

# THE RED BRICKS

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## Message from the Principal



In our latest 3-year School Development Plan to continue our pursuit in high-quality education, we have admitted local long-term boarders at our Chong Yau Pak Wan Residence Hall to provide a pleasant living environment that supports our students' learning. We hope to enhance our boarders' community-mindedness and personal growth

through communal living with enrichment activities like sports evenings, board games nights, festive celebrations, to name a few. Another area we would like to enhance is to promote a caring and supportive school climate to help our students develop a positive outlook on life, and to have mutual respect and concern for each other. Our students come with different abilities and needs; hence, we hope to provide them with the necessary support and guidance

during their journey of learning by strengthening the bond among students, teachers and parents. We would also like to enhance students' self-directed learning to encourage them to actively engage in learning activities initiated on their own, and reflect on their learning goals and outcomes.

The year 2020 marks the 105th anniversary of our college. To celebrate this significant milestone, we have a series of celebratory events planned. We look forward to sharing the blessings and joy with you for our beloved school during these celebrations.

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

## 校長的話



2019 年度小學的發展重點是「發揮樂觀精神，積極實踐健康生活；優化校本課程，展現課堂活力」。本年度各項計劃和活動均是以上述的關注事項策劃和推行。上學期我們在不同的科組內增添了多項具活力及啟發創意思維的學習活動，例如編程及思維遊戲、朋輩調解講座、長幼共融及健康小食大比

拼等，更在 MASTER 課程增加靈活創新的探究活動，讓同學們可以學得更具活力，更有成效。

2020 年 2 月，教育局宣佈為防止新型冠狀病毒蔓延，全港中小學延長農曆新年假期，及後更宣佈停課至 4 月下旬。因為停課的關係，我們即時實施網上教學，除了學科外，更將週會、早會、成長課及宗教、視藝、音樂、體育、資訊科技等課堂列入網上學習時間表內，高年級亦逐步推行網上實時教學。希望同學們能真正做到「停課不停學」，而且更有均衡的課程、德育及靈性的學習與培育。是次網上學習讓我們的師生及家長共同實踐樂觀、自律、關愛、思考、學習及健康素質，更落實我們本年度第一個發展重

點：發揮樂觀精神，積極實踐健康生活。大家均需要樂觀地面對「疫」境，實踐健康生活以防禦疾病；老師們充份運用思考、學習、創新素質設計具互動性的網上課堂；家長們亦需要運用溝通素質與子女共同訂立在家中的學習時間表；同學們更需要實踐自律素質，在家中進行網上學習，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。

各位聖保羅大家庭的成員，在細閱本期 RED BRICKS 之餘，讓我們本著信望愛的精神，懷著感恩的心，與孩子們共同成長，更迎接聖保羅 105 週年的來臨！

梁麗美  
聖保羅男女中學附屬小學校長



## Joint School Retreat

On 3 January, council members, principals and teachers of our primary and secondary school attended a retreat at HKSKH St. Paul's Church. The Revd Canon Dr Thomas Pang officiated the service with bible readings and prayers for the education sector, and we offered our heartfelt thanks to God for His blessing on our College through the years.

It was a time for us to find peace and gain strength at the beginning of the calendar year so that we can be ready to take on challenges in our role as teachers, and be a part of our students' learning in the coming year.

We were very honoured to have The Very Revd Matthias Der, the Bishop-Coadjutor of the Diocese of Hong Kong Island to share the Anglican Church's Education mission with us. He mentioned that all teachers in SPCC and SPCCPS should work together as a team and use our talents and gifts to connect souls to God and raise humanity to a higher level. Dean Matthias also used the HKSKH Church Policy Paper "Our Faith, Our Way" to encourage all educators in SPCC to develop the six Christian characters that Anglican education aims to nurture. We should be "People of Faith", "Pilgrims", "Companion of Others", "Witness of God's Grace", "Servants" and "Stewards" in our life.

With the current challenges in Hong Kong, Dean Matthias reminded us that we need to provide our students with proper directions and help them realise that there is a God who loves them very much and in Him they can find hope and peace. As educators, we should be exemplary models for our students and to help them understand that serving others is also serving God. We should also be companions of our students and walk with them so that they will witness God's grace and love throughout their lives.



一年一度的退修會讓教師們重新思考以基督的「信、望、愛」精神教養孩童的意義。謝子和法政牧師的訓勉提醒教師們，全人教育要使學生們的身、心、智、靈都得以成長，當中不容忽視的是把靈魂帶到上帝處。現今教育的挑戰是如何幫助下一代展望將來。及此，六個基督徒素養為聖公會教育應重視的，包括持守信心、終身學習、建立愛的社群、見證主恩、服侍別人和奉獻恩賜。



## Education Day Service

SPCC and SPCCPS Council members, the Principal, the Headmistress, teachers and student representatives from the school's Christian Fellowship attended the Education Day Service on 15 September, 2019 in St. Paul's Church. Mr Kwok Chi Kay, Peter delivered the sermon. Through the parable of the Good Shepherd in John 10:9-16, Mr Kwok reminded educators to not simply be hired hands, but to be good shepherds of our students. Jesus knows his sheep, and we have to know our students and be their companions in life. When one student is lost, we do not forsake him, but should try to understand him and lead him back in the right way with our love. Mr Kwok reminded all educators to be humble and to always talk with our students, instil Jesus's love in their hearts so they can all live an abundant and fruitful life.





## Enjoyable Experience as Boarders



Dorm-living is truly a fascinating experience for me. Before moving in, I thought that dorm life would be boring and boarders had to follow strict and rigid rules. The reality is that the dorm provides us a spacious and comfortable environment where we live a balanced life.

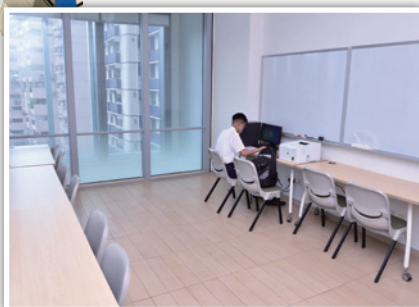
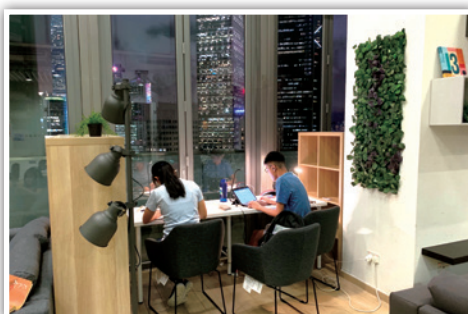
The dormitory helps me develop healthy daily routines. The Warden Miss Candy Chan inspects our rooms in the morning. We must tidy up our rooms before breakfast at 7:30 am in the cafeteria. The hot breakfast served by the school caterer is delicious and nutritious. After that, we go to school as usual. Then we have our free time until dinner, after which we start doing our assignments, revision and preparations for our lessons.

Since Form One, I have been longing to live in a dormitory. I was extremely excited when I first heard of this

opportunity. My home is far away from the school and I have to spend a lot of time travelling every day. Staying in the dormitory, I could save the travelling time to participate in activities such as tutorial classes, Spanish foundation classes and other extracurricular activities. Under the care and supervision of Miss Chan and the Dormitory Officer Ms Hanna Cheung, I can make better use of my time and focus on my academic studies. Besides, we also go jogging, playing badminton or basketball in the Indoor Games Hall regularly to relieve stress and maintain a healthy lifestyle.

Dorm-living is colourful and enjoyable, and this is out of my expectation! It is a good chance to develop oneself into an independent and responsible individual as parents are not here to take care of us. Living here definitely prepares us to manage our own lives in the future.

4B Amelia Lau







Living in the dormitory is definitely a great challenge for me. During the first few weeks, I found it difficult to adapt to the rules and timetable. Yet, under the guidance of the dormitory staff, I have adapted to dormitory life. This has helped me become more independent, caring and community-minded. It is the first time I am sharing a room with another person. As my roommate and I have different habits and lifestyles, I learn to be more considerate, tolerant and empathetic. I also learn to share my needs and difficulties with people around me, so my roommate and I get along well with each other now.

Besides our regular dorm schedule, we have valuable opportunities to socialise with other boarders. During Sunday nights, we watch movies in the common room and enjoy snacks together. Sometimes, we play board games during free time. During the Mid-Autumn Festival, we took the tram to the Peak and had a short hike there. We also celebrated by sharing mooncakes and fruits with one another. Moreover, we organised birthday parties and prepared birthday cakes, snacks, gifts and surprises for one another. Through these activities, we have developed stronger bonding. I am sure this experience will be etched in my memory forever.

4C Stephanie Kam





## F4 Chiang Rai Service Learning Programme

Overwhelmed with excitement and filled with anticipation, the 24 of us boarded the Bangkok-bound airplane, knowing little of the unforgettable lessons that this six-day journey would teach us.

Undeniably, the trip was much more difficult and laborious than I had previously imagined. I still vividly recall the pain of the stinging ant bites all over our legs as we harvested and gathered crops of wheat with metal sickles for hours under the scorching sun of Chiang Rai. I remember treading through the boundless rice field, continuously moaning that I was definitely not going to become a farmer even if I were unemployed. It was only through the hours of labour that I understood how arduous and difficult it was for each and every grain of rice to make its way to our bowls, and truly learnt to appreciate the food that I, for too long, had taken for granted.



It was a challenging journey, nonetheless, it was also a once-in-a-lifetime experience, cliché as it might sound. The simple joy of the children never failed to astound us throughout the trip: their contented smiles and giggles at the most insignificant things; their innocence and curiosity; and most importantly, the dreams they all carried for their future — fearless, but pure. I

recount many of the boys saying they wanted to become professional footballers when they grew up. A few of the girls dreamt of becoming hairstylists. As a student who grew up in such a bustling metropolis where such dreams are often brutally smothered, it truly was heartening to hear these children share their guileless dreams.

What I gained from this trip was far more than aching sunburn and itching mosquito bites. Not only did this trip to Chiang Rai teach me to be grateful for all that we often take for granted — be it a warm bowl of rice, or a stable roof over our heads; it demonstrated to me that happiness could be so simple.

4G Vanessa Cheung

In November, I had the opportunity to participate in the Chiang Rai Service Learning Programme. During the trip, I was engaged in different service-based activities such as wheat harvesting, wall painting and organising teaching workshops for the children in Akha Heart Foundation.

