

新聞

兒童 Children's Newspaper

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準備開學

Ready to Start School



Comic

開學的東西都準備好了嗎？
Have you got everything
ready for starting school?

準備好了！
Yes!



1.



校服？準備好！文具？
準備好！書本？都準備好！
Uniform? Ready! Stationery?
Ready! Books? Ready!

2.

甚麼？What?

哎呀！Oops!



3.

只是暑期功課忘了做！
I forgot to do the
summer homework.



4.



開學前的內在素質準備

隨着暑假結束，不少學生以至家長都已為開學做好課本、文具及校服上的準備，但孩子將要進入新學期，是學習適應以及成長的新階段，我們有沒有培養他們有更好的內在素質迎接這些新挑戰呢？

孩子充滿好奇心，我們應盡量提供一個安全的環境，放手讓他們自行探索。而在小朋友相處方面，就應以學習彼此尊重為先，在溝通上要有眼神的接觸。我們要引導孩子學習清晰表達自己的需要，同時讓他們明白延遲滿足的合理情況。最後建立孩子計劃與處理事情的能力，可由小事情開始，如開學前訂立起床時間。有了這些內在素質，學生就能為開學做更好的準備。



(互聯網圖片 Internet photo)



(互聯網圖片 Internet photo)

Prepare the Inner Qualities for Starting School

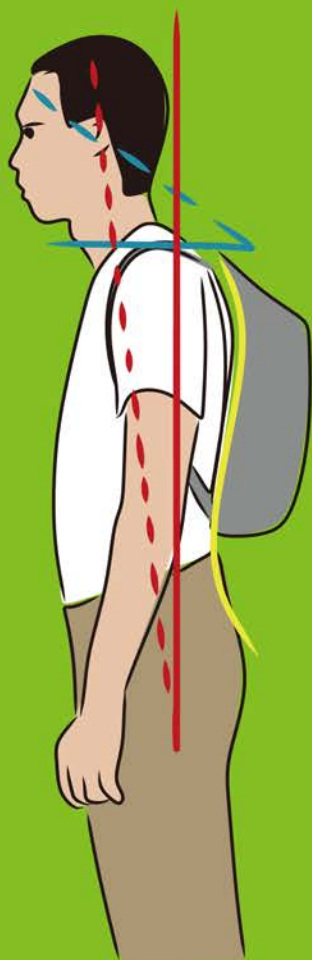
When the summer holiday finally comes to the end, students and parents get textbooks, stationery and uniform ready for the new school year. The children are entering a new term, which is also a new growth stage. Have we nurtured their inner qualities for the new challenge?

Children are curious. We should provide a safe environment and let them explore by themselves. They should also learn to get along with other children. They should learn to respect others and have eye contact when talking to others. We need to teach children to express their needs clearly and at the same time let them know the rational situations of delayed gratification. Lastly, we should build up children's ability to make plans and handle tasks. We can train them with simple tasks at the beginning like planning wake-up time for school. With these inner qualities, students can have a better preparation for the new school year.



通識小博士

Doctor Knowledge



正確背書包法

學生背書包，應有一套正確的方法，首先執拾書本的時候，應把書本依大小由內到外擺放在書包內，這樣可減低書包晃動的幅度，以維持正確的姿勢。

背書包的高度亦要適中(附圖)，如過高會影響肩膊及消耗過多手臂力，過低就會造成駝背等問題。另外書包的重量應少於學生體重的10%。

Correct Way to Carry a School bag

Students should follow the correct way to carry their school bag. First, they should put the books into the school bag in order of size with the biggest placed most inside so as to prevent the swing of the school bag and keep their proper posture.

Second, they should carry the school bag at the optimum height. Their shoulders and arms will suffer if the school bag position is too high and they may become humpbacked if it is too low. Besides, the weight of the school bag should not be over 10% of the student's weight.



English Zone

精叻英語



a. School bag
b. Handbag



a. Student
b. Patient



a. Doctor
b. Teacher



a. Hospital
b. School

你們在我身上所學習的，所領受的，所聽見的，所看見的，這些事你們都要去行，賜平安的神就必與你們同在。(腓立比書 4:9)

Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you. (Philippians 4:9)

天父給我的信



God's Letter
to Me