

APRIL 2007 2007年4月

The fear of the LORD is the beginning of wisdom, and knowledge of the Holy One is understanding. (Proverbs 9:10) 敬畏耶和華是智慧的開端,認識至聖者就是聰明。 (箴言九章十節)

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編輯的話

新年快樂!學業進步!

每逢過年過節我們總喜歡互相道賀,讚賞別人,喜氣洋洋 ,令人喜悦。可是大家有沒有想過欣賞別人、讚賞別 人並不止於在大時大節才按傳統禮儀互相道賀呢? 互相道賀的真正意義是什麼呢?如果你只為利 是錢的話,那真令人失望了!在學校裡,同 學之間容易因合作問題出現矛盾和衝突, 有時更以惡作劇捉弄別人、詆毀別人, 我們應該怎樣處理這些問題呢?如果 我們以「對事不對人」的態度討論 問題,求同存異,那麼,許多矛盾 和衝突,都可以輕易化解。同學 們在學校裏,要學習與身邊的同 學交往和合作,接納和欣賞別 人與自己的差異,取長補短, 這樣,大家才能夠一起進步。 我們要有獨立的思考,才能在 尊重別人看法的同時,懂得分 析和接納對方思想的精粹,亦 讓對方理解自己的意見即使不 一定全部被接納,但仍然得到 應有的尊重。古代思想家孔子 提出「三人行,必有我師焉」 的觀點,正是展示一種虛懷若谷 、兼容並包、懂得尊重別人的態 度。同學應以不卑不亢的態度與人 相處,要以自己的言行去贏取別人的 欣賞和尊重。我期望大家在這一年學 會如何真心地「欣賞別人」。

校長的話

培基下學期的主題是「欣賞」。「欣賞」一詞含有不同的 意義,而我們所強調的,是一種懂得欣賞他人,和秉持這個 觀念去身體力行、付諸實施的態度。

欣賞他人,建基於對身邊的人和事物積極正面的認識。在今日的社會 ,人往往傾向挑剔和以負面的態度去看待事情,這只會帶來不滿、絕 望。不少人正因看不見生命中美好的一面而患上抑鬱症。更叫人擔憂的 是,科學家預計抑鬱症將會是城市裡擁有最大殺傷力的疾病之一。但當我 們細讀聖經,就知道神為人創造了無數美好的事物,為的是叫人去享受、 去以祂為樂。問題是我們往往失去了這份欣賞的情懷,不會欣賞自己所擁 有的。培基藉著設立「欣賞」這個主題,提醒我們為對身邊人事的看法重新 定位的重要性。事實上,我們追求學問正是出於對品德和真善美的欣賞。

欣賞的第二個含意是與人際關係息息相關的。當我們對他人表示欣賞時,代表了一個我們主動與人建立良好關係的開始。這個行動不但鼓勵對方作出積極的回應,也可以給予對方新的動力去造就身邊的人。不過,將所有事物當作理所當然,往往正是我們的弱點,以致現今的文化多強調負面、流行冷嘲熱諷的溝通模式。因此,我們期望在這個學期,透過不同活動去為培基營造一個互相欣賞的校園文化。

最後,我希望藉此分享一個經歷。首先,以我在「學習無疆界」課程裡 對學生的觀察,我看到許多同學學會了欣賞一些新的事物和學問。這 種懂得欣賞的態度令這些同學能在任何場合都能不受限制地學習。 此外,我也從家長口中,聽到他們對「學習無疆界」和陸運會等 活動的欣賞。他們的正面態度令學校全體職員都得到無盡的鼓 勵。我在此謹向他們致謝,也承諾我們會繼續謙虛地聆聽和 積極地進步。

鄧佩鳳老師

一句話說得合宜、就如金蘋果在銀網子裡。 (箴言廿五章十一節) A word at the right time is like apples of gold in a network of silver. (Proverbs 25:10)



Principal's Message

Appreciation is the second school theme of the year. Among the various meanings of appreciation, we would like to focus on learning this quality in two ways: gaining an attitude of appreciation and putting appreciation in action.

