

THE RED BRICKS

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St. Paul's Co-educational College

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Message from the Principal



Over the past year, our life has progressively resumed normalcy after the pandemic. I am delighted that all our school events, educational activities and student exchange programmes could be held once again. We are able to see the happy faces of our students and staff without our mask on campus.

Despite the disruptions brought on by the pandemic, I am delighted

to note that our DSE and IB students have achieved excellent public examination results in the last academic year. It reflects the resilience of our students and their ability to thrive on changes and during unprecedented times. The outstanding results have demonstrated the concerted efforts of our students and their parents, as well as our teachers in fostering the growth and development of our younger generation. I believe the knowledge learnt and experience gained at SPCC would be an important life skill for our graduates as we continue to provide students with all-round education and foster their holistic development according to the Christian faith.

Upon resumption of normal travel between Hong Kong and the rest of the world early this year, a number of

educational activities and social events have been organised. We brought the annual conference back again. The International Sports Conference was successfully held in June with the support of the Education University of Hong Kong. All participants from the schools in Australia and Hong Kong enjoyed a 5-day intensive conference through various sports activities. In addition, during the SAW some of our students went to Thailand and Malaysia in February. This summer, we had three cohorts participating in the RoP programme in Australia, including two overseas educational programmes to the United Kingdom and Singapore for F1 and F2 students respectively. I am sure that these learning experiences would enhance our students' learning beyond the classroom.

Values education is an essential element of the whole-person development. In order to cultivate student's positive values and attitudes, and in preparation for the challenges they face in their studies and daily life, SPCC will continue to step up our effort on promoting values education both inside and beyond the classroom. "Self-discipline" and "Perseverance" have been chosen as the two themes for this academic year. I hope our students will enhance their ability to identify the values embedded through their learning experiences, and practise good behaviour.

Let us thank God for a lovely past year and seek blessings for another great year at school.

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

校長的話



讓我們以感恩的心開始一個新學年。神引領我們渡過三年多的疫情，隨著小學2月恢復全日課，政府3月解除口罩令，今年九

月開學終於能夠復常了。第一天回校上學，全體老師和同學可以在禮堂聚首一堂，一起唱詩、讀經和祈禱，又可以跟同學一起午膳，這是三年疫情後的第一次。同學的談笑聲，玩耍時的喧鬧聲和上課的朗讀聲，令校園變得更熱鬧、更有生氣。深信疫情令大家明白懂得變通，學會珍惜。

回顧過去半年，全日課上課為我們帶來豐富的學習生活。由半天上課到全日課，老師和同學都努力適應這個「復常」的改變，然而，大家都發現在校的時間多了，師生更多相處的時間，更多面對面的溝通，大家的關係更緊密。老師也為同學安排各式各樣的課堂活動，每天不同的課外活動時段，同學在校園四處走動，大家都忙得團團轉。不論午膳後，期考後活動週，老師為同學預備不同的有趣活動，例如中國文化週、數學遊戲、科探工作坊、資訊素養週、福音活動等等，同學們都樂在其中。此外，學校所有

的團隊終於可以全面恢復課前和課後的訓練，讓隊員得到更全面的培訓，參加不同的校際及海外的比賽，在不同的學習領域展示學習成果，更獲得優異的成績。今年小六的英語話劇表演，因為遇上學校禮堂維修，第一次移師到校外場地「柴灣Y-綜藝館」演出，小六同學發揮「樂觀」、「自律」、「學習」的素質，克服只有一天實地綵排的困難，台上台下的同學們一起展現團隊精神，成功把戲劇上演，精彩的表演令家長和師長們都十分感動；加上兩天以「香港科技與城市發展」為題的畢業活動，相信小六同學在畢業前有個難忘的回憶。

不單學生有多采多姿的學習經歷，我和老師們也不斷自我增值，除了參加校內校外的工作坊和講座，也到國內作探訪及學習交流，了解最新的教育發展趨勢，認識不同學校的文化，互相學習，亦為日後學生到國內交流作準備。

『愛學習，樂分享，盡心盡意榮主恩』是學校2021-2024三年發展週期的主題，我們持續在不同的活動和課堂進行價值觀的教育，同時鼓勵分享文化，提升學生的「關愛」和「創新」素質。學校在8月出版了第一期的《愛學習•樂分享》刊物，輯錄了同學在課堂課餘各類形的寫作、畫作、音樂創作，科創作品等，讓學生有更多機會分享學習的樂趣，推展正向的關愛校園。

新學年，新景象，祝願老師，學生和家長在天父愛中有個豐盛的一年。

張慧純
聖保羅男女中學附屬小學校長

EXPERIENTIAL LEARNING

Navigating Uncharted Waters: The Rites of Passage Programme 2023

As the sun sets on another Australian summer, we end another remarkable journey – the Rites of Passage 2023. Much like a ship setting sail, our 500 students from 3 cohorts completed yet another transformative experience. This summer's RoP was unlike any other, as we organised three programmes for Form 3, Form 4, and our graduating Form 6 students, displaying yet again our adaptability and commitment to providing extraordinary opportunities for all our students at St. Paul's.

Traditionally, our Form 3 cohort ventured to Australia for a one-month odyssey. However, due to the disruptions caused by the pandemic in the past three years, we tried to make up for the lost opportunities to ensure that no students at St. Paul's is deprived of the opportunity to experience our once-in-a-lifetime Rites of Passage. Hence, we worked with our service provider to organise three different programmes that allowed three cohorts to partake in this profound experience in the same year. It was a chance for these students to discover the depths of their character.

Beneath the boundless Australian sky, our students engaged in an array of activities. They embarked on overnight expeditions, canoed on tranquil waters, and trekked through national parks. They witnessed sunrise on sand patches and learned to navigate mountain biking trails. Cooking in the wild became an art, and sleeping under star-studded skies strengthened bonds with peers.

But like all great journeys, there were challenges. Battling mosquitoes, protecting food from brush turkeys, living without technology for a month, and some students falling sick, presented tests of character for everyone. These experiences taught resilience, resourcefulness, and the power of embracing discomfort.

The Form 3 and Form 4 cohorts shared similar experiences, finding unique revelations amid the wilderness, preparing themselves for the senior years at St. Paul's; whereas, the graduating Form 6 cohort added a new dimension. Their journey blended traditional outdoor components with graduation celebrations, crafting a memory that will forever define their transition to adulthood as they prepare to leave St. Paul's.

As we reflect on the Rites of Passage programmes 2023, we are reminded of the saying, "A ship in harbour is safe, but that is not what ships are built for." Our students sailed through the waters of transformation with their sails filled with wisdom, and their compasses pointing toward uncharted horizons. This experience was not just a chapter; it was a profound and indelible passage in their lives.

Mr Osbert Wan
(August 2023)

Snapshot of Form 6 cohort





Imagine having to survive in the wilderness for 24 days with no family support nor the internet! I embarked on this 24-day adventure with piles of doubts and fears swirling in my head. Staring at the new environment that I would be calling “home” for the month, I felt the familiar jolt in my stomach again—a sign that I’m overwhelmed with nervousness.

“Enjoy the present.” That was what our instructor told us during the expeditions when we were having a hard time. Having three expeditions in total, with increasing difficulty one after another, I felt underprepared compared to my peers. I was not fit compared to them and was already struggling with the heavy backpacks that only got heavier as our expeditions got longer and longer. I even fell sick right before the start of Expedition 3, making the final challenge seem impossible.

Regardless, I swung right into the expedition. To say it was not tough would be false - we had to paddle against the wind, walk along the beach with our heavy packs (which felt like we were sinking into the sand), prepare meals with limited resources, and set up our tents on sloped surfaces... We were having a difficult time on most days, making our morale low.

It was during these difficult times that “Enjoying the present” really came into play. By distracting ourselves with various fun activities, time passed quicker and made expeditions more fun. From playing songs on our instructor’s Bluetooth speaker to black magics and brain teasers we played on the way, it helped make our difficult journey more endurable.

Still, I was thankful for the experience. It was probably the last time I did a 5-day expedition with my group and instructors. RoP had taught me to enjoy the present and treasure every moment, as if it might be our last chance in life doing something.



5I Ian Chong

Yet, after settling down and joining casual conversations with my teammates, I found myself enjoying their company. The glass shield that separated us started to vanish quickly as we exchanged heartfelt stories by the fuzzy campfire. Silent bonds formed as we supported one another while journeying through precipitous paths. Soon enough, we became one inseparable family. One of my core memories was the night of the third expedition. Heavy rain fell that evening, trying to wipe the smiles off our faces. Yet, it did not ruin our moods. Everyone gathered under the small community tent as we started to cook dinner. As our instructor started to sing songs with her beautiful voice, we felt like we were alone in the world — surrounded by a soft melody accompanied by the sound of rain droplets, the strong scent of chicken soup given off by the cooking, and the love and joy radiated through our warm smiles.

Life is full of surprises — both pleasant and unfortunate ones — the Rites of Passage program was definitely the best surprise yet.

4H Xiao Yu Ching

Whilst everyone recounted their memories of expeditions during the ROP, my thoughts fluttered towards another destination — Peregian Beach, to which we travelled on the 12th Day.



Nothing tops a restful day under the azure sky, listening to lapping waves that echo the cries of seabirds. White foams threaded through golden sand, momentarily blanketing the beach with a pearly gleam before disappearing under another wave crest. As we completed half of our ROP, I couldn’t help but reflect on my past 12 days, all the while wondering what would be in store for me in the next 12. I remember my conflicts with the natural environment; the whipping winds at night, the frosty morning air, the rustic setting of our lodgings at Kenilworth. Here in Australia, I witnessed nature in all its glory and awe; it was untamed, majestic and superior — you couldn’t help but admire the sleek mountain ranges, the graceful lakes and dreamy landscape that comes with the morning mist. I have learnt not to battle the unfamiliar; rather, to embrace it, to learn from it, to acclimatise. We were frequently visited by wild animals like kangaroos, lizards, bush turkeys and occasionally, a possum that snuck into our instructor’s tent at night and left quite an unpleasant stench. They came to us meekly, and for a moment, we could read their minds through their every movement, just as they studied our intentions between our every suppressed gasp.

Never have I felt so connected to nature, acknowledged it as our source of life. If the first generation of men created civilisation by sowing seeds into a farm, we should also take a break from all the hustle and bustle of city life — by returning a patch of wilderness and fauna into our well-cultivated farm — sometimes, too well cultivated.

5A Wong Sin Sze Joyce

F4 & 5 Overseas Service Learning Programme – Clay Community Center Project Thailand

The trip to Chiang Mai has been an eye-opening experience. We made mud bricks, we did plastering, we enjoyed singing around the bonfire... It was unforgettable, yet rewarding.

The lifestyle in the village was completely different from that in a city. Everything was slow-paced, unlike the hustles and bustles in the city. Houses were built from mud, surrounded by plants. We experienced how life was like without materialistic things, without the internet and phones. I realised that we don't need them to be happy. Just by getting ourselves dirty in the mud, working together with our friends in laughter, washing buckets in the shimmering brook, chasing after our slippers in the running river... Time flies and friendships strengthen. Happiness can be so simple.

Moreover, I learnt to be grateful for everything. Be grateful for the scrumptious meals prepared by villagers, be grateful for the sunrise. Gazing at the butter-gold corn field, I was immersed in the balmy sunshine. Appreciating the tinkling stars in the sky, I once again realised how beautiful nature is, and I learnt to enjoy and taste every moment.

Although the journey has ended, the takeaways were unlimited. I am now trying to incorporate the things that I have learnt into city life, like enjoying nature by walking in the Hong Kong park in the morning.

Take a moment to stop, feel the world around you, slow down your pace and look up – and you can feel the warmth from the azure blue sky.

4A Kan Hiu Tung



F5 ATP - HKU Medicine-related Attachment Programme

The stellar, week-long HKU (Medicine) Attachment Programme held during SAW has allowed me to explore further into the medical career that I aspire to pursue.

The myriads of interactive, hands-on events which are related to various medical professions are undoubtedly appealing to us with the intrinsic complexity of medicine. In particular, the dissection workshop was the most

memorable amongst them. In an orderly, multi-faceted manner and being given access to up-to-date learning materials such as the e-anatomy atlas, we had the invaluable opportunity to investigate into the locations, functions and significance of certain body structures in groups of two. It demonstrated to us the attributes a medical student should possess – the initiative and zeal in acquiring knowledge in depth and applying independent, critical thinking when tackling challenges.

The visit to the boarding halls is eye-opening, too. Apart from the mundane and routine academics, one's university life can be as vibrant as one wishes. We were fortunate enough to try softball and join an ad hoc hockey friendly. Nonetheless, what was particularly impressive were the boarders' passion in these sports and their eagerness to strive for excellence, as well as the trust and team spirit that lay in the game.

The ATP programme was in general informative, interactive and thus engaging. I would also like to hereby express my earnest gratitude towards Mr Poon, staff from both SPCC and HKU, and the student ambassadors who generously shared their first-hand experiences for making such a memorable event possible.



