



# 德蘭中學

## St. Teresa Secondary School

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# 蘭薰



發揮創意

激發想像

## STREAM專訪

環境局及機電工程署合辦「慳神計劃」新世代慳神大比拼2.0，鼓勵青年就節能和可再生能源技術表達他們的創意和想像力。本校3A班的陳卓瑤、周安悅、李碧瑤和薛翠怡同學憑「跑步儲電裝置」榮獲「卓越慳神獎」和「最具潛能獎」，可喜可賀。

原定於2020年12月11日「學與教博覽2020」展出得獎作品，但因疫情關係取消。得獎學生跟大家分享參賽心得，好讓我們了解她們在參賽過程中的得著及如何解難。

因應大會所訂的主題，她們在2019年12月19日初步構思了「跑步儲電裝置」。顧名思義，「跑步儲電裝置」指使用者跑步時，會產生電力，可儲存備用。在第一學期考試過後，她們便開始製作參賽作品。

製作的過程並非一蹴而就，她們嘗試了幾種方式測試裝置。首先她們用人手測試，然後把裝置分別綁在手臂和小腿上，反覆測試。最後她們得到的結果是，綁在小腿上能獲得最多的能量。

綁在小腿上的紙筒裏面有一個磁鐵(形成磁力線)，外面纏繞有一定數量的銅線(閉合迴路導體)。當晃動磁鐵時，就會使磁鐵和導體產生相對運動，切割磁力線，產生電流。而產生的電流會儲存在儲電裝置，之後便可以將儲電裝置取



▲獲獎學生與指導老師(左：蕭焯妍老師、周安悅(3A)、陳卓瑤(3A)、薛翠怡(3A)、李碧瑤(3A)、陸慧婷老師)

出，可以為電力需求較少的電器充電，例如：電筒、手機、藍牙耳機、智能手錶等。

在製作的時候，她們也遇上困難，就是磁鐵產生的能量和磁感效應太少，無法給手機充滿電，所以她們最後添加了更多的銅線來解決這問題。

是次比賽令她們更了解人們對電力的需求和學習到一些關於電的知識，如閉合電路，亦掌握了使用儀器測量電壓和電流。在製作的過程中，她們學會了如何分工，一起討論、思考改善的方法，一齊製作成品，從中明白到團隊合作的重要，緊密的合作能大大增加裝置成功的機會。

## 突擊報導

本校STEM統籌主任蕭焯妍老師，有份參與香港翻轉教學協會編輯的《擁抱教育新常態——線上教學和未來趨勢》的寫作，而此書在第四波疫情下上架了，這是繼兩年前的《翻轉 Teach & Learn》之後，蕭老師再次與一班同工總結教學經驗，並為香港的教育尋找多樣的的可能性。該書從老師反思、學習動機、學習困難、學習評估及正向教育五部分思考線上教學和未來趨勢，探索以學生為本，邁向更適切、有效、有趣、有意義的教學新常態。在差不多近一年的網課，學生逐漸適應網上教學模式，不但緊記師長的教導，努力吸收課本知識，同時亦要不斷增強自我管理、制定目標的能力，並具有敢於追夢的勇氣和毅力。



▲蕭焯妍老師分享疫情下的教學心路歷程

▲兩本圖書均圖文並茂分享創意教學方法



孜孜不倦，收穫成果

▼測試裝置的儀器



▲測試裝置



▲實驗過程

成功!





## 創校校長 心繫德蘭 九十大壽 齊歡共賀

關慧賢校長為本校創校校長，為創建德蘭中學而勞心勞力，造福莘莘學子，化雨春風。她一直以來均奉獻德蘭，為德蘭女兒送上獎學金，並支持學校的發展。今年為關校長九十大壽，我們特意邀請她重返這個由她建立的德蘭大家庭，為她舉行一個簡單而隆重的生日會，衷心向她送上祝福。當天場面溫馨感人。

