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我們的新圖書館

5A林佳瑜 馮穎琳

「**閱**讀並不只是學習語言知識，所有的知識都能從書本中找到，只要肯去探索。」——謝傲霜老師

新裝修的圖書館在本年正式開幕了，環境煥然一新，更添置了不少書籍，我們更有一位新圖書館館長老師，我們編輯組第一時間進行訪問，讓大家一覽新圖書館的設施。

圖書館的新設施：



專題書展：每月都有特定專題的書籍推薦，也會有與學科合作開辦的專題書籍，再配合圖書館外的展示板，同學能更方便地知悉每月的專題，就不會錯失良機啦



新書上架：每期最新推出的書籍都會擺在架上，同學可率先一飽眼福



自修室：提供安靜、舒適的環境，幫助同學更專注地學習、溫習



影音資源：有五花八門的影視、音樂等的CD，同學可盡情投入藝術的懷抱



學習專區：圖書館現擺放有學校試卷及DSE歷屆試題，歡迎各位同學借閱，操練考試技巧必備



圖書館館藏類別：不同類別的書籍有不同顏色的標籤指示，同學可以按顏色找到心儀的書本，還有多得讓人眼花撩亂的學科練習書、雞精書，想在考試獨佔鰲頭，這裏就是你奮鬥開始的地點



館長選書：圖書館館長謝傲霜老師精心為同學挑選的書籍，每個月都會更新不同的主題



雜誌：中英文雜誌樣樣齊全，內容包羅萬有，還有配備軟綿綿的坐墊，放鬆一流主題

我們向謝老師請益，詢問她對「如何學好中文」的經驗：

「多閱讀自己感興趣的書，可以是非文學類作品，只要是自己喜歡的即可，即使是烹飪、科學等也未嘗不可，最重要是能在愉悅中增進課外知識，自然而然也能慢慢提升語文，一石二鳥。」

「另外，我認為學習語言次序是：聆聽、說話、閱讀、寫作，同學們在日常生活已經能頻繁地透過溝通鍛煉了聆聽和說話的能力，不妨再透過閱讀慢慢培養語感，從而增進語文能力。」

圖書館館長 謝傲霜老師專訪

謝老師是本年度新圖書館館長老師，她是香港作家、編劇、詩人和香港文學館理事，還曾擔任報館編輯，一身絕藝，中文功力深厚，到底謝老師和中文、圖書的結緣是怎樣的？

她對寫作的愛正正是由不斷累積閱讀而開始，小時候，當母親無暇照顧她時，便將她置於圖書館，自此她開啟了一個全新的世界，整天浸淫在圖書的世界裡，慢慢地培養了閱書的習慣。小學已經閱讀金庸小說，閱讀的過程中逐漸熱衷於文字，她開始寫日記，將心事以文字方式寫出來；途中更不斷嘗試寫其他作品。她覺得：「寫作是一個很自由的世界，可以透過文字去溝通，創造一個屬於自己想像的空間。」

謝老師在大學時就讀新聞及傳播學系，有幸得到馬傑偉教授的賞識，跟隨他從事研究工作。當時馬教授建議她用通俗的手法寫畢業論文，或許可以幫她找出版社出版。在馬教授的指導下，她開始鑽研畢業論文，最終在一九九八年推出了自己的第一部作品。慢慢越來越多人認識和相信她的寫作才華，就這樣開始了她的寫作生涯。其後，還出版了其他書籍，更成為電影的編劇。在機緣巧合下，文字不單成為了她的熱愛，也成為了她營生工具，如今成為了我校的圖書館館長，伴文字工作。

作為一位作家，謝老師對文學作品的閱讀量相對較多，了解更深。加上，她擁有寫作的經驗，容易明白一個作者所寫的作品，例如寫作背後的原因，能為書籍作出評論，再推薦給同學。同學可以主動到圖書館詢問喜愛的書籍類型，都會盡量滿足你的要求。

