

THE RED BRICKS

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St. Paul's Co-educational College

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St. Paul's Co-educational College Primary School

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Message from the Principal



The academic year 2023/2024 was a fruitful one for our College. It was yet another year of achievements for our students as they engaged in various competitions and programmes locally and internationally. Moreover, the SPCC Model United Nations Conference 2024 in July was a great success. A total of over 100 local and foreign students

participated in the 4-day conference to discuss global issues on the theme of sustainable development. It was undoubtedly a unique and enlightening conference experience for the participants.

In our pursuit of academic excellence, we continue to foster the holistic development of our students. We encouraged our students to develop their international perspectives through various programmes. We are proud to be the first Round Square school in Hong Kong, and we are committed to nurturing students into confident individuals, lifelong learners and responsible global citizens. The mainland and overseas exchange programmes were

relaunched last year with several cohorts visiting our sister schools such as the High School Attached to Tsinghua University in Beijing, the Nankai High School in Tianjin and the High School Affiliated to Fudan University in Shanghai. Furthermore, some students participated in the overseas exchange programmes to Singapore, Australia, Germany and South Africa, which provided an incredible experience for their understanding of the different cultures around the world.

As educators, we always hope to provide our students with as many opportunities as possible to meet their diverse learning needs. Cultivating students' positive values and inculcating good attitude and behavior is also one of the important goals in our school. "Wisdom" and "Filial Piety" from our College's twelve core values will be the focus for this academic year. We hope that through these two values, our students can be reminded of the importance of these values in their development.

SPCC strives to provide students with a caring and nurturing environment where they are given opportunity to reach their full potential. I am sure that we will continue to scale new heights with our College's motto of "Faith, Hope and Love" as our guide in the new academic year.

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

校長的話



經過悠長的暑假，老師和同學們又回到校園，我們都懷著喜悅的心，迎接新的開始。

感謝天父，在過去的一個學年讓我們經歷多姿多彩的校園生活。不論是課堂學習，課外活動，團隊訓練，本地或海外的師生交流，網上或實體的家長教育課程，還是回復實體舉行的各類校際比賽，老師們揮盡汗水，用心籌辦，同學和家長們均積極

參與，一同發揮聖保羅「學習」、「樂觀」、「關愛」和「自律」素質，大家都滿載而歸。

在上年度的下學期，學校除了舉辦恆常的科本或跨科活動，提升學生的探究精神、加強他們對祖國文化的認識外，還全面恢復不同的社區探訪服務活動，讓學生能接觸不同的社群。此外，我們進行了幾項重要的交流活動，其中兩項更是第一次舉辦，包括小四全級師生在二月到大灣區探訪學校和參觀，體育團隊之乒乓球校隊在四月到南沙及廣州與國內的學生作球技切磋，並與國家隊奧運冠軍及精英運動員會面。因疫情停辦四年的小六畢業海外學習之旅，今年四月終於可以帶學生到北京。在五天的行程中，學生不單認識祖國的古今發展，我們更與北京史家胡同小學交流，並簽署友好合作備忘錄。至於海外的比賽活

動，學校派出6位小五、小六學生在五月到美國參加Robofest機械人大賽，以及63位小四、小五的合唱團團員在七月到新西蘭參加第13屆世界合唱節比賽，學生們都在兩個國際性的比賽中取得優異的成績，並獲得難能可貴的學習和生活體驗。海外交流活動能順利開展和完成，實在有賴老師、義工家長同心協力的帶隊和家長的支持。

今年是學校新的三年發展週期（2024-2027）的第一年，我們以「分享愛·常感恩·正向樂學展創意」為這三年的主題，期望持續鞏固價值觀的教育，發揮學生的性格強項，培育他們愛己及人，關愛世界，並能善用科技，成為具創意的自主學習者。學校在7月出版了第二期的《愛學習·樂分享》刊物，希望透過展示學生在文字、視覺藝術、音樂或科探等不同方面的創作，營造樂分享的氛圍，持續鼓勵敢創新的思維。

在新的學年，祝願老師，學生和家長們每天都充滿朝氣、盼望和愛。

張慧純
聖保羅男女中學附屬小學校長

EXPERIENTIAL LEARNING

Rites of Passage – Form 6 and Form 3

The motivation for me to join the Rites of Passage (RoP) programme is a rather spontaneous one as many aspects of the programme, from taking a 9-hour flight to going on expeditions at an unfamiliar place, are stepping out of my comfort zone. While I was struggling to adapt at first, it was fortunate that my groupmates were very supportive towards me, as well as the instructors from Higher Ground. I felt comfortable to ask for a helping hand when I needed it, or even talked to them when I was overwhelmed emotionally.

There was a wide range of activities experienced during RoP, but the most memorable one is mountain biking. I could barely bike before RoP. However, with the guidance of the instructor, I began to bike more smoothly on flat grassland. At that point, I was offered the choice to go mountain biking. I was unsure whether I should accept this challenge as I was not very confident, but I chose to take up this challenge, and I was somewhat successful in mountain biking (at least I did not injure myself). I could not believe that I have completed the challenge, which I would have thought as impossible if it were not for RoP.

RoP was a valuable experience in another way. By being away from my family for such a long time, I realised that I missed them more than I had expected. This caused me to cherish the time with my family more, and become more excited to share my experiences during RoP with them.



6A Ng Shuk Hei



I have eagerly anticipated this programme for six years, ever since my days in Form 1. Despite having the Form 3 ROP cancelled due to Covid-19, I am grateful that the school organised Form 6 Graduation RoP so that I wouldn't have left SPCC with regrets.

I seldom had the chance to try out adventure sports; hence, RoP had provided me a perfect opportunity to satisfy my longing. Camping and cooking in the wild during expeditions, hiking up extremely steep routes, and canoeing in a lake, were all valuable memories that would stay with me. Meanwhile, rock climbing had taught me a very important lesson of never giving up. Due to time constraints, I was only granted one try for climbing up a difficult route, while all my other group mates had at least two trails. I still remember vividly how I was extremely determined to get to the top. I could feel the adrenaline rush. I could feel my hands and legs shaking uncontrollably when I was climbing up. Nevertheless, I refused to give up and persisted. And I did it. I became one of the very few climbers who successfully got to the top. The satisfaction and excitement that followed could not be described with words at all. Be resolute, believe in yourself, and you would make it.

Another thing that I would never forget about Australia was the stars. Looking up, the whole sky was covered by stars. And that was not the end of it. Lying on a jetty, my friends and I were in the middle of a lake. The water in the lake was so clear and calm that all the stars in the sky were reflected in the water. The view was breathtaking and the tranquillity that surrounded me made me feel like I could have just stayed there forever. That was how I finally understood the Tang poet Li Bai's affection towards the moon as reflected in his works. I dare say, who would not be tempted to pluck the moon from the water when the reflection of the moon is so bright and beautiful?

This trip to Australia was definitely eye-opening. I would never forget the beautiful scenes of nature, and the lesson that nature had taught me.

6B Lee On Ying



If I had to use one word to conclude my Rites of Passage experience, I would, without hesitation, answer with the word fulfilling.

And here's why.

RoP provided me opportunities to step out of my comfort zone, such as spending 28 days with group members I wasn't close with, or rock climbing activities that tested our physical limits. Still, it was only during those toughest times could deepest bonds be formed, and nothing could match the high morale felt among our group during those campfire nights, as we sang along to our favourite artists' hits.

Through RoP, I learnt to manage my negative emotions and channel them into positive action. When faced with unbearably painful leg cramps that forced me to a halt, I refused to let my frustration overtake me. Similar to petrol enabling cars to move, those negative emotions fueled me to regain my focus, clutch my hiking poles, and continue hiking uphill, even if every step meant a ripping sensation up my tendons. As a member of the group, each and every individual decision contributed to the welfare of the entire group.

This transformative journey had undoubtedly led me to the realisation of how encouragement and perseverance could be motivations at stressful times. As the saying goes, every cloud has a silver lining, and sometimes, only through the most challenging experiences could the greatest rewards be yielded.

3A Kot Po Ki

It was a series of endeavors that pushed my limits both physically and mentally; it was an opportunity for profound friendship building within a new community; it was also a period of reconnection with the pristine nature, free of distractions from technology. Yet, for me, this 28-day journey stands for not only a rewarding and memorable adventure but also one that encapsulates my progressive growth through learning and reflecting upon each challenge faced.

Canoeing well over 20 kilometers against relentless waves, climbing up a 17-meter vertical cliff, and traversing arduous slopes with our hefty bikes were just some of the tough feats I never imagined achieving. These, along with the strenuous days and nights during expeditions, would have definitely overwhelmed me if not for my incredible groupmates, always supporting one another despite hardships. Our group name, "Garema", which means "coming together", had perfectly demonstrated the fiery spirit we carried as we braved rugged terrain and shared fond moments singing around the blazing campfire.

On the other hand, RoP embraced tranquility as much as it advocated challenges, granting us ample time for long desired reflective thinking and letting the experiences to fully sink in. Furthermore, living in the wild was, in contrast to previous fears, immensely satisfying: getting up every morning to warm golden rays shining across broad grassy plains, gliding through gentle ripples on the mirror-like lake surface with our canoes, and being mesmerised during moonrise, when boundaries between water and the pale sky seemed to join into one.

"The brave man is not he who does not feel afraid, but he who conquers that fear". Indeed, RoP marks my passage from junior form life into senior form life, and the maturing that happens – to recognise, face, and overcome my fears – in order to transform into a better version of myself.



3E Lam Chun Hin

SPCC Model United Nations Conference 2024

From debating on global issues to making friends around the world, the four-day SPCC Model United Nations (SPCCMUN) Conference was truly an eye-opening experience that left a lasting impression on me.

As a delegate from the Human Rights Council, I felt that it was incredibly amusing yet thrilling to question and debate with other students while listening to other delegates furiously denying their countries' use of child soldiers or justifying their unreasonable amount of carbon emission. Although formal language was required in committee sessions, the atmosphere was surprisingly relaxing and laced with frequent laughter and harmless jokes directed at specific countries.

Not only did I have to address the challenging Points of Information repeatedly fired at our delegation, but I also had to give impromptu speeches every now and then. Through these challenges, my public speaking and diplomatic skills were enhanced and I gained invaluable insights into contentious issues and diverse perspectives.

No matter how aggressive or intense the debate was, at the end of the day we all left the conference with

When I first heard that our school would be hosting a second iteration of the SPCCMUN Conference, I was ecstatic for it was a chance to share our passion for MUN with fellow St. Paulians. With unwavering determination, we charged forward. In the lead-up to the conference, we collaborated harmoniously with dedicated MUN teachers and various supporting groups, working tirelessly to plan the conference down to the smallest detail — from writing

knowledge gained, inside jokes remembered, and friendships formed. I was immensely grateful for this valuable opportunity to have intellectual conversations with other delegates and to meet like-minded individuals from culturally diverse backgrounds.

2B Choi Tsz Hei Chloe

committee chair reports, recruiting student helpers, to even designing the layout of committee rooms — in hopes of curating a fulfilling experience for local and international delegates.

5G Cheng Shing Wai Joselyn



After months of preparation with teacher advisors and hours of writing chair reports, SPCCMUN finally happened. As a first-timer chairing external MUN conferences, I was uncertain about what to expect, especially since this particular conference was an international one. Yet throughout the four days, I was astonished to see the tremendous progress in the committee. Inside the committee room, the once hesitant speeches soon became well-organised debates, and delegates discussed and proposed well-thought-out solutions on two topics relating to cultural heritage. Outside the committee room, we mingled with delegates from other schools in Hong Kong and even those from Okinawa and Sydney, making new friends over meals and resolution writing.

We hope that the MUN spirit will continue to inspire new St. Paulians, enabling them to forge lasting connections and leave their mark on the MUN stage.

3A Qiu Caroline

High Table Lunch for Student Leaders



As a convenor of the school's Round Square Student Committee, I had the great privilege to attend the High Table Lunch for student leaders at the Zetland Hall this year. The event was an opportunity for all of us to come together after a hectic academic year, and share our experiences and insights gained over the past year – not just as students, but as members of the SPCC family.

The highlight of the event was undoubtedly the sharing by Professor Ivan Hung, a distinguished alumnus of SPCC and renowned specialist in infectious diseases. Professor Hung shared with us invaluable lessons about how he overcame challenges brought on by SARS and the Covid-19 pandemic over the past decades as a medical professional. He also elaborated on how he acquired essential leadership skills through his journey of combatting various public health crises, which inspired me and my fellow student leaders.

I am grateful to the College for this unique opportunity to learn from Professor Hung and one another as I reflected on my role as a student leader this year. It has been my pleasure to serve the school by promoting the six Round Square IDEALS within the school community over the past year, and I hope that I will be able to continue developing my leadership skills to make an impact on a wider community in the future.

5A Wong Ka Yeung

To acknowledge student leaders' efforts in the past academic year, the school held the high table lunch at the peak of the post-exam season, when all students had been relieved of their academic burdens. As the MC for this event, I was the Master of Ceremony for the entire lunch from hymn singing and prayer to dining and finally the speech by the guest of honor, which allowed me to receive valuable insight from the Professor Ivan Hung. Under the core theme of leadership, Professor Hung spoke in elaborate detail on his experiences as an expert in infectious diseases, protecting Hong Kong in the front line during SARS and Covid-19. I felt honoured to be able to communicate directly with him, especially as an aspiring medical student, and learn of the ups and downs in his clinical academic career, as well as how he managed to lead his team to surpass all obstacle. Most notably, his words on efficient task management and prioritisation rang true to me. He mentioned that he had many hobbies aside from practising medicine, including soccer and rugby, and explained to us the importance of ranking his to-do task from most to least important. On top of the fabulous food, this meal provided an invaluable opportunity for us to be enlightened by professionals in their fields but also in the realms of leadership.

5H Nina Qu Haomiao



Form 1 – Form 3 Service Learning

The Elderly Sharing Care Programme was a real challenge for our class. We had many concerns, on factors like time allocation and catering to our audience when organising the programme. Having done the organising, I realised how much effort went into executing a well-planned activity.

During our visit to the elderly home, we took turns hosting various activities. Some demonstrated Kung Fu, others sang to the elderly with harmonica accompaniment, and my partner and I were responsible for hosting the Charades game. Each individual exhibited vastly different talents and brilliance which we seldom saw inside the classroom.

In particular, the elderly enjoyed the origami session the most. Seeing the joyful smiles on the elders' faces as they folded the colored sheets of paper into a heart, it warmed my heart as well. It was then that I understood the true purpose of the activity – it wasn't about creating strict and rigorous guidelines and holding the activity flawlessly, but rather just to bring happiness to the elderly's lives. Since they couldn't do much on their own, bringing joy to their lives was the least we could do.

As Martin Luther King Junior once said, "Everyone can be great, because everyone can serve." This activity was indeed a unique and fruitful experience, but it could never be achieved without Mr Poon, Mr Yuen, our form teachers, as well as all my classmates for this experience.

2G Sze Long



As a Form 3 student, I was given the opportunity to serve children with mild mental disability in Choijun School. In addition, I was given the role of an activity leader, to lead one of the many activities prepared for the students.

Despite a few training sessions before the programme, I still felt unprepared and didn't know what to expect. On top of that, both my partners were absent on the day of the programme. Though I was given a new partner, I still held great doubt and worry.

When the programme started, the students were shy towards us. However, after the ice-breaking activity, they soon loosened up. Seeing the bright smile on their faces, my worries instantly faded away. With that, the activities were carried out smoothly. Since I was an activity leader, I didn't get to partner with a student but instead got to interact with all of them while leading the game. Most of the students were outgoing and friendly. They shared their interests, and we had lots of fun playing together. Although we all ended up tired, we truly enjoyed the experience, and it was all worth it.

Mentally disabled students are usually perceived as abnormal, but this experience made me realise that they aren't that different at all. Like us, they play, and learn – some even have better memory than us. All in all, this programme assisted me in putting prejudices aside, and I enjoyed every moment.

