

# THE RED BRICKS

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# Retirement and Appointment of Council Members

Mr Bernard PH Auyang, Ms Teresa MY Yang and Dr Rocco SK Yim, members of the College Council, retired on 31 December 2023 after 12 years of service. The Council wishes to express its deepest appreciation for their contribution and staunch support to the College over the years.

Mr Kenneth Lam, Mr Vincent SW Leung and Ms Grace Cheng succeeded as Council Member effective from 1 January 2024.

## Message from the Principal



This new academic year sees the return to full normalcy as all school activities had resumed. Since September, a number of school activities and events had been organised, including the Walkathon and the SAW/CAS Week in November, Sports Days and Picnic Day in December 2023.

In addition to the social events, we have relaunched the mainland and overseas exchange programmes this year, as the exchanges were previously suspended because of restricted travels. One cohort participated in a one-week exchange programme to the High School Attached to Tsinghua University in Beijing in October. It was an invaluable experience for our students to enhance their understanding of Chinese culture and experience the education system of the Mainland. A group of 12 girls and their two teachers from the Convent of the Holy Infant Jesus (CHIJ), our sister school in Singapore, visited SPCC in mid-November. Pairing up with 12 Form 2 and Form 3 girls from our College, the CHIJ students were arranged to attend lessons, go on a campus tour and participate in a project presentation with their buddies during the 2-day

visit. Furthermore, we hosted three overseas exchange students from South Africa, Australia and New Zealand in November and December. They had reflected that they had an enjoyable and enriching experience at SPCC, and learned a lot about our vibrant and energetic city. We will continue to explore opportunities for collaboration with our sister schools and Round Square schools overseas.

With the success of the International Sports Conference in July 2023, we will be organising the SPCC Model United Nations Conference in the coming summer, offering students the opportunity to play the roles of diplomats representing different nations in various committees. Student delegates from our sister and friendly schools overseas will be invited to join the conference.

We have overcome many different obstacles and difficulties over the past years. We will continue to turn crises into opportunities. We will spare no effort to nurture and support our students in their development. With our College's motto of "Faith, Hope and Love" as our guiding principles, may we continue to soar to new heights in the coming days.

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

## 校長的話



今年是學校三年發展週期(2021-2024)的最後一年,我們繼續以『愛學習·樂分享·盡心盡意榮主恩』作為學校全年的主題。在過去三年的日子

裡,同學們在學習、生活和社交活動方面都面對不同的考驗,因此學校不論在素質的培育,以致價值觀教育的延展,都持續滲透正向教育的理念,讓學生發掘自己的性格強項,在不同的層面提升學生的自我觀。我們透過不同的課堂學習和各項的課外活動,推展「感恩」和「關愛」的文化,加強「盡責」、「承擔」、「克己」、「融洽」等不同價值觀的培養,教導同學們細心觀察,凡事感恩,珍惜每個學習的機會;學會用心聆聽,常與人分享,以行動表達關心。期望大家一起重建學習規律,彼此關顧,互相支持,實踐身心靈健康的生活。

由九月開學至今,學校在「學、教、評」三方面均作出優化安排,最大的改變是減少測考次數,由全年兩測兩考改為三次評估,老師日常持續以不同的方式跟進學生的學習進度,調節自己教學的步伐,嘗試多樣的教學法以配合學生的學習需要;另一方面,評估改在長假期前進行,讓家長和孩子們可以歡渡長假期,舒展身心。

隨著全面恢復全日制上課,學校的活動再現多姿多彩,同學們很享受豐富的校園生活。不同的學校團隊訓練、比賽

已陸續復常;久違了的管樂隊、高小英詩集誦隊、初小普通話集誦隊等,都重新組隊訓練和參賽。孩子們走上表演舞台,盡展所長。小五學生今年參加外展訓練課程,終於可以經歷宿營的體驗,在專業導師指導下,建構團隊合作精神,提升體能質素和磨煉意志。在中國文化的推展方面,除了每週進行升旗儀式外,每月一次週會設「國旗下的講話」,由老師介紹不同的中國傳統故事、習俗和國家發展的現況。本年度週會更增設「中華名言」的分題,配合校本核心價值觀,全年選取10句中華精要名句,每月一次為學生講解,讓他們從中國文化的視角學習價值觀;此外,圖書館安排學生在週會中推介圖書,學校還配合中國的傳統新年,舉辦跨學科中國文化日活動等,透過一系列多元化的學習體驗,加強學生的國民身份認同感。

在家長教育方面,經過家長教育小組五年的籌備和推動,本年度起全面推行校本的家長教育課程。學校除了舉行各級家長會、培育孩子的專題講座外,亦為家長提供參與校內或校外義工服務的機會,讓他們能投入親子活動;宗教科也開設不同的靈性培育和育兒課程,並恢復實體的聖誕節聖餐崇拜。全面復常後,家長更積極出席學校各類活動和不同的課程,足見他們對子女培育的重視,感謝他們對學校工作的支持。

下學期學校將會舉行不同的國內和海外交流活動,相信孩子們十分期待。願天父的恩典和平安賜予每個家庭,保守我們的心靈,讓我們懂得如何以正向的思維培育和管教子女,與他們同行。願我們一起持守「信、望、愛」的精神,互相扶持,協助他們成為「愛學習,樂分享」孩子,榮耀天父。

張慧純  
聖保羅男女中學附屬小學校長

# Walkathon

After a 4-year suspension, participants finally had the opportunity to come together and join in the annual fundraising Walkathon. This took place on 12 November 2023 at The Peak, raising a total of HK\$2.35 million with approximately 3,500 registered participants.

Results of the Walkathon Interclass Competition:

Highest Participation Rate	SPCC	SPCCPS
Winner	F5C (100%)	P1C (100%)
First runner-up	F1F	P1A, P3E
Second runner-up	F1G	P2B

Highest Average Donation	SPCC	SPCCPS
Winner	F4H	P2E
First runner-up	F5C	P6D
Second runner-up	F1F	P3A



F5C



P1C



F4H



P2E

## 2023-24 Annual Joint Retreat



As an annual event on our school calendar, teachers from SPCC and SPCCPS take time out of their busy schedules every January to spend an afternoon together in reflection at St. Paul's Church. During the 5 January retreat, Reverend Vincent Chan Wing Fung tasked us to think more deeply about the roles, responsibilities and

relationships that come part and parcel with our work as educators.

Reverend Chan spoke with great passion and conviction about how in a teacher's line of work that it is crucially important to take time out to reflect on both the small (and big!) moments that make up our days as well as to develop an awareness of how sometimes we may neglect our own needs as we are so accustomed to putting others ahead of ourselves. As teachers, our roles are manifold and it can sometimes feel overwhelming if we try to be everything to everyone which makes it even more essential for us to be able to take periods of rest to pursue things that we are devoted to or would like to explore in order to add more colour to our lives.

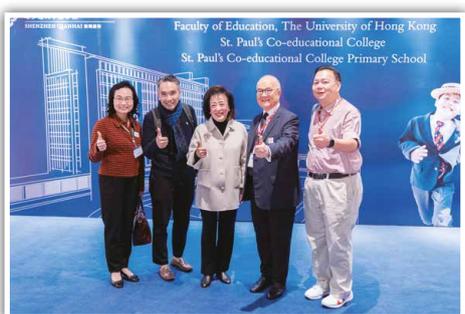
The audience listened in rapt attention throughout the Reverend's sharing as he injected humour and humility into

his message to the audience in a way that left everyone feeling refreshed and ready to face the new year!

Ms Belinda Ng



## SPCC and SPCCPS Staff Development Day in the Greater Bay Area



On 19 December 2023, teachers from SPCC and SPCCPS embarked on a joint-school Staff Development Day which took us to explore Harrow Hong Kong Children School and Asia International School Limited (AISL) Harrow in the Qianhai district of Shenzhen.

The aim of the visit was to give teachers from St. Paul's an opportunity to learn more about the ethos of these Harrow schools as well as to learn more about their vision and mission of offering both a Hong Kong-style or international education to its students.

Upon arrival at Hong Kong Children School, we were greeted by our Council Chairman Dr Moses Cheng and Dr Rosanna Wong of AISL Harrow who both shared their hopes for collaboration between our schools. After the

sharing session, we were taken on campus tours of both schools. In addition to the vast amounts of space for teaching and learning around the campus, perhaps what amazed the teachers most was the amount of effort and thought put into the curation of the areas used for teaching and learning to help students to develop holistically. These spaces range from a running track, dormitories, state-of-the-art sports facilities, music practice rooms and even a flight simulator room which can offer students opportunities to learn and reflect outside of the confines of the classroom.

We hope that there will be further opportunities for more inter-school collaboration in the future so that we can learn from each other's best practices in educating young people for the future in the Greater Bay Area.

Ms Belinda Ng



## BOARDING LIFE

## Form 1 Boarding Experience

The Form 1 Boarding Experience Programme consisted of various workshops and activities which aim to promote personal and professional development. One particular part of the programme that greatly impacted me was the Table Manner Workshop and Table Manner Dinner. Prior to joining these activities, I did not understand the significance of proper table manners in both social and professional settings. Through interactive exercises and demonstrations, I learned the art of dining etiquette and its importance in giving other people a positive impression.

By participating in the Table Manner Workshop, I gained valuable knowledge about the appropriate use of utensils, the order of courses, and the significance of non-verbal cues during a meal. These skills not only elevated my dining experience but also boosted my confidence in formal settings.

During the Table Manner Dinner, I had the opportunity to put my newly acquired knowledge into practice. Engaging in conversations with fellow attendees while maintaining proper table etiquette proved to be a challenging yet rewarding experience. By actively applying the skills which I learned, I felt a sense of accomplishment and refinement.

Overall, participating in the programme has been an enlightening journey. The Table Manner Workshop and Table Manner Dinner have equipped me with essential skills that extend far beyond the dining table. I now feel more confident in professional networking events and social gatherings, knowing that I can navigate through them with grace and poise.



The Form 1 Boarding Experience Programme has been an eye-opening experience for me. In this week, I have learnt a lot about how to maintain good peer relationships and self-discipline, and the importance of teamwork.

Through chatting and snacking with friends in the common room, I learnt that sharing is important to maintain good friendships. It was more satisfying to share cup noodles and snacks with friends than eating alone. Chatting with friends in the common room strengthened the relationships with my classmates, whom I will study together for the next three years. This will be a nice memory to look back when we are in Form 3.

At the beginning of the programme, I found it hard to manage my time because I spent too much time on chatting and playing games with my classmates. I forgot to do my homework. As I am the only child at home and I am quite outgoing, it was really tempting for me to socialise with my classmates in the dorm. I realised that this was my problem, and I would like to improve and manage my time better.

I had an unforgettable time during the dorm stay. It has truly been a transformative experience, and I am grateful for the opportunity to grow and learn.

1F Araki Takeshi



This dormitory experience was unforgettable for me. I like the new sports the most. It was a nice opportunity for me to engage in these sports and gain a deeper understanding of them.

These sports not only encouraged me to exercise but also taught me the importance of teamwork, communication, and adaptability. Through friendly competitions and collaborative play, I understood how cooperation could help a team achieve common goals such as scoring points to win games.

Another valuable lesson which I have learned is the significance of table manners. Before joining the boarding experience programme, my understanding of dining etiquette was limited. The Table Manners Workshop and the Table Manners Dinner enabled me to gain a new understanding of and develop an appreciation for table manners; for example, how we should place the cutlery and the proper posture when we eat. Learning how to use utensils properly, engaging in polite conversations, and observing dining etiquette helps me enhance my social skills. Although I rarely need to attend formal dinners, I think it is a good idea to learn table manners. Having some basic concepts of table manners helps me feel more comfortable and less nervous when I need to attend formal dinners in the future.

1E Au-Yeung Hong Wang

I also developed better teamwork skills which I would like to apply in the near future. I really enjoyed the dorm activities which helped me in developing strong bonding with my groupmates. For example, during the team building games, my groupmates and I tried very hard to complete difficult tasks which were impossible for me to complete on my own. When we played the new sports Molky, we had to think and discuss intensely to come up with effective strategies for winning the game. These experiences were exciting for me.

I would like to express my sincere gratitude to my teachers and the Dormitory Officers for making my stay at the dorm enjoyable. I hope that we will have another opportunity like this to bond with our friends and develop our full potential.



1G Wan Ching Amiee

## Student Activities Week (SAW)

In an era dominated by technology and screens, the Form 1 SAW Outdoor Learning Programme was truly a change of pace. While all of the activities held over the course of 4 days were all extremely fun and rewarding, I would like to share my favourite.

On the first day, we had gorge walking in Luk Keng. At first, I was very intimidated by the thought of climbing rocks, crossing rivers and getting all muddy. However, my mind quickly changed when the biggest obstacle came around. This daunting challenge was to get up and over an 8-foot rock. As I was near the tail of the group, most of my group had already conquered the challenge. Soon, it was my turn, I was fearful of all the dirt and spider webs all over the rock. When I tried to get myself up the rock, I found it difficult and I struggled for many minutes. Nevertheless, my group mates walked back to help me up. I never expected this type of comradery having barely met these people.

Overcoming my initial fears and witnessing the comradery and strong team spirit among my group mates was truly inspiring. This experience served as a reminder to embrace new challenges and appreciate the unexpected bonds that can form in unfamiliar settings. Lastly, I would like to thank my wonderful group mates from group 7 who have supported me along the way, they have made my first SAW exceptionally memorable.

1F Lee Kaitlyn Audrey



As the soft rays of sun shone through the crimson red leaves, I closed my eyes and let myself take in that beautiful moment, the sweet laughter of children tingling around me...

This was just one of many unforgettable moments in the precious time I volunteered at Children's Heart Foundation with a few friends during SAW.

For the first four days, we designed cards and created fun handicrafts for child patients. At first, we racked our brains trying to come up with new designs, since the last time we could unleash our creativity with such freedom was when we were in primary school. However, gradually, we remembered what it felt like to be a kid again. We began to think from the perspective of the child patients, and as an ocean of nostalgia emerged from our hearts, we put increasingly more effort and patience into creating the crafts. It was incredibly refreshing, and I was beyond thankful to have the opportunity to help others while revisiting my childhood.

