



GCCITKD
東莞工商總會劉百樂中學
LAU PAK LOK
SECONDARY SCHOOL

百樂園

2020-21年度

第一期



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How our NETs and new students feel about LPLSS



S.1 Chan Preston Gregory

My first day of school was rather... let's just say abnormal. I was nervous at first but once I went in and saw the teachers' warm smile welcoming me, I felt less nervous. I liked how my classmates didn't act too big about the gender equality. Everyone talked to each other and it was rather peaceful. My favourite thing that has happened so far was that when I met my class teachers, they were both friendly and positive. They talked to us with a smile on their faces. It was delightful.

I remember that one of the best days I had in this school was in October. The whole form 1 were in an event where some instructors from outside came so we could learn how to discipline ourselves while having fun. It was a wonderful day.



S.1 Cheng Rachel Wai Chung

Meet our new students

As a new form 1 student in G.C.C.I.T.K.D. Lau Pak Lok Secondary School, I am having a great time here already. Compared to my primary school, there are a lot of differences. There are lots of new subjects that I never learnt in primary school, and a lot of quizzes every day. Although it is hard for me to adapt to the new changes, I am willing to try my best to achieve it.

There are 14 subjects in total which I am learning now. Some are new ones that were not taught in my primary school. We have quizzes often, and the questions in the quizzes are in various ways. English was the only favourite subject of mine in primary school but now I like Science, English and Maths because it is easy to understand when these subjects are taught in English.

Interview with Native-speaking English Teachers (NETS)

In LPLSS, we are grateful to have 2 NETs from English speaking countries. They had a discussion about their views on education and learning in our school with student reporters Phoebe, Natalie and Michelle.

Michelle:
Why did you want to become a teacher?

Mr Jonathan:
I always enjoyed school, both primary and secondary, and was a good student. As a child, we all have jobs we think we'd like to do when we grow up, and from an early age being a teacher was one of them for me. Most people change their minds as they get older, but I didn't. I respected my teachers and became one myself. I like the many roles a teacher has, such as actor, counsellor, administrator, researcher, manager, leader, and so on.

Natalie:
How do you motivate students to learn English and help students who are not paying attention?

Mr. Jonathan:
Effective communication requires at least TWO people to be willing to understand each other. I see my role as to teach to the best of my ability, and for my students to learn to the best of their ability. I try to motivate students through being kind/ relaxed/ patient, and providing stimulating input, which is often something visual. But it is the student's responsibility to also make an effort.

Natalie:
What do you think about LPLSS?

Mr Prentice:
The standard of education in LPLSS is definitely high, and on par with some of the top schools in the city. If you have ability and are willing to work hard then you can achieve great things. Our school also seeks to cater for all ability levels, including students of more average ability and those with special educational needs. The system in our school is a merit-based one that rewards hard work and ability, and in that sense is quite fair.

Phoebe:
Can you share some successful teaching methods that let students study English actively?

Mr Prentice:
When teaching English I always make sure to adjust my language to a level that the student can understand. So, the way I talk to a lower level student will be different to the way I speak to a more advanced speaker. Also, what I call "serve and return" is an important teaching method. I will "serve" (i.e. speak) a sentence to a student, and wait for them to "return" (i.e. reply before continuing.) Through repetition of frequently used vocabulary and grammar, any student is able to improve and gain confidence.

Mr. Jonathan
Native English Teacher



Mr Jonathan is teaching phonics in Form 1 classes



Weekly English morning assembly conducted by Mr Prentice



Our student reporters 5D Phoebe (Left), 5D Natalie (Middle) and Mr Prentice



Mr Prentice
Native English Teacher



Mr Prentice organises DSE speaking practice for senior students

Summer Writing Course for senior students

Developing our students critical thinking

2

To let our senior students confidently write for various audiences and purposes and to adapt the essay form to various writing situations, an online writing course was organized last summer. Let's have a look at some good work of our students !



S.6

Li Chun Wa

Combat Sadness, Hopelessness and Misery

Have you ever felt depressed? Have you ever lived a life filled with sadness, hopelessness and misery? There is no doubt that no matter how optimistic you are, you will feel sad when you encounter difficulties. That is why we need to know how to combat these kinds of negative feelings. This article attempts to share a depressed patient's life and how she could recover from depression.

