

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)

# SPKC

Stewards Pooi Kei College Newsletter

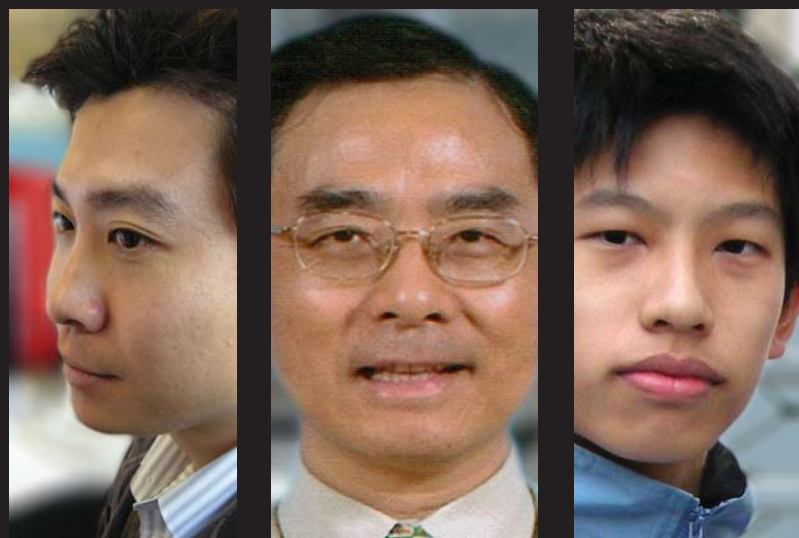
[www.spkc.edu.hk/news/newsletter.html](http://www.spkc.edu.hk/news/newsletter.html)

## 香港神託會 培基書院通訊

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懶惰人羨慕，卻無所得；  
殷勤人必得豐裕。  
(箴言第十三章四節)



Dr Law's Sharing

1st Parents' Briefing Session / The FUTURE

SPKC · Everyone · Everywhere

Serving Heart

Diligence "R" Us

Language GOGOGO / Library Updates

Learning with a Mon / Learning with a Song

Sports Adwards / House activity / F4 Lunch

Dr. Chan's Sharing: Creative thinking from a  
scientific and religious perspective

## Editor's note

Notice anything different about our brand new issue of SPKC Newsletter? We sure hope you do, because we're trying to bring a new look to all of you; our dear readers. The fresh new look is just one step for our newsletter team in a never-ending process to improve our precious newsletter. We have a strong belief that our Newsletter is one of the most important tools of communication with our audience, no matter parents and students (prospective or existing), teachers or anyone in our community. This newsletter is not only pages of paper with words on it, but bricks and stones, which come together, filled with our goals, missions and objectives, packed with memories of our success, happiness and togetherness, and thus creating a bridge from us to everyone else around us. We hope you enjoy it as much as we enjoyed putting it together.

Mr. Sam HO

## Principal's message

這學年的其中一個學校主題是「勤奮」“*Diligence*”，它在現代社會中有時不被重視，事實上，在商業化的香港，人們往往推崇靈巧工作 (*work smart*) 多於辛勤工作 (*work hard*)。由於科技發展迅速，有時人們會感到辛勞付出未必與目標成果成正比，在推行智慧型經濟中的香港社會更是如此。然而，在培基的教育理念中，我們希望同學堅守「勤奮」這個核心價值，因為它仍然是年青人踏實生活和追求學問的一項重要態度。

前人的智慧告訴我們：「一年之計在於春、一生之計在於勤」。勤奮是生活哲學的重要元素，也是建立生活意義的起點。勤奮能表現人的內在動力，是一種不過份看重結果，願意付出代價而踏實地工作的生活態度。勤奮能表現生命的積極性，也能充實人類心靈，從而體驗勞動的樂趣。相反地，懶散的生活態度會使人生變得虛浮，不勞而獲或許能帶來短暫的歡愉，卻易使人培養出一種投機心態，沒法掌握生活的意義。

在香港這個投機風氣盛行的社會中，我們往往傾向羨慕一些付出少但高回報的例子，漸漸地，年青人會過份依賴小聰明，或常存僥倖的心態，守株待兔，每天在不停地等待機會，以致活在一種空虛的生活狀態之中。因此，我們鼓勵年青人建立勤奮的心態，在追求理想和目標時，要付出努力和身體力行，這是生活的起點必須的基本條件。其他因素如耍小聰明、消極待機和走捷徑等方法或可催化出成功，但這些因素皆不應過份依賴，它們都是外在和難以掌握的，唯有建立勤奮的態度，可以使年青人在不同光景下活出生命的優美。