3A Chung Pui In Noelle



國內姐妹學校交流團 — 天津南開中學



從踏入南開中學的那一刻起，我就深深地被這所學校的歷史感和學術氛圍所吸引。那些見證過抗日戰爭與國共內戰的每一座建築，每一條走廊，無不道述著過去的故事和學子的夢想。坐在全球首個「智慧零碳」天津港碼頭的會議室內，觀看著窗外現代工業的壯觀景象，這座僅用一年零九個月便完工的智能化集裝箱碼頭，展示了中國現代化建設的驚人速度，這裏不僅是貨物啟程的地點，更是夢想啟航的港灣。

二乙 江茗鈺



爬上黃崖關長城陡峭的臺階，一路上來的同學越來越少，我內心卻感受到另一個道理 — 交流不在於和其他人說些什麼，更在於對自己說了什麼，四周萬物對你說了什麼。請告訴自己：每一次的相見，每一次的重逢，都是第一次，也是最後一次，所以應當心懷感恩去看待一切。這些感受和記憶，才是這次交流活動中，我可以帶走的東西。

二乙 高澤翰



我剛踏入課室就被那孜孜不倦的求學氣氛所包圍。即使沒有老師在場，大家都很自覺地復習，心無旁騖。我對同學們的毅力，自然是十分佩服。課間，我和交流夥伴去了跑操。看著四周的大家跑了好幾個圈，卻還是一臉輕鬆，我不得不佩服他們的體能。我們聽著李克勤的「紅日」，揮灑著青春的汗水，南開學子活潑好動的一面展現無遺。

三庚 陸泳楠



這幾天的交流活動，我們參觀了具備綠色、智慧、樞紐港口等特質的天津港智慧碼頭。它是全球首個零碳碼頭，以彩虹色系為主，是顏值色彩與運營效率俱全的絢麗實境。一座港口，突破山海的阻隔；一片大海，連接遙遠的國度，令人為這新時代、新里程的中國力量而感到振奮。

另外，我們登上黃崖關長城的高山峻嶺「做個好漢」，又參觀了中國僅存的三大遼代寺院獨樂寺。由此可見，天津在科技的發展創新同時，也保留著其特有的歷史風貌，在飲食、民俗、藝術、建築等方面體現出「開放」與「傳統」的相互融合，形成古今薈萃、中西合璧的天津城市文化。

四己 劉嫣柔

國內姐妹學校交流團 — 上海復旦大學附屬中學

這次交流，我很感恩有學伴家庭的細心照顧和熱情款待。每次看到學伴爸爸認真地燒飯，自豪地向我介紹老家自己種植的青菜；每次學伴做小導遊帶我四處遊覽，我都真切地感受到上海人的真誠純樸。那幾天，我彷彿不曾離開香港的家，因為我感受到了同樣的溫暖和親切。

四甲 古舒心

我不單是漫步於上海大街小巷的異地旅客，更是有機會深入民居的小客人。紅燒獅子頭、涼拌海蜇頭、三鮮鍋、炸春捲、涼拌青瓜……外婆精心準備的飯菜在此之外，還有更多更多。一進家門便是令人垂涎三尺、琳琅滿目的菜式，飯桌上不留一絲空位。這是學伴家庭的熱情款待，讓我迅速融入這個家庭，頓時打消一切作為異鄉人的隔閡。他們讓我以最純粹的形式探索當地風土文化，品嚐這充滿家庭溫暖的上海味道，留下難忘的回憶。

五甲 歐陽樂兒

傍晚時分，復旦大學的燈光很微弱，櫻林遍地，繁花漫天。我走了一圈又一圈，也許在寫生的畫紙上會見到我的身影。上海市的春天開滿了櫻花，無論是路旁還是園林中，皆是春氣盎然。碧綠的馬面裙掃過朱家角的石地，小食的香氣傳遍千里，古街裡笑語盈盈，充實的感覺油然而生。當時的我渴望成為一個古人，搖著扇，泛著舟，把我帶到千年前的同一個空間，讓我親眼目睹傳統的溫柔與大氣。

五戊 潘穎茵



Exchange Programme to Hutchins School, Tasmania, Australia Round Square School

Recently, I had the chance to partake in an exchange programme with Sebastian, a student from Hutchins School, Tasmania, Australia. He stayed at my place for 3 weeks and we quickly became good friends. I would like to take this opportunity to thank my school for providing me with an invaluable opportunity like this.

For starters, I had the opportunity to share my interests and aspects I find interesting about Hong Kong. We got to taste delicacies that could not be found in Sebastian's hometown, and went to numerous artistic locations. It was as if I was a tour guide, but also provided subjective opinions on unique recommendations on food/places to visit.

There certainly posed a few challenges in my experience, most prominently, translation. Throughout the 3 weeks, I had to translate each and every Chinese word he saw. However, I would always feel accomplished seeing the joy that I had brought my fellow exchange buddy as we embraced what Hong Kong had to offer.

Another notable aspect of this journey was school life. Compared to what Sebastian had been used to, the environment of SPCC was noticeably more compact. However, he tried his best to participate in lessons and engage in meaningful conversations.

Unfortunately, I got into a bike crash during the exchange. Yet, Sebastian was caring and did his best to help me get through my tough times. Sebastian is an empathetic and



kind person that I am glad I have met in this exchange programme.

In a nutshell, I learnt to be a better communicator, overcoming the challenge of introducing Sebastian to not just Hong Kong, but also my friends and family. More importantly, I came to see that even though Sebastian and I come from diverse backgrounds and cultures, it was possible to bond and make memories that would last a lifetime by simply living together. Friendships have no bounds. By stepping out of our comfort zones, deep bonds can be created regardless of diversity.

4I Lincoln Lai

I am Sebastian. Throughout the past 3 weeks, I have explored different parts of HK culture as well as, of course, having a great time with sightseeing and food.

First, we had the SAW. We signed up for the coastal conservation activity which although was not my first choice, proved to be more than worth it. Despite the

tedious rubbish cleaning work at times, the views we caught glimpses of and the wonderful culture embedded in some places like Tap Mun and Shek O was certainly enough to make up for the effort. Also, we went to the Palace Museum and M+. I found the exhibits on display to be completely fascinating, as they displayed a wide range of interesting topics. In addition, Hong Kong food was, for me, an experience not to be forgotten.



The opportunity to experience the daily life of a place that is not your own, in true authenticity, was a rare privilege. The most significant learning gained through this exchange had been those of understanding the sheer magnitude of life in a metropolis such as Hong Kong; a seemingly impossibly far-cry from the quiet lifestyle in Hobart. Additionally, some of the culinary experiences and knowledge of Hong Kong customs I had been able to gain had made this an experience I hope to cherish for a lifetime.

Sebastian Stagg
Hutchins School, Tasmania, Australia

Exchange Programme to Birklehof School, Germany Round Square School

Radiant sunshine illuminated the towering snowy mountains, as icicles shivered in the frigid wind. I went up the hill, and then exhilaratingly sledged down... This was just one of the unforgettable moments I experienced during my time in Germany. Granted the opportunity to participate in an exchange programme, I went to a Round Square school named Birklehof in southwestern Germany for about a month in February. I was exceedingly fortunate to experience both homestay and dormitory life. From attending lessons to visiting museums, hiking to sledging, I was exposed to many different kinds of activities. Despite the fact that the majority of lessons were conducted in German, I was able to actively engage and strive to mitigate any cultural disparities.

This exchange programme is not merely an eye-opening cultural exposure, but also a journey for growth. Not only did I forge international friendships, I also took the responsibility of introducing Hong Kong, giving the students there a captivating glimpse of oriental culture. It was equally rewarding to host my exchange buddy, Victor, in Hong Kong. Immersing a foreigner in the busy Hong Kong's lifestyle was never a simple task. Yet, through exercising patience in explaining social norms, I was able to view this vibrant city from a refreshed perspective.

Overall, this unique programme has significantly expanded

my horizons, transforming me into a person who can courageously weather adversity and hardship. I would like to seize this opportunity to express my gratitude to the school for facilitating this experience, and to all those who guided me through this extraordinary journey.

3D Howard Ng



SCIENCE, MATHEMATICS & HUMANITIES

Competition on the Mathematics of Information 2024



The Competition on the Mathematics of Information is certainly one of a kind when it comes to mathematics competitions. Instead of focusing on olympiad mathematics or research in pure mathematics, the problems are about mathematics applied in information sciences. I found the problems this time to be both interesting and eye-opening.

Most problems showcased a concept in information sciences, where we could apply high-school level

mathematics to solve the problem. For example, Problem 1 was about storing information, and knowledge of elementary number theory and algebra came in handy. Problem 2 was about probability, and the main part of the problem required Bayes' theorem, which was taught in lessons. For me, the most interesting problem was Problem 3. It introduced the triffence problem, which was to find the largest set of ternary strings satisfying a certain property. This problem tested skills in combinatorics and problem-solving, instead of applying known theory, which I enjoyed more. Problem 4 was about functions. I found this problem to be more advanced than the others, since it took ideas from real analysis, and was more abstract than the other problems. Nevertheless, I managed to solve most parts of the problem during the contest. Overall, I was able to finish most of the paper, resulting in a Gold Award.

I am honored to be awarded a Gold Award in this competition. This competition has not only encouraged me to further develop my mathematical and problem-solving skills, but also to apply them in daily life situations.

5E Chan Kwan Yu

Form 2 STEM Learning Trip

Embarking on a STEM trip to Singapore for a week was truly one of the most unforgettable events I have ever had. Ranging from drone workshops to visiting local companies, this trip had broadened my horizons and further piqued my interest in topics about sustainable development and technology.

For me, I think visiting the medical technology company Cuprina was the most interesting activity of the whole trip. In Singapore, countless citizens diagnosed with chronic wounds require long-term medical support, with some even facing amputation. Cuprina aims to apply the benefits of maggot debridement therapy to treat chronic wounds, simultaneously preventing amputations. In particular, they had created a product called MEDIFLY, which used maggot therapy to heal chronic wounds more effectively and rapidly. By utilising the larvae of blowflies (*Lucilia cuprina*), they had managed to eliminate dead tissue and bacteria from the wounds. But how? The answer lay in the enzymes that the maggots secreted. Those enzymes could break down the dead tissues, turning them into a semi-liquid form, which the maggots could then consume. More importantly, those enzymes only liquefy the dead tissues but not healthy tissues, resulting in no side effects. As Cuprina used an ingenious and innovative approach to solving chronic wounds, it inspired me to believe that thinking outside the box was sometimes needed in order to achieve the best solutions.

Aside from the STEM-related activities, a portion of the trip was dedicated to learning about the cultural heritage and urban planning of Singapore. Moreover, we also visited tourist attractions such as Merlion Park and the Supertree Grove. All in all, this was a fruitful and enjoyable learning experience. Finally, I would like to give thanks to the school for this wonderful opportunity.

2C Chan Yee Sing Vincent

During this 6-day trip, we were introduced to the various aspects of STEM and realised its significance in modern-day society. Singapore shares many similarities with Hong Kong, and by comparing their circumstances, we found it easier to assimilate the concepts.

Witnessing the implementation of cutting-edge technologies and observing how they improved the lives of Singaporeans was the most important takeaway for me. The NEWater Visitor Centre was eye-opening as it utilised water resources to the fullest with minimal personnel involved, operating seamlessly and efficiently. NEWater not only boasted of a three-tier purification system but also held a rigorous quality control mechanism.

Needless to say, state-of-the-art STEM development relies on combined efforts. Our visits to the Singapore Discovery Centre, Science Centre, City Gallery, etc., paid tribute to progressive leaders who spotted problems prudently, esteemed scientists who generated meaningful solutions, and every Singaporean who did not give up when faced with unfavourable circumstances. We were particularly amazed by small-scale enterprises like Cuprina Solutions, which actively took responsibility for promoting STEM development.

It was essential to acknowledge that innovative solutions were brought forward by the diverse range of problems Singapore faced, including geographical constraints. While Hong Kong encountered fewer obstacles, our commitment to sustainable development should never waver – we were inspired to create well-established systems and lay solid foundations, ensuring our current goals were met without compromising the needs of future generations.

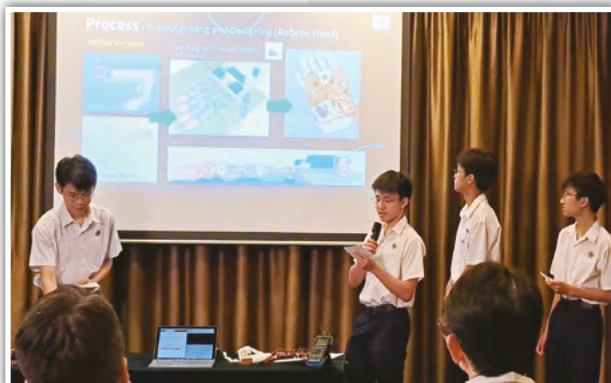
For the greater good of society, let us be equipped with ambition and a scientific mindset, be empowered with knowledge, be prepared for changes, and take solid action, so that we may look forward to the bountiful harvest of our efforts.

An impressive journey indeed!

2E Lam Hou



JPC Innovation and Technology Competition 2024



Many patients with hand disabilities such as Arthritis or Parkinson's Disease experienced difficulties in completing daily tasks due to reduced motor control, making them less independent. Thus, we created Lend a Hand to replicate the functionalities of human hands, where the user pressed on pressure sensors with minimal physical effort to control a robotic hand powered by linkage systems. It could also be controlled through a neural network identifying gestures from electromyogram data.

Our development journey was not smooth sailing. Initially, the device performed inconsistently due to various errors and oversights. Nevertheless, being students who

persevered through adversities, we ran several prototypes to investigate how different mechanisms affected movement accuracy, taking reference to biological adaptations in modeling fingers, while applying physics skills in circuitry and kinematic design. Through different refinements and modifications to design and use of materials, we made the device lightweight, flexible and convenient to use, while being able to hold a larger range of items, enhancing its effectiveness.

We were particularly grateful for our improved project in receiving the Best Presentation Award in the JPC Innovation and Technology Competition 2023-24, where we got the opportunity to exhibit and introduce our project to the public, while receiving some feedbacks. But as Steve Jobs once said, "The people that really create the things that change this industry are both the thinker and doer in one person." We will strive to further improve the device by using materials such as silicone to improve the quality of motor control presented.



4A Chan Hubert, Choi Shin Hang, Wong Yik Ka &
4I Kong Yiu Wang Jayden

Ecstatic to be a second-time awardee of the JPC Innovation and Technology Competition, this competition is a perfect example of how STEAM does not necessarily equate to complex formulae or mechanics, but can be deeply intriguing and fascinating.

Our invention, Medisafe, is an AI cross-checking software for doctors aimed to prevent common drug prescription errors such as drug allergy, drug-drug interaction or dosage inappropriate for the patient's liver and kidney function, to name a few.

Having read news of drug prescription errors in Hong Kong, I found that such errors were common worldwide and could potentially cause deaths of thousands of patients each year. After detailed research on commonly seen drug prescription errors and the current drug prescription procedure in hospitals, I realised that the current systems in hospitals depended on manual cross-checking of doctors' prescription by pharmacists, which were prone to human errors.

I came to the idea that AI may be a perfect solution to help doctors to prevent such errors, and embarked on the journey to Medisafe. The process of invention was exigent: we had to build the frontend and backend engines using various coding softwares, construct a patient database and ran repetitive test trials to improve accuracy and so on. We also had to read extensively to learn about common clinical conditions seen in clinics and hospitals, and also enlisted the help of doctors to make sure the software would be useful in practice. This was a truly daunting task that required relentless effort to accomplish.

Albeit being questioned time and time again throughout the selection process about the feasibility of its large-scale

use, its originality and beyond, this was precisely what gave us the opportunity to reevaluate fallacies of our invention and make continuous refinements to bring it into a full-fledged software.

Furthermore, being able to team up with a Form 1 schoolmate granted me the chance to take up an active role as a leader and to guide her through this challenging journey.

STEAM is evidently much more than pure technical expertise — it required innovation, collaboration, as well as the willingness to listen and improve.

I would like to thank Mr Tse for his guidance and support throughout this STEAM journey, the College for providing me with this valuable opportunity, as well as my teammate, Cheryl Chu (1A) and my parents for their unwavering support and contribution.

3D Poon Clarisse



26th Hong Kong Youth Science and Technology Innovation Competition

The 26th Hong Kong Youth Science and Technology Innovation Competition requires participants to use booths to showcase their projects. It had been an invaluable opportunity for me to enhance my presentation and technical skills, and a lively event which facilitated the exchange of knowledge between participants and judges.

The judging session came first. As my project was related to medical technology, I had been placed in the corresponding category. Yet, I was still taken aback upon discovering that the judging panel would consist of medical professionals of high standing. Interacting with them was a magical experience — although these professionals were stern and serious throughout the competition, I was still extremely grateful and honoured to receive their professional feedback.

The public session commenced thereafter, serving as a break from the judging session for contestants to introduce their entries to citizens. Being able to freely share the project that I had meticulously planned made me believe that my hard work had paid off, whilst being a useful chance to strengthen my communication skills. On the other hand, I was permitted to visit the booths of other contestants. It was astounding to see the wonderful projects of other schoolmates, as well as delve into their aspirations and solutions.

The 26th Hong Kong Youth Science and Technology Innovation Competition was indeed a highly rewarding and memorable experience. In the competition, we designed an AI exercise programme to encourage rehabilitative dance among elders, and feedback received was highly positive. Overall in hindsight, the competition encouraged us to think out of the box and devise an innovative and unconventional way to tackle existing social problems.

From discussing an initial plan, drafting a proposal, finalising our idea, to setting up a booth, pitching and demonstrating our product to the judges and finally being presented the third prize, the competition process had surely benefited us in countless ways. Whilst the initial idea in planning, brainstorming and user feedback collection with the elderly had brushed up our creativity and problem-solving skills, the process of pitching to the judges had certainly equipped us with communicative, collaborative, as well as critical thinking skills.

One of the most valuable aspects of the competition was definitely the opportunity to network and

The professionalism of both the revered judges and the talented contestants really broadened my horizons in this competition. I wish that we would continue to develop innovative solutions in the future, and retain the steady flow of ideas to further our own knowledge.

2D Cheung Chun Wang



learn from the other participants. In the finals, we could engage in highly inspiring discussions with peers of similar interests, during which we were often inspired to implement new ideas to future projects. We were able to communicate, converse and exchange ideas with other contestants of diverse backgrounds (e.g. different schools and ages), enabling us to gain invaluable experience and insight on solutions to different social crises.

The finals also included pitching to judges as well as a Q&A session where judges could freely propose any question in mind — this session required immediate responsiveness and problem-solving skills; despite being extremely tense and apprehensive, we were thrilled to be able to experience one-on-one discussions with the judges and were able to grasp the opportunity. The feedback and coaching we received were also incredibly insightful and allowed us to identify potential drawbacks or limitations of our developed product. Some of the judges specifically pointed out several points of improvement, of which we took note of and considered thoroughly. Other judges, in fact, encouraged us to sell our product on a large scale in order to benefit a larger audience. These positive comments had encouraged us greatly in our pursuit to further improve our product.

