

# 陸幼蘭

19-20 年度 第一期



保良局屬下小學



聯合畢業頒獎典禮



## 榮獲「保良局傑出學校獎」

我校於過去一年收穫豐盛，在不同的領域皆獲得外界的肯定，奪得多個獎項。當中我校榮獲保良局頒發的「18-19 年傑出學校獎」，能夠獲得此項殊榮實屬難能可貴，身為陸小的一分子真是感到十分榮幸呢！

獲獎原因：

學校積極聯繫海外及國內學校安排互訪交流，讓學生體驗不同文化的校園生活，包括：

自 2015 年開始，我校學生代表遠赴葡萄牙、丹麥、美國及奧地利出席國際環境守護者青年會議，於會上發表研究報告，並與各國參加者相互交流。



吉港交流



閩港交流



香港墨爾本互訪



國際環境守護者青年會議



學校亦積極推行 STEM 教育，由校長帶領同工組成 STEM 教育專責小組，推行校本 STEM 課程，讓學生綜合運用數理科技知識與技能，創作小發明，以改善生活或解決問題。



STEM 教師專業發展

透過課程會議、共同備課、分享 STEM 資訊、工作坊等活動，促進 STEM 教師專業發展。



同時，陳中瀚主任亦在典禮上獲得教育服務金獎，可喜可賀！

學校於 2017 年參與教育局「學校校本支援計劃」，與香港教育大學進行協作計劃，更獲對方邀請於 STEM 教育研討會中展示教學成果，將寶貴經驗與學界分享。同學亦能善用 STEM 課程學習所得，於教育局智慧城市專題研習計劃 2017-2018 中榮獲傑出智慧城市專題研習獎。



於 STEM 教育研討會中展示教學成果



獲傑出智慧城市專題研習獎

號外 — 喜上加喜！

任教視覺藝術科的林煒欣老師獲香港教育大學頒發學業成績優異獎(視覺藝術)，真威水！



# Widen Our Horizons Experience Foreign Cultures

Singapore exchange program is a new joint program organized by both Laws Foundation College and our school. Our students shared their research on air quality in Hong Kong with those students in Singapore. Also, our students participated in various outdoor visits.

The most essential activity was the research sharing in St. Andrews Junior College. Our research is a test on air quality and noise. The senior students from the College helped decide the four locations for measuring the amount of air pollutants in the air and the noise level. Our students taught them how to use the devices for measuring the amount of air pollutants. Then they worked together for presentation.



In this Singapore trip, I expect to see something that I rarely see in Hong Kong. On day one we visited the S.E.A. Aquarium. I hoped I could see some rare subtropical fishes and this aquarium would give me some unexpected surprises. Of course, my dreams came true. I really saw million types of fish that I had seen before. I could really touched them too. Amazing!

After the visit of the S.E.A. Aquarium, we visited the Garden by the Bay. We walked in the Cloud Forest and the Flower Dome in which we could find various kinds of plants. Another special feature of the tress is that all the tress are very tall with big leave. Why? Because Singapore lies on equator with tropical climate. The weather is hot and humid. So the Singaporean government works hard to provide a comfortable environment for living. The tall trees can reduce the tem-

perature by absorbing carbon dioxide from the air. We visited the Sky Walk to see special subtropical trees and flowers which are very rare in Hong Kong. The Garden by the Bay is really a distinctive place.

This trip is quite challenging. Unlike a family trip, we needed to carry all of our belongings by ourselves such as very important things like HKID Card, boarding pass and passport. I pay great attention to keep them well. Luckily, teachers always reminded us to check them after we completed the immigration procedures. Before the trip, I wrote down what I needed to bring and I always checked the notes and packed my things before we left.

This is surely my most unforgettable trip because this is the first time I go for a trip with my classmate and teachers but not my family. Although there is nothing special or interesting things to play with in this trip, it is a very meaningful trip because I never go to other school to have a visit for learning with my family.



