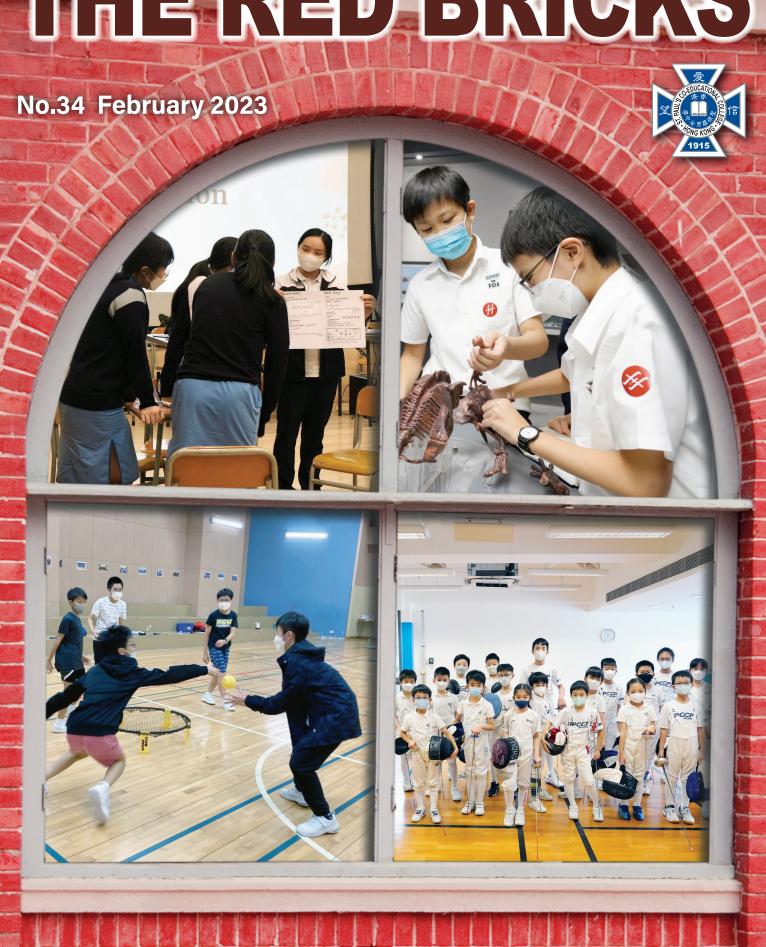
THE RED BRICKS



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Message from the Principal



The first term of this school year has seen some changes to the pandemic management in all schools in Hong Kong. With the relaxation of some restrictions, more and more school events could be organised. We have resumed full day face-to-face lessons since November 2022 after achieving the vaccination rate stipulated by the EDR

Before the beginning of this academic year, we were glad to be able to meet our new parents on campus again at the Form 1 Parents' Orientation. The Form 1 Boarding Experience Program was realised at last after a two-year delay. Receiving very positive feedback, the one-week short stay at the Chong Yau Pak Wan Residence Hall had helped our Form One students to know their classmates better and to develop the SPCC attributes of community-mindedness and caring for others. The two-week Walkathon saw a welcomed increase in both the participation rate and funds raised compared to the previous year. Our swimmers could finally dive into the pool

again to compete at our Swimming Gala and broke five school records on 24 November 2022. Speech Day was held on 19 December 2022 with The Honourable Winnie Ho as our guest of honour. Once again, students could enjoy a relaxing morning together as we brought back the Picnic Day which had been cancelled for the past two years. We were back again at St John's Cathedral and St Paul's Church for our Carol Service although some classes still had to watch the live broadcast due to the limited seating capacity in the churches. For all these, I am thankful to God that we are able to bring back some 'normal' school life for our students.

As more pandemic restrictions are lifted in Hong Kong and around the world, educational activities and student exchange programmes are being planned for the second term. These include the SAW / CAS Week in February, having three cohorts participating in the RoP in Australia from May to August 2023, and educational programmes to the UK and Singapore during the coming summer holidays.

We look forward to the resumption of more activities for our students' development in the coming months and I ask you for your continued prayers for our students and staff.

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

校長的話



感過期都校活長面協各恩去,有園。在的助級,的同豐學感防支,能在上學富習謝疫持除維剛學們的生家方和了持

穩定的半天面授課,學校更達九成以上的學生疫苗接種率,不論是課內的「課外活動」,還是課前課後的「團隊訓練」,都能全面恢復。在農曆新年假期後,全校已可回復全日制上課。師生們無懼反覆的新冠疫情,也不介意口罩的阻隔,大家都積極參與各項活動和比賽,珍惜和投入每個表演和服務的機會,就像重踏舞台的管樂隊在校內聖誕慶祝會的演奏;學生大使帶領小一師弟妹認識學校和升旗隊等,都充分顯露出同學們做到「愛學習,樂分享」。

學校本年度繼續推展價值觀教育和國安教育,並以全校性 講座、科本主題教學活動和跨科合作的模式,把不同的信 息融入各學科的課程和各級的成長課中。在特別紀念日和 節期間舉行不同的主題展覽、校內校外比賽和閱讀計劃, 豐富學生對國家發展和傳統文化的認識,提升他們的國家 觀念、國家安全意識和國民身份認同感。此外,利用網上 的學習資源,讓學生進行自主學習,擴展或鞏固他們所 學。

在學生培育方面,除了在恆常的週會、早禱和成長課滲透 「正向教育」的思維,在領袖生的培訓上亦引導學生發掘 自己的性格強項,而宗教組也透過網上影片和圖書館的書 籍推介,讓孩子認識信仰和學會感恩,並在疫情下持續舉 行網上的家長教育課程,讓更多家長能參與,共同培育正 向的家庭。

大家都期盼恢復正常的生活,求神保守我們的心靈,以正向的思維面對令人疲憊的疫情,持守「信、望、愛」的精神,互相扶持,協助孩子適應全日制的學習和生活。

張慧純 聖保羅男女中學附屬小學校長

Walkathon

Walkathon 2022 was held from 13 November to 30 November with the live broadcast of Opening Ceremony on 13 November. A total of HK\$2.29 million was raised. Around 750 selfies taken at High West Picnic Area were received as proof of participation.



Results of the Walkathon Interclass Competition:

Interclass Competition:			
Highest Participation Rate	SPCC	SPCCPS	
Winner	F6D	P1B and P1C	
First runner-up	F4C	P1D and P2A	
Second runner-up	F4H	P1A	
Highest Average Donation	SPCC	SPCCPS	
Highest Average Donation Winner	SPCC F3B	SPCCPS P1A	





Joint-School Retreat

At first glance, drawing a link between Anakin Skywalker and the students we teach in St. Paul's does not seem like a very typical way to begin a staff retreat. However, once this relationship was explained by the Very Reverend Samson Fan, it became clear that this analogy does in fact work.

The evolution of Anakin Skywalker's character and how he developed from a young man who was filled with endless potential into one of the most infamous villains in movie history shows how one can easily be steered onto an irreversible trajectory towards wrongdoing without proper guidance and knowing how to act with a forgiving heart.

Reverend Fan's sharing gave us all much food for thought on how we as educators can make use of the Bible's teachings on the Beatitudes as a framework for students to follow when they are looking for guidance on their life



many of the downtrodden and neglected in our society such as "the poor in spirit", "the meek" or "the persecuted", they serve as a timely reminder that we need to be more proactive in teaching our young people to be more aware of those around them. We as educators can also reinforce the idea to students that they can have a positive impact on those around them if they look beyond their immediate horizons and use the "force" within them to live a more positive life and to incite change in the world.

Ms Belinda Ng



Form 1 Boarding Experience

After the boarding experience, I became more confident and bonded with my classmates and other long-term boarders. They were all very friendly and nice. They

supported me throughout the programme. I became more independent, self-disciplined and communicative. I enjoyed my stay in the dormitory because it provided a good environment for me to study and revise. I could concentrate better and work more efficiently. Sometimes I had spare time left after completing my homework. I learnt how to use my time more wisely and realised that time is limited. There are only 24 hours a day. Deducting the school hours

and sleeping time, I only have 6-7 hours at my disposal. At last, I learnt the importance of following rules, such as tapping the card when entering or leaving the dormitory so that the dormitory staff knows my whereabouts. I am thankful that my boarding experience was cheerful, memorable and unforgettable. I will treasure these wonderful memories. I hope that I can join long-term boarding next year.

1A Wu Chi Ying Phoebe



roommates and enjoyed playing games with them during

my free time. Playing games with them helped me relieve

my schoolwork stress. I especially enjoyed the dormitory activity on Wednesday night. We learnt how to play new popular sports in the IGH, including Spikeball, Cornhole and Mölkky. I had a more balanced life in the dormitory, and the experience was unforgettable. I am thankful that the school has

provided this opportunity for me.





After one week of boarding, I improved in many ways. First, I developed better time management skills. I learnt to follow the schedule and the importance of being on time. Second, I further developed my self-discipline and self-management skills. I had to prepare things on my own such as packing shampoo and body wash for showers. Besides, I improved in my communication skills. Maintaining good communication with my roommates was very important. Through the week, my relationship with my roommates became closer. In the prayer service, I learnt about the benefits and limitations of setting schedules. I genuinely enjoyed the talk by the reverend. I was glad to listen to God's words. I gained a lot from this programme and I am grateful for it.

