



# Stewards Pooi Kei College Newsletter

## 香港神託會培基書院通訊

January 2006

二零零六年一月

敬畏耶和華是智慧的開端，認識智慧者就是聰明。（箴言九章十節）

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### 編者的話

大家好！新年快到，先在這裡和各位拜過早年，祝大家生活愉快，主恩滿溢。

新的一年有新的氣象，今年度我們多了二

百多位家長加入培基的大家庭，為了加強彼此的溝通，校訊將每兩月出版一次，就著每一段時期學校發展的重點、教學活動，作一個主題式的分享，讓家長明白學校推行每一個活動的理念。今期我們將會分享這年度學校發展的主題，藉著校長、老師和學生的討論，多角度去反省「尊重」這個課題。

### Notes from the Editors

Greetings! With the New Year fast approaching, let us first take this opportunity to wish you all a Happy Lunar New Year. May your lives be wonderful and full of the Lord's grace.



In this school year, more than two hundred new students and parents have joined our SPKC family. In order to establish and maintain communication between the school and parents, we would like to introduce you to the SPKC bimonthly newsletter, in which we present topical discussions based on current development and happening at the school. Through the newsletter, we hope to build a good rapport with our students' families. In this issue, we will focus on this year's school theme on "respect". Through words of the principal, teachers and students, we would like to explore the question: What is respect?

### 校長的話

各位親愛的家長：

我常把校訊的出版繫於心懷，時刻思考著如何把我們優質的家長吸納其中，加入學校發展的重要元素裡。但為了籌辦開幕典禮，師生們都盡心竭力，做到最好，實在無法兼顧其他的事情。

感謝主！現在一切也安頓下來，而我亦喜見學生在各方面都有學習、長進的地方。

為了讓各位理解學校發展的方向，今次我就著學校的主題作重點分享，還望各位可以和我手挽手、肩並肩陪著孩子一同成長。

**學校年度主題：「尊重自己、尊重別人」**

我們一直堅持一個信念——相信全能的創造主給予人類極為尊貴的管家身份，賦予他們智慧能力去管理大地。為了培育這班未來的領袖，我們每年都會訂下一個主題，銳意深化同學精英的素質。

本年度的主題是「尊重自己、尊重別人」。我們將致力協助同學建立正面的自我形象，學會欣賞、肯定生命，同時更加珍惜神所賦予獨有的恩賜，盡己所能，發揮所長。我們深信當學生能夠從內在建構完整的自我，他們

### Principal's Sharing

Dear parents,

The making of this newsletter has always been on my things-to-do list. However, in the past four months, the whole staff team was almost fully loaded with students' learning as well as the organization of our school's Grand Opening already held on 3<sup>rd</sup> December, 2005. Thanks to the Lord that things are settling down and I am very grateful to see our students grow in wisdom and physical strength, and in favor with God and men (Luke 2:52).

In this newsletter, I would like to update parents on the issues regarding our school theme, our SPKC Grand Opening, our Tuition Policy, and other upcoming development of the school.

### Our School's Annual Theme

As the school is determined to train up students as leaders of tomorrow, we have identified traits that we want to promote each year. "Respect yourself and respect others" is the theme of this year. Effort will be put to help adolescent students develop their positive self-image, treasure their lives, and make good use of their youth. Having built such inner strengths, students will then be

會更懂得去體諒別人，敏感他人的需要，並有智慧地作出適時的回應與肯定。

這個主題將以不同的形式滲透在同學各個學習範疇裡，例如：早會的分享，非正式的教學活動等。

特別感恩的是，我們的家長已積極回應學校的主題，在日常生活上教導同學尊重的重要性，期望大家可以一同努力，互相勉勵。最後，祝大家身體健康，新年快樂。

羅維安博士

guided to be considerate and to treat the needs of others sensitively and sensibly. Messages in our morning and weekly assemblies, small group activities and other informal educational activities are expected to include the meaning of this annual theme. Also, it is very encouraging to hear that some parents have already reinforced similar ideas in their daily conversation with children at home. Let us together continue to work encouragingly for the betterment of our students. May I take this opportunity to wish you all a healthy, happy, and prosperous New Year.

