

聖保羅書院家長教師會委員會 (2017 - 2018)

第二十四屆周年會員大會於 2017 年 10 月 14 日舉行，大會選出新一屆委員會，名單及職務表列如下：



(左至右)

行一：吳嘉欣老師、梁慧嫻女士、馮慧珠老師、李俊諺先生、鍾王婉霞副校長、馮靜恩女士、歐陽麗妹女士。

行二：王偉豪副校長、黃榮根先生、林昶恆先生、區永德先生、袁經恒副校長、潘維凱老師、歐陽國佐老師、黃嘉智先生。

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| 主席： | 林昶恆先生 |
| 副主席： | 馮靜恩女士 源迪恩校長 |
| 正書記： | 黃榮根先生 |
| 副書記： | 馮慧珠老師 |
| 正司庫： | 歐陽麗妹女士 |
| 副司庫： | 歐陽國佐老師 |
| 委員： | 梁慧嫻女士 黃嘉智先生 江笑珊女士 區永德先生 鍾王婉霞副校長 王偉豪副校長 袁經恒副校長 潘維凱老師 吳嘉欣老師 |
| 義務核數員： | 龔凱茵女士 |

Message from the PTA Chairman

Dear Parents and Teachers,

It is my great honour to be the Chairman of the Parent-Teacher Association (PTA) 2017-2018. Welcome to our big family!

As the PTA Chairman of this prestigious college, I would like to accomplish several goals. It is my wish that in my term, the PTA can continue to facilitate communication between the school and parents, as well as between parents. In addition, I hope the activities organized for parents, teachers and students can fulfil knowledge enrichment, leisure and spiritual satisfaction.

As a parent, I believe that the school is not just a place for my son to learn happily, but also a place that equips him to lead a

fruitful life in the future. Our encouragement, support and active participation are the key to success. Let's work together for the great and the beautiful lives of our children.

"Sometimes if you want to see a change for the better, you have to take things into your own hands." – Clint Eastwood.

Yours faithfully,



Alvin Lam
Chairman
Parent-Teacher Association
2017-2018



2017-2018 周年會員大會

2A 家長 梁慧蘭女士

2017 年 10 月 14 日，一個天朗氣清的下午，柔和的陽光斜照著聖保羅書院的禮堂，在源校長、家長們和老師們的參與和支持下，第二十四屆家長教師會周年大會展開了新的一頁。

過去一年，家長教師會在校方及熱心家長們的全力支持下，舉辦了很多活動。家長們、老師們和同學們都踴躍參加每一次活動，如「聯校家長工作坊」、「學生會步行籌款」、「探訪老人院」親子義務工作、家長講座及研習班等。家教會還協辦了運動會、旅行攝影比賽等活動。上年度更適逢學校 165 周年校慶，家教會更設嘉年華 PTA 攤位。上述各項活動不但加強了學校和家長的聯繫，更促進了家長與學生的親子關係。

本年度的周年大會除了一如以往的學生才藝表演和頒授獎狀儀式外，亦增加了講座環節，由家教會委員林昶恆先生主講，題目為「初中生的金錢態度變化及家長對策」，透過精而簡的分享，帶出學生在成長階段的金錢態度改變及家長面對孩子轉變時該如何應對。

而 2017/2018 度新一屆家教會成員也在各會員的見證下成功組選，新一屆家教會主席由上屆委員林昶恆先生出任。各新成員懷著興奮的心情，坐言起行，全力協助學校、家長和同學們計劃來年活動，期望大家多多支持，享受別具意義、豐盛精彩的一年！



與青春期子女同行——做孩子的人生教練



3A 家長 伍錫漢先生

以上標題是上學年（2016-2017 年度）家教會所舉辦的聯校家長培訓工作坊的主題。工作坊是學年完結前的壓軸活動，一如以往，我們再次跟英皇書院家教會合作，舉辦了是次工作坊。

這次工作坊非常特別，為甚麼呢？因為兩所學校的參加人數突破一百，參加者高達 130 人，遠遠超過前一年（90 人），真是一個值得驕傲的數字！工作坊舉辦當天（2017 年 7 月 8 日）早上傾盆大雨，但絲毫無損參加者的熱誠，他們對子女的關懷表露無遺。

是次工作坊的講者是經專才培訓協會介紹及安排的李慧蘭女士（下稱 Coach Lee）。她真的非同凡響，一開始已給予參加者很深刻的印象。事緣當天早上 Coach Lee 稍遲到達會場，未能預先安裝電腦軟件。面對突發情況，她從容不迫，簡單交代遲到一事，並連忙向參加者道歉，可見其處變不驚及勇於承擔的風範。

Coach Lee 很快就工作坊主題開展了她的講解。她引用了嶄新的「教練學」（Coaching），啟發父母成為孩子的人生教練，發揮孩子的潛能，提升孩子的能力，改善親子的溝通，好讓孩子平穩度過青少年的「反叛期」。