Before the programme, we had to prepare materials for two two-hour workshops for the Akha students in the evenings. The preparation process was especially challenging, as we did not know a lot of key things: the students' age, their Putonghua level, and their level of knowledge in Chinese culture, which was the main focus in our lessons. Prior to the lessons, we spent numerous hours trying to strike a balance between interactive games and informative talks, racked our brains trying to find a way to engage the students, and thought of various contingency plans should our original proposal not be feasible.

However, all our preparation work fell apart at the very start of the lesson for the 9-to-12-year-olds. The children were jumping around, shouting at us and simply did not want to sit down and start the lesson. In order to restore order, we changed the sequence of our teaching materials by letting the children play some traditional Hong Kong games instead of talking to them about Hong Kong food. Our flexibility definitely paid off — in just 5 minutes, they had sat

down and were listening to our game instructions attentively. In the end, not only were they learning a lot about tactics and mutual encouragement, but we could all see from their smiles that they were all satisfied with how the lesson went.

I really have to thank the Akha children for strengthening my communication skills. During the first few minutes of the lesson, we had shouted at them to sit down and keep quiet, but to no avail. It was when I snatched the spinning top that they were playing with and playfully warned them, "If you do not pay attention, the spinning top stays with me forever and ever", that they reluctantly settled down.





Commands have to be given, but the art of giving them is something we should all learn. No one likes to listen to harsh words, and everyone likes to be spoken to like an equal, so why bother shouting out commands when you can achieve higher efficiency by speaking softly?

When we carry out a service project, we have to constantly ask ourselves: what are the needs of our target service group? Contrary to our perception at first, though the orphaned children had very limited resources, their needs were not tangible. They needed someone to love them and give them undivided attention because their lives were lacking parental love and guidance. After the lessons, the children clustered around us, hugged us and said variations of "I don't want Teacher to leave". Then I had my eureka moment: what we could give them was not our knowledge of Chinese culture and Chinese words, but two



A quote said, "The best feeling of happiness, is when you're happy because you've made someone else happy." This cannot be truer during the six-day journey in Chiang Rai, Thailand, where we taught orphaned or migrant students and spread them happiness.

The highlight was definitely the final night there. We were going to teach them how to build a water rocket and introduce them to physics. We stepped into the classroom filled with elementary-level students, and immediately indulged them in an assortment of interactive games. Simon Says, Duck Duck Goose, Ninja – whatever it took to draw smiles on their faces. We split the class into three groups, in order to successfully establish a stable yet strong bonding among us and the students. We accompanied them on building the rocket, and they joked with us.

Although we were not good in Thai, we seemingly understood their gestures. They were gestures of happiness, content and gratitude. In our hearts, we let out a sigh of relief. We did it. The students screamed in ecstasy and clapped their hands frantically as the water rocket lifted off from the surface. At least for once in their lives, they were proud. They were proud of themselves, as creative builders of tomorrow. They were proud of us, as brothers and sisters who actually took care of them. These all corroborated to the fact that we cared about them. We cared about their happiness, about their satisfaction.

Our avid teaching attitude had made us no longer just their

hours of undivided attention, companionship and happiness. Through interacting with Akha children in Chiang Rai, I understood the importance of love and care to children's development and mental health. At the first glance, the children might have looked and sounded like any other child with a loving family, but through their longing gazes and their passion for prolonged hugs, I knew that deep down they longed for love.

What I had gained from this trip was way more than what I had given to the locals in Chiang Rai, and I think I would say that this trip was one of the most memorable weeks in my life.

4H Kinnia Cheuk



teachers, but brothers and sisters. Only by then were we able to effectively convey our messages, not for the sake of knowledge, but also for them to be happier.

That night, we had fun with them. We had fun like children. We were child-like. We were happy.

This was the power of caring. During the final moments, they were particularly jubilant, yet, some were sad that we were to leave them on the same night we met them. Some of us cried as they parted.

As a whole, the trip itself was God's blessing. It was short. Six days. Four hours only for teaching. Yet, the smiles of the students, the jubilant shouts, the memories, will be forever entrenched in my heart.

4H Isaac Lee





## F5 CAS Week Self-organised Service Learning Programme

Tropical sun, white-sand beaches, tourists in sunglasses and sandals... to call Bali a tourist destination would be an understatement. So when the four of us arrived at Bali for our CAS service trip, we were not surprised to see billboard after billboard advertising villas and hotels. However, as our car weaved deeper into the island and towards Ubud, the city faded into villages, temples and sprawling rice terraces. Over the course of a week, we would be staying amidst the heart of Bali, and serving primary school children in one of the village schools of Ubud, a service which was challenging, moving and rewarding. While we were given pointers on the highlights of Balinese culture, we were not given much direction on how and what to teach the children under our care for a week, and simply told to teach them English, a skill which would benefit them on a tourist-centric island. Nonetheless, with the help of our

friends Brittany and Allison, we found the children so warm and cooperative that learning their progress and helping them improve was no problem at all. Classes began with an outline of a basic English topic ("I am", "This is", "I want to be" etc) and diverged into an organised ruckus of students passionately practising their skills. They were eager to learn, often asking questions and asking us to check their progress. By the end of the week, we were all glad to see them having learnt important English skills. As we waved goodbyes, shared hugs and blessings on our farewell, we were overwhelmed by the child-like happiness in every hop and stride of the children. Bali is truly a tropical paradise, because of all the coconuts, but perhaps also because of the message it sings that a good purpose with good people are all you truly need.

5G Ryan Baum





## STUDENT EXCHANGE

### Going Abroad

#### Presbyterian Ladies' College, Sydney

A fantastic trip "Down Under" (Aussie slang for "Australia"). This sentence perfectly sums up the experience of my exchange programme with PLC Sydney.

Having the privilege to stay at PLC Sydney's boarding school, I was one of the exchange students who were immersed in the rich culture of learning and friendship. Apart from my exchange sister Emily (Australian), I had roommates from Saudi Arabia and Cambodia. Although my stay was short, we have built strong friendship and they hosted a farewell party for me. We shared a messy mud-cake, had late night talks and made many fond memories.



My host family took me to many sightseeing spots, including Australia's capital – Canberra. We visited Parliament House and Australia's tallest tower. Moreover, a really challenging event for me was "City2Surf", an annual 14km road running event in Sydney. These were some of the "stoked" (Aussie slang for "happy") recollections from my trip.

Last but not least, PLC Sydney organised a variety of activities for international exchange students. To me, the most memorable had to be our cooking class in which we learnt how to make delicious Aussie snacks – lamingtons and Anzac biscuits.

All in all, this has been a wonderful and rewarding trip and I am grateful for everyone who made this journey ever so "sick" (Aussie slang for "awesome").

2E Isabelle Ho

Perhaps koalas, kangaroos and vegemite are the first few things that come into your mind when you hear the word "Australia". However, there is so much more in the country.

Australia was a place I had never been to before the trip. I had a lot of confusions about the culture, history and people there. During my stay in Australia, I realised the diversity of the country, where people would interact in friendly ways regardless of their age, race and sexuality. I also noticed the friendly culture of Australians, in which cashiers would often greet with a "Hello, how's your day?" and people would call one another with names like "darling", "sweetie" or "mate".

During weekends or excursion days, my host family or the school brought me to different places in Sydney. For example, I went to the whale-watching tour, Sydney Opera House, Luna Park and Taronga Zoo with my host family. I was also brought to Costco supermarket and the local flower market where everything was humongous in size. On the other hand, my host school took all the exchange girls to the Featherdale Wildlife Park, Sydney Harbour Bridge, Bondi Beach and the Powerhouse Museum.

Compared to SPCC, PLC Sydney is longer in history and larger in size. It has subjects like Commerce and Sports Science. Moreover, including us, there were 22 exchange students coming from different countries all over the world. Not only did I make friends with the locals, I also became accustomed with those from England, Germany and China!



This exchange trip to PLC Sydney was a massive push for me to step out of my comfort zone, explore different cultures and meet new people. Not being familiar with the environment, my independence was trained to the peak where I would need to learn to be responsible for my actions and socialise with strangers. It also broadened my horizons, provided me insights and inspired me to be more aware of social issues like racism and environmental protection.

There is a saying by Roy T Bennett, "It's only after you've stepped outside your comfort zone that you begin to change, grow, and transform." Therefore, I encourage everyone to do and learn something unusual this year.

Last but not least, I am forever grateful to the support and hospitality I received from my host family and SPCC for giving me this opportunity; and those who took an essential part in making this trip successful.





## St Andrew's Cathedral School

A new experience, an exhilarating journey, and a breathtaking adventure to Down Under.

Our study tour to St Andrew's Cathedral School in Sydney was all of the above. After touching down in Sydney's airport, we met our host families for the first time. Though my exchange buddy and I were not as close as I had initially hoped, we eventually warmed to each other. We went on a multitude of excursions – the Blue Mountains, an island in the middle of the Sydney Harbor, and a day at Luna Park, in the shadow of the world-famous Sydney Harbor Bridge.

The school days were a fresh experience. Upon our arrival to SACS, we were greeted by the heads of school and were honoured to have them show us around the school. I managed to join the String Orchestra to learn about their attitudes towards music. The local students were very friendly and I made many friends during those short weeks.

Robert Frost once said, "Two roads diverged in a wood and I – I took the one less travelled by, and that has made all the difference." Carrying on the legacy of St. Paulians before me, I signed up for the overseas exchange programme to a foreign land, Australia.

To me, Sydney is a metropolis immersed in history, culture and scenery. I was stunned by the breathtaking splendour of the endless Blue Mountains. The Rocks Market was vibrant with indigenous art designs, embodying the co-existence of traditional and modern culture. Although they have never failed to amaze visitors, it was the people that breathed life into the city.

The courtesy of the people urged me to reflect on my everyday life. In Sydney, students are exempted from paying the transport fees so they voluntarily give their seats to adults all the time. Queuing is unnecessary, for everyone acknowledges others before them. It is natural to be astonished by their polite culture.

The exchange programme was not just a trip to Australia. You were constantly challenged to break the ice with unfamiliar people. It was also an opportunity to acquire new traits. For me, it was learning to be adaptable, adventurous and affable.

It was a fabulous journey that did not end on the flight back to Hong Kong. Today, I am still gaining from this inspiring experience. Although I was once hesitant, I am happy that I did not retreat. Here, I wish future participants courage to take off on their eye-opening voyage.

