



羅定邦中學 家長教師會會訊

2023 - 2024 年度

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主席的話

光陰似箭，轉眼間快過了一個學年，讓我們一起回顧家長教師會這一年舉辦的活動。

本學年，我們舉辦了多項活動，包括學校資訊日、燒烤同樂日、親子保齡球同樂日、環保校服回收和派發活動、傳媒素養講座、中華文化日、「理財·你才」講座、親子蛋糕製作班和親子烹飪料理班等。透過多元化的活動，家長和同學能更深入了解學校，也增進家校聯繫。同時，這些活動讓家長和孩子們渡過美好的時光，收穫甚豐。

在此，我們衷心感謝郭校長一直對家教會的支持，使本會的工作順利進行，同時感謝各家長委員和老師的努力，願意在百忙之中奉獻寶貴的時間和精力籌辦各項活動。此外，感謝一眾熱心的家長義工積極參與和支持，使各項活動順利完成，為活動增添更多意義。

最後，我們希望各位家長能繼續支持本會所舉辦的活動，並期待在下一活動與您相聚，共創美好的回憶。

王雪瑾女士
家教會主席

家長心聲

本人已擔任家教會幹事五年。這五年間參與不同的學校活動，例如：陸運會、中華文化日、親子燒烤日及與校長真情對話等，深深體會到校方很樂意開放不同平台讓家長參與，令家長更了解子女校園生活，充分發揮家校合作的精神。

家教會得到學校的支持和信賴，舉辦了各式各樣的親子活動，增進親子關係，讓孩子在充滿愛的環境中學習和成長。

謝愛賢女士
家教會聯絡秘書

本年度，家教會舉辦了多個活動，感謝各位家長和老師積極參與和支持，使這些活動能夠順利舉行，為孩子們提供學習的機會，創造難忘的回憶。

作為家教會副主席，我深深感受到大家的熱情和奉獻精神。每一次活動的籌備和舉行都需要大家的努力和合作，造就了活動的成功。您們的投入參與是家教會得以成長和發展的重要動力，也是我們能夠為孩子營造良好學習環境的關鍵。

未來，我們將繼續舉辦各種有意義的活動，為孩子提供更多的學習機會和創造豐富的校園經歷。最後，我再次衷心感謝每一位家長和老師。謝謝您們的參與和支持，讓我們的學校能成為一個溫馨、充滿活力的地方。

祝大家度過一個愉快的暑假，
期待下個學期再次相聚！

鄭思佩女士
家教會副主席



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老師分享

Teacher Sharing in Morning Assembly: **STAR values and the Municipal Solid Waste Charging Scheme**



Recently, the Municipal Solid Waste Charging Scheme has raised public awareness of environmental protection. It reminds us that our beloved city needs our immediate action on the management of municipal solid waste.

As an active member of our community, we have the responsibility to understand and proactively participate in finding sustainable solutions to alleviate such pressing problems.

Like many other urban regions, Hong Kong faces the challenge of waste generation. The amount of waste we produce on a daily basis is staggering that puts a strain on our landfills. To address this issue, the Hong Kong government has introduced the Municipal Solid Waste Charging Scheme. So, what exactly is such a scheme? It is a system that aims to encourage waste reduction, promote recycling, and ultimately change our lifestyle towards a more sustainable one. Under this scheme, households and businesses are charged for the waste they generate, with the goal of incentivizing waste reduction and proper waste management practices. The scheme operates on a "user pays" principle, which means the more waste one produces, the higher the charges to be incurred. This encourages individuals and businesses to be more conscious of their waste generation and take active steps to minimize it.

Have you ever thought about the connection between our LTPSS STAR values and waste reduction programme? First, Self-management. We need to be more self-disciplined in terms of managing the amount of waste that we produce every day. Second, Teachable spirit. We need to keep ourselves updated on any new methods for reducing waste. Third, Aspiration. As a responsible community member, we should aspire to protect the environment through methods like adopting sustainable practices in our daily lives. Last but not least, Resilience. As you know, it's not always easy to maintain a sustainable lifestyle and we must undergo a lot of hardships and limitations. Therefore, we should not give up easily.

Each and every one of us should embrace this opportunity to be a better self, simply by applying STAR values to lead a sustainable lifestyle. Better still, we can make a positive impact on our environment and create a more sustainable Hong Kong for ourselves and future generations. Let us join hands in building a better, cleaner, and more sustainable city.

