



天主教母佑會蕭明中學

Daughters of Mary Help of Christians
Siu Ming Catholic Secondary School

學校通訊

第三十三期
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管理與組織

教師發展日

今年九月十九日下午，我們邀請了香港教育大學基督教信仰與發展中心顧問張文彪博士為本校所有老師舉行教師發展日，主題為：僕人領袖，學校的願景及使命。張博士從事教育工作四十多年，曾擔任崇真書院校長（1987-2010年），他圖文



校長郭修女致送紀念品予張博士

並茂及提綱挈領地解說

僕人領導的精髓，隨後帶領老師作出反思，並在小組中引領老師討論本校的願景和使命，讓老師們都能領會本校願景所在，且能達成共識，共同為日後學校發展而努力。



張文彪博士為老師解說僕人領袖的涵義



老師分組討論學校的願景

學校發展目標講座

今年九月十九日早上舉行開學感恩祭後，我們邀請了浸信會永隆中學鄭繼霖校長為全校師生舉行學校發展目標講座，與我們分享他在生命中如何「勇於求變、挑戰自我」，“Make Change and Go Forth!”，以回應 2018-2021 的學校發展目標。



校長郭修女致送紀念品予鄭校長

自小受病痛困擾的鄭校長，母親在他年幼時毅然將他送到寄宿學校，這是他生命中第一個要接受的改變，但亦成為他生命的轉捩點，他學會了獨立和堅強。中三那年，他經歷了家庭的經濟困難、朋友離開香港到海外升學，他開始感覺到生命的孤單。但在接受基督信仰之後，他反而體驗到家人、師長和朋友對他的愛，不畏懼面對自己的疾病，最終學有所成，不單實現他自小的夢想——



浸信會永隆中學鄭繼霖校長以詩歌表達信仰改變了他的生命

成為老師，更成為很多師生愛戴和信任的校長。

鄭校長勸勉全校師生要走出自己的舒適圈，在挑戰、困難和重重考驗中仍堅信上主慈愛的眷顧，在身邊愛錫自己的家人和朋友的支持和鼓勵下，看到自己在天主眼中的價值，活出勇於求變、挑戰自我、有質素的蕭明人。鄭校長很喜歡唱詩歌，意謂在耶穌的愛內不斷成長，成為一個全新的人。



與學校發展目標核心成員合照

第三十三期校訊編輯委員會成員：

顧問：校長郭明英修女

總編輯：梁佩珊副校長

副編輯：霍珮賢

成員：鄧倩婷、林楚湘、李廣輝、陳翠芬、伍人壯、李俊逸、陳佩玲、伍小嫻、朱靜嫻、方佩芬、

許玉華、施國聰、楊佩兒

Rocket Car Fun Day

“Get ready... Go!!!” Rocket cars “ZOOMED” to the finishing line for championship! S2 students designed the rocket cars by themselves in the post-exam activity on 12th July 2019. They applied the scientific knowledge on designing the shape of the car and learnt how to use different equipment to assemble it for the interclass competition. Let’s look back on the activity on that day!



Rocket car was ready!



This car was made by the teachers' team.



Students enjoyed the discussion and used different equipment to make their own rocket cars.



Congratulations to the winners!

IT Club

The IT Club has been newly established since September in the academic year of 2019. It has an aim to arouse students' interest in information technology and provide them with opportunities to participate in coding workshops in order to stretch their potential in the field.



IT Workshop

In June in the last academic year, 6 lessons of IT training were conducted for interested students who were introduced web programming and given the chances to create simple web-based applications.

This year, students will be introduced single-board computers, which is a hardware for dynamic web coding. An open source app will also be adopted to cultivate students' talent in the STEM field.



