

THE RED BRICKS

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Message from the Principal



Time flies and a month has already gone by for 2025. I would like to take this opportunity to wish everyone an amazing year of success and positive change in 2025.

The College attaches great importance to building a caring and harmonious environment for our students to develop their strengths and talents. Besides the pursuit of academic excellence, we strive to foster our students' holistic development through values education.

holistic development through values education.

In recent years, discussion about mental well-being has been the focus around the world, particularly among educators. The mental health of students has remained a cause for concern. To address this concern, I visited the Centre for Wellbeing Science at University of Melbourne in early November 2024 with the Assistant Vice Principal (Student Affairs) and the Guidance Master. We have learned about the promotion of student well-being by adopting a systems approach which focuses on facilitating partnerships among government officials, schools and the wider community. We also need to involve our parents to enhance their ability to support their children's and their

own well-being. The visit has also provided us with a better understanding about the wide variety of well-being education and training that can be offered to different key stakeholders in the community. Our team has benefitted from this meaningful visit and it has given us a clear direction on how we can engage in systematic reflective thinking process for planning, enacting and refining well-being education and promotion in our College.

Well-being education may be a huge undertaking but it is also a duty of all educators. It would not be an easy journey but it calls for the collective efforts from different stakeholders. I look forward to collaborating with our stakeholders more closely in the years ahead to improve students' well-being and mental health.

Mr Poon Siu Chi

Principal, St. Paul's Co-educational College

校長的話



今年我們以「分享愛・常感恩・正向樂學展創意」為主題，開展學校新的三年發展週期 (2024-2027) 的工作，學校持續以正向教育的理念來策劃和推行各項學習活動，並在課程中滲透校本的素質和價值觀教育。由九月開學至今，不論課堂或課外活動的學習，校內或校外的交流活動，以至教師發展日的安排，我們都以建構師生的身心靈健康為目標，並希望同學們透過認識自己的

突顯性格強項，懂得怎樣發揮自己的優點，學習愛己愛人，凡事感恩。

為了加強師生在運動方面的關注，學校將星期五定為學校運動日，師生齊穿運動服上學，早上上課前一起做護脊操，而午息時段舉行不同的運動活動；此外，學校也舉行「精神健康日」，並在12月的教師發展日舉辦不同的動態或靜態活動，讓老師和學生同樣可以舒展身心和學習減壓。

回顧上學期的學生活動，真是既精采又充實。除了富挑戰性的小五外展訓練課程，與不同友校交流的馬灣領袖訓練日營，展示創科成果的攤位展覽活動外，還有音樂、體育和朗誦節等不同的團隊訓練、表演和比賽，以及校園藝術

大使、學生大使們的熱心服務，令校園變得更美更有愛。我們十分欣賞同學們在不同活動中全力以赴，投入學習活動，不單展現了個人的性格強項，還發揮了「思考」、「溝通」和「服務」素質，也提升了堅毅、克己和團隊精神。

本年度學校於課程方面作了一項重要的變更，就是將小一至小五的常識科分拆為「科學科」和「人文科」，而小六則維持校本的 Science 及 Humanities 兩科。雖然這個安排比教育局建議的逐步推行分科的時間表提早了兩年，然而自2022年度我們已就分科的事宜作出討論和籌劃，因此整個分科計劃能於本年度實施，實在感激課程發展組、常識科科主任和老師團隊的努力。

要培育孩子面對不斷變遷的世界，作為老師和家長也需要終身學習，陪伴他們成長。老師們在專業上不斷自我提升，我們也看見很多家長積極參與學校的家長教育課程。願天父祝福聖保羅每個家庭，賜予我們智慧和平安。讓我們攜手以正向的思維培育和管教子女，與孩子們同行。

張慧純

聖保羅男女中學附屬小學校長

Walkathon

The annual Walkathon scheduled for 10 November 2024, raised a total of HK\$2.4 million, including proceeds from the polo shirt sales. However, the event was cancelled on the day due to typhoon signal number 3 being hoisted.

Results of the Walkathon Interclass Competition:

Highest Participation Rate	SPCC	SPCCPS
Winner	F5C, F5E, F6G (100%)	P4E
First runner-up	F5F	P1B, P2B, P2C, P3A
Second runner-up	F6C	P3E



Highest Average Donation	SPCC	SPCCPS
Winner	F5H	P1D
First runner-up	F6C	P3C
Second runner-up	F1C	P2E



Staff Development Day

Students today face many challenges. Recent global rankings from PISA show that while Hong Kong students excel academically, they rank among the lowest in terms of happiness. This highlights the urgent need for mental well-being, and why the College has adopted the 4R Charter: Rest, Relationship, Relaxation, and Resilience.

In late October 2024, staff gathered for an afternoon session with speakers from the Bei Shan Tang Foundation to explore "How to enhance students' resilience on sunny days while learning to be emotional mentors for them on rainy days". Through a series of talks and group sessions we learned the different facets of positive education and ways to support students in balancing stress and well-being. Together we explored concepts such as building a "Resilience Bank" to boost life satisfaction and reduce negative emotions. Techniques such as fostering a growth mindset, building up key virtues and their associated

character strengths and using praise effectively were emphasised as tools for student empowerment. Teachers in cross discipline groups were encouraged to engage in thought provoking discussions to consider how these concepts apply to the context of the College and our own students.

This enlightening session helped staff reflect on the importance of positive education and consider how to implement these strategies in their teaching. By actively engaging with these ideas, we are better equipped to help our students navigate their challenges. Together, we can foster an environment where academic success and happiness go hand in hand, providing students with the tools they need to thrive.

Mr De Brackinghe Julian



2024-25 Annual Joint Retreat

Mental health has long been a taboo subject, but with the recent spike in suicides among Hong Kong youths, there is a need to give the issue greater visibility.

In early January, Dr Lam Ching-choi, chairman of advisory committee on mental health and veteran pediatrician, shared his invaluable insights into mental illness with staff from the primary and secondary section. Dr Lam highlighted the high prevalence of mental disorders worldwide, with 50% of the population experiencing at least one disorder in their lifetime. In view of the disturbing trend, he advocated early identification and interventions especially for children and teenagers. Instead of doctors, the first line of defence should be the students' friends, families and teachers. He further explained how to implement the 4Rs Mental Health Charter to support the wellbeing of students and teachers effectively. Not only do adequate rest and regular exercise contribute significantly to mental wellness, but they can also enhance one's overall performance. He stressed that this is knowledge commonly understood but least emphasised.

create a safe and inviting space for candid conversations and genuine connection among students and teachers alike.

Ms Gigi Wong



As the old adage goes, "It takes a village to raise a child." Dr Lam wished for collective efforts to foster a more accepting and embracing attitude towards mental health issues. To break the stigma, we should endeavour to

EXPERIENTIAL LEARNING

Student Activities Week

學生活動週 南京之旅



抗日航空烈士紀念館，了解烈士捨身取義的往跡，令我們意識到戰爭的可怕，以及和平的可貴。我們無不送上一束束小白菊，向保衛祖國的英雄致敬。

南京啊！妳靈氣中透著幾分倔強，嬌羞中帶著幾許滄桑。妳，是如此令人難以忘懷！

二乙 江昊欣

在學生活動週舉行的這星期，我們有幸成為疫情後首批能到訪南京研學的中二學生。我們參觀了許多歷史悠久的名勝古跡，其中明孝陵和秦淮河給我留下了最深刻的印象。

明孝陵是明朝開國皇帝朱元璋的陵墓，坐落在鍾山腳下，規模宏大且環境優美，周圍的森林和山脈為它增添了幾分神秘的氣息。走在通往陵墓的石階上，我感受到一種莊嚴和肅穆。陵墓的建築風格獨特，特別是那雄偉的石門，雕刻精美，展現了古代工匠的高超技藝。我不禁想起歷史的變遷，明朝在中國歷史上所扮演的重要角色，和朱元璋從一個平民崛起為皇帝的傳奇故事。這種歷史的厚重感讓我更加珍惜當下的生活，也激發了我對歷史的思考。

而秦淮河則是南京的靈魂所在。「煙籠寒水月籠沙，夜泊秦淮近酒家。」乘坐小船沿着河流緩緩行駛，清風拂面，兩岸的古老建築和燈光交相輝映，彷彿時光倒流，帶我回到了古代。河邊的夫子廟景區熱鬧非凡，遊客們有的品嚐美食，有的欣賞傳統表演，臉上都笑容滿載，生動地展示了南京的文化底蘊。夜晚的秦淮河更是如夢似幻，水面上波光粼粼。在這裏，我體會到了南京作為六朝古都的獨特魅力。

這次的南京之旅讓我對這座城市有了更深入的了解。明孝陵的歷史讓我思考歷史與我們作為炎黃子孫的關係，而秦淮河的水波蕩漾則讓我感受到文化的傳承，與時光的飛逝。這次經歷不僅豐富了我對中華歷史的認識，更激發了我對文化傳承和歲月流逝的思考。

二丙 裴紫軒



An Unforgettable Experience in SAW

Student Activities Week (SAW) was an unforgettable experience that blended adventure with personal growth. Each day was packed with exciting activities that pushed me out of my comfort zone and fostered camaraderie among my peers.

Our first adventure was kayaking at Tai Mei Tuk. As I paddled through the serene waters, exhilaration mixed with apprehension. Realising how vital communication and trust were in our teamwork helped deepen our connection and encouraged me to embrace new experiences.

Next, we embarked on an orienteering and team-building day at Aberdeen Country Park. Armed with a map and compass, we raced to find various checkpoints. This challenge ignited our competitive spirit and underscored the significance of collaboration. I learned to appreciate each member's strengths and understand that diverse skills contribute to a team's success.

Gorge walking in Sai Kung was physically demanding, testing my endurance and self-belief. Overcoming these challenges instilled a sense of accomplishment and resilience I had not recognised before.

Finally, our hiking trip at Ma On Shan Country Park allowed for reflection amidst stunning scenery. The breathtaking

summit views rewarded our collective effort, reinforcing that perseverance leads to beautiful outcomes.

Overall, SAW was a transformative journey that taught me the value of teamwork, resilience, and the joy of exploring the outdoors.

1A William Chen



Eco Dormitory Service-Learning Programme in Laos

I bet you never got to stick both your feet in a thick, wet mud pit to make clay bricks!

This trip may not have been the most relaxing or luxurious but it undoubtedly outshined all the other overseas learning programmes by being one of the most fulfilling, fun and rewarding ones I had ever joined.

The 17 of us embarked on our journey to Laos, an unfamiliar nation to most of us, in mid-November. That was followed by 6 jam-packed days of activity, service, and sightseeing.

We visited a village school, where we spent 2 days mixing clay, molding bricks and building walls to construct a new dormitory. Albeit exhausting, it was worth every drop of sweat to see our efforts come to fruition, knowing that we had actually done some service to help out the local

schoolchildren. Each day we would get to interact with them after work, playing frisbee, football and tree-climbing while having such an amazing time together despite the language barrier. They were all such energetic, playful, and precious angels, their genuine laughter still echoing in my head.

The trip was more than just service. We visited numerous stunning natural wonders and historical landmarks around Laos, including the Kuang Si Falls, Patuxay and Mount Phousi. With speedy vans to take us from site to site, we got a considerable glimpse into Laos culture and history. Additionally, every other night we got to visit a local night market, trying out the local specialties and checking out beautiful handpainted bookmarks!

4I Aidan Wong



CAS Projects

Teaching Students from Mongolia about Science



During my CAS week, Harry and I partnered with the organisation Projects Abroad and self-initiated a tailor-made medical volunteer and teaching program in Mongolia. This experience ended up extending into my CAS project.

The programme involved volunteering in various medical and educational settings across Mongolia. In hospitals, I assisted

with tasks such as pushing patient beds and helping with basic patient care, including measuring blood pressure and blood glucose levels. I also participated in medical outreach initiatives and emergency ambulance services, driving to remote areas to offer essential check-up services to patients with limited access to healthcare.

