



羅定邦中學 家長教師會會訊



2022 - 2023 年度

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Embrace the Future with a Teachable Spirit

Kwok Wing Keung, Principal

In this era of rapid technological development along with information explosion, how can schools prepare students for the future? How can the school curriculum be developed in line with the times? These are the issues that concern the education sector.

Recalling my days as a Mathematics teacher, my students, especially those in the arts stream, often asked me, "What is the use of learning trigonometric functions and geometric proofs?" My response was, "Although some knowledge may not be directly applicable in daily life, learning these topics can train our skills in analysis, logical thinking, problem solving, and so on. These skills will benefit us throughout our lives."

Some students may ask, "With technology advancing so rapidly, the subject knowledge we acquire today is certainly inadequate for meeting our future needs. Why should we bother learning it?" As a matter of fact, not only do we need to study different subjects to develop language and communication skills, information literacy and computational thinking, but also to establish good learning habits and learn how to learn. All these serve to enhance our lifelong learning and self-directed learning abilities, which would enable us to keep our knowledge updated with developments.

In view of the above, the school currently focuses on the school curriculum design and teaching strategies. We have kicked off an initiative of curriculum integration, breaking down the barriers among subjects. Students are guided to synthesize the knowledge and skills of different disciplines in exploring designated issues. Through these all-round learning experiences, students' learning effectiveness can be greatly enhanced. The interdisciplinary project on Climate Change for junior forms implemented this year is a good example of it.

Lastly, it is particularly important to cultivate students' open-minded, curious and humble learning attitudes, which are the essential traits of a lifelong learner. It is exactly one of the four "STAR" qualities that I often emphasize – "Teachable spirit". With the concerted efforts of the school and parents, I believe our children will flourish and succeed in life!

好學好問抱未來

郭永強校長

在科技急速發展，資訊爆炸的年代，學校如何裝備學生應對未來的需要？課程要怎樣發展才得以與時並進？這都是教育界關注的議題。

記得從前當數學老師時，常有學生問我：「學三角函數、幾何證明有甚麼用？」唸文科的同學尤其如是。我的回答是：「雖然某些知識未必能直接應用在生活上，但在學習這些課題的過程中，我們可以訓練分析能力、邏輯思維和解難方法等，這些都是我們必須具備的能力，終身受用。」

也有同學問：「既然科技的發展一日千里，今天所學的知識肯定不足以應付將來的需要，為什麼還要去學呢？」事實剛好相反，我們不但要學習各領域的基礎知識，從而培養好語文及溝通能力、資訊素養及運算思維；更要建立良好的學習習慣，學會如何學習，以發展終身學習及自主學習的能力，不斷更新自己的知識庫，這才能夠趕上時代的步伐。

為此，本校近年在課程設計和教學策略上花了不少心思，嘗試統整多個學科的共通內容，打破科目之間的隔閡，引導學生綜合運用各科的知識去探索設定的課題，促進他們全面學習的效能。本學年在初中推行的跨學科「氣候變化」專題研習就是一個好例子。

最後，培養學生擁有開放、好奇和虛心學習的態度，尤其重要。這是一個終身學習者的必備條件，正是我經常強調的「STAR」四特質之一——「Teachable spirit 受教的心」。在學校和家長共同努力下，相信孩子們定能成長成才！



家長心聲



我有幸在過去多年參與和服務家教會。
在這個過程中，我得到了許多寶貴的經驗和回憶。我一向希望家教會能成為一道橋樑，給予學校和家長不同的溝通機會，使學校教育和家庭教育上發揮合作精神，令我們的孩子能愉快學習、健康成長、發展潛能，為展開燦爛人生做最好的準備！

家長在籌辦活動過程中，可以交流和分享生活經驗，互相幫忙。因此我感謝家長能抽空協助及參與家教會和學校舉辦的各種活動。讓孩子在學校生活中增添色彩，創造美好回憶。

最後，特別感謝校長、老師、家長委員和家長們對家教會的支持，也謝謝您們對孩子們的愛和關注。

王雪瑋女士
家教會主席



擔任家教會委員已3年，認識了不少家長委員及義工。他們熱心協助和參與家教會各種活動，實在令我太欣喜。

停辦了多年的家教會旅行，今年終於能順利舉行。當天看到很多親子互動，彼此獲得樂趣，此情此景使我難忘。我從舉辦活動中，亦學懂了許多管理、籌備、溝通、人際關係等知識，使我獲益良多。最後，感謝各家長對家教會的支持及信任，使本會能夠順利完成各項活動。

