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## Message from the PTA Chairlady

主席的話



## What a Challenging Year!

Dear parents/guardians,

The atmosphere was very tense in the month of May when Form 5 students were fighting hard in the Hong Kong Certificate of Education Examination. Pressure is extremely high on them under the title '末代會考生' (The Last HKCEE Candidates). Let us pray for them to have the courage and strength to enter the new era of their life.

The end of the school year is approaching. I would like to share with you the activities that we have organized.

- ☺ Swimming Gala - Participation in the Father-Son 2 X 50m Relay
- ☺ Sports Day - Participation in the Parent-Teacher 4 X 100m Relay
- ☺ F.1 Parents' Networking Night
- ☺ A sharing session with Primary 6 parents and students from St. Paul's Primary School
- ☺ Publication of the PTA Newsletter (Volumes 16 and 17)
- ☺ Seminar by Miss Blanche Tang - "To Befriend Your Child"
- ☺ Outing to the Science Park, Tai Po Shuen Wan Golf Club and Strawberry Farm
- ☺ Voluntary Service at the Rehabilitation Centre, The Hong Kong Society for the Blind
- ☺ F.5 Parents' Networking Night
- ☺ Joint School Workshop for Parents - "Enneagram (九型人格)", upcoming in July

The talk on communicating with our children by Miss Blanche Tang was very fruitful to the parents and they were charmed by her performance. In July, we are going to have Mr. David Leung, our vice-chairman to share with us his professional knowledge. Mr. Leung is an expert in Neuro Linguistic Programming (身心語言程式學) and Enneagram (九型人格). The whole-day parent workshop is jointly organized by the PTAs of St. Paul's College and King's College and is on the fourth run. Mr. Leung will give us an introduction to Enneagram, an effective method for self-understanding and self-development; and ways of applying the techniques to help the development of our children.

Thank you very much for all of your participation and contribution, in particular the parents, support from our principal Dr. Kennard and the teachers, and efforts from our PTA committee members.

Wish you all an enjoyable summer holiday!

Best regards,

Josephine Chan

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日期：2010年3月21日（星期日）

## 【大埔船灣哥爾夫球場、科學園黃金蛋】

### 親子郊遊活動

# 活動回顧及分享

28家長 陳慧敏



二〇一〇年三月二十一日，我與小兒參加了由聖保羅書院家長教師會舉辦的親子郊遊活動。是日風和日麗，正是郊遊的好日子，雖然是星期日，但想不到竟也有二百位學生與家人參加，把學校禮堂都差不多擠滿了。



柏麗高爾夫球會



我們的第一站是大埔船灣哥爾夫球場，球場佔地數萬平方米，共有球道一百五十多條。六至八人一組共用一條球道，經專人指導，在球道上親身體驗揮杆之樂。大孩子、小孩子、爸爸、媽媽，人人都努力以赴，擺好球、分腿站、提起杆、轉身打，球兒不知飛往哪兒去！

運動之後最好是能一飽口腹之慾，於是，我們乘車往沙田龍華酒店享用乳鴿午餐宴，當然馳名的龍華燒乳鴿，香滑山水豆腐花及多款菜餚是少不了。酒店外貌數十年如一日從來沒有很大改變，我小時候初來見到的孔雀還在呢，而乳鴿依舊香味撲鼻、皮脆肉嫩。

龍華酒店  
LUNG WAH HOTEL



午宴後我們來到位於沙田的香港科學園，便立即在黃金蛋之前合照，可是人太多，只有分開四組拍照留念。然後我們去演講廳觀看一段介紹科學園的電影，再由導賞員帶領參觀介紹電路版的集成電路中心，及介紹光纖通訊等的光電子中心。我們有幸還遇上理工大學自行研製的環保電動車「My Car」展覽。學生與家長都增添了不少環保汽車工業的知識。