5A Wong Shue Hei

學生活動週

這次學生活動週讓我增廣見聞，同時體會到根深枝茂的中國傳統文化，如茶藝、少林功夫、民間技藝等。

正所謂「讀萬卷書，不如走萬里路」，在參觀錦田文物徑之時，我不禁回想起中一歷史書提及的新界五大家族。對我而言，那是一段遙不可及的歷史，也很難聯想到居民當時的生活情景。然而，走進二帝書院，瞥見書齋中的一桌一椅，昔日鄧氏莘莘學子的琅琅讀書聲如臨眼前。書院內的木桌子輕觸一下就搖晃，椅子又長又窄。室內也沒有高科技智能設備，只有一個大漏窗保持室內空氣流通，我不禁意識到自己可以享受優渥生活是多麼的幸福。

中國數千年的文化，去其糟粕，留下的是老祖宗的生活智慧。而隨著年代的變遷，現有而且保存得完整的古蹟可以說是碩果僅存。保育這些昔日建築物更是刻不容緩，這些回憶不能單靠書本記載或口傳就可以傳承下去，因此我們必須好好的保護這些歷史文物。

二甲 葛葆琪

當我知道就讀中二終於能體驗活動週時，感覺既期待又興奮。果然，它沒有令我失望。

在眾多的活動中，我特別喜歡少林武學講座和茶藝講座。前者由一位少林大師向我們展示少林功夫，還教授我們兩套拳法呢！而且，從他分享習武的故事，我體會到要獲得

成功，必定要付出很多的心血和努力，而天賦只屬其次。我真的十分佩服他習武時百折不撓和堅毅的精神。至於茶藝講座中，導師講解了很多關於茶的有趣知識，我們更能親嚐導師所泡的茶。我一口氣喝了三杯，至今仍回味無窮呢！另外，在戶外考察中，我們參觀了很多古蹟文物和古廟，遊歷時還可以欣賞賞心悅目的山野景色，真讓人難忘。

這次活動週不但讓我更了解中國歷史和文化，還可以讓我和同學一起享受大自然的美妙，從繁忙的生活中放鬆一下，十分感謝學校和老師悉心的安排。

二丙 謝凱晴



LEADERSHIP & COMMUNITY SERVICE

Model United Nations

Despite formally integrating myself into the MUN circuit at a relatively late stage, MUN has offered me the paramount, yet often overlooked vantage point in handling media misinformation, which propelled my profound passion for politics. MUN is the sole ECA that involves aspects of my core interests - my incessant love for public speaking and delving into global affairs.

Having been to 21 conferences and counting by September 2023, I've been involved in debates hinging on some of the world's most exigent political crises, including the Venezuelan crisis, the South China sea dispute, the Armenian-Azerbaijan war, to name a few of my favourites. My attachment towards emulating a rather "controversial" delegation while partaking in the Security Council, which I considered to be one of the most challenging, yet gratifying advanced committees, had never failed to push myself to the limits. I had often land in situations where I had to adaptively improvise my speeches and make rebuttals on the spot. Albeit constantly stuttering during my speeches as a beginner last year, I would never have been able to acquire the abounding knowledge I had on global geopolitical contests and international relations without overcoming these defeats.

For moving to my chairing phase, I wish to uplift more St. Paulians' commitment to MUN, and hopefully they will be able to receive a similarly exhilarating experience, and fulfil their secondary school lives with indelible memories from learning about the world while fostering everlasting friendships along the way.

4E Jung Ching Wai Kate



In-house Leadership Training Programme for Junior Students 2023

The In-house Leadership Training Programme was certainly a highlight of the school year. I had a blast during the programme, honing old skills as well as learning new ones. It was certainly an amazing experience about teamwork and leadership.

On the first day, we were presented with the objective of “packing our bags”. To bring out qualities we already have and to use them. Most of the activities were conducted in groups of 9-10 people. One of the most memorable activities was “Balloon Bed”. We had to make a bed out of balloons and have one of our groupmates lie on it. Everyone in the group played a vital role: some held the “bed” in place, some helped to support the groupmate lying down and the others observed and helped when necessary. Lying on the “bed” was a wonderful experience, the bed itself was extremely comfortable, but knowing that it was because of the help and support of all the groupmates which made this moment possible, and made the experience a million times more fulfilling and memorable. Through this activity, I was able to experience the power of trust.

On the second day, we all went to Ma Wan for some outdoor activities. One of them was orienteering. I was already familiar with this activity, the same went for some of my teammates, but I experienced something magical this time, something I had never experienced before. During the Orienteering, our group was able to work together flawlessly. We divided up our work properly, bringing out each other’s talents. Whether it’s shouting and



communicating among ourselves (or misleading others) or searching for the clues scattered around Ma Wan, we were all able to utilise our talents to finish the task. At the final stretch, most of us were tired but we still needed to find a few more clues. It felt wonderful when I knew my teammates had my back and I could run freely to search for clues. This activity has given me a brand new experience on teamwork and it’s certainly unforgettable.

All in all, this programme enabled me to not only meet new friends and strengthen existing bonds, but also experience the power of trust and teamwork, which will certainly help me and everyone else who attended the training to demonstrate and implement these qualities in our own team as a leader.

2D Janiece Ng



In-house Leadership Training Programme for Senior Students 2023

For many of us, the concept of “leadership” may sound incredibly vague – what exactly is leadership? What makes a leader capable of leading a team efficiently and smoothly? Indeed, leadership is difficult to define since it encompasses numerous important qualities, such as being responsible, respectful, open-minded, etc. To become a competent leader is certainly challenging, but after participating in the In-house Leadership Training Programme for Senior Students, I have gained more insights into what it takes for one to take up a leadership role in the school community, and possibly in the society in the future.

Together with representatives from all student bodies, clubs, and societies in our College, I had a memorable experience as we engaged in a variety of fun activities together. From mini-games that involve cooperation and communication between all group members, to designing our own activity for all participants, we were encouraged to explore the true meaning of leadership since different activities required different leadership traits. In addition,

under the guidance of teachers and Form 5 student helpers, we had the chance to discuss school policies from the perspectives of different stakeholders, which deepened my understanding of the rationales behind various decisions made by the College.

It is very likely that we, as St. Paulians, will take up posts of responsibility in various fields in the future. Hence, learning how to see situations and problems from a leader’s perspective is of vital importance to us. After the three-day programme, I am certain that all participants have acquired more leadership skills and will become excellent student leaders in the upcoming year.

Last but not least, I would like to express my gratitude towards the College and instructors from the Boys’ Brigade Anchor House for organising this programme; as well as Mr Paul Chan, Mr Chong, and Mr Chan Lung Chak, who made this possible together with the assistance of all Form 5 student helpers.

4A Wong Ka Yeung



Youth Arch Foundation Hong Kong Outstanding Students Award 2021–2022



I still vividly remember running breathlessly from one checkpoint to another at Assessment Camp under the scorching sun in mid-June, devastated by our “mathematically flawed strategy” to win as the highest-scoring group in a game of stamp collections. Yes, you heard it right, this sounds like a session from your typical obstacle course at day camps, and I mean it when I say this experience did not feel like an assessment in the

least. Nevertheless, through making it past seven selection stages of the Hong Kong Outstanding Student Award 2021-2022, I am more than honored to be named one of the ten winners.

Frankly speaking, I doubted I had what it takes to be “outstanding” initially. Particularly at the Finalist sharing, I felt like an imposter sitting amongst a room of

“overachievers” while listening about everyone’s endeavors and achievements. But in retrospect, I was blessed to become acquainted with a community brimming with drive and passion, crowding together because they had their own stories to share, their reasons why they wanted to reach beyond their limits.

This was not only a process of befriending a network of amazing people from all walks of life but also a journey of self-discovery. My story may not have a “spike,” but the experiences I have collected along the way has painted a “mosaic of spikes” for me. From sharing a love for immortalising a moment in time through a camera lens to integrating empathy and tech into volunteering, “passion” is what writes my life story.

Being “outstanding” to me doesn’t solely equate to accolades or academic validations; instead, it is to be an inspiration: to let the eagerness turn a passion into purpose and make stories heard. And from there, create a rippling effect that inspires even more people around you to do the same, building a community of passionate young leaders. So, let us give back to our society by bridging communities, one after another.

6F Vera Chuang

AFS Youth Empowerment Project



When I stepped into the interview room, I felt a sharp gaze from the judges piercing into my very consciousness. Uneasy though I was, I felt nothing but confidence in my heart, as I walked onto the stage...

It was on a whim that I joined the AFS Youth Empowerment Project in October 2022, enticed by the grand prize of an overseas round-year cultural exchange. Throughout the three selection rounds spanning from October 2022 to February 2023, I participated in the events held by AFS, in the process learning many things, from cultural practices of different countries to positive attitudes in becoming a global citizen. At the end, I advanced to the last round, as the top 100 students out of the initial 2,000. The final competition required us to prepare a proposal on spreading Hong Kong Chinese culture and give a presentation to a panel of judges. Inspired by our local restaurants, I made an initiative about combining local "cha-chaan-teng" and social media to propagate Hong Kong's cuisine overseas. During the preparation, I spent a great deal of time on researching different aspects of the culture, and also did some rehearsals running through the potential questions. At the end, the interview was stressful, yet I pulled through with a confident smile and with a performance that exceeded



my expectations. Finally, I became one of the 10 AFS Richard Charles Lee Scholars, and got the opportunity to exchange overseas to a country of my choice after the DSE.

All in all, the experience not only taught me important soft skills, but also expanded my horizons towards the culture of my homeland Hong Kong. I am truly grateful to my teachers who have taught me essential public speaking skills and to the organisers that made the project possible.

5B Leung Yiu Chun Matthew



"What's the secret to becoming a global citizen?" I pondered on this very question during my year-long AFS Youth Empowerment Project (YEP) journey. During my final interview, I presented my brainchild - the Yum Cha Booth, where I aimed to showcase the unique Yum Cha style that carried essential cultural values.

It all started with my burning desire to travel the world and make it a better place. My eagerness in becoming a global citizen has prompted me to join the YEP. Without sheer

willpower, it would be impossible to attend the comprehensive rounds of the competition. At the end of the day, I was ecstatic to become one of the top 10 winners out of 2,000 participants and was awarded a full one-year foreign exchange programme scholarship. I would like to thank SPCC, AFS and the panel of judges for bringing me one step closer to my very dream. Now, as a true global citizen, I confidently appreciate and display our HK Chinese culture while embracing the traditions of other cultures.

The AFS YEP has not only opened the doors for me to explore the world, but also making me realise that I could be the opening those doors.

2B Chan Man Heia Yvonne

Student Intern at the Jockey Club Home of Hospice



Together with a few friends, I volunteered at the Jockey Club Home of Hospice (JCHH) as a student intern for the Student Activities Week. The JCHH is a first-rate hospice centre that provides quality hospice and palliative care to patients with life-limiting illnesses and their families.

Overall, from my week in the hospice, I understood legacy passing in a new perspective, as sometimes when bed-ridden patients felt depressed by feeling how useless they were, the social workers reminded them that their caretakers would learn vital skills such as communication and compassion, while they could also share their personal experiences with their caretakers, inspiring them to view life in a more positive light. I learnt how to be kinder and more empathetic to patients in their last days as well. Most importantly, we should cherish the moment and move forward, especially when encountering difficulties, and we should always be thankful for the good memories we have made throughout our life. In conclusion, the time I spent in the hospice was an experience I will never forget.

4G Mak Wing Tung Gloria

During the week, we worked alongside social workers and caregivers, assisting in their work and interacting with patients there to learn more about the reality of end-of-life care. We also supported patients and families by chatting with them to understand their struggles, creating posters to encourage them, hosting simple games, and even holding workshops to teach them how to make small handicrafts, so as to bring satisfaction to their lives and leave them with good memories.



Reflection on the EQ Ambassador Programme

What is life? I did not have a clear answer to this question before. However, after joining the EQ Ambassador Programme and achieving encouraging results by gaining bronze, silver and golden medals, I started to understand more.

In this programme, we have to organise services for bereaved children whose parents have cancer or have passed away. Last year, we prepared some Christmas

games, Christmas bag workshops and emotion management workshops. We even planned an exciting service featuring creative, yet simple experiments with the theme of Alice in Wonderland!

Prior to each service, we attended training sessions about life education, where we were guided to reflect upon our life and what we cherish and value. This ensured that we would be more compassionate when we serve the children. Throughout the process, I also learnt that life may be ephemeral, but we must treasure it and appreciate it, while endeavoring to make the most out of our lives and never neglect our beloved ones.



I am also very grateful that I have won the EQ Ambassador Programme scholarship, and I am required to write a proposal outlining the activities to be held for the children. In my plan, I proposed a stargazing camp as I am inspired by the idea that people may transform into bright stars when they pass away. I spent a lot of time making the proposal feasible and fun. I hope it can really be carried out one day!

5D Li Zhuo Qin Angelia

High Table Lunch for Student Leaders

I had the honour of joining our College's very first high table lunch on 19 June 2023 as a representative from the Girl Guides. The event provided us with a platform to exchange thoughts and share our experiences as student leaders. We engaged in various discussions, and I learnt a lot from other participants about how they cooperated and worked with their teams. Not only was this a remarkable chance for us to strengthen our bonding, but it was also enlightening for us to experience and learn formal etiquette, which truly broadened my horizons. It taught me how to behave decently and be aware of these manners that we are not usually aware of. It was a valuable opportunity to better prepare us for similar occasions in the future.

Apart from the meal, the sharing by Mr Auyang was also inspiring and memorable. He reminded us that as a leader, it was crucial for us to always have a serving heart and prioritise the team's needs. He also told us the importance of thinking from different perspectives and never limiting ourselves, so that we could better accept our failures and move on. The event allowed me to review and reflect on my efforts and work this year. Leading a team was never an easy task and I had been doubtful of my abilities to make the right decisions. His speech reminded me of the importance of listening to different opinions and considering the team as a whole, which could help me make the best decision possible. Through his speech, I gained a lot of insights into leadership and service. Last but not least, I would like to express gratitude to the College for allowing us to be a part of this unprecedented and momentous event.

5D Laraine Kwok



On 19 June 2023, I had the privilege of representing the Prefect Board at the first High Table Lunch for Student Leaders held at Zetland Hall on Kennedy Road. As a member of the first cohort to kick-start this tradition at SPCC, I felt a sense of pride and responsibility, knowing that this event would leave a lasting impact on the College's leadership culture.

The formal event was impressive with a delicious three-course meal and a lively atmosphere that celebrated our achievements and contributions to the College. It was a much-needed respite after a hectic school year and stressful final exam, as I got to engage in carefree conversations with fellow schoolmates while having lunch.

The highlight of the event was the inspiring speech delivered by Mr Bernard PH Auyang, an esteemed SPCC alumnus and member of the College Council. With a wealth of experience under his belt, Mr Auyang shared invaluable lessons about leadership and service that resonated with all of us. Breaking things down into simple steps, cultivating resilience, and being honest with oneself were highlighted as key takeaways for aspiring leaders. Following the speech, a Q&A session allowed us to interact with Mr Auyang and gain further insights into his leadership philosophy. I seized the chance to ask about his methods of fostering team spirit and maintaining a harmonious work environment, to which he responded with the importance of clarity and respect, which I agree was a crucial aspect of leadership.