Before we knew it, we had come to the last day of our SAW. That day, we went hiking at Tai Tong Country Park with some child patients and their families, where I was blown away by the children's curiosity and activeness. I really appreciated that even though they had heart conditions, they remained resilient and never underestimated their own ability, which taught me to have unwavering determination in pursuing our goals. Moreover, since I learnt so much from the children, I realised the significance of treating those we help with fairness, recognising that we are not inherently superior.

Overall, my SAW was a wonderful experience, allowing me to recuperate, learn and lend others a helping hand at the same time.

5G Mak Wing Tung Gloria



Note: The above programme is F5 SoCAS - Organising activities for Children's Heart Foundation

## CAS Projects



Driven by our mission to “empower with education, cultivate with care”, we have been working independently or collaborating with various charities such as Caritas and Hong Kong Church Network for the Poor, to hold regular online tuition classes and diverse events for eager young learners.

Established by a group of senior students from our school in 2020, we swiftly expanded our influence and gathered like-minded students from all over Hong Kong who are passionate about volunteering and education. Our recent efforts in publicity and communication seamlessly integrated E-Concept together with similar organisations, enhancing our ability to provide effective and high-quality service to those in need collectively.

As the CEO of E-Concept, I am very glad to have witnessed our growing impact on society. From every event, I truly felt the passion from our teammates, their



Being passionate “Avgeeks”, or aviation enthusiasts, the four of us have decided to organise our CAS week related to aviation. Believing that the participants lack the opportunity and resources to learn about aviation, we organised an aviation-related course targeting underprivileged primary 4-6 students. We designed our materials with the assistance of our partnering organisation, allowing us to deliver our course content in a fun and interactive way, successfully demonstrating the strands of creativity and service in our programme.



eagerness to serve the community and bring change to education. A poignant moment I vividly capture in my mind happened during the Squatter House Visit in August 2023. The children smiled sweetly and their positivity never declined throughout the days. The memory constantly reminded me of the profound impact of education and volunteering, that can bring immeasurable joy for many.

I also learned a lot from my journey with E-Concept. Leading the team required me to foster unity and act as a problem-solver all the time. The countless days I have dedicated have honed my communication, problem-solving and management skills. Despite occasional conflicts within the team, I am pleased to see that all arguments stem from thoughtful considerations for the organisation and society.

Whenever I think back to the shared smiles and collective commitment, I feel that my secondary school life is fruitful and fulfilling. I hope that our notion of empowering others through education will never diminish, but continue leaving a lasting impact towards those in need.

6H Kuan Yu Qian Jason

The varied levels of student interest have been proven to be a significant challenge in our programme. While some students were less engaged, some others bombarded us with a lot of questions, as they rarely had such an opportunity to discuss aviation facts. We then separated our workload, with some of us focusing on delivering the course content, while some of us answered their questions individually to satisfy different students’ interests. This helps us to be more efficient in allocating manpower, allowing the course to be carried out smoothly.

Nonetheless, we enjoyed the process of sharing our aviation knowledge with underprivileged children. Preparing our materials allowed us to be more flexible and to take up the responsibility to initiate our own CAS experiences. Seeing that the participants truly enjoyed our workshop, we are motivated to continue educating more underprivileged children to learn more about aviation in the future, as part of our CAS project “V1”.

5I Chong Yat Hei, Fu Wai Shun,  
Chan Yat Tin Isaac, Yuen Chung Lam Ivan

## Round Square International Conference (RSIC) 2023 in Kenya



As a member of Round Square, apart from promoting the six IDEALS among all students, we also utilise this international network to connect like-minded students worldwide, which allows the exchange of ideas and perspectives between teenagers from different cultural backgrounds.

The RSIC, a week-long event held in Nairobi, Kenya, is a perfect example of how Round Square brings students around the globe together. Themed "The New Africa", the Conference featured a series of activities to provide us, the four delegates from SPCC, with a brand-new perspective towards Africa in the 21st century. From group discussions with different countries' delegates to a game drive in the Nairobi National Park, we were exposed to different facets of Kenya, a beautiful country with rich historical and cultural background.

For me, the most memorable part during this trip was the homestay night I spent with a local family. I had the chance to learn about their daily lives and recent developments in Kenya as well as enjoy the local delicacies they offered me. It was an immersive experience and definitely the most enjoyable bit of the week.

The Conference has been an eye-opening trip for me: I am glad to have acquainted with new friends from countries worldwide and enhanced my global perspective. I would like to thank the school for offering this opportunity, Mr Paul Chan for leading the trip, and last but not least, Brookhouse School in Nairobi for hosting this conference and making it an unforgettable experience for me.

5A Wong Ka Yeung



Before the conference, I've often wondered why I signed up for this. When I told my friends and family that I was going to Africa, their faces showed a slight incredulity and they would ask, brows furrowed, "Africa? Really?" It was understandable - Africa was not a frequent destination for student exchanges. In their eyes, Africa was exotic and unfamiliar.

When we arrived at Brookhouse School in Nairobi, the Disneyland-like campus stunned us all. During the opening ceremony, we all dressed in school uniforms and were taken to walk along a path lined with flags from each of the participating countries to an indoor audience stand that resembled a colosseum. Speeches were made, photos were taken, and pins were exchanged (I came back with my cardigan adorned with pins and badges from different countries). The next day, we split into our Barraza groups and were transported to a nearby primary school to help them build the classroom floor.

The week went on with Adventure Day and Democracy Day, each yielding wonderful experiences. In the blink of an eye, the closing ceremony commenced, which also passed in a blur: fancy tables, tropical mocktails, card games, completed with a dance party with thundering music, hands pointing in the air and screaming the lyrics of the songs at each other.

Overall, this trip yielded some unexpected but amazing outcomes - not only did I boost my social skills, but also enriched my understanding of Africa. It was truly a once-in-a-lifetime experience.

5H Winnie Yeung



## Student Union Leadership Training Camp

What is our role as the Student Union in school? In order to answer this question, we gave our fellow committee members a special task on the SU Orientation Day held on a Saturday in November 2023 – to build a sturdy bridge using only paper and ropes, while ensuring its strength and stability to safely accommodate individuals. This challenge perfectly exemplifies the commitment and aspiration of the Student Union.

We strive to be the dependable bridge that seamlessly connects the School and the student community, a connection that can only be achieved through the unwavering collaboration of our dedicated members serving across the four boards, and

most significantly, with the invaluable support and involvement of each and every one of our schoolmates.

This echoes with Interrelation, one of our central themes this year. We recognise that a thriving and inclusive environment is built upon the interplay between students, faculty, staff, and administration. As the Student Union, we hold the vital responsibility of nurturing robust connections and fostering harmonious relationships within the school community. This commitment comes to life through our year-round initiatives, including the Encouragement Board, the Mentoring Programme as well as the many festive celebration events, which aims to foster a sense of community in school and are meticulously crafted and driven by the collective efforts of every dedicated member of the Student Union.



Here, we reiterate our unwavering commitment as the Student Union to diligently serve the diverse student body, and extend our heartfelt welcome to the new committee members who have joined us this year.

5H Mary Lam

## UNICEF Young Envoy Programme

As a member of the UNICEF Young Envoy Programme, a year-round initiative, we were encouraged to collaborate and connect with like-minded individuals and organisations.

In this year's UNICEF Young Envoy Programme, our focus was on addressing the critical issue of mental health among children under the age of 18. Our primary objectives were to raise awareness, amplify their concerns, and promote resilience.

The programme provided us with valuable training, workshops and mentorship. Apart from enabling us to develop the essential skills for effective advocacy, it also empowered us to take measures and bring about meaningful change in our communities, including conducting a survey at school to gather pertinent information.

We utilised social media platforms to share facts and calls to action, reaching a wider audience and amplifying the voices of children in need. Social media became a powerful tool for our advocacy work.

Participating in the UNICEF Young Envoy Programme had a profound and lasting impact on my personal growth. Not only did it showcase the immense potential of youth advocacy but also underscored the significance of collective action in addressing often overlooked issues.



The UNICEF Young Envoy Programme empowers young individuals to champion children's rights and well-being. This programme is instrumental in nurturing a new generation of leaders who are committed to creating a better world for all.

4D Chan Sin Sze



## Exchange Programmes: Herschel Girls' School

At the start of this school year, I was delighted to be selected to participate in the exchange programmes with Herschel Girls' School in Cape Town, South Africa, in which Jordan, student from Herschel, and I take turns being each other's host.

During Jordan's 3-week stay in Hong Kong, not only did we attend school together, we also participated in the Student's Activities Week, where we took care of and helped the ethnic minority children of Hong Kong with their school work. Outside school, we spent time exploring the city, including visiting Hong Kong Palace Museum and theme park, taking the tram and star ferry, shopping at malls and the Lady's Market and tasting iconic local food.

Although I had limited time outside school with multiple extra-curricular activities to join, I was determined to create a positive and enriching experience for Jordan. I came to realise that it is not necessarily how much resource one has but being proactive and passionate in coming up with creative solutions to efficiently manage the different aspects of her stay and coordinate our schedules.

This programme also made me realise compassion is the key to foster meaningful relationships. Though Jordan and

I had quite different personalities and background, by having a genuine and mutual desire to understand and connect with each other, we were nevertheless able to build a wonderful friendship while living together. This journey has also enlarged my capacity to handle challenges independently and to care for and connect with people very different from myself.

Lastly, I would also like to thank the School for giving me this opportunity to gain important life skills and explore different cultures through the programme. I am looking forward to yet another rewarding journey as I stay with Jordan at her home town later this year.

4F Mak Esther Acacia



## Exchange Programmes: CHIJ

In November 2023, along with 11 other Form 2 and Form 3 girls, I had the privilege of hosting students from the Convent of the Holy Infant Jesus Secondary (CHIJ). Throughout their two-day visit to SPCC, they joined us in morning assemblies, lessons, and lunchtime activities. We also worked on a mini-project to research on and present our findings on the similarities and difference between Hong Kong and Singapore. It was definitely a memorable experience.

My buddy Clarice and I sat together during lessons. I admired how she tried to understand the material despite the differences in our respective curricula, especially in the Physics class. Since she only took Biology and Chemistry as electives in CHIJ, the concepts we were learning in physics were new to her. However, she didn't hesitate to ask us questions, and we completed a few questions from the textbook together. I was inspired by her dedication.

On the other hand, CHIJ offers practical courses such as Food & Consumer Education and Principles of Accounts, equipping students with life skills to help them make informed decisions. This made me reflect on the more academic-focused nature of schools in Hong Kong.

Despite our different experiences, Clarice and I bonded over the two days, and I was sad to see her leave. It felt as though they had just arrived mere moments ago. Although it was short, I enjoyed this experience, and I will cherish the memories I have made with my newfound friends.

3A Lai Caitlin Gretchen

In the dance of cultures, every shared moment was a revelation. This experience as a host of the exchange programme stands as a kaleidoscope of vibrant cultural exchange between Hong Kong and Singapore, painting brushstrokes on the canvas of understanding.

From the very first steps through the school gates, introducing my buddy to our school campus to attending classes and sharing talks together, it was a fruitful journey of cultural exploration and friendship. It is definitely rewarding to look into the other side of the world, learning about her intriguing story and exotic culture while sharing Hong Kong's sensational background and remarkable history with my buddy. I've learnt about the distinctive social norms, education system, food culture and many more, and it was interesting to see them chewing on bubble gum for the first time in their lives as it was banned in their country! Not only did the programme allow me to broaden my horizons, embracing diversity, but also built long-lasting friendship that transcends geographical boundaries.

At last, I would also like to extend my heartfelt gratitude to the school for this golden opportunity that will certainly last forever in my memories.

2B Au Pui Sze



## 2023-24 赴京交流團

接待我的交流生叫藝琳，在人生路不熟的北京，她成了我最好的嚮導。一星期後，我甚至感覺自己已經成為她們家的一分子。

一個星期轉瞬即逝。這次北京交流團，根本不能只用「獲益良多」四字草草概括。我深刻地體會到「讀萬卷書，不如行萬里路」的道理。我先參觀了歷史建築，又了解到北京和香港之間的文化差異，大開眼界之餘，更認識到很多新朋友，而且品嚐了很多美食。

二乙 張雅詩



星期四是清華附中的運動會，他們有一個標準運動場，特別寬敞。每班都有自己的口號，在他們步操時會激情地喊出來，最後也會由老師們評出最佳班級。所謂「無體育，不清華」，所以清華附中的同學們體育都特別厲害，我跑完四百米已經疲憊不堪，他們考試的時候，女生要跑八百米，男生則是一千米，真是不得不佩服他們的毅力。

二己 王心瑞



我們只相處了一周，清華附中的同學就把我拉進了他們的班級微信群，讓我成為班中的一分子，讓我非常感動。

在這短短一周的交流活動，我既體會到兩地的教育差異，也感受到同學之間無分疆界的友誼，更體會到接待家庭的溫暖和關懷。北京這座城市不僅有巍峨壯麗的長城與莊嚴雄偉的故宮，更有濃濃的人情味。北京之旅，短暫且豐富，為我的青春華章添上絢麗的一筆。

二庚 梁錫昆



在前往長城的車上，導遊滔滔不絕地介紹北京的歷史，讓我們聽得津津有味，對這個城市也有了更深入的了解。長城慢慢映入眼簾的那一瞬間，時間仿佛靜止了，我們也安靜了下來，默默地欣賞這個歷史悠久的建築。

走著走著，我發現路越來越陡峭，階梯也越來越參差不齊，我差點要手脚並用才能繼續往前爬。我終於明白為什麼是「爬長城」而不是「走長城」了，這可是古人畢生的心血啊！能在有生之年爬完一趟長城，當然要在好漢碑旁拍照留念，畢竟「不到長城非好漢」呀！我雖然做了一回好漢，但是也流了一身汗啊！

二庚 陳昕澄



## Hok Yau Club Outstanding Student Leaders Award 2022-2023

For the past few years, I have taken up a number of leadership roles in different student bodies such as the Chinese Debating Team. As much as I have benefited from the rewarding and fulfilling experiences, I have also pondered the question of how to become a better leader, and channel the talents of each person in order to achieve the full potential of a team. Hoping to get more inspiration, I participated in the Outstanding Student Leaders election in 2022-2023.

