



聖保羅書院家長教師會

St. Paul's College Parent Teacher Association

香港般咸道69號 PTA Webpage : www.spc.edu.hk/pta/

會訊

二零二零年七月
第二十八期



聖保羅書院家長教師會委員會(2019-2020)

(左至右)

行一：

王偉豪副校長、何潔雯女士、黃榮根先生、源迪恩校長、
鍾王婉霞副校長、馮慧珠老師。

行二：

譚夏琪女士、陳曉波女士、黃家麟先生、袁經恒副校長、
潘維凱老師、歐陽國佐老師、何靜女士、杜佩珊女士、
吳嘉欣老師。

第二十六屆周年會員大會於 2019 年 12 月 14 日
舉行，大會選出新一屆委員會，名單及職務表列
如下：

主席：	黃榮根先生
副主席：	黃家麟先生 源迪恩校長
正書記：	陳曉波女士
副書記：	馮慧珠老師
正司庫：	何潔雯女士
副司庫：	歐陽國佐老師
委員：	譚夏琪女士 杜佩珊女士 葉穎思女士 何靜女士 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：	徐志豪先生

Message from the PTA Chairman



Dear Parents and Teachers,

On 14th December 2019, I took over the great honor as the Chairperson of SPC PTA and instantly started to work closely with the Standing Committee Members to plan activities and perform the roles and responsibilities of PTA. I sincerely thank all the stakeholders for their immense support and trust in me and my Committee Members. Hong Kong has unfortunately been ravaged by COVID-19 since early this year. Despite that, we didn't suspend our work on organizing events and activities, like Service Day which was originally scheduled in February. Though it was finally cancelled, the team had put a lot of effort into preparation work, such as visiting the venue and discussing with various social welfare organisations. Besides, we also care about the learning arrangements for students during the school suspension. We have been liaising with parents and discussing ways to enhance students' learning from home. It has always been our firm belief that despite all the challenges ahead, we will overcome everything as long as we are united. In April, we organized a joint video conferencing workshop for parents on managing emotions amid COVID-19 pandemic with the PTA of our primary school, SPCPS. A lot of positive feedback was received from the participants. To prepare students for school resumption, PTA sponsored all students a sanitary kit and liaised with the school on class resumption arrangement.

Last but not least, I would like to take this opportunity to thank everyone in the College – teachers, parents, parent volunteers and the school's senior management team for their longstanding support and guidance for the PTA, and most importantly our amazing boys. We sincerely hope that PTA will continue to act as a channel to establish rapport between school and parents.

Let's stay safe and help each other to stay healthy during this exceptional period.

Best Regards,

A handwritten signature in black ink, appearing to be 'Thomas Wong', written in a cursive style.

Thomas Wong
Chairman
PTA 2019-2020

聯校家長培訓工作坊



29/06/2019

理論與實踐兼具 掌握溝通密碼

李陳曉波（中三戊 李承霖家長）

聖保羅書院與英皇書院合作無間，聯合舉辦家長培訓工作坊多年，今年的舉辦地點是友校的禮堂，家長亦一如既往約有 90 多人參加。

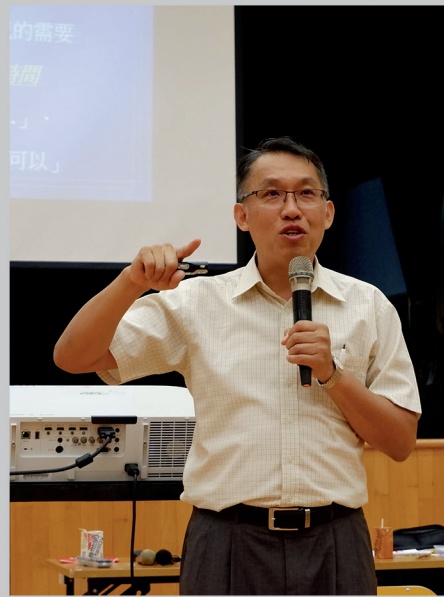
今年的講者，余國健先生在「心靈階梯」擔任總監，亦在香港中文大學及香港教育大學兼任客席講師。由於余先生育有兩子一女，更有五年當上「全職爸爸」的經驗，所以對養兒育女頗有心得。在整個工作坊中，笑聲不斷，特別講到兒子在青少年時期對父母的反應，或者父母在同一事件上處理男孩或女孩的不同想法及態度，都令全場家長啞然失笑。