All in all, this experience was one-of-a-kind. It was extremely rewarding and fulfilling whilst fully enriching our knowledge on the STEM field. We are eternally grateful for this insightful opportunity.

4A Lee Pui Wing Adeline &
4G Lee Pui Yan Beatrice



International Youth Tech Olympics 2024



Flying drones has always seemed to me, a futuristic and professional activity. It was as if by controlling a drone, one could become a sophisticated piece of machinery, whizzing through the air at astonishing speeds. Through participating in the International Youth Tech Olympics 2024, I was able to take a deeper dive into the sport and create truly memorable experiences.

As I had participated in both the manual and coding drone-flying categories, I was given many chances to hone my piloting skills. It was surprising to discover that the preparation process was arguably more rewarding than the

In June, our team participated in the International Youth Tech Olympics Competition. It has undeniably been a rewarding and unforgettable experience for us all.

We started off with competition preparations. This process was, without doubt, tedious as we had to measure and adjust the data at every round, while designing the best flight path for our drone. It not only required us to think out of the box, but to also cooperate as a team as we repeatedly evaluated the mishaps, such as the interference of turbulence or positioning of drones. We also pinpointed the root causes of these shortcomings, whilst coming up with better tactics and solutions afterwards.

From our perspective, the invaluable insights gained from this competition should not be overlooked. It provided our team the valuable opportunity to enhance our coding, logical thinking and communication skills. For example, during the competition, our drone behaved unexpectedly. However, through level-headed thinking and unified cooperation amidst our shock, our team devised a solution as well as putting it into action to return our drone to operation in a matter of 2 minutes. Despite making a misstep in the finals, we still cheered each other on.

competition itself — not only could I experiment with different ways to efficiently control the drone, I could unconsciously bond with schoolmates who were joining the event by sharing our competition strategies.

Obviously, the competition itself was quite thrilling. I vividly remember seeing students from different schools gathered together to fight for the same prize, and it fuelled me to do my best. Although we had lost by a small margin, it was still exciting to see other schoolmates advance to the next round.

Overall, this competition has proved to be a load of fun both in terms of being able to ignite my interest in drone-flying and in terms of meeting like-minded schoolmates along the way. I look forward to joining the event again next year with my newfound knowledge and passion.

2D Cheung Chun Wang Isaac

Nonetheless, this trial revealed to us the imperative of remaining composure and team cooperation under pressure.

3A Kot Po Ki, Lee Yat Yin Beatrice &
3B Chan Wing Yan



科學教育榮譽講師計劃：廈門大學焦念志院士與中四學生對談

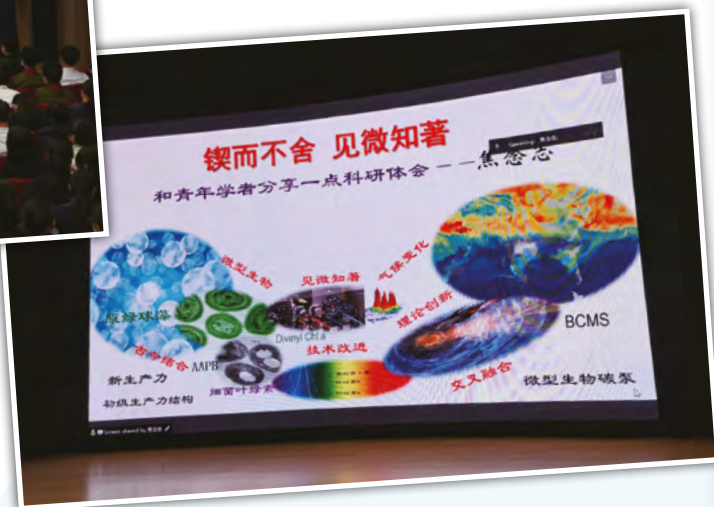
先進的科技讓身在內地的焦院士與聖保羅的莘莘學子聯繫在一起，透過這次講座分享著彼此對科學研究的熱誠。學識淵博、不屈不撓，或許就是我十分敬佩焦院士的原因。焦院士是生物海洋學家，更是中國科學院院士，他曾多次用實踐證明我國科技的研究潛力。

精心設計的簡報伴隨著院士仔細的講解，讓我第一次接觸到「微型生物碳泵理論」的嶄新概念，感覺既新穎又好奇。這次講座給予我跳出課本的機會，發現了生物科學的世界遠比課本中的知識更豐富多彩，同時也體會到生物課上的知識能在日常生活中應用，達到活學活用的積極學習態度。

「路漫漫其修遠兮，吾將上下而求索」這句話彷彿在焦院士身上活靈活現。除了海洋生物研究方面的知識，焦院士也分享了他在科研路上遇到的困難。我深深地體會到科學家的路並不是一帆風順，反而時刻充滿著汗與淚。但更重要的是焦院士那分始終如一、堅持不懈的初衷，讓他克服困難，得到解決問題的關鍵方法，最後踏進成功的大門。在日常學習中，我學會了要秉持這種努力不懈、勇於改過的精神，邁向成功。

作為聖保羅的學生，我定會以焦院士的求知態度和創新精神為榜樣，成為敢想敢為的青少年，為社會未來的生物科學發展寫下嶄新的篇章。

四甲 古舒心



冰川消融，遠方的海平面逐漸升起，淹沒了我們腳下的土地。這顆綠色星球正因為全球暖化而緩緩走向消亡，而這一切的罪魁禍首便是巨大的碳排放。我們能否找到一種方法來拯救家園呢？

眺望那無邊無際的蔚藍汪洋和翻騰的浪花，或許你從未想像過，正是這片海洋在不斷調節著氣候變化。三月初，廈門大學的焦念志院士在一場線上講座裡跟我們講解了海洋微型生物碳泵對環境的影響及其原理。

這次講座的内容涉及部分很艱深的專業知識。不過，我印象最深刻的是焦院士曾提到他們最近才偶然發現好氧不產氧光合異養菌 (AAPB) 的分佈和葉綠素的濃度的關係。焦院士解釋說，浮游植物等微型生物都需要依靠葉綠素來吸收陽光進行光合作用，所以他們便從最基本的生物常識入手，慢慢提出假設、進行實驗。我恍然大悟，原來這些最新的研究並非如我想像中只需要運用專業知識，而是需要

依靠基本的生物知識，再提出問題、假設，分析實驗結果，最後得出結論。

這次演講讓我對海洋自身調節氣候的機制有了初步的認識，若我們能夠取得自然與發展的平衡點，或許就能令地球不再失色，或許就能為所有生物提供一個溫暖而穩定的家園。

四甲 李燮柔

Visiting Hong Kong Monetary Authority – Career Sharing by Alumni

Always wondering how certain economic concepts relate to our market economy and to us as individuals, I find this visit to the Hong Kong Monetary Authority (HKMA) fruitful and fascinating. We were introduced to the history and development of the Hong Kong currency and monetary system, from being linked to the pound sterling, to being backed up by US dollars through the Linked Exchange Rate System. We then learnt about the money printing process in Hong Kong, carried out by 4 note-issuing banks and the HKMA itself. Not only did we view the intricately designed special edition banknotes which commemorated monumental events such as the 2008 Beijing Olympics, but also the safety features on our daily-use banknotes. We even designed our very own e-banknote by printing our selfies on it!

Another highlight would be the alumni sharing session, from which we found out more about the functions and daily operations of the HKMA, as well as the new development trend of the Hong Kong economy. I am grateful to have received invaluable advice from them, as it shone much-needed light on my pursuit of further education and career in the field of finance and economics, while encouraging me to step out my comfort zone and exploring the endless possibilities that lie therein.

5D Kung Yan Long



Assembly Talk: Evangelical Rally by Ms Robyn Lamsam

One of the most memorable speeches I have listened to in morning assembly this year would undoubtedly be the talk on self-discipline and perseverance by Ms Robyn Lamsam. As one of the largest donors to the school, the Kotewall family is known for their numerous achievements and contributions to our community. However, as Ms Lamsam herself said, all her accomplishments as a professional Olympics swimmer and Asian Games medalist were only made possible with her steadfast commitment and self-control in pursuit of her goal. Having enrolled in a competitive local school, she was long accustomed to hectic schedules and heavy academic workload since young. Moreover, her swimming goal seemed out of reach because she only started swimming at the age of 8. Yet, she confirmed that her perseverance was what paved the way for her success as she underwent extensive training of twice a day on weekdays. She also had to maintain a high degree of self-discipline to balance swimming with other ECAs and schoolwork. Those were the fundamentals for her success and she soon overtook others in swimming, coming out to be a success story of diligence and hard

work. As the MC of this event, I was not only able to gain insight through writing about Ms Lamsam, but also learned some valuable life lessons that would prepare me for my upcoming exams in June.

5B Isaac Kwok Tin Lok



「心繫家園」中華飲食文化週暨學生廚藝大賽

我們感到很榮幸能夠代表學校參加「心繫家園」中華飲食文化週暨學生廚藝大賽的決賽。最初，我們只抱著一試無妨的心態參加比賽，想不到經過一番嘗試後竟然能夠晉身決賽，實在令我們感到無比驚喜。

在芸芸晉級者當中，我們自知能力不如人，但也盡了最大的努力去完成我們的菜式－「知竹常樂」。蘇軾曾說：「寧可食無肉，不可居無竹」，我們將在中華文化中具象徵意義的竹子融入到菜式中，希望能做出一道樸素且能果腹的菜餚。雖然最後我們出了小岔子，導致成品不盡人意，不過我們也從失敗中學習到新的烹飪知識，更加鞏固了我們的烹飪基礎。

我們很高興能在這次比賽中獲得優異獎。感謝老師對我們的支持和鼓勵，我們定會繼續保持對烹飪的熱愛，煮出更美味的菜餚。

五丁 洪啓傑、五戊 陳廷殷 及 潘穎茵



傳統文化 — 旗袍的故事



我們一眾保羅人有幸參與學藝講座，聆聽廖書蘭博士口中旗袍的故事。

要了解旗袍的歷史，便得追溯至滿族人的民族服飾「旗裝」，旗裝水桶形的設計與現代旗袍大相逕庭。至清軍入關後，旗裝受漢族文化的影響，設計上亦有所改動。

民國時期，旗袍已經成為女子普遍穿著的服飾，同時，西方文化傳入，使旗袍的發展更為蓬勃。原來的旗袍下擺闊大，剪裁亦較保守，難以體現女子曼妙的身材。自流行到上海後，旗袍在腰圍等方面都被加以改造，並加入西方元素，凸顯女性身材的曲線美，成為現代所見的樣式。

作為中西匯聚的城市，香港同樣流行新式旗袍，更有「長衫」此一特別的稱呼。從廣告牌中的模特兒，到在大樓上班的公務員，甚至是日常社交場合，旗袍都是上世紀香港女性的標配。儘管在上世紀七十年代曾陷入邊緣化危機，一部《花樣年華》又重新使旗袍受到女性的青睞和追捧。直至今日，旗袍仍是中國女性的傳統象徵。

作為穿著「長衫」的保羅學子，我為自己身上獨特的校服感到自豪。我們這一身藍色的長衫，蘊含的不僅是歷久不衰的生命力，還有對舊時代的致敬，以及東方女性自強不息的態度。期盼我們都能秉持旗袍的傳統與精神，繼續追求極致。

四己 周穎翹



Young Readers' Festival – visiting author The Power of Storytelling

The Hong Kong International Literary Festival is an annual event that celebrates literature and brings together writers, readers, and literary enthusiasts from around the world. It provides a platform for authors, poets, and other literary figures to showcase their work, engage in discussions and panels, and connect with audiences.

Recently, The Hong Kong International Literary Festival took center stage at our school. Ms Rachel Smith, a celebrated storyteller, captivated our Form 1 classmates with her profound insights into the power of storytelling.

Drawing upon her own experiences, Ms Smith emphasised the profound impact that first person stories have on shaping our understanding of the world and connecting people from different cultures and backgrounds. For example, her personal anecdote about her pet chick she had when she was 6 years old, and the experiences she shared with it.

Ms Smith engaged the young audience with her dynamic presence, with a game of Never Have I Ever, which reversed our thought of “having no stories to tell”. She delved into the importance and balance of authenticity, humor, and the art of crafting narratives that left lasting impressions on readers and listeners.

Lastly, she taught us practical skills to tell a good story, including conflict and resolution, having a beginning, middle and end, naming characters and having a clear setting, among others. I hope that in the future, I can fully utilise these skills in my own writings. All in all, on behalf of the Form 1 students, I deeply appreciate this once-in-a-lifetime learning experience with the Hong Kong International Literary Festival.

1F Lee Kaitlyn Audrey

I am grateful for the opportunity to participate in the Hong Kong Young Readers Festival Workshop: World-building in Science Fiction and/or Fantasy. During the workshop, Ms Jordan Rivet, an accomplished author of fictional novels, provided valuable insight and assistance in building our own sci-fi worlds and enhancing our story-writing skills.

Firstly, this workshop ignited my interest in science fiction and fantasy stories. Prior to attending the workshop, I struggled to generate ideas for creative writing, which discouraged me and dampened my enthusiasm for the craft. However, through this workshop, I realised that building our own worlds could be surprisingly easy. By starting with two random words and constructing a simple sentence around them, we could develop potential conflicts and gradually incorporate related ideas. Before long, a world unique to you is developed. This experience has rejuvenated my passion in creating stories.

Additionally, this workshop had significantly improved my writing skills. We were taught to integrate descriptive details to create an authentic world. By using the five senses to describe the landscape at the beginning of the story and gradually depicting the way of life of residents, we could enhance the overall quality of our work. Previously, I lacked proficiency in these techniques, but thanks to this workshop, I could now apply them to my regular writing.

In summary, this workshop provided an opportunity to learn from a renowned author, sparking my interest in fiction and improving my writing skills. I eagerly look forward to participating in similar workshops in the future!

1B Lai Ching Hang



Hong Kong Junior Individuals Public Speaking Championships 2024

SPCC actively participated in the Hong Kong Junior Individuals Public Speaking Championships 2024 (IPSC). Our strong group of competitors included 2B Au Pui Sze, 2D Wong Leah Hoi Kiu, 3D Poon Clarisse, 3E Liu Wai Kiu Eunice, and 3E Liu Cheer. Leah was awarded 9th best speaker and Clarisse was awarded both 2nd best speaker and Champion of the Persuasive Speaking category. Student helpers from Form 1 to Form 4 helped with chairing, tabbing, and facilitating the smooth running of the event. It was an excellent opportunity for students to exhibit their organisational skills as well as engage with students from other schools.

My heart throbbed and my thoughts were in a chaotic swirl during my impromptu speech; as I feared that my gestures and expressions had failed to capture the essence of my interpretive piece. I was worried that I had not delivered the impact I had hoped for in my persuasive speech... but the vivid memories of my moments on stage would be something I would treasure for long.

Despite all the challenges and apprehension, the fulfilments and joy I had experienced throughout the journey were unparalleled. To me, participating in Junior IPSC for two consecutive years meant much more than just a competition, but invaluable opportunities to learn from top-notch speakers/judges, reflect on my progress, and strive for continuous improvement. The improvement and achievement I see today are testaments to the relentless hard work and dedication invested in every practice session, as well as my tenacity to learn from past failures.

This victory was not mine alone; it belonged equally to the incredible senior members of the English Debating Team (EDT) who had been my pillars of strength throughout my debate and public speaking journey – Ms Lilian Chow, and all other EDT members. Without their unwavering support, insightful feedback, and constant encouragement, all of this would have been impossible.

3D Poon Clarisse

I remember opening the slip of paper I was given for my impromptu speech. Out of the 3, I had chosen the topic 'today is a good day to try', and as I look back on this quote, I was reminded of how I had decided to venture to daunting heights during Junior IPSC.

This experience was particularly memorable for me – partly because I had never considered myself as a public speaker, and partly because of the array of riveting speeches I had witnessed that day.

I vividly remember being absolutely starstruck by my judges, many of whom were members of Hong Kong's World Individual Debating and Public Speaking Championships team whom I looked up to. I was ecstatic to receive detailed and insightful feedback from them.

Media bias and the blatant disregard of journalistic ethics in media today is an exigent issue that had always piqued my interest. I felt privileged to be able to present this issue amongst such talented public speakers during my persuasive speech. During the impromptu speaking category, I was truly awe-struck by the ability of other contestants to formulate such coherent and compelling arguments given such little preparation time, while maintaining their poise and eloquence in delivery. Resilience, optimism, embracing spontaneity... all of such values were delved into in the speeches which provided me with food for thought on crucial moral values.

While vocal modulation, hand gestures and poise are what constitutes a good speech, this experience has taught me that passion and dedication are the real cornerstones of public speaking. Through this sparring of words, Junior IPSC has offered me the paramount opportunity to engage in the thought-provoking exchange of ideas, and formed indelible memories that I will always cherish throughout my public speaking journey.

2D Wong Hoi Kiu Leah



Bojagi – the Korean art of gift-wrapping

In March this year, I participated in a Bojagi workshop hosted by the Language and Culture Team in collaboration with Ms Park Jiyoung. I learned that Bojagi played an important role in Korean culture, as it was originally created not only as a way to present gifts, but also for use in daily life, such as wrapping items for storage or transport.

During the workshop, we were first introduced to the historical and cultural significance of Bojagi. Traditionally, Koreans believed that wrapping objects was a sign of protecting good luck, so Bojagi was often used in cultural events like religious rituals and weddings. More commonly, they were used by the general public as bags to carry items, and even as baby carriers at times.