To address the high rates of liver cancer in Mongolia due to alcohol consumption, I also conducted surveys and distributed informative posters during my volunteer service. This aimed to raise awareness about the dangers of heavy drinking among less-educated communities.

Additionally, I had the opportunity to teach students fundamental concepts in chemistry and biology at a local institution. Since science is not part of the standard curriculum in Mongolia, many students were unfamiliar with basic scientific principles, such as gravity. We guided them

from foundational knowledge to more advanced topics, including the periodic table and chemical reactivity. This teaching experience was so well-received by the institution and the students that I was invited to continue the collaboration online.

For our CAS project, Harry and I partnered with Godfrey and Issac to hold regular weekly lessons using the F1 IS syllabus.

This CAS journey in Mongolia has been a transformative experience, enabling me to contribute to the local community while also enriching my own learning and personal development.

6H Chiu Kin Hei Ethan



Volunteering at Children's Heart Foundation

Starting from September 2023, we started a long-term CAS service project at the Children's Heart Foundation, aiming to support children with congenital heart disease. Over the year, we volunteered at various events, including the CAS week hiking event, hospital gift packaging, the Easter Fair, and a walkathon. We all thoroughly enjoyed the experience.

During CAS week last November, we engaged in two ongoing projects, including the preparation of hospital care packages with handicrafts for child patients as well as organising an outing and leaf-pounding activity for children



with congenital heart disease at Tai Tong Sweet Gum Woods, which significantly enhanced our perseverance and organisational skills.

At Easter, we also held a fundraising game booth for

Children's Heart Foundation, where children and their families could create their own custom Easter eggs using different art materials provided. It was encouraging to see the children utilise their creativity and have fun while designing the eggs. As we guided them through the process, we were grateful to hone our communication, empathy and patience.

In early October, we participated in the Heart to Heart Charity Walk 2024 at the Peak, a fundraising initiative by the organisation. We helped manage traffic control and distribute souvenirs to participants upon completing the walk. Witnessing the joy on their faces further reinforced our dedication to our project and how small acts can create significant change.

Seeing the positive impact we made on the community, we surely found pride and joy, motivating us to continue our project.

6G Mak Wing Tung Gloria

Wisdom: Media Literacy

During the Enrichment Programme Day (EPD) this year, our Form 4 students had the opportunity to attend a talk hosted by the Hong Kong News-Expo. This engaging session covered various aspects of media literacy, including news ethics, critical thinking, and the life of a media practitioner.

The talk began in a light-hearted manner, featuring several viral videos that had trended across social media. One notable excerpt showcased a television show where the host's 3D image was scanned and instantly transformed into a video of him playing professionally in an NBA game using deepfake technology. Additionally, we were presented with examples of how some content creators spread misinformation by altering images and videos, often to capture public interest and gain attention. Alarming, controversial issues such as natural disasters and war are sensationalised through shocking or provocative stories and language. These examples highlighted the pervasive false information we encounter daily as we navigate the Internet.

As John F. Kennedy once said, "Too often we enjoy the comfort of opinion, without the discomfort of thought." As the Internet becomes increasingly integral to our lives, it is crucial that we think critically when confronted with misinformation and fake news. This insightful talk on information literacy has undoubtedly sharpened our critical thinking skills when engaging with news and information online and empowered us to become informed citizens.

4A Wong Nga Lam



孝順

看著此年度壁報設計比賽的主題——「孝順」，或許它是語文課上朱自清文中父母的背影，也可能是慈母手中的針線。羊有跪乳之恩，鴉有反哺之義；垂柳尋根，飲水思源。父母用最美的年華化為最甘甜的露水，栽種出一朵朵捧在手心細細呵護的小花。而那朵小花，就是壁報設計上一角的那個我。

成長體驗營離家二十四天，我曾以為是終見朝日的解放，不料於機場相擁告別時父母流下了眼淚。直到雁過無痕，

歲月無聲，在不著痕跡的時光流動間，忙碌的高中課業已令我常忽視那些生活中的美好，但作為聖保羅人的核心價值卻常提醒我要懂得珍惜和感恩這些瑣碎的溫暖。滴水之恩當湧泉相報，父母之恩卻早已是湧泉，又該如何相報？或許我們也曾思考過這個問題，但卻忘了一「孝」從不以多少衡量，卻不能無心而為。沒有孝心的孝，與滿是銅臭的施捨無異。相比起用物質堆砌的孝，承歡膝下、排憂解難、相伴在側，才是父母真正想要的報恩。因此於父母而言，無論是滴水還是湧泉，只要是由心而發，有敬愛之意，便是潤澤心靈的那滴靈水。

要感恩的還有作為聖保羅莘莘學子得到的寶貴機會，從學生活動週至老人院探訪長輩，到隨義工服務隊訪社區關心長者，才霎眼看出一眾老人臉上的皺紋。想到曾經聽過的一句歌詞：「最可怕是愛需要及時 只差一秒 心聲都已變歷史」，子欲養而親不待，但願每個聖保羅人都能將孝的價值銘記於心，感恩那個始終以愛之名，靜待花開的她和他。

五甲 古舒心



Love Action: Spreading Love to the Elderly

Christian Fellowship organised a heartwarming activity, "Love Action", on 20 December 2024. Students and teachers visited the HKSKH Kindly Light Church Neighbourhood Elderly Centre, bringing Christmas cheer and love to the elderlies. This event was not only festive but also aligned with our Values Education theme for the year: filial piety.

As we arrived, the warm smiles of the elderlies greeted us and filled us with so much love and warmth. We had prepared Christmas gifts for the elderlies, hoping to share the Christmas love with them. Students engaged in meaningful conversations, and participated in various activities, from arts and crafts to lively games and carol singing. The laughter that filled the room was a beautiful reminder of the joy that comes from connection and companionship. Watching the joy on the seniors' faces was truly heartwarming.

The experience was enlightening for many students. They learned that filial piety — respecting and caring for our elders — is essential in nurturing our community. By spending time with the elderlies, students realised the importance of connecting with those who have shaped our lives through their wisdom and experience.



Our visit to the elderly center was also a beautiful reminder of the impact of kindness and compassion. It inspired students to appreciate their own families and the value of showing love and respect to their elders. "Love Action" not only spread holiday joy but also deepened our commitment to the values that bind us together as a community.

Ms Li Hau Yee

LEADERSHIP & COMMUNITY SERVICE

Student Union Leadership Training Days

The Student Union is one of the largest student bodies in the school, and its initiatives would not be possible were it not for our committee members. In order to strengthen board cohesion and create a relaxing work environment for our student union committee members, Cadenza organised the Student Union Committee Orientation Event over a span of two days in November 2024.

During the event, committee members were divided into their respective boards, namely publicity, editorial, internal, and external, each led by two core members of Cadenza. We then kickstarted the event with the self-introduction of members within boards, allowing them to familiarise themselves with their peers, the working environment and our future plans, following which icebreaking games were held, which allowed members to get to know each other as well as

our excos better, fostering effective communication.

To help committee members further develop problem-solving and communication skills that would be applicable in organising activities in the future, we had put together a series of interactive games such as school tracing and storytelling, testing our members' ability to solve unforeseen problems on the spot creatively and work together as a team to get past various stages in the game.

Committee members participated enthusiastically throughout the entire event and reported that they were looking forward to assisting us in the organisation of future activities.

5A Wong Yik Ka



AFS Intercultural Fair Visit



Bonjour! Hola! Ciao! 你好 !

Lovely smiles greeted you at the entrance, colourful flags fluttering outside classrooms, the ebb and flow of folk music filling the air – welcome to the AFS fair, a vibrant celebration of internationalism! The event showcased classroom activities organised by international students from France, Germany, Sweden, Italy, Colombia and more.

One of my most memorable experiences during the fair took place in the Colombia classroom. There, a Colombian girl called Alexandra taught me the Salsa dance and displayed beautiful handicrafts from her hometown, including the Sombrero Vueltiao, a traditional Colombian hat, and a flower necklace. Apart from the Colombian classroom, other classrooms were also engaging. Italian students taught us hand signs, a German boy introduced us to simple German words, and a Turkish girl shared delicious treats from her hometown.

Internationalism is about embracing the emeralds in all cultures – the history, ideologies, literature that the people

possess. Not only did the AFS fair equip us with global knowledge, but also, show us the strength of unity and the beauty of cultural diversity.

5G Tso Ka Yu



Hosting Exchange Student from Trevor Day School, American Round Square School

Throughout November in this school year, I was honored to be selected to participate in the exchange programme with Trevor Day School in Manhattan, New York, in which Bear, a student from Trevor, came for his 2-week stay in Hong Kong.

During Bear's exchange journey, not only did he live in my home, but we also attended school together and participated in the Student's Activities Week, in which we visited numerous historic sites and indigenous villages in Hong Kong. Through this invaluable experience, Bear was able to catch a glimpse of an entirely new side of Hong Kong that differs from the towering skyscrapers and blinking lights of Victoria Harbor. Outside school, we spent time exploring the metropolis, including going to the peak to observe the beautiful night view of Hong Kong, visiting subdivided flats to gain insight into the local housing problems, taking the star ferry, going to Ngong Ping 360, shopping at various malls, and tasting traditional street food of Hong Kong.

Although I had limited time outside school, I still persevered and gave Bear a unique and rewarding experience that was jam-packed with various activities. This programme also made me realise that communication and commitment are the pivotal components to foster long-lasting relationships. Despite our vastly distinct personalities and backgrounds, we still put our differences aside and discussed our future plans, including visiting malls on

weekdays and outlying islands on the weekends. This unforgettable journey also improved my adaptability to unexpected circumstances, handling them with courage and independence.

Lastly, I want to express my gratitude to the school for providing me with this once-in-a-lifetime opportunity to learn about foreign cultures and share our local customs with my exchange buddy during the programme. I am looking forward to another international journey where I can be exposed to other cultures around the world.

3E Law Shun Yan



Exchange Programme with the Convent of the Holy Infant Jesus (CHIJ), Singapore

At the start of this academic year, I was delighted to be chosen to host girls from the CHIJ in Singapore, with 11 other Form 2 and Form 3 girls from SPCC. During their two-day visit in November of 2024, the CHIJ girls joined us in lunchtime activities, lessons and we arranged a school tour for them. What was most memorable to me was our mini-presentations on the similarities and differences between Singapore and Hong Kong.

My buddy Ashley and I were in charge of Singapore and Hong Kong languages and dialects and it was definitely interesting learning about Singapore's diverse language culture such as Hokkien, Tamil, Malay, Teochew etc. Ashley even taught me some Singlish phrases and I taught her some Cantonese phrases as well. While I definitely learned a lot from researching for our own presentation, I was also surprised by what the other groups presented, ranging from education systems and universities to food culture. On the surface, Singapore and Hong Kong may seem similar because both are vibrant and diverse, however, I learnt that they actually have many differences.



Although our time together was short, Ashley and I became good friends and promised to keep in touch. This programme allowed me to build friendships that surpasses geographical limits and broadened my horizons on our different cultures, which I will forever cherish. Lastly, I would like to express my gratitude towards the school for granting me this once-in-a-lifetime opportunity that I will never forget.

2G Sze Hiu Wing Charlotte

Under the azure sky of Singapore, our group of seven began our journey. On the first official day, the school held a home-based learning day, allowing us to explore local culture at Merlion and Orchard Road. We were awestruck by the majestic Merlion statue, a symbol of Singapore's heritage.

We received a warm welcome from CHIJ students and teacher, Miss Ong. Despite the scorching weather, we started our visit at CHIJ. The programme presented challenges, such as attending classes without air conditioning and waking up early, but it helped us grow more mature and independent. The CHIJ campus was vast, and with the help of our friendly buddies, Jinghan, Ashley, and Sarah, we quickly settled into our classes.