1D Yuen Kwan Yee



I have learnt social and communication skills from the programme. During the dormitory activities, I talked to classmates whom I was unfamiliar with. It was really fun socialising with them. I enjoyed the free time we had spent together. We had fun in the common room and had sufficient relaxation. I was really happy that I got a lot closer to my roommates. I was easily distracted by my phone and my tablet when I was doing homework or studying during prep times. I learnt to reduce my distraction by shutting down my electronic devices. I also went to the study room with one of my roommates so that we could be more focused on our work. Revising in the study room with my

friends and roommates made doing homework more enjoyable. After joining the programme, I made more friends and became better at taking care of myself. I could adapt well to a new routine and lifestyle.

1G Chu Kylie Ching Yan

EXPERIENTIAL LEARNING

CAS Projects



Edify

We are Edify, a student-initiated CAS project group, which aims to provide educational services to underprivileged children and offer volunteering opportunities to capable secondary school students. We started volunteering as a group of F4 students in Sham Shui Po in November 2021. Hoping to expand our service scope and raise awareness of poverty issues, we founded Edify to better campaign and advocate for the underprivileged.

After around a year of hard work, we are glad to have recruited more than 70 volunteers and student leaders. We have been working with 5 organisations in Hong Kong, helping over 120

underprivileged children, providing both long and short-term services for them, including academic tutoring, homework assistance and interest workshops.

Edify puts its main focus on providing long-term tutoring services to community centres at this stage. We have built an encouraging community where volunteers can establish strong bonds with children as well as other team members at Edify. We aspire to show our support, care and love for underprivileged children. We guide children to complete their homework and teach them subject-related knowledge to stimulate their interest in learning.

As for short-term services, interest workshops are organised occasionally, aiming to broaden children's horizons and aiding them in discovering their passions. The workshops revolve around a variety of topics, such as STEM, traditional Chinese music and DIY instruments. We encourage children to explore beyond the classroom. We will be holding more workshops in the near future to inspire children to think out of the box!

Moreover, Edify aims to provide opportunities for volunteers to take part in organising programmes and polishing up their collaboration skills. We also encourage capable volunteers to become team leaders to gain experience in contacting organisations and honing leadership skills. Evaluation meetings are held regularly to improve our service.

Establishing Edify and expanding our service scope were met with inevitable difficulties. Yet, with perseverance and collaboration, we were

glad that we eventually overcame the challenges. For example, some children did not show much interest in learning scientific principles initially. After evaluation sessions, we figured out children were more interested in hands-on experiments. Hence, we included more hands-on activities and incorporated scientific knowledge within the sessions, enabling children to learn through playing.

Volunteering at different centres is definitely rewarding for all of us. Edify is more than determined to continue providing services for the underprivileged. Dreams that fly, hearts that beautify. We are Edify.



5H Suen Ming To, Lo Tsz Ying & Hui Sum Nam



Sprout

Sprout is a student-led community service CAS project in collaboration with HOPE Centre for Ethnic minorities under the support of Kids4kids. Targeted at serving ethnic minorities, Sprout provides creative and engaging cultural language workshops for them. We believe that by learning and understanding cultures in Hong Kong, our target audiences can build a greater sense of belonging to this city.

Workshops are carried out in 2 sessions, with the first focusing on language learning and the second on hands-on experiences. Adapting an experiential learning model, participants are encouraged to be actively involved in various interesting and engaging hands-on learning experiences, including but not limited to individually packaged food to be consumed at home, clothing exhibitions and lantern-making. Through the two-part course, we aim to aid the aforementioned target group to develop a better grasp of conversations in Cantonese, an understanding of Hong Kong culture and a sense of belonging.



Our first workshop held during the summer holiday was based on Cha Chaan Teng. After the language learning session, participants practised how to order food and pay the bill in Cantonese through role play. They were then brought to nearby Cha Chaan Tengs to gain hands-on experience in having afternoon tea in the local-styled restaurant. Indeed, most of our participants showed significant improvement in making use of Cantonese vocabulary to order whatever they want, highlighting the success of the workshop.

On top of that, we envision a future in which negative stereotypes and personal biases of Hong Kong local residents towards ethnic minorities could be dispelled. Therefore, in the future, Sprout will continue holding different workshops, ranging from folk religion to Chinese traditional music, for ethnic minorities to further engage their understanding and interest in Hong Kong's local culture. Other than that, willing ethnic minority families will be interviewed about their experiences and the problems they face, as well as that of their children. The interview materials will be edited into videos and posts to be uploaded to social media to raise awareness about the issues they face. Through this, we hope to eliminate the cultural barrier between their lives and the locals' and achieve mutual understanding by allowing Hong Kong citizens to reflect on how a more inclusive and cohesive environment could be developed.

6G Chen Haiying, Lai Sharon & 5F Yiu Chun Hei Patrick



LEADERSHIP & COMMUNITY SERVICE

Hong Kong Island Outstanding Students Award

Greetings everyone, if you would just kindly flip back to the cover of this publication and look at the school badge, what first comes to your mind? The red bricks? MacDonnell Road? And certainly, the academic excellence passed on from generation to generation, coupled with the humble culture at SPCC. I am humbled and grateful to have received the Hong Kong Island Top 10 Outstanding Students Award.

Growing up in a school which values academic excellence, students here cannot be blamed for taking an academic-heavy approach when planning their schedules. I vividly recall the worriless smiles, the endless chitchats, the zest for every school activity, and most importantly, the anticipation for the days ahead some twelve years ago. Bit by bit, they all dampened and faded away and turned into distress plastered on our faces and prayers for the day to come to an end even before starting. Is this endless, toxic cycle of racing to the top the strive for what we call -- "academic excellence"?

Oftentimes, we are trapped in self-confinement, and we fail to see the bigger picture. We subconsciously persuade ourselves to strive to be smarter than our peers, better than the one next to us, but what we fail to see is that, as an analogy, we are already Olympians among common athletes. Of all schools, SPCC has blessed us with

abundant learning resources, countless

opportunities and a positive, inspiring learning environment. We might not see how we are special compared with our peers but in fact, all of us are gifted with different potential. All we need is a little courage to take the first step to engage in conferences, competitions, nominations, and scholarships.

6A Lee Kwan Hon Andrew



The "Book of Changes" once mentioned, 「天行健,君子以自強不息;地勢坤,君子以厚德 載 物。」 which translates into, "The Heavens are in motion ceaselessly; the enlightened exert themselves constantly. While the Earth is supportive and natural, only the virtuous can bear the utmost." Determination, dedication, and discipline—these three pillars have supported me at all times.

It is an honour for me to be awarded the Hong Kong Island Top 10 Outstanding Students Award this year. Nevertheless, there were two encounters I would like to share. During the interview, a Filipino girl introduced her experience in Hong Kong: from tackling the language itself to cultural barriers, she learnt to adapt to a new environment. In the prize-giving ceremony, a SEN student caught everyone's attention when he applauded in grace for every contestant. I was truly inspired by them: both allowed me to contemplate their story of perseverance, dedication and discipline behind—how much more effort than ours had they put in to stand on stage, with pleasure and pride?

Our school's motto, "Faith, hope, love", also emphasises apart from academic excellence, we should show concern and respect to others. Thus, my goal now is to enrich myself with knowledge through valuable learning experiences in SPCC, and advocate ethnic diversity and STEAM among peers; in the future, to contribute to humanity as a whole — maximise my abilities in contributing to China's future development, by extension to the world.

Last but not least, allow me to express my sincerest gratitude to Mr Poon, teachers, family and friends for shaping me into an assiduous and enthusiastic student.

3B Tso Ka Yu Justina



Student Union Orientation Days



As one of the major student bodies, Meraki created a vision at the beginning of the term. It is to serve the school with enthusiasm, to revitalise the school campus by encouraging students to express their inner selves, and to foster a friendly learning environment to alleviate students' academic stress. Our work this year began with the Student Union Orientation Days, a two-day day camp where we got the chance to meet all of our committee members. Witnessing the committee members bond together, each with a burning passion to serve our fellow classmates, I realised our dream has gotten one step closer to reality.

Throughout the two days, we had ample opportunities to conduct team bonding with our committee members. From escape room challenges that enabled them to think critically, to blindfold tasks that prompted them to work

together as a team, all of them were extremely engaged in the process. As the President and a host of the Orientation Days, not only was I heartened by everyone's enjoyment and involvement, but I also came to realise the significance of having quality and compatible teammates. If one of us were incompatible with the team, we would not be able to work together in the long run, and this was especially apparent towards the end of the camp.

Apart from ice-breaking games, we also had countless group discussions during which we got to learn more about the school and the mission of the Student Union. We explored the different attributes necessary for becoming a student leader, and all of us agreed that teamwork and perseverance were of utmost importance to the success of a leading student body. While teamwork makes the dream come true, perseverance is the driving force that encourages us to pull through hard times together.

I am more than certain that our committee members will retain the passion and commitment shown during the day camp! On behalf of the Student Union, I promise that we will embark on future endeavours and serve the school and all fellow students with all our heart.

5H Tham Jenson Andrew



SCIENCE, MATHEMATICS & HUMANITIES

Greater Bay Area STEM / AI Competition

Looking back, I recall that things just seemed so difficult in the beginning. Our teammates knew little about one another, and were quite clueless in coding and fixing hardware problems. However, after a month of cooperation and learning, things seemed to get on track, and the goal of acing the competition became less distant.

During the preparation process, there were numerous obstacles that set us back. Constant

connection issues between the drone and the car made the implementation of tasks time-consuming and uncontrollable. Imagine spending 4 hours attempting to fix Bluetooth connections but in vain. Our progress was hugely impacted, leading to frustration and self-doubt.

Right before the competition, our code stopped working due to the change in environment, causing us to fail our first trial. Through discussions and adjustments, we tried our best to adapt to the changes as quick as possible, keeping the situation as controllable as possible. Huge improvement was shown in our second trial to an extent that it was totally out of our expectations.

