



Lam Tai Fai College

S3 NSS 林大輝中學

Guidance Camp

中三級新高中升學輔導營

2008/2009

Name : _____


Class & no. : _____ ()



FORM-BASED PASTORAL CARE
S3 NEW SENIOR SECONDARY GUIDANCE CAMP (2008-2009)
Introduction

New Senior Secondary (NSS) Academic Structure will be first implemented in September 2009. ‘Senior Secondary’ is an important stage for young people as you move through teenage life to become young adults. Many habits, thinking styles, personal and social behaviors are starting to be shaped in this crucial period of growth and development. As an old Chinese saying goes, “planning leads to success; lack of planning leads to failure.” Therefore, it’s high time for all of you, as S3 students, to prepare relentlessly for the New Senior Secondary Curriculum. This Camp is one of the many preparations which provide you with a good opportunity to think about your life and where you are going to. One way of helping you to find direction is by setting goals for yourself, to monitor your progress and to reflect at the end of the school year to think about what you have achieved and why. It lives up to the expectation of our school mission and vision, that is, to nurture the PERFECT generation of the 21st Century.

We aim at:

- ✧ enabling our S3 students to know more about their strengths and weaknesses, especially in planning for Senior Secondary Study;
 - ✧ empowering them with stronger self-confidence and positive thinking;
 - ✧ enabling them to take a Paradigm Shift and see things in a more constructive and positive perspectives;
 - ✧ enabling our S3 students to be passionate and self-assured individuals as well as more effective communicators;
 - ✧ empowering their capabilities through different activities, exercises, tasks, sharing and self-reflections; and
 - ✧ enabling our S3 students become more determined in pursuing their goals.
- 



OUR VISION: A BLANK CHEQUE

There is a kind of treasure that we carry with our hearts
 Something symbolic as well as beautiful
 There is something infinitely true and natural ...
 The assurance that comes after support
 As confidence comes from knowledge
 As life is built from interactions, experience and ...
 There is a BLANK CHEQUE that we bring along with us
 This cheque of knowledge and compassion to spend in our future.
 There is always a time when we are together to feel, work, play, re-collect,
 and remember
 Our lessons, MI, LWL, One Life One Sport, A Service for Life, ...
 Our MAP, Rainbow Connection, Our FBPC NSS Guidance Camp
 Our LIFE in LTFC.

Unconditional Support from all of us

	<p>林大輝中學 Lam Tai Fai College</p>	<hr/>
<p>祈付 PAY _____</p>		
<p>港幣 HK DOLLARS</p>	<p>The College aspires to lead the local education</p>	<p>HK \$</p>
<p>by integrating academic, sports and innovative design activities to develop and nurture future community leaders, sports professionals, accomplished academics, upright citizens and cultured individuals in the 21st century.</p>		
		<hr/>

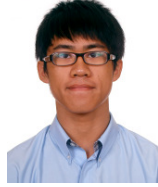


3D Group List

Group 1



CHAN Ching Ki
陳清琦(1)



LEE Yiu Sing
李耀昇(23)



WAN On Tik Andy
雲安迪(32)



CHEUNG Chi Yeung
張智揚(7)



LAU Jun Wai
劉俊偉(19)



LAM Shuo Yih Isaac
林說議(18)

Group 2



CHAN Ka Laam
陳迦嵐(2)



LEE Chiu Tung
李昭彤(21)



CHUNG Shuk Ki
鍾淑淇(13)

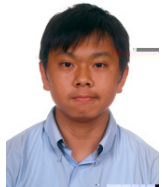


LAI Tsz Yeung
黎子揚(15)



MOK Ho Pan
莫浩斌(25)

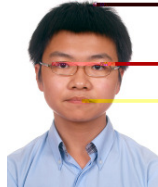
Group 3



CHAN Kin Ching
陳鍵程(3)



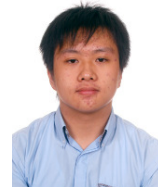
KWOK Tsz Kiu
郭梓翹(14)



CHENG Ka Ming
鄭嘉銘(5)



LAU Tsun Leung
劉浚樑(20)



