



# 保良局唐乃勤中學

Po Leung Kuk Tong Nai Kan College

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# 校訊

2009-10 下學期

## 校長的話 *Message from the Principal*

今年是保良局唐乃勤中學「樹人」教育的豐收年，同學除了在不同的校際比賽中勇奪殊榮外，而且於第61屆校際朗誦節分別取得雙冠軍、雙亞軍及季軍，成績斐然，令人鼓舞。藉此渠道，本人希望點名頌讚各位曾付出努力的比賽健兒，亦感激你們為各位老師在教育生涯上帶來的欣慰。

### 學術方面：

1. 1C班朱潔盈同學於詩詞獨誦比賽及英文朗誦比賽分別取得全場總冠軍及亞軍的佳績。
2. 本校學生參加教育局所舉辦的香港中學數學創意解難比賽中取得銅獎。
3. 至於在國際初中科學奧林匹克香港選拔賽中，陳華萍同學及羅康澤同學分別取得二等獎及三等獎。而陳華萍同學更獲邀參加國際級的訓練，有機會於二零一一年代表香港參加第八屆國際初中科學奧林匹克的國際性比賽，與其他國家的精英一決高下。
4. 本校3A班陳華萍同學和黎彥均同學亦於本年度的英語校際朗誦節（獨誦）中分別取得亞軍及季軍。

### 體藝方面：

1. 男子泳隊榮膺二零零九年至二零一零年度保良局中學聯校水運會殿軍，本校泳隊更於香港學界校際游泳錦標賽中勇奪多個項目的冠、亞及季軍，成績驕人。
2. 本校學生在多項學界體育比賽及音樂比賽中，取得多個獎項。
3. 本校話劇組在沙田戲劇匯演獲得最佳男主角、最具潛質女演員及最佳舞台設計獎；另於教育局舉辦的學校戲劇節09-10中獲得評判推介獎。

本人深信學校若能持續堅守有系統、有方向地發掘和培育學生，為他們提供適切的教育機會，他們必能發揮個人的潛能。故此，本校在下年度會以「拔尖及資優教學」為學校的主力關注事項。在不同的層面上，包括在學術方面、體育方面、藝術方面及領導才能方面，分別提供校本課程及訓練，期望讓學生盡展所長，令他們的能力有更全面的發揮，體驗全人教育的真諦。

This year is the year of good harvest of education for Po Leung Kuk Tong Nai Kan College. Students have got good results in various inter-school competitions. It is encouraging that there are two championships, two first runner-ups and second runner-up from our students this year. I would like to take this opportunity to name and praise the competitors who made a concerted effort, and I am sure your results are rewards for the teachers.

### Academic aspects:

1. 1C Chu Kit Ying was the overall championship and first runner-up in the solo verse competition in Chinese and English Speech Festival competitions respectively.
2. Our students attained the bronze medal in the Hong Kong Mathematics Creative Problem-Solving Competition for Secondary Schools held by the Education Bureau.
3. In the International Junior Science Olympiad - Hong Kong Screening, student Chan Wah Ping and student Law Hong Chak Micky attained second prize and third prize respectively. Chan Wah Ping was invited to participate in an international level training course and she will have the opportunity to be a Hong Kong representative of the 8th International Junior Science Olympiad and compete with elite youth from other countries.
4. 3A Chan Wah Ping and 3A Lai Yin Kwan were the first runner-up and the second runner-up in the solo verse competition of the English Speech Festival competition respectively.

### Sports and Arts aspects:

1. Our Boys' Swimming Team was the third runner-up of 2009-2010 Po Leung Kuk Joint Secondary Schools Swimming Gala. Our school swimming team also won various championships, first runner-ups and second runner-ups in the Hong Kong Inter-School Swimming Championships.
2. Our students attained various awards in Inter-School sports competitions and music competitions.
3. Our Drama Club won the Best Actor Award, the Most Promising Actress Award and the Best Stage Design Award in the Shatin drama performance. Moreover, we were rewarded the Adjudicators' Recommendation Award in the 09-10 School Drama Festival held by the Education Bureau.

I strongly believe that if the school can persist in developing and nurturing students' talents systematically and with direction, and provide suitable learning opportunities, students are sure to be able to make the most of their potential. Therefore, in the next school year the major concern of our school will be "Elite Training and Gifted Education". We provide a school-based curriculum and training in different aspects including academic, sports, arts and leadership skills with the aim of developing students' merits and excelling their potential abilities in the realm of whole-person education.