IT Club Committee and Teacher-in-charge, Mr. Lee KF



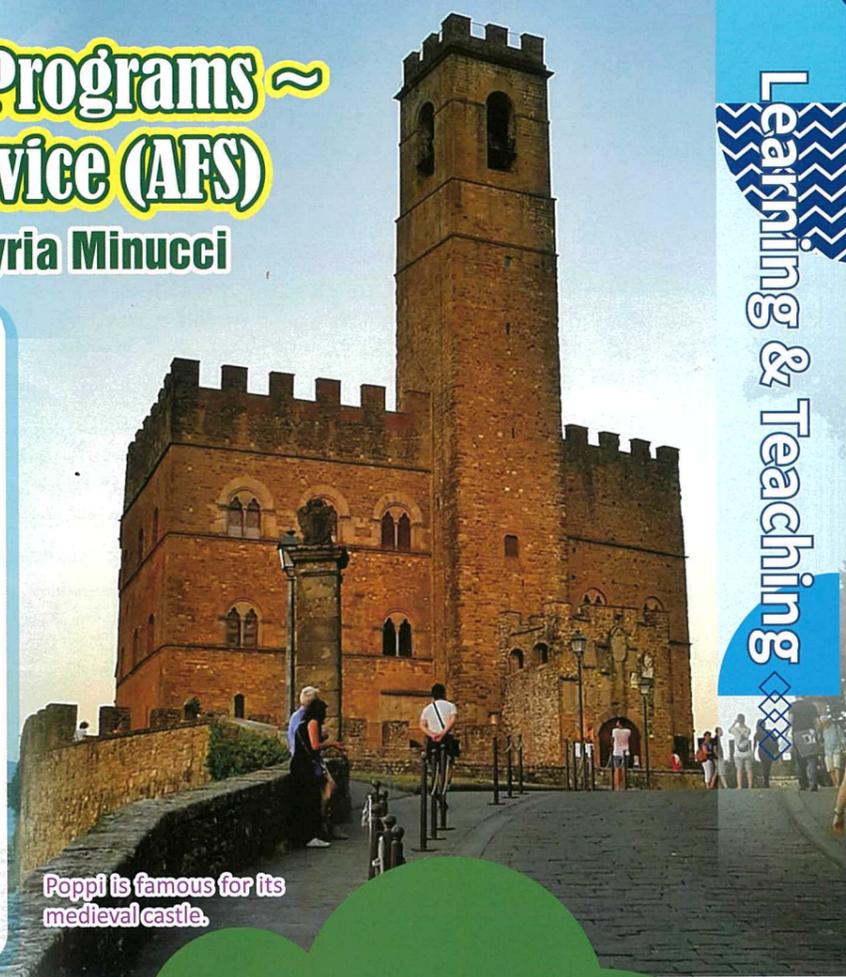
IT Club members joined the briefing session of IT competition.



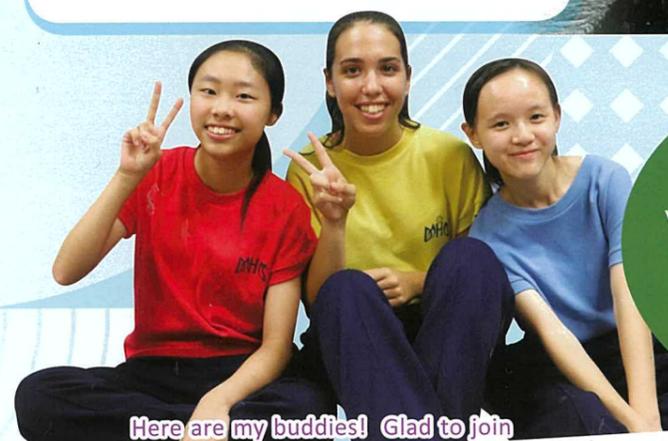
Student Exchange Programs ~ American Field Service (AFS)

AFS: Exchange student – Syria Minucci

American Field Service (AFS) Intercultural Program is an international, voluntary, non-governmental and non-profit organization. It gives students from all over the world the opportunity to experience the study life in one year abroad during high school. It also helps young people to act as global citizens. This year the school receives an overseas student from Italy. She is taking 7 subjects in different levels. She gets along well with her classmates in all classes. The scheme provides a cross-cultural experience for our students.