6S Yip Kiu Bridget

We had a good experience there with the big brothers and sisters because they were happy to help us for collecting the data and preparing the powerpoint. Teachers and students in Singapore were very friendly, we often talked and discussed our research. Although the time was short, we could still finish our task and share our research.



I like the trip in Singapore very much. I not only learn various skills in collecting data and presentation skills but also visit different places such as the S.E.A aquarium, Garden by the Bay and the Merlion Park.



6D Yu Tsz Ching Philia



By 6S Lo Cheuk Hin Cyrus



# Melbourne Study Tour

## Environmentally Friendly Ideas from my Host Family

By Lin Cheuk Yin Thomas 6D

My buddy's, Tama's, family, has five family members, including his parents, his brother and sister. By living with them, I was aware of a lot of new "Green Ideas".

First of all, they believe walking or cycling is a healthy means to go somewhere nearby, such as the school or the swimming pool. This can reduce the use of transportation and thus helps reduce air pollution.

Also, they grow plants at their backyard garden. The plants give out oxygen and absorb carbon dioxide and heat. They often open the door to maintain good ventilation and provide fresh air for the house.

Furthermore, they throw the leftover into the complex bin at the garden after they finish their meals. Such leftover would be broken down into fertilizer that provides nutrients for the plant growth. They also put unused cardboards and cans to different collection bins for recycling.

All the above exercises can benefit the environment. I should learn from them when I return to Hong Kong, and have an environmentally friendly mindset as well as taking more positive actions.



## My Host Family

By Yu Tsz Ching Philia 6D

My host family has four family members, my buddy Ruby, Ruby's sister Elsie, Ruby's mum Amanda and Ruby's dad Simon.

At my host's house, there isn't any backyard, garden or front yard. It is a little flat. I cannot believe their house is as small as my home! I shared a room with my buddy. I went to school by car. It is because their house is not near the school.

During my stay, I went to the swimming pool, bathing boxes and the Melbourne Star. We did some awesome activities, like picking strawberries, horse-riding and visiting the school bazaar together. I liked the horse-riding the most among all the activities because I have tried it before, and I found the horse very gentle. It was very easy to ride on it.

Another unforgettable highlight of the trip was visiting Melbourne Star. It is a wonderful place to visit as I could see the whole view of Melbourne there. I found that Melbourne is a place with lots of scenic spots to go to. Half of them are within the city and half of them are in the countryside. You can travel there by tram or car very conveniently. One thing I really want to share is a special dessert. You can't find it in Hong Kong. It is Pavlova! It is like a roll cake with lots of cream and it tastes delicious!

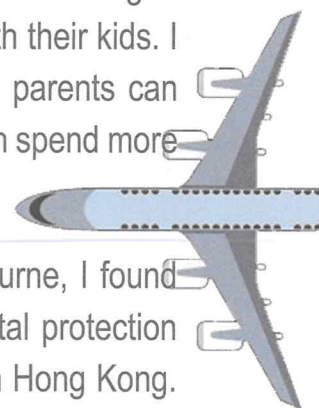
Another remarkable observation was that on weekdays, I noticed that my buddy's parents



arrive home very early, usually at around 5:00pm, unlike my parents who typically come back home at around seven to eight. They have more time to play with their kids. I find this amazing and hope my parents can get of work earlier so that we can spend more family time together too.

Lastly, during my stay in Melbourne, I found that the concept of environmental protection in Australia is better than that in Hong Kong. Aussies often recycle things. They seldom use plastic bottles. They put cans, plastic bottles and newspaper in recycling bins. They also limit the bathing time and are only allowed to take a shower for around five minutes. We should learn from them and save precious water. The Earth needs everyone's effort in reducing the use of limited resources.

Overall, life is very different in Melbourne, but we can learn a lot from their culture and practice.



