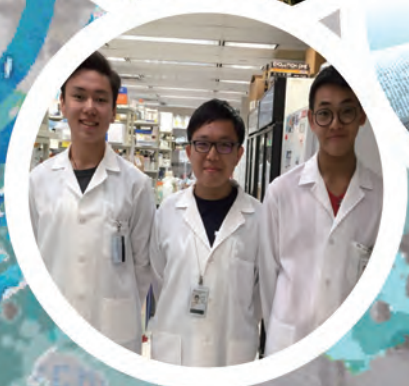


博藝

希穎 著

第四十八輯第一期



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總編輯的話

九月上旬，我還是一個普通的學生；九月下旬，我莫名地當上〈博藝〉總編輯，若說是受寵若驚，那鐵定是騙你的。剛開始我還憂慮自己力有不逮，恐怕會把全局搞垮了。很快，這份憂慮便消去了。幸好有老師指導，加上各編輯能力卓越，工作起來倒是稱心如意。這期〈博藝〉能順利出爐，實為〈博藝〉編輯委員會各成員的功勞。

雖然本期預定的專題部分因篇幅所限尚未刊登，但這絕對不會使本期〈博藝〉失色。下一期〈博藝〉的專題報道將會隆重推出，請各位拭目以待。

五丁 蔡兆洋

學期初，張老師邀請我參與〈博藝〉製作，當時我沒有相關經驗，加入籌委會並擔任總編輯對我而言是一項極大的挑戰。最初我以為工作很簡單，然而當我投入工作，方發現製作一本刊物難度甚高，從構思主題內容、決定訪問對象、擬訂訪問題目，撰寫文稿、修改、校正到設計、排版，每一個環節都要花盡心思。

驀然回首，我後悔以往沒有做一個珍視〈博藝〉的讀者。今天盛載着各委員辛勞汗水的刊物出版，希望讀者喜歡。

五乙 葉津霖

〈博藝〉第四十八輯編輯委員會名單

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月笙先生哀辭

呂耀燊老師

嗚呼哀哉，天其有知，實知我哀。月笙先生遽然捐館，豈可逆料也哉！追念平生，言必由衷，可謂誠矣；事必以敬，不伐善，不施勞，不矜其能，惟以不爭於明故，莫知其功，亦未嘗怨也，可謂忠矣。君胡為乎不得其壽耶？然事有終始，物有榮枯，此成壞之常理，彭祖雖壽，猶不能免，徒念四時周始，天地無窮，昧於道也甚矣。況天之布施善人，豈有常哉！惟念君之仁，今也必徜徉乎無憂之鄉，逍遙乎永樂之土也。縱六合以外，未得而知也，然昔仲尼言志曰：老者安之，朋友信之，少者懷之。今君也不亦安之、信之、懷之者乎！蓋必至之常期，君子不以為患，惟聞道然後可以死，立德然後可以不朽也。太上忘情，吾等凡夫，不免少惑。天其有知，實知我哀。

說廢話 呂耀榮老師

坐牢是一種殘酷的刑罰，終身監禁更是將人的靈魂自軀體抽掉，原因連午後被迫小睡的幼稚園生都明白（對不起，在我的孩提時代「午睡」是幼稚園「課程」的一部分，現在的幼稚園生午後大概在念「A for astronaut、anatomy、asymmetry……」）——被剝奪了自由。沒有誰喜歡受制於人，是以自古便有「不自由，毋寧死」（Give me liberty, or give me death）一類「格言」。然而，在日常生活之中，我們的自由常常無聲無息被剝竊，我們並不自知，那就是被迫聽廢話。

人生不少時間都耗費在聽廢話，似乎是無可避免的。上司給下屬訓話，老師向學生灌輸人生道理，縱然你心不聽，人也要在聽。不聽的後果無待明言——哲學家假設人是理性的（這「假設」非常「正確」），要是你可以不聽，你早拂袖離席了（前提是你能分辨）。

