

THE RED BRICKS

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St. Paul's Co-educational College

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Retirement and Appointment of Council Members

Professor Frederick KS Leung, member of the College Council, retired on 28 February 2019 after 22 years of service.

Mr Herbert HK Tsoi, Honorary Secretary of the College Council, retired on 31 March 2019 after 21 years of service.

The Council would like to express its deepest appreciation for their invaluable contribution and staunch support to the College over the years.

Dr Cheung Ting Kin and Ms Michelle Chow succeeded Professor Frederick KS Leung and Mr Herbert HK Tsoi as Council Member and Honorary Secretary for a three-year term effective 1 March 2019 and 1 April 2019 respectively.

Message from the Principal



As we begin this academic year, I would like to extend my warmest welcome to those who are new to the SPCC family, including new staff members and students.

This school year marks the beginning of the 3-year cycle for the new School Development Plan (2019 – 2022) where

we aim to build a better school environment for student's learning experience, character development and personal growth. Firstly, we will focus on developing our Chong Yau Pak Wan Residence Hall as a long-term boarding facility for local and international admissions, and cultivating a sense of international-mindedness in our students; secondly, we will promote a caring and supportive school climate to help students develop a positive outlook on life with mutual respect and concern for each other; and finally, we strive to enhance self-directed learning and promote students' self-reflection and motivation in learning.

Besides the direction of development for our College, next year will be the 105th anniversary of our College. As one of the oldest schools in Hong Kong, we treasure our history and we take great pride in our school's development throughout the last century. Those who celebrated the College's Centenary in 2015 may remember the heartwarming and splendid celebration events at that time. Keeping those memories in mind, we are planning a series of celebratory activities for the coming 105th anniversary. We look forward to welcoming our alumni, teachers, parents, students, and friends of St Paul's to celebrate another momentous milestone in our College's history together.

Lastly, I would like to wish all students a fruitful and successful academic year ahead.

Mr Poon Siu Chi
Principal, St. Paul's Co-educational College

校長的話



懷著感恩的心，我們迎接新的學年來臨。本年度學校優化人力資源規劃，因應學校發展的需要，新增一位副校長，重整教師團隊的架構，旨在令每一位教師都能發揮所長，成為具聖保羅素質的教師，大家上下一心，為孩子們提供最優質的教育。

本年度學校的主題是「善聽能言具自信，樂觀健康顯關懷」。

我們將會為孩子們提供多元化的學習經驗，希望他們能在學習生活中，身體力行地實踐聖保羅學生素質，善於聆聽、樂於表達，富內涵、具自信，積極樂觀地追尋身心靈健康的均衡生活，愛人如己，懂得關愛互助。

繼去年全面優化教學及評估機制後，今年，我們將聚焦校本課程的更新及優化；透過有系統的檢視，持續完善校本課程的發展，並鼓勵教師充分發揮教學的專業和創意，為學生提供具活力的課堂，讓每一個參與課堂的孩子都能夠樂在學習中。我們亦關注為有不同學習需要的學生提供適切的支援，本年度，校內成立學習支援小組，分別從身心靈健康支援和學習支援兩個方面，幫助有需要的學生更積極地投入校園生活，並獲得學習上的滿足感。

經全校教師的共同努力，去年首度推出 MASTER 綜合課程，我們喜見孩子們都能愉快有效地學習。本年度，我們進一步統整校內各項跨科學習活動，並將 STEM 元素更有機地融合在 MASTER 綜合課程中，讓學生學習在生活中發現問題，並運用所學、發揮創意，主動提出解決問題的方案，並懂得在學習過程中不斷地自我反思、自我完善，成為一個名符其實的自主學習者。

孩子的健康成長離不開緊密的家校合作。學校一貫重視家長教育，繼去年推出聖保羅家長素質，並成立家長教育組後，本年度，我們將一如既往地透過不同形式的家長講座或活動，讓家長更透徹地理解學校的辦學理念，與老師一起攜手栽培我們的幼苗，希望他們都能茁壯成長。

「如今常存的有信、有望、有愛這三樣，其中最大的是愛。」哥林多前書 13:13

我們會堅守信、望、愛的精神，用我們的愛心和專業，悉心教導我們每一個孩子，讓他們健康、快樂地成長。

梁麗美
聖保羅男女中學附屬小學校長

EXPERIENTIAL LEARNING

Rites of Passage

Historically, a rite of passage is a ceremonial event existing in all known societies that marks the passage from one social or religious status to another. In the summer, the SPCC Rites of Passage programme has taken me both forward and backward in two starkly different aspects of my life respectively.

To hike 63.2 km in four and a half days, with a backpack larger than my torso across a stretch of mountainous terrain had seemed impossible to me before we set off, and on the first morning of Expedition 3 we were joking about how we would all end up in hospital after the expedition.

The actual expedition was every bit as difficult as we had expected. Even to this moment, the memory of the weight of my expedition backpack on my spine and the monotonous squawking of ravens in the morning haunt me still. When I think about it now, I definitely would not have survived the 5 days by myself, with all my clumsiness and poor physical abilities – I owe it to our group for keeping me alive and intact during the hardest parts of the journey. I often reminisce the heartwarming moments of sharing packets of oreos amongst ourselves in 5-minute-breaktimes and lending each other a helping hand across the obstacle-filled creeks; the exhilarating moments after a 7-hour long hike, when we sprawled on the soil and congratulated each other on arriving at the campsite before dusk; and the delightful moments of hot chocolate and solving riddles under the starry Australian sky. We really worked together as a team, giving each other our mental and physical support whenever we could and doing our very best to contribute, no matter it be planning our schedule, encouraging the group or navigating.

It was only after RoP that I truly understood the meaning of the quote, “If you want to go fast, go alone; if you want to go far, go together.” RoP has taken me forward in the development of my communication and leadership skills, and I indeed learnt a lot about the importance of teamwork during the programme.

In Hong Kong, we are so occupied with our busy schedules that we usually do not have time to reflect on our past experiences and plan for the future. In the

28 days in Australia, we had countless opportunities such as the daily DEAR (Drop Everything and Reflect) times and the 2-hour solo time to consolidate our experiences in the RoP and write our findings down for future reference, so I gradually developed the habit of careful reflection before future action and got rid of my tendency to rush into tasks without a clear vision of what to do. Apart from taking me a step back to reflect on my daily activities, RoP has also given me the chance to truly appreciate how beautiful nature is (although just for 28 days). When I look at the pictures we took in Australia, I not only remember the lush greeneries and rolling rivers we had trekked through, but also the fresh smell of misty air at dawn and the comfort of a faint breeze after dusk. RoP has taught me the importance of stepping back and pausing for a moment to appreciate our surroundings, even amongst the hustle and bustle in Hong Kong.

For me, RoP marked the passage from my junior form life to my senior form life. In the face of increasing stress and responsibility, I pray that I can recall the moments of hardship and eventual triumph during the RoP, and that they can provide me with encouragement and consolation during the years to come.

4H Kinnia Cheuk



Unlike the majority of my classmates, I was not looking forward to the Rites of Passage as much as I should have been. The prospect of doing strenuous outdoor activities almost every day was enough to make any couch potato faint. Added to the fact that our precious mobile devices were pried from our loving grasps, thus brutally severing our connection with the outside world, I felt like I would never make it through the month without at least two mental breakdowns and an ugly sobbing session.

To my surprise, these sour musings took a 180-degree turn. Yes, the activities were the epitome of physical torture; yes, we all felt like keeling over to face plant in the cowpats from sheer exhaustion at some point or another, but what kept us going was the continuous support and encouragement from the duty staff, instructors and most importantly, the group. From timidly asking for names and receiving stone cold replies, to being the most tight-knit group I've ever seen. Despite the numerous setbacks (injuries, cramps, bruises in the most unlikely places after mountain biking), there was always someone hauling you back up after you had a nasty fall; always someone supporting you from behind; always multiple helping hands when you were bombarded with problems.

Successfully getting up at the crack of dawn to hike 17km at godspeed, a thousand puns and assigning new nicknames to nearly every member, to going nuts smearing paint on each other's face, these are only meagre examples of the fond moments.

"BINDA BINDA!" "SUP SUP O!"

Since RoP started till now, I am so proud to be part of Binda. Our group name "Binda" refers to deep water. Just as water with high polarity, there is a strong bonding among us.

As a physically weak person, RoP had been my nightmare for the past years. We had to walk a total of 63 km for the last expedition. In the daytime, we had to ensure that we could arrive at the campsite every day before night came. At night, there were animals like possums who took away our food. In my group, one of us was afraid of heights, but with our encouragement, he completed abseiling and leap of faith eventually. For me, I was afraid of mountain biking and I cried because I had failed to do the attack position. As I started to panic, one of my instructors shared his biking experience with me. He also told me to believe in myself and cheered me up with jokes. With his guidance and patience, I finally succeeded to perform the attack position and overcame the mountain bike obstacles.

As the batch with the greatest number of illnesses and injuries, it had not been an easy journey. I had a fever on the day of rock climbing. With my instructors and friends leaving Mary Valley, I felt lonely and depressed. Fortunately, Ms Lau was very caring. She came to my room six times that day, just to check my temperature, brought me food and comfort me. I was so grateful for that.

Even our failings have become an integral part of our collective memories, getting lost while orienteering, hearing the wails of the damned souls of hell from those who were afraid of heights while abseiling/climbing... to this day I can still recall the chilli con carne so spicy that my tongue was numb for the rest of the day when we dumped the whole packet of dubious red sauce in.

RoP is a one in a lifetime chance of living out an adventure worthy of being compared with the likes of Bilbo Baggin's quest. I can state with complete confidence that if given the chance again, a vast majority of us would seize this chance gladly.

4C Jocelyn Tsang



The most memorable experience to me would be the last campfire. With one day left before our departure, one of our instructors joined us and played the song "Perfect" with his guitar. "Baby, I'm dancing in the dark, with you between my arms... You look perfect tonight." Every one of us in Binda cried. The song was touching. It showed us the true colors of Binda. Very often, when we face people, especially those we are not familiar with, we tend to hide our emotions and may even wear a mask to cover our original expressions and thoughts. But with Binda, there is no need to do so. We have gone from complete strangers to friends we cannot live without, hence we are not afraid to show our true side to others. And by doing so, I have received support and encouragement during my downtimes.

"Life was meant for good friends and great adventures." Indeed, RoP was tough - there were times when we felt homesick, there were times when we struggled with activities. However, with mutual support, we have learnt to step out of our comfort zones. Being courageous is not only one of the SPCC student attributes, but also an attitude that we have to work on in our lives. RoP has definitely transformed me into a better person.

4B Jolie Cheung



STUDENT EXCHANGE

天津交流

當我剛踏進八年四班的時候，班上的同學都面露歡迎的微笑，以及充滿好奇的眼神。雨軒的好朋友更送給了我一份禮物，是三枝印着我名字首字母的圓珠筆，既有意義也很實用。我印象最深刻的是他們的體育課，他們需要跑大約 1200 米熱身。我向來體力不太好，但是班上的同學都鼓勵我。在他們的鼓勵下，最後我成功完成長跑。我心裏對他們充滿感激，更給了我有一種要好好練習跑步的動力。當天的晚上我們去了欣賞法國阿提斯鋼琴三重奏音樂會，悅耳的音樂環繞著整個音樂廳，讓我不知不覺陶醉在其中。

二乙 張樂晴

七天交流中，我們參與他們的學習，他們的課業壓力很大，競爭也很大，和我們的情況相比，不相伯仲。南開學生的素質很不錯，平常他們都有溫書的習慣，上課又會提早出席，也不會在課堂中吃東西，聽說他們讀書的方式是一字不漏地把書本看完背完，我以為他們只會背誦，但他們回答老師問題的時候，知卻能結合書上的理論，有條理地回答自己的見解，這是我欣賞的地方之一。今次的交流收穫滿滿。因為我從來沒有試過在外留宿，出發前還一度懷疑自己的決定，但細細回想，這一趟不可思議的旅程，將是我這輩子最精彩的回憶之一，很感謝當初的自己勇敢踏出了這一步，真的學了很多、看了很多。

二庚 吳珣翹



上海交流

最令我難忘的就是田子坊。田子坊裡有多條古色古香的小巷。來到田子坊最大的樂趣就是穿梭在充滿藝術人文的小巷弄，雜貨、服飾、酒吧、咖啡館、各式小店都各具特色。雖然遊人極多，但在人海裡穿梭，一邊觀賞小店鋪的特色，一邊品嚐着各式各樣的小吃，還真是蠻享受。田子坊的其中一樣特色令我讚嘆不已，就是坊內混雜的建築風格，有中國傳統磚木結構、西班牙式、英國城堡式、巴洛克式各種風格，彷彿把世界各地的文化融為一體。

四庚 江昕子

雖然只匆匆逗留了一個星期，我已確切感受到復旦同學的親切和熱誠，不消數節課，我已經和同學們打成一片，小休時更無所不談。還記得在某一天的下午，同學帶了我參加建築社和推理社的活動，在推理社裏，我們化身小柯南，分成小組，透過縷索破解謎團，找尋兇手。儘管放學的鈴聲快將響起，我們依然努力不懈，要解決難題才離開。平日我們可能覺得 地的學生只專注於讀書，沒有社交生活，但是，經過這一次的交流，我並沒有察覺到同學們有這問題，反而他們都十分友善，甚至令身 客人的我，也頓時融入在他們的圈子裏，感受到同學們的好客之道！

四丁 梁健洛



Playing Host

LSV students@SPCC

During this exchange, I have discovered a new way of life, that of Hong Kong people.