Despite the level of challenge, the competition was a fruitful and enjoyable experience. The four of us became friends, supporting one another during ups and downs, and finally achieved satisfactory results out of our collective efforts. From this experience, we also learnt that it is sometimes impossible to get everything perfectly planned. There are often variables and changes that challenge us on our tasks, thus the most important thing is to maintain a strong mentality and overcome the obstacles calmly.

4G Choy Shun Yan Bernice



Working as the AI team for the competition, we learnt unforgettable lessons that would not only help us through the project, but also our school lives, and ultimately determine the persons we become.

When we first knew about the project requirement, it seemed like a competition on optimisation, in which the group that best utilised their limited resources and minimised the time to complete the given racetrack would win. However, when it came to calibrating the Unmanned Aerial Vehicle (UAV) or drone, our anticipation of finishing the competition with precision and speed vanished. It simply would not work. The process was like grappling with an invisible enemy - it was all seemingly down to trial and error and simple luck. Sometimes it would work perfectly fine, at times it would refuse to move an inch. We tested several hypotheses on what was causing the inconsistency. We decided to split into 2 groups - one would code the car, while the other tried switching computers, drones, and locations, hoping to find the root of the connection problem. After downloading a new version of the connection program and updating the drone as well, everything was more consistent afterwards, and we did not have other major problems that caused us to be completely stuck and unable to test the drone nor the experimental values in the code.



Overall, the Al project was a valuable experience of overcoming adversity and a lesson of controlling emotions. We are truly thankful for this wonderful learning opportunity.

4D Cheung Ching Lai, Li Pak Ching & 4l Choi Lok

TEN 2022 – Young Engineers Conference

Whenever people asked about our achievements, the only reply they received was, "We are just a group of explorers, venturing bravely into the unknown world of STEM and prepared to adapt to different challenges – enjoy the process of discovering with passion." As Helen Keller once said, "Alone we can do so little, together we can do so much." At the IEEE STEM Conference, all of us work as a team – to pave the way for scientific research and explore the joy of engineering.

We realised that during mountain rescue work, victims might be blocked by obstacles. Our design must be

capable of penetrating these obstacles during the tracking process and we figured that antennas would do the job, but the course of "engineering" was not easy. To make the antenna portable, the AC power supply had to be converted to DC which was undeniably an arduous task.

Our IEEE project was no simple task. Hours and hours of research, assembling, testing and monitoring required our absolute dedication to complete the final product. Amidst all the challenges and obstacles, we strived, endeavoured, persevered, and after months of hard work, our efforts came to fruition – our helical antenna model for rescuing lost hikers was born.

3B Chan Hubert, Lai Tin Yui, Lee Pui Wing Adeline & Tso Ka Yu



With electricity consumption increasing by leaps and bounds, there is much demand for renewable energy. Therefore, we endeavour to construct a portable water turbine which can function in rivers with low height differences.

After extensive background research, we utilised 3D-modelling skills to construct an optimal Pelton wheel design, which we later printed and tested. Simultaneously, we calculated the predicted water flow and expected efficiency through Mathematical modelling. Finally, after experimenting with different water nozzle configurations, we enhanced the efficiency of the designed turbine.

Throughout the project, we learnt a multitude of rewarding lessons. From gaining the skills of managing the project schedule with a GANTT chart, to making detailed yet

concise presentations. We had developed our creativity and determination through these tasks.

There was no doubt that our journey was not smooth sailing. It was inevitable that we faced a plethora of challenges, from the very premise of learning how to 3D-model all by ourselves, to the subsequent struggle of gathering suitable materials. Nonetheless, as courageous SPCC

students, we were eager to team up and take on these challenges, which ultimately created an ingenious contrivance.

Our team was fortunate enough to be awarded the titles of the second overall best project, as well as the third in best posters design. We would like to thank our mentors, as well as the school for supporting us.

As Albert Einstein once said, "Wisdom is not a product of schooling but of the lifelong attempt to acquire it." As SPCC students, we always strive for our best in our academic studies but rarely do we get the chance to turn our knowledge into action and witness our own products come to fruition. This project has indeed given us a rewarding experience.



3A Qiao Lok Hei, 3B Wong Yik Ka, 3C Chan Clinton Denzel Pak Hei & Choi Shin Hang

Abide by the Law Legal Forum



I participated in an eye-opening forum called "Abide by the Law Legal Forum: Drug Traps" organised by the Law Society of Hong Kong alongside a few F4 to F6 students. The forum mainly looked into social trends, related laws, cases and controversies of dangerous drugs. The forum consisted of two sessions, namely Drug Abuse and Illicit Trafficking and Drug-Related Crimes on the Internet. In the first session, Professor Yuet-Wah Cheung explained the three factors - economic, cultural and risk society, that led to social change and adolescent drug use in Hong Kong. He also accentuated the significant impact a criminal record would leave in your life. In the second session, the speakers gave some real-life case studies of teenagers who dealt with drugs through the internet. They also illustrated how accessible drugs are online nowadays and elaborated on the years of imprisonment for dealing with different drugs. Lastly, there was a panel discussion with a number of guests to discuss the case studies.

This legal forum has certainly broadened my horizons and given me clearer insights into the legal consequences of committing drug-related crimes in Hong Kong. Before attending this forum, the daily life applications of law seemed very distant from me as it is rare for people of my age to commit serious crimes such as murder or sexual assault. However, joining this forum has raised my awareness about drugs and how it is inextricably tied to my daily life. In a case study, a 15-year-old girl actually wanted to quit drug trafficking but the drug dealer coerced her to continue and even threatened to harass her family if she did not comply. She even thought that as she was



underage she would not face serious punishment. Nevertheless, being ignorant about the law and ending up with a criminal record would severely impact your life as you are required to disclose your criminal record if you want to study abroad or pursue certain careers in the future. This case study also reminded me of the values education in our school that constantly teaches us to abide by the law. As such, this forum has definitely taught me some invaluable lessons, with the most important one being the importance of abiding by the law.

5G Wong Christina Man Yan



LANGUAGE & CULTURE

蒲公英聯校文學獎講座

「試想想,一支鉛筆到底有甚麼用途呢?」講者曾詠聰先生以一條問題開始演講,引起了同學的熱烈討論。作為一名詩人、作家和老師,講者以互動形式與同學交流,以出色的文學作品作例子,將「記、描、抒」三個散文必須具備的概念完整地呈現在我們面前。於散文創作上,觀察、想像和抒發自身感受絕對是不可或缺的元素。在短短一個半小時裏,講者的分享不僅令我學習到散文寫作的技巧,發揮聯想力的重要,以及如何從觀察身邊事物獲得寫作靈感,更叫我反思自己揮筆寫作的初衷,實在讓人獲益匪淺。



三乙 甄朗晴

一支鉛筆可以幹什麼?寫字?當成尺子?殺人?

曾先生用一個鉛筆小遊戲開始了他的演講,引發大家的思考。同學們從最初想到的寫字等普遍用法,逐漸變得異想天開,直到小小的屏幕上已經擠不下各種进現的奇思妙想。誰說鉛筆只可以寫字畫畫?

曾先生的演講帶來了一個更豐富的宇宙,引領大家探索鉛筆的神奇用途,從植物的角度看人類,用離別來描寫死亡。他打破了大家固有的思想,指引我們從另一個視角看世界。他激發我們發揮獨特的創意,不再寫下如出一轍的故事走向,而是創造出屬於自己的故事。

三己 林玳羽





Hong Kong Senior Schools Debating Championships

Last October, we joined the Senior Schools Debating Championships, one of the largest debating tournaments for secondary school students in Hong Kong. As motions were about international relations and other complex topics, we spent countless hours browsing over information, scouring for data that would support our arguments. Between the hours of arduous research for the rounds, the nerve-wracking impromptu debates and offtopic discussions while holding meetings on Microsoft Teams, the Senior SDC experience definitely had many enjoyable and memorable moments that reminded us all about the best parts of debating.

Going into the last round, we had won 2 rounds out of 3 and needed to win the last round to progress to the quarterfinals. Right after the list of teams progressing to the

que econo la ara

quarterfinals was released, we were ecstatic and could not help letting out large sighs of relief after worrying about results for more than an hour. This was undoubtedly one of the most memorable moments of the entire tournament, giving us validation and reassurance that our hard work had not gone to waste.

In the end, we were able to reach the semifinals of the tournament while Kyle also received a top 10 speaker award, representing an invaluable opportunity for



all of us to polish our skills and debate against some of the top secondary school debaters in Hong Kong. Joining Senior SDC convinced us that debating with friends is quite possibly the best way to spend a weekend, and we are extremely grateful for the opportunity to participate in this tournament!