一位法國哲學家卡謬 (*Albert Camus*) 曾描寫希臘神話中一個叫西西弗斯 (*Sisyphus*) 的強者的經歷，這個強者因洩漏天機而被天庭處罰，他要每天在山下推一塊石頭到山頂，但石頭總會在到達山頂之前滾下山，這位強者仍要日復一日地進行這項苦役。這位哲學家認為這名強者的勤奮不屈，使生命得到充實 (*“The struggle itself is enough to fill a man's heart”*) 或許這種被認為是荒謬的哲學未必容易在現實生活中被人接受，但是，現代的教育改革，卻正是要訓練學生的求學態度和治學技巧。教育的重點已經不在於學生能背誦多少知識，而是在於他們能否從學習過程中掌握終身學習的能力，因此，學校希望年青人學習勤奮的處事方式和態度，並在這年度學校的政策上特別注重完成功課的習慣和上課的態度。我們相信學生能在這些政策下學會勤奮和責任心，從而建立充實的學習生活。

校長 羅維安博士

# 「中一入學簡介會」及校舍開放

本年度第一場的「中一入學簡介會」及校舍開放已於十一月十日(星期六)順利完成，萬分感恩。在主的帶領下，培基書院深受社區人士及家長的歡迎和認同，是次參加簡介會和參觀校舍的家長和學生多達九百五十人，數字確實令人振奮。

在簡介會中，除了邀請了校長、副校長及各科主任介紹本校特色和中一入學情況外，亦有學生分享他們愉快充實的學校生活，還有家長真摯的分享和動人歌聲。

當天，環繞整個校園，你不難看見四周擺放了不同的展示板，家長可以因此更了解學校的不同課程、行政組別和學校活動等。此外，本校亦開放一些特別室如學生表演中心、電腦室、圖書館、綜合科學實驗室、綜合人文科教學活動室、視覺藝術室、禮堂、教學活動室、學生自學中心、英語特區以及自修室，讓社區人士多些了解學校的設施，而且有些學科更設有工作坊，如視覺藝術科設有陶藝工作坊、國畫工作坊及版畫工作坊，讓小六生嘗試各項藝術活動，完成作品後更可以帶回家擺放，真是滿載而歸呢！

周慧儀老師



## THE FUTURE ~ SPKC Outdoor Education Park

In Shatin Area 36C, our school will establish an Outdoor Education Park with a total area of 21,200 m<sup>2</sup>. The project will include 4 sections:

1. Sports Facilities – Mini-Sports Ground  
(a football pitch, high jump and long jump fields, athletics track, adventure-based facilities)
2. Astronomy Activities – Site for Astronomical Observation
3. Outdoor Laboratory – Solar Power Generator and Biology Experimental Site
4. Environmental Protection and Gardening Education – Organic Farmland

We hope that this Outdoor Education Park can allow our students to be further educated in an all-around way, where education does not only take place in the classroom and in books, but everywhere around us. This land that is available to us provides us with a vast number of possibilities for learning. Also, we hope that it can provide our students with a place of rest and relaxation after a hard day of academic work, and thus, give a more balanced life.





## S1 Bookstore tour

On the afternoon of October 12, our S1 students toured the Tsim Sha Tsui Commercial Press (the biggest and newest Commercial Press in Hong Kong), with one mission in mind, to help our school choose books, which would be bought by the school and added to our ever-expanding library. Led by our teaching staff, pastors, social workers and our ever helpful parents, students scoured every corner of the bookstore to pick and choose books, and to share their discoveries with each other. They filled the Commercial Press with not only joy but laughter in the usually quiet store. All of them came back feeling excited as they had done their small parts for our library and our school, so many of our students from the youngest form, couldn't wait to share what they had chosen for the library, as they headed back to the school in our chartered tour bus, laughing, singing, chattering.