Mr Eric So
KLA Leader of PSHE

多回收

Recycle more

撿少啲

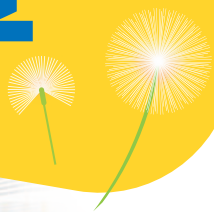
Dump less

慳多啲

Save more



學生分享



Well, in the first week of LTPSS, I was really quiet as I wasn't really close with anyone. No one really talked since we were just starting to get to know each other. But as the days went by, my classmates became more familiar with each other. We bonded over shared interests and such. And I could comfortably talk to someone without feeling anxious compared to the start. They really are some of the best people I have ever met. The teachers are really fun to talk to and nice as well.

Overall, this school year has been really enjoyable for me, and we learned more about our principal, Mr. Kwok. His leadership has made a big impact on our school community. He creates a supportive and welcoming environment, ensuring everyone feels appreciated. He also gave us a slogan to go by this year: "Aim high, We fly," which I think is really motivational. I am fortunate to have such an exceptional leader guiding us. I'm sure the other students feel the same way as I do.

1S Jannik Lau



時光荏苒，六年時光竟如此短暫，轉瞬間我們便走到這段旅程的盡頭。我們一起度過了歡笑、淚水、挑戰和成長。

回首往事，我懷念在校園裡的點滴，但現在是時候去探索更廣闊的世界！即使前路曲折艱辛，我對未來仍是充滿信心和希望。六年的時光給我知識和能力，讓我可以未來展翅翱翔。我將銘記校園的點滴，珍惜寶貴的友誼，堅定前進的步伐。

感謝母校的培養和教誨，感謝老師的辛勤付出和悉心教導，讓我們獲得知識、開闊眼界，更學會待人處事的態度。我亦感謝同學的陪伴與支持。我們將踏上不同的人生道路，但校園記憶將永遠連結我們的心靈。

畢業不是結束，而是新的起點。讓我們懷抱夢想，勇敢前行，勇攀高峰，敢於挑戰！願我們在未來的道路上不忘初心，繼續奮發向前，為夢想努力拼搏。希望我們都能達到自己心中的理想。

6T 盧樂怡

校友分享



建筑师信条
Architect's Creed

建筑师信条
Architect's Creed

My University Experience About Learning in Tsinghua

Back at the very beginning of my first school year, one of the teachers told us in a briefing: "Tsinghua is a place where you shatter and rebuild your confidence." What the teacher meant was that once you enrol in the university, it would be quick to find that a lot of people are really good at what they are doing, whether it is their studies or their hobbies. It would be even easier to lose faith in your strengths and abilities when you compare yourself to them.

One might thus assume that competition between students is fierce and that might affect our relationship. In my experience, all my classmates are incredibly nice, and we get along well. They are very talented and studious individuals with broad interests and are more than willing to spend much of their time refining their projects and schoolwork to the best of their ability. More often than not, we find ourselves staying up late to work. Teachers frequently stress that we should learn from each other. In terms of my Urban Planning courses, this is especially apparent in our studio classes where we must work on design projects every semester. How did one design a particular area? How did they present their idea in terms of architectural plans? These are some of the questions we were expected to ask in order to improve our own designs. It is true that there is quite a bit of unintentional peer pressure, but I had to learn that everyone has their own path to walk and is doing it at their own pace. I should take lessons from them when necessary, but ultimately I have to resist the urge to compare myself with them. Instead, I should focus on self-improvement. I believe this is how one should grow instead.

That being said, our lessons can be fun and unique. In the previous summer, we took a trip to Guizhou to learn surveying by measuring designated buildings in rural villages and recreating their floor plans and such on the computer. If I had not been given such precious opportunity, I wouldn't have had a chance to visit this rural village.

About Living in Beijing

Ever since pandemic measures have been lifted, I would go to nearby eateries for dinner with my friends. Hot pots are popular choices, as are barbeque restaurants, where we order raw meat and cook them ourselves on hot plates. To take a break from school work and exams, I would pay a visit to Jin Chun Yuan (近春园), an ex-royal-garden that's located right inside the school. There, I would take a stroll and admire the local fauna to ease myself from stress.

After living here for two years, I have realized that the best place to see ancient Chinese architecture the capital is known for is in the old districts, right at the heart of the modern metropolis. Since my school is in Haidian district, getting there means taking the metro to downtown. Once for a school project I walked through the city centre to take some photos. Even though I was expecting a lot of traditional buildings, I did not anticipate how many and how well kept they are, especially with the famous hutongs running between one-story houses. Only then did I feel like I grasped the definition of culture.

One of my fondest memories in the capital was the first time seeing real snow. Before this, I had never seen any with my own eyes, and I had always wondered what it felt like. My prayers were answered when my first winter in Beijing arrived. After a night of snowing, the ground was covered with the white substance, and after waking up I immediately got dressed and rushed outside to make a snow angel. Precious firsts remind me the very reason why I chose to study in Beijing.