Throughout the programme, I had the opportunity to interact and share leadership experiences with students from other secondary schools and even universities. Orientation camp, adventure-based training day, community service project... All of the activities allowed me to learn more about other leadership styles and helped shape me into a more communicative and courageous leader. After three rounds of interviews and some meaningful activities, I am honored and humbled to be recognised as one of the ten Outstanding Student Leaders.

Although I need to focus on the public examination in Form 6, I believe the fruitful experience of taking part in the programme would allow me to adapt to changes and navigate challenges more maturely in the future.



6D Mak Chun Lun

## LANGUAGE & CULTURE

### AFS Food Exchange Day 食 · 交流



Participating in the Food Exchange Day allowed us to indulge in our passion for cooking and explore it further. The event included cooking, sharing, and tasting. While we initially felt intimidated by the presence of unfamiliar faces, we found support in each other, making the experience enjoyable.

Our group decided to prepare Pisca Andina, a Venezuelan soup dish consisting of potatoes, milk, onions, and eggs. The process presented its challenges, especially poaching eggs in the soup, but with the guidance of exchange students, we successfully followed the recipe, resulting in a creamy, filling, and delicious soup that surprised us all with its taste.

Sharing our soup with others was a moment of pride as we witnessed the impressed reactions of those who tasted it, with many requesting second helpings. Moreover, we had the pleasure of sampling dishes from other groups, such as Russian pancakes, Finnish blueberry pie, Brazilian yogurt cake, and French pork belly pie.

The Food Exchange Day was a rewarding and unforgettable event that broadened our understanding of different cuisines and the experiences of exchange students. Stepping out of our comfort zones, we interacted with strangers, worked with unfamiliar ingredients, and established new friendships.

We encourage students to participate in similar cultural exchange events. These experiences not only foster personal growth but also promote understanding and appreciation among diverse communities. We are truly grateful for the chance to be a part of this event.

3B Wong Yui See Layla & Woo Yat Chin



## 中西區「聯校小作家計劃」

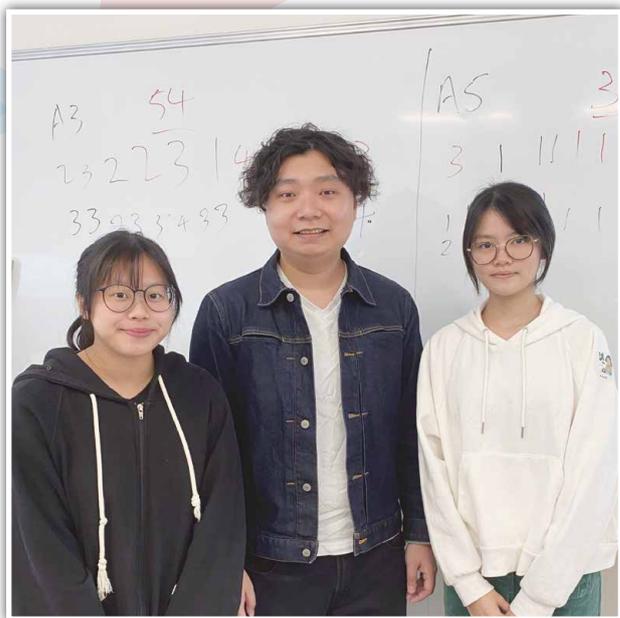
本學年本校中文科與中西區各校聯合舉辦「聯校小作家計劃」，邀請了劉偉成博士與施偉諾先生擔任導師，教授我們創作新詩、小說與散文的技巧，使我們獲益良多。

從中三開始，我在不同地方留下我的文字 - 社交平台、文藝月刊等，無間斷地寫作，有一種將天地萬物都化為筆墨的感覺。但自從升上高中，雖然我依舊文思泉湧，卻無從下手，寫不了一點作文，可能因為我的風格不被考試制度所接納，而我被迫改變自己的寫作模式，感覺十分難受。

我有幸參與這個創作班，想藉此洗刷掉腦裡的霧霾，想找回以前拾起筆於作文紙上書寫的感覺。我記憶最深就是第三堂，導師給我們展示了那一幅有名的《神奈川沖浪裏》浮世繪。那一刻，我才發現，一直注視著海浪的我，絲毫沒有發現那個角落裡的富士山，但其實富士山才是這一個浮世繪系列的主角。我開始覺得自己沒有必要那麼執著於迎合固定的框架。創作的意義，不就是跳出框框嗎？我在這八節課堂中學到了很多關於散文的創作手法，我的創作依然在緩慢地改變。我不奢求完成這個創作班會令我有顯著的進步，但我希望在未來的每一篇文章裡，都能看見自己的成長。

最後，我很感謝兩位老師的推薦，令我有機會提升自己的作文水平。希望我在寫作時能運用到在這八節課堂裡所學到的知識，讓大家看見更完善的作品。

五戊 潘穎茵



本年度有幸參與中西區聯校小作家創作班，承蒙劉偉成博士和施偉諾先生賜教，從另一個角度欣賞和創作散文。

散文創作能從主題和技巧方面提升。主題方面，施老師教導，蒐集題材看似無從入手，實則上它們每天都四散遊走我們身邊。只要增加觸角和敏感度，捕捉、轉化和提煉日常生活的片段，便能發掘出素材。而積累題材的方法需要多閱讀。多閱讀能開拓視野，歷練思考，有助搜集素材和觸發靈感。

技巧方面，令我感到煥然一新的是捕捉「原子雨」及意識流。劉博士指出，當生活中微細的事物觸動了我們的靈感，仿如無數「原子雨」衝擊腦海，滔滔不絕地注入思想中，從而撩起一串串感受。捕捉到四面八方湧來的「原子雨」，注入散文中，能使感受和靈感相互撞擊感染，體現多層次的感受。而意識流指的是描寫流動的心理意識，運用意識流能夠打破時間和空間的界限，令人物聯想開展、蕩颺，聯繫零碎的片段，在時空隧道暢通無阻地遨遊。運用意識流能擴大感官框限，令感受呈現得更深刻，更有感染力和藝術效果。

是次創作班能提升我創作散文的技巧，並落墨著文，抒懷述志，使我獲益匪淺。

五己 李天菀

# SPCC's English Debating Team x Hong Kong WSDC and WIPDSC Teams

## Hong Kong World Schools Debating Championships (WSDC) Team

Doing something for 7 hours straight is rarely enjoyable, especially when the task at hand is debating, an intellectually stimulating yet draining activity. Yet, this was how I spent most my Sundays in Form 5.

In October 2022, I was selected for the 9-person Hong Kong WSDC Team which represented Hong Kong at the annual WSDC. Although I was ecstatic, joining the team was daunting for me, as I had never experienced formal debate coaching, and the idea of spending 7 hours debating on Zoom every week was equally frightening. I was starstruck as I met the coaching team, consisting of world-champion



debaters I had looked up to ever since I started debating.

With the team, I achieved some of my most memorable results, taking home victories against Team China and Team USA en route to the Octo-finals of the Parliamentary Debating Society's International Tournament, while I also had the opportunity to spar with national teams from Malaysia, Sri Lanka, Vietnam and more. Debating against some of the strongest high school teams in the world was incredibly eye-opening and I will remember the lessons learnt – both in and out of debate – for years to come.

Between battles with sleep deprivation and mental capitulation, the journey with the team was not easy. Such opportunities to train with the best debaters and coaches in the world were incredibly scarce – while it was draining at times, I would not hesitate to do it all over again.

6H Chong Cheuk Hei

## Hong Kong World Individual Debating and Public Speaking Championships (WIPDSC) Team Trials in November 2023

The WIPDSC HK Team Trials was an incredibly fulfilling experience for me as a competitor. It brought together students from diverse backgrounds and experiences across Hong Kong, creating a vibrant and dynamic atmosphere at SPCC.

During the event, I had the unique opportunity to collaborate with my partner in the debate round, which was both intellectually stimulating and enriching. It was inspiring to witness the passion and eloquence displayed by competitors as they presented their arguments and engaged in thought-provoking discussions. The persuasive round was another highlight, where I had the privilege of listening to phenomenal speeches. The speakers captivated the audience with their compelling narratives and persuasive techniques, leaving a lasting impact on everyone. It was a valuable lesson in effective communication and the power of words. The interpretive reading segment showcased the remarkable talent and creativity of participants. Their performances were immersive and thoughtfully executed, captivating the audience and evoking various emotions. It was a joy to

observe how individuals interpreted and brought to life different pieces of literature. Last, but certainly not least, was the impromptu round, where participants demonstrated their ability to think on their feet and adapt to unexpected prompts. It was fascinating to see how quickly individuals formulated coherent arguments and delivered them with confidence and poise.



Overall, the Trials provided a platform for personal growth, intellectual engagement, and cultural exchange. It was a truly enriching experience that allowed me to develop my skills, broaden my perspectives, and forge meaningful connections with fellow participants.

5H Li Cheuk Yan

During the WIPDSC Hong Kong Team Trials, I volunteered to be a student helper, which was an extremely rewarding and valuable experience. The genres, namely Debate, After Dinner Speaking, Persuasive Speaking, Impromptu Speaking, and Interpretive Reading competed in the Team Trials were extremely diverse, with some being underrepresented in the local circuit. For example, After Dinner speaking demands a unique blend of humor, storytelling, and audience engagement, which provided me with a refreshing change from the more common forms of public speaking or debate that I am more familiar with. The Team Trials provided me with an invaluable opportunity to listen to a wide range of high-quality, world-class speeches that I wouldn't have encountered otherwise. This allowed me to expand my horizons and learn from the participants.

Moreover, being a student helper provided me with incredible networking opportunities, as I was able to chat with competitors during breaks or after the competition. This chance allowed me to get advice as well as gain deeper insights on their performances. Their dedication, passion and determination inspired me in my own public speaking journey. By taking responsibility for helping participants throughout their day in SPCC, I felt a deep sense of belonging and pride in the school community. In conclusion, the Team Trials was an amazing experience, and I am very grateful for this invaluable opportunity SPCC has given me.

4H Pang Hoi Wing Sophie

## AESTHETICS &amp; CREATIVITY

## 2023 Hong Kong Youth Music Interflows

Six years ago, I came to know the Wind Band: a compact, passionate family, consisting of musicians who dreamt of pursuing a musical journey to accompany them throughout their secondary school life. As an innocent, clueless Form 1 student, I did not hesitate to join them, hoping to meet like-minded individuals. However, the pandemic struck in the following year, disrupting our process of creating music together.

Though faced with hardships, preventing us from meeting face-to-face, we committed ourselves to the band and strove for excellence. We improved our technical skills, our overall acoustic, but most importantly, redefining our band spirit with the CARE model: Commitment, Attitude, Resilience, and Excellence.

Six years later, the Wind Band evolved to become a large, extensive family of over 70 band members who not only dream of pursuing their musical dreams while studying, but also enjoy the time we spend together as a group. Under the vigilant guidance of Ms Szeto, we achieved what was previously deemed unachievable during the past six years, slowly progressing from bronze to silver, to gold, and the overall champion in the Interflows competition. The Wind Band is such a soothing place and holds tremendous significance for all of us – even Form 6 students like me voluntarily coming back and facilitating practices. Today's unbreakable, unified band essence is the cumulative fruit of labor across every single year.

I would like to thank Mr Poon, Ms Szeto, the committee members, and all of my fellow band players for such a valuable experience, allowing me to mature while witnessing the growth of the band.

6H Chan Tsz Ho



"The Overall Champion is..." Everyone in the stadium held their breaths, craving to hear our school's name in the announcement. "...St. Paul's Co-educational College!" The shouts and applause from the crowd seemed especially motivating and even deafening, as we finally, and unprecedentedly won the first Overall Championship in our Band's history.

I would like to express my greatest gratitude to our Principal Mr Poon for making everything possible, our conductor Ms Szeto for her great commitment and dedication towards the band, and finally our dear players who fought in this victorious battle with their hearts and energy.

That week was a fruitful one for the band. We started rehearsals when everyone else was still preparing themselves for school after the SAW. Hours of hard work and diligence were put in, only to better-equip ourselves for the Hong Kong Youth Music Interflows. As the chairperson of the band this year, I am glad that everything paid off, and pleased to witness our players' growth, no matter in their musical abilities or in their personalities. At the same time, I have also gained much experience in how to become a proactive leader and serve the community. This trophy is a recognition of our professionalism, as well as a huge milestone in our journey of music making. Yet it does not end here: We will slowly but surely achieve excellence and forever be proud of being a part of this legacy.

5D Kung Yan Long





As a Wind Band member since Form 1, being part of the band's journey and achieving overall champion at the Hong Kong Youth Music Interflow in my final year is a great honour. Despite diverse student backgrounds, the band serves not only as a platform for showcasing musical talents but also as a unifying force. For me, the essence of music making lies not just in technical skills but in the unity of musicians. In the last few months, I have witnessed the commitment of every player during extensive rehearsals - we were all focused throughout the long hours of rehearsals, and diligently completed our assigned tasks. Hearing that we had won the overall champion for the Tom Lee Cup, I felt an indescribable sense of pride and joy. This achievement represents the blood, sweat, and tears of all players, and is a great milestone in the history of SPCC Wind Band. I cherish every single moment spent with the band. I hope every player holds onto the pride of being part of the Wind Band, and will never stop making good music!

6E Lam Jee Yau

Over the past three months, we gathered every single week to refine our techniques, enhance our musicality, and delve into the interpretations of the pieces, diverse styles, mood variations, and 'soundscapes' of our repertoire. Winning the prestigious Tom Lee Cup, a trophy coveted by past and present members of the Wind Band, is a testament to our collective diligence over the years and serves as an inspiration to all St. Paulians.