I am grateful for this opportunity to connect with fellow student leaders, learn from accomplished alumni, and reflect on my role as a student leader in the past years. This event has undoubtedly inspired me to continue making a difference in the College and the wider community in the future.

5G Cheryl Ho



Youth Leadership Seminar (YLS) by Hong Kong Union for Young Leaders

“To Inspire Tomorrow’s Young Leaders Today” has always been our pride. Led by Form 5 students, the Hong Kong Union for Young Leaders aims to nurture the future pillars of society among 50 Form 4 students from 34 member schools.

We have had the honour of hosting the Second Workshop of the Youth Leadership Seminar (YLS) at SPCC on 25 March 2023. With zealous spirits and plans set, our Committee Members welcomed the participants enthusiastically to our school. The morning session consisted of presentation sessions, in which participants tested the extremes of their creativity and adaptability through impromptu public speaking sessions and dramas. Multiple committees served as judges to point out the inadequacies and room for improvement in their performance, serving as metrics for self-reflection and rectification.

We learnt the hard way that nothing could be perfect. The weather was not benevolent towards us as we started the afternoon session under a heavy downpour. The culmination of the workshop - a Campus Mass Game - had to be postponed, and committees were forced to

meet immediately to discuss the contingency plans. Be it as it may, the weather did nothing to dampen our spirits, rather uniting us under a common hood. Not battered by the dreadful weather, participants engaged in the activities with a fervent spirit and incentivised heart, which included team competitions, checkpoint games and tests of creativity to sharpen their leadership prowess. The workshop ended in a vivacious cheering and reflective session. As we took the banner photo together, we felt something more - the fulfillment in how we had conquered this difficulty together, emerging as victors in these cruel times.

The magic of HKUYL lies not in the specific activities we host, but in the continuous learning endeavour within and outside of one’s journey in this special place. While participants gained a lot from leadership activities, as committees we also learned exponentially in the process of nurturing leaders, designing leadership courses and leading participants. “We lift each other up”, this is how I would sum this workshop up in a sentence.

5G Tai Zi Heng Wyatt

SCIENCE, MATHEMATICS & HUMANITIES

Ocean Park CORAL REEFStoration Ambassador Programme



By taking part in the Ocean Park CORAL REEFStoration Ambassador Programme, we learnt about the importance of corals to mankind. We attended online expert seminars, designed a booth to raise awareness of the importance of reefs and joined a Grand Aquarium guided tour to have a glimpse of the behind-the-scenes coral ecosystem in

Ocean Park. It was a gratifying experience that helped us learn more about ourselves and the world around us.

This insightful opportunity also made us realise that even teenagers like us are capable of making a difference to corals and opening these doors for others. While we are humbled by the recognition, we could not have achieved this without the support of Ms Lau and the College.

We hope more St. Paulians will obtain the precious opportunity to learn about coral reefs in the near future, and take proper action to conserve them. Eventually, the earth will be benefited from our hard work, leading to the restoration of coral reefs and ecosystems. Corals need you!

2B Chan Man Hei, Ho Sin Tung Vicky, Jiam Tsz Wan Leanna, Lam Hay Shuen Lucida & Liu Yan Chi Natalie



JPC x BOC STEM-UP Innovation and Technology Competition 2022



Innovative, convenient and simple to use, yet life-saving... From brainstorming the invention idea to testing the device, coding the app, and finally preparing speeches and presentation materials to "sell" our product, the JPC x BOC STEM-UP Innovation and Technology Competition 2022 has provided us with a unique opportunity to explore the world of technology and understand the tremendous benefits STEM can bring to our life.

Our invention project, HikeSafe, is an insole with pressure sensor connected to an app that automatically alerts

Our driver safety system is a culmination of months of research and development, and it includes a pressure sensor strip, accelerometer, steering wheel, buzzer, LED display screen, and a Bluetooth module that connects to a phone app. We developed this system in response to the growing number of accidents caused by distracted driving, and we wanted to create a practical, cost-effective solution, inspired by the automobile hands-off detection capacitive system commonly installed in automatic cars but not others.

One of the challenges we faced was finding a way to make the system more accessible and affordable. Sensor mats are costly and hard to enclose the entire wheel without blind spots with limited hardware, thus we designed pressure sensor strips that could cover proper areas of the steering wheel that drivers should place their hands on. Our product advances in its low price and feasibility in implementation.

We also recognised the potential benefits of incorporating a camera to capture eye movement. However, we were mindful of the potential risks, such as the camera being too close to the driver's eye and causing distractions, and the errors in detection due to car movements, and we are progressing to resolve these issues.

emergency contacts or relatives through the hiker's phone when the user suffers from injury or acute illness resulting in loss of consciousness. The loss of pressure on the insole upon collapse of the hiker will trigger an alert together with location of the hiker to be sent out, allowing for early rescue within the golden hours.

During the invention journey, we had to first acquire necessary materials like pressure insole and arduino board. Afterwards, we started to code the app by using MIT app inventor, and tested the device persistently. The most exciting part, undoubtedly, was to draft a model of the product on the computer and print it out by using a 3D printer, then connect it to the insole. We faced numerous challenges like glitch on the app or failure to connect the insole and the app. Eventually, through our relentless effort, team work and continuous adjustments, we were able to solve all the problems and come up with an innovative product that can be used to save life, not only for hikers but also for professionals facing similar risk such as firemen in fire scenes.

2D Poon Clarisse & Ng Tin Yui Janiece

We believe that our driver safety system has the potential to make a significant impact on road safety, and we are looking forward to seeing how our product will be developed in the future and how it could potentially revolutionise the way we approach road safety.

5H Suen Ming To



STEM+E Competition 2023



The STEM+E competition has been a very fruitful experience for me. In this competition, groups of students are required to draft a business proposal for a start-up business company in Hong Kong. Through this event, not only have I received valuable insight into the business world, I have also gained an understanding of the hardships and difficulties which the start-up companies face.

Besides, this competition allowed me to mingle with other like-minded students across the city, which helped broaden my vision and learn more about the strengths and abilities of students outside SPCC. Through engaging in

“Imagine if both your parents had fallen overboard into the sea. Who would you save, your dad or your mom?” This question was posed at the opening ceremony of the STEM+E Competition. “Why not both?” This was my instinctive reply. The deeper I ventured in, the more I found this to be true — if there’s a will, there’s a way.

As part of the regional track, I was given the opportunity to work with students from different cities, applying inventions to address real-life social painpoints. In the beginning, we identified the problem — long lines plaguing mall restrooms. I must say it wasn’t a smooth experience, as there was language barriers to glitches in scheduling meetings.

As we exchanged ideas, we learned to embrace our differences to forge a box of many faces. The four of us collectively typed up a plan to pitch our case company, integrating the hardware and the software. Together, we

discussions, we combined our own opinions into one brilliant business proposal. At first, many of our initial ideas were rejected by our coaches and the person-in-charge of the company, but they never stopped guiding us, assisting us to come up with a more feasible and workable plan. We also pinpointed the other groups’ weaknesses at the finals and made final amendments to our proposal accordingly. Furthermore, we came up with potential questions that may be asked by the judges and prepared the answers beforehand. This turned out to be greatly beneficial, as many of our predictions were right on the money.

I am extremely grateful for everyone that helped me during the competition, and I have also developed an interest in pursuing business-related careers in the future. This competition proved to be incredibly insightful, and I am glad that I had the opportunity to participate in it.

4A Yue Yeuk Ngai Leo

pictured a toilet techtopia of flashing sensor boards, efficient queue management and special needs accessibility. And it definitely did come through at our presentation.

It is these moments that have shown me how teamwork can cross boundaries. I’m beyond grateful to my teammates for being there with me through thick and thin.

As the saying goes, “Teamwork makes the dream work.” When we work as a team, nothing is truly impossible. We just have to step back, switch on our lenses and open ourselves to everything that comes our way. Because innovation comes rarely from accepting limits, but from pushing past them.

3E Lei Sydney

Competition on the Mathematics of Information 2022-23

I am extremely enthusiastic about mathematics and am always eager to enrich my knowledge in this field. So, I joined the Competition on Mathematics of Information to learn about mathematics in information sciences.

Although the problems were rooted in mathematics, they were all heavily related to information theory, which involves the analysis and transmission of information. In three out of the four problems, finding an optimal solution was the main objective, such as developing a communication strategy with maximum efficiency in Question 1 or determining the precise location of an object with the least number of moves in Question 3. Question 2 stood out as having a more direct practical application, requiring the determination of optimal screening probabilities for multiple objects when one of the objects is known to be faulty. Although the question presented finding a box of rotten cakes among many boxes, it could also be applied in screening for dangerous items in an airport or for harmful bacteria in food products. While the connection of Question 4 to real-life applications may be subtle, the question's ideas have roots in Fourier analysis, an area of mathematics that forms the basis of wireless communication systems.

I am honored to have won a Gold Award in this competition. Participating in this competition has been an enriching experience for me to open my eyes on various applications of mathematics in our daily lives. The competition has also encouraged me to further develop my mathematical knowledge and to apply it whenever necessary.



4E Chan Kwan Yu

Citizenship and Social Development Mainland Study Tour

In this trip, I have learnt more about the recent development of Chinese culture through visiting the revitalised Shangwei Village, where a lot of Hakkas lived in the past. In this village, I can see, not just the preserved culture of Hakkas, such as the value of patriotism to fight against the Japanese during WWII, but also new cultural elements such as doodling. By revitalising a historical site and mixing in new elements, Chinese culture can become more attractive to young people, which is beneficial for further promoting Chinese culture to the young generations to enhance cultural sustainability.

Another point that I want to highlight is the neatly designed network of roads and streets in Shenzhen. Compared with the somewhat messy network of streets in Hong Kong, the network of roads in Shenzhen form neat rectangular grids, making it easy to navigate on the roads. I guess this illustrates the systematic planning in the development of a city to increase the convenience for travelling. In addition, apart from being clean and tidy, there are many trees planted alongside the roads in Shenzhen, unlike those in Hong Kong. I guess the green roads in Shenzhen demonstrates the emphasis put by the government on one of the goals under the 14th Five-Year Plan, sustainable development, and Shenzhen is an example where a balance is stroked among the economic, social and environmental aspects.

5A Ng Shuk Hei Endrit



The CS trip to Shenzhen was an awe-inspiring experience. We first strolled around the Shangwei Art Village, witnessing revitalisation at its best. The otherwise dilapidated houses are now a cultural hub cultivating creativity. Beside the village stood the museum of China's showbiz industry. It is truly mesmerising how cinematography has advanced. The maintenance fee, although hefty, are nevertheless worth it. Having traditions sustained means that our cultural identity can be saved

from being eroded by globalisation. Not to mention that cultural tourism creates employment opportunities. That said, it is viable to strike a balance between preservation and economic output.

Then, we visited ZTE communication company. Subjected to robust regulations and oversight, the cornerstone of ZTE's thriving business is the tacit guidance from the government. Now, as the world is edging towards 5G network, ZTE is devoted to keep up their pace with the ever-changing technological development. The never-ending strive for excellence is an epitome of resilience. I am so proud of my country for having gone such a long way, even when faced with setbacks lately. China's telecommunication export is an easy prey of embargoes. Chinese corporations still excelled with perseverance, propelling our country to new heights.

With each passing day, we are becoming less susceptible to militarised protectionist trading policies and the hegemony of foreign culture. We have our own culture, our own trustful trading partners, our new model of success. Our country will only be stronger than ever.

5B Wong Kai Zenas



A Talk on “Garden of Angels”, a catholic cemetery



With the theme of Kindness and Empathy, our school has invited the Very Reverend Dominic Chan as our guest speaker on the Enrichment Programme Day. The Very Reverend is an eminent figure in abortus-related issues who advocates persistently for the ethical treatment of miscarried foetus remains. He had driven the establishment the unprecedented, licensed

unyielding service for it. The meaning of life does not depend on its age and its cognitive ability, instead it simply should be valued for the love it has received from God. As Psalm 139:13-14 goes, “For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are.”

The sharing is also a lesson on life education for all of us. Listening to these heart-wrenching stories illustrates to us the intense internal struggles these unfortunate parents experience and social stigma they bear. With a deeper understanding, it is desirable if we can showcase our empathy towards these haunted families and assist them in making an informed, balanced and optimal choice when necessary.

5A Wong Shue Hei Geoff

Garden of Angels, an garden of remembrance in the city.

It has been a longstanding convention that miscarried fetuses, unlike all other human remains, are not eligible for proper cremation and burial. Adding insult to the injury, they are to be discarded as clinical waste despite hysterical efforts to claim them back.

What should be considered as a form of “life”? Do these fetuses possess human rights? Are our legal system and our society constantly, unintentionally infringing their rights and placing our will over theirs? The talk from the Very Reverend Chan has reminded us of the very fundamental principle – the sense of respect towards life and the



第一屆全港中學地質大搜查

We started as three friends just looking to have a bit of adventure added to our school lives as we embarked on this geological journey that took us across Hong Kong and through its history. From delving into the book piles that weaved the story of Hong Kong's terrain millions of years ago to delving into the volcanic rock piles at the East Dam,



The most anticipated event in the competition was definitely the fieldwork day, which was conducted at the High Island East Dam. The wind was strong, the time was limited, and we had a pile of tasks to be finished, so we ran up and down the dam, having no time to tame our hair flying frantically in the wind. Within two hours, we measured the angle of hexagonal columns, drew diagrams of the sea cave, and identified the salinity of water by discovering a fat koi fish. Although we weren't sure the answer to every question, our critical thinking skills and creativity allowed us to hand in a fully filled worksheet in the end.

Our passion has been utterly boosted by the friendly and passionate organisers, and I believe that the enthusiasm is what won us the position. The day is the greatest example

we came out of the competition as three tight-knit friends with our eyes opened to our city's unique geography, and how it all came to be. We were so delighted that we got the Gold Award and Overall Champion in this competition. From the moment I signed up for the competition, I enjoyed and treasured every moment of it. The fascinating side of geology that we discovered through the seminars and workshops, the fervent excitement during the question-answering contest and the field trip, the child-like eagerness for the RTHK radio interview, every part of the competition I yearned for, and every part I will never forget.