Ms Park then guided us through the process of wrapping boxes of varying shapes in different Bojagi styles. The steps were relatively straightforward, and I had no trouble following her instructions. I also learned the importance of the external decorations and shape of the cloth used for the wrapping in completing the design. Although I struggled to make the Bojagi look exactly as I had envisioned, the materials provided by the instructor allowed me to create an end product that I was satisfied with.

Overall, I truly appreciate the opportunity to experience a part of Korean culture that I had never encountered before, and I would love to join similar workshops in the future.

4I Chu Priscilla Lorraine



Form 1 English Enhancement Programme

The cool morning breeze tickled our faces as we stepped off the coach. The scenery of Tonbridge School, which looked even bigger in real life, unfolded before our eyes like a panorama. Although we were exhausted from the flight, we knew we were in for a one-of-a-kind experience – and Tonbridge didn't disappoint. The memory of this remarkable journey would be forever ingrained in my mind.

Having come all the way from the other side of the world, we encountered a whole new way of teaching compared to what we were all used to. The daily lessons on speaking and writing provided plenty of opportunities to hone our speaking and writing skills while forming a hive mind of ideas. We were immersed in a plethora of different imaginative scenarios, from trying to establish order on a deserted island to having a date gone awry. The vibrancy of our learning was only compounded by diverse afternoon workshops, in which we were given a primer on choral speaking, singing, dancing, drama and more. This all culminated in a magnificent final performance, a perfect way to repay Tonbridge for all it had taught us.

To complement our learning, we also went on several excursions. We were amazed by the bird's-eye view over London at the Golden Gallery in St. Paul's Cathedral after climbing flight after flight of stairs; we were enthralled by the numerous plot twists of the popular *Wicked*, learning

about the backstories of the Witches from the classic *Wonderful Wizard of Oz*; we were calmed by the quaint yet aesthetic scenery at Cambridge; and we were awed by the splendor of the former Tudor residence, Hampton Court Palace. This tour of some of the UK's staple landmarks allowed us to have a glimpse of just how rich British culture really was.

However, what I found most memorable in this trip was the living experience. The lush green playing fields that stretched on as far as the eye could see hosted exhilarating team games in the breaks between lessons. Flanked by historic architecture and modern buildings alike, we were able to savor the life of the average British schoolchild. For many of us, it was also our first time living away from home, so these fourteen days were an invaluable crash course in self-management.

Two weeks were ticked off the calendar in the blink of an eye. In a surreal blur, we were already on the plane back to Hong Kong. Yet I felt like a changed person, more mature, more independent, more confident. Most of all, with my experiences in Britain still in mind, I felt poised and ready for the next step in my English learning expedition.

1A Yuen Hei Wang Roderick

The English Enhancement Programme had been both exciting and memorable. Whether it was studying in classrooms and living in the Manor House at Tonbridge, going on various excursions, playing team games on a gigantic cricket field, creating a 100-page magazine, or performing at the farewell ceremony—these memories are still fresh in my mind.

One of the most remarkable memories from the excursions was watching the marching outside Buckingham Palace. The guards' red uniforms and furry bearskin hats were eye-catching and unique. I was also fascinated by the live performance of *Wicked*, particularly the scene of "Defying Gravity," where the effects and light illusions were impressive.

1B Sandy Wan

Amidst the endless expanse of lush, glistening fields, we revelled in exhilarating games, roaming as freely as desired. In every corner of the city, we admired meticulously-designed historic monuments, one after another. We danced in seamless synchronicity with spirited music to rapturous applause. From the moment we first stepped onto the impressive school grounds, we were greeted by centuries-old stone walls, to the final bow with the group in the closing performance, each second of the fourteen-day journey to the UK was imbued with wonder and exhilaration. I had no doubt that I had gained a treasure trove of insight, experience and memories along the way.

Nestled in the middle of town, Tonbridge School, with its stately teaching halls, vibrant lavender gardens and wide playing fields, served as the ideal place for us to enjoy our lessons, games and workshops. Apart from enlightening lessons, the etiquette workshop allowed us to explore all kinds of British cuisine and proper manners at the table. The drama workshops guided us to reenact the play *Romeo and Juliet* humorously, the dance workshop equipped us with dancing skills, and the singing workshop warmed up our voices and instructed us on singing a two-part song harmoniously...

Apart from the excursions, life at Tonbridge was fantastic. The beautiful view from my little room and the gentle, cool breeze in the morning energised me for the day ahead, while the stunning sunset clouds each evening marked the perfect end to each day. The teachers and staff members at Tonbridge School were kind and caring to every student, which always put me in a great mood.

This programme had been incredibly meaningful and unforgettable. A 14-day trip to the other side of the world might seem long, but as I fully immersed myself, time flew by. When I left Tonbridge, I was reluctant to go. I really wanted to stay in this paradise, but I know I must return home, bringing with me a better version of myself, as I embark on a new chapter in my study journey.

We also had excursion days where we went on trips to landmarks in both London and Cambridge. From watching the popular musical *Wicked*, with its show-stopping tunes and dazzling visual effects that were enough to keep us on the edge of our seats, to gazing up towards the towering spires and turrets of the Houses of Parliament and the giant clock face of Big Ben; from viewing the boundless cityscape of London through the top of St. Paul's Cathedral's huge dome, to observing the intricate web of ornate that is the ceiling of King's College Chapel; each excursion was packed with events and sightseeing, allowing us to tour the UK's most famous spots.

On the last day of our trip, we held a final performance to conclude all that we had done in the past two weeks, including a drama performance of *Romeo and Juliet*, a dance and a song from *Wicked*, and a choral recitation of a verse from the play *Macbeth*. As the performance ended and applause sounded, I felt a sense of accomplishment that stemmed from the hard work that had finally paid off after this incredible learning trip. I am confident that from now on, I will carry with me these 14 days' worth of experience I have gained from this visit to the UK in my future academic journey.

1D Wong Kin Long Timothy



The Power of Music: My Summer Concert Experience

The concept of music bringing people together is nothing new, as the Jazz legend Roy Ayers once eloquently said, 'The true beauty of music is that it connects people.' And the 'Waltzing in the Wind' Summer Concert perfectly embodied this idea. As the evening progressed, the music seamlessly blended distinctive genres and styles, creating a sense of community and connection among the audience and performers. It was a truly magical experience, where the boundaries of age, culture, and background seemed to melt away, replaced by a shared love of music.

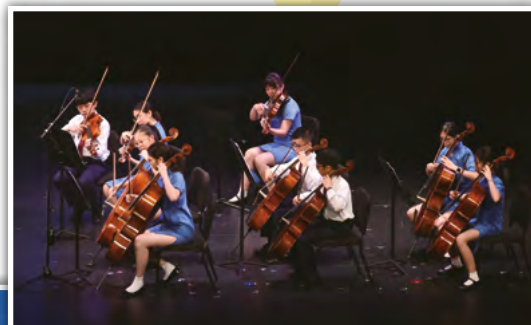
As a participant in my first SPCC Summer Concert, I was thrilled to be part of these concerts, which brought together talented St. Paulians through a shared passion for music. I had the privilege of engaging in several performances, including the SPCC Treble Choir, Symphony Orchestra, Programme for Musically Gifted and Wind Band, with each showcasing their unique artistic flair. This also allowed me to be a performer on both nights of the concert, which I must say was not an easy task; yet in the end, all our efforts finally paid off on those two nights.

Of all the events over those two nights, the Treble Choir performance was truly unforgettable. As a TC-er, it was one of the best experiences I've had as a singer. Growing up, singing was a crucial part of my life, from kindergarten to primary school and now secondary school. Over the past eight years, I've been fortunate enough to have had the opportunity to be part of a choir and developed my passion for singing. I was especially enthused about that performance because we had worked so hard to reach this point. We rehearsed tirelessly every day after school, and it

was amazing to see our efforts come together on stage. What struck me was the sense of camaraderie among the choir members. We all shared a deep love for singing, and it was incredible to feel that energy and enthusiasm when we sang together. Non-choir members would never fully understand what it took to be part of a choir. They might think we were absolutely insane for spending so much time in rehearsals, but they wouldn't understand the joy and fulfillment we got from singing together. The Treble Choir performance was a testament to our dedication and hard work. It was an unforgettable experience that I would always treasure, and I'm grateful to have had the opportunity to be part of it.

In conclusion, my experience at the 'Waltzing in the Wind' Summer Concert was truly memorable. It was an opportunity to connect with others through music, celebrate our shared passion for singing, and be part of something bigger than ourselves. As I look back on this experience, I am filled with gratitude for the opportunity to be part of such an amazing event and for the friends I've made along the way.

1C Wong Kwan Ho



Odyssey of the Mind Hong Kong Regional Tournament 2024



Being involved in a team of seven and competing in the Odyssey of the Mind Hong Kong Regional Tournament 2024 was challenging, but also more than rewarding.

During the half-year preparations, we encountered numerous hurdles that made us want to give up. Crafting the perfect plotline and story for our performance was no easy feat. There were countless revisions, debates, and discussions as we worked to bring our vision of the drama to life. Coordinating schedules to ensure everyone could attend team meetings proved tricky at times and even led to arguments among the seven of us.

As Helen Keller once said, “Alone we can do so little, together we can do so much.” This sentiment perfectly encapsulates the essence of the Odyssey of the Mind Competition, which highly values unity and cooperation within a team. From the preparation of the spontaneous problems, to the planning and rehearsal of the drama, our team underwent a tremendous metamorphosis. Nevertheless, it was often the brambles and thorns that tripped us up. It was these very hurdles that made us stronger than ever before. Initially, our team was discouraged by the sheer amount of time needed for training, which resulted in an overall gloomy atmosphere. Over time, fewer and fewer people attended the regular training sessions, further disheartening the team members. However, one month prior to the competition, we made a collective decision to be true to ourselves and shared our feelings about the situation. With the windows of our hearts opening up, the fire inside us was reignited. Determined to make up for our previous ineffectiveness, we spent more hours than ever before in our training. This included staying after school, meeting online during

Despite these obstacles, we remain determined as the competition date approached. The seven of us learned to communicate more effectively, to compromise when necessary, and to play to each other’s strengths. Bit by bit, our unity as a team grew stronger. As the months passed, the script became well-written. The creativity of my teammates was evident as we utilised recyclable materials to construct props and set designs – turning a daunting challenge into an opportunity to showcase our problem-solving skills and teamwork.

I took the stage with an unprecedented mixture of nerves and excitement as the day of performance arrived. However, I knew we were no longer just a group of individuals, instead, we were a well-oiled machine, each member playing a vital role. When the performance ended, that sense of accomplishment and fulfillment was something that our team of seven had never experienced.

As OMers, what I gained was far more than just a champion award. I had gained creativity, skills and friendships. What began as a seemingly impossible task for the seven busy individuals eventually turned into a testament to our readiness for teamwork, perseverance, and a willingness to think outside the box. This memorable experience will continue to inspire me even long after the OM 2024 has come to an end.

4A Ku Shu Sum

holidays, and even adding extra sessions during lunchtime. Our newfound dedication and diligence paid off, as we were awarded Champion.

4G Tso Ka Yu



Junior Form Creative Art Exhibition



Stepping into the art exhibition, it felt as if I had entered a kaleidoscope of nature's wonders.

One school day, shortly after the morning assembly, I noticed a crowd gathered outside the main school hall. Intrigued, I decided to check it out. To my delight, a new art exhibition had been set up, transforming the stark white walls into a living canvas.

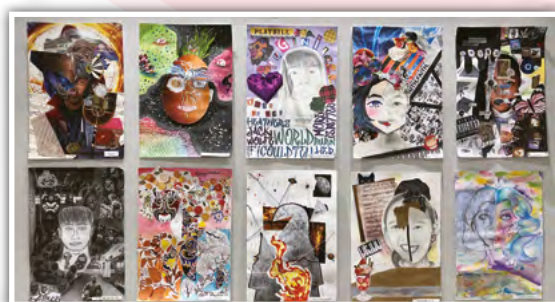
The central theme of the exhibition was nature. From observational studies of leaves and vintage scrapbooking collages of star anise to vibrant acrylic paintings and intricate paper cut-outs dangling from the ceilings, the exhibition transported me through a diverse array of mediums and styles. Much to my surprise, all the displayed works were created by our school's junior form students!

As I wandered through the exhibition, I couldn't help but appreciate the seamless blend of art and nature. Some works mimicked nature, replicating objects from the real world. Meanwhile, more abstract pieces captured the lively spirit of nature through bold colors and forms. The exhibition perfectly demonstrated how art can open our eyes to the intricacy and beauty of the natural world.

Overall, the exhibition offered a priceless opportunity for students to display their talents. Moreover, it allowed our schoolmates to engage with nature in a unique way through art. I hope more such opportunities become available for students in the future!

2A Wong Yang Vania

The atmosphere of the exhibition space was serene and had a touch of modern style. I felt comfortable and calm as I appreciated the beautiful artworks on display. The artworks were neatly displayed and arranged in the exhibition space, and I was fascinated by the drawings from students in each form. They had their own unique styles and were clearly talented artists. The well-organised gallery showcased of the remarkable creativity of SPCC students.



The first time I strolled into this exhibition, I was stunned.

Every single wall was covered with the artworks of my schoolmates. Some were hexagonal, some rectangular, some irregularly-shaped. Even the very arrangement of the artworks was creative and one-of-a-kind. The black-and-white sketches showed incredible skill, giving a calm and sophisticated mood. The landscape paintings gave a faint feeling of a breeze rushing past, creating a serene ambiance. The more abstract works radiated with colour, giving life to a vibrant atmosphere.

My favourite works of all included the cutout shapes that dangled from the ceiling like strings of stars, which cast a jubilant aura over the entire gallery. I was especially delighted to see two of my artworks displayed. One was a hexagonal pencil sketch of an underground laboratory, with ghost-like figures carrying out their ghastly experiments inside. Another was a piece I had painted in my ACE class, showing an abstract view of Moscow at night, giving everyone a glimpse of the tranquil side of that beautiful city.

After this visit, I was amazed by the artistic capability of my peers. I was deeply inspired by my fellow artists' boundless creativity. This exhibition would not have been such a success if not for our art teachers' guidance. I am also grateful beyond words to the school for giving all of us an opportunity to showcase our creativity. I am looking forward to more opportunities like this.

2E Mok Wan Hei Melanie



I am honored to present my portrait collage in this exhibition. As a lover of anime, I have depicted myself in two distinct styles: one realistic and the other in an anime-inspired version. I have added pictures of flowers and desserts, which symbolise my appreciation for tranquility and delicacy. Additionally, I have included an image of a piano at the bottom of the drawing to symbolise my love for music.

Reflecting on my personal experience visiting the exhibition, I found the drawings made by my schoolmates to be truly captivating. The varied mediums, techniques, and perspectives on display continuously pique my curiosity. Moreover, I felt inspired, and my own thoughts and perspectives were expanded by the exceptional work I saw. Visiting this exhibition was a pleasant and enriching experience. I was impressed by the talent of my schoolmates and hoped to see more of their artwork showcased in the future!

3F Lew Hei Wun

World Choir Games

It all seemed surreal.

Inside Spark Arena, you assembled with over 11,000 singers from over 30 countries, awaiting the grand occasion of the World Choir Games Awards Ceremony. Impatiently, as the announced marks of other competing choirs escalated into 90, you held your breath and tightly gripped on your friend's wrist, your nerves tangling and your thoughts racing indefinitely. "Champion... St. Paul's Co-educational College Senior Mixed Voice Choir". You jumped to your feet. You screamed. Your camera juddered uncontrollably in your trembling hands. You heard shrieks of delight from the surrounding crowd. You dashed to the stage, passing rows of other choirs cheering elatedly for your jubilant victory.

"Was this result in line with expectations?" No, frankly not. You vividly recall the final rehearsal before the departure for Auckland, when you still had not memorized all the details of the repertoires, with the entire choir struggling to synchronize the clapping and stomping. Yet, you were motivated to strive for perfection upon attending the Parade of Nations and friendship concert, in which you witnessed how cultures could be intertwined by the common passion for choral singing.

Now, standing on stage, in the palatial Auckland Town Hall, while immersing yourself in the breathtaking acoustics, you embarked on the odyssey masterfully rendered by the voices of you and the choir. Suspensive sounds of gunfire echoed around the auditorium, as you powerfully pronounced the message that violence ought to have "No Place in Our World"; followed by "I Believe", a candid recount of your unwavering faith and passion in singing, for you graciously glorified the Pater Omnipotens in "Gloria in Excelsis", with your ebullieny reaching its peak to play the jocular "Japanese Game" in which homophonous Japanese phrases were ludicrously embedded. Gently bespoken, you whispered the caressing verses of the

Shakespearean Sonnet "Shall I Compare Thee to a Summer's Day", symbolizing your unremitting tenacity amidst a profusion of impediments in this "No Woundless World". Flipping over the pages of the venerable saga of "Unicornis Captivatur", you traced the heroic escapade once eventuated in the medieval period, finally concluding your performance at the Karimata Village in Japan, dancing and rejoicing under the moonlight with "Karimatanu Kuicha".

After the competition, time passed by in the blink of an eye. Before you knew it, this journey was about to come to an end, as you stepped into St. Matthew-in-the-City with the feeling of triumph for the final sharing concert. With tears welling up in your eyes, you took a deep breath, and for one last time, you observed the faint movement of Mr Wong through your blurred vision.

「我」... Your voice started to quiver. Immersing yourself into the harmonies, you relished the final nuances of chemistry with the rest of the choir...

「相」... Your mind was inundated with a cascade of memories. Flashbacks of the dream-like journey replayed in your head, as you hoped to live in that moment forever...

