexis Wu (2D)

A Description of Goo Goo

This is Miss Yu's cat, Goo Goo. It is twelve years old. It is a boy. It has a brother and five sisters. It was a stray cat. It weighs 3 kg and is 60cm long.

It has two pointy ears, a pair of big eyes, six long whiskers and a long tail. It has ginger and white stripes on its body. It is lovely!

Miss Yu feeds it and cleans the litterbox for it. It has three meals a day. It likes to drink green tea and eat cat snacks but it doesn't like to eat fish.

It likes to play with its friend, Lily. It can jump, climb and run too. It is very clever!

I like Goo Goo very much because it is cute. It is friendly too because it lets us pat it. I hope Miss Yu can bring it to school again.



The delicious combination of dough, sauce, cheese and toppings brings a smile to any child's face. Pizza is one of foods children love. Our P.3 students experienced some hot pizza fun not just in the lunch room but in their English lesson too.

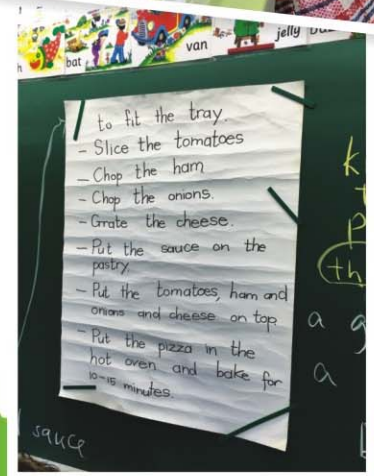
Karina Law 3A

Pizza Day Journal

Last Thursday was an unusual day! We did something special in our English lesson. We made a pizza by ourselves. It was the first time we made a pizza in the lesson. We made it in the English room with Miss Mac. We were excited!

First, Miss Mac wrote a pizza recipe on the blackboard. Then, she rolled the pastry, chopped the ham, sliced the tomatoes, grated the cheese. After that, she put the ham, tomatoes and cheese into a bowl. She added some tomato sauce and stirred it. She put the ingredients on the pastry. At last, she put it in the oven. After fifteen minutes, we could smell the yummy pizza. At lunch time, Miss Mac brought the pizza to our classroom. We tasted it. It was very nutritious. We all liked it.

I liked the lesson very much and I felt very delighted because the lesson was fun. That day, I learnt how to make a pizza. I hope I can make a pizza again at home with my mum during the Christmas holiday because I like pizza very much.



Pizza Day Journal

Moon Yau 3B

My class went to the English room to make a pizza yesterday. We saw many things in the English room. We saw many chairs, some ingredients, a lump of pastry, some green onions, a hot oven and many more! Miss Mac told us to sit in two rows and taught us how to make a pizza.

First, Miss Mac rolled the pastry with a rolling pin. She told us a cook could throw the pastry in the air! Next, a classmate chopped the ham and green onion into small pieces. Then another classmate sliced the tomatoes. After that, a classmate grated the cheese. At last, Miss Mac put all the ingredients on the pizza and baked it in the oven for 15 minutes.

At lunch, we prayed and ate Miss Mac's pizza. We tasted the creamy cheese and the sweet tomatoes. It was very delicious!

We had a lot of fun on Pizza Day. I felt delighted because my class could learn more knowledge about food. I also felt proud because we could make a scrumptious pizza. I hope we could make another dish in P.4 next year!



A Journal about the Pizza Day

Anna Tam (3C)

On Friday Miss Mac and our class made pizza. We didn't make the pastry because Miss Mac had made it for us already. We first put some oil on the pizza tray. Then we used the roller to roll the pastry to fit the tray. We chopped ham, tomatoes and some green onions. We answered a lot of questions too. Then it was time to grate the cheese, and, because I answered a question, I could grate a little bit cheese. It was fun but the cheese was very hard. We put some tomato sauce on the pastry, then we put the tomatoes, ham, cheese, green onions and a bit garlic salt on it. After that we put it in the oven for about ten to fifteen minutes to cook. It was fun to make a pizza!

When it was lunch time, Miss Mac brought us the pizza we had made together. Everyone in 3C said it was delicious. In fact, it was the most delicious pizza we had ever tasted. I wish I could have more lessons like this!



For children, festivals are associated with long holidays and big feasts. However, there is nothing more delightful than enjoying fun holiday activities with friends and family. One P.3 girl would like to share with us what Christmas means to her.

My Favourite Festival

Michelle Lau 3D

My favourite festival is Christmas. It is on 25th December. People in many countries celebrate Christmas to remember the birth of Jesus. In Hong Kong, students can enjoy a long Christmas holiday.

Nowadays, people celebrate Christmas by having Christmas parties and big feasts. They eat a lot of delicious food like turkey, Christmas pudding and gingerbread men. People also sing carols such as We Wish You a Merry Christmas, Rudolph the Red Reindeer and Jingle Bells. People like to buy presents and exchange them with friends. Some people even dress up as Santa Claus to make children happy. Some families put a Christmas tree at home and decorate it with ornaments to make it look beautiful. In Hong Kong, if people want to look at more Christmas decorations, they can go to Tsim Sha Tsui or Central to look at the amazing, colourful Christmas lights. People can do a lot of activities at Christmas. It is a very joyful festival!

I like Christmas because we can eat a lot of yummy food, do many interesting activities and receive lots of presents. I wish it could be Christmas every day!

Poor Billy had a miserable experience---being bullied by his classmates. What could he do to deal with the bullying? In P.4 girls' writing you can find out some ways to deal with bullying.

My Miserable Experience

By Joyce Yu P.4A

When I was in Primary four, I met my classmate, Eddie, on the street one day. I asked Eddie to take me to the new public library because I could not find my way there.

Unfortunately on our way, we met Tom and Judy who were nasty bullies. Tom yelled, "Blind Billy! Silly Billy!" Then Judy said, "Eddie looks like a guide dog!" They kept on laughing at us and we both felt extremely embarrassed. I was very furious because I knew many people were looking at us.