Winning my first Interflows competition since joining the Wind Band has been a truly rewarding experience for me. Aside from the joy brought by our achievement, this competition bore witness to my growth. Under the encouragement of a number of teachers and Wind Band members, I assumed a leadership role I never thought I could undertake. I want to express my heartfelt gratitude to these supportive teachers and schoolmates, with special mention to Ms Sze To and Odo, for their unwavering faith and belief in me. Thank you all for giving me this opportunity.

The resumption of my journey with the Wind Band has expanded my horizons, introducing me to a new world of band masterpieces, the distinctive Japanese composition style, and how to balance not just between strings and winds, but woodwinds, brass, and percussion. Shifting my focus from strings to winds has deepened my understanding of brass instruments and the challenges faced by brass players in handling diverse musical passages.

I wish for Wind Band's continued success in the future as we persist in our pursuit of excellence, embodying the spirit of our College.

4A Lai Tin Yui



Note: The Wind Band won the Gold award in the Hong Kong Youth Music Interflows Symphonic Band Contest Secondary School Senior Class on 1 December 2023. The Band entered the Finals on 2 December 2023, was awarded the Grand Champion and the "Tom Lee Cup".

## Artist-in-Residence: Pong Yee Tai Edith

### Misty Mountains: An Unhurried Rendezvous



On 27 October 2023, a sense of excitement and anticipation filled the air as the College warmly welcomed back one of its esteemed alumni, Ms Edith Pong, from the Class of 1992. The occasion marked her official designation as the Artist-in-Residence for the academic year 2022-2023. As the entire school gathered in the morning assembly, Ms Pong took center stage, sharing heartfelt anecdotes and cherished memories of her time growing up as a proud St. Paulian. She also recounted her remarkable journey into the realm of arts, which initially took an unconventional path as she pursued a business major at Carnegie Mellon University.

The highlight of Ms Pong's return was her captivating exhibition titled "Misty Mountains: An Unhurried Rendezvous." From 27 October 2023 to 5 January 2024, the exhibition graced the walls and floor of the Zhuyuetang Gallery, located on the third floor of the MacDonnell Road campus. Drawing inspiration from profound passages in the Bible, Ms Pong artfully intertwined the theme of "mountains" throughout her collection, creating a cohesive narrative that resonated with viewers on a spiritual level. Among her masterpieces, the central piece titled "I Will Lift Up My Eyes" served as a poignant reference to Psalm 121, evoking a sense of awe and contemplation.

In addition to the breath-taking artworks on display, a special section of the exhibition unveiled the very essence of Ms Pong's creative process. Visitors had the opportunity to delve into her personal journals, explore her intricate sketches, and gain insight into the depths of her artistic journey through her meticulously crafted notebooks. This glimpse into the sources of her inspiration offered a rare and intimate glimpse into the mind of an artist.

Ms Pong's dedication to nurturing young talent was evident as well. Throughout November, she devoted her time and expertise to working closely with five students, encouraging them to explore their own creativity beyond the confines of a traditional classroom setting. These immersive sessions allowed the students to tap into their artistic potential and discover new avenues of self-expression under the guidance of a respected mentor. Lam Choi Sze of 5E reflected, "Through interacting with Ms Pong, it makes me wonder what Art is, what being an artist is all about and what my future paths may be."

The return of Ms Edith Pong, an accomplished artist and cherished alumna, not only brought pride and joy to the College community but also served as a testament to the transformative power of the creative arts.

Mr Warren Lee



## 第八屆「學憲法，講憲法」全國總決賽



It is my great honour to represent Hong Kong Special Administrative Region to participate in a nation-wide competition about the Constitution (第八屆「學憲法，講憲法」全國總決賽)

I spoke about the relationship between Hong Kong Basic Law and the Constitution in the first round, and in the final round, I had to give an impromptu speech on Chinese intangible cultural heritage in relation to the Constitution. Thanks to the learning opportunities about intangible cultural heritage in S2 Society Studies lessons, which provided me inspiration on this topic, I managed to deliver the speech smoothly with real life examples such as our school uniform cheongsam and was awarded a first-class prize.

organised by the Ministry of Education in Beijing in October 2023. This competition is in the form of public speaking, with 40 representatives from all provinces and special administrative regions, each giving a speech on the Constitution. The top-scoring 16 contestants then entered the final round to give an impromptu speech on a topic drawn on the stage.

I am deeply impressed by contestants from other provinces as they were so conversant in the Constitution and capable of using unique perspectives and their personal experiences in their speeches. Indeed the constitution is indispensable in our daily life. Through the competition, I had a quantum leap in understanding of the Constitution, acquired more angles to appreciate the spirit of the Constitution and developed a stronger sense of pride as a Chinese.



I am grateful to the Education Bureau and the school for granting me this invaluable opportunity to participate in the competition and promoting the importance and joy of learning the Constitution with my fellow schoolmates on the Constitution Day during the morning assembly.



3D Poon Clarisse

## Common Spatial Data Infrastructure Awards 2023

The development of society has been evolving around technology. However, equally important as “technology” is the notion of “society”. In my opinion, technology is a means to achieve greater social good. In this competition held by the Development Bureau, I was able to harness the powers of technology to cater to a wide range of social needs.

explored issues like congestion and transport policy in new towns using publicly available data. GIS enabled me to compute and present my findings through maps, which made spatial perspectives more understandable and comprehensible.

Computing, data science, information systems – these can be applied to the studies of humanities to enhance our understanding of society. Learning about the Geographic Information Systems (GIS), enable me to study Hong Kong’s urban landscape. My project “An environmental, social and governance (ESG) evaluation of new towns”

I am immensely grateful for this opportunity to join the competition and enter the city-wide finals. Being able to give a 15-minute solo pitch in front of university professors, officials from the Development Bureau, and the public was rewarding. Having identified 3 routes for green transport means to reduce intra-city traffic congestion, my project was named the overall champion. The notion of a “smart city” has emerged, with spatial data being a crucial component in its construction. This competition allowed to me gain insights into what spatial data could bear for our future policy and society. I’m more than excited to personally witness and contribute to this dynamic development.



6D Kam Ching Lam

## Greater Bay Area STEM/AI Challenge 2023

February to August 2023 have surely been a memorable six months for our team. Starting with building the car from scratch and ending with participating in the final in Tencent Headquarters, it definitely has been a wonderful experience for me.

Having gotten the second runner-up in the preliminary round, we went to Shenzhen for the finals in August. The best schools in Hong Kong as well as schools from mainland all gathered in the large hall, fighting for glory. As the car fixer of the team, I do not need to do much except for giving tactical ideas during the matches, but it was still nerve wracking to be engaged in such intense matches where our driver had to fight for picking up blocks.

The experience was certainly rewarding, I have learnt valuable lessons such as the spirit of perseverance and resilience. I still could remember how our car suddenly broke down in the middle of the match, and how me and the other coders fight against time to fix the issue. We never thought of giving up and losing the game, but fix the problems as quickly as possible. Without my teammates and our shared determination, we may not have won.

4A Woo Pak Him

We participated in the Greater Bay Area STEM/AI Challenge 2023 competition and were placed second overall.

The final competition consisted of multiple rounds. In each round, while the cars were picking up wooden blocks, my task was to monitor the AI-controlled car and make adjustment when necessary. It was not an easy job, as the car often behaved unexpectedly, and we had to figure out what went wrong. I had to be creative and precise when coming up with solutions to the issues we faced.



The competition taught me the importance of thinking on my feet. Each round of the competition was only 10 minutes, so any problems with the cars needed to be dealt with as quickly as possible. By being flexible, I could help solve the problems promptly, giving us more time to pick up wooden blocks and secure our victory.

4I Wong Cheuk Lok

Over the summer holiday, our team participated in the STEM/AI Greater Bay Area Challenge finals. In each match, we had to control two different cars to pick up blocks from the arena. Thanks to our prior preparation, we were able to get second place eventually.

From my perspective, it was an extremely fulfilling experience, as we had the opportunity to engage in discussing with the other teams regarding their coding and engineering experiences. Many teams incorporated unique equipment to their cars in enhancing their efficiency, which was truly enlightening.

This competition provided me a valuable lesson on the significance of teamwork. As the driver/engineer of the team, I didn't have to focus on coding tasks, so we had to continuously adapt our codes to align with my driving style. Before each match, we would enthusiastically chant our designed slogans to boost our morale. Despite making a major mistake in the final which resulted in a loss, my teammates showed remarkable support, and even cheered me up. I am immensely grateful for their continuous support throughout the competition.

4A Lo Chun Lam

## InnoGala 2023

The InnoGala is an interactive platform for aspiring students to showcase their ideas and creativity as well as the skills and knowledge of STEAM. In the two-day event, students with deep passions and big dreams displayed posters and prototypes of their inventions at St. Paul's Convent School. Participating teams from different schools in Hong Kong engaged with visitors, including professionals from diverse fields, and the judge panels to explain and demonstrate fascinating prototypes of their inventions designed to address the challenges in everyday life.

This year, I was honoured to present my project "hike safe", a life-saving insole with a pressure sensor connected with an app using the MIT app inventor, along with other outstanding projects from fellow SPCC teammates. These included Thinking Bin, an innovative recycling waste sorting AI system, a Safety Driving System to detect movement of drivers using AI and a manually controlled car to complete different tasks with a micro-bit app. We presented our work as a team, relating science aspects of our inventions to daily life applications. We received invaluable constructive feedback that would help to take our innovations to the next level. It was also an eye-opening opportunity to review so many projects with high level of creativity from other schools, which gave us inspirations for our next projects.

The InnoGala is a unique science fair to showcase our innovative ideas and enthusiasm on science to the public. The event sharpened not only our technical skills but also soft skills in effective pitching. We had to present our inventions in an easily understandable way to the judges. It was a fun event that provided us a great learning experience.

3D Poon Clarisse

We, a group of students who participated in STEM competitions previously, joined the InnoGala held in St. Paul's convent school, allowing us to showcase our products and share our discoveries.

Having participated in the Greater Bay Area STEM/AI competition and Hong Kong Science Fair previously, I was responsible for introducing the remote cars and the codes that we had designed. I also got an opportunity to introduce the projects of other schoolmates. There was a variety of audiences, including representatives from innovation companies, students from other schools and other individuals that are interested in STEM. As students in-charge, we took turns to introduce these projects to them and received encouraging feedback.



It was a precious opportunity to enhance my communication skills and practice division of labour. Besides the designing and programming skills, the presentation of ideas is also a vital element of STEM education. An exhaustive scientific project should not only be innovative, but also usable and understandable to the general public. Besides, all of the creators were not able to station at the booth simultaneously, so we had to familiarise ourselves with each other's projects first and present them to the audience. This has broadened my horizons and allowed me to learn more about technology that I have never been exposed to.

4I Huang Kui Lam Angus

As Alexander Graham Bell once said, "Great discoveries and improvements invariably involve the cooperation of many minds." In InnoGala 2023, we were offered the precious opportunity to present our STEM-related projects and exchange ideas with other schools.

Over the two days, we introduced our projects to the public, demonstrating and explaining the principles to both children and adults. These projects included a Pelton turbine, an AI-controlled model car, smart hiking shoes and an AI trash sorter. In facing the challenge of simplifying complicated scientific concepts, our communication skills were definitely challenged. Despite the difficulties, our hard work paid off and we won the silver prize. We were glad that our products, which had been the culmination of months of hard work, were recognised.

Other than exhibiting our work, exploring booths set up by other schools had also proved to be an eye-opening experience. Not only did we understand how new technologies, such as 3D printing, could be implemented in on-campus learning, but it also proved to be a unique experience interacting with like-minded peers who shared the same passion for science and innovation. We were particularly mesmerised by a booth displaying various reptiles, where we held lizards and snakes on our palms. Gaining such diverse knowledge had surely polished our critical thinking skills.

To sum up, participating in InnoGala had been a memorable experience which allowed us to demonstrate our tech talents and gain insights from projects by other schools. These experiences will for sure continue to empower us in our journey to discovering and creating new elements of technology.

4A Choi Shin Hang

## International Brain Bee Competition 2023



What is the science behind consciousness? This is a simple question that has led me down the rabbit hole of neuroscience and kept me motivated to scrutinise a 600-page textbook in search of a non-existent answer. The effort was not in vain; however, it helped me prepare for the International Brain Bee, and most importantly, I learnt enough about neuroanatomy and neurophysiology to appreciate the recent developments in this rapidly growing field. Despite being crowned the world champion, I can

confidently say that I have only scratched the tip of the iceberg. The enlightening lectures delivered by the keynote speakers on various topics, such as the neuroscience of creativity, showed me how much remains to be explored. Apart from the lectures, we were guided in a short research activity to analyse gene expression in different brain regions using online tools from the Allen Institute, which were so convenient that for once I did not have to puzzle over the histological sections. The International Brain Bee offered more than academic discussions. The social and cultural exchange programme was amazing. I enjoyed my time with other extraordinary contestants, and I look forward to meeting some of them in person next year at the FENS Forum 2024.

6A Tai Chun Hei



## SPORTS

### Hong Kong Student-Athlete in SPCC

Being a Student-Athlete in SPCC means balancing the academic responsibilities with athletic pursuits. It involves participating in sports activities while also maintaining your studies and meeting the academic requirements of our school. Student-Athletes must develop strong time management, discipline, and organisational skills to succeed in both areas. However, being a student-athlete is a unique and rewarding experience that allows students to develop their athletic talents while pursuing their education. Lan Jasmine Lauren, Li Junyan Aaron, and Yenn Ho Ching Kelly have managed to balance their studies and athletic accomplishments.

Lai Tsz Leung

I am a Hong Kong National Swimming Training Squad member, training with the Hong Kong Sports Institute. On school days, my training begins early in the morning. I wake up at 4:45 am for a rigorous 2-hour training session before school. After school, I return to the pool for another 3 hours of training before heading home for dinner and school work.

Balancing my academic and sports commitments is undeniably a challenge. There are days when fatigue sets in, making it difficult to attend school or training. As my passion for swimming grows, I actively seek ways to find that balance.

Given the limited time available, I have learned to prioritise the schedules and manage the time accordingly. By consciously managing my time this way, I can make the most of each day and maintain a healthy balance between my academic and sports commitments.