Dr Simon Law, The Principal

## 老師分享 · Teacher's Sharings

什麼是尊重？尊重可以是一句簡單的問候、一句衷心的致謝。尊重是接納對方的獨特性、是欣賞、是感謝，同時，亦是一種行動去肯定別人的成就與努力。培基的學生其實都有很多值得欣賞的地方，讓我們一起回顧過往的日子，肯定彼此的努力，以鼓勵大家繼續向前行。

What is respect? It can be a casual greeting, a simple acknowledgment of another person. It is to accept people for who they are. It is to appreciate, to say "Thank You", and to admire people for their diligence and efforts. Students of SPKC in fact display many respectable qualities, as we see in the following teachers' recollection of past school events.

### A HEART TO SERVE

I have to thank God for his continuous support and love! He gives me good colleagues who are willing to offer help whenever and wherever I need. He also provides me with more than 400 lovely kids whose contributions in the ceremony should be recognized.

Our lovely students are young, but they are enthusiastic and courageous. I am sure that all of them devoted wholeheartedly in their practices, performances, and game stall preparations. Guests were impressed by the enjoyable performances as well as the creativity of the games in each game stall and the hospitality of our student helpers. However, more than that, many of the students stayed late in school for several days to decorate and prepare the materials for the stalls.

Last but not least, I would like to express my gratitude and appreciation to some "invisible" students who did not work in the front line. Twelve students in S.2 helped us to setup and restore almost ALL hardware we needed. They worked until 1030pm the night before our Grand Opening Ceremony and some of them returned to school at 6 am the next day to help us with hardware installation. They even initiated to come back earlier. It was extremely amazing that these 12 students had actually moved more than 1000 chairs, 12 tents and 50 benches for the whole school! They were neither the top students in our school in terms of academic results nor the performers who won thunderous applause on the stage, but their contributions should not be neglected. We wouldn't have had such a smooth and successful event without their help.

I thank all the students from the deepest of my heart. My beloved students, I am really proud of you!

*Let no one despise you for your youth, but set the believers an example in speech, in conduct, in love, in faith, in purity. (1 Timothy 4:12)*



By Ms Jacqui Koo



## 才能的表演

少年時很渴望當指揮，還記得第一次指揮管樂團是在大學三年級，有一次排練，老師心血來潮將指揮棒交在我手，讓我體味一個樂章的美感，在這短短的數分鐘，我心房「卜通」的節奏，比樂隊的音韻更澎湃。今天，指揮已成為我工作的一部份，每逢表演臨近，往往一揮手便三五小時，我卻對指揮有另一種領受。



去年聖誕晚會，校園第一次響起管弦樂的聲音，欣喜和興奮之聲蓋過了不協調的旋律和節奏，孩子的激情和雀躍融和著他們的幼嫩。三百多天轉眼過去，去年戰兢的小樂師已成為高級組的哥哥姐姐，剛提起樂器三個月的初級組表現也不太失禮，弦樂小組和手鈴隊

初試提聲。我站在指揮台上張開手，如父親迎接著剛會走路的孩子，搖曳地一步一步走近。此時，我知道天上的父神定必比我更欣喜。

按聖經教導，音樂的功能是「把基督的道理豐豐富富的存在心裡」，能夠「彼此教導、互相勸戒、心被恩感，歌頌神」（西 3:16）。訓練是為了追求完美的演出，表演者需要高度集中，追求毫無瑕疵的演譯。過程中要與其他團員緊密合作，跨過人與人之間的嫌隙，放下自我卻不必退縮，按照樂譜和指揮的指示各就其職、彼此配合。經過無數的練習，突破沉悶和疲倦才略有所得。所以每一次我都為能夠捱過訓練，坐在表演席上的孩子驕傲，不論結果，這種堅持和追求已是他們的成就，也是這個原因，我們特地讓所有學習樂器的同學都在晚會中演出。

培基的音樂世界中，表演永遠是次要，生命見證才是最高追求。偶然表演後家長跑到我跟前鼓勵我，說：「我的孩子越來越愛音樂！」那時我會衷心祝福他：「願你的孩子更愛那位創造音樂和愛的神！」

呂浩榮老師

## A TIME OF BONDING

I believed that being the class teacher of my lovely 1 Joy class is a gift from God this year. At the beginning of November, we had our school field trip. Like many other schools, we had BBQ and games in our field trip. But there was one thing which, for me, was unforgettable – I went hiking with my class.