Poppi is famous for its medieval castle.



Here are my buddies! Glad to join the activity on ECA Information Day.

I am Syria, an Italian girl of sixteen years old and I'm now in Hong Kong for my year abroad. I come from Poppi, a small, medieval village situated in the centre of Tuscany, with 6000 citizens only. I have decided to come to Hong Kong because I would like to learn more about Chinese and Chinese culture.



Here are all the Italian exchange students who are now in Hong Kong.



Happy to be a Yellow House cheering team member.

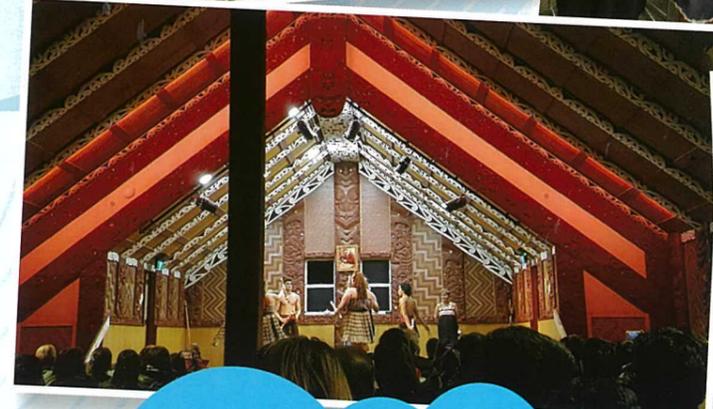
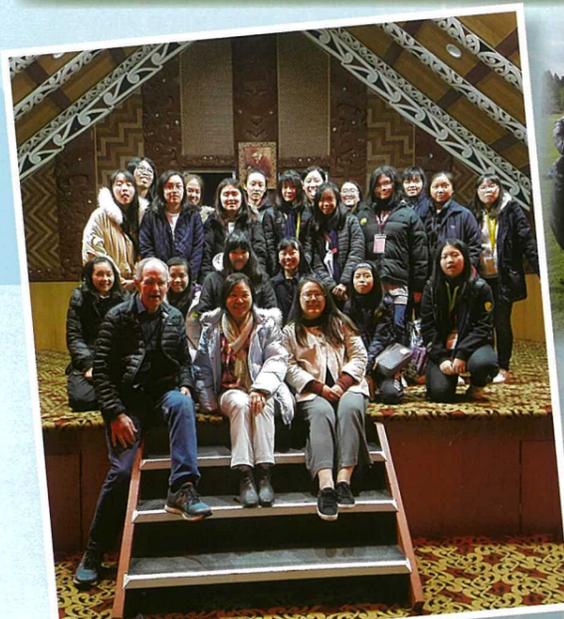
New Zealand Study Tour 2019 (3rd - 16th August, 2019)

Learning becomes effective when it is generated through experiences. 20 of us studied in Marist College, Auckland in the summer holidays. We immersed ourselves into an English speaking environment for 16 days through different activities. We went to Marist College during weekdays. We learnt about New Zealand culture, had English lessons, played netball, made cookies and had drama lessons. During weekends, we visited farms in Rotorua and the Auckland Museum at the town center. We became more independent and fluent in English and we found the trip meaningful.



2D Ng Man Wai Janice

While most of the students were spending their summer holiday in many different kinds of boring tutorial lessons, I had a good chance to visit a faraway country. The most valuable thing was to meet Angelie, my New Zealand buddy. She was very enthusiastic and considerate! Both of us like drawing. We became good friends and always chat on Instagram! Studying and living in New Zealand are both leisurely. The school campus is big and has many open areas. Life is relaxing and people seldom work overtime.



2B Au Tsz Ki, Chloe

I was so glad that I won a scholarship and I want to say thank you to the donor who partly sponsored me to join this New Zealand study tour. The living style and environment in NZ are different from that in HK. My host parents never drink iced tea. They always have hot tea. There are grasslands everywhere in NZ. I saw thousands of oxen and sheep on the grassland and up on the hills. During the weekend, we went to the countryside and visited a sheep farm. This was my first time to feed llamas and sheep. It was unforgettable.