5H Kyle Chong, 5G Zachary Cheung, 4H Valerie Kwok, Kristen Lo & 4F Joey Chan

賽馬會「觸境生情」虛擬實境語文教學計劃



賽馬會「觸境生情」虛擬實境語文教學計劃於2019年展開,本校成為第一期(2018-2022)計劃學校,期望透過此計劃提升同學的中文讀寫能力、文學素養及人文關懷。2022年,計劃邀請了16位本地作家,以地景文學為主題撰寫香港九區風貌人情,以及收錄了12間參與計劃的學共45位同學在經歷了虛擬實境(VR)寫作課後的佳作,輯印成文集《親愛的,流光與城市》。過去三年疫情帶來報的教學模式,在此新常態下,本校中文科期望使用虛擬的教學模式,在此新常態下,本校中文科期望使用虛擬的教件,幫助同學在閱讀文學選段後,透過觀察地景,配合文本對讀,從而理解文本意涵,提高讀寫能力。同學更可從教件場景了解社區特色和具有文化、歷史價值的地景,加深對中華文化和香港本地文化的認識,有助學生融入社會,與社區建立連繫。

中文課上,老師為了使我們有機會看見課文《高街》中提及的建築物,讓我們體驗了一次使用虛擬實境(VR) 眼鏡的課堂。在安放手機於VR 眼鏡內之後,我們可以從影像中看到不同的建築物,其周圍的每個細節都看得清清楚楚,且具真實感。我們還可以從不同的視角,看到不一樣的景觀。另外,我們可以移動頭部來決定從哪個方向去觀察,就像真的站在建築物面前一樣,非常有利於體會作者在課文裡所描述的種種事物,及明白作者為何在看到那些建築物後會產生所描述的感受。雖然我們沒有親身在現

場,但是利用VR體驗作者所處身的環境以了解其心境是很不錯的。總括而言,我十分享受這次VR體驗。

二丙 余靜晞



AESTHETICS & CREATIVITY

Students' Self-nominated Exhibition



I have always enjoyed art and drawing. I started when I was four years old, scribbling around with an oil pastel, sun in the corner, spiky grass and some ridiculously tall flowers. At one point, my teacher introduced me to watercolour. It sounded easy, just painting with water. But art in watercolour was so much more than that. It was blending, abstractedness, and impressionism, but also realism. The placement of objects, shading and shadowing has been a great challenge for me. Today, I am proud to be able to exhibit my artwork in school and be more skilful in watercolour and acrylic painting.

To me, painting is more than a method of drawing. It is a pathway for me to express myself, and to show my passion and feelings. Some say that "Eyes are the window to the soul. The mouth speaks out of the overflow of the heart." To me, painting is the same. It can show one's colourful soul and inner feelings.

The College had given me a great opportunity to develop this interest and showcase it. The self-nominated exhibition was a great way for students to discover art in our school. I would like to thank SPCC for giving me this precious opportunity so that I could further develop my artistic skills. I want to thank the teachers in charge and my art teachers for supporting me on my path of art development. I hope that more opportunities like this would be available for future student artists as well.

3F Cheng Cheuk Ling Rosalind





It has been my pleasure to have the opportunity to take part in the art exhibition "A journey of the soul". I am glad and honoured to participate in the exhibition and let everyone in the school see my painting. Thanks to the support of my respected teachers for the positive comments on my artwork which encouraged me to do better.

When I knew the topic, my teacher asked me to imagine flying into my soul, and draw what would be seen in it. That was somehow abstract and hard to understand. At that time, I saw a cloudy sky which was dark as if the sun had not come out. That was how I finally sketched out the draft: an immortal whale, one of the sea creatures in my

soul flying gracefully; a sky with beautiful stars shining in the dark, gleaming and glittering, flashing and flickering, as if they were beacons of hope for all the lost or newborn souls of the world; the entire world would be filled with vitality, lightening up every minute or second, like every SPCC student, whose future was boundless. That was how I did it.

The soul is imageless. The only way to see a soul is to know what is in our mind and what we are thinking. At school, I sometimes think about my learning progress and also the purpose of studying. In contemplation, I had the idea of bringing out how I see myself in the future with stars and a flying whale. After my work was finished, I did nothing but reflected on the progress immediately. Reviewing what I did and learnt was fabulous. I am grateful for what I have gained from this experience.

1F Chan Leong Yu

The 14th Arts Ambassadors-in-School Scheme



Vincent van Gogh once said, "I dream of painting and then I paint my dreams." In our daily life, art is often acting as the bridge connecting reality and our consciousness without us even knowing.

To enhance my art development, I participated in the 14th Arts Ambassadors-in-School Scheme last year. Organised by the Hong Kong Arts Development Council, the programme entailed each participating school to nominate two students to participate in various art activities.

Together with other art ambassadors, I took part in a workshop last summer where we created artworks with risograph, a printing method known for its specific textures and vivid colours. Combining all our pieces together, we formed a calendar of 2023 retaining a myriad of styles from each of us.

In early October, the scheme also held an urban sketching workshop in which we roamed around the streets of Mong Kok and sketched out the landscapes on the spot with just a few fundamental colours. It was the first time for me to draw on the lively streets among the crowds and heavy

traffic, and it was definitely an unforgettable and rewarding experience.

Unfortunately, the in-school art promotion, a key element of the scheme, was cancelled due to the pandemic. We

were supposed to run a variety of exhibitions and workshops for schoolmates to enhance our school's artistic atmosphere, just like what I did when I was the art ambassador in primary school.

Despite all these, participating in this scheme again was truly a fruitful and delightful experience for me, given that art could help us all to reduce the stress of the heavy school workload and the pandemic. To further the goal of promoting art at school,

I submitted two of my paintings for the exhibition alongside many other schoolmates' magnificent works.

In my opinion and perhaps in a lot of other artists' minds as well, everything is an art and this may make art so difficult to understand.

3A Chu Yan Ching Stephanie



Looking back on my year in the 14th cohort of Arts Ambassadors-in-School, it was hugely fruitful in spite of the restrictions brought about by the ongoing pandemic. As an Arts Ambassador, I was entitled to exclusive artrelated workshops, and as an avid art museum enthusiast, my favourite one was undoubtedly the Arts Tech Exhibition "Emotional Luggage & Robots". Stepping into the

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exhibition, I was greeted by a low-toned buzz reverberating across the walls of the gallery. It was troublesome to comprehend, but I dismissed it as a mere technical issue and glanced around. To my surprise, what trickled into view was not renowned paintings upon renowned paintings, but a 'mess'! A jumble of tangled wires layered atop record players and an electric guitar lay on the ground before me.

At first, I was dumbfounded. However, after prolonged observation, I began to understand its beauty. The 'mess' is meticulously compiled to imitate the daily lives of humans and had succeeded in evoking negative emotions from me (unbeknownst to myself!).

This is where the beauty lies.

As an Arts Ambassador, I took up the responsibility of promoting active participation and sharing of artistic passion among students in my school, encouraging them to serve the community through the expression of art. After visiting the exhibition, I realised that there are so

I realised that there are so many forms of art. I wish I can truly share the full beauty of it with my dear schoolmates at SPCC.

4H Seto Ching Grace



Virtual Choral Competitions

Due to the outbreak of the COVID-19 pandemic, face-to-face rehearsals were suspended for two years, and the choir relied on online rehearsals on Microsoft Teams. This year, we were very fortunate to be able to have face-to-face full rehearsals resumed and participate in a few competitions: Taipei International Choral Competition (TICC) (July 2022), the 5th Penabur International Choral Festival (PICF) (September 2022) and the 10th International JSFest Choral Competition (JSFest) (November 2022). The most memorable experience was preparing for the TICC.

This competition was a challenge indeed when we resumed the face-to-face rehearsals in early May 2022. Given that rehearsals had been held online for such a long time, many choral singing skills were lost, such as blending and positioning, which required a lot of practice to redevelop. Therefore, we had extra practices in the morning and even after school. The preparation process might be tedious and stressful sometimes, yet, our members persevered through the hardships. When we finally managed to have a satisfactory recording, it felt like a dream come true. Although it was a pre-recorded competition, the

choir was already a huge step closer to performing live

on stage together.

In the end, our hard work did pay off. We were awarded the Category Winner of the Children Choir Category, the Grand Prix Third Prize, the Gold Awards of the Contemporary Music Category and the Vocal Ensemble Category at the TICC. We also got 3rd place in the Children's Choir Category at the PICF and 1st place in the Children's Choir Category (age under 16) at the JSFest. It surely is one of the most memorable experiences in our junior secondary school life. We would like to thank our conductor, Ms Anne Chu, the Music Department, and the College for these wonderful opportunities. And we hope that the Treble Choir will continue spreading the joy of making music in the future.

4G Bernice Choy & Caitlyn Chow









Hong Kong Youth Music Interflows



The competition was marvellous and insightful. Through hours and hours of hard work and practice, we greatly strengthened our bond with each other and gained friendship along the way. Wind Band has a CARE motto: it revolves around commitment, attitude, responsibility and excellence. We, as a whole, have achieved the CARE motto and made history. All thanks to every member's contributions, we successfully got our very first Gold award. May the Wind Band continue to strive for excellence, and achieve better results next year!

2B Koo Pak Long Isaac

Getting the gold award after 3 years of waiting and practice, I am genuinely touched by the result as all our hard work over the years has paid off. This competition was particularly meaningful to me. Not only because I had a solo part, but also because this would most probably be my last Interflow competition. I did my best in achieving the CARE motto, playing every note on the score with passion and expression, influencing others with my enthusiastic band spirit and perfectionism, as well as working eagerly to show unity and commitment to everyone. This experience will certainly be the most unforgettable experience that I have had in the Wind Band, or even in SPCC, and I will forever be proud of being one of the band members.

3D Lam Nok Hei



I could not believe that our Wind Band finally got its first gold award! Many players screamed out of excitement,

and senior members burst into tears having witnessed the growth of the band in the past years. From bronze to silver, and silver to gold, the Wind Band shattered its records again and again. It is an indisputable fact that the previous leaders of the band – Kiki Lam, Anson Cheung, Peter Chen, Adrian Leung and Daryl Ho,

I have been in the Wind Band for five years, and I have treasured every second of it. Just like the Noah's Ark, passion and professionalism cannot be built in one day. Thanks to our conductor Ms Szeto's perseverance and brilliant leadership, leaders and members of the Wind Band are always reminded to follow the CARE motto. No matter their competence, we admit players who perform music from the bottom of their hearts. With a solid foundation of passionate players, leaders are born, creating an invisible field that spreads and connects the hearts of the entire band. This is how the Wind Band spirit is passed on.