2A Ho Daryl



After school, I often walked the streets of Sydney accompanied by my friends, exploring the city's rich history and feeling the vitality in the cool city breeze.

Alas, all things must come to an end. At the end of the four weeks, the four of us packed up, bid tearful goodbyes to our hosts and boarded the plane heading home. We left behind our new friends and families who took us in and treated us as their own, and a wonderful city filled with unnumbered treasures. But the memories of our stay will remain with us for the rest of our lives. As such, I sincerely urge all of my fellow schoolmates to not be afraid to try new things, and immerse themselves into rich foreign cultures.

2G Arthur Cheng





It almost feels like it was just yesterday when I was pondering about whether to participate in the exchange programme. Now I am back home with a ton of memories, e-mails to answer and a lot of stories to share.

Going on an exchange programme had made me understand Sydney's culture first-hand. Culture is not just about languages, food or habits. It is about perceptions, beliefs, and values that influences the citizens' way of life and the way they view the world. Experiencing cultural differences personally has imbibed me the ability to think about things from different angles and see different perspectives of the world.

Going on exchange has made me more hardworking and has shaped me into a better learner. In SACS, I was able to explore subjects not available at SPCC. I had the chance to take fun classes like drama and go on hikes and field trips. Adjusting to a different academic system was tricky. The subjects and curricula were similar but standards for assignments varied. With different criteria for assignments, I had to put more effort into my studies which had set me up to achieve more in SPCC.

I was extremely lucky. I had the best host family I could possibly hope for and the craziest, friendliest buddy who became one of my close friends in a short time. At first, some people thought I did not know how to speak English and some thought that I learnt English just for this exchange programme. It was funny how people always got surprised by how good I was at speaking in English. I was also overjoyed to help them with their Chinese when they had Mandarin lessons.

Good academic results have long been the yardstick in measuring success. However, with the rapidly changing world, the ability to adapt and a positive attitude are more essential.

What does Sydney remind you of? Wondrous wildlife? The spectacular harbour view? Or simply a great travel destination? To me, Sydney brings back memories of my unforgettable four-week exchange programme in St Andrew's Cathedral School.

This exchange has been extremely fruitful for me. I have brandished my independence and socialising skills in the SACS environment and formed strong bonds with sociable students there. They were all extremely helpful and led me to discover typical Australian school life – fun-packed and stress-free. I have had a full exposure of Australian culture and education, and have evolved into a person with a broad world-view.

The SACS curriculum is filled with numerous electives so that students can delve deeper into their interests. Learning foreign languages and attending photography lessons were fresh for me, but through the guidance of teachers, I began to develop understanding and interest in these two subjects. Apart from subjects at school, I was privileged to be given opportunities to participate in their basketball team, drama team and orchestra. In the competitive atmosphere in Hong Kong, we are trained to aim for decent results. However, students in SACS participate in

This exchange to Sydney has been an extremely valuable life experience. During trips, it is not always plain sailing and sometimes things go wrong. But these moments are what get you out your comfort zone and help build your character.

Experiencing a completely different lifestyle has taught me a lot of things. I have grown and my perspective has changed in ways I never would have imagined. This exchange was the best time of my life and it will be something I will always cherish.

2B Myla Wong





the teams due to their enjoyment in the process rather than the achievements. When I attended school and team trainings not for the sake of high grades or awards, but because of my interest in studying and developing hobbies, school was a lot more enjoyable for me.

The only way to fully enjoy an exchange programme is to step out of your comfort zone and explore the world around you. Through joining numerous school teams in SACS, developing strong friendship and experiencing Sydney school life in an independent and all-rounded way, I have to say I have fully enjoyed the programme. The four-week experience will definitely remain as a delightful memory in the years to come.

2G Nathan Ng



## CHIJ, Toa Payoh, Singapore

In just 54 years, Singapore has developed from a colony to a well-known independent country. During this summer, I had the honour to visit this country as an exchange student to CHIJ, Toa Payoh. Singapore is somewhat similar to Hong Kong – an international financial centre that is well-developed, organised and safe – however its culture differs from Hong Kong's in some ways.

This country has four official languages: English, Chinese, Malay and Tamil. Students are required to join at least one after-school activity (CCA) to maintain a well-balanced school life. Pupils at CHIJ are also required to take "special" lessons like advanced art or cookery. Furthermore, despite the constant heat in Singapore, schools and families tend not to use air conditioners so as to protect the environment.



When I was in Singapore, I visited famous attractions like Sentosa, East Coast Park and China Town with my host family. I would hereby love to express my gratitude towards my buddy and her family, friends and classmates, and the CHIJ dance team, as well as teachers, for taking care of me and making this trip an enjoyable and unforgettable one. Going to school with my buddy in Singapore enhanced my learning, and I certainly gained knowledge and friendship during this exchange programme.

Two weeks had gone by in a blink of an eye. Pictures might get old, but memories would stay gold.

2G Nicole Chan





## LEADERSHIP &amp; COMMUNITY SERVICE

## Hong Kong Outstanding Student Award 2018-2019

**Winner: 6H Suen Chung Man Christian**  
**Finalist: 6G Lee Yuen Yee**

"What is outstanding?"

I was asked this rather open-ended question in my finalist interview for the Hong Kong Outstanding Student Award (HKOSA), but before I delve into it, let me give a brief summary of what this award is about. HKOSA is a city-wide competition aimed at recognising those with "outstanding academic, extra-curricular and community service achievements, and morality". Applicants from more than 100 schools in Hong Kong had to first undergo a nomination process either by in-school teachers or other professionals. Then, we had to go through various rounds of written tests, assessment camps, and interviews, each time narrowing down the number of students gunning for the top prize. Now, back to that thought-provoking question.

After some thoughts, three qualities came to mind. First, the continuous pursuit of self-improvement. To excel in the fields of academics, sports and music etc, we need to always look for ways to better ourselves rather than remain stagnant. Second, the ability to have a clear goal and ambition. However, contrary to popular belief, this does not mean having your entire life plan mapped out, but rather to always have a target in mind. This could be as huge as a goal like "getting into your dream university", or as simple as "handing in your assignment on time". Third, as the motto of the Youth Arch Foundation goes (the organiser of this competition), "Giving is Outstanding". Giving back to the community, be it the school community or society at large, not only helps those in need, but we also gain valuable skills and knowledge, and perhaps most importantly, a sense of satisfaction.

6H Christian Suen



## Exploration Tour to Madagascar Island

Last August, I was lucky enough to be selected as one of the 20 students in Hong Kong to be sponsored for a 14-day expedition trip organised by the 8th Continent Exploration Tour Madagascar.

Owing to its geographical isolation, animals and plants in Madagascar have evolved differently from mainland Africa and has its own unique and amazing ecology. Led by tutors and local guides, we visited four national parks and a few animal parks. These included the Isalo National Park, Ranomafana National Park, Kirindy Reserve and Andasibe Mantadia National Park.

Ranomafana National Park, my favourite, is located in the southeastern part of Madagascar. It has a warm and temperate climate with a great deal of rainfall even during dry seasons. Its tropical environment houses several rare species of lemur, including the Golden Bamboo Lemur and over 130 species of frogs. Quite a number of odd-looking frogs caught my eye, and I managed to record their bizarre appearance through my camera lens. Andasibe Mantadia National Park, my other favourite, is located on the east of Madagascar. It has a humid climate with a great diversity of animals. There I was introduced to the largest chameleon in the world – Parson's Chameleon. Of course, it also does



not lack a myriad of colourful frogs and other amphibians which will be impossible to describe here.

The whole experience was exotic and overwhelming. Not only was I rewarded with sightings of breath-taking animals, but it also sparked my interest in devoting efforts into their conservation. Lots of these amazing wildlife are suffering silently from the consequences of our rapid development, yet, their suffering falls out of the radar of many city-dwellers. I hope that through education, publications and front-line conservation work, I would be able to improve the relationship between humans and our natural environment.

6C Ho Chak Lam Samuel





## Kick-off Ceremony of Life Building Mentorship for Youth Programme

In this semester, I joined the Life Building Mentorship for Youth Programme. In this programme, our mentors hold a lot of activities like lunchtime gatherings, fellowship activities and day camp etc. When students are dealing with their study, they always face a lot of pressure from various sources. Therefore in our lunchtime gathering, our mentors played some pleasurable games with us like “universal gravitation” and “theory of evolution”, and we could know about ourselves better and the others at the same time. Our mentors are like our friends that they chat with us, take care of us and pursue our dreams with us. In our regular fellowship activities, we also learned more about the Christian culture to cultivate our mind. In the process, we built up a more positive self-esteem, and became more self-confident, tolerant and sympathetic. Thanks to my instructors for the guidance!

1F Zhang Kai



I have learnt a lot in this kick off ceremony – one has to be considerate and kind to others. In the event, I was one of the students who were in charge of the Game Stall. If you think being in charge of a game stall is boring, you are definitely wrong. I enjoyed teaching people how to play the board games at my stall a lot. The experience of interacting with so many children and adults was wonderful. This event really showed me how I should care about others.

2D Lee Ching Chi

## SPORTS

### Triumph in Sports

Our swimming team has obtained admirable achievements in the Inter-School Swimming Competition. Our promising swimmers won two golds in Boys Division One, two golds in Girls Division Two, and our girls also attained the championship for the school in Division Two C Grade. Congratulations on their hard-earned success!





## International Student Science Conference

The five of us participated in the 15th International Student Science Conference (ISSC) from 30 September to 4 October 2019. The ISSC was hosted by The Hutchins School in Tasmania, welcoming delegates from Italy, China, Sydney, Hong Kong and Taiwan.

Centred on the theme “Human impacts on the environment: science informing prevention and mitigation”, the conference provided us with opportunities to present our research projects in relation to the theme. We also presented our invention, a marine pollutant collection device named “Operation Blue”. Through listening to other students’ presentations, we could better understand the environmental issues caused by humans and how science may come into play in combating these problems. Guest speakers were also invited to speak about their areas of scientific expertise, giving us new perspectives on various topics ranging from animal conservation to quasar measurements.

To explore the natural resources in Australia and learn more about the role of scientific research in the environment, we had lectures by guest speakers and went on outings to various sites. We first visited the University of Tasmania for lectures on Life Sciences, Engineering and Earth Sciences etc. We then participated in a workshop on indigenous science at the Waterworks, Mount Wellington. Moreover, we had eye-opening visits to the Bonorong Wildlife Sanctuary, Aurora Australis, the Sustainability Centre and the Museum of Old and New Art etc.