After I borrowed some books, Eddie took me back home and I told my mum all the things that happened to us. We then asked for some advice and Mum said, "You should tell on them. Then, the teacher will punish them. So, Eddie and I decided to tell on Tom and Judy. The next day, I told the headmistress about the teasing. She was shocked because she did not think that an incident like this would happen in our school. She scolded Tom and Judy severely and said, "If you keep teasing others, you two will need to see me again!" After that, Tom and Judy felt sorry for what they had done.

Two days later, Tom and Judy came to me and apologised. "We are so sorry." they said. "We would not tease you again." So, I forgave them and we became good friends.

My Miserable Experience

When I was in Primary four I met my classmate, Eddie, on the street one day. I asked, 'I want to go to the new public library. Can you take me there?' 'Sure,' he answered. 'I can show you the way.' Then he took me to the library.

On the way to the library we met the 'famous' bullies, Tom and Judy. They always teased me because I was blind. Judy said that Eddie always walked with me. He was like a guide dog. Tom was mean too and he called me Blind Billy. We felt so embarrassed we didn't go to the library but went home instead.

When we arrived home I told Mum about the bullying. I said, "We tried to ignore them but they didn't stop. What should we do, Mum?" She gave us a good advice and said we should tell them on. The next day we told the head teacher about the bullying. Then the head teacher told Tom and Judy's parents about it. After that their parents punished them and they were very upset.

Two days later, Eddie took me to school. On the way, we met Tom and Judy again. We felt scared. But they said, "We are sorry about the bullying. We promise not to be bullies anymore. Please forgive us." So, we became good friends.

My Miserable Experience

By 4C Chloe Kwok

When I was in Primary four I met my classmate, Eddie, on the street one day. I asked him if he could take me to the new public library because I wanted to see if it had audio books and talking books." Eddie said, "Sure. Come with me."

On the way to the library, we met Tom and Judy. Eddie said, "Hi, Judy! Hi, Tom! We're going to the new library." But Tom ignored him and sang a nasty song about me. "Blind Billy! Silly Billy! You're blind. You seem not to mind. Ha! Ha! Ha!" Judy said, "Eddie, what are you doing? Are you a guide dog? Ha! Ha! Ha!" I was embarrassed and I could feel myself turning red. Eddie remained calm and ignored them. "Come on. Let's go home and tell your mum," he said.

When Eddie took me home, I told my mum and explained everything to her. At first, she was cross. Then she took a deep breath and said, "I think you should tell your teacher about the teasing. She'll ask them to say sorry to you. If that doesn't work, tell me and I'll tell her." So, I decided to follow Mum's advice and tell on Tom and Judy.

The next day I told Eddie to tell my teacher, Miss Chan about the incident. Miss Chan said, "Okay! Thanks for telling me. I'll punish them!"

Later on, Tom and Judy came to us and said, "We're really sorry, Billy and Eddie. We'll never tease you again." I decided to forgive them. "Are you sure you're going to ignore it, just like that?" Eddie asked. I smiled and said, "Remember the phrase, Eddie. Forgive and Forget!"

My Miserable Experience

By 4D Candice Chan

When I was in Primary four, I met my classmate, Eddie, on the street one day. I wanted to go to the new public library, so I asked Eddie to take me there. He was very helpful and kind. He said 'Sure'. I was very happy to have a good friend like him.

On the way to the library, I met Tom and Judy. I was scared of them because they were bullies at school. Tom yelled, "Blind Billy! Silly Billy!" Judy said that because Eddie always walked with me, he was like a guide dog! It made Eddie very angry. I was sad and embarrassed because Eddie told me that a lot of people were looking at us.

When we went back home, my mum was worried when she found that Eddie and I were so upset. She asked us what had happened. Eddie and I told her about the bullying and she was angry. I asked her what we should do. Mum thought for a while. She said, "I think you should tell your teacher about the bullying." Eddie and I thanked Mum for her advice.

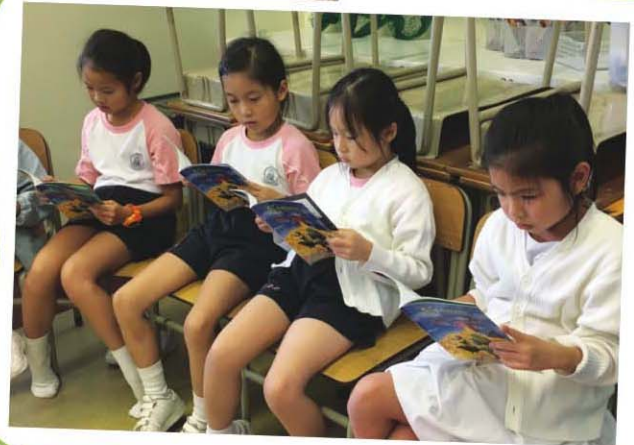
The next day, Eddie and I told our class teacher about the bullying. She was angry when we had finished talking about it. She asked, "Tom and Judy, why did you tease Billy and Eddie yesterday?" Tom and Judy said, "It was only a joke." She was disappointed and said, "You can't tease others like that. It is very rude. It makes others feel unhappy. You should be kind to others." My class teacher didn't punish Tom or Judy because she knew that they felt really sorry about it. She told them not to tease us anymore.

Two days later, when I got home after school, I met Tom and Judy again. They said, "We are really sorry, Billy." I felt better when I heard that. I was happy too because they didn't tease me. After that, they promised me they would be good and I tried to make friends with them.

English Enrichment Class

What is 'Readers' Circle' ?

Do you know what 'Readers' Circle' is? Well, it is a class that some P2 and P3 students have at school on Monday afternoons- it lasts for one hour. Some of the girls who really like reading English books go to the English Room to have this class. But, they don't only sit in a circle and read books together!



In Term 1 they learnt about princesses and swamps. This photo shows a swamp picture that all the girls helped to make after they read three stories about 'Shrek'.





The class also made gingerbread men and tried to learn some magic tricks. In another lesson the students watched Miss Mac demonstrate how to make a toy lava lamp. It was Victoria Chan's idea to make a lava lamp because she is very interested in internet DIY (which means 'Do It Yourself') projects. As well as reading books about these topics the students did drama and writing.

In one lesson Miss Ng and Miss Mac shared their favourite stories and then some girls lent their own favourite story books to others in the group to read.