Mr Ether Ho

# SPKC

# Everyone

# Everywhere



### 旅行感想

「挑戰自我，釋放心裡陽光」代表着師生們一起釋放自我，將溫情彼此送贈。

從中一、二的同學臉上流露出的笑容可知，這次學校旅行帶給他們一個美好的回憶：包括「靚靚煮、煮靚靚」的燒烤比賽、環保口號及各班的團體遊戲等。

中三同學則在「基甸」訓練營中磨練他們的團隊精神，發掘他們領導的潛能。務求讓同學們在課堂以外獲得身心舒展。

吳澤豪老師



### 中一成長營

本年10月5至6日靈命培育組老師與廣恩堂牧者合作為一百位中一同學預備了在突破青年村兩日一夜的成長營。是次營會主題是：「新造的人、火熱為人、火熱為神」同學從中學習了發掘彼此長處、建立關係，並尋找生命中值得火熱追求的梦想。

文見歡傳道



### 中三領袖訓練營

在一個風和日麗的早上，當中一、二的學生都在興高采烈地旅行燒烤的時候，中三的學生卻在上水營地裡挨訓：「站直點！」「不要亂動！」「回答大聲點！」隨之而來的是一陣陣的「YES SIR！」之聲。雖然在導師的威嚴之下沒有人敢不大聲回答，但總是令人覺得有點沒精打采。但是經過整天的步操、集隊、活動，同學們漸漸覺得時間好像不怎麼難過。慢慢地，他們都彷彿領悟到甚麼，眼神漸漸變得集中，步伐也整齊起來。到了最後的出營禮，同學們領受最佳表現的表彰，似乎都感受到一種成功感，離開時都覺得帶走了點甚麼，又反而有一點依依不捨的感覺了。

服從、合作、紀律、自信，他們所得到的，一點也不比中一二的同學遜色。

何頌冕老師

# CBT Serving Heart

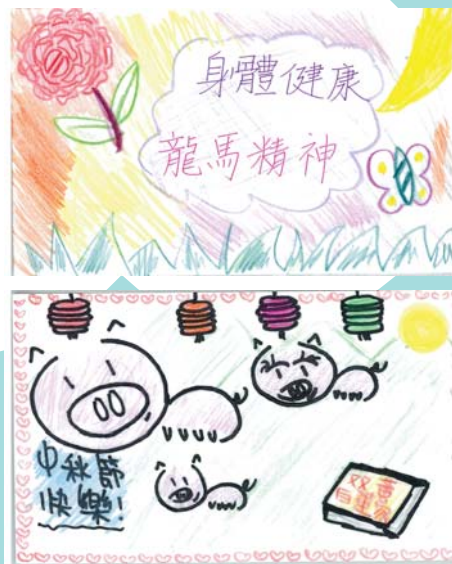
Every year we enjoy mooncake with our family. We are happy because we have friends  
We smile because we have family. But do you know there are a lot of old people who live alone, and can't enjoy this wonderful festival. Sometimes, they feel even more lonely in the festival seasons.

How can we share our happiness with them?

The Bible says, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.' Mathew 25:40

Thank God that we found an opportunity to serve our community in the Mid-autumn festival. Shatin Alliance Centre visited a home for the elderly on 20/10/07 and they invited us to help by asking our students to write cards to the elderly. Now, you can see the wonderful designs of our students.

Ms. Cherry Po



## PTA 家長的話



十月廿九那天，我們家長準備了百多個甜美的蘋果。由數位「魔術師」義工家長將蘋果包裝成金光閃閃，人見人愛五彩蘋果！我們把經粉飾後的魔術蘋果送到教員休息室。還想著剛好是午飯時間，送給老師作飯後果，怎料休息室內竟然沒有老師，找了半天才找到余副校及幾位老師代收。離開時，沿著教員室外的走廊走，只見老師不是埋頭苦幹，在自己座位內工作；便是協助同學解決功課上的困難或跟同學在談話，真是忙過不停。怪不得，羅校長常常訴說培基的老師實在太忙了。

首先在此感謝各同學的感謝咭，所收到的感謝咭比預期的多，而且每張咭都很用心去寫，有些更是學生充滿心思的設計。由此可見，同學藉今次敬師活動將心底話表達出來。

其次，今次的感謝咭，由家長及同學一連五天收集。同學每天只有約20分鐘時間吃飯，便要站崗，卻從沒有無故缺席或投訴，值得嘉許。

希望日後家教會能舉辦多些活動以啟發學生的心思意念。例如：書籤設計、詩詞創作、English poem、作曲、填詞等。相信敬師活動不會就此停下來，還會透過家教會的收集箱或電郵繼續收集學生和家長的心意，轉達給老師，讓他們更有力的教導我們的孩子。