The conference not only broadened our horizons but also helped us build interpersonal relationships with participants from all around the world.

5G Au Yee Fong



5A Marvil Cheung

*The activist is not the man who says the river is dirty. The activist is the man who cleans up the river.*

Ross Perot

This quote largely sums up our experience in the 15th International Student Science Conference (ISSC) in Hobart, Tasmania. The Conference, which took place in last October, assembled middle school science enthusiasts from continents around the globe to share our researches and investigations revolving around the theme “Human impacts on the environment: science informing prevention and mitigation”. Through thought-provoking presentations and insightful Q&A sessions, we were awed at the immense creativity and scientific knowledge demonstrated by other groups – from how our Taiwanese peers thought of using native plants to dye clothes, to how Australian counterparts conducted meticulous research on the relationship between soil and plant growth. All of us, despite the fact that we originated from totally distinct and diverse learning backgrounds, possessed one commonality that allowed us to engage in inspiring discussions, and that is genuine love and profound passion to come up with practical ways to make small changes and contributions to the environment to the best of our ability.

Apart from formal lectures, we also participated in excursions and visits led by amiable locals. Visiting the Hobart Radiotelescope and the Institute for Marine and Antarctic Studies satisfied our enthusiasm in science, the tours to the Museum of Old and New Art as well as our climb up to Mount Wellington appealed to our other interests as well. Overall, not only did the ISSC enable us to acquaint like-minded individuals over the world, but it also offered us a unique, once-in-a-lifetime cultural experience.





## International Junior Science Olympiad

Being able to represent Hong Kong in the 16th IJSO was a brilliant experience.

The Olympiad was a special occasion to meet talented science students from all corners of the world. Conversing with aspiring engineers, AI computer scientists and theoretical biologists from various countries, I experienced the investigative and collaborative nature of science. Their understanding of science was just a lens with which they viewed the world in, a genuine method to improve their daily lives. It was touching and inspiring to meet teenagers of the same age as us, who managed to utilise their knowledge and talents to engage in practical work, all the way from rural Africa to Asia. It was eye-opening to experience a novel perspective towards science that looks beyond the high school syllabus.

The year-long training programme, which included three phases with final selection tests, aimed to grant us the literacy to understand and solve basic problems in the sciences, with a series of lectures and labs at CUHK. The chance to interact with CUHK lecturers in exploring these topics in depth was splendid, and so were the cross-discipline discussions with many bright minds from all across Hong Kong. They reinforced my passion in pursuing science holistically and on a deeper level.

Last of all, it is impossible to illustrate in a few lines how teachers and higher form students, as mentors, have impacted me. Their kind advice and support have allowed me to make the most out of this experience that I deeply cherish, and I am truly thankful for their guidance along my journey. A note for future aspiring scientists: work smart, work hard, and look for help when you need it, because I definitely would not be where I am now on my own.

On 2 December 2019, six members of the Hong Kong team set off to Doha, Qatar to join the 16th International Junior Science Olympiad (IJSO). The competition consisted of three parts: multiple-choice, theoretical and practical tests. In multiple-choice and theoretical tests, we had to solve challenging scientific questions individually. In practical test, three members would form a team and work together under tremendous pressure to finish three experiments in four hours.

The IJSO has truly boosted my confidence and determination. In the past year, the six of us have undergone intensive training to prepare for the competition. We had three hours each of lecture and laboratory practical sessions at the Chinese University of Hong Kong on each Saturday. At the same time, I also had to handle a large volume of schoolwork. Sometimes I feel pressurised and exhausted, which gave rise to thoughts of giving up. Nevertheless, I have persisted until the end and endured all the hardships. I am sure this experience will help me strive towards excellence in my future endeavors.

Apart from the Gold Medal awarded from the competition, the most fruitful outcome of IJSO is friendship. I have made friends with a group of talented young minds who have supported me throughout the whole journey. When we stumbled across difficult topics, we would gather around and work together to solve the problems. Over the span of nine days in Doha, I have also met contestants from around the globe, including Algeria, Canada, Kuwait and Macau etc. After the competition, we still keep in touch with one another with the help of amazing modern technology. I hope this precious friendship will be long-lasting and we will meet one another one day again.

The IJSO was undoubtedly a rewarding and unforgettable experience. I wholeheartedly wish next year's contestants the best of luck in the 17th IJSO.

4G So Long Hei Anson



4A Tang Ho Man



## International Biology Olympiad

Since November 2018, I have been participating in the training sessions for the International Biology Olympiad after a selection test. There were three phases in total: lectures, laboratory and research. It was eye-opening to witness how scientists manipulated cells and used animals as test subjects. I also had the opportunity to carry out several experiments, such as measuring the contractility of aorta using wire myography and separating and purifying proteins. After obtaining a handful of hands-on research experience, I became much more interested in research, especially in the field of neuroscience. I was honoured to represent Hong Kong in the 30th International Biology Olympiad with my three teammates in July 2019. Although the 12-hour theory and practical papers were very frustrating, I have become more confident in natural sciences.



One thing really struck me – during the training session, Professor King L Chow of HKUST reminded me, “You can never memorise everything.” Looking back, I might have read many university textbooks and tried my very best to recite all the details but I failed to apply many basic concepts in the competition. Therefore, I realised that understanding principles was more important as it allowed me to face the unknown. In the future, I am definitely going to plan my own research projects and execute them. Developing flexibility and creativity will be crucial as there is no specific protocol to adhere to. I will continue to strive for excellence and maybe one day I will unlock some secrets of biology!

6F Wong Chi Ngai Genper

## Discovery College Model United Nations

Spending a weekend drafting resolution, making speeches and raising POIs (Points of Information) may not be what most envision as the “perfect weekend”. However, the above certainly pieced together a fruitful while enjoyable MUN conference – Discovery College Model United Nations.

Being in ECOSOC (Economic and Social Council), we were unfortunately not one of the main stakeholders, but we strived to actively participate in the discussion and provide a well-thought-out solution to the problem. When countries challenged us, we had to be quick thinking on our feet, an essential skill to be equipped with when attending MUN. The delegates at the conference were skilled and experienced, so proving ourselves right to other countries was challenging at times. However, MUN is not only about standing firm on your ground, but also about cooperating with other delegates and achieving a common consensus on the given topic. By the end of the conference, we made new friends and learnt a lot from them.

Every MUN conference has built up our confidence and polished our public speaking skills. However, what made this very conference especially rewarding was that we could work as a double delegation. This meant that we had to cooperate with each other, instead of having one person dominate everything. Despite the small arguments over certain courses of action to take during the conference, for example, what clauses we should add in our resolution, we still managed to pull through. Our ideas were eventually refined for the best results attainable.

3G Chan Ying Zi Nicole  
3E Ho Yan Ching Isabelle



DCMUN was our first conference. Having put on our business attire, we were both thrilled yet nervous about our first MUN. At first, we felt flustered by the intricate procedures of the conference and we often made simple mistakes, to which our chair and other experienced delegates in our committee would give a knowing smile. We were invited into numerous discussions with other delegations yet we were never fully engaged in some of them. Motivation dwindled as the conference hours dragged on. However, since the second day, we withheld a proactive approach, endeavouring to achieve and grasp every chance to advocate our country's stance.

The numerous Points of Information posed were also a challenge to us and we soon developed a strategy of typing out our scripts on the spot. The stacks of research that we had garnered before were put to use, and we often had to deliver an unprepared impromptu speech, having to show flair in the process as well. The debating session was the most intense, which required critical thinking skills and great eloquence. Our topic was “Addressing the Downfalls of UN Peacekeeping”, and we debated on various resolutions, for example countries contributing a certain percentage of funds to facilitate the development of UN peacekeeping. The dynamic debates were tiring yet rewarding.

DCMUN was not just a fruitful experience, but also a chance for us to meet like-minded friends in Hong Kong. It was a great opportunity to expand our social circle and interact with people who take an interest in public speaking and debating.

We left Discovery College in a light-hearted mood, looking forward to our next conference.

3B Ma Yat Hang Lukas  
3B Wong Ching Ching Jenna



## Self-nominated Exhibition

It has been such a pleasure for me to take part in the first-ever self-nominated exhibition in Zhuyuetang Gallery. I feel delighted and honoured to participate in the exhibition and let my teachers and schoolmates enjoy my paintings. I was a bit hesitant about joining at first. However, thanks to the support and encouragement from my parents, I plucked up the courage and signed up for it. Now I am glad that I made that move.

Since I was new to exhibiting my artwork, I did not know what to do in the beginning. I had to select a few pieces from my own portfolio, which ranged from Chinese paintings to sculptures, frame them and write a short description for each piece of work. I learnt to work by myself instead of relying on my parents and teachers to do the work for me. I did everything from choosing the artwork to writing the descriptions and putting up the paintings.

I have learnt much about exhibiting artwork as well as effectively taking on responsibilities. The teachers-in-charge guided me and gave me room to highlight my creativity. I am very grateful and appreciative of everything I have gained from this experience. I would like to express my heartfelt gratitude to the school as well as the teachers for giving me such a valuable chance to display my artwork.

I always go to exhibitions to admire the artwork of other artists, but I have never imagined that the process behind would be so arduous. Now I realise that many people are involved and much effort is required. If you pass by Zhuyuetang Gallery, please stop for a moment and enjoy everyone's artwork.

1B Cheng Hoi Tung Matilda



Since young, I have developed a special interest in wildlife. It amazes me how different plants and animals interact with the environment, forming this wondrous self-sustaining biome. When I was little, I was mesmerised by the snails on the pavements after heavy rain. As I grew up, National Geographic naturally became my favourite TV channel, where I learnt about the ecosystems far from our city life, and got hooked on books which explained in detail each species and their niche etc.

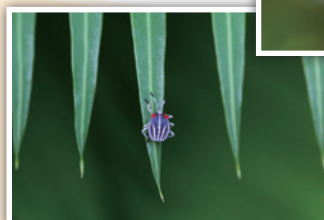
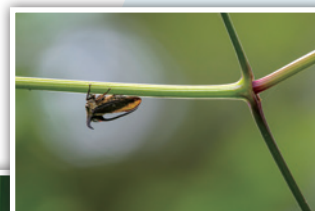
I started picking up wildlife photography a few years ago when I realized how wonderful a tool the camera lens could be, to capture and to expose miraculous elements to the naked eye. It had since given me huge sense of achievement, especially when I found that it was an effective way to promote wildlife and its conservation.

