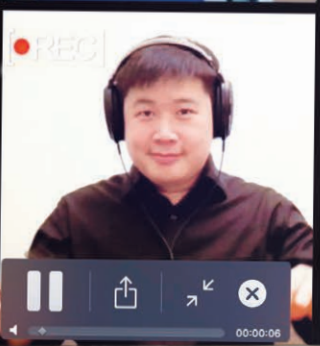
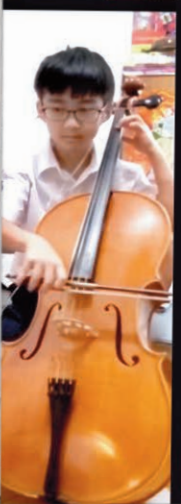


THE RED BRICKS

No.31 September 2021



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St. Paul's Co-educational College Primary School

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St. Paul's Church Education Sunday

Council members, the Principal, the Headmistress, SPCC and SPCCPS teachers, and student representatives from the College's Christian Fellowship attended the Education Day Service on 12 September in St Paul's Church. The former headmistress of SPCCPS, Ms Lucilla Leung Lai Mei, delivered the sermon.

Through the Bible teachings in Isaiah 50:4 and James 1:19, Ms Leung reminded educators to always speak in a way that is encouraging and supportive to our colleagues and students. We should always keep our ears open and listen to the needs of our students, and not to be angry or disrespectful easily even in stressful situations.

Ms Leung also reminded all educators to be humble and submit ourselves to God in our work. We should always

have grateful hearts, count our blessings even in adversity and dedicate our life to glorify God and do good to others.



Message from the Principal



SPCC has always prided herself for the excellent academic performances of her students, and this has been no exception in the last academic year despite the disruptions faced by our students due to the COVID-19 pandemic. Both our IBDP and HKDSE cohorts attained very good results in the 2021 public examinations.

'Wisdom', 'Perseverance', 'A Sense of Right and Wrong', 'Integrity', 'Sense of Responsibility', and 'Gratitude'. From these 12 values, 2 values would be highlighted as the themes for each academic year where students would create a display based on the selected themes on their class notice boards. The themes selected for this academic year are 'Respect for Others' and 'Harmony'.

Besides incorporating values education into our curriculum, we have also revamped our school timetable to allow for more diversity in our curriculum by adding Computer Literacy into F3 classes as well. This change has also enabled us to provide more contact hours between Form Teachers and students so as to enhance the pastoral care for all students.

In this academic year, we are pleased to introduce a school-based values education curriculum with the aim to inculcate positive values that are associated with Christianity, life education, values education, traditional Chinese culture and the SPCC student attributes. Twelve core values have been adopted as the overarching concepts for the curriculum. They are 'Respect for Others', 'Harmony', 'Filial Piety', 'Kindness and Empathy', 'Commitment and Law-abidingness', 'Self-regulation',

As we begin another academic year, let us continue to work towards a more harmonious society and develop our students into respectful individuals who would epitomise the SPCC student attributes and become the St Paulians we can all be proud of.

Mr Poon Siu Chi

Principal, St. Paul's Co-educational College

校長的話



感謝天父，雖然在新冠疫情影響下，2020年度我們經歷了不一樣的校園生活，但是神讓我們的老師、學生和家長

都感受到祂恩典的豐富，新的學習常態令我們學會靈活變通，更學會懂得珍惜。

過去一年，我們的學生在不同的學科和活動都有新的嘗試，即使以網課的形式進行學習，都無阻同學們對知識追求的熱忱，老師在教學上也不斷創新。不論在MASTER綜合課程、資訊科技和編程教育，視覺藝術、數理、語文等不同的學習領域，老師和同學都表現出聖保羅的「思考」、「創新」和「學習」素質。我們團隊的活動在疫情下也沒有停下來，不論音樂和體育團隊都發揮「樂觀」、「自律」和「健康」的素質，團員積極參與課後的網上實時訓練，也善用老師在Moodle學習平台上的教學影片，自律地進行練習，合唱團團員努力錄製歌曲，以虛擬合唱團形式在學校聖餐崇拜中獻唱頌讚天父，樂隊還能在網上跟外國的音樂家在器樂演奏上作交流學習；在疫情緩和下，學

生分班在校內進行體育比賽，讓學生舒展筋骨，展現「盡力做到最好」的體育精神。此外，在舉辦小六的畢業活動和英語話劇表演、領袖生的服務和家長教育活動等各方面，我們都面對不同的挑戰，然而，天父讓我們學習實踐「關愛」、「服務」和「溝通」的素質，更學會依靠祂。

本年度的主題是「愛學習，樂分享，盡心盡意榮主恩」，我們期望學生能熱愛學習，自主自律，善於溝通，樂於分享，因此，我們深化聖保羅的素質教育，並推展校本價值教育課程，培養學生正面的價值觀和生活態度。校本課程乃綜合及優化現行的成長課及宗教教育課程，以螺旋式的課程設計學習12個核心價值，包括「感恩」，「明辨是非」，「堅毅」，「孝順」，「尊重」，「守信」，「關愛」，「融洽」，「克己」，「盡責」，「承擔」和「公民責任」，將價值教育的元素滲透於各學科和素質教育中。

在新的一個學年，讓我們繼續堅守「信、望、愛」的精神，老師與家長攜手共同培育孩子成為快樂的聖保羅學生，凡事榮神益人。

張慧純

聖保羅男女中學附屬小學校長

EXPERIENTIAL LEARNING

Wetland Reserve Experiential Learning Programme

After participating in this meaningful programme, I understood the best technique to preserve wetlands. We should not isolate them from humans but only keep the order there, allowing the region to be natural and neat. For example, there are around 15 buffalos kept to maintain the vegetation areas growth at a comfortable rate. With non-native plants and snails which destroy the ecosystem as they come in by accident, workers must clean them off the path, and this is an exhausting job.

Furthermore, I discovered the three main habitats of migratory waterbirds, including Gei Wai, reed beds and mangrove forests. East Asian-Australasian Flyway is the migratory waterbirds' route. Mai Po is listed as a Ramsar site under Ramsar Convention in 1995 and supports globally significant numbers of wetland birds, which chiefly arrive in winter and during spring and autumn migrations.

There are approximately 100 thousand migratory waterbirds that come to Hong Kong every year. As educators uncovered the various types of insects, waterbirds, mammals and lots of plants, I realised how marvellous it is. Amazingly, Hong Kong, as an international commercial city, can have a region with such charm and significance. Although our city is very tiny, incredibly, it still contains exceedingly different lands.



With Mai Po being so stunning, we've got to protect it as hard as possible. Workers and Educators from World Wild Foundation contribute to help conserve this valuable piece of land very much. The workers' efforts and beliefs are admirable.

Finally, I value this experience and appreciate teachers' ideas and contributions. I hope we can understand Hong Kong more after participating in our school's experiential learning programmes.

1A Chu Yan Ching

Sit-On-Top Kayaking x Leave No Trace

Imagine jumping into the refreshing water, kayaking with my friends, under the alluring blue skies, sunbeams falling across my face, and the cool breeze kissing you, and chatting and giggling over our silliness along our journey to our next stop. In late August, I was fortunate enough to successfully apply for a spot for this half-day kayaking program, which turned out to be very memorable and meaningful.

Living in the urban areas, I rarely get the chance to leave the cluster of tall buildings and spend some time adoring mother nature. Playing sports outdoors in the bustling city center is especially difficult under the strict COVID-19 safety regulations. I've longed for a great getaway from the hectic and busy lifestyle as a secondary student, so this opportunity was just what I needed!

Before we set off for the trip, we were reminded to bring our own reusable water bottles and other protective gears such as a long sleeves top, sunhat, water sports shoes

etc. When I arrived at Tai Po, the weather was so hot and sunny that I could hardly open my eyes.

Then we followed the instructors to learn how to kayak and other important things to remember. I was thrilled to get onto the kayak and start paddling. I was assigned to use a 2-person kayak with my friend. In order to move forward in the right direction, it's important to have aligned strokes and maintain a balance of power. Otherwise, we would end up drifting towards the right and moving forward in some odd zig-zag patterns. It's essential to not give up even if you're already so hungry and exhausted, believing in yourself that you can finish the whole journey, and you'll end up feeling proud of yourself for what you've achieved. Although it is challenging to endure the heat and the tiresome paddling, I think this experience has not only helped strengthen my physical strength, but also my mentality when it comes to overcoming challenges.

Moreover, we were briefly introduced to the concept of 'LEAVE NO TRACE' by the instructors. I gained a deeper understanding on how to protect the natural environment when we visited various nature attractions. For instance, we should respect other visitors. Furthermore, we should help conserve nature.

Overall, it was a fruitful adventure that made me learn a number of lessons and useful life skills. I am thankful for being given this opportunity to participate in such a rewarding activity.

3B Ho Yui Ki Yoki



Sprint Orienteering Training

In this course, I first experienced the challenge of orienteering on my own. The most memorable time was when I got lost in the forest of Tai Hang Tung Recreation Ground. At the start, I was excited and confident, thinking of taking the shortest route when examining the map. I pressed hard to climb slopes to take shortcuts, despite the dangers of falling off and disturbing the insects. However, this feverish chase for speed made me only focus on short term route decision and lost track of the whole picture. Wandering around the place for almost 40 minutes, I tried to find out my location on the map while regretting the anxious start. That was when I learnt a lesson of keeping myself aware of my location. After that time, every practice of mine was built upon careful orienteering, planning of the entire route, and after these, a pursuit of speed by pushing the limits of my

power and endurance.

During the last training session, the instructor shared his experience of orienteering training and races, taught us to realize our insufficiency on route planning in each race and

encouraged us to learn from others. I overrode my timidness and asked my peer about her routes, finding out that such practice provided me with many new ideas and enriched my experiences.



I was absorbed in the lectures and feedbacks of the instructors and enjoyed the programme. I have tried a new sport and gained much inspiring experiences.

3A Zhang Yue Ning

Farming Experience at Lam Tsuen

You couldn't say that the afternoon I spent on a reclusive farm in Lam Tsuen involved a comprehensive review of a farmer's daily life, but it was no doubt marred by the rainy weather. We were able to experience procedures such as beating the rice and harvesting, but were sadly prevented from planting seeds in the field.



However, the message I received through the experience was invaluable. I learned about all the sweat they put in to yield that single grain of rice, especially for local farmers with limited resources and land. I learned about the passion that gives them momentum to brave through every challenge, be it an incoming typhoon or a decline in soil quality. I also learned about the painstaking effort in inspecting their products. Even though the pair of farmers I met today were

dedicated to their jobs, the continuity of their expertise is a major obstacle that they have yet to overcome. Where can they gather a group of like-minded youngsters, willing to bend their backs and crouch on their knees to harvest that single ear of corn? When can people finally realise the value that lies beyond the bowls of white rice that are naturally brought to our tables and then swallowed?



Nevertheless, this experience was definitely worth the bumpy journey. I hope that this experience can continue to be offered for students and the public alike, to show that there is more to each grain of rice than its role as a staple food.

4A Ma Yat Hang Lukas

Stand Up Paddling x Eco Tour Mangrove Exploration

As students, we might often be desperate to chase after plaques, certificates, and trophies. Hoping to finally do something just for fun, I joined a stand-up paddling (SUP) programme with my schoolmates last summer.