First, appreciation is an attitude grounded by an insight or an understanding of the positive things around us. In our society, people tend to pick things in a negative way and, as a result, lead ourselves to despair and discontentment. Many people are found to have depression because they could not see positive things in their life. Alarm-

ingly, depression is predicted to be one of the most damaging diseases in urban societies. However, when we turn to the Bible, God tells us that He has created many good things for people to enjoy and to gain happiness. The problem is that we often lose our sense of appreciation to things we have. By setting up the theme of appreciation, we want to alert the SPKC community that we need to put ourselves into perspective. In fact, the purpose of knowledge pursuit is always motivated by our appreciation of virtue, truth, and beauty.

The second meaning of appreciation deals with an important interpersonal skill. Showing appreciation to people is an

action that represents our initiative and willingness to build up relationship with others. This action not only encourages positive feedback but also generates new energy for others to continue doing good. On the contrary, taking things for granted seems to be our common weakness and it often lead to apathetic response and negativism in our

culture. In the coming few months, we expect to promote a school atmosphere that we can use various actions to show appreciation to people around us.

Finally, I would like to share some of my recent experience related to the concept of appreciation. Firstly, based on my observation on students' performance in our Learning Without Walls (LEWOWA) program in Early February, I found that many students learned how to appreciate the new knowledge and experience gained in the process of their trips. This sense of appreciation will bring about an attitude that learning can take place anywhere and at anytime without the restriction of classroom walls. Secondly, I have received words of appreciation about parents LEWOWA program, the Athletics Meet, as well as other things in school. This appreciation really gave our staff team a lot of encouragement. I must say thanks to our supportive parents. I would assure you that we will continue to work hard and meekly to improve ourselves by listening to your valuable comments.



The classroom walls...

道道**eXpress**

Welcome to the new IH room! Since its opening last term, many students have come and enjoyed the wonderful facilities offered here, and experienced how we can play and learn about the world at the same time!



5:30 a.m., 4th March, Mr. DP Wong and six SPKC students gathered in TST to join 40,000 others in the Standard Chartered Marathon 2007. All finished the 10 km run! Yet the highlight was not the distance, but the fact that these students had overcome hardships and trials with unthinkable courage and perseverance. These, to Mr. Wong, are essential virtues as we carry on after graduation to live an abundant life which God has prepared for us.



S.3 Military and Discipline Training Camp 2006-07

Have you cooked your own meal in the wilderness? Well, our S.3 students can share with you their 'camp of a lifetime' at the Gideon Military School, Sai Kung, this winter! This in a 2-day camp organized by the Character Building Team. In it, students learned all kinds of military drills, marching, outdoor 'solo' cooking, tentmaking, and various survival skills. But the biggest highlight of all is... DISCIPLINE! Throughout this camp, these 'big brothers and sisters' of SPKC went through tough training in obeying commands and following strict instructions which helped them carry through the hardships in the wilderness. After the camp, many S.3 agreed that such disciplined life style they had learned had equipped them to prepare for life beyond. S.3.

Go Go Go!!!

Over the Chinese New Year Holidays, three SPKC students, Wong Tsz Lok (1 Grace), Wong Chung Yan (3 Grace), and Wong Chun Hei (3 Peace), went on an international GO (Weiqi) competitions in Bangkok, Thailand. After hours of brain-stretching rounds against hundreds of competitors, Wong Tsz Lok rose as the 6th runner-up in Division II, and Wong Chun Hei came first in Division III! Congratulations to all!



Teacher's appreciation — 每天早上乘巴士時,也看見一位培基學生向司機說謝謝。我很欣賞他的禮貌。



Art from the Classroom to Hong Kong (and beyond)!

Last term, artists from SPKC had their first public art exhibition organized by the Visual Arts Department! The exhibition, which took place in an international gallery in Wanchai, adopted the title Exploration of Peoples and Landscapes (天地人間). The display compiled a wide selection of students' oil paintings, Chinese paintings and ceramics of different faces of humanity and our planet earth. According to Ms. Veronica Yan, head of SPKC Visual Arts Department, this exhibition aimed to provide a space for students for experimenting with their creativity and imagination, and actually sharing them with the public. "As students take part in the exhibition," Ms Yan explains. "They are bringing their art to the society, which has become their audience. At the same time, they are receiving feedback from the public and bringing it back to school. This in return stimulates students to further their creativity in their next step."

Let's review some of the highlights of the exhibition!



Music interflow with Singapore!

We welcome musicians from the Orchid Park Wind Orchestra, Singapore, who arrived Hong Kong to visit us last term as part of their wind band concert and exchange tour. During their visit, they performed a few famous Asian songs for us, including 月亮代表我的心, 光良的童話, and 天空之城! Afterwards they also had a tour around our school.



