

天主教露德聖母公稚園

Our Lady of Lourdes Catholic Kindergarten



種子的故事

耶稣大哥哥很喜歡和我們講故事,其中有一個故事是這樣的:「有一個農夫去撒種子。他所撒的種子有的落在路旁, 路飛島吃掉:有的落在石頭地裡, 因為土壤不深, 被太陽曬焦了:有的落在荊棘中被窒息了:有的落在好地裡, 就賠了果實, 有一百倍的, 有六十倍的, 有三十倍的。」(瑪 | 3: 4-8)

名位家長・故事中農夫所撒的種子・其實是代表著一些的兒需要學習的

正面「價值觀」。至於能否如上述故事一樣結出豐盛的果實·那麼 則要靠家長與學校彼此的合作了。為了讓幼兒能結出百倍的果實·就讓 我們一起攜手培育他們·好使他們儘量把這些「價值觀」在日常生活中實踐出來吧!

鄭美寶校長 Miss Mabel Chang (Principal)



If Winter Has Come, Can Spring Be Far behind?

Are you enjoying the winter weather? No doubt how you answer that question will depend on two main factors, viz., what country you are from, and also the make-up of your physical constitution. If you are Filipina or Chinese, you are probably "freezing" while someone from northern Europe is strolling around very comfortable in shirtsleeves!

I'm not sure from where "If Winter has come, can Spring be far behind?" originates.

All I can say for sure is that these words have been in my mind for many years and always surface to my consciousness in the face of trials and difficulties in life. I know that if I calmly endure an unpleasant experience or encounter, there will come a respite or even a total transformation to something meaningful and even precious or beautiful. Of course,

as a Catholic, I always rely on the Dresence of Jesus and His mother Mary to help me achieve this kind of transition. There is always a seed of hope in our human heart, but we need to let it sprout and grow.

In the Bible's Old Testament, the book "Song of Songs" (ch2.,v.||) tells us: "For see, winter is past, the rains are over and gone. The flowers appear on the earth. The season of glad songs has come..."

Wait patiently until you can join in the song!

Roman Catholic Church of Hong Kong - Fr. Frank

親子Show



KI Anita

Hi, my name is Anita

Sabrina Gautama, I am

3 years old now, but

this photo was taken

when I was 2 years

old when I had just



This photo was taken in Philippines swimming pool, together with my brother, his name is Mark, We love Swimming and we enjoying A LOT. OH! By the way I'm Jack, Thanks!

K1 Jack



K1 何樂謙 Joshua
Usually, we enjoy simple family activities, such as going to the beach, reading or playing, On this occasion though, we enjoyed afternoon tea at a nice hotel, Joshua had fruit juice instead of tea and smoked salmon sandwiches were his favorite food,



K1 Darice
This is a picture of Darcie and Bronte, Darice's baby sister was born in Hong Kong on | 9th July 2006. Darice and Bronte play together and love each other very much!



come back to Hong Kong from Ottawa, Canada, That's where my Dad comes from, I was born in Hong Kong at the Matilda Hospital because my Mum is from here, I have a 13 years old brother whose name is Armando,



KI Thomas

This is a picture of Thomas Armistead's family, This was taken last month on Harry's birthday, Grandma and Grandpa were visiting Hong Kong, We had just got home after taking a really exciting ride on the cable car to Ngong Ding where we all said hello to the bia Buddha.



K3 Jose

Hi, I'm Jose in K3 and these are my two younger brothers. Marco in K2 and Dablo who is still a baby, We are both dressed up as Spiderman because it's Halloween, We had a great night out trick or treating around Lamma, We came home with lots of sweets,



K2 Ewan

We went to the Macau Grand Prix on the 18-19 November, My daddy rode a motorbike with world champions, I was very proud of my daddy, I mute the engine roar.



Susannah went to the street party in Lan Kwai Fong, She watched a play called "The Wizard of OZ". Afterwards she met the lion, I think Susannah was a little frightened,



K3 Tala

Island-Hopping! Our family took a holiday break last October with family friends, and went Island-Hopping in the Philippines.

This is a picture that shows everyone getting ready for a day under the sun, starting off with saying hi to a real-life horse! It was great fun!



K3 Ronan

Richard likes cooking egg and pancake for us, Cool! Rubin wants to be a Rock star soneday,

I. Ronan, like to draw so much.

My mun is teaching us how to sing and she lets me play with her guitar. $\label{eq:constraint}$

My dad loves playing basketball with us, We are the Fernie Family



K2 查卓鋒

孩子們遊寶澳門的 渔人碼頭時對我說: 「媽咪·我地終於 到了也士尼啦!」。



This photo shows me, my best friend Ninon, and my little brother Spike, who I love very much, at home watching TV, We were watching Spider Man, One day I want to be a super hero also!





K3 Ziara

Our is a happy family, Ziara is flanked by us in HK CLK Aerodrome Departing to Manila, She is born in HK and brought up and attended school in Manila until four. Thank God she has joined us in HK since Apr 2006 and attending Our Lady Of Lourdes Catholic Kindergarten for which we are very proud of.

緩 Fun 校園活動





肥肥 不倒 翁 Stuffed Tomatoes with Tuna



材料 Ingredients:

調味料 Seasoning:

小蕃茄 small tomatoes

石皇色(頤水浸) Tuna in brine

西芹 celery

沙律醬 salad dressing

檸檬汁 lemon juice

胡椒粉 pepper

818 8 pcs

半罐 1/2 can

2條 2 stalks

| 温匙 | tbsp

|茶匙 | tsp

少許 little bit

做法 Method:

- |. 蕃茄洗淨・去蒂・挖去部仿料。 | Rinse and stalk tomatoes. Dig out the seeds
- 2. 吞拿魚瀝去鹽水・壓成苴。

 Drain brine from Tuna. Dress tuna into paste as filling.
- 3. 西芹洗筝・切め粒。 Rinse and dice celery.
- 4. 呑拿魚和西芹加入調味料・撈匀。
 Marinate Tuna and celery with seasoning. Blend well.
- 5. 小心釀入蕃茄內・即成。 Stuff Tuna filling into hallow tomato, Serve.

小贴士 Tips:

v 出來的蕃茄籽和水・可以放回吞拿魚中 成為餡料一部份。 如小孩不喜歡・你可加少許 願自己飲用。

The tomato seeds and juice can be put into the Tuna filling. If your children don like the seeds, you can add some salt in the juice as a drink,

* 資料由 "味道Lisa" 提供

编輯小組名單 Group of Editor:

顧問 Cosultant:

鄭美寶校長 Ms Mabel Chang

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