鄭思佩女士
家教會副主席



4年前有幸出任家教會委員，能深入了解學校運作，並能向校長表達意見。這幾年因疫情而影響校園生活，有賴校長的帶領及各位老師的努力，使學生能在「新常態」下繼續茁壯成長。感謝學校對學生的悉心栽培，令他們成為一顆耀眼的星星。

盧月蓮女士
家教會總務秘書



姿采校園



運動會

經過三年疫情後，今年運動會在 12 月 1 日和 2 日於大埔運動場順利完成，本屆運動會的參賽師生人數是歷年之冠。尤其是班際和社際接力比賽，同學踴躍參與，竭力為他們所屬的社和班別打氣歡呼，充分表現對班和社的歸屬感。本年度正社不但獲得全場總冠軍，更衛冕啦啦隊比賽冠軍。而個人全場冠軍分別如下：男子甲組 6A 袁灝顯，男子乙組 4A 王振軒，男子丙組 2A 陳焯華；女子甲組 6T 張翠儀，女子乙組 3S 黃文晞，女子丙組 1T 邱栢蕎。

方子基老師
體育科主任



Connecting with Education Counselor at the Spanish Embassy in Beijing

On 2 February 2023, we were honoured to be visited by Ms. María Luisa Ochoa, Education Counselor at the Spanish Embassy in Beijing, and Ms. Menchu Miguélez, Cultural Officer at the Consulate General of Spain in Hong Kong. The meeting aims to enhance the cooperation between LTPSS and the Education Office of the embassy.

During the meeting, Principal Kwok introduced the Spanish curriculum of our school. Another meeting was conducted with our Spanish teachers to gain a deeper understanding of the exposure and benefits brought to our students.

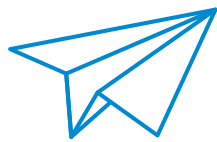
An array of topics were discussed, such as the recent changes in DSE curriculum, preparation for the DELE diplomas, programs and scholarships for studying at a Spanish speaking university and Hong Kong's Education and Careers Expo.

We had a fruitful exchange of ideas with the representatives from three different organisations and we look forward to having more cooperation with Spain's Cultural Office to further enrich our Spanish programme and broaden students' horizons and learning experience.

Mr Eduardo Arriaga
Head of Spanish

Mr Iván Serrano
Spanish Teacher





中華文化日

羅定邦中學中文組於 2023 年 1 月 20 日舉行多姿多彩的中華文化日。當天老師們佈置了多個攤位予同學參與，包括踢毽、蹴鞠、投壺、毛筆書法、剪紙、摺紙、扇畫、紙舞龍、造紙術及皮影戲，家教會也幫忙籌辦吉祥手繩攤位，另外安排了國樂表演、中華文化問答比賽等活動。旨在使同學體驗傳統文化之餘，亦能愉快學習。當天同學全情投入，笑容滿面。郭校長更主持毛筆書法攤位，親授學生寫毛筆之技法，學生獲益良多。

石潤輝老師
家教會委員

Life Planning and Career Guidance for All

The Life Planning and Career Guidance Committee has worked with different external organizations to run school-based career guidance programmes for our students.

In the year 2022-23, there are different focuses in life planning and career guidance. The S1 - S2 students were guided to reflect on their strengths and weaknesses and to explore their areas of interest at a greater depth. The S3 students have their minds on selecting the most suitable elective subjects for their senior years. The S4 and S5 students embarked on a journey to explore multiple pathways and sharpen their career skills. Meanwhile, the S6 students fully focused on JUPAS preparation and their tertiary pursuit.

This year, the school has joined a 3-year scheme mainly funded by the Youth Development Commission. Under this scheme, LTPSS is partnered with Hong Kong Life Planning Association in running a wide variety of career guidance programmes and workshops for our students. Those include personal growth and development workshops, study motivation talks, interest development workshops, careers talks, university talks, parents talks, interview skills workshops and personal statement writing workshops, etc. In addition, we also joined the Tai Po Interschool Career Expo to allow our students to find out more about the world of work.

The Life Planning and Career Guidance Team also took charge of a good number of external nominations and scholarship applications. It is our pleasure to connect with the HKU Admission Team and to be updated with scholarship opportunities provided by the university. What a pleasant surprise to find out that all the Vice Principals are HKU alumni.