「浪費別人的時間就等於謀財害命」——魯迅先生這句話是非常中肯的。經濟學有所謂「機會成本」，天底下沒有免費午餐，說廢話的人固然要付出跟你等同的時間，更要耗費不少口沫用於橫飛（當然說廢話的不一定是廢人——何況天下有可廢之言，無可廢之人——可是，既然他願意花那麼多時間跟你說廢話，可見他的時間大抵不太值錢），而身為聽眾的你，成本就是「假使你不聽某君說廢話，能運用聽他說廢話的時間做的其他事情之中價值最高的一件事情」（再次說聲「對不起」，有點累贅，「the highest valued option forgone」不好譯）。既然人生是由分秒積累，反過來說，時間就是人生（有鐘表商甚至說「時間就是愛」——有官方中譯，我只據英文直譯），「浪費自己的時間就等於慢性自殺」也是很有道理的。而人生苦短，盡管人們常常掛在口邊，可是沒有誰相信有誰能夠「壽比南山」，何況人生無常，我們十九不可預知死神何時跟我們打個照面，握手擁抱。如此看來，聽廢話是一件多麼奢侈的事，又是危害多大的事！

愛說廢話的人有兩種——第一種人不自覺他說的是廢話，他以為自己在建言畫策、發前人之所未發，天上天下，四海之中，六合之內，獨「予一人」有灼見心得，非要公諸於世以顯其不世之才不可；第二種層次較高，是否更可惡則見仁見智——他明知在產出廢物，照樣不住排放，就像內地化工廠，明知排放的化學廢料會毒死河川中的生物，毒死吃河鮮的人，也毫不忌憚，心無不忍，眉頭皺也不皺，任由又紅又黑又綠的廢料滔滔不絕地湧出，以百姓為芻狗，蓋不仁之至也。

我以為第二種人既可愛又可恨。可愛在於能夠分辨一句話、一番話廢與不廢的人，必有一定智慧；可恨的是他們立心不良。明知話廢也非說不可，按常理推斷，他們說廢話背後有其目的。他們說廢話，就是犧牲聽眾的時間替他們辦事了。如是殘民自肥者豈不可恨！不過，話說回來，既然說廢話不是目的而係手段，這種人說廢話是有節制的，只要背後目的達成，他們自然收口，因為有智慧的人一般不會輕易浪費人生分秒——這是他們最可愛的地方，盜亦有道。

不幸的是，第一種人始終佔大多數。

第二種人總有說廢話的理由，可以說是迫不得已的。例如某學者應邀演講，明明課題說上一小時便已綽綽有餘，可是邀請者要求講者說足三小時，這時候不便推卻，只好一句話拆開三句來說，將說話不斷改頭換面，重複又重複，把事情正反兩面各三五七個觀點都細說從頭。有的講者說廢話，為的是吸引聽眾，令氣氛輕鬆，於是插科打諢，化身倡優——他們不明白，內容豐富的演講，足以引人入勝。再者，聽者之所以進場，（應該）是為講題而來，名實不符，要聽者強顏歡笑，似有欺騙之嫌。

以上所舉，不過大概言之。現實生活之中尚有更複雜微妙的情況，於此不贅。

順帶一提，偶爾碰上專題演講的講者，愛把個人經歷與講題「有機地」結合，說不上三句便言及自身，諸如十五志學，少年崎嶇，如何潛心冥想七七四十九日，刻苦跨越九九八十一難，如是者演講便儼如一部《我史》。

別以為聽廢話必無得着，或慶幸無傷大雅，充其量只浪費時間。其實，有的廢話對人傷害較大，有的則能夠廢物利用。比方說，講廢話者聲線低沉，又或是吞吞吐吐，恰如常常快跑兩步又急剎車的巴士，那麼這次聽講便是磨練耐性、意志力的修行。此外尚有另一好處。現代生活節奏急促，

令人喘不過氣來，思想空間比「劊房」還小，正好乘此「坐牢」的「良機」，神遊太虛故國三界九重天，或三省吾身，或細想聽廢話的前因後果，讓腦袋暫時超脫現實，休息一下。可是，人生不如意事十常八九，通常說廢話的都自以為宣講大道理（雖未必自詡為至高無上，但至少也是萬人之上的），志意高昂，嗓門愈扯愈大，有不可收拾之勢，在「綸音貫耳」的情況下，別說讓靈魂與肉身分離，解除束縛，要發猷也是要費很大勁的，更遑論小睡片刻。「染於蒼則蒼，染於黃則黃」，如此一來，可能被其「洗腦」也不自知，無意間逕把廢話當真理，堪憂矣。「受虐者」更可能變成「施虐者」，甚麼「媳婦變成婆婆」的理論，當中有既有「感召」，也或多或少有點報復心態，大家懂的。