# 「第一屆香港中學數學創意解難比賽」顧問、執委會及評判團名單

## 榮譽顧問

楊耀忠太平紳士 香港教育工作者聯會會長  
丘芍雯校長 香港資助小學校長會代表

陳沛田先生 香港教育局資優教育組總課程發展主任  
劉明基校長 香港中文大學校友校長會代表

## 顧問

## 顧問名單

唐創時博士 香港浸會大學教務長  
劉智軒博士 香港中文大學數學系  
岑詩韻老師 弘立書院  
楊定邦老師 聖公會李福慶中學  
黃仲良老師 中華傳道會劉永生中學  
馮德華老師 伊利沙伯中學舊生會中學  
陳偉倫老師 香海正覺蓮社佛教正覺中學

黃仲奇校長 保良局唐乃勤中學  
陳志成老師 資深數學科教師  
黃建中老師 香島中學  
黃國泰老師 聖公會林護紀念中學  
梁國輝老師 五旬節聖潔會永光書院  
劉漢昌老師 東華三院吳祥川紀念中學  
徐崑玉老師 香港四邑商工總會黃棣珊紀念中學

洪進華講師 香港浸會大學教育系  
黃浩彥老師 資深數學科教師  
莫瑞祺老師 保良局馬錦明中學  
吳浩然老師 匯基書院 (東九龍)  
羅天祥老師 順德聯誼總會翁祐中學  
簡永源老師 中華傳道會李賢貴紀念中學  
廖詠琪老師 香港浸會大學附屬學校王錦輝中小學

# The Hong Kong Mathematics Creative Problem-Solving Competition for Secondary Schools

## Honorary Advisors

Mr. Yeung Yiu Chung, BBS, JP Chairman of Hong Kong Federation of Education Worker  
Mr. Chan Pui Tin Chief Curriculum Development Officer (Gifted Education Section), Education Bureau  
Ms. Yau Cheuk Man Representatives of Union of Head of Aided Primary School of Hong Kong  
Mr. Lau Ming Kei CUHK School Heads Alumni Association

List of Consultants, Executive Committee and adjudicators

## Consultants

## Advisors

Dr. Tong Chong-sze Academic Registrar of the Hong Kong Baptist University  
Mr. Wong Chung ki Principal of PLK Tong Nai Kan College  
Mr. Hung Chun Wah Lecturer of Hong Kong Baptist University, Department of Education  
Dr. Lau Chi Hin Instructor of The Chinese University of Hong Kong, Department of Mathematics  
Mr. Chan Chi Shing Senior Mathematics Teacher  
Mr. Wong Ho Yin Senior Mathematics Teacher  
Ms. Shum Sze Wan The ISF Academy  
Mr. Wong Kin Chung Heung To Secondary School  
Mr. Mok Shui Ki PLK Ma Kam Ming College

Mr. Yeung Ting Pong SKH Li Fook Hing Secondary School  
Mr. Wong Kwok Tai SKH Lam Woo Memorial Secondary School  
Mr. Ng Ho Yin United Christian College (Kowloon East)  
Mr. Wong Chung Leung CNEC Lau Wing Sang Secondary School  
Mr. Leung Kwok Fai PHC Wing Kwong College  
Mr. Law Tin Cheong Shun Tak Fraternal Association Yung Yau College  
Mr. Fung Tak Wah Queen Elizabeth School Old Student' Association Secondary School  
Mr. Lau Hon Cheong TWGHs S.C. Gaw Memorial College  
Mr. Kan Wing Yuen CNEC Lee I Yao Memorial Secondary School  
Mr. Chan Wai Lun HKSyc & IA Wong Tai Shan Memorial College  
Ms. Liu Wing Ki Hong Kong Baptist University Affiliated School Wong Kam Fai Secondary and Primary School