Some lessons were advanced, including topics like the digestive system in General Science and Linear Laws in Additional Maths. We also enjoyed hands-on classes, such as making handmade meatballs, which concluded with a food analysis. During 40-minute breaks, we chatted with the girls about the differences between Hong Kong and

Singapore, sharing Cantonese phrases and creating lasting memories.

The bustling canteen was a highlight, filled with students, including those in ethnic costumes like Cheongsams and Hanfu. On our last day, we took photos and exchanged small gifts, leaving with a sense of reluctance but hopeful for future reunions.

This journey exposed us to different cultures and forged deep friendships, making it truly remarkable. We look forward to participating in similar exchange programmes soon!

3A Siu Shun Yuen, 3B Chan Serene,
3E Wong Tsz Huen



23rd China Girls' Mathematical Olympiad

Last summer, I was honored to represent Hong Kong and earned a silver medal in the China Girls' Mathematical Olympiad (CGMO). The six-day trip to Chongqing was truly a rewarding and unforgettable experience.

The aim of this competition is to promote math to females, encouraging them to pursue their passion in STEM. The competition spanned two days, during which participants solved four proof problems in four hours each. To prepare for the competition, I underwent three phases of intensive training with HK team selection tests in between. This greatly enhanced my problem-solving skills and mathematical abilities.

The most memorable part of the trip was attending the opening and closing ceremonies. I had previously participated in the International Junior Science Olympiad 2023 in Thailand as a Hong Kong representative, but the CGMO ceremonies were even more stunning and impressive. They featured various performances, including

Kung Fu, Cantonese Opera, and ribbon dance, showcasing China's rich and diverse culture.

Throughout this journey, I had forged strong bonds with other Hong Kong representatives. We spent half a year training together and discussing mathematical problems, which not only improved our skills but also strengthened our friendships. This trip also enhanced my communication skills as I interacted with representatives from Singapore and different provinces of China, sharing ideas and experiences.

Lastly, I would like to express my gratitude to my school and HKAGE for providing the mathematics training and this meaningful exposure. Their support has been invaluable, and I look forward to applying what I have learned in future endeavours.

5D Lee Inna Belle



Smart City Project Programme 2023/24 – Joint-school Smart City Project Exhibition

From January to May 2024, our team participated in the Smart City Project Programme 2023/24 and was awarded the Good Performance Award. By conducting extensive research and interviews, we identified that a major obstacle preventing Hong Kong consumers from switching to electric vehicles (EVs) was the inconvenience of charging. Moreover, the use of EVs in the mass transit field is often limited by their travel range, with service time of electric transit services also limited by the range of available EV options.

Therefore, we designed a wireless charging system for EVs. In our concept, an array of wireless charging coils powered by solar panels and roadside turbines would be embedded under roads, to continuously deliver EVs energy. This not only makes charging EVs a lot more convenient, but also makes possible large-scale use of EVs

in the public transit sector and allows mass transit services to extend their service hours like never before.

Other than identifying the issue and coming up with a solution, we also built a working prototype from scratch to demonstrate the feasibility of our vision. By incorporating a solar panel, a Qi wireless charging coil and LED lights into our prototype, we demonstrated how it is possible to power EVs wirelessly with sustainable and green energy.

All in all, it has been a rewarding journey for all of us to investigate the potential possibilities of urban design in Hong Kong. We certainly refined our surveying, analytical, creativity and engineering skills in the process.

4C Lee Moses, 4D Chan Lai Chun,
4I Sze Chun Hei Brian and Wong Chak Yan

Young Astronaut Training Camp

I have benefited a lot from the nine-day training camp. It not only allowed me to experience the mysteries of outer space, but also to deepen my understanding in the significance of space industry to the progression of mankind.

From the Aerospace Supercomputing Centre to the Wenchang Space Launch Facility, these facilities demonstrate the strength of China's aerospace industry. They not only support the continuous advancement of China's space industry, but also provide powerful support for all sectors of society. We communicated with astronauts in the Tiangong Space Station and deeply admired their dedication to the space industry.

At the Jiuquan Satellite Launch Centre, we witnessed the assembly of the Changzheng 2F rocket. From the assembly plant to the launch tower, every single step demonstrated the professional standard of workers. We also had the honour to visit a space farm and learnt how space technology serves people by growing genetically superior seeds in large quantities. I felt proud of our country's aerospace technology and the impact of innovation on improving human life.

The whole journey made me feel that the aerospace industry is not only an engineering project, but also affects the country's scientific development and people's well-being. As a new generation, I treasure this invaluable experience and thank it for broadening my horizons, increasing my sparse knowledge of spaceflight, and integrating it into my own knowledge. I am determined to devote myself to the scientific sector with a positive attitude, and to contribute my strength to the dream of China's aerospace industry.

3E Law Shun Yan



The subject of aerospace undoubtedly rings familiar, perhaps even evoking a thunderous resonance. However, did you know the term 'aerospace' was only coined in the 1950s by the esteemed Qian Xuesen? This revelation underscores how China's aerospace endeavours have historically trailed behind the pioneering efforts of European nations.

Rex and I participated in a youth astronaut experience camp last summer. After three rounds of selection, we were fortunate to become a participant of the camp.

Nine days and eight nights flashed by in the blink of an eye, as over 8,000 kilometres travelled concluded all too swiftly as we visited five notable places including Hainan, Beijing, Xi'an and Inner Mongolia. Upon returning to Hong Kong International Airport, the scenes from those past few days resurfaced vividly in my mind.

One of the most memorable places we have been to was Inner Mongolia. In the dusty Dongfeng Aerospace City, only the vehicles navigating the desert and the buildings standing on gravel remain. As night fell, the sand and stones smacked the car windows, blurring the scenery. The last rays of the sunset vanished, leaving a golden sky slowly being embraced by darkness. Stars emerged, and the galaxy was gauzy. Leaning against the window, we felt the night sky shift, and silence envelops us, except for our hearts beating in awe of this magnificent creation. Entering the assembly plant, we were surprised to find the Shenzhou 18 spacecraft, a majestic sight, standing tall and pristine.



In the future, I will carry this passion and courage with me as I continue to accomplish my dream, proudly venturing towards the alluring space.

"May you soar, with dreams as boundless as the azure sky."

3F Li Jiahong Oscar

Antarctica Study Tour 2024



My journey to Antarctica whilst exploring various South American cities was truly remarkable as this is a once-in-a-lifetime adventure. After sailing through the rugged and often tumultuous Drake Passage, we were then greeted by majestic icebergs and the vibrant life of penguins and seals. Stepping onto the icy landscapes of Antarctica and encountering penguins in their natural habitat was a dream come true. We devoted each day to observing the fascinating lifestyles of penguins and seals, and could say we were all completely captivated by their charm. The presence of seals made us all in awe; we watched them lounging quietly, while maintaining a respectful distance. Our knowledgeable crew on the ship Ocean Nova provided insightful lectures about the history of Antarctica and diverse species living in Antarctica, enriching our understanding of this unique ecosystem. Being at the southernmost point of the world allowed us to appreciate the beauty of life and the urgent need for environmental conservation to protect these incredible creatures. I am profoundly grateful for the opportunity to explore this extraordinary place. I have enjoyed every moment I spent on this trip, and I would do anything to return and immerse myself in this breathtaking environment once again.

5H Law Tiana



"The Scenery, the life, the clouds, the atmosphere, the water — everything had an air of mystery". Dr. Frederick Cook's diary, 1897.

Departing from Ushuaia, we boarded the Ocean Nova, a ship nimble but strong enough to charge us through the waters of the Drake Passage. The voyage was full of surprises. One morning, phytoplankton microscope lab could be disrupted by "iceberg ahead", and en route to history lecture, there could be pods of whales blow-holing nearby. We spent our days and nights up on the deck, pulling out our binoculars for albatrosses that would flap by.

The zodiacs glided us through the tinkling contours of blue and white — to see seals lounge on the pebbles, scratching their bottoms; to see Gentoo chicks in their colonies, braying like donkeys to mama-papa for fish; to see Chinstraps flop through the rush-hours on the penguin highways, tumbling flat on their stomachs. All of these were truly humbling. In the face of nature's craftings, mankind was just like a grain of salt.

"We each take out a blank sheet of paper, stroke its corner with inkless chips. Don't use ink. Ink seeps too deep and divides the core. Ink draws boundaries. Ink paints red in green. Antarctica — it knows no cities, no walls, no borders, no monuments. Just white." My journal, 2024. This time around, I may not bring back "Eight Successive Phases of an Exhibit of Aurora Australis", but what I have is a story to tell. A story of the life silently hatched on the far continent, and all the people who took it at heart to guard this gateway.

5H Lei Sydney

Greater Bay Area STEM/AI Competition 2024

In August 2024, our team participated in the Greater Bay Area STEM/AI Competition, which consisted of two parts of operation: programming an AI car and controlling an IoT car by hand.

We went through a long preparation process, starting from building the car and codes from scratch, to painstakingly refining the parameters of the codes and endlessly troubleshooting to ensure optimal performance. One remarkable moment was when our AI team cleverly modified the car's structure using just paper and tapes at hand, while making sure to comply with the game's regulations. This helped us successfully expand the car's capacity and significantly speed up its operation. I was truly inspired by my teammates' way of thinking outside the box.

As the competition approached, I felt nervous as the IoT car controller, knowing that the final score would rely largely on the on-site performance. Yet, with sufficient practice, well-thought-out strategies and quick problem solving, we advanced through each round with ease. At times, despite the cars malfunctioning several times, we persevered with great determination and even collaborated with another school team to remedy abrupt errors.

Eventually, our team prevailed in the final game by only a narrow margin. We were thrilled at the moment of triumph, as our hard work had paid off in the end.

We made it owing to not only our technical skills, but also our teamwork and resilience. This rewarding experience has certainly given us strength in our endeavours in STEM. I would like to thank my teammates for their constant trust and emotional support, as well as our teachers for their assistance every step of the journey.

4A Lui Wing Ki



In August, our team had the opportunity to participate in the Greater Bay Area STEM/ AI Competition 2024 and was awarded the silver award. In six months, we made numerous hardware modifications and adaptations using CAD modeling and 3D printing to suit our strategy. We modified most of the key components provided by the end of the six-month preparation. Of course, the software powering the cars was also equally important. We worked closely together as a team to integrate the hardware modifications and driver experience with our tailor-made software.

Of course, our efforts were also faced with challenges. While we are proud that our team was dedicated enough to create more than 20 major versions of software and more than 10 versions of hardware, with endless debugging and fine tuning; it also said something about the challenges we faced that we had to make modifications time after time to ensure the cars' proper functioning. Still, luck might not have been on our side. On the day of the competition, we faced a processor failure, wireless connection instabilities, and algorithm errors on the field, which eventually led to our defeat in the third round by a mere 10 points.

Although the results of the competition were not the most satisfactory, we still gained valuable experience in programming, 3D modeling, and engineering.

4E Liu Sung Yat Kasper, 4I Sze Chun Hei Brian

Young STEAM Talent of the Year



This year, I'm stoked to be named as the Young STEAM Talent of the Year after competing in 3 intense rounds of individual and group interviews.

To me, the Young STEAM Talent Award (co-organised by HK Academy for Gifted Education, Centum Charitas Foundation, HK Laureate Forum) is not merely a competition, but a transformative experience. The interview rounds included group discussions on using science to solve global issues, individual STEM project presentation and beyond, all of which provided me with an invaluable opportunity to interact with other accomplished STEAM enthusiasts and receive feedback from esteemed judges. Participating in this selection process truly broadened my horizons, especially in other areas of science like environmental science and information technology.

The grooming initiatives following the award was even more eye-opening, with year-long mentorship programmes and regular workshops to enhance my scientific knowledge and interest in innovative technology.