當然，廢與不廢在乎主觀的心，不在客觀的事。甲丟棄的敝屣，可以是乙的至寶。

孔子不喜人多言、言過其實，嘗深受「古之慎言人也，戒之哉。無多言，多言多敗」啟發，又嘗謂「巧言令色，鮮矣仁」、「古者言之不出，恥躬之不逮也」。由此推斷，孔子對於說廢話的人是深惡痛絕的。有一句話特別值得留意：「君子恥其言而過其行。」世人大概可分為三類：言過其實的、言行相顧的、做事比說話多的。十之八九屬第一類。第二類都是成功人士，卻少之又少。至於「先行其言，而後從之」的第三類，自是稀世奇珍，可視之如東北虎，又如清晰可見的日全蝕，一生人不會碰上多少。愛因斯坦說：「If A is success in life, then A equals x plus y plus z. Work is x; y is play; and z is keeping your mouth shut.」希望成功的人，不妨少說些話，終究比多做事容易多了。

太陽之下無新事。如果天下事能夠領悟出道理來，來來去去都是一碼子事，頂多是新瓶舊酒。《道德經》只有五千言，我想不是因為有些學者提出古代竹簡不便書寫的緣故，而是老子是真有智慧的人。

有說好的演講就像美少女的（雖有點多餘，仍要強調。另外，原來只謂女士，美少女是我提出的）迷你裙（當然迷你裙要脩短合度，泰半演講似乎愈短愈好）。然而，愛演講的，通常滿腹道理，加之人皆「好為人師」，倘使裙子沒有一定長度，講者咽喉必為其道理鯁塞，憋着不好受，況且短裙有點小家子氣。古今中外皇后公主不也長裙曳地，不然如何顯出其皇室氣派？如何見其雍容華貴？雖則曳地長裙必然沾滿灰塵，藏污納垢，可是只有小心眼的人才看出來，不打緊的。

愛說廢話的人不一定愛說廢話，他們可能只是愛說話，或是一片好心，希望以其訓誨拯救芸芸眾生，而不幸掌權罷了。此話何解？前文不是說過，說廢話的人通常不自知其話之廢嗎？他們還以為，你不說話才廢呢。

已故學者季羨林謂其老年有十忌：一忌說話太多；二忌倚老賣老；三忌思想僵化；四忌不服老；五忌無所事事；六忌提當年勇；七忌自我封閉；八忌嘆老嗟貧；九忌老想到死；十忌憤世嫉俗。「說話太多」、「提當年勇」，就是提醒自己不要說廢話；「倚老賣老」、「思想僵化」、「不服老」、「無所事事」、「自我封閉」、「憤世嫉俗」都與說廢話不無關係。季老晚年十忌，其中八項都與說廢話有關，季老真哲人也（當然我要提醒自己忌「憤世嫉俗」）。

風花雪月固然是開宗明義說廢話，可是並不討厭，因為這是心甘情願的。人生總要做些不太有「意義」的事，諸如吃喝拉撒睡，這是怎樣也免不掉的。倘使酒館、咖啡廳人家國大事，人類前途，這才把你嚇怕呢（當然談過了對現實根本毫無裨益，實屬廢話）。何況把盞言歡，不歡而散，自由始終未被剝奪。

錢鍾書先生說：「上帝要懲罰人類，有時來一個荒年，有時來一次瘟疫或戰爭，有時產生一個道德家。」世上如斯多「說廢話家」，是懲罰也不？無怪乎西諺云：「沈默是金」，似乎也有導人向善的意味。蘇格拉底的話廢也不廢，同樣是「觀點與角度」的問題，不過，雅典人無疑是因為他話太多而對他恨之入骨的。

