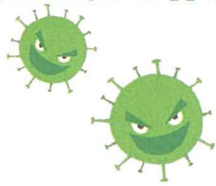


陸幼苗

19-20 年度 第三期



疫症投稿專輯



疫症下的香港



今年年初，由於新冠肺炎的來襲，全港經歷了長達四個多月的停課。在停課期間，校長不忘綠化環境，率領一眾職員及同學開闢耕地，美化校園。你又是如何度過漫長的停課呢？

相信大家對疫症襲港的感受各有不同，現在就讓我們透過同學們的文字及圖畫，一起回顧這段難忘的時光吧！



Days during class suspension under COVID-19



6R 林日希



4L 顧嘉傑

As the COVID-19 pandemic started spreading severely, EDB has announced class suspension since 3rd February, 2020. Although I couldn't go to school during the class suspension, I could still do a lot of things every day.

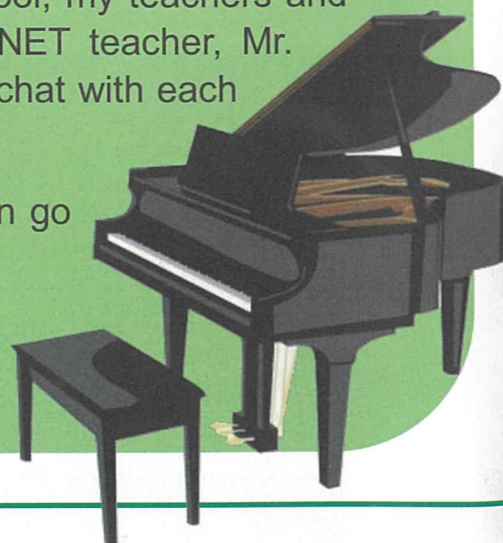
I had online lessons every Tuesday and Wednesday. I also did online homework, read books, played the piano and had self-learning. To keep my body healthy, I did exercise at home and went cycling along the promenade cycling track. I also went shopping at the wet market and "Wellcome" Supermarket with my mom.

I've learnt how to protect myself from this pandemic outbreak. I would wear a mask whenever I go out. I would rub my hands with sanitizer when I go into the lobby of my building and wash my hands with soap and water more frequently. I would also change my clothes once I come home from outside.

I have mixed feelings about this 'long holiday'. Sometimes I would feel bored at home. Sometimes I feel lonely because I miss my school, my teachers and my classmates. Fortunately, my class teachers and NET teacher, Mr. Hunt, arranged Zoom meetings for us so that we could chat with each other.

I hope COVID-19 can be under control soon, so we can go back to school and everything becomes normal.

3S Xu Letao Ella



Last December, there was an outbreak of COVID-19 in Wuhan. Eighty thousand people were infected. The first infection in Hong Kong was in February. Since then, the government suspended the class until now.

During class suspension, I went cycling with my brother for one to two hours every day. We enjoyed the moment very much as it was the only chance we could stretch our legs in a whole day.

Having preventive measures was the most unforgettable during this period of time. We had to wear face masks whenever we went out. We had to spray our shoes with alcohol when we were back home. We also needed to wash our hands thoroughly for twenty seconds.

I found that I had a healthier lifestyle than usual as I had enough sleep and more time to spend with my family. I liked staying at home because I could play with my brother all the time.

I understand that this period is not a holiday and I need to keep learning every day. We also need to develop a good sense of personal and public hygiene, like wearing face masks, keeping clean and avoiding meal gatherings. I really wish the epidemic can stop and class can resume soon.

5R Tang Wing Hei Princeton



The EDB announced class suspension during these few months because of the outbreak of COVID-19. My family and I did many things at home. My mum and I even made a timetable together!

First, I did online homework and had online lessons in the morning. Then, I read my favourite books or played the piano to relax myself. After lunch, I studied hard for an hour. After that, it's my leisure time! I watched TV or played video games. Sometimes, I played football with my dad!

After dinner, we played board games. I slept early and I had a balanced diet every day. I also did exercise, such as playing football and cycling in the park once a week. When I went out, I wore a face mask and tried not to go to crowded places. I also washed my hands thoroughly to keep them clean. I always reminded myself not to touch my eyes, nose or mouth to avoid infection.

I feel a bit bored during this 'long holiday' because I haven't seen my classmates for a long time, so I really want to go back to school. Besides, I want to learn with them and join the school activities. I am confident that we will have lessons at school in the near future!

3S Chan Chun To

I am so happy that I can finally go to school. It is very boring to stay at home almost every day! I really hate staying at home.