During the pandemic, we had to make music online, yet the same kind of tonality, timbre, and emotions could not be effectively portrayed. It made us realise the cruciality of face-to-face practices and cherish the time we had together before the competition. Not only the result was outstanding, the players also remembered that in the end,

have wholeheartedly worked for the band, bonding every member together as a team to strive for the best. Being the vice-chairperson this year, I gratefully acknowledge their hard work in the past which has led up to our band's present achievement and am immensely proud of my fellow players. Yet, it is not the end. The continuous input of every single player and their passion for music is crucial for the future of the band. Together, one day we shall achieve our motto: We CARE!

5E Cheng Yig Gwan Odo

"it's not about performing to win, it's about performing from the bottom of your hearts to enjoy the piece itself," as Ms Szeto said. As the chairperson of the Wind Band, I am certain that the Wind Band will continue to grow into a more competent, expressive, and professional music team while nurturing excellent, humble, and passionate players.

5H Chan Tsz Ho



Note: The Wind Band won the gold award in the Hong Kong Youth Music Interflows Symphonic Band Contest Secondary School Senior Class on 9 December 2022.

Celebration of the 25th Anniversary of the Establishment of the HKSAR Hong Kong Squash Cup



Under the COVID-19 pandemic, all squash courts in Hong Kong were closed or used as vaccination centres and isolation facilities. Therefore, my squash training was suspended for nearly 6 months. During the suspension, I thought of giving up my squash career and concentrating on my study. Many of my teammates joined the Hong Kong Sports Institute, but I decided to focus on my academic work. Then I suffered from the COVID-19 infection with serious long-haul symptoms in February 2022. To recover and stay healthy, my doctor advised me to exercise regularly. Therefore, I went back to play squash again.

The Hong Kong Squash Cup was an additional tournament held to celebrate the 25th Anniversary of the Establishment of the HKSAR.

This competition was different from other squash competitions as it would not affect my Hong Kong ranking in my age group. Moreover, there were no age limits for this tournament, so I had to face players of different ages.

My performances had been unstable in competitions before as I cared too much about the match results. During that time, I had just recovered from COVID-19 so I had no expectation on achievement. I relaxed and enjoyed every match. The most unforgettable part of this tournament was playing the final game. My opponent was an experienced player, who was much older than me. This match was undoubtedly tough. Fortunately, my performance was outstanding, and I learnt how to enjoy playing squash. This award has motivated me to continue my squash career.



3D Anson Tse

STAFF DEVELOPMENT

Enhancing Understanding of Approaches to Learning Skills



It was both encouraging and refreshing to have Mr Morgan identify and review those areas of teaching where we are already successfully employing ATL strategies and suggest ways in which we can further develop these traits in our students. The key now is to find ways to help students more explicitly identify these skills in their learning engagements and to give them opportunities to reflect on how they can apply them independently.

We look forward to working together in our subject departments in the coming term to use these ideas in our curriculum development and planning in order to foster a more holistic learning experience for students.

Ms Belinda Ng

On 18 October 2022, we were honoured to have Mr Glen Morgan, an IB workshop leader, field representative and teacher from ESF Renaissance College join us for the afternoon to talk about the IB's Approaches to Learning (ATL) Skills and how all teachers can embed them into their classroom practice.

ATL skills are divided into 5 strands: Research, Communication, Thinking, Social, and Self-Management. We hope that all students will be able to acquire and develop these skills throughout their educational journey and that they will continue to hone them as they move beyond the confines of school.



CHRISTIAN EDUCATION

宗教科感恩篇

「凡以感謝獻上為祭的,便是榮耀我。」(詩篇50:23)

三年疫情雖然很磨人,我們卻看見上帝的手一直恩領我校;此刻,我們特別要數算宗教科這兩年所經歷的恩典。

得到圖書館同事的全力相助,我們連續兩年為同學舉辦為期一周的「親親天父靈修書展」。同學們雀躍地去借閱《奇異恩典》、兒童聖經、精彩的繪本等等,甚願他們愛慕親近天父的心與日俱增!不得不提,原來圖書館為學生提供的宗教科書籍有接近1000本,家長資源庫中的宗教書刊和影音材料也接近300項!我們盼望學生和家長能更善用豐富的資源認識和親近上帝!

喜見同學們在全校周會中參與帶領敬拜,負責獻奏、領唱、讀經和祈禱。半天上學時間其實很匆忙,但同學們很樂意承擔,擠出僅有的休息時間配合練習、虛心地接受老師的指導;不但成為同學們的榜樣,也成為老師們的激勵。

在疫情中我們除了提供網上教材培育同學的靈性,我們也在Glory TV 推出萬國兒童佈道團的《主耶穌,我想問……》系列,由老師擔任主持人引入影片,解答同學對基

督教信仰的疑問,例如:神創造人的目的是甚麼?為甚麼 我們看不見神?為甚麼世界會有罪惡?神在天堂能夠聽我 們的禱告嗎?聖經是怎樣來的?

聖保羅堂彭法政牧師連續兩年主動提出和我們交流,2022 年11月中更與梁牧師和莫會吏前來拜訪我們,看看怎樣給 我們更大的扶持,讓堂校合作無間,祝福更多家長和學 生。牧者們的異象和熱誠讓我們深深體會「彼此同心,興 旺福音」的真諦,也非常溫暖我們的心靈!

家長課程在疫情中改為網上舉行,為上班或不便回校的家長敞開了大門。家長比以往更踴躍參加每一個網上課程; 課堂上的互動不但沒有打折扣,反而成為被困在家的日子裡,能健康地宣洩情緒、與其他家長交流,並保持清晰思路的美善渠道!

以上的分享只是我們宗教科數算恩典的一斑。我們常常提醒學生要常感恩,事實上,我們自己也需要操練每天感恩。如用正面角度看待人和事物,便會看見偉大奇妙真神的作為總是超越人的限制和想像,永遠配受稱頌,而我們感恩的心也會油然而生!



SCHOOL EVENTS & ACTIVITIES

增強學生的國民身份認同感

隨著《國家安全法》之推行,本校已於2021年成立「國家安全教育小組」,分別就學校行政及教職員培訓、學與教、學生訓輔及支援、學生發展及活動以及家校合作等範疇,以全校參與模式規劃國民及國家安全教育。本年度增加小組成員數目,並安排專責老師統籌及帶領全校整全地規劃國安教育在校內的推行。

配合《小學教育課程指引》(試行版),各學科結合校本課程框架,把國安教育的元素以「自然連繫」的方式融合於各科課程和多元化的學習活動中。與此同時,全校亦「有機結合」不同的學習領域,加強統籌與協調各學科的合作,互相配合設計形式多樣的跨學科活動,並鼓勵和推動學生積極參與課堂內外的活動,藉以提升學生學習國情知識的興趣,認識和理解國家安全的重要性,增強國民身份的認同感。

中文科

透過科本教學活動及校本「中華經典」教材,引導學生加強對於中國文化的認識和了解,帶領學生欣賞中國美景、感受中國文字、文化、傳統和歷史等,增強學生的國民身份認同感。於各年級引入國安教育有關的中國文化教學活動舉隅:

年級	活動
一年級	認識中國節慶日的傳統和習俗:農曆新年
二年級	古詩學習
三年級	成語學習、文言故事閱讀
四年級	認識中國的傳統習俗和文化:清明節及重陽節
五年級	古詩、中國名勝描寫(九寨溝、西湖)
六年級	經典名句學習、認識中國飲食文化、中華文化閱讀、文言文 經典篇章學習

常識科

透過常識科教學活動引導學生覺察、認知和了解社會或世界上不同的人和事,提升學生對中國在不同範疇發展的認識和了解,讓學生由認識出發,學會欣賞,立足國家,讓學生建立「國家概念」和「國民身份認同」,培養學生「守法觀念」、「權利與義務」和「責任感」的正確價值觀。

上學期各級配合課程主題的國安教育內容		
一年級	認識中國傳統節慶,向學生介紹相關的文化歷史故事	
二年級	食物安全、運動安全、學習如何照顧動植物、守規守法	
三年級	明白保障生態平衡、資源運用對國家及社會的重要性	
四年級	認識中國地理位置及傳統文化,愛護和承傳中華文化的責任了解安全及正確地使用資訊科技及保障網絡安全的重要性	
五年級	認識保障我們安全的團隊,在進行戶外活動時要有安全意識認識中國的地理、環境、氣候,感受中國的地大物博認識中國的歷史發展及中國文化對世界的影響	
六年級	認識中國內地和香港的緊密經貿關係	

數學科

透過調查有關香港人口的慣用語言狀況及製作統計圖,歸納出在香港使用普通話作慣用語言的人口日漸增多。同時了解除廣東話、普通話及英語外,亦有不少人口使用中國不同地方的方言交談,加深學生對中國地方及中國民族的認識,並且明白中國的發展和香港市民的生活息息相關。

普通話科

在國慶節前夕,於課堂上,老師安排同學欣 賞兩首少兒歌曲《娃哈哈》及《讓我們蕩起 雙槳》,兩首歌曲均創作於五十年代新中國 成立初期,內容表現了少年兒童對祖國美好 未來的憧憬。農曆新年前夕,各年級的課堂 上也增加有關春節的介紹,讓學生加深國民 身份的認同感。