Coach Lee 講述「教練學」有專業的釋義。根據 HKICC，「教練學」的定義是「一種客戶主導的關係」，重點是「引發正面改變」。在工作坊當中，Coach Lee 與家長們相互交流，最重要的是她啟發家長反思一些問題，例如家長和子女的價值觀是否必須相同？在很多情況下，家長是否過早就子女的行為作出批判？家長會否過度受子女昔日行為影響而妄下判斷？Coach Lee 還引導家長們宜多聆聽，多發問，多關懷，多回饋；最後她還與家長分享其對青少年求學時期談戀愛和沉迷電子遊戲等問題的見解。

最後值得一提的是，這次工作坊得以順利進行，實有賴英皇書院和我校校方的鼎力支持，我校源迪恩校長和英皇書院鄧啟澤校長更親臨會場勉勵我們，還有馮慧珠老師的提點、富哥的幫忙，家教會實在不勝感激。



學生會步行籌款暨聖保羅書院基金「綠色午宴 2017」活動

1A 家長 黃榮根先生

2017 年 11 月 11 日 (星期六)，是聖保羅書院學生會舉辦一年一度步行籌款的大日子。當天天氣晴朗，極適宜是次步行活動。所有參加者及工作人員一大早便在學校禮堂集合，出發前大家興高采烈地在學校運動場排列出「SPC」字樣及學校圖案來拍照留念。

參加者大約於上午九時三十分浩浩蕩蕩地起步了。在學生會成員帶領下，大家沿著般咸道、巴丙頓道向第一站龍虎山進發，沿途路線大部分是斜坡，但路面平坦，尚不難行。龍虎山郊遊徑原是一條連接松林炮台的軍路，徑上有不少開埠初期的遺蹟，大家一面徒步，一面欣賞。大家在龍虎山松林碉堡附近的草地稍作休息，然後往山頂方向進發。

大部份小學部參加者轉乘校方安排的交通工具先往聖保羅書院小學集合，而中學部參加者繼續行程，由薄扶林水塘道步行至聖保羅書院小學。本年度學生會更與聖保羅書院基金會合作，特別舉辦了「自助素食午宴」。許多家長、教師及學生踴躍參與其中，大家對素食的味道及菜式讚不絕口。是次步行籌款活動亦在大家的歡笑聲中宣佈圓滿結束。



Annual Speech Day

Mery Monika Auwyang (1E Parent)

The annual Speech Day was successfully held on 8th December 2017 in the evening in the hall of St. Paul's College. The hall was packed with honorable guests, a dedicated principal and staff of the College, beaming and proud parents who were about to witness another milestone as their beloved sons have finally completed their six years journey of their secondary school's life.

It was an evening to remember as about 132 students successfully graduated from the College and were ready to pursue their dreams.

The evening was officiated by Mr. William Francis Ryan as the MC, and the audience was asked to sing the College hymn, followed by an opening prayer by Bishop Emeritus Tsui Tsan Sang Louis and continued with the principal's report. In his report the principal, Mr. Dennis Yuen, highlighted the developments and achievements of the College and the students, amongst other things, including continuing staff development for the teachers, university offers for F.6 students, scholarships, prizes and awards in many different fields received by the College's students, overseas student exchange programmes, PTA workshops, talks and programmes for the students. Next, Honorary Professor Mr. Tsang Yok Sing Jasper addressed to the audience.

Then came the most anticipated part of the evening, the presentation of certificates and prizes to students from F.1 to F.6. VP Mr. Wong Wai Hou announced the recipients of many different scholarships and prizes in both academic and non-academic fields. Following this, VP Mr. Yuen King

Hang read out the names of the F.6 graduates and the certificates were handed to them by Mrs. Tsang Ng Ka Man. The new graduates and winners of the scholarships and prizes proudly took a precious moment of a lifetime to acknowledge their achievements by taking memorable photos on the stage.

The Concert Band also showcased their talent by performing "A Tameside Overture" composed by Philip Sparke. Last but not the least, Bishop Emeritus Dr. Soo Yee Po Thomas gave his blessings and the evening was ended with the college song.

Once again, congratulations to our new graduates, we wish you every success in your future undertakings. Spread your wings as high as you can, give all your best and dare to be all you can be. And don't forget to share your success story with your alma mater to inspire the younger generations.