Ms Grace Cheung

Vice Principal and
Head of Life Planning and
Career Guidance





Diversified Learning Opportunities for Students

With the implementation of the 4E Model (Exposure, Engagement, Enlightenment and Empowerment), the school provides students a wide range of activities that help enhance students' whole-person development.

This year, there are over 30 ECA classes arranged for students, covering different areas such as sports, music, academic, uniform groups, interests and service learning. The Students' Association, Houses and Youthnity held a number of events that enlightened students' school life, including Dress Pink Day, Admiration Day, Halloween Haunted Maze, Diwali, Christmas Talent Show, Basketball Competitions, 3-point Shooting Competition, Dodgeball Competition, Cheering Team Competition, Youthnity Monthly Podcasts, Youthnity Disabilities Awareness Session, Winter Formal, Board Games Café and so on.

Besides, our Service Learning Team also organised a fundraising event for SPCA and the Christmas 'Spreading Love and Care' Campaign to show love and care to the society.

With all these learning opportunities, we anticipate positive growth in students' whole-person development and thus to nurture students to be our glowing stars.

Ms Helen Chu

Head of ECA and Student Leadership

創科啟航

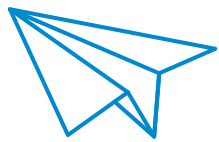
今年剛成立了設計與科技校隊，鼓勵隊員參加多項公開比賽和活動，藉此提升同學的科技素養，擴闊眼界，當中包括產品設計製作、程式編寫、撰寫報告、展覽示範及匯報分享等，在上學期共有二十名同學在各項比賽中獲獎。

為了配合本學年的 STEAM 主題「氣候變化」，貫徹推行 STEAM FOR ALL，設計與科技科在課程中引入了太陽能應用和雷射切割技術，並增加了課時。中三電腦科在本學年引入人工智能和 PYTHON 編程課程，使同學在參加 STEAM 比賽能有更好發揮。例如同學在參加第二屆全港青年 STEAM 比賽暨展覽 (由 AI 到 SI) 的作品中，建立了一個智慧農業系統，當中運用了 PYTHON 編程，利用六塊 micro:bit 電子板，透過無線和通用串列埠通訊技術，以 EXCEL 實時監察、分析和儲存天氣的大數據，並實現了遙控和自動化農務管理。

同學也在創科@大埔 2022 發表了他們的研發成果，獲得三個獎項，之後他們在 2023 年 1 月 3 日的校內周會中介紹研發成果，讓同學一同分享科技研發的樂趣。

伍健強老師
STEAM 統籌老師





"The Drama Team: Mastering the Art of Performance."

The Drama Team at LTPSS is now moving from strength to strength. For the past few years, many of the festivals were cancelled or postponed because of the pandemic. This year, the team will perform across different mediums, both virtual and live. The students take what they have learnt in their Performing Arts lessons and put that knowledge into practice.

On 11 February 2023, the Drama Team performed the short play, *Duet for Bear and Dog*, live, onstage at the Tai Po Drama Festival. *Duet for Bear and Dog*, by Sybil Rosen, is a short comedy in which the title characters argue the comforts of domestication versus the beauty, joys, and thrills of living wild as a part of nature. The students gave a great performance and won three trophies namely, Best Actor (Tomi Ho), Best Costumes (Chloe Cheung) and Outstanding Cast.

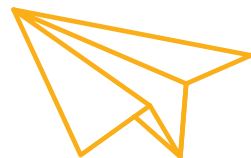
On 23 February 2023, the Drama Team performed the one-act play, *Cowtown* by Allison Moore, as part of the Hong Kong School Drama Festival (sponsored by the Hong Kong Education Bureau). *Cowtown* is a serious play about teenagers on the edge of crisis. Once again, our students rose to the challenge and gave an excellent performance while mastering the ZOOM digital medium. We await word on our score from the Education Bureau adjudicators.

Stay tuned to our upcoming performance!

Mr Chris Spencer
Head of Performing Arts



學生分享



I'd say my current school life is quite rewarding and fruitful. On the first day of my experience at LTPSS, it was so quiet that I could hear a pin drop. I was one of those quiet students and I was nervous about making new friends for the first time in 6 years. However, I was excited to meet my friendly classmates who became friends with me soon after. They are always there for me and I can share my ups and downs with them, so I am really grateful that I met them.