戴念慈老師、校務處駱燕華小姐、工友鄧全珍女士都在德蘭中學服務多年了，我們邀請她們作簡短的訪問，好讓大家知道更多關於關校長的點點滴滴。

### 戴念慈老師

戴老師既為德蘭校友，也在此任職一段長時間，感覺在成長路上，關校長一直看顧着她，所以現在見到關校長時，感覺甚為親切。在戴老師眼中，關校長做事認真、專業。她辦事講究程序，一絲不苟，並以身作則。關校長每每都是最早回校、最遲離校的，總是把學生和學校放在第一位。她為學校盡盡心力，如籌款興建樂賢樓，改善學生學習空間，免卻高年級學生在換課時奔波勞碌之苦，可見她熱愛德蘭。雖然關校長外表嚴肅，但內裏是和藹可親的。她言行一致，展現出德蘭人的素質。



▲ 成長路上，有您陪伴！

### 鄧全珍女士

工友珍姐於1994年入職德蘭，雖然已過多年，但仍記得關校長的溫柔和慈祥。珍姐認為關校長是一位有要求亦有人情味的上司，公私分明。她工作非常認真，做事態度亦很嚴謹，很關心學校的發展。九十賀壽會結束後，珍姐歡送關校長步出校門，關校長懇切地感謝珍姐多年來看顧學校，可見關校長對德蘭一直念茲在茲。



▲ 關校長與珍姐

### 駱燕華小姐

駱小姐初見關校長時，感到她很慈祥，說話的用語令人感到舒服。她認為關校長辦事態度嚴謹，重視細節，力求完美，避免出錯。她每每對事不對人，若員工犯錯，會指責；做對了，會讚賞。此外，關校長處事細心，凡事親力親為，對學生也非常好。最難忘的回憶是為學校籌款而參與歌唱表演，關校長雖公務繁忙，也會經常抽空於午膳跟她們練習，務求演出更為完滿。



舊生們與關校長合照，場面溫馨。



滿滿的祝福



關校長九十壽誕快樂，後福無疆



▲ 關校長與校務處職工(右一駱小姐)



齊心共盡綿力

宣揚社區關愛

▼ 當日活動在各界人士幫助下順利完成

## 一堂三校 愛火不熄 聖誕送暖 延展愛德

本校一直持守天主教的教育核心價值，而尊重生命及維護他人權益，更是天主教教育的重要價值之一。在疫情的影響下，剛過去的聖誕節像是欠缺了以往的歡樂，但愛人之心火卻不能熄滅。故此，我校聯同油蔴地天主教小學(東莞街)、油蔴地天主教小學(海泓道)及聖保祿堂區舉辦了「聖誕愛心行動」。活動很快得到各位家長、老師、校友及學生的支持，在艱難的疫情下，我們努力籌集了三百多份糧食及防疫物資禮品包送給油蔴地的基層人士，希望在耶穌誕生的這個普天同慶日子裏，為有需要的人士送上溫暖。

活動於12月22日傍晚舉行，我們恪守防疫衛生要求，在活動中，校監、校長、家長、老師及學生不單向基層人士送上禮物包及熱騰騰的飯盒，亦奉上「聖誕快樂，祝願平安」的祝福語。行動雖看似微不足道，但當中所含的愛德意義卻能溫暖人心。



▲ 一堂三校合作無間



▲ 為油蔴地的基層人士送上溫暖



為有需要人士送上溫暖的祝福



眼前一份份的禮品是集結了各人的努力與祝福

## 校內義賣活動，師生積極踴躍

一年一度的明愛賣物會因疫情取消，學校轉以義賣毛公仔的形式，為香港明愛籌款。是次籌款活動於校內舉行，全部義賣公仔在師生的積極踴躍參與下，迅速悉數沽清。雖然只有短短的兩天活動，但卻為疫情陰霾下的校園增添幾分生氣，師生展現久違的笑顏，學生抱着心愛的毛公仔，體驗透過義賣幫助有需要人士的快樂，領會「贈人玫瑰，手有餘香」的道理，同時期待來年再辦，這實在需要有心人的捐贈才能成事！