原諒這篇文章空洞，沒有甚麼實例。要知道，實例是不好舉的。這篇文章叫《說廢話》，文題怎麼理解不好說。對不起，又浪費了你寶貴的人生了。



憶舊·論今·說未來 —— 余立勳校長專訪

中五丙 方若凡

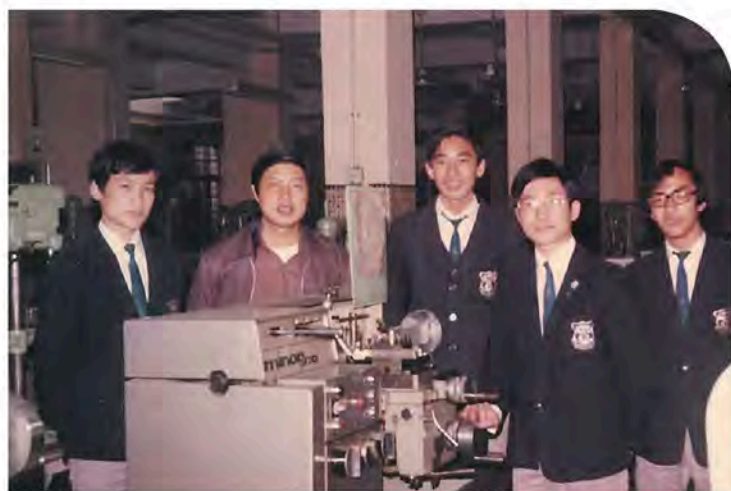
中五丁 李凱彥

新學年，余立勳校長自香港仔工業學校調到本校，出任校長，〈博藝〉編輯有幸專訪余校長，細聽他憶舊、論今、說未來。

學工無門 轉習文理

余校長畢業於香港仔工業學校。在學期間修讀機械工程，後因香港仔工業學校不設預科課程，故余校長轉校修讀純粹數學、應用數學、物理和化學，並考進了香港中文大學，主修英國語文，副修電算機科學。

余校長畢業後回到母校香港仔工業學校工作，教授英國語文、電腦和社會科。由於當時校內只有他一位電腦科老師，只好不斷學習日新月異的電腦科技。余校長好學不倦，持續進修，曾修讀香港大學的教育深造證書課程、香港公開大學的應用電算學學士學位課程和香港城市大學的電子計算學深造文憑課程。入職五年後獲擢升為教務主任，2000年成為香港仔工業學校校長，直至新學年調任本校。余校長憶述當年升任校長後在香港大學修讀教育碩士課程，當時大部分校長選擇修讀「教育行政」，但余校長則選讀「課程研修」，因為余校長深信深入了解課程和教學特色，最能幫助同學。



奉主之命 調任本校



校長工作 實際況味

余校長自上任後不時「出巡」，他笑言自己巡房並非扮演警察去監視學生有否「犯罪」，而是關心學生的學習情況。余校長步過每個課室時都面帶微笑，希望學生知道背後有人默默關心支持。每當有學生上課不專注或分心時，余校長總會「優先處理」，加以提醒，令他重新投入課堂。他希望學生明白上課不專注會危害學習。余校長期望見到學生專心上課，用心學習。他也期望同儕間互相提點，共同努力，珍惜學習機會，為未來打拼。

校方針對初中學生欠交功課問題推行了新措施 - 欠交功課者若次日未能補交須留堂。余校長指出推行新措施的用意不在於處分學生，而是校方對學生的提醒，希望學生能夠反思，並明白做功課的重要。若果學生未能在學習上「自律」，校方有責任加以提點。余校長再三強調該措施並非罰則，而是單純為學生苦口婆心的「提醒」，提醒學生做好本份，提醒學生要抱着一顆學習的心，不斷地提醒提醒.....

當余校長被問到為何轉來本校工作，他說這是天主的旨意。余校長指出天主在他生命中作了種種安排，讓他有足夠的人生閱歷和工作經驗去幫助聖類斯中學持續發展。

余校長指到任前已經認識前任校監林仲偉神父、現任校監陳鴻基神父和前任校長葉偉明博士。他說在慈幼大家庭中，大家非常熟稔。余校長憶述自己早在中一時已認識前任校監林神父，當時林神父是香港仔工業學校的教師和初中宿舍的管理員。而現任校監陳神父則是余校長在香港中文大學時的師兄，當時陳神父雖已畢業，但余校長也從師兄處得知陳神父的大名。

談到本校教師，余校長說教師團隊熱誠、有能力，與他們合作沒有問題。余校長形容自己和學生的關係就像朋友一樣，他盡可能在學生休息時間跟他們聊天；在同學參加活動和比賽時到場為他們打氣。余校長希望以朋友的角色分享自己的經驗。至於和家長的關係，他坦言自己仍是一名新人，暫時只曾透過分級家長資訊日和家長對話，但他承諾會盡力和家長溝通，並樂意聆聽意見。對於舊生，余校長十分欣賞他們的歸屬感，他們畢業後仍然關心學校和師弟，余校長也願意聆聽舊生的意見和想法，有需要時也會邀約舊生回校。他也希望舊生對母校的情懷能傳承下去。

