

Spkc

Stewards Pooi Kei College Newsletter

Feb 2013

Healthy Living in SPKC

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."
1 Corinthians 6:19-20 NIV

Designed by
Hui Shu Wa Sarah & Joy



A review from the SU

The following is a review by the SU of functions held in Term 1.

Running Man

This was the first event that we held last year. We got the idea from a Korean drama, which is aimed to arouse cooperative consciousness among schoolmates. As this was the first time for us to organize such a large function without related experience, we learnt the procedures through various attempts and made a little progress day by day. With all the devotion of our committee members, the event was held successfully and gained lots of support from schoolmates. We were also grateful to our teachers' assistance and they arranged the classrooms for venues and provided space for us to add spirit to our school life.



The Running Man working committee

Get ready for the Running Man



We are having fun in the game section!

Christmas Party - Game Section

Christmas Party was a big day for all schoolmates as we can enjoy the festive atmosphere and have fun with our friends. To all fellow schoolmates, it was a memorable day. To us, it was also a great challenge. From planning the games and organizing the whole event, we encountered lots of problems like technical difficulties. This has greatly enhanced our adaptability to overcome challenges. Though we have spent a long time in the game section, the applause and laughter of schoolmates told us that our devotion was really worth it.

Ready for fun!

We have also learnt a lot from participating in the Student Union. We learnt how to cooperate and to allocate duties. At first, we were still getting to know each other and wasn't doing very well when we encountered difficulties, but as we spent more time with each other, we learnt how to finish the job effectively and to allocate the duties in an efficient way.

We will continue to serve the whole school and every student whole-heartedly until the end of our term.

The SU Forum



Endeavour Camp

The Endeavour Camp was held before the beginning of S6 school year.

This adventure began on a sunny day, 143 young adults departed from the school with encouragement from supportive teachers. Some waved goodbye, others sent reassuring nods. Finally, accompanied by our dear class teachers, we headed off to the camp site.

From the moment we alighted, strict instructions and harsh orders from the coaches were already ringing in our ears...

We Six-Love's never knew what discipline and responsibility really meant, but things were about to change. After a few inspiring activities like "Trust-fall", "Raft-building" and "Tap the ball with your nose" (鼻掂波), we became unprecedentedly united as a family.

But, the real challenge was about to come!

The game "Over the Beam" nearly took away all the confidence we once had. We had failed to complete our task and were abandoned by our coaches in an isolated field.

Each of us sat in tears of regret, searching for our reason for failure. We pulled ourselves together, picked up our courage and asked the coach for a second chance.

The target was set as 6 minutes of completion but with our wholehearted determination and motivation, we miraculously accomplished the mission 40 seconds before the time was up.

Tears of joy streamed down our faces, we knew from that moment on, that nothing is impossible if we fully devote ourselves to our goals and dreams.

Unbreakable bonds were built among the Six Love Family. We had become more mature and one step closer to becoming adults.

And, efforts do pay off, we Six Love's wept and grew.

6L CHIU Lok Sze

S6

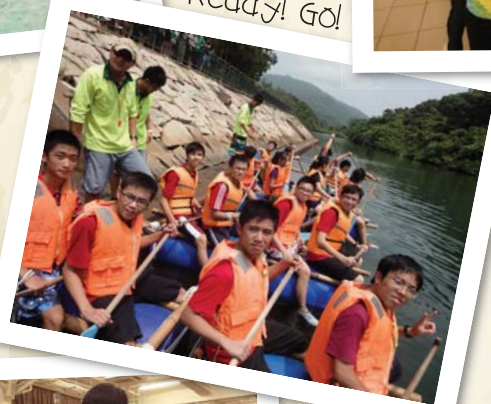
Principal Yuen,
we love you!

S5 Endeavour Camp



Ready! GO!

The Endeavour Camps
enhanced teachers-
students relationship



S5



Come on, brothers!

DSE! We are coming!



Forever friends!



This three-day-two-night camp was a remarkable experience for all of us. I had never expected to see such a significant change in us. Before entering the camp, we did not really think much about it. When we first heard about the Endeavour camp, it was described as boot camp. We were intimidated and unwilling to participate in it. Surprisingly, the things ended up differently. We were greatly inspired by the tutors in the camp. We had a deep reflection on our attitude and values. The process was really tough, yet, we gained a new sense of unity and belonging.

Last but not least, the Endeavour camp marked the turning point of our form.