同學們慷慨解囊，為明愛籌款



▲ 是次義賣反應極之熱烈，每個小息人龍不斷，為明愛共籌得過萬元善款，同學亦從中學習克己助人的精神



▲ 泰迪小熊造型多變，很受歡迎



# 身、心、靈健康校園， 構建正面個人形象

除了設計精美的小冊子外，也會有不同的教材提供給學生，讓學生透過觀察討論再整合所得。



校長接受訪問時特別強調學生在疫情下更加需要校方的情緒支援與自我管理計劃

## 「顏值加加加」計劃受外界肯定

處於青春期的初中學生需要面對許多生理和心理上的變化，他們一方面努力去建立自己的形象，另一方面又在探索自己的路。青春期荷爾蒙分泌的增加引致的生理變化為他們帶來衝擊，使他們擔心自己的外貌、身形比不上他人，因而帶來不少困擾。有見及此，本校健康教育組聯同科技與生活科參與香港中文大學醫學院賽馬會公共衛生及基層醫療學院促進健康中心主辦的「ASAP健康生涯規劃計劃」。計劃以初中生為對象，設計以「顏值加加加」為主題的課程，協同學員：認識能量平衡概念和青少年的理想體重範圍；認識基本的體重控制和護膚方法；培養健康資訊素養，正確分析網上流傳和傳媒報導的健康和美容資訊；建立正面價值觀，從多角度欣賞自己；欣賞天主的創造，體驗身體是寶貴及神聖的，應善待自己身體。

該中心健康推廣主任姜美雲小姐和她的團隊於10月份到本校拍攝一愛班在科技與生活科課堂中學習「顏值加加加」單元的情況，並訪問校長和學生對青少年健康生活的看法。相關短片已上載健康教育平台 GoSmart Channel 的健康校園巡禮影片系列供公眾瀏覽。

### 健康校園巡禮影片



學生接受訪問，談及她們在課程中的得着



學校如何幫助青少年建立健康的身體形象？



除了外表之外，我們還可從哪些方面欣賞自己？

▲ 探討如何建立健康的身体形象

## 青春期提早？ 較高大大肥胖？

衛生署收集2萬港孩數據  
製新生長圖表

▲ 協助製作新生長圖表

## 配合專業數據，協助學生健康成長

本校中一至中四學生於本學年參加香港中文大學兒科學系，以及香港大學兒童及青少年科學系共同進行的香港生長研究活動。是次調查的目的是收集當前學生的身高、體重、頭圍和身體指標，例如腰圍、體脂、臂展長度、體適能和相關數據等，從而讓衛生署整合數據，以更新醫護會在冊子內的生長圖表。

誠如本校葉妙顏校長接受傳媒訪問時表示，有關活動是希望能透過專業數據，從而改良校本課程，優化各項計劃，協助學生在青春期發展期中健康成長，同時建立良好的習慣與人生態度。



▲ 學生積極配合採樣的研究人員（數據收集）



▲ 研究人員於本校採樣，為學生量度頭圍（衛生署提供）

### 媒體報導



校長接受傳媒訪問



# 上下齊心，共建美好校園生活

## 學生領袖，願為橋樑

主席：楊希宜(5B)      視藝：關麗欣、紀楚紅(5D)  
外務副主席：吳紫晴(5C)      體育：王巧盈(5B)  
內務副主席：麥雯海(5B)      編輯：葉嘉希(5C)  
文書：Aisha(5A)      總務：鍾曉嵐(5C)  
財務：陳穎桐(5C)      總務：黃端茵(5B)  
宗教：張曉欣(5B)

### 學生會感言：

疫情期間，我們仍希望為學校及同學效力，同時組織學生會也是為了突破自我的挑戰，我們從中學懂聆聽、策劃、合作等的能力，並願與同學們共同成長，攜手共建美好的校園生活。

學生會的職責是聆聽同學的聲音，並向校方反映，成為彼此的橋樑，從而達至師生共融，營造良好的校園氣氛。我們亦會舉辦不同主題的校內及校外活動，讓同學接觸更多新事物，能夠「學不可以已」及有所裨益，除增加在校的美好時光，亦讓自己成為一個更有氣質和內涵的德蘭人，秉承我校主保聖女小德蘭的芳表：信靠上主、純樸平實、明辨是非、捨己為人、永不氣餒，並勉力實踐「慎思明辨」的校訓。



第廿九屆學生會(2020-2021)

## 親如家人，默默守護

疫情肆虐期間，學校各方人士均緊守崗位，除了老師迅速應變進行線上和線下教學外，亦有不少人為我們勞神費力。而為同學提供一個整潔安全的學習環境，則全靠一班德蘭的工友在校園內默默付出，守護着我們。校園內，我們會看見熟悉工友的身影，他們陪伴着各人成長，偶爾閒話家常時，亦不忘在日常生活中提醒同學，苦口婆心的說話都是為了我們成為更好的人，這感覺猶如一家人的親切。因為他們，德蘭中學這個家「愛」的感覺才顯得完整，為此我們特意採訪他們，好讓各位同學日後在校園內碰見時亦可親切地打招呼 and 問聲好。