這次工作坊以家長如何掌握溝通的密碼為主題，利用小組練習來實踐四個溝通技巧，包括：

1. 以回應代替反應
2. 以觀察代替評價
3. 以尊重代替服從
4. 以請求代替要求

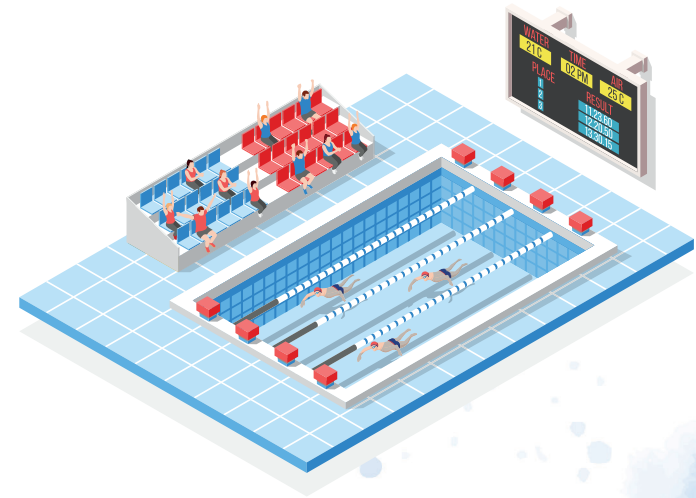
即使工作坊家長們都互不相識，但通過有趣的討論後，小組練習時大家都非常投入。

2019 的聯校家長培訓工作坊也成為我第一年在聖保羅書院家教會工作的最後任務。我也非常期待 2020 年的聯校家長培訓工作坊，因為屆時將由正向家長學院與我們探討——「青少年的真正需要是什麼」。



水運會決賽日

12/09/2019



難忘的水運會

黃嘉智 (中四丁 黃正佑家長)

2019 年 9 月 12 日是學校的水運會，我十分榮幸有機會去觀看賽事並參與頒獎典禮。

當日現場的氣氛十分熱鬧，猶如置身奧運會場館一樣。參賽者人人鬥志昂揚，爭取佳績；同學們熱烈地為自己的所屬的社歡呼打氣，我覺得自己仿佛回到了中學時期，很多很多年前，自己也是當中的一份子呢！

當天，運動員的拼搏精神令人難忘，啦啦隊的全情吶喊令人難忘，但最令人難忘的是賽事尾聲，學校為全體同學送上雪糕，以實際行動來激勵同學，為同學加油。這簡直是最令人興奮難忘的時刻！



陸運會決賽日

24/09/2019



《2019 運動會決賽日》及 Cheer-Up Cookies

馮靜恩 (中五甲 岑雅博家長)

今日出席了聖保羅書院一年一度的陸運會，看見六社同學積極參與各項比賽，健兒們在田徑場上發揮體育精神，為各社努力創造佳績。看台上彩色的旗幟隨風飄揚，啦啦隊的同學力竭聲嘶，用盡各樣方法為社打氣，運動場內充滿歡樂氣氛。我十分榮幸能夠參與今天的盛事，亦被場內的氣氛所感染。

家長教師會是學校與家長溝通的橋樑，作為家長教師會的一份子，我們也非常關心各位同學和教職員。我們希望藉着一個名為「Care Our Student, Care Our School」的小行動，贈送兩塊別緻的曲奇餅乾給場內的學生、教職員及家長。希望他們能夠在陸運會後補充體力，同時也藉此勉勵大家繼續為自己的目標奮鬥，如腓立比書上記：忘記背後，努力面前，向着標竿直跑。並且希望大家繼續發揮聖保羅「人為人，我為人人」的精神！



第二十六屆周年會員大會暨家長教育講座

14/12/2019

掌握溝通技巧 親子相處和諧

杜佩珊（中一丙賴舜暉 中一己賴舜銘家長）



今年我參加了學校舉辦的「當子女說你好煩——機不離手篇」講座。在講座中，我學會了一些和子女溝通的技巧。

首先，先了解子女的情感。很多時候家長都會先講道理而忽略了與子女談情感。我們會忘記對子女的同理心，其實孩子需要被明白、被聆聽。當我們急著講道理時，子女往往都會很快「落閘」（終止對話）。其實只要我們由情感出發，就可以令對話持續下去。當然在溝通時家長需要情緒平和及行動堅定。

其次，講者也建議家長們恩威並施：

- （1）能夠放手，讓子女在失敗中嘗試；
- （2）能夠「說不」，讓子女信守承諾。

按照以上的步驟，我們就可以先透過情感的溝通了解孩子，繼而訂立協議和執行協議，最終他們會懂得自律。

另外，透過講座，我也了解「青少年喜歡打機是抽離還是逃避」的背後原因。原來透過打機他們可以處理壓力；在網上認識不同的人，正正是他們想要「社交」；打機有排行榜，令他們有成就感。因為他們需要這些滿足感、能力感，來達至自我肯定和見到自己進步。