## 評判團代表

保良局唐乃勤中學  
黃仲奇校長



本年度由資優教育組舉辦的「香港中學數學創意解難比賽」已經圓滿結束。本人作為其中一位顧問，能夠與來自各校同工一起參與是次比賽的工作，機會難得，十分高興！

顧問們在前期的工作主要是商討及擬定比賽題目，大家目標一致，就是必須能夠開啟及提升學生在創意解難的思維能力，從而拓寬他們在數學領域上的視野。印象最深刻是每次商討會議都與各位顧問不單在愉快的氣氛中進行，而且會中各人的得著相信不比參賽的學生少，要知道商討如何設計創意解難題目的會議，正正就是一場創意解難的友誼接力賽，但這個賽事沒有勝負的包袱，只有認真的學術交流，創意的展現，與及群策群力的解難方案。所謂「土肥才有好收成」，各式各樣的精采創意解難答案，必須先遇上一條精闢出色的題目。各位顧問在會議中，除得到了珍貴的友誼外，還將每一個好的提議接力地連傳得更好，把創意解難的思維方式早一步向同學們好好地示範了。

當然，土肥也必須遇到一群有技術又勤勞的好農夫，才能有收成。在討論題目的過程中，各位顧問都會有擔心學生們未必能捉摸題目的思考方向，以致無從發揮創意去解難，所以我們花上心思設計題目，希望盡量配合中一生的程度。然而，經過比賽後，我們才驚覺之前所有的顧慮是不必要了！參賽者都向我們展示了高水準的表現，不單創意無限，而且解難方法既特別又準確。在計算過程中，可看見學生們一絲不苟的學習精神，每項解難方案皆詳盡又有條不紊。尤以在辯論過程中，小組皆能精要而清晰地將重點擊出，令評判們皆嘆為觀止，實在不能小覷現時中一學生的識見和思維程度。這些讚賞除歸功於學生的進取努力外，絕不能忽略他們背後的功臣：默默提點的師長與及悉心栽培的家長們，所謂「千里馬必須遇上伯樂」，同學們在航行宇宙以外的同時都必須緊記，一直有出色的舵手與盡責的船長與你們結伴而行，你們所探索到的新事物，能分享與眾，就是對他們最好的回報。

是次比賽證明了學生的學習成果，讓他們無限地發揮了小宇宙，接著未來的每一屆，再提煉化育他們前進，將是宇宙以外的新世界，不能測量，只有不斷開發。

在此謹望各位同學不單在數學領域上發揮創意解難的思維，並轉化這種能力，應用在不同的生活層面及所有的學科知識上，從而有更大的得著。同學們，加油！

## Representative of adjudicators

Po Leung Kuk Tong Nai Kan College  
Principal Wong Chung Ki

This year the Hong Kong Mathematics Creative Problem-Solving Competition for Secondary Schools which was held by the Gifted Education Section has been completed. I am glad to have been one of the consultants of the competition. It has been a great opportunity to participate in the competition with educators from other schools.

The consultants' main tasks during preparation were to discuss and set the questions for the competition. Our target was consistent with developing and enhancing students' ability in creative problem-solving. It aimed at widening their horizons in the field of mathematics. The meetings for all the consultants were held in a pleasant atmosphere and were fruitful in their outcomes. A conference to design creative problem-solving questions is like a friendship relay of creative problem-solving. As "hard work reaps benefits", every marvelous answer to creative problem-solving needs an excellent question. The consultants not only brought treasured friendship, but good suggestions were also exchanged similar to passing the baton in a relay. This was a good and early demonstration to students about the mode of creative problem-solving thinking.

Certainly, even fertile soil needs a group of skilful and hardworking farmers for a good harvest. During the process of discussing questions, the consultants were concerned that students may not comprehend the thought processes required to solve the problem with creativity. Therefore, we tried to design the questions to meet the level of Form one students. However, following the competition, we were surprised that our concerns had been unnecessary! Participants demonstrated a high- standard of competence. They were creative, and their problem-solving solutions were special and accurate. In the process of calculation, we could see students were very careful in their approach. They analyzed the problems in detail and systematically. During the debate, groups could precisely and clearly present their key points, which amazed the adjudicators. It shows that the knowledge, experience and level of thinking of Form 1 students should not be underestimated. We should not only appreciate the students' hard work, but also the heroes behind them, namely the teachers who facilitate their learning and the parents who nurture. "Pearls are everywhere but not the same as eyes". Students must bear in mind that their excellent helmsmen and responsible captains are always with them when they are exploring the universe. The new things they explore and which can be shared are their reward.