In addition to that, all top 10 awardees were given various opportunities to exhibit our projects in AI or STEM-related fairs and exhibitions, not only to showcase our hard work, but also to learn from other great minds.

Overall, this experience enabled me to raise questions and initiate discussions on controversies, meet like-minded STEAM enthusiasts, while gaining expertise from industry professionals. As Alexander Graham Bell once said, "Great discoveries and improvements invariably involve the cooperation of many minds". It is through meeting and interacting with different individuals from diverse backgrounds, can one unlock new ideas and push boundaries in both technology and science.

4G Poon Clarisse

聖公會校園記者培訓計劃

由香港聖公會以及明報合辦的「聖公會校園記者計劃」，以聖公會於香港以及澳門開辦的中小學學生為對象，讓參與計劃的同學能夠從工作坊、網上課堂中得益，並在明報專業導師及傳媒工作者身上學習，加深對傳媒產業的認識，擴寬視野之餘還能豐富創作歷程，最後同學會實踐採訪技巧，撰寫屬於自己的作品，並在明報校園網刊登。

我們十分慶幸能夠獲得這個千載難逢的機會，不僅能在去年10月初的活動啟動禮，以及迎新營中與來自其他聖公會學校、志同道合的同學交流，並把在風趣幽默的課堂中所學到的新聞知識、採訪技巧、幕後準備、發問注意事項等

學以致用。我們訪問了見證校舍發展的資深老師，以及新加入我校的同學，且將採訪容經過自己的心血洗刷鑄成一篇關於我校的報道。同時，我們從採訪與調查中也加深了對學校的認識，從前莊嚴的印象，化成了跨越百年歲月鴻溝、有情有淚的白蘭樹精神，方才驚覺學校一直培育我們，讓我們沐浴在「信、望、愛」的精神之中，從而獲得更高尚的品格。

五丙 龔敬皓、五己 李穎頤



增潤課程日講座 了解粵劇戲曲文化

英姿颯颯的粵劇演員在鑼鼓聲中揮袖舞劍，在小小的空間內把一幕完整的蘆花蕩呈現眼前，使台下的我們不禁驚嘆。這次分享由天馬菁莪粵劇團創辦人、坤生佼佼者文華老師為我們介紹粵劇。在演員示範的同時，多得文華老師詳細的旁述，對粵劇毫無認知的我才明白到不同動作背後的含義。原來一連串的一字馬動作，並不是演員技術上的炫耀，而是意味著戲中將軍騎馬時深陷泥濘，不能動彈。

使我更難忘的是，在有趣的互動環節中，文華老師邀請同學上台學習身段，在台下觀眾的伴唱中表演。學習粵劇之樂沖走了同學們的膽怯，完成動作後他們臉上都流露著自豪的笑容。

可惜的是，雖被列入人類非物質遺產名錄，粵劇界卻面臨青黃不接的問題，甚至有逐漸式微之虞。要把這門藝術保存下去，除了文華老師的積極改革以外，更需要我們這一代勇於學習和傳承，才能把這藝術瑰寶發揚光大。

五乙 劉殷希



Senior Schools Debating Championships

Senior Schools Debating Championships 2024 was like a grand finale to my debate career, a journey of highs and lows that feels surreal to revisit.

I recall our team meeting until three a.m. the morning of our competition, fearing our arguments were not fleshed out, rhetoric was not convincing enough, but most of all, that we would let each other down by our own performances. Though overthinking is etched in our identity as a St. Paulian, it does not water down the fact that this would be mine, Sophie's, and Jayden's last ever WSDC competition. We walked in aiming to live up to our last shot and closing our high school debating career with all the insights gathered throughout these few years.

When we broke into the quarter-finals in sixth place, the stress we endured was incomparable to the ecstasy we felt. Being awarded with the overall best speaker was the cherry on top for me, but the real joy lay in competing with arguably the best people I had ever worked with. In spite of the end of the SDC fever dream, I am certain that the memories and takeaways acquired from our competitors will forever linger.

5H Or Cheuk Lam Cynthia



In October 2024, I had the privilege of participating in the Senior Schools Debating Championship, one of the largest debating tournaments for secondary schools locally. Initially, the large workload was intimidating, especially as the first day of the competition had four rounds. However, my team and I collaborated to work tirelessly in preparing for the competition and were ultimately able to make it into the quarterfinals. My overall experience was also extremely enjoyable as my teammates and I could bond through working together, whether in the debate rounds or throughout the week on Microsoft Teams.

The motions we debated on also covered a wide variety of topics, from AI singularity to cultural appropriation and even international relations. This allowed me to

strengthen my research skills when preparing for the debates and broaden my worldview about current events. Having to prepare for both sides of a motion also encouraged me to think critically about how to approach each motion.

I am very grateful for being able to participate in the competition. The experience of debating against passionate debaters from many top secondary schools around Hong Kong was invaluable. It allowed me to polish my own debating skills and learn from them.

5H Pang Hoi Wing Sophie



茶藝工作坊

本學年12月，我們舉行「多彩茶藝工作坊」，邀請了校外機構協辦不同攤位，讓師生體驗茶藝文化，並享受以新鮮水果製作的糖葫蘆。是次活動響應本年度語言與文化小組「色彩文化」的主題，期望為同學的校園生活增添一抹不一樣的色彩，讓大家細味斑斕彩繪背後的含義。

工作坊提供了各式各樣的茶飲——有散發著清甜花香，呈現藤蘿紫色的蝶豆花茶；有苦中帶甘，色澤淺棕的普洱茶；還有香而不澀，色澤淡雅的茉莉茶。這些茶飲不僅芳香撲鼻、馥郁甘醇，更以其獨特的天然色彩療癒身心，讓同學們體驗品茶的益處和樂趣。

顏色和我們的日常生活有著密不可分的關係。糖葫蘆具有喜慶的殷紅色，並散發著甜蜜的冰糖香氣，為工作坊帶來了愉悅的氣氛。師生們一邊品嚐清脆可口的冰糖葫蘆，一邊參觀展覽，認識絢麗色彩和生活的緊密聯繫。

籌辦這次活動的過程讓我受益匪淺，從構思設計、資料搜集，到音樂選擇、宣傳片拍攝等，我學到了如何精心策劃活動、有效與各方溝通、發揮領導才能。希望每位參與者能透過是次活動，享受豐富的色彩體驗，並深入了解色彩所蘊含的深厚文化和象徵意義。

四乙 鄧奕欣



青島五天文化考察之旅

「學而不思則罔，思而不學則殆。」我校致力培養學生的國際視野，而本年暑假的青島之旅，就讓我們跳出繁忙的學習時間表，體驗青島的「紅瓦綠樹，碧海藍天」之餘，亦從課本外吸收和反思所學。

青島的文化背景濃厚，既是國際文憑課程文本《茶館》作者老舍的故居，還孕育了如康有為、聞一多等多位名人。而且，青島作為港口城市，亦像一本百科全書般記載著中國的發展。一邊欣賞著珍貴的古物，一邊聆聽導遊的講解，更能讓我們深入地了解偉人的事蹟，並以此為鑑，反思自己的處事態度和價值觀。

除了文化古蹟，青島的自然風光也是一大賣點。五四廣場對出的是一望無際的黃海，從棧橋望出去，彷彿天海一線，別有一番風味。嶗山的九大潭同樣宏偉壯觀，我們每經過一「潭」，就用手機的0.5超廣角鏡「打卡」。聽著瀑布潺潺的流水聲，令人將一切煩惱都拋諸腦後，感到心曠神怡！

青島之旅除了擴闊了我們的眼界，更令我們將各科目所學習到的知識融會貫通，並應用於旅途當中，是一次不可多得的體驗！

五王 黃鉅霖



AESTHETICS & CREATIVITY

Meandering Pathway 曲徑尋幽 Students' Self-nominated Exhibition

This year, our student's self-nominated exhibition, "Meandering Pathway," took place at Zhuyuetang Gallery starting on 4 December 2024. The exhibition features a captivating collection of artwork in various media, each piece reflecting the unique perspectives and creative journeys of the students. It invites viewers to explore the diverse paths our students have taken in their artistic endeavors.



The Colours of Lake Baikal | Acrylic on canvas

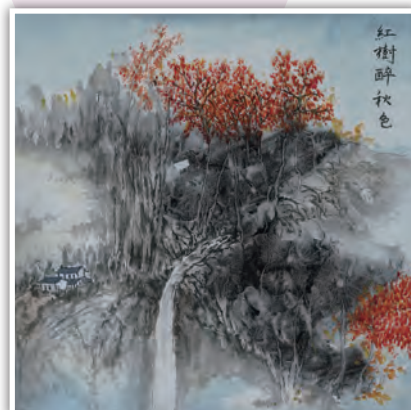
At the break of dawn, spears of light radiate from the horizon in colours of the rainbow, as the vast lake beneath the splintered ice reclines illuminated. This scenery in far eastern Russia, secluded in a never-ending expanse of taiga, now lies immortalised on my canvas, a testament to nature's timeless beauty. May the breathtaking scenery of Lake Baikal stay forever undisturbed amid the looming threat of climate change. May its calm, picturesque waters be frozen in time forevermore.

3E Mok Wan Hei Melanie

紅樹醉秋色 | 水墨紙本

這幅畫描繪了姹紫嫣紅的楓葉和盤根錯節的樹根，這恰如生活中的深邃與表面之美的對比。外在的景色雖然引人入勝，但內在的細節卻常常被忽略，這正是自然與生活的微妙哲學。在生活中，我們經常被快速變化的外界所吸引，卻忽略了那些潛藏於日常的美好。例如，家庭中的小細節，如長輩的溫暖關懷、朋友間的默契交流，都是值得珍視的珍珠。這些看似平淡的瞬間，卻能在心靈深處激起波瀾，讓我們在繁忙的生活中重新找回自我。

正如畫作所表現的那樣，真正的美不僅在於表面的繽紛，更在於那些潛藏於生活角落的樹根，象徵著深厚的根基與連結。這提醒我們去珍視那些被忽略的細節，因為它們同樣構成了我們存在的意義。



3D Lan Jasmine Lauren



Greed | Acrylic on canvas

I have once read such a line from Mahatma Gandhi, "The earth has enough for every man's need, but not every man's greed." In today's society where materialism and capitalism dominate, many people have lost their identities entitling themselves to constant overworking and money making. Many are unconscious that they have been entrapped by human greed and desires, thus missing out on the greatest moments of life like family and friends.

In this painting, the red monsters represent our never-ending greed, engulfing not only society but also people's minds, transforming them into hollow creatures lacking human emotions and meaning of life. The green liquid in their mouths is money, symbolising how capital and materialism could be the reason for our enlarged desires in modern society. The city in the background is Hong Kong, where buildings like the Bank of China and HSBC offices portray the metropolitan side of our Central Business District.

Overall, the colour tone is dark and there is a constant use of black, giving the painting a fairly mysterious atmosphere, conveying the tragic and sadistic nature of the scene. The clouds in the sky and the colour patterns in the background suggest ambiguity of an unforeseeable future as greed continues to rule over human beings.

5G Chu Yan Ching

110th Anniversary Logo Design Workshop

I immediately got captivated when I came across the enrolment email for the 110th Anniversary Logo Design Competition-cum-Workshop. As an art enthusiast, I have always been interested in designing various things like covers and costumes, but I have never experienced or learnt about logo design. I quickly signed up for the activity.

To my delight, the workshop went beyond my expectations. I felt privileged to listen to alumnus Mr Jonathan Mak's presentation about his logo-designing tips. He used simple and clear explanations while providing us with many of his designs as examples, which made his sharing comprehensive and easy to understand even as a beginner. Amongst his work examples, I found the progress of designing the logo for HomeCourt (a basketball training app) the most memorable. He pictured a basketball court first, then repeated the action of simplifying it so as to get the main idea of the logo. He also mentioned that details such as the edges of the lines and the colours used also played significant roles, as different variations gave people different ideas or feelings about the brand. His insights reminded me of the importance of choosing suitable areas to simplify and the right details to focus on.