In Term 2 the class read two stories about food called 'D.W. The Picky Eater' and 'Mr. Wolf's Pancakes'. After that, the girls made some pancakes.

The Readers' Circle girls think the class is interesting because they can study different topics like animals and also learn how to cook. They learn about science too, by doing DIY projects.

All the girls think that the Readers' Circle class is a lot of fun!

小一、二常識科活動回顧



到獅子會自然教育中心考察



今年小一及小二常識科老師在課程中注入了很多有趣的課題與活動，希望同學們能多利用五感來認識身邊的人、事物與環境，並學會表達。讓我們重溫一下本年度不同的活動：



到香港公園看植物、看鳥



同學嘗試自己做筆記



一起野餐



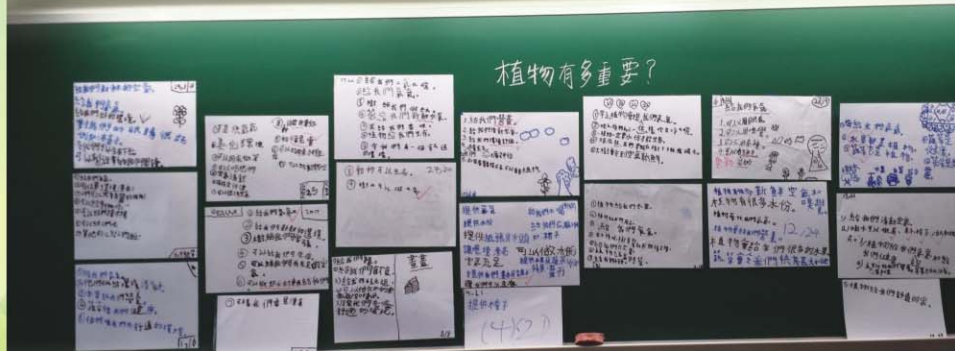
味覺大挑戰



用自己收集得來的樹葉做畫



時事分享



討論、分享



欣賞同學的畫作



將所學製作成小書



做種綠豆實驗



園藝師葉耀青哥哥為我們介紹特別的植物



遊校園認識植物



與同學一起種長春海棠



製作肺模型



製作明信片



閱讀課外書



製作書籤贈送同學



認識水果的種子



學習不同的遊戲



學習自理



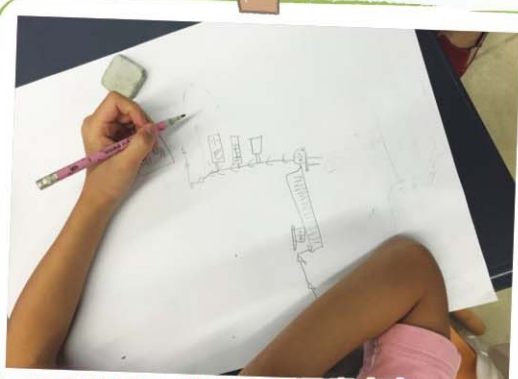
學習畫植物



學畫地圖1. 行街認路



學畫地圖2. 將所見的景物排序



學畫地圖3. 將街上所見畫出來



觀察豬骨，認識骨骼



體驗一下水泵與心臟的共通之處

常識專題研習

五年級

為配合五年級常識科專題研習及中文科寫作活動，本校於6/1/2016帶領學生到大澳進行考察活動。

當日，同學們穿梭大澳街道，觀賞大澳獨有的美景、體驗大澳的傳統文化活動及品嚐大澳的美食，藉此對大澳這個獨特的社區有更深入的了解。



大澳有不少美食，除了茶粿及糯米磁等傳統食品，炭燒雞蛋仔、沙翁、豆腐花等也令同學回味無窮！



在當地街坊指導下，有些同學親手製作大澳特色的「曬鴨蛋黃」，有些同學學習編織漁網。透過活動，同學們可以了解從前大澳漁民的生活。



大澳文化生態綜合資源中心的工作人員為同學作嚮導，穿梭大澳的小巷及水上棚屋，娓娓道來大澳的漁村風情。



六年級

六年級同學運用所學的科學知識，自製一個可以把乒乓球送到遠處的投石器。



同學們分工合作，利用紙包飲品、長筷子、手工紙等簡單用具，製作投石器。

同學們認真討論，想出怎樣才能把投石器改良得更好。



經過一次又一次的測試和改良，同學們製造了她們認為最好的投石器。



同學們進行班內競賽，看看哪一組的投石器能擲得最遠。

從兒時起，我一直對大澳有種嚮往之情，我嚮往那遼闊的大海，我嚮往那兒的棚屋，更是嚮往那兒的風土人情。我期待的日子到了！

大澳對我來說是遙不可及的，它位於大嶼山，我卻住在九龍。大澳給我另一種感覺是獨一無二，我住在九龍，常見的是高樓大廈，大澳居民卻住在全世界也十分罕見的棚屋。他們自給自足，自己織漁網，自己捕魚，我卻恰好相反，總是買別人捕的魚。我們能親身體驗大澳的獨特風味，真令人期待呢！

我們在烈日陽光照射下，來到了一座通往棚屋的橋時，我已經聽到海浪的輕聲細語，聞到陣陣海風，看到了一望無際的大海，當我正在欣賞這漂亮的景色時，後面的同學催促我走快點，大概是她想快點到棚屋吧！我只好沿著橋，三步拼作兩步的趕上前面的同學，到了棚屋，遠看，棚屋，似個簡陋的家，近看，家具和食物一應俱全。在棚屋裏，抬頭還能看見天空呢！水一直流動著，表現了大澳的居民勤勞的特質。

我們遊覽的地方還有永安街，最令我印象深刻的是那兒的商店，大部分都是售賣海產的，有個組員受不住引誘，一口氣買了很多海產，我心想：他的銀包一定是「肚子餓」，而且也應在「哭泣」呢！

後來我們還跟香港女青年會的何伯學習編織魚網，他年紀老邁，手腳卻靈活自如，可能是大澳居民獨有的健康體質吧！我們排隊嘗試織魚網，一下兩下……編織魚網比我想像中簡單，可也不容易。