JA Success Summit to Canada

6C Britney Chu

JA SUCCESS SUMMIT is a week-long summit with student representatives from across Canada and around the world, listening to speakers, participating in hands-on workshops centred on ten success skills and collaborating with global peers to respond to a real-world business challenge.

It is my honour to attend the Success Summit as a Hong Kong delegate, at the 100th anniversary of JA (Junior Achievement). This summer will forever remain important to me because of those seven days I had in Calgary. No words can express how lucky and grateful I feel for having such a rewarding and life-changing experience.

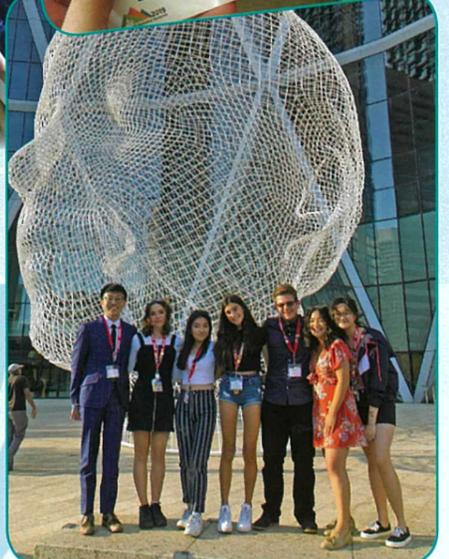
The summit has gifted me with wonderful friends, despite coming from different countries, with vastly different cultures and lifestyles, we got along so well and had so much fun together as if we had been friends for years. They have never failed to amaze me with how talented they are and thus inspired me to work on improving myself. I'm delighted and surprised to say they've helped me bring out the best in me, given me a chance to explore a better version of myself. The summit has also provided me chances to try something new, I am now braver and more confident, as I have proved to myself that I am capable of doing things I didn't know I can before. Through the sharing of successful guest speakers and our hands-on experience of the 48-hour case competition, we were taught the skills and traits we need to succeed. Hopefully, these precious lessons can path the way for success.



Had so much fun hiking and sightseeing at the beautiful Lake Louise with friends



My team for the Success Challenge, WE ARE THE IMPERIUM!



Hanging out with friends downtown



Excited to start the day! Ready to go!



Representing DYSANIA at the Trade Show



The evening before Gala Dinner with the girls

2019 Belt and Road Youth Entrepreneurship Summit @ Shanghai

5B Venus Chau, Michelle Chu, Janice Lo and Melody Yip

Thanks to the invitation from the Junior Achievement Hong Kong, we are honored to represent Hong Kong and participate in the 2019 Belt and Road Youth Entrepreneurship Summit, which is a four-day camp to Shanghai for new business talent. This camp provided a hands-on educational opportunity and connected students from 10 different countries. Through various tasks and challenges, we experienced a cross-cultural exchange of knowledge and ideas.

Visiting Shanghai Commercial Accounting School (SCAS):

We visited Shanghai Commercial Accounting School, a prestigious public secondary vocational school in Shanghai.

The educators taught us how to calculate the profit and loss during the accounting lesson, and how to promote products in the marketing lesson by the method of "gaming" which is not usually used in Hong Kong.



Participating in Tai Chi lesson



Writing Chinese calligraphy with a friend from Indonesian

The trade fair:

The exhibition took place in Shanghai Golden Harbour Mall, which is the largest shopping mall in Shanghai and reportedly the largest in Asia. We had formed a one-day student company named Soul Sister and tried our best to gain profits from a short period of trading hours. It was an eye-opening experience.



Forming an alliance with the group from Thailand at the Trade Fair

The Business Challenge Competition: Presentation contest

It was a memorable moment for us. We were asked to join different groups which were formed by students from 3 to 4 regions. We needed to brainstorm our ideas, came up with a business plan and created a Powerpoint on our topic within a few hours.