Carrying a surfboard and a paddle, I arrived at the shore, doubting if I would do well. But under the July sun, the cold water came as a relief to the heat and my worries. As I glided across the sea, I observed the water like a child seeing the ocean for the first time. Then I chuckled at the thought that I had even worried about failing at SUP as if there would be an "F" on my report card. And I realised the importance of doing things not for the portfolio but just for fun. That is the first thing I learnt.

The second thing is how to celebrate progress yourself. I would be lying if I said we grabbed our surfboards and

drifted with ease. We did eventually, but not without many of us struggling to balance while paddling. When we all stood, we cheered for each other. And it reminds me that people often cheer when you win. But motivation rested in praises alone cannot withstand the slowness of progress. It is important to be your own ally and celebrate your effort.

I will remember the sense of balance I felt; and the huge splashes followed by people re-emerging from the water, soaked but laughing. I would never have gained that if not for the paddle, the board, and the sea.



4H Ho Daryl

LEADERSHIP & COMMUNITY SERVICE

Leadership Training for Senior Students

"Leadership is the capacity to turn vision into reality." Over the online course of two days, I have certainly experienced this magic of leadership in the In-house Leadership Training Programme for Senior Students.

On the first day, we were actively engaged in discussion on the challenges in our life in extra-curricular activities during the time of COVID-19. By analysing the findings from the Opinion Programme conducted by the Student Union, we were able to observe trends and level of satisfaction in students' participation of various activities such as online workshops and virtual field trips. It was eye-opening to evaluate data and look into the perspectives of different stakeholders on the current situation, which provided

insight for organising future events under social distancing circumstances as student leaders from different student bodies.

On the second day, it was finally time to put our theories into practice. As a team of ten, we had the opportunity to design and execute our own virtual interactive activity with other students, getting our creative ideas flowing as we brainstormed our ideal twenty-minute game plan. Throughout the discussion process, we experienced the importance of teamwork and collaboration, which allowed us to utilise each of our talents in designing the multi-faceted project. Likewise, active communication was demonstrated as a crucial element as we participated in the games led by our peers. Some tasks demanded immediate response from all members, while others relied on clear allocation of workload so as to accomplish a common goal; all of which were convivial and rewarding, pushing us to think out of the box and develop the diverse skills of communication and leadership.

Despite the limitations brought about by the pandemic, the programme was successfully held, and us participants left the Zoom meeting with a memorable and insightful experience.

41 Stefanie Lee

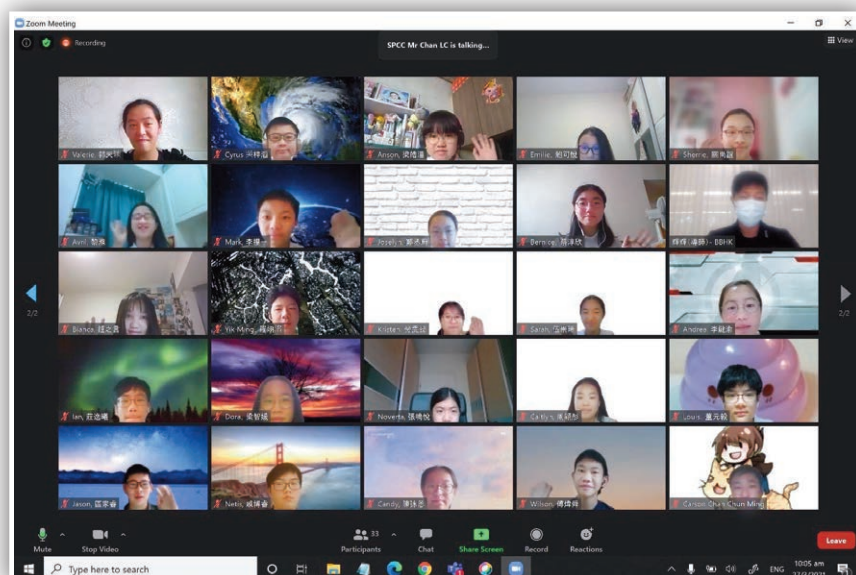


Leadership Training for Junior Students

Simon Sinek once said, 'A boss has the title, a leader has the people.' Leadership is an essential quality in coordinating events and communicating ideas. This led me to join the In-house Leadership Training Programme and learn how to be an effective leader. The two-day programme has proven to be extremely fruitful and eye-opening, despite the damper of COVID-19.

輝輝哥哥 in the wilderness! Surprise! Everyone was delighted and excited! Walking on the trail, he showed us the scenic view such as the lush fern and the sparkling jade ocean. Thanks to his enthusiasm, the experience felt no different from being there in person.

The event started off with an insightful introduction of the types of leaders, for example, a democratic leader versus dictatorship, from our instructors 輝輝哥哥 and 獅子姐姐. This allowed me to have a brief understanding of what leadership is. As the saying goes, "Action speaks louder than words." We soon had hands on experience on honing our leadership skills by guiding 輝輝哥哥 virtually as our mission was to lead him to checkpoints scattered around the hills. When he encountered medical problems during the hike, we had to give him medical advice. Just as we were wondering how we would conduct this online, the screen switched to the image of



At first, as amateurs to the programme, we didn't know how to communicate our ideas and suggestions effectively. But on the second day, there was significant improvement. Having warmed up, we were all bubbling with ideas and energetically bouncing ideas off each other. One memorable moment was when we virtually instructed the teacher on how to construct a tent. This participatory experience allowed me to understand that concise, clear and direct instructions should be given. Trust me, you will feel on cloud nine after taking part in the successful building of the tent! Collaboration and discussion

beforehand can also facilitate efficiency and clarity to direct the teacher. After the two days, we had discussion and reflection with our instructors to wrap up our indelible experience.

This event is an innovative, exciting and interactive take on developing leadership, and has been woven into a colorful tapestry by our instructors and teammates! If I have the chance, I will definitely join this again!

2G Kwok Valerie Tin Wing

Hong Kong Island Outstanding Students Award

I am honoured to receive the prestigious Hong Kong Island Outstanding Students Award. It recognises not just my sole determination and commitment in my work, but most importantly the ongoing support and guidance from my teachers and parents. Winning this award would not have been possible without them, and I am earnestly grateful for all their efforts and hard work over the years.

The interview experience gave me a valuable opportunity to meet like-minded students from other schools. The discussion sessions really broadened my perspectives and approaches in analysing social issues. I was truly humbled by their creative and intelligent answers. All the other candidates were equally capable of winning this award.

At the end of the day, I found myself repeatedly asking the same question: what does it mean to be outstanding? As perceived by most of us, being outstanding simply means being exceptional, yet it seems vague since everyone is unique in their own way. Perhaps a better question would be, what does it take to be outstanding? Reflecting on my past, I think I can safely say that I am slow at grasping new concepts, but I have always been passionate, curious and diligent. To me, each challenge served as an opportunity to improve and thrive, as I was always able to persist and endure hardships. Thus, through perseverance, patience and practice, I am confident that we can all strive for excellence.

3A Tai Chun Hei



AESTHETICS & CREATIVITY

UOB Art in Ink Awards

It is an honour for me to receive the "Most Promising Artist of the Year Award" and "Gold Award (Abstract, Junior Student Category)" of the 2020 UOB Art in Ink Awards. I am immensely grateful for the recognition of my work.

Having my artwork displayed at the exhibition of Art Central has made me deeply thankful. This precious opportunity has encouraged me to work harder and create better art pieces in the future. Thanks must also be given to my parents and the teachers of St. Paul's Co-educational



College, who have provided endless support as well as encouragement.

Participating in this competition not only allowed me to learn and experiment Chinese ink in myriads of ways, but also taught me to believe in myself and to develop my own painting style.

Since I participated in this competition, I have fallen in love with Chinese ink art and have been looking forward to stepping onto the podium to share what is emblematic of who I am again.



1B Wong Kai Yee Celeste

Grantham Visual Arts Award



The Grantham Visual Arts Award is aimed at recognising capable artists with a serving heart to the community, and I am truly honoured to be the winner of this competition.

The fascinating aspect of Chinese painting is its balance between tangible and intangible qualities, requiring the artist to assimilate both "form" and "spirit" into the artwork. As a passionate learner of Western music and Chinese painting, I aimed to fuse both Western and Chinese elements into my paintings. I tried to utilise my creativity and knowledge in both Chinese culture and Western arts in my artworks, incorporating the contrasting textures of European music onto the canvas. During the process of painting, I would often listen to classical music in order to seek inspiration. The mutualistic interactions between Chinese and Western ideas allowed me to



develop a unique identity in my artworks. Chinese painting has also opened up numerous platforms for me to share my artworks with others and spread positivity in society.

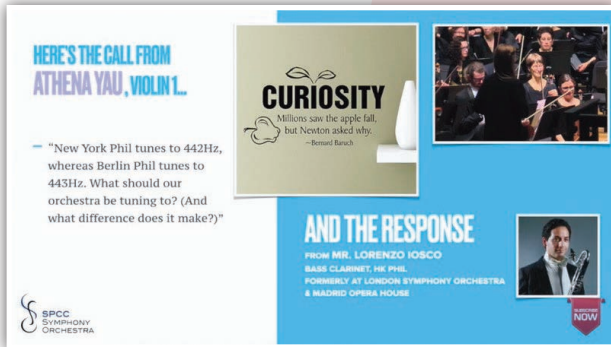
I am grateful for the opportunity given to me by the school as well as the guidance from Ms Leung. This award not only serves as a huge recognition, but it also motivates me to continue to explore and serve the society through visual arts.



4A Ng Leong Hang Nathan

Art For Art's Sake

The COVID-19 pandemic may have robbed us of face-to-face rehearsals and real-life concerts, yet it cannot dampen the passion of the Symphony Orchestra members to create music together. Upholding the motto of "Art For Art's Sake", the Orchestra has carried out two notable projects amidst the pandemic to bolster members' sense of belonging, allow musicians to experience the joy of engaging in symphonic works, and spread positivity to others by virtual performances.



With the goal of enhancing orchestra members' understanding towards the different aspects of orchestral playing, the Curious Orchestra Project was initiated. Members could ask about anything related to the orchestra, and selected inquiries would be sent to professional musicians to provide their insight on the topic. From the orchestra tunings to the seating arrangement, from cueing methods to balancing harmonies, numerous questions were raised and answered comprehensively by our distinguished guests. One of the most memorable experiences of this project was undoubtedly the zoom meeting between orchestra members and Professor Robert Blocker, Dean of the Yale School of Music. Professor Blocker, an internationally acclaimed concert pianist, shared his tips for mental preparation before a concert. He stressed the importance of having a moment of calmness and peace before a performance, something rare and valuable in the bustling modern world. His musical skill is matched by his kindness and wit, as he entertained other questions surrounding musical interpretations and enlightened members with his wisdom and experience.