Furthermore, handling pressure and high-stress situations is essential for a student-athlete. In academics and athletics, managing pressure is an ongoing process requiring practice and self-awareness. I focused on preparation and planning. I break down my tasks and goals into smaller, manageable steps. Then, I create an achievable study and training schedule.

However, setbacks or losses are inevitable, but I do not think they are permanent. Therefore, I consistently remind myself to maintain a positive attitude. When I



experience a setback or a loss, I approach it objectively, analysing my performance to identify areas that require improvement. I work closely with my coaches and seek their guidance to develop strategies for progress and enhancement.

Lastly, I have set my sights on achieving success in swimming at the national and international levels. To accomplish this, I will maintain a diligent training regimen, seek guidance from coaches, and actively participate in competitions to gain valuable experience and improve my skills.

2D Lan Jasmine Lauren

I am a Junior Sports Scholarship Fencing Athlete at the Hong Kong Sports Institute and train alongside the Hong Kong senior fencing team with coaches from South Korea and France. I attend training in HKSI 3-4 times a week. Therefore, I usually get home from training around 8:30 pm, so it is rather late by the time I finish dinner. I try to study a little every night before I go to bed. I have also scanned and stored my Chinese notes on my phone to study on the MTR during my commute to and from HKSI. When I travel to overseas competitions, I always bring my notes and study on my rest days.

I do breathing exercises in competitions to keep myself on the right track for handling pressure. Controlled breathing also helps reduce stress and muscle tension. At home, I practice meditation and take cold showers in the morning. I find that it helps sharpen my focus for the day.

Moreover, I treat both wins and losses as a learning experience. I keep a fencing journal. It helps me reflect on what I have done well and areas I need to work on. I always have debriefing sessions with my coaches after each competition. Together, we analyse my performance, set goals for the next competition, and draw up my training programme.

I aim to represent Hong Kong as a part of the senior team in international competitions such as the World Cup, Grand Prix, World Championships, Asian Games, and even the Olympics. I plan to become a full-time athlete when I start my university life to allocate more time to training and participate in overseas training and competitions.



6D Li Junyan Aaron



When I was little, I was thrilled to have discovered my talents and passion in table tennis. I was grateful to have my coach and many of my friends there rooting for me, to Mr Poon for always watching my finals live match and congratulating me each time I won, and of course, my mom for always being there for me for everything all these years.

Since being recruited into the HK Youth Team, the training starts at 3 pm and goes on to around 6 pm at HKSI, so I must leave early every day. Luckily, when I reached secondary school, I was given an exception to train with the full-time HK Table Tennis Team members.

Three things for balancing academic and sports commitments are discipline, time management, and neuroscience. As a full-time student-athlete, I only have half the time to study and half the time to train, so I always feel like I have to squeeze in and make it a habit to work whenever and wherever possible. I also try to wake up at 4:45 am every day for my schoolwork and academic competitions.

On the other hand, I'm glad I had found my interest in neuroscience. I realised how powerful it could be for self-improvement. I've been leveraging neuroscience to understand my body's physical and mental limits. And that has allowed me to maximise productivity in studying and everything else.

My long-term goal in table tennis has always been the 2028 Olympics in LA. Apart from table tennis and my ambitious goals in finance and business, I hope to expand the organisation I founded - BreakSpark. I started a non-profit organisation to build bridges between communities through sports and storytelling. I hope to collaborate with more governmental or charitable organisations to help those in need. Hopefully, I can inspire more people to use their talents and voices to give back to society and the world.

6D Yenn Ho Ching Kelly

## 上帝的話是信心成長的泥土



使徒保羅在《聖經》羅馬書裡如此說：「信道是從聽道來的，聽道是從基督的話來的。」(羅馬書 10:17，現代標點和合本) 我校一向注重把上帝的話傳授給學生，孩子們在校園生活中，是在上帝的話語中浸泡地長大，從小建立對上帝的信心。

同學們每年都踴躍參加聖經朗誦節比賽，成為全港數一數二參與率最高的學校。四甲班的郭紋綺同學回想去年參加聖經朗誦節獨誦比賽，她說：「為了令自己能穩定地發揮，我於比賽前和家人一起分析如何能生動及有情感地演繹聖經的話語，同時不斷地努力練習。」在台上，她「鼓勵自己放鬆心情，用心地朗讀上帝的話語。結果她獲得冠軍，並立志「會繼續努力，不斷提升自己的朗誦技巧，並與更多人分享聖經故事和信息。」同學能認真地對待上帝的話語，實在令人鼓舞！

我家的家長從2023年9月開始，可以參加由學校與研讀聖經團契 (Bible Study Fellowship, 簡稱BSF) 合辦的研讀聖經課程，這課程完全依據國際研讀聖經團契嚴格訂定的內容進行，形式多樣化，有個人研經及小組討論、經文釋義及講課，引導參加者更明白聖經真理並付諸實踐，與上帝的關係得以進深。

今年我們開設了三組研讀聖經的課程，由BSF挑選和訓練的三位家長帶領網上男士廣東話組、網上女士廣東話組及實體女士英文組。期望更多聖保羅家庭能以上帝的話為依歸，活出信靠基督的生命；他們不但會蒙福，而且會為更多人帶來祝福！



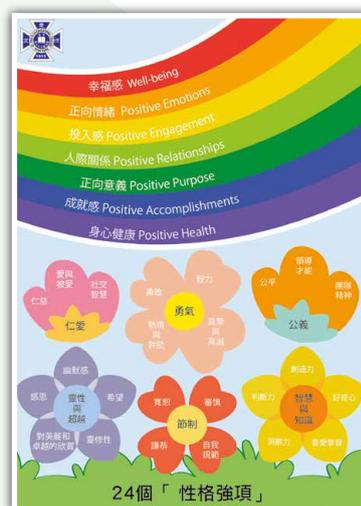
# 讓孩子展現更燦爛的笑容

「活出正向校園文化」是本年度學校發展的焦點之一，全校上下齊心協力透過不同的策略和方法，提升孩子們的自我觀，教導他們情緒管理，讓他們能夠更輕鬆、更投入地參與學習。我們希望孩子們能展現各燦爛的笑容！以下分別從學生培育、學生支援和學與教三個範疇簡介學校本年度的措施。

## 推行性格強項，提升學生的自我觀

本年度的成長課其中一大重點是讓學生加強學習及實踐正向價值觀元素，以正向生活態度回應挑戰。

全校學生於週會、早會及成長課學習 24 種性格強項的特點，從活動中認識及發掘自己所擁有的性格強項，並學習人的性格強項既會穩定呈現，也是可透過培養發生改變的。再配合家長互動成長課的活動、恆常成長課活動及各級培育計劃，讓學生在日常生活中發掘、發揮及實踐自己的性格強項。學生更在成長課中學習及反思可如何運用自己的特顯性格強項去培養興趣、關愛家人及服務同學，同時，也學習互相分享，互相欣賞，營造出正向氛圍，從而提升學生的自我觀及幸福感。



**「我的成長足跡」 - [上學期]**  
 姓名：王昱妍 班別：六丙 日期：29-9-2023

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正向教育課

二年級正向教育課  
欣賞小卡紙  
姓名：黃貝多 班別：P.2.B (9)

親愛的鄧凱呈：

我欣賞你有「自制力」的性格強項，因為你在大、小、午息的時候，在課室裡都不會大聲說話。你也有「喜愛學習」的性格強項，在圖書館裡也會借閱很多圖書，增進課外知識。

黃貝多

**「我們這一家」**  
 姓名：莊梓麟 班別：六乙 日期：14-12-2023

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我的性格強項：創意和幽默感

我希望運用我的性格強項為家人做的一件事：  
 我希望運用我的創意和幽默感製作一座獎杯和一面獎旗送給父母、感謝爸爸媽媽這一年對我的照顧和愛，告訴他們我會繼續當一個樂觀積極的人。

這張照片記錄了我們這一家的珍貴時刻：

**「我的成長足跡」 - [上學期]**  
 姓名：文日希 班別：六丙 日期：29-9-2023

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我可用以下方法運用我的性格強項 - 喜愛學習

- 我可以多參加不同類型的課程或興趣班、多參觀各種不同的博物館、廣泛閱讀各類型的書籍，以豐富自己各方面的知識，讓自己將來可以有淵博的學問，成為一個博學多才的人，貢獻社會。

家長在子女的成長和學習旅程擔當重要角色，亦是學校的重要夥伴。因此我們於本學年正式推行校本家長教育課程 St. Paul's Parent Engagement Program (SPPEP)。課程主要分為三個類別，包括：全校性學校發展課程、價值觀教育課程 / 親子活動和成長階段、靈命培育課程。

在家長價值觀教育課程方面，本校在家長教師會週年大會的家長講座及家長成長課中，皆以「正向教育」及認識子女性格強項作主題，讓家長從中對正向管教子女有更深入的认识。此外，為了令家長更能掌握子女於不同階段的發展、他們對社交、情緒和心理的需求，以建立更正向的管教模式，學校於去年11月份亦舉辦了一場全校家長講座，題目是「認識和處理兒童及青少年的情感和社交發展」，講者為陳國齡醫生。



香副校長代表本校致送感謝狀予陳國齡醫生

陳醫生指出，小學階段的兒童，要學懂調節情緒及自我解難。而家長協助孩子處理情緒前，應該先舒緩及調節自己情緒，亦不應立即協助小孩處理問題，該讓孩子嘗試解決問題，從而建立解難能力。此外，陳醫生建議家長參考權威型的管教模式，對孩子要有高親密度、高要求、具彈性的處理、清楚的規範，最後，還要有溫暖的互動。如家長能建立此正向管教模式，多認識子女的性格強項，必然有助提升孩子的自我價值觀及幸福感。

## 擁抱不同情緒 活出健康人生

校園是體現照顧、關懷、互相支持及互相尊重的地方，是同學另一個家。我校十分重視同學的身心靈健康，今年推行「精神健康校園運動」，增強一眾師生對精神健康的認知，並實踐正向生活。隨著去年11月「精神健康校園運動」啟動禮後，學校透過不同的課堂及課外活動去開展運動，校園及課室張貼了海報，營造正向校園文化氛圍。

其中，各級在上學期的成長課均進行「心靈健康課題」，初小心靈課程更是今年新增的項目，內容包括：小一的「我知我感受」、小二的「表達情緒」及小三的「面對挫折」，讓同學自小認識情緒及學習抒發情緒的恰當方法，從而讓他們能夠以積極正向的思維去面對挫折及逆境。

為了提升教師促進同學精神健康的發展，增強三層支援效能，尤其在照顧有特殊教育需要的學生方面，我校積極推薦教師修讀教育局「照顧有特殊教育需要的學生」的基礎課程、高級課程及專題課程，教師均表示獲益良多。以下是兩位教師的分享：

得到學校的推薦，我在過去數年間先後報讀了香港教育大學的初級、高級及專題課程，學習支援有不同特殊教育需要的學生。課堂上經驗豐富的本地和外國導師除了傳授我們理論知識外，也常跟我們分享過往的個案和經驗，加深了我對學生支援方面的認識。透過小組實習，我亦有幸能親身體驗如何在課堂上照顧不同能力、不同需要的學生，實踐所學。這些經歷都令我在日常教學中能更切實地關顧不同學生的需要。

學生支援組於去年11月3日與小二同學進行了有關「表達情緒」的心靈健康成長課。我們透過不同的生活情景引導學生辨別情緒，讓同學明白情緒有正面和負面，但並沒有好壞之分，每個人面對同一件事可以有不同的情緒表達。我們也提供了情緒表達圖表，鼓勵學生能使用更準確的詞語表達情緒，並學習聆聽和尊重彼此的情感。

除此之外，我們亦與學生討論及分享了不少減壓的方法，藉此舒緩他們的壓力，學會與負面情緒共處。我們盼望藉着此心靈健康成長課能讓學生懂得辨別和表達情緒，提升他們的情緒管理和解決問題的能力，從而促進他們的心靈健康。



小二心靈健康成長課

馬可怡老師

周佩珍老師



## 優化評估安排，令學生更輕鬆地投入學習

建立正向的評估氛圍，促進學生有效學習，誘發他們學習動機，持續發展學生自主學習的能力，是我校優化評估的目標。繼去年取消計算日常中文寫作及 English Composition 的分數後，本學年取消小五、小六的默書評估，各級默書日常成績不計算入成績表，以減輕對學生的壓力。日常默書除傳統的默書形式外，新增多元化的默書活動，以提升默書促進學習的效能。中、英文科還分別設「識字達人」獎章和「Young Speller Award」鼓勵學生努力求進。學生對於此安排均表示歡迎，除了能給予他們滿足感外，學生在學習過程中得到老師適時的回饋，讓他們了解自己的學習進程，從而調整學習策略，以改善或延展所學，達至「評估求進」。以下是老師及學生分別對新修訂的默書形式的看法和感受：

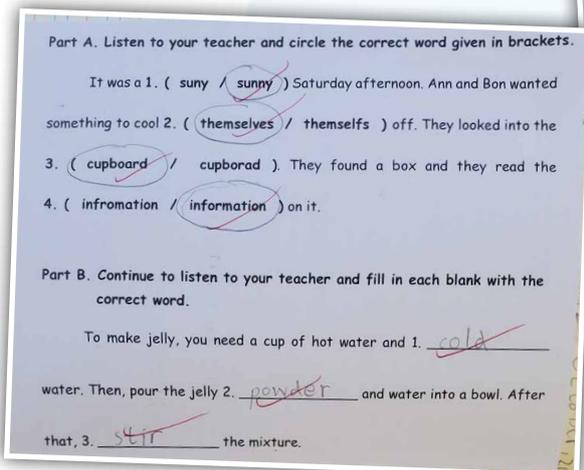
## 多元模式的默書對中文教學的影響

默書一直是語文科進展性評估中必不可少的部分，學生恆常溫習，鞏固字詞對於語文根基的建立有不可取代的作用，但無可否認，默書對於部分同學來說有一定的壓力。有見及此，中文科今年優化默書的形式，日常的默書成績不但不再放入成績表中，默寫的形式也更加多元化。例如：低年級有填充、連線、配對等形式，高年級也增加不少運用的形式，並非只是單一的聽寫。在多元化的默寫模式下，學生不但能夠鞏固日常所學的字詞，更重要的是他們不再恐懼默書。在新的形式下，學生信心增加，對默書的興趣也提升了不少。另外，中文科今年還新增了「識字達人」的獎勵計劃，鼓勵同學建立紮實的字詞基礎，享受默書的樂趣。

鄭宇蓮老師

Our dictation mode has advanced this year! According to the vocabulary we are required to comprehend in our studies, our considerate teachers have introduced a new approach by crafting paragraphs with blanks for us to fill in using the vocabulary we have learned. This presents an excellent opportunity for us to enrich our vocabulary and make the seemingly far-away words more accessible, and also allows us to master the usage of these new words at ease, making dictation more interesting and the vocab easier to understand. Moreover, it helps alleviate our stress. Filling in the blanks feels more relaxed compared to rushing the whole paragraph out, thus boosting both our performance and confidence. Students, including myself, experience less stress during unseen dictation, proving that this adaptive dictation mode is truly beneficial and definitely commendable.