音樂科

為配合國安教育,各年級於音樂課時均會重 溫唱國歌時需注意的禮儀和態度。除了國歌 教育,各年級的音樂課程中亦加入了不同涉 及中國文化的內容,如粵劇、中國民歌、樂 器和工尺譜等中國傳統記譜方法等,讓同學 能更深入地了解國家的音樂文化。

體育科

在 Moodle 平台為學生提供認識中國運動員的影片,影片介紹了我國運動員於國際賽事中精彩的表現,使同學在欣賞賽事的同時,增進對運動的認識,更可提升國家意識和愛國精神。

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視覺藝術科

視覺藝術科透過有關國家安全的教學活動,引導學生 從藝術角度認識中國在不同範疇的發展,並於校內因 應不同的中國傳統節慶,帶領學生從視覺藝術角度欣 賞中華文化之美,並製作視藝作品,提升學生的學習 興趣,並培養學生對國家情懷。

年級	主題
一年級	美麗的中國花瓶
三年級	紙巾花染畫
四年級	中國之最海報設計
五年級	熱鬧的國慶節



全方位學習

上課日早上上課前,幼童軍升旗隊隊員均會在老師的帶領下,輪流升掛國旗及區旗,並於周會帶領全校學生參與升旗禮、唱國歌,幫助學生認識、尊重和愛護國旗及國歌,增強學生的國民身分認同感。除此之外,不同科組也鼓勵和安排學生參加和國家安全、國民教育有關的比賽,進而讓學生進一步認識中國文化和理解國家安全的觀念,藉以培養正面的價值觀。



五丙 陳樂兒



我十分榮幸在第九屆「法 制先鋒」法律常識問答比 賽晉身準決賽,和不同問 參賽者公開比賽,感覺既 刺激,又緊張。這次比 經驗令我對守法觀念有更 深認識,實在獲益良多。

六戊 羅卓熙



一國兩制標語創作優異獎

一戊 謝懿澄

跨學科的國安教育活動

配合全年度國安教育活動推行計劃,於國慶日、國家憲法日舉辦跨學科之國民及國安教育活動,加深學生對國家歷史、文化、成就及國情的認識,從而提升國民身份認同。

常識、中文及視覺藝術科

各科結合科本特色,推行相關活動。常識科透過「時事多面睇」教學活動,引入短片及課業,讓學生學會思考和分析。其次以「小眼睛看大中國 | 配合國家憲法日,由老師



引導學生觀看有關中國於不同 範疇最新發展現況的影片,令 學生由欣賞國家發展出發,加 強對中國在不同範疇發展的認 識和了解。

級別	主題	影片內容 (來源: The China Current教育頻道)
小六	航天工程發展	香港人實現航天夢?
小五	社會經濟發展	收入低於一千元如何生活?
小四	資訊科技發展	5G之城
小三	能源及可持續發展	「飛越珠峰的『大白鯨』」
小二	城市及社會發展	磁浮列車邁向「超高速時代」
/]\-	生活及文化	風筝的故鄉 — 濰坊



討論,並且完成相關的工作紙,從而學習奉公守法的觀念。除了課堂活動外,中文科壁報也在一月再次推出一宗奇案以再度引發學生的閱讀興趣。視覺藝術科於各課室設置「國家憲法日」展板,讓學生能夠利用課間休息時間增加對憲法日相關知識的認識。

網上問答比賽

上學期安排學生參加《2022 國慶日網上問答比賽》及《國家憲法日網上問答比賽》,以加強對憲法的了解和尊重、國家不同範疇的認識,也增強學生的社會責任感。



德育組

利用「國旗下的講話」深化價值觀教育,讓學生認識國情及國家發展,從而懂得關心社會、國家和世界,認同國民身份並對社會和國家具責任感和承擔精神。



圖書館

圖書館設置「國家憲法日」、「國慶日」專題展覽,完善「國民及國家安全」資源學習網,以書展、主題展板及學習活動,加強學生對祖國的情懷及國安教育不同範疇的認識。

「中國歷史、憲法、基本法及國安法」書展





中華人民共和國國家憲法週 問答遊戲



憲法與基本法展板介紹





LEADERSHIP & COMMUNITY SERVICE

認識自己 發揮領袖才能

為了讓領袖生更了解自己的性格特質,學生發展組安排了各領袖生完成一次有關性格強項問卷。透過問卷,領袖生更清楚知道自己的特質,從而在各項領袖訓練、活動、服務上活用出來,充分發揮領袖才能。

我在性格強項問卷中發現到「仁慈」是我最突出的性格特質,而這個發現提醒了我可在當值時好好發揮所長,以包容、仁愛的心對待同學們。在樓層當值時,低年級同學偶爾會因為玩得忘形而在走廊快跑。為免造成不必要的意外,我會用仁慈寬宏的心去勸戒他們,向他們講解各項守則。我很感恩同學們在我的勸告下大多不會重犯,我相信「愛」真的可以感染他人。

六丙 陳博宇

I have understood myself more after finishing the Character Strengths survey. My top 3 character strengths have been identified as forgiveness, humour and kindness. I have definitely become more self-assured after finding out about my strengths. Since knowing the results, I have tried to apply my strengths when I am on duty, such as reminding students to be careful when going down the stairs and helping them when needed with an understanding attitude. In my daily life, I try to cheer friends up when they are down. The survey also let me aware of my lesser strengths and learn to appreciate and cooperate with others.

6C Pau Ming Sum

I found out my top 5 character strengths are spirituality, teamwork, perseverance, a sense of humour and gratefulness. On one hand, the results surprised me, but on the other, they let me have a better understanding of myself. Whatever I am going to face in everyday life, I will remember my character strengths and how I can use them for not only myself but also to help others. The questionnaire highlighted the importance of appreciating people and accepting their strengths and weaknesses. Some people might be better than me at some areas whereas I might be better than others in another area. This has also raised my awareness to other people's strengths and how I can learn from each other.

6E Sze Hiu Wing



學生大使

全校共有318名學生大使,負責向來賓介紹學校設施及分享自己的校園生活。每次嘉賓亦會給予回饋及鼓勵,大使從中反思及了解自己強項之餘,更能於下次服務中力求進步,從中展現他們「溝通」、「服務」和「關愛」的素質。

本年度,打嚮頭炮的活動是由高年班學生大使於2022年 11月21日至25日期間,帶領「小嘉賓」遊校園,以師兄師姐身份引領初來報到的小一同學遊覽校園的每個角落, 令小師弟小師妹加深對學校的認識,增加歸屬感。

六丙 郭彥彤

On 22 November 2022, I experienced something that I had never experienced before. As a student ambassador, I showed our P1 students around the school. I was very thankful for that wonderful experience because I enjoyed helping my fellow students. Through being an ambassador, I learnt how to be more respectful, loving, thankful and helpful to my fellow schoolmates. I was glad to be able to show the love of God to our new students who might be confused, worried or scared during their first few months at the school.

4B Milas Trevor John



EXCHANGE ACTIVITIES

小五外展訓練

一年一度的小五外展訓練課程於2022年10月17日至10月21日舉行。雖然疫情使今年外展課程改為以日營舉行,但同學仍然投入參與各項挑戰,包括高繩網、獨木舟和跳碼頭等。課程設計更融入「正向心理學」中的「性格強項」理論,藉以進一步提升學生的幸福感和學習成效。

五天的外展訓練雖然很短,卻是過得很充實。第一天,我懷著緊張又期待的心情來到外展學校,和組員一邊遠足,一邊進行活動,互相認識。第二天,因天文台

發出三號強風信號,我們冒著雨用繩子築起一個竹枝結構,最後還盪了一回鞦韆。第三天,我們嘗試突破自我,爬上一個九米高的木架,並在上面行走。第四天,我們進行不同類型的水上活動,包括:游泳、獨木舟及跳碼頭。第五天,我們參加了一些團隊活動,進一步提升組員們之間的默契。

在整個外展課程中,我和組員們互相幫助,互相鼓勵,一起完成任務,從中我也明白到團體合作的重要性。我也希望自己可以在以後的生活中活用性格強項。



五甲 張梓喬



在外展課程中,我運用到自己的性格強項去克服各種困難。其中在 遠足時,我們需要讀懂一幅很複雜的地圖,這時我便充分發揮我其 中一個性格強項一「熱愛學習」。我設法進行解讀,並了解自己所 身處的位置,結果在我鍥而不捨的努力下,成功帶領全隊完成任務。

以後我會多培養其他方面的性格強項,例如「寬恕」。我相信只要我有一份慈悲的心,就能化解和其他人相處時不必要的衝突,這樣便 能跟身邊的人和諧共處。

五丁 李善嘉

最初我對性格強項的理論抱着半信半疑的態度,因為問卷調查的結果和我對自己的了解有所不同,但經過五天的探索學習和與組員相處,我發現自己的確有「欣賞美麗與卓越」的性格強項。當我在郊外看見美麗的景色時,原來只有一些組員跟我一樣會讚嘆自然界的奇妙,而其他人卻一點感覺都沒有。我盼望以後會多運用被忽略的性格強項,觀察並欣賞別人的亮點,來鼓勵及安慰身邊的人。

五丁 蕭皓霜



整個外展訓練課程中,使我印象深刻的活動是獨木舟和跳碼頭。我和組員經過幾天的相處後,已經成為了好朋友,互相扶持和鼓勵。跳碼頭是我由一年級已知道和認識的項目,也是我特別期待的一個環節。我在碼頭準備的時候,百感交集,一方面是慶幸終於迎來期待了五年的活動,而另一方面碼頭離水面的高度卻令我既感興奮,又覺恐懼!最後組員的歡呼聲令我鼓起勇氣,成功克服了心理障礙。