And while I won't go as far as saying that the competition was "life-changing", it was certainly a growing experience. There were practical skills we learnt like measuring angles on hexagonal rocks with a compass, and there were also life skills, like being able to do so without falling to death. We also got a chance to refine our existing skills, such as our critical thinking and planning during the hectic sprint around the dam to reach every checkpoint during the fieldwork expedition.

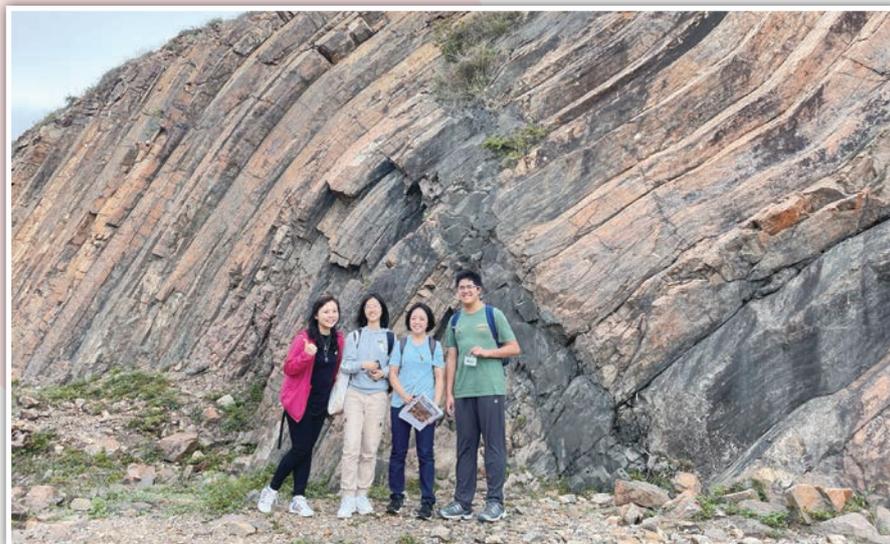
5C Kim Isaiah

of how learning can be achieved through entertaining practical work. I would strongly recommend geography students to join the competition next year, since this might be the first competition you have joined that is so light-hearted and enjoyable, yet allows you to cultivate so much.

5C Yuen Yi Zhen

I think this competition is really a valuable experience for me, especially because there aren't many non-virtual competitions during the pandemic. All the talks and visits gave me more insights on geology that are outside the usual secondary school syllabus, like a talk we attended on the geology of other planets in the solar system. Winning this competition and going on RTHK just added the cherries on top of the cake in this amazing experience.

5C Chiu Hoi Yin



星島第三十八屆全港校際辯論比賽



經歷了一次又一次的迷失、沮喪和自我懷疑，保羅中辯憑著一股相信的力量，一直堅守著信念，相信自己和身旁的隊友，終於成功捧走「星島第三十八屆全港校際辯論比賽」的冠軍寶座。

這趟旅程比想像中困難得多，今屆賽事我們一起走過六場比賽，最終成為 152 支參賽隊伍中的最後兩強。雖然我們還有很多需要改進的地方，但盡力過，而且克服了以前不敢嘗試的空手辯；突破了自己的瓶頸，由心而發地將辯論內容陳述出來，便已經無悔。感謝校方的支持，以及各位老師在每次會議中提供的協助；感謝師兄師姐和其他前來觀看賽事的同學；感謝這一年來各位隊員共同付出的努力，亦感謝賽會和一路以來的對賽學校。

我們在上屆賽事獲得亞軍，今年再次踏上伊利沙伯體育館的舞台，在耀眼的舞台上享受被聚光燈照射的感覺，最後成功捧走冠軍寶座，一切都好像一場夢。保羅中辯會好好記住享受辯論的感覺，繼續前行、繼續努力，爭取更多佳績，讓內心這團火苗繼續燃燒下去。

出賽同學：

五乙	黃鏗澄
五丁	麥鎮麟
四己	苗琪晞
六甲	古冰心
四庚	麥穎琪
三乙	陳曉琳
三乙	古舒心

撰文：出賽同學

Japanese & Korean Fun Fair

This year, the Language and Culture Team had the precious opportunity to revive one of the most anticipated events - the Japanese & Korean Fun Fair. On a Saturday morning filled with Japanese and Korean words and traditional games, students immersed themselves in cultural activities.

Excitement soon filled the Lecture Theatre as the students practiced basic Japanese numbers with a game of "Takenoko takenoko nyoki ki". This intense ice-breaking game fostered collaboration, and the room erupted in waves of laughter. The challenge continued as the students made Mizuhiki bookmarks, an intricate Japanese craft created by twisting strings together. Everyone bonded as they struggled and sought help from each other.

Afterward, the Korean session began with Ttak Ji Chi Gi, a popular traditional Korean game from a drama "Squid Game". The students experienced the intensity of the game as they tried to flip each other's cards, just like the characters in the show, cheering as some finally succeeded. During the calligraphy activity, the

students used traditional brush pens to write their names and words of encouragement in Korean. Lastly, through a quick 3-6-9 game, the students learned how to count in Korean.

The day ended on a happy note as strangers became friends. Everyone left with not only their crafts but also remarkable memories and eye-opening experiences. The language fun fair has certainly ignited students' passion for learning about cultures beyond their own.

4G Chen Kai Xin Tiffany



AFS Intercultural Fair



As a new member of the Round Square Student Committee this year, I am very grateful for the opportunities to participate in different regional exchanges, including the AFS Intercultural Fair. In this meaningful event, I was exposed to the food, music, and sports cultures of different countries, and connected with other students of many nationalities through a series of enlightening games and discussions. I learnt about the most famous Italian folk songs; fascinating facts about Spain; and the scientific, economic, and artistic developments in Hungary: this event has certainly broadened my horizons.

I learnt to embrace the similarities and differences between cultures and nationalities in ways that promote meaningful and lasting understanding and respect. Due to the rise of commerce and cultural exchanges, there is an increasing interconnectedness in the world. With increased globalisation, however, there is also a risk of blending and loss of cultural diversity which leads to the need to preserve and celebrate national traditions, identity, and heritage. The exchange students running the event, regardless of their various cultural backgrounds, appreciated each other's differences and recognised their diversity. Their close bonding serves as an example to all of us that we can, and should, always cooperate and collaborate.

The AFS Intercultural Fair was truly an inspiring and rewarding experience and I look forward to seeing more classmates and friends joining us to explore different cultures from around the globe at future events!

3F Lee Inna Bell



My first participation in the AFS Intercultural Fair was an unforgettable experience; the convivial atmosphere and enthusiastic participants left a lasting impression on me. We had the opportunity to explore three classrooms curated by exchange students, whom we referred to as AFSers, from diverse nations. Since I had been independently studying Japanese, and am deeply intrigued by the culture of that country, my top choice for cultural exploration was Japan, followed by France and Poland.

The AFSers put a great deal of effort into organising the fair: decorating the classrooms; creating vibrant PowerPoint presentations; and organising games and activities for the participants. My favourite room turned out to be Poland, curated by Niki, who was both friendly and encouraging to us all. Her wit and humor were particularly engaging. During her session we were asked to form a

circle and learnt a delightful Polka dance, accompanied by a song, and we were given traditional Polish tea bags and snacks.

I made friends with a girl from Singapore and she shared numerous intriguing facts about her country. I had the opportunity to take photos with the AFSers, and even exchanged contacts with some of them. Despite the fact that they hailed from different countries, they were incredibly close-knit, akin to a family.

I am grateful for the experience and have learnt to appreciate the beauty of diverse cultures. The fair was an enriching experience, providing me with the opportunity to broaden my horizons and make new friends.

3B Chuen Yee Kiu Bobo

F1 English Enhancement Programme

Embarking on a 14-day educational trip to the UK was an adventure that left an indelible mark on my heart and mind. With its captivating learning sessions, enlightening excursions, and engaging activities, this trip has offered a myriad of experiences that have expanded my horizons and deepened my appreciation for the world.

We were provided with the opportunity to immerse ourselves in the British learning style. Much of the work was to be done in pairs or groups, where we would brainstorm, write scripts, and even complete assessments collaboratively. Activities were frequent during lessons, ranging from simple to challenging. Additionally, we often had to rearrange ourselves in the classroom as the teacher would switch up the groups while moving on to another task. This exposure to new ideas and perspectives helped cultivate a love for lifelong learning.

We also embarked on several excursions, including attending the theatre performance *Wicked*, visiting Cambridge, and exploring the British Museum. Immersing myself in these thoughtfully planned outings provided a holistic learning experience. Exploring museums and art galleries allowed me to gain a deeper understanding of the country's diverse heritage. Interacting with the locals and attending theater performances provided valuable insights into the values, traditions, and way of life of the British people.

The learning trip challenged me to step outside my comfort zone and embrace new experiences. Navigating unfamiliar surroundings, engaging in intellectual discussions, and collaborating with my classmates fostered personal growth. The trip encouraged me to broaden my perspectives, question my assumptions, and cultivate an open mind. As I reflect on this eye-opening experience, I am grateful for the knowledge gained, the friendships formed, and the lasting impact it has had on me.

1A Wong Yuet Ching



Landing bleary-eyed at Heathrow, I know nothing of the adventures ahead, two incredible weeks unfolded, illuminating England through vibrant memories, hinting at magic from the start.

Upon arriving at Tonbridge School, I was instantly dazzled by the greenery and centuries-old buildings before me. Exploring the grounds, the sprawling lawns seemed perfect for games, while majestic stone walls transported me through time. We were then escorted to our laughter-filled lessons, where the instructors brought stories to life through their knowledge and charisma.

Every excursion brought new adventures to renowned locations across England. At Shakespeare's Globe, I was transported back in time. The statue of Vice-Admiral Horatio Nelson stood sentinel inside the dome of St. Paul's Cathedral, where I gazed upon its opulent ceilings. Nestled amongst Cambridge University's verdant grounds and colleges, a sense of erudite magic seemed to permeate the air.



One afternoon, we had the pleasure of watching the acclaimed musical *Wicked*. Through stirring songs and upbeat ensemble numbers, the cast ingeniously illustrated the backstories of the witches from Baum's classic tale. We also attended several illuminating workshops led by seasoned instructors. The etiquette workshop taught proper dining etiquette, while in the dance lesson we learned a lively dance for the song "One Short Day" from *Wicked*.

The two-week UK trip felt like an eternity of bliss. As Shakespeare wrote, "Pleasure and action make the hours seem short." We departed Tonbridge with lasting wisdom, grateful for the cultural and personal insights gained. This enriching chapter abroad will be cherished forever.

1C Cheung Hau Yin Chloe

AESTHETICS & CREATIVITY

Heroes and Heroines from the Symphony Orchestra

As the last E flat major chord of Beethoven's Eroica Symphony reverberated throughout the concert hall, the audience broke into a thunderous roar of applause.

We had the privilege of being joined by guest players from the renowned London Mozart Players and passionate alumni of the Symphony Orchestra. Collaborating with these musicians was truly a magical experience, both during our weekly rehearsals and our final performance of this legendary symphony on 14 May. Despite our nervousness, the warm encouragement from the LMP players allowed us to do our best.

For many of us, it was the first time playing an entire symphony and we would not give anything for the sense of accomplishment. Tackling this colossal symphony proved to be a fun and rewarding challenge. The sheer length of this colossal symphony pushed our attention span to our limits and helped us train our stamina. We only had a few rehearsals with the LMP, but they were all effective sessions. The players from LMP were not only musicians, but also wonderful educators — they constantly gave us constructive advice on both the technical and musical aspects, and shared with us their interpretations of the music. Playing with them side-by-side allowed us to imitate and learn from their playing styles. We also learnt a



lot from their demonstrations and open discussions. As a chamber orchestra, they have a democratic way of running rehearsals, which is seldom seen in other professional orchestras but is something that we can experiment with. Everyone contributed their musical ideas in order to reach the best consensus that they can come up with, creating a friendly atmosphere for musical expression.



All of us wholeheartedly enjoyed learning and performing Beethoven's Third Symphony. As Form 5 students, this concert looks back to the International Music Conference in 2019, in which we performed Beethoven's Seventh Symphony as Form 1 students. As the pandemic recedes, we hope there will be similar opportunities in the near future.

5I Alayna Shu & 5A Tai Chun Hei

Over the Moon, Down Under

It was my great privilege to be part of the music tour alongside 10 other members of the Symphony Orchestra to perform at the Sydney Town Hall for Presbyterian Ladies' College Sydney's 135th Anniversary. This tour was the most extraordinary and invaluable experience I have ever had. Undoubtedly, one of the most cherished moments of this trip was being able to perform with my chamber music group at the prestigious Sydney Town Hall and exchange through music with PLC Sydney. Not only did we perform on the history-filled stage, but we also did an ad hoc flash mob outside the hall in the train station, playing the opening from Beethoven's Third Symphony! Despite the cold weather, we felt warmth from the gathering crowd who took out their phones to film us with as much curiosity as laughter!

Apart from the music performances, we visited some of Sydney's most iconic landmarks, including the magnificent Sydney Opera House, The Watsons Bay and Bondi Beach, where we were greeted by a rainbow!

The homestay with my host family was another unforgettable experience in the trip. Initially, I was nervous about staying with "strangers", but when I met them, I instantly felt at home. They were welcoming, and caring and made me feel that I was a part of their family, joining them for movie nights, board games, and in experiencing



the Australian culture. I have formed a meaningful connection with them.

One of the most heartfelt rewards of this trip was the bond that grew among the 11 of us. Through the months where we rehearsed and travelled together, with jokes and laughter along the way, our friendship extended far beyond this "down under" experience. As they say, we were all "over the moon"!

1A Tsui Hei Ching Renee

A Beacon of Love at the Summer Concerts

Held over two nights at the Jockey Club Amphitheatre of Hong Kong Academy for Performing Arts on 2 and 3 July, the Summer Concerts once again provided the perfect platform for over 700 talented students and alumni of ours not only to showcase their dedication and passion in music, but also the culmination of their hard work over the past year.