Indeed, I have tasted a large number of local specialties like fish ball, dim sum, noodle, pineapple bun, etc. I have visited the most famous monuments, but I have also gone where tourists do not normally go to, and I think that is why this exchange has been very rewarding, because during these three weeks I have really been living like a Hongkong girl and not like a tourist. Moreover, I have learned so much more about this culture which is so different from my own, and also about the history of this big city. I can even say that now, I know how to eat with chopsticks while it was not a sure thing initially. For all that, I thank of course the school for allowing this exchange but mainly my amazing host family who introduced me to all those things.

Julie Besnard



Going Abroad

Lycée Saint-Vincent

Looking back at the photos of us riding horses, visiting the Louvre and posing next to the Eiffel Tower, the memories of our exchange trip to France flash through my mind – it was such an unforgettable and life-changing experience.

As it was my first time joining an exchange programme, I was frankly quite worried. However, all my concerns were unfounded: upon my arrival, I found the locals to be welcoming and friendly. The students in Lycée Saint Vincent were very keen on helping me to blend into their school life. As I gradually eased to it, I noticed a lot of differences between SPCC and their school. Despite being in a more relaxing and less stressful studying environment, they are very enthusiastic about learning, and devote much time and effort into it. My buddy, for example, spends a lot of her afterschool time on schoolwork and is always prepared for every lesson.

Although the excursions to Paris and nearby towns were no less exciting, to me, what made this experience enriching was that it provided an unique insight into the French culture, not only by studying it but by living the life of it. We learned to appreciate other culture and bonded with people around the world. All in all, this exchange trip to France is absolutely a memory worth reminiscing.

4H Angela Wang

Going to Lycée Saint-Vincent was definitely a once in a lifetime experience for the three of us. Upon our arrival, we were greeted with a warm welcome by our French buddies. During our stay, we needed to attend their lessons at school, where we met difficulties in understanding the lessons, since we barely know French and most of their lessons were taught in French. Luckily, we were given a special timetable which consisted of lessons all taught in English, so we could understand the lessons better.

My host family was very nice and welcoming. They brought me out to visit many different special places such as Chantilly and Fontainebleau. Chantilly is a small town which is famous for horses. There is a horse museum and visitors can watch horse shows. There is also a castle. It is not an extremely big castle, but it is definitely an overwhelming one. We also visited Disneyland Paris, which was also one of the highlights of our trip. Unlike Hong

Kong Disneyland, there are two parks in the Disney Resort there. My host family even brought me to a short airplane tour over Fontainebleau, which was absolutely a special event for me.

Overall, I enjoyed this trip very much and would want to go there again. The people, neighbourhood, places, food, etc. were so different from those in Hong Kong, and this study trip was certainly rewarding for me as I got to learn a lot about the culture of France.

3G Au Man Yan

The three-week experience in France is definitely one of those times that we would never forget. At school, although most lessons were in French, and there might be language barriers with the other classmates, we had a really great time as the classmates were all very nice.

At home, my host family was very friendly and they tried their best to speak English for most of the time. Meals at home allowed me to taste typical French food, for example, croissant, mousse chocolat, crepe, etc. Students at LSV mostly have lunch provided by the school. They call the cafeteria "self", probably because it works a bit like a buffet, and students help themselves. From the "self", I have also tried several French traditional dishes, like semoule, croque monsieur and many more.

Overall, in this trip, I really gained a better understanding of the French culture and I am grateful for all the hospitality, without which this trip would not have been as fruitful.

3A Daphne Chan



Westville Boys' High School

"Africa – a vibrant place of wilderness and culture."

My trip to Westville Boys' High School (WBHS) as an exchange student has dramatically changed my perceptions of Africa. It is true that certain parts of Africa are places of impoverishment and underdevelopment, but undoubtedly, South Africa is a place with vibrant culture where mother nature flourishes in its own way.

WBHS is located in Durban, the 3rd largest city in South Africa. It is a school which puts great emphasis on sports and they excel in different sports such as rugby and cricket. WBHS sports teams often win in matches against other high schools, just as our glorious music teams here in SPCC. Besides, WBHS students are very friendly. I engaged in conversations with them quickly on my first day at WBHS and I brimmed with enthusiasm for the enjoyable days ahead.

South Africa is lucky to have fabulous wildlife and I have visited the Hluhluwe Imfolozi Game Reserve in Kwazulu-Natal, and the scene was picturesque! You can see elephants, buffaloes, rhinos, giraffes – you name it! Wild animals roam freely in the park. The trip offered me a pleasant break from the chaotic schedule at school, while the beautiful sunset scenery offered me a keepsake for this memorable journey.

Fact time - South Africa actually has the largest Indian population (outside of India). One of the most memorable parts of my trip was a visit to a local Indian community organized by WBHS. Houses are primitive and their living environment is very different from that of the middle-class families. I think there are still many racial and ethnic nuances, but all South Africans are fed by the sun and their smiles are as broad as the sky – at least this was

how I felt when I was there.

Despite the fact that there is a huge wealth gap between the rich and the poor in South Africa, the country is the largest diamond exporter in the whole world! Even though I didn't buy any diamond, I had an interesting and extremely fruitful trip in South Africa. I would encourage you to go to South Africa and experience their vibrant culture by yourself.

Last but not least, I would like to express the most sincere gratitude to my host parents and buddy, Mr and Mrs Simpkins and Oliver. They have made my trip a safe, enjoyable and rewarding one. I am sure the beautiful memories will always be cherished by me.

3E Julius Ho



Anglo-Chinese School (Independent) Immersion Programme

I am privileged to visit Anglo-Chinese School (Independent), a prestigious IB school in Singapore during the summer holiday. The trip is indeed eye-opening - it not only deepens my understanding towards the cultural diversity in Singapore, but also exposes myself to the Singaporean education system, which facilitates me to reflect on the strengths and weaknesses of Singapore and Hong Kong.

Singaporean residents are from a variety of countries, but there are no racial barriers or hierarchy. People regard one another equally as "Singaporean", while they also treasure and respect the cultural and language differences amongst their original nationalities. This can be revealed by the way they recite their national pledge, which they would recite in Chinese, English, Tamil and Malay respectively, the four official languages in Singapore.

The learning atmosphere in ACS(I) was, to my surprise, relaxing. Students can put their phones in visible places during lessons or even use them when there is a need, without annoying others. Discipline is seemingly not very really strict in the school. However, the students are conscious of the repercussions of their behaviors and the bottom line. They understand the expectation of the school, and would not deviate from it; based on such mutual respect, the school is comfortable in entitling them great freedom.

Generally, the life in ACS(I) is not purely academically-oriented. All students have to engage in one or more extra-curricular activities, and preferably to obtain outstanding results. Nevertheless, they also face intense exam pressure when the exam is approaching, and study really hard to strive for excellent results. Overall, this week of exchange was a rewarding experience for us!

4H Wong Yeuk Lam



In mid-July, the six of us set off for our exchange to Anglo-Chinese School (Independent) in Singapore. The school campus is very large, and there are the junior and senior, as well as the local and IB sections. My exchange buddy Minyi introduced me to her classmates. They came from different countries such as China, Korea, Germany, and even Myanmar. Despite the differences in nationalities, they were all very friendly and welcoming. Their after school activities were also fabulous. They have a rugby team and even a canoeing team. As an IB school, all the students fully understand the importance of different IB assessments such as the internal assessments of different subjects. The students in my class all took Mathematics, Physics and Economics at higher level,

and the courses were very demanding. They were all very devoted in learning, and they always asked follow up questions after every class. After attending their classes, I realized that studying is always very challenging for everyone, however, there's no shortcut. If you want great achievements in academics, you have to put in enough effort and be passionate in learning. The situation applies to our school as well, since our school is also an extremely competitive place. The exchange programme is a blast, and everyone who attends it will surely learn a lot. I highly recommend the upcoming F4 students to join this meaningful exchange immersion programme next summer.

4G Megan Kong

Local exchange with St Stephen's College

The exchange programme to St Stephen's College in Stanley was every bit as exciting and rewarding as we had expected – after all, it is not every day that you get to have PE lessons on a grassy field; it is not every day that you get to meet an amazing group of people; and it is not every day that you get to experience life in a different school.

Stepping into the College on the very first day, I was taken aback by the sheer size of the campus. The College consists of numerous buildings, not to mention the chapel, the library, the heritage gallery and the “big field”, a sports ground situated in their campus.

During the three days at SSC, we not only had the opportunity to meet new friends, but we also got to experience the lessons. The students there were exceptionally friendly, and we found ourselves immediately bonding over common interests and making plans about what to eat after a long school day. The lessons at St Stephen's were extremely light-hearted and full of interaction between the students and the teachers, creating a stimulating learning environment. One lesson that particularly stuck out to me was the “Study Skills” lesson, where students received individual guidance from teachers pertaining to their university applications and subject combinations. Academics aside, much like SPCC, St Stephen's College takes music very seriously, and we even got to watch a singing competition among the form one classes, which was extremely memorable.

I hope that there will be more similar opportunities for our schoolmates in the future!

4H Clare Wong

Having hoped for local exchange programmes in SPCC for several years, I am honoured and delighted to be given this first ever opportunity to exchange with students in St Stephen's College for three days in April in both campuses reciprocally.

While SPCC and SSC are similar in many ways, with both being co-educational schools offering both the HKDSE and IBDP curricula, how lessons are conducted is in fact rather diverse in terms of integration of technology into teaching. This contrast induced discussion among our buddies and us, leading us to reflect upon how e-learning facilitates our learning.

Moreover, being the Head Prefect of SPCC, I was curious to know about the work of Prefect Boards in other schools and was fortunately allowed to accompany my buddy in his daily duties. It completely astonished me when I was told that the Board in SSC is only led by two Head Prefects, in contrast to the joint leadership of two Head Prefects and six Councillors in SPCC. Nonetheless, quality work is no doubt carried out with uniform checks performed rigorously on a daily basis and classroom patrols done even in recesses. This exposure was eye-opening and offered me new insights to further enhance our work.

To conclude, this is definitely one of my most rewarding and unforgettable experiences throughout the years in SPCC and I truly anticipate similar activities to be held in the future with more local schools. Many thanks to all, especially the Student Union, which has made this programme possible!

5D Woody Lam



Leadership Training for Junior Students

"Coming together is a beginning, staying together is progress, and working together is success." – Henry Ford

On the first day of the In-house Leadership Training Programme for F2 students in April, we came together, barely knowing each other. Two days later, we had all developed a strong bonding among peers. We had communicated, cooperated and collaborated with success, and I think the most important lesson I learnt was that a confident leader stems from a trusting, supportive team.

Over the two days of leadership training, we were met with all kinds of obstacles and challenges, and we were encouraged to step out of our comfort zone. However, the activities proved to be enjoyable, and I will never forget the tastes of satisfaction as our group finally accomplished the missions and overcame the hurdles.

One of the most memorable experiences was when we had to pass a "reflex ball" around members of the group and each member could only catch and throw the ball once. It sounded so much easier than done. Our group started off well, but then when we got to the crucial point, we missed. This soon became quite frustrating when we knew we were so close to success. Nevertheless, we did not complain and blame each other, but instead supported and encouraged our teammates. When we finally succeeded, we were all brimming with delight. This activity taught me that teamwork is crucial to success and if the team is motivated and improving, success will come.

There are so much more that I want to share, such as the rope course, the exploration activity... but I'll wrap up with another quote:

"Never doubt that a small group of thoughtful, committed people can change the world. Indeed. it is the only thing that ever has." -- Margaret Mead

When you tell 30 students who barely know each other to work together, you do not expect much. But over these two days of the leadership training, we proved that with a common goal, cooperation is universal. Memories were made, and they have brought us all a little bit closer.

Trust among teammates was essential over the course of these two days. In the rope course, our lives were literally in each other's hands, seeing that we were the ones securing the safety harness. If we had not learnt to put faith in others, we would have never succeeded in completing the challenge - we would have been too worried about falling instead of climbing to the top. Taking risks can be daunting, but by trusting our teammates, we are free to step out of our comfort zone.

Everyone has different strengths, and this is an advantage to the wide variety of tasks, whether physical or intellectual, in the programme. We all take turns, being the leader in areas where we excel, and learning from others when stepping into new territory, where we trust their knowledge more than our own. Each individual has varying talents, and while we are capable alone, combining them with teamwork unlocks our full potential.