最後，在此特別鳴謝各家教會成員、家長義工以及教務處同工。

家長余雷敏儀女士



# Diligence '99' Us

本年的學校年題是Diligence「勤勉」，其實最終就是希望同學能學會自發地學習。培基的老師們都是身經百戰的過來人，到底他們讀書的時候，是怎樣應付繁重困難的學業的呢？勤勉加上正確有效的方法，就是老師們的「殺手鐮」。老師們的心得，加上去年取得學業獎項的幾位同學的分享，希望各位同學都能一生受用！

## 我的讀書方法

尤記憶我讀中學的時候，常常想盡辦法希望自己的成績進步一點。而我最常使用的溫習方法大致有三：一是自製簡易筆記。透過重整、抄寫、拼貼的方法，重新建立自己的概念，這樣對一些理論性及概念性重的科目很有用處呢！二時最常用的抄默方法。三是當我溫習英文，自製一本詞彙字典，把已經學習的英文生字寫進去，並標明詞性、例句及發音。

例如：

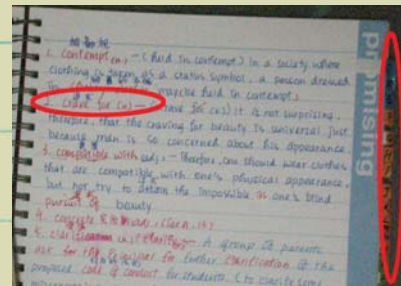
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Appreciate (v.)

E.g.: They deeply appreciated his kindness.

這字典的好處是能溫故知新，少卻一般英文字典陌生而繁多的感覺，不會令人望而卻步呢！希望我溫習的方法對你們有用吧！

鄧佩鳳老師



- Be Diligent - a lifelong lesson.
- Be Proactive - make things happen.
- Be Punctual - pace yourself.
- Be Prepared - planning well.
- Be Pliable - in case plans fall through.
- Be Polite - say 'please' and 'thank you'.

Never, never Procrastinate,  
Or Pain will be your surest fate.

Be like Pilots, always alert;  
And not like Pigs that rest in dirt  
Procrastinating all the way  
Until it's too late, end of day.

Mr. Rickie Hung

Are you satisfied with your Uniform Test results? Do you want to do better in your coming examinations? Start your preparation now and make the following your habit.



- Determined** Be determined to study well. If you are determined to get a better result, you will continue trying even when it is difficult.
- Independent** Make yourself more independent of your parents and teachers. Do your homework and start your revision before they remind you to do so.
- Listen** Listen to your teachers carefully in class. It saves you a lot of time in revision.
- Improvement** Seek comments and suggestions from your parents, teachers and even your classmates. Their valuable advice will help you to make improvement. Improvement can lead you to the way of success.
- Goal** Set yourself a goal for study. Post it on your desk. Read it every day to remind yourself of the goal. No matter what happens, press on toward your goal. With this goal, you will know what you should do every day.
- Everyday** Revise what you have learnt every day. Don't wait until the exam. Buy yourself a pocket-sized book and write down all those words you want to learn. Keep it in your pocket. Study it every day when you are waiting for a bus.
- Note-taking** A note is a short piece of writing to help you remember something. Take, not copy, notes in lessons so that you can remember what your teachers have taught you.
- Teach** Teach your classmates when they don't understand. You will benefit from it too because you will find that you can even better understand the concepts after your teaching.

Remember, if you want to study well, be DILIGENT.  
'NO PAIN, NO GAIN.'

Ms. Joanna Leung

近代文學家郭沫若先生曾說：「人是活的，書是死的。活人讀死書，可以把書讀活。死書讀活人，可以把人讀活。」

記得初中時期的我也是一條懶惰蟲，不會盡力讀書。上課時時而望著老師，時而望著手錶，常發白日夢。放學回家完成了家課後便與書本隔絕，心想一天的學習該到此為止！最後，每逢考試測驗我便逃不了「挑燈夜讀」厄運，被一本本又重又厚的書「壓死」。

經一事，長一智。後來我明白了「讀好書」的要訣——「學海海涯，唯勤是岸」！除了「勤力」，讀書也要有方法才能得心應手，事半功倍。方法第一要手到（整理筆記，抄寫難字）。第二要眼到（觀察入微）。第三要口到（誦讀要點）。第四要心到（專心致志）。四者能互相補足，缺一不可。

盼此廖廖數語能給同學點滴啟發，同享讀書之樂。

鄧敏思老師



鄧敏思老師的腦圖

## Less is More

Have you heard 'Less is more' from TV commercials? I'm not selling beauty products here, but I'm showing you the power of diligence! Diligence in learning is simply to pay attention to the small details, be dutiful in small matters, and do not let go of any small opportunity in learning. As I often tell my students, learning 5 new words every day is nothing, but it means 10,000 words in 5 years. These 10,000 words will lead you to a completely different academic path. Reading 1 book every month requires little effort, but it means you are ahead of every one when you apply for universities. On the contrary, lazy students try to achieve as little and possible and a few years later, they have to do more work simply to catch up (catching up requires much more effort, and is not always possible). So remember, Less is More!