This competition demonstrates the learning outcome of the students and experiences of their unlimited universe. Future competitions will carry them to new heights as the continue the new world outside the universe.

I hereby hope students can apply creative problem-solving thinking from the mathematics field to different life experiences for more fruitful results. Students, work hard!

# 保良局唐乃勤中學 中港學術交流團

2010年4月2日是本校中港學術交流團的日子。當天一大清早，各位老師就登上旅遊巴士，向沙頭角口岸進發！

由於當天是公眾假期，路上的車輛很多，經過了三小時的車程，我們終於到達了我們位於深圳市龍崗區的姊妹學校－光祖中學了。

光祖中學是一所百年老校，她雖然只有初中三個年級，但校舍規模之大，並不是香港的中學可以比擬的。我們今次到訪的目的，當然不只是參觀光祖中學那麼簡單，而是要進行觀課學習活動，並與光祖中學富有經驗的老師進行交流活動，分享教學心得，並了解國內學生學習及升學情況。



光祖中學羅麗曉校長在偌大的會議室迎接我們。這個會議室能容納大約200人，並備有各種電腦、投映機等器材。

The Principal of Guang Zu Zhong Xue, Mr. Luo Geng Xiao was greeting us in a large conference hall, which can accommodate about 200 guests.



活動大樓有許多不同的活動室，以及四個標準的羽毛球球場。

The Activity building contains lots of activity rooms and four standard badminton courts.



學生平日在教學大樓裏上課。

Students are having their lessons in the Tuition building.



學校的走廊及牆上都以古詩及國畫裝飾，時刻培養學生的文化藝術氣質。

The school corridors and walls are decorated by ancient poems and printings, which help in cultivating the cultural and artistic temperament of students.



課室裏裝有超薄電視，方便IT教學。學生上課專心、準備充足，很值得同學學習。

LCD Televisions are installed in every classroom to facilitate IT teaching, and students were attentive and well prepared in lessons.

午膳後仍然有不同科目的觀課活動，以及各科老師的分享交流活動。雖然今次的活動只是一天活動，但我們已深深感受到光祖中學老師的教學熱誠，和學生的認真的求學態度。期望來年可以帶領本校學生再次到訪光祖中學，體驗內地學生的勤奮學習態度。

Lesson observations and seminars for different subjects continued after lunch. Although it was only a one day trip, we were deeply impressed by the teaching style of teachers, and the learning attitude of students of Guang Zu Zhong Xue. To enable students to experience the diligence of mainland students, we are looking forward visiting Guang Zu Zhong Xue again with them.

## 第一屆 王麗珊老師 「唐中莊預數學遊蹤邀請盃」

為讓小學生有更多機會在課堂以外應用及實踐數學知識，以及加深對本校的認識，本校於二零一零年三月二十日星期六）上午九時舉行第一屆「唐中莊預數學遊蹤邀請盃」。

當日由黃校長致辭作序幕，儀式過後，比賽正式開始。是次邀請了15隊隊伍參加比賽，包括保良局何壽南小學、保良局志豪小學、五邑工商總會學校、荔枝角天主教小學、瑪利諾修院學校（小學部）、保良局朱正賢小學、香港浸信會聯會小學及聖公會青衣主恩小學。

是次比賽以小組形式進行比賽，題目多元化之餘，亦要求參賽者同時運用數學理解能力及應用能力、溝通及解難技巧。當天各校參賽者均發揮出積極拼搏的精神，於預設在禮堂、操場及停車場的15個攤位中，努力解決各式數學難題，將比賽氣氛推至高峰。

經一輪激戰後，保良局志豪小學第一隊勇奪冠軍，香港浸信會聯會小學第二隊勇奪亞軍，聖公會青衣主恩小學第一隊勇奪季軍。

第一屆「唐中莊預數學遊蹤邀請盃」於下午十二時正圓滿結束。

參賽同學與時間競賽，解決各式各樣的數學難題。  
Participants are racing against time in order to solve different Mathematical problems.

參賽同學正細心量度操場邊長。  
Participants are measuring the perimeter of the covered playground meticulously.



# The Academic Exchange program to Shenzhen Guang Zu Zhong Xue

The Academic Exchange program to Shenzhen Guang Zu Zhong Xue was held on the 2nd April, 2010. Due to the public holiday, the traffic was heavy so we had to spend 3 hours travelling time before arriving of our destination, Shenzhen Guang Zu Zhong Xue.