True to its name, this programme doesn't just create leaders out of students – it trains them. The heart of a leader can be found in everyone, and it is experiences like these that bring out the best in us.

2G Jasmine Yiu

2G Nathan Ng



Leadership Training for Senior Students

Having joined the SPCC In-house Leadership Programme for Senior Student last year, I had the honour to take part in the programme again as a helper. I had mixed feelings when taking up the role as a mentor for Form 4 participants as I was guiding them through team building activities, prompting them to unleash their potential as student leaders. I could still vividly remember that exactly a year ago, I was one of the participants joining the programme, trying to rack my brains to solve the tasks I was given and at the same time, amazed by how experienced and knowledgeable the helpers then were. Yet in the blink of an eye, I was taking up their posts and was sharing with the participants my experiences gained over the past year as the Head Prefect.

It was heartening to see how this programme has continued to nurture our schools' future leaders of different student bodies. Not only did participants, who will eventually take up important roles in various teams, clubs and societies, get the chance to mingle with each other, but they also had the valuable opportunity to equip themselves with essential soft skills that will help them excel in their posts next year. As a helper, I was glad to be able to pass down relevant experiences and insights to the participants so that they may be more well-prepared for the year ahead.

All in all, this programme acted as a bridge for the incumbent and prospective student leaders to connect and was a springboard for success in the participants' future undertakings. With their incredible talents and immeasurable potential, I am certain that the new student leaders will take SPCC to new heights.

5B Tiffany Wu

Leadership is a diverse art that involves making important decisions and balancing different interests, but above all it is immensely personal. The leadership training programme led by experienced coaches, and our very own teachers and student-helpers was exactly that, a vibrant cocktail of practical skills, core principles, and immersive discussions where our personal encounters with leadership were shared. After each day's end, I took to heart the important lessons about leadership, such as how to effectively plan activities for people to learn useful concepts about themselves and cooperation, how to initiate and run a productive sharing session, and how to be an observant member of a group who takes into account all opinions and takes care of everyone's goals to the best of my ability. Besides these broad lessons, I also grew a great deal from hearing about the experiences of my seniors, whose talent and drive brought them on a plethora of leadership journeys throughout their time in our school. Their observations and takeaways from those experiences became our inspirations to improve. Above all, I learned that many of my peers around me have in them the passion and potential to be great leaders, which is amazingly promising for the work we will inevitably embark on together in the future.

4G Ryan Baum



Prefects' Leadership Training – The Journey of Self-discovery

"Understanding yourself deeply is the only permanent solution to all your problems."

- Shivani

On the first day of the in-house Prefect Training, we focused on self-discovery and getting a sense of who we really are, before we delved into team-building activities held on the second day.

The Enneagram helps us understand our own personalities. We were astonished to find that the eight new Heads belong to different types: achievers, peacemakers, individualists... While such diversity might present some inherent issues, you can rest assured that the eight of us will complement each other to serve the school community in an all-embracing manner. In this case, one plus one is definitely more than two.

The process of preparing the games for the training was a voyage of self-discovery. Starting from having no idea what our game would be, we successfully developed a fully-fledged scavenger



Filled with engaging and enlightening activities, the Prefects' Leadership Training was certainly a memorable experience. The programme equipped us with the essential skills needed to take on leadership roles in school, and prepared us to tackle the challenges we face in the new academic year ahead.

The highlight of the programme was definitely the game "Communication Code". Each Prefect was assigned a role and given instructions regarding who he or she could communicate with in the group, with "postmen" helping to deliver the written messages. As the game progressed, we gradually began to realize what our mission was, and to understand how our positions complemented each other to facilitate effective communication.

hunt for our prefects to take part in. In the process, all eight of us came to understand the importance of being creative, proactive, and communicative efficaciously with each other, and not to let the fear of failure hinder us from trying new things.

I hope all members in the Prefect Board get a real sense of camaraderie among the team in knowing that we serve the School as one. After all, we are servant leaders who wishfully cultivate a culture of trust.

5H Luk Tian Nan Gabrielle



An interesting and unique experience, this activity allowed us to appreciate the significance of each role in the team, and to learn how to minimize frustration and misunderstanding with clear instructions.

"Trust Ladder" was another activity that challenged us both mentally and physically. The thought of walking on the "ladder", which consisted of metal bars held by the Prefects, seemed daunting at first, but we all trusted our teammates who gripped the bars without fail. This was how we built trust in our team, and consequently active cooperation was fully demonstrated.

By sharpening our skills and nurturing a sense of community, the two fruitful days of training has enabled us to lead with confidence. I look forward to applying the lessons learnt to serve the school in the coming year.

5B Chong Yan Yu

Thailand International MUN

As a MUN club member with prior experience, participating in a local Model United Nations conference may not be a huge challenge for me. Yet going abroad to participate in an international MUN conference with delegates from all over the world, that was a different matter. ThaiMUN was definitely a challenging yet unforgettable journey for me. Throughout the conference, I brandished my MUN skills, fit in with different cultures, and strengthened bonds with my friends.

My experience in the United Kingdom Parliamentary Council was an eye-opener. It was relatively informal, and delegates were granted more freedom and open debate. We debated aggressively on the Novichok nerve agent crisis and had heated conversations on the topic of Brexit. At first, I was not familiar with the format in which the council was conducted. However after I became accustomed to the deafening "ayes" and "nays" of Members of Parliament, the frequent banging of tables and gables and the house speaker shouting for order, I found myself in love with the council. My improvisation and thinking were put to the test as I had to fend off questions and rebuttals without any preparation



time. I was stunned by the dedication and engagement of the delegates, and the engaging style of speech was different from MUN conferences I have experienced in Hong Kong.

What makes ThaiMUN stand out from other MUN conferences? To me, it has to be the combination of the multicultural environment, the mixture of speaking styles, and the strong bonds between delegates that shape the conference into a truly fruitful experience.

2F Nathan Ng

Being the advocates for Russia in the International Court of Justice, Vera and I were fighting one of the most controversial international cases in recent times, the Russian intervention in Ukraine. We initially found it hard to vindicate ourselves from the violations we had been accused of, because even the media was predominantly against our stance. Other countries attacked us from many different angles, putting us in a vulnerable position as we had few positions to defend ourselves with. We were overwhelmed with anxiousness every time we settled into our seats as every judge raised their placards to fire away tough questions whenever we spoke, and we felt intimidated as we scrambled to come up with a strong rebuttal. However, with sufficient research and assuring looks from our teammates, we managed to overcome our fears and speak with confidence throughout the conference.

ThaiMUN was a gratifying experience for us. Being challenged in a multinational environment for the first time in a MUN conference and seeing a mix of debating styles, there was much to take home from this rewarding experience. How delegates spoke with commitment and passion, fighting for what they thought was right and influencing those around them was truly an eye-opening experience.

2A Kristen Poon

The International Court of Justice, also known as ICJ, is the principal judicial organ of the United Nations. The court's role is to settle, under international law, legal disputes submitted to it by countries and to give advice on legal questions. As for our experience in the ICJ at ThaiMUN, both Kristen and I played

the role of the respondents of Russia. In this case, we were to justify our innocence, as the applicants of Ukraine had submitted claims of Russia violating international conventions concerning the financing of terrorism and racial discrimination in their country.

Even though it was quite difficult for us at first, we eventually managed to find explanations to persuade the court of our position that acquitted us from being held guilty by the end of the conference. It was no doubt an edifying experience for us. Other than practicing our debating skills, we were able to become more proficient in the skills of researching information to justify our stance. We now have a better appreciation of the importance of good research as the base of fruitful debate.

ThaiMUN has brought us new experiences in other aspects; we managed to uncover more about Thailand's culture and formed new friendships. Even though the role we played in our conference was deliberately made to be opposed by other delegates, that did not stop us from socialising with them or learning from one another. What moulded ThaiMUN into such a remarkable experience for us would unmistakably be the diversity of speaking styles and culture.

2E Vera Chuang

Xinjiang Study Trip

One of the places we visited during the trip is the Flaming Mountains. Just like the name of the mountains, it is extremely hot. It's also one of the hottest places in the world. When we arrived, the temperature was 79 degrees Celsius. We could feel the heat under our shoes and our clothes were soaked with sweat after walking for only a few seconds!

According to the famous Chinese fiction Journey to the West, the mountains are always hot because the Monkey King knocked over a kiln and caused embers to fall from heaven to where the Flaming Mountains are now.

All of us tried the eggs that were cooked in the hot sand, and they tasted really good. Some of us even rode the camels. It was a fun and enjoyable ride as we could enjoy the stunning view of the mountains while sitting comfortably. There were also many statues, such as the Monkey King and Tang San Zang from Journey to the West. We spent quite a lot of time taking photos with them.

It was an unforgettable and meaningful trip for all of us. We are really happy to be part of this trip.

4B Cheng Tsz Hin



One of the highlights of the trip is teaching primary school students at a summer camp.

We taught two 3-hour sessions on each of the three consecutive days. Our students came from all over the country and had varied English levels. Nevertheless, they were all attentive and passionate in class. They shouted out their answers enthusiastically and were engaged in every class activity.

Apart from playing the role of a teacher, we were also friends to the children. We played games with them in the corridor and raced through the campus during recesses. Through chatting with the children, we not only got closer with them, but also gained better insights into their language and culture. Although we were there to teach, we had learnt a lot from the students there. They prompted us to always be positive and joyful. We could see how happy they were through their laughter and smiling faces. They also taught us not to be afraid or step back when learning something new. Any obstacles can be overcome with persistence.

The trip was both fun and rewarding. I am really glad I could be a part of this wonderful experience, and I will definitely cherish this unique journey.

4A Li Nok Yi



LANGUAGE & CULTURE

English Debating Team

"Your 3 minutes prep time starts... now." ... "the motion for this round is"...

These moments are some of the most nerve-wracking moments as a debater and public speaker. As a junior member of the English Debate Team, I had the privilege of joining various debate competitions and the Junior Individuals Public Speaking competition.

From being a newbie in the team to gradually learning how to rebut arguments and deliver constructive speeches, I grew out of my comfort zone. In those JSDC and SSDC rounds, I thoroughly enjoyed the intensive lunchtimes preparing our team cases, and finally, the exhilarating moment where we delivered our logical arguments.

Throughout my journey in the EDT, my most memorable moment was during Junior Individuals Public Speaking competition, along with Isaac Lo (3G) and Ella Chau (3G). From being the "novice" to winning the Impromptu category and ranking 7th overall, I

As I got up from my seat in a daze slowly making my way to the stage to receive the Paul Holleley Award during the Worlds Individual Debating and Public Speaking Competition 2019 held in Toronto, a wave of emotions struck me - joy, gratitude, disbelief.

This was my second time representing HK in this competition. Compared to the previous one, the results were much more encouraging, which could be a sign of all the effort I had put in, all the hours spent trying to get the voices right for my interpretative reading, all the days pacing my room memorizing my persuasive speech, and all the weeks competing in various impromptu speaking and debate tournaments to further hone my skills. Even without the award, the entire experience in itself, from HK team selection to training to the actual event, was a prize in and of itself. The opportunity for growth and cultural exposure is unlike that provided by any other competition I have participated in and chances such as these do not come by often.

Artist-in-Residence

In April and May, we attended workshops given by Mr Bill McQueen, a renowned filmmaker and content creator. We learned the basics of film making such as storyboard, filming techniques (angles, lighting etc.) and much more. After the brief but informative workshops by Mr McQueen, we filmed a documentary. Throughout the process, we had to come up with our own ideas and themes, with Mr McQueen giving us suggestions and constructive criticism. We then had to type out the script and storyboard, taking everything, including camera angle, shooting location, visual impact etc. into consideration. We also had to search images online to help a producer visualize our script and concept, and to help with the filming process.

During the actual day of filming, it was pouring with rain but we still managed to get some good footage. Then we had two days to select our best footage, create voiceovers and intricately edit our film together to form a captivating and clear documentary.

benefited a lot from this challenging yet fruitful experience. During the training sessions, I refined my skills while polishing my speech, but in the end, it all boils down to being able to captivate the audience into your performance and your level of confidence.

All in all, it has definitely been a memorable experience. I would also like to give thanks to my EDT teammates, the seniors who trained us, and of course, our TICs.

2E Isabelle Ho



In this day and age, it is of ever-increasing importance that we recognize our role as global citizens, not to mention the importance of communication and persuasion, all of which can be obtained from this unique experience.

5H Christian Suen



The process of filming and editing itself was very frustrating at times as there were multiple problems to be addressed simultaneously. We had to retake some shots many times, sometimes because the angle/ lighting was not quite correct, and sometimes because a passerby walked into the frame. These problems often cropped up as we were filming on the streets and therefore there were many uncontrollable and unpredictable variables to contend with.

During the editing process, we had to match our various audio files with the footage to form a smooth narrative. The editors had to be both precise and patient.