5L Chan Ka Ying, Vanessa

福音週預備 團契製作五色手繩

在福音週前的一個星期，我在團契幫忙做手繩去傳福音。當中手繩有五隻顏色，大家不要覺得普通，其實有很特別的意思：綠色——神創造天地萬物；黑色——我們世人的罪；紅色——神為我們流的寶血；白色——我們的罪被神洗去；最後黃色——我們死後上天堂有永生。我覺得這五隻顏色對我意義重大，因為我明白到神為我們世人的付出，我一定會將福音向世界傳開。
(中一信班 程斯)



午間敬拜

感謝主讓大家能夠在紅磚地聚在一起唱詩歌讚美神，同學們一起投入在敬拜之中和大聲頌上帝的場面令人十分感動。
(中五信班 何彥曦)

每一次回想當日的敬拜，我就因那日主的同在而感動！主看顧培基，要復興培基！
(中五愛班 陳伊琳)



福音茶座

不知不覺，我已經在培基就讀差不多五個月了，最令我印象深刻的活動就是福音週啦！其中我參加了福音茶座。那時，我和其他同學在紅磚地聚首一堂，參與福音茶座。福音茶座有很多活動，例如一起唱詩歌、一起吃東西、祈禱聊天等。放鬆心情、壓力等，十分享受。透過這些活動，不但令我更認識神，更令我立志成為一位基督徒，願意讓神洗淨我以前做過不對的事和改變我。我要把神給我們的愛傳揚開去，希望讓身邊更多的人願意相信主和成為基督徒。
(中一恩典班 戴伊莉)

今年的福音茶座真叫人難忘，因為聽到老師們令人感動的分享，和感受到神的愛在我們中間。
(中三信班 譚芊芊)

能在福音茶座中與老師和同學一起分享見證，是一個很特別的經驗呢！
(中四和平班 盧嘉彥)



早晨合唱團

我參加了morning choir，在過程中，我與同學之間的感情增加了，還有更認識神。師兄師姐和同學衝入校門時，聽到我們的詩歌，都會向我們微笑。真令人滿足！
(中一喜樂班 麥茵兒)



音樂佈道會

在音樂佈道會當中，我感受到神的愛，我很喜歡在佈道會中的詩歌，當我一直聆聽見證和詩歌的時候忍不住流眼淚，因為我感受到神的愛。神真的很愛我們：「我們愛，因為神先愛我們。」
(中三喜樂班 區凱琳)

街頭話劇

今年的福音週中，令我印象最深刻的就是話劇。因為演戲的同學和老師以「江南Style」來做開首，吸引了很多人來圍觀，還能夠在劇中配合經文，給我們一場不沉悶的講道。
(中二和平班 陳悅敏)

一年一度的Gospel Week已經完結了，當中有幸參與Gospel Drama的演出。我想藉此感謝各位台前幕後的同學和老師，包括Cyrus, Carson, Elizabeth, Katherine, Sharon, Katie和Jimmy等，跟他們一起事奉令我獲益良多。希望大家不單只記著Gangnam Style，還要記著我們的目的。培基人們！願你們能一生跟隨主腳蹤！
(中三恩典班 趙俊彥)

今年是我第一年入讀培基書院，很開心有機會可以在福音週的街頭話劇中飾演其中一個角色。本來我對做話劇和傳福音的興趣不大，但自從我在話劇參與演出，就立志要去傳福音。本來一本不令人感興趣的聖經用了很hit的Gangnam Style演繹出來，也讓我對聖經的興趣大大提高。
(中一恩典班 羅楠琳)



信仰擂台

我在這次「福音擂台」中學到一些我不明白的聖經道理，明白到聖經並不是一本百科全書，而是和上帝溝通的一本書。擂台又用聖經作為引言，否定2012世界末日的傳言。我又學到有關罪的事情，原來當我們還是個嬰兒時，就已經有罪。信仰擂台帶給我很多有關宗教的知識，令我獲益良多。
(中一信班 張嘉希)

老人院探訪

我最深刻的是探訪住在廣源老人院的老人家。記得當日我很緊張，因為我很少接觸老人家，但是到了老人院就發現我的緊張是不必要的。老人對我們很溫柔，所以真的令我留下很深刻的記憶，並令我反省平時我不懂珍惜好好的生活。因此，我深深經歷神對我的愛和看顧，我很感恩所有神賜給我的東西。
(中一恩典班 林得宜)



Gospel Week 2012-2013 福音週 2012-2013

SPK Gospel Week 2012-2013 What's Your Style?						
	12/11 (一)	13/11 (二)	14/11 (三)	15/11 (四)	16/11 (五)	19/11 (一)
午間	Gospel Radio 福音廣播	街頭話劇 @ 紅磚地	午間敬拜 @ 紅磚地	Gospel Radio 福音廣播	信仰擂台 @ 紅磚地	God is Love
晚學	音樂佈道會(1) @ 紅磚地	福音茶座 (G4-S8) @ 紅磚地		福音茶座 (S1-S3) @ 紅磚地	團契探訪 廣源新長者	音樂佈道會(2)
仲有仲有，千祈唔好錯過…… FES書展 @ Hall & 福音書展 @ 圖書館						

Stewards Pool Kai College - Student Fellowship 2012-2013 校董會及同學會與我們地區學校的團契 (4:00-5:30pm @ 7/F Student Performance Center)	
日期	主題
16/11	福音週探訪廣源新長者
23/11	BBQ
30/11	全校Checkpoint歷奇
7/12	暫停
14/12	聖誕聚會

'Trials and Tribulations' Jenkins Cup Secondary School Mock Trial Invitational

This year's Mock Trial Team clearly showed that they are capable of going from strength to strength as they celebrated their considerable successes against confident and formidable opposing teams from some of Hong Kong's best schools. However they also showed that they could apply the lessons learnt when decisions and verdicts didn't go their way. They listened carefully to advice and constructive criticism from Solicitor-Judge Mr Peter Siu and proved that they are fast and conscientious learners, putting in many extra hours before school, at lunch time and after school to hone their skills, develop their strategy, and enhance their teamwork. We would like to congratulate all current team members on their hardwork and success. We also welcome any potential new members to express their interest in next year's competition to teachers Ms Jessica Au Yan, Ms Michelle Ho or Mr Steve Marson.