經過這次，我越來越喜歡大澳，喜歡棚屋，喜歡大澳的獨特氣息，喜歡那兒的風景。現在嚮往之情換來了快樂和期待，我期待下一次的大澳。

5B 連祉喬

小時候，我就嚮往那充滿漁鄉風情的大澳，還希望到那兒走一趟，體驗那裡的特色風情。今天，我終於有機會去探究這個神秘的地方！

早上，我和同學一起乘校巴出發，之後再轉乘大嶼山巴士向著目的地進發，兩個小時後，我們已到達大澳了。大澳不愧是香港的著名旅遊勝地，那裏的空氣十分清新，風光秀麗，不知為何，我打從心裏就愛上這個美麗的地方。

我從巴士站一直往前走，不一會兒便進入了石仔埗街，亦正式展開我們期待已久的活動——曬鹹蛋。妹記那裏的兩位婆婆不但親切地招呼我們，而且熱心地教導我們，首先，她吩咐我把一隻鴨蛋打進水裏，然後用大勺把蛋輕輕撈起，接着拔掉它的蛋白，再把蛋黃放在竹篩上，撒上一些鹽巴，跟着曬上兩、三天就大功告成了。可是在我旁邊的同學竟把鴨蛋弄穿了！弄得她滿手蛋黃，樣子十分可笑。最後主人家還送了我們每人一顆鹹蛋黃作紀念呢！這個活動令我感到既神奇又有趣，因為我從不知道鹹蛋是怎樣製作的，今天我終於可以大開眼界了！

我們沿着這條路往前走，再向左拐，就到了吉慶街。那裏的店鋪主要賣小雜貨和特色食物為主，如鹹魚、蝦膏、生插蠔……所以整條街道充斥著一股腥臭的味道，我們往前走呀走，很快就來到一間專門售賣沙翁的店鋪，那裏的沙翁馳名中外，即叫即做，沙翁炸得外脆內軟，咬下去還「滋滋」作響，因為我吃得滿臉都是砂糖，同學都笑我的吃相很狼狽呢！最後，我們還在其中一間店鋪購買了一些貝殼笛子，我們發現那裏的店主都十分友善，給了我們一個學生價！同學們都不敢再討價還價了，結果大家都滿載而歸。

我們走到街的盡頭，便來到新基大橋，從橋上遠眺，只見風平浪靜，偶爾有兩隻船兒經過，也有幾隻飛鳥掠過水面，濺起浪花，但最吸引我的，還是大澳最有特色的建築物——棚屋，雖然它們是由木頭和鐵皮搭建而成，但仍穩穩的屹立在水中，遠看像是一個個小小的鐵火柴盒，再走近細心一看，它的四腳支柱都黏滿了蠔和貝殼呢，我偷偷探頭往屋內看，發現棚屋內的佈置絕不豪華，沒有大沙發，沒有水晶吊燈，沒有大電視，只有一些簡單的傢具，十分簡樸。

走到橋的另一方，還有一片小小的紅樹林，我看見有些彈塗魚和招潮蟹在散步呢！此刻的我脫離煩囂的城市，一邊嗅著青草的氣味，一邊欣賞著大自然的美景，真是人生一大樂事。

今次的大澳遊令我印象深刻，我會永遠記得大澳村民的親切笑容，記得令人百吃不厭的美食，記得別具特色的棚屋，更會記得與同學們製作鹹蛋的歡樂時光，我希望以後有機會可以重臨舊地，再踏入這個令人流連忘返的地方。

上星期三，我和同學們到大澳進行考察，因為常識科要進行專題研習，探究大澳是否一個旅遊好去處。

大澳是大嶼山西南部的一個小漁村，素有「東方威尼斯」的美譽。由於大澳只讓大嶼山巴士進入，不讓其他車輛駛入，所以我們只好乘大嶼山巴士進去。

下車後，我們跟隨老師到何伯的棚屋學習編織魚網。沿路上，我看見大街小巷都擠滿了人，人們摩肩接踵，好不熱鬧。但到了棚屋區後，就看到另一番景象。棚屋上的居民有的在聊天，有的在曬鹹魚，有的在陽台乘涼，他們都悠閒自在，跟城市生活截然不同。我們到了何伯的棚屋後，看見何伯悠閒地躺在一張吊床上，吊床是利用編魚網的技術編織而成的。何伯一見到我們，便立即下來，讓我們逐一躺上去玩玩。到我躺上去的時候，一陣微風吹過，吊床搖了一搖，十分舒服。接着，何伯便教我們編織魚網。只見他利用一塊竹片，一支木棒和一些魚絲線便織成一張魚網。我嘗試織時，笨手笨腳的，好不容易才織到一點，同學們立即拍手歡呼。

告別何伯後，我們便到新基大橋去。在大橋上遠望，一間間棚屋密密麻麻的，像模型一樣排列在海邊。棚屋是用防潮防蟲的木材建造的，屋的外圍用鐵皮包圍，以四根木柱支撐着整間房子，十分獨特。偶然有些小白鷺飛過水面，激起一陣水花。

離開新基大橋後，我們往石埗仔街進發。沿途，我們嗅到一陣陣魚腥味，小路的兩旁有很多小食店和海味店，有馳名中外的鹹魚，有香氣撲鼻的鹹蛋，還有美味可口的蝦膏。小食也有很多選擇，有大魚蛋、碳燒雞蛋仔、沙翁……我最喜歡的是吃沙翁，外面香脆，內裏軟綿綿的，十分美味。同學們吃後都連聲稱讚，老闆見到生意滔滔，也笑得合不攞嘴。石埗仔街也有很多紀念品售賣，有貝殼風鈴和貝殼哨子。我買了一串風鈴，微風吹過，風鈴發出了悅耳的鈴聲。

離開石埗仔街後，時間已經不早了，我們要回程了，我還感到意猶未盡。將來有機會的話，我還想重遊這個充滿漁鄉風情的水鄉呢！

5D 鄭思捷

今天是一個天朗氣清的日子，我早就回到學校，等待老師帶領我和同學到大澳進行常識專題研習的實地考察，真令我雀躍萬分！

聽爸爸說，大澳是一個著名的小漁村，位於香港新界大嶼山西部。大澳不但充滿水鄉風情，更有「香港威尼斯」之稱號呢！由於那裏的居民住在棚屋，所以都是以捕捉海產售賣為生。那裡的海產非常豐富，品種繁多，馳名中外。

