



關於新型冠狀病毒

About the novel coronavirus

首次發現於：中國武漢 (2019年12月)
First discovered in: Wuhan, China (Dec 2019)

傳播途徑：飛沫/接觸
Transmission: Droplet/Contact

潛伏期：incubation period: 14 days

治療：目前只有針對症狀或輔助治理
Treatment: Symptomatic or supportive

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如何正確戴口罩

How to properly don a facemask

建議使用外科口罩或正確尺寸的醫護用N95。其他口罩(布、海棉紙等)效果不足。
Surgical masks or correctly fitted N95 masks are recommended. Other masks (cotton, paper, etc) do not provide adequate protection

顏色面朝外
金屬線向上
coloured side faces out
metal wire on top

戴前對摺一下
fold once prior to wearing

戴/除口罩前後會洗手
wash hands before & after wearing/removing the mask

壓下鼻夾
press the wire on the nasal bridge

摺面展開包好口鼻
spread out the mask to fully cover the mouth

對摺棄掉
fold & dispose

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常見病徵

Common symptoms

發燒
fever

乏力
Malaise

咳嗽
cough

黃綠色膿痰
yellowish/greenish thick phlegm

如出現症狀，應盡快求醫並配戴口罩
誠實告知醫護人員外遊及接觸紀錄
When symptoms occur, don a mask and seek medical advice promptly, notify of any relevant travel or contact history

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外出注意事項

Outdoor Precautions

避免去人多擠迫地方
Avoid crowded places

避免到濕市場
Avoid wet markets

如感到不適，請避免外出
Avoid going out if you are feeling under the weather

切忌進食野味
refrain from consuming game meat

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個人衛生

Personal Hygiene

打噴嚏要用紙巾遮口鼻
cover up with tissue paper when sneezing

並把紙巾棄於有蓋垃圾桶內
and dispose of it in a covered bin

戴口罩
mask up

勤洗手
Ensure hand hygiene

隨身攜帶酒精搓手液
Bring your own hand sanitizer

勿擦眼睛或鼻
Avoid eyes or nose rubbing

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提升免疫力

Boost Immunity

每天八杯水
8 glasses of water per day

遠離二手煙
Stay away from 2nd hand smoke

多吃蔬果
eat more fruits & vegs

適量陽光
Step out in the sun

定時運動
Regular exercises

充足睡眠
Adequate sleep

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校園點滴

在心頭



樂善堂劉德學校

二零二零年十一月份簡訊

校園點滴 (第八十一期)

樂善堂轄屬學校獎學金

舉行優異獎

- 2A 黃景豪
- 3A 王兆添
- 4C 張騰焯
- 4C RONEL
- 5A 湯紫晴
- 6A 陳伊欣
- 畢業生 李天賜

劉德陳瑞仟儼紀念獎學金

- 4C 陳卓風
- 5A 洪浩文
- 5A 崔巧晴
- 6A 鮑進飛
- 6A 孔卓翹
- 6A 李卓奇

進步獎

- 2A 劉芷晴
- 4A 岳毅豐
- 6A 盧健威

張念平先生獎學金

- 2B 劉欽榮
- 3B 黃睿謙
- 5A 黃傳康
- 6A 譚子浩

梁詠釗醫生獎學金

- 4C 劉家誠

六年級畢業感言

感謝老師們多年的教導，我在劉德十分快樂。很快就要畢業了，十分不捨得！

6A 李卓奇

我要感謝所有老師，耐心地教導我們。我也要感謝我的同學，經常在我有需要時幫我，有時候我們還會一起開玩笑，非常快樂！

6A 鮑進飛

轉眼間，我們即將要畢業，要離開這個陪伴着我們多年的學校。我在學校留下了很多美好的回憶，很感謝學校和老師對我的悉心栽培和教導。升中後，我會想念學校，也會在中學好好學習。

6A 陳伊欣

畢業了！感謝這六年來一直陪伴我們的老師，我想特別感謝盧老師、冠主任和黎老師，因為他們教了我們很久，也是對我們班最好的老師。雖然冠主任很嚴厲，但他其實也十分幽默，把我們變得規律有禮；雖然盧老師有時候很兇，但她對我們很好，而且她笑起來非常的甜美；黎老師也對我們很好，還願意花時間幫我補習英文。感謝學校在這六年內對我的照顧，雖有不捨，但我升中後還會繼續努力！

6A 喬映潼

我們快畢業了！在這六年裏，我認識了很多朋友，要離開這個陪伴我六年的地方和朋友，還真很不捨呢！

6A 曾嘉宇

感謝老師一直以來的陪伴，無論開心、傷心、憤怒，也有你們在身邊。

6A 周浩

This year onwards, I am trying to recruit some of the students for their work and make comments on it. If you have good writing to share, tell your English teachers.