「信」... You meant it. Souls interwoven, memories from the speech day, Music Festival, HKICF, ascension day and summer concert had once again appeared in front of your eyes. You sang the familiar motif for the very last time, drawing the year-long journey to a graceful end.

The SMVC would love to express their deepest gratitude to Mr Poon, Mr Lee, Mr Wong, Ms Chu, Ms Szeto and Ms Lo for guiding the choir throughout this wonderful journey. All of this could not have been possible without the support from the most solicitous and heartening teachers whom the choir could ever ask for. Of course, kudos to each and every one of you for devoting yourself earnestly to singing, for endeavoring to indefatigably accomplish our goal: 期盼我歌聲感化萬人。Kia ora, World Choir Games!

5B Lo Yik Ming,
5E Kwan Sherrie and 5G Chow Wing Tung

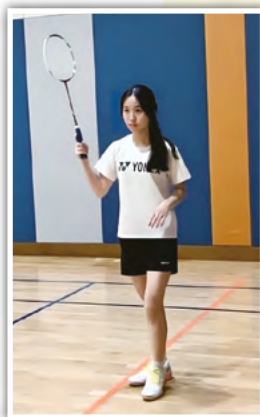


SPORTS

Inter-school Badminton Competition

Our Girls' Badminton Team had successfully defended the Inter-school Badminton Competition Division One (Hong Kong) champion title in the last academic year. As they faced significant challenges from the Kowloon Schools in the new combined competition system, the Team had been diligently preparing for the new season. Their thorough preparation should reassure us of their readiness for the upcoming challenges.

Mr Lai Tsz Leung



Badminton has been a passion of mine for as long as I can remember. I first picked up my racket when I was 7 years old. At first, I just wanted to play it for fun; however, captivated by the fast-paced nature of badminton and nimble footwork, I discovered a growing interest in the sport and joined the sport team.

Over the years, I have dedicated countless hours to honing my badminton skills.

Starting from the fundamental basics to training advanced shots, I gained experience and confidence. Participating in numerous matches and competitions had pushed me even further, testing my abilities against players of all levels and breaking through limits. Within these two years, our school's badminton team had joined the Hong Kong Badminton Association Inter-School Badminton Competition and won the girls overall champion consecutively. As the A grade captain of the team, I am truly honored to be part of the team. Seeing

our efforts paying off was incredibly rewarding and fulfilling.

While those victories were incredibly rewarding, I know that continued success is far from guaranteed. Starting from next year, our team will need to play matches against other Kowloon schools. The road ahead may be filled with grueling practices, intense competitions, and moments of doubt and frustration. Therefore, we have to push ourselves harder in trainings, building our speed, agility and stamina to keep pace with the best players, while cultivating a resilience to withstand the pressure in competitions. I believe if we stay true to the values of teamwork and discipline, we can overcome obstacles and strive for the best.

Badminton has always been more than just a sport to me, it is a central part of my life. No matter how many challenges we are going to face, the prospect of reaching new heights with my teammates has filled me with a renewed sense of purpose. With support from my teammates, I am ready to face the challenges ahead and start a new chapter of badminton in our school.

4B Wong Yeuk Fei

"Bleed passion, bring greatness" - the slogan of our team - serves as an indispensable driving force that has propelled us to face and overcome challenges. Despite the demanding training schedules, our teammates have consistently demonstrated their eagerness to perform at their best and achieve remarkable results.

It is truly an honor to represent our school in the inter-school badminton competition and secure the title of Champion. Our recent achievement of becoming the 2nd runner-up in the HKBA Inter School Badminton Team Championships has marked a significant milestone in our team's history. These accomplishments stand as a testament to the core values we hold dear as a team - courage, perseverance, and teamwork. They serve as a reminder that greatness is achieved through hard work and unwavering determination. We remain dedicated to giving our all, constantly striving to unlock our true potential and achieve excellence.

This year, our team has reached new heights, with the girls' team being crowned the overall champion in the Inter-school Division One Competition, while the boys' team achieved the overall second runner-up position.

The journey in badminton has been filled with both sweat

and tears, moments of bitterness and sweetness. A fire always burns in my heart, reminding me not to surrender and to persevere.

Beyond the skills and awards I have attained in badminton; the sport has imparted invaluable life lessons and profound insights. I have developed qualities such as self-discipline, perseverance, and the ability to confront difficulties with determination. Setbacks and failures have only made me stronger, continually driving me to step out of my comfort zone in pursuit of improvement and breakthroughs.

As the captain of the team, I deeply understand the significance of teamwork in achieving success and realising our collective dreams. The strength of a single individual is not enough to secure victory, but the combined strength of a unified team can bring glory to all.



IB Global Conference 2024: Inspiring learners, realising potential



This year's theme, "Inspiring learners, realising potential" focused on helping educators navigate the increasingly complex world of education to help all students flourish, whether it be through integrating AI into the classroom, holistic approaches to learning, or through mindfulness practices. One of the topics that resonated deeply with me was the need to develop greater awareness of the well-being of all parties within the school community. In her keynote address, Meg Durham's message was especially powerful as it put a spotlight on a group that is sometimes forgotten when it comes to well-being: teachers. It is now more important than ever to provide teachers with the space and time in their already busy schedules to take care of their own well-being if we want to create learning environments that can, in turn, help students thrive on all fronts. Through a series of simple reminders and strategies, Ms Durham's

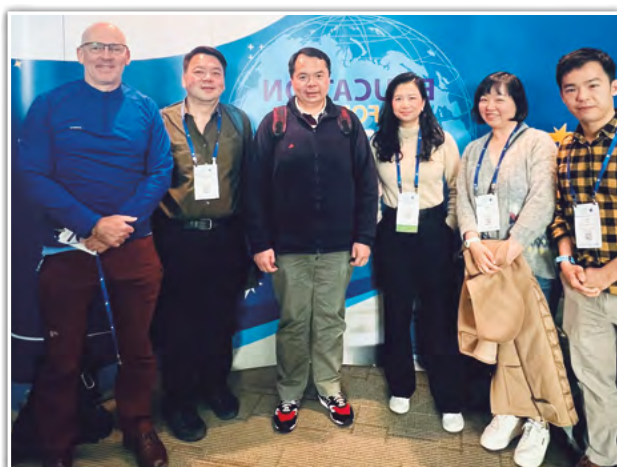
insights were well-received and I hope eventually be implemented in schools across the globe. More information on Ms Durham's philosophy can be found at: <https://openmindededucation.com/>

You can be confident that when more than 1,300 educators from 38 countries gather in one place there will certainly be a lot of buzz and excitement when it comes to learning about the latest developments in the IB world.

This year, the IB Global Conference for the Asia Pacific region was held in Daegu, South Korea from 21-23 March. The conference was a resounding success, bringing together educators, administrators and students from around the world to celebrate the power of an IB education and explore innovative practices from within the IB community. There were a myriad of thought-provoking breakout sessions, inspiring keynote speakers, and valuable networking opportunities which made for a very engaging three days.

The conference exemplified the spirit of the International Baccalaureate programme, inspiring educators to unlock the potential of each student that we cross paths with as well as encouraging us all to take on the shared responsibility in becoming agents of positive change in educating future generations.

Ms Belinda Ng



Staff Development Day



On 26 March, staff from the College spent the day enriching our understanding of two very topical issues: AI in education and teacher health and wellness.

During the first session, Professor Thomas Chiu Kin Fung from the Faculty of Education at CUHK shared his insights on how AI can be used as a tool to increase student engagement and ability to use questioning skills and critical thinking. As an early adopter of AI in his own teaching, Professor Chiu's vision of revolutionising teaching and learning through generative AI was of great interest to colleagues. Professor Chiu emphasised the importance of taking advantage of the many opportunities that exist in creating classrooms where generative AI becomes a co-teacher and collaborator with students, helping them to take their learning to the next level through individualisation and personalisation. Following Dr Chiu's presentation with a practical approach, guest teachers and the principal from Yu Chun Keung Memorial College Mr Yeung Hok Hoi shared strategies that they have implemented to help students with ideation, writing, and grammar checking of English and Chinese compositions.

In the final session of the day, alumnus and registered physiotherapist Mr Raymond Chan gave teachers user-friendly advice on how to maintain good posture and promote good health in the office. Through a series of simple stretches aimed at those who often sit or stand for extended periods of time, teachers learned how to reduce tension and repetitive strain on muscles and joints. Colleagues valued the hands-on demonstrations and found them quite

easy to incorporate into our daily routines with most of them only requiring a few minutes of our time and little to no equipment.

We hope that the energy and enthusiasm for the ideas shared will be put to good use by all and that they will become a part of our best practices in the development of staff wellness and teaching and learning in the College.

Ms Belinda Ng



靈育培養

我校一向重視學生和家長的靈命成長，全校學生和家長透過不同的福音活動，認識聖經真理，建立屬靈的生命。

除了恆常的午間福音站和學生團契如 Superkids 及基督小精兵外，每年下學期期考後的福音周活動更洋溢著濃厚宗教氣氛。蒙天父的眷顧，今年的親子福音晚會是繼疫情之後全面復常，當天有 800 多位家長出席成人聚會，由聖約翰座堂陳國強牧師分享「情繫我家」的主題，而兩個兒童聚會的參與人數更達 500 人，場面熱鬧非常，大家深深感受到主的恩典是何其美。初小和高小的校內佈道會、小一、二的「福音嘉年華」及小三的「追蹤耶穌多 fun」讓學生更加明白上帝的救恩，和要緊緊跟從主的重要性。

至於家長方面，我校今年舉辦了三個家長教育課程，其中「智慧的母親」於下學期分 8 堂於網上進行，環繞《智慧的母親》的影片和書本內容討論和學習，共有 83 位媽媽報名，家長們積極出席、投入討論，各人在課程完結後的回應表上，都表示得幫助。

這個由 Denise Glenn 和她團隊所設計的課程提醒我們，上帝已為我們建立一套有秩序的生命優先次序：

- 我們與上帝的關係
- 我們與自己的關係
- 我們與丈夫的關係
- 我們與兒女的關係
- 我們與工作、事奉的關係

按照這個優先次序生活，會經歷上帝為我們成就、超過我們所能想像的豐盛人生和家庭生活！

以下是一些組長和組員誠摯的感受：



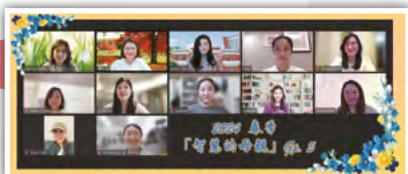
我第一次在聖保羅參與「智慧的母親」的課程，對比五年前孩子還年幼時首次的學習，這趟感受更深！畢竟在婚姻育兒、教養路上跌碰過後，才明白以神不變的話作準則是最穩妥的！

常以為要成為智慧的母親就是要學很多技巧，其實最重要的就是建立與天父的關係、順服和保護丈夫，並以愛來回應孩子成長的各方面需要，讓整個家庭扎根在天父的愛中！



這課程幫助我蛻變，使我與孩子和丈夫相處時，不再是一隻老虎！我很感恩能認識一班同行者，互相扶持，在聖保羅的學習和成長路途上成為智慧的母親。

在這個有意義的家長教育課程中，透過影片、組長和組員彼此真摯的互動交流，我們得到莫大的啟迪，學習怎樣成長為智慧的母親，並建立了珍貴的網絡和友誼。深深感謝上帝的恩典！



每次課堂我重新細閱課程內容時，都當頭棒喝般被提醒自己的不足。藉着聖經教導和媽媽們的經驗分享，我被激勵要努力學習與上帝、與丈夫及與子女建立愛的關係，並且要忠心地為丈夫和孩子守望禱告。甚願上帝賜福聖保羅，不但愈來愈多智慧的母親，也有更多智慧的父親被興起！

總而言之，如果我們的安全感和人生意義，都可以從與上帝建立密切個人關係而得著滿足；那麼，我們選擇成為上帝無條件之愛的器皿，來服侍我們的丈夫和兒女，好讓上帝透過我們，把祂的生命傾倒在家人身上。這就是從敬畏上帝而得的真智慧，也是真正蒙福的家庭之秘訣！



SCHOOL EVENTS & ACTIVITIES

照顧學生學習需要，實踐自主學習

為照顧學生的個性化學習需求，教師設計多樣化的學習活動，並靈活運用校內及校外不同的學習平台，以激發學生的學習主動性和創造力。透過這些學習活動，教師能因材施教，營造自主學習氛圍，增強學生的學習自主性，培養學生的自學能力。同時，教師以更多元化的方式給予學生

回饋，如：學習過程性評價、同儕互評和學生自評等方式，全面反映學生的學習成果，為他們未來的終身學習奠定基礎。

以下是一些學科的例子：

MeeOpp 自主學習平台，提升學生學習興趣，穩固學生語文根基



三年級同學積極完成MeeOpp練習，享受自主學習的過程



五年級的同學在學校進行和MeeOpp有關的活動

中文科和MeeOpp平台合作，配合校本課程於小三至小五進行「單元」模式的學習活動設計。每個年級的負責老師會定期將單元重點告知MeeOpp團隊，並共同討論題目的設計及給予意見，幫助學生溫故知新。於下學期，科組進一步優化與MeeOpp團隊的合作模式，以「教學目標」為

設計焦點，學生的學習能更聚焦，以穩固學生基礎。另外，平台系統更會根據學生的能力表現給予他個人化的分層練習，讓學生有更多學習機會，使學生的學習內容更加個人化，並從中提升他們對語文的興趣。

Cultivation of Core Values and Promotion of Independent Learning in English Curriculum



Peer interaction provides a supportive social setting which can increase their motivation to learn.

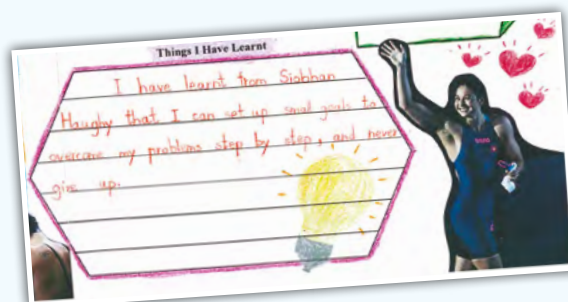
The school-based English curriculum allows a structured learning environment where values education can be instilled across the six levels through Readers. Values education is an essential element of whole-person development so that students will be able to deal with challenges in their future life. Through the teaching and learning of various themes of Readers, students understand the importance of these values like respect, harmony and perseverance. They internalise them and make them a part of their overall behaviours and mindset.

To enhance students' self-directed learning capabilities and bolster their confidence in the language use, this year, the Primary Three students were given the autonomy to do research on athletes. With the teachers' encouragements, they tackled the information given in fact files and made use of the paraphrasing skills to write short paragraphs about the athletes based on their research findings. Subsequently, they learnt to cite the sources appropriately.

After receiving teachers' feedback, students evaluated and refined their draft, modified their ideas and designed a poster to present their findings skillfully.

Primary Six students attended some MeeOpp online lessons to learn how to write an argumentative writing on the topic – Should all restaurants and fast-food chains stop providing plastic straws? It was a multi-stage and iterative process that allowed students to brainstorm critically and organise their ideas structurally in the pre-writing stage, as well as to adapt teachers' advice to their work in the post-writing stage.

Students' enjoyment in learning inside and outside the classroom is greatly enhanced. Their learning experience becomes more fulfilling and rewarding as they get more control of their learning style and pace.

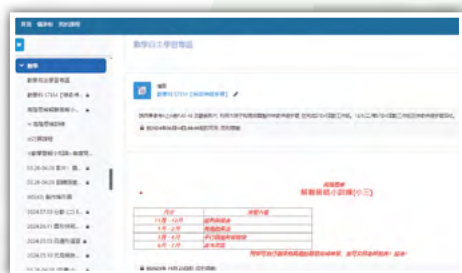


Students have the autonomy to choose their favourite athlete to research into.

