

訪問北官「午膳服務生」



北官小記者及午膳服務生大合照

北官小記者: SE 范雅君 GA 呂瑞愷 SE 陳鋈凌

午膳服務生: 6A 施浩智 5D 陳思甜 5A 龔逸彤 5A 蔡雨彤 6A 許哲彰

每天正午，當大家飢腸轆轆的時候，都希望盡快可以吃到熱騰騰的午飯。能夠在短短數分鐘內完成全班的派飯工作，除了要感謝協助午膳的姨姨們，還要感謝我們北官的午膳服務生，因為他們每天都為大家服務，協助午膳分飯的工作。



午膳服務生把食物搬入課室



午膳服務生幫忙分發食物給各同學享用

第89期看圖猜成語



第88期猜謎語答案



午膳服務生

你們為什麼會加入午膳服務生這個團隊呢?

因為可以幫助低年級學生盡快分發午餐，又可以減少老師和義工姨姨的工作量。我們都很喜歡這項既有意義又有趣的工作。

午膳服務生的工作是做什麼呢?

我們的工作主要是搬餐盤及食物到課室；在同學進食前為他們用消毒液噴手；為同學盛飯、撕開醬油包及派發水果；在同學進食後收拾餐具等。

你們成為午膳服務生後有什麼得著?

我們學習到對待小朋友原來真的要有耐性；現在我們終於明白到「助人為快樂之本」的道理；知道服務別人有多重要和自己不足之處，需要改善的地方。

北官小記者: SE 范雅君, 陳鋈凌 GA 呂瑞愷

午膳服務生

你們在過程當中遇上什麼困難呢?

很多同學有偏食或挑食的習慣，所以我們要經常提醒同學們要多吃菜，注意均衡飲食。

另外，有些同學很不小心，會把盛着食物的餐盤跌在地上，我們就要幫助他清潔及收拾，然後再次分發飯菜給他。

你們在當值時有沒有遇到難忘的事嗎?

有的同學食量很驚人，可以添上好幾次飯菜，看上去食量與身型非常不符。哈哈!

每一件事能順利完成都不容易，總得有人付出，因此，我們實在要學會感謝別人為我們的付出。同學們，下次吃飯之前，不妨向每一位午膳服務生說一聲：「謝謝你!」要學會感恩呀!

佳作欣賞

繡球花與姑姑

我家陽台種滿了不同種類的花，我最喜歡的是繡球花，因為它是我姑姑最喜歡的花。

我的姑姑是我很敬愛的一位長輩。當我做功課時，她就成為我的老師，指導我學習；當我生病時，她就仿如母親一樣無微不至地照顧我、關心我……

小時候，每當我生日，姑姑都會把我的房間用繡球花裝飾得漂漂亮亮的，一進去，香氣撲鼻而來。對我來說，更昂貴的生日禮物也比不上這份花盡心思製作的「驚喜」。我想姑姑看到我喜上眉梢的樣子，應該也是她最快樂的時刻吧！

每當姑姑出國工作，我都會跟她說：「你要安心工作，遲點回來也沒關係。」現在回想，她應該知道我當時是口不對心，只是不拆穿我吧！

話說回來，我為什麼喜歡繡球花？不只是因為姑姑喜歡，更是因為它是我與姑姑的回憶。無論她在天涯海角，我都不會忘記她對我的愛。我曾答應要好好照料她的繡球花。現在花開了，還開得很漂亮呢！如果我可以親口跟她說話，我就可以把繡球花和我的近況告訴她，我真希望姑姑在美麗的天堂可以過得快樂。 6B 吳希桐

Pupils' Works
for Appreciation

受傷的小鳥

去年，我在公園玩耍時，看見草叢裡有一隻小鳥。我走去一看，看見小鳥竟然受傷了，我馬上帶牠回家。

小鳥身軀瘦小，長着一身潔白無瑕的羽毛，有一雙圓溜溜的眼睛，一個小小的嘴巴，爪子也十分可愛。

小鳥康復後，我每天都聽見牠用響亮的聲音，吱吱喳喳地唱歌。每次一聽見，我就馬上取飼料給牠吃，獎賞牠。牠總會吃得津津有味。有時候，牠還會活躍地四處飛翔，真活潑可愛啊！

有一次，牠向着窗外的方向飛去，可是窗子已經關上，牠逃走失敗了，我頓時哈哈大笑起來。

後來，爸爸說要放牠回歸大自然生活，我依依不捨地對小鳥說：「請你不要忘記我，可以的話，多回來探望我啊！」

4B 廖啟翰

My friend in my class

4A Marcus Tam Che Fung

I have met some new friends. They are very helpful and nice. But today I will only tell you about the most helpful one.

Leo Cheung is my new friend. We are classmates this year. Leo is ten. He is about 160cm tall and weighs about 32kg. He has short and soft hair and a round face. He has a pair of small eyes and a big straight nose. His mouth is red and flat. His ears are as big as Mickey Mouse's! He is very cute and nice.

Leo likes reading books. He sometimes brings the books and reads with us. He reads books with his mom. He reads books at school or at home. He often reads books. He likes reading because it is interesting.

I am healthy now

5A Law Chi Ching

Dear Michelle,

How are you? I am happy to know you have changed your unhealthy lifestyle. I have changed my unhealthy eating habits, too because I had a terrible experience last week and I have learnt a lesson.

I did not have a balanced diet before. I ate too many sweets before dinner. Therefore, I was too full and I only ate a little bit of vegetables. My mum encouraged me to eat some chicken wings but I rejected her.

One day, I was almost late so I didn't eat breakfast and dashed to school. My PE teacher told us to run ten laps! I was very hungry and I was very exhausted.

After a few seconds, I fainted onto the ground. I could hear some of my friends shouting my name. My teacher called my mum and the ambulance to come instantly.

The doctor showed me the Food Pyramid. He told me that meat gives us protein and protein is good for our growth. My best friend, Mary, came to visit me yesterday. I can't leave the hospital for the time being.

This was really a bad experience. I have learnt the lessons and I will have a balanced diet from now on. I go skipping twice a week. Now I feel I am much healthier and stronger!

Best wishes,

JoJo