In the first assembly of the academic year, we got to know more about our Principal, Mr. Kwok, and the teachers. They introduced themselves and told us about the school rules. It was very interesting to see them. We also learned the qualities of a SMART STAR from Mr. Kwok. STAR stands for Self-Management, Teachable Spirit, Aspiration, and Resilience. I aim to achieve all of these qualities and to become a SMART STAR.

To sum up my experience so far, I really enjoy my school life at LTPSS.

五年前，我是一個害羞少言的小學生。現在，我變得活潑開朗，還喜歡參與學校不同的活動。

今學年，我成為了學生會幹事、班會主席及領袖生，在籌辦活動中，我學會團隊溝通和合作，集思廣益。

憶起上年我參加了「青年營商計劃」，與同學一起創業。由成立公司、製造商品、定價、推銷至出售貨品的過程，各成員意見紛陳，幸得良師指導和帶領，為我們提供營商意見，終能排除萬難，成功製造自家產品「香薰蠟燭」。

透過參與學校不同活動，令我體驗團隊合作之重要，或許同學會各持己見，甚或爭論，但只要彼此坦誠相對，從錯誤中學習，必能克服困難。

5T 楊敘暉



總以為來日方長，殊不知時光飛逝。執筆於此，六年的中學時光已告一段落。我們也從天真爛漫的小孩長大成人，步入人生新的階段。

中學的階段是我們滾燙的青春裏最沸騰的一章，見證我們的蛻變與美好，由懵懂逐漸變得成熟。初踏入中學階段，我們什麼都不懂。在未知的世界裏闖蕩，感到懼怕、無助。幸好有良師陪伴、益友相助，他們在我成長的路上播種，在我成長的路上種成樹蔭。

記得老師們用心良苦教導我們一眾莘莘學子，老師們的專業知識、嚴謹的教學、認真負責的工作態度都讓我受益匪淺、終身受用。在此感謝各位老師！你們辛苦了！「飲水思其源，學成念吾師。」還要對郭校長說一聲多謝，謝謝你清早的一個微笑，以歡樂、歌聲教導我們知識，「丹心熱血沃新花」的循循教誨，令我走出了五里迷霧，學會了不同人生的道理。

藉着這個機會，我也想感謝父母，也代表中六畢業生對每位家長表達謝意。謝謝家人的理解和支持，讓我一直以來大膽地追隨自己的夢想。你們永遠是我們最溫暖的港灣、最堅實的後盾。養育之恩，無以為報，只希望自己不斷前行，早日為你們遮風擋雨。

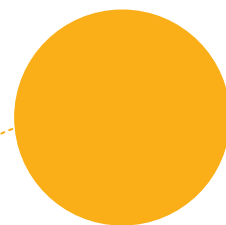
不比尋常的一年，永遠懷念的今夏，珍藏彼此真摯的友情，在這匆忙的岔路口，願你我以夢為馬，不負韶華，願我們的青春永遠未完待續，前途似錦！

6A 曾子殷





校友分享



As a graduate of LTPSS, I thank my alma mater for offering me so many opportunities which went beyond my imagination. From academic knowledge, social skills, emotional support, career guidance to how I should pursue my career pathway, dedicated teachers played key roles in giving me golden advice and support.

When I was confused about anything, all I had to do was to ask my teachers for advice. I still remember during my S.5 summer holiday, I wanted to study more about Chemistry and my Chemistry teacher nominated me to enroll in a Chemistry programme organized by a local university. I want to, once again, thank my teachers for sacrificing their holiday to help me out with difficult academic questions. Six years of secondary education at LTPSS is fruitful and memorable indeed.

Sin Sui Lam

2022 Alumni

(CUHK Enrichment Mathematics
Year 1 Undergraduate)



During my valuable years at LTPSS, I was provided with many opportunities to explore and develop myself. The school experience has allowed me to become not only more knowledgeable but even more capable in different areas. Having a wide variety of learning experiences has facilitated my chance of succeeding in applying for the School Nominations Direct Admission Scheme (SNDAS). One of my fondest memories is the study trip to Singapore and we gained something precious that cannot be taught in a classroom setting. I really appreciate all the co-curricular activities the school has arranged for us. Those experiences have helped me develop into a more well-rounded person. I am grateful for the opportunity to spend my youth in such a loving and caring environment.