謝謝我的組員們!他們讓我體會到性格強項中的「團體精神」的重要。我以後會多發揮「團體精神」,投入課堂裡的活動和討論。此外,我想特別感謝各位老師。因為他們花了很多心機和努力,才讓我們有這個快樂而難忘的學習之旅。

五戊 莊子霽

LANGUAGE & CULTURE

學好中文 愛上中文

提升中文閱讀寫作興趣



的書籍,開闊同學閱讀面。然後,唐老師再將閱讀和寫作緊扣,引領學生領悟如何做到

「悦讀悦寫」。在講座中,同學十分投入,積極分享自己的 閱讀和寫作經驗,充分展示了他們對閱讀和寫作的興趣。 這次的講座不但涉獵到閱讀和寫作的部分,更配合我們今



年中文科的投稿主題「我的快樂小秘方」。唐老師帶領同學一起分析,何謂「快樂」,何謂「小秘方」,為我們日後的投稿活動做了很好的引入和鋪墊。

傳遞快樂

配合學校今年的關注事項一「深化價值觀教育,推廣正向校園文化」,中文科今年的投稿主題為「我的快樂小秘方」,鼓勵全校同學一起分享自己獨一無二的快樂小方法,將快樂在校園傳播,讓全校洋溢著快樂正向的氣氛。另外,投稿中的優異作品,將有機會在今年的學校刊物中刊登。



了解傳統文化

成語是漢字文化圈特有的語言形式,表達了一個固定的語意,常帶有歷史故事及哲學意義,因此學習成語是小學語文課程中重要的一環。今年中文科進一步優化成語教學,更加重視成語的應用,讓學生能夠活學活用。除了日常的成語教學,今年中文科也會舉辦全校的成語遊戲。我們在週會和全校的同學一起玩簡單的成語遊戲,引起他們的興

趣,然後每個年級都有成語遊戲紙,進一步鼓勵他們認識 更多有趣的成語,了解成語背後的意義和典故。

語文學習除了課堂教學,更加需要日常的沉浸,中文科盡力為學生營造良好的閱讀、寫作和文化氛圍,帶領學生體會閱讀的趣味,認識中國文化,感受語文的樂趣,一步一步「學好中文,愛上中文」。

普通話活動樂趣多

雖然受疫情影響,半日制時間表中的普通話課一週只有一節,但老師們同樣出盡法寶,讓同學們能投入課堂,盡量多說多講,並愛上普通話課。課堂活動精采紛呈:邀請同學們為電子書上的卡通人物配音、欣賞普通話歌曲、分享自己最喜歡的課外活動等。老師們希望多元化的活動不單能為同學帶來學習的樂趣,也能提高同學們的普通話表達能力。

同學們都很喜愛普通話課,因為老師經常為我們準備有趣的活動。老師會藉著個人短講訓練我們的普通話演說能力,鼓勵大家多說普通話,同時增強大家的信心。我們每次學習新課文時都會進行角色扮演的錄音遊戲,這是我們最期待的環節,每次聽到自己的聲音在電腦播放出來的感受真的很特別,而且這種方法有助我們更明確地意識到自己讀錯的地方,對於我們提升普通話能力很有幫助。配音活動也培養了大家正面、樂觀的精神。有些同學錄音時經

常因讀錯字而感到洩 氣,老師總是鼓勵我 們不用擔心,可以多 練習幾次,重覆再 錄,直到滿意為止 呢!



四甲 陳梓曈

我在上普通話課時,最喜歡的活動就是「角色扮演」。老師每次打開電子書上的「角色扮演」功能,我們就爭先舉手,希望能為書中的角色配音。被選中的同學,一邊看着畫面上的卡通人物,一邊為他們配音。有些同學扮演得惟妙惟肖,有些同學扮演時還做出滑稽的動作,惹得全班哄堂大笑起來。因為這個「角色扮演」活動,我越來越喜歡普通話了。

Becoming Effective Editors

Proofreading and editing skills are imperative in developing our students' confidence and proficiency in writing. Therefore, Primary Three to Primary Six students are given more opportunities to edit their work with teachers' guidance, allowing them to refine their writing techniques and deliver more fruitful content in their work. Students become more engaged in their work when given the chance to practice and play a more active role in the editing and revising process.

After completing their first draft, teachers will provide written feedback with a clear rubric enabling students to reflect on their content, use of language, organisation and style of the piece. Students are then invited to delete, add, restructure, and reorganise their work. Throughout this learning process, students can learn to be good writers by evaluating their own language.



AESTHETICS & CREATIVITY

「愛」的藝術滿校園

聖誕節是一個歡恩、傳遞愛的節日,今年視藝科利用多媒體向學生介紹了一些聖誕樹裝置藝術,讓大家了解藝術家們的設計理念及價值觀。之後,同學利用簡單的毛絨條親手製作與眾不同的聖誕掛飾,用他們的愛裝飾校園。小六的同學更和老師一起拍攝有關聖誕主題摺紙的教學影片。整個校園充滿了滿滿的愛,洋溢著聖誕的氛圍。



我們在這個學期利用毛絨條發揮創意,製作聖誕吊飾。視藝老師帶領我們尋找獨特設計和改善製作技巧,我也運用了思考和創新素質,想方設法令吊飾變得更漂亮,因為我希望自己的作品能為校園添上節日氣氛,與同學和老師「樂分享」。

四甲 趙玥晴

我們早前在 Moodle 自學如何製造不同款式的聖誕掛飾。 回到校園,同學們紛紛用繩子把色彩繽紛的掛飾串起,繫 在校園的欄杆上。大家都感到很滿足,因為這些掛飾除了 令校園充滿聖誕氣氛外,也是我們共同努力的成果。

四乙 何政澔

一年一度的聖誕節快到了,我製作了一棵聖誔樹,雖然製作不容易,但因老師解釋詳細,加上我找了媽媽從旁指導,最後我們花了兩小時便完成了。我在視藝課還親手把自己的吊飾繫在欄杆上呢!每次看到它,我也會感到很滿足。

四戊 梁皓正

看完老師的短片介紹後,我迫不及待開始製作自己的作品,過程中我學會利用想像力以不同的材料製成不同形狀的飾物,並力將毛絨條變成非一般的聖誕裝飾。這個聖誕節,讓我們一起發揮創意,實踐聖保羅思考和創新的素質,使我們的校園洋溢聖誕氣氛!

四甲 蒙麗竹



一些困難,反反覆覆看了好幾遍示範影片才能完成。雖然花了很多時間,但是我很有滿足感,這不就是老師教我們的學習精神嗎?努力的過程是辛苦的,但得到成果卻很開心。

三丙 葉馨蕾



A Positive "Note"

Maria von Trapp once said, "Music acts like a magic key to which the most tightly closed heart opens." With the fortunate resumption of in-person music classes and rehearsals this academic year, our students here at SPCCPS are continuously being empowered by the positive imprint music learning has left on their souls. Through our in-class student performances as well as singing assessments, students are equipped with the positive vocabulary to appreciate and share constructive feedback on the performances of their peers. While pinpointing areas for improvement, our students also learn how to make helpful suggestions for their classmates to get better at their singing and instrumental plaving. Outside the regular music class. our music school teams also benefit from such an optimistic learning environment. For instance, our

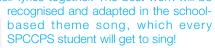


Senior Choir members have been writing messages of affirmation for their fellow singers at each rehearsal. One can see the delight of the choristers when the appreciative messages are being read out. It is always a timely reminder that music-making is not only about the pursuit of artistic perfection but also about the precious bond we forge among ourselves.

Along with positive education, a student-directed approach is indispensable in cultivating our students' musical capabilities. During Wind Band rehearsals, students get to take on the role of a conductor and direct fellow wind players. The student conductors pick the tempi and fellow musicians have to follow closely and respond with their instruments, developing their sensitivity in following the conductor's direction. Meanwhile, the section leaders in our school choirs also take point in tutoring other choristers at sectional rehearsals. By allowing our students to take the lead at appropriate moments with proper guidance from the teachers, we hope to develop in them the passion to educate themselves and strive for the better. Successful performance elicits positive reinforcement, hence reinforcing learning. Moreover, students have come to understand the challenges a conductor or a teacher faces, and therefore learn to respect and appreciate the leader more.

Our self-directed strategies do not stop there. An online software, Quizizz, has been incorporated into our music class, providing our children with a fun platform to test their understanding of the materials learnt. Oftentimes, students are challenged with questions that they have not come across yet, to spark their interests in unforeseen territories. Too often do we give children answers to remember than problems to solve, would it be more fun to flip things around?

Last year saw the birth of our school-based theme song. A theme song lyric-writing competition, in both Cantonese and English, has been held this fall. Numerous upper primary students took the initiative to take part in the competition and displayed their creativity and originality. Some students even collaborated on their lyrics together. The best work will be





With an affirming learning environment and multifarious self-directed projects, music continues to leave a tuneful and positive "note" in our children's lives. We hope to plant a seed in each and every student for a meaningful relationship with music for life.