The final fruits of our labor and the skills and knowledge we had learned along the way was worth all the retakes and the long hours of editing and we would like to thank everyone who had made this possible.

4H Wan Nga Lau, Elsa

Food Culture

From Asian delicacies to European dishes, I've always found different food cultures fascinating.

I took part in our school's Food Fair, *Food That Reminds Us of Home* on May 17, in addition to the visits to the Tao Heung Museum of Food Culture and Kam Wah Café one week prior. While it was wonderful to taste different dishes from around the world, including creamy egg tarts, spicy Korean tteokbokki, kimchi and hachis parmentier, the visit to the traditional *bingsutt* and the Food Museum in Fo Tan was absolutely eye-opening.

Did you know why the Chinese leave the teapot lid half open when they want it refilled? It all goes back to the story about a Chinese nobleman who let his bird out of its cage during lunch. Unnoticed by others, the bird plopped itself into an empty teapot, only to be killed by scalding hot water.

During the tour, we learnt about the origins and stories of several foods, as well as the eating customs in Hong Kong, such as local favourite dai pai dongs, fancy Western three-course meals in the 1950s, and the now banned Manchu Han Imperial Feast. Having been a British colony until 1997, Hong Kong's local dishes are the perfect blend of "East meets West", which has drastically changed over the years as she develops into the international financial centre she is today. I thoroughly enjoyed the trip to the museum, as it not only showed tons of authentic, vintage props from the past, but also led us to dive deeper into the history of the local dishes I thought I knew well.

I strongly recommend that you visit Kam Wah Café in Mongkok. This *bingsutt* has been perfecting their pineapple buns since 1972, finally achieving the golden ratio for bun to butter, and I am sure you'll find their signature dish mouth-watering.

I believe that it is crucial for one to learn about the food cultures of different lands, as it promotes a sense of identity and acceptance to other customs in this diverse and globalized world. As American celebrity chef, Emeril Lagasse once remarked, "Food is very representative of a city's culture. In order to really get to know a place and the people, you've got to eat the food."

4D Wong Hoi Ching Vicki



German and Arabic Fun

The Hors d'oeuvre programme is not just an ordinary foreign language class; it also exposes us to different cultures.

One of the most interesting sessions in this programme is the German and Arabic Fun, which was organized by the Language and Culture Core Group on 2 February. The activity began with a German workshop where Dr Chong Li and her German students from the University of Hong Kong provided us with sharing and games. For instance, they introduced some scenic wonders in Germany, as well as the origins of some German snacks. The most unforgettable part was the Chicken Dance – a tradition in the country. At first, I was so shy that I just stayed in my seat to watch the guests dance, but then they invited us and I finally joined them. Although the dance moves may seem quite silly, I could imagine the joy the Germans have when dancing together.

Next came the food-tasting session where we tasted the German food first. There were sausage platters, pork knuckles and cheese dumplings. They were all tasty and very filling. We tried the food brought by our Arabic teacher, Ms Leila Karchoud as well. We tasted home-made sauces with vegetables and chicken and also desserts such as dried dates stuffed with cheese and almonds.



Though I was less familiar with Arab dishes, surprisingly, they were just as delicious as the German ones.

Afterwards, Ms Leila shared about Arabic costumes and music with us. Seeing her dance along with the upbeat music, I could feel how much fun Arab people have in a party. At the end, Ms Leila was very kind and gave us some keychains which reflected Arab culture as souvenirs.

Despite their differences, cultures over the world are equally fascinating. From the whole programme, I have learnt more about foreign cultures, but most importantly, I have learnt to respect and appreciate them.

1F Ng Shuk Hei

SciPOP Contest

Science is a fundamental force that moves societies forward. However, many view science as a field limited to few of the society's elites, tending to distance themselves from exploring and actively engaging in science. The SciPOP contest aimed to introduce new innovations to those around us, explaining the science behind them and establish a bridge between the public and science. Our topic is a technology still in its infancy, the quantum dots solar window. We focused on demonstrating the accessibility of topics as deep as nanoscience and quantum mechanics through introducing the synthesis of quantum dots through boiling citric acid, a very common acid, while also utilizing drama to convey deep concepts in a simple and interactive way.

After being crowned champion, we were invited to join the Young Scientist Study Tour where we went to Singapore, and little did we imagine that in these 5 days we would be fascinated by the efforts that people have put into Singapore's technological development and environmental conservation. Just to name a few, we visited the iconic Gardens by the Bay where the diverse species of plants are conserved, the famous Nanyang Technological University where we were introduced to the in-depth research done on autonomous driving systems and the development of the 3D-printing industry and the Singapore Science Centre where we had loads of fun running around and watching a close-up fire tornado show. The trip was a perfect fusion of knowledge and fun, and we truly bonded even more throughout the trip.

As we were introduced to more innovative and at the same time mind-blowing technologies, we were not only filled with admiration for such advanced technologies, but also excited to see the day when these technologies can be implemented into our daily lives to come.

4I Fan Chung Yeun, Luo Steven Tin Sui,
Yu JunWen, Wan Tsz Kiu Iman



Unlike any other competitions which are merely tests or quizzes, the SciPoP competition was surely one fascinating experience to us as it was a public presentation. The rationale behind SciPoP, a demonstration contest, is to popularise some lesser known scientific discoveries and technology using simplified analogies and easier-to-get examples in a clear and logical manner. The preparation process was rather strenuous as it did not only require our efforts in research on our topic – microplastic, but also our creativity to turn our scientific findings into an attractive drama, incorporating the complicated knowledge. We are very honoured to be awarded first runner-up in this competition and were given the opportunity to join the Young Scientist Study Tour to Singapore to look at cutting-edge technologies in July.

During our 5-day study tour to Singapore, we participated in several activities based on the theme Sustainability and Technology. We attended two DIY workshops held by Home-Fix and Terra SG, in which we used woodworking tools to make a mobile phone holder and upcycled vinyl banners into name card case respectively. We also visited the Singapore Science Centre and made a drone in a STEM workshop held by the centre on the fourth day. Visiting Nanyang Technological University was the highlight of the study tour. We were fortunate to see the autonomous vehicles NTU researchers developed and attended a lecture on the topic. We also visited the 3D printing centre and checked out some astonishing printing technology, making a wide variety of products including airplane parts and decorations.

Throughout the whole study tour, we have gained an insight into new technologies and met new friends from other local schools. It was a valuable and rewarding experience for all of us, and aroused our interest in science at the same time.

Quoting from Terra SG, 'small acts, when multiplied by millions of people, can transform the world', through popularising scientific knowledge and the importance of it, we can all join hands to save the Earth and advance the human race to a new era with sustainable technology.

5A Lam Pui Chung, 5B Chung Kwun Hang Henry,
5D Seet Kwong Yan,
5E Chan Alexander Chun Lok



Budding Scientists Award

As a part of the competition, we were asked to interview a local scientist and write a report about it. So we decided to interview Dr Larry Baum, an Honorary Associate Professor in the Department of Psychiatry at HKU.

The interview allowed us to gain valuable insight into how Dr Baum deals with failure. Dr Baum accepted that failure was inevitable in his journey towards success. Incorporating that into our lives, a lot of negative thoughts after rejection or unfortunate events can have less of an impact. However, we must recognize the need to ask the correct questions to reflect and improve on our work. Such as, if results after certain competitions are not satisfactory, we need to reflect on what has gone astray, just like what Dr Baum does in his work. Through continuous repetition of this process, success will come one day. A humble heart that does not repress self-efficacy is also required to advance when others cannot, such as in Dr Baum's experiences of writing proposals, where he had to request help from other professors while demonstrating his skills in psychiatry. Therefore, in this stage of learning as students, we should have an open heart to grasp concepts in contrasting aspects and face negative feedback with constant improvement.

Every day we are forced to make choices even though we don't know what will happen in the future. Our interview with Dr Baum has taught us that to succeed, we sometimes must take risks and explore opportunities. Sometimes misfortune truly is a blessing in disguise.

We have learnt that perseverance and staying true to our original motivations are very important. Coupled with an open and creative mind, a positive view towards rejection and failure, while continuously improving ourselves, the chances of success are increased tremendously. In times of opportunity, we must not be clouded by conservative judgement but embrace new thoughts and ideas.

3A Chan Chun Sing Jason, 3E So Long Hei Anson



The main body of the Hong Kong Budding Scientists Competition is about coming up with a solution to a real-world problem - ours being extracting chemicals from wood to produce eco-friendly sunscreens.

The entirety of the competition enlightened us about the nature of science to a degree much higher than the school-based syllabus. Besides a sound theoretical base and strong reasoning skills, our creativity, communication, adaptation and promotion skills were also essential throughout the process. For example, coming up with a significant problem that could be solved with a scientific solution was one of the most challenging parts of the process, while promoting and explaining our project to people with various levels of understanding was not easy too.

One thing that we treasure most is the opportunity to plan, conduct and review experiments independently. As constructing a firm argument from experiments was of utmost importance, we faced numerous pitfalls and unexpected difficulties in defending the legitimacy of designs, establishing a strong connection between theories and practicals, and the general process of running experiments.

If you are an aspiring scientist, we would highly recommend this competition to you as this is a great chance for you to endeavour on a deeper scale into science. We would also like to highlight the importance of all the teachers and senior students who have helped us. We thank them for their helping hand, which has been crucial all along our journey.

3F Chiu Cheuk Man, 3F Wong Man Ying,
3G Chan Hoi Wun Cari



First International Artificial Intelligence Fair

It is a great honour for the four of us to represent Hong Kong in the 1st International Artificial Intelligence Fair held by SenseTime. While the judges and visitors have no doubt offered us valuable insights on the potential fields of applications of our various models, and even directions for future research, the interaction with teams from other countries was equally inspiring. Our interactions with the international teams not only exposed us to their intelligently designed deep learning networks architectures, but also the diverse worldview and perspective that motivated them to investigate their respective topics, and we were genuinely impressed by their works.

Memorable presentations done by SenseTime were also eye-openers to the four of us, showing us all the creative and useful

applications of artificial intelligence produced by the unicorn company. Being one of the largest AI algorithm providers in the world, SenseTime's products using computer vision have showed us how AI could really shape the future society, assisting the daily lives of people in various ways.

This experience fuelled us with new insights and motivated us to further improve our lip reading neural networks by promoting it to a sentence level lip reading model. We are deeply inspired to continue our exploration with artificial intelligence to tackle more intriguing issues in society.

5D Lam Cheuk Wang, 4I Yau Cheuk Hang Samuel

The CUHK SenseTime Secondary School Students AI Competition

After joining the International AI Fair held in Beijing, we were invited to join the AI competition for local secondary schools, co-organised by CUHK Engineering and SenseTime. Reflecting on our previous works, we came up with two progressing directions to improve the quality of our artificial intelligence model. We could either expand the current dataset with more video samples or we could amend the current model architectures to improve the accuracy. Data collection is time consuming, and with the limited time we had, improving our current best model architecture became our main focus. In the end, this leads to our creative bilinear network, which improves the classification accuracies by a pleasing margin. By combining the two best models we had previously, which uses raw data and preprocessed data simultaneously, the bilinear model integrates the advantages of both of the original networks and performs outstandingly.

Judges from CUHK and Sensetime gave us valuable feedback, pointing out not only technical improvements that could be made but also potential directions of the project that we had previously overlooked.

Besides the awards and opportunities that have made our research project a valuable and meaningful experience, it is the opportunity to see talented students with their creative ideas that has truly made our year-long work worthwhile. Seeing various projects ranging from weather forecasting to life-planning, and to even devices that can help the blind, this experience has opened our minds to the unlimited possibilities of artificial intelligence and the promising future of a smart society.

The innovation, intelligence, and dreams of students from different schools have motivated us to work even harder in the future, and we are excited to see how technology will improve our society's future.

5D Chu Tsz Chun Julian, 4I Luo Steven Tin Sui



Mathematics Creative Problem Solving Competition

Winning in the Hong Kong Mathematics Creative Problem Solving Competition is not only a great joy, but also a precious experience. Unlike other answer-only mathematics competitions, the questions lead and guide us to an in-depth investigation in a problem. Such a unique format caused us to be both thrilled and anxious at the same time.

In the Final Event this year, the questions about statistics were really inspiring and intriguing. For example, one problem challenged us using different methods to estimate the total number of balls n , given that they are each assigned a distinct number from 1 to n , after randomly picking out 8 of them. This question was especially interesting, as one of the judges later revealed that this problem, which humans had attempted for a long time, was in fact widely applied in spying during wars. Despite being closely related to our daily lives, the problem is really complicated.

To deal with the challenge, we needed to think out of the box and experiment in order to find an optimal solution. It turned out that one of our designed methods performed exceptionally well -- similar to the common practice all nations used in spying during wars. After a tiring hour of constant brainstorming, we had to explain our answers to the judges. Thankfully, the judges were very kind and we had a great time answering their questions.