Wong Lok Ki

2022 Alumni (CUHK Science broad-based
Program Year 1 Undergraduate, admitted
via SNDAS 學校推薦直接取錄計劃)



流光一瞬，轉眼間我已身在中文大學。升上大學後，我還憶起羅中生活的時光，實在令我難以忘懷。母校多姿多彩的活動使同學的校園生活更豐富，透過多元化活動增加同學相處機會，令同學間的情感更深厚。我仍依稀記得與好友參加遊學團的美好畫面，留下的不僅是青春的回憶，還有對世界更廣闊的認知。

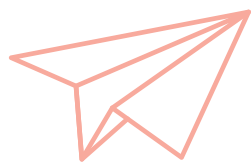
師恩難忘，我要感謝生物科呂松傑老師的教導，他因材施教，因應同學的學習水平作線上補課，協同學重溫課程內容，鞏固已有知識。他教導有方，會用日常生活的例子使同學容易明白多種概念，呂老師對教學的熱誠令我對生物科漸感興趣。

除了呂老師，我亦要感謝曾教導過我的老師。他們循循善誘，使我對學習建立信心。也在我遇到挫折時，助我克服難關，使我學會不屈不撓的精神。

陳媛婷

2022 畢業生 (香港中文大學藝術系一年級本科生)





家教會活動花絮

周年會員大會 暨家教會家長執委選舉

家長教師會周年大會於 2022 年 9 月 23 舉行。會上順利選出新任家長執委、報告去年會務及財政，並向前任家長執委致送感謝狀和紀念品。周年會員大會後，學校還設有「與校長真情對話」及「與班主任會面」兩項環節。



羅定邦中學升中資訊日

2022 年 11 月 12 日及 13 日是羅定邦中學資訊日。本會與蒞臨參觀的家長，聯同學製作造型氣球、玩剪紙、編織傘繩飲料杯袋和交流教育心得，大家都滿載而歸。



親子燒烤同樂日

本會於 2022 年 12 月 17 日於汀角灣燒烤農莊舉行了親子燒烤同樂日。當天逾百家長、學生和老師出席，感謝大家踴躍參與家教會活動，實踐家校合作，陪伴我們的孩子在羅中大家庭快樂成長！



中華文化日

中華文化日於 2023 年 1 月 20 日舉行，家教會再以「親子為本」，親授同學編織中國手繩。同學把獨特心思與創意融入編繩中，編織了很多獨一無二的手繩。



專題講座 暨「與校長真情對話」

家教會於 2023 年 3 月 31 日舉辦了專題講座，邀請了資深傳媒人張笑容女士到校分享，題目為「生涯規劃：兩代拍住上」。內容包括探討當今的社會變遷對青少年生涯發展的影響，並探索父母如何與子女「拍住上」，成為子女人生路上最大的支持。講座後，本會還設有「與校長真情對話」環節，讓家長和校長有更多溝通及交流。

母親節蛋糕製作班

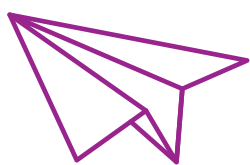
本會於 2023 年 5 月 12 日舉辦了「母親節蛋糕製作班」。家長與子女一起製作一個獨一無二的母親節蛋糕，藉這個蛋糕表達對母親多年的養育之恩。