Student's appreciation — 十分欣賞我2Faith 班的班長,他於午膳的時間,仍不忘拿點名冊。 From 2 Faith的一位同學 Connecting worlds different experience

World AIDS Day

On 1st December, SPKC joined the world in the remembrance of World AIDS Day. AIDS is not something SPKC students may encounter in their daily life. Yet

to millions around the world, in particular children, AIDS

is a life-threatening disease they need to fight all their life which can take away their friends, family, education and life.

Therefore during our morning assembly, every member of the school put on red ribbons to remind ourselves of the urgency of this global situation and the needs of the people around us. Miss KaLing Sit and other teachers also used this opportunity to bring in important lessons of sex education. We are surely graceful of the comfortable life we enjoy in Hong Kong, but we shall also join hands in the prayers for those in need.



one of the new CCA groups we have in SPKC this year. How is it unique? Well, the process of the V-Power voluntary activities, ranging from brainstorming, initiating, organizing, to implementing, are ALL done by students themselves! The group is divided into Youth Power

and V-Fire. Each team must organize social service events from the beginning to the very end independently. This is the spirit of true voluntary work! The events they have successfully organized include visitations of elderly people who live alone and former psychiatric patients, and a Christmas party for an elderly home! Let's hear what they have to share!

"在策劃服務我們時常要商討至深夜。但服務 後聽到復康人士的回應,我們知道付出的沒 有白費。回想起來,一切辛苦也是值得!

- Chan Wing Yue

"我最大的得著是明白到年齡不是一個障 礙,我們可以做到一些比我們更年長的義工 做到的工作,我以我的組為榮!"

- Law Wing Ki

"我接到首個任務時,第一刻是憂慮,第二 刻還是憂慮,怕自己年紀小,活動會不太順 利;但我知道不可放棄,只管試試。由計劃 到服務當日,每人都付出很多時間準備每個 細節,不容有一點錯誤,所以每刻都藏着大 家的心血。最後大家都把歡樂和溫譽帶給了

一班「老友記」,令我很有满足感!"

- Tang Mei Ting



平二里型工工度 ● 「學習無疆界」計劃

本年度的「學習無疆界」活動已於二月圓滿結束。

培基積累兩年來的經驗,本年度 "LEWOWA" 的規模更爲龐大,學生的接觸面更廣。計劃項目由去年的十四項增加至今年的十七項,學生足跡遍及澳洲布里斯本、美國甘迺迪太空中心、法國巴黎、日本東京、星馬及國內多個城市,每個項目均有其主題,以提升他們在學術、體育、品德情意、音樂藝術、國際視野等各方面的修養。

雖然不是每個學生在旅程中都可以享受高床暖枕和豐富的食物,他們也不是和每個同學都一定能夠相處融洽,不過正是透過這些磨練和體驗,使學生能夠提昇其獨立能力和人際技巧,這些都是他們踏足社會之前,能夠得到的最佳禮物。

每個老師和學生在旅程中的感受和得著都是獨特的,很遺憾我們不可能將之一一刊出,但以下這些,相信也具有一定的代表性吧。

計劃一覽



- 2. 全面領袖訓練之旅(本地)
- 3. 自我突破訓練計劃(本地)
 - 4. 外展訓練計劃(本地)。



- 6. 歲月「行」跡(本地) ——
- 7.環境科學及地理遺產之旅(本地)
- 8. 恐龍、能源及衛星科技探索之旅(河源、廣州)
- 9. 桂林文化交流及山區生活體驗課程(桂林)
 - 10. 華東七天交流團 (上海、啓東) _
- —11. 北京國粹及藝術文化體驗之旅(北京)
 - 12. 日本文化及藝術之旅(日本)
 - 13. 走進東洋科技迷城(日本)-
- 14. 新加坡、馬來西亞足球及文化交流(新加坡、馬來西亞)
- 15. 飛躍澳洲布里斯本——跨文化跨學習領域全接觸(澳洲)
 - 16. 美國甘迺迪太空中心太空任務(美國)
- 17. 通往歐洲歷史文化之門——花都巴黎學習之旅 (法國)—