Overall, this workshop had broadened my horizons and gave me a valuable experience to learn from a professional designer. I hope I can apply what I have gained to my future designs and I look forward to taking part in more designing-related activities.

2A Chau Hong Wing



I have always believed that design is not only to make things "prettier", but also to evoke certain emotions subtly through visual representation of shapes and colours. With that in mind, I applied to the logo design workshop, seeking for a chance to interact with the professional graphic designer Mr Jonathan Mak and exploring the ways to instill thoughts into designs.

I was deeply shocked by the works Mr Mak created during his secondary school days. The imaginative combination of the words and the positive and negative shapes have always been something that I would spend days or even weeks pondering on. Following Mr Mak's explanation on the fundamental principles of logo design, the importance of spacing between words and his past experience of finalising a draft, I realised how amazing yet time-consuming designing is – that sudden spark may come to your mind really quickly, but it often requires endless modifications and refinements to produce a perfect final design.

During the sharing, Mr Mak also shared with us his understanding of logo design, which inspired me a lot – the purpose of logo design is not for everyone to fully understand the messages behind the design, but to create a representation that makes companies or organisations recognisable by making use of colours and fonts to trigger the audiences' feelings.

I am very grateful to have the opportunity to participate in this talk which not only enriched my knowledge in graphic design, but also ignited my interest in delving deeper into the significance of visual elements in our everyday life.

5A Li Sharon Xierou



Treble Choir's Arezzo Tour



Back in August 2024, the Treble Choir's female ensemble (TCA) and children's choir (TCI) participated in the 72nd *Concorso Polifonico Internazionale Guido d'Arezzo* in Arezzo, Italy, competing against nine other choirs and ensembles from around the world.

It was easy to become complacent, going into rehearsals fresh from our success in the Hong Kong Schools Music Festival, but we quickly realised how much work we had to do. We entered the competition at a major disadvantage — we were the youngest and easily the most inexperienced ensemble in our category, and our rehearsal time was limited, especially because most of us had to wait until our ROP programme was over. During our technical rehearsal the day before the competition, we had difficulties with the auditorium's acoustics and our voice projection, which despite our best efforts persisted into our performance.

Even in the face of so many challenges, we continued steadily on. From pre-breakfast rehearsals in stairwells to 10pm rehearsals in hotel rooms, we spent most of our waking hours either practising or reviewing our notes. We learned how to manage our rehearsal time effectively, how to give constructive criticism, and how to make the most of our

time with our conductor Ms Chu or our vocal coach Ms Amanda.

The night before the Gran Premio event, we performed in the Chiesa dei Santi Pietro e Ilario, a Catholic church, in a concert presented jointly by the competition's organiser and the municipality. We had a wonderful audience of locals, parents, and even members of other choirs, who gave us precious feedback on our performance. We also got the chance to talk to some of the locals after the concert. Later that night, we got the news that although we were not selected for the Gran Premio, TCI did get in, and they would have to start rehearsals bright and early the next day on an almost entirely new repertoire for the event. Still, that concert — the last one I would sing as a member of TC — will remain one of the most memorable moments for me.

Going on this trip with TC was an invaluable experience. The 14 of us in TCA grew closer during the trip, and we learned many lessons on the way. Apart from the growth I experienced within the ensemble, I also learned a lot from other choirs, such as their ensembleship and the quality of their singing. In a way, our perceived "failure" showed me more areas I could improve in, and gave me something far more valuable than a prize to take home with me.

4H Lai Caitlin Gretchen



Inter-School Swimming Competition

As a Division 1 swimmer at SPCC, I feel incredibly fortunate to compete alongside talented swimmers from other schools in this Inter-School Swimming Competition. This time, I proudly secured 3rd place in the 50-meter breaststroke and 5th place in the 100-meter breaststroke. My journey in swimming began in Primary 2, and I've always found immense joy in the sport. I recently switched swimming teams, allowing me to train with new teammates and gain valuable insights. I owe a huge thanks to my coach for his patience with me, especially when I can be a bit reckless. He consistently encouraged me to focus on my progress and helped me identify my mistakes. Whenever I felt down about my competition results, he not only motivated me to improve for the next event but also took the time to discuss what went wrong. This support significantly impacted my achievements at the Inter-School



Swimming Competition. Overall, I am grateful to everyone who contributed to this experience. Competing in Division 1 for the first time was truly rewarding, and I learned so much along the way.

3E Wong Tsz Huen

Inter-School Athletics Competition



It's truly exhilarating to see that our athletes' efforts have paid off, which gained us a spot to compete in D2 next academic year. Since establishing the Athletics Team in 2021, more and more athletes have reached the finals across various events thanks to dedicated coaches and resources provided, especially in the last two years. With the incredible and enthusiastic support from all team

members, the spirit was overflowing within the team. We are grateful to all the athletes who have given their absolute best to accumulate points for the school and those who may not have competed but are still there to cheer for our athletes.

With our promotion to Division 2 in the coming year, greater challenges await. With harsher standards, significantly more competitive athletes, and renowned schools in the athletics field, it is inevitable that our path to victory will not be as smooth sailing as this year. Yet, competition is always the fuel that ignites improvement. Our team has proven our unwavering dedication and boundless enthusiasm this year, and we are more than confident that with the tremendous support of our TICs and coaches, we will strive to push our limits and unleash our full potential. Together, we will prove that the SPCC Athletic Team is the true "Rising Star".

保羅田徑，明日之星，揮灑汗水，充滿拼勁

5G Tam Nga Yu & 5H Yeung Tsz Kiu Evana



宗教科心靈小札記

在黃竹坑的小學校園裏，星期四午膳之後，超過 100 位同學雀躍地向多用途場館進發，不少同學手中拿著「宗教科心靈小札記」，第一時間向當值的義工家長背每月金句，得到印製精美的金句貼紙貼在小札記內，繼而坐下來觀賞精彩萬分的福音動畫。

「宗教科心靈小札記」是宗教科今年配合推行價值觀教育的新嘗試，目的是提升全校同學心靈的反思能力，建立與創造主更親密的關係。除了鼓勵同學背誦「每月金句」，宗教科同事設計了「每月金句」的實踐，例如在九月份金句「凡事謝恩，因為這是神在基督耶穌裡向你們所定的旨意」的背頁，同學可以寫下「常感恩」的事情；在十二月份金句「不要自以為有智慧，要敬畏耶和華，遠離惡事。」的背頁，同學可以反思：

- 我在什麼時候會自以為有智慧，認為自己的想法是一定最好的？
- 我要遠離什麼惡事？

在上帝所賜的亮光中更認識自己生命中的弱點，在上帝的話語中得力前行，不再單單倚靠自己，是生命得以突破更新的開始！甚願聖保羅的孩子早日飽得上帝的慈愛，經歷年紀雖小，卻與永活主扣上牢固的永恆關係！



十月份主題是「誠信」，這位同學反思自己要誠實向家人說出自己默書表現不理想，並勉勵自己要努力學習。



十一月份主題是「堅毅」，另一位同學堅持要懇切地禱告，特別為自己健康、祖父母和外祖父母早日信主而交托天父。

平衡身心活出愛 成為快樂的聖保羅人

由本學年起，學校三年關注事項是「深固價值觀教育，平衡身心活出愛」。我們希望同學能在學業和健康間取得平衡，並在校園裏實踐愛的行動。因此，學校在不同層面，包括身體健康、精神健康以及個人發展上，全面培育同學身心靈的健康。這些舉措不僅回應學校的關注事項，也營造出健康的校園氣氛，讓每位學生都能良好的環境中成長和學習，最終成為愛己、具恆毅力的聖保羅學生。

我們將星期五定為「全校運動日」，全校師生和職員都可以穿著運動服飾回校。體育組推出「護脊操」，全校師生於早禱後會在課室一起跳「護脊操」，其中「大麻鷹」、「花蝴蝶」及「啄木鳥」等，讓同學盡情伸展筋骨，抖擻精神，朝氣勃勃地迎接新一天，同學都充滿活力。午息時，同學們都非常踴躍地到多用途運動場館、有蓋操場、籃球場等活動場地和小夥伴們一起玩球類活動。校園氣氛輕鬆愉快，大家在強身健體的同時，還能促進身心靈的健康發展。

學生支援組在2024年11月4日舉行「精神健康日」，除了教導學生怎樣辨識自己的壓力警號，更有同學上台帶領全校師生一起進行「8字呼吸法」，在其後的成長課上，同學都會不定期進行放鬆呼吸，以實際行動來減壓，笑對逆境。



我們要多做運動來保持身心健康呢！



老師帶領著同學一起做護脊操。



好朋友一起打球特別開心！



校長也和我們一起做護脊操！



在「精神健康日」的週會，老師教導同學舒減壓力的方法。



同學上台示範「8字呼吸法」

學校一向持續推行正向教育，「性格強項」(character strength)是正向教育的基礎理念，相信每個人與生俱來都有不同的良好特質。為鼓勵學生多認識和運用自己的「性格強項」，德育組安排小五及小六學生利用成長課完成有關性格強項的問卷，而小一至小四學生則由家長協助在家完成問卷。未來，學校會參考學生性格強項的數據，為同學設計一系列有關發揮性格強項的培育活動，從而增強學生的自信心，並具備互相欣賞的正面思維。

我們在校完成了有關性格強項的問卷調查，分析出自己五個最突顯的性格強項。這項問卷調查不僅僅是一個簡單的測試，它為我提供了深入自我認識的機會。通過回答有關日常生活和情緒的問題，我認識到每個人都擁有24個性格強項，這也讓我更加清晰自己獨特的性格優勢。

在周會及成長課中，我學會了如何有效地運用這些性格強項來建立正面情緒。當遇到困難時，我會以樂觀積極的態度去面對。這不僅幫助我找到解決問題的方案，還能將壓力轉化為前進的動力。我期待在未來的日子裡，持續發揮這些強項，迎接生活的每一個挑戰，活出更好的自己。

六丙 何政濤

教師專業發展方面，學校著重教師的身心靈健康，在全校教師發展日舉行教師興趣班，教師按自己的喜好參與不同的興趣活動，包括：節拍運動跳舞班、瑜伽體驗班、香薰擴香石手工班、茶藝養生班、球類活動。透過各式各樣活動，讓教師一展所長，發揮性格強項，培養正向樂觀態度。全體教師身體力行，共同實踐健康生活，活出健康和快樂。



香副校長在新學年家長會向家長介紹24個性格強項。



小一至小四家長為子女填寫性格強項問卷調查，從而了解他們5個突顯強項。



全體教師在教師發展日齊做護脊操，實踐健康生活。



老師們全力以赴進行閃避球比賽，有益身心，發揮團隊精神。

馬灣領袖訓練 學生大使 發揮性格強項

馬灣領袖訓練

學校一向重視培養學生的領導才能，即使過去幾年受到疫情影响未能進行大型的領袖培訓活動，學校仍為領袖生提供各項線上培訓活動。本學年終於可以重啟「馬灣領袖訓練營」，是次訓練營除了有本校80名領袖生參與，還聯同友校同學一起進行。當天活動內容豐富緊湊，本校同學會與友校同學組成各隊，並在團隊內展現各人的性格強項，學習如何與隊員合作將各項不可能的任務逐一擊破。學生在過程中不僅要學習領導技巧，更需要在活動中盡展所能，發揮性格強項，讓彼此間的互補與合作達至最佳效果。