After we had some food and played some games in the morning, my class' students urged me to go hiking with them, as some students of other classes also went hiking. So I went with them. At the start of our journey, I thought that it would not be a special task for us, as hiking is a very common activity nowadays. But when we were into about 15 minutes of our journey, some of my students started murmuring. I asked what happened, and then I discovered that, for about half of them, this was their first time hiking. But there was about 45 minutes left in our journey! So, I tried my best to encourage them to finish the whole journey. I thought that talking was the best way to divert their attention. Therefore, we talked a lot and shared a lot in our journey. And I also shared some secret things with them! As we shared so much, at the end of the field trip, we knew each other much more and our relationship became much stronger than before. The journey was so unforgettable for me, not only because of the building of our relationship, but also because that I saw some of them said that they felt happy and successful after finishing the tough journey. It was joyful to see that my students could overcome the difficulties and grow up as a result.

By Mr Patrick Cheung

## The Motivation for Learning

"Well... do you know, it is really very boring. Why doesn't the teacher teach us other things that are more interesting?"

"Oh my! One, two, three... there are six pieces of homework to do and hand in tomorrow! Oh, please, may we hand in the homework a day later?"

These are the complaints that I always hear from my classmates during the lessons. In English, Chinese, or Math lessons, they never stop saying them! But I do not quite agree with them. Why? Now I am going to explain the reasons and my idea to you!

Firstly, I always have positive thinking! If you think all the things are not good, then all the things you see will become not good. So I have no negative thinking toward studying, and, after understanding this point, I never think that studying is boring. It's fun and it makes you always happy! Then you are going to get more motivation for learning!

Secondly, I always concentrate on the lessons and what the teacher is saying. So I always know how to do the homework. If not, I will ask the teachers after lessons or the classmates after school. I am not ashamed to ask them questions. So concentrate and don't be ashamed! Then you will become a clever person!

Thirdly, I always relax myself by telling myself, "Don't be nervous!" Because if you are nervous when you work and are always thinking "quicker, quicker, quicker...", you won't finish the job quickly and successfully. You will always make mistakes and your brain will feel like a bomb blowing up! So relaxing can help you to finish work quickly and protect your brain! So always be relaxed.

Then you will become a person who is successful at everything, every time, and in every aspect!

I hope you will agree with my personal opinions.

1 Grace Kung Ho Yan



## 學生分享

## Student's Sharing

透過尊重別人，我們把內在美好的德性都顯露出來。然而，尊重也不只是為了別人，我們亦需要尊重自己。持守基督的教導，做好本份，盡己所能，這些亦是尊重的意思。不怕困難，勇敢挑戰自己，積極發展個人的專長，這是更高層次的自重。究竟培基的學生如何透過校園生活學習尊重自己呢？他們有沒有反省自己的學習態度和方法，今天我們承邀幾位同學作個簡單的分享。

We bring out the best in people by respecting one another. However, respect is not reserved only for the others, but also for the self. We can respect ourselves by adopting a positive attitude and by appreciating and making the most of what we have. We respect ourselves when we learn to do the right thing at the right time. We respect ourselves by living up to our potentials and by challenging ourselves to do even better. For students, how they approach their studies is an opportunity for them to develop self-respect. What have students realized in their reflection of their own learning?