My friend Chris suffered from depression and its devastating effects. Chris was being bullied at school and he suffered from low self-esteem because of his poor performance in his academic results when he was 12 years old. "It was a nightmare," my friend Chris recalled, "my classmates called me 'dumb pig' every day. I cried every day after I went back home". Rarely could he talk to anyone at school as everyone ignored him. He then felt upset and depressed for a prolonged period of time. EVERYTHING in his daily life changed, insomnia, eating disorders and a lack of interest to name just a few. Nothing in his mind was positive. Nothing in his life was important. Nothing could motivate him although I spared no effort to help him. "I don't want to live in this miserable world anymore!" whispered Chris, burying his crying face in his two hands. The worst symptom of depression is that depressed people would even attempt to commit suicide. That is how my depressed friend Chris lived when he was 12 years old.

In fact, my friend's story is just the tip of the iceberg. Similar stories happen in many schools in Hong Kong.

School environments can be hostile, stressful and competitive in which many students may get depressed. Some can conquer the depression while in the worst case some who lack support from families and friends may commit suicide. There is no denying that depression can cause catastrophic, devastating and serious consequences. Under no circumstances should we underestimate this problem. What can you do when you are depressed? How can you overcome such a difficulty? Who can you seek help from?

Combating depression and relieving the disastrous effects of depression could be done by you. There is no denying that good daily habits play a paramount role in our lives. In fact, doing sport regularly can work wonders if you are depressed. In many cases of depression, scientists have found that many patients' brains fail to release some chemicals helping us to feel positive. Doing exercise can help your body to release endorphins, which help you to become more positive and happier. The more exercise you do, the happier you become. Nothing is more fabulous than doing sport with your genuine friends. Not only does doing sport help you combat depression, but having a positive attitude and mentality also plays an important role to defeat depression.

Do you always think about everything negatively? Do you constantly feel that it is a bad day after you wake up? Yes. These kinds of pessimistic thoughts can hardly be ignored. Therefore, keeping a journal about three good things that happen every day can work wonderfully to change your mind so that you will become more positive. Thus, having good daily habits make a difference if you are depressed.



S.5

Cheng Chi Yeung Ben

It is beyond a shadow of a doubt that sending your children to study overseas can increase your children's competitive edge in future workplaces since all-round education equips students with the intellectual ability in overseas schools that will make more companies consider employing them, regardless of the fact that they may not be the best candidates. On top of that, sending children to study abroad can also help them to become more independent, mature, adaptable and flexible while they are living alone as they can develop their independent thinking skills and good habits, such as time management skills or viewing things from different perspectives. Therefore, developing their own good habits and abilities can increase the children's competitive edge in future workplaces



S.5

Wang Cheuk Yin Dora

Taking part in a marathon can enhance your health in different aspects. The chance of having lung and heart disease will be reduced since you have more time to do exercise. Having taken part in a marathon and training for a long time, I realise that I am less breathless when walking upstairs. Moreover, due to more exercise, we can easily keep fit and maintain a good body shape. Participating in a marathon requires a lot of training. You need to exercise regularly so as to maintain your best condition. Therefore you are 'forced' to keep exercising so you are able to keep fit easily. Take me as an example. After I've run in the marathon, I feel satisfied with my body shape. Many young people like you and me tend to attach great importance to body image including their body shape and health. Therefore, I truly believe you should have a go!

3

English Speaking Day Enriching school English environment

As part of the school's commitment to creating an English-rich environment on campus and encouraging students to use the language for communication, an English Speaking Day is held every Thursday. Each week a different topic is selected (e.g. Internet use, Halloween, movies, etc.) and question cards distributed to teachers and selected students (English Ambassadors) who use them to interview students and strike up a conversation. The Principal, Vice Principals and teachers from outside the English department also get involved to support this activity.



Halloween Tongue Twister was so much fun!



Photo Zone with Halloween costume and props

English Speaking Day

Enriching school English environment

4

Do you enjoy taking part in English Speaking Day?



S.2 Chan Yee Ni Elia

Our school chose to celebrate Halloween on October 29, our English Speaking Day. The teachers wore costumes, such as vampires and witches. They looked scary and great at the same time. It was quite funny. During recess, there were Halloween activities in the covered playground. Any students who participated in the games, such as reading the tongue twisters accurately or answering quiz questions correctly, received candy. You could also dress up in Halloween costumes and get your photo taken. Halloween is a fun festival and I hope to celebrate it again. Maybe one day I will wear a scary costume too! I can't wait for next year!



S.2 Wong Yik Lam

We had a happy Halloween day on October 29. My classmates and I were asked some questions about Halloween by some teachers. That day was the English Speaking Day, so we needed to answer in English. I thought this could train my English speaking skills. After the teachers asked us some questions, we could get some sweets.



S.3 Lee Donivald Nicholas

I have been the English Ambassador of the English Speaking Day three times this year. Overall, I find it a great activity. I was very nervous and embarrassed during the first time I talked to a stranger because I am never an outgoing and talkative person. Honestly, I did feel shy at first but I really wanted to step out of my comfort zone. Therefore, I tried my best and finally I do not fear to talk to a stranger anymore now. This activity is such a big encouragement to motivate me to talk to someone I do not know.