6A Li Shanjia



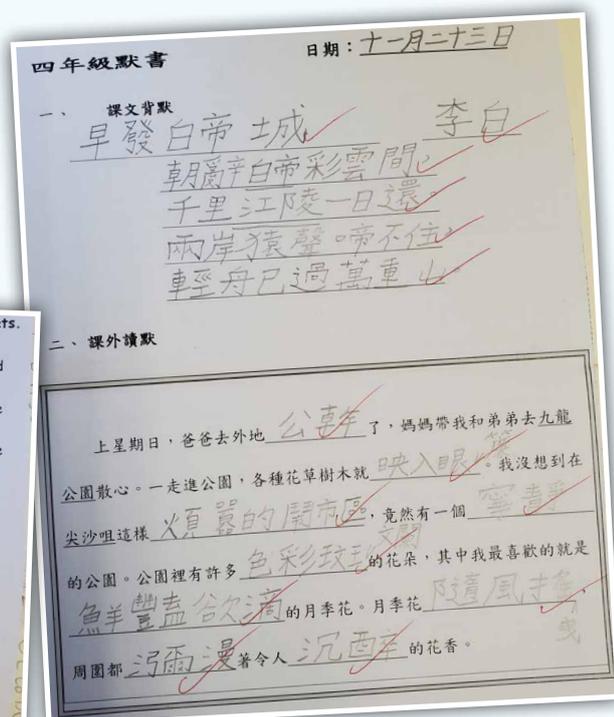
## Spelling is Fun

To cultivate a genuine enthusiasm for spelling among students, the English Department has implemented an innovative addition to our traditional dictation practice known as diversified dictation. It offers a wide range of engaging activities, such as identifying items in pictures, completing fill-in-the-blank exercises, and generating item lists based on given categories. Students have responded positively to our new approach, expressing that it has reduced their stress levels and enabled them to wholeheartedly embrace the joy of spelling. It is hoped that these enjoyable and exciting spelling practices will inspire our students further.

Miss Carissa Wong

對於五年級中文默書的方式改變，尤其增加了字詞庫裏的詞語及造句來進行課外讀默。我覺得這樣不但可以幫助我們更好地理解詞義和用法，還可以為我們的寫作打好基礎。在寫作中可以更貼切、更精準地使用詞語，從而提高作文水平，真的感謝學校作出此安排。

小五丙 周怡彤



## 領袖生

八十位領袖生在學校內是同學的模範，要發揮領導同學的作用。他們會在大息、午息及午膳時間協助老師維持學校秩序，提點同學要遵守校規，表現出「有承擔」和「具責任感」的領袖風範。透過一系列的領袖生培訓課程，讓領袖生在不同情境中汲取與他人相處、互相合作等經驗，從而培養出個人品格、價值觀、自信心、抗逆能力等，並期望藉不同的領袖生訓練，塑造及培養同學領袖素質。



領袖生於午膳時間協助老師維持秩序

今年我有幸當選領袖生。本是四年級已可參加的服務團隊，但我因為沒有自信而一拖再拖。最終，在去年，就參選領袖生的事宜，我鼓起勇氣諮詢了媽媽的意見並得到了家人的鼓勵和支持。五年級開始的那個星期，老師們就已經清晰交

代了領袖生的工作範疇。我第一天當值的情形還歷歷在目。當時的我實在難掩緊張又興奮的心情！佩戴上領袖生專用的帶子，我感到很自豪。在學校走廊巡邏，又感受到自己背負着重任。漸漸地，我學懂了如何幫助、管理同學，也學會了如何應對不同同學的需求。我覺得這工作帶給我非常大的滿足感。在這個服務團隊裏，我學會了怎樣發揮「關愛」這個性格強項。我很幸運自己是領袖生，在服務其他同學和老師的同時，我還能發揮自己的性格強項。



領袖生於小息時間在操場維持秩序

五丁 孫敏澄



領袖生宣誓日：校長頒發領袖生徽章和領帶，肯定他們的付出及使命。



領袖生參與服務團隊工作坊



領袖生參與培訓，仔細聆聽老師講解守則

## 學生大使

全校共有 324 名學生大使，負責向本校小一學生及來賓介紹學校設施及分享自己的校園生活。學生大使於 2023 年 11 月 13 日至 17 日期間，帶領「小嘉賓」遊校園，以大哥大姐的身份帶領初來報到的小一同學遊覽校園的每個角落，介紹學校不同的設施，令小師弟小师妹對學校這個新環境有更多的認識。加深對學校的認識，增加歸屬感。

從觀察所見，學生大使都積極投入服務，因為他們明白自己是聖保羅的一份子，樂於為學校出一分力。活動前，學生大使都會參與培訓，了解自己的崗位和熟習遊覽路線。每次活動後，嘉賓都會按學生大使的表現給予回饋。這些正面的回饋都給予學生大使們一個肯定，鼓勵他們下次做得更好。



學生大使向小一學生介紹學校各項設施

Having volunteered and trained to be Student Ambassadors since last year, one can imagine how excited we all were when it was announced that the time has finally come for us to be in action! Our assignment was to take the new P1s, who had been

with us for a little more than two months by then, on a campus tour.

When the tour day arrived, I was buzzing with anticipation all day, and was also more than a little nervous. Luckily, the P1s were such eager learners, and were so curious about everything that they made the tour a delightful experience. Whilst this had been tremendous practice for my **communication** skills, it also made me appreciate our teachers even more – it is no easy task being clear, enlightening, and engaging in front of a large group.

I am **grateful** that I had been given the opportunity to be of **service**. As my friends and I had spent our P1 year behind masks and on Zoom, this resumption of normal life made me feel **optimistic**. Being part of this tour was particularly special for me because my own little sister is in the new P1 cohort. I look forward to continuing to serve our school community in the years ahead.

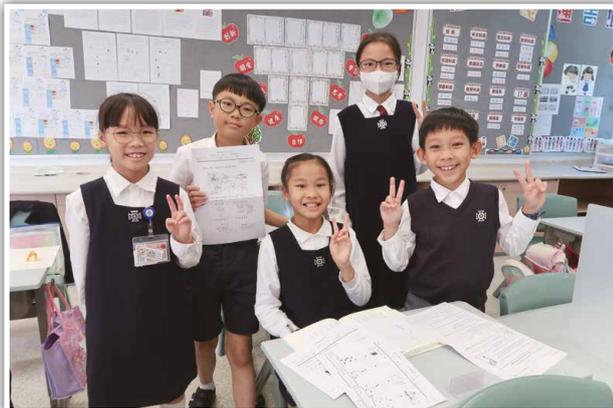
4B Aerin Wong



小四學生大使先來張大合照

## 「學兄學姊計劃」全面投入服務了！

疫情期間，學兄學姊只能於午息和小息提供有限度的服務。今年招募了小五及小六年級學生擔任學兄學姊，並安排他們每逢星期二或星期五，於導修時段進入小一至小三的教室，協助低年級同學抄寫手冊、收拾書包及進行功課指導。學兄學姊們每次服務認真投入，耐心教導學弟學妹。透過每星期的服務，增加了彼此的聯繫。他們更會主動分享自身的寶貴經驗，從而幫助學弟學妹提升自信，並學習良好行為。除了有助提升學校的關愛文化外，更是傳承聖保羅「愛」的精神！



學兄學姊們於導修課到初小課室指導學生功課



學兄與初小同學分享收拾書包的心得

## 小五外展

小五外展訓練課程是學校一年一度的重要活動之一，本年度於2023年10月23至27日舉行。今年的外展課程特別叫人興奮，因為同學們在經歷了三年疫情之後，終於可以再次在營地留宿，體驗到「原汁原味」的外展課程了。在五日四夜的特別課程裏，同學們積極參與各種活動，包括高空繩網、獨木舟和「跳碼頭」等。過程中，同學們彼此支持及鼓勵，勇於面對不同的挑戰。此外，課程還融入了「正向心理學」中的「性格強項」理念，旨在進一步提升學生的幸福感和學習成效。現在，讓我們一起細味小五同學在外展訓練中是如何認識並運用他們自己的性格優勢吧。



在五天四夜的外展訓練課程中，我最喜愛的活動是「跳碼頭」(jetty jump)。由最初懷著戰戰兢兢的心情到後來迫不及待地參與活動，我成功挑戰了自己。當中令我印象最深刻的，就是從碼頭高處跳下的一刻，我緊張得好像時間也暫停了。正當我在思考跳進海中是甚麼感覺時，那一瞬間我已掉進大海的懷抱，巨大的衝力濺起無數水花，原來能成功克服挑戰給我的滿足感是這麼大的。經過這次外展經歷，我明白了即使面對重重難關，也要勇敢面對。

五甲 劉范



外展訓練給了我們一連串的挑战，使大家都成長了不少。特別在第三天，我們參與了爬繩網活動。繩網的高度實在令人膽怯，使我很想掉頭離去，但因為教練不斷鼓勵我們和相信我們有能力完成任務，於是我們鼓起勇氣面對，最終各人都成功了。

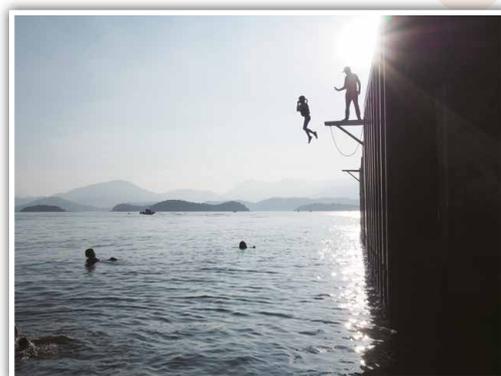
第四天，我們終於可以挑戰「跳碼頭」了。站在遠處，遙望碼頭似乎也不怎麼高，大概一個成年人的身高而已。可是當我站上跳台後，才發現跟海面有很大的距離，實在太可怕了。不過，可幸的是，即使面對心中的恐懼，但是大家都勇敢地跳下去，真是太厲害了！

雖然這五天時間吃了不少苦，但是我很有滿足感，而且也變得更勇敢，以後做事不會半途而廢，輕易放棄，同時我也明白了團隊合作的重要性。

五丙 李聿陶

On the third day, it was our team's turn to go camping. We had to work as a team to carry all the supplies. We had a good division of labour, with the boys carrying the heavier items and girls carrying the lighter ones. When we finally arrived at the campsite, we were exhausted. With perseverance, we continued to set up the tents and prepare dinner. We felt proud for what we had achieved. In the middle of the night, we had surprise visitors. There were wild boars roaming our campsite and they even stole Salle's beloved knife set!

After all, I would like to express my gratitude to my teammates. With their support, I was able to step out of my comfort zone and complete all the challenges at Outward Bound. This Outward Bound journey was truly an unforgettable and once-in-a-lifetime experience.

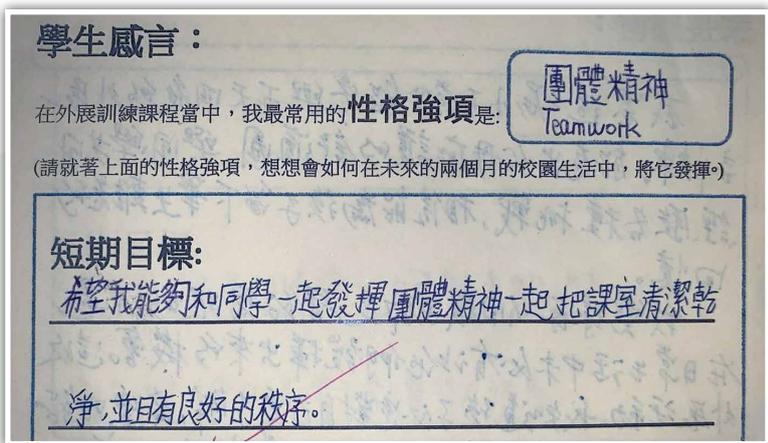


5B Ng Ian Tsz Long

在外展的五天生活中，我面對不少挑戰，有很多的得着。當中我發揮了性格強項中的「勇敢」去面對困難。例如於訓練中，我們有一個挑戰是要「跳碼頭」，我非常害怕，不太敢跳，但經過同學們的鼓勵後，我便勇敢嘗試了。到傍晚時份，我開始想念家人。幸好，我的朋友安慰了我，我深深體會到友誼的可貴。