CHOI Wan Yung
蔡昀融(9)



Group 4



CHENG Kwan Yu
鄭鈞瑜(6)



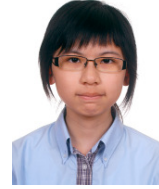
TO Yin Yi
杜彥誼(30)



NGO Ka Wa
敖家華(27)



LEE Yan Yee
李欣熈(22)

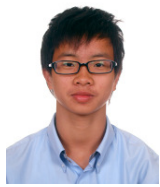


CHANG Shun Yee
張信宜(4)

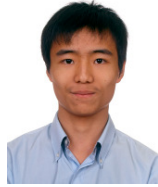


CHOW King Tung
周璟彤(12)

Group 5



CHIU Wai Chun
趙偉竣(8)



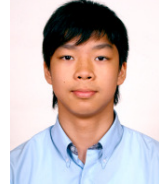
CHAN Yim Lap
陳嚴立(2)



NG Arthur Chi
Chung
伍子聰(26)



NG Arthur Chi
Chung
伍子聰(26)



POON Chun Kit
Sampson
潘駿傑(28)

Group 6



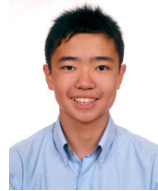
WU Ho Yan
胡可欣(33)



LIU Kwan Yee
廖君怡(24)



LAI Yeuk Ho
黎曰灝(16)



LAM Long Hei
林朗熙(17)



SHAM Kin Fai Kent
岑建輝(29)





S3 FBPC NSS Guidance Camp (2-day & 1-night camp)

Activity Schedule

Friday: 1:40p.m. -11:30p.m.


24-4-2009

Item	Time	Activities	Venue
1	1:40-2:30p.m.	Go to the camp site(Tai Po)	Covered Playground and shuttle bus
2	2:30-3:00p.m.	Briefing	2/F
3	3:00-5:00p.m.	Mass Games(1)	Playground
4	5:00-5:30p.m.	Break	
5	5:30-6:00p.m.	Go to BBQ site	
6	6:00-8:00p.m.	BBQ	燒烤大王
7	8:00-8:30p.m.	Go back to camp site	
8	8:30-9:30p.m.	Career questionnaires	2/F
9	9:30-10:30p.m.	Evening Sharing	2/F
10	10:30-11:30p.m.	Shower Time	
11	Before 12:00 am	Go to bed	

Saturday: 7:30a.m.-3:00p.m.

25-4-2009

Item	Time	Activities	Venue
1	7:30-8:00a.m.	Get up and clean up	
2	8:00-8:30a.m.	Morning exercises	Playground
3	8:30-9:30a.m.	Breakfast and pick up	G/F
4	9:30-10:30a.m.	Talent Show	2/F
5	10:30-11:00	Break	
6	11:00-12:00	Mass Games(2)	Playground
7	12:00-2:00	Lunch	G/F
8	2:00-2:30p.m.	Reflection and Evaluation	2/F
9	2:30-3:00p.m.	Go back to school	Shuttle bus
10	3:00p.m.	Dismiss	Covered Playground






Camp Rules

1. Participants must be responsible for their own belongings. Please do not bring valuables with you to the camp. The Camp is not liable for any damage or loss of personal property.
2. All clothing must be decent. (see clothing code)
3. Male campers are not allowed to enter the female's quarter, bathroom and toilet, or vice versa.
4. Campers are not allowed to leave the camp without the camp dean's permission of the chief in charge of the camp, i.e., the class teachers.
5. No eating and drinking (except water) is allowed in the accommodation area.
6. All the lights must be turned off at 11:30p.m.
7. Campers must pay heedful attention to their personal hygiene.
8. Be punctual for all activities.
9. Please keep the camp site clean and tidy. All rubbish must be put into the bins.
10. All the used toiletries must be dumped inside the bins.
11. All campers must participate actively in all activities.
12. All school rules governing students' appearance, attire and etiquette and behavior are to be observed in all activities in and out of school.