The next morning, we went on to the stage and presented our ideas in front of a big crowd. Fortunately, everything went smoothly and we were contented with ourselves. This contest helped us to boost our self-confidence, get along with people from around the world and step out of our comfort zone!



Business presentation contest

We thankfully got the opportunity to experience these first-hand experiences. This camp provided us with an excellent chance to meet some of the kindest and unique people – our teammates and the students from other countries. Regardless of the language barrier, the seamless cooperation and perfect communication among us exceeded our expectations. This tour is one of the few things we will treasure forever.



Roundtable award dinner

視覺藝術科—— 走進藝術的大千世界， 窺探現代藝術之美

現代藝術讓人看不懂？對於許多人來說，「藝術」二字即是「艱澀難懂」、「高深莫測」，更遑論要理解「現代藝術」！

今年中三級學生有機會走進藝術的大千世界，揭開現代藝術的神秘面紗。從這個單元中，她們認識到現代藝術是一個「百花齊放」的時代，藝術流派形式紛繁多樣而又各具特色。除了培養藝術概念，學生創作時更需要仔細觀察及探究藝術大師的作品，再運用合適的色彩及技法繪製畫作，並認真協作，與同學一起完成「合作畫」。

‘Let every student have the opportunity to participate, be appreciated and experience success.’ 在這次活動中，每一位中三學生的作品都能被展出，被尊重，被讚許。或許，藝術的目的之一就是——讓每一位參與者得以成長。



同學們在創作過程中一起協作



大功告成！3D班1至14號同學完成了印象派大師的作品



3D班15至27號同學完成了野獸派大師的作品



3A班1至15號同學完成了後印象派梵高的《星夜》



3A班16至30號同學完成了抽象派大師的作品

觀鳥同學會

本校一群喜愛觀察雀鳥的老師和同學於二零一五年成立觀鳥同學會，並於翌年組成觀鳥隊，參加本港不同的觀鳥比賽。

觀鳥同學會安排會員到香港不同地點，例如南涌、大埔滘、塱原等進行觀鳥活動，讓各成員接觸大自然，欣賞不同形態的雀鳥。

香港觀鳥比賽經驗

上學年，本校觀鳥隊不單在第十八屆學界觀鳥比賽中首奪冠軍和在 2019 觀鳥馬拉松（中學組比賽）中獲得季軍，更在世界自然基金會首屆舉辦的青少年組香港觀鳥大賽中勇奪冠軍！

隊員在世界自然基金會（香港分會）首屆舉辦的觀鳥大賽獲得冠軍，有幸參與一個六日五夜的「檳城生態之旅」。隊員到訪著名的升旗山、植物園、國家公園及紅樹林等。



檳城生態之旅



感想

5D 蘇子然
我體驗到在外地觀鳥的樂趣，亦能看到檳城的文化和生物多樣性。

5D 許樂瑤
我發現檳城在生態保育方面有不少地方可以讓香港借鑒，希望我們日後能以這次旅程的經驗宣傳保育意識，令更多人關注生態問題和對大自然產生興趣。

6C 林錄楨
這旅程令我大開眼界，令我更全面地了解生態的運作。夜行更加令我
知道蜘蛛、壁虎、貓頭鷹的品種。

6D 林佳穎
我對公民科學及生物多樣性這些概念有了更多的認識。另外，透過探討當地的文化保育、保護生態的不同做法，我們學習了創建更好的社會。



5D 蘇子然作品

創校以來最早舉行的陸運會 蕭明人難忘的陸運會

體育學會主席 5C 張尹俐



女子乙組跳高冠軍
4C 孫薈媛

我校第四十一屆陸運會在今年九月十七日及二十日在青衣運動場順利舉行。

兩天的陸運會氣氛非常熱鬧，參加比賽的學生人數眾多，有大約六百個運動員人次參賽。

運動員在場上全情投入地競逐各項賽事的獎項，充分表現體育精神；各社啦啦隊在看台上歡呼打氣，全場氣氛熱烈。在師生技競活動中，師生表演別具創意，場上掌聲不絕，不論是老師、同學，還是家長、校友都樂在其中。