轉眼間，五天的挑戰便過去了。我從來沒有想過自己可以完成外展訓練，但我最後成功了！我下次一定會繼續努力，勇敢地面對每一個挑戰。

五丁 王晞晴

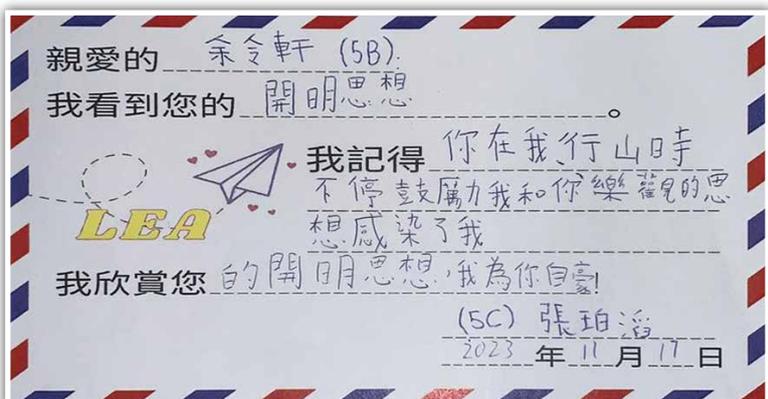
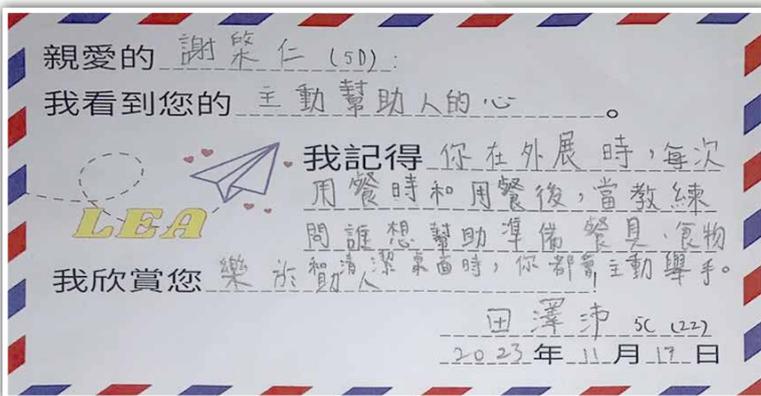


在露營那天，我和同學們走了四公里多的路後，終於到達營地。我們親手紮營，小心翼翼地切火腿、雞肉等食物，烹煮了一頓香噴噴的晚餐，大家都吃得津津有味呢！晚上我們準備睡覺時，有些野豬和野牛因為嗅到食物的香味而來到了我們的營地。當牠們漸漸靠近時，我們都驚惶失措地躲在帳篷內。幸好，一直默默保護我們的教練此時挺身而出，趕走了牠們！

在課程的最後一天，我們進行了期待已久的「跳碼頭」活動。我踏上碼頭的跳板時，突然覺得有點害怕，但我仍戰戰兢兢地走向跳台末端，深呼一口氣，便勇敢地跳下去。此刻，時間彷彿也停止了，只有我往下墜。下一刻我睜大眼睛時，已被冰涼的海水包圍着。終於，我成功克服恐懼！

在這個課程中，我不斷挑戰自我，接觸了許多新事物，度過了一個充滿挑戰和別具意義的一週。

五戊 李愷悅



## 攜手合作、學好中文



本年度，學校首次舉辦了三場幫助家長更全面地認識中文學習的講座。一、二年級的家長講座以「學好中文，從養成好習慣開始」為主題，主要分享學生在幼小銜接階段的學習需要，以及學習中文的方法，並強調家長與子同行，陪伴他們成長的重要性。三、四年級的家長講座以「接納差異、尊重不同，走自己的學習之路」為主題，強調由於每一個孩子的學習模式和步伐均不同，建議家長因應孩子的能力及興趣，找合適的學習方法及讀物培養孩子的學習興趣。五、六年級的家長講座則以「千里之行始於足下，源於生活的中文學習」為主題，主要和家長分享中文科在中小銜接方面需要注意的地方，為同學升中的學習做好準備。這三場家長講座除了分享協助孩子學習中文的心得外，還希望能讓家長更理解孩子學習中文的



歷程，鼓勵他們積極聆聽孩子的心聲，並身體力行地在孩子學習中文的路途上與他們同行。我們相信，透過家校攜手合作，孩子們在學習中文的道路上必將走得更有信心，所得也將更豐盛。

## 有朋自遠方來，不亦樂乎

今年學校參與教育局「內地與香港教師交流與協作計劃」，邀請到內地專家王小莉老師到校支援中文科的發展，並協助學校的推廣普通話及中華文化的活動。王老師來自重慶，是重慶市優秀教師、小學語文名師，有豐富的中文教學經驗。透過觀摩課堂以及和中文科主任的深入交流，王老師在短短一個月內就已經洞悉到科組發展以及教師專業發展的重心，並訂定了以「善用學時，整合單元教學，優化學與教」為主題的校本研究計劃。來年小一至小六均會選定教學單元，透過集體備課的形式，由王老師帶領中文科老師進行單元整合教學的實踐研究。

為了讓中文科全體老師都認識整合單元的教學理念，王老師於去年11月在校內為中文科老師主持了《善用學時，巧妙整合教學資源優化學與教》工作坊。小一至小六的實踐研究也隨即開始。王老師每週二以及每兩週的週五都會駐校，她會恆常地參與小二和小四的中文備課會。中文科期望透過此計劃，提高教師解讀教材和設計課堂的能力，幫助教師提高課堂教學效率，從而提升教師的教學能力。

在推動普通話和中華文化方面，王老師每逢星期二會利用午息時間，在圖書館為學生們講故事。她以中華經典為載體，配合學校價值觀教育主題，以深入淺出的方式，聲情並茂地向學生們講述中國歷史、文化名人的故事，讓學生們在聆聽故事的同時，親近中華文化，感受普通話的語言美，學習誠實守信、勇敢堅毅、明辨是非、關愛孝順等價值觀，培養學生具備積極正確的人生態度。孩子們很喜愛聽王老師講故實，並從中輕鬆、自然地學習中華文化。

我每逢星期二午息都去圖書館聽王老師講故事，王老師講得繪聲繪色，我聽得津津有味。王老師會講很多和中國文化相關的故事，例如「懸樑刺股」、「言而有信」等成語故事。其中，我最喜歡的故事是「精衛填海」，精衛鳥的意志堅定，讓我很感動。之後，我立即回家搜尋相關的資料，發現原來這是《山海經》裡其中一個故事。我又借了《山海經》來看，這本書非常有趣呢。謝謝王老師讓我學習到更多的成語故事和了解了中華文化。

三甲 劉圓



## 勇敢無畏的小楊柳樹

初小普通話集誦隊自上學期初九月以來，為演繹詩歌《河邊的楊柳》用心準備。詩歌講述一株友善的楊柳樹如何與魚兒、青蛙互動，又如何堅強地面對風吹雨打，充滿童趣。在練習初期，老師把楊柳挺立在河邊的圖片給學生看，讓他們感受自己就是一棵勇敢無畏的小楊柳樹。之後在每一次的練習中與學生從琢磨詩歌內容、讀準字音、構思動作，最後將五十人的表現合而為一，當中下了不少苦功。集誦隊成員共有五十人，當中少數為二年級學生，大部分都是一年級生，在嚴格的要求和刻苦的訓練下，他們展現出過人的堅毅精神和自律素質，積極樂觀地面對挑戰，比賽當日在台上表現出自信的一面，最終獲得評委的讚賞與肯定，獲得亞軍。



## Hong Kong 75th Hong Kong Speech Festival - English Choral Speaking Competition

Students in Primary Four to Primary Six participated in the Hong Kong 75th Hong Kong Speech Festival - English Choral Speaking Competition. They recited a poem by Raymond Wilson called The Grateful Dragon. The poem is about a starving dragon who is shown mercy by the Princess and the King, and later repays the favour by saving the entire kingdom when enemies attack. The Choral Speaking Team rehearsed over the course of three months, including extra after-school and Saturday sessions, demonstrating their perseverance and commitment. All the hard work paid off when the students impressed the judges and audience on competition day and ended up winning first place! Students learned the importance of teamwork, patience, cooperation and motivating one another to do their best!



Our English Choral Speaking Team

## Enhancing Our Curriculum, Expanding Our Team, Empowering Our Children

Curriculum development is a dynamic process and of paramount importance as it ensures that both teaching and learning stay relevant and effective in preparing our children for the rapidly changing world. To effectively implement the changes, the English Department has expanded and it is now ready to embrace the process of curriculum renewal.

### Our Reading Curriculum

By integrating reading strategies into the curriculum, our future leaders are equipped with the essential skills of comprehending and analysing complex texts. A new course book series, Reading Trends, has been adopted in the English curriculum starting in Primary Two this year. Over a four-year period from Primary Two to Five, students are encouraged to read a wider variety of text types and get more exposure to vocabulary items. They would acquire skills such as identifying the main idea and making inferences. This allows them to navigate the complexities of the modern world and be able to keep up with the changing trends.

### Our Growing Team

The English Department this year welcomed a number of new members. Alumna Ms. Erica Lowe is our new Head of

English Department. She brings a long-term vision for the growth and advancements of the Department as she understands the history, needs and challenges faced by the School and the students. She also serves as an inspiring role model who fosters a strong sense of belonging among the current students and alumni by making valuable contributions to her alma mater.

In addition to six ENETs (Native English-speaking Tutors managed by an organisation, Eureka), two NETs (Native English-speaking Teachers) have joined the SPCCPS family this year. Through interactive classroom activities, daily conversations, fun games and festive events, the students become more confident and proficient in using English. Both the ENETs and NETs have a deep understanding of the culture, customs and traditions of English-speaking countries where they come from. They also introduce students to diverse cultural perspectives. This promotes a sense of appreciation and empathy for diversity among the students.

With the updates to our curriculum and new members to our team, the English Department hopes to continue to nurture and empower our students to be confident readers and leaders of the 21st century and beyond!



## A Merry Note!



December has been filled with joyful festivities in the SPCCPS music troupe. Our Intermediate Choir took the stage with “*Jubilate Deo*” to celebrate the birth of Jesus at the Christmas service on 15 December 2023. The choristers gave praise to God with this special Latin piece in mixed meter with joy and vibrance.

This year, the Christmas Celebration Day has been very special for our P4 students, who have put together beautiful performances on 21st December. All P4 students have started learning how to play instruments as an ensemble since September, some even just started with their instrumental learning! They have surely displayed the will to conquer and overcome challenges throughout the past few months in their ensemble training.

Our Handbell Ensembles shared with us two peaceful hymns, namely “*Gentle Mary Laid Her Child*” and “*He is Born*”. The whole school joined in singing the latter in good spirits. Next up was the Percussion Ensembles with the romantic “*Can You Feel the Love Tonight*” and the exuberant “*Heigh-Ho*” which built up the energy among the musicians and the audience! The most exciting point was when the P4 Orchestra joined forces with our Junior Choir in performing “*The Servant King*”, calling each of us to follow Him and bring our lives as a daily offering of worship to our servant king. This moving and heartwarming hymn reminds us to put Him first for it is Christ we are serving. The Celebration Day ended on a merry note with our grand finale of “*Super Duper Christmas*” with everybody singing praises to Jesus!



I loved how we got to use the swing trick when we finished memorising the whole song. It was very enjoyable and fun to learn handbells this year in P4 I learned how to do the amazing swing trick, how to play the handbells, learn more about the fun side of music, and improve in reading music.

4E Tung Victoria Karen - Handbell Ensemble

第一次練習打手鈴的時候，老師一邊唱《He Is Born》這首詩歌，我們一邊打手鈴。因為我未接觸過這種樂器，所以讓我覺得很難忘。我第一次打手鈴時，未能抓緊拍子，因此覺得很難。之後我學習用堅毅不屈的精神，反覆地練習，不斷地進步。在練習的過程中，我漸漸樂在其中呢！

四甲 詹子睿－手鈴小組

我最享受的回憶就是在練習《Can you feel the love tonight》的時候，因為當所有人一起敲打樂器的時候，聲音有高、有低、有厚、有薄，混合在一起十分動聽，令我沉醉其中。

四乙 李希柔－敲擊小組



我在器樂課程中最愉快的回憶是陳老師讓我們跟和自己不同樂器的同學一起坐，我發現原來自己很容易被人影響。我要專注拉奏自己的部分，也要細心聆聽別人吹奏。這次經驗令我獲益良多。我最欣賞擔任團長的周采然同學，她拉小提琴很動聽，也有很好的領導能力，但她絲毫不驕傲，反而很樂於幫助有需要的同學。這並不是一件容易的事，但身為團長的她，真的為我們樹立了好榜樣。

四丁 鍾卓菁－管弦樂組



最令我雀躍的是可以和好朋友一起拉奏美妙的樂曲，因為平時我是單獨上課和練琴的。我很享受這次參與樂隊的課程，因為可以交新朋友和他們一起學習。我還在這次的體驗中，學會了演奏時要看指揮和自己數拍子，視譜能力亦有提升。

四丁 馮靖霖－管弦樂組

## 舞蝶慶聖誕



今年，我們很榮幸被挑選成為「校園藝術家」。這既是一個課外活動，也是服務團隊。對於喜愛繪畫和設計的我們來說，這工作雖辛勞，卻能從中得到喜悅和成就感。

在今年小一面見學習週，全校同學都上了一堂與別不同的視藝課。老師透過翻轉課堂的視頻教我們用綠畫紙和膠膜紙，製做一件名叫「蝶舞禪繞畫」的藝術作品。同學們創意無限，作品各有特色：有些色彩鮮艷，用色大膽；有些只是用了淨色，線條卻也優美。聖誕前的「校園藝術家」課堂上，我們在老師的帶領下，巧妙地運用全校同學精心製作的這些獨一無二的「紙蝴蝶」佈置校園，為校園注入了濃厚的聖誕氣氛。整個校園煥然一新，每一個角落都充滿了節日的喜悅和祝福。我們團隊的努力得到了老師和同學們的讚賞，這讓我們感到非常欣慰和自豪。這次經歷讓同學們展示了創造力，也讓我們體驗到團隊合作帶給我們的欣喜。希望以後也能參加這樣有意義的活動。

四甲 周貝凝、葉卓珈



早前，我和一眾「校園藝術家」在樓層分工合作，用全校同學製作的紙蝴蝶佈置欄杆。我們要用索帶將彩帶綁在欄杆上，再將紙蝴蝶釘在上面。紙蝴蝶被釘上前，要用手指將它摺一摺，做成飛舞的效果。但固定它們還真困難，因這些紙蝴蝶很容易脫落。途中我們一邊釘，一邊思考如何改善。最後，所有的紙蝴蝶都能牢固地釘上了。風吹起時，蝴蝶翩翩起舞、栩栩如生，大家都感到特別滿足。

四乙 劉希賢



## InnoGala 2023

香港直接資助學校議會於2023年10月13日及14日假銅鑼灣聖保祿學校舉行「創科薈萃InnoGala 2023」，事隔三年於疫後再次舉辦實體嘉年華。在兩日的活動中，約40所直資中學及小學展示了其學生在STEAM學習上的成果，本校中學及小學都參與其中。

我校一直以校本模式推展STEAM教育，全方位滲透於學術課程中，包括數學科、常識科及資訊科技科，加上近年推行的跨學科MASTER課程，培養學生的創新思維，成效顯著。

今次於InnoGala中，我校展示了近年學生於各項比賽中的得獎作品，包括「吃得到的水球」、「天災防範智能城市」等；亦有學生課堂成果展示，例如常識的流動實驗室、IT的Marty跳舞機械人、MASTER的電流急急棒等。兩天共有14位同學到場作講解及示範，更能讓參加者親身試玩，更具互動體驗；同時，我們又透過大型顯示屏，以影片形式介紹學校推展STEAM活動的精彩花絮，讓參加者充分了解本校STEAM教育的成果。而學生出色的表現，更獲大會頒發小學組金獎，以茲鼓勵。

I am really grateful that I could participate in this wonderful public experience. Not only can I show me and my group mate's creation to others, I also grabbed the opportunity to learn from other schools' projects. Without teachers' and group mates' help, I wouldn't have made this model successfully. Thank you for giving me a chance to play a part in this fantastic fair!