2F 家長 林和恆先生

本年度家教會很榮幸邀請到陳可勇博士蒞臨本校，與家長、教師和學生分享親子溝通和互相支持的心得。

講座開始時，陳博士先讓所有出席者與身邊認識或不認識的人互相握手問好，頃刻間，本來冰冷、嚴肅的氣氛驟然熱鬧起來，講者更透過這個破冰活動，帶出人與人之間一些早被遺忘的日常行為，如何改變人的感覺和想法。

是次主題為親子溝通，講者不吝與大家分享了自己與兒子的溝通經歷。他又以自己在企業培訓時不少白手興家的老闆們提出的家庭問題為例，探討如何運用輔導技巧，讓家長重溫一些淡忘了的美好回憶（例如與配偶認識、談戀愛、組織家庭及生兒育女等），再由過去回到現實處境，指出身邊一些瑣碎事情（例如雙方的日常生活習慣或教育孩子的方法），往往令大家關係逐漸改變。原來父母在家中不對等的角色，有機會增加衝突，亦令孩子經歷尷尬的處境，從而影響家庭及孩子的健康成長。這些提點帶出了家人關係的轉變是一個過程，亦影響了各方的成長。講者強調如果沒有足夠互相信任和尊重的關係，在管教孩子時，善意的規勸也可能被誤解為怪責，對方接受程度愈低，愈容易釀成衝突。

在一個多小時的分享之中，講者運用一些生活例子，具體地讓大家明白時下父母與孩子的溝通問題。他最後強調，如果能夠加強家人的親密關係，很多親子溝通的問題都能迎刃而解。

在講座尾聲，不少家長把握機會踴躍發問，與講者交流心得。講座完結後，大家意猶未盡，一邊享用大會預備的茶點，一邊討論分享，場面熱鬧！從另一角度看，這不正正反映了本校家長對孩子的關懷和緊張嗎？相信是次講座給大家上了寶貴的一課，讓大家明白了怎樣與孩子相處才是最合適的家庭溝通方式。



2018年4月14日「逆風前航——如何提升子女抗逆力」講座

4B 家長 馮靜恩女士

近幾年家教會都會與香港家庭福利會（家福會）合辦家長講座，今年也不例外。是次主題為「逆風前航——如何提升子女抗逆力」，由家福會資深社工高民惠姑娘主講。雖然關於抗逆力的話題我也略有所聞，但作為青少年的家長，對如何應用、如何幫助子女提升抗逆能力，正是我們所渴求的，因此我也報名參加了是次講座，希望自己不斷學習，增加對青少年抗逆力的認知，也藉此學懂一些策略幫助兒子提高抗逆能力。

高民惠姑娘從不同層面講解青少年所遇逆境的來源。例如從個人層面而言，青少年的學業壓力、備受同學欺凌、與人相處、個人形象或外表、長期疾病、不獲認同等，都是他們面對的逆境。從學校層面而言，父母過份重視學業成績、被同學誤會、取笑、排斥、與同學吵架、升學等，也是青少年所面對的逆境。從家庭層面來說，例如被爸媽責備、與兄弟姊妹相互比較、爭吵、父母分開等，都是他們的逆境來源。

高姑娘指出，青少年在這個成長階段，需要被認同和建立信心，家長宜多鼓勵他們、多認同、多具體讚賞他們，以建立孩子的信心，提升其表現。她又舉例解說當孩子遇到挫折時，家長不應先責備，宜從孩子的角度思考，以同理心回應孩子，並多給予愛和關懷，了解他們的情緒和需要。

高姑娘解釋，父母的語言和行為對孩子的成長影響深遠，而爸爸的角色更是兒子的模範。我們的讚賞（包括身體語言），會帶來極正面的影響。故此，家長宜多留意及讚賞孩子。

要提升子女抗逆力，除了多表揚及鼓勵孩子的表現之外，高姑娘還建議我們多聆聽青少年的感受和意見，多讓他們在生活經驗中取得成功感，從而提升自信心和自尊感。另外，家庭是子女成長的環境，創造安穩的生活環境、提供適當的學習機會、培養正向思維、多角度思考的能力、幽默感等，都有助青少年塑造樂觀的性格，增強抗逆力。

此外，家庭支援就是青少年最強的后盾。家長宜多聆聽孩子的需要，多讓孩子表達感受，正面處理情緒，接納自己的限制；家長也應多關懷子女、運用同理心關顧孩子的情緒、提供一個愛與接納的環境，培養他們正面積極的生活態度，讓青少年身心健康地成長。

講座中高姑娘在本校駐校社工馮姑娘協助下，邀請在座家長參與了簡短的角色扮演，親身體會青少年的感受。期間還有很多家長踴躍提問，高姑娘運用很多日常生活例子加以講解，家長們反應十分熱烈、十分投入，過程笑中有淚。講座後仍有家長意猶未盡，與講者繼續交流。我覺得是次活動主題十分切合家長的需要，希望對家長們有莫大的裨益。我自己則很享受短短兩小時講座，回家後也有很多反思，期待與孩子們一同成長。



Annual Sports Day

Andy Au (5F Parent)

It was a perfect day for sports events on the 13th February, 2018 with a cool breeze and warm sunshine. The loud chanting and enthusiastic cheering from blocks away led me to the Wan Chai Sports Ground. But that was nothing compared to the heated shouting, deafening screaming and occasional drumming sound as I was entering the stadium to locate where the parents and guests were seated.