Although real-life performances were tragically impractical during times of social distancing, the Symphony Orchestra remained undeterred to fulfil its mission to share the joys of music with others. Drawing inspiration from the success of the last virtual performance on Dvorak's New World Symphony, the most ambitious virtual performance to date was launched - collaborating with the London Mozart Players, Hip Hop Team A, Hip Hop Team B, and the Modern Dance Team to perform Georges Bizet's Carmen "Overture". The London Mozart Players is a distinguished

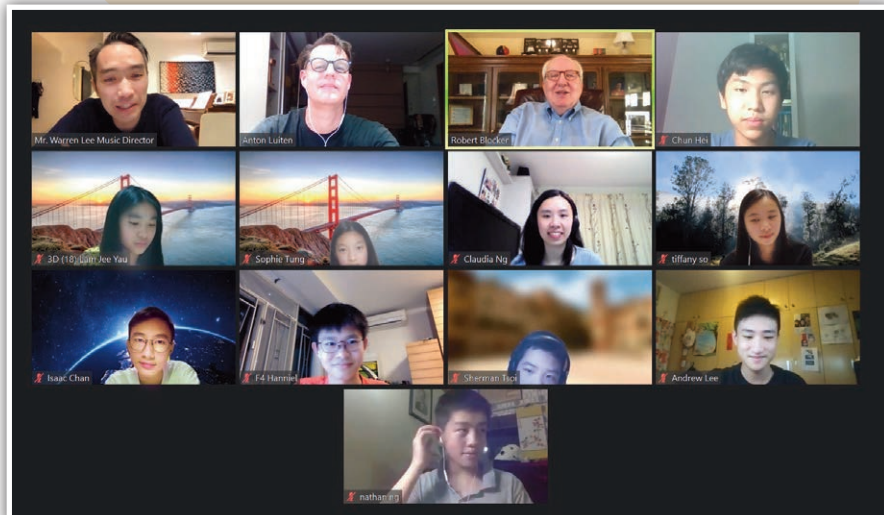
orchestra, so we were exceedingly lucky to have them patiently explain the musical background and interpretation ideas, as well as answer our many questions. The Carmen "Overture" is a piece that is so universally known, and with many members having played it before, it left us wondering what more there is to know about the piece. We were surprised to learn many additional elements that enhanced our understanding - from how varying bow strokes could transport audiences to Seville, Spain, to the mannerisms of Toreadors. Nothing was left untouched. Compounded with the excellent teaching of the London Mozart Players, we all left the Zoom calls with a new comprehension of the work.



Collaborating with the dance teams was certainly a new experience. In an orchestra, the largest degrees of movements were the gestures of a conductor during the climax, and nothing more. It was an interesting experience to see how the dance teams interpreted the Overture. Seeing how Carmen also exists in ballet form by Roland Petit, it was mesmerising to see how the dance teams were able to merge both tradition and interpretation by drawing inspiration from existing classical music dance videos with popular and traditional movements to create the final piece of beauty.

Jimmy Dean once said, "I can't change the direction of the wind, but I can adjust my sails to always reach my destination." Though we have to reluctantly accept the inconveniences brought by the COVID-19 pandemic, it should by no means stop us from making music. Through these fruitful activities throughout the school year, we have successfully fostered team spirit and allowed members to develop a more profound enjoyment and appreciation of orchestral music. It is hoped that the essence of music will continue to be celebrated by the Orchestra in the future.

5H Athena Yau and 4A Nathan Ng



SCIENCE, MATHEMATICS & HUMANITIES

Asian Physics Olympiad

Physics it is, not in Olympia
 But in some classroom, unknown to you
 Different it is, Teams it is via
 No wonder why it sounds less cool
 Hard it is, just so far
 But my dear friends, let me assure you
 From mechanics to waves to thermodynamics
 To electromagnetics and special relativity
 And to the quantum mania
 We embark with lots of positivity
 Going through the many bars
 We end up in such a monstrosity

But just don't be discouraged yet
 How many years can one live
 And how many places can one get
 So in full strength we give
 In full hope we went
 Award is what we shall receive
 So our bodies bent
 Other thoughts relieved
 For we are or will be great men
 No horror illusions will deceive
 Let tomorrow be today
 Ere the sun rise

You might think it is hard
 Like the Eldar's great journey
 Yet as we step forward
 Joy emerges insubordinately
 You might be flabbergasted
 Seeing the questions formed so complexly
 Like a knife you cut apart
 The many problems eagerly
 To see that the first make you laugh
 As it is done easily
 And the follow is awkward
 Yet still a piece with solvability
 Intriguing it is as you go forward
 Difficult it becomes slowly



That is the threshold

People might be deterred
 As questions seem beyond completion
 Time is not stopped
 And you need to have competition
 With the ticking clock unmoved
 That is the commence of the decision
 Where the excitement started
 Or the most unwanted evasion
 If it should be the former selected
 Congratulations, you are the right man of the legion

For Saturdays and Saturdays, we were in the university
 Doing 5-hour past papers
 We buy lunch from subway in proximity
 Eating, food not together
 The food, they are somewhat dull, without individuality
 Yet every time they get better and better
 For, with uniformity
 Our minds get stronger and stronger
 We yawn at first, in periodicity
 Yet we all go straight through
 To the end lads, to the end of the world

Lo and behold, that is the lab, how magnificent
 Fancy instruments here and there and everywhere
 Remind me of The Matrix how reminiscent
 We have embarked on a journey yet uncharted, our excitement sincere
 There go few young men with content
 There have been obstacles somewhere
 Beating us with disappointment
 Of the failed attempts anywhere
 With data now insufficient
 We can plot no graph in nowhere
 Despite all of that, a straight line is enough of an entertainment
 A right number comes from we who persevere

And thus end the training, thus start the competition

Whole morning sitting, waiting for the examination
 Which is in the afternoon, in a big room
 With friendly Taiwanese invigilators, good look they have
 Bought us expensive food, price claimed from the EDB
 The problems are harder, and we are in a stuck
 But luckily other people stuck even more
 So what happens is that we all get awards, what luck
 Happy ending it is, teaching us three lessons, not free nor four:

1 is perseverance, 2 is wit,
 3 is you got to believe in yourself

Asian Physics Olympiad

STEM + E Competition

Technological advancement alone cannot make our lives better. Instead, the government and firms must ensure that it is accessible, safe and sufficiently distributed to the public in order to maximise its potential.

The STEM+E consortium is a competition organised by the Hong Kong Science and Technology Park, which pairs up students with real-life firms for a year long journey, where the students must come up with a proposal on how their respective firm's technology could be commercialised to solve real-world problems.

In the competition, our team was paired up with CHAIN Technology Development Co Ltd, and we must propose a feasible solution to a real life problem by using the firm's artificial intelligence and digital twin technology. The technicians from CHAIN served as our mentors throughout the competition and even gave us a digital tour of their company.

After gaining an understanding of CHAIN's technology, we attempted to take advantage of the collaborative and dynamic features of digital twin and to use it as an information relay system for a smart city. We believed that by increasing available medical data and the speed at which it is processed, first responders will be more equipped to tackle emergencies and hence save more lives during accidents. The digital twin system has access to big data, providing medical personnel with valuable information such as a patient's medical history, and can assist crowd control by broadcasting evacuation messages in case of emergencies such as fires or natural disasters.

The competition was indeed a fruitful journey for me, where I was able to experience the integration of business and

technology, and discover the importance of both in achieving societal development.

5G Chan Chun Sing Jason

In the STEM+E Competition, a group was required to use the technology provided by an assigned company to design a new product for presentation in the format of a business proposal. Our assigned company was Asiabots which specialises in AI Voicebot with high customisability and language proficiency. We designed an ecotourism guide using the self-learning Voicebot to promote ecotourism in the long term.



Throughout the competition, I have learnt to think out of the box. Creating a new product was fun as we came up with lots of ideas and exchanged our opinions. We set our proposal topic in the first week and connected our product to the technology provided. Then, we started writing our promotion plan to different customers. During this process, we had a lot of

considerations, such as its feasibility and whether the plan was profit-making. It allowed us to have innovative thinking as well as comprehensive mindset while making use of our creativity.

My deepest gratitude goes to my teammates who suggested many creative ideas and supported one another, our coaches who modified our plans and provided guidance, and the school which provided this opportunity for me to join. All in all, it was definitely a memorable experience.

4B Chow Yuet



STEM 4 Girls Mentorship Programme

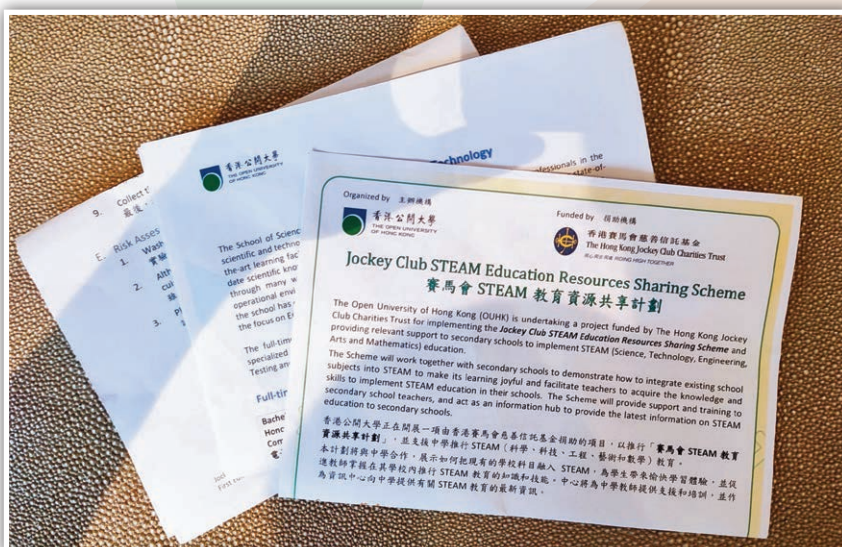
I joined the activity 'My DNA in the Bottle' organised by the Open University of Hong Kong (now renamed Hong Kong Metropolitan University). While I had heard of extracting one's DNA, it was the first time I tried such an activity hands on. I was quite nervous before the event because I was unsure if I could successfully gather my DNA in the bottle, and the instruction leaflet included words that I did not know, for example 'cellular debris'. However, the instructor made everything simple and clear, ensuring that everyone could keep up before moving on to the next step. She even discussed the theory behind this experiment, which was definitely the most fulfilling part of the event. It

was amazing to learn about the concepts of DNA extraction and preservation. The experiment addressed both 'how' and 'why' -- how we should carry out the experiment and ensure a positive result, as well as why the experiment works -- are equally important in science.

However, in retrospect, I could have asked more questions and participated more actively in the event, for example, through sharing my experimental result and discussing it with my groupmates. The teacher had encouraged us to share our results, but I was not very enthusiastic because I was still waiting for my DNA strands to form. Fortunately, the questions I had in mind were explained by the teacher, but an increased interaction might have given me even more insight.

I highly recommend this activity as well as their 'Understanding molecular cooking' as it is not only fun to carry out, but also educational.

2G Kwok Valerie Tin Wing



Through participating in the STEM 4 Girls Mentorship Programme, I have received many unique opportunities to attend activities outside the school, such as interacting with students from Taiwan in a coding course by HKACE and AWS Educate, the OVN Future Fair 2021 and the OUHK STEAM workshop. I have had many special memories and experiences which widen my field of knowledge in STEM. Besides building a sense of



responsibility and the passion for learning through self-directed learning, the programme also provided opportunities of group learning with students from other schools and nations which allowed me to develop communication skills as well as team collaboration skills. This had been a very memorable learning programme that I would definitely want to participate in again in the future.