During class suspension, I did online homework that was assigned by our teachers. I tried my best to do it. I played with my naughty younger sister too, but she always fought with me and hid away all my toys. I was really angry. At weekends, I could have a relaxing rest and could play some games with my family. It was so much fun. I really enjoyed this relaxing moment. Sometimes, my family and I would go out and play. Whenever we went out, we had to wear face masks and protective glasses. We never forgot to bring hand sanitizer to keep us safe and clean.

Although we stayed home very often, we needed to do some sports to keep us healthy. My grandparents would ride a bike with me and my younger sister. At night, my mom and I would do yoga for a while. I usually went to bed at 10:30 pm every day and I would wake up earlier. I tried my best to balance my play time and my work time.

During this long period of boring time, my 11th birthday was the most unforgettable day ever. My dad and mom gave me a huge surprise. They took me to the pet shop and let me choose a pet. I was so shocked and I literally cried and thanked them. I chose a brown and white rabbit. He is three months old now. He really likes to play with me and always sleeps with me. He is always curious in everything. I will love him and protect him no matter what may happen. I will keep my promise to care him forever.

I am so happy that I can finally go to school but I need to wear a face mask and stay clean at school. We should not take our face mask off unless we need to drink or eat. We should not touch our eyes, nose or mouth with our fingers. I hope this coronavirus will be gone and the world will resume to normal soon.

5R Kwok Wing Hei Kubby



齊心抗疫篇

眾志成城，學不停息 4L 顧嘉傑

疫情突襲，肆虐人間，
華燈失色，街冷人清。
抗擊疫情，全員奮戰，
學不停息，勇往直前。
雖已停學在家，
但上課學習從未間斷。

清晨第一縷陽光是我在線閱讀的開始，
網絡課堂是我們追隨知識的便捷途徑，
老師們悉心的溝通與教導，
是我們學習動力的源泉。
小小的我，有大大的夢想——
牢記使命，努力學習。
陸小的諄諄教導，
照亮我前進的道路。



疫症期間的生活記趣 1D 曹頌霖

疫症期間，爸媽督促我停課不停學。在家裏用電腦「zoom」應用程式來學習。記得上足球學校「球感及體能課程」的試堂時，我經歷了一次既緊張又有趣的事。

那天，爸媽因要上班，早為我準備所需物品，並教我啟動「zoom」應用程式的步驟。

上課時間到了，我利用四個三角形，分佈在客廳四個角落做場地，然後把電腦放在餐桌上。不久，電腦畫面的視訊和音訊開動了。在鏡頭下，我和其他隊友依照教練的指令一一進行活動。忽然，傳來教練的聲音：「頌霖，我看不到你的腳呢！」我馬上把電腦推前拉後左左右右地移動……但教練還是看不到。這時候，我急得好像熱鍋上的螞蟻，一面要聽指令，一面伸手移動電腦，焦急得不知如何是好。幸好教練鼓勵我說：「頌霖，不要緊啊！我看見你身體的動作，知道你正在做帶球的練習呢！」頓時，我放下心頭大石，輕輕鬆鬆地完成這次課堂。這件趣事真令我難忘呢！



3L 吳栢翹



4D 李洛瑤

感受篇

6L 黃樂彥

「目前，全球確診人數已經達到接近三百萬宗，死亡人數達到……」聽到新聞報導着新冠肺炎的最新消息，真是令人又傷心又擔心。疫情來得快，去得慢，帶給了人們不少啟示。

別人說，人只有在事物失去後才意識到其重要性。平時我們上學、外出，都是很正常的事，但當現在停課了，要留在家中，我們才知道上學及出外的機會是多麼寶貴的。

我們平常都想放假，不用上學，但現在停課，卻想回學校，和同學、老師們見面，與同學們閒話家常，談一談功課問題，談一談閱讀心得，談一談笑話新聞；我懷念着與同學們一起上課的畫面，懷念着搶答老師問題的情形，懷念着與好友們玩耍的點滴……