3D 班的同學給我可愛、風趣、友善和善良的感覺。不經不覺我們已相處近一年的時間，雖然大家偶有爭吵，但同學大都能進行自我檢討，使同學之間和師生之間的關係一直進步。現在大家都相處融洽，打成一片。作為班主任，我也很享受和你們相處的時光。

很快大家都會告別初中生涯，希望我們可以全班升上中四，一同開展更多多姿多彩的學習生活，並修讀心儀的學科，把個人的潛能發揮得最好。我把這個宿營看成你們的初中畢業營，希望你們能夠把握這兩天走出課室的寶貴時光，更深入了解各個好同伴，並且一同吸收新的知識、新的經驗，一同向前邁進。


Ms. Lam

Message from class teachers

各位 3D 班的同學：

希望大家透過這個有意義的宿營，為自己的學業及前途重新定位。祝大家有前途似錦。

陸志成老師



Teacher's sharing

中三升中四是人生中的一個重要階段，雖然中三選科並不能決定你將來人生的全部，但這階段中的每一步卻對將來有著重大影響。期待在這一次的新高中升學輔導營內與你們分享老師們的經歷，讓你們早一點認清自己的路向，早一點計劃你們將來的每一步。從現在起，應為選科作好準備，盡你們最大的努力向自己的目標奮鬥，別讓自己後悔！

黃國麟老師

希望各位同學可以盡情投入這兩天一夜的活動中，

為新高中作好準備，迎接更大的挑戰。

施老師

各位同學：

大家好！我十分榮幸有機會與你們共同度過兩日一夜，期望在短短時間之內，大家可以透過不同的活動，反思過去半年的作為，新高中學制即將來臨，亦盼望大家善用時間，裝備自己，以最佳的迎接未來的挑戰。

吳小文老師

各位 3C 班的同學：

明年今天，大家已是一個高中生了，這一年大家要適應許多轉變，要為自己前途打算了，希望你們能透過這次經驗看到你們未來的路，不再疑惑。記著你們不是獨個兒上路，老師們必會從旁陪伴、鼓勵大家的。

要相信自己，凡是盡力而為，必會有成功的一天。我們不可能勝出每場比賽，但我們可以盡力打好每一場球賽，只要肯認真，努力不懈、堅持到底，你們都會成為『最有價值運動員』。

鄭琪琦老師



Teacher's sharing

各位同學：

大家好！一直以來，我和中三同學都不太相熟，一來我沒有教你們，二來我只和有紀律問題的同学接觸。不過，還記得二年前來林大輝時，我被委派教中一級的IH科和Health Education，當提到做IH project時，同學對沙田的景點如：一元碗鮑魚雞粥、紅燒乳鴨等，同學都大感興趣，可惜的是，你們是我第一批接觸的同學，但其後二年都沒有鞏固彼此的師生情誼。盼望在這兩日一夜的時間裡，我們能彼此加深了解和認識。在未來的新高中歲月中，願你們在學行上繼續成長，成為「林大輝精兵！」。

鄧健聰老師

我是中三的級訓育老師。雖然我們每天都見面，但是總沒有時間停下來和你們在課堂外溝通。我希望藉此兩日一夜的活動，我可以與你們分享在林大輝中學生活的苦與樂及共同面對未來的挑戰。
吳淑儀老師

師生一齊走出課室，離開校園，到一個無拘無束的新環境相處一段時間，這是難得的機會，希望各位同學好好利用這個機會，與老師、與同學多作溝通，促進了解；更希望各位同學能多作反思，擇定自己的人生目標，努力學習，向前邁進。

蕭鵬舉老師

希望透過今次的活動，同學能發掘自己的長處和短處（自我成長），懂得欣賞其他同學和學懂互相合作（同學關係和相處）。另外，也期望同學可以加強和老師之間的關係（師生關係），懂得體諒老師，學習守規、自律，做一個品學兼優的學生。

陶偉福老師



Camp Songs

(1) 朋友 - 譚詠麟

繁星流動和你同路
從不相識開始心接近
默默以真摯待人
人生如夢朋友如霧
難得知心幾經風暴
為著我不退半步 正是你

遙遙晚空點點星光息息相關
你我那怕荆棘舖滿路
替我解開心中的孤單
是誰明白我
情同兩手一起開心一起悲傷
彼此分擔總不分我或你
你爲了我我爲了你
共赴患難絕望裡緊握你手 朋友