的確，多了解子女的「為什麼」，可以令親子相處更和諧。



17/12/2019

了解網絡危與機 建構親子好時機

杜佩珊 (中一丙賴舜暉 中一己賴舜銘家長)

在「網絡危與機」的講座中，我們驚覺電子生活模式年齡中位數的開始，竟然是十八個月的幼童！小朋友們可能都喜歡玩不同的網絡遊戲，和其他人組隊玩，也可以自己玩，他們都很陶醉於網絡遊戲上的成就感。因此，家長要留意兒女是不是沉迷上網。

專家提到 1996 年美國哈佛大學教授 Howard J.Shaffle 提出了 3C 的概念：

- Craving 當事人被強烈渴望驅使
- Loss of Control 嘗試停止但不斷失敗
- Continued engagement despite adverse consequences 明知道有嚴重後果仍然繼續去做

大家可以採用「3C」來檢視自己和身邊人，是否沉迷某些事物或活動，形成了癮。



青春期是處於自我認同、自我概念和團體歸屬感的社會心理發展階段。長時間打機，家長們都擔心兒女荒廢學業。事實上，家長更應該留意他們玩遊戲時，可能會洩露了個人位置，姓名及密碼等，又有可能幫同伴付課金。

家長需要教育兒女，瀏覽網絡不是唯一減壓的方法，亦不應過份依賴上網來舒壓。專家強調沉迷上網的影響：包括睡眠不足（影響專注力，認知功能，記憶力減退，反應遲鈍）、影響視力，導致眼乾（如果在黑暗中玩手機，可致燒壞眼睛黃斑部）甚至影響發育（運動量減少，對骨骼及身體發展會造成損害）。

專家建議我們和子女商量，每次玩遊戲的時間。多和子女閒談，有助協商每天上網的時間，家長亦宜以身作則。

疫情下的情緒釋放視像工作坊

25/04/2020

FIGHT Together

情緒釋放 身心健康

葉穎思 (中二甲 高議烽家長)

新型冠狀病毒在全球蔓延，學童停課，家長們經歷著子女在家進行網上學習的困難，因此面對很大的壓力，情緒難以釋放。一家人長時間留在家中，容易產生摩擦，感情生變。有見及此，聖保羅書院小學家長教師會安排了一個主題名為「疫情下的情緒釋放」的視像工作坊，讓中學及小學的家長們一同參與，學習如何妥善地把情緒釋放。

這次講座的講者為「正向家長學院」的營運總監——梁辰民先生。梁先生說話風趣幽默又有深度，運用了很多活生生的例子去教導我們如何有效地與負面情緒溝通。我很欣賞梁先生講解關於「怎樣把情緒壓力轉為動力」的部分。他運用了正向教養的方法，讓我們明白到只有學會接納自己的負面情緒，才能自我調節和控制事情不再往更壞的方向發展。

父母的精神及情緒健康對子女的認知和情緒發展有莫大的影響。從今天起我們嘗試多了解他們的想法、多溝通，快和子女做個朋友吧！

家教會「疫」境同行 情緒釋放工作坊

黃榮根 (中二乙 黃子泓家長)

本年度家教會因新型冠狀病毒疫情影響，原本訂下的活動及節目或取消或延期。疫情打亂了我們的生活秩序，為了預防疫症透過校園傳播，保障同學的健康，學校暫時停課以減低感染病毒風險，部分家庭或多或少在情緒上受到影響，因此中學及小學家教會於4月25日上午，共同舉辦了「疫情下的情緒釋放」視像工作坊。

此視像工作坊由「正向家長學院」梁辰民先生主講，由聖保羅書院小學家長教師會資助，參加之家長費用全免。在工作坊進行期間，大家透過會議軟件向梁辰民先生發問，而梁先生作出了既實用又有趣的回應。

在一個半小時的活動中，梁先生分享了多個範疇的資訊及心得，有效地傳遞「如何有效與負面情緒溝通」，「怎樣把情緒壓力轉為動力」，「如何協助家人釋放情緒」等技巧，令出席者獲益良多。工作坊完結後，不少出席者都留言讚好，覺得滿載而歸，並感謝家教會舉辦此次活動。

期望大家出席過這視像工作坊後，都以積極的態度迎接及面對各種情緒上的挑戰和困難。祝大家戰勝疫情，身體健康。

努力面前 展望明天

曾綺萍 (中三丁 黃恩慈家長)