6B Hui Man Ching Colin

我非常感恩老師挑選了我參與2023 InnoGala。過程中，我對學校的科學教育更加瞭解，也在參觀其他學校的攤位中認識了更多的科學知識，更學會了如何電腦編程，也學會了如何向其他人介紹我們的作品。這次的參與讓我獲益良多，增廣見聞，期望明年可以再次參與InnoGala！

五丁 趙宇鏗



## 推動STEAM教育 常識科打穩科學基礎

STEAM 以「S - Science」為首，因此常識科在推動STEAM 教育方面，著重透過多元形式，於課堂內外培養同學對科學的興趣，提升同學對科學探究的好奇心和動手進行科學探究的能力。

各級配合常識科課程的科學課題，精選特定的主題，於科學日營（或科學雙週/科學探究月）讓學生進行深入的探究，讓學生在動手製作的經驗中和進行實驗的過程中，培養科學思維，提升科研技巧，應用STEAM 能力，啟發創新思維。

年級	主題	內容
一	智能感官大發現	透過不同的探索、活動和測試，發現和感受奇妙的視覺、觸覺和聽覺，認識和探究五感。
二	活學活用小玩意	同學在親身嘗試造紙、製作印章和進行磁鐵的實驗中，認識中國古代的科學發明和技術。
三	天氣與我	透過進行衣物恆溫測試、自製溫度計和風向儀，探究熱的科學和嘗試監測氣象。
四	生之所需 地球之源	同學深入探究水和空氣的特性，了解水的浮力、設計濾水器、利用科學方法測量水質、自製肺模型認識氣壓與呼吸的關係。
五	聲、光、電的科學探究	同學探究光反射和折射的現象、自製小結他及馬達，發現光、聲、電背後的科學原理。
六	Space Exploration	由發射水火箭開始，到設計令雞蛋安全降落的裝置，再測試採集土壤的機械臂，讓同學對航天科技有更深入的認識。

於課堂外，常識科安排不同種類的科探活動，如期考後活動週的「科探工作坊」和「STEM 挑戰賽」、全校性的「流動實驗室」或級本的STEM 活動，以營造科探氣氛，提升同學對科探的興趣，及增潤恆常的科學學習內容。

在資優培訓方面，常識科積極挑選對科創有興趣的同學進行培訓，例如成立「常創小組」及參與各項科學比賽。透過校外參觀、培訓活動及比賽，讓同學有更多機會應用STEAM 能力、與其他學校交流和分享STEAM 經驗，從而促進學習，啟發創新思維。



今次常識科在 Inno Gala 2023 中展示的三个活動：小三探究活動「磁鐵的排斥力」、讓學生認識水的表面張力的「流動實驗室」活動「不倒的紙牌」，以及本校其中一個獲得科學青苗獎的比賽成果「吃得到的水球」，不僅讓參觀者可以親身經歷探究的過程，體驗科學學習的趣味，同時也充分展示了學校於常識科推行STEAM 教育的理念。

## Making good use of information technology to become “Model Digital Citizens”

Over the years, the curriculum of the IT subject has gone through numerous updates to help it stay current. The usage of computer-based office applications has transformed into collaboration in the virtual world using cloud-based productivity web-apps, i.e. Microsoft 365, Google Docs, Sheets, etc. In fact, the advent of cloud-based apps has already changed the mode of class participation and the flow of ideas, which we firmly believe is the answer to how we make good use of our advanced IT infrastructure at school. At the same time, we teach students in classrooms how to abide by internet safety rules, respect the law, as well as the rights and privacy of others.

Apart from the more “ordinary” topics we teach in IT lessons, we also promote the importance of becoming “Model Digital Citizens” to all students from Primary 1 to Primary 6. In our vision of the ideal “Model Digital Citizens”, they do not only “behave themselves” and abide by rules, they make good use of their knowledge learned and contribute to the society and eventually to the whole world.

In the award-winning display “Smart City for Preventing Natural Disasters” at InnoGala 2023, a group of students made use of their knowledge of Micro:bit and created a prototype of a city that can react quickly to floods, landslides and hurricanes. With their wonderful knowledge of IT technology and creativity, our students have transcended their love for our city to an innovative “lifeline” that can save it and its people in case of extreme weather conditions.



## 數學科推行STEAM活動的挑戰與成果



STEAM 教育被視為培養學生創新思維和解決問題能力的關鍵。近年，我們數學科老師亦各出奇謀，規劃並設計了不同類型的 STEAM 活動，務須將數學知識與實

際應用相結合，激發學生學習數學的興趣和動力。我們積極應對挑戰，推動 STEAM 教育的發展，為學生提供更豐富和有意義的學習經歷。

將 STEAM 活動納入數學課程是一個具有挑戰性的任務。還記得我小時候學習數學只注重理論知識和計算技巧，較少思考與實際問題的關連性，現在我希望能夠透過 Steam 活動讓學生應用這些知識和技能解難，以使學生能夠在實踐中學習數學。過去幾年，我們推行 STEAM 活動明顯能夠激發學生對數學的學習動機，體驗到數學的應用價值。一位學生在課堂完結時跟我說：「還可以有更多這類型的數學課嗎？很有趣呢！」這句說話深深刻在我的心坎裏，讓我有動力去設計及推行更多與 Steam 相關的活動。



鄧慧嫻老師

今年小一數學科 STEAM 活動是百變不倒翁。同學搜集家中的廁紙筒，一起學習製作不倒翁。由小一同學探究重心是物體重量分佈的中心點。當重心不變時，物體便會保持平衡。同學在活動中需要測試被推倒後重物（泥膠）和輕物（紙公仔）放置位置，如何令不倒翁回到原來的平衡。其中過程需要學生思考、探究、傳意、建立和以數學方式解決問題。當天小一同學都興致勃勃投入活動，課堂氣氛活躍，大家都投入其中。

施君宜老師

圖形面積一向是對於學生來說頗有挑戰性的課題；有見及此我們嘗試在該課題加入 STEAM 元素，使學生真正做到「眼到、心到」。除了量度草地活動及與音樂科老師合作譜出「面積之歌」外，去年我們也設計了讓學生發揮創意及美感的自擬題目課業。每個活動及教學設計背後都是我們老師在每次共同備課時費煞思量的成果；只要看見學生對學習的投入感和掌握程度有所提升，便頓感一切努力都很值得。



陳汶利老師



## 運動教會我的三件事

今年度校際賽事全面回復正常，各個團隊全情投入各項訓練，期望突破自己，為學校爭取佳績。上學期參加了各項的校際比賽，包括游泳、田徑及足球項目，隊員潛能盡展，獲得理想的成績。獎項固然是對運動員付出努力的肯定，但在比賽過程中展現聖保羅學生素質和體現正面價值觀亦同樣重要。以下是六丙班郭思晴同學的分享：

由小一下學期開始，我加入了學校的游泳隊，與游泳隊同學並肩受訓六年了，今年更有幸同時成為田徑隊隊員。在這六年成為體育團隊隊員期間，讓我學會了很多事情，也獲得了許多寶貴的經驗。

第一件學會的事是「關愛」。在訓練期間，同學之間的相處讓我明白互相關心和體諒的重要。大部分同學在訓練時都會覺得吃力和疲累，所以我們常常互相鼓勵和支持對方，然後肩並肩地努力堅持下去。另外，當比賽遇到成績不太理想的情況，也互相提醒不用氣餒，只要下次再努力便可以。

第二件學會的事是「盡責」。準時參加訓練是運動員的責任，因為遲到或無故缺席訓練都會影響整個團隊的訓練和氣氛。有一次我遲到出席游泳訓練，教練對我很失望，我感到很抱歉和尷尬。從那次經歷之後，我決心培養自己的責任感，每一次都準時出席訓練，亦以身作則教導初小的同學成為盡責的隊員。

最後，亦是最重要的就是「堅毅」。堅毅對成為一個出色的運動員來說是很重要的元素，要成功就必須堅持，所以我常常提醒自己要堅持，永不言棄。訓練常常會遇到各種困難和阻礙，我們在放學後還需出席一至兩小時的訓練，同時還要兼顧學業，難免感到身心疲累。而在校際比賽前更要加時練習，有時真的會有想放棄的念頭。不過，我相信只要憑着努力不懈的精神，定能克服難關，逐漸提升各項運動技術水平，與隊友一起創造佳績。

感謝學校和父母一直以來對我們的支持和鼓勵，讓我們從體育團隊中除了學會運動技能外，也學會了怎樣堅持信念，關心身邊的人，成為一個盡責的運動員。

六丙 郭思晴



## 教師專業發展日：活出正向校園文化

「持續實踐價值觀教育，活出正向校園文化」乃本年度學校關注事項之一。在2023年9月25日的全校教師專業發展日，由北山堂基金講者以「從每一次的互動到關係的建立」為題舉行工作坊，先讓老師們更深入地認識正向教育的理念，再讓大家學習將其實踐在人與人每一次的交往中。當日下午，由朱嘉穎副校長和黃錦雪主任主持「From Me to We」團隊共建工作坊，旨在增進全校同事之間的互動和溝通，加強大家對學校團隊的歸屬感。

### 北山堂基金－從每一次的互動到關係的建立

北山堂基金的同工先透過各種破冰遊戲，營造融洽、溫馨的氣氛，同事們投入參與，歡笑不斷，從而帶出「正向人際關係」的要旨。追求幸福是人之常情，透過嬰兒對母親不同表情和反應的實驗片段，提醒同工與人聯繫是人的本能，而「關係」乃透過累積而成，研究顯示一次對關係的破壞需由五次有益關係的行動才能修復。講者再從家庭伴侶、職場、師生三方面，講解何謂高質素的聯繫，並傳授各種有助促進關係的技巧，例如溝通時懂得如何「回應好消息」、讓學生感到被看見、安全和有歸屬感等。活動帶出擁有良好人際關係的益處，例如能增加快樂感、減輕焦慮和抑鬱、獲得外在資源等，最後以深刻而精要的總結—「每次交流都很重要」作結。





### From Me to We – 團隊共建

承接上午工作坊強調「溝通與互動」，下午的團隊共建活動由朱嘉穎副校長及黃錦雪主任帶領。全校教師以小組形式進行不同的遊戲活動，加深同事對團隊的認識。第一個活動「小組才能大比拼」要求每組組員一邊手拉手，一邊輪流穿過呼拉圈一遍。大家先討論策略，然後比拼，透過嘗試、吸取經驗、討論和實踐，讓組員彼此了解及鼓勵，共同把任務完成得更好。第二個活動「非一般世界之最」中，每組派出組員比試不同項目，包括：最大的手掌、完成急口令……過程當中，許多老師都展示了他們平時隱藏的才能，也讓每位老師體會到人人都是「學校之最」。第三個活動「極速傳球」要求每組的所有組員在最短時間內都接觸球一次。經過討論後，有組別圍成圓圈並把手掌伸到圓心，有組別連成直線人鏈並伸出手掌，也有組別伸出手掌並組成垂直的管道。大家各出奇謀，互相交流心得，齊心合作完成任務，提升團隊間的信任及默契，發揮各人的強項，令團隊合作時大家都能各施所長。



## Looking Ahead

Date	Event	Place
29 March – 4 April*	Visit to Tianjin Nankai High School/ Shanghai Fudan High School/ Shanghai High School/ Ningbo Huizhen Academy	Tianjin, China Shanghai, China Shanghai, China Ningbo, China
15 – 19 April	Primary 6 Graduation Trip	Beijing, China
28 – 30 April	SPCCPS 2024 Sports Team Exchange Activities	Nansha, Guangzhou
May – June	Form 6 Graduation Rites of Passage Programme	Queensland, Australia
2 – 8 May*	Visit of students from Shanghai High School/ Ningbo Huizhen Academy	SPCC
28 May	Lower Primary Games Day	Wan Chai Sports Ground
29 May	Upper Primary Sports Day	Wan Chai Sports Ground
14 June	Primary 6 Drama	SPCCPS
21 June	Gospel Evening	SPCCPS
22 June	Primary School Swimming Gala	SPCC
July	13th World Choir Games	Auckland, New Zealand
2 – 3 July	Summer Concerts	Hong Kong
2 – 5 July	Model United Nations Conference	Hong Kong
14 – 21 July	SPCC Xinjiang Study Trip	Xinjiang, China
July – August	Form 3 Rites of Passage Programme	Queensland, Australia

\* Tentative

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