Message from the Principal

Happy Year of the Rabbit!

Rabbits are known to be gentle, cute and witty. Many people love them and yet very few of us would raise them as pets since they are delicate animals. We need the right knowledge, skill and, needless to say, much love to give them the right environment to grow in.

In more ways than one, it is equally, if not more, challenging to ensure that our students have a happy and healthy school environment, as is the wish of both parents and teachers. We always try to do the right thing at the right time for our children. However, we know that every student is unique. We go to incredible lengths to make sure we are providing the best for each and every one of them.

At times we place too much emphasis on the intellectual development (IQ) of our young people. In recent years, we started to turn our focus on their emotional wellbeing (EQ) and also their resilience in the face of adversities in life (AQ). I believe that with the challenges of these modern times, we need to do our utmost to enhance the EQ and AQ of our children. Hopefully, we will always support one another and keep in mind the need to foster the balanced development of our students.

In this Year of the Rabbit and the many years to come, let us join hands in support of Maryknoll, and join hands in our common aim to nurture the Maryknoll girls in our care.

Melanie Lee

主任的話 朱婉珍

本校家教會已踏入第九個年頭。我很榮幸被選為本屆主席，感謝校長、老師及各位家長對我的支持與信任，讓我們一起推動家教會的工作，舉辦更多的活動以迎接十週年的來臨。

加入家教會不僅是我對學校的相信，也是我對學校的感激，更是我與家人回饋學校的一種方式。過去兩年多由家長義工到參與執委工作，讓我聽到家長們不同的聲音，看到很多，也學到很多，是我人生的另一寶貴經驗。最重要是我與委員們合作無間，工作愉快！

為使家教會能充分發揮橋樑的作用，我們將為會員增設茶聚活動（茶聚時間為每月15日早上8時至10時），目的是透過家長互相交流與溝通，更了解學校與女兒，也讓本會吸納更多不同的意見與建議，彼此互相學習，共建美好的校園環境。

我在此呼籲各位家長積極加入家教會的行列，成為學校的親密夥伴，一起陪伴女兒快樂地成長與學習。

最後，我要衷心感謝各位熱心義工及會員一直以來的鼎力支持，協助家教會成功舉辦各項活動。祝大家工作順利，身體健康！
The 9th Annual General Meeting
Of the Maryknoll Convent School (Secondary Section)
Parent – Teacher Association

The 9th Annual General Meeting was successfully concluded on 23rd October, 2010. On that day, we had a beautiful String Ensemble. A tea party was held after the meeting, followed by a tour of the school campus.

The Members of our Executive Committee are as follows:

<table>
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Thanksgiving Program

Every day, we have a lot of people to thank and not only on “Thanksgiving Day”.

PTA Exco Lorraine Tsang

Swimming Gala

We were invited by the “Student Association” to attend their performance (which was “great!”) and to our surprise, they presented the PTA with a “Thanksgiving” present, which was joyfully accepted by our chairman.
一月十三日（星期四），學校在灣仔運動場舉行了一年一度的運動會。

近日天氣持續寒冷，清早起來，北風呼呼，作爲家長的我，總有點擔心女兒能否保持在運動的高興氣氛。剛到達運動場，天氣突然回暖，和煦的陽光帶來一股暖意。參賽健兒精神綻放，正在步道等候裁判安排，熱情在場，一觸即發。觀眾席上的同學們熱烈地為健兒們吶喊助威，讓我們這些家長也跟著充滿熱情的呼喚，全情投入。

到了中一學生的啦啦隊出場，即時掀起了全日高潮，只見同學們盛裝上陣，有的戴上花狀，有的戴上大眼鏡，有的帶著木棒，昂首闊步地走出運動場。各人脣邊呢喃大喊口號，步法整齊，盡力施展全身解數。忽然回想起去年女兒校中班時，為了這場啦啦隊比賽，連續數月的晝夜操練，我也曾埋怨過女兒每天放學時間都被拖長，心裏總不是味兒，此時此刻，看見同學們苦練的成果，總結的神情，實在讓人欣慰。正如校長所說的「學校是女兒又熟又愛，又難得。」今天同學們在運動場上發揮的團結力量，還有那份勇往直前，堅毅不屈的青春氣息，正正證明了校長的話。