Securing a large public performing venue in the busy month of July has never been easy and it seems to have gotten even more difficult after the pandemic. Believe me, we tried. With the objective to ensure that parents were able to witness the fruits of their children's labor of love, we livestreamed the concerts for the first time this year which garnered over 4,000 views, and also opened up our dress rehearsals to parents. I wish to take this opportunity to thank all the parents for their unwavering support and kind understanding of the constraints we operated in. I also wish to thank all the teachers, staff and students involved in making the Summer Concerts possible, and going that extra mile. I know that we could not possibly please everyone, and the best we could do is to try.

As for the performances, they were galvanising and exhilarating, memorable and touching. These memories will no doubt stay with the musicians for years to come, just as those Summer Concert memories I had when I was a student did three decades on! It was a testimony of the beacon of love we, St. Paulians, share and hold very dearly.

Mr Warren Lee



Kindness Rocks Project

The Kindness Rocks Project was a unique and enjoyable experience for me. At first, I struggled to come up with ideas for my rock, but finally, I settled on using the colours of a rainbow. I personally love the colours as they burst with energy and warm my heart. The rainbow-coloured rock symbolises bright hope and happiness, embodying the message – “Try to be a rainbow in someone else’s cloud”, as said by Maya Angelou. Moreover, the white dots twinkle like stars. They convey ample hope and inspiration, guiding us towards a clear direction.

I wanted to express care for people in a straightforward way, so I put the simple encouraging words “cheer up”. When people are in a bad mood, their minds may not work rationally, so I wish to give people positive support.

Working with a rock was a challenge, as it was a different medium from what I was used to. I had to be mindful of the limited surface of the rock and consider whether my design would fit.

After seeing other students’ rocks in class and in the exhibition, I was truly amazed by the variety of designs, which ranged from beautiful scenes to funny cartoon characters to quotes from books and films. It was meaningful to appreciate others’ interpretations of kindness and feel their kindness in turn.

Overall, this project filled me with joy and optimism, and I hope that my rock can bring the same to others. I was definitely cheered up by project.

1E Lam Hou Marcus



When I first learned about the Kindness Rocks Project, painting small rocks with uplifting messages and then giving them to my schoolmates, I was instantly drawn to it. I thought: painting a Kindness Rock to spread kindness felt like a beautiful way to make a difference!

Excited to share this joy, I designed a meaningful dark blue Kindness Rock featuring koi fish, which symbolise good fortune and prosperity in



Chinese culture. The koi fish also has another meaning in Japanese culture. According to Japanese legend, thousands of koi fish once swam up the Yellow River in China. As they swam they gained great strength, but eventually they came

across a huge waterfall. Facing the mighty waterfall, most retreated, but a few persevered. After a century, one triumphant koi reached the top and was transformed into a stunning golden dragon by the gods. That’s why koi fish have become a symbol of strength and success through perseverance too.

The message “Good luck awaits you,” painted alongside the auspicious koi fish, aims to inspire others to remain optimistic in the face of adversity. By combining the message of good fortune with the graceful koi fish, my Kindness Rock would undoubtedly uplift and motivate whoever received it.

During the exhibition period, when I strolled through the campus, I was captivated by the striking display of colorful rocks placed in the courtyard of our school. Each rock conveyed a unique message of love, hope, and encouragement, which brightened my day. A powerful sense of belonging arose as my schoolmates and I appreciated the Kindness Rocks together.

2B Chan Wing Yan

International Sports Conference 2023

The International Sports Conference 2023, the eleventh conference organised by SPCC, was successfully held from 25 June to 1 July 2023. The conference was a collaborative effort between SPCC and the Education University of Hong Kong (EdUHK). It aims to provide young athletes with an enriching sporting programme and competition experience to help them refine their skills through the physical development and psychology in sport.

At the opening ceremony, it was our pleasure to have the presence of the Honorable Kenneth Fok Kai Kong, JP, Professor John Lee, Vice President of EdUHK, Dr Louie Lobo, the Senior Lecturer & Associate Head, the Department of Health and Physical Education of EdUHK, and Dr Moses Cheng, the Chairman of SPCC, together with our Principal Mr Poon as officiating guests. Mr Fok delivered a keynote speech on Hong Kong's Century of Sports Development: Contributing to the New Landscape of China Sports, sharing his insights on the challenges and opportunities facing the sports industry in Hong Kong. His speech was an inspiring and informative session for the participants, providing them with a unique perspective on the sports landscape in Hong Kong and the potential for future growth and development.

With the theme "Breakthrough", the five-day conference featured both indoor and outdoor activities, all designed for an enriching experience in sports. These include keynote lectures, sports clinics, elite-athlete sharing, and competition sessions. About 60 secondary school students, from schools in Australia and Hong Kong, participated in the conference. All of them enjoyed a rewarding and memorable experience at this conference.

Mr Tam Ka Po



2023 Asian Junior and Cadet Fencing Championships, Ubeistan

The Junior and Cadet Asian Fencing Championships was the first time that I had competed overseas in a large-scale competition. I feel honoured and elated to be provided with such an opportunity as it marked a milestone for my fencing journey.

Frankly, the most difficult part of the competition for me was to earn the chance to represent Hong Kong. First, I had to rank top 4 in Hong Kong Cadet division, then I had to fulfil the training hours for the Cadet division, which was 40 hours every month. Often, I had to rush down to the Hong Kong Sports Institute in Fo Tan immediately after school to practice.

Thankfully, the blood, sweat, and tears were worth it as the competition turned out to be a very valuable experience. I could interact with different fencers from different countries which enable me to broaden my horizons. However, the competition also reminded me of areas where I needed improvement. In the individual category, I kept doubting myself and my hesitation gave my opponents the chance to attack me. Hence, I lost in the first round of poule. Fortunately, I was able to adjust my mindset and contributed to the bronze medal in the team event. Looking back, I still have plenty room for improvement, and I will keep on working hard until I eradicate my inner doubts.

3B Lon Chin Yau



A lot can happen and change in one week. Personally, my life was turned upside-down in the week of the 2-9 March 2023, when the Asian Cadet Fencing Championships took place in Uzbekistan. As it happened, I had the opportunity to represent Hong Kong in the tournament in Uzbekistan.

Before departing for Uzbekistan, I recall being excited and nervous at the same time, as it was my first time representing Hong Kong in an international competition, let alone flying somewhere as far and unfamiliar as Uzbekistan. One month prior to the competition, I trained intensively to prepare myself, both physically and mentally, in order to perform to the best of my ability.

Since this was my first overseas tournament, I was worried that I lacked the skill and experience in comparison to my opponents. However, rather than focusing on the results, I decided to focus on my own development instead. I convinced myself to remain calm and keep an open mind. Putting my nervousness aside, I managed to excel beyond my expectations and reached top 16 in the individual competition as well as going on to win a silver medal in the Team Competition.

There were many special memories during the trip, but my most unforgettable moment was, without a doubt, getting into the finals of the Team Competition. I was incredibly nervous, but the fact that I had made it this far, alongside my teammates, empowered me to do better. Although we put up a good fight and had a close match, we did not manage to win gold. Still, we kept our heads up and encouraged each other in true teamwork spirit.

This competition has been a valuable experience. I have come to realise that my skill was on par with some overseas fencers, a motivation for me to try harder and aim high. With willpower and hard work, I am confident that I will be able to accomplish my goal one day.

5D Li Junyan Aaron



Building Stronger Communities: Hong Kong Police Force's Project Legacy Brings Schools and Law Enforcement Together Through Outreach



On 10 February 2023, teachers of the College were given a wonderful opportunity to learn more about community initiatives with local law enforcement and schools. The Hong Kong Police Force's (HKPF) Project Legacy is a community outreach programme that aims to build positive relationships between the police and young people in the city. One of the ways that the programme helps schools is by providing a range of educational resources and activities that promote positive values and skills.

In addition to workshops and seminars, Project Legacy also offers a range of community events and activities that schools can participate in. These include sports, music and arts activities that can bring together young people from different schools and neighborhoods. By participating in these activities, students gain opportunities to meet and interact with police officers in a positive and supportive environment.



After learning more about Project Legacy, members of the HKPF also spoke about common crimes which affect teenagers and the rise in online scams in Hong Kong. Following the presentations, teachers were invited to use to Police Club's sporting facilities in a fun-filled afternoon of sports and team-building. The day was a huge success, with participants reporting high levels of engagement and enjoyment. Many teachers commented that the event was a welcome break from the usual routine of professional development, and that they appreciated the opportunity to connect with other colleagues in a relaxed and informal setting.

Ms Belinda Ng

同心侍奉的喜悅



學校有一群同心侍奉主的老師，推行福音工作時充滿喜樂和力量！各人本身的工作量雖然已極其繁重，但總是願意擠出多一點時間、多一點精力和「腦汁」，把校內的福音活動同心做好。

6月23日舉行的「親子福音晚會」共有三場聚會，老師們除了參與獻唱，還各司其職，在不同崗位上盡心盡力地付出，充分表現感恩和報恩的心志：「我拿什麼報答耶和華向我所賜的一切厚恩？我要舉起救恩的杯，稱揚耶和華的名。」（詩篇 116:12、13）

由於禮堂有重大工程進行，經評估後，我們在多用途場館舉行了初小、中小及高小三場佈道會，內容按不同年級學生的特質設計。

初小佈道會的「我好特別」拋球遊戲和「我是微美克人」短劇都表現出老師們的創意和心意，多麼盼望小一、小二同學能從小認識自己在創造主眼中是何等獨特和寶貴，無需「惡性」與他人比較和標籤別人；只要用感恩的心做回自己，盡心盡意發揮天父賦予的特質，就會成為懂得欣賞和尊重別人，並且樂於與人合作的孩子。

陳旨成老師在中小佈道會中，用撲克牌幻術引導同學體會人的罪性：偏行己路，雖有明確指引，仍要執意孤行，不斷作出錯誤的選擇。這正回應當日 Superbook「浪子回家」影片的信息：人必須悔改歸回一直等候我們的天父，藉著耶穌基督的拯救才能恢復與神的關係，真正「回家」。

「我們傳揚他，是用諸般的智慧勸誡各人，教導各人，要把各人在基督裡完完全全地引到神面前。」（歌羅西書 1:28）高小佈道會的實物教材短劇環節在多用途場館幾乎完全漆黑的情況下進行，令人印象深刻。正如大光燈一直開著，站在屏風後的人卻只能站在黑暗中；上帝的能力和慈愛一直存在，但人被罪惡捆綁，活在黑暗中！

樓校牧用一個比喻作總結：我們遠遠眺望空中的飛機，會覺得它很細小；我們若近距離望一架飛機，就會覺得它很巨大。當我們越親近神，神在我們生命中就顯為大！

誠心祈願我們一眾同事同心合意向學生傳揚的真道，在他們心中常常響起，指引他們一生行在光明蒙福的路上。



促進學生全人發展 由價值觀教育出發

配合校本價值觀教育的發展，各學科進一步調適校本課程內容框架，把價值觀教育的元素連繫於課程內容和學習活動中。透過各學科範疇知識的學習及其他學習活動，提供整全培育學生正面價值觀的學習經歷。

從學科規劃至教學實踐 培養正面積極的價值觀

各學科於課程中繼續滲入不同的核心價值，加強學生不同範疇的知識，深化價值觀教育。例如：中文科透過中國名人傳記、歷史名著、生活、科技及藝術等書籍，讓學生認識中國傳統文化，培養正向的價值觀。常識科配合單元教學，優化課業設計，培養學生關愛、感恩、尊重、堅毅、承擔等態度。普通話科設計不同的學習活動，如：中國當代名人短講活動、朗讀繞口令、專題報告等，學習中國人堅毅的精神。另一方面，核心價值觀及國家安全教育的元素亦融入視覺藝術、資訊科技、音樂及體育科等課程及學習活動。

中文圖書教學：中國歷史名著



常識課業設計，培養學生關愛精神



北京冬奧會普通話專題報告



視藝科的中國臉譜設計



音樂與宗教科結合舉辦歌詞創作大賽，共同推動靈性培育，深化價值觀的培養



跨學科的合作和體驗 為學生提供全面的學習經歷

推展價值觀教育同時結合學生的認知、情感及實踐，結合不同的學習領域，統籌與協調各學科的合作，設計多元化的跨學科活動，讓學生的學習變得更活潑、有趣和生活化。例如：「中國文化日」，讓學生認識傳統文化及知識，學習孝順、關愛；「資訊素養周」，提醒學生克己守規，明辨是非，要作良好的數碼公民；校本「MASTER 課程」，培養學生從小懂得關愛家人、社會及世界，學會尊重他人、感恩等核心價值。期望透過這些多元的學習經歷，提供有效的平台讓學生體驗如何於不同的生活層面，實踐正面價值觀和態度，把核心價值牢牢記在心中。

利用造字印刷印出文學經典語句



學生進行問答比賽及編程學習，加深對資訊素養的認識



校本「MASTER 課程」 以為長者設計生活所需的物品、關愛社會、珍惜資源為題



價值觀教育的實踐

本學年，德育組透過週會、早會、早禱、成長課及每月金句，幫助學生建立十二個核心價值。以下學期的高初小交流活動為例，小五學生教授小一學生製作感謝卡向父母表達感恩之情，營造關愛文化。與此同時，以「自然聯繫、有機結合」規劃學科的校本國民及國家安全教育的課程框架。本校於學期初選定特別的日子，推行跨學科國民及國安教育活動，涵蓋中國歷史、文化、憲法、基本法及國家安全教育等領域。另外，本校更參與不同的校際比賽及校外活動，希望以「多重進路」幫助學生從小建立正確的價值觀，以及對祖國不同範疇的了解和認識。