到達大澳，我們一直往前走，再向右拐，就聞到陣陣的鹹魚味。沒多久，我們便到達了石仔埗街的妹記商店，跟婆婆學曬鹹蛋。她耐心地教導我們，更為我們示範，她先打蛋，把整隻蛋放在一盆清水中洗淨，然後輕柔地、慢慢地把蛋白脫去，再把小小的蛋黃放在竹篩裏，最後加上適量的鹽便大功告成。她示範後，我們就要動手了。蛋黃輕輕的、滑溜溜的，要把蛋白脫去，可真困難呀！這蛋黃放在我的掌心上，就有如照顧一隻剛出生的小雞。原來，曬鹹蛋是很有趣的經歷呢！要是想像婆婆般純熟，非要勤加練習不可。

緊接著，我們繼續往前走。途中，我聽見了一些鳥兒正在唱著美妙的歌聲，真是令人心身舒暢。這時，我們被一望無際的大海吸引住了。遠眺過去，我們看見了外型非常獨特的棚屋。它不像香港的高樓大廈般建設得高高的，而是一個個矮矮的，密密麻麻的，用粗粗的木柱支撐在水中的房子，我猜想：用木腳支撐，一定很穩固了吧。棚屋充滿漁村風味，真是別具特色，令我大開眼界！

最後，我們一直走着，走着，向右拐，再跨過一道新基大橋，終於到達了永安街。別看那裏的店鋪面積細小，但出售的海產食品種類繁多，計有蝦米、蝦膏、蠔豉……所以整條街道充斥著一股魚腥的味道。拐了一個彎，我立即嗅到陣陣香噴噴的氣味。「是炭燒雞蛋仔！」有同學發現後，馬上興奮地大叫起來。店主伯伯真熱情，他一邊燒着，一邊跟我們談天。等了大約三分鐘，雞蛋仔終於能品嚐了。它熱騰騰的，表面帶有被燒焦了的顏色。我大口大口地把它吃進肚子裏。雞蛋仔的味道香脆可口，入口非常鬆軟，實在令我食指大動，怪不得人們來到太澳，都一定會吃這遠近馳名的雞蛋仔。啊！這就是太澳的特色了。

太澳真是個令我流連忘返的郊遊勝地。雖然它的設施較為簡樸，但卻充滿漁鄉風情；太澳綠林處處，實在令我心曠神怡。我永遠都會記得那獨一無二的棚屋，永遠都會記得那地道風味的美食，永遠都會記得那充滿漁村風貌的大街小巷。我希望有機會可以重遊這小村落啊！

好書傳千里



老師好書介紹展示

閱讀大使心聲 6A 林紫瑩(8)

當我在二年級的時候，那是我第一次見六年級的姐姐做閱讀大使。雖然只是短短的二十分鐘，卻令我開始「追書」。到了現在，我已經升上六年級了。已經當過兩次閱讀大使。雖然準備工作和過程十分艱苦，但卻令我更享受閱讀的樂趣呢！

閱讀大使心聲 6D 蔡樂瑤(8)

參加閱讀大使計劃令我獲益良多，在尋找合適的圖書作分享過程中，我不經不覺閱讀了很多書，在書叢中尋到很多「寶物」。雖然我的演說技巧仍很稚嫩，但也總算順利完成，實在要感謝老師的指導呢！



作家・故事人講座：葉姨姨



中學大姐姐閱讀分享會：禮堂活動

你們有沒有想過，閱讀圖書有什麼好處？多數同學回應是：可以學到知識！

其實閱讀的好處多得很呢！閱讀除了可增進知識，也可以令我們思考書中所表達的訊息，在閱讀圖書後更可以和別人交流及分享書中的內容及意義。

因此，學校本年舉辦了多項圖書閱讀的分享活動，將好的圖書介紹給同學們閱讀，包括有：作家・故事人講座、老師好書推介、故事爸媽、中學大姐姐的閱讀分享會、高年級閱讀大使分享活動，讓同學們可從閱讀中學習知識、思考的方法及提升與別人的溝通技巧。



看看老師介紹了什麼好書



媽媽和我一起講故事！

故事媽媽心聲

1B 邱巧言(29)家長：馮潔貞

最近參加了女兒學校的「故事爸媽」活動，平時自己也常跟子女講故事，但今次對象卻是二十多個小朋友，當然又緊張又興奮。我在多月前已經開始準備，又跟女兒商量了好幾次，最後我們決定和大家介紹「水先生的奇妙旅程」。在那個愉快的下午，純真的小朋友並沒有嫌棄我那生硬的說故事技巧，反而反應十分熱烈，這次活動真的讓我加深了對女兒同學的認識。

故事媽媽心聲

1D 張筱澄(7)家長：吳嘉慧

我參加了學校舉辦的「故事爸媽」活動，那天我到女兒班上講了「最棒的媽媽」這本故事書，女兒比我還要緊張。當天，迎接我的是同學們一雙雙好奇的眼睛和熱切期待的神情。女兒和我分別用普通話、廣東話一唱一和，還加上動作及書本插圖去演繹故事。最後，我還和同學們分享了我那長達十個月的懷孕心路歷程呢。

我的最棒媽媽！



五年級閱讀大使：那類電器最有用？



中學大姐姐分享會：課室活動

普通話小舞台

為了提高學生學習普通話的興趣，本科舉辦了「普通話小舞台」。節目內容豐富，有唱歌，有朗誦，還有話劇，十分精彩。



看！我們的舞姿功架十足，你們可想跟我一起舞動？



準備充足的表演，學生們戮力演出，信心十足。



資訊科技挑戰獎勵計劃

「資訊科技挑戰獎勵計劃」是一個專為小學生而設的計劃，目的是支援小學資訊科技的學與教，以一個全港性的獎勵計劃，正面鼓勵學生不斷挑戰自我，主動學習，以提昇其運用資訊科技的能力，並培養其終身學習及樂於服務的態度，令他們成為新世紀的IT小先鋒。