最後，我們浩浩蕩蕩前往有機士多啤梨園採摘士多啤梨。可惜去得太晚，園內只餘下指頭般大的果實。幸好農場出售新鮮的番茄與美味的花生，我們總算有另類收穫，不枉此行。



## 「同子女做friend」講座

2E家長 梁天豪



PTA PARENT  
EDUCATION SEMINAR  
23.1.2010



不能建立有效的溝通，所有的親子技巧都是徒然的，面對急速發展的社會，青少年吸收資訊的速度之快，遠在我們家長想像之外，在面對世界改變的同時，我們要重新學習與子女相處之道，作為新一代的父母，我們明白上一代的溝通方法，確有不足之處，但我們又如何掌握新方法，幸好坊間有各種不同界別之專家的親子技巧，當中不乏指路明燈。2010年1月23日，聖保羅書院家長教師會有幸邀請鄧蕓霖女士蒞臨本校，與各家長分享其親子心得。鄧蕓霖是一位資深電台節目主持人，現主持香港電台親子節目「訴心事家庭」，熱心推廣親子教育。當日有百多位家長和老師出席，期望能學得一招半式，大部份家長都認同「同子女做friend」的說法，但知易行難，我相信只要有堅定的決心，加上我們對子女的關愛，我們必能達成目標。鄧蕓霖女士於席中演講風趣，她舉出了很多生活上的例子，令我們更易理解；鄧女士既能表達過來人的心路歷程，又能提醒家長為人父母之道，使我們一眾家長獲益良多。會後更有答問環節，家長們踴躍發問，鄧女士都一一用心回答，遺憾的是時間所限，部份向慕者未能提問。最後更有鄧蕓霖女士著作簽名會，家長反應熱烈，大部份家長都人手一書。到底與子女有效溝通，是否真的很難，其實只要我們多加留心，多加注意，不難加深對子女性格的了解，只要多尊重，多讚許，多聆聽，自能做到與子女有效溝通，實現「同子女做friend」的目標。



日期：2010年4月17日（星期六）

## 親子義工服務

5A家長 梁鄭麗香

在【好玩無限嘉年華】的開放日當天，家長擔任導遊帶領視障人士到各攤位準備，而學生則負責引導視障人士玩遊戲，攤位遊戲包括拼圖、井字過三關、曲奇製作、拍賣及義賣籌款等活動。

由於是次活動是需要給予視障人士清楚而準確的指示，需要很大的耐性和清晰的說話演繹能力，所以對於首次接觸視障人士的學生和家長來說是一項很大的挑戰，再者，我們從互動的活動中察覺到視障人士在遊戲時，他們的專注力、記憶力、推動力、領悟力，實在高超，令人驚訝，我們真的要好好向他們學習啊！

在這兩天的義工活動中，有家長向我表示在他們心目中孩子是很幼稚和依賴。透過這次活動，他們才明白孩子是如何的有能力、主動和積極地幫助別人，這對他們來說是一種意外的發現。而我也感同，通過義工活動孩子才漸漸提升自我的價值觀，明白到社會上不幸的一群是需要他們幫助的，希望他們將來能夠回饋社會。

青年人是社會珍貴的資源和動力，他們擁有青春，活力和幹勁！只要有合適的訓練和服務機會，他們定能成為富責任感和有承擔能力的社會新生代！



當義工是一種出自愛心的行為，是一種發自本性的活動。

今年4月17日本會義工組參加了盲人輔導會舉辦的【好玩無限嘉年華】活動。這次活動以學校作橋樑，由父母作領航，讓孩子親身體驗，走出課室實幹地學習專業的義工技能，伸出援手幫助失明人士，從而讓學生們在書本以外得到更多的生活體驗，得以全人成長，提升自我價值和認同感，在德育及公民教育中建立正確的價值觀和態度，服務社會。

「嘉年華」前一星期六（4月10日）舉辦了特別訓練課程。當天，家長與學生除了參觀盲人輔導會設施外，還利用半天的時間學習定向行走的「引路法」，包括上落樓梯、乘坐電梯等等，這都是協助視障人士的基本技巧。





## 親子義工服務

1C家長 李梓熙

在2010年4月17日我帶同兒子和讀小學的女兒一起參加由家教會舉辦的親子義工服務，之前我們一家也曾經參加過一些義工服務，例如探訪獨居老人及探訪老人院等等，但這次的對象是視障人士，跟以往不同，希望藉此讓我們的子女體驗不同的生活，身為家教會委員之一，當然一定會支持啊！

當天大會安排每位家長和學生負責不同的工作崗位，我和小女擔任導遊大使，負責帶領學員去參加各項攤位遊戲、購買美味小食或唱卡拉OK，而小兒則負責在精品店協助學員購買有需要的用品，起初看見兒子對這崗位工作不是很滿意，又不投入，到後來見他由大會的工作人員帶領之下做得非常投入，還非常熱情地介紹各項用品給學員購買，

這個態度上的改變令我印象深刻，看到小兒透過這次義工服務，讓他明白自己是多麼幸福，希望他多關懷社會上殘障人士，身體力行去幫助他們，對社會作出貢獻。

## 義工心聲

1B學生 陳俊滔

參與是次活動原意是想小兒多接觸不同的人，但後來發現自己的收益更多。在【好玩無限嘉年華】舉辦前一星期，家教會委員兼義工組召集人CONNIE協助香港盲人輔導會復康中心安排我們一班義工上了一次特別培訓班，這次培訓內容是讓我們認識到如何與視障人士相處，就是把他們看作普通人，特別的地方是他們是用心、用耳、用觸覺去「看」。