聖保羅一直以九大素質來培養我們的品德，在這兩年間，學校還加入了十二個核心價值觀，包括「感恩」、「堅毅」、「孝順」、「尊重」、「守信」和「明辨是非」等，提升我們對社會的責任感和公民意識，並每月以一個價值觀作為主題。藉著每天上課前的週會或早禱時間，老師輪流分享充實而生動的故事，讓我們有所感悟和反思，了解不同行為背後的原因和結果，有時還會配合聖經金句教導我們處世應有的態度。而每週的「成長課」，老師會以生活中的例子或場景，與我們一起討論不同的課題，分析利弊。另外，圖書館經常推出各類型的專題介紹，讓我們可以不同的形式增廣見聞。每一個學科都融入了價值觀教育，藉此提升同學對價值觀的認識和了解，並在日常生活中實踐。

六丁 林在心

過去一年，我在不同場合，例如中文課、成長課、早禱，也學習到很多關於價值觀的課題，其中較突出的是國民身份認同和承擔。老師還在早會講解中國傳統的內涵及其包含的優良品格，例如孝順，讓我明白到承擔就是對自己的一言一行負責任。

五乙 陳縉軒



說到價值教育，我感受最深的就是承擔。到底什麼是承擔呢？「君子以自強不息」是對自己的承擔；「木蘭代父從軍」是對家的承擔；「先天下之憂而憂」是對國家的承擔，那我們學生要怎麼樣做呢？

首先我們要承擔學習的責任。功課、測驗都是檢查學習成果的好機會，應認真對待。其次是敢於認錯，承擔責任。做錯時我們要真誠道歉，及時改正，並在錯誤中汲取教訓。最後勇敢接受挑戰，承擔壓力。面對挑戰沉著冷靜，不怕失敗，在解難時不斷發掘自己的潛能。其實要做到承擔並不難，正如《聖經》所說：當我們願意承諾與承擔，如同忠心的管家，我們就必得著基督所應許的一切恩惠和產業。（哥林多前書4:1-2）就讓我們不再懼怕，做個有承擔的人吧！

五戊 司徒淳禮



這次小一小五交流活動在成長課進行，我和一乙半班同學懷著戰戰兢兢的心情去到五乙班課室。學姊學兄們教我們製作感謝卡，他們先教我們摺一朵花，又教我們如何在心意卡上面畫畫，亦提議我們在意意卡上寫文字表達心意。我們都發揮創意，我畫了媽媽帶我去看眼科醫生的片段，我在當晚便送出了心意卡，媽媽收到後感到很開心。

一乙 黎懿晴

本月的主題是「國民身份認同」和「承擔」。老師利用這兩個主題教導我們如何承擔責任，以及我們對國民身份的認識。我記得有一次早禱，老師向我們講述關於戰國時代的故事，從中我明白如何為國家承擔責任和尊重自己國家的重要性。此外，老師會說不同的小故事和介紹身處異地的中國人如何做到對中國人的身份認同。我十分欣賞老師們運用有趣又生動的方法教育我們這些價值觀，令我們更投入和專心學習，我希望學校能繼續推行價值觀教育，讓我們成為一個有教養及愛國的聖保羅學生。

三乙 李悅情



很感恩學校為我們提供這次小一小五學生交流活動，讓我可以從中實踐聖保羅素質及展現不同的價值觀，實在獲益良多。首先，在交流活動舉辦前，老師在成長課教導我們摺紙花的技巧，因為我想教導小一同學摺出最漂亮的花朵，所以我認真地學習，思考如何能摺出最完美的紙花。經過多次嘗試，我以堅毅不屈的態度掌握了箇中技巧，領悟到紙花美麗與否取決於摺花瓣的角度。此外，我們也需要教導小一同學在紙花上寫上感謝父母的說話，老師提醒我們，教導小一學生時的用詞及內容要簡潔直接，我擔心自己在活動當天會解釋得不够詳細，令小一同學百思不解，因此我不斷練習和錄音，從中找出自己不足的地方，並按小一同學的能力加以改善，精益求精。

感恩於活動當天，我和小一學生的交流相當順利和愉快，我十分欣賞小一學生們對我的尊敬及信賴，無論是教導她們如何摺紙花，或是寫什麼字句，她們也謙恭受教。這個活動讓我體會到如何運用服務、關愛、思考及溝通素質來照顧小一學弟學妹，再次感謝學校讓我們得到這個與小一學生交流的體驗。見到小一同學完成摺紙後露出燦爛的笑容，想到他們的父母收到心意卡時心中泛起的溫暖和感動，我們準備過程中的困難又何足掛齒呢？我們付出的努力又豈有白費呢？

五丁 呂欣蓓

從領袖生選舉體現公民責任

學校致力培育學生的領導才能，每年都會推出一系列的領袖培訓計劃和活動。在學期終結前，本校學生發展組都會舉行領袖生選舉，選出新領袖生，接替將會升中的小六領袖生的出缺。全體師生透過候選領袖生的自我介紹，認識及了解他們的參選抱負後，在現任領袖生的協助下進行電子投票。今屆領袖生選舉過程順利，期望新任領袖生在當選後能盡心盡力為同學們服務，實踐競選承諾。以下是獲選同學們的心聲：

衷心感謝老師提名我參選領袖生，讓我有機會夢想成真。記得剛升上小學的時候，看見身為領袖生的姊姊在小息時當值及照顧低年級的同學，令我很羨慕，更渴望有一天也能成為領袖生。在製作宣傳短片和在台上進行「拉票」活動時，我緊張極了！我嘗試以熱愛服務和樂於助人的個性打動大家，並承諾會做一位稱職的領袖生。非常感恩我最終能成功當選。這次選舉的經歷增強了我的自信心和使命感，我一定會盡心盡意做好領袖生這個崗位，以答謝同學們和老師們的支持。



四丙 李愷桐

多謝同學們和老師的信任，給我一個機會，讓我在下一個學年可以擔任領袖生一職，為學校服務。這次參加領袖生選舉的經歷令我明白到努力是不會白費。同學和老師的信任是源於過往我常常發揮服務和關愛素質，讓大家都感受到我的熱誠。另外，我用心拍攝候選領袖生自我介紹的短片、製作競選道具、拉票口號等，也讓大家感受到我的認真，才投下信任的一票。最後，我要感謝家人和朋友的支持，令我更有信心完成整個競選程序。為了不辜負同學和老師們的期望，我一定會繼續發揮聖保羅九大素質，盡心盡意為學校服務。

五甲 鄭皓仁

全校參與社會服務

學校每年都會與一些非政府機構或特殊學校合作，舉辦探訪或交流活動，讓學生關心社會的人和事。

要，亦設計具備「關愛」素質的心意卡，並寫上祝福字句，把心意送達予受惠機構及學校。

各級的社會服務仍未能恢復以往實體探訪的模式，於1月至6月期間以捐贈生活物資代替探訪活動，讓學生從中體會關愛與共融，珍惜與感恩的素質，學生能繼續發揮校本主題「樂分享」的精神。

各級於成長課時段進行延伸學習活動，同學除了認識和了解社會上不同人士的需

另外，家長教師會於2022年12月24日響應聖雅各福群會舉辦的全港賣旗日親子活動，全校共有五百多名家長及學生踴躍參加，於普世歡騰的聖誕節前夕進行賣旗活動，令這個聖誕假期增添意義和溫暖。

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	香港盲人輔導會
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



校長、教師交流

隨著疫情逐步緩和，自2022-23學年下學期開始，學校之間的交流逐漸恢復，老師們也陸續參與不同的境外交流團，一方面增廣自己的見聞，另一方面，也為學生學習發掘更多元化的學習資源。

日期	參與老師	交流學校 / 活動
26/4/2023	張慧純校長、朱嘉穎副校長	深圳寶安中學（集團）外國語學校
15-20/5/2023	張慧純校長	香港中小學校長領導研習班—北京交流學習團
23/5/2023	張慧純校長、朱嘉穎副校長	北京清華大學附屬小學
24/5/2023		北京史家胡同小學
16/6/2023	朱嘉穎副校長、文奕凱老師	大灣區STEAM 創科交流團
14-17/6/2023	梁愷琳老師	教育局舉辦之新入職教師內地學習團—武漢
5-8/7/2023	伍倩彤老師	教育局舉辦之新入職教師內地學習團—上海



探訪深圳寶安中學（集團）外國語學校



張校長到北京國家行政學院上課



探訪北京史家胡同小學



探訪北京清華大學附屬小學



參與大灣區STEAM 創科交流團



香港新入職教師到武漢參與四天學習團



體驗上海當地的傳統文化與藝術

小六畢業活動「香港科技與城市發展」之旅



行程第一站，近距離認識香港大型交通基建，在觀景台青馬大橋前留影。

本年度小六畢業活動由《香港智慧城市藍圖2.0》出發，以「香港科技與城市發展」為主題，期望同學能體驗和感受創新科技為香港市民日常生活帶來裨益，並透過參觀本地鐵路系統及醫療設施，了解應用創新科技於公共運輸及日常生活的經驗和發展，如何讓香港達致「智慧環境」、「智慧生活」及「智慧出行」等發展目標。

全體小六師生於7月3至4日參觀不同景點，了解香港在城市發展方面的最新方向。

首日行程由香港大型基建設施開始，同學在青嶼幹線觀景台遠眺青馬大橋、汲水門大橋和汀九橋等多項大型交通基建，再經過近年開通的屯赤隧道，體驗道路建設對香港市民出行便利的重要性。



大家都用心聆聽輕鐵職員指示，嘗試控制列車，體驗車長工作。

第二站到達位於屯門的輕鐵車廠，除了乘搭輕鐵專車體驗新界西北區市民出行的情況外，更有機會在車廂中經歷洗車工序；嘗試在模擬駕駛室駕駛輕鐵，以及在維修工場內參觀輕鐵列車的維修情況。同學對輕鐵的車務控制系統深感興趣，並踴躍地提出疑問。



整裝待發，準備乘搭輕鐵專列列車。



同學在列車上雀躍萬分，車長更在廣播中就輕鐵車務作詳細講解。

有機會參觀位於屯門的輕鐵車廠，對於不常踏足新界西區，第一次乘坐輕鐵列車的我，實屬難得的機會。同學們在參觀車廠的模擬駕駛室時表現興奮，而我就更期待乘輕鐵走進社區，特別是目睹乘客使用其開放式月台及全港獨有的收費系統進出月台。途中我們更與一些乘客揮手，並獲得友善回應呢！這趟鐵路之旅，令我親身體會到都市公共運輸系統的運作與科技發展的關係密不可分。

六乙 曹悅山



同學透過賽馬會氣候變化博物館導賞員的講解，加深對環境保護的關注。

同學接著參觀全球第一所以氣候變化為主題，位於香港中文大學的賽馬會氣候博物館，了解科技在環境管理和監測氣候變化的重要性。在參觀中提升了同學對氣候變化的關注，期望可啟發他們為香港以至國際社會應對氣候變化作出貢獻。

參觀賽馬會氣候變化博物館是一次深刻的經歷，我意識到全球暖化令氣溫升高，導致動物滅絕的惡性循環。我更學會了不少環保知識，例如我們可以嘗試「減少」、「再造」和「回收」減廢，或者在日常生活中多使用可再生能源。這次畢業活動為我的小學之旅畫上了完美的句號，讓我在畢業前有一個難忘的回憶。

六甲 吳湘襄



大家認真地討論策略，如何用最短時間完成控制智能家居任務。



在中大醫院的教學病房中，同學們對各項新穎的設備感到好奇，一同測試多媒體顯示屏的功能。

同學在第二天則參觀了香港中文大學醫院及香港科學園，在中大醫院內親身在教學病房了解如何在硬件配套上花心思設計一所以病人為本的醫院，還在教學病房嘗試使用電子通訊探訪系統等設備。在香港科學園的 Computime 金寶通集團有限公司，職員悉心講解一間科創公司的願景，更指導同學嘗試控制智能家居產品及設計機械人行走路線進行編程比賽。

在這次「香港科技與城市發展」之旅，我們到了 Computime 金寶通集團有限公司參觀，當中的各種體驗，真的讓我大開眼界。我們利用人工智能體驗如何建造一個智能家居，更有機會嘗試以定位技術設定機械人，了解送餐機械人的運作原理。



在 Computime 職員指導下，體驗科技任務：利用編程知識令機械人按指示行進。

這次參觀讓我學到了很多有關人工智能及機械學習技術的知識，明白到科技發展一日千里，我們應該抱着積極學習和勇於嘗試的態度，才能與時並進。

六丁 朱熹菲

經過兩天緊湊的行程，各班同學以參觀地點為題，於7月5日在校內舉行小六畢業活動分享會，將所見所聞及學習到的知識互相分享，為整個行程帶來完美的總結。



同學在分享會向在科創公司努力研發的人員致敬。

The Annual Primary Six Drama Around the World in 80 Days

The P6 students were proud to adapt the classic "Around the World in 80 Days" and perform this intriguing story on stage. Students were able to develop their values such as perseverance, gratitude and harmony. We also discovered our own potentials in this fascinating drama experience.

We were divided into nine teams, namely the acting team, music team, costume team, makeup team, sets and props team, lights team, sound team, stage management team and publicity team. This year, we had the chance to perform in a different venue- Youth Square. Students found the experience very unforgettable.

The P6 English drama was definitely one of the highlights of the year and also the last major event of our primary school life. As a member of the acting team, the whole experience was undoubtedly eye-opening, although a bit tiring at times. Firstly, we could learn to build confidence. Participating in drama was a unique form of expression, and it took a lot of courage to stand on stage and speak in front of the audience. Especially when we were performing the show on a professional stage, Youth Square, it required twice the confidence boost to successfully deliver the message to the audience through the story and the scenes. Secondly, it was really important for the actors and actresses to learn how to adapt. We started off practising in our school — a place where we were familiar with, and using other items to substitute the props needed. Due to our busy schedule, we had very limited time for rehearsal

at Youth Square before the actual performance. We were putting our adaptiveness and cooperation to test as we had to familiarise ourselves with the new stage and setting in such a short time. Thirdly, the drama trained our team spirit. The performance was a strong platform to foster and develop teamwork and collaboration between the classes. Moreover, every member of the performance had a specific role to play during a scene. We wouldn't have made it if only one of us didn't practise well.