謝老師的到來為圖書館增添了活力，希望同學踴躍借書，一起享受閱讀的樂趣！盡情徜徉在知識的海洋中吧！



全港中學作曲唱作比賽

本校獲獎同學專訪

編輯組

本年初，香港願景基金會舉辦了「抗疫願景-全港中學作曲唱作比賽」，我們的林泳蕎、黃心怡同學組隊藉原創作品《共你》，在一眾參賽者中脫穎而出，一舉奪魁，可喜可賀。

一切都是「剛剛好」

「留心棉花糖」是兩位同學的參賽隊伍名稱。問及隊伍名稱有何深意，黃心怡同學笑著說，「希望所有聽眾可以『留心』聆聽我們的作品，而『棉花糖』則是覺得比較貼合團隊的氛圍，因此將這兩個詞組合起來了。」兩位同學分別來自中四及中六，在比賽中表現十分默契。但原來她們之前是從未互相接觸過！促成二人合作的是溫錦屏老師。在學期初，林同學有意報名參賽，但自覺唱歌技巧未臻完善，因此希望找一位拍檔能演繹自己的作品。黃同學當時因為參加了校內才華大賽，才開始常常到音樂室練習唱歌。溫老師得悉林同學情況後，她便推薦了黃同學，讓她倆組隊。二人互相接觸過後，一見如故，日常相處越見融洽，參賽時自然默契十足。機緣巧合下，剛好她參加才華大賽，剛好她練歌，剛好她需要一名合適的歌唱者，剛好溫老師了解二人特長及秉性，她們也就剛好成了一隊。



一切都是「第一次」

黃同學坦言：「其實根本沒想過有機會拿到獎。」兩位雖熱愛音樂，但這次比賽對她們而言，均是前所未有的挑戰。林同學曾多次參加鋼琴比賽，擅長創作古典樂曲，但對流行樂的創作了解不多，要獨創一首歌曲，絕非易事；黃同學自小就喜歡唱歌，聲線柔和清亮，於本學年校內的才華大賽初試啼聲，但未曾有校外比賽經驗，要邁出第一步參賽，肯定需要很大的勇氣。因此，這次的唱作比賽給予了她們很多的「第一次」：第一次創作廣東話流行曲，第一次填詞，第一次合作組隊，第一次參加唱作比賽，第一次拿到冠軍……



《共你》

隔絕一切 仿佛沒有人
停留在這不想再走近
這樣不錯毫無目的虛度的過
昨日不曾眷戀一剎便飛過
誰又會去想 天空必廣闊
像青春 你卻註定要亂去揮霍
誰又會看到 孤單的心仍然飄泊
只盼到最後 能望見

【副歌部分】

人人都快樂笑常現 縱是平凡但如願
願陰霾過後每天 笑容再展
相信前路 縱是難行 不轉圈
只渴望日子能快些過
信最後有天能望見

你若相信 痛苦定會完
如若未變 只想再走近
蔚藍的天 仍期待他朝又相見
共你手同再牽 一切沒改變

一切不是靠「運氣」

兩位同學各自負責創作及演繹，分工非常明確。但是一首作品的誕生，卻不是單靠時機「剛好」便能成事。現在的《共你》已是經過多次修改的最終版。「用廣東話作詞實在太難了！既要能表達出創作的意念，更要使歌詞能押韻，真的是費煞思量。」林同學道。因此，她倆曾一度想轉用其他語言創作，「但最後考慮到這是個本地比賽，用廣東話歌詞創作，應該才是憑歌寄意的最理想方式。」黃同學補充。

此外，林同學作為應屆中六生，測考、補課、準備大學面試，佔據了她大部分時間。要擠出時間，便只能犧牲自己的休息時間。提交作品的截止日期恰好是林同學考完試的第二日。林同學剛考完最後一科，回家便繼續埋頭創作，花了一個通宵，才打磨出現時的參賽版本，「一字一詞都是心血呀！」林同學如是說，「希望大家在欣賞完作品後，都能感受到歌詞中的寓意。雖然在疫情下，大家生活都過得比以往艱難，人與人之間的距離更是無奈地疏遠，但總有一天我們會再度相聚，就像歌詞所說『一切沒改變』！」最後，當問到這次比賽有何得著時，二人均不約而同地表示，「只要願意付出和堅持下去，一切都會有回報！」



歡迎試聽

Learn to Read, Read to Learn

by Mr Lau King Hang

Do you read in your free time? Do you like reading? A number of students might say that they read only to fulfil the requirements of the school and complete book reports. For me, I was the same. I used to hate reading, not until I have found a book I truly like. As cliché as it might sound, Harry Potter: The Deathly Hallows was my awakening. Now, I don't resist reading. Reading is actually fun and has myriad of benefits. One of which is that it helps cultivate our minds and have us become a cultured being.