# STEAM 動起來...

## 傑出智慧城市研習計劃獎



近年，我校積極發展 STEAM 課程，除了增加了一節 STEAM 堂外，老師們亦十分鼓勵同學參加不同的比賽，讓同學發揮所長及汲取經驗，幸運地我們能夠獲得不同的獎項，現在大家一起來分享箇中的喜悅吧！

### 努力不懈，連續 2 年勇奪殊榮！

本校連續 2 年憑「越熱鬧越涼快」、「惜飲惜食智營餐盤」獲最高獎項--傑出智慧城市研習計劃獎。



### 「惜飲惜食智營餐盤」

設計理念：了解學童午膳營養需要，製作餐盤，編寫「智營午膳」手機應用程式。

設計原理：透過餐盤及應用程式來量度午膳進食量及持續監察營養吸收情況。

設計效果：提升同學對午膳營養的關注、減少廚餘及鼓勵同學培養健康飲食習慣。



獲獎同學獲邀到上海交流

## 創意思維世界賽:香港區賽-季軍



## Viu TV — 「未來教室」專訪特輯



陳桂琼校長於節目內介紹本校 STEAM 的課程理念。

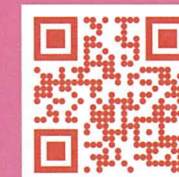
Viu TV 「未來教室」於 2019 年 6 月 25 日到校拍攝，介紹本校 STEAM 的課程特色及拍攝同學進行活動的情況，節目已於 1/9/2019 播出。我們來看看當天的拍攝花絮吧！

主持人除了訪問獲「智慧城市專題研習計劃 19-20-傑出研習獎」的同學，邀請他們分享研習心得，亦與同學一起參加 STEAM 課後拔尖班及與同學一起利用編程組件，打造智能家居—「陸星級的家」。



葉秀珍主任及鄭旭麟主任於節目內介紹本校 STEAM 的課程特色。

節目重溫：<https://viu.tv/encore/stem>



# 隱世高手

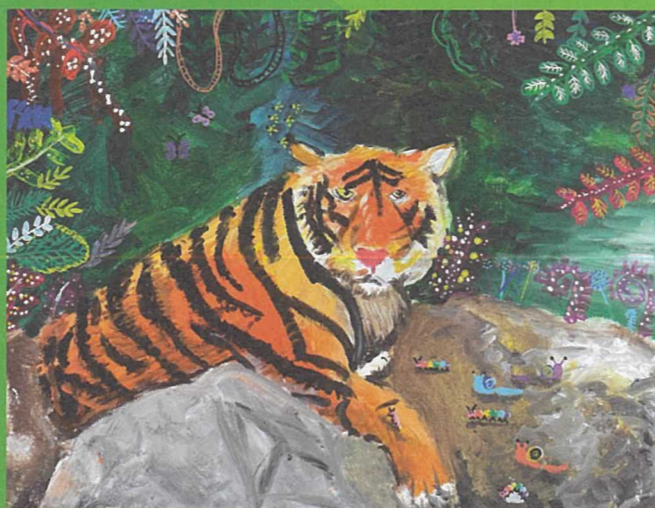
今期「隱世高手」會介紹兩位繪畫方面表現十分出色的同學，大家一起欣賞一下他們的作品吧！