三省吾身 必有所成

所謂「新官上任三把火」，余校長當然希望為學校帶來更好的發展。被問到會否將我校「自由與自律」的核心價值重新定位時，余校長強調我校傳統核心價值良好，因此不會改變舊有傳統。余校長認為本校學生普遍誤解「自由與自律」的意義：他指出「自由與自律」並非只隨個人喜好為所欲為，而是把握「自由」的機會，細心考慮從而作出明智的抉擇。「自律」的人願意為成功付出最大努力和犧牲；願意為所做的決定負上責任，承擔後果，以達到對己對人正面的影響。余校長希望大家對「自由與自律」的真正意義有更深的認識。

余校長發現本校的初中學生多喜歡玩耍，對學業不太認真，對自己沒有太大要求；而高中學生則普遍對未來缺乏信心，常感憂慮。余校長希望同學確立清晰明確的目標，對未來有適切的期盼。余校長認為要提升校園的學習風氣，首要建立學生積極正面的態度，包括認識自我、盡己本分、正向思維和從錯誤中反思學習。其次在校園建設一個充滿發展機會的環境。

余校長未來將帶領學生朝兩大方向發展，第一，確認個人目標及路向。第二，擴闊學生視野。余校長鼓勵學生多方面發展，因為「第一名」只有一個，並不可能要求每個學生在學業成績上都能超越他人，只要在其專長範疇有卓越的表現，已屬難能可貴。余校長深信只要專注，多花心思，多動腦筋，最終都能學有所成！



九秩校慶 取實捨華

「聖記」九十周年校慶將至，余校長認為慶祝活動不必鋪張，但要辦得精采。余校長透露，五月下

旬會聯合聖類斯小學於聖母無原罪主教座堂舉行校慶啟動禮感恩彌撒，十一月中旬舉辦開放日，還會設置歷史廊。而壓軸的是二零一八年三月及五月舉行的九十周年校慶晚宴及感恩節綜藝晚會。



教育心法 背後支持

余校長已婚，育有一子一女，子女均學有所成，現於英國分別就讀碩士及大學課程。余校長自問工作繁忙，無法抽空陪伴子女成長，因此子女皆自由發展、成長。余校長從與子女相處的過程中了解到時下年輕人的想法，有助他處理年輕人問題。談到育兒之道，余校長在子女的成長過程中擔任觀察角色，當子女遇上困難而又需要協助時，他便會在背後默默支持。余校長希望父母盡好扶持子女的責任，而學校則充當一個教育的角色。兩者加強溝通，建立互信，做到家校合作。

退而省私 寧當老師

訪問尾聲，筆者半開玩笑地詢問余校長，如果能夠重新選擇，他會否仍然希望成為校長。他笑說其實喜歡做普通教師，可是有些事情始終需要有人承擔重任，因此當上校長。余校長認為教育是神聖的工作，學問和文化依靠老師傳承，而作育英才才是有意義的使命，若果給他重新選擇，他仍會選擇從事教育工作。

余校長期望聖類斯中學繼續保留鮑思高神父所建立慈幼會學校的四大特色。第一，作為聖堂，擔當學生與天主建立關係的橋樑。第二，建構學生另一個家，使學生能夠在學校這所大家庭中互相扶持、學習和成長。第三，成就學習的地方，讓學生在這裏學習不同的知識，累積不同的經驗。第四，建設一個平台，讓學生學習待人接物，接受不同挑戰和磨練。

余校長希望看到學生能多方面發展，懷着感恩的心去欣賞別人，保持謙厚的態度，積極面對各項挑戰。



南京行

歷史的反思

中五乙 文智達

聖類斯中學南京文化交流考察團於二零一六年七月二日至五日舉行，師生一行二十八人在黃文俊老師，陳家僑老師，蘇浩賢老師和何偉良老師帶領下，懷著興奮的心情踏上旅途。期間師生互動令整個旅程生色不少，雖然短短數日未能全面了解南京風土人情，但各項行程確實使我們體會良多。