(2) 海闊天空 - BEYOND

今天我 寒夜裡看雪飄過 懷著冷卻了的心窩飄遠方
風雨裡追趕 霧裡分不清影蹤
天空海闊你與我 可會變 誰沒在變
多少次 迎著冷眼與嘲笑 從沒有放棄過心中的理想
一剎那恍惚 若有所失的感覺
不知不覺已變淡 心裡愛 誰明白我
原諒我這一生不羈放縱愛自由 也會怕有一天會跌倒
背棄了理想 誰人都 可以 那會怕有一天只你共我
仍然自由自我 永遠高唱我歌 走遍千里
原諒我這一生不羈放縱愛自由 也會怕有一天會跌倒
背棄了理想 誰人都 可以 那會怕有一天只你共我
背棄了理想 誰人都 可以 那會怕有一天只你共我

(3) 浪花一朵朵 - 任賢齊、阿牛、光良

我要你陪著我 看著那海龜水中游
慢慢的爬在沙灘上 數著浪花一朵朵
你不要害怕 你不會寂寞
我會一直陪在你的左右 讓你樂悠悠

日子一天一天過 我們會慢慢長大
我不管你懂不懂我在唱什麼
我知道有一天 你一定會愛上我
因爲我覺得我真的很不錯

時光匆匆匆匆流走 也也也不回頭
美女變成老太婆
哎喲 那那那那個時候 我我我我也也
已經是個糟老頭
啦啦 啦啦啦啦啦啦 啦啦啦啦 我們一起手牽手
啦啦 啦啦啦啦啦啦 啦啦啦啦 數著浪花一朵朵

(4) 友共情

* 下雨天 總掛念從前
球場上那可愛片段
突然又已一年 祈望再會面
舊朋友 就算心永未遙遠
但這刻渴望見 即使重聚再短*

*

時光可變 世界可變
人情亦許多都變遷
友共情不變 那種真找不到缺點
你我再次相見 隨年和月
身心雖耗損 友共情從難扭轉
心內那熱暖 仍是純真未變 #

(Now And Then Think Of You And Me
Forever Friends Forever We'll Be
Time Is Changin' But Nothing's To Be Blamed
Cos Our Heart Forever Sing)





Camp Songs

(5) 不再猶豫 - BEYOND

無聊望見了猶豫 達到理想不太易
即使有信心鬥志卻抑止 誰人定我去或留
定我心中的宇宙 只想靠兩手向理想揮手
問句天幾高心中志比天更高 自信打不死的心態活到老
Woo ... 我有我心底故事 親手寫上每段得失樂與悲與夢兒
Woo ... 縱有創傷不退避 夢想有日達成找到心底夢想的世界 終可見

誰人沒試過猶豫 達到理想不太易
即使有信心鬥志卻抑止 誰人定我去或留
定我心中的宇宙 只想靠兩手向理想揮手
問句天幾高心中志比天更高 自信打不死的心態活到老

Woo ... 我有我心底故事 親手寫上每段得失樂與悲與夢兒
Woo ... 縱有創傷不退避 夢想有日達成找到心底夢想的世界 終可見
Woo ... 親手寫上每段得失 樂與悲與夢兒
Woo ... 夢想有日達成 找到心底夢想的世界 終可見

(6) My Bonnie

**My Bonnie is over the ocean
My Bonnie is over the sea
My Bonnie is over the ocean
Oh, bring back my Bonnie to me
Bring back, bring back
Oh, bring back my Bonnie to me, to me
Bring back, bring back
Oh, bring back my Bonnie to me**

(7) Take Me Home Country Road

**Almost heaven West Virginia
Blue Ridge Mountains
Shenandoah River.
Life is old there
Older than the trees
Younger than the mountains
Growin' like a breeze.**