透過是次訓練，同學們深入地感悟堅持不懈的價值，塑造出堅毅的性格，並為未來的領導之路打下堅實的基礎。

這次馬灣跨校領袖訓練營在萬里晴空下展開美好的一天，十分感恩！

透過參與各項活動，互相交流，學習解難、領導和團隊的重要性。猶記得在活動中，我們各有自己的崗位，通過討論和互相幫助，合力完成任務。最後，大家都明白到團結的力量是成功的關鍵。所謂「一人知識有限，眾人智慧無窮」，一個一個的小腦袋，集成一個大腦袋，集思廣益，發揮團隊精神。

此外，我在各項活動過程中，觀察到有些同學具備解難才能，有些同學善於與人溝通，也有些同學樂於幫助別人。因此，領袖是可以有很多類型，都可在不同範疇上成為該領域中的領袖。每個人都有不同的長處強項，我們懂得互相欣賞、互相學習，同學們都有着莫大裨益。

這次領袖訓練十分充實，我學習到作為領袖應有的素質，也增加了不少的友誼，滿載而歸。我帶著學習成果，為作未來的領袖奠下基石。

六乙 馬梓銘

「學生大使」計劃

「學生大使」計劃則旨在培育學生發揮領導才能，提升他們的表達能力及溝通技巧。他們負責招呼來賓，介紹校園，增強他們對學校的歸屬感，成為更有自信、更愛學校的「聖保羅人」。

我感到非常榮幸，因為能在2024年11月26日的午息，與剛升上小學的師弟師妹分享校園生活的點滴。我既以「學生大使」，又是師姐的身份，向小一乙班的同學介紹學校的設施及用途，包括醫療室、校務處、游泳池、蝴蝶園，最後一起在一樓餐廳填寫回饋及鼓勵句語。這次活動讓我的展現了我的社交智慧和領導才能，令我十分難忘。

四乙 鄭善瞳

我十分感恩能夠參加這次聯校領袖生訓練活動。在這次活動中，我不但要和本校的同學相處，還需要學懂與其他學校的領袖生們合作。透過這次活動，各校的領袖生能夠聚集在馬灣的場地中，互相學習和交流，一起挑戰各項難關，例如「黑洞繩子遊戲」：全隊的隊員們需要以最快速度穿過一條繩圈，極為難忘。這次訓練讓我們展現了團隊合作和領導才能的性格強項，亦學會了尊重別人。今年的主題就是「分享愛，常感恩，正向樂學展創意」，我們也展現了創新的學生素質，用有創意的方法解難。這次訓練活動真是讓我們獲益良多，期望往後也能夠舉辦更多類似的訓練歷奇活動，為同學們的校園生活增添一份樂趣！

五乙 康芷淳



上星期一，我以學生大使身份帶領小一新生參觀校園。一開始，我感到十分緊張，擔心自己無法勝任。我向爸爸傾訴後，他給了我一些建議，並鼓勵我勇敢面對。

當天，我帶領著兩位乖巧的小一新生，一邊遊覽校園，一邊耐心地向他們介紹學校的各項設施，並細心解答他們的問題。這次經歷讓我提升了自信，也增強了我的勇敢性格強項。希望將來還有機會為學校服務！

四甲 陳相如



外展訓練



一年一度的小五外展是同學們小學生涯中最難忘的活動之一，在這五天中大家一起生活，一起接受各種挑戰，每個同學都發揮自己的性格強項，展現聖保羅素質，為他們的成長留下了美好的回憶。

我覺得在外展最能運用到自己的領導才能和團隊精神。

在這五日裏，我們進行了很多團隊活動。在大部分活動中，我都擔當了領導的角色。例如：在一個猜數字的遊戲中，我跟大家說了我想運用的策略，得到團隊的同意後，便一步一步地帶領團隊完成任務。又有一次，同學們選擇我來帶領大家一起做午餐。我把同學們分成不同的「部門」，有些切菜，有些切肉，有些洗碗等。我也知道領導別人時不只是自己說，別人做，更不是全由自己做完。一個好的領袖，做決定前應該要先得到別人的同意，同時也要讓別人發表他的意見或想法，從而調整做法或計劃。在這五日中，我得到隊友的認同，也證明了我的實力。雖然也發生了不少紛爭，但我們之間已建立了對彼此的信任。

最後我想感謝學校給予我們這個機會，我真是學到很多東西，也與同學一起渡過了一個很難忘的經歷，十分高興呢！

五甲 鄧凱臨



在外展中，我最喜歡的活動是露營。這項活動最能發揮我堅毅、團隊精神和判斷力的性格強項。在前往營地時，儘管我們走到一半路程就已經感到很疲倦了，但我們互相鼓勵，輪流拿水、食物和餐具，才令大家不那麼辛苦，最後憑藉毅力，順利到達了目的地。而在行走過程中，我們還需要輪流上前帶領同學，需要發揮判斷力，決定方向和捷徑。整個露營的過程，既讓我們有機會親近大自然，又讓我們變得更獨立和團結，真是令我獲益良多呢。

五乙 楊彥曦



外展的生活五彩斑斕，每一個瞬間都很寶貴，但最難忘的時刻就是跳海。

我一向都很擔心跳海，因為我膽小又有畏高症。到了跳海場地後，我發現跳台真的非常非常高。我那一組的同學全都跳了，只剩下我。教練和下面的同學都鼓勵我，Sarah (外展學校的職員) 在跳台上不停鼓勵我，為我加油打氣。所有人的目光都望着我。那一刻，我想我一定不可以令他們失望！接著，我聽見同學開始用溫柔的聲音倒數20秒，到了「一」的時候，我鼓起勇氣，終於勇敢地跳到水面。我終於突破自己的安舒區，發揮了勇敢的性格強項。

五丙 郭紋綺



上星期是我期待已久的外展訓練。從這次外展訓練，我發揮了多項性格強項，也獲取了寶貴的經驗。

在眾多的性格強項當中，我最常發揮的是社交智慧，我懂得與同學相處時如何減少紛爭。有一次，導師分配爬山背包給各人，當中有一個散發着惡臭，沒有人希望使用這個背包。當時我暫時離開前往洗手間，結果回來後便被分配了這個背包。儘管如此，我並沒有提出抗議，反正隊中一人也要承受痛苦，倒不如自己承擔。第二件我實踐了社交智慧的事情就是分配牀位。營舍裏所有睡牀都是雙層牀，但所有組員都希望睡在下格，我為免隊員爭吵，便自己提出睡在上格。雖然上上落落十分不便，我卻成功化解紛爭。正所謂「多個朋友多條路，多個敵人多道牆」，與其講究眼前利益，不如好好珍惜難得的友誼。

五丁 陳知言

在2024年10月21至25日的這段時間裡，我和五年級同學們參加了小五外展訓練。這是我第一次這麼長時間地離開家。

第一天，我的隊伍就要進行水上活動，包括獨木舟和跳水，是我最害怕的活動。我沒想到第一天就會面對跳水，所以特別緊張。當我站上跳板時，看到跳板距離海洋那麼遠時，心裡驚呼：「不行！太高了！」但在隊友的鼓勵下，我鼓起勇氣，踏出一步，跳了下去。那一刻我感到無比自豪，我之後還跳多了一次！

接下來的幾天都有不同的活動，第二天進行了露營和行山；第三天體驗了繩網；第四天是主要活動；第五天是參與迷你奧運。在這五天裡，我覺得最常用到的性格強項就是團隊精神。例如在玩獨木舟時，我們需要三個人同時划動船槳；而在迷你奧運中，我們則必須分工合作，共同完成不同的任務。當然，我和隊友在不同的活動中都會互相鼓勵，支持彼此。我非常感謝能參加這次外展活動，因為這讓我克服了恐懼，並且認識了許多新朋友。

五戊 陳鈺婷



廣州中小學衛生健康中心到訪

2024年10月17日廣州中小學衛生健康中心的孟祥興主席與他的團隊一行五人到訪本校交流，互相分享提升學生衛生意識的經驗。

我校主要分享學生健康計劃、心靈健康活動及相關行政安排。透過各類活動，如「小一洗手刷牙活動」、「全校磅書包活動」及「營養講座」等，提高學生衛生及身體健康的意識。同時，學校亦全校推廣精神健康活動，當中有些滲入至各級成長課，同時有舉辦活動及講座如「精神健康校園活動樂繽紛」及「全面認識兒童及青少年精神及心理健康問題講座」讓全校家長及學生參加。學校亦於教師發展日加入老師身心靈健康元素，讓老師身心靈都得到平衡。學校與學生、家長及老師同行，一起實踐身心靈健康生活態度。

而廣州中小學衛生健康中心除了介紹中心的架構及與廣州學校的關係角色外，還分享如何透過多樣性的平台向廣州中小學生宣傳健康的訊息。中心同時亦積極到各地進行交流及訪問，希望可有效促進中心對各地的中小學的衛生健康工作有了更廣更深的理解。中心代表更邀請我校老師到廣州參觀及提出可行的合作計畫，一起強化學生健康意識，努力提高健康教育工作成效。



香港聖公會教育展

香港聖公會教育服務部於2024年12月14及15日舉辦「香港聖公會教育展」，展現聖公會學校的獨特性和融和性，以及培育學生關愛他人，服務社區的教育理念。香港聖公會辦學至今已經超過170年歷史，聖保羅男女中學附屬小學秉承聖公會的教育使命，推展基督教全人教育的道德觀，並以「信望愛」的精神辦學，致力培養學生優良的品格和正確的價值觀，建立關愛的校園。

我們參加了一連兩天於香港會議展覽中心舉行之香港聖公會教育展，將本校在課程及牧養方面的策略及成果向公眾展示，透過分享全校培育的規劃，展示學生的科研創作成果和在藝術方面的才華，讓公眾對本校學生在STEM教育發展及價值觀教育的活動及策略有進一步的了解。在展會期間更得到校董、校友、家長和同學們的支持，使展覽得以順利完成。



Reflections on Trip to Australia



From 2 to 9 November 2024, Ms Cheung and I were among the 40 representatives from Hong Kong schools and NGOs who joined a week-long journey to Melbourne, aiming to explore innovative approaches to well-being education. The learning tour was organised by the Bei Shan Tang Foundation a part of its “Weconnect: Co-learning Journey” initiative. We attended training sessions and seminars and visited community sectors focused on well-being. We visited three primary schools and three secondary schools, including Geelong Grammar School, a leader in positive education.

There were several practices that we noticed during our visits that could help elevate well-being education at SPCCPS. One memorable aspect that stood out was how visible the values of well-being were throughout the school communities we visited. For instance, at Geelong Grammar School in Toorak, student artwork and reflective writing that highlighted individual character strengths were everywhere on the walls. By showcasing work from all students—not

only those who excel — the school creates an inclusive environment that values all efforts.

Another valuable lesson was the focus on bringing various voices to the table when making important decisions. This approach cultivates a sense of belonging, making students feel like members of the community. Such participation fosters peer relationships and encourages collegiality the space between students and teachers. At SPCCPS, we can implement similar strategies by asking students what projects or initiatives they want to engage in to improve wellbeing of everyone in the school. In addition to empowering students, this activity also aligns with our larger goal of developing a positive culture within our school.

Finally, well-being is not improved through an explicit curriculum alone; it requires a holistic approach where spaces for wholesome self-expression and reflection are created for all. We noticed encouraging phrases written by students posted around campus; students participated in activities to show appreciation and recognition. As we weave character education into our curriculum and nurture reflective practices among our students, we can help them identify their unique strengths and put them into action — a crucial aspect of their everyday life in school.

“What does well-being *look* like in your school?” was the take-home message from the trip, posed by Justin Robinson and David Bott, expert practitioners of Wellbeing Education from The Wellbeing Distillery. By equipping everyone with the same vision, we can build a school culture that prioritises well-being and empowers every individual to shine and thrive.