2G Lo Yee Ling Eugenia

International Mathematical Modeling Challenge

Mathematics may not teach us how to add joy or minus suffering, but it provides us with an invaluable opportunity to tackle complex problems systematically and effectively. In the International Mathematical Modeling Challenge 2021, our team created a Preparedness Evaluation Model to analyse the extent of preparedness of a country towards a biosafety threat.

inquisitiveness to make new discoveries that may benefit the society that we are living in.

4A Terry Lam, 4A Nathan Ng,
4I Billy Gao & 5A Krystal Lau

The ongoing battle against the pandemic gave us valuable insight for the model: we noticed that a lot of economically developed countries did not fare well against COVID-19, while some less developed regions were successful in combating the coronavirus. Further reflecting upon the limitations in the Global Health Security Index created by the WHO, we came up with our model that takes into account the institutional, social and economic performances of states to holistically determine their preparedness. It was definitely a challenging task to write a 32-page paper under 96 hours without meeting each other face-to-face, yet by clearly dividing up the workload and setting up a rigorous time frame, we were able to revise and enhance our mathematical equations and evaluate the robustness of the model. We summarised our findings using an array of software (eg graphing program and word processor), earning us an opportunity to present our work to experts in the final round of the competition.

We are extremely honoured to be awarded "Outstanding" for our paper in the Great China Round. This enriching experience has encouraged us to continue exploring mathematical models and use our perseverance and



JA Company Programme

Eight months ago, we set up our company and participated in the Junior Achievement Company Programme. Our company strived to encourage social cohesion among various generations in Hong Kong. As the company grew, so did we. The Programme allowed us to dip into the entrepreneurial world. We initially had doubts on our vision. However, with like-minded teammates, we lifted each other up and reminded ourselves that as entrepreneurs, we had to stay true to our belief.

The annual Trade Fair was held virtually due to the pandemic. Though we wished to physically engage with our customers, we learnt to be flexible in uncertain times and gained unique insight into newly-adopted software used in the virtual Trade Fair.

Not only have I learned the hard skills in start-ups, but I have also gained new

friendships with our company staff and those from other companies. For me, communication and compassion were the key to understanding the needs and thoughts of different departments while providing the direction of the company. I come to realise that teamwork is not merely a group of people working on a project, instead it is shouldering a common responsibility and pride for the shared identity where everyone plays a significant role.



Thanks to the enthusiasm and effort of my teammates, the guidance of our teachers and business advisors, we are honoured to have received recognition in multiple team awards. I will definitely bring the lessons I have learnt onto the rest of my entrepreneurial journey.

4I Stefanie Lee

LANGUAGE & CULTURE

Sing Tao Inter-school Debating Competition

As a member of the Sing Tao team, I debated in the finals of the 36th Sing Tao Inter-School Debating Competition. The finals was particularly memorable for me - partly because this was our consecutive win in the competition, partly because this was one of the first physical face-to-face debates I had had for a long time. Although online debating still allowed for the rapid exchange of arguments, it simply could not be compared to the direct engagement and intense atmosphere that was present in real life debates. Thus, I could not describe the joy of being able to deliver my speech on stage, to my opponents and the audience.

After a round of heated debate, I was filled with anxiety - fretting about an argument that was not fleshed out, a response that was missed. But once the announcer revealed that we had won, that anxiety turned into relief and pride. The trophy served as a symbol of recognition for the immense time and effort our team had put into each round - choosing the best direction for our case, doing research, discussing rebuttals, making speeches, drafting interrogative questions... My sincerest gratitude goes to my team members both on-stage and off-stage, always giving us creative ideas and valuable support; and of course, our teachers-in-charge, who have sacrificed their precious time to accompany us on this year-long journey.

Competitive debating is not just about winning. It is also about the friends you meet along the way, whether they are your teammates who you have spent days prepping with, or your opponents who inspire you to continuously polish your argumentation and critical thinking skills, to become a better debater.

4G Lo Chun Him Isaac

Last year, as I was asked to evaluate our performance and express my aspirations looking into the future, I hoped for our team to be able to work at our best and end the next year with no regrets. Looking back at this, I believe that it's fair to say we achieved the goals we set ourselves last year.



Winning the 36th Sing Tao Inter-School Debating Competition for the second consecutive year and being awarded the best debater was a phenomenal experience. Another year of online debating posed more challenges for us; nevertheless the team

braved through the obstacles together.

I would like to dedicate this experience to my team members, who have given it all both onstage delivering speeches and offstage researching and preparing for each round; as well as our teachers-in-charge, who have unfailingly supported us throughout the whole year. I am truly enamoured to have a group of talented individuals by my side constantly pushing me as a debater to be a better version of myself at every opportunity.

This competition marked the end of my debates as a secondary school student, but competitive debating is never only about results. I will always remember the night where we celebrated the fruits of our hard work in the year, yet I will never forget the numerous hours we spent together sowing the seeds to make this possible.

5I Chow Kei Yin Audrey

Hong Kong Schools Mooting and Mock Trial Competition

Your Honour, it is humbly submitted that...

We are grateful for this opportunity to join this competition. Throughout the competition, we were exposed to a multitude of fascinating cases, from an employer breaching a contract, to a seemingly insane person possessing a dangerous weapon trying to evade an "apocalypse"... Each round exposed us to a new area of law. We were required to understand different ordinances and read a huge amount of cases. This experience not only broadened our horizons, but also encouraged and challenged us to pursue a future career in law.



Looking back on our journey, we could not help but be amazed by how much we have learned and how far we have come. We still remember our first mock trial - when we struggled with the trial procedures and were confused about what to say in the closing submissions. In our second mock trial, with the experience from the first, we were more confident and managed to better participate in the trial and answer the judge's questions promptly. We were overjoyed when we were able to proceed to the quarter-finals, but little did we know the challenges that awaited us.

Mooting was a lot more arduous. We were required to draft submissions of around 10 pages, where we formulated arguments with reference to specific cases. Being novices at case-reading, it took us a humongous amount of time and effort to understand the context and legal principles of each case, and to utilise and apply them to support our arguments. The sheer length of each case

and complex legal terms only added to the difficulty. But as time passed by, we became familiar with legal cases and slowly grasped the skills required for moot. The competition also trained our ability to communicate our arguments with our words, and how to engage with our "learned friends" by responding to their propositions. When we delivered our arguments in court on the date of the competition, we felt that all the hard work we put in was definitely worth it.

From not knowing how to properly cite cases in skeleton submissions, to being able to argue our case eloquently

and quote precedents, we are proud of ourselves but more so, thankful for the support and guidance from our tutors. We could not have come so far without them.

This competition is definitely an invaluable experience that we will treasure.

Unless we can be of further assistance, these are our submissions..

4G Lo Chun Him Isaac, 4I Wong Ching Ching Jenna,
5G Pang Chun Hei Anders & 5I Chow Kei Yin Audrey

香港學界模擬辯護及模擬法庭比賽

比賽前，我們以為大律師只是在法庭上舌劍唇槍，疾聲反對對方供詞，為委託人辯護而已。根本沒想到大狀在法庭上叱咤風雲的背後，所付出的精力時間，其實都遠超出我們的想像，如熟讀法律文件、判決案例、準備陳詞提綱及抗辯方向。是次寶貴的經驗為我們提供了處理案件的基本技巧，傳授法律知識的各種機會，令我們獲益良多，也加深了對法律的興趣。加上，透過分析不同案件及在庭上與法官即時對答，我們能夠鍛鍊自己的批判性思維、組織表達能力以及臨場反應。最後，我們團隊非常感謝一直以來支持和幫助我們的法律導師以及賽會提供這次寶貴的比賽經驗。



作為中學生，我們只曉得「法律面前，人人平等」。透過是次比賽，我們體驗了律師的日常工作，從撰寫陳詞、細讀案例，到席上雄辯滔滔、盤問證人。面對對手的挑戰、法官的質疑，須臨危不亂，釐清思緒，把所學娓娓道來。感激學生導師的細心指導，我們會自謙自持，在博大精深的法律文案中徜徉，就如數株嫩芽，初嘗法律的滋味，細嚼法律的甘醇。比賽讓隊員更了解彼此，建立無堅不摧的情誼，每一個深夜會議，每一句「法官大人」，都是青春路上攜手為法律揮灑的汗水。

四乙 鄧湘穎、四丙 黃柏軒、四王 林紀樂、四王黃欣淇

五乙 黃焯康、五己 李思睿、四甲 江志睿、三戊 麥鎮麟

STAFF DEVELOPMENT

Staff Development Day - Self-directed Learning

Enhancing self-directed learning is one of the major concerns in the school's three year development plan. It is one of the life skills necessary to prepare students for further education and future career. Self-directed learning requires students to take ownership of their learning, including setting their own learning goals, self-planning, self-monitoring and self-evaluating. Teachers should play a key role in helping students make a smooth transition from teacher-directed learning to self-directed learning.

To increase teachers' capacity in this area, the College invited three professors from the Education University of Hong Kong to deliver a talk in the afternoon of 13 May, 2021. The talk was kicked off by Professor John Lee, Chair Professor of Curriculum and Instruction, who gave an overview on the role of teachers in self-directed learning. Then, Professor Ko Po Yuk, Professor (Practice) of Department of Curriculum and Instruction, Director of Centre for Excellence in Learning and Teaching, shared some good examples of self-directed learning from schools in the Mainland, Taiwan and Hong Kong. Her sharing was followed by another presentation by Professor Pamela Leung Pui Wan, Professor (Practice) of Department of Chinese Language Studies, Director of School Partnership and Field Experience, who discussed about the implementation of self-directed learning in the Chinese curriculum in particular. An engaging question and answer session concluded this valuable and rewarding learning experience for our teachers.



SPORTS

All Hong Kong Schools Jing Ying Table Tennis Tournament

The encouraging results that I was fortunate enough to receive in the previous months really acted as a shot in the arm for me, as they demonstrated how my continuous efforts had paid off. Practices were excruciating and matches were tough, so I am proud to have overcome the hardships and conquered my weaknesses.

After completing my IB exams, I had to immediately catch up with table tennis trainings to prepare for the upcoming two competitions (2020 – 2021 All Hong Kong Schools Jing Ying Tournament and 2021 Hang Seng All Schools Championships), which were held in May and June respectively. Having been focusing on my studies during study leave, I was not in my best form during both the preliminary rounds and the finals for the Jing Ying Tournament, leading to my unfortunate loss against my Hong Kong youth team teammate in the final match. I was disappointed with the results as I was not able to secure my 3-year streak of winning the champion for the competition.

However, the next competition would begin in the following week and there was no time to moan and groan about the previous loss. With that in mind, I immediately adjusted my mental state and continued straight on with intensive trainings. Under the help of my extremely supportive friends, teachers, and coaches, I felt ready and pumped for the next competition. This time, I did not let my supporters down and successfully got my “revenge” with a close and exhilarating win of 3:2 in the finals against the same opponent. Although it was my third time to win the champion in this competition, I felt exceptionally satisfied this year, with the sense of achievement overflowing as I drew a perfect full stop to my table tennis journey as a St Paulian.

My chapter in SPCC closes today and I am pleased with my achievements throughout the past six years. Looking back, I have enormous appreciation for the hard work all my teammates and coaches have put in for all inter-school competitions, and of course pride for my own efforts as I

have always strived to better myself. I am about to become a full-time athlete for Hong Kong and my table tennis career in SPCC has definitely contributed much to my growth and development. In the future, I will continue to fight with all my might, persist despite difficulties, reach new heights, and win glory for our city!