夜登中華門 漫遊紀念館

旅程的第一天大部份時間花在交通上，先在香港因航班延誤而呆坐兩小時，抵達上海後轉乘旅遊巴前往南京又花上近五小時，充分體會到何謂「舟車勞頓」。雖則不斷坐車的感受不好，猶幸在飯後仍能在雨中登上中華門，一覽南京城的美麗夜景。



旅程的第二天，我們一行人浩浩蕩蕩前往大屠殺紀念館，這座紀念館坐落於昔日日軍屠殺後的亂葬崗遺址，館內不少部分均為當年的歷史遺跡，配合館內昏黃陰暗的燈光更強調出不幸、悲哀的氣氛。同日下午，我們前往南京必去景點——中山陵參觀，步過數百級階梯，就能一窺安放國父孫中山先生遺體的陵墓。雖然當日整天下著毛毛細雨，但絲毫不阻我們參觀的興致。真正礙眼的，是那些高聲吆喝叫賣的小販。在中山陵的不遠處，可看到明孝陵，明代開國君主朱元璋安葬於此。我能夠站在高聳的城牆上發一個短暫的帝王夢，對我而言是最佳享受。

屹立橋頭堡 感受書卷氣

七月四日的早上，我們冒著風雨前往參觀南京長江大橋橋頭堡，大橋建於五十年代，當時的中國可謂一窮二白，當年是靠著無數人民的堅持和努力建造而成，故其意義及價值無可取代。當天恰好是長江水位的歷史新高，站在橋頭堡看著遼闊似海的長江，再到隔壁的禮堂體驗國家領導人級數的待遇確是過癮無比。傍晚時分，我們一行人轉往感受江南的書卷氣息，在古色古香的河畔參觀貢院，看到當年無數書生為考取功名而屈身於數平方呎的「劄房」度過多日的考試，我頓時覺得應考文憑試是星級的享受了。及後，期待已久的夫子廟會購物環節終於到來，同學無不大破慳囊，盡情購買手信贈予親朋好友，當中以南京聞名的鹽水鴨最受歡迎。在充滿江南文化氣息的河畔散步，那種風情是漫步香港鬧市所不能比擬的。



反思歷史文化 體味深層意義



昔日的南京歷盡艱辛，走過文革與開放，現在市面一片歌舞昇平，但繁華背後卻隱含各類不可忽視的問題，例如不良的社會風氣及國民質素有待改善等。香港人固然要認識歷史，但更重要的是了解其深層意義。



今次旅程，我看到多項中國輝煌的文化成就及歷史遺跡，教人對中國古代文化嚮往不已。南京在經濟急促發展下，珍貴的文化遺產不但沒有失色，反而讓遊人更簡單直接地認識南京古都風貌。我不禁反思香港的文物保育政策，是否保留歷史建築就等同窒礙經濟發展？如何兩者並存？中華門屹立古城牆發放的點點燈光和現代化的南京城異常配合，別有一番味道，期盼香港能夠借鏡、學習。



參與

「第十四屆韓國童軍大露營」

中五甲班 楊梓灝

後感

各位認識韓國文化嗎？韓星？K-Pop?? 也許韓星、K-Pop，的確吸引又為人熟悉，但今次參與「第十四屆韓國童軍大露營」感受到韓國人細心和熱情的一面，令我無法忘懷。我和香港代表團各成員得到他們盛意招待，度過一段難忘的時光。

營前訓練 提升自信

有幸參與如此大型活動，全賴我所屬旅團領袖的協助。這是我四年童軍生涯以來，首次參與大露營，也是我首次孤身隻影和一群不相識的人同行。起初，我有不少顧慮，擔心人生路不熟，擔心如何度過七天的營期和三天的寄宿家庭生活，後來得知要上台表演舞蹈，更杞人憂天了，害怕自己因舞技不精，連累大家。幸好經過多次代表團營前會議和排練舞步，心中的顧慮慢慢釋除。自四月起，代表團各成員勤於苦練，由最初記錯舞步、轉錯方向、動作笨拙、笑容呆滯至後來漸入佳境。不知不覺間，終於到了赴韓的大日子。