自1月以來，新冠肺炎考驗了學校、家庭與學生的應變能力與智慧。年輕人由每天回校上課的規律生活，戛然而止，一下子回到孩童時代，整天留在家，由家人無微不至的照顧。也跟同時跟在家工作的父母前所未有的全接觸（即便想躲也躲不了！）。

在停課的首數星期，大家都抱著觀望的態度，留家的日子還沒規劃。幸好 eclass 適時出現，讓年輕人有所寄託，也讓他們重新與學校、老師和同學聯繫起來。每天的網上課堂仿佛是特定的約會，早上鬧鐘一響起，年輕人隨即裝備自己，準時並嘗試精神抖擻的在電腦面前出現。

網上課堂不單為「頓失依靠」的日常生活帶來契機，也加強了學生的存在感和責任感。在準備上課及處理下課後的功課時，看到年青人對學習的重視和珍惜，以及對未來復課的期盼。

特別一提的是，家長同時因留家工作，遇到網上開會技術困難，身旁的年輕人尤如電腦專家，彈指間已為家長解決疑難，是疫情中不經意的溫情。

雖然在家學習有它的好處，但這始終只是一個臨時的安排。人類是群居的動物，人與人之間的接觸和感情昇華，豈是網上同行所能比擬的？在家學習比在課堂學習更講求自律和專注，課堂時間和內容有所調整，老師和同學間減少了互動，也影響了學習的趣味。在新冠肺炎的威脅下，學校已很努力為學生安排網上學習，雖然受制于天時，但最終不減人和，大家終能在5月回歸校園！

「疫」來順受

劉譚夏琪 (中一乙 劉展滔家長)

這是一個很不一樣的學年。充滿不安，充滿挑戰，每一個人心裏像有一層薄霧，灰灰濛濛，看不清，摸不透。

農曆新年，一個充滿快樂嘅節日。政府突然宣布，因有一種新冠肺炎在我們鄰近的都市蔓延，香港進入一個史無前例的境況，假期後，學校停課，上班的也要在家工作。大家如臨大敵，到處張羅防疫用品。不過，留在家裡的時間多，可以放慢腳步，享受慢活，多關心身邊的人，留意身邊的事，似乎又「焉知非福」。

有「失」必有「得」。不用上學，不用上班，每天跟兩位公子談天說地，互相鬥嘴。一家四口，一齊玩撲克牌、玩無聊遊戲、打麻將甚至看電影。一齊看周星馳的「無厘頭」電影時，大家都會笑得人仰馬翻。生活原來很簡單，不須買昂貴的物品，不必吃珍饈百味，開開心心跟家人一起分享開心的事，關心及問候你不開心的時候。

以前生活忙忙碌碌，週一至週五就上班，週末週日遊走於不同的補習班。沒有太多時間可以跟他們談天說地，笑看風雲。這段時間，換來的「得」比「失」多。

E-Class 得與失



在「疫」境中成長

陳靜儀 (中二丙 陳皓朗家長)

自疫情停學，再開始網上課堂，從以往由早上至下午定時的密集課堂，到現在一日兩至三堂，明顯看到孩子是輕鬆了。縱然有時孩子因「唔知醒」而缺課，這點正正可讓做父母的我們與孩子傾談「責任」的話題。

孩子因為在家學習，在家的時間多了，也因而自學了結他。

孩子在家的時間多了，作為父母的我也學習了「放手」，感受到只要信任孩子，他是感覺得到，他便會好好與父母配合，一家人的關係更緊密。

至於失去的，我認為是老師與學生、同學與同學之間的互動減少了。但我相信未來的日子，會回復以往一樣。

傳統的教育模式是時候改變？科技日新月異，網上教育已不是今天才開始，只要孩子肯踏出第一步，知識永遠是無窮無盡的。



疫情下，家長、老師戴著口罩開常務委員會會議。

COVID -19 Impact on ST. PAUL'S COLLEGE Turning Crisis into Opportunities

Ho Ching Jennifer
Parent of Leung Frank Tsz Yuet (F.5D)

During the lockdown due to the outbreak of COVID-19, both students and parents were forced to stay home. It has created a golden opportunity for our SPC boys to learn at home without physical contact with their classmates and teachers. And many parents alike experienced working at home for the first time. The lockdown also created challenges and opportunities. It opened up a new model of teaching and learning. For students, it was a challenge to stay connected with their classmates and teachers. Owing to the advancement of modern telecommunication technology, both SPC students and teachers fully utilize various learning platforms and apps to stay connected and keep learning. Also, all credit to SPC teachers for uploading learning materials and worksheets, continuing to conduct discussions with students, and allocating assignments to ensure that our boys make the best use of their time to learn at home.