我是 2D 班的彭沛恩，我从小就非常喜歡繪畫，而且很享受每個繪畫過程，每完成一幅作品都令我感到很有成就感。

沛恩的作品題材多元化，有描繪懶洋洋的老虎與可愛的昆蟲，有參考梵高風格繪畫的房屋，也有充滿玩味的積木，充分展示出她對繪畫的喜愛。

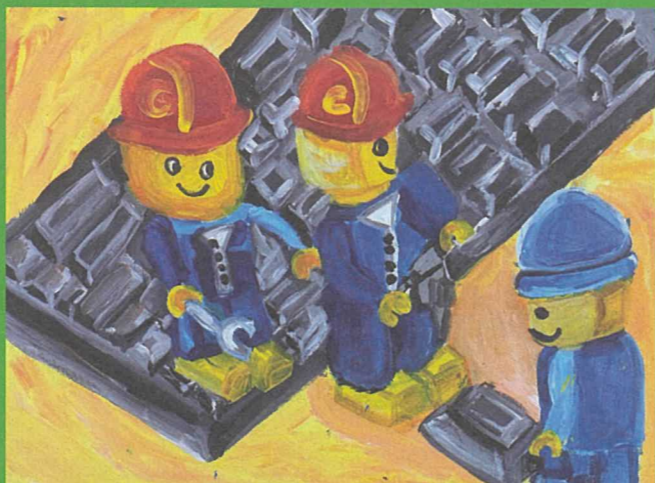
梁景衡主任



《老虎與昆蟲》



《黃色房子》



《積木人》

我是三愛班吳栢翹，我非常喜歡繪畫等藝術創作，最喜歡上視藝堂，每一次當我投入在藝術創作時，我都會覺得很幸福。今年我也創作了很多不同的作品，希望能得到老師的認同，讓我對繪畫更有信心。

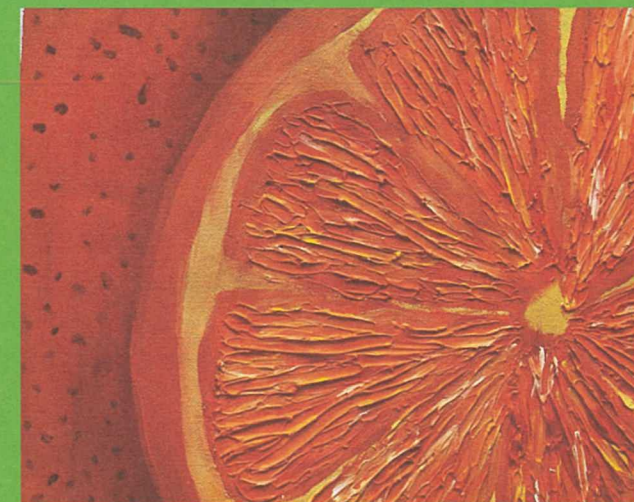
除了參加不同的創作活動，我亦積極參加不同的繪畫比賽，希望從比賽中成長，以下是我這兩年所獲的獎項：

1. 第 2 屆 Go!頑遊世界繪畫比賽(2019.03) 亞軍
2. IYACC The 8th International Open Visual Arts Competition(2018.09) 冠軍
3. 亞太兒童藝術家繪畫比賽(2018.08) 亞軍
4. 燦爛孩子盃國際兒童及青少年繪畫大賽 2018 季軍
5. 第五屆全港兒童繪畫(2018.08) 二等獎
6. 全港兒童繪畫比賽 2019(2019.03) 一等獎
7. Dream My Watch 錶面設計比賽 2018 銅獎
8. 《美麗校園·亞洲青少年藝術盛典》港澳臺區選拔賽(2019) 銅獎
9. 2019「夢想家」國際繪畫比賽 三等獎



《花貓》

作品運用漸變色表演出光和暗，並運用不同的色彩，表現出花貓的神態。



《切開的橙》

作品以塑膠彩繪畫出橙肉的質感。

這是栢翹第三年參加《隱世高手》活動，提交的作品亦愈趨成熟。《花貓》可算是栢翹的代表作，他不但描繪出貓多變及自我的表情，更進一步以不同的色彩，將畫面變得戲劇化，絕對是一幅能吸引眼球的作品。

梁景衡主任



# 2019 年敬師日



當天早會時段，由家長校董黃家麟先生率領一群熱心的家長及全體學生進行大合唱，肯定老師們一直以來的努力，場面溫馨！每位老師更獲贈冰糖燉檸檬一樽，令老師甜在心頭！

大家齊來欣賞一下「敬師卡設計比賽」的得獎作品吧！



## 「敬師卡設計比賽」



王詩澄 五誠 (冠軍)



林日希 六敬 (亞軍)



黃建誠 一勤 (季軍)