## Some study methods that study this year

In this year, I have learnt much knowledge and that I can improve much in all subjects. Besides the basic knowledge, I have also learnt some study methods. We need to be attentive in class. If we have any problems, we can raise our hands to ask the teacher. After school, we can choose a quiet place to study, such as the self-learning centre and library. We can also use the internet or library to find some information. When we go back home, we need to try our best to do well on the homework. Also, we can do some extra studying. For example, you can do some extra Mathematics questions. These methods are very useful for us to prepare for our exam or test.

2 Peace Alex Lee



## 如何學習

常言道「寸金難買寸光陰」。我認為「寸金難買寸知識」。

今天，我們的題目是「如何學習」。所謂「讀萬卷書不如行萬里路」，以綜合人文學科為例，死記資料不如多走幾步，增廣見聞。

古語亦云：「書到用時方恨少」，因此不要常常把書放在貯物櫃裡，等到測驗、考試臨近，才把書一盤盤拿出來，這樣怎能讀得輕鬆，睡得安穩？

其實，學習的成果不在乎時間的多寡，而在乎效率、成效。要有效率，便要學得輕鬆。「名利雙收」，何樂而不為呢？

最後，祝大家新年快樂，學習愉快！

1 Peace 王加俊同學

## 學習心得

我平常放學後，會把當日所學到的做一份筆記，以便在考試期間溫習。因為考試的時候，不能用很短的時間，把所有需要溫習的範圍全都背熟，所以要未雨綢繆。如果有不懂的詞語，便要查字典。漸漸，豐富文辭技巧。其實看書也能夠幫助自己，增加對文學的認識，我比較喜歡看小說，很多時候都會有些精彩的形容詞或語句，自然就學到不同的寫作技巧了！

2 Joy 余可欣同學



## 總結

希望透過這次的討論讓大家明白到尊重自己和尊重別人的重要性。最後，容我以一和平班李向晴同學的一首小詩作結束，彼此互勉。

## Conclusion

We hope that the discussions and sharings presented in this issue have shed light on the importance of respecting oneself and others. Let us end our discussion with the following poem. May it be an encouragement for us all.

《如果人人都學會尊重，世界會更好》

生命中有不能承受的輕  
輕如一抹塵埃  
輕如一聲嘆息  
生命何價？

生命中沒有不被尊重的群體  
輕如一張賀卡  
輕如一聲慰問  
而無需一份保單  
或激昂的口號

只需珍惜  
珍惜每一個生命  
一草一木  
一絲一竹  
珍惜就是尊重  
就是愛

一和平班 李向晴同學



### 游泳



沙田及西貢區中學分會(2005-2006 年度校際游泳比賽)

☞ 女子丙組>團體成績>第五名

☞ 2.4 x 50 四式>第三名

得獎同學：2 Faith 何亦翹、2 Joy 于允祈、2 Hope 劉瑞祺、  
1 Peace 林瑋嘉

### 曲棍球

香港華人曲棍球聯會 (曲棍球巡禮 2005)

☞ 青少年分齡賽 15 歲以下公開組 -----冠軍

得獎同學：2 Hope 楊庭謙、2 Hope 莫錦喬、2 Hope 黃湛鈞、2 Peace 林駿釗、  
2 Love 姚祉謙

☞ 男女混合邀請賽- -----亞軍

得獎同學：2 Hope 楊庭謙、2 Love 姚祉謙



過去幾個月，培基同學都在多方面有出色的表現，現在讓我們一起分享這個努力的成果。

### 音樂方面

蒙神恩典，本校的音樂發展平穩，除了已成立的合唱團和弦樂小組，管樂團今年已分為初級及高級兩組，並增設了手鈴隊。自九月至今，學生參與過十七次的大小表演，包括假時代廣場舉行的聖誕音樂會，沙田大會堂開放日，十二月八日更聯同兩所新加坡中學及三支本地著名樂隊舉行了一場交流音樂會，同學的努力亦在學校開幕禮中得到教育統籌局李國章局長的肯定。