I am really grateful that I have been granted this wonderful opportunity to have a photo exhibition at the school's Zhuyuetang Exhibition Gallery. This is the first time students are allowed to display their artwork in the Gallery. It is an amazing way to reach out to my fellow schoolmates, and share with them my view of nature. It is also hoped that through this exhibition, I could help promote wildlife conservation, since it is our responsibility to uphold sustainable development.

The photos on display were taken during my sponsored 15-day expedition trip to Madagascar. I was lucky to be selected among thousands of applicants to go on this trip, led by professors and tutors. We had the chance to sight numerous endemic species there, including lemurs, chameleons, and lots of other exotic birds and frogs. The trip was very rewarding, not only because I was rewarded with numerous unique shots I would never have taken in Hong Kong, but also the symphony of exotic experiences, and my strengthened determination to take steps in learning about nature.

I genuinely wish that we would pay more attention to the amazing wildlife, a field where I never fall short of interest in.

6C Ho Chak Lam Samuel





## Hong Kong Senior Debating Competition

Having completed my final debate tournament (of my secondary school life that is) in the Hong Kong Senior Debating Competition, I would like to give a couple of reasons as to why you should view debate as more than an oral assignment you have to do in Form Three, but rather an activity that opens doors for the future.

Firstly, debates are not that detached from our daily life as some would believe. Almost all the arguments you have had with friends or family actually demonstrate your debating skills, albeit not in a particularly academic fashion. Debates essentially are formal forms of “arguments” on wider social, political and economic topics, which are contemporary and highly relevant to happenings in society, and thus are for sure a great way to gain more depth in your understanding of the world.

Secondly, being good at debate opens up many possibilities. Other activities such as public speaking, mock trials and MUN become relatively easy to learn with the skills you acquire from debate. Even if you are not that big a fan of these activities, debating skills also translate into interviewing skills, helping you get into that dream course or college.

Thirdly, debating is actually not that hard to pick up. I only started debating in Form One when I joined the school's English Debating Team. Our school offers plentiful opportunities for debating team members to participate in various events, and even if you unfortunately do not make it into the team, there are tons of public open competitions that you can apply to.

As a senior member of the school's English Debating Team who is about to graduate, I have high hopes for every junior member. I hope you enjoy debating as much as I do.

6H Christian Suen



## AESTHETICS & CREATIVITY

## Hong Kong Youth Music Interflows Symphonic Band Contest



The Wind Band is fairly young, yet one of the most vibrant music teams in SPCC. As the chairperson of the band, I have witnessed the continuous breakthrough of this group in the past five years. Joining the band is not only about producing music, but also establishing prolonged friendships with one another. Since my first day in the band, the number of band lovers keeps growing steadily, and the activities are always enriching. Starting from the second year, we officially launched our wind band camp. In the subsequent years, emergence of ensemble groups, collaboration with the police band and innovative assembly showcases made the band one of the highlights of the school.



As a committee member for three years, I realised that all of our shining achievements were the results of the endless endeavour of the band director and the previous student leaders. When I first took over the post, I discovered that unifying a band seemed greatly difficult since everyone had a distinct character. However, thanks to other committee members who looked after each section, I soon grasped the needs of band members. Constructing a plan for the camp and running it could be tedious. From time management to sectional rehearsals, the working team had to put in enormous effort; my voice almost cracked after the two-day camp. Fortunately, every member embraced the spirit up to the competition. Our effort was repaid with huge success.



Aside from being a chairperson, I am also an active participant in band ensemble groups. I still remember the clarinet septet playing Swan Lake at lunch, the “daydream” quintet during morning assembly and my official conducting debut – Imperial March in front of the whole school. The experiences were rewarding, non-replicable and dream-like, like the “daydream” performance on stage. In essence, Wind Band has provided me so much in my leisure time, making me skillful both in playing and group management. I definitely cherish the time in the band, and I hope the band will grow bigger and stronger.

5G Chen Bide

Having been in the Wind Band family for three years, I have experienced the joy of making music every Monday after school, which is, to be exact, 108 rehearsals since the day I stepped into the hall and joined the band. It has felt as if Wind Band was my second family.

November was the toughest month for us. Not only was it the countdown to the Interflows competition, but it also involved a whole week of SAW, making it hard for intense practice. With school suspension, half-day schedule and SDD, this November was the toughest we had ever experienced. Yet, our band members still managed to pull it off. Our success was not because of luck, but because of the strong foundation that our band conductor, Ms Szeto, set for us, “The goal of the SPCC Wind Band is to maintain a balanced and fulfilling life.” In other words, we aimed to achieve outstanding performance through effective and high quality practice while maintaining a balance between our devotion to the band and other aspects of life.

This year, in the weekend before the competition, we had a camp at the Jockey Club PHAB Camp. It was an opportunity for us to bond with each other and to improve our band sound. Perhaps many people think that playing the same band pieces repetitively is boring. Yet, after hours of band rehearsals during the camp, there was not an ounce of boredom or tiredness in us. In fact, after we played the band pieces for the last time before the camp ended, I saw a big improvement in our music-making.

Music is what feelings sound like. Once Ms Szeto starts conducting, music starts flowing out of all our hearts, expressing our love for the band and our passion for music. On the day of the competition, Queen Elizabeth Stadium was filled with the wonderful sounds the SPCC Wind Band produced. In those moments, I realised that nothing was better than making music with my second family. It was also undoubtedly one of the best performances ever by the Wind Band. I sincerely hope that there will be more chances ahead of us.

3C Leung Ya Lei Janelle

Note: Although we missed several full band practices due to the suspension of school, this did not hinder our spirit or determination to strive for the best. Our band achieved an encouraging silver award in the Hong Kong Youth Music Interflows Symphonic Band Contest Intermediate Class on 3 December, 2019. Our players enhanced their musicality and formed closer bonds with one another through rehearsals and an overnight camp. Given the many obstacles the players endured, the overall takeaways from the journey were satisfaction and contentment. This achievement will also serve as a benchmark, as we continue to strive for excellence in the years to come.





## Staff Influenza Vaccination

We are very grateful for the generosity of our alumnus, Dr John Tak-cheong Sham, who has provided influenza vaccination free-of-charge to our staff for over a decade. These photos were taken during his last visit in October 2019.



## Staff Development Day – Golf Clinic Session

The new school year got off to a rewarding start for SPCC staff thanks to the Golf Clinic Session on 29 November 2019. The purpose of the trip was to rejuvenate ourselves by practising golf and build collegial bonds with our colleagues. After our swift departure from Sai Kung Ferry Pier at 9 am, we soon arrived at the picturesque Kau Sai Chau Golf Course. Our instructors showed us some basic wing and putting skills. For many of the staff, it was the first time ever to play golf. The morning ended with a putting competition which showcased our new SPCC golfing talents. It was a super fun morning filled with action and laughter!

Our tour ended in hearty applause as we posed for snapshots in front of the training centre after a delicious buffet lunch. We gathered at the pier for a ferry ride back to Sai Kung Town Center where many of us broke up into smaller groups for shopping and street food.



Ms Cherry Wong

## Effective Communication with Parents

On 30 September 2019, we were honoured to have Dr Paul Ng to talk to us about quality service and skills for handling queries and complaints. The aim of this afternoon is for teachers to gain knowledge in this area and thus, there could be effective communication among teachers and parents and the relationship among them can also be enhanced. In the end, both parties can work together to benefit the students.

Quality customer service is an evidence of civilisation and the trend of modern society. In the education service, quality service should be based on the satisfaction of the positive needs of students, parents and the community.

To start off the workshop, Dr Paul Ng shared many experiences when he was treated exceptionally well by staff who provided quality customer service. As audience, we could immediately recall good memories of quality customer service. He went on to share concepts and skills of quality service in education. He also shared communication skills for building harmonious relationship with the service receiver. These included the use of pleasing words, proper use of non-verbal languages, positive feedback skill, professional negative feedback skill and three-position communication skills.

The workshop was interactive as there were lots of discussions on case studies. Teachers could all take something from it and practise the skills in our teaching profession.



Ms Eva Chan



## 小四及小六朋輩調解講座

我校於十月十日邀請了香港家庭福利會資深社會工作員李慧芬姑娘為小四及小六同學進行朋輩調解講座。同學們學會了調解三式：深呼吸三次旋風、交心對話光環以及和平處理彩虹光。同學們懂得要細心聆聽同學對衝突的看法和感受，才能找出造成糾紛的原因。活動中，同學發揮關愛素質，共同締造和諧正向校園文化。



## 一年級同學探訪長者中心參與「長幼同樂慶新春」活動

四十位一年級同學於一月六日早上，在老師及學校社工的帶領下，浩浩蕩蕩出發前往灣仔石水渠街長者中心聖雅各福群會灣仔長者地區中心參與「長幼同樂慶新春」活動。活動內容豐富，同學與長者玩遊戲，進行敲擊樂表演，並為長者送上揮春作禮物，大家都玩得興高采烈，長幼共融。





## EXCHANGE ACTIVITIES

## 小五外展訓練課程

一年一度的小五外展課程於2019年10月21日至25日舉行。在五天的課程裏，同學們需要克服一項又一項的挑戰。過程雖然艱辛，但因着同輩的互相扶持，大家都能離開安舒區，發揮潛能，衝破重重難關。讓我們一起來分享他們難忘的回憶！

The most unforgettable experience about the Outward Bound was the exciting yet scary Jetty Jump!

I was trembling with fear when I got on the tall jetty. My heart beat very fast. I told myself to stay calm. Pinching my nose and with my eyes closed, I took a deep breath and plunged into the water with a big splash. It turned out not as terrifying as I imagined. After praising me for my bravery, my instructor told me an important message: ***Fear appears when we face the unknown. However, when we face fear head on, fear vanishes.***

Conquering the jetty jump was a big accomplishment for me because I managed to overcome my fear. It gave me deep satisfaction knowing that I could face my fear and embrace more future challenges. I really treasure those days in Outward Bound.

5A Tian Le Tong

Ever since I was little, my brother has been telling me that the Outward Bound experience was fun and amazing, with various exciting activities, like boat rafting, "Jetty Jump", wildlife camping and hiking. After a long wait, I finally got my chance to experience Outward Bound myself. Since it was my first time to leave home to stay somewhere away from my parents overnight, I felt quite nervous in the beginning. However, the uncertainties ahead also made me feel quite excited. "Rope Course" and "Jetty Jump" were two activities that stood out among others as they were new, exciting and challenging.