### 鄧全珍(珍姐)



主要工作：主要負責校長室，教員室以及校務處的清潔。  
給學生的話：德蘭的學生一直都很自律，願同學在學業上也要持之以恆，繼續努力！

### 周惠珍(惠姐)



工作：主要負責一樓樓層的清潔。  
給學生的話：相信剛踏入中學階段的中一同學在接觸新的環境時會感到緊張，但願你們能盡快熟悉中學生活，為將來留下美好回憶！

### 陳碧玉(碧姐)



工作：主要負責家政室，為了讓同學有更好的烹飪體驗，提前為同學購買食材。  
給學生的話：中六同學要為文憑試加油！希望你們能獲取更好的成績！

### 黃玉華(華姐)



工作：主要負責三樓樓層的清潔。  
給學生的話：希望中六同學不要受疫情影響，保持最佳狀態，在文憑試中獲取理想成績！

### 周惠玲(玲姐)



工作：主要負責四樓樓層及活動室的清潔。  
給學生的話：各位德蘭的同學加油！中四的同學剛踏入文憑試的階段，希望你們能儘早適應。

### 陳小娥(娥姐)



工作：主要負責五樓樓層的清潔。  
給學生的話：同學們在疫情下都要保持開心與積極的心態，這樣才能夠面對生活上的各種難題！

### 香偉健(Mike哥)



工作：主要負責校內維修。  
給學生的話：規矩行事，一生受用！

### 黃柏林(Lam哥)



工作：主要負責禮堂的安排及清潔。  
給學生的話：德蘭的學生不論在學業或是興趣上都要堅持及努力！





▲ Wise words



▲ Principal's address



▲ Graduation speech

▼ A song to remember



## 2019-2020 Graduation Ceremony

The school suspension meant that the 2019-2020 graduation ceremony of St. Teresa Secondary School was postponed until 17th October, 2020. All staff and graduating students were grateful that they could finally celebrate this important occasion.

Ms Ip Miu Ngan, our Principal, reflected on the difficult circumstances S.6 students faced in the previous months. She was pleased that the school could provide the extra support that students needed. She also reminded the graduates to live the core values of Catholic Education and nurture the qualities of being a Teresian. Gratitude is one of these qualities, so students were given the opportunity to thank their parents for their love and care. Rev. David Lau, our Supervisor, encouraged the graduates to pursue life-long learning, develop good characters and reach one's potential in all areas. He ended with a Bible verse, 'You are the salt of the earth, You are the light of the world,' to encourage them to take care of the needy and contribute to society.

After the graduate representatives had given their speeches, members from each graduating class presented a bouquet of



▲ May our school sisters cherish their secondary school life



▲ In recognition

flowers to their class teachers to show their gratitude for their love and care over the years. The school choir performed the song 'Will you take my hand', with the message that life is full of difficulties and challenges, but that one can have a bright future with perseverance. Rev. Lau and Ms Ip presented each graduate with a candle, and the graduates, in a call to remember friendships forever, sang 'Auld Lang Syne' to conclude a most joyous occasion.



My door is always open.

## A deep conversation with our Principal

In order to know more about the challenges S.6 students were facing last year, the Principal invited some representatives to meet her in her office on different days. It was the first time for them to get a glimpse inside Ms Ip's room!

During these informal meetings, students from different classes shared their worries and the difficulties they encountered during the periods of class suspension, and how they tried their best to keep up with their studies. They also offered some ideas on how the school could prepare them for the coming HKDSE.

After these fruitful exchanges, and taking into account students' needs, the school implemented various strategies that would help students perform to the best of their abilities.



▲ It's good to talk!



▲ Tell me your concerns.



## An opportunity to share

Our school was excited to open its doors to primary 6 pupils and their parents on Info-Day, which was held on Sunday 8th November, 2020. The event is an important one for us because our guests can learn more about what our school can offer. Parents heard about student successes in competitions, activities, and improvements across various value-added indicators. Also, sharing by alumni gave our visitors a sense of our school's ethos. Guests then went on a guided tour around our campus led by our student ambassadors.