所以我那天在協助他們做曲奇的時候，由於他們看不到導師如何搓麵粉，我便嘗試在他們手臂上搓揉，讓他們感受那力度及方法，聰明的他們馬上領悟到，還搓出連導師也讚不絕口的粉團呢！焗出來的曲奇當然也好吃得令人垂涎。

我當天的第二項任務是當導遊大使，帶他們買東西及參與攤位遊戲，其間我遇上了一位女士，但我全不察覺她有視障問題，因為從外表是完全看不出來的，但當她向我露出腴腆的笑容時，我才知道她需要幫助，和她相處了一會後，知道她原來是因視野缺損而只能看到事物正中心的一小部份。

一向以來，我們都只對身體有缺陷的人士產生同情心，卻對他們高超的能力視而不見，那天我看到了，我更從他們身上學會了善用自己所擁有的來補足自己的缺陷，我現在更經常提醒自己要用心去看這個世界。

2A學生 周浩新

在這次的視障人士輔導服務中，我負責讓視障者玩他們平常很難下的康樂棋，難下的原因是因為平常的康樂棋是用一些凹點的骰子。人的手指不能摸得清楚，而在輔導中心用的那些骰子，都變成凸出來，因此，他們憑觸覺就可以找出路線，而我則負責提點他們棋子的前進或後退，使到他們可以體驗到下康樂棋的樂趣。有些獲勝的不以為樂。相反，輸掉了的卻很開心。他們玩了很多次仍想繼續玩，所以同一個遊戲，不同的處事態度，也有不同的體會。

日期：2010年5月27日(星期四)

中五家長黃昏茶敘

每年家教會都會舉辦中五家長黃昏茶敘，而今年的中五學生將會是香港中學會考最後一屆的畢業生，因此家教會透過今次的敘會，邀請校長、老師及社工共

同為家長提供中六收生程序、本地/海外升學或就業的資料，和解答疑問，今次還邀請了一位中六同學分享他放榜前準備和放榜後出路抉擇的經驗，讓家長們可互相交流，分享心得。並藉此予貴子弟在放榜前後有適當的心理準備和一起去面對放榜時的壓力。

其實，盲人的人生就和我們的人生一樣，有很多的事，我們都不知道結果。只不過我們平常覺得很容易的事，他們卻因身體殘缺而令他們更需要別人的輔助，所以不要歧視視障人士啊，我們是要關懷他們的！



# Principal's Message

## 校長的話

In April 2010 I visited the United Kingdom (UK), along with other Principals of Hong Kong Direct Subsidy Scheme Schools Council (DSS) schools in Hong Kong. The purpose of the visit was to view new schools established under the Building Schools for the Future project. These schools, funded by the UK government and the private sector, offered the very latest in contemporary school design and information technology. The schools visited were all part of the government education system and specialised in Information and Communication Technologies (ICT), Media and Sport.

The contrast to Hong Kong and our DSS schools could not have been more dramatic. In each school, the new buildings replaced an ageing campus that in most cases had been constructed in the 1950s or 1960s. The new designs embraced open-planned spaces with extensive use of glass walls for classrooms and staff rooms. Clever use of bright colours, pictures and soft floor coverings created a welcoming feel and assisted the teaching and learning environment. Each of the schools visited had an abundance of computers, interactive whiteboards and other ICT hardware. All learning was conducted on-line with barely a text-book, pen or paper to be seen. Gone were the days of heavy school bags with only a USB to be carried home at the end of the day!

The tour provided an interesting and useful insight into possibilities in school design, use of space and ICT that might be worthy of consideration at St. Paul's College (SPC). Schools visited included The Avenue Primary School (Sutton), Leigh Technology Academy (Dartford), Hugh Christie Technology College (Tonbridge), Thomas Bennett Community College (Crawley), The Wildern School (Southampton), Brislington Enterprise College (Bristol) and Nailsea Technology and Media College (Bristol).

Renovation of the School Hall commenced on the 17th May and is due for completion in mid-October. It has been many years since the Hall was last updated and the renovation is certainly timely with the 160th Anniversary coming in 2011. The walls and floor of the Hall will be upgraded with significant changes to the design of the balcony and the area behind the stage. The remodeled balcony will double as a lecture theatre while the space backstage will provide better storage for musical instruments. Significant improvements will be made to audio-visual and air-conditioning systems and we shall be purchasing a new organ. The improvements will also extend to the main entrance and lobby.