Shenzhen Guang Zu Zhong Xue is a school with over a hundred years history of development. It is a junior secondary school with a large scale school premise, which is not comparable to any school in Hong Kong. This time we were there to visit and observe lessons, in order to know more about the study environment of the mainland, as well as to share each other's teaching experiences through teachers' seminars.



我們的老師及光祖中學的老師一同觀課。  
We were observing lessons with the teachers of Guang Zu Zhong Xue.



上午觀課完畢，大家一起參觀了校史館，了解光祖中學的百年校史。  
In order to know more about Guang Zu Zhong Xue, we went to the School Museum of History after the lesson observation.



然後我們在學校範圍內走走。光祖中學有一個標準的運動場供學生使用。  
Then we had the school site visit. Guang Zu Zhong Xue provide a standard sports field for students.



從小山上往下望，看到活動大樓左邊的就是教學大樓。  
From the top of the hill, we could see the Activity building, with the Tuition building on its left.



參觀完畢，光祖中學慷慨請本校老師午餐，大家藉此機會互相交流分享。  
We enjoyed a sumptuous lunch prepared by Guang Zu Zhong Xue, and we seized this precious chance to share our teaching experiences.

參賽同學皆全力以赴，投入是次比賽。  
Participants devote all their effort to the competition.



各參賽者正束裝待發！  
All participants are ready!



黃校長與參賽者留影。  
Mr. Wong is taking a picture with the participants.

## The First Math Trial Invitation Cup

Our school held the First Math Trial Invitation Cup on 20 March 2010, at 9:00am. The aim of the activity was to provide more opportunities for students to apply and practice their mathematical knowledge outside the classroom.

The competition began promptly after our Principal, Mr. Wong had presented a speech as a prelude. We invited 15 teams to participate in this activity, including PLK Stanley Ho Sau Nan Primary School, PLK Horizon East Primary School, Five Districts Business Welfare Association School, Lai Chi Kok Catholic Primary School, Maryknoll Convent School (Primary Section), PLK Chee Jing Yin Primary School, Hong Kong Baptist Convention Primary School and S.K.H. Tsing Yi Chu Yan Primary School.

The competition was conducted in groups. The topics of the competition were diverse, the tasks requested the participants to apply Mathematical knowledge, communication and problem solving skills simultaneously. All students participated zealously. They strove to solve the Mathematical problems within the 15 stalls, which had been set up in the hall, the covered playground and the parking lot. The competition atmosphere was pushed to the peak.

Finally, PLK Horizon East Primary School won the championship, Hong Kong Baptist Convention Primary School won the 1st runner-up and S.K.H. Tsing Yi Chu Yan Primary School won the 2nd runner-up.

The first Math Trial Invitation Cup successfully ended at 12:00pm.

# 唐中莊預領袖生交流工作坊 陳淑文老師

「唐中莊預領袖生交流活動」已於二零一零年四月二十二日舉行，是次活動共有十名來自保良局莊啟程預科書院（下稱「莊預」）及十九名本校的領袖生參與。

兩個小時的活動中，在「莊預」領袖生長的帶領下，同學們分別進行了「大電視」、「角色扮演」、「小組分享」及「燈籠製作」等活動，從遊戲中學習「團結」和「責任感」的重要性，亦對領袖生的使命有了進一步的了解。參與的領袖生同學皆表示，是次活動讓他們獲益良多，期望未來再有機會參與同類的交流活動。

## School Prefect Exchange Workshop

A School Prefect Exchange Workshop of PLK Vicwood K.T Chong Sixth Form College and PLK Tong Nai Kan College was held on the 22nd April, 2010. 29 students participated in it.

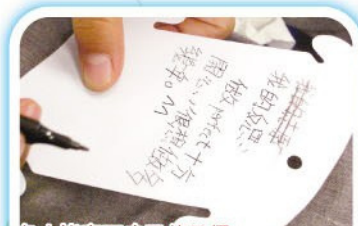
Within the two hours workshop, under the pilot of the head prefects of PLK Vicwood K.T Chong Sixth Form College, our fellow did learn the importance of cooperation and responsibility through games and group sharing, and to know more about the mission of being a school prefect, and our participants were looking for the workshop next year.