本年度我校有二十五位同學參加資訊科技挑戰獎勵計劃分別考取銀章及銅章。以下是得獎同學的名單：

3A陳泳霖	3A羅珮嘉	3A龍思羽	3A黃琬熒	3A黃海晴	3A楊芯宜
3B羅曉晴	3B何穎恬	3C劉芍彤	3C容可兒	4A蔣曉霖	4A陳韋澄
4A梁詩思	4A劉芷而	4A郭雅禎	4A余芷淇	4B鄭芷澄	4C蔡慧思
4C阮芯頤	4C梁凱盈	4C蔡卓霖	4D鄭凱殷	4D練恩悅	4D林頌恩



獲獎的同學一起合照留念。

愛心大使 — 惜食堂義工活動

你知道嗎？在香港每3個長者便有一個長期營養不良，每4個小朋友當中便有1個三餐不繼。「飢餓」，原來就在我們身邊不停發生。

為了幫助社區中有需要的人士，訓輔組本年度為非牟利機構「惜食堂」進行籌款活動。感謝各位家長的積極參與，是次活動共籌得\$60,508，籌得款項已全數捐贈予「惜食堂」。

本校的愛心大使亦到訪了「惜食堂」位於深水埗的社區飯堂，了解飯堂運作，並動手進行服務。

如各位同學有機會參加義工活動，亦要好好把握機會，幫助社會中有需要的人。



「惜食堂」的職員為我們進行服務講解外，亦讓愛心大使參觀飯堂，深入了解它們的運作。



每天「惜食堂」都需要義工協助處理食材，才能準時將飯餐送到社會中有需要的人手上。



希望大家繼續積極支持非牟利機構，服務社區上有需要的人士。

管樂團音樂會

今年我們首次舉行管樂團音樂會，當天約有180位管樂團家長與我們一同渡過了一個愉快的下午，並分享同學們的訓練成果。樂團指揮潘SIR亦以「如何為學生訂立樂器學習目標」為題，與家長分享心得。

日期：30-4-2016 (星期六)

地點：本校禮堂



管樂初團和高團一起合奏



管樂高團表演



我們像明星嗎？



管樂初團首次表演，同學們表現認真



看！爸爸媽媽們都來支持



管樂初團的同學及指揮鄭老師



潘SIR與家長們分享心得



黃柏晴 (2C) 李欣臨 (2D)
上低音號合奏



余思樂 (3B)
小號獨奏



黃穎藍 (6C)
長笛獨奏



鄧映澄 (2D)
法國號獨奏



劉鎧滄 (3D)
長笛獨奏



陳正恩 (4C) 梁芷凝 (4B)
單簧管二重奏



孔璧然 (4D) 林祉攸 (4B)
上低音號合奏



劉晰雅 (5D) 大號獨奏



陳靖彤 (6B) 林珈穎 (6B)
卓明璇 (5C) 單簧管合奏

2015-16年度聖羅撒學校管樂高團

班別	姓名	樂器	班別	姓名	樂器	班別	姓名	樂器
3B	余思樂	小號	3D	陳貝翹	長笛	4C	何樂臻	單簧管
6A	黃詩雅	小號	4A	羅芷盈	長笛	4B	林敏言	單簧管
6C	祁浩甄	小號	4A	劉芷榮	長笛	4A	張芯悠	單簧管
2C	李曉琳	小號	5C	黃懿煊	長笛	5B	何嘉慧	單簧管
2C	梁凱嵐	小號	6B	翁沅婷	長笛	5B	黎綺晴	單簧管
4B	林妍熹	小號	6C	黃穎藍	長笛	5A	黃珞茵	單簧管
5D	林卓穎	西洋敲擊	6C	郭偉僊	長笛	5A	林子洳	單簧管
6C	陳可蕎	西洋敲擊	6C	吳紫靖	長笛	5C	卓明璇	單簧管
6C	馬頌僊	西洋敲擊	5A	衛頌婷	長笛	6B	黃穎琳	單簧管
6D	董琬瑜	西洋敲擊	4A	徐悠獻	長笛	6B	林珈穎	單簧管
4B	陳思澄	西洋敲擊	4C	司衍晴	長笛	6B	陳靖彤	單簧管
4C	何衍慧	西洋敲擊	5A	鄭靖婷	長笛	6A	張嘉桓	單簧管
3A	蕭力慈	低音號	4B	梁芷凝	單簧管	3A	陳浩媽	單簧管
3C	冼葦澄	低音號	4B	何彥彤	單簧管	3C	容可兒	圓號
4B	林祉攸	低音號	4C	譚雅靖	單簧管	4A	劉芷言	圓號
4D	孔璧然	低音號	4C	陳正恩	單簧管	5C	陳芍言	圓號
5D	劉晰雅	低音號	4A	彭苡晴	單簧管	6B	李采兒	圓號
5C	陳祉欣	低音號	4D	劉恩彤	單簧管	6A	劉穎澄	圓號
3D	劉鎧滄	長笛						

2015-16年度聖羅撒學校管樂初團

班別	姓名	樂器	班別	姓名	樂器
3B	陳愷汶	長笛	3D	黃朗怡	單簧管
3B	李善瑜	長笛	2D	陳祉臻	單簧管
4C	甄緯琳	長笛	3A	劉悅沂	單簧管
4C	阮芯頤	長笛	2D	鄧映澄	圓號
6D	林梓瑤	長笛	2C	何凱彤	圓號
2C	黃浣蓀	單簧管	2A	莊宜葵	圓號
2C	黃紫瞳	單簧管	3B	陳思穎	圓號
2B	黃靖嵐	單簧管	3B	駱曦雯	圓號
3C	蔡曉慧	單簧管	2D	李欣臨	上低音號
3D	黃映童	單簧管	2C	黃柏晴	上低音號
3D	麥晴兒	單簧管			