Ms. Joanie Yeung

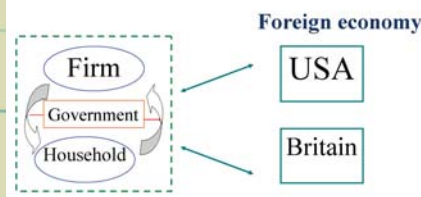
## 讀書心得

我認為讀書應該注意兩個事項：一是有條理，二是持之以恆。

學習的內容往往比較繁複難明。故此，溫習要講究條理，利用概念圖是一個很好的方法。以下是一個學習中五經濟課程的概念圖，只要跟著來溫習便不會輕易迷失。

另一方面，讀書有時難免感覺沉悶。故此，找尋當中的樂趣，提高學習的持續性也重要的一環。學習香港股票市場的變化，可找一些如「秋官效應」的文章來研究，要學習人類行為模式可以從電視節目《一擲千金》、《向世界出發》中獲得啟發。希望同學能有條不紊地學習，並獲得樂趣。

鄧樂明老師



## 薛老師讀中四時的生物科課本

### THE BASIC CONCEPT OF NUTRITION (營養作用)

Nutrition refers to all the processes by which organisms obtain and use the nutrients (營養素) required for maintaining life.

Nutrients are substances which organisms need for releasing energy, growth and repair, and maintaining all other life processes. For example, carbohydrates, fats, proteins, vitamins and mineral salts are the five main groups of human nutrients. Materials containing nutrients are called food.

The different ways that organisms obtain and use nutrients are called the modes of nutrition (營養方式). The main modes of nutrition are listed in Fig. 2.

**Autotrophic nutrition** carried out by green plants

**Heterotrophic nutrition** carried out by all animals, fungi, certain

Nutrients are needed for -  
- releasing energy  
- growth  
- repair  
- maintaining all other life processes

## 張老師的腦圖



我自小便知道自己不是讀書的好材料，弟弟是一個一目十行的聰明孩子，在親朋戚友中，少不免有比較，感恩的是天父給我創想出很多不同的讀書方法，如：古有懸樑刺股讀書法，今有嚴寒脫拖鞋背書法。除了想出不同方法，我也會學習別人的方法，如腦圖、角色扮演、填詞背中文等等……

張翡翠老師

問我怎樣可以讀好書？不外乎就是「三心兩意」嘛！

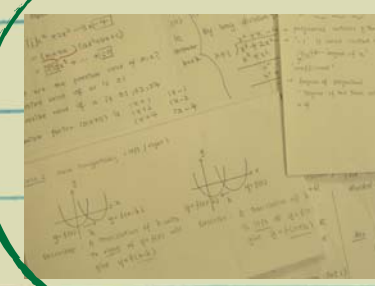
篇幅有限，先說「三心」吧：

第一，「粗心」。開始讀一課書前，先別每個字仔細地讀。「粗心」一點，大概看看標題、圖片、起首和結尾的一兩句就行了，先有個初步印象是很重要的。

第二，要起「疑心」。約略看過課文後，不妨懷疑一下：「作者這樣說，有甚麼理由呢？順理成章嗎？會否錯了？」把所有疑問寫下。

最後，輪到「細心」了。這次，仔仔細細的把課文看一次。因為先有了上述兩個「心」，到仔細閱讀時，就會事半功倍，容易明白。

余國富老師



胡老師整齊的教學筆記



In my junior form, I was quite afraid of studying. However, I feel less afraid of studying now. Let me share some tips for studying with all of you. First, is to pay more attention in class, this is the most important thing in the whole studying process, as we can learn the basic knowledge about these new things. Secondly, is to revise regularly, it doesn't mean you need to study very late every-day because a time for relaxing is also needed. Also, if I have learned something, I will try to link it up with my daily life, which helps me memorize things more easily, and makes it more interesting for me to learn. These are some of my own experiences in studying.