中六學生歡送禮物

家教會特為中六畢業生送上印有學生名字的小熊，並於中六學生歡送日把小熊贈予每一位畢業同學。祝願各位畢業生前程似錦，萬事如意！





校園生活剪影



▶▶ 中一迎新日



▶ 多媒體光影劇場「相約大埔」



▶ 班際籃球比賽



▶ 「粉紅服飾日」：關注乳癌籌款活動



▶ 排燈節



▶ 升旗隊訓練



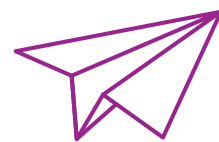
▶ 青年議政培訓



▶ 環保風力發電機創作大賽



▶▶ 升中資訊日



▶ 大埔公民教育電影放送會：「長津湖」



▶ 大埔區青年網絡野外義工團



▶ 全港青年 STEAM 比賽暨展覽



▶ 校友會周年會員大會



▶ 校友會籃球比賽



▶▶ 精神健康教育一日營



▶ 創科@大埔 2022 創科展



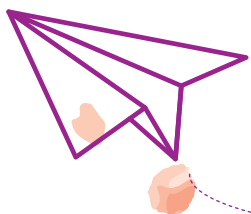
▶▶ 運動會



▶ 聖誕聯歡會



▶ 師生閃避球比賽



▶ ▶ 西班牙文化日



▶ 海洋哺乳動物訓練



▶ 香港國際七人欖球賽



▶ 中華文化日



▶ 義工服務團籌款活動



▶ 匯豐青年理財師計劃



▶ 長者家居清潔及歲晚親善探訪



▶ Youthnity 冬日晚會



▶ 香港國際生物科技展



▶ 校友分享：「職涯規劃」



▶ 上學期學術獎頒獎典禮



▶ 學生營商體驗計劃



▶▶ 領袖生訓練營



▶▶ 「熱狗日」：消除種族歧視



▶▶ 「賽馬會動感校園計劃」：體育堂瑜珈及欖球課程



▶ 人工智能機械人編程培訓



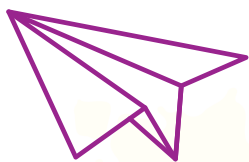
▶ 小龍馬飛翔天際



▶ Story Pilots 校園說故事



▶ 大埔職業博覽會



▶ 人文學科「戰區90」學習活動



▶ 迪士尼社會探索之旅



▶ 英語辯論隊比賽



▶ WNEC 智慧城市與數據隱私論壇



▶ 大埔區校際歌唱比賽



▶ 賽馬會學童繪畫比賽



▶ 中二生命教育短片製作比賽



▶ 中五及中六聯校說話訓練



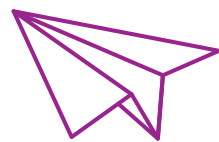
▶ 無伴奏合唱節



▶ 中文科公開試技巧分享



▶ 禁毒基金: 健康校園計劃



► 中二參觀跑馬地地下蓄洪池



► 中三參觀山泥傾瀉科技展學館



► 中三參觀賽馬會氣候變化博物館



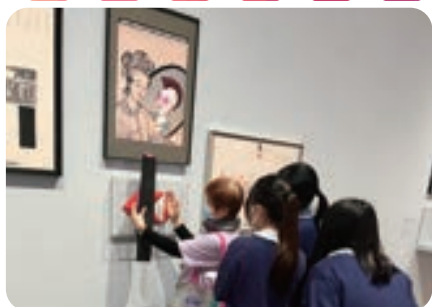
► 中三考察校園附近的斜坡



► 中四地理科考察活動: 長洲



► 中五地理科考察營



► 參觀 M+ 博物館



► 元朗錦田考察



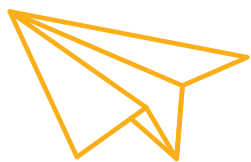
► 香港故宮文化博物館



► 香港少年領袖團結業禮

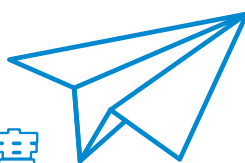


► 排球校隊訓練



2022 至 2023 年度 家教會活動一覽

22/9/2022	周年會員大會暨家教會家長執委選舉
12-13/11/2022	羅定邦中學升中資訊日
17/12/2022	親子燒烤同樂日
28/1/2023	中華文化日
10/2/2023	「伴你高飛」獎勵計劃
31/3/2023	專題講座暨「與校長真情對話」
12/5/2023	母親節蛋糕製作班
19/5/2023	家長國安教育講座
16/6/2023	父親節蛋糕製作班



2022 至 2023 年度 家長教師會執行委員會名單

名譽會員	郭永強校長
主席	王雪璦女士
副主席	鄭思佩女士、張惠儀副校長
司庫	麥潤潮先生、林詠瑤老師
秘書	陳錦珠女士、石潤輝老師
康樂活動秘書	周美芳女士、姚梓謙老師
聯絡秘書	謝愛賢女士、岑美寶老師
總務秘書	盧月蓮女士、崔誠輝老師



2022年9月1日至2023年5月12日 羅定邦中學家長教師會 財務報告

2022年9月1日銀行結餘 \$ 286,422.43

收入

家教會會費	36,600.00
教育局家校合作資助	25,855.00
親子燒烤同樂日	9,640.00
母親節蛋糕製作班	1,600.00
總收入	73,695.00

支出

銀行服務費用	410.00
社團幹事資料文件	161.40
周年會員大會	1,286.80
升中資訊日活動	558.70
親子燒烤同樂日	19,693.10
中華文化日	97.60
專題講座	4,500.00
畢業生禮物	4,374.20
母親節蛋糕製作班	4,999.00
總支出	36,080.80

2023年5月12日銀行結存 324,036.63