二零一六年八月三日，我正式踏上「第十四屆韓國童軍大露營」及寄宿家庭生活之旅。到達韓國的首天，我們需要自行紮營。期間，住在我們左邊營區的韓國人不懂紮營，香港代表團領袖指派我教授他們紮營技巧，起初我戰戰兢兢，嘗試運用不算流利的英語教他們紮營，可是紮營用的營鏈和營釘，我不知他們放在哪裏，也不知道這兩項工具的英文名稱，只好運用身體語言去表達我的需要，很快韓國團隊便意會到了。這經歷令我明白到人與人之間其實並無所謂語言隔膜，只在乎你能否放膽表達而已。

到了表演日，香港代表團在台上發揮合作精神，跳出完美舞步。台下過千觀眾熱烈鼓掌，氣氛高漲。表演過後，看着大家發自內心的微笑，那刻的確令人感動，我們明白了「台上一分鐘，台下十年功」的道理，也因為大家的努力付出而成為好友。



香港代表團大合照



韓國營地一隅

粉彩慶典 連場表演

營內，我們參與了一項名為Colour Run的活動。韓國大會於空地上放置一包包彩粉，而大家須於三十分鐘內拾起彩粉擲向其他參加者，仿如印度的粉彩慶典，人人色彩繽紛，新奇有趣。此外，我和代表團成員更有機會和不同國家的參加者交換紀念章，過程中到訪不少國家的營區，包括越南、日本、美國等，換章之餘，也結識了他們。韓國大露營主辦機構安排了四晚現場表演讓參加者欣賞，包括台灣的民族舞蹈、韓國明星的勁歌熱舞，令每天晚上都氣氛澎湃，人人載歌載舞。營中，我們的膳食豐富，每天都能飽嚙泡菜、人蔘雞湯、冷麵等地道美食，領略韓國飲食文化。

韓國傳統 大開眼界

八月九日我們離開營地，前往寄宿家庭。

寄宿家庭是四口之家，父母是燒肉店老闆，兒子是一名只有十歲的幼童軍，由於他們的兒子不懂英文，也不懂普通話，因此我們聊天時，多用身體語言或靠他的父母作翻譯。短短兩天裏，接待家庭教曉我們一些韓文和韓國禮儀，更帶我們觀賞韓國電影，令我們大開眼界。其後韓國童軍總會又帶我們參觀蠟像館、試穿韓國傳統服裝和到東大門逛街，節目豐富，目不暇給。八月十一日離別在即，我們和寄宿家庭一家拍了合照，又和他們相擁，以表達我們的謝意。

今日仍念掛韓國的一切。那裏的人和事、風光名勝真是百看不厭。常問自己，到底何時才有機會重臨韓國呢？韓國真的很美，它帶給我美好的回憶。



我的寄宿家庭



美麗的營區



彩粉攻勢，衣服白色不再



表演者大合照



與跳舞夥伴合照



宋教授 訪問

群英薈萃 師友暢聚

宋明華教授憶舊話當年

中六丁 關剏丰 黎頌恆



宋明華教授

「聖類斯中學—耶魯大學宋氏實驗室研習計劃」聯歡晚宴於二零一六年七月二十一日假上環粵來順中菜館舉行，一眾熱心母校、有份籌備計劃的舊生以及計劃得獎者都眾首一堂，其中宋明華教授更專程從海外遠赴而來出席盛宴。當晚星光熠熠，群英薈萃，各人在美酒佳餚下歡聚暢飲，盡興而歸。我們二人有幸以《博藝》記者身份參與其中，細聽他們談古敘今，展望未來，獲益良多。在千載難逢的機會下，我們有幸訪問宋明華教授，他大談個人成功之道，以及「耶魯大學宋氏實驗室研習計劃」。

在聖類斯的青蔥歲月

宋明華教授是聖類斯中學1976年中五畢業生，現任美國耶魯大學醫學院分子生物物理與生物化學教授。宋教授多年來在DNA科研的領域上貢獻甚大，為表揚他的成就，耶魯大學將其研究所命名為「宋氏實驗室」。擁有如此輝煌的成就，相信大家必定會聯想他自幼是個乖巧勤奮的好學生，但出乎意料，宋教授語帶佻皮的指出他年輕時可是個「壞孩子」，那時候他的頭髮長至肩膀，愛穿當時風靡全球的喇叭褲，上學衣著總要跟校規背道而馳。至於操行，也就更不用說了。他喜歡以愚人為樂，試過放大頭釘在同學的椅子上，同學不為意一下子坐下去就瞬即痛得屁股開花！課後不是走去球場跟朋友切磋球技，就是拿積蓄到朋友家以撲克牌背水一戰，從來不把成績放在眼內，因此他跟校長田神父和老師的「交情」可真不淺啊！