藉此感謝校方和家長教師會的安排，讓我這些家長義工有機會親身體會同學們的努力成果。

F.B Natalie Law家長

Myra Law

經過六年瑪利諾的小學生涯，終於來到中學另一新階段了——正是小女兒 Cynthia Wong F.1C 班的學生。看著女兒非常投入中學的學生活及亭亭玉立的成長。作為家長的我，都很渴望參與女兒成長的每個過程，所以每逢學校邀請家長們參加活動，我必定會親臨參加。正如剛舉行一年一度的校運會及運動會，我都慶幸「報到名」。與很多家長一同欣賞各項比賽，感嘆她們那份熱情奔放的氣氛，尤其是每年由中一學生組成的啦啦隊，她們更是全情投入，聲嘶力竭地為各健兒吶喊，歡呼！而我們一家家長們也甘苦相隨，由「家長教師會」預備了四種顏色分別代表四個學系的校服棒，組成啦啦隊為她們打氣，增添不少熱情氣氛。

在運動會上發生了一件令我難忘的事，就是有一位同學正進行田徑比賽，將到終點後，她突然倒在地面，她立刻起身再跑時又再跌倒，這時我們大家都為她打氣打氣，幸好她最終都能完成賽事。她那不放棄及尊重體育的精神，眾人都報以熱烈的掌聲。

最後到了頒發各比賽成績，各健兒們亦逐一上台領獎，筋疲力盡的時刻，便是宣佈各學系的總成績及啦啦隊的比賽結果，正是小女兒所在的「藍寶——Sapphire」勝出，看見她們領獎時的興奮心情，令家長們都感動得很興奮！希望明年再見大家繼續努力！藉此祝願各位身體健康！生活愉快！

F.1C Cynthia Wong 家長

Irene Lam
REOADING CLUB
2011
“KICK OFF”

The first Reading Club gathering was held on 8 January 2011. About 45 students and 18 parent helpers attended the function.

The most fantastic part of the gathering was the game session. In order to encourage our members to mix and mingle, we arranged games instead of inviting a guest speaker. They got acquainted with each other quickly. It is amazing that all girls enjoyed the games. From their smiling faces and laughter, I realized that games are important among teenagers, not only children.

Three F3 students (Chelsea Yip, Lena Tsang and Vian Chan) were invited to make a presentation each to new-comers. I was most impressed by the performance of these three little girls. Certainly, they were a bit shy in the front of all Reading Club members and parent helpers at first. After a few seconds, they had warmed up and spoke bravely and fluently. The books they introduced were of different kinds and worth reading. They all spoke well.

The book sharing session was another popular session. Everyone in the group shared her own views on the book read, and they also shared their feelings about other issues. Parent helpers in each group were important leaders. They guided the members to “open” their mouths as well as their minds. Fortunately, we have more parent helpers this year.

Lastly, I am grateful to all our parent helpers, student members and Ms Peggy Cheung who sacrificed their time to join our gatherings.

Parent of Chelsea Yip (3C)
Amy Cheung
這一天是山頂步行籌款日，同學們都精神抖擻，準時集合，開始出發。

隨行的家長也在這天放下繁忙的工作，熱心的參與瑪利諾修院學校學生會步行籌款活動。沿途所見，同學們興致勃勃，一個個開心的笑容寫在臉上。拋開平日繁重的課業與考試，一路上吱吱喳喳說笑，快樂極了，跟隨在後排的我，頓時也感到感染，腳步也輕快起來。

城市的煩囂實在夠煩人，在如此美麗景觀的陪襯下，這團體的健行愈發顯得難能可貴，對於平日不太運動的人，這種速度與距離恰到好處，運動量充足卻不辛苦。除了親子共遊，更有老師們一起開步走，大家打成一片，非常熱鬧。