同學和老師也投入參與師生競技比賽



綠社奪得全場總冠軍



女子甲組 100 米決賽



女子甲組 1500 米運動員比賽情況

黃社

5D 鍾賀琳

蕭明人在運動會上互助互愛、有說有笑地並肩作戰；啦啦隊員和幹事之間建立的友誼；社員對社的歸屬感、四社之間的共融對我來說更具意義！



藍社

社長 5D 彭呈詩

社員在運動場上發揮所長，藍社取得進步是我最大的目標。藍社的陸運會成績不是最輝煌的，但我相信藍社上下一心，全情投入，堅毅便能讓美夢成真。



綠社

社長 5D 李穎儀

在陸運會中，個人榮耀並不及「堅毅不屈、鍥而不捨」的體育精神重要。「勝不驕，敗不餒」，期望綠社來年能再接再厲，在運動場上繼續發光發亮！



紅社

5A 梁雪晴

感恩紅社上下齊心，大家努力不懈地付出時間與汗水，務求達至最佳效果。成敗不是最重要的，最重要的是從中學到的團結及對社的歸屬感。



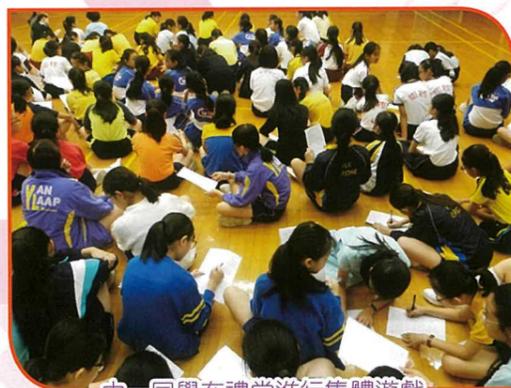
中學適應迎挑戰、塑造優質蕭明人

中一新生預備班

中一新生預備班在七月十九日至七月二十五日舉行，全體中一新生均有參與。內容有第一天的姐姐迎新日，由約七十名中三至中五的姐姐與中一同學玩遊戲，帶領她們參觀校園，以及分享她們遇到適應困難時的解決方法，最後送上心意卡，祝福中一同學在未來有一個愉快而充實的校園生活。中一同學與大姐姐都建立了友好關係，過了愉快的一天。再者，中一同學也在預備班上體驗了英文及數學科的課堂，從課堂中了解中學學習的要點及技巧，中一同學都認真盡力地學習及配合科任老師的要求。除了學科體驗，預備班的第四天是活動日，中一同學能大致了解中學生活的多元性，為自己的成長方向奠下了基礎。



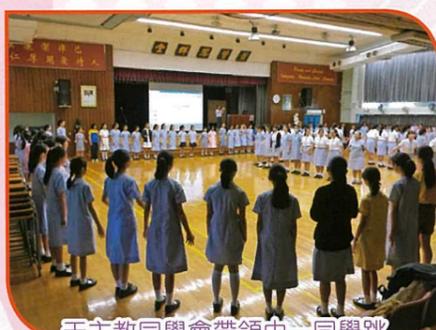
中一級早會：校長講話



中一同學在禮堂進行集體遊戲



中一同學寫下對中學生活的期望及挑戰



天主教同學會帶領中三同學跳 Action Song



大姐姐帶領中一同學參觀校園

中一學習策略工作坊

本校老師為了讓中一新生能盡早建立良好的學習習慣及態度，籌辦了「中一學習策略工作坊」，主要內容包括教導學生課前預習、課堂的學習要訣、如何有效地做筆記、透過電子學習以增潤課堂的好處。透過學習不同的策略及技巧，學生可以培養有效的學習方法，從而建立學習信心。不過，「實踐比理論更為重要」，老師期望學生能在課堂上實踐所學，投入課堂，學習更輕鬆，建立良好的學習習慣。