CHORUS

**Country roads take me home
To the place where I belong:
West Virginia mountain momma
Take me home country roads.**


**All my memories gathered 'round her
Miner's lady stranger to blue water.
Dark and dusty painted on the sky,
Misty taste of moonshine,
Teardrop in my eye.**

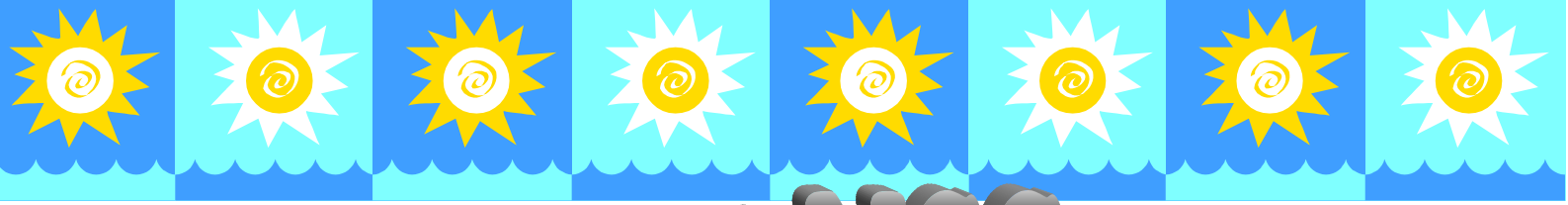
CHORUS

**I hear her voice, in the mornin' hour she
calls me,
Radio reminds me of my home far away
And driving down the road I get a feeling
I should have been home yesterday,
yesterday**

CHORUS

**Take me home, country roads
Take me home, country roads**





334 NSS



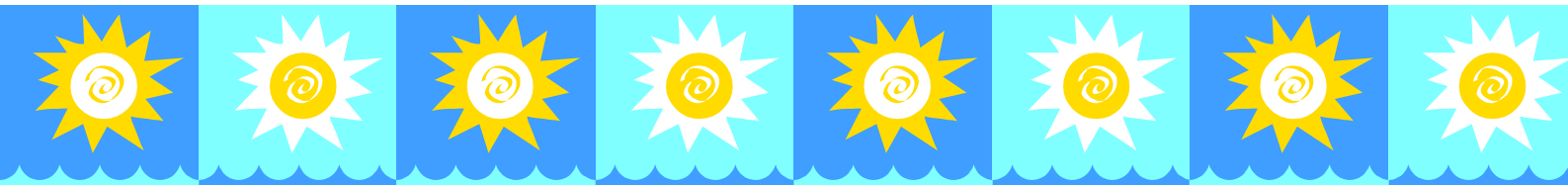
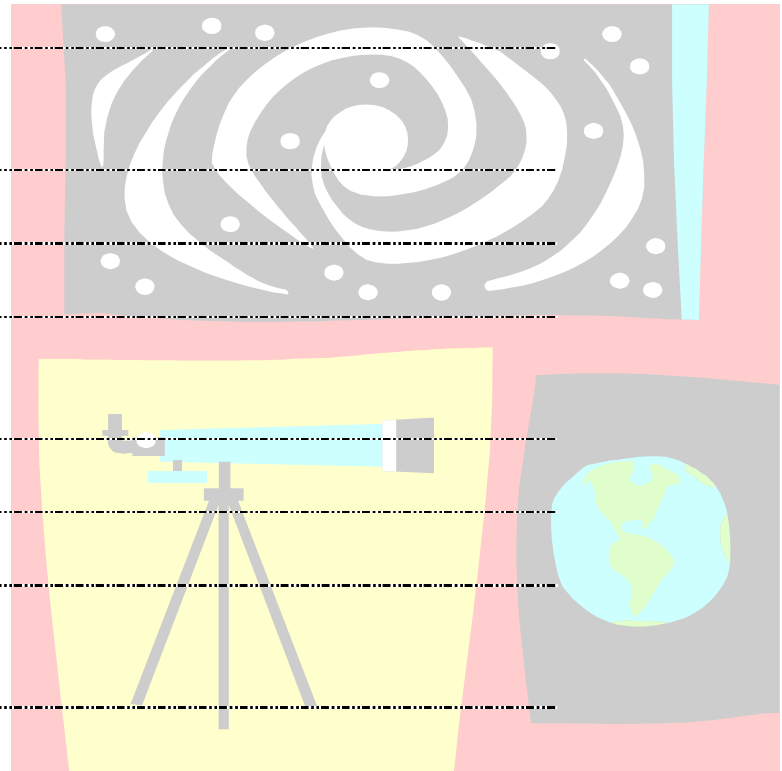
Review : Last three months