Albert Einstein once said, "If you can't explain it simply, you don't understand it well enough." We think that the meeting with the judges was very meaningful, since explaining our ideas to a stranger really tests our understanding, not only of our answers, but our whole understanding of mathematics. It was definitely a fresh and innovative experience to us.

In a nutshell, we think that joining this competition was a very rewarding experience which enhanced our creativity and widened our horizons. Being crowned champion for the first time in our school's history will definitely fuel our passion for mathematics.

1D Au Yeung Cheung Wai, 1G Ng Hok Lai,
2B Chu Cheuk Hei, 2E Tsang Hok Wang



International Mathematical Modeling Challenge

The International Mathematics Modelling Challenge (IMMC) was a difficult but rewarding experience for us.

The problems did not just challenge our mathematical abilities, but also our research skills and ability to express our findings in a clear manner. We had to identify different factors affecting the models which we used to describe the situations of the problem, as well as trawl through enormous amounts of data to find statistics on the above factors.

Besides, the problems were closely related to real life, enabling us to draw links between our daily lives and mathematics. During the competition, we had the chance to explore problems as technical as calibrating accelerometers, and as great as calculating the Earth's carrying capacity for humans. We applied our mathematical knowledge to real-world problems, as well as acquired knowledge related to the specific areas.

One of the most challenging parts of the entire competition was condensing our findings into a 20-page report, as counter-intuitive as that might seem. We quickly realized that there was simply not enough room for long dissertations on maths and that we needed to explain our model concisely without any loss of meaning.

Throughout the 9 days of research, calculation, and report-writing, we were able to gain new insights into mathematical modelling. More importantly, the effort we poured into the competition, the joy of discovering novel solutions to our dilemmas, and the camaraderie that was forged between us will never be forgotten.

4G Au Yee Fong

Note: The team, consisted of Au Yee Fong (4G), Lam Justin (4G), Yuen Shing Ho Kinsey (4G) and He Yixuan (4A), won the Overall: Meritorious Award and Greater China Region: Outstanding Award.

For me, joining the International Mathematical Modelling Challenge started off with a small leap of faith, a firm decision to invest time and effort, and an unfading vision to explore mathematics in a way that is different compared to school classes. We may easily learn mathematical concepts and theorems constructed by mathematicians every day in class, but integrating such knowledge into our own mathematical models was a much greater challenge. Not only was our team required to construct our own model to solve the given issues, we also needed to provide concise explanations to substantiate the credibility of our model. Mathematical modelling is certainly an eye-opening channel to discover your unique insights in mathematics, and to effectively apply them to daily life.

4I Zhang Ivy

Note: The team, consisted of Zhang Aiwei (4I), Chik Wing Ki Bosco (4I) and So Ching Hei (4A), won the Greater China Region: Meritorious Award.



Children's Rights Leadership Program

This competition was an eye-opening experience for us and it helps consolidate our existing knowledge on human rights, particularly in relation to the younger age group of the population.

The most fundamental and important one out of all four children rights, Survival Rights encapsulates the responsibility of adults to take care of the daily necessities of their children. Given the fact that children are the future pillars of our societies, we should protect their right to live by fulfilling their basic needs. Nowadays, many children suffer from poverty and wars, and hence, their right to acquire food and water is being deprived. To achieve sustainable development in our community, it is imperative to protect the survival right of children so that they can maintain up-to-standard healthcare.

Moving on to Developmental Rights, children should be permitted to discover their talents and fully develop their potential. Therefore, education is essential to the personal growth of children, enabling them to gain a comprehensive view on the world. When provided the freedom and space to try and develop their talents, children can discover their strength in different areas, having experienced challenges and learnt to overcome obstacles, facilitating their advancement and contribution as pillars of the future society.

Protection Rights is another right of children worth noting. Though seemingly slightly overlapping with Survival Rights, the topic of interest here places greater emphasis on defending children from possible plights of harmful physical influences, the most common one being familial abuse. Deliberately centering on the physical aspect of children's health, this was particularly mentioned during the International Convention on the Rights of the Child in 1989, pursuing peaceful and happy lives of children around the globe

Comprising enlightening lectures, brainstorming activities and proposal presentations, our experience in the Children's Rights Leadership Program Competition can certainly be concluded with one word: fruitful.

Kicking off to an eventful start on 13th October last year, we embarked on our journey of advocating children's rights with several sharing sessions on the intrinsic values revolving around children's rights, alongside the fundamentals of public administration and management. Led by professionals in various fields, whom later guided us through ice-breaking activities, elements of friendship cultivation were integrated into the setting of an intense contest, lowering the competitive barriers between different teams and in turn encouraging the extension of our social circles.

Following the aforementioned introductory seminar, the actual preparation procedure for the competition began in the form of brainstorming sessions, in which different groups were to produce creative but feasible solutions targeting insufficient children's rights protection of specific vulnerable groups in Hong Kong. We set our focus on children with Special Education Needs based on the current gap of continuous supply of government services, aiming to alleviate the burden on their parents through generating a smart application consisting of a map recording possible service opportunities, in addition to a forum on which parents could freely express their opinions on taking care of these children. Throughout the weeks before the final presentation on 28th October, we held

so as to guarantee a basic premise for physical and mental development.

Last but not least, Participation Rights sums up the four rights supposed to be enjoyed by all children regardless of age and nationality, enveloping the family, social and cultural life of children. All children ought to receive equal opportunities to take part in extra-curricular activities and the like, but this goal is hardly obtained in view of the current situation of Hong Kong, given that most families living under the poverty line cannot afford ECAs for their children. This induces a lack of communal awareness in children, further obstructing their ability to maintain a sense of identity in the society.

Children's rights are often being overlooked by many people. It is crucial that we take action to rectify this matter as soon as possible.



4A Chen Wing Yee



regular meetings, no matter face-to-face ones or those utilizing virtual space as a channel for communication, and devoted much of our leisure time to perfecting the description of the app's functions in our proposal.

In the end, our hard work paid off, and we were awarded the 'Winning Team of the Best Proposal' with the highest total score. Certainly, we were overwhelmed with immense joy over the unexpected success; but what constituted to this competition being memorable and rewarding for us was that our perspectives on the world had been broadened by new acquaintances and the theoretical knowledge gained, and most importantly, the recognition of our commitment to a particular project with the objective of enhancing social harmony.



4E Or Ching Hang



From A Tune A Day to a Beethoven Symphony... on the Bassoon

Time flies and it has been nine years since the Primary Three Instrumental Programme was founded. Nine years ago, I was a guinea pig in the very first cohort, learning the bassoon. Back then, I knew nothing about the instrument and it just randomly became the fifth and last choice on my preferred list of instruments. For reasons unbeknownst to me at the time, I was chosen to join the bassoon class with four other classmates and duly started on A Tune A Day.

My first impression of the bassoon was: bulky, dreary and difficult. Unlike other more “heavenly” instruments such as the flute or violin, the bassoon, to me, did not look or sound beautiful; neither was the notion of being called a bassoonist. For more times than I can remember, the thought of giving up crossed my mind; but thankfully, the persistence in me kept me going. With more practice, I slowly discovered the beauty of the instrument and started accepting it. Later on, I joined various bands and orchestras and gradually found a sense of pleasure and joy. As a bassoonist (even though I am not an elite player), I was given plenty of opportunities to take part in performances and tour different countries. In 2013, I joined my first tour to Europe, performing in grand churches and theatres with a youth orchestra; in the College’s Centenary Spectacular in 2016, I enjoyed my role in the orchestra pit; and this year, I was honoured to join the Programme for the Musically Gifted and in addition to playing in a Wind Quintet in a TV broadcast while on a tour to Chengdu, also played the first bassoon part in Beethoven’s Seventh Symphony alongside members of the London Mozart Players in the International Music Conference 2019.

These experiences definitely expanded my horizon and inspired me in more ways than one. What the bassoon

has really given me are enduring friendships and a plethora of fond memories. The greatest of all lessons for me is my realization that even if something does not begin with a pleasant beginning, it does not necessarily lead to failure. Now in retrospect, I could not imagine how my school life would have been like without the bassoon.

I sincerely thank the school for granting me the chance to learn and to love this instrument, setting me up for a lifetime of pleasure ahead. My thanks also go to all the teachers and peers who have supported me throughout the years, from the moment I filled “bassoon” next to my fifth choice in Primary Three, through to the very last note I played in that Beethoven Symphony!



5D Cheung Tsz Wing Anissa



Music Is My Cup of Tea: The Summer Concert of 2019

What could possibly beat taking selfies on the prestigious stage of City Hall as we did in last year's Summer Concert #JAMMING? Well, how about coffee or tea?

In order to be all-inclusive in providing an opportunity for all students in a music group to perform in City Hall, a "double-header" was presented this year. In the afternoon of July 3, 2019, no fewer than several hundred instrumentalists filled the hall with music from various coffee-loving cultures: from Italy to Czech, Spain to America. The evening choral showcase, titled "Tea: Made in Hong Kong" elevated the emotions to a different level. With the idea of paying tribute to, and displaying our affection towards the very place we call home, the various choirs across the St. Paul's family presented a spectacular show of love, of compassion, of pride, and of harmony. The world premiere of Mr Warren Lee's *The Canvas Bag Spirit* featured all choirs, including the alumni choir as well as the PMG Orchestra in which I played. No words can justly describe the almost surreal coherence felt in that very place, at that very time.

And as the applause faded, my "last" Summer Concert – at least in a school uniform – has finally come to an end. It all felt like a flash, from the first time I stepped foot in Music Room C for the entrant audition, to the past five years where I have been a member of the school choirs, orchestra as well as the Programme of the Musically

Gifted. I cannot even begin to count how many hours of my supposed "free" time I devoted to rehearsals – some rather gruelling ones, but I would not trade any of it for anything else. Making music with others brings me a sense of accomplishment, of feeling complete; it makes my ordinary secondary school life extraordinary.

In the eyes of others, they see us, a group of perpetually-tired, zombie-looking musicians in school as being "distracted" from our academic pursuits. But in our eyes, music teams are a place to enrich our souls and find meanings in the arts, and a place for us to inspire and be inspired. That is something that cannot be taught in textbooks.

"Without music, life would be a mistake." This is a familiar yet meaningful quote by Friedrich Nietzsche. As I approach Form 6 and focus on my academics, I look back at that very last note I played in the Summer Concert as only a "fermata" (a pause in music) in my lifelong musical journey. There will never be a full-stop. Music is my cup of tea. After all, who would allow their life to be a mistake?

5D Lee Ka Ching



To re-live the memory of this year's Summer Concert, a video recording of the Summer Concert 2019 will be available for order from the school website from December 2019.

SPORTS

Remarkable Feat in Sports

Our sports teams emerged victoriously again this year in the BOCHK Bauhinia Bowl Award, defending the coveted title of Overall Champion (Co-educational Schools Category) after fierce competitions with almost 200 schools in the city! Our young and spirited athletes have together earned an admirable score of 185 points over the year, ahead of the runner-up by 4 points.

Three cheers for all our sports boys and girls!



正向生命源於上主恩言

從9月至7月整個學年，大部分同學已熟讀「每月金句」。他們除了在周會和宗教堂上誦讀，也會常常在校園的電子屏幕、校園電視及每樓層張貼的海報上看見金句。耳濡目染下，初小同學把「每月金句」背得滾瓜爛熟，常常在周四午息的「福音站」取得一張又一張漂亮的金句卡為獎勵；在試後小三、小四福音活動的聖經問答環節中，同學們對「每月金句」的熟悉程度，也令人鼓舞！

「每月金句」令同學從上帝的話語得著正面的教導。以10月金句「來到神面前的人，必須相信神存在，並且相信祂會賞賜那些尋求祂的人。」【希伯來書 11:6（環球聖經譯本）】為例，這金句確定指向人與上帝關係的建立。人與造物主的關係「始於信，本於信」，同學們從小知道愛他們的上帝會賞賜那些願意追求認識祂的人，這是多麼正向、具備清晰方向的信仰觀，為他們的人生注入永恆的盼望。

家長方面，本年度下學期舉辦的「智慧的母親」課程，幫助

出席的60多位媽媽正視自己與上帝的關係；從這基礎出發，她們重新檢視自己與丈夫、與兒女的關係，繼而看看自己在事業或各項義務工作參與上，是否有正確動機和祝福家庭的付出。

很多參加者表示課程有助拉近她們與上帝的關係，並願意順服上帝的吩咐尊敬丈夫，更多體貼丈夫的需要；頓然間，夫妻關係更和睦，親子關係也從繃緊變得更有彈性，家庭氣氛在上主充滿智慧的恩言影響下，開始了奇妙的改變！願更多聖保羅家庭從上帝的話語得著正向能量，為社會帶來新鮮空氣！