MATHEMATICS. SCIENCE & HUMANITIES

自主探索長知識 拓展數學新領域

數學科一向重視延展學生探索能力,為加強學生有效地利 用電子平台學習,並學會於正確可靠的途徑擷取數學知 識,本年度舉辦了「數學壁報」有獎問答遊戲,將學校四 樓的數學壁報內容以影片形式上載 Moodle 平台向學生作 延伸介紹,並提問引起學生思考。上學期的壁報主題是 「地圖染色問題」, 學生響應宣傳, 踴躍參與, 投入探索數 學知識,延展自主學習能力。

我看完壁報影片後,感到這個規則十分有心思又有趣。我 先用了草稿紙去構思和試做一下地圖染色問題,認真地試 了幾遍,才成功做得到。我希望可以再挑戰一下更難的地 昌。

一甲 李愷宜 數學礎報小如問

當我第一次接觸到這個問題時,我覺得很有趣,為什麼地 圖會和顏色扯上關係呢?接著,我做了一些資料蒐集又問 了爸爸,得知這個問題其實是一個大學數學難題呢!這是 由南非數學家法蘭西斯·古德里在1852年提出的。我看 了很多不同的世界地圖,發現它們都是由四種顏色組成。 我由第一格開始,慢慢填上顏色,終於成功將四種顏色填 上!我很有成功感。現在,我還想試試只用三種顏色完成 它呢!

三甲 馮靖霖

我覺得這活動非常有趣,因為它可以有很多不同的答案, 大家完成的塗色可能都不同。我們要動腦筋、多嘗試,才 能找出答案。我第一次收到題目時,也覺得好難啊!但當 我用各種方法去嘗試的時候,我便發覺自己已經樂在其中 了!

三丙 陳梓愉

看完數學壁報後,我知道了可以用「四色定理」將世界地 圖的國家填上不同顏色,我還學會先用最少的顏色去嘗試 填滿。完成老師設計的問題時,我還想挑戰是否能用少過 四種顏色,甚至只用兩種顏色做到這個「四色定理」的規 則呢!

二戊 陳沛言

喜愛數學的我最喜歡挑戰數學難題,其中最感興趣的是被 稱為世界近代三大數學難題之一的「地圖染色問題」。我 覺得這類難題非常有趣,不但可以填顏色,還可以發揮思 考和學習素質,同時培養對數學解難的興趣呢!



實踐資訊素養 展示編程才華



資訊科技組老師去 年以翻轉課堂影片 介紹資訊素養的內 容;今年,我們把 重點放在「實踐」 和「承擔」兩個層 面。三位老師在片 段中透過實際例子

的講解,使學生深入認識資訊素養的內容,並學習如何在 日常生活中實踐資訊素養,例如學生要懂得尊重知識產 權,在引用他人和互聯網上的作品時要註明出處;另外, 同學使用互聯網時要尊重個人私隱,承擔數碼公民的責 任。

我校Robot Programming A (RPA) 由18位小五小六學生 組成,疫情之下學校都盡力安排時間和空間進行培訓和測 試,讓隊員可以參加Robofest機械人大賽 2022-2023 RoboParade 初級組比賽,其中三隊順利晉身決賽,而王 子川、鄭庭臻及何家尚組成的隊伍,所設計的「水陸兩用 車」更勇奪冠軍,可喜可賀。隊員所付出的努力獲得回 報,對其他隊員都起了鼓舞作用,冀望來年再接再厲,亦 盼望獲獎同學升中後,都能將鑽研程式編寫的熱誠延續下 去。



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文理兼備 知識相長

常識科學習內容多元,特別在現今瞬息萬變的世界中,同 學既要具備創新求變的精神與能力,亦要對國家的歷史和 發展有所認識,立足祖國、放眼世界。常識科透過不同類 型的活動促進同學的多元化發展,以裝備同學成為具備國 際視野的世界公民。

科學探究活動向來都是最受同學歡迎的常識科活動,我們除了透過趣味科學雙週及科學探究月讓同學動手探索科學知識外,更邀請在科學範疇具備才能的小四至小六同學參與「常創小組」課程繼續以

STEM 探究為學習重點,同學們率先體驗利用平板電腦和透明膠片製作立體圖像,希望同學能以此為出發點,繼續深入探究,從學習中體現創新精神。

為了增強同學對國家事務的認識,在常識科課堂中進行「國事小專家」活動,透過電子資源以問答遊戲模式,讓各年級的同學在輕鬆有趣的氛圍中學習《憲法》、《基本法》、國家安全和國家發展等知識,以加深他們對國家的認識,培養國民身份認同。同學們除了能成為不同級別的國事小專家外,更可在課堂遊戲後於Moodle 學習平台重温遊戲內容,實踐自主學習。







SPORTS

堅毅是成功的基石

體育訓練需要持之以恆,在疫情下,體育團隊的 訓練在情況許可下都繼續進行,同學們亦積極投 入練習,希望在運動場上發揮所長、展英姿。

我自小熱愛運動,由小一開始加入了學校的體育團隊,包括籃球隊和乒乓球隊。在媽媽的鼓勵下,我在五年級時亦加入了田徑隊。每次校隊訓練時教練都會悉心指導我們,培養我們成為優秀的運動員。訓練期間有時會感到沮喪和無助,但幸好隊員之間會互相扶持,發揮關愛素質和堅毅精神,再加上老師的指導和鼓勵,才能讓我度過一些艱難的時刻,並不斷增強自信。

經過這次的港島西區小學校際田徑比賽,我明白到體育精神的重要,更留下難忘的回憶。在田徑比賽前,學校為我們安排了每星期兩次的田徑訓練,每次訓練後我都感到筋疲力竭,但同時仍要完成繁重的課業,要兼顧學業與校隊訓練確實不容易。不過,在班中的同學、田徑隊隊友、老師和家人的支持和鼓勵下,我並沒有輕易放棄,而是一直



堅持下去,樂觀面對。我告訴自己:「我能做到的!」而且,張校長在比賽前幾天為我們田徑隊祈禱,並授旗予我們一眾運動員,令我們的士氣大大提升呢!

在比賽當天,我抱著戰戰兢兢的心情參加200米比賽,隊員們互相鼓勵,讓我放鬆心情面對接下來的挑戰。最終,我沒有白費教練的指導和老師與同學的支持和鼓勵,在賽事中取得冠軍。其他隊友們也在各項賽事中取得佳績。

最後,我再次感謝不斷給我支持和鼓勵的教練、老師、同 學和父母,希望同學在運動場繼續發光發亮,為校爭光。

六丙 古穎晴





校本正向教育與教師專業發展

本年度關注事項之一是「深化價值觀教育,推廣正向校園文化」,為幫助推廣校園的正向文化發展,讓教師進一步了解如何從發掘學生的性格強項來提升學習效能,使學生活出積極、正向的人生,學校在2022年11月14日上午舉辦了正向教育工作坊,透過理論及互動討論分享活動,提升教師的專業能力。當天下午全校教師又經歷了歷時三小時的團隊歷奇活動,大家從實踐活動中應用正面價值觀的思維,更展現愛學習樂分享的態度。

北山堂基金 — 強項為本的教學與應用

工作坊在老師分享一次受稱讚的經歷中拉開帷幕,從而帶出華人文化社會缺乏對性格強項的關注。北山堂基金的講者先從理論層面,指出負向認知專注是人類的自我保護機制,影響我們認識自己和看待他人,而性格強項是人類的正面素質,有助我們通向美好的生活。

接著,北山堂基金的講者介紹了「VIA」的二十四個性格強項及六種美德,包括:勇氣、智慧、靈性與超越、仁愛、公義等。全體教師通過事前的問卷調查和遊戲,找出同事首五個顯著的性格強項,從而帶出發掘性格強項的正面,有助增加個人的幸福感和正面情緒,提升潛能,增進彼此之間的關係。最後,講者鼓勵老師多在課堂中,留意學生的強項和加以肯定,以發揮學生的潛能及促進成長。

教師團隊歷奇活動

當天下午,學校請來 Dragon Adventure 為同事們設計各項團隊合作遊戲,例如:羅馬炮架、字卡追蹤等。活動主要以分組形式進行,過程中加插競技元素,緊張刺激。活動後,教練帶領同事們進行反思,透過各種活動,同事們加深對自己及彼此的認識、了解,增進大家的默契,在往後的工作上可更清楚知道彼此的強項及工作模式,更易於磨合。活動內容精彩、有趣,同事們十分投入。







教師分享

感謝學校安排了「正向教育 — 強項為本的教學與應用」的工作坊,當中令我印象最深刻的部分是教導我們如何協助學生發現自己的性格強項。原來可以透過L-E-A 來協助學生發現強項,首先老師可以根據自己的觀察,再提供具體的例子,再以真誠的態度表達自己的欣賞。我深信老師的發現、對學生的一句話,可以影響他們的一輩子。

梁曉彤老師

「教師團隊歷奇活動」的任務都需要老師認真溝通、鼎力合作、互相鼓勵和支持。我當日的隊員都非常盡力和合作,大家毫不計較,竭力完成任務,感受團隊精神的力量。

楊林老師







Date	Event	Place
19-26 Feb	Student Activities Week F1 – Outdoor Education Camp F2 – Historical and Cultural Experiential Learning Programme F3 – Place-based Education Programme F4 & F5 – Service Learning / Attachment / Self-organised Programmes	Hong Kong Hong Kong Hong Kong Hong Kong / Overseas
May-Jun	Form 6 Graduation Rites of Passage Programme	Queensland, Australia
12 May	London Mozart Players Concert	Hong Kong
24 May	Lower Primary Sports Day	Wan Chai Sports Ground
25 May	Upper Primary Sports Day	Wan Chai Sports Ground
26-30 Jun*	International Sports Conference	Hong Kong
Jul	Form 3 Rites of Passage Programme	Queensland, Australia
2-3 Jul	Summer Concerts	Hong Kong
3-5 Jul*	Primary 6 Graduation Activities	SPCCPS
15-31 Jul (5-6 days)*	Overseas STEM Learning Trip for Form 2 Students	Singapore
23 Jul-7 Aug	Form 1 English Enhancement Programme	London, UK
Aug	Form 4 Rites of Passage Programme	Queensland, Australia

^{*} Tentative

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