### 中文朗誦節

☞ 中一、二級 二人對話粵語組季軍

1 Faith 葉霖、李倩誼

☞ 中一級 男子獨誦粵語散文季軍

1Peace 林樂文

☞ 中一級 女子獨誦普通話散文季軍

1Joy 譚芷螢

### English Speech Festival

☞ S2 Boys Solo Verse Speaking 3<sup>rd</sup>

2 Joy Ng Wai Hei Dennis

2 Faith Lau Siu Kong

☞ S1 Boys Solo Verse Speaking 1<sup>st</sup>

1 Peace Ho, Alex Chun Lung

☞ S2 Girls Solo Verse Speaking 3<sup>rd</sup>

2 Joy Wong Wai Ying, Sandra

2 Joy Tsang Hei Yeung

2 Grace Yeung Hin Wai

☞ S1 Girls Solo Verse Speaking 3<sup>rd</sup>

1 Grace Lam So Yan

1 Joy Tam Jessica

## 2006-2007 年度收生情況

感謝主！在神的保守帶領中，在各同工辛苦經營下，我們已收取超過 850 份的申請表，比上年度同期增長 25%。

這表示我們的努力得到社區人士及家長的廣泛認同，為此我們將繼續努力，做好本份，以用心教養孩子為己任。

## 家教會的籌備與成立

開學之初，一班熱心的家長主動投入參予「家教會」的籌備工作。感謝主，在籌委主席林太（一和平班林瑋嘉同學的家長）帶領下，我們將盡快訂定會章和規則，以備下年度正式成立「家教會」。

## 周慧敏老師

按編輯的要求用五十字介紹自己真不容易啊！想要輕鬆個人化一點，只會剛開始便結束，雙方都沒趣。那就只好老老實實把身世道來了。我是八十年代中大中文系的畢業生，副修藝術。在學時期曾經拿過獎學金到日本去做了一年交換學生。至於教學經驗嘛，教過本地主流學校，也教過國際學校，教過第一組別的，也教過其他的；除了教書以外，也做過電台節目的編導。再數下去，恐怕就有賣老吹噓之嫌了！孔子說：「學如不及，猶恐失之」這句話正好用來形容我現在的心境，也作為這段文字的小結——能啟發學生有這種對知識的愛慕的話，於願足矣！

今年有幸  
邀請到兩位資深的  
老師加入培基的大家庭，  
現在就讓她們  
和大家打個  
招呼吧！

## Ms Simmy Wong

Hi! Nice to meet you all!

I am an English teacher here at SPKC and I am also the coordinator of the English Department.

This is my first year at SPKC. I have taught English in many different kinds of schools before, including kindergartens, a primary school, secondary schools and a teacher training institute. I also worked as a native English-speaking teacher when I just returned to Hong Kong from Australia. I hope we can provide a language-rich environment and a school-based curriculum for our students.



## 社工專欄 · Social Worker 's column

為響應「沙田家庭及兒童福利服務委員會」舉辦之「綠絲帶生命連繫行動」，「香港神託會生命教育計劃」於去年 10 月，招募培基書院及培基小學之家長成為「綠絲帶大使」，旨在透過為期 6 節的小組培訓，提升個人的能力感，及培養對社區使命感。完成培訓後，小組正式命名為「生命動力@培基」，並曾為區內長者提供義工服務，及於 1 月 7 日在新城市廣場舉辦之「綠絲帶大使——社區分享會」中籌辦攤位活動，將「關愛與分享」這訊息廣傳於社區。「生命動力@培基」將於本年度繼續作定期聚會及服務，歡迎家長參加，詳情請聯絡社工何姑娘。

In October 2005, Stewards Life Education Project organized the "Green Ribbon Ambassadors Training" for the parents of SPKC and Stewards Pooi Kei Primary School, aiming at developing their potentials and cultivating a sense of social concern.

This was part of the "Green Ribbon - Care & Share Movement" launched by the Shatin Family and Children Welfare Committee of the Social Welfare Department. After 6 sessions of training, the group, namely "Life Dynamics @ Pooi Kei", provided voluntary service for the senior citizens in the neighborhood and organized the game booth at the "Green Ribbon Ambassadors Community Sharing Ceremony" on January 7<sup>th</sup>, at Shatin New Town Plaza, so as to promote the message of community "care and share". "Life Dynamics @ Pooi Kei" would have regular meetings and service this year. Parents who are interested are welcomed to contact Ms. Cherry Ho, School Social Worker.