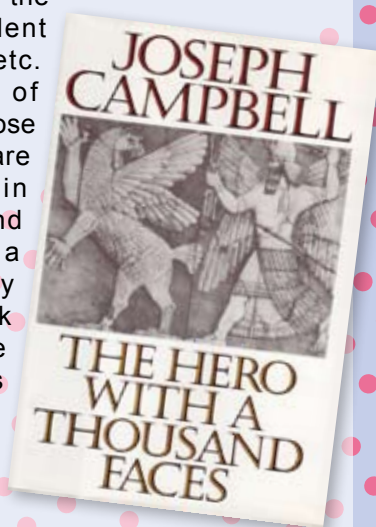


'Where to start?' This is often the question a newbie would ask. Learning where to start is important. In the course of our education, we are often told what to read but seldom do we really enjoy and like the books that were assigned to us. I was assigned to read Charlie and the Chocolate Factory when I was secondary one. I didn't like the book at all! A poorly chosen book

combined with forceful reading (the assignment was to finish the book) can lead to one's resentment to the book and in extension, reading. Later in life, I found that I was only displeased with the book I was assigned but not reading itself! It was evident that I was into fictions with imaginary world views, i.e., the Middle Earth from J.R.R. Tolkien's The Lord of the Ring and Hogwarts from the Harry Potter series. Therefore, finding a book that you like from the bottom of your heart is critical. One of the quickest ways for achieving that is to look your favourite TV shows or movies up to see if they are adapted from a book or book series. As you've seen the actions, that must most definitely help you understand the content of the book better. And there's more, more details of the same plot are often presented on paper than on screen. Have you ever wondered why the death eaters can always find Harry Potter and his gangs even when they are hidden so well? I'd give you a clue: it's about a certain name that they uttered that lead the death eaters to them. A detailed explanation can be found in the books whereas it remains a mystery in the film series.

Trying out different genres helps you identify your taste in reading. Some like to immerse themselves in the fantasy worlds, like Narnia from The Chronicles of Narnia; some like to bathe themselves in the streams of history, like the 19th century Victorian era; and some like to witness a romantic yet tragic love story, Romeo and Juliet. Reading is a learnt process. Through the accumulation of different reading experience, you can find yourself in the joy of reading.

Learning how to read is also an essential skills. This is the next level once you've grown fond of reading. Reading not only cultivates our minds but also allows us to think critically. Yet, we need to know how. Instrument books are key in achieving that. They are as equally important as light readings as they imbue us with skills and knowledge. For instance, for a more analytical viewing of a fiction, you can divert your attention to a character that interests you. Then, you pay attention to how the character is different at the beginning of the story and the end; what event or incident changed the character; etc. These techniques are, of course, taught in one of those instrument books. If you are particularly interested in hero stories, I recommend you to read the Hero with a Thousand Faces written by Joseph Campbell. This book introduces the structure that common hero stories shares. And it discusses the similarities and differences of different hero stories books in different times.



Knowing what you are reading is quite a lot of fun. So is the concept of reading a book that teaches you how to read a book. How fascinating!

Lastly, I would like to throw you a question to ponder. 'Have you found your book of awakening?' If not, do search for it. I am sure you will find it in a near future. If you really don't have a clue of what to read, take a leisurely stroll at the library, you might stumble upon something as unexpected as Bilbo Baggins finds the ring.

Reading has no bounds. I hope you can have fun in reading!

How to live your best life

by Ms Man Lai Ping

Live for yourself, not for others.

Live aligned to your truth, which means you live according to your heart, you follow your intuition, you live according to your values. It's so important to put ourselves first instead of putting others' needs before our own or taking others' opinions and taking everything else into consideration. You have a guiding intuition that tells you where you should go, and you should follow that intuition. And it might tell you something opposite from what everyone around you is telling you, but trust me, it is the best thing you can do. Just follow your intuition, live aligned to your truth, listen to what you truly want for yourself because only you know what's best for you. Life is just so much better if you can learn to live according to yourself.