Table Tennis



By 4C Ronel

I started playing table tennis when I was seven years old. I don't have much experience on playing table tennis nor do I know any skills about it. One push factor is that there is a table tennis court right next to my flat.

Playing table tennis is one of my favourite hobbies. In fact, I don't have a schedule for it though. Sometimes, I have online games, reading books and playing basketball to kill my time. My dad is a better player than I do. He usually plays table tennis with me in his free time. Once in a while, there are some kids like me that would like to play with dad. Sooner or later we gather and meet each other at the same time.

A year ago, someone came up to play table tennis with me. I didn't know his age nor his name. I played with him and his mother instructed, "You're supposed to hold the bat like this..." Then it came up to my mind. I started using this style to play and it did improve my skills.

This morning, when I was playing table tennis, a Primary Five boy came up and played with me. He found that the table tennis ball was broken. It was my brother's fault but I didn't blame on him. He was still young. The boy went to his house to get a new one immediately. When we started playing, he had the most baseball-based playstyle that I had ever seen. This attracted a secondary boy who came to join us with boastful words. He disliked our playstyle, but he expressed in a jokey way and we laughed it off.

I am not an expert, nor my dad. When I look into different playstyles on table tennis, my dad says, 'Different people play different styles of table tennis. We should respect what they have learnt.' I understand. I get to polish my own skills.



Comment:

Ronel wrote about his own experience in a leisurely way. Though there are no exciting events, he tries to write in a narrative and funny style. If you read with a visualization skill, you can feel like the writer. For this kind of free writing, there are no restrictions on the number of paragraphs. The writer, Ronel is able to use even paragraphs which make the layout clear and comfortable.

作者悠閒地寫出了自己的經歷。儘管沒有激動人心的事件，但他嘗試以有趣的風格抒發感情。當你細心閱讀的時候，你會代入作者，感受到他的經歷。這種自由寫作，沒有限制段落的數目，整篇文章條理清晰，段落分明。

By Miss Fung

中文硬筆書法比賽

初級組

冠軍 2A 曹祚寧
亞軍 2B 陳雅賢
季軍 2B 林子誠



中級組

冠軍 4A 梁緯皓
亞軍 4C 張膺焯
季軍 3B 張膺鎧



高級組

冠軍 6A 陳伊欣
亞軍 6A 譚子浩
季軍 5A 蔡意涵

英文硬筆書法比賽

初級組

冠軍 2A 曹祚寧
亞軍 1B 林奧雲
季軍 1A 李栢愨



中級組

冠軍 4B 王寶瑩
亞軍 3B 張膺鎧
季軍 4A 梁緯皓

高級組

冠軍 6A 譚子浩
亞軍 6A 陳雅瑩
季軍 5A 麥僥彤

中文硬筆書法比賽

初級組

冠軍 2A 曹祚寧
亞軍 2B 陳雅賢
季軍 2B 林子誠



中級組

冠軍 4A 梁緯皓
亞軍 4C 張膺焯
季軍 3B 張膺鎧



高級組

冠軍 6A 陳伊欣
亞軍 6A 譚子浩
季軍 5A 蔡意涵

英文硬筆書法比賽

初級組

冠軍 2A 曹祚寧
亞軍 1B 林奧雲
季軍 1A 李栢愨



中級組

冠軍 4B 王寶瑩
亞軍 3B 張膺鎧
季軍 4A 梁緯皓

高級組

冠軍 6A 譚子浩
亞軍 6A 陳雅瑩
季軍 5A 麥僥彤



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香港屈臣氏運動員獎勵計劃

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