飛躍澳洲布里斯本 — 跨文化跨學習領域全接觸

「飛躍澳洲布里斯本 — 跨文化跨學習領域全接觸」是一個充滿動感密集式的跨課程,主要的目的是提供學生在一個真實環境中應用及學習跨學習領域知識的機會,全程以英語為主要溝通語言,學生透過認識澳洲文化、學習表演藝術如澳洲土著舞蹈和非洲鼓、與當地學生交流、與澳洲土著藝術家對話、探訪中國城的香港及中國老移民以及藝術館、又親自體驗農場生活、無界限接觸袋鼠和樹熊、到森林作藝術田野考察;還有在庫薩山上瞰察布里斯本地理形勢,了解藝術與生活和大自然的關係以及參觀歌劇表演等。九日跨課程雖然轉瞬間過去,但從學生的反思日誌、家長來信的嘉許以及同行老師的回饋,都告訴我這個課程的精神達成了,它令學生有不同程度的成長;而當中最重要的,是他們都抓住了各種學習都與生活一樣不容割裂的信息,以及從大自然體驗藝術和生命價值的真諦,親睹天父的偉大創世奇工。回港後,我實在喜見父神親自撒的種子,仍在各層面持續地開花結果。

課程設計及領隊 殷倩儀老師





學習無疆界」領隊招聘廣告

「培基老師真幸福,每年均有免費旅遊的機會!」 有同感者請留意以下廣告:

工作簡介:

酬馨:

不同的經歷會讓你大開眼界,數天的共同生活可以 使你與孩子建立更深厚的感情。少年人會跟你分享 流行的資訊,及表現他們的新思維,讓你變得年青 。夜闌人靜、他們懼怕孤單時會與你分享心底夢, 也是你向他們分享生命的好時機,只要你願意謙卑 服侍他們,這是個難得的傳福音機會。

有意任職者,請敞開心扉,騰出私人時間,以關懷 的手執起領隊的彩旗把! Ng Ka Ying Karen 3 Peace (23)

這次交流裡,我們不但在知識上有所得著,在其 他方面我們也有大大的提升。

民宿的三天裡,我們成長了很多。早上大家不需 再三提醒,也會自動自覺地跟別人說早安;用膳 後,大家會把自己用過的碗筷整齊地放在廚房, 方便民宿的人員清洗。而且,每頓飯大家不會剩 下太多飯菜。每人在禮貌和自我管理方面都進步 了,這些也是從日本人的認真態度學回來的。

這五天裡,我們看過了傳統和現代的文化,發現 日本人把自己的文化保留得很好。我希望總有一 天,我們也能把香港文化引以為傲,然後介紹給 外國人認識。

短い旅だったけど、本当に嬉しくて、色んなことを習いました。先生たち、ガイドの姉さん、 民宿の皆さん、そして助けてくれた人たち、お 世話になって、ここに謝意を表します。

(雖然旅程短暫,但我真的覺得很開心,學會了不同的東西。受到大家的照顧,在此鳴謝:老師們、導遊姐姐、民宿的每一位,以及幫過我們的人們。)



Space Mission at Kennedy Space Center NASA, USA

"That's one small step for man, one giant leap for mankind."

Without the wonderment at the mysterious space and unlimited universe, Neil Armstrong would have never set his foot on the moon. The amazing feat was the result of an extraordinary dream and human endeavour.

In this 9-day study tour in the Kennedy Space Center, our students not only learnt about space science, but also the importance of team-work, perseverance and, on top of all, the significance of a "dream" in our life. The interesting experiments, huge exhibits of real rockets and fascinating stories of the space heroes silently bring together an astronaut dream in the youngsters' hearts.

With such a dream, you are going to make a difference.
The 9-day programme is a small step, while the dream expanding in the students might one day become a giant leap for mankind in the space history.

Mr. Ivan So

CHIU Sung Him (53-Peace-4)

From the failures of the past space missions, I learnt that we should never give up. The development of the future space technology is in the hands of teenagers like me.

YIU Tsoek Man (\$2-Grace-35)

The Learning Without Walls program was a fun, joyful, unique and unforgettable learning experience. It is a great extension to class lessons. My sincerest thanks to our teachers and those who had taken care of us so well during our trip!