S.4 Lau Chun Hei Adi

It was an enjoyable experience being the English Ambassador during the English Speaking Day. Most people in school, if not all, lack the chance to speak English often. Fortunately, students are often committed to the event. I remembered helping out one time, two junior students came up to me and talked to me in English. I was shocked by it as I never thought they would speak English so fluently!



Getting candy after chatting with teachers in English



Student Ambassador making announcement in English



There are questions with visual aids on different topics each week



Maths teacher Mr Chan and Visual Arts teacher Ms Chan also take part in the English Speaking Day!



Building students' confidence to speak in English through small talks



Chatting with the English Ambassador

Love Promotes Learning已成功在10月6日至12日舉行。此活動目的是培養學生之間的合作精神及歸屬感，以此建立班級關愛氛圍。在活動中，同學需要參與不同的協作活動，並努力在活動中取勝，從而學習與同學互相欣賞及尊重。



學生感受

S.4

何詠詩

我認為Love Promotes Learning 能夠促進同學之間的融洽關係，大家都非常願意去積極投入參加活動，增加團隊合作性。而在攝影活動裏面，透過拍攝令我們在中學留下最青春熱血的回憶，儘管相片沒法停下溜走的時光，卻牢牢鎖住我們對中學生涯的難忘之情。

S.1

林恩瑤

我覺得這個活動十分有趣。它不但訓練了我們的體能，還教會我們認識團隊合作的重要性。在這兩天的活動中，我們玩得樂不思蜀，興高采烈得像幼稚園的小朋友。雖然要在一大班人前喊出自己班的口號，有點尷尬，但是大家蹦蹦跳跳的還是十分開心。這次活動讓我體會到在別人有需要的時候，能伸出友誼的手是一件幸福的事。希望大家以後可以繼續保持現在開心的樣子。

S.1

麥思嵐

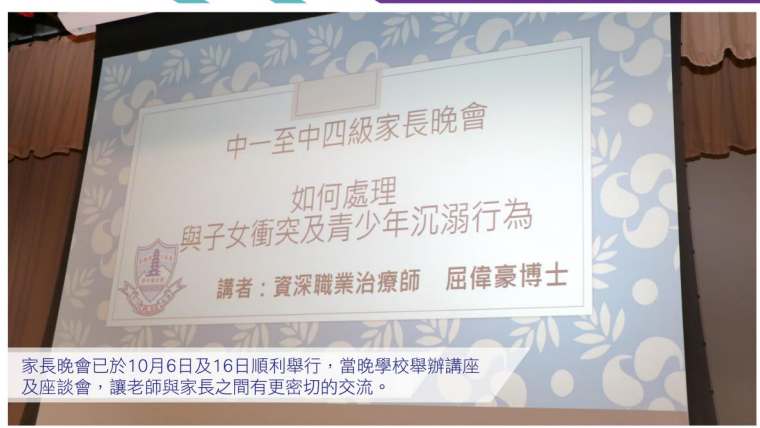
我十分欣賞這個活動，因為可以了解到更多有關學校的事情以及認識不同的老師和師兄師姐，真是十分有意思！我希望下次還可以有類似的活動！

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中一團隊訓練日營

學校在10月23日進行了中一團隊訓練日營。中一學生剛從小學升上中學，或對中學的環境感到陌生，是次活動講求合作，讓他們與同學之間作出交流，並訓練團體精神。





家長晚會已於10月6日及16日順利舉行，當晚學校舉辦講座及座談會，讓老師與家長之間有更密切的交流。



針對青少年的種種問題，屈博士正向家長提供各種意見。



家長開始陸續進場。



面對家長的疑問，老師們都逐一講解。



校長正講述學校的概況。



家長都專心聆聽講者的講解。

類別	項目	金額	金額
SSSDP	2021/22 年度例子 (SSSDP)	\$2,000	\$1,800
		\$5,800	
SSSDP	2021/22 年度例子 (SSSDP)	\$88,770	\$44,100
		\$39,600	
SSSDP	2021/22 年度例子 (SSSDP)	\$104,000	\$71,000
		\$27,800	