4 Peace Li Hang Hin

讀書溫習的其中一個方法就是抄筆記，其一好處是抄寫的時候可以當作複習。這需要用到不同的技巧：先要深入理解書中內容，然後便抽取重點寫在筆記上；也可以畫圖畫或用縮寫代替一些字，如“something”可寫成“sth”，這能減少抄寫的時間，完成的筆記，使能夠方便日後測驗考試時溫習了。希望大家都有適合自己的讀書方法吧。

3 Peace 賴彥汶



對我而言，做功課是一個非常好的溫習方法。因為它可令你知道自己不懂哪些課文知識，從而複習那些部份。另外，當你預備考試時，可能會感到很大壓力，那時，我就會立即小睡片刻，或是吃些小吃來減壓。這些都是我的心得，大家不妨試試，看看效果如何。

2 Joy 盧思齊同學



# Language GO! GO! GO!

## English Activities

First term has seen a wide range of English activities helping the students to develop their English language skills. As you enter the College you will now see signs "Welcome to Stewards' Pooi Kei College You Are Entering an English-speaking Environment". These activities are helping it to become a reality!

### English Zone



English Zone provides an informal, relaxed environment for students to practise English. There is a wide range of activities for students including games, movies, music, computer-aided learning, books, magazines and newspapers. It is open daily at lunchtime and after school and is the home of many English clubs and teams. Students are also able to talk to the NETs and interact with others from all different year levels. A team of Student Ambassadors provides valuable support for the operation of the Zone.



### English Debating



English Debating has been introduced this year and there is now a thriving Debate Club with members from Form 1 to Form 4. Recently the SPKC team had their first inter-school debate against Kwok Tak Seng Catholic Secondary School on the motion: "This house believes that the sale of unhealthy food should be banned in all Hong Kong school canteens" As the Negative team SPKC presented a strong case and won the debate. A team has also been entered in the Sing Tao Hong Kong schools' English debating competition where SPKC will meet Rosaryhill School in the first round in December.



### English Announcers



For the first time a team of English announcers has been formed to make announcements at school assemblies. 22 students now take turns, including students from Form 1, and they have developed great confidence and leadership skills in presenting before audiences of over 700 students.



### English Bible Reading



Another innovation has been the establishment of an English Bible-Reading team drawn from students from all different year levels. Reading and sharing is held at Monday assemblies and is usually followed by the singing of hymns. As well as its religious importance, this activity also helps to improve students' English language skills in a very meaningful way.



# 中文活動

## 猜

## 燈

## 謎

中秋節除了賞月、吃月餅之外還可以學中文？對！別忘了中秋節還有一個傳統的活動——猜燈謎！

別小看猜燈謎，猜燈謎要猜得精，不但需要深厚的文化和語文知識，而且還要有一定的聯想力，對於文字的敏感度還要很高。中文科和中文學會便在本年中秋節期間舉辦了一個猜燈謎活動。學生只要猜中燈謎，便能得到印章，換領獎品。這次活動還與中文課堂有所連繫，老師除了在課堂上教授燈謎的類別和知識外，還與學生一起在燈謎會場印證所學。透過活動，學生們不但增加了文化知識，還加深了對中文的興趣，提高了語文能力！

何頌冕老師



以下是一些燈謎，挑戰自己，猜猜看：  
(謎底在本頁底)

- 一、 赫赫赫赫赫 (猜一機構)
- 二、 游游游游游游 (猜中國古人名)
- 三、 螢火蟲 (猜一中國地方)
- 四、 如果走在我們中間 (猜一英文字)
- 五、 律師必修 (猜一外國名著)