The school's effort in making early and effective arrangements regarding students' learning was evident. For instance, F.5 LS and Math teachers have been uploading materials and setting deadlines for assignments since early February, with all sorts of online quizzes to assess students' learning outcomes. I observed that my son was busy attending online classes, answering questions, completing his homework and studying for uniform tests. Far-sighted, the school prepared to arrange online teaching for F.5 History class as early as January. Despite the lack of face-to-face interaction with classmates and teachers, the school has continued to offer quality education and support our boys as much as possible during the school suspension.

We sincerely appreciate the school's excellent management and teachers' enthusiasm in teaching, which enable our boys to keep learning, practising effective time management and independent learning.

Hope all our boys will continue to strive their best against all odds.

E-Class
得與失

Message from the Principal



The Year of Many Firsts

While 2019-2020 may be an *annus horribilis* for the education sector in Hong Kong, one that is often too painful to remember, we choose to look at it as the year of many firsts for St. Paul's College.

It was the first time the College and the Parent-Teacher Association (PTA) treated all students to ice-cream in the Swimming Gala and cookies in the Sports Day Finals. The first time that these sports events were as sweet as they were fun!

It was the first time the College provided over 1200 lunch boxes free for all the students and staff on a day in November when going out for lunch was not an option because of the challenging situation in the area. A first in logistics when all the roadblocks and traffic disruptions made delivery nearly impossible.

It was the first time, in a departure from tradition, that we held our graduation ceremony in the daytime for our 2019 graduates, a fitting arrangement indeed for a very bright class! A first without teachers in gowns and the orchestral march!

It was the first time that the Form 6 Internal Examination was conducted, submitted and marked online. A first in the use of technology in examination!

It was the first time that shortlisted candidates for Form 1 admission submitted video clips instead of attending face-to-face interviews. A first in oral competency evaluation!

It was the first time that all lessons, including Form Teachers' periods, were conducted online using Zoom or other online learning platforms. A first for form teachers to check on students by a computer monitor, not by a class monitor!

It was the first time that we had our Easter service online for all members of the St. Paul's College community and the hymn 'Day by Day' sung by our Music Master Maestro Emeritus, Mr Raymond Fu. Sadly, a first without the rousing 'Thine Be the Glory' as our recessionary hymn!

A learning opportunity for both teachers and students

What gets us through such trying times is the ingenuity, resourcefulness and adaptability of the College staff in responding swiftly to ever changing circumstances. It is this can-do spirit and optimism that is embodied in the proverbial phrase "when life gives you lemons, make lemonade". It is also this positive mindset that helped us complete the External School Review successfully in December, at a time when we were already emotionally bruised and battered after months of social unrest.

And above all, we hold our Christian values firmly in our hearts. Alone we may feel helpless, but together we shall find strength in the power of prayer and in the Lord. There are trials and tribulations in life but we know who holds tomorrow. The outbreak of the pandemic in an increasingly polarized world is a stark reminder of our common humanity - we are all humans vulnerable to the same kind of infectious diseases and our differences are indeed very small.

Looking ahead - 2020 and beyond

St. Paul's College has always been a school with a mission and our goal is to keep improving. Discussions have been underway to take stock of what we can learn from our experience this year so that we can do some strategic planning beyond 2020.

In keeping with the theme of firsts, next year will be the first year that students in Form 1 will embrace the BYOD (Bring Your Own Device) mode of learning, wherein all Form 1 students will have an iPad, keyboard and Apple Pencil. Senior students in Form 4 to Form 6 are encouraged to bring their laptops or tablets to facilitate their learning.

Our fundraising efforts will continue as we are committed to enhancing the facilities we provide for future generations of Paulines. We are also committed to making available to all students, regardless of their socio-economic background, the opportunity to access the SPC education that we provide. Hence, efforts have been made to set up an endowment fund to honour our pledge for affordability, both for prospective students and for existing students whose family circumstances have changed.

In charting our course forward, we certainly welcome any suggestions and input from our parents to obtain a collective view of our Vision 2020 for St. Paul's College.

A handwritten signature in black ink, reading "Yuen Dick Yan".

Yuen Dick Yan, Dennis
Principal

編輯小組成員

家長

葉穎思女士（總編及製作）、黃榮根先生、黃家麟先生、陳曉波女士、何潔雯女士、譚夏琪女士、杜佩珊女士、何靜女士

顧問老師

姚瑋老師、許明儀老師、陳奕珊老師、袁詠欣老師、馮慧珠老師