這次活動不但有益身心，又可為學生會籌款，一舉兩得，非常有意義。希望明年繼續山頂步行，希望有更多家長能夠一起參與這美好的活動。

FIC Catherine Vong 家長
May Vong
迎春水仙花

每年家父會於農曆新年前送贈水仙花給
學校點綴校園。水仙花顧名思義是出
入平安。每次十月十九
日，多位家長義工會於PTA室，興致
勃勃，齊心合力，在一位家長老師指點下，
把一百多個花頭切割好，掛上袋子，開心的是
是一位家長為我們送來上海名點酒醉湯圓慰
勞，這個早上我們在一片香薰彈，暖烘烘，
和諧的氣氛下渡過。

PTA Exco  Loraine Tsang

待處理

大功告成

家長的愛心湯圓，能不窩心嗎？

琴、棋、書、畫乃中國四藝，很高興能透過林老師的國畫
班學到繪畫水墨畫的基本技巧。林老師的課不時教我們書
法之道及令我們認識中國題材之繪畫方法：有水仙、竹、梅及
山水等，每次上課都在充實而愉快的氛圍中渡過。雖然只是跟
老師學了一個月的時間，已獲益良多。

F.3B Sharon Ng 家長

國畫班

Sister Jeanne八十大壽，老師和學
員們合力畫了一幅「百壽圖」送給
她，祝願她縱如東海、壽比南山！

琴、棋、書、畫乃中國四藝，很高興能透過林老師的國畫
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F.2C Stephanie Li 家長

Kitty Chan
周年聚餐
一年一度的活動在校園

左左右右，左左右右，左左右右，點開……
左左右右，左左右右，點開……
美妙的旋律，輕快的舞步，優雅的舞姿……

這晚我負責士風的環環，只消一小時，我們已進行多個國家的舞蹈領域，大家自由隨意跳舞，左旋右轉。雖然音樂節奏飛快，東轉西轉，左右翻倒，可是大家卻氣定神閒，微笑緩緩，靜在下一節拍上；不經不覺在三、四節後，已掌握基本舞步，跟著節拍翩翩起舞。

藉著周年聚餐的機會，大家一起跳不同國家風格的舞步，它們不一樣的節奏、不一樣的表達，都是各自當時當地的生活。舞蹈是 OpCode 部的另一語言，猶如聚餐便是傳遞師生感情的另一渠道，你会否因為這約而加深了對老師的了解呢？

FID Alisa Chen 家長
Minda Chen

Acknowledgment

聯絡名單
排名不分先後。

Ms Chak Sai
Ms Eva Cheung
吳小姐
Ms Cecilia Chu
Ms Kong Sia Yin
Ms Lai Mei Yin
Ms Diny Lee
Ms Iris Ng
Mrs Jean Shek
Mrs Lam Tat
Mrs Lorraine Tsang

前 PTA 委員

Ms Christina Cheung
Mrs Memory Ching
Ms Belinda Choi
Ms Sooam Lee
Mrs Ann Lo
Mrs Agnes Tai
Mrs Jenny Yuen

I just had a wonderful time at the Secondary section PTA Annual Dinner on the school campus.

Thanks to our Secondary PTA, we were invited to their annual dinner tonight. At first I thought it would be a formal dinner probably with tables nicely set in the hall, and we had to act and talk decently. To my big surprise, the party was real fun. Teachers, sisters, guests, parents and students, all were very friendly and casual. Everybody was enjoying themselves in a relaxing atmosphere. It’s like going back to a big family gathering.

I still remember years ago, in this very same courtyard, we had a BBQ party celebrating our 6th graduation. Tonight’s party gave me the same kind of familiar and warm feeling. I felt like going back to my lovely school days, young and energetic. We had a wonderful BBQ party, the food was delicious, especially the cheese cake! I’m not a dessert eater, but I took two big pieces of it! Just couldn’t describe how tasty it was.

I was so impressed by the joyful atmosphere and I have never thought of having such a joyful party at school! I really enjoyed this party and a big thank you to Phoebe and all the Esco members for giving us a chance to have a fantastic time. Looking forward to the next gathering, and please, please count us in again!

Angela Wong
Vice Chairlady
MCS (Primary Section) PTA

謝謝各位女士
葉美芳老師
Website: http://mes.edu.hk/pta
Email: messec_pta@yahoo.com.hk