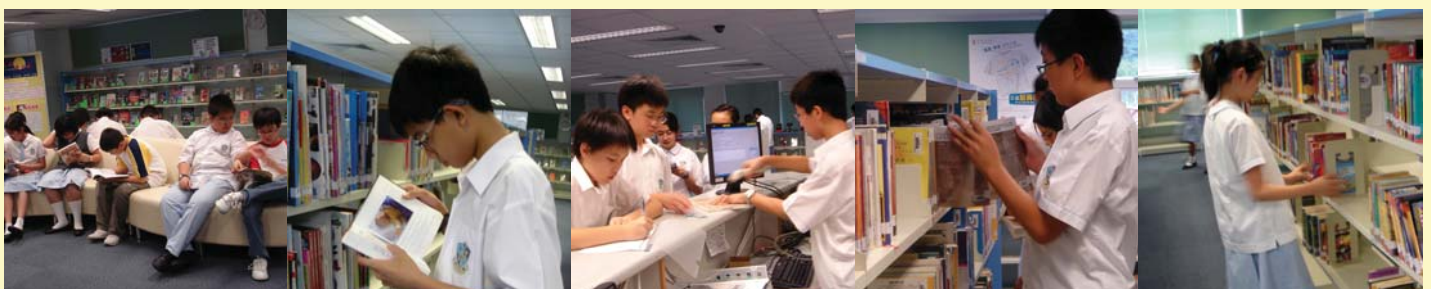
## New Look @ Library

SPKC Library embraces the new school year with a completely fresh look! Come check out the new display shelves, sofas, computers, and the Careers and Guidance Corner, not to mention the numerous new books which have been made available for all students to enjoy.

Over the summer holiday, Mr. Ken Ko, Mr. Jimmy Tse, and some hardworking librarians and parents came back to school and helped put hundreds of books on the shelves, and we reached 6,000 books at the beginning of the new academic year! These new books were carefully chosen by teachers, students and parents in order to meet students' needs and the curriculum standards of SPKC. They range from English fiction, language arts, Visual Art, Humanities, Science, Chinese History, books for the S.4 Chinese SBA requirements, and cultures from around the world!

This year the Library will continue to serve as the Resource Centre for all in SPKC. The new Careers and Guidance section has been set up over the summer to help students in their research regarding career and university possibilities. The HKCEE Curriculum Corner has been updated for S.3 students to understand their different streaming options. Meanwhile, we have also witnessed a very successful SPKC traditional S.1 Book Tour, in which all the S.1 students and teachers went out for an adventurous book 'hunting' tour at the Commercial Press and purchased more than 300 books for our book collection!

Ms. Joanie Yeung



答案：一、紅十字會 二、陸游 三、昆明 四、WIFE 五、罪與罰



# Learning With a MON

## Video conferencing

Our SPKC's Rock Our World Team has changed its name to WorldRockers! What is Rock Our World? It is an award-winning global project that connects students from 20 countries through video conferences and collaborative music composition! It was established by Carol Anne McGuire, a teacher who wanted to give her visually impaired students an opportunity to be in touch with the real world. Her dream has come true even here in SPKC! As one of the two schools representing Asia, and the only school representing China, our team shared with schools from Japan, United States, Israel and Australia about the uniqueness of Chinese culture. We have also learned about school life in Japan, the beaches in Australia, and the popular crafts made by kids from the States.

This year's theme has laid the emphasis on oceans around the world. We can get a glimpse of how oceans are affecting the ecosystems and people's lives. Through participating in video conferences, all our members agree that nothing from books and internet can be more priceless than meeting someone from other cultures face-to-face. Rock On!

Ms. Joanie Yeung



## Learning With a SONG

### SPKC English Radio (Broadcast club)

An exciting addition to school activities has been the formation of an English Radio Club to provide twice-weekly broadcasts at lunchtimes. Programmes have included "Tuesdays with Christy Squared" [music and fun], "Q and A 4 U" [interviews with special guests], "Game Show Bros" [IT and games], "Gossip Time" [music and chat]. There will also be an outside broadcast in December to welcome our Bangladeshi student visitors. A new radio broadcasting area will be established in English Zone in the near future.



# Sports awards

Congratulations to our students who competed and awards in the Inter-school Swimming Competitions! Your hard work is not unnoticed, and we will continue to support you!

## Girls B Grade

2 Joy 鐘卓婷 (Chung Cheuk Ting, Tiffany)  
50M 背泳 (Back stroke) 1st Gold  
100M 背泳 (Back stroke) 2nd Silver

4 Faith 于允祈 (Yu Wan Kei, Ruth)  
200M 胸泳 (Breast stroke) 3rd Bronze  
200M 個人式 (Individual Medley) 3rd Bronze

## Boys C Grade

2 Grace 鄭俊樑 (Cheng Chun Leung)  
200M 自由式 (Freestyle) 3rd Bronze



# Jump Rope Competition

On November 14th to 16th, strange things were happening at lunch time at SPKC, students and teachers were gathered at the playground, all filled with a competitive spirit, doing what else, but skipping rope! The 3 day Jump Rope Competition consisted of House vs. House action, and on the first day of the individual 'bicycle' style, Christ House (Green) beat all the competition and became the winners. On the second day, Christ house team once again dominated the competition taking home a win for their House in the team mixed-style competition. On the third and most exciting day, students faced off against their beloved teachers in a battle to prove once and for all, who are the better skippers in school! After some fierce battles, the teachers won the competition, proving to everyone that they may be older, but they can still skip for the win!