Like father (mother) like son, the parents' relay teams were not to be outdone. The parents were all ready for their races with their full gears on moments after they arrived. We got 13 parents participating in the parent-

child relay and 2 teams of parents running 4 x 100m relay against the teachers' team. As always, sportsmanship first and trophy is secondary to us, parents. Eventually, the young teachers' team took the honour for once (again?!).

What touched me most was the final scene when athletes of different houses were seated in circles, arms around each other's shoulders, singing the school anthem. I am sure it will become a significant part of their fond memories in St. Paul's College.



「錦田輕鬆一日遊」親子郊遊

2B 家長 黃嘉智先生

三月二十五日，天氣晴朗，正是郊遊踏青的好時節。

大清早，家長和學生們陸續抵達學校禮堂，準備參加家教會舉辦的年度旅行。我們一行 80 多人準時出發，分乘兩輛旅遊巴士前往目的地。沿途專業的導遊介紹了香港別具特色的建築物。雖然我們居於香港，但平日生活忙碌，不會太在意建築物背後的故事，今次又「長知識」了。

第一站是位於元朗的菠蘿園，聽畢工作人員介紹，大家自由觀賞，有的拍攝園內不同的景色，有的品嚐新鮮的菠蘿、菠蘿雪糕，悠閒自得地享受大自然。

之後我們到流浮山享用海鮮午餐，席間還進行了抽獎活動，氣氛熱鬧。飯後當然少不了逛逛著名的流浮山大街，買些海味乾貨、特色小吃回家。

最後我們到達錦田鄉村俱樂部，大家各適其適，有的摘士多啤梨，有的騎單車，有的放風箏，有的到處欣賞風景……我們更在回程時看到美麗的落霞，為這愉快的一天畫上完美的句號！



Message from the Principal

We are the champions!

At the time of writing this newsletter, the most talked about and exciting news in SPC is not the royal marriage, but rather our Chinese debate team being crowned champion in the grand final of the 33rd Hong Kong Sing Tao Debate Competition, the victory being the fruit of the team's labours after three years of toil and sweat. Led by our alumnus-teacher Mr. Tse Shing Ngat, ably assisted in coaching by a number of alumni, and supported by the whole St. Paul's College and St. Paul's College Primary School community, our students brilliantly delivered this crowning achievement. We are proud to say that this achievement is entirely made in and by the staff and students and alumni of St. Paul's College.

We thought 2017-2018 would be a quieter year after our 165th anniversary celebrations, but it has turned out to be just as eventful.

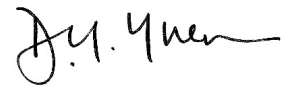
Parents who have been following the development of the College will know that we are embarking on an ambitious Campus Enhancement Project that will give SPC students the best resources and facilities now and in the future. It has been well over 50 years since SPC moved to Bonham Road. Although there have been many changes since then, our facilities have really not changed greatly since the buildings were erected in the 1960s. It is time for us to transition to a different mode of learning incorporating smart technology for smart students. The first phase of enlarging and upgrading all our classrooms has already started and we envisage that the entire project, costing approximately \$400M, will be completed in four phases. We hope the whole SPC community (students and alumni, teachers both past and present, parents and friends of the College) will partner with us and assist us financially to make the project possible. We do not, as some schools do, levy a building fee onto our school fees. We would prefer not to do so. We rely on the generosity and public spirited nature of our families and alumni to help us in time of need. I am sure that together we can make a difference and together we can create change.

2017-2018 is also significant in that we have entered the third year of the school development cycle. Throughout this year, we have been doing a lot of evaluation and

planning in preparation for a school development plan for 2018-2021. This process has now been finalised. This is certainly an important document as it sets out the direction that the College will take in the next three years. I hope to take the opportunity of our first PTA Annual General Meeting in the coming October to personally explain the plan in detail to all parents. Meanwhile, let me give a quick preview here of the targets that we set for ourselves for 2018-2021:

1. Equip teachers with a wider repertoire of teaching strategies
2. Foster autonomy in learning
3. Develop a collaborative culture
4. Create an atmosphere of innovation
5. Incorporate the 5Cs (Collaboration, Communication, Creativity, Critical thinking and Citizenship) into the curriculum
6. Promote healthy living among students and teachers
7. Work towards a caring and compassionate SPC community

As we say goodbye to 2017-2018, I would like to take this opportunity to thank all the dedicated teachers for another year of hard work, and to salute our parent community for their unwavering support. We are all looking forward to another exciting year ahead as we set new goals and scale new heights!



Yuen Dick Yan, Dennis
Principal



編輯小組成員

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