6I Ng Wing Lam



“All failure is failure to adapt, all success is successful adaptation.”—Max McKeown, researcher at Warwick specializing in innovation strategy

“Secondary Girls Singles: Yenn Ho Ching of SPCC vs. ...” All I could think of were the blood, sweat, tears, and countless hours I had put into table tennis. Why? Just to be victorious. However, none of those hours truly prepared me for the challenges brought on by COVID-19. With COVID-19, we competed in an empty stadium, which was very difficult to adapt to, as I was used to representing Hong Kong in international tournaments packed with spectators. The atmosphere of a deserted stadium felt surreal.

I tried to adapt to my surroundings by imagining that there were spectators but the near-silence in the stadium holding such a momentous event remained unsettling. Then, I thought, “Instead of trying to change my surroundings or

imagine that it was different, why can't I appreciate the beauty of the silence?” As my table tennis coach Liao Feng said, the absence of spectators could be a blessing in disguise, as it could remove the additional pressure and anxiety arising from being watched. By accepting the changes in my environment and seeing the silver lining, I managed to focus completely on the match, ultimately emerging victorious.

No sooner had the last point gone off than I ran to call my parents about how I won the match. As I was calling my parents, I saw Mr Poon and Mr Tam waiting outside. Not only had they been watching the broadcast of our matches, but they also came to the stadium to congratulate us on our victory. I am eternally grateful to Mr Poon and Mr Tam, as well as Miss Lo, for their guidance and support throughout the entire tournament.

3E Yenn Ho Ching

疫情下的信望愛

2021年6月，經過歷時一年多的籌備，一本由小學師生共同創作、記載大家抗疫生活點滴的專輯《疫情下的信望愛》終於出版了！出版小組共收到超過一百份來自老師和同學的作品，大家藉著不同形式的作品，或寫作、或繪畫、或創作歌曲，記錄自己在這不一樣的歲月裡，如何憑著信、望、愛精神，發揮聖保羅素質，跨越重重難關，活出健康、喜樂的人生。《疫情下的信望愛》對聖保羅師生別具意義。以下節錄了兩位投稿同學的感言：

我在《疫情下的信望愛》創作了一篇新詩，我希望透過詩句告訴與我一起和病毒戰鬥的大家：人生總會有高低起伏，人生不如意的事也十常八九，但無論怎樣，只要我們做好本分、不浪費時間、憑心去享受，並把神放進心裏，與祂同行，那麼充滿荊棘的路途也能安穩渡過。

五丙 藍洛希



我希望告訴大家，以正向的態度去面對逆境，便會有意想不到的收穫。烹飪就是我的收穫，因為我在疫情期間學會了做燉飯。派發專輯後的兩天，媽媽告訴我有一位一年級的小學妹看到我的文章後便跟她媽媽說想學做燉飯呢！我的樂趣竟然可成為別人的樂趣，真幸福！

三丙 藍啟希

最近疫情終於緩和了，我們的生活逐漸回復舊樣，現在的我們會格外珍惜踏出家門的時光，亦會珍惜與親朋戚友相聚的時間。雖然疫情可能隨時會反彈，防疫措施亦會隨之加緊，但憑著信、望、愛的精神，我們必定能跨越難關的！

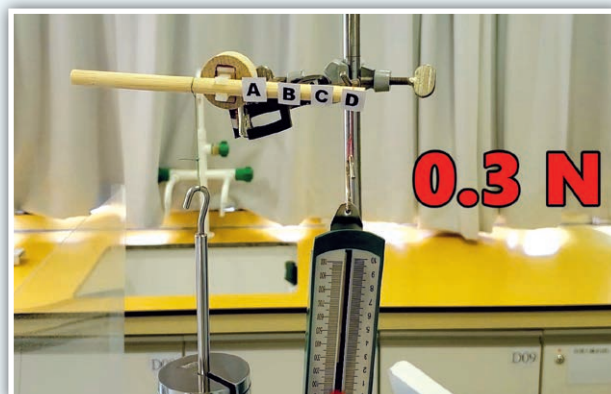


MASTER 活學創意新體驗



MASTER 課程目標是培養學生綜合各科所學的知識、技能和態度，應用科學、科技與數理知識(STEM 元素)解決問題。本年度的課程發展重點及規劃，以「衣、食、住、行、樂、育」範疇建構各級分題，並配合學校三年發展計劃及本學年的關注事項，讓學生實踐健康人生。同時，鼓勵他們多留意日常生活，多關懷身邊及社會的人和事，對所擁有的一切能存感恩之心，成為真正快樂的孩子，並達至「樂活人生由我創」的最終目標。

雖受疫情影響，學校每年舉行的大型學習活動「專題探究研習日」未能順利進行，但MASTER 學習並未因此而停頓。相反，教師能掌握混合式教學的優勢，把握面授課堂及網課的機會，並製作線上的學習資源，例如教學影片、動畫及討論資料等。學生在學校上課時，由教師引導，啟發學生探究的意識，包括好奇心及創意，師生進行協作探究；在網上進行實時課堂時，由學生主導學習，引發學生自己發掘知識，提升他們搜尋資料的能力。整個學習過程，有賴校內設立完善的Moodle 電子學習平台，學生透過平台了解各項學習任務的要求，並把學習過程及成果以多元化的形式上載平台與老師及同學分享。教師根據學生在線上完成的各項工作紀錄，進行分析及追蹤其學習軌迹，從而掌握學生學習進度，並給予適時的回饋。這樣的學習模式，真的能體現MASTER 課程的「以學生為主」學習特色，讓學生自主學習，並在少規範、多試誤的空間下建構知識，培養學生的系統性思維(systematic mind)，使學生成為真正的「創客」，逐漸實踐自己的理想和興趣，進一步提升終身學習的能力。



材料

- 車輪x4
- 齒輪x2
- 電池x2
- 電綫
- 摩打
- 橡筋x2
- 膠紙
- 膠板x2
- 消毒濕紙巾
- 螺絲

家校合作 家長支援

疫情之下，同學們要適應教學新常態——在家進行網上學習。當疫情稍為緩和後，學生重返校園上實體課，需要重拾課堂常規。家長作為子女的同行者，同樣需要重新學習和適應。為了支援家長，本年度我們利用不同平台發放家長教育資訊，更參加了「家校齊家教」計劃，讓家長和學校目標一致，為學生共締理想的成長環境。

「家校齊家教」計劃

過往的家長教育工作以實體形式為主，在新常態下，「家校齊家教」計劃以網上形式開展，對我和家長來說都是一項新嘗試、新挑戰。今年，「家校齊家教」計劃進行了4場家長講座、9個家長工作坊及5個家長小組。透過家長彼此分享，我發現疫情對所有家庭帶來不同程度的衝擊及挑戰，而子女出現的行為問題不是個別的，而是有普遍性及過渡性的。除此之外，家長在小組中互相交流管教子女的心得，他們能從其他家長身上學習到不同的管教技巧，並能互相支持，這令我很感恩。

總括而言，「家校齊家教」計劃不但讓家長對兒童不同階段的健康心理發展增長了知識，了解到更多的管教技巧，同時也建立了支援的平台，讓家長在管教路上找到同行者。

「家校齊家教」計劃社工 羅秀媚姑娘



各級家長會

疫情下的家長會改以Zoom形式進行，內容回應各級家長所需，不但能幫助家長照顧自己，也能同時關顧孩子的身心健康。各級家長會主題：

小一及小二	初小達人，適應自理 Level Up!
小三及小四	攜手培育懂自律愛感恩的孩子，積極面對挑戰
小五及小六	與青春期孩子同行，樂觀迎向升中挑戰

疫情雖然充滿挑戰，但我們深信家長和孩子都能從中學習和成長，建立親密的親子關係。

學校社工 陳詠霖姑娘、廖惠儀姑娘



家長 Moodle 平台

本校於疫情期間開設家長 Moodle 平台，並透過平台發放各種家長教育資訊，支援家長的需要。下學期開始，我們更於小六家長 Moodle 平台加入《15分鐘家長成長課》，成長課一方面以家長為目標對象，向他們傳授一些親子課題的知識，另一方面，也希望家長在家中也能培育子女正面的價值觀和態度，裝備他們適應各種轉變。

用孩子的心與上帝接軌

7月9日在校內舉行的「全校佈道會」讓同學們感觸頗深，樓校牧收集了五十多位同學的感想，並摘錄了部份同學的心聲，希望藉此帶給我們啟迪，讓我們共同學習如何用單純、真誠的心與上帝建立關係。

承認人類渺小 尋求偉大創造主

佈道會以木偶叉燒包與樓校牧介紹基督徒科學家開始，同學們從沒想過有這麼多頂尖的科學家持守基督信仰，今次學習大大增添了他們跟從耶穌的信心。小五的黃君言表示，縱使創世記詳細記述上帝創造世界，但很多人仍堅持這世界是由「big bang」而來，「人往往以為自己的智慧能超過神的力量，其實是人的自我蓋過了對神應有的信心和尊重。」

小四的曹悅山在互聯網上尋獲更多有關資料，並與爸媽進行討論。他明白到：「創造主給予人智慧及理性去進行科學探究，尋找真理；我們要抱著謙卑的心去認識廣闊的宇宙，也可因此而更親近天父。」

小五的藍洛希也同意：「這些擁有偉大科學成就的人沒有因他們在科學上的造詣而背棄神，反而加深了他們對神的崇敬。從他們的成就、信仰和見證，我深深地感受到神的力量，渺小的我更要在神面前謙卑。」



離棄虛謊偶像 回歸獨一至高神

Superbook「力敵群邪」動畫影片栩栩如生呈現了以利亞對抗巴力先知的歷史事實，從小一到小六的被訪同學都深刻地認識到上帝是掌管萬物的獨一真神，擁有無比的威力，因此我們可以全心信靠祂！此外，同學們知道要專一跟從神，不可讓任何人、事物、成就、興趣或潮流成為心中的偶像。小二的蒙麗竹表示：「有時會忘記主，會自我中心，以後我要用心敬拜真神。」

小五的黃晞童從Superbook小主角Chris得到提醒：「沉迷電子遊戲是不可以令人滿足，只有靠近神才可以使我們的心靈得到滿足。」同級的黃栩誌也同意：「Chris沉迷電玩，把遊戲世界中的神蓋過天父之上！幸好他最後拒絕網絡世界的誘惑，重拾節制和尊敬神的心！」

拒絕倚靠己力 仰望大能天上父

陳天溢老師和何曉瑩老師的實驗，給很多同學留下深刻的印象。小三的劉知熹說：「乒乓球隨着電風筒吹出的暖風懸浮，彷彿被透明的路軌引領着。我們若全心倚靠上帝，遵照上帝的旨意行事，便可減少走歪路！」小四的潘彥陶回應：「我深深明白到神雖然是看不到的（就如風一樣），但我們可以感受到祂；而且，對祂有堅定的心就會有神奇的效果！」

小五的陳兆鈞分享：「我每天都會祈禱，但心中會問：天父究竟在哪裏？祂距離我有多遠？乒乓球與電風筒實驗解答了我的疑問：天父就像電風筒的熱流，一直承托和推動像那乒乓球的我。我不必再疑惑祂離我有多遠，因為我知道天父的力量足夠使我面對所有挑戰！我知道自己沒有能力面對魔鬼的引誘，但我可以靠著祈禱，倚靠天父去克制自我，活出新生命！」