# 中四學生外出吃飯了!!

從九月開始，廣源邨的食肆多了一班充滿活力的新顧客——我們的中四學生。起初老師也像女兒剛談戀愛的父親，帶點點擔憂站在門外看著孩子的背影，又不願走近打擾。心裡疑惑著他們會否說話大聲失禮，或是給不良青年欺負。幸好同學的表現令人鼓舞，副校長和訓輔組老師在不同時間向食肆店員查詢學生的表現時，獲得一致好評，他們都稱讚同學斯文有禮、誠實守規。老師們謝過店員、留下名片後便昂首離開，願中四同學繼續為師弟师妹樹立良好榜樣，無論身在何處，先顧及別人的需要，將祝福帶給別人。

「各人不要單顧自己的事、也要顧別人的事。」  
(聖經 腓立比書2章4節)

呂浩榮老師



# 從科學與信仰角度看創意思維

開發創意，將新鮮感注入課堂，令學童耳目一新，不單上課時教學成效顯著，而下課後老師內心感到滿足和欣慰，實非筆墨所能形容。究竟「創意」這樣東西，其本質為何？是天才的專利，還是突發的奇想？本文將透過科學與宗教兩個角度去探索之。

## 壹、從科學角度看創意思維

大腦，這個約重三磅的東西，是人類所知宇宙中最神奇的實物。由生物學得知，所有思維活動都不過是大腦中之電化學反應。負責處理這些反應的最基本單位是神經細胞，數目以千億計。

神經脈衝是怎樣透過一個又一個的神經細胞而傳遞下去的呢？秘訣是經由「突觸」(synapse)。突觸是甚麼呢？它其實是兩個神經細胞的連接點。它好像交通警察，指揮思路，又像電話接線員，聯絡線路。它好像橋樑，容許思路經過；又像堤壩，控制思潮起伏。總言之，它是所有思維活動的「掌門人」。人類掌握了它就能掌握大腦思維的鑰匙，了解讀書的秘訣，洞悉一生的果效，和發揮無窮的創意。

我們可以透過一些比喻去理解突觸。若大腦是電腦的中央處理器，突觸就是微晶片。若大腦是一部硬碟機，突觸就是其中一個檔案。有些思路很久沒有使用，神經脈衝會幾乎通不過了，這時我們的大腦會忘記了一些事情，就好像忘記將檔案放在電腦那個資料夾裡了。所以讀書的秘訣，在乎屢讀屢溫……將資訊有系統地存入大腦，並時常溫習，令到負責存取該資訊的突觸在思路保持暢通無阻，隨時有效地發揮提取資訊的功能，以供應在創作思維時所需要的無窮彈藥。

我們的思路既能思考宇宙穹蒼，汪海深洋，這個交通網就好比一塊覆天蓋地的漁網。但

與我們腦袋裏那塊由億萬神經細胞所組成的偉大網絡相比，還要渺小得多呢。試想在雷電交加的晚上，你在坦蕩的平原上夜觀天空，那力度萬鈞的迅雷和連綿不絕的閃電，正能描述出腦中那創意經過的情景。

## 貳、從宗教角度看看創意思維

若宇宙有一位創造主，則人的大腦構造和思維方式都是由祂設立的。我們只不過是一部比較「高級」的機械人，所有的大腦活動都只不過是一個被設定的電腦程式而已。所謂「所有真理都是神的真理」，因此所有人的創意思維都只不過是在造物主於神經系統所設立的電化學方程式定律上行使有限度的主權而已。簡言之，人的創意思維就在如何玩遊戲程式的時候表露出來，但該程式的設計者卻是另有高人。那遊戲高手自己玩得太出神入化了，將一切榮譽歸於自己，卻忘了要欣賞那位令他成功勝出的程式設計師。

創作是要有思路的，我想最佳的比喻還是交通網吧。突觸就是交通燈和燈塔，指揮著各線運輸工具暢通無阻。因此，我們的腦袋不宜裝無用的資訊，以免阻塞交通。此外，有些錯誤的資訊(例如進化論)，更是高危害藥，偶一不慎，會弄致車毀人亡。難怪聖經說：「你要保守你心、勝過保守一切，因為一生的果效、是由心發出。」(箴言書四：23)。

副校長 陳城禮博士