Primary six students were provided with some tips on attending interviews before having mock interviews with our teachers in English and Chinese. There was also time for some hands-on activities as our younger visitors had the chance to join our 'Making Products through STREAM' and 'Architecture in Your Palms' workshops. We hope to see everyone again in the near future!

Let me show you how



An alumna speaks



Welcome to our school



An introduction to our school by our Principal



Sharing on our students' academic performance



Taking part in a workshop



Communion time



## A Virtual Christmas Celebration

This year's Christmas celebration was originally scheduled on 18th December. Sadly, due to the suspension of classes, we had to find another way to celebrate this joyous time. This was done by broadcasting a pre-recorded ceremony during the class teacher period. The school was honoured to have Joseph Ha Chi-Shing, OFM, Auxiliary Bishop of Hong Kong, conduct the ceremony. Even though students and teachers could not be together in our school hall, they could take part in the sacred celebration of the birth of Jesus Christ.





# What's new around our campus?

Have you noticed anything new around school? Look at the following pictures and guess what they are.



**Pic 1**

You can find this object near the tuck shop. It can turn something unwanted into something very useful. What is it?



**Pic 2**

This large, new addition to our campus appeared all of a sudden one day. It was installed not too long ago. Do you know where it is and what it is for?



**Pic 3**

This new addition was installed because of the COVID-19 pandemic. It helps protect us from getting the virus. It also helps us to stay focused while doing revision or homework.

**Pic 4**

This lovely illustration can be found on a machine that can help save the environment. What is this machine called and what does it do?



**Pic 5**

You might be thinking that this is a new lock to a classroom. If yes, then you have got it all wrong. This lock belongs on a very important piece of furniture. Clue: The old one was green!



**Pic 6**

The colour of this object is so bright that you won't miss it even if you are far away. Their positioning provides a convenient place for students and teachers to meet.



**Pic 7**

This is a new space at the end of a corridor. Keep going up and you'll find it.



**Pic 8**

This is one of a number of objects that can be found in this quiet corner of our campus. Each scene shows an important part in the life of Jesus.

**Pic 1**

It's a food composter. The school hopes to enhance students' environmental awareness with this useful machine. Turning food waste into fertilizer helps to reduce waste and preserve our environment. In addition, the fertilizer can help build healthy soil in our school garden.



**Pic 2**

These large blinds are found under the school hall and special rooms. They were installed to protect us from the wind and rain. Our Principal said she was concerned about us being exposed to the elements during winter. The blinds can be rolled down when needed, so we won't have to worry anymore about getting wet or cold. What an excellent idea!



## Answers

**Pic 4**

This Reverse Vending Machine is located next to our tuck shop. Our school has joined the Beverage Carton Smart Recycling Programme in order to protect our environment. All you need to do is to download an app. Then you scan the barcode on a drinks carton before you recycle it. You will earn some 'carbon coins' as a reward! The 'coins' in the form of coupons can be redeemed for different goods at various shops. Therefore, don't forget to recycle drinks cartons from now on! One more thing – remember to rinse cartons before recycling them! For more details, please visit the website: <https://www.bcsrp.hk>



**Pic 3**

With the installation of these partition boards, students can do their homework and study more effectively. They also provide a safe meeting space for students and teachers. You can find other partition boards installed on the tables at the tuck shop. These are designed to protect you while you eat.



**Pic 5**

Our new class cabinets are located outside the staff room.



**Pic 6**

These adjustable stools (and tables) are also placed outside the staff room. They are becoming a favourite place for teachers and students to have one-to-one meetings! Now where are the snacks?



**Pic 7**

This little corner on the 5th Floor is 'Blissfuland'. It's where you can sit down to read some books on religion and theology. To learn more about God and the Catholic Faith, this is the place to be. The space is beautifully decorated with Catholic ornaments, giving you a homely feeling.



**Pic 8**

There are 14 plaques with reliefs fixed to the wall of our school garden. The Stations of the Cross are a series of images depicting the events in the Passion of Christ, from his condemnation to his entombment. The Stations of the Cross is also known as Way of Sorrows, or Via Dolorosa in Latin. You may stop at each station to say selected prayers.