學生家長的回應：

2C 李曉琳家長

今次的成果分享會令我對學校的管樂團加深認識和了解，希望學校多舉辦這類型的分享會。

3D 陳貝翹家長

成果分享會讓家長更了解學校樂團的情況，也是孩子們建立目標和自信的機會。

5C 黃懿煊家長

我非常欣賞同學們演出的認真，令我深深到她們對音樂的熱誠，多謝各位老師悉心教導。

校外參賽獎項

「孝道相傳展繽紛」填色比賽

「孝道相傳、濃情有愛、中小學生齊參與」2016 - 「孝道相傳展繽紛」填色比賽

優異獎

許又菂 (2A) 吳欣澄 (2B)
應舒行 (2D) 吳思澄 (3D)
陳詠詩 (3D) 郭千喜 (3B)

「孝道相傳三格漫畫展才情」情景對話創作比賽

「孝道相傳、濃情有愛、中小學生齊參與」2016 - 「孝道相傳三格漫畫展才情」情景對話創作比賽

優異獎

區芷蔚 (5D)

「家家有愛」舊照片繪畫創作比賽

高小組優異獎：

陳頌恩(4D) 陳紀蕙(5B)
區芷蔚(5D) 黃穎藍(6C)
侯曉晴(6D)

高小組季軍：

任穎楠(5D)

「基本法頒布25周年」填色比賽

初小組優異獎：

林殷悅(1B) 楊梓祐(1B) 林靖珊(2A) 洪琳悠(2A)
吳欣澄(2B) 龍思羽(3A) 唐子喬(3A) 陳漪桐(3A)
吳美茵(3C) 黃瑤(3C)

高小組優異獎：

徐悠獻(4A) 呂嘉穎(4B) 黃若嵐(4C) 連祉喬(5B)
梁曉怡(5B) 陳紀蕙(5B) 黃詩雅(6A) 陳珮瑜(6C)
侯曉晴(6D) 王蓉(6D)

乒乓球校隊參加2015-2016年度九龍東區小學校際乒乓球比賽，在女子乙組獲得八強優異的成績，參賽成員包括：

3C 鄭思睿 4A 郭雅禎 4B 陳希汶 4B 莫雅茜 5D 鄭思捷

第五十二屆學校舞蹈節 中國舞群舞 - 小學高年級組

甲級獎： 4A 陳樂研 4A 張芯悠 4B 何彥彤 4B 文詩晴
4B 葉文慧 4B 姚紫婷 4D 林頌恩 5C 馮諾恆
6B 梁愷桐 6C 馮曉敏 6C 梁希謐 6D 馮穎恆

第十八屆全港小學區 際田徑比賽

女子甲組推鉛球

季軍：6A 黃詩雅

與您「童」行，關愛別人填色比賽

5B 陳思嘉(高小組亞軍) 4D 陳頌恩(優異獎)

第六十八屆香港學校音樂節獲獎名單(個人)

班別	姓名	參賽項目	名次
2A	王語欣	鋼琴獨奏 - 一級	亞軍
3A	唐子喬	鋼琴獨奏 - 二級	亞軍
3B	李鎧晴	鋼琴獨奏 - 一級	冠軍
4A	羅芷盈	鋼琴獨奏 - 七級	亞軍
4A	余芷淇	鋼琴獨奏 - 三級	季軍
4D	羅喜芊	聲樂獨唱 - 中文歌曲 10歲或以下	冠軍
4D	羅喜芊	低音大提琴獨奏-中級組	冠軍
5A	莫冠怡	鋼琴獨奏 - 三級	亞軍
5C	鄭嘉盈	箏獨奏 - 初級組	亞軍
5C	彭琛賢	琵琶獨奏 - 初級組	冠軍
6B	陳靖彤	單簧管獨奏 - 小學高級組	亞軍
6C	楊靖晴	鋼琴獨奏 - 四級	冠軍
6D	司徒巧琳	鋼琴獨奏 - 四級	冠軍

第六十八屆香港學校音樂節 小學合唱隊-教堂音樂(中文歌曲) - 13歲或以下 優良獎

4A陳堽鋌	4A何雪柔	4A劉芷而	4A麥紫琳	4A余芷淇	4B何彥彤	4B林庭伊	4B李芯瑩
4B文詩晴	4B姚紫婷	4C陳泓橋	4C何樂臻	4C李祖熒	4C潘葆頤	4C阮芯頤	4D陳頌恩
4D陳迦宜	4D何天雅	4D洪莉媛	4D孔璧然	4D劉思琳	4D劉恩彤	4D練恩悅	4D羅文希
4D吳瑞霖	5A衛頌婷	5B陳紀蕙	5B陳思嘉	5B陳慧朗	5B關恩廷	5B蕭滢恩	5C何欣宜
5C洪雅文	5C劉子晴	5C柯沛熒	5C黃懿煊	5D郭穎妍	5D林卓穎	5D丘鈞亭	6A孫朗瑜
6C陳芷茵	6C林悅婷	6C李皓洸	6C馬穎僖	6C楊靖晴	6D董琬瑜		

小六教育營



我們出發了！

三月九日至十一日，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！



活動花絮

環保課程



長洲社區探索



遊「小長城」



集體遊戲真好玩！



膳食真豐富！



大家分工合作，清潔飯堂吧！



看！我們的宿舍



三天的營期結束，我們回家前，先來個大合照吧！



親子樂續Fun

在日常的學習和家庭生活中，我們和家人可以有多少機會走到郊外，參加親子活動，建立親密的親子關係呢？

在1月23日，180位家長及學生參加了訓輔組舉辦的「親子樂續Fun」活動，以歷奇活動的形式加強親子間的溝通和協作。

雖然當天天氣十分寒冷，大部份時間只能留在室內進行活動，但富挑戰性的歷奇活動如「仙人掌」、「方塊渡河」、「肥珠萬里行」等，都帶動了參加者投入活動。而親子間的互動交流、組員間的彼此鼓勵及遊戲的熱鬧氣氛都讓現場升溫不少。