To conclude, the P6 drama was a unique and unforgettable experience for our collective memory of our school life. I can't wait to participate in another drama!

6B Lauren Chan



中國文化趣味多 攤位遊戲齊探索

今年中文科和普通話科與圖書館一起合辦了中國文化週，致力弘揚傳統文化，透過文化週的活動提高學生對學習中國語文、中國文化藝術及普通話的興趣，加強學生對中華文化的認識。除了文化的傳承，學生透過各項體驗式的活動進一步了解傳統價值觀，增加對國家的歸屬感和認同感。

文化週舉辦期間，我們為同學準備了豐富多彩的活動，例如：文化攤位、班級文化活動以及文化盃等等，讓同學感受中國傳統文化的魅力。



期待已久的中國文化週攤位遊戲終於到了。我最喜歡活字印刷的活動。我先選出喜歡的字粒，然後排好次序，再掃上墨汁，最後把字粒放在宣紙上，就可以印出文字，真好玩！我還把作品帶回家留念呢！

—乙 高綽妍

文化攤位

文化週的攤位遊戲活動，令我對中國博大精深歷史產生了濃厚的興趣。蔡倫的造紙術、畢昇的活字印刷，指南針司南，還有除舊迎新的鞭炮，一項項妙趣橫生的活動，令我度過了一段愉快的時光，更領略到古人的才華和智慧，讓我受益匪淺。我十分感恩能參與文化週的活動，同時也在思考自己應該如何延續古人孜孜不倦的鑽研精神。首先，我願意詳細了解中國歷史，博古通今；其次，參與推廣中國文化的活動，令更多人了解其中的精髓；最後，將古今中外的知識融會貫通，開拓創新。萬分期待下次更加精彩的活動！

五戊 司徒淳禮



6月21日，老師帶我們到二樓的文化樓參加「中國文化週」活動。我最喜歡的遊戲是十五巧板。我把不同形狀的小木板拼在一起，最後拼出一匹馬。另外，我也到「魯班鎖」的攤位玩遊戲。我專心地解鎖，最後成功了！我希望明年還可以再參與「中國文化週」的攤位遊戲。

—乙 林鵬

6月21日，我參與了中華文化中的攤位活動玩遊戲。我最喜歡的活動是魯班鎖，因為它很難，很具挑戰性，能考驗我們的毅力，訓練我們堅持到底，永不放棄的精神。我最大的反思就是，我們可以利用古人的經驗和智慧進一步改善現代生活，將華夏文化傳承下來，中國人真厲害啊！

四乙 梁善柔

班級文化活動

在文化週的中文課上，老師悉心地安排構圖精美的木製陀螺基座，讓我們塗上喜歡的顏色。然後，我們便將錐端裝上，上下鞏固。最後，我們期待的時刻到來：同學們試着如何平衡陀螺令它可持續旋轉，課室頓時充滿了笑聲！這次的活動既趣味十足，亦令我加深了對中華文化的認識。

二甲 曹悅芝





在今年中國文化週的活動中，我們在校內參與了一系列的活動，包括文學篇章欣賞、觀賞學習影片和龍舟手工製作，深入認識端午節的由來和屈原的愛國精神。這些

活動令我更了解中國傳統節日的起源、習俗、文化和出色的手工藝術，同時提升了我對中國歷史和傳統文化藝術的興趣。我深深感受到中華文化的博大精深和源遠流長呢！

五戊 李卓文

一年一度的三年級班級文化活動中，我們畫了扇子。老師叫我們準備一首喜歡的古詩，以及畫畫的材料。首先，我用鉛筆在扇上畫初稿。然後，我用黑色馬克筆寫詩。最

後，我用彩色馬克筆塗上顏色。老師也稱讚同學畫得栩栩如生呢！這次畫扇的活動讓我學習發揮創意，活出聖保羅創新素質，真有意義啊！

三乙 鍾卓蕎



看到同學十分享受文化週內的各種活動，老師也十分欣慰，大家一起期待明年文化週的精彩活動吧。

AESTHETICS & CREATIVITY

當藝術遇上科技 激發無限可能

「香港青少年科技創新大賽」是學界最大型的STEAM比賽，其中設有「科學幻想畫」類別。本校視覺藝術科一向鼓勵學生大膽想像，以藝術方式傳情達意，本年度亦推薦了學生參賽，並獲得佳績。以下是兩位專項獎得主的心得：

我很榮幸獲選參加科學幻想畫比賽，參賽過程令我獲益良多。首先，我學會了要堅持不懈，盡責地完成任務。從搜集資料，總結過往的經驗，到向師長諮詢意見，過程中我花了不少時間，雖然忙碌，但我能發揮創新素質，最終能順利完成任務，我感到很有滿足感。我非常努力地完成了我的畫作「天空世界」，它所展現的是一個沒有污染的新天地，並獲得了專項獎。我感恩有機會為學校爭光，並向大家展示我的作品。感謝老師、學校和媽媽的支持和鼓勵，我會繼續保持這種學習的熱情和堅毅的精神，努力成為一個優秀的學生。

四乙 譚旨堯



譚旨堯《天空世界》

在比賽中獲獎，我感到非常榮幸和興奮。作品展示了我對未來充滿無限可能性的想像，同時也體現了學校的主題：愛學習、樂分享、感恩和盡責。

「愛學習」是我創作這幅畫的原動力。我在課堂中學習了未來科技和智慧城市的概念，並從中汲取創作靈感。我將所學的知識和創意融入作品，與大家「樂分享」。創作期間，我與家人分享了我的想法，獲得許多寶貴意見，讓我的作品更豐富多元。

「感恩」讓我珍惜擁有每一次學習和創作的機會。我感謝老師的推薦、爸媽的指導和支持，以及主辦單位給予我表達對未來想法的機會。「盡責」則體現在我對作品的投入。創作時，我努力克服困難，不斷修改和完善，以確保畫面呈現出最好的效果。

我將帶着這些寶貴的經驗，繼續努力追逐未來的夢想，這樣就可以做到「未來可期」。

五丙 王昱妍



王昱妍《未來可期》

音樂演出百花齊放 活出樂分享文化

隨著疫情緩和，聖保羅校園亦開始復常，恢復全日制授課後，校內外的音樂演出也再次展現出多姿多彩的風采！

雖然學校禮堂正在維修，但場地卻無阻我們的同學分享音樂。在4至6月期間，在本校的三角花園已舉行了5場「愛分享午間音樂會」，讓全校師生能同時欣賞同學們的精彩演出，場面非常熱鬧。

5月份倫敦莫扎特演奏家樂團疫後首次訪校，與本校樂隊進行了為期4天的交流活動，同學亦能與中學樂隊一同進行排練，演出了兩場音樂會。同學們從中得到很多新的啟發，亦提升了團隊精神和演奏技巧。

此外，四年級器樂課程同學們也不甘示弱，於6月份的音樂大匯演中展現了他們的音樂才華和努力。除了正式音樂會，預備組合唱團、初級組和高級組的敲擊樂隊也在早會時段進行了精彩的演出。手鈴隊和合唱團亦於聖餐崇拜中獻唱和獻奏，用音樂去將榮耀歸給天父。

聖保羅的音樂傳統—暑期音樂會則於7月2日和3日舉辦。由於場地座位有限，為了讓家長們也能欣賞到子女們的練習成果，所以除現場演出外，還增設了現場直播和公開觀摩排練。

最後，年紀小小的樂器班同學們，雖然學習了手上樂器短短數個月，卻願意在兩場樂器班音樂會中分享他們的學習成果。雖然演奏技巧仍有待改善，但我們卻要學習他們樂分享的態度啊！

所有這些音樂活動的成功背後，有賴一班勞苦功高的音樂老師、導師、指揮們悉心策劃和教導，工友們不辭勞苦的搬運樂器和預備演出場地，以及職員團隊幕後的全力支持和配合。他們的辛勞全為了讓同學們有一個優質的平台，能夠好好學習音樂並展現天父所賜的音樂才能，將音樂分享給大家，將榮耀歸給天父。祝願聖保羅的音樂分享文化生生不息地持續發展，能夠讓美妙的樂音充滿這個朝氣蓬勃、富活力的校園。



樂器班分享會。



許萬澄同學於「愛分享午間音樂會」演出。



London Mozart Players 與中小學樂隊於音樂會大合照。

開啓科研之門 由動手探尋開始

常識科一向重視透過不同的形式培育同學的科探興趣和能力。本年度在疫情緩和及復常之際，我們特別增加全體同學動手探究的機會。除了各級於科學雙週及科學探究月中的重點探究實驗外，更於期考後活動週營造科研氛圍，為小一至小四同學帶來科探工作坊，培養他們對科學的興趣，提升對事物的觀察力。希望同學從親手探索的過程中，經歷科學探究步驟和科學思維訓練，從而發掘科研潛能。

今天，我在常識科的「科探工作坊」上課。老師教我們「紙花水中開」。首先，我們要把正方形的手工紙對摺，然後，把它接疊成更小的正方形。完成後，就在正方形的一邊畫上我們喜歡的花瓣形狀，我在紙上畫了劍的形狀。我依線把紙花剪出來，當我把它放到水面時，紙花竟然成功開花了！我頓時感到十分高興和興奮。在這次活動中，我學會要自律，不能隨意把玩桌上的剪刀，我也發揮了關愛和服務的精神，協助身旁的同學製作紙花。今天的課堂讓

我學會和發揮了很多素質，真希望快點有機會再次參與工作坊呢！

一丙 張雅嵐



同學們認真地製作紙花。

便能像有生命一樣的開花，真是神奇。老師說這是毛細現象 (capillary action)，因為紙張是由植物纖維組成的，吸水後便會發脹和改變形狀而形成慢慢開花的效果。我真的很喜歡這個既漂亮又實用的科學實驗呢！我一定會和家人

除了校內的科探活動外，本年度同學們還積極參與校外的科創比賽。五位來自小四及小五的同學代表學校參加第十六屆香港科學青苗獎，以「吃得到的水球」為探究題目，獲得小學組的冠軍、最佳匯報獎及科學家專訪獎。

我很感恩今年有幸參加科學青苗獎的比賽，我和同學們在陳老師和黃老師的帶領下，一起訂立研究方向、進行實驗；一起採訪科學家、撰寫科學家專訪報告；一起為決賽的報告和專家答辯做準備。當中不但讓我們增長了有關科學的知識，還令我們看到了團結合作的力量。我們今年的實驗題目是「吃得到的水球」。我們製作了一些可食用水球提供給馬拉松運動員，希望減少馬拉松比賽中產生的即棄水杯等垃圾，既解決了一個「運動科學」有關的難題，又為地球環保出一分力，真是很有意義呢！



我們努力的成果。

四丙 何沐珈

再做這個實驗，和他們分享毛細現象和漂亮的水中花。

一戊 李梓曦



紙花開了！真神奇！

我們於6月底在高低實驗室內進行了常識科的科探工作

坊，任務就是要建造一個抗地震塔。我和三位同學一起商量後，就開始動手製作了。首先，我們用膠紙固定數條乾意粉條並堆砌成一個塔，然後把一包紙巾放在塔頂上，再把乾意粉塔放在地震模擬器上，看看在地震模擬器震動時紙巾會否掉下，塔會否倒塌。為了優化我們的實驗品，我們在塔頂增加了一條橫放的乾意粉條，用來承托紙巾。最後，我們把製作好的乾意粉塔放在地震模擬器上，在模擬器震動超過十秒後，紙巾仍然沒有掉下來，說明我們製作的抗地震塔成功了！我們高興得手舞足蹈。我每次看到這份實驗品，都有滿滿的成就感。我希望將來可多參加這些既動腦筋又有意義的活動。



我們相信三角形是最穩固的形狀。

三乙 鍾卓菁



看！我們的意粉建築物並沒有震塌啊！



根據不同的變項，製作水球進行測試。

這一年，我很榮幸再度被老師邀請，參加第十六屆的科學青苗獎。今次的比賽主題是「運動科學」，於是我們決定從馬拉松比賽這方面進行研究。我們發現馬拉松比賽會使用

許多即棄水杯供選手飲用，這個做法極不環保，比賽後又要浪費很多人力物力清理場上遺留的水杯。因此，我們嘗試把乳酸鈣和海藻酸鈉混合，製成符合食用安全的可食用水球，希望能減少所產生的垃圾。研究過程中，我們遇到不少的問題，例如不小心把水球弄破，但是經過反覆的測試，大家的技巧都變得熟練，問題出現的次數也逐漸減少。我很感恩能再次參加這個比賽，進行有趣的實驗。在研究過程中，我亦體會到堅毅的精神，明白不應該輕易放棄的道理。

五甲 陳皆攸

活用數學展創意 資訊素養盡顯現

「數學遊戲 Fun Fun Fun」活動是由五年級同學為二年級同學設計的數學遊戲及挑戰題，目標是希望高小同學懂得關顧學弟學妹的學習需要，加強同學在學科知識上的交流。近年學校積極推廣資訊素養，老師在課堂上教導同學如何符合道德地使用網上資訊及尊重知識產權，所以同學們在設計遊戲或挑戰題時都懂得選擇正確方法找出相關的網上資訊，但同時亦要尊重作品的原創性，他們更將資訊科技元素融入設計當中，增加遊戲的趣味。



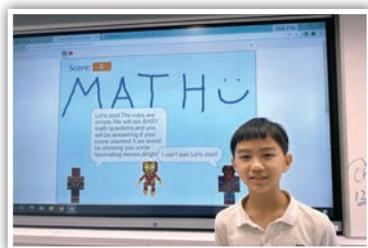
我很高興能參與「數學遊戲 Fun Fun Fun」，為小二同學製作數學遊戲。當初製作的時候，我都不知怎樣為他們製作既好玩又能讓他們愛上數學的遊戲，最後我

根據小二的數學課題來製作了有趣的活動。現在回看我的製成品，我感到特別有滿足感呢！希望下年學校仍會舉辦類似的活動，讓我可以再為其他年級的同學設計數學遊戲。

五乙 江禕香

我設計的數學遊戲是為了讓同學們能在輕鬆的氣氛中練習數學，這個遊戲不但可以訓練同學計算的準確度，還可以提升計算速度。雖然我花費了很長時間去製作這個作品，但當我完成的一刻，我的心裏充滿成就感。在這個過程