雖然我們現在都想上學，但當疫情完了，停課結束了，一切回復正常後，恐怕我們又會再把那些事當成理所當然了。

其實，人們應該學會珍惜任何一事物，不要等到失去那些事物，才意識到其重要性。希望這次疫情能夠警醒大家一學會珍惜身邊的人和事。

5S 區凱晴

在一個平凡的晚上，我無意中看到有關「新冠病毒」的新聞，知道死亡人數已超過 20 萬。我聽了後十分害怕。為什麼那麼細小的病毒會影響到這麼多人？

回想起今年一月底的時候，香港有第一宗確診個案，人們聽到後，便十分緊張，立即聽從專家的指引購買消毒酒精和口罩。而且暫停外出，留在家裡，以避免受感染，我覺得這樣做是可以減少患病人數。另外，我發現香港人是很有同情心，因為有很多善心人士或團體，都會派發口罩或消毒酒精給有需要的人，發揮了互助互愛的精神。此外，前線醫護人員奮不顧身地治療和照顧病患的人，我們真的要好好感謝他們！

但是，在這個疫情之下，有一些無良人士卻趁着這個時機去做一些傷天害理的事情，例如偷口罩，製造口罩騙案，有些商店更故意提高口罩價錢等，這樣會令到真正有需要的人無能力去購買。

在疫情之下，教育局要學校停課，我們都要留在家中，暫時不能和朋友、同學玩耍。起初我因為這個突如其來的假期而覺得很興奮，但兩個星期後，發現這個長長的「假期」令我不能去旅行，不能到外面玩耍，更不能和同學見面聊天，令我感到十分無聊。雖然學校派發了很多網上功課，實行「停課不停學」的計劃，但我還是覺得自己的學習進度很落後。

我真的希望這個疫情可以快點結束，一切重回正軌；而社會可以回復正常的運作，令到前線的醫護人員可以鬆一口氣，好好地休息。



疫情蔓延遍全球
活動取消真難受
未能相聚好朋友
陸小開 Zoom 樂悠悠

3R 譚迦玥

食物的科學 — 甜甜雲朵

雲朵竟然又甜又香，還可以吃進肚子裏？其實這裏所指的雲朵，是製作蛋糕時經過打發的蛋白霜，蛋糕能否鬆軟如海綿，就要看蛋白是否被完全乳化。讓我們一起了解當中的科學原理吧！

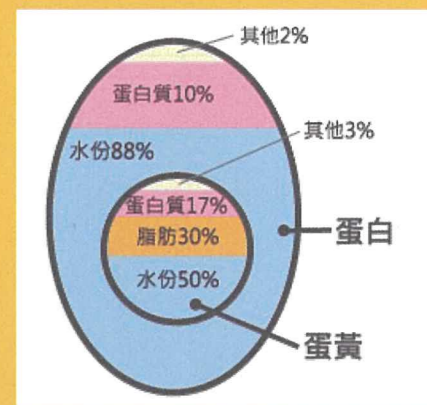


<https://kknews.cc/food/nxmpzv8.html>

原理解密：

1. 蛋白主要是由蛋白質和水組成，而蛋白質是由氨基酸組成，當中有親水性和疏水性的氨基酸。
2. 當我們在打蛋白的時候，大量空氣進入蛋白，親水的氨基酸面向水，疏水的氨基酸面向空氣，使蛋白結構重新排列形成蛋白霜。

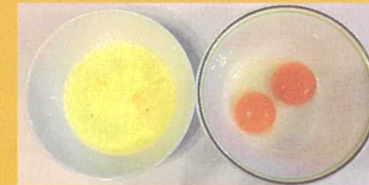
蛋白和蛋黃的成分表：



製作蛋糕背後的科學原理

海綿蛋糕的製作步驟

1. 將雞蛋分開蛋白、蛋黃。



2. 蛋白打發至起泡。

3. 把糖分次加入，繼續打發蛋白直至打發至企身。



4. 把蛋黃加到蛋白霜中，拌勻。

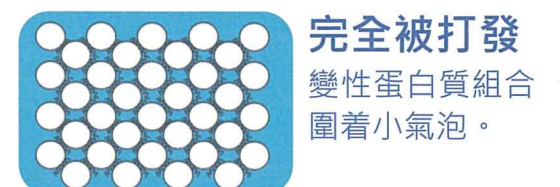
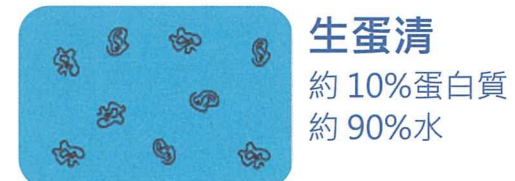