My reflection :

My strengths :

My achievement :

My path to success :





Talent Show

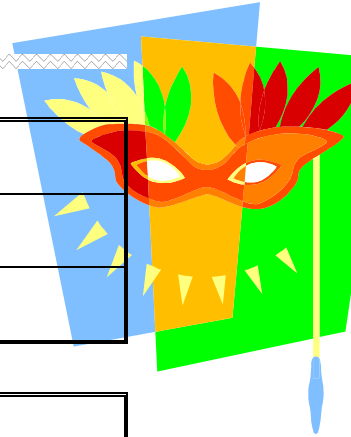


1. Setting :

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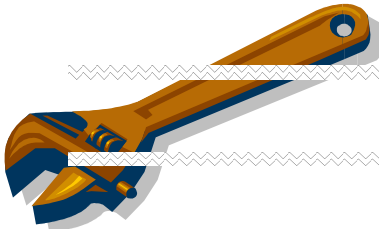
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2. Roles :



3. Division of labor :

4. Props :



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5. Story Outline :

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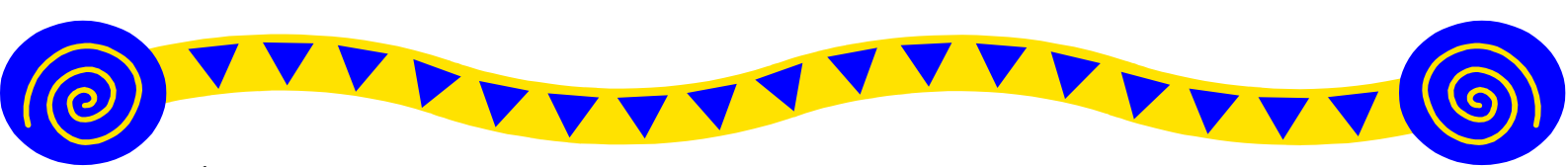
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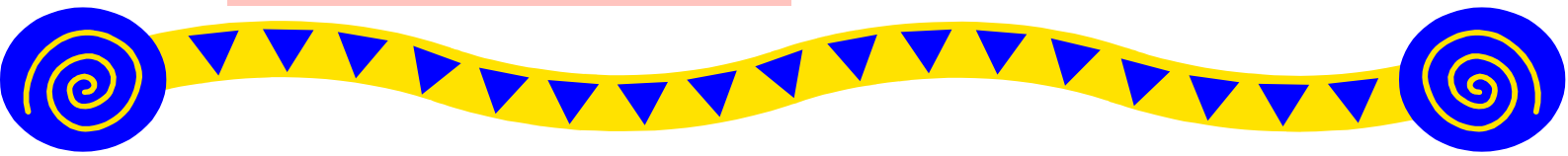
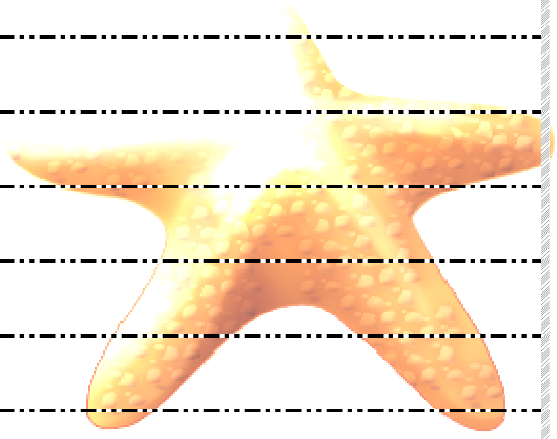
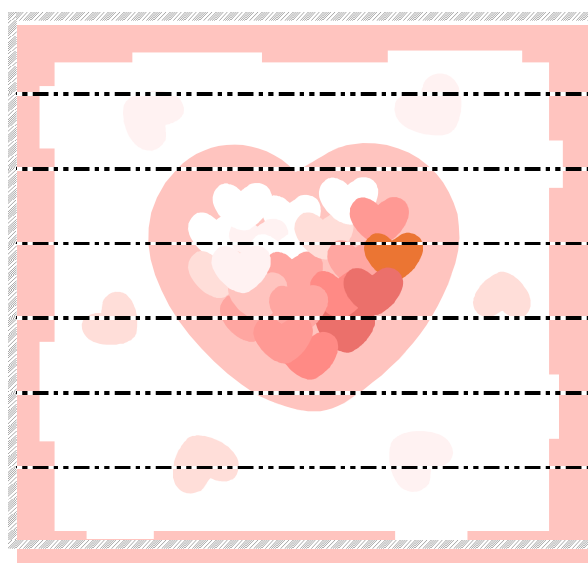