During the Rope Course, as I have to concentrate and take my every move cautiously or else I would fall, I learnt to have grit and never settle for less in order to reach my goal, which was to climb to the top.

As for the dreadful "Jetty Jump", I felt scared at first. However with my instructors' and friend's encouragements, I got the needed courage and support to rise to the challenge. I did not only face my fear head on, I even took the 6-meter fall twice!

The Outward Bound experience has taught me how to overcome difficulties. I have become more willing to step out of my comfort zone. It has been such a great experience which boosted my confidence and made me more independent. I feel truly grateful for this valuable opportunity

5C Hazel Tseng



From the bottom of my heart, I want to say, "Thank you, my dear friend!" This dear friend of mine accompanied me through it all: triumphs, challenges, joyful moments and gloomy times.

One night, my friend began missing his parents very much. He sobbed quietly under his blanket. I patted his shoulder and comforted him, saying, "Friend, you will see your parents very soon. It is the second day and you did a great job! There are only 72 hours left and then you can see your parents! Keep it up!" Soon after that, however, I started crying with him because there was this saying: ***Best friends cry together and smile together.*** We chatted together for a while and it lifted his spirit. Honestly, I missed my parents, too. However, being able to accompany each other in that dreadful moment made the homesickness more bearable than being alone.

Friend, it was you who was with me through the thick and thin in Outward Bound. I truly want to thank you!

5B Jordy Lei

在外展訓練的第一天，我覺得既興奮又擔心。因為我不知道我即將面對甚麼困難，自己能否應付得來呢？這次訓練實在是一個新的挑戰，但經過這五天和同組的同學們一起合作，我發現即使有不少困難和挫折，最後我們還是能成功解決難題，完成任務。例如我們划艇時遇到突如其來的大浪，還差點翻艇呢！但導師帶領我們到岸邊休息，還教導我們關於浪中划艇的知識。最後我們在平靜的大海上划艇到鹽田仔，感覺真滿足！這讓我體會到「團結就是力量」的道理。我想這次的外展訓練會成為許多五年級同學小學生涯中美好的回憶。

五丁 余靜希

I loved my Outward Bound experience. The most challenging day was Day Two when we had to overcome challenges in the sea. Kayaking was fun but it was physically strenuous. However, when my teammates were in good coordination with one another, it was not as difficult as the beginning when everyone tried to paddle in their own way. I have learnt the importance of teamwork. Jetty Jump was definitely a highlight of the whole Outward Bound experience. Although it seemed to be an individual challenge, I found that it was one of the activities that required the most encouragement and support from others. I drew my courage and strength from my friends and I conquered the challenge!

I think Outward Bound is a good opportunity to train ourselves. I hope that after this experience, I can improve in the future!

5E Alvina Fung



## 香港學生輔助會小學訪校交流

2019年12月6日，香港學生輔助會小學一行四十多位同工，包括校長、副校長及教師到訪本校，以了解我們的校本課程推行理念及模式、STEM 教育的發展與跨科目教學之實踐情況。首先友校同工分組參與自主學習及 STEM 元素的 MASTER 課堂，各級同學進行實驗或探究活動的投入和嚴謹態度，得到同工們的一致讚許；在分享環節後，同工們亦參觀了 LEAD 特別室、高小實驗室、創新科技室及圖書館，以加深對我們推行 STEM 教育之硬件及資源配套的認識，期間，大家互相交流經驗，裨益良多。



## 聖公會幼稚園訪校交流

2019年12月3日星期二，聖公會幼稚園的校長、老師與142位家長到訪本校進行交流活動。當日除了梁校長與朱副校長為嘉賓介紹了學校的課程框架和培育理念，學校亦派出了約100位學生大使帶領嘉賓遊覽校園。以下是其中三位學生大使的心聲：

這是我第一次擔任學生大使接待訪校的聖公會幼稚園老師和家長。作為聖保羅的一份子，我很榮幸能向嘉賓介紹學校的設施並與他們分享我在校園生活的點滴。雖然我的第一項接待任務是在緊張的心情下完成的，但是我相信我的表現能令嘉賓感到賓至如歸。我會繼續努力！

三甲 麥以嘉

我非常榮幸可以帶領聖公會幼稚園的老師和家長遊覽校園。我除了帶領他們參觀餐廳、游泳池和校園電視台等設施外，還與嘉賓分享了我的校園生活，他們也感到非常有趣。嘉賓問了我很多問題，我都一一盡力解答。這是一次寶貴而難忘的經驗，既能夠服務他人，也提升了我的溝通技巧和應變能力。

三乙 張曉冰

我很感恩可以以學生大使的身份接待聖公會幼稚園的家長，從而提升了我的溝通能力和自信心。我感到很快樂，我覺得這個交流活動真有意義！

四丙 朱瑋澄



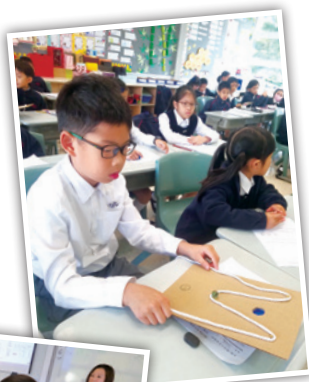


## MASTER課程的優化和發展

### 自主學習齊實踐 靈活多變求創新

以自主學習方式促進學生終身學習能力一直是我校課程中的重點項目之一，同時，為配合STEM教育發展，提升學生綜合及應用跨學科知識的能力和技能以解決生活上的問題，上學年學校開展名為MASTER的綜合課程。MASTER課程是STAR自主學習及STEM元素互相融合之校本課程。課程內容主要根據自主學習理論，涵蓋學習策略(S)、思維策略(T)、學習習慣及態度(A)和探究研習技巧(R)的能力框架，並滲入科學(S)、科技(T)、工程(E)及數學(M)學科相關的知識和技能，提供機會讓學生運用在各學科領域所學到的知識和技能，探討有興趣及具創意的研習課題，從而培養學生成為真正的自主學習者。

憑著去年課程推展及實施的經驗，MASTER課程核心小組的老師對本年度的課程發展策略和教學活動內容進行檢討及修訂。為了進一步促進STEM教育，提升學生整合不同STEM學科知識的技能，本學年的MASTER課程加強了學生對應用科學、科技與數理知識(STEM元素)的綜合及解難能力，同時提供更多動手操作的學習機會，讓學生能進一步掌握STEM思維，並實踐和應用於日常生活中。核心小組內的各級教師組長帶領同級老師，設計不同的STEM課堂，內容配合學生各個科目的所學並建基於學生對上年度各項自主學習能力的掌握，以科學探究或工程設計過程為依據，透過與現實生活相關的問題推動學生學習，為學生創造更多學習空間，增強他們對學習STEM學科的動機和自信心，培養他們綜合運用多元知識及技能的能力，促進他們對生活和現實世界的認識與改造，從而解決現實生活中的各種問題，達至「樂活人生由我創」的最終目標。以下是兩位MASTER課程核心小組老師在的分享：



去年四年級以「學校清潔好幫手」為主題，學生因應工友清潔校園時所遇到的困難設計高效清潔工具。在整個學習過程中，學生表現積極投入，無論進行工友訪問、製造環保吸塵機及測試其效能、創作及修訂最後工具產品，至最後舉行的清潔工具展銷會，學生也能發揮不同的研習能力，達到最後學習目標。惟美中不足的是因題目擬定為「學校清潔」，這正限制了學生的思維和創意，最後學生設計的產品類型皆相似，較為單一。有見及此，在與核心小組老師探討本年度的課程規劃時，決定把四年級的主題更改為「珍惜水資源」，同時繼續發揮學生的「關愛」素質，希望他們從關注學校所需擴展至珍惜地球資源，為紓緩水資源問題設計或改良產品，從而開放更廣更闊的思維空間，讓學生可從多方面探索問題，並發揮創意。



配合本年度的課程重點，在課程內容中，我們提升STEM元素部分，強調科學探究，學生通過觀察、假設、實驗和分析等過程了解水質污染的成因和測試不同物料的除污效能，然後思考如何把實驗結果應用在產品設計上，期望在年終的成果分享活動中，同學們的作品會呈現更多元化的創新意念。

呂穎芯老師

It was such an exhilarating journey to work with my colleagues in implementing the MASTER programme for Primary Six students this year. As one of the coordinators for Primary Six, it was especially rewarding to see how students were motivated to solve problems proactively and took the initiative to come up with their own design under our step-by-step guidance.

In line with the school theme of the year, our Primary Six students were to design household products that would help improve the living environment of their loved ones. After listening to sharing sessions by start-ups and being exposed to a variety of design concepts in Science Park, students fleshed out a terrific amount of innovative ideas. They were also able to incorporate coding in their design process after attending STEM workshops.

As a teacher, it is my responsibility to bring the best out of our students. I feel privileged seeing how they have moved on to a more advanced level gradually in terms of their problem-solving skills, communication skills and scientific knowledge etc. Last year, this cohort of students came up with their own toy inventions centring around the idea of upcycling. With such experience, students extended their care to people in the community by designing products that would help solve household problems. The school-based MASTER curriculum is shaping our students to becoming leaders and designers in our future technological hub and it is my privilege to be able to walk with them along the journey.

Ms Michelle Ho Hiu Ying



## CHRISTIAN EDUCATION

## 校歌內美麗的禱告

我們在小學每年都有好幾次機會唱校歌的第一節，但同學們其實未必清楚理解歌詞的意義。在2019年9月9日的全校周會，我們一起「咀嚼」它的豐富意義。

We build our school on Thee, O Lord;  
To Thee we bring our common need;  
The loving heart, the helpful word,  
The tender thought, the kindly deed;  
With these we pray Thy Spirit may  
Enrich and bless our school always.