中，我體會到尊重知識產權的重要性，如果因一時之快，抄襲別人的作品，那就會讓原創者非常傷心，因為他付出的努力就會變得毫無意義，而且更會違反法律。因此我會經常提醒自己要尊重其他人的創作，可抄襲別人的作品。



五乙 倪浩峻



今年有機會為小二同學設計數學遊戲，我用編程程式 Scratch 編寫了一個有關圖形與空間的遊戲。這遊戲會隨機選出一個圖形，然後同學要

回答該圖形有多少對平行線。我能夠學以致用，應用資訊科技課學到的編程技巧編寫數學遊戲，感覺自己就像一位小老師一樣，而且還可以跟小二同學分享，高年級學生的身份頓時得到更多的肯定。我覺得這個遊戲能讓我好好發揮「思考」和「創新」素質，在日後我會嘗試創作更多、更好的遊戲。

五丙 詹子宸

敢挑戰 樂分享 電子學習展新知

資訊科技發展一日千里，人工智能 (Artificial Intelligence, AI) 更是近來其中一項最為矚目及引起熱話的技術。AI 其中一項在教育方面的應用，就是推展自適應學習 (Adaptive Learning)，即透過人工智能及大數據等分析學生的學習成效，從而因應學生的能力為他們建構個人化的學習材料及歷程，以達至「因材施教」的教育理念。我校電子學習小組教師亦在英文科及數學科試行適性測驗 (Adaptive Quiz)，以鞏固學生的課堂所學。老師在校本 Moodle 平台上設立不同難度的題目，以便 AI 能根據學生答案的正確率作出相應調整，分派對應該作答學生程度的問題。這不但能使學生循序漸進地學習，增強學生學習的信心和動力，也能更有效地照顧到學生的個別差異。

另外，在陳偉權總監和鄭鴻鈞主任的帶領下，我校的資訊科技團隊分別於3月6及5月5日於九龍塘教育服務中心主講「資訊科技教育教學法系列：使用學習管理系統及電子白板以促進學與教效能（基礎程度）」分享會。當日我校與一眾中小學同工分享學校在校本資源管理系統及電子白板的發展歷程和使用經驗；亦分享了試行適性測驗的經驗。能藉著分享會與不同學校的同工交流心得，我們也滿有得著，收穫豐富。



體育項目比賽復常 同學取得佳績

本年度各項體育比賽逐漸恢復正常，昔日種種熱鬧的畫面再次呈現在學生、老師和家長眼前，讓校園生活增添許多色彩。本年度各體育團隊施展渾身解數，在各個運動的校際比賽中爭取佳績，並成功在「全港小學體育獎勵計劃」中分別獲得男子組及女子組銀獎，成績實在令人鼓舞。

學校不僅鼓勵體育團隊成員積極參與各項比賽，非體育團隊的同學亦獲得學校支持，在不同的運動領域發揮所長，表現出運動員堅毅的特質。



攀登途上的風景



我成功完攀了！我感激老師、同學、教練和父母的教導和支持。我會繼續保持謙卑，以信、望、愛去堅持和追尋理想。

五丁 梁可風

體操場上的學無止境

雖然學校沒有體操校隊，但我帶著學校的名字參賽，心中很想爭取好成績，為校爭光！我在五月十七日參加了「第十九屆全港學界健美體操比賽」。這原本不是我的訓練專項，但我發揮「學習」素質，重新學習結合音樂與體操動作的套路。最後，我在比賽中獲得初小新秀組冠軍，我非常感恩與驚喜！這也鼓勵我繼續在新的領域學習！比賽經驗非常寶貴，讓我見識到「天外有天、人外有人」、明白到「一分耕耘、一分收穫」、學習到「勝不驕、敗不餒」。未來，我希望繼續堅持每週恆常的訓練，在體操方面持續進步，也為日後的比賽作充分準備。

二乙 張恩悅



STAFF DEVELOPMENT

香港聖公會堂、校、社服發展日

全體教師於2023年5月30日在赤鱗角亞洲博覽館參加香港聖公會開基180周年暨教省成立25周年堂校社服發展日活動，主題為「主乃磐石·教會為家」，內容包括：早禱崇拜、認識香港聖公會教省成立背景及歷史、凌啟文法政牧師的主題演講、關俊棠神父從心靈教育和生命教育上分享「上帝的榮耀乃人活得好」的專題演講、詩歌獻唱及陳謳明大主教的總結與祝福。

這次教師發展日讓教師深層思考如何學習主耶穌放下身段，謙卑順從主教導，以基督為家多作奉獻，以簡化主義面對多元社會。還有，提醒我們磐石和家的意義，根基在那裏，家就在那裏。當我們面對幻變不定的時代，惟獨上主才是我們不變的堅固磐石；天上的父永遠是世人的家主，藉着世上的教會，找到回到天父慈懷，回家的路徑。願我們在上帝的家裡，活得精彩、和平和快樂。



科本教師專業發展日

2023年3月6日為科本教師專業發展日，各科科主任因應科本發展目標及教師發展的需要計劃當天的專業發展活動，包括講座、工作坊、參觀、實驗、訪校等，促進專業交流，提升教學能量。

中文科：「優化古詩文教學及價值教育」交流分享活動

近年來，優化科本知識與價值觀教育結合的教學模式，引導學生細味中國文學經典，體認中華文化，樹立正面價值觀，是中文科發展重點之一。

當日下午，本校中文科教師前往黃埔宣道小學，與友校進行中文科推行正向教育及古詩文教學的交流活動。友校分享了透過整本書閱讀深化學生對品格強項的認識及校本古詩文課程開發的成果，而本校亦介紹了讀文教學和圖書教學互相配合，幫助學生樹立正確價值觀的教學策略。

3月6日上午，學校邀請上海開魯新村第一小學高級教研主任朱淑穎老師為全校中文老師舉辦了古詩教學工作坊。席間，朱老師分享了小學古詩文教學中「情境教學法入詩情」、「以讀代講法悟詩美」、「聯想想像法入詩境」、「拓展閱讀面昇詩意」四個教學策略，引導教師們探討古詩文教學與培養學生對國家、民族的認同感，及傳承中華文化的內在關聯。

透過交流，教師們對如何在中文科推行古詩文教學及價值教育有了更深的認識。



English: “Great educators never stop learning!” – Reading Strategies and Application

It was indeed our pleasure to have Dr Paul Sze Man-man, Professional Consultant (Honorary) from Department of Curriculum and Instruction of the Chinese University of Hong Kong, to walk us through different reading strategies with a range of interactive activities. Renowned for his enthusiasm in eLearning, Dr Sze introduced us to a variety of online learning platforms which demonstrated how reading could be taught authentically to pursue different purposes.

In the afternoon, teachers were given the chance to put what had been learnt into practice. Teachers had the opportunity to exchange pedagogies via presentations and revamp existing teaching arrangements. By developing effective reading strategies, our future generation is well-equipped to be critical thinkers and life-long learners.

Dr Sze’s unwavering commitment to the professional growth of educators has motivated all English teachers to strive for excellence and inspire our students to be language enthusiasts.



數學科：高階思維課程設計與探究式學習

3月6日本校數學老師在校參加了由曾有娣女士主講的「數學高階思維課程設計及教學策略優化工作坊」。在這次工作坊中，曾女士以專業的角度，將理論配合示例，把5E探究式學習、照顧差異四方法、分層課業三部曲等的教學策略娓娓道來；多元化的教材展示既具體，亦啟發了我們反思並整合現行的教學策略，豐富學生所學。

我們透過兩個實例學習到「有機結合，自然聯繫」。在日常教學中滲入價值觀教育，加強綜合發展學生的共通能力，並可藉著數學學習活動培養學生正面的價值觀和積極

的態度，提升同學在生活中明辨是非、認識公平公正等思考能力。

最後，當然不少得應用所學的機會，我們分組自選一個感興趣的課題作教學設計，並進行討論及分享。各人都積極投入，絞盡腦汁將教學策略和有趣的情景融入教學設計當中。在交流過程中開拓了我們的眼界，同時深化了我們對高階思維培養的認知、激發及落實高效教學策略的新意念和信心，實在是獲益良多。



常識科：STEM 工作坊

是次邀請了香港青年協會創意教育組來校舉辦工作坊，講者安排的內容十分專業和豐富，以不同的活動深入淺出帶出主題。

講者先考驗我們在沒有量度工具的情況下，如何量度不同物品（如球的直徑、桌子的高度等），過程中我們嘗試多角度思考解難，並體驗到一個問題可以多種方法來解答。這熱身活動帶出這次的工作坊的目的是讓我們認識教授學生科學探究的方法，並以學生的角度親身體驗科學探究過程中可能遇到的困難。



工作坊最精彩的部分是小組探究活動，每組教師需為指定的任務進行探究。例如某一組須探究溫度對蛋白酶活性的影響，開始探究前組員先進行討論，商討探究的方法和步驟，以及所需的實驗儀器。每位組員都有不同的見解，經討論後便達成了共識。探究過程中我們想像到學生會遇到的問題，如不懂選用合適的儀器，害怕失敗而遲遲不敢開始動手探究等。即使最後實驗結果和預期的略有不同，但我們已從中領略到規劃科探的要點，以及如何令學生能從探究活動中得到最大的益處。



音樂科：認識傳統粵劇藝術

粵劇被聯合國列入《人類非物質文化遺產代表作名錄》，亦是香港首項世界非物質文化遺產，而學校的音樂課程亦有教授此課題。為了讓音樂老師們對此課題有更深入的認識，本年度教師發展日，音樂科組邀請了研究粵劇的學者兼演員及對粵劇有深入認識的音樂教育系講師到校舉辦工作坊。於同日下午，老師一同參觀香港文化博物館內的粵劇文物館，從多角度去認識粵劇。

講者李勁持女士為音樂老師們分享粵劇演員的心路歷程及工作經驗，對音樂老師探討粵劇文化非常有幫助；音樂教

育系講師王博士向老師介紹不少適合小學教學的劇目，當中不乏內容淺白有趣、正面的例子，可為學生在學習時建立正面的價值觀。此外，王博士建議老師運用中國傳統節日相關的粵劇曲牌作教材，學生除了認識粵劇，又能了解中國文化，以深化對國民身份認同的價值觀。

經過這次的專業發展，老師們尋得提升學生對學習粵劇興趣的點子及粵劇教學新方向。音樂老師希望能將所學到的融入當前的課程中，並與聖保羅學生分享這種粵劇藝術的樂趣。



李勁持女士為老師介紹工尺譜的運用及唱腔特色。



王偉儀教授與老師分析音樂課程。

資訊科技科：智能科技教育體驗

在3月6日上午的行程中，我們資訊科技組首先造訪 AeroSim 公司，這家致力於開發飛行模擬器並提供相關課程的公司，透過飛行模擬器，讓使用者得到身歷其境的體驗飛行體驗。我們當天得以進一步理解它的操作原理和設計概念。這次參訪不僅讓我們對於模擬飛行工具有了更直觀的認識，也深入瞭解他們所提供的多元化課程。接著，我們與 10botics 公司進行了會議。這家公司是一家提供可編程小跑車、人工智能創作和繪畫等課外活動的供應

商。他們展示了多樣化的課程內容和項目，並演示了現有的智能科技教育解決方案。

總體而言，這次教師發展日令我們開拓了眼界。未來，我們將持續尋找適合的科技以促進學校科技教育發展。同時，我們期待更多的交流機會，分享我們學校如何運用科技推動教學，並從經驗交流中一起砥礪奮進。



體育科：舞蹈與運動的創意教學

初小體育課著重基礎活動技能的動作概念，讓學生了解自己的身體及啟發學生的創意思維，體育科於3月6日的科本教師專業發展日，邀請了陳曉玲女士到校舉行工作坊。目的是透過陳女士在創意教育活動的經驗，發掘大家在安排體育課堂內容的創意。

六位體育科老師在美妙的音樂下，踏在地面上的白紙，並獨創不同身體動作，發掘各種身體形態的可能性。然後大家繼續延伸，互相模仿身體形態，同工們出汗也出力，模仿大家動作的過程甚為有趣。及後，大家還分組合作，建

構不同的肢體動作及利用串連的動作表達故事內容。每位同工對於舞蹈的演繹有著不同的感受及意念。

相對較主觀的傳統運動，這個活動讓同工們了解到表現身體動作並沒有對與錯之分。當中的討論仿佛讓同工身處真實課堂中，了解及意識到要教導學生發揮正向思維，學習接納對方的意見，才可在對方的動作中得到不同靈感，達至教學相長。透過這次的溝通和合作，加強了我們團隊之間的默契並增進同工的友誼。



Looking Ahead

Date	Event	Place
8 – 14 Oct 2023	Visit to Beijing High School attached to Tsinghua University	Beijing, China
23 – 27 Oct 2023	P5 Outward Bound	Hong Kong
8 Nov 2023	Primary School Picnic	Hong Kong
12 Nov 2023	Walkathon	Hong Kong
18 – 26 Nov 2023	Student Activities Week - F1 – Outdoor Education Camp - F2 – Historical and Cultural Experiential Learning Programme - F3 – Place-based Education Programme - F4 & F5 – Service Learning / Attachment / Self-organised Programmes	Hong Kong Hong Kong Hong Kong Hong Kong / Overseas
30 Nov and 1 Dec 2023	Sports Days	Hong Kong
2 Dec 2023	Alumni Homecoming Day	SPCC
18 Dec 2023*	Speech Day	SPCC
21 Dec 2023	Carol Service	Hong Kong
12 Jan 2024	F1 Sports Development Day	Hong Kong
31 Jan – 6 Feb 2024*	Visit of students from - Beijing High School attached to Tsinghua University / - Tianjin Nankai High School / - Shanghai Fudan High School	SPCC
23 Feb 2024	Visit to Shenzhen Baoan Middle School (Group) Shenzhen Foreign Languages School	Shenzhen, China

* Tentative

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