佈道會以兩個禱文結束，很多同學踴躍開聲禱告。小六的關晞怡最喜愛佈道會中祈禱那部分：「因為祈禱把同學與天父連接起來，而且也提升我們的心靈。最重要的是，祈禱使我們承認上帝在我們生命中有非常重要的地位。」

耶穌說：「我實在告訴你們，你們若不回轉，變成小孩子的樣式，斷不得進天國。」（馬太福音 18章3節）我誠心祈願聖保羅大家庭每一位成員，都能用孩子的心與上帝接軌，得享天國子民的福分！



夏日親子樂續FUN

本校與聖保羅堂合辦的「夏日親子樂續FUN」已踏入第八個年頭了，今年有大約 100 個家庭參與此項網上暑期活動。「樂續FUN」的家長講座共分三場進行，首場先由前聖保羅男女中學校長潘鎮球校長講述聖保羅精神的承傳，另外兩場講座分別由梁展聰醫生講解如何保持兒童眼睛健康，及由譚肇基伉儷分享夫婦同心的重要。每次講座後家長都會獲安排參加分組討論，深化其在講座中的領受。第四次聚會，所有家長一同參加聖保羅堂的網上主日崇拜，感受屬靈大家庭的氣氛。

本年度兒童組的主題是「Big Big Hero 大作戰」，透過五個聖經人物的故事，同學學習穿上上帝所賜的全副軍裝，靠著主耶穌的力量，抵擋魔鬼的引誘，經歷得勝！



LEADERSHIP & COMMUNITY SERVICE

不一樣的領袖培訓



學校致力培育學生的領導才能，每年都會推出一系列的領袖培訓計劃和活動，在疫情下也不例外，學生發展組在本年度籌備了有別於恆常形式的義工服務和領袖生選舉活動，讓學生發揮潛能。以下是幾位同學的心聲：



在疫情的新常態下，我們為同學服務的崗位稍有不同，但我們依舊發揮聖保羅「關愛」、「服務」和「溝通」素質。今年的領袖訓練活動中，老師邀請我們製作了馬賽克相架，還在小紙條上寫下一些鼓勵字句，將這份心意送給聽障人士。在這次活動中，我十分享受整個製作過程，更令我明白到社會上有很多不幸的人需要我們去幫助。希望來年我也可繼續發揮聖保羅「關愛」和「服務」素質，為身邊人送上暖暖的「愛」。

四戊 陳博宇

在疫情的影響下，每年探訪特殊學校的活動變成贈送由同學們親手製作的馬賽克相架。除了參與製作相架外，作為領袖生的我，亦肩負「驗貨員」一職，負責檢查相架上的馬賽克有沒有因膠水黏力不夠而掉下，並需要為製作完畢的作品進行包裝，為運送做好準備。這是我第一次為不相識的人親手做禮物，令我感受到關愛之心並不限於親人或自己熟識的人。希望藉着這份小禮物能為特殊學校的小朋友送上一點快樂，讓他們把自己最開心的照片放進相架裏。

五丙 林彤薰

本年度的領袖生選舉以網上直播的形式進行，對我來說，別具意義。當班主任邀請我參加選舉時，我感到非常意外和榮幸。在準備參選的過程中，老師給了我詳細的資料參考，令我的準備工作更容易。感謝各位師長和同學的信任和支持，日後，我會盡好本份，發揮聖保羅「信、望、愛」的精神，和大家一起建立一個愉快、友愛的健康校園。

五甲 李博文、三丁 莊子霽

在過去數星期，我努力地為領袖生選舉作準備，當中我有一些新的體會。第一，我從其他同學身上學到冷靜去面對挑戰。這是我第一次在小教堂面對鏡頭跟全校師生作自我介紹。其實只要放鬆心情，從容地介紹自己，就可以做到最好了。第二，我亦從落選的同學身上感受到「堅毅」的精神。他們即使落選，也沒有灰心和放棄，因為他們明白將來仍有機會再次參選，可以再再接再厲。我覺得他們永不放棄的精神非常值得我學習。最後，我希望在此感謝老師給我機會參選，成為領袖生的一份子，讓我能服務學校，幫助老師和關愛同學。

三丙 香懷中



EXCHANGE ACTIVITIES

小六畢業活動 — 在「信、望、愛」下的六個寒暑

由於小六同學受疫情影響未能出外進行畢業營，學校特別在校園內安排小六畢業活動，當中由聖雅各福群會正向教育帶領「校園挑戰站」，讓同學在分組活動中體現團隊精神；各班同學亦以話劇總結六年來在小學校園生活的點滴。



感恩這豐富的畢業活動，成為我小學生活中一個最難忘的片段。謝謝校長、老師、家長和同學，令這六年的小學生生活充滿了快樂和幸福。

六甲 方游

我最難忘在校園挑戰站的「團隊快拍」活動中挑戰隊員合作默契，以不同的動作表達出學生九大素質。感恩在學校的細心安排下，令我們有一個難忘的畢業活動。

六乙 劉澔正

In the P6 Graduation Activity Day, I like the "Build A Tank" game the most. The team had to have good communication skills. We had to move slowly and steadily to the goal without breaking the 'tank belt' made of newspaper. We all had a wonderful time, thank you Lord and the teachers for giving us this memorable experience.

6C Yang Katelyn Sophie Ting Nga

It was an unusual Friday that only P6 students were privileged to go to school and to accept a series of challenges in the campus. The speech from our headmistress and teachers was the highlight of the day, which was heartwarming and touching as always. I know I am going to miss their faces and voices a lot.

6D Chiu Kun San

I am grateful for the planning of a P6 Graduation Activity Day. Each class performed a drama about our school experience from P1 to P5. It was amazing and exciting. I enjoyed all the class dramas and it was very nice and enjoyable.

6E Tsang Tuen Ching Hazel

仁濟醫院蔡衍濤小學交流

仁濟醫院蔡衍濤小學的校長、副校長與SPARK課程的核心成員於6月30日蒞臨本校，和常識科的團隊交流英文、常識及生命教育課程的發展。交流活動首先由梁校長向嘉賓介紹本校的行政及課程規劃架構，席間黃副校長亦介紹了友校SPARK課程的規劃及理念，在相互交流期間，大家都對常識科最新的課程發展、融合生命教育的課程方向有了更深入的理解。之後，由我校常識科主任與兼任常識科及英文科的老師們簡介校本常識課程，並分享跨科合作的經驗。交流過程中，任教小六常識科的老師們還展示了本校如何結合小六人文學科課程和英文科讀本課程，透過一系列教學活動帶領學生深化學習古文明歷史的教學策略。交流活動的最後一個環節是參觀校園設施，嘉賓們藉此更了解本校在硬件上如何支援常識科在科學及科技範疇的教學，促進學生學習。



聖保羅堂幼稚園交流

6月15日，聖保羅堂幼稚園羅校長與老師及家長代表前來我校進行交流活動。當日梁校長向嘉賓介紹了聖保羅九大素質及分享在新常態下如何裝備孩子迎接新學年。老師也同時分享了幼小銜接應注意的事項及如何打好學生語文基礎，準備迎接小學的挑戰。最後，嘉賓參觀了校史廊，從而對本校的歷史有更深入的认识。



中文活動多元化

上學期受到疫情的影響，不少課堂都轉為網上進行。下學期隨著疫情逐漸穩定，恢復面授課堂，中文科無論是在日常的課堂，或其他活動，都能為同學提供更多元化的學習機會，讓同學享受學習中文的樂趣，發揮他們在中文方面的潛能。

語文同樂園創刊

今年中文科第一次出版刊物，命名為「聖保羅語文同樂園」。這份刊物主要是想為同學提供一個展示語文潛力的平台。今年我們透過全校投稿的方式，每個年級在特定的主題之下，不限文體、字數，讓同學盡情發揮自己的創意。果然不出所料，同學十分踴躍，投稿有書信、謎語、文章、打油詩等不同的形式，不少同學的作品更是圖文並茂、生動有趣。從投稿中讓我們看到了同學對於中文的喜愛和他們本身的創意。而今年我們更有幸邀請梁校長、朱副校長和潘主任為我們的同樂園撰寫文章，讓這份刊物生色不少。來年，希望同學可以繼續加油，積極投稿，讓我們語文同樂園的內容可以更加精彩和豐富。



恢復面授課堂

隨著下學期恢復面授課堂，在中文科的課堂內，我們能進行各種多元化的教學活動，各級的中文圖書閱讀課也如常進行，學生十分享受課堂的活動和閱讀中文書籍帶來的快樂。以五年級的圖書教學為例，下學期的學習材料是《三國演義》，其中一個圖書教學活動便是要同學自行閱讀其中一個章節，然後選出其中最具有代表性的一幕拍攝定格照片，再由同學簡介整個章節的內容。活動過程中，老師不僅粉墨登場，拍攝示範照片，每個同學更是十分投入，不僅設計精美的道具，而且精心安排定格的場景，讓整個圖書活動生色不少。最讓中文老師欣慰的是，所有同學不但積極投入中文圖書課堂的活動，更是喜愛閱讀《三國演義》這本圖書，有些同學甚至會借閱原版來閱讀，更有同學會借閱其他幾本中國名著。這恰恰是我們中文教學的最終目的——讓學生喜愛閱讀、喜愛中文、自主學習。



積極參與各種比賽

今年雖然受到疫情的影響，但是同學依舊積極參與各種中文比賽。朗誦、書法、寫作等等，同學都屢獲佳績，讓我們感受到同學對於中文的喜愛。而今年中文科更是第一次嘗試參加粵語廣播劇比賽。小五的陳兆鈞、陳秋伊、吳智凝、唐肇駿和屈凱程五位同學從創作劇本到錄製聲音檔，再到最後的zoom現場總決賽，在鄭宇蓮老師的指導下，充分發揮學習、思考、創新、溝通等學生素質，一路過關斬將，不斷學習，突破自我，最後更獲得了最受歡迎投票獎和優異獎，在參賽的過程中，同學們獲益良多。



Primary Six Drama - *Peter Pan*

This year, the P6 students were proud to present their own adaptation of "Peter Pan" on stage. Students were able to cultivate their student attributes, for example, perseverance, caring and positivity. They also discovered their own potential in this fascinating drama experience.

The P6 students were divided into nine teams, including the acting team, stage management team, music team, lights team, sound team, costume team, sets and props team, make-up team and publicity team. Due to the pandemic, the performance had to take on a new form as a prerecorded show instead of a live performance. Many students found the experience very valuable.

This drama experience was exhilarating and fun, as if I were riding a roller coaster. As a member of the acting team, I underwent various kinds of training under the guidance of the director and other drama teachers. We successfully overcame the challenges in recording the drama scenes. I learnt different attributes including team spirit and perseverance in order to succeed. I will never forget this journey and I will continue using these attributes in the future.

6E Castor So (Acting Team)



I was chosen to be the set-stage manager. The set-stage manager needs to take the sets out from the backstage to the stage, make markings for where to put the sets and props, and change the stage from one scene to another. This opportunity improved my communication skills as I needed to direct other people to put the sets in the correct spots.