我們的校歌原來是一個禱告！

由於上帝是我們學校的根基，我們把共同的需要帶到祂跟前，向祂呈獻四個懇求：仁愛的心靈、助人的說話、柔和的意念和友善的行為。

正如校訓所言：「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），我們首先向上帝祈求「仁愛的心靈」(the loving heart)，學習放下「自我」的心，多顧及別人的需要和感受。

說話方面，我們要操練自己多說友善的說話、欣賞別人的話和鼓勵別人的話。只要我們多說「助人的說話」(the helpful word)，校園就必定更溫暖！

甚麼是「柔和的意念」(the tender thought)？我們要多感謝別人的好意、留意別人的長處和付出的努力，要拒絕仇



恨和報復，學習彼此包容和寬恕，把更多正能量注入我們的生活中。

在校園實踐「友善的行為」(the kindly deed) 就是接納同學、樂於助人、拒絕排斥和欺負同學。縱使老師不在場，同學們也要彼此尊重和愛護。

懇求上帝幫助同學們不但聽道，而且能作行道的人，讓校園生活充滿喜樂和關愛。願聖靈常常賜福我們，使我們的學校豐豐富富地擁有這些美德！

## SPORTS

## 憑著自信 努力向目標進發

2019年10月18日是港島西區校際游泳比賽的大日子，比賽當日，我們先到中學的泳池進行熱身，看到大家的表情都既緊張又興奮。熱身後，大家一起出發到比賽場地，在行車的路途中，我不停地想：我能否在今次比賽中游到最佳時間？我能否達到自己訂下的目標？游泳隊每一位隊員都在比賽前練習了很久，縱使練習非常刻苦，但大家都不斷地努力，為的就是這一天。

到達場地後，比賽項目便逐一開始了，在看台上等待自己比賽的時候，大家都會為正在比賽的聖保羅學生打氣：「加油，聖保羅！」，「別放棄！」。過了一會兒，我參加了的50米自由泳和接力賽終於開始了，我充滿自信地走到跳台上，一聲令下，我拼命地向前游。最後在個人項目中我得到了殿軍，我們女甲接力隊亦得到了亞軍，我們都興奮得手舞足蹈。我們不是因為獲獎而高興，而是因為我們盡了全力，達到自己訂下的目標，我們都為自己感到驕傲。

今年度是我最後一年參加港島西區校際游泳比賽，多年來成績有起有跌，但我們都會抱著樂觀的心，再接再厲，每一次都期望自己游得比上一次快。最後，我想藉此機會感

謝教練、校長、老師、各位家長的栽培和同學們這麼多年來給予我們的支持，讓我們游泳隊隊員都能發光發亮！

六丁 楊秉頤





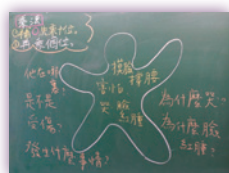
## 第七十一屆香港學校朗誦節朗誦比賽

本屆朗誦節比賽時段縮短，部份比賽項目亦相繼取消；但本校同學仍努力準備和鑽研誦材，盼望能有機會參與賽事，發揮所長！今年度，Harmonic Speaking Team及初小普通話組分別獲得亞軍及詩詞集誦冠軍，中文組之二人朗誦獲得三個冠軍及兩個亞軍。在獨誦方面，英語、粵語和普通話組合共獲得37個冠軍，成績優異！



## 小三課堂研究

課堂學習研究主要是針對課題的學習難點進行深入探討，教師通過教學和觀課進行反思，然後通過反思來修訂教學設計，期望進行更有效的教學。學校中文科教師會於每級進行課堂研究。課堂研究前，同級教師須共同商討教學目標，然後集體設計課堂，根據大家設計的教學流程和活動進行授課，然後評課和集體反思課堂效果。教師再修訂教案，讓同級的其他班別再次授課，然後再次評估和反思。這個過程不單提升了課堂教學的成效，更重要的是，教師在參與課堂研究的過程中，個人的專業素養得以發揮和進一步提高。上學期，小三中文科教師希望讓學生透過提問，深入理解課文內容，故此設計了課堂活動「牆上的角色」。學生先透過觀察課文圖片，寫出可以從圖片中得出「已知」的事實，例如主角的性別、情緒等。



另外，引導學生使用「六何法」，自擬問題。學生能運用「已知」的部分，問一些自己「想知」的問題，例如：「為什麼主角會哭？」「其中一名主角為何會拿著樹枝？」最後，學生透過閱讀課文，找出自擬問題的答案，從而理解課文內容。作為教師，幫助學生找出改善學習的方法是十分滿足的。

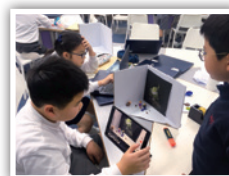
## 中文閱讀課

2018-2019年度下學期，中文科加入中文閱讀課。本年度的上、下學期均有一個單元推行中文閱讀課。中文閱讀課每兩年為一個循環，有四個主題，包括名人、歷史名著、生活和科技藝術。圖書閱讀及學習形式多元化，紙本或非紙本產出均可。某些級別進行了讀書小組、以戲劇形式演繹故事、把故事重新改寫等活動，著重引發學生學習中文的興趣，進而養成中文閱讀的習慣。最後，老師除了鼓勵學生閱讀中文閱讀課所教授的圖書外，亦會介紹同系列或同類的圖書予學生，希望學生能主動閱讀。

## Project-based Learning in the Stretching Programme

The Stretching Programme is an English pull-out programme at SPCCPS where selected students are pulled out from their regular Oral Lesson and are placed in a class together. The programme adopts the project-based learning approach in which students gain knowledge and skills by working for an extended period of time to investigate and respond to a complex but engaging problem.

This year, our Primary Four Stretching students took up the challenge of creating from scratch stop-motion animation. In the first few lessons, after the students had delved into how the plot structure of a story would look like, they decided on their own storyline which consisted of an exposition, rising action, climax, falling action and resolution. Next, they turned their story mountain into another graphic organiser, a storyboard, in which the students further actualised their storyline into images. They also learnt how to write proper drama scripts when they worked on the play script and added dialogues and stage directions to their story. The most exciting part for the



students had to be the time when they gave life to the characters of their stories by creating them using modelling clay.

Once the story had been thoroughly planned out and all the characters and props were ready, the students learnt to use a proper app on the electronic device to film the animation. The post-production phase of adding sound effects, cutting the clips and voicing over the video clip was another fun and challenging part for the students.

At various stages of the project, our students took on different roles in their own production - as producers, playwrights, sets and costume designers, directors, cinematographers, sound effect managers and voice over actors. Our English teachers, on the other hand, had to switch among different roles as project coordinators, facilitators, co-learners, language consultants, supervisors and assessors. It was an especially rewarding experience for both of us!



## AESTHETICS &amp; CREATIVITY

## 視藝科彩繪壁畫展活力

本年度視藝科為了深化學生素質的推行，突顯課堂活力，視藝科的學習由課堂伸延至校園走廊，同學們在二樓走廊畫壁畫，使校園充滿藝術氣氛。

今年視藝科的校園藝術大使活動與往年不同，是集體畫壁畫，十分講求我們的合作精神。起初，我以為大家會各自為政，畫得一塌糊塗，可是在畫壁畫的過程中，同學們秩序井然，分工合作，發揮各自的特長。雖然壁畫不及大師的水平，但是大家都充份發揮了我們的聖保羅學生素質，壁畫很有特色，令人耳目一新，還得到老師和同學們的讚賞。



六丙 招慧然



今學年有幸參加了校園藝術大使，我們一共十個同學，一起準備在二樓牆上畫壁畫。起初我們一起構思壁畫內容，之後我們定下背景顏色，最後我們分成三組一起在牆上塗上鮮艷的顏色背景。和同學們一起參與這個過程，十分有趣，感覺很新鮮。

六丁 王友正



## 香港青年音樂匯演2019

本年度管樂隊的同学參加香港青年音樂匯演可謂是一大挑戰，因為停課的關係，樂團的練習時間少了很多，對老師和指揮們也是一大考驗。但感恩的是，盡管未知賽事會否突然取消，同學們仍然願意付出最大的努力去練習，他們的潛能亦因此被激發出來。這也是很好的機會讓同學們重新思考「盡力」是為了甚麼？比賽還是為了將更美妙的音樂與人分享？最後，管樂隊贏得了銀獎，這獎杯盛載的不單是榮譽，更盛載了天父給我們的這份珍貴回憶！

我最喜愛的活動是參加管樂隊。我很喜歡吹管樂隊的歌，也因此多了練習吹長笛。有時候，還會不知不覺地哼著管樂隊的歌呢！參加管樂隊提升了我溝通和樂觀的素質。在這次比賽中，我學會了團體合作精神。

二戊 曾詩喬







我們在 12 月 5 日參加了香港青年音樂匯演管樂團比賽，並獲得了銀獎。雖然成績不及去年，但是這次比賽卻讓我留下了深刻的印象。

我們有時候在排練時不專心，導致樂曲的演奏一直未能達到應有的水平。但由於停課和各種不同的因素，排練的次數減少了很多。所以，我們在僅餘的練習中都十分認真，用盡全力去排練。當我們認真起來，比賽的曲目終於在預演前變得動聽了，我們在預演中亦發揮得很好。

比賽當天，我們充滿信心地前往比賽場地，用盡 120 分的努力，把曲目演奏出來。最後，雖然我們得不到金獎，但在有限的排練中我們已盡全力，相信在指揮和老師的心目中，我們已得到滿分了。

六乙 胡柏謙

## 以妙韻頌聖誕

12 月 19 日在禮堂舉行了聖誕節聖餐崇拜，為了讓學生投入參與侍奉，實踐服務素質，初級組合唱團與手鈴隊同學攜手在聖餐崇拜中獻詩「Carol Medley」，一起以天父的恩賜，以美妙的音樂敬拜上帝，以行動實踐「非以役人，乃役於人」的基督精神。



在今年的聖誕節，手鈴隊於聖餐崇拜中與合唱團一起獻詩。雖然這次的準備時間有限，但同學們都全力以赴，加上老師的悉心教導，這次獻詩也順利完成。這次獻詩讓我感受到音樂團隊之間合作的重要性，真令我獲益良多呢！

六甲 邱天柔



今天合唱團在聖餐崇拜時獻唱。初時我有點緊張，但想起我們已投放了很多時間練習，我就放鬆起來了。

這次的獻唱讓我學習到「善聽能言具自信，樂觀健康顯關懷」的真正含意。在練習時我們要留心聽呂副校長的指導，還要關心同學，互相配合。除此之外，我還學到了服務、學習、溝通和自律素質，最重要是心中敬慕神。