English Debating

Our Sing Tao team is now through to the Quarter Finals where they will face Diocesan Boys' School on March 16. This is the third year in a row that SPKC's English Debating Team has managed to reach the top 8 schools in English Debating in Hong Kong, a great achievement! Sarah Tse [4L] was named Best Speaker and Best Interrogative Speaker. The NESTA Junior and Senior teams are progressing well and will soon be entering the finals rounds. Our Junior Coaching Director, Glenn Li [5G] is also doing a great job of training, coaching and preparing an enthusiastic group of S1/ S2 members for their first debate after Chinese New Year. SPKC will also be entering a team in the World Schools' style tournament at Yew Chung International School on March 2 where they will compete against top local and international schools. Each school will take part in 3 debates in one day, including one with only 30 minute preparation time. A great challenge but we are up to it!



English Department

第一次參加 集誦比賽有感

我們中五恩典班是首隊代表培基參加校際朗誦節中文集誦的對伍，大家都是抱著學習的心態去比賽。這次的誦材是何紫的《不是你們的孩子》。雖然這篇誦材難度不高，但已經使我們這班毫無經驗的學生束手無策。幸好還有經驗老到的楊老師負責訓練，所以我們表現也算中規中矩。集誦要求眾聲如一，在訓練期間，我班漸漸建立默契起來，同時也誦得愈來愈好。我們看見自己的進步，心中自然產生一種滿足感。

到了比賽當日，練習時表現不過不失，只求比賽時不要出醜。誰知當我們站到台上朗誦時，表現比預期出色，評判也稱讚我們「認真投入」！在台下觀看的楊老師，也以「閃爍的星星」來形容台上的我們。雖然這次比賽只獲得第四名的成績，但已經喜出望外了。加上訓練時所學到的朗誦技巧，以及我班所建立的默契，可說是沒有遺憾了。這真是一個難忘的經歷！

中五恩典班 黃樂勤



Speech Festival

winners list

班別	比賽項目	獎項
1 Grace (28)	中一、二男子散文獨誦	季軍
2 Joy (16)	中一、二男子散文獨誦	季軍
3 Peace (6)	中三、四女子散文獨誦	季軍
5 Faith (12)	中五、六女子散文獨誦	季軍
5 Faith	二人合誦	冠軍
5 Grace		
1 Peace	詩詞獨誦	亞軍
5 Peace	詩詞獨誦	季軍
4 Love	詩詞獨誦	季軍

Name	Class	Event	Attainment
Cheung Chun Hei	S.2	Solo Verse	First Place
Chui Lok Man Rammie	S.5	Solo Verse	First Place
Leung Sze Hang Anson	S.6	Solo Verse	First Place
Shiu Yat Lam	S.2	Solo Verse	Second Place
Tam Tsin Lui	S.3	Solo Verse	Second Place
Chan Teresa See Wing	S.4	Solo Verse	Second Place
Kam Jerry	S.5	Solo Verse	Second Place
Law Hui Yi	S.5	Solo Verse	Second Place
Li Cheuk Nan	S.1	Solo Verse	Third Place
Ng Wang Hei	S.1	Solo Verse	Third Place
Luk Po Ki Amber	S.2	Solo Verse	Third Place
Shiu Wing Yan	S.3	Solo Verse	Third Place
Tse Hiu Ching	S.4	Solo Verse	Third Place
Sham Tsz Hin	S.5	Solo Verse	Third Place
S.1 Choral Team	S.1	Choral Speaking	Second Place

SPORTS CULTURE IN SPKC

Sports association has organized a couple of competitions in this academic year, including the inter-class soccer competition, inter-house basketball competition, and also the upcoming inter-house volleyball competition. These competitions aim to provide opportunities for students to participate in sports events and show their talents in sports. Students showed grit and effort in trying to bring home the win, and many students

came to support their house and class. We believe that these competitions were held successfully and students also enjoyed them immensely. It wasn't just for the spectators and players but, we, the Sports Association committee also benefitted from these competitions, as we learned many things through this experience. For example, communication skills as we need to contact many people, such as house captains, and work

together in order to hold the competitions. Therefore, we were greatly encouraged to work even harder in order to maximize the achievements brought by these competitions. We hope that the upcoming competitions can be held even more successfully, so that the sports culture in SPKC can be enriched.

CHAN Daniel Lok Him 5 Peace



Inter-school basketball friendly match



Students and teachers showing support for their classes.



Inter-house basketball competition