5. 把低筋粉過篩，然後加入蛋糊輕輕拌勻，再加入已融化的牛油、牛奶。



6. 把混合物倒進模具中，以 200 度烤約 20 分鐘，香噴噴的蛋糕便完成。

乳化過程



如想親自嘗試，可觀看以下影片：



完美的海綿蛋糕



蛋白霜的三種製作方式

開展多元化的普通話活動

—— 培養學生的聲情藝術

普通話集誦隊



學校的普通話集誦隊已成立了三年，隊員為小一小二的同學，小小年紀的他們已有多次表演及比賽的經驗，真是不簡單！集誦隊曾於 2018 年獲得第七十屆香港校際朗誦節普通話詩詞集誦（一、二年級組）亞軍，成績令人鼓舞！

參加比賽前的準備花絮：



快進入比賽會場了，原來還有很多其他學校的比賽隊伍，真是人山人海！現在大家的心情既興奮又緊張！我們必勝！

想爭取好表現和成績，就一定要努力練習，還要隊員之間互相配合！



集誦隊的訓練剪影：

集誦隊除了會代表學校參加校外比賽外，平時的訓練還包括表情、聲線、呼吸及朗誦技巧的訓練。

集誦小遊戲的活動有趣生動，大家都踴躍參與，十分投入！透過角色扮演小遊戲，同學們更能體會詩歌表達的內容，代入人物角色，對感情表達很有幫助！

如果你熱愛普通話，喜歡在舞台上表演，也享受團隊合作的話，歡迎來年加入普通話集誦隊！



看到隊員們越來越進步，令我十分欣喜！接受訓練後，他們不知不覺地增強了自信心，變得更勇於表達自己，不再害怕站在台上。同時，通過演繹不同的作品，提升了他們對語文的興趣和修養。

不過，最令我感動的是同學們都全力以赴，不怕重覆的訓練，以及得到家長的支持！

集誦隊負責老師林嘉禧老師



玩樂·數學·數學學會

你參與過數學學會的活動嗎？每年數學學會都會舉行很多有趣的數學活動，讓同學可以在課本和功課以外尋找數學的樂趣，而且你會發現一些日常接觸到的玩意，其實也滲透了數學元素。



每逢星期一小息，你都可以看到很多會員到 404 室參加棋藝活動，亦會參加課後的專題活動。每年更會有一個名為「棋藝大放送」活動，讓全校同學都有機會參與數學學會的遊戲。



數學學會不同種類的數學棋類遊戲深受同學歡迎。

在上學期，學會主要推行一個來自澳洲的數學遊戲卡「Numero」，它的玩法是透過數字的組合來進行爭奪戰，更有一些改變玩法的功能牌如：「百搭卡」、「倍數卡」，其中包含了分數、小數和百分數，所以適合不同年級的同學遊玩，又能加強計算的數感。

看完這個報導，你是否期待加入數學學會呢？

下年度開學時踴躍報名啦！



第十五屆陸運會



本年度陸運會已經在一月二十二日舉行，當天天公造美，所有冠軍順利誕生，同學們都非常投入於比賽之中。最後全場總冠軍由紅社大熱勝出，而綠社則贏得啦啦隊比賽。



各組比賽結果

	冠軍	亞軍
甲組	紅社	藍社
乙組	紅社	黃社
丙組	黃社	藍社
丁組	藍社	紅社

個人全場冠軍

	男子	女子
甲組	6S 源樂天 (藍社)	6L 黃子語 (紅社)
乙組	5S 梁焯熹 (黃社)	5S 鄭茜雯 (黃社)
丙組	3D 吳諾熹 (綠社)	4L 瞿暉晴 (藍社)
丁組	1R 羅皓聰 (紅社)	2D 馬睿言 (藍社)

謎語猜一猜



1. 小霸王一去不復返
(猜一字)



2. 見信未見人
(猜一字)



3. 遠山在水一方
(猜一字)



4. 破牆而入，洗劫一空
(猜一成語)

保良局長期服務獎

恭喜陳校長和四位老師獲得「保良局長期服務獎」，感謝他們對學校所作出的貢獻！



左起：邢惠民主任(25年服務獎)、陳志華主任(25年服務獎)、黃敏婷老師(10年服務獎)、何禮全老師(10年服務獎)、陳桂琮校長(30年服務獎)

謎底：
 1. 王(「王」上的「一」消失了，所以是「土」)
 2. 言(「信」中的「人」不見了，所以是「言」)
 3. 治(「遠山」可想像為部件「△」，「方」可解為「方格」從而引申為「口」)
 4. 鑿壁偷光(「破牆」可解為「鑿壁」，「洗劫一空」可解為「偷光」)

《陸幼苗》編輯委員會

顧問：陳桂琮校長

編輯委員：葉秀珍主任 卓潔琳主任 梁景衡主任 盧諤思主任 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 何嘉裕老師