持續學習，共同探索，自我增值

為加強照顧學生的多樣性，數學科利用 Moodle 平台開設「自主學習專區」，讓學生以更靈活及更有彈性的方式自主學習，以提升他們對學習的擁有感。此學習專區主要分為五大範疇，包括：高階思維、巧算課程、課後重點重溫、數學知識大發現及數學壁報小知識。學生可按興趣在 Moodle 平台上嘗試不同類型的挑戰題或學習解難策略，亦可透過影片學習計算技巧以提升運算速度及準確度；而老師亦會因應學生在不同課題的掌握程度，上載影片幫助學生鞏固學習內容。學生可透過圖書、互聯網或日常生活中自主探索課本以外的數學知識，老師更鼓勵學生透過

「數學知識大發現」分享知識。不同能力的學生可以按個人需要，在課堂以外的時間獲取額外的學習材料。對於或讓學生得到適切的照顧，從而讓他們的潛能得以進一步發揮。



Moodle數學科自主學習專區



同學在課餘時間利用自主學習專區進行自主探究

豐富學生生活體驗，促進知識內化和轉化

本年度常識科優化「悅讀達人計劃」，更新自主學習課業的設計。學生可以透過多元的方式來延伸他們對於常識課題的學習，除了閱讀課外書籍，學生還可以實地參觀、進行實驗、戶外考察，以及利用網上資源等進行學習。而學生亦可以透過文字、圖畫、照片等不同方式展示他們自主學習的成果。我們希望學生們可以按照自己的興趣和學習風格來選擇自主學習的內容和方式，藉這個人化的學習模式來引發學生的學習動機，激發他們的好奇心，促進他們發揮學習潛能。



三甲廖沛榆同學記錄彩虹橋實驗的過程和結果，學習「自然現象探趣」課題。



六戊李允怡同學閱讀了有關古代埃及的網上資料，記錄與今天截然不同的觀念。



二丁陳昊洋同學透過參觀北京故宮博物院延伸學習「認識中國」課題。



四乙陳梓榆同學的實驗是把乒乓球還原，親身體驗了「大地寶庫」課題中熱脹冷縮的現象。



活出正向校園文化

為培育學生建立積極的人生觀及價值觀，增加面對困難的抗逆力，學校全面推行正向教育，營造正向校園氛圍。

學校透過週會、早會、成長課以及各類培育活動滲透正向教育元素。同時亦透過校本家長教育課程，協助家長學習和實踐正向教育，家校合作共同塑造正向校園文化，建立和諧校園。

學生培育

本學年的週會及早會以校本價值教育為主軸，各項正向教育元素為分題。老師透過生動有趣的分享、深入淺出地引領學生學習及在日常生活實踐各項正向元素，如性格強項、擁抱失敗、The Power of Yet 等，令學生能從中增加對正向教育的認知，面對挫折和挑戰時能有應對的知識、技巧及態度。



各核心價值觀和學生素質亦會融入各級的培育計劃中，老師以多樣化且生動有趣的活動，令學生於「知、情、行」三方面有所深化，加強

學生對正面價值觀的理解與實踐，引導學生內化這些觀念，並將之應用於日常生活。本年度各級的培育重點聚焦於教導學生認識及實踐「明辨是非」及「關愛」兩個核心價值觀。

小一至小三學生於人際技巧和執行學校常規方面可以更進一步，因此老師以活動形式教導學生如何正確表達自己的意見和感受，多聆聽與欣賞他人，做事亦要三思而行，鼓勵學生訂下目標，定期檢視自己的進展，令自己能夠成為有禮貌、有責任感和自律的好學生。

小四至小六學生懂得辨別是非對錯，但在人生的成長路上難免會要面對生活中的誘惑和挑戰。此時，他們需要堅定自己的信念和原則，運用同理心和責任心做出恰當的選擇。有見及此，高小的培養活動融入更多衝突處理技巧及資訊素養元素，希望學生能從培育活動中提升獨立思考和判斷的能力，學會自主，為將來能在人生道路上穩健地走好每一步而做好充分準備。

各級的培育活動：

小一	「金咪獎」	小四	「快樂足印」
小二	「小「升」星計劃」	小五	「St Paul's Runners」
小三	「三星計劃」	小六	「S.E.A.L. 海豹計劃」

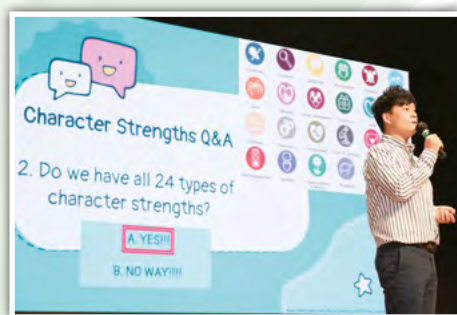
家長教育

「正向教育」亦是本年度全面推行的校本家長教育課程 (SPPEP) 的核心之一。

10月，家教會周年大會的主題講座題目為「讓孩子快樂和成功的秘訣：正向教育初探」，北山堂的同工向家長講解如何適當地運用性格強項發展正向教育。

2月，學生支援組和家長教育組合作，參加了瑪麗醫院2023-2024年度「兒情」計劃—兒童及青少年精神健康社區支援計劃服務，邀得專業醫護人員陳素娟姑娘前來主講，講題為「全面認識兒童及青少年精神及心理健康問題」，讓家長認識兒童及青少年常見的精神及心理問題，例如抑鬱症、焦慮症等。當天家長們積極提問，反應熱烈。

5月，中小學聯校講座，再以「尋找幸福的家庭，正向心態精神健康」為講題，講者麥潤壽先生提醒我們與子女建立正面關係能有效締造幸福和諧家庭，從而提升兒童的抗逆力。



不知不覺間，我的孩子已步入青春期的生理及心理也有不少改變，為了了解這發展階段的重要性，我參加了學校舉辦的家長教育課程，讓我可以進一步了解兒童及青少年精神健康問題。

透過陳姑娘的講解，我深入了解青春期的兒童腦部的發展和變化，除了情緒容易波動外，青春期的孩子更着重朋輩關係，親子關係容易變得疏離及起衝突。為建立良好的親子關係，首先要調整大家的情緒，家長不要被孩子的情緒牽動，這樣才可以走過情緒不穩定的狀態。

深信每位孩子感受到被關懷和被了解後，在成長路上他們定能找到正面解決問題的方法，步向積極快樂的人生。

以投票盡公民責任 用服務來關愛社會

本校一直重視培養學生領導能力，所以每年均推出多項培訓計劃。學期末舉行的領袖生選舉，就讓全校師生通過電子投票來選出新領袖生為同學服務。這過程不僅能選拔有潛質的領袖，也讓學生體驗民主程序，培養公民意識。另外，為了讓學生可以利用自己的性格強項來推動關愛文化，學校特別安排六年級的領袖生代表整個領袖生團隊，前往位於鴨洲邨的利福長者鄰舍中心，為那裏的會友送上歡樂。同學們從中學習身體力行地去關懷身邊有需要的人。以下是同學們的心聲：



身為領袖生的我今年有幸可以協助同學們用電子方式進行投票，實在很有意義。我們會先用平板電腦來掃描二維碼，然後讓小三同學們登入電子投票的網站，選擇他們心中的候選領袖生。使用電子投票這種方便快捷的方式既可以幫助同學們投票，也能提高點票的效率和準確度。希望今年當選的35位領袖生，能夠珍惜服務聖保羅大家庭的這個機會，盡心盡責，報答支持他們的老師、職員和同學。

五戊 趙宇鏗



六月底，學校為我們小六領袖生安排了老人院探訪。這次活動讓我們實踐關愛和服務素質，踏出自己的安舒區，實在非常具意義。而且，這次活動是我們小六領袖生一手包辦的，包括分組，寫司儀稿，預備禮物，設計遊戲，預備表演環節，預備禮物和包裝！所以活動順利完成，我們特別有成功感和滿足感。

我特別感謝老師的提醒：這次活動不是為自己，而是為各位公公婆婆，讓他們能夠度過一個愉快的早上。我們也因此能夠以更加適合的態度來迎接。現在回想起各位公公婆婆的燦爛笑容，心裏有一份溫暖，也覺得很欣慰、很開心。

很感恩老師們給我們這個難得的機會，希望在未來我們能對社會付出更多！

六戊 陳繡軒



全校參與社會服務

今年各級的社會服務恢復以往實體探訪的模式，安排學生與一些非政府機構或特殊學校合作進行探訪或交流活動，實踐關愛的精神。合作單位如下：

級別	合作機構
一年級	聖雅各福群會灣仔長者地區中心
二年級	
三年級	香港盲人體育總會
四年級	路德會啟聾學校
五年級	香港耀能協會羅怡基紀念學校
六年級	香港耀能協會賽馬會柴灣工場

除探訪或交流活動外，各級於成長課時段進行延伸學習活動，深化同學認識和了解社會上不同人士的需要，讓學生從中體驗關愛與共融，積極與感恩的價值觀，實踐正向人生。添意義和溫暖。



體驗活動：小一、小二同學穿上壓力衣感受老人家穿衣扣鈕時的不便



六年級學生撰寫心意卡給殘障學員



一年級學生出發探訪長者中心

LANGUAGE & CULTURE

中國文化盃—寓教於樂，繽紛中華

本年度中文科「中國文化盃」活動於六月試後舉行，冀能透過多元化的活動，讓同學享受學習語文的樂趣，更增進對中華文化的體認。各級都設有中國語文知識問答比賽，比賽過程緊張刺激，無論參賽者和觀眾都認真思考，並發揮團隊精神，回答問題更是快而準。此外，為了提升小一生學習成語的興趣，小一的文化盃加設了成語說故事的初賽和決賽環節。決賽當天，參賽者悉心打扮成故事人物，繪影繪聲地演繹成語典故，小觀眾們都非常專注聆聽，更不時發出笑聲。

除了學習語文知識，本年度的「中國文化盃」注入更多中華文化元素。初小各級在完成比賽後，同學們一起玩投壺遊戲，體驗古人娛樂之趣。而小四四年級更有關於飲食文化的視聽資訊問答環節，同學既可學習中國文化知識，又可參加問答比賽，大家都樂在其中。小五年級則以「六藝」貫串各個語文遊戲，更以平板電腦進行班際比賽，提升同學的參與度，寓學習中華文化於遊戲中，簡直一舉兩得。

相信同學都能透過「中國文化盃」的精彩活動體驗中華文化之趣，加強國民身份認同的同時，也更愛學習中文。





今年的「中國文化盃」提升了我對成語的認識。老師鼓勵我們查考成語的背景故事和運用的方法。在問答比賽中，我從圖片題認識到「亡羊補牢」這個成語，回家後更查找這成語的意思呢！我很感恩能參與這個活動，讓我對中國文化更感興趣！

一乙 葉愷庭

同學們期待已久的「中國文化盃」終於舉行了，我很榮幸被挑選為班代表參加搶答環節。在這次活動中，我不僅認識了充滿趣味的中國歷史和文化，更與同學齊心協力，勇奪亞軍，為班爭光。

五戊 甘卓為

Showcasing Talent at the Internal Speaking Competitions

We are delighted to celebrate the success of our recent internal speaking competitions! Primary One to Four students enthralled us with their captivating storytelling abilities, while Primary Five students impressed us with

their persuasive presentations. As for Primary Six, students ignited intellectual sparks through their debates. Congratulations to all participants for their remarkable performances!



Students celebrating their remarkable success.



The Primary Six students are beaming with pride.

It's my first time presenting a story on stage! As nerve-racking as it might be, I learnt to overcome my fear and share my thoughts to a room full of people. I knew more about the different character strengths from the sharing of the other candidates.

1E Leung Claire

Encouraged by my teacher, I focused on delivering the story to the audience in an engaging manner. The character strengths depicted in "Hummingbird" will continue to empower my inner self.

4D Fung Keira Jinglin

It has been a thrilling experience since the first audition in our class. I trained day and night with all the time I could spare. As the performances ended, I burst into tears of joy when I learned that I was the winner! Hard work does pay off and I will continue working hard to pursue my goals!

5E Chong Sau Ling

The Primary Six students were thrilled to participate in the annual debate competition this year. They approached the competition with enthusiasm and an eagerness to learn. Through the rigorous preparation and the spirited debates, the students not only honed their public speaking and critical thinking skills, but also discovered a newfound passion for the art of persuasion.

6A Chang Ho Yan & Hui Man Ching Colin

The Annual Primary Six Drama – Marie Curie

Different from previous years, the Primary 6 drama production this year took a biographical theme and told the story of the successful female scientist, Marie Curie. Our Primary 6 students took inspiration from Marie's story and learned from her perseverance, bravery and care for humanity. Madame Curie's groundbreaking scientific discoveries, unwavering determination in the face of adversity, and trailblazing contributions to fields dominated by men serve as a powerful example to students of what can be achieved through passion, hard work and the pursuit of knowledge.

The Primary 6 students were divided into nine teams, including the acting team, music team, costume team, makeup team, sets and props team, lighting team, sound team, stage management team and publicity team. This collaborative structure allowed students to not only explore their individual talents and interests, but also hone their teamwork, communication and problem-solving abilities. They also learnt to rely on one another, express gratitude and maintain harmony within their respective teams. By contributing their unique strengths to the shared goal, each student was able to recognise their potential and the value they brought to the team.

Overseeing the preparation of the drama performance is a truly rewarding experience that offers a unique window into the growth and development of our students. As teachers guided the production, they witnessed the incredible transformation that took place over the course of a year. What started out as a group of nervous students gradually blossomed into a cohesive ensemble, with even the usually

introverted students stepping up to become little leaders of their own teams. Students learnt to solve challenging aspects of the production and were empowered to take ownership of the creative process, which instilled them with a sense of achievement and confidence.

This entire journey has proven to be a precious learning experience for both students and teachers. Seeing the students' hard work and unique voices come to life on the stage was an immensely gratifying moment. The lessons learnt will surely extend far beyond the stage, equipping our students with invaluable skills that will serve them well in all areas of life.



活動樂繽紛 學懂感恩和堅毅

普通話科致力培養學生有良好的普通話能力，能發揮聖保羅素質，堅毅學習，學會感恩，樂於分享。科組每學期都會為學生提供不同類型的普通話活動，讓他們展示所學。下學期規模最大的活動包括普通話嘉年華和普通話講故事比賽。前者讓學生在不同的攤位遊戲中，運用所學普通話，來認識中國的地理、民族、食物等，從而增加對祖國的認識；後者讓學生在準備表演的過程中，提升自己的普通話能力，勇敢展示自己。

今年，我有幸獲普通話老師推薦去參加班際普通話講故事比賽。比賽之前，我仔細地查閱每一個字的發音，又向老師請教演繹技巧，希望藉着「愛學習」的全年主題，學到知識，贏得比賽。當天，我十分緊張。時間過得比火箭還要快，轉眼間就到我了。那時，我全身顫抖，害怕得很，不過我還是鼓起勇氣，走到台上。眼見台下兩百多雙眼睛都盯著我，我的心「怦怦怦」地跳動，幾乎要跳出來了！於是，我深深地吸了口氣，然後開始演講。我一邊演講，一邊在心裏鼓勵自己：博天，你快成功了！加油！很快，熱烈的掌聲傳入我的耳朵，我感到無比自豪。我很感恩能擁有這樣寶貴的機會，在這麼多師生面前講故事，真希望下一年能再次參加這個比賽呢！

三丙 施博天

學普通話難嗎？是的，難！和粵語相比，普通話的發音不同，表述方式不同。學普通話難嗎？不難！有老師鼓勵，有同學們的互相幫助，在不斷的鍛煉中成長。在這次普通話講故事比賽中，各班高手大展身手，令我大開眼界。更要感謝老師們給我們展示的機會，讓我們更有自信地運用普通話，我們十分感恩。

四乙 江俊毅



許多同學一開始學普通話的時候都會感到困難，因為普通話中的發音和變調（如三聲變調）都並不容易。但只要我們相信有志者事竟成，平時多聽多說，就一定能學好普通話。這次比賽很開心得到朋友和老師的支持，讓我站上舞臺，給大家展示我精心準備的故事，讓我得到很大的進步。

四丙 陳德霖

普通話嘉年華



在普通話嘉年華活動中，我玩了一個很有趣的遊戲。在遊戲裡，我化身成為小射手，要用玩具槍射中硬紙板上的聲母，射中一個，就要用它來組成一個跟食物有關的詞彙。我射中了「f」，便組成「飯糰」這個詞。

這個遊戲不僅好玩，還讓我複習了有關普通話聲母和詞彙的知識。我平時樂於分享，所以我跟朋友們互相分享自己射中的聲母和組成的詞語，大家都想再玩幾次呢！

二丙 楊思澄

將STEAM融入小學面積課題 激發學生探究精神



同學們都用心製作，每一個降落傘都是獨一無二的呢！

為配合今年科本發展重點，我們選擇將STEAM融入小四的面積課題中。一直以來，同學們認為只要熟記公式便是掌握面積的內容，但老師們卻希望他們對面積課題有更多的應用，於是設計課堂活動，讓同學們探討降落傘面積與下降時間的關係。這次活動中，同學們展現了審慎和克己的核心價值觀，而教師間的專業交流亦有增益，達致教學相長的果效。



在這個活動中，雖然每個人都有自己的想法，但要成功合作，我們需要聆聽，並尊重他人的意見。通過大家的努力，我們成功提高了降落傘停留的時間。這次經驗不僅讓我們學到新知識，我們更體會到合作的重要性。此外，我們還要審慎地進行測試，這樣才能取得真實數據進行比較。我認為這個活動不但讓我們應用數學和科學知識，更讓我們學習和實踐聖保羅的價值觀。



大家都留心聆聽老師講解放降落傘的方法。

我們還要審慎地進行測試，這樣才能取得真實數據進行比較。我認為這個活動不但讓我們應用數學和科學知識，更讓我們學習和實踐聖保羅的價值觀。

四甲 葉卓珈

我覺得這次降落傘活動十分有趣，因為這次活動既能學到新知識，又可以培養正確價值觀。首先，我學到了空氣阻力的特性和原理，並統計了全班數據，得出平均值。其次，我在這次活動中明白到公平測試和審慎的重要性，因為我需要準確記錄組員的數據。這次活動真令我獲益良多啊！

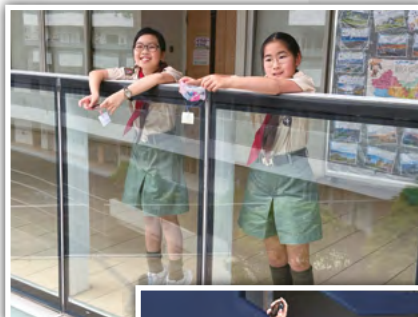
四丁 黃聖清

「降落傘挑戰」活動令我印象深刻。根據公平測試的原理，我想到，下降的速度可能跟繩子的數量、物件的重量、傘的材料、降落時有沒有風等因素有關，回家後我迫不及待又製作了一個降落傘，並一一作了驗證。通過這個活動，令我認識到創造力、思考、觀察、學習等元素在科學研究中都極其重要。我平時喜歡問為什麼，通過提問、假設、實驗、驗證的過程，能發現科學的奧秘真是一件樂事。