Jacqueline Hsiao Ting Wan (S1-Peace-13)

I have learnt how to cooperate with each other and to understand the usefulness of teamwork. Besides I also learnt a lot about the life of an astronaut in as well as how they launch and land a space tle.

and des that, space shut-



陳鴻儒 2L 1

在我反省過後,我會比這次做得更加好。 在這次營會中,我亦學會了自律、團體精 神和友誼等,令我在日後的每一件事上做 得更加好,才不會辜負老師和家長對我 的期望。

馮卓鰮 3L 10

「人生總是笑中有淚、淚中有笑」這是我的座右銘,其實挫折視乎我們怎樣去面對 ,可以是悲也可以是喜。在成長過程中, 雖然挫折多的是,但只要有好的方法去面 對,不逃避,已踏進成功的第一步。

Student's appreciation -

我多謝我所有的朋友!因為他們常常向我分享開心的事!還會很坦白地說出大家的缺點!

2 Peace Annie Fung

稻草人的啓示

記得一個很深刻的畫面。

出發當天十分寒冷,而我們將要在錦田渡過三日兩夜的園野生活,想起來還真令我從心底 裡打了個冷顫。然而同學們都有備而來,有位同學更帶來了厚厚的羽絨睡袋。這令我有點 羡慕,卻又感到有一點可惜。

記得我成長時資源十分有限,高中時每月只有一百元零用錢的我要想盡辦法儲錢買練習來 備戰會考:家裡亦因人太多,使我要在長假期中每天提早在六時正起床溫習,爭取寧靜的 空間。回想起來,那時雖然艱苦,但卻使我今天能夠堅毅、刻苦及靈活變通地面對種種挑 戰。想來,也要感謝主。

同學在課程中有機會去扎製稻草人,而我亦希望同學們在生命中也能學像稻草人——謙卑、簡樸,卻能盡忠職守,堅 毅地在農田上風雨不改地豎立著,保護其兗受雀鳥損害。

培基學生的家庭一般較裕,有時候卻正正少了一分磨練。希望同學在未來能夠不怕辛苦,積極地接受更多的挑戰。 培基小子們,繼續努力吧!

Teacher's appreciation -

Thanks to the editors and other staff involved in making this newsletter for all the families of SPKC

Mr. Rickie Hung

薛家玲老師



Character Building Team ast

Reviews of the works of CBT in this school year:

- a) Self-management programme (15 Sept 2006 23 Oct 2006)
 - Class mini-board competition
 - Student self-management survey
 - Teacher desk guessing game
 - Book fair
 - Weekly assembly (Introduction of 五常法)
- b) Self-evaluation day (last school day of each month)
- c) National day exhibition (1 Oct 2006)
- d) S3 Training camp (26 Oct 2006 27 Oct 2006)
- e) New staff room seating plan (Nov 2006)
- f) Board for class competition results (Nov 2006)
- g) Sex education week (1 Dec 2006 8 Dec 2006)
 - n) Lunch time activity (against drug abuse)from 香港路德會社會服務處路德青欣中心 (20 Dec 2006)
 - i) Joining「聖誕節減少食物及餐具浪費運動」from Green Sense (21 Dec 2006)
- j) New appreciation board (second term)
- k) Lunch time whole school broadcast on every Thursday (from 8 Feb 2007)
- l) Class red packet collection competition (after lunar new year holiday)
- m) Health week (6 Mar 2007 9 Mar 2007)
- n) Promotion of student award scheme (whole year)
 - Monthly results
 - Half-year award

let's see what we have launched in the past half year.



SPKC Stationery Campaign for schools in

Mr. Bari of Bridge Club Bangladesh distributing the stationeries donated by SPKC students.



During the Christmas holidays, three teachers from SPKC - Ms. Christma Tung, Mr. Timothy Li, and Mr. Sean Yu, embarked on a journey to Bangladesh for a cultural exchange! They brought with them boxes of stationery donated by SPKC students as a gift to the disadvantaged children of Bangladesh. Here is the sharing by Ms. Tung.



Mr. Sean Yu with the Bangladeshi students

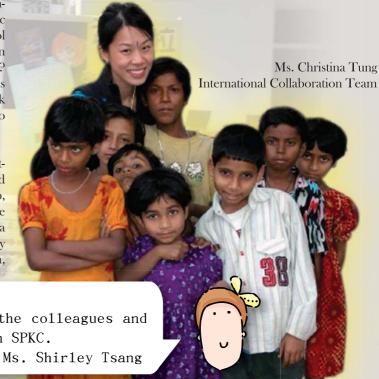
It was a chilly morning in late-November. When all our students returned to their classrooms after the school morning assembly, three of us sat in the empty school cafeteria, biting off our breakfast sandwiches, pondering hard the idea discussed the night before during the Bangladesh pre-trip meeting with members of Bridge Club Hong Kong(香港友橋會)--- bringing stationeries to schools in Bangladesh. But with the understanding of that we have a very tight budget, and that the group would gather only one more time before the trip, we were as puzzled as we were intrigued about the practicality of such idea.