獲得優異獎名單：

李浩朗 一誠    李子諾 二勤    戴允晞 三誠    張嘉悅 四勤    吳國禎 六愛



# 2019 水運會



水運會已在 3/10 順利舉行，當天天公造美，見證着所有獎項的誕生！經過一場場激烈的比賽，最後分別由黃社勇奪全場總冠軍，而藍社獲得啦啦隊比賽冠軍。



組別	個人全場冠軍
男甲	楊銓廷(6D)、邱兆均(6R)
男乙	陳成灝(4D)
男丙	蘇君諾(1L)
女甲	鄭茜雯(5S)
女乙	李欣樺(3D)、謝心柔(3R)
女丙	柯汝晴(2S)

爸媽親子 2×50 自由泳接力	冠軍
初級組	梁綽軒(2D)
中級組	吳松軒(4S)
高級組	何鏗舷(6L)

團體獎項	冠軍	亞軍
甲組	紅社	黃社
乙組	黃社	紅社
丙組	藍社	黃社

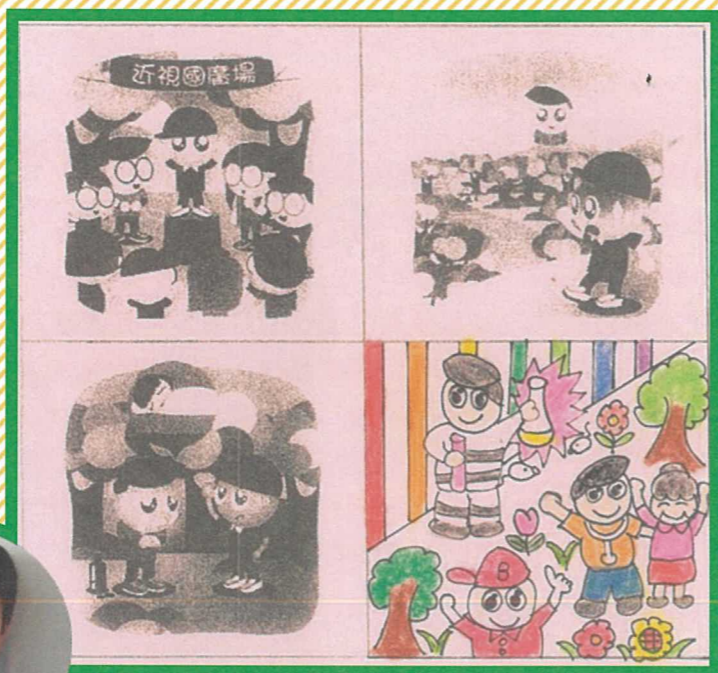
## 四格漫畫結局創作比賽

為了鼓勵學生持之以恆地實踐禮貌、誠信、盡責三方面的行為，去年學校以四格漫畫的形式進行創作比賽，主題為「誠信」，分初級、高級兩組，並已於去年下學期完成計分。

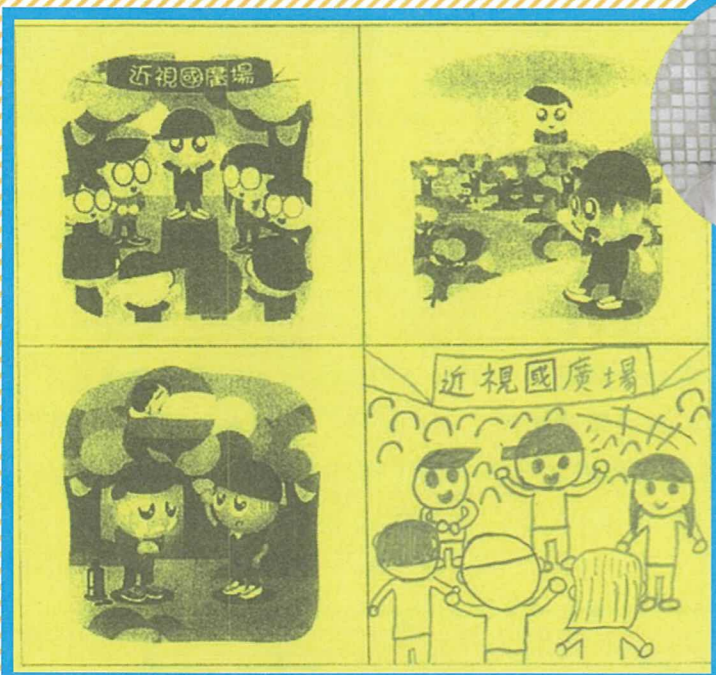
這次比賽參加的同學十分踴躍，初級組有 157 位同學參加，而高年級同學亦不甘示弱，有 181 位同學參加，得獎名單如下：