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全方位學習日



美術學會



橋牌學會



LEGO學會



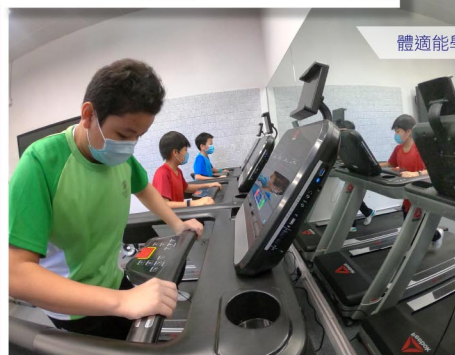
美術學會



DIY護膚品學會



美甲及印度彩繪學會



體適能學會



美甲及印度彩繪學會



Rummikub學會



智能小車由Micro:bit操作，從而推動車輛。



大富翁學會

11月6日為學校的全方位學習日，當天學生能參與了不同學會準備的精彩活動，比如咖啡拉花課程、Lego製作、印度彩繪、DIY護膚品及體適能活動，同學都玩得不亦樂乎！

學生感受

S.4

楊瀟喆

經過這次的全方位學習日，我發現自己雖然是橋牌學會的老成員，卻依然對橋牌有著當初的熱誠，也變得越來越喜歡橋牌。

這次的學習日更讓我反思自己對橋牌的心態，以前和低年級一起玩德國橋牌的時候，我因為將要參加比賽，所以眼中總是只有輸贏，給了自己很大壓力，更理解不了低年級「開心玩」的心態。但藉著這次成為橋牌工作人員的機會，我多了更多時間觀察別人玩牌的樣子，發現原來玩橋牌也可以很輕鬆，也開始懷念以前剛接觸橋牌的我。這次的學習日我感到很開心，非常期待下一次的學習日。

S.2

連恩晴

那一天真是十分特別——雖然要上學卻不用上課，因為那天是「全方位學習日」。學校為了紓緩學生們平日上課的壓力，亦能從中學會其他待人處事技巧，於是安排了這種特別的學習方式。

我放下了平常學習的心態，準備在這裡玩個夠。我所揀選的活動是桌上遊戲。雖然我的摯友參加了其他活動，但我卻因此認識到五個同級的好友。我們先後玩了包括象棋在內的三個桌上遊戲，它們都很好玩，很有啟發性，那一天真是一個十分特別的學習天。



透過VR虛擬實境，學生身歷其境，產生與現實一般的體驗。



本校於2018年申請優質教育基金，並於2020年開始建立「創科模組學習中心」，再配合現有的「創新設計與科技學習中心」，提供高質素、高科技、富創新元素的學習環境，鼓勵學生自主學習、跨學科學習，透過3大範疇的模組學習，包括：

1. 製造科技學習模組（整合現有資源：3D打印模組、鐳射切割模組、數控機床模組）——讓學生學習如何使用軟件建立3D模型、修改、組裝、標示註解和尺寸、出圖等，學習以激光切割和雕刻，從而製成機械人部件及具創新設計產品，以解決日常生活所面對的困難。
2. 科技學習模組（空氣動力學模組、機械人模組、工程結構模組、自動化及機械臂模組、VR、AR& MP模組）——讓學生學習如何應用科學原理於日常生活之中。
3. 創新生活科技學習模組（智能家居模組）——讓學生利用各種不同的傳感器製作智能家居。

智能小車由Micro:bit操作，從而推動車輛。



模擬飛行器讓學生親身體驗模擬飛行，發揮各項潛能。



機械臂能轉換為不同的形態，包括3D打印、雷射雕刻，甚至加裝毛筆進行書寫。



智能家居結合了藝術及創作元素，學生可以從模型的結構，認識智能家居的重要性。



滑輪組合利用繩子去牽拉圓輪，幫助同學能設計一個更高效的物流系統。



1. 微軟、香港教育城、香港天文台、土木工程拓展署、香港氣象學會主辦---AI數據達人挑戰2019---山泥傾瀉測多少(冠軍)
2. 香港理工大學電子及資訊工程學系機械人中小學生挑戰賽2019：人工智能(高級組：AI無人駕駛編程比賽中奪得冠軍)
3. 香港理工大學電子及資訊工程學系機械人中小學生挑戰賽2018(理電飛天飛行機械人比賽中奪得冠軍)
4. 理電飛天2017(大中華區邀請賽)十二碼射球比賽(季军)
5. 理工大學電子及資訊工程學系機械人中小學生挑戰賽2017(理電奪寶中奪得冠軍)
6. 國際專業無人機學會主辦，2018年全港無人機比賽—任務挑戰賽及無人機短片拍攝比賽(優異獎)
7. 田家炳中學主辦，全港中小學MR STEMer (Micro:bit)編程大賽2018 (優異獎)
8. 香港理工大學工業及系統工程學系舉辦之全港中小學產品設計比賽2017-2018比賽中，本校獲得智能家居設計(優異獎)



編輯 名單

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郭劍雄副校長

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