Have greater self-acceptance, self-love and confidence.

Your relationship to yourself is the most important relationship you'll have in your entire life. If you learn to embrace yourself for everything that you are, eventually you'll learn to love yourself for everything that you are. That's the road to self-confidence and feeling good about yourself. Most of the time, we are our own worst enemy. You're the most critical on yourself. When other people hurt you – say you have other people who are criticizing you or judging you, it only hurts you if you let it hurt you. There are so many issues – for example: comparing yourself to others, feeling unworthy, feeling less than, feeling criticized or judged, or feeling threatened – all of those stand from a certain insecurity you have around yourself. If you learn to embrace yourself, your dark sides and your light sides – because everybody has both – you will learn to be more immune to the pain that you cause yourself by letting all of those self judgements or external forces hurt you. Self-love is your greatest weapon, and it is something that you need to keep honing and sharpening and training throughout your life. It is not always easy, and it is something that you have to consistently work on, but it does make you stronger and feel more invincible. It brings out your confidence. When you truly love yourself that is when you can truly give love unconditionally to others without expecting anything in return or without feeling threatened.



Stop overthinking, just take action. Many of us spend too much time overthinking, mulling over the little details that don't really matter. The reality is: no matter what it is that you want to do, and you are scared to do, you are never going to feel ready. You are never going to have all the information that you need and all the

knowledge that you need. You just start, and you figure it out along the way. That is how it is for everything and anything. You may ask anyone who's successful or who's built something. They didn't have all the answers in the beginning. They weren't even good at what they were doing. They just started somewhere, and along the way, they got good, built the skills, and then met people to help them, attained the knowledge and skills, all of that. Just start! That is the biggest, simplest, but most effective tip to give.



Know your motivation triggers.

Motivation triggers are things that spark your motivation, spark your inspiration and make you want to take action again. Knowing the things that trigger your motivation is helpful because you can make a little motivation starter pack for when you are feeling down. Do all the things that motivate you and then you will be back in action and be back better than ever. Find out what your motivation triggers are, make a list, and then create your own little motivation starter pack and write this list down so you always have it. When you're feeling down, remember to look at it and try to do those things.



Keep exploring. Keep looking, keep growing, and do not settle. Do not settle for just "okay", "mediocre" or "average". You can just push yourself, push those boundaries and reach for what you truly want because you only have this one



life. It's cheesy, but it's true. You have this one life to do everything that you want to do, not what other people want you to do. If you don't know what that thing is, you're not sure about your path, that's okay too. Your job is to listen to your intuition, try out different things, and try out whatever you are curious about, and eventually, you'll go to find that thing. You won't find it just by sitting still and doing nothing. You don't need to feel discouraged because sometimes you are going to feel stagnant, and you might get stuck. The only thing you can tell yourself is to keep going no matter what. If you keep trying and strive for it, you will get there. It just takes time, the patience, the effort, consistence and persistence. Only when you take risks in your life, you will have big rewards, your things that maybe you could never have imagined will happen to you. If you take a safe route, the result is pretty predictable. You kind of know what to expect. Only when you do those things that are scary, that you're like, "I have no idea what to expect from this. I have no idea if anything will come out of this," that's where the magic happens. That's where dreams come true.

聖像之旅

2C 謝泊寬

穿過走廊，微光從頭頂的玻璃透下，撒在聖像之上，潔白的聖像上因為凹凸產生陰影，照在祂身上，祂抱著羊，悲憫地望向大地，俯視草地上的羔羊。我站在像前，瞻仰祂的容貌，不知是雲彩變了位置還是怎的，微光此時也撒在我的身上，此刻我無比安詳，像是羔羊中的一員，無憂無慮，不知過了多久……




「上主是我的牧者，我實一無所缺」，我拿起身邊的書，細細地閱讀，知識在書本和我的腦海中流淌。是啊，天主已經給了我們一切，知識、生命、自由、未來，那樣不是無價之寶，還有什麼不滿足呢？

放置在升降機大堂的聖約瑟像，手持角尺，以木匠身份和身兼耶穌在世的父親，是聖家的成員，也是工人的主保。他手持著象徵純潔、簡樸與愛的百合花，我彷彿感受到勤懇、耐心、堅持的性情，成為了大家的榜樣，若是我要學習的話，就應該從聖約瑟開始。




