



話劇活動：提升溝通及創造力



疫情下，本以為中文話劇的網課有點無聊和沉悶，想不到卻帶來一些特別的感受。網課下，我們無法看到組員的表情和語言、動作，因此，開始時大家有一點尷尬。幸好，老師想出一些特別的遊戲，例如喝水表演等有趣的活動，讓我們透過活動互相了解，開心之餘，也學到不少知識。



3D 楊爽爽



3A 吳可佳

中文話劇是一個互動性強的學會，無論是排練話劇，還是訓練演技遊戲，都需要人與人之間的交流。在疫情下，完全不能進行肢體接觸的遊戲，幾乎整年也是以網課形式進行話劇課。一開始，無論是老師抑或同學都會有很多疑惑，又或是出現許多技術問題。後來，老師很快便設計了一系列遊戲，並轉變課堂形式，讓同學各自在家裡進行遊戲，表演形式更趨向聲音表演，令我們了解更多廣播劇的知識。活動既充滿挑戰，又考驗大家的應變能力，非常有趣，令人興奮不已。

英語增益活動：咖啡沖調

Seeing the world through barista training



3C Jason Leung 梁源安

When we drink a cup of coffee, we don't usually think about how much effort has been put in. For instance, where the beans came from and the difference between different types of coffee. From the three-day workshop, I learnt the fundamentals of coffee and the secret of latte art. Coffee is so much more than drink. There is a lot to discover more about it!



Wonderful coffee



2021

桂祥人的愉快校園生活

本期校訊，我們與大家分享桂祥人愉快的學習生活。



英文辯論組：培養思辯邏輯能力 English Debate cultivating speculative thinking

Many people might think that debating is like arguing with others, but that is not true. Debating requires a lot of data analysis and logical thinking. I have joined the English Debate Team since Form 1, and I have improved over time. In every competition, my teammates, coaches, or even adjudicators taught me some useful techniques such as structuring arguments, rebutting opponents, and the AREL technique. Debating is not just speaking individually; it is teamwork. It consists of assisting others and discussing, which strengthen the chemistry between teammates and our belief in each other.



3C Meme Fan 范洛欣



3C Pinki Liew 劉凱澄

I'm so glad to be one of the members of the English Debate Team. Since joining the team, both my critical thinking and English speaking skills have improved a lot. Although I have to attend debating lessons every week, I am very interested in it. I have been making a lot of progress in my English skills thanks to all the debating competitions I have participated in. Debating also allows me to learn how vital teamwork is, as we have to work in collaboration to prepare and take part in competitions.

It has been two and a half years since I joined the English Debate Team. I can still remember the first competition I participated in; I shivered non-stop and was scared of everything around me. But, after some time, I eventually picked it up. Debating not only taught me how to think logically but also made me more confident in spoken English. We attend debating lessons every week, and in every lesson, we learn new techniques. I have even made some new friends in debating contests! So debating is an eye-opening experience for me.



3C Jason Leung 梁源安

○ 童軍：訓練自立及自理能力



1C 陳朗升

由小學開始，我已經是幼童軍，所以升上中一後，我繼續參加男童軍。可惜受疫情影響，集會的次數大幅減少，群體活動當然也大受影響。雖然如此，但透過集會，讓我能重新學到部分在小學畢業後已差不多忘記的繩結技術，如接繩結、繫木結等。此外，我也參加了有關步操的課程，頗具趣味。盼望疫情早日完結，童軍活動可以如常進行，讓我再次享受活動的樂趣。

參加童軍活動不僅能培訓不同的技能，也讓我建立了正確的價值觀。小學時，每個課堂也會和其他童軍進行分組比賽，這可以培養我們的團隊合作精神；老師也會在課堂中教我們繩結，例如：平結、稱人結等。中學的童軍活動雖受疫情影響，沒有那麼多樣化，但卻令我重溫已學的知識和技能，讓我在生活中學以致用，一展所長。



1B 張浩華

○ 箭藝活動：令自己不斷進步



4A 文馥

箭藝看似簡單，實際卻要掌握不少技巧。當我們提起弓箭時，一般較難發現自己有何不足的地方，所以會出現愈射愈差的情況，故此，宜多與教練交流及發問，更要虛心接受教練的指導。此外，箭藝表現與情緒控制有莫大的關係。於練習過程中，要盡量令自己心情平靜，射出來的箭才會更有水準。當然，要技術有所提升，於日常多練習及做自我評估也是不二法門。

參加箭藝是因為看似運動量較少，而且予人非常酷的感覺。通過箭藝練習，可以訓練到我的專注力和耐力，這看似簡單，其實很難做到。若不能集中精神去瞄準靶心，箭就會射歪；若使用不正確的姿勢，就算瞄準了靶心，箭還是會射失的。從箭藝練習所學到的東西，即使在日常生活，也能活學活用，所以參加箭藝令我獲益良多。

加入箭藝隊，很幸運能遇上一班友善的師姐，她們毫無私心，全心全意教導我們，隊內氣氛融洽，故此在練習的時候，完全沒有壓力，可以很開心的去享受箇中的樂趣。



4C 莫曉媛

跨科學習活動： 餐桌禮儀



精彩學習活動



閱讀分享會



心靈加油站