中文科 美文共賞－從自主閱讀中培養愛己愛人的精神



本年度中文科在各級網上平台 Moodle 增設「美文共賞」，定期上載文章讓學生進行自主閱讀。中文科期望透過多元化的篇章，例如：詩歌、小說節錄、散文、故事、文化知識文章等，提升學生的文學素養，亦能培養正確的價值觀。部分文章更設有導讀，引領學生從閱讀中反思生活，學習處世之道，並且認識自己的性格強項，學習欣賞自己，關愛他人。



我很喜歡「美文共賞」，因為它除了能讓我學習美文佳句，更設有「老師的話」，引導我進一步思考文章的內容。我最喜歡

的文章是《蟋蟀和蘑菇》，因為蟋蟀願意頂着火熱的太陽為蘑菇澆水，又為蘑菇的孩子唱歌，蟋蟀和蘑菇就在這短短一天內建立了深厚的情誼，讓我學會了朋友之間相處要以誠待人。

二甲 王熙桐



今年，我們學校舉辦了「美文共賞」的語文活動，讓我可以盡情地沉醉於閱讀之中。我最欣賞《樹葉小船》這篇文章。小樹

葉和小青蟲在秋天相遇，經歷重重困難，不但在水裏漂流，還要渡過嚴寒的冬天。他們互助互愛，成功克服困難，展現了堅毅和愛的性格強項。我從中學習到「世上無難事，只怕有心人」，也學會了朋友間「有福同享，有難同當」的道理。

四丁 謝卓穎



從今年開始，老師每星期都會把一篇美文放在網上平台供我們閱讀。我最初認為這只是一份「例行公事」般的功課，但日子

久了，我開始翹首以待，希望下星期快點來臨。令我有此改變的，就是第一篇美文——《目送》，文中作者與兒子的點滴令我深受感動，不禁熱淚盈眶。因此，閱讀美文除了能令我學習更多詞彙，更能使我陶醉於文字世界之中。

五丁 鍾尚哲

午間觀影樂繽紛 中華文化劇中學

為了增進學生聽說普通話的機會，配合學校今年「正向樂學」的主題，同時推廣中華文化，普通話科於本學年設立了「午間劇場」，每逢星期二午息為學生們播放有關中華古典名著及傳統文化的動畫片。

學生們在輕鬆愉快的氣氛中觀看《西遊記》、《岳飛》等影片，學習主人翁身上堅毅、愛國、好學等精神品質，在潛移默化中提升了普通話的聽說能力，亦加深了對中國傳統文化的認識。

我是今年的普通話大使，在星期二午息協助老師播放普通話卡通片，參與普通話推廣活動。在活動中，我發揮「學習」的素質，嘗試用普通話表達自己，多聽多說，令普通話更流利。

四乙 張恩悅

我在「普通話午間劇場」中，最喜歡的是《西遊記：豬八戒拜師》這個故事。劇中豬八戒知錯能改，拜唐僧為師；唐僧看到豬八戒悔過，也不計前嫌，收他為徒，可見他的仁愛之心；孫悟空則一如既往地伸張正義，成功救回小女孩。他們所表現出來的精神品質都十分值得我學習。

六甲 謝梓康

在「普通話午間劇場」中，我最喜歡的角色是《西遊記》中的豬八戒。他的毅力和幽默感令我印象深刻。儘管面對很多艱難險阻，他依然沒有放棄西天取經的任務，展現出不屈不撓的精神。而他的幽默感也使得原本苦悶的取經旅途變得輕鬆，他也總能用風趣的言語緩解緊張的氣氛。

五丙 姚穎熹

每個星期二的午息是我最期待的時刻，因為我可以去 506 室參加「普通話午間劇場」，觀看動畫片。在看動畫片時，我既可以多聽標準的普通話，提升普通話的聆聽能力，也可以學到不同的做人態度，例如：堅毅、自律、關愛等等，更可以認識中國經典名著的故事呢！

三乙 陳昊洋

Hong Kong 76th Hong Kong Speech Festival – English Choral Speaking Competition

A balanced mix of experienced students from last year's English Choral Speaking Team along with many new faces from Primary Four to Primary Six, formed our English Choral Speaking Team for this school year. They practiced diligently to put on a wonderful and engaging performance of a poem titled Laurie and Dorrie by Kit Wright, which was about a silly argument between an elderly couple caused by the overuse of a single word: Sorry! The students' perseverance, determination, teamwork and effort paid off during the competition day resulting in a second place finish. It was a delight for the team to receive positive comments from the adjudicator describing the performance as "skillfully coordinated both visually and vocally with excellent timing and coordination performed at a high standard".



帶著微笑上街去

今年我校的普通話集誦隊參加了學校朗誦節的小一小二普通話集誦比賽，比賽的題目是作家鍾桂蘭的詩歌《帶著它上街去》。詩歌的內容是鼓勵大家把微笑掛在臉上，這種笑容就像是一位有魔力的魔術師，能夠排解紛爭和誤會，令大家融洽相處，社會和諧。詩歌的內容積極向上，正與我校本年的主題「分享愛，常感恩，正向樂學展創意」不謀而合。同學們從九月底開始恆常進行練習，大家首先理解詩歌的內容，然後在老師的指導下修正語音和節奏，並加入配合的隊形和動作。經過幾個月的認真訓練，積極準備，48位隊員在12月初的比賽日都化身成為微笑大使，把正面、積極的態度傳遞給賽場上的每一位觀眾，最終取得了亞軍的成績。



Annual Christmas Drama “Wonder”

The annual Christmas Drama is always the highlight of our festive calendar. This year, it promised a heartwarming spectacle that captured the true spirit of Christmas. Together with the spirited school choir singing the carols in the school hall, the drama evoked the warmth of the season!

“Wonder” showcased the incredible talents of our lower primary students. Under the guidance of our dedicated drama tutor and teachers, the cast poured their hearts into rehearsals, honing their performance to bring each character to life. Their commitment and teamwork were evident, leaving everyone in attendance with smiles on their faces. We would like to express our heartfelt gratitude to the parent volunteers who contributed their time and efforts to help make this production possible.

We, as a Christian school, should teach the true meaning of Christmas by not only showing the birth of Christ, which many students know, but also by making students understand the impact of their actions on the others. The boy in the play navigated the challenges in his family and at school. With Jesus, the boy and his classmates eventually became accepting, loving and caring.

The seamless Christmas Drama production highlighted the power of acceptance and the spirit of love. We look forward to continuing the cherished tradition and cannot wait to see the next year’s drama show. We wish our SPCC family a joyful holiday season filled with love, laughter and memorable moments!

I am honoured to participate in the Christmas Drama performance this year. I am grateful that I am given the opportunity to be the main character “White Rabbit”. This is a great challenge for me as the script is rich and not easy to master especially on the stage. I need to show my courage and perseverance. Through this experience, I have learnt to appreciate and co-operate with my teammates.

3E Tam Hoi Kin Paschal

In the Christmas Drama, the main character had to experience her very first day of school without any friends. It is not easy to express her complicated emotions while performing on stage. With the teachers’ guidance, I have learnt to use exaggerated facial expressions and big movements to express the main character’s feelings. I practised a lot during the rehearsals so I think my acting skills have improved. I have made a lot of new friends, too. This learning experience is special and I hope I can join this extra-curricular activity again next year!

2D Chan Sum Yin



繽紛校園展創意



校園是同學和老師的第二個家，「校園藝術大使」付出了很多精力，利用創意為這個家添上藝術色彩，把它變得更溫馨更漂亮。以下是同學們佈置校園的感想：

作為「校園藝術大使」，我經常和隊員一起幫助老師佈置校園。其中令我最難忘的，就是學校地層的壁畫創作。首先，我們構思設計，將不同同學的設計理念匯聚成一幅作品。從零開始直至初稿面世，可是用了幾個月的時間呢！有了初稿，我和幾位較高年級的同學在牆上畫下線稿，接着，我們開始了上色的工序。上色時，我們需要有耐性，線稿上每一格的區塊都需要多次上色，以加強壁畫顏色的飽和度。我們在創作的過程中運用了「審慎」的性格強項，才不致上色時塗出界，或弄污校服。壁畫創作的第一階段已經完成，每次我走過那兒，心裡都有滿滿的成就感。

六戊 馬凱晴



轉眼間今年已是我第二年成為「校園藝術大使」。聖誕節快到了，我們要為學校增添聖誕色彩，於是老師和我們一眾「校園藝術大使」一起點綴校園。我們投入地製作色彩繽紛的字樣後，老師便把它和同學的製飾創作佈置在學校入口的當眼處，校園頓時充滿了節日氣氛。我很高興可以佈置校園，看到同學、老師、家長駐足欣賞我們的作品，我感到無比自豪。而且，透過老師和同學們的合作，我發現原來我們相當有默契。這次的活動讓我發揮到「服務」、「溝通」和「創新」的素質。同時，在佈置的過程中，我接觸到很多美的事物，並運用了24性格強項——對美麗和卓越的欣賞。

六戊 邵祉霖

國慶文藝晚會表演 及香港青年音樂匯演弦樂隊比賽

我校高級組合唱團有幸受邀與於去年10月2日舉行之國慶文藝晚會表演，與香港警察樂隊及星夢畢業生歌手一同踏上紅磡體育館的舞台。合唱團亦有機會親身到將軍澳電視城進行錄音。在準備演出的過程中，同學們須於兩星期內學習兩首歌曲及面對突如其來的樂譜改動，更克服了長時間綵排之勞累及在戶外等待上台表演時要忍耐的炎熱，充分展現了恆毅力。



是次演出讓我感到感恩和自豪。在每次的排練中，我們都一起努力學習新的歌曲，互相幫助，調整音高和節奏。這次演出是我們辛苦付出的成果。當我站上舞台時，面對觀眾的笑容和熱烈掌聲，我的心情既興奮又緊張。這次演出不僅讓我更熱愛唱歌，也讓我深刻地體會到團隊合作的重要性。我們一起克服困難，享受每次練習的過程，建立了深厚的友誼。這段回憶十分難忘，將永遠留在我心中，也激勵了我在未來繼續追求在各方面的卓越，並期待有更多表演機會，與其他團隊成員一起成長。

五戊 陸彥雅

弦樂隊於2024年11月參加了香港青年音樂匯演比賽。我十分感恩有指揮何老師帶領我們。他為我們挑選今年的比賽歌曲，過程就像海底撈針一樣難，不僅要難度合適，還要旋律優美。何老師用心地指導我們如何演奏得更好。即使我們有時候修正錯誤需時，他依然耐心地指出我們的不足之處。何老師的幽默感也為樂隊的排練增添了許多樂趣。他該嚴肅時嚴肅，該輕鬆時會說笑，這是我們能既高效又愉快地排練的秘訣。

比賽之後，我發現自己在專注力方面有了很大的進步。在樂隊中，不能有一刻分心，因為老師或指揮可能會在任何時候傳達重要訊息。我會在排練時全神貫注地聽老師的指導，這鍛煉了我的專注力，這個技能在其他活動中也非常有用。

在樂隊中，我認為我發揮了團隊精神。作為小提琴首席，在同學需要幫助時，我會主動教他們。團員們須目標一致，整個樂隊一起配合才能有最佳效果。比賽前，有賴張校長、李總監、各位老師及同學之間互相鼓勵、支持，幫助同學減輕壓力，有自信地享受台上的演出。最終，弦樂隊還有幸榮獲金獎呢！我認為樂隊訓練給我帶來的收穫滿載，希望未來有更多喜愛音樂的同學加入樂隊，從中獲益良多！

六戊 陳奕可



數學科推行自主學習 激發學生潛能與興趣

在現今教育環境中，自主學習已成為小學數學科教學的一個重要趨勢。自主學習不僅能激發學生的學習興趣，還能提升他們的問題解決能力和批判性思維。

本年度數學科加入了「數學科自主學習記錄表」，讓學生在校內課程以外依自己的興趣及學習習慣來進行學習。內容包括 Moodle 自選高階思維練習、數學圖書閱讀、網上練習、數學挑戰站及數學壁報小知識。除了鼓勵學生進行多元化的學習外，亦培養學生自行記錄及管理學習的習慣，讓學生能為終生學習打好基礎。