6D Alvin Li (Stage Management Team)

P6 Drama was truly an unforgettable event and experience. Being in the music team, I had to compose scores and write lyrics for the songs. Composing was not as hard as I had thought. I am very happy and grateful that I could participate in this wonderful event. I learnt a very special thing – perseverance. It is a must have thing on the path to success. A big thank-you to all the teachers and classmates that helped during the process!



6A Winnie Kwan (Music Team)



Apart from learning how the stage lights work and operating the lighting console, we also understood the

importance of teamwork. Teamwork is crucial in order to let the whole production run smoothly. It's been a valuable experience for the P6 students and I would love to experience it again.

6A Angus Mok (Lights Team)

I am in the team responsible for creating the stage costumes and masks. It was an amazing experience for us learning to use our own hands to sew using different methods and using the sewing machine, as well as learning to care for every single detail of each "masterpiece". We were working behind the limelight but we were all proud and satisfied seeing every piece of costume we created worn by the actors on stage. This has been a truly memorable and enjoyable experience for my final year at SPCCPS.



6D Kathryn Chan (Costume Team)

I had so much fun making the props for the drama, like trees, campfires, dog house and more! We paid extra attention to the teachers' instructions and built the sets by ourselves. I felt very pleased with the end products.



6B Yu Ka Long (Sets and Props Team)

Radio Drama – *An Unforgettable Journey*

Microphones, check; cameras, check; Zoom Meeting ID and passcode, check. No one could ever imagine how a pandemic destructed our norms, but at the same time, provided us with an opportunity to embrace the changes in this new era. This year, our students had an incredible journey of participating in the 13th English Radio Drama Competition organised by My SmartABC.



Xaco, Louie, Kayla, Haylee and I joined this competition and we had to write a script for radio drama titled “An Unforgettable Journey” and perform it. After days of brainstorming and discussion, we came up with four different plots and finally agreed on a story about family love, in which two brothers had a big argument while being stuck at home during COVID-19, a situation we all experienced ourselves. Some of us volunteered to play the musical instruments and the others controlled the sound effects. We worked together to complete the audio recording in three takes and submitted our best one.

Despite a few hiccups along the way, the organisation selected our audio for the final. We were ecstatic! The final round required us to re-enact our story in real time on Zoom. Our parents organised online practices for us, while the school arranged face-to-face rehearsals after classes. On the day of the competition, we gave it our best shot. Finally, the judges announced that we won the second place! We were very proud of ourselves, but we couldn’t have done it without all their support and encouragement.

Looking back, we faced various challenges, like how to respect one another, share responsibility and unite as a team. But with a good learning attitude, gratitude and positivity, we had overcome all these hurdles and achieved our goal successfully. Through this inter-school competition, we also learnt a lot from our fellow competitors: their fascinating plots, skilful use of emotions and seamless teamwork inspired us to further improve ourselves. This is why we are grateful for this rewarding experience, which was truly an “unforgettable journey” for us!

5C Wong Christian Jake



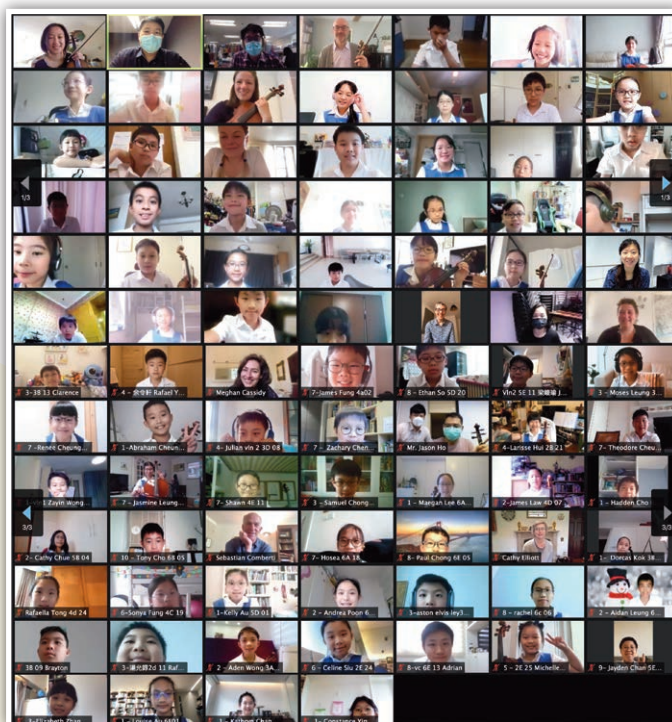
疫情挑戰下的突破

「活學創新迎挑戰」今年音樂團隊的確面對重重挑戰。因疫情關係，不單團隊比賽取消，實體練習亦因不能在校進膳而取消，所以實體演出只好擱置。但是，老師們懷著勇於創新和思考的素質，盡力令音樂團隊的同學可在疫情中有不一樣的經歷。

雖然未能面對面進行練習，但為繼續培養同學們對音樂的熱誠，各團隊於疫情期間改以網上實時練習及觀看教學影片等形式進行排練。在學期末，團員各自錄製並上載自己的練習成果，組合成虛擬樂團或合唱團的演出影片。各團員學懂自律地在家中準時練習，亦因面對種種的技術問題而學會發揮思考素質，盡力創新解難。指揮和老師更利用這新模式，分享更多世界各地不同音樂團隊的演出片段，讓同學們雖在家中仍能向不同的團隊觀摩學習。

本校樂隊原定與英國著名的倫敦莫扎特演奏家樂團 London Mozart Players (LMP) 進行交流和舉辦音樂會，亦因疫情而需改為五次的網上大師班。交流中 LMP 隊員雖只可「隔空」指導學生和示範，卻能推動學生發揮自主學習精神，認真練習，努力準備每次的交流，力求上進。當中有一位學生認為自己的演奏不達標，在交流前還忐忑不安，但 LMP 隊員聆聽她的演奏後不但沒有批評她，反而欣賞她的優點，並且教導她正確的練習方式。經過一星期反覆練習後，她進步神速，充分發揮了學習、樂觀和自律素質，從交流後的表現看到她的突破。

即使面對嚴峻疫情和重重困難，但因著對音樂的熱誠，我們敢於接受這些挑戰。不論學生或老師，都以正面態度面對這難關，成了我們突破自己的最大推動力！



London Mozart Players 團長 Simon Blendis 的分享：

"Everyone has worked really hard and concentrated extremely well in these sessions. I really like the way the students have all listened to each other and learned from hearing each other play. It can be hard to concentrate for a long time on Zoom, but I never felt their attention flagging, and they have always tried to play their best. They've picked up new ideas and suggestions extremely quickly, and always been willing to try new things. I'm sure the final concert will be a great success! This has been a very nice way to continue the relationship between LMP and SPCCPS. It was such a shame we couldn't travel to work with you in person, but it was great to see many familiar faces over Zoom, and to be able to continue to work with all the students. The format has worked well - in fact in some ways it has allowed us to work in greater detail with each student, which may not have been possible with the orchestra all playing together in one room. Congratulations to all at SPCCPS for putting this project together."



疫情下的藝術世界

今屆青少年科技創新大賽的總決賽在疫情中舉行，令我有新的體會。我在構思作品的時候發揮了「思考」的素質，把日常觀察到的問題變成了這次科幻畫創作的主题，令作品變得獨一無二，且更能貼近我們的生活。在畫畫的時候，我運用了「創新」的素質，在一般的清潔用品上大膽嘗試加入一些新元素，例如用吸塵機的原理構思清潔耳垢器。最後的總決賽是真正的重頭戲，評判的數量增多了，他們對作品的提問自然也多了。我充分運用「溝通」的素質，當評判問問題時，我記起梁校長的教導：「人要定，心要靜，腦要清」，談吐舉止要有禮貌，所說的話要具說服力。我感恩這個設計概念最終得到評判的嘉許，希望這個清潔器能夠製成產品，幫助更多有需要的人。



六丙 楊彥臻

我很榮幸能獲得小學組科學幻想畫一等獎。在比賽過程中，我有不少體會，例如發現只要多觀察身邊的事物，就不難構思出令大家生活更方便的發明品。我的作品是「健康無菌團聚樂」。我希望當中的「健康餐桌」能問世，即使有疫情爆發，也無阻我們與家人一起用餐！



五丙 莫司勤

MATHEMATICS, SCIENCE & HUMANITIES

奧數比賽

這兩年因為疫情緣故，小四至小六奧數隊同學透過翻轉課室在家中進行網上學習，他們觀看教學影片及完成練習，發揮學習、思考及自律素質，持續延展奧數潛能。在疫情期間，不少公開比賽改為線上及 ZOOM 形式進行，直到本年4月中開始，同學們有機會參加實體公開比賽，讓他們實踐所學及汲取寶貴的經驗，更在比賽中獲得佳績，進一步提升自信心及團隊精神。以下是兩位奧數隊同學分享他們參加線上與實體比賽的戰略心得，希望大家來年可以繼續參加不同的實體比賽，發揮奧數才華！

當進行線上奧數比賽前，我會預早上線確保沒有網路連線問題，亦會在賽前十分鐘登入等候。進行答題時，我會在草稿紙上列式計算，並預先在左邊列好題目號碼，以確保答案與題目相符。提交答案前，我會小心看清楚是否對照網上題目的選項，因為一不小心有可能揀選錯誤呢！

而當進行實體比賽時，我就會一開始先將全部題目略看一篇；對於看起來未很了解的題目，我會圈起來，留待最後才作答。這樣便可確保拿下有信心得全分的題目，並讓自己有足夠的時間完成作答。最後，我在複賽及決賽時會將這手法更優化，先做試卷佔分最多、且有信心取分的題目，藉以獲取最高的分數。

我真期待日後可以繼續參加不同的公開數學比賽啊！

四甲 曹悅山

在準備參加奧數比賽的過程中，無論是實體還是網上進行，我都會盡力而為。平日，我會做歷年試題並溫習已有知識。上訓練課時，我會抄寫筆記，不明白就提問。我還喜歡閱讀有關數學的書籍，以鞏固數學知識。即使遇到不同的題目，我不慌不忙、有條不紊地回答，做到梁校長常說的「全力以赴，做到最好，發揮素質」。

儘管實體比賽和網上比賽的題目數量和深淺程度相若，但是網上比賽會採用多項選擇題形式為主，不用直接填寫答案，所以我每做幾題就要檢查一下，查看答案和題目有沒有出現「張冠李戴」的情況。

實體比賽時，我必須預早到達試場，出門前又要檢查有沒有帶齊文具、身份證明文件等。因為四周有其他學校的同學，又有監考員在場監察計時，所以我的心情會比較緊張。

要是比賽在網上進行，我會預早準備和檢查電腦裝置，並提早一點登入平台，以免網絡問題阻礙登入。雖然現今的技術很先進，即使在疫情下仍能在網上比賽，但是我更嚮往實體比賽的氣氛。

四丁 林在心

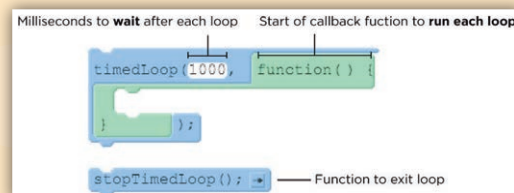
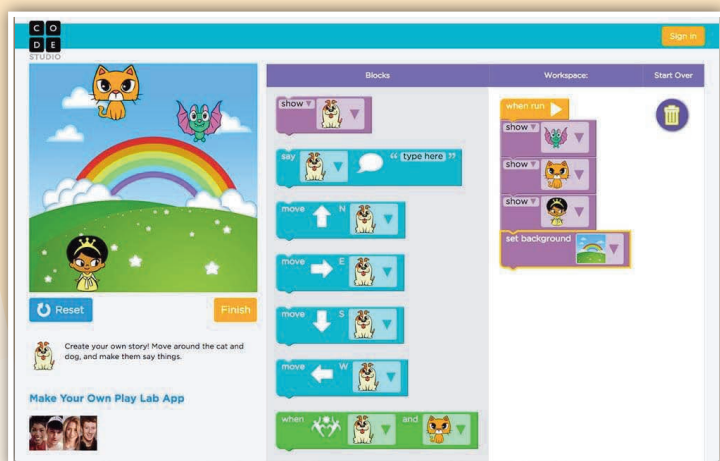


編程教育和思考素質

受疫情影響，上學期大部分的資訊科技課都是以ZOOM的形式進行，這非一般的上課形式並沒有阻礙同學們學習程式編寫的熱情，編程教育確實讓學生充分發揮了樂觀、創新和思考的素質！

IT lessons have been very enjoyable this year. We learnt about coding, with applications like Scratch, Micro:bit and a robot named Marty. In my opinion, coding is fun because it gives you the opportunity to be creative and lets you practise your critical thinking and problem-solving skills. At first, when we learnt Micro:bit on Zoom, we could not use the real Micro:bit circuit panel. However, when normal lessons resumed, everything became clear and we had definitely learnt a lot.