The renovation works will necessitate alternative arrangements for assemblies and general meetings from now and early October. However, I am sure we are all looking forward to seeing the finished product!

Our Mathematicians have enjoyed considerable success of late in various activities, particularly the 27th Hong Kong Mathematics Olympiad and the 9th Pui Ching Invitational Mathematics Competition. Congratulations to the boys on their fine efforts and to the Mathematics Department teachers for their hard work in training the teams.

Our Hockey Team defeated St. Francis Xavier's College to win the Championship in the Inter-school Hockey Competition (Division Two). This result reflected the growing interest in field hockey amongst the boys and resulted in the team being promoted to Division One next season. The C Grade Table-tennis Team was awarded Champion of the Inter-school Table-tennis Championships (Division II). A total of 10 school teams participated in the single knock-out system in the final round of the championship in late March. Our school team defeated St. Joseph's College in the final match to secure the Championship. In the Hong Kong Youth Outdoor Target Archery Open Tournament, Cheung Tse Hing (F.2F) won the Championship for Combined Bow. Finally, the Ten-Pin Bowling team came first in the Inter-school Bowling Competition in late April. The College Bowling Club was formed in 2008 and this success was a remarkable achievement for the fledgling group.

In recognition of our sporting successes in 2009-2010, a special Celebration Party and Luncheon was held in the Hall to congratulate our sport teams and their coaches. I thank the considerable efforts of the Sports Union and the Physical Education Department in raising the profile of many of our teams. Let us hope that their commitment and dedication will lead to more success next year.





The 2010 Global Classroom programme has resulted in a record number of tours being arranged in Music, Sport, Community Service and various subject disciplines. Unfortunately, the Geography tour to Iceland needed to be cancelled due to the uncertain status of the volcanic ash emissions. The College is fortunate indeed to have members of staff willing to spend their Easter and Summer vacation periods organising and running tours for our students. These tours require a great deal of organisation and I am sure that our boys and girls are appreciative of the efforts of their teachers.

The tours held over the Easter vacation period were a great success. The Economics Department (22 students and 3 teachers) visited Dubai and Abu Dhabi to research current banking networks and public works programmes. The Guidance Department (26 students in Forms 3 & 4 and 5 teachers) held a Peer Mentor training programme in Beijing. The Community Service Project for 2010 (30 students in Forms 1 to 6 and 5 teachers) was conducted in Guizhou.

In late April, all students in Form 3, accompanied by their Chinese teachers, spent three days on a cultural awareness programme in Guangdong Province. Earlier in the month, a visit by teachers and senior students to one of our twin schools in China, the High School Affiliated to Xi'an Jiao Tong University, strengthened our relationship and paved the way for their visit to Hong Kong in October.

Another venture in building relationships took place in late April with a visit by Mr. William Francis Ryan (Careers Master and English teacher), Miss Chan Lai Kuen, Emily (English teacher) and six boys to Trinity Pawling School to the north of New York, U.S.A. Our boys who participated were student leaders in Forms 4 and 6 with each having a high level of proficiency in Putonghua. The programme was highly successful and we can expect a reciprocal visit from Trinity Pawling School later in the year.

Other student activities included Wong Wan Sin, Venus (F. 6A) participation in the Hong Kong National Education Course for Student Leaders in Beijing in early April. The course was organised and funded by the Education Bureau. Chiu Chin Ting, Nicholas (F. 4B) was interviewed for a programme on FM104 to promote hockey to the public. Finally, the fund-raising campaign on 27th April 2010 for Qinghai earthquake saw a sum of \$11,038.40 raised. All proceeds were directed to the Hong Kong Red Cross.

The 160th Anniversary is just around the corner. The official date for the anniversary year is from September 2011 to August 2012. However, in order to lessen the pressure of so many functions being held in a relatively short period of time, a number of activities will be held during the first half of 2011. An activity that will create great excitement in the College will be the Choir Tour to London in July 2011. Plans are already well advanced for the Choir, to be comprised of current students and alumni, to sing at St. Paul's Cathedral, Southwark Cathedral and St. Martin in the Fields. These three great churches are located in the heart of the London and in close proximity to the resident Chinese community. In addition to the Choir Tour and other new activities, the College will also hold its traditional Concert, Reunion Dinner, Carnival and Exhibition. Anniversary years are wonderful opportunities for the College to celebrate its past. However, an anniversary also provides the stimulus to plan for the future and to unveil new initiatives. This we shall do during our 160th Anniversary.



With best wishes

連甘  
印納

Dr. John Kennard  
Principal

本會網頁



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