領袖生團隊人才濟濟。  
Our School prefect team.



活動勝出組別留影。  
Group photo of the winners.



各人皆寫下自己的目標。  
Jot down all goals and expectation, which help our prefects to improve.



小組分享，道盡領袖生涯的苦與樂。  
Students were exchanging personal experiences through group sharing.



團結就是力量。  
Cooperation can enlarge the power.



寓學習於娛樂。  
Entertaining through learning

## 「莊預」同學心聲

保良局莊啟程預科書院

4A 李芷唯

不經不覺，在莊啟程預科書院就讀已將近一年的光陰了。當日，初來到這陌生的環境，正如你所想，是滿懷忐忑的心情地探索這陌生的環境，現在回想起來，當時的忐忑卻是顯得如此的多餘。遇到什麼問題都勇敢地提出來吧！這裡的老師，同學都十分樂意予以幫助。相信我，我可以以過來人的身份肯定地告訴你，你一定可以很快地投入這全新的環境，盡情地享受這裡的學習生活。

這裡的學習氣氛濃厚，能夠在如此的氣氛包圍下學習，定必受益不淺。所以我們更應好好地裝備自己，做足準備，以更充分地享用這難得的機會。把握現在，從現在做起，扎實地打好每一步的根基。相信，這樣能令你更能真正享受這裡的學習生活。

保良局莊啟程預科書院 4A 梁金苑

### 一 關於活動與學習

初中畢業了，心輕鬆了許多。滿心做的是憧憬未來的夢。想：以後可以自由了，不用每天都扎著單調的馬尾，不用再穿上那修女似的長裙。隨著年齡的增加，我的自由度也隨著增加做自己喜歡的事。啊！真是太美了，想著的時候禁不住笑了。常言道“十年塵土夢，百事與心違”果真不假！

學期初期，因為是其他學習經驗的緣故，學校有許多的活動給我們參加。開始的時候只是一些學校內的工作，當然懂得的認為這些只是易如反掌的功夫，沒有多加思索，囫圇吞棗的就找了一個職位去做。由於這些時數遠遠未能幫我們填補什麼，越來越多的活動開始興辦起來。可是讓人始料不及的是這些活動一辦就是好幾個月，課業不斷地加重，學業與活動開始令我透支，學習力不從心，對著厚重的課本，看著密密麻麻的字詞，自己好像目不識丁般。

所以請注意：不要被開學時的空檔所蒙蔽，參加任何的活動時請三思而後行。高中的學習與初中相異，時間的分配變的尤其重要，要好好的衡量量力而為。

### 二 關於選科

想必選科對大家而言是一件十分苦惱的事吧！尤其作為新高中的學子。初三的我身上從滿了一腔熱血，對於夢想的追求尤其的嚮往。即使老師曾告訴我這個科目很難學，我也明知自己並不擅長，但是夢想的追求蒙蔽了我的雙眼。因此我毅然的選擇了我所以憧憬的科目。

雖說此刻我仍舊義無反顧，但是我也希望可以分享一下自己的經驗。選科目的時候需要選擇自己相對有把握的科目，高中的科目紛至迭來，實在讓人窒息，看著自己所嚮往的科目，卻力不從心的感覺，更加的使人痛心疾首。新高中已不僅僅是學習那麼單一的事情了，我們需要顧及學習外的經驗積累，社會上的義務等……

現時，讓我較為寬心的並不是那些我所嚮往的科目，而是可以讓我得到肯定的科目。看著同學老師眼中所閃耀出的肯定，心裡的愉悅非筆墨可以形容。

### 三 關於生活

說到了學習如斯沉重，忙碌的課業不多不少會慢慢的打亂了我們的步伐，對於學習和生活開始失去了平衡，別說讀書，溫習要熬到三更半夜，一絲絲煩躁的情緒油然而生，連朋友與朋友間也開始出現了矛盾。經過一輪挑燈夜讀後，早上又要早早起床，草草梳洗，又急急忙忙的上學，生活被忙碌所充斥、佔據。容不得半點反抗。午餐匆匆買了一頓飽後，又是一輪苦戰。

可見時間的分配尤其重要，對於死心不息追求夢想，卻力不從心者而言尤甚，上課前的備課，課後的時間要適當的運用，還得保持愉快的心境去面對。