今年小三數學科學習 24 小時報時制，學生們熱切地分享很多日常生活中運用 24 小時報時制的例子，並以 24 小時報時制繪畫一幅有關自己日常生活的漫畫。小三同學們用心設計，甚至有學生自發設計題目，考考其他同學把時間順序排列。學生們也充分展現出他們喜愛學習和創造力的性格強項！

梁穎淇老師

小一學生上課投入專注，充滿好奇心，喜愛學習課本以外的知識。因此除了恆常課堂內的學習外，我們還在 Moodle 加入了高階思維練習，讓學生按自己的興趣及學習進度進行自主學習。

高階思維題目能提升學生的邏輯思考及解難能力，透過說數向同學分享解題過程，更能讓學生深化解題技巧，增強自信心。一年級的學生都踴躍參與，更會主動要求老師提供更多高階思維練習呢！

王紀人老師

今年五年級的數學課程繼續著重培養學生的自主學習能力。為了提升學生的學習興趣並增強他們的自主性及能在數學的世界中探索與成長，老師在 Moodle 上提供了多個主題的題目，讓學生自行選擇想要學習的內容，並完成相關的練習。有些學生不僅完成了基礎題題目，還挑戰自己去解決更高難度的題目呢！

林思沛老師



小三同學以24小時報時制設計漫畫。



小一同學都積極記錄自主學習過程。

在十一月份，為了配合五年級學生的課程主題——簡易方程，圖書館專門擺放了相關的課外書籍，以激發學生的學習興趣。學生們也踴躍前往圖書館借閱這些書籍，在晨讀及午息時也閱讀得津津有味。



常識分科 科學人文各放異彩

本校於2024/25學年全面開展科學科和人文科獨立成科，並將於2027/28學年完成常識科校本課程過渡至科學科及人文科新課程的各項工作。這些工作不但讓兩科課程的學習焦點更清晰，也令教學策略和評估方式變得多元化，教師亦能發揮專長，為學生的整體學習帶來更大的果效。

學校在提升學生科探能力方面，一直積極透過課堂活動、科學日營、科學雙週、STEM挑戰賽及抽離式資優培訓等不同形式進行。我們的科學老師團隊，從上學年開始，已經積極參與教育局舉辦的「小學科學教師專業培訓」課程系列，為進一步實踐科學教育的理念裝備自己。科學科獨立成科後，我們更能善用課堂，為學生營造更豐富的科探機會，啟發他們的好奇心，並讓他們參與更多動手探究的過程和實驗。有別於科學知識的學習，我們在設計教學活動時，更著重培養學生的科學過程能力，透過不同的探究方法發現知識。另外，我們亦引入多元化的進展性評估，讓學生能應用所學，並以不同方式展示成果。

裝備學生具備迎接未來挑戰的素質和能力，讓他們能立足國家，胸懷世界，是人文科的使命。我們以特色課業「時事多面睇」，各級配合課題利用不同媒介的資源，引導學生認識和了解中國在不同範疇的發展，或覺察社會上需要關注的人和事，培養他們的正向價值觀。在學習內容方面，我們进一步深化中華文化和國家歷史的元素；在教學活動方面，我們提供更多元化的學習經歷；在學生學習方面，我們加強訓練思維、研習、解難的自主學習能力；在評估方面，我們加入更能讓學生展現應用知識和運用共通能力的模式。本年度我們參加了教育局的校本支援計劃，使我們在設計校本增潤課題時，能進一步提升我們對推行人文科新課程的專業性。

在科學科和人文科獨立成科的發展路上，我們將不斷優化兩科的教學策略，讓我們的學生能在這兩科的學習上，各展所長，綻放光芒。



小六同學正在觀察蝸牛的身體結構。



小三同學正在參與「金管局《Smart理財321》桌上遊戲體驗活動」

創科薈萃2024 共享創科教育成果

本校的創科小組、Robot Team及Campus TV小組共36位同學一起參與於2024年10月4日至6日假灣仔海濱公園，舉行的「慶祝中華人民共和國成立75周年暨心繫家國之港深學校創科薈萃2024」活動。當天活動有近百所香港及深圳中小學參加，我校同學亦參與其中，展出他們優秀的創科作品和在STEAM教育課堂內的創作成果，藉此交流創科心得。除此之外，學校的Campus TV小組更派出小記者在三天的活動中進行採訪，報導活動中的盛況及訪問參與同學的感受，場面熱鬧。所有參與此次活動的同學皆能全力以赴，施展渾身解數，充分發揮專長，展現出色的才華與能力。

這次我能代表ROBOT TEAM參與活動，真的很開心！那天，我們有機會向觀眾介紹我校發展的項目，大家的反應都非常熱烈。觀眾們對我們的講解表現出濃厚的興趣，讓我覺得非常自豪。我最開心的部分是讓來賓們試玩我們的機器人MARTY。看到他們臉上的笑容，我的心裡也感到很快樂！這次活動讓我學到了很多，特別是與別人分享我們的創意和技術。我也覺得這次經驗非常豐富，讓我明白了團隊合作的重要性。總的來說，INNOGALA讓我有了一些新的體驗，我希望下次還能參加，跟大家一起分享更多的知識！

五丁 郭倚恩 (ROBOT TEAM)



同學們很喜愛我們的MARTY



大家精神奕奕，準備就緒開始活動

參加INNOGALA是一段非常寶貴的經歷！在活動中，我有機會採訪了多位參與者，並錄製了他們於活動中的精彩瞬間。整體而言，這次採訪的經驗非常愉快，雖然天氣炎熱，有時很曬，但我仍然享受此活動。我更攜帶了一根小型自拍杆，方便單手操作，以便於拍攝。我們在活動的最後一天停留了約2至3個小時，並且也參觀了其他學校的展位，嘗試了他們的活動，感覺非常不錯。此外，我也意識到自己在採訪時可能會過於緊張，未來會努力放鬆。

五丙 梁雋彥 (CAMPUS TV)

體育團隊持續發揮堅毅精神

體育科上學期參加各項校際比賽，包括游泳、田徑及足球比賽，校隊同學一如既往投入練習，在比賽中全力發揮。我們在港島西區小學校際游泳比賽於個人和團體賽事中奪得3銀4銅；包括男子甲組團體亞軍及女子甲組團體亞軍；而港島西區小學在校際田徑比賽於個人和團體賽事中奪得12金11銀3銅成績；包括男子甲組團體冠軍、男子乙組團體季軍、女子甲組團體冠軍、女子乙組團體冠軍及女子丙組團體亞軍；我們的足球隊亦晉身港島西區小學校際足球比賽的八強。學校除了發展精英運動外，亦著力讓學校所有同學多做運動，今年度更推出星期五運動日，培養同學做體能活動的習慣，體驗箇中的樂趣和對健康的裨益。以下是同學的分享：



時光荏苒，在田徑校隊的三年間，我很感恩每年都能獲選代表學校參加港島西區小學校際田徑比賽，亦很享受與其他學校的運動健兒在賽上比拼，不斷挑戰自己的極限，為校爭光。然而，我最難忘的卻是在訓練中經歷的種種磨練，使我得到了很多寶貴的回憶，並深切體會到實踐「健康」這一項聖保羅學生素質的原因以及其重要性。

感恩學校以不同的途徑鼓勵我們要多做運動，例如：安排早操時段、派發體能小冊子和在大息、午休的時間開放體育場地，致力幫助我們養成良好的運動習慣。就以體能小冊子為例，老師讓我們在小冊子上定立目標，然後每天做記錄，最後再作檢視。這樣不但能提醒我們每天都要堅持做運動，還有培養我們自律素質的果效，真的是一舉多得！

六乙 容思蔚



教師專業發展

探索教學新科技：如何與AI 同行？

為配合本年度學校關注事項「探索教學新科技」，2024年9月17日的專業教師發展日，本校邀請了香港中文大學趙建豐教授到校主講「如何與AI 同行」的主題講座。趙教授在講座中，與老師們分享：教師如何有效地使用AI，從而促進學生進行個人化學習；學生可以如何善用AI作為自主學習的工具；AI又可以如何成為培養個人思維訓練的好幫手。透過講座，教師們更全面地認識了資訊科技及AI在教學上的應用，大家也更聚焦地思考新興科技為教學所帶來的機遇和挑戰。

當天，學校還邀請了天主教領島學校李安迪校長及他的團隊到校分享推行資訊科技的校本經驗，讓教師了解人工智能科技在學校行政及教學兩方面的推行方法及成效。AI確實是為人類提供廣泛資訊及快捷服務的科技，亦能為學習帶來更多趣味性，但我們必須小心使用，懂得辨別資訊的真確性，培養學生正確的資訊素養和態度。



趙建豐教授到校主講「如何與AI同行」教師講座。



天主教領島學校李校長及團隊到校分享推行資訊科技的校本經驗。

教師身心靈健康活動

教育局近年推行《4Rs 精神健康約章》，涵蓋休息 (Rest)、放鬆 (Relaxation)、人際關係 (Relationship) 和抗壓力 (Resilience) 四個促進精神健康的重要元素，對象包括學生、家長及教師。本校關注教師身心靈健康的需要，明白教師平日工作繁重，希望透過各項有益身心的教師發展活動來讓教師舒展身心，放鬆心情，有助減壓。

2024年12月4日下午教師發展日舉辦各項興趣班，由聖雅各福群會 Wellness Pro 導師到校帶領各項活動，包括：K-Pop 跳舞班、瑜伽體驗班、香薰擴香石DIY及茶藝養生班。體育組亦帶領老師們進行球類比賽活動，強身健體。教師自選參加喜愛的活動，盡情享受一個愉快的下午，舒緩精神壓力，增加正能量！



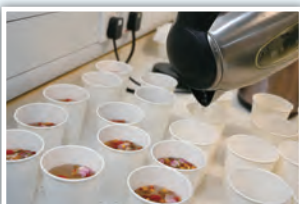
張校長和老師們參加瑜珈班，一起練習不同的基本體位法及呼吸法，舒緩肌肉緊張，平靜心境。



老師們製作乾花擴香石來享受個人寧靜空間，再為作品加添喜愛的香味，利用香薰的能量來放鬆心情。



中醫師向老師們講解如何透過沖茶的過程放慢腳步，體驗一杯熱茶對生活的療愈作用。



跳舞著重四肢運動、節奏感和身體平衡，老師們在舞蹈中釋放壓力，並增強身體柔軟性。



體育組帶領老師們進行閃避球比賽，大家都充滿活力，發揮運動潛能。



Looking Ahead

Date	Event	Place
14 February	Primary 4 Nansha Exchange Trip	Guangzhou, China
29 March – 4 April	Visit to - Beijing High School attached to Tsinghua University - Tianjin Nankai High School	Beijing, China Tianjin, China
31 March – 4 April	Primary 6 Xi'an Graduation Trip	Xi'an, China
18 – 24 April	Visit to Shanghai Fudan High School	Shanghai, China
28 May	Lower Primary Games Day	Hong Kong
29 May	Upper Primary Sports Day	Hong Kong
6 June	Primary 6 Drama	SPCCPS
21 June	Primary School Swimming Gala	SPCCPS
27 June	Gospel Evening	SPCCPS
2 – 7 July	International Student Science Conference (ISSC) 2025	SPCC
3 July	Summer Concert	Hong Kong
19 – 23 July	Form 4 Qingdao Study Trip	Qingdao, China
19 – 27 July	Form 2 Singapore Study Trip	Singapore
20 July – 2 August	Form 1 English Enhancement Programme	London, UK
July – August	Form 3 Rites of Passage Programme	Queensland, Australia

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