Lam Man To
2021 Graduate

家教會活動花絮

周年大會

家長教師會周年大會於2023年9月22日舉行，近500名家長出席。會上報告去年會務及財政狀況，並向家長義工致送感謝狀。周年會員大會後，學校還安排「與校長真情對話」及「與班主任會面」兩項環節。



環保校服回收及派發大行動

為實踐環保再用的理念，本會於2023年10月30日至11月3日及2024年4月17日至19日舉辦校服回收及派發活動。感謝家長們踴躍捐贈校服，令本會能把回收的校服分發予有需要的同學，物盡其用。

羅定邦中學升中資訊日

家教會於2023年11月11日及12日學校升中資訊日設置攤位，與蒞臨參觀的家長及同學製作造型氣球、編織電話繩和交流教育心得，大家滿載而歸。



親子燒烤同樂日

本會於2023年12月8日舉行了親子燒烤同樂日。當天逾百家長、老師和同學出席，促進交誼，實踐家校合作，陪伴我們的孩子在羅中大家庭快樂成長！

「傳媒素養講座」暨「與校長真情對話」

本會於2024年1月19日舉辦了專題講座，邀請了資深傳媒人李燦榮博士到校分享，題目為「傳媒素養講座」。講座後，本會加插「與校長真情對話」環節，讓家長與校長有更多溝通及交流。



親子保齡球同樂日

本會於2024年1月27日舉辦「親子保齡球同樂日」。當天多名家長、老師及同學們齊集荃灣迪高保齡球館，一同切磋較量，歡呼聲此起彼落，共度愉快的時光。



中華文化日

家教會以「親子為本」的精神，參與學校於2024年2月7日舉行的中華文化日，親授同學編織電話繩及煎年糕給老師和同學品嚐，為節日增添了歡樂氣氛。

中六學生歡送禮物

家教會特意為中六畢業生設計印有校徽及學生名字的小熊，並於中六學生歡送日把小熊親手贈予每一位畢業同學。祝各位畢業生前程似錦，萬事如意！



生涯規劃：「理財·你才」講座

本會於2024年4月26日舉辦了「理財·你才」講座，讓家長及子女認識個人理財觀念與生涯發展的關係，使家長有更多的認識，支援子女未來個人及家庭的財務管理。

親子蛋糕製作班

本會分別於2024年5月10日和6月14日舉辦「母親節蛋糕製作班」和「父親節蛋糕製作班」。家長和孩子們一起學習烘焙技巧，共同製作獨一無二的蛋糕，享受親子時光。



中一保齡球同樂日

本會於2024年6月26日舉辦了「中一保齡球同樂日」，老師及同學們經過一輪熱身練習後作分組比賽，大家都非常投入，氣氛歡欣熱鬧。

親子烹飪班

本會於2024年7月13日舉辦了「親子烹飪班」，家長和孩子一起製作多款日本料理，渡過快樂的親子時光。



羅定邦中學家長教師會 損益表

2023年9月1日至2024年8月31日

2023年9月1日銀行結餘 292,357.63 \$

收入

家教會會費	38,600.00
教育局家校合作資助	25,978.00
教育局「校園·好精神」活動津貼	20,000.00
親子燒烤同樂日	6,580.00
親子保齡球同樂日	840.00
親子蛋糕製作班	4,000.00
總收入	95,998.00

支出

周年會員大會	1,254.20
升中資訊日活動	2,135.70
親子燒烤同樂日	9,932.50
親子保齡球同樂日	11,762.20
中華文化日	1,194.50
畢業生禮物	6,244.20
親子蛋糕製作班	14,198.00
書券	16,000.00
銀行服務費用	260.00
雜項	297.00
總支出	63,278.30

盈餘 32,719.70

羅定邦中學家長教師會 財務狀況表

2024年8月31日

流動資產 325,097.33 \$
銀行存款

減：流動負債

校園電視台籌款 3,581.50

流動資產淨值 321,515.83

資金籌措

餘額 (2023年9月1日) 288,796.13

加：2023-2024年度盈餘 32,719.70

321,515.83

2023 至 2024 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	王雪瑩女士
副主席	鄭思佩女士 · 林詠瑤老師
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 · 香詠琛老師 · 巫家傑老師
聯絡秘書	謝愛賢女士 · 岑美寶老師 · 周穎怡老師
總務秘書	盧月蓮女士 · 陳庭恩老師

Presentation of
Certificates of Appreciation

頒發感謝狀