洛克最終勸服好友承擔責任，把事情公開，好友因此入獄，母親由洛克照顧。但好友努力研究解藥，最終令國民視力康復。出獄後竟成為醫生，到處幫人，連母親也醫好了。快樂地生活。



初級組 冠軍  
1D 蔡禮鈺



高級組 冠軍  
4R 鄭子進



最後，他將事件如實告知國民，還叫他的朋友用解藥治好國民的眼睛，讓國民原諒了好友。大家不計前嫌，將好友的媽媽的病醫治好。

洛克要求好友停止不良行為，同時號召國民捐錢建設濾水機，令國民飲用後恢復視力，並將部分捐款作為救助資金，幫好友醫治好母親。



初級組 亞軍  
1L 陳家樂

最後，洛克決定給好友一個改過的機會，但他須要簽下承諾書，保證以後不會再犯，並幫助「近視國」的國民恢復視力。

從此，洛克的朋友很努力教育「近視國」的國民，如何保護視力。他在世界各地搜羅了很多對眼睛有益的食物，供應給國民。又開設視力保護中心，教導他們保護及矯正視力。經過一番努力，國民的視力都恢復了不少，也開始注意保護視力。至於洛克的朋友，他把有益的食物賣給國民，也賺到了錢替他媽媽治病。所以他決定以後也不會做壞事了。



初級組 季軍  
3D 陳亦瑤



把事實告訴國王，但國王不但沒有懲罰他，反而邀請他成為「近視大使」，並出錢醫治他媽媽的病。但他的任務是必須將近視國的近視完全清除，於是他非常感激國王寬宏大量的心，並決心改過，更努力尋找治療近視的方法。而國民不但被國王寬襟所感動，更從國王身上學會了寬怒、包容、原諒和接納。



高級組 亞軍  
4R 王曉嵐



高級組 季軍  
5R 林日希



洛克沒有向國民報告此事，他原諒了他的朋友，但他的朋友還是不斷把那些液體倒進近視國的主要供水河流，最後令近視國的人失明，也令洛克十分孤單，因為全部國民都失明了，沒有人跟他玩。洛克非常後悔沒有把這報告給國民。

恭喜以上獲獎同學！

希望大家欣賞完漫畫之後，繼續誠實待人啦！



# 9-10月 自學叻叻豬

積極完成「每周挑戰」，  
並且答對率全校之冠。



2S 陳卓棋

2S 陳學臻



## 數學小遊戲

			5		4			
4	3						1	9
2		5				8		4
	2			9			5	
7								8
	4			1			7	
3		4				7		6
1	6						3	5
			3		7			

## Spot the Differences – Christmas Card

Can you spot the 10 differences?



《陸幼苗》編輯委員會

顧問：陳桂琼校長

編輯委員：葉秀珍主任 卓潔琳主任 梁景衡主任 盧藹思主任  
 潘淑晶主任 馮山明主任 成潔凝老師 林嘉禧老師  
 譚綺華老師 盧卓玲老師 何禮全老師 周永恆老師  
 曾 莉老師 岑耀晞老師



1	4	9	6	7	3	2	8	5
6	2	8	7	6	7	9	4	1
5	3	5	1	7	8	6		3
6	3	9	4	2	3	1	7	8
7	2	1	7	9	6	4	5	3
8	7	5	6	4	2	3	1	6
8	6	4	3	8	1	5	6	7
2	7	5	1	3	9	8	6	4
4	3	8	6	7	2	5	1	9
6	1	9	5	8	4	3	2	7

Answer :