四戊 陳弘銳

經過「降落傘挑戰」的活動，我知道空氣阻力和降落傘的面積跟下降速度有很大的關係呢！這活動培養了我們「克己」和「盡責」的價值觀。同學們要克制自己，要在老師說可以「放手」時才可以「放手」；我們被分為二人一組，其中一位在四樓放降落傘，另一個則在三樓計時，每人都要盡責做好才會得到準確結果。這活動既有學習意義，又能培養價值觀，更能發揮創意，真是「一舉多得」呀！

四乙 李希柔



這次數學課我們走出課室，進行有趣的降落傘活動。從這個活動中，我培養了「克己」這個價值觀，因為過程中我們要守紀律，細心聽從老師的指示。如果我們一時衝動，沒有同步開始放傘，就會出現不公平的情況，影響計時結果。我十分投入這次降落傘活動，因為可以一邊遊戲，一邊學習，令課堂變得更有意思！

四丙 袁晞桐



同學們準確就緒，等待老師發號施令投放降落傘。

Robofest 機械人大賽



今年5月，我校小六學生陳緯賢、李善嘉、叶傲迎及小五學生鄭思珩、甄誠和劉頌學一行六人在李家韻主任和麥樂恒老師的帶領下，遠赴美國Lawrence Technological University參加了兩項國際機械人大賽－BottleSumo 相撲機械人比賽和RoboParade 創意機械人巡遊，最後更分別取得「計時賽第一名」及「RoboParade 第四名」！這些賽事不僅考驗學生的科技知識，更體現了創新思維、團隊合作及應變能力等全人素質的重要性。

在BottleSumo中，參賽隊伍需要製作一台機械人，以最快的速度找到並把一個兩公升瓶子推出場外。過程中更設有未知任務作額外考驗，測試機械人的靈活程度。比賽分為計時賽和淘汰賽兩個階段，激烈的機械人對決引人入勝，贏家需擁有紮實的編程功底及機械操控技巧。

至於RoboParade，學生需按年度主題創作一台富創意的機械人，除了要能沿黑線行走及與前一台保持距離之外，評分準則還包括機械人的結構、互動元素及美學效果等。巡遊期間可能臨時加入新規則，考驗學生的臨場反應，展現了比賽的靈活性和可觀程度。參賽者亦可藉此與來自世界各地的隊伍交流，增廣見聞。

這次的體驗讓同學們能夠學以致用，實踐所學，更培養了他們的團隊精神和創新思維及解難能力。希望日後能有更多學生勇於嘗試，發揮所長，在國際舞台綻放光芒。

資訊科技挑戰獎勵計劃金章校外評審

香港電腦教育學會每年均舉辦「資訊科技挑戰獎勵計劃」，旨在培育小學生對資訊科技的熱忱，並激發他們主動學習、終身探索的精神。這項別具意義的計劃分為兩個部分－校內服務及校外評審。

在校內，參與的「IT 特工」需自行策劃並提供資訊科技服務，例如午息在創新科技室當值、協助同學解答電腦上的問題、還會在小四至小六的課室內協助處理一人一機的使用等。累積一定服務時數後，可獲推薦參加校外評審。

校外評審環節相當精彩，學生需就自選題目進行專題研究，從蒐集資料、訪問專家，到製作PowerPoint簡報，深入探討所選課題內涵，如人工智能將如何影響人類的未來、會不會取代社會上一些工作等等。比賽當天學生更需面對嚴格的評審團，透過專業提問，評審團測試學生的掌握程度，這無疑是一次寶貴的公開演說經驗。

在老師的悉心指導下，「IT 特工」們不但獲得寶貴的參賽經驗，更開拓視野，認識最尖端科技發展趨勢。最終今年全組同學均獲得金章殊榮，實在令老師和學生們都喜出望外！

期望有更多學生踴躍參加這個充滿意義的活動，既能服務其他同學，又能增廣自己在資訊科技領域的知識！



探索STEM奧秘 發掘無限可能

常識科小一至小六各級均舉行了精采刺激的STEM挑戰賽，讓同學發揮潛能、一展所長，發掘STEM創新的無限可能！同學先進行科學及STEM知識問答比賽，問題涵蓋課本和課外知識，全面挑戰同學的科學思考及邏輯推理能力。問答比賽過後，緊接著是挑戰賽的重頭戲——STEM解難大挑戰。教師針對每個年級學生的能力，先重點教授解難所需的知識和技巧，之後同學們須齊心協力，運用所學知識和發揮小組合作精神，共同完成具挑戰性的解難任務，盡情展現他們超乎想像的創造力和毅力！

小一同學須應用重心原理去製作一條橋，和利用彈性勢能概念去製作一個會走動的細菌機器人。他們發現，原來只要掌握科學的原理，便不難利用該原理去解決難題。小二同學主要探究紙張的形狀與其承托力的關係，並利用所發現的原理去設計一道能承托最多彈珠的紙橋。他們學會了如何把紙張摺成不同形狀去分散彈珠的壓力，並對自己設計紙橋的高承重能力感到十分驚訝。小三同學利用意大利粉製作一座塔，並將棉花糖放在上面。這個活動考驗了同學對支架結構原理的理解，他們都對自己的設計感到十分滿意，並希望能再砌出更高更穩固的塔。



想不到意大利粉也可用來建造高塔，放上棉花糖後感覺更神奇！



怎樣才能令橡筋動力車行得快一點呢？我們只要同心協力，一定會想到解決辦法的。

相比低年級的活動，高年級同學的解難任務則更具挑戰性。四年級同學須在限時內應用重心原理把汽水罐傾斜地立在桌上，再利用雪條棒設計出一個平衡裝置。同學們都勇於嘗試，明白到只有堅持不懈才能成功的道理。五年級同學進行了橡筋動力車的探究和製作。他們起初都束手無策，不知如何入手設計。後來經過老師的提點和與同學的討論後，終能成功製作出具強大動力的橡筋動力車，成功為他們帶來的喜悅不言而喻。六年級同學須應用槓桿原理設計能準確量重的桿秤，他們十分投入討論和設計，並發現原來從書本上學到的科學知識在現實中能有如此廣泛的應用。

通過這次各級的STEM挑戰賽，我們不僅看到同學們的潛力得到充分發揮，也見證了他們在STEM領域取得的豐碩成果。我們相信這些珍貴的經歷必將成為他們未來探索STEM無限可能的重要起點。

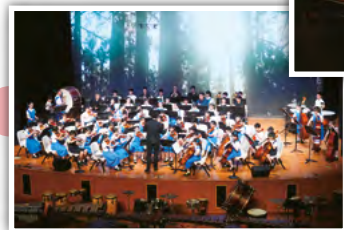
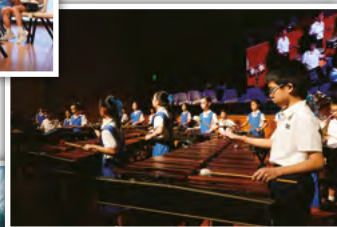
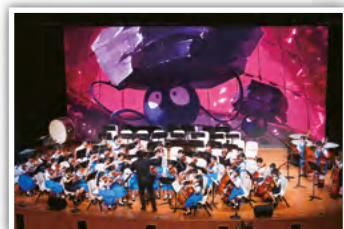


應用槓桿原理製成的中國傳統桿秤，準確度可媲美電子磅呢！

愛學習樂演奏 盡顯才華樂繽紛

中學樂隊學生器樂演出及介紹

中學管弦樂隊學生於6月20日來到小學進行樂器介紹、表演及交流，中學的學兄學姊向師弟妹分享學習心得，同時部分中學同學也向小學表達謝意，因為他們是從當年的小三器樂課程開始學習彈奏樂器，漸漸地樂器成為他們的好夥伴，陪伴他們成長。中學的同學們講解生動，演奏的音樂悅耳動聽，激發起同學們對音樂學習的興趣，讓全校的同學都投入音樂之中。



一年一度的音樂大匯演

6月24日的早上，接近150位三年級的弦樂小組、管樂小組、敲擊樂小組同學，以及小一敲擊樂小組、手鈴小組、初級組合唱團及手鈴隊同學於學校禮堂齊聚一堂，各個組別演繹精彩的音樂，實在是一件令人欣喜的事情！接近300位家長到場欣賞學生們的學習成果，無論台上台下的同學，表現得都特別投入與興奮，老師和家長也為孩子們的努力和成長感到欣慰。

音樂大匯演不僅展示了學生們的學習成果，更讓大家一起感受音樂的魅力，共同譜寫美好的音樂篇章！



第13屆世界合唱節比賽 (World Choir Games)

2023年度學校挑選了63位四、五年級的學生組成WCG合唱團，並於7月13日遠赴奧克蘭參加第13屆世界合唱節比賽，在11天的旅程中除了參加合唱比賽外，合唱團也參與大會安排的巡遊及觀看不同組別的比赛，以擴闊學生的眼界。除此之外，創意及藝術總監李偉安先生安排了一場由聖保羅男女中學混聲合唱團及小學WCG合唱團主辦的音樂會，讓中小學同學互相合作交流，也同時希望能夠與奧克蘭人民一起分享音樂。



我在這次奧克蘭音樂文化交流之旅學會提升自理能力及與同學融洽相處，亦明白到堅毅地練習才能做得好。我希望將來再參加類似之交流活動，因為能增廣見聞，又能認識到新朋友。我很感恩能夠作為WCG合唱團之一員，代表學校參與這次世界合唱節比賽，因為學校安排了很多有趣的活動，令整個旅程十分難忘。

五丁 彭堃茵

這次到新西蘭的旅行交流活動，我感覺到我突然從「井底之蛙」跳出來看世界，擴闊了視野。其次，這個旅程讓我獲益良多，我們可以提升多項素質、正向價值、性格強項及與人相處的技巧等。在面對國際水準賽事的壓力時，只有用輕鬆但認真的態度唱歌及做事才能發揮水準。記得我們觀賞其他對伍表演時，雖然大家對同一首歌的唱法各有不同，但亦從中學會要彼此尊重，感謝校長和老師為我們籌備這次比賽及交流之旅。

五丁 周恩丞



西九視覺藝術展覽：戲曲中心 X 聖保羅



本校於7月2日及7月3日在西九文化區西區中心的大劇院大廳，隆重呈獻2024年暑期音樂會暨視覺藝術展覽「風的華爾茲」。這次盛會以價值觀「融洽」及「關愛」為主題，不僅展現了聖保羅大家庭的音樂才華，在音樂會前夕亦展覽了學生作品，肯定他們在視覺藝術方面的努力和卓越成就。

本展覽分為四大主題－「Multicultural Perspectives and Explorations」、「Our Neighborhood in the Southern District」、「Science in Painting」和陶藝作品「A Symphony Water Droplets」。

學生首先展現的是運用了中西繪畫技法的畫作，反映了他們對香港多元文化的藝術詮釋；之後帶領觀眾走進學校位處的南區，當中的靈感源於鄰近的社區、主題樂園以及舊

時漁村的風貌；此外，學生針對生活中遇到的問題承先啟後，通過水彩畫或粉彩畫的繪畫形式將未來的科學概念展示出來；最後，師生運用「形」及「聲」的意念，將陶藝班學生各自創作「小水滴」集腋成裘，微小的個體瞬成一個整體，仿如交響樂中的不同元素，如樂器、旋律、和聲和節奏的融合體一樣。作品揉合聖保羅的主色調「藍色」，嵌合晶瑩的玻璃後，加強了渲染力，更形似水滴的感覺。

這些主題反映了聖保羅藝術創作不但深耕於社區文化，而且積極涉獵多元文化的題材，包括科學創新和傳統人文等。在展覽中，校園藝術家李竣民和趙芷萱也帶領觀眾傾聽視覺交響曲，感受一眾聖保羅師生有別於傳統形式所演繹出的平面和立體作品。



體育比賽取佳績 乒乓球隊衝出香港

本年度體育科首次有體育團隊到國內進行交流活動，乒乓球隊的隊員於四月到廣州參與交流活動。隊員不但有機會參與國家級運動員的交流活動，接受張怡寧女士及邱燦先生的指導，亦到訪了廣州市南沙小學和廣州體育職業技術學院，與當地同學切磋交流，同學們獲益良多。



除此之外，學校各體育團隊亦以行動展現追求卓越的努力成果，各個團隊在校際賽事比賽中均理想的成績。要獲取佳績，堅持便是其中一個成功因素，在一整年的訓練及比賽過程中，同學展現聖保羅學生素質，更體現不同的核心價值，以上獎項需要各個體育團隊都獲得好成績才能得獎。而我們校隊的同學都堅持每星期練習，全力以赴參與各項比賽。我們看看其中一位女隊員的奮鬥歷程吧！

以下是乒乓球隊到廣州交流的活動相片和六乙班李卓蔚同學參與體育比賽的分享。



有些事情不是看到希望才堅持，而是堅持了，才會看到希望。



在小學的歲月裡，運動一直是我生活的重要部分。自從小學一年級加入乒乓球隊後，我便對這項運動產生了濃厚的興趣。乒乓球不僅鍛煉了我的靈活性和協調性，更培養了我堅持不懈的精神。經過多年的訓練和比賽，這年我們終於在港島西區小學校際乒乓球比賽中榮獲冠軍，這份榮譽讓我倍感自豪。

除了乒乓球隊，我在小學三年級時還加入了田徑隊。起初，我專注於跑步，因為我相信自己在这方面有潛力。然而，在教練的指導和隊友的鼓勵下，我開始接觸推鉛球，這是我從未想過會接觸的項目。經過不斷的努力和練習，我在港島西區小學校際田徑比賽的推鉛球項目中奪冠，這為我日後在這個項目的發展打了一支強心針。

我的運動旅程並不僅限於區內比賽，在全港小學區際田徑比賽中，我取得了推鉛球第八名的成績。這個成績對我來說意義重大，因為它證明了我可以在更廣闊的舞台上，與其他優秀運動員競爭。

獲得獎項的喜悅是無與倫比的。它們不僅是對我努力的認可，也是我對未來繼續追求卓越的激勵。無論是在乒乓球

場上還是在田徑賽道上，只要我全力以赴，就有可能實現自己的夢想。這些經歷將成為我人生中寶貴的財富，激勵我在未來的道路上不斷前進。在這段旅程中，我深刻體會到堅持的重要性。無論是面對訓練的艱辛，還是比賽的壓力，堅持都是我取得成功的關鍵。每當我想要放棄時，我總會咬緊牙關，繼續前進，不斷挑戰自己的極限。

堅持不僅是一種態度，更是一種力量。它讓我在面對困難時能夠保持信念，不斷追求更好的自己。我相信，只要我持之以恆，未來的道路上一定能收穫更多的成就和喜悅。

六乙 李卓蔚



本年度體育科在全港小學體育獎計劃中女子組獲得金獎學校的最高榮譽，我們因此舉行了切蛋糕的慶祝活動。

STAFF DEVELOPMENT

教師專業發展

教師參與內地交流團

近年教育局推行「香港教師專業階梯」政策，鼓勵教師積極參與持續專業發展活動，在不同的專業階段完成進修要求，以促進教師專業發展。新入職教師需參加內地學習團，加深對內地教育、經濟、社會和文化發展的認識，從

在這次廣州及深圳教師內地交流團中，我透過參加不同的講座，學習到內地的基礎教育與教學改革的發展。在觀課中，內地老師通過預習、課堂檢視和回饋來提高學生課堂參與度。我也了解到內地老師如何運用AI去創作音樂、影片及簡報來提升教學效能，實在大開眼界！

周佩珍老師

而提升學與教及教育領導等方面的專業能力。本年度本校四名教師分別於12月、4月和5月參與新入職教師內地學習團，以下是其中兩位老師的感想：

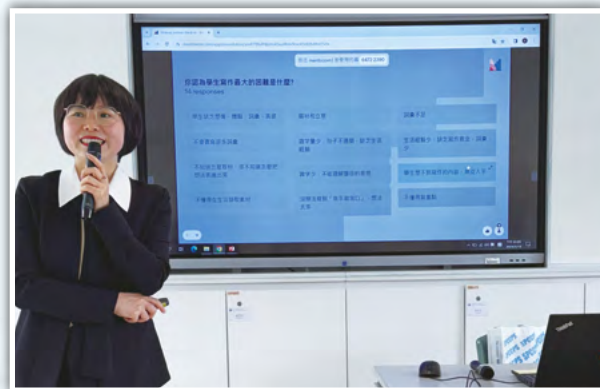
這次內地交流團讓我有機會參觀廣州的小學，見識了先進的教學設施。我們與當地教師就著課程設計和學生品格培養交流彼此的經驗和心得。這次交流團不僅拓展了我的教育視野，還增強了我對教學的信心，為我未來的專業發展奠定了良好的基礎。

莊晴芝老師

科本教師專業發展活動

為提升教師的教學能量及促進專業交流，各科組因應科本發展目標及需要計劃不同形式的活動，包括講座、工作坊、測試實驗、體驗學習等，透過討論和實踐，彼此交流分享，增強教學效能。

中文科：序列化寫作教學工作坊



3月19日的中文科教師專業發展活動，邀請了教育局校本語文支援組內地專家教師王小莉老師進行分享。王老師本年度在學校進行語文支援，深明學生寫作時遇到的困難，並希望透過工作坊介紹「序列化寫作教學」，讓老師了解寫作能力要點，讓寫作教學可以更切合學生的需要。此外，王老師亦在工作坊中教導老師如何擬命題寫作題目，老師更即席分組命題及交流。

透過是次活動，老師得以學以致用，並互相交流，把學到的出題方法即時運用出來。期望於下學年開始，中文科可以嘗試運用王老師教授的寫作序列及寫作能力要求，檢視學校的寫作教學，並重新整理本校校本的寫作課程。

英文科：Experience Sharing on Teaching Reading Strategies and Using Generative – AI

A staff development workshop on “Experience Sharing on Teaching Reading Strategies and Using Generative-AI” conducted by Dr. Paul Sze was held on 19th March, 2024 for all teachers in the English Panel. The workshop consisted of a teacher experience sharing and hands-on practices on the use of GEN-AI technology in teaching reading skills.