6E Sarah Wong Yi



我覺得寫程式真的很好玩。雖然我們小二學習的只是block coding，但我知道每一個block裡都有真正的程式碼隱藏在背後，和程式設計師們的工具都有相似的地方呢！我覺得寫程式最能夠發揮我的思考素質！

二丁 司徒卓知

我很喜歡寫程式，因為真的很有趣。我喜歡透過多學一些編程的技巧來挑戰自己。我最喜歡的是寫程式去控制畫面上的卡通角色，編排它們移動的方法和設定它們和使用者的互動。寫程式可以令我的思考變得更快。

二戊 莊秀堯



電子學習新常態



2020年是充滿挑戰的學年：疫情依然未見平息，甫開學我們便經歷了不一樣的開學禮——創校以來首次以網上視像直播的形式舉行！這彷彿為我們整個學年的電子學習揭開序幕。老師們充分發揮教師素質，先是克服了長達數月的網課挑戰，務求做到「停課不停學」。到了下學期，各級逐步恢復面授課堂後，老師們為了更有效地利用學校為各課室新配置的互動顯示屏，不但參加工作坊學習操作的方法和技巧，更在共同備課及電子學習小組會議時，積極規劃及交流可運用的多元化教學策略，進一步提升教學效能，並為課堂教學增添活力和樂趣。

復活節假期後，我們學校每個教室都增添了一台既先進又實用的電子教學設備——互動顯示屏。我很喜歡這個互動顯示屏，因為它能帶給我們很多好處。

首先，利用互動屏展示文字、圖畫、聲音都很清晰、流暢。例如：英文老師用不同的顏色劃分每一個時態(tenses)的使用情境和方法，令我們快速理解。第二，互動顯示屏與傳統黑板或白板相比，真是太方便了。當我們擦白板或黑板時，手難免會有一點髒，但是使用互動顯示屏，這種情況就一定不會發生。只要用一支觸控筆，輕輕地在螢幕上下擺動，就可以輕而易舉地擦走字跡。第三，老師把工作紙在互動顯示屏上展示，同學在螢幕上直接寫答案，再由老師或選同學解題，這個過程互動性更強。

總的來說，感謝老師與時並進，善用互動顯示屏令我們的學習變得更有興味、更有效率！

五甲 何思源

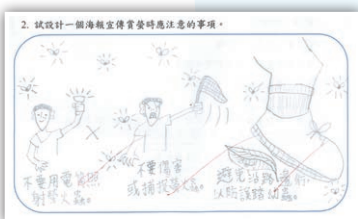


小眼睛看大世界 動腦筋展現關愛



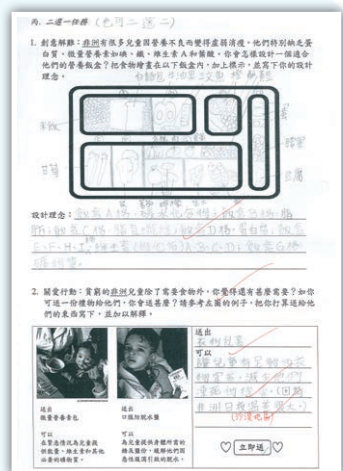
常識科向來積極透過多元化的教學活動鼓勵同學細心觀察身邊事物，多留意社會時事。本年度配合學校關注事項「齊關愛，常感恩，促進身心靈健康」，常識科進一步優化校本課程，以「Aware Care Share」關愛三部曲的概念設計了「時事多面睇」活動。

各級老師先在課堂中利用不同媒體的資源，配合適當的思維策略如六何法、特徵舉例、魚骨圖等引導同學觀察、認知和了解社會或世界上需要被關愛的社群對象，讓同學能更具體、真切地感受到他們遇到的困難和理解他們的需要，從而激發他們的關愛之情，並學會感恩，再利用不同形式的分層課業引導同學發掘多元化的解難方法，來展現自己對別人的關愛。經過整年的學習，學生能依個人能力、興趣及專長，並利用常識科的知識造福社群。



配合小三「減少廢物」的課題，同學透過影片認識了靠拾紙皮賺錢的婆婆。三甲何承睿同學就運用創意思維策略「奔馳法」(SCAMPER)為拾荒婆婆設計和改良她的手推車，以減輕她的體力負擔

小五同學在學習「生命變變變」課題後，透過報章了解到本港在疫情下推出的螢火蟲生態園，部分參加市民沒有正確的保育意識，反而會干擾螢火蟲的繁殖。五丙王卓峯同學就設計了一幅海報宣傳賞螢時應注意的事項，表達對昆蟲的關愛。



透過影片和照片了解到營養不良對兒童身體造成的影響後，四丁林在心同學應用於常識科所學的食物營養知識為營養不良兒童設計營養飯盒，並向貧窮的非洲兒童表達關愛。

疫情下的體育活動及比賽

疫情下，體育團隊的恆常訓練、各類比賽、以及校內的運動會和水運會等活動相繼取消，但慶幸由五月開始疫情稍為緩和，部份體育比賽仍可繼續進行。我們亦在學校全面恢復面授課堂後，利用期考後活動週的時間，將學校一年一度的高小運動會和初小遊戲日的部分活動移師到學校以「Sports Challenge!」的形式進行。初小同學進行競技活動，高小同學則進行擲壘球比賽，同時各班亦參了啦啦隊打氣活動。雖然我們戴著口罩進行活動，但口罩遮掩不了同學們歡樂的面孔！



全港學界團體羽毛球錦標賽是我參加的第一個羽毛球比賽，當教練宣佈出場次序時，我心裏嚇了一跳，竟然安排我打第一單打，我覺得十分緊張。當我要上場時，突然傳來了各位隊友的聲音：「吳智凝你一定可以的，加油啊！他們的鼓勵令我重拾信心。由於第一次參賽，我信心不足，所以在比賽一開始的時段我發揮得不穩定，分數是「3：11」，落後了八分。不過我沒有放棄，我告訴自己，「我要加油！」憑着隊友的鼓勵，我一分一分地追，追至十五分時和對手打成平手！我咬緊牙關繼續打拚，最後，裁判宣佈：「二十三比二十一，聖保羅男女中學附屬小學，吳智凝勝。」我不敢相信這是真的，我竟然可以在大比數落後之下追和，甚至最後勝出了，我心裏的大石頭頓時放下了。我哭了，這是感動的眼淚。人生的第一場羽毛球比賽，我勝出了！我說了一聲：「我好感動！」



過了一會兒，我們要與另外一間學校對賽了。今次的出場次序亦是我作第一單打，教練看出我仍然很緊張，就跟我說一些鼓勵的話，隊友也走過來支持我。比賽過了一半，可能是因為我開始體力不支，我的右大腿抽筋。我的樣子看上去很痛苦，教練問我是否要退出比賽，我搖搖頭，因為老師教導我們不可半途而廢，我要堅持下去。最後雖然我輸了，但也是一次很好的經驗。

這次比賽使我獲益良多，我領悟到做事不可輕易放棄，亦不可半途而廢。我非常感謝教練與老師的栽培，感謝他們給我這次寶貴的參賽機會和經歷。我的技術未必可以突飛猛進，但我在未來一定會更加努力，力求上進，盡全力做到最好！

五戊 吳智凝

發展身心靈健康的教師團隊

學校重視教師身心靈的健康發展，今年3月13日和3月19日分別進行了兩次以身心健康為主題的教師專業發展活動，以讓教師在緊張和繁忙的教學中亦能擁有健康的生活。

網上護眼講座

由於疫情的關係，今年的很多課堂移師網上進行。老師和學生需要長時間對着電腦上課，這對我們的眼睛有什麼影響呢？如何在這種情況下保持眼睛健康，讓老師能夠發揮健康素質呢？對於這些問題，我們請來了陳迅傑醫生為我們解答。

首先，陳醫生為我們詳細地講解近視的成因，包括：遺傳基因，不良光線處理等。我們平時要多留意自己有沒有近視的徵狀。另外，預防近視也很重要，例如：進行定期的視力檢查、看書或電視要確保有足夠的光源等等。

除此之外，陳醫生還很耐心地提醒我們上網課時要緊記20-20-20護眼法則：使用電子產品每20分鐘便應該休息最少20秒，期間應望向20呎外的景物，讓眼睛有足夠的休息。

總括而言，陳迅傑醫生的護眼講座不但令大家更清楚保護眼睛的重要性，也為我們提供了一些護眼的方法，令我們獲益良多。



靜觀工作坊

靜觀是近年來頗受歡迎的減壓方法之一。為了讓全校教師能暫時放下日常繁重的教學工作，舒緩工作的壓力，懂得放鬆心靈的方法，學校邀請了香港大學賽馬會「樂天心澄」靜觀校園文化行動的一眾導師到校為老師們主持工作坊。當日的活動十分精彩！首先，由其中一位講者為全體老師介紹什麼是靜觀，靜觀的起源、作用以及方法。當中演講內容十分豐富，講者透過影片、文字深入淺出地向老師展示了靜觀的定義，讓大家對靜觀有了初步的認識和了解。接著，由另外一位講者帶領大家動手做一個「靜心瓶」。在這個環節，大家齊齊動手，製作屬於自己的「靜心瓶」。老師們一邊製作「靜心瓶」，一邊在講者的帶領下，感受製作過程中自己的心境，體會活在當下的喜樂。在這個環節後，講者還示範了靜觀漫步，鼓勵同事去嘗試。最後，講者進一步深化靜觀的概念，並且帶領大家一起思考和寫下平日和假日的活動，讓大家整理和反思自己的生活，幫自己整理生活中滋養自己和消耗自己的活動，希望大家能夠多關顧自己，而不至於被繁瑣的生活消耗殆盡。



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