我十分喜愛這個活動，因為這可以讓我有更多學習機會。我真的很希望可以再獻唱，用歌聲讚美神！

三甲 陳宥臻



## 課堂內外展活力 學習活動增效能

本校常識科課程重視學生的多元學習經歷形式，除了於日常課堂讓學生以分組討論、探究及科學實驗等建構知識外，亦恆常舉行各項專題活動如參觀、講座、兒童科學日營等，更全面培養及發展學生的九大共通能力。配合本年度常識科推廣健康生活的學科發展重點，小五常識科特邀兩位講者分別為男、女同學舉行青春期講座。有別於平日提起青春期的腼腆和尷尬，同學於講座中反應投入踴躍，敢於向講者請教心中的疑惑。

這次青春期講座分男、女同學進行，教材內容為女孩子而設計；關姑娘亦為我們清晰地說明女孩子在青春時期須注意的地方，使我和同學都對女孩子在青春期的身心變化有更深入和針對性的了解。講座時，我和同學們亦勇於發問，真的使我們獲益不少。

五丙 古倬

這次青春期講座的內容十分豐富，何醫生為我們生動有趣地解釋青春期以及生命起源的各項知識。當中使我印象最深刻的是不同種類的雙胞胎，甚至多胞胎的形成原因，生命的起源真奧妙！感謝老師為我們籌備這次講座。

五丁 莫逸藍



## 資訊科技科 — 資訊素養及編程

### 使用電子產品約章

今年資訊科技科繼續推出「個人一周使用電子產品時數統計」，同學與家人可以檢視使用電子產品的情況並作出改善。今年亦同時帶給同學們一些使用電腦時要注意的健康提示，比如注意眼睛與螢幕之間的距離，從而加強同學的健康素質。



我和家人一起訂立「使用電子產品約章」，我請家人協助留意我使用電腦時的坐姿、音量、螢幕距離是否正確。Moodle 內的健康小貼士十分有用，讓同學知道怎樣培養正確而又健康的使用電腦的習慣。

六乙 陳樂恆

這兩年，資訊科技科中增添了「個人一周使用電子產品時數統計」活動。我從中學到自律和學習的素質，因為我學會了管理好自己的上網時間和節制地使用電子產品。我和家人亦會執行所訂立的「使用電子產品約章」，例如每天花在學習、遊戲、影片、社交平台、通訊等的時數不可多於2.5小時。我每次用電子產品時，亦有留意自己有沒有保持適當的螢幕距離、坐姿是否端正和把耳機調較至適當的音量。

五甲 楊彥臻

我認為「個人一周使用電子產品時數統計」活動能培養我們自律和健康的素質，所以我會將活動推廣給親友，讓他們學會如何健康地使用電子產品。我也有與家人實踐所訂立的「使用電子產品約章」，例如我會每使用電腦二十分鐘便看一些遠景，或者閉上眼睛三十秒，讓眼睛不致過勞。Moodle 內所提供的「健康小貼士」也很有用，例如我們要控制螢幕時間、過馬路或上樓梯時避免使用電子產品等，提醒我們使用互聯網及電子產品時，要注意健康及安全，十分實用。

五乙 莊逸晴



資訊科技科推行的「個人一周使用電子產品時數統計」能培養同學們健康和學習素質。這個活動能有效讓同學們檢視自己使用電子產品的情況，不至於因過度使用而傷害到自己的眼睛和身體。另外Moodle 內的健康小貼士對學生很有用，因為這些健康小貼士提醒我們如何正確地使用電腦，例如怎樣改善使用電腦時的坐姿，同學們從中發揮了他們的學習素質。我會切切實實地把學到的「健康小貼士」應用在日常生活當中。

四丁 李景晉



## 編程活動 提升學生計算思維

編程教育的重點是讓學生掌握編程的技巧，並且將編程技巧應用於不同的情境，以完成所設定的任務；目的並非訓練及培養電腦程序編寫員，而是讓學生得到實作經驗及建立解難的信心，持續透過協作及重覆的測試來解決問題。

本校高小課外活動 Robot Programming，藉著得意有趣的 LEGO EV3 系統，讓學生利用編程操控機械人進行各種任務。老師會物色合適的比賽讓學生參加，藉以擴闊學生的眼界，與其他參賽者互相交流學習。

我認為我在樂觀這項學生素質上做得最好，因為就算有時候編程時會有阻滯，但我和組員們都不會沮喪，也不會放棄，而是會繼續嘗試。在未來，我期望我能在創新這項學生素質上有進步，因為我在「砌機」時，有時會不知道怎樣變通，欠缺新奇的想法。

五乙 陳煦悠



我認為我在學習這項學生素質上做得最好，因為我在這個課程中學到了很多有關機械人和編程的知識，很好地培育了我的學習素質。二月中有機械人相撲比賽，我非常期待這場比賽，希望能為學校取得佳績。

六丙 喬樂熙



## 數學大使 分享快樂

本年度數學科加強培訓小五學生擔任「數學大使」工作，數學大使於午息時段邀請小三同學參與各種思維遊戲，例如：Sequence Numbers、Rummikub、牛頭王等，以培養學生的探索精神及鼓勵學生多與別人分享快樂。此活動除了發揮學生的數學才華外，亦加強校內同學彼此之間的關愛及欣賞文化，互相學習，實踐所學。

今年我很榮幸被老師挑選參加「數學大使」活動。這活動讓我受益匪淺，除了加深我的數學知識，還令我學到溝通的素質。逢星期一的午息時段，每位「數學大使」都會教同學們玩有關數學的遊戲，其中包括有趣的紙牌遊戲卡和骰子遊戲。玩遊戲時，大家有說有笑，一起分享數學遊戲的樂趣。每當上課鐘聲響起，同學也會依依不捨地返回教室。我很感謝老師讓我參加這項有意義的活動，一方面可以與三年級同學分享數學的知識和樂趣，另一方面又可以動動腦筋。我很喜歡參加這項活動，期望明年也可以成為「數學大使」。

五戊 梁銘軒

我很高興能夠在五年級擔任「數學大使」一職，在擔任「數學大使」時，能夠讓我發揮思考和溝通的素質。在思考素質方面，我們要設計不同類型的數學遊戲給三年級同學玩，也要教導三年級同學遊戲的玩法。同時，我們所有「數學大使」也要擁有良好的溝通技巧，這樣才能向同學清楚介紹遊戲，並在過程中協助他們解決困難，讓大家渡過愉快的午息時光。

五乙 劉鎧澄





## 教師專業發展活動

自2017年度推出聖保羅教師素質，學校一直以來都非常重視培養教師的素質。每年學校都會因應當年學校發展的關注事項，為教師安排相關的專業發展活動。本年度分別於2019年9月13日和11月11日進行了兩次教師專業發展活動。此外，2020年1月3日，全體教師還參與了中小學教師發展退修日。

### 活力課堂

今年的關注事項之一是展現課堂活力。朱副校長提到「活力」體現在三方面：教師的活力、學生的活力和知識的活力。教師要善用教學資源，組織學生進行學習活動，從而把死的書本知識教活，並挖掘學生潛力。

當天朱副校長先帶領我們進行兩個熱身活動，分別是「齊來排隊砌創意」和「頭腦風暴」。在一輪熱身和講解後，教師們進行了「活力四射成長課」的小組活動。教師們分級預備一節成長課，目標是教授有禮貌的重要性。在模擬教學中，校長和各位教師也充分體現課堂活力。



教師們排隊時盡顯愛心



校長們熱烈地回饋教學



教師傾情演出模擬教學

### 優質服務和有效處理查詢及投訴的技巧

本校十分注重溝通素質。透過工作坊，教師們了解到如何透過有效的溝通，建立良好的機構形像及維繫團隊成員之間的關係。另外，講者亦透過不同的實例分享和討論，解說處理投訴的原則及如何處理投訴過程中出現的情緒問題。

講者於工作坊安排了老師參與解開繩結的活動，旨在讓老師們領悟處理投訴好似解開繩結一樣，解鈴還需繫鈴人，這奧妙並不複雜，每位教師都很投入地想方法解開繩結。在整個工作坊中，老師們深切體會到調解和溝通的重要性。



教師們留心聆聽講者講解



教師們認真投入解開繩結活動



講座後與講者合照



## 2019粵港澳大灣區STEM教育論壇

鄧偉倡老師與鄭鴻鈞老師於2019年12月7日至8日代表學校到東莞市參加由香港科技創新教育聯盟、香港教育工作者聯會、香港嶺南大學STEAM教育及研究中心、廣東省教育研究院以及澳門中華教育會聯合主辦的2019粵港澳大灣區STEM教育論壇。

不同界別的講者嘉賓在第一天的論壇上圍繞「科創人才分享大灣區建設國際科技創新中心與STEM教育創新發展」、「大灣區STEM教育的普通教育與職業教育融合」及「大灣區STEM教育課程開發、教學實施及空間建設」三大主題做了發言。當中香港城市大學數學系教授韓耀宗先生以數學角度出發，將不少的數學概念以生動的生活例子來證明及實現，對提高學生學習數學的興趣有莫大裨益。而澳門培正中學及濠江中學的校本STEM課程規劃經驗更具體化地將學生培育為創客的方向及策略一一展現。

第二天由主辦單位安排參觀位於深圳松山湖的中國華為科技公司「溪流背坡村」，在充滿歐洲風格的建築包圍下，這裏實際上是華為的研發部門所在地。一眾教育界同工更有機會與當地科研部門的負責人交流未來對科技人才的要求和需要。透過各單位的安排，老師在反思如何推動STEM的發展與實踐上都有所得著，期望能在校內進一步實踐，令同學能享受多元化的學習經歷。



這次有機會參與粵港澳大灣區STEM教育論壇，與兩岸三地的科學與科技教育同工交流分享，更能了解未來培育學生在科學與科技上的最新趨勢，而我們在MASTER課程、資訊科技科與數學及常識課程中也著重培育學生自主學習愛思考，勇創新、懂分享的素質。當中有機會到華為小鎮一遊，更領會到科研機構所著重的創新意念與研發產品時的堅毅精神，正正是我們希望聖保羅的學生能擁有的素質。

鄧偉倡老師

在現今瞬息萬變的世界中，科技教育變得越來越重要。中國內地為培訓未來二三十年的人才而大力推動STEM教育，在今次教育論壇中，我了解到各地專家都在為STEM教育而奮鬥。本校不斷更新常識、IT、MASTER課程，以至各個與科學與科技相關的課外活動，期望能為學生提供多元化的學習及生活體驗，從科學實驗與編程中學懂不怕困難與失敗，不斷創新和反複測試來解決難題，提升學生對學習的自信心。

鄭鴻鈞老師





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