夏日親子樂續 FUN

本校與聖保羅堂合辦的「夏日親子樂續 FUN」已是第六年舉行，今年有約100個家庭參加，當中以準小一學生及初小學生為主。「樂續 FUN」活動分家長及兒童兩個組別，在家長組方面，我們一如以往有梁校長講述家校合作及建立基督教家庭的重要性、另外也有關於親子教育、夫婦關係、及兒童健康為主題的講座。今年特別之處，是邀得前聖保羅男女中學校長潘鎮球校長擔任其中一次主講嘉賓，他以校友及校長的身份演繹「薪火相傳聖保羅」真是非常合適的講者！

今年兒童組的主題是〈玩轉 Emoji-world〉，小孩子和成人一樣也會有不同的情緒，經過這五個主日的聖經班，孩子們透過認識一些聖經人物如何在禍患或困難中倚靠神，明白神有能力把憂慮變成喜樂，在恐懼中賜他們平安。向的信仰觀，為他們的人生注入永恆的盼望。



活學文化 傳承歷史

為了提升學生對中國歷史的興趣，加強學生對中華文化的認識，由2017年度開始，學校開展了一系列的活動，培養學生欣賞及傳承中華民族精神與文明。今年，中文科依然續辦了聖保羅文化盃，並在中文課程內加入圖書單元，鼓勵學生自主學習。普通話科在學期末舉辦了普通話大薈萃活動，小一、小二的同學們粉墨登場，用美妙的歌聲演繹各個民族的特色。同學在活動中不僅體驗到中國的多元民族文化及特色，也對祖國加深了認識。

民族大匯演

今年首次舉辦的民族大匯演，讓大家耳目一新，嘆為觀止。小一、小二的同學在練習的過程中十分投入，在老師的帶領下，同學們對於要表演的民族文化充滿興趣。透過歌曲、舞蹈動作及朗誦等不同的形式，大家對中國各民族文化有了深入的了解。而表演當天，同學們更是積極投入，盡力展現出各民族的文化風采。表演當天的簡報，利用小三同學在常識科的延展功課——各民族服飾簡介的內容。簡報資訊性豐富，令台下的同學能夠更清楚各民族服裝的特色。通過欣賞不同民族的表演，深受感染，讓大家對於中國民族文化有了全面的認識，同時也引起了大家對於中國文化的興趣。



中國文化在中文

要在學校課程中推展中國文化與中國歷史，中文科當然是責無旁貸的。不過既要引發學生的學習興趣，又要讓學生學習源遠的文化素質，就不是一件易事。因此，中文科以兩大原則推展中國文化學習：以趣味先行，再以活動代替黑板的紙筆評鑑。這一年來，我們推出了很多有趣的活動，如：「舊曲新詞」填詞比賽，讓學生利用一些兒歌，重新填上主題與學習中文、成語、節令或文化習俗有關的文字填在曲目中，一起拍和唱頌。在課程的規劃上，我們推展了「閱」讀，「悅」讀，「越」想讀的教學活動，用圖書教學代替下學期裏的其中一個單元，在課堂上學生共同讀一本有關中國文化的書籍，然後組織讀書會，分享閱讀心得；也有班級利用話劇形式扮演歷史人物，代入古人的思緒，發表對歷史的見解。隨著活潑生動的課堂活動，師生都彷彿回到歷史裏。



We are the MASTER

6月20日至6月21日為本校的 MASTER 綜合課程展示日，各級同學均就全年的自主探究成果去分享和交流。在整個 MASTER 課程中，老師擔當促進學生發揮 STEM 才能去解決或改善生活問題的重要角色，各級的探究成果更是由師生共同合作而來，創意與知識的碰撞令各級在展示日中更添姿采。



三年級以「食得夠 Green 我至醒」為主題，同學們最令老師感到欣慰的是能應用所學的自主學習技巧，展現「創新」素質，化身 MAKER 去製作不同的美食。在老師指導下，學生根據食物金字塔和我的餐盤 (My Plate) 的指引，針對設計對象的特質與需求，使用天然新鮮及低碳食材自創健康食譜，製作適合季節的食物。同學們積極設計和完善各項細節，例如：為了改良坊間含有大量食物添加劑的沙律醬，他們用天然食材自製了芝麻醬。雖然部分同學沒有很多製作食物的經驗，但是均用心嘗試實戰製作，實踐「學習」和「健康」的素質，做到「積極學習展才能」的目標。



五年級以「樂在『始』中尋」為主題，配合「升級再造」的概念，讓學生發現：就算是廢棄物，只要加入創意和運用科學原理，都可以變成有趣好玩的自製遊戲。打頭炮的「升級再造」小嘗試，同學利用衛生紙卷筒，設計一個滾珠遊戲，創意十足。而令老師鼓舞的是，學生們在活動過後仍然竭而不捨地改良他們的作品，並在休息時間互相試玩和測試，更會互相給予具建設性的意見，成功引發了同學們成為 MASTER 的動機。下一個嘗試，就是利用紙包飲品等紙盒，運用簡單機械原理，製作一個 Mario 自動機 (Automata)。有豐富創意的同學甚至自行設計一個有故事情境的自動機！有了這次「動手做」的經驗後，各組同學都施展渾身解數，應用「MASTER」代表的六項技巧，設計和製作屬於他們的遊戲。過程中，老師和同學共同探索、共同面對失敗、共同經歷嘗試再嘗試的改良循環，真正體現「We are the Master」的理念啊！



EXCHANGE ACTIVITIES

小六畢業營

本年4月14至18日，本校小六學生到北京進行了五天四晚的學習交流活動。在學習過程中，同學們加深了對北京的城市面貌、中國的航天科技與中國歷史文化及傳統藝術的認識，獲益良多。

這次畢業營令我大開眼界。我們有幸登上萬里長城的居庸關，也有機會欣賞京劇，那些道具、衣飾真令人嘆為觀止。為了認識中國航天科技發展，我們還參觀了中華航天博物館和神舟綠鵬國際種業科技園區。中國的科技發展一日千里，真期待日後航天科技能應用到人類的生活層面上。此外，為了配合 MASTER 課程，我們還參觀了三元食品廠。三元對生產線和牛奶的嚴格要求，令我對食品包裝有更多的認識。謝謝老師們精心安排行程，讓我們經歷了一個充實的畢業營。

六甲 溫正然

4月14日凌晨，我跟媽媽出發到機場。3小時後我們抵達了北京，離開機場的那一刻，我看到滿天飛揚的「雪花」，還以為自己到了雪地呢！經過導遊解說，我才知道那叫柳絮，真美！我們吃過午飯後，便去參觀風雷劇院，還試穿了戲服，十分有趣呢！

我們到北京師範大學實驗小學進行交流活動，由我代表學校擔任司儀。上台前，我心裏十分緊張，幸好有老師和同學們的鼓勵，才能自信滿滿地在台上介紹我校特色。真心感謝每一位老師的付出，為我們留下了一個最美好的回憶。

六乙 苗琪晞

畢業營中令我最深刻的景點是萬里長城。我登上長城，看到宏偉壯觀的美景，看到那連綿的山脈，看到高聳入雲的烽火台和樓梯，一切一切都代表着中國人刻苦耐勞、勇於拼搏的精神。

除此之外，我從這次畢業營中，更明白到聆聽別人意見有助促進交流，達至事半功倍。我還在這次畢業營中發揮了關愛素質，與同學們互相幫助，互相照顧，一起在輕鬆愉快的氛圍中學習，實在獲益良多！

六丙 黃允祈



透過以上豐富多彩的學習活動，同學們將學習、思考、溝通等素質發揮得淋漓盡致。即使在過程中遇到不同的困難，他們也會發揮合作互助的精神，一起積極面對。

日本人學校文化交流

我校的小五學生於6月27日和40多位日本人學校的小五學生一起參加文化交流活動。我校同學們安排了多個精彩的節目與日本人學校的學生分享。首先，我校同學龐栢衡為大家表演精彩的武術。而周湘婷、何苑頤和林廷恩也分別為大家表演悅耳動聽的柳琴和二胡。然後，康靖朗、石景至、邱天柔和黃靖喬發揮了合作精神表演花式跳繩，贏得大家熱烈的掌聲。我校全體小五學生再送上詩歌「My Peace」給日本人學校的師生，與他們分享這份愛。而日本人學校的學生也為大家唱了悅耳動聽的日語歌曲，令我校學生深深感動。我校的同學們更親切地帶領日本人學校的師生學習結中國繩結—「如意結」。最後，雙方同學代表交換紀念品。我們送上由小五同學設計的「浮雕鯉魚」作品，而日本人學校的同學們送給我們他們親手製作的書籤。最後，交流活動在一遍歡愉的氣氛下結束。





這次文化交流活動真是一個寶貴的機會，讓我對中國和日本的文化有更多的認識。當香港日本人學校的同學到達我校時，他們都面帶笑容地向我們揮手，完全表現出他們的熱情。他們為我們表演唱歌，歌聲悅耳動聽，而且每人都十分投入，令我刮目相看。在製作吉祥結和玩沙灘球時，我們更可以零距離與日本同學交流，大家都樂在其中，充份展現聖保羅學生的溝通和關愛素質。

五丁 陳柏熹

The cultural exchange programme with Hong Kong Japanese School was really fun because I could meet new friends, play with them and share with them our culture. The attribute of communication played an important role in the exchange programme because we had to teach the Japanese students how to tie Chinese knots and we played games together. We also had some snacks and mingled with each other without getting lost in the sea of people in the school canteen. I felt glad that I could meet new people from other countries. I am looking forward to meeting them again.

5B Cheng Yeuk Lam

友校交流

本年2月，樂善堂梁球鋸學校(分校)的校長帶領十多位老師到本校進行初小英文科觀課活動。我校分享了校本英語課程及小一英語銜接課程特色。此外，聖公會幼稚園三十多位老師於4月到本校觀摩課堂，以了解小一學生的上課情況。藉著學校老師之間的交流，老師可以交換教學及培育學生的心得。在4月及5月，分別有過百位聖保羅堂幼稚園及靈糧堂幼稚園的家長到訪本校。本校多位學生大使除了帶領家長嘉賓參觀校園，更積極介紹小學的校園生活，展現溝通及服務的素質，讓家長留下深刻的印象。

On 22nd February, 2019, the principal and a group of teachers from Lok Sin Tong Leung Kau Kui Primary School (Branch) visited our school in the afternoon. Part of the teacher sharing focused on the introduction of our school's Pre-P1 Bridging Programme.

In the sharing, we introduced the objectives of the Pre-P1 Bridging Programme. They are to arouse students' interest in learning English at an early stage, to help students focus on the language learning skills including listening, speaking and reading and to encourage greater parental support in the aspect of English learning for the students. We also shared our teaching resources and briefly introduced how the programme is run. Phonics-based stories with different themes are taught. Students learn in a happy atmosphere with lots of games. They learn to be optimistic, respectful and loving in the learning process.

Angel Kwan (Pre-P1 Bridging Coordinator)

感謝學校的安排，我有機會與聖公會幼稚園的老師作交流。當天我作了課堂示範，將 MASTER 綜合課程內小一的一些內容與數學的課程作結合。我選取了硬幣這個課題，在課堂中小朋友將硬幣以他們觀察所得的特徵作分類，他們所得的結果不盡相同，每組各有特色。令我驚訝的是，小一同學能夠以六何法在數學課堂上提問，提高了學習的層次。課後，老師們作更深入的交流，除了給予我有關教學的意見，使我的教學更有進步外，還互相分享了各自的數學課程，藉此機會了解學生上小學前的根基，達到互補不足的目的。這些交流給予我學習機會，使我教學能力有所提升。

鄧慧珊老師(小一數學科老師)

本年4月，35位聖公園幼稚園的老師來到我校作參觀及交流。他們主要到一年級作課堂觀摩。中文科展示了如何把校本 MASTER 綜合課程的元素融入中文的課堂教學中。《小貓釣魚》這個故事是透過小貓與老貓不同的性格和生活態度的對比，來培養學生正確的價值觀——做事要專心，才能成功。小一學生在 MASTER 綜合課程中學習了把資料作「對比」和運用六何法找出重要資訊。這些知識和技巧都能應用在其他學科。

羅綺雯老師(小一中文科老師)



保良局全港小學校際辯論賽

本校辯論隊每年參加保良局全港小學校際辯論賽，今年賽事共有 56 支校隊參加，我們僥倖躋身四強，並於 5 月 18 日在香港科學園進行的總決賽，對賽學校是英華小學，辯題是「你的談吐永遠比外表重要」，而我校屬於反方。是次參賽隊員是小六同學陳星和、翁灝庭、姚俊謙及樊哲齊。經過一番唇槍舌劍，我校奪得了冠軍，而姚俊謙及樊哲齊分別獲得「我最喜愛辯論員」及「最佳辯論員」獎項，成績實在令人喜出望外！以下是陳星和的參賽感想：

這是我第一次參加的辯論比賽，每一場賽事我都準備得十分充足。上年度我們屬於八強種子隊，未能進入決賽，成績未如理想，所以整隊隊伍一直檢討戰術，希望今屆有更好發揮。每場比賽前我都很緊張，但我提醒自己一定要鎮定，不可怯場。終於到了八強賽，我校竟然再次遇上去年在八強賽淘汰我們出局的學校！我們準備得特別用心，稿件倒背如流，又進行了無數次的模擬辯論。八強賽當日，出乎意料之外，對手在辯題上的理解出現一些錯誤，我方即時指正，順利晉級四強。最緊張的時刻當然是總決賽，我隊每天都加時練習至五、六點，非常辛苦，不過為了勝出比賽，一切付出都是值得！想不到的是隊友在訓練期間因抵受不住壓力而陸續病倒，幸好最後及時康復過來，如常出賽。

經過一連串的比赛，我發現我的中文語言能力有所提升。在搜集資料期間，我會遇到一些新詞語、新概念，在這個情況下，我往往會上網搜尋相關解釋及運用方法，在準備過程中學到很多新字。而且，我的溝通能力增強了。無論是準備的過程或比賽，我需要和隊友緊密溝通，展現出聖保羅溝通的素質。我們參加的是保良局賽制，設有攻辯環節，我要思考如何回答對方的質問，提升了思維速度。

我實在感謝學校給我這個寶貴的機會，也感謝梁校長的支持、潘老師及梁教練的鞭策，讓我學習到很多辯論的技巧。希望來年辯論隊能再下一城，加油！

六甲 陳星和



The Maid and the Movie Star

This year, Primary 2 to 5 Classic Drama students were very delighted to present "The Maid and the Movie Star", a play adapted from a novel written by Mark Twain. Working with 62 students over the course of a year, together they created two different modernised versions to re-tell the heart-warming story.