中一同學聚精會神地聆聽及摘錄老師的講解重點



中一新生積極地回應老師的提問

學長會領袖訓練

迎難而上挑戰自我 發揮潛能團隊精神
學長會領袖訓練營

二零一九年九月二十八日學長會參加了由「協青社——城市之峰」舉辦的「領袖訓練營」。當天共有五十多位學長參加，透過不同的活動，學長可以在個人方面增強自我認識、發揮個人潛能，從而提升自信心；在團隊方面，學長可以了解互相補足及互相尊重的重要性，以建立團隊精神，加強團體的溝通和合作。



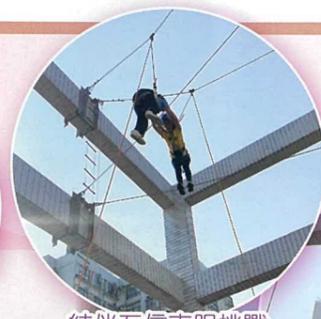
熱身活動



過河中，大家互相信賴！



一步一步互相扶持



結伴互信克服挑戰



我們完成挑戰！



我們合作成功！



英姿颯爽



高空挑戰見互信



太空漫步



留心聆聽導師指示



加油！加油！

學長心聲

總學長 5C 麥心悅 張惠心 副總學長 4C 陳沁慧 4D 鄭恩宇

感謝學校的安排，活動除了讓我們學會團隊合作外，還讓大家踏出了自己的舒適區，完成了一些我們之前從沒有嘗試過的東西，發揮個人潛能！

Love

每個活動後大家都有分組討論和反思，讓我們深入反思在遊戲中學習到的道理。這次活動打破以往沉悶的訓練方式，讓同學們更能從中吸取道理。

Integrity

沒有人天生就是完美的，面對任何困難、挑戰，我們可以尋求他人的幫助，在團隊合作下，什麼難關也能輕易解決。

Purity

學長們對於是次活動都流連忘返，最印象深刻的是高空繩網。一開始很多學長都很擔心和害怕，但最後我們能夠突破自我，成功完成挑戰。

Charity

印象最深的是攀爬繩索的活動，大家在開始前互相鼓勵支持，在結束後給予讚美，這些都促進了團隊之間的感情。

開學感恩祭及收錄禮

今年九月十九日，本校於禮堂舉行開學感恩祭及收錄禮，是次感恩祭由慈幼會江志釗神父主禮及聖斯德望堂黃承義執事襄禮。是次彌撒進行前江神父和黃執士為十六位中二至中五的同學進行收錄禮，收錄禮象徵教會正式接納她們成為慕道者；她們願意有系統地學習福音和要理，恆心祈禱，皈依天主，並參與教會生活，學習為主作證，並接受神父的降福。彌撒完結後，天主教同學會幹事帶領全校師生，以慈青本年度的主題曲「我要用全身」作結，以生活見證天主的愛。



Katso Camp 人人都可以成聖！

天主教同學會領袖訓練營（Katso Camp）吸引了共三十七位幹事參與。是次活動以慈青牧民主題「人人都可以成聖！」為中心，在三天的活動中學習如何成為聖人。

喜樂地善盡本份

慈青五大元素強調「時常喜樂」，如同聖多明我·沙維豪善盡個人的本份，修德成聖。Katso Camp 中，學生認識自己的主保聖人，了解他們成為聖人的原因。如同教宗方濟各在《你們要歡喜踴躍》宗座勸諭論及成聖，我們全體都蒙召成為聖人，在我們身處的地方，以個人特有的方式為主作證，喜樂地善盡本份。



派發福傳卡



分享喜樂的時刻



2019-2020 年天主教同學會全體幹事



去屆主席帶領新幹事認識 Katso 的使命

2A 樂言

我最深刻的活動是派發福傳卡。我們先親手製作福傳卡，在卡上寫上聖經金句，並加上 Katso 的標誌，再沿途派發給長洲的居民和遊客。

認識自己的主保聖人