這些海報在新翼的走廊上確是分外時尚，金句提醒了我們生活在上主的光照之下，我將一無所缺，每逢生活不順利時，呆呆看著海報，我將更有力量。(更是作為手機壁紙的不二之選呢！)






「在神，凡事都能。」我望著小船，幻想著每次我要渡過困難之海，面對驚濤駭浪，孤身一人之際，我多盼望有人在背後支持我，有人在旁邊提醒我，有人在前方拉著我……難道，有神在的話，凡事都能，讓我必定安然渡過？我知道，只要我信靠，我必得到。



聖家三人，我都認識，聖家是天主創造之初的期望，也是一個新的創造：天主和人生活在一個家庭中。在愛中成長，充滿恩寵，願我們每個人，每個家庭師法聖家，選擇去愛，努力成聖，在教會大家庭內愈顯主榮，傳揚福音。



我悄悄舉起手伸向天空，到底這個聖像何時矗立於此？又有甚麼意義呢？心底突然冒出一首音樂，「奇妙救恩，何等甜蜜……」你看到指向前方的手嗎？你看到抱著羊的臂彎嗎？「起初相信，至今不疑，此恩何等寶貴……」

新教友專訪

編輯組

「經過三年慕道班的學習後，我決定領洗成教徒。」4A班何詠琳同學說道。三年前為何參加慕道班呢？「因為得到小學的牧民老師邀請，讓我心中一顆想對天主和教會深入認識的心萌芽，於是接受了邀請；我視此作為天主對我的召叫，讓我藉此成為祂的子女。」

慕道班中你學會了很多，最令你深刻的是？「我學會了不少關於天主與教會的事物，最深刻的是每週課堂內，導師都會設計詮釋聖經內容的小遊戲，讓我們在這個一人飾演一角的遊戲中，深入了解聖經的道理，刺激我們反思。」

我知道你有參加「拜苦路」，這是個甚麼的活動？「宣告耶穌將被釘十字架後，祂一人背著十字架走過苦路，最後被釘；後來教會會在四旬期聖週五，祈禱默想耶穌的苦難死亡，妥善準備聖週的來臨，這就是拜苦路。今年我參加了拜苦路，從大嶼山神樂院山腳開始第一處苦路，在山頂完成第十四處苦路，加上山路陡斜，過程中我聯想到耶穌背上十字架上山的心境，我的心靈彷彿體驗著祂的痛苦。」

後來你就領洗了，可以說說感受嗎？「領洗後，我猶如重獲了新生命，天主教帶領我們從黑暗中走向光明，把自私、虛假、邪惡的魔鬼趕走，讓我們領受聖洗、堅振和聖體三項聖事，也因此多了一個新身份，跟隨主耶穌基督，並正式加入了教會大家庭。希望更多同學和我一樣，走上信主的道路。」



線上學習新天地

編輯組

甲： 依家部ipad可以上網啦ZOOM啦做智愛啦普普城啦english builder啦edpuzzle啦，仲有咩可以學習用架？

乙： 你未講hyread啦，Podcast訂閱語文頻道啦，storyline online有明星講故事，仲有……

甲： 嘩，介紹下啦！

HYREAD是台灣出品的電子書APP，可憑香港公共圖書館證登入，借閱香港公共圖書館的電子書館藏，截至今天APP顯示，可供借閱的書籍量達18921本，特別向大家介紹「電子雜誌」，內裏有大量語文雜誌，統統都具電子書功能，可以按播放鍵逐句朗讀，更可加快減慢速度，實在是學習語文的利器！



Podcast APP內置於ipad內，讓你訂閱全球各地語音頻道，介面排列簡潔，近至RTHK語文學習頻道，遠至BBC 6 MINUTES ENGLISH CHANNEL都有，學習難度大減！推薦頻道：「英式英語一分鐘with蕭叔叔」、「一分鐘閱讀」、「中華五千年」、「BBC 6 Minutes Vocabulary」、「IELTS podcast」、「通勤學英語」、「史記中的故事」、「TED Radio Hour」。

如果喜歡聽故事，本網站不容錯過，故事簡單直接，但學習語氣莫如直接學習如何講故事！<https://storyline.net>