現在就來看看當天的歡樂溫馨片段啦！



參加者都聚精會神聆聽教練的講解，不想錯過任何提示。



看看哪一組能以最短時間穿過這個橡膠圈。



你看我，我看你。
哈哈~解不開呀。



大家有商有量，
想想如何達到目標。



兩姊妹一起參加活動，
讓我們有更多的互動機會。



加油，努力！家長們都作了先頭部隊，不斷向前，渡過一條冰冷的「河」。



差少少，差少少，就快到達目標了。



不用急，慢慢來，我們一定會成功的！

除了自己的組別，亦要考慮其他組別的情況，讓大家都可以完成任務。

周會

本學年訓輔組安排了不同範疇及形式的周會，並邀請多個機構的負責人來校，向學生灌輸正確的價值觀，以配合不同月份的主題，包括「忠誠」、「仁愛」、「整潔就是美」、「欣賞自己欣賞他人」，以及「喜樂人生」。

(一)

於十月及十一月，九龍城警區黃警長分別到校主持四次講座，題目是「店舖盜竊」及「校園欺凌」，同學們都靜心聆聽，得益不少。



(二)

於十一月，香港視網膜病變協會義工到校主持兩次講座，並帶同一頭既可愛，又懂性的導盲犬跟大家見面，讓同學們對視網膜退化病變及導盲犬的工作瞭解更多。



(三)

於4/2，森林聯盟演員到校表演《性騷擾·咪忍》一劇，跟同學們探討如何構成性騷擾和預防方法。



(四)

於21/4，無國界醫生職員到校主持講座，喚起更多人關注全球醫療人道危機，以及醫護人員的義務工作。



運動會

本校第十六屆運動會在2016年2月5日舉行，當天運動員在觀賽同學的歡呼聲中全力拼搏，場面非常熱鬧。



比賽前由運動員代表作宣誓。



同學們，加油呀！



看台上的同學全神貫注於比賽中。



低年級同學進行60米比賽。



快一點！快一點！



各就位.....



預備.....砰！



跳繩比賽進行中。



衝線一刻！

校慶樂繽紛

一月三十日(星期六)是聖羅撒學校「校慶樂繽紛」的日子！同學們每年都十分期待這個日子，當天同學們有的在玩攤位遊戲，有的在製作小手工，有的在購物，大家都玩得十分投入、高興。

本年度家教會亦舉辦了不同的手工攤位，有「乾花小製作」、「旋轉木馬音樂座」、「小叮噹吊飾」、「陶蛋魔豆」、「祝福心意牌」、「動物小錢箱」和「小小錢包」。這些手工攤位深受同學們歡迎，真的感謝「愛心玫瑰」家長義工團為同學們不辭勞苦地準備不同的小手工，讓學生渡過了愉快的一天。真的感謝家長義工的努力與付出，這樣才能讓活動順利地完成。

同學們製作小手工，
她們很開心啊！

現在讓大家一起看看當天的歡樂時光吧！



每年大家最期待的
滑梯和吹氣彈床。



同學們玩得相當投入，
真的好好玩啊！



看！我很厲害。猜猜我能否拋中？



她贏取了很多分數，
快到禮堂換禮物吧！



禮堂內預備了很多精美的禮品，
同學們正在搶購啊！



他們用心地製作，為自己的作品加添色彩。

「寒冬表關懷」

探訪老人院愛心大行動



同學們為長者送上福袋，
長者們臉上露出燦爛的笑容。

本年度家教會於2016年1月15日(星期五)舉行「寒冬表關懷」探訪老人院活動。是次活動能順利完成，本會衷心感謝家長及同學熱心參與及支持。是次活動所籌得之善款總值港幣58870元。善款的用途包括購買「福袋」禮物(羽絨背心、風衣、毛巾、棉襪、水果和餅乾、奶類飲品、沐浴露及潤膚露、濕紙巾、卷裝紙巾、盒裝紙巾等)及是次活動的其他開支，總開支為港幣52155.7元。扣除上述開支後，餘下善款港幣6714.3元於當天全數撥捐聖瑪利安老院。

探訪老人院當天，同學們十分投入，她們除了將福袋送給長者外，還準備了一些精采的節目表演，包括魔術表演、唱歌、吹奏樂器等，為長者帶來不少的歡樂。這次活動對同學來說是很有意義的，當中同學們能學習主動關懷長者，藉以希望她們能懂得關懷別人。



同學們主動關懷長者，
你們真抵錫啊！

3A 李欣穎

我探訪老人院的時候很開心。平常很寂寞的長者看見我們為他們表演後，他們都笑得很燦爛。

同學的感想：

4A 陳樂研

那天在老人院表演完後，學校準備了禮物送給每位公公和婆婆，我幫他們拿這些禮物回房間，在那刻我感到既興奮又陌生，途中婆婆很友善地和我聊天，我感受到她的喜悅，自己也很滿足。這次活動實在很有意義，下次有機會的話，我一定會再參加。

5B 陳思嘉

那天我到老人院探望長者，我和同學除了送小禮物給長者外，還透過與長者溝通，了解他們的日常生活，明白到他們日常的寂寞、孤單，那天我們去探望他們，他們都感到很快樂。經過這次的活動，我明白要珍惜眼前的一切，尤其是與家人相處的好機會啊！

6C 黃穎藍

這次參與老人院義工活動使我明白到「助人為快樂之本」這道理。我今次擔任司儀，我在台上看到老公公、老婆婆看完我們的表演後，有的露出燦爛的笑容，有的熱烈地拍手。在與他們傾談的過程中，他們跟我說原來他們十分喜歡和我們談天，因為他們平時十分沉悶，希望我能再次到老人院探望他們，這真是一件很有意義的事！



本會再次感愛這班可愛的同學！

輕黏土親子興趣班

本年度家教會分別於2016年3月18日及2016年4月15日為一、二年級及三、四年級的學生與家長舉行輕黏土親子興趣班。是次活動，學生與家長一同合作製作輕黏土作品，一同享受製作的樂趣。

一、二年級學生及家長製作可愛動物告示座：



多謝各位學生及家長支持本會的活動。



看，她們很認真啊！



終於製成了，作品十分精美喔！



同學及家長用心地聽張劍蘭導師的指導。

三、四年級學生及家長製作精緻玫瑰心意牌：



同學及家長把握時間，按張導師的指示製作。



同學及家長一同用心製作心意牌。



你們看看同學及家長製作的精緻玫瑰心意牌，真的很美啊！



多謝你們支持本會的活動。