To start with, there was a teacher sharing on reading instruction strategies, where carefully curated strategies and resources were shared as ideas to enhance teaching effectiveness. It was followed by Dr. Sze's invaluable insights about curriculum development and the informative sharing of how teachers can incorporate GEN-AI technology in reading instruction.

Through in-depth discussions and active engagement in various activities, teachers found the workshop an

enriching experience which helped them reflect on their current teaching methods as well as acquiring new ways to adapt to the ever-changing world of education.



數學科：利用電子工具強化學生的量感及空間感

「STEAM 教育、媒體和資訊素養」是小學教育課程指引的更新重點之一，「Polypad」這個學習軟件平台正能為老師帶來新的教學工具，不論設計學習評估或是展示度量及圖形與空間課題的概念知識，都能使課堂更豐富和多元化！

2024 年 3 月 21 日全體數學科老師參加由香港大學教育學院李文生博士主講有關電子工具 Polypad 的工作坊，以實際操作探討如何在教學中有效地應用軟件強化學生的量感、空間感及問題解決能力。學生在度量範疇課題上，因缺乏生活上的接觸及觀察，形成空間感及度量感不足。教師利用電子學習軟件除了可讓學生模擬真實的情景，作出推測、估量和驗證，還能增加學生的參與度和互動性，更可加深學生對數學概念的理解和應用。



常識科：多元評量促進共通能力的發展



配合未來科學科的校本發展方向，我們積極發展科學科的多元評量以促進學生共通能力的發展。我們邀請了香港教育大學科學及環境學系客座助理教授鄭慕賢博士，為數常科老師主持「如何於科學科及 STEAM 活動中實踐多元創意評核」的工作坊。

鄭博士以深入淺出、輕鬆幽默的活動形式，帶領我們探索和認識不同性質的評估策略，並了解如何利用這些評估達到不同的學習目的。透過動手製作彈射器的活動中，體驗應用「Diagnostic Assessment of Creative Product」，認識可評核作品的項目，並配合「Self-Directed Learning」問題，引導學生從隱藏在評估項目或問題中的提示，獲得改良作品的方向，學習自主訂立改良目標。除了評估作品的成果，亦可透過評量表評估製作過程，項目可因應活動性質聚焦某些步驟，讓學生發現自己的弱項從而來訂立改良目標。這種評估歷程，能應用於未來科學科中「工程設計與創新」的範疇。我們亦認識了以學習歷程檔案、科學發現日記等方式來評估學生的創意生成能力、流暢力、觀察力、聯想力、聯繫知識的能力等範疇。而借助評估學生的「科學發現日記」，更可幫助老師發掘具科探潛質的學生！

音樂科：流行聲樂及音樂劇演唱技巧

今年的音樂科教師發展日是非常有意義的一次學習體驗。學校邀請了馮夏賢女士來教授流行聲樂及音樂劇演唱技巧，雖然只有短短的兩個小時，但我們獲益匪淺。

我們學到了發聲需要科學化。馮女士從聲帶結構和氣量操作的角度來教授，讓我們對唱歌有了全新的認識。她的講解讓我們明白了聲帶如何運作，並且教會了我們如何運用不同的肌肉和舌頭來塑造不同的音色，例如 Speech（說話音）、Sob（哭泣音）、Cry（哭喊音）、Twang（鼻音）、Falsetto（假聲）、Belt（高亢音）。這種科學化的教學方法讓我們更加有信心地指導學生，相信亦能夠幫助他們更有效控制自己的聲帶以發出不同的音色。課堂中，馮女士亦以不同流行歌手的演出片段作示範，讓我們明白原來歌手在演唱時的動作不僅是表演，有些動作實際上還能幫助塑造唱歌的不同音色。

我們非常感謝馮女士的指導，希望以後還能有機會邀請她來指導我們。這次的學習經驗讓我們的眼界大開，亦讓我

們在聲樂指導上更加專業，也為我們的教學工作帶來了更多的啟發。



視藝科：探索書畫藝術魅力 傳承中國傳統藝術



本年度的教師專業發展日，視覺藝術科老師聚首一堂，參與了「中國書畫工作坊」。在工作坊的第一部份，老師學習了中國書畫的基本作畫知識，其中亦涵蓋了畫中的文化內涵和歷史背景。水墨畫講究意境的表達，需要運用暗淡、濃淡、疏密等手法，捕捉自然景物的韻味。第二部份是體驗環節，老師有機會利用多種的媒材、工具，體驗繪畫不同題材水墨畫。老師在工作坊中學習實用的繪畫技巧之餘，亦有熱烈的討論，共同探索中國書畫的教學策略。水墨畫蘊含了不少的哲學思想和生活情趣，我們期望將來可與學生多作分享，讓學生更好地理解 and 欣賞中國傳統藝術的獨特魅力。

體育科：學習新興運動—攻防箭體驗活動

新興運動是近年體育科發展的重點項目之一，中、高小同學於每年的體育課堂體驗不同的新興運動，以發掘他們在體育方面的潛能，並提升體育學習的動機。

2024年3月19日全體體育科教師參與由Hong Kong Sports Hunter Limited 教練介紹的新興運動—攻防箭。透過親身體驗的形式，研究此活動或同類型活動在體育課堂內及課堂外推廣的可行性，希望發掘學生在體育發展上的各種潛能，提升學生體育學習及運動發展的動力，從而加深他們對每天做運動以保持健康生活模式的概念。攻防戰體驗活動讓老師們更了解這項運動的特點和可以應用到其他運動項目的教學方法，盼望體育科教師在未來的教學實



踐中能夠充分運用這次的經驗，讓學生們在體育課上也能感受到運動的樂趣和挑戰。

以孩子的心為心 關顧有特殊教育需要的同學 全校教師SEN專業培訓發展

由2021/22至2023/24共三個學年，本校致力加強全校教師在識別及支援SEN學生的培訓工作，本着「以人為本」、「以孩子的心為心」，照顧有不同特性及學習需要的同學，讓他們健康成長，提升學習信心，建立正向積極的人生觀。

學校每年都會舉行全校教師工作坊，由第一年的「淺談兩個特殊學習需要—ADHD(過動及專注力不足)和有其他精神健康相關問題的學生特性及課堂支援策略」，教師初步了解SEN學生特性及基本教學策略、第二年的「說在紅燈未亮時」，透過情境來教導老師有關處理學生情緒的技巧，至今年的「支援學生突如其來的反應」，裝備老師如何應對課堂上學生出現的情緒問題，三年的講座以循序漸進的模式，層層深入地讓教師了解我校學生的需要，教師深切認同學校的培訓工作能讓他們更願意、並更有信心地支援SEN同學，獲益良多。



教師投入分組討論

我們的教師力求上進，踴躍報讀教育局「照顧有特殊教育需要的學生教師持續專業發展」的三層課程(基礎、高級及專題課程)，人數持續上升。

未來學校會繼續進行「全校參與」模式，推薦更多教師報讀專業課程。



貫徹全校參與，ENETS也來分享支援策略

今年我修讀了「照顧不同學習需要」的網上基礎課程，課程清楚介紹了智力障礙、自閉症、注意力不足/過度活躍症、精神病、肢體傷殘、視障、聽力及言語障礙等七種常見的特殊學習需要，讓我能更有效識別不同學生的多元學習需要，並發展正確態度和掌握課堂內照顧學習差異的策略及技巧。希望將來能於課堂及評估中實踐課堂知識，協助學校推展有關工作，以達致照顧不同學習需要的目標。

王紀人老師

學校推行全校參與的三層支援模式已多年，今年學生支援組為全校教師舉辦「支援學生突如其來的反應」工作坊。駐校教育心理學家林姑娘向老師講解學生出現異常反應的背後原因及相關問題，老師如何掌握即時支援學生的策略，以增加教學信心。透過老師共同討論和參與，讓我更認識學生突如其來的反應及應對方法，同心營造正向的校園。

潘雪霞老師

小六北京畢業學習交流之旅： 史家小學交流體驗 構建友好合作基礎

本年度小六畢業學習交流之旅於2024年4月中旬於北京舉行，主題為「中國古今文化科技面面觀」。在五天的行程中，同學參觀了北京神舟綠鵬國際種業科技園區，認識祖國的航太育種技術；亦於新時空科創中心進行工作坊，認識北斗衛星導航系統及測量衛星位置；更親身到首鋼園、孔廟、國子監及胡同等象徵古今首都變遷的景點。此外，是次畢業營還安排了學生到北京的學校進行交流活動，讓他們除了透過參觀活動瞭解國家首都的最新發展外，更能親身體驗當地學生的校園生活。

全體小六師生於小六畢業學習交流的第三天早上都精神抖擻，浩浩蕩蕩地前往北京市東城區史家胡同小學，展開一連串精彩的交流活動。師生一抵埗便得到史家小學師生的熱烈歡迎，令大夥兒都受寵若驚。史家小學的同學舉着接待同學的名牌，熱情地迎接我們的同學，以熾熱的心融化隔膜。兩校素不相識的同學相見不久後便彼此交談起來，大家更交換了為小伙伴悉心準備的體現兩地特色的禮物。

在歡迎儀式中，兩校的校長及學生代表陸續致辭，兩校更簽訂了友好合作協議，展望更長久的交流與合作關係。在同學們如雷的掌聲中，兩校學生進行了文藝節目交流，大家的表演都非常精彩，我校合唱團演唱了英文歌曲、PMG小組的同學也表演了器樂合奏，史家小學的同學們則帶來了中國的藝術瑰寶——京劇表演，整台節目充分展現了中西文化的融合，也展開了兩校學生的交流。

歡迎儀式結束後，兩校學生共同前往課程資源中心體驗特色課程，彼此的交流和溝通更為深入。

作為合唱團的一份子，很感恩可以有機會在當地跟別人分享我們對唱歌的熱情。這是我第一次在那麼陌生的地方表演，因此感到格外緊張。當天早上，我們提早到達史家小學排練。那個校園比我想像中還要大呢！站在舞台上，在刺眼的燈光下，我感受到了觀眾們的期待，這也令我更加緊張。當鋼琴的伴奏聲響起，我們就開始向大家展現我們練習的成果。

再一次感謝校長、副校長、主任和老師們讓我們六年級的同學在畢業前留下深刻的回憶。無論是學術上還是品格方面我們都有很多得著。謝謝你們！

六戊 李允怡

我們有幸能夠在北京學習交流之旅與北京史家胡同小學的學生進行交流活動，機會難得。負責接待我們的同學彬彬有禮，熱情待人，令我深感難忘。文藝匯演環節中，史家小學的「小梨園」京劇社同學獻上生動有趣的京劇表演，使我們大開眼界，更能親身見識北京的傳統文化。

六甲 王喬楓



在歡迎儀式前，雙方校長簽訂兩校友好合作協議，為日後交流奠定基礎。



合唱團同學在文藝交流環節中表演英語歌曲



同學與史家小學的小伙伴一起體驗創意課程

在史家小學的交流中，我深深感受到這所學校的規模宏大、師生熱情好客。張校長與史家小學校長簽署的合作文件，奠定了雙方長遠合作交流的基礎，大家都十分期待。與史家小學同學交換禮物，也讓我感受到這裡同學的友善。校園秩序井然，設施完善，學生舉止得體，可見這所學校的教育質量極好。在廚藝課上，老師周到的安排和同學的熱情協助，使我真切地體驗到了這裡師生的和諧互動。這次交流，不僅讓我度過了一段愉快的時光，也讓我對這所學校留下了深刻而美好的印象。

六丙 何承觀

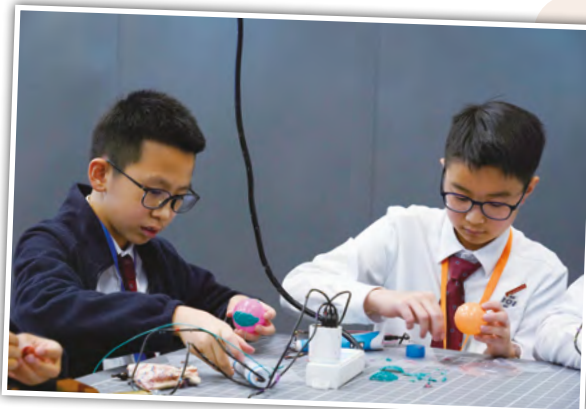


兩校學生投入參與交流活動，分享彼此的學習環境。

其後，全體小六師生分批參觀史家胡同小學，每一站都有該校的學生大使為同學作講解，讓大家對他們的學校特色、校園生活有更多的了解。接着，兩校同學一起到學校的課程資源中心參與不同的特色課堂體驗，例如木工、金工、創意搭建、智能機甲、花藝、廚藝等體驗課堂，在不同的課堂上，同學們都能突破自己，用心學習，發揮聖保羅「信、望、愛」的精神。



親身與當地同學們體驗史家小學的特色課程



我校的同學和史家小學的同學一起進行各類體驗課堂，大家都獲益良多。

大灣區文化交流與科技體驗之旅

今年首次舉辦的小四大灣區交流之旅，目的是為學生提供一個親身學習中華文化的機會；從中增強中港兩地學生的聯繫，豐富學習經驗，亦讓同學們認識及體驗中國創新科技的發展。

2024年2月23日，由張校長及朱副校長率領，超過140位四年級同學乘坐高鐵前往深圳進行學術交流與科技體驗。首先到訪深圳市寶安中學(集團)外國語學校，師生能進入課室與該校的學生一同上課。課程內容多元化，是簡短卻寶貴的互相交流及學習機會。還有兩校表演交流及欣賞環節，本校由7位樂隊成員進行一個小型西樂演奏會，友校亦有傳統的念詩詞、中西舞蹈、跳新穎的課桌舞等，團隊的合拍更令我們師生驚嘆，大開眼界。



下午參觀深圳紅立方—龍崗區科技館，學生能夠體驗及參觀多個科創項目，例如模仿太空無重狀態的360°旋轉的太空椅、模擬太空人倒立狀態的360°單車、機械人樂隊、科普元素遊戲等，好玩之餘亦具教育意義，提升了同學們對學習航天科技與科學的興趣。

這次首辦的大灣區交流活動，讓小四同學加深了對中華文化的認識，也目睹祖國科技發展的偉大成就。



這次學校交流活動中，整個行程都讓我留下深刻印象，從外國語學校的傳統詩詞表演和多樣化的舞蹈表演，到科技館的太空椅和倒立單車，讓我體驗到祖國經典的傳統文化到創新的現代科技。這次經歷擴展了我的視野，讓我更了解內地學校不同的文化和特色，對我個人成長和學習有所啟發，同時提升小四學生的溝通素質和國民身份認同感。

四乙 李悅情

這次大灣區的交流探訪，最令我感受深刻的是參觀科技館的地震和龍捲風體驗館。雖然在香港未必會感受到地震和龍捲風帶來的災害，透過這些寶貴的體驗，不僅擴展了我的課外知識，也讓我見識了大自然的威力，從而懂得要好好珍惜我們所居住的環境。第一次坐高鐵亦讓我大開眼界，親身體會到中國新科技的發展！

四丙 葉浩林



非常感恩學校為小四同學安排了這次交流活動，令我印象最深刻的是參觀學校以龍為題的藝術展覽。通過欣賞各種以龍為題材的藝術作品，我對中國悠久的文化傳統有了更深切的認識和感悟。這次活動不僅拓展了我的視野，也培養了我們的學習和溝通素質。我們中港兩地的學生通過各種交流互動，增進了相互了解和友誼。我期待將來能有更多類似的中港文化交流活動，讓我們能夠親身感受和深入了解祖國的文化和科技發展。

四戊 李昊朗

Looking Ahead

Date	Event	Place
10 Sep 2024	Sports Day	Hong Kong
27 Sep 2024	Swimming Gala	Hong Kong
21 – 25 Oct 2024	P5 Outward Bound	Hong Kong
10 Nov 2024	Walkathon	Hong Kong
11 Nov 2024	Primary School Picnic	Hong Kong
16 – 24 Nov 2024	Student Activities Week - F1 – Outdoor Education Camp - F2 – Historical and Cultural Experiential Learning Programme - F3 – Place-based Education Programme - F4 & F5 – Service Learning / Attachment / Self-organised Programme	Hong Kong Nanjing Hong Kong Hong Kong / Overseas
7 Dec 2024	Alumni Homecoming Day	SPCC
16 Dec 2024	Speech Day	SPCC
20 Dec 2024	Carol Service	Hong Kong
14 Jan 2025	F1 Sports Development Day	Hong Kong
17 – 23 Jan 2025	Visit of students from - Beijing High School attached to Tsinghua University / - Tianjin Nankai High School (Tentative)	SPCC
19 – 25 Jan 2025	Visit of students from Shanghai Fudan High School (Tentative)	SPCC

St. Paul's Co-educational College Primary School
 11 Nam Fung Path, Wong Chuk Hang, Hong Kong
 聖保羅男女中學附屬小學
 香港黃竹坑南風徑 11 號
 Tel 電話：2526 1882
 Fax 傳真：2526 2133
 Website 網址：www.spccps.edu.hk

St. Paul's Co-educational College
 33 MacDonnell Road, Hong Kong
 聖保羅男女中學
 香港麥當勞道 33 號
 Tel 電話：2523 1187
 Fax 傳真：2877 0442
 Website 網址：www.spcc.edu.hk