With all said, we decided to give a try and launch a stationery donation campaign in school to raise the stationeries we needed. The project was risky and we were worried right from the beginning — how can we possibly squeeze time out from our hectic teaching schedules to coordinate the event? How will the school take this ad-hoc project given the school activity-schedule in December is already very packed? How will the students respond? What do they know about Bangladesh as a country? And as affluent children living in a modern metropolis, what do they think about poverty? Do they care? And if they do, will they bother to do anything about it? We did not know what to anticipate.

Just when we teachers were about to be overwhelmed by the anxieties, our students again took us by surprise: Our worries ceased quickly when we received response from the school English Club, saying its members would like to help out with the design of the campaign promotion posters. Very soon after, we also gathered a group of secondary 3 students who, out of their busy study routines, agreed to help researching information on Bangladesh, and setting up a display board to introduce the country. Then, before we knew, the campus was already filled with colorful stationery donation posters everywhere, with an eye-catching Bangladesh information-board greeting students and guests at the lobby.

In the second week of December, our student-ambassador teams also kicked off their works among their fellow schoolmates. In groups of four, these first-time ambassadors boldly walked into classrooms to explain the used-stationery collection procedures and encouraged each class to raise fund to purchase extra new stationeries for the needy ones in Bangladesh. Sacrificing their own free time, the ambassadors would faithfully stood by the stationery collection booths during each lunch time to collect stationery items brought back by others. The next thing we knew was that we had 10 full boxes of used-stationeries collected by the end of the third week, along with several bags of brand-new stationeries donated by some parents!

The campaign ran for three weeks in school. Throughout the course of the campaign, our teaching workloads were after all hectic and our project budget tight still. Yet, with all the exuberance, talents, and commitments devoted to this project by our students, it had been much more than just another school activity, but an edifying experience to all. We were told that the same result could have been achieved much easier if we had chosen to pay a stationery supplier to get the job done. Indeed it would be easier. But having witnessed the genuine, selfless effort given out by these teenagers, we are most certain that there is no other ways which we could use to trade the value of such true compassionate sharing.



Teacher's appreciation—

I would like to give thanks to all the colleagues and students who have given me support in SPKC.

If you asked me what the most unforgettable experience in my secondary school life was, I would say my memories came from the school hymn. Even after graduation for quite a while, the melody of the school hymn still came into my mind. The lyrics have been rooted in my heart.

"Hark! Daughters of the great St. Paul Come, listen to his call Oh! Children of this loved school The loving nurse of all Rejoice in God, do work and pray Be true from day to day."

In fact, I used to sing the hymn when I was alone. I give thanks for all the pleasurable moments I spent with the teachers and my schoolmates. Time flies! Now, St Paul's Secondary School (SPSS) is celebrating its 47th anniversary. When I went back to visit my teachers last summer, I was overwhelmed by warm feelings and smiling faces when I stepped into the main entrance. As I walked through the corridors and classrooms, I was so glad to see the school features had not changed much and yet many new facilities had

been set up. When I looked down to the playground from the third floor, it seemed that I saw myself lining up in the morning assembly. All of a sudden, laughter from friends and excitement came back to life again. My mind flashed back to the first day of September years ago, the day when a new school year began. Students' uniforms were neat and tidy and my friends and I became talkative. We were busy in conversation and the topic could not be far from the first day of school and our new Form Mistress. It was so satisfying to study there! Although my school life in SPSS came to an end, the beautiful memories still live on. They have become part of myself and drive me to strive for the best so as to carry that school spirit with me wherever I go.

When I first came to SPKC, I had the same special feeling again. All your faces reminded me how my school life has shaped me when I was young. Hey! SPKC students, do you remember your school hymn? One day when you leave SPKC, what memories will you recall? Laughter? Nervousness? Tears? Enthusiasm? When we slow down and start watching how life shapes our personality, character and mode of life, you should treasure what you have now and make use of every opportunity to enrich your life in SPKC.

Once you have tried your best in school, no matter what you did and how you felt at the end, those are the days to remember!