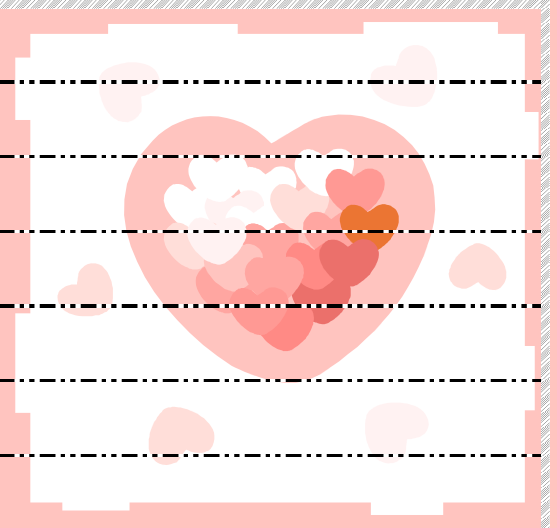
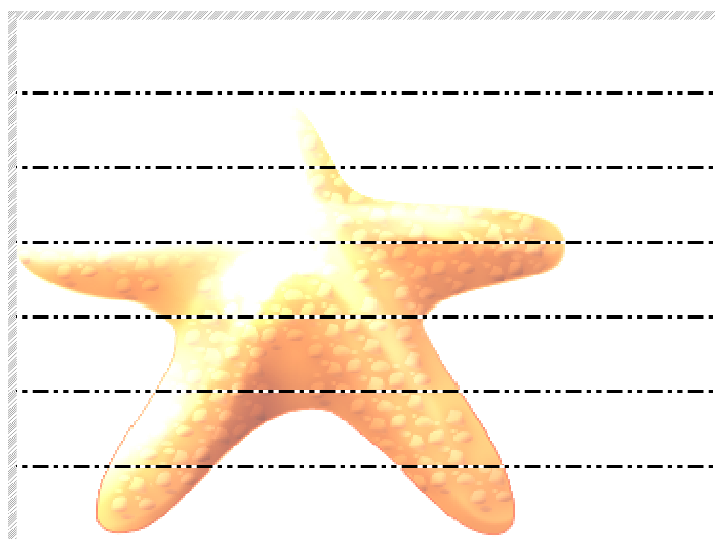
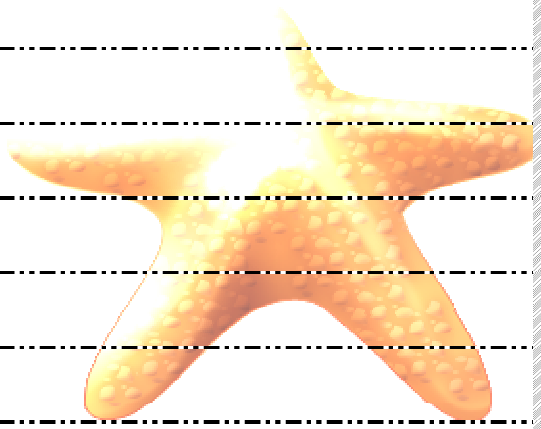
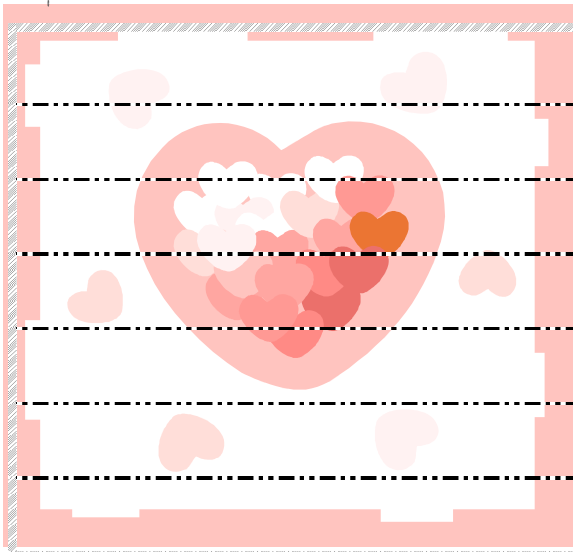
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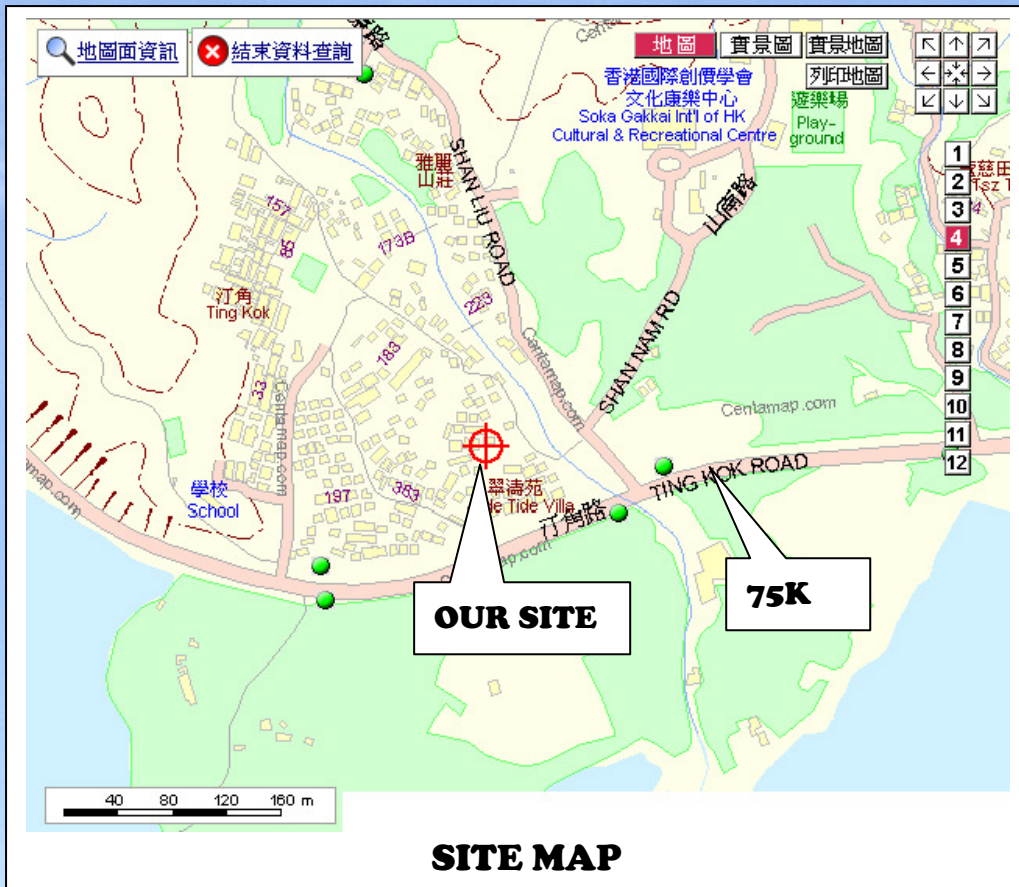
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feel...





**SITE MAP**