## 培基格格 · Pooi Kei Comic



## 家長分享園地 · Parents Column

為了加強彼此的溝通，我們特設專欄讓各位家長共同分享培基生活點滴，如果大家對培基有什麼意見或感想，歡迎各位電郵給我們。 [newsletter@spkc.edu.hk](mailto:newsletter@spkc.edu.hk) .



## ANNOUNCEMENT

In our Briefing Session, we have announced to the new prospective parents that the annual tuition fee will be increased to \$13,000 in the coming school year. The message on this tuition level is tentatively correct as we must disseminate this information ahead before they submit their applications for Form-1 admission. This tuition level was initially approved by our SMC and will be submitted to the Education and Manpower Bureau for final approval.

In determining our tuition level, our SMC has considered several major principles. First, the school will set its tuition only at a moderate level when compared with other DSS schools. The rationale behind is that SPKC's education must be affordable to the majority of families. Second, the tuition fee we collect must be used only for maintaining our educational quality, and no profit will be gained and used for other non-educational purposes. Third, under the guidance of the SMC, the school administration should have the responsibility to make efficient use of the concerted resources including government's subsidies, tuition fee income, and other resources from the community and from the Stewards.

Having considered the income and expenditure statements of the school, the SMC has decided to slightly increase the tuition fee level in the coming year to compensate the inflation anticipated. The tuition fee income will mainly be spent on the needs of small-class teaching, upgraded IT provisions, and above-standard facilities. Moreover, as air-conditioning is a must in our school for noise abatement as we are located adjacent to an inclining road, we have decided not to collect extra charges for electricity, maintenance and depreciation of air-conditioners in the future. Therefore, the increase of tuition fee by \$2,000 is set for the coming year. Meanwhile, the SMC has decided to waive the air-conditioning charges of the previous year.

Furthermore, our SMC has instructed the school administration to keep rationing our expenditure so that our tuition fee could be affordable to existing parents. Tuition fee in the coming few years should be stabilized as much as we can at the current level, except for reasonable inflation adjustment. However, because the government's subsidy level for Form-4 and Form-5 is lower than that for Junior forms, therefore the tuition level for the senior forms is expected to be higher to compensate the discrepancy in subsidies. We hope that our explanation could clarify unnecessary misunderstanding.

Dr Simon Law, The Principal





## 特稿

近日有家長查詢本校來年學費調整問題，校董是會同意，將來年的學費調高至\$13,000，現在正等待教統局審核。為了讓各位更加明白學校的方針，特以在此解釋學費調整的重要原則。

第一、我們期望學費的水平是大部份家庭都能承擔和接受，因此相對於其他的直資中學，培基書院的學費仍然維持在中位水平裡。其次，所收到的學費只直接用作維持本校的教育質素，所有盈餘將用作學校發展和設施保養上。第三、校董會將監管學校善用所得的資源，包括學費、政府資助、神託會和其他機構的捐獻。

按現時的收支情況，校董會決定按通漲調高來年的學費，目的希望可以更全面發展小班教學、提升資訊科技系統及完善學校設施。此外，為了讓同學擁有寧靜的學習環境，冷氣系統的支出包括電費、維修保養和折舊等也是無可避免的，平衡各方事務後，來年增加\$2000之學費將包括冷氣和能源費用，還望大家見諒，學校亦將過去兩年的冷氣費用一併豁免。

然而，我們亦承諾將按照校董會明確指示量入為出，確保學費維持在家長能負擔的水平。在未來數年，除了合理的通漲調整外，我們會盡量保持學費價格不變。但是，政府對中四、中五學生的資助會相對初中學生為少，故此高中的學費會合理地提高。盼望這篇文章能釋去各位不必要的疑慮。

羅維安校長