I learnt a lot of things in Classic Drama class this year. First, I learnt that we have to communicate and cooperate with others because sometimes we have to do the same action at the same time. Second, we need to be disciplined during practices and rehearsals because we need to be focused and wait for our turn to read our lines. Lastly, we also need to be responsible for learning our lines because we have to understand and remember what we are supposed to say. I enjoyed learning and acting in Classic Drama. I hope I can keep on acting next year.

2E Wong Ho Yee

I was very happy to take part in the drama performance this year. In addition to discovering the fun and joy in drama, I have learnt to be an inquisitive learner to better understand the characters and a collaborative communicator to work effectively with others. I have also gained more confidence on stage and become more optimistic and perseverant.

3C Lee Caitlyn Hoi Lam



This is my first time participating in Classic Drama class. At first, I was really terrified to perform in front of an audience and was not good at memorizing lines. However, I paid extra efforts to memorize the lines for the performance. I have learnt to be confident and optimistic. Lastly, I want to thank all teachers and friends for making this experience amazing.

5E Mak Esther Acacia



The Exodus

Our Primary Six graduates are proud to have presented their very own adapted version of the biblical story of Moses in *The Book of Exodus*. The audience was not only mesmerised by the captivating performance of the actors and actresses, but also by the grandly soaring melodies, the fanciful headdresses and accessories, the striking costume palette and more. Whilst putting together this dazzling production, all Primary Six students contributed in their respective teams, cultivated their student attributes and discovered their potentials in this collaborative theatrical experience.

After months of preparation and practice, *The Exodus* has been successfully presented. I have learned a lot about sewing and quick change designs. I have also developed my attributes by collaborating closely with my teammates. To all the P6 Drama teachers and my fellow teammates who have supported me all the way, thank you! I will always treasure our memories together!

6C Lorraine Lee from Costume Team

Watching our classmates perform wonderfully on stage, I was proud that I was a part of the production. I was thrilled when I was made an MC. Not wanting to disappoint, I was very nervous beforehand but I steadied myself and cooperated with my partners calmly. I am thankful the teachers have given us this chance and it is definitely the most memorable experience in my primary school life!

6D Alyssa Lam from Publicity Team

I helped design the backdrops and had learned different techniques and used supplies that I have never come

across with before, such as plaster and spray paint. I thoroughly enjoyed the production process and am truly thankful to the teachers for providing us with a wonderful platform to unleash our creativity.

6D Audrey Chan from Set and Props Team



AESTHETICS & CREATIVITY

快閃藝術

本年度視覺藝術科在下學期其中一次「藝術分 FUN 紛」中做了一項突破性的嘗試 - 「快閃藝術之創意風箏」。視藝科組的老師們希望通過這次活動，加強學生的「冒險精神」，鼓勵他們多些融入不同的環境，與不同的人相處與合作。從而建立自信、鍛煉膽量，增強合作精神。

快閃藝術顧名思義以快為主，此類藝術活動不但能讓同學們抒發情緒與想法，也給周圍的人帶來歡樂。讓學生在是次活動中明白到藝術不只是畫畫、做手工、雕刻那樣單一，而是多元化的，可以運用不同的環境、媒介，呈現出各種不同的藝術品，展現出不同的藝術效果。完成活動後，同學們亦會將這些得著帶回班級與各同學分享，更會化身小導師，教導沒有參與的同學，做出創意風箏。

就這次活動中，各班參與的同學們都非常投入，他們擁有「學習」與「創新」素質，在短時間內專注和認真地製作，更要細心觀察作品的各項特點，並參考其他同學的製作優點，方能造出一隻既漂亮又與眾不同的風箏。可喜的是學生通過是次活動，能享受到藝術創作的樂趣和滿足感，綜合不同藝術表達方式，促進自我了解，提升藝術創造力。



再次與英國 LMP 攜手演出

本年中學再次以音樂為主題，與英國著名的倫敦莫扎特演奏家樂團 London Mozart Players (LMP)、國際交流學生及校友攜手合辦國際音樂交流大會。為期四天的交流會中，12 位來自倫敦莫扎特演奏家樂團的音樂家於 4 月 30 日下午親臨小學指導樂隊排練，並於 5 月 1 日在香港演藝學院舉行的音樂會 (Gala Concert) 中與團員同台演出。

這次表演十分成功，獲得一致好評，學生在訓練中發揮了自律、溝通、樂觀及服務的素質，亦提升了對團隊及學校的歸屬感。

I am very proud that our orchestra had a chance to share our musical opinion with professionals. Also, we get to improve our musicianship and music interpretation skills during the half-day workshop with them. Within these two days, we also faced a lot of difficulties. Since the piece "Capriol Suite" by Peter Warlock, which we performed, did not have a conductor, we needed to be much focused. As the leader of the piece, I also had a greater challenge which was to make sure that everyone was paying attention and coming in at the right time.

Overall, our success brought a lot of joy and a huge sense of accomplishment to us all. And as the concertmistress of the orchestra, I would like to represent all the members of the SPCCPS orchestra to thank the LMP for their kind and patient mentoring and thank the teachers for arranging this significant event. Thank you!

6C Tung Long Sha Sophie

It was a pleasure to perform with the LMP. We had a masterclass with them. We were taught some performing skills and it was fascinating as it worked very smoothly. We all cooperated like a team, enjoying the harmonies of the Capriol Suite. The dynamics shown and the tonality were the key elements of the song. Expressing our emotions and feelings was the Player's most important reminder for us. We were delighted as the movements were played beautifully. At last, we had a wonderful evening performance with the LMP, enjoying every moment with them on stage. It was extremely memorable! We are looking forward to meeting them again in the future.

5A Chiu Wei Yin Julie



音樂大匯演

今年的音樂大匯演於 6 月 17 日舉行，是日有接近 130 位三年級的弦樂組、管樂組、敲擊組同學、小六音樂優才計畫學生 (PMG) 及手鈴隊同學於學校禮堂演出多首古今中外音樂家創作或改編的音樂作品。當天有二百多位家長到場支持及觀看學生們的表演，一起分享同學們整年學習的成果，今年樂師們挑選了一些新穎又動聽的樂曲讓學生演奏，如 Joshua Fit the Battle、Simple Gifts、Calypso Joe 及 Appalachian Morning 等樂曲。

During this year at PMG, I acquired a lot of music knowledge and learnt a lot about chamber music. The PMG performance was the most memorable event of the year in this programme. We all practised hard and prepared a lot for the big performance. We learnt how to communicate with each other, persevere and listen to others' advice during the preparation. We also understood that collaborating and enjoying the music are the most important elements.

During this programme, I learnt that teamwork and encouraging others are important as they give us courage and hope to get through all the difficulties. As Ms Leung always says: if you think you can, you can. At last, I want to thank the school and especially our music director, Mr Warren Lee for guiding and teaching us throughout the whole year. PMG has given me a memorable experience in my music journey that I am sure I will never forget!

6C Wong Phillippa Samantha



我非常高興成為三年級敲擊小組的其中一位成員，因為我可以跟我的好朋友一起練習、一起演奏。經過一年的努力，我們終於可以在表演中演繹了三首不同的作品，歌曲充滿節奏感，使我獲益良多。在音樂課裏，我不只學了新的歌曲、認識了新的朋友，我也學會了自律、溝通和學習的素質。

三丁 李博文

很高興能以指揮身份，帶領三年級弦樂小組和樂隊在匯演中演出。我們分別演奏了選自玩具奇兵 2 的“When She Loved Me”和“Appalachian Morning”。看到有同學比預定排練時間提前很多到達排練室作準備，和同樣早到的同學一起合奏樂曲，真是讓我感動和倍感安慰。儘管我們演奏的聲音不是最完美，節奏不是最準確，但我卻看見這群可愛的演奏家擁有着演奏音樂時最重要的元素—從心而發對音樂的單純和熱情。三年級的同學們，希望你們對音樂的喜愛不會因為參加太多比賽和考試而減退，更祝福你們音樂的熱情會隨著年日一直增加，更學會以音樂去樂神益人。

陳旨成老師

6月17日的音樂大匯演，對我而言，是一個既興奮又緊張的大日子。

興奮的是努力了一年的團隊訓練，終於可以表演於人前了。緊張的則是當天老師「突如其來」的邀請，令我帶著既驚且

喜的心情當上大會其中一位司儀。能夠在這個既熟識又喜愛的舞台上表演和做司儀，實在是我的光榮，我會好好珍惜每個機會。

最後，感謝指揮和老師對我的教導，令我學到不少合奏技巧。今次我們吹奏的“Ghosts in the Graveyard”除了帶給觀眾歡樂的氣氛，更為我三年級的音樂訓練畫上完美的休止符。

三甲 林彤薰



暑期音樂會

7月3日在香港大會堂同日舉行兩場名為「2019 暑期音樂會 COFFEE or TEA?」之音樂會。當日演出陣容龐大，共有 17 個中小學音樂團隊及校友成員一同參與表演。第一部份以器樂音樂為主的音樂會名為「咖啡」，並圍繞主題“Starstruck”選曲；第二部份以合唱“Made in Hong Kong”為主題的音樂會名為「茶」。當中更首演了音樂總監李偉安創作的《捌伍貳合唱組曲》。此組曲結合了過去和現在的香港故事，每個音符都蘊含著作曲家對香港這個家的思念與情懷。兩場音樂會中西匯合，同時充滿了濃厚的香港精神，氣氛融洽而感動，當天座無虛席，掌聲如雷。



LEADERSHIP & COMMUNITY SERVICE

領袖生訓練

5月4日，我校80位領袖生和來自四間友校的領袖生參加了馬灣領袖訓練營。當天同學們參加了各種活動，展現團隊合作精神和溝通素質，不單順利完成各項任務，更和其他的領袖生建立了珍貴的友誼。以下是同學們參加活動後的感想：

我今年已是第三年參加本校舉辦的馬灣領袖訓練營了。我很高興可以參加這個活動，因為我可以和許多其他學校的同學交流。我們必須互相幫忙合作才可以完成任務。剛開始合作的時候，我們的隊伍因為害羞而未能有效地溝通，也找不到最好的解決方法。但後來我們慢慢學習去聆聽，接納對方的意見，更成為最快完成任務的隊伍。在這個活動中，我獲益匪淺，學會了「溝通」的學生素質。現在我會勇於嘗試使用不同方式跟其他人溝通，譬如使用手語溝通。領袖訓練是我小學生涯裡一個難忘的回憶。

六乙 曾淑懿

這次領袖生訓練的經歷真難忘！透過很多不同的活動，我們的領導才能得到提升，而且還明白到合作的重要性。其中令我印象最深刻的一個活動是需要我們戴上眼罩，並根據隊長指示完成任務。我們需要留心聆聽和認真思考，發揮我們的「溝通」素質才可以成功。這次訓練活動的內容十分充實，既有趣又有意義，為我的小學階段畫上完美的句號。

六戊 陳碩文



正向大笑瑜伽

學校有12支服務團隊，包括領袖生、學生大使、圖書館管理員、蝴蝶大使等，服務團隊的同學為師生提供不同的服務，展現不同的潛能。本年度學校邀請了「正向大笑瑜伽」的導師團隊於1月17日到訪，為服務團隊的同學提供工作坊培訓，透過精采的活動，為同學分享擔任義工的樂趣，導師鼓勵服務團隊的成員在當值時，要有正向的態度，提升溝通及服務的素質；導師團隊帶領同學，如何放鬆心情，全情投入活動中。



MATHEMATICS, SCIENCE & HUMANITIES

創新科技設計大賽

Robot Programming 三位隊員陳啟朗（六乙）、朱文熙（六丙）及余躍猷（六丁）參加了九龍樂善堂主辦的「第一屆關懷弱勢社群全港創新科技設計大賽」，他們的作品【樓宇震動警報系統】入選小學組最後十五強，並於5月18日進行最後評審，獲「傑出作品獎」。

他們的創作靈感源自關注到長期缺乏妥善管理及維修的舊樓，除了影響衛生及市容外，更對市民構成危險。2010年馬頭圍發生震驚全港的塌樓事件，便是最佳的例子。他們希望藉發明品惠及居住在這些面臨危險的舊樓居民。透過他們所發明的系統，能夠辨識有倒塌危險的樓宇，提早發出警報，一方面讓屋宇署及早安排進行檢查，另一方面也讓居民知道住所的安全現況，及時作出準備。利用micro:bit及MuseLab製作樓宇震動感測器，安裝於大廈

指定的位置，測量大廈結構的震動，當大於某一幅度便利用蜂鳴器及顯示屏發出警報。另外，於大廈加裝無線網絡接入器，讓micro:bit感測器連結至互聯網，通過IFTTT平台，以電郵通知有關部門，例如該區消防處、警署、屋宇署，讓各部門多加留意甚至提早檢查樓宇結構是否安全。同時亦可以電郵或SMS通知預先登記之住戶，讓他們快一步得悉樓宇結構之資訊。



校園電視台 (Campus TV) 與校園頻道 (Glory TV)

我們的校園電視台成立多年，藉以教導同學拍攝及製作技巧，每年都會為學校製作一些大型的影片，在不同場合播放。而 Glory TV 則運作了一年多，主要是在各樓層加裝電視，並安排播放事宜。這些呈現精彩校園生活的影片，同學都十分喜愛觀看，有時還會不自覺地在電視前駐足良久。

本年校園電視台還為學校拍攝了不同類型的影片，除了各個學科活動的宣傳片及精華片段外，還與其他組別合作，例如為綠色學校製作《綠色校服》及《四電一腦》短片等。同學們更製作了數個電視節目，包括連續拍攝了兩年的《有趣的科學》、《聖保羅的特別地方》；今個學年播放的《有趣問題考考你》更加入了觀眾互動環節呢！

在這兩年的 Campus TV 活動中，我認識了一群很有合作性的隊員。我們有放鬆的時候，有認真的時候，使我們的學習過程更開心。而且我們可以在拍攝時發揮創意，撰寫劇本、講稿和親自拍攝影片，實在獲益良多！

六甲 劉君熾

我很高興能夠有機會加入 Campus TV 這個團隊。在這數年，我們由一個課外活動發展到後來有機會為學校拍攝不同類型的節目，Glory TV 實在是一個很好的平台，讓學生發揮他們的潛能。期望未來為同學帶來更新更有趣的節目，達到「高互動、高展示、高表揚」的目標。

鄧慧珊老師

今年，我參加了一個有趣又新鮮的課外活動 -- Campus TV。這個活動令我獲益良多，例如我學會了拍攝的技巧和各類大型拍攝器材的使用。我還學會了使用控制室內的各種裝置。我們製作了幾套影片，並放在 Glory TV 播放。我很喜歡這個活動，希望未來可以繼續參與，為學校拍攝更多有趣的影片。

五丁 馮展泓

在 Campus TV 的兩年我學到很多不同的拍攝和剪輯片段的知識，能為學校服務，我感到非常滿足呢！

未來畢業後我可以利用學到的知識在家中和家人拍攝有趣的短片，又可以和朋友們一起運用剪接的技巧製作短片，真是一舉兩得呢！

六丁 黃宏熙



「智」得其樂展創意

常識科一貫致力於培養學生的資優發展，每年均會推薦及培訓不同年級的學生，參與各類型的科學探究或編程比賽。其中本校代表隊於第 22 屆「常識百搭」小學 STEM 探究展覽比賽中表現優秀，作品「滾珠大激鬥」獲得傑出獎。是次比賽的探究主題為「『智』得其樂」，參賽隊伍必須利用科學原理及 STEM 方法作出探究，或是針對主題提出新的構思、改善方案或建議解決方法。同學利用回收材料如膠樽、磁石及波子等物料，配合 micro:bit 編程工具，設計出有趣的彈珠玩具。同學的探究嚴謹且具科學性，除了構思出玩具的設計外，亦深入鑽研不同物料和工程設計對優化玩具性能的影響。

在這次的常識百搭比賽中，我發現原來一些我們日常生活中的「廢物」也可以變成簡單而有趣的玩具。只要我們動動腦筋、加點創意，膠樽、舊展板和滾珠也能大派用場。

在製作時，我們遇到不少困難。其中我們在測試物料時曾失敗多次仍未能找到合適的物料。在研究過程中，我們需要不斷嘗試，又與組員互相鼓勵，提醒大家不要放棄。幸好，最後我們能找到令我們滿意的材料！這次的比賽讓我提升了創新和樂觀的素質，也令我明白到合作的重要性。

四丁 李鴻博

在這次製作玩具的過程中，我學到很多有關 STEM 的知識。例如在 Technology(T) 方面，我們用了 micro:bit 編程工具來作閘門的開關，有助避免因反應時間的差別令到滾珠滾到終點的時間有不同。又例如在 Engineering(E) 方面，我們就發現了不同的軌道物料，例如膠樽、廁紙筒、鋁罐、膠喉對滾珠滾下終點的時間的影響。我和組員對合作製造的玩具感到很高興，這是大家努力的成果。總括而言，這次製作玩具的過程不但十分有趣，而且可以激發我的思維，還可以增進我對 STEM 的認識，真是給了我很多的啟發！

五丙 葉景行



教師發展日工作坊



4月2日，老師們在著名舞蹈家王廷琳先生的帶領下，重拾童心，以歌聲舞步體會孩子們的跳舞童趣，令校園增添創意空間和快樂氣息。「全人共舞・快樂哲學」工作坊共分成三個階段：「舞動真我」、「憑歌寄意」和「我們的舞動時刻」。

「舞動真我」階段，老師們以簡單的身體練習為起點，安坐呼吸感受自己的靜觀狀態；再以身體伸展動作作為舒筋活絡的熱身方式，配以集體共舞的形式找到身體律動的節奏和共鳴。

「憑歌寄意」階段，王先生和他的團隊導師以兒歌編排簡單的動作教授老師們，並邀請老師們以小組互動的形式重新演繹，老師們十分投入，樂此不疲！

「我們的舞動時刻」階段，老師們以舞蹈元素「時間」、「空間」、「動作能量」與「質感」各種為題，即興舞動及相互交流，活動中互相支持和交流！

「全人共舞・快樂哲學」工作坊載歌載舞的活動形式讓老師們樂在其中，既增進了同事之間的關係，又能放鬆減壓，重拾童趣，建立正向、快樂的人生觀！



The 6th World Congress on Positive Psychology (WCPP2019)

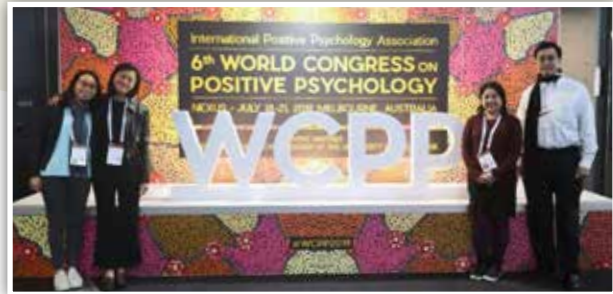
It was a wonderful experience to prepare for a new school year by participating in the 6th World Congress on Positive Psychology (WCPP2019) in Melbourne, Australia from 18th to 21st July, 2019. It was organised by the International Positive Psychology Association (IPPA). The theme of the congress was "Nexus" - meaning connection. The aims of the congress are to showcase the latest science and practice in positive psychology from across the globe and to facilitate interaction and collaboration among scholars, practitioners, leaders, businesses, schools and students. It provided a platform for us educators to learn more about positive education and how to embed it into our school.

The congress was very intensive and comprehensive. For the pre-congress tour, we attended school visits to a few pioneer schools which practise positive education. We were impressed by their passion to promote students' wellbeing. During the congress, there were numerous workshops or seminars for us to choose from. We participated in seminars hosted by leading scholars like Dr Martin Seligman and Dr Lea Waters. We were particularly interested in topics such as how to motivate our students

by encouraging them to utilise their character strengths and to increase their self-efficacy. Several approaches were introduced in the seminars and we are planning to apply them to our school in the coming new term. We all hope that our students can benefit from what we have learnt.

Our tour ended in hearty applause as we posed for snapshots with all the Hong Kong participants. We strongly believe that we should promote positive education in Hong Kong. Let's work together for the betterment of our students' future!

Flora Chan, Thomas Mak, Sharon Yao and Jasmine To



SPORTS

體育團隊今年參加多項校外比賽，各團隊隊員投入練習及比賽，追求卓越，其中招健熙同學於不同團隊與隊友一同奮鬥，並學到凡事要樂觀面對，並懂得時常感恩，以下是他在各團隊的一些經歷和分享：

樂觀面對，時常感恩

我對運動產生興趣源自於和同學玩耍。還記得小二的時候我到同學家中玩羽毛球，從此便愛上這項運動了！在三年級的時候，我加入了學校的羽毛球和足球隊，與同學一起訓練、一起比賽，結果留下了很多難忘的回憶……

在教練用心栽培下，我慢慢掌握了打球的技巧和比賽的戰術，在四年級時，終於有機會代表學校參加羽毛球比賽。當時我面對的對手很強，雖然最後我以三分落敗，但教練仍然欣賞我盡力應戰。這次讓我明白到與隊友全力以赴比賽比勝負更為重要。一年後，我在決賽中再次面對相同的對手。開始的時候我已經落後八分，但我沒有放棄，一球一球地追上去，最後贏了對方兩球，我們更為學校贏取團體冠軍！這場比賽亦令我明白到要相信自己，只要有鬥心和永不言敗的精神，我們便能超越自己，衝過難關。

另外，我亦非常珍惜足球隊所體現的合作精神。四年級的時候，雖然我只是後備隊員，但我很開心能夠在高年級同學身上學到很多守門員的技巧。五年級的時候，我在訓練中弄傷了手指以致不能出賽，但隊友發揮出色，我們拿到冠軍！這讓我明白在比賽中無論是什麼崗位，只要曾為球隊付出，都會為團隊感到高興。我很榮幸多年來能夠在足球隊這個大家庭與隊友一起學習、一起訓練、一起比賽，令我獲益良多。

今年我亦有幸參加港島西區推鉛球比賽，雖然我從來沒有接觸過這項運動，但老師不辭勞苦地教我，不論是早息、大息

或午息都邀請我練習。雖然只有短短幾個月的訓練，但最後我贏了冠軍！我能夠有這個突破，全賴老師不辭勞苦的教導，非常感恩。

我很高興可以和合作多年的隊友一同成長、互相扶持，這正是運動的樂趣！最後，我非常感謝校長、老師、家長和教練的支持和栽培。希望各位同學可以繼續發揮聖保羅素質，為學校出一分力！

六乙 招健熙



Looking Ahead

Date	Event	Place
20 Sep	Swimming Gala	Hong Kong
9 Oct	SPCC Sports Day	Hong Kong
10 – 16 Oct*	Visit to The High School Attached to Tsinghua University	Beijing, China
11 Oct	Primary School Picnic	Hong Kong
21 – 25 Oct	P5 Outward Bound	Hong Kong
9 – 30 Nov*	Visit of students from Westville Boys' High School	SPCC
10 Nov	Walkathon	Hong Kong
16-24 Nov	Student Activities Week	
	F1 – Adventure-based Learning Programme	Hong Kong
	F2 – Cultural Trip to Nanjing	Nanjing, China
	F3 – Place-based Learning Programme	Hong Kong
	F4 – Service Learning Programme, Prep Year Experiential Learning Programmes	Hong Kong / Thailand
F5 – (DSE) Attachment Programmes & Self-initiated Programmes (IB) CAS Week	Hong Kong / Overseas	
16 Nov – 14 Dec*	Visit of students from Presbyterian Ladies' College	SPCC
7 Dec	Alumni Homecoming Day	SPCC
17 Dec	Speech Day	SPCC
20 Dec	Carol Service	Hong Kong
15 Jan	F1 Athletics Activities Day	Hong Kong
Jan / Feb*	Exchange to	
	• Lycée Saint-Vincent	Senlis, France
	• Westville Boys' High School	Westville, South Africa
	• Herschel Girls' School	Cape Town, South Africa
3 – 9 Feb*	Visit of students from	
	• The High School Attached to Tsinghua University	SPCC
	• Nankai High School	
	• High School Affiliated to Fudan University	

* Tentative

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