宋氏伉儷



同屆同學與宋教授合照

儘管如此，他依然對母校心存感激。他感恩聖類斯中學給予學生一個多元化的學習平台，讓他在體藝方面有所發展；此外，一眾曾苦心婆心、循循善誘的老師也功不可沒，默默地灌輸他待人以誠、勤奮謙遜的重要，使他終生受用。故此他深信今天的成功，實是有賴母校為他奠定良好的基石。

成為教授之路

宋教授在1978年預科畢業，對於前程，初出茅廬的他就如站在十字路口前，不知去向；只覺自己鍾愛生物，同時化學知識頗豐。於是他決定投石問路，遠赴英國入讀利物浦大學生物化學系。修讀期間，宋教授享受在實驗室內透過與人的溝通合作，從而探索科學知識的過程。他在此覓得樂趣，也萌生對於這門學問的熱情。隨後，憑著上佳的成績，他成功取得科學學士的名銜，再赴牛津大學進修。

宋教授在牛津大學師承權威—Peter Esnouf，修讀凝固機制學博士學位。在此，他專注於探究如何淨化不同種類的酶。宋教授盛讚牛津大學為自己提供優良的智力及分析能力訓練。在牛津求學的最後一年，更篤定了成為科學家的志向。他在英國結婚，還誕下大兒子，建立幸福家庭為他的求學旅程更添色彩。畢業後，他攜著妻兒，還有對生物科學的熱誠，再赴美國展開他的研究工作。

宋教授先後在美國幾所大學工作，期間提出了多項科學理論，為自己醉心研究的癌細胞學作出不可估量的貢獻。2001年，他正式成為教授，而隨後一年，在一位耶魯大學的生物學家 Dr. Joan Steitz的引薦下，他擔任耶魯大學一部門主任，領導來自不同學科的專家，繼續為科學發展翱翔展翅。

回首過去，宋教授用堅定的語氣跟筆者說，自己當初對於前途而做的決定都十分正確，入讀利物浦大學和牛津大學除了讓他增長知識及智慧外，更讓他迷上透過實驗追尋科學真理的過程，帶領他步上科學家之路。他坦言，那顆熱愛科學的心仍然熾熱，從未考慮從探求科學的路上退下來。現在，他正致力研究基因突變如何引發乳癌，希望能尋出根治的方法，造福人群。這種好學不倦的態度，筆者認為，正是敬業樂業的精神。但願宋教授能早日成功，為世人驅去癌魔。

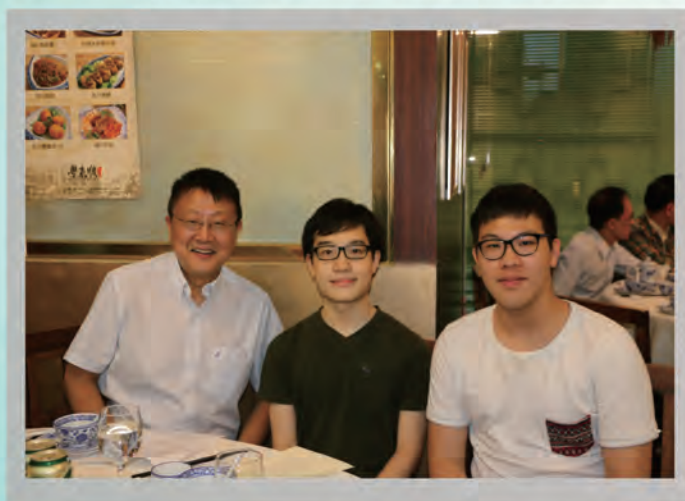


師友共聚



宋教授與鮑嘉天神父

耶魯大學宋氏實驗室研習計劃



耶魯大學宋氏實驗室研習計劃，相信是聖類斯所有有志於科學發展的莘莘學子夢寐以求的理想旅程。問及計劃盤古初開之時，宋教授笑言這可是其中一位舊生突然靈機一觸，想起不如挑選一些成績優異的學生到他的實驗室去實習，好讓參加者能親身體驗一下高水平的科研工作，擴闊視野。想到這個構思饒具意義，宋教授當然就拍案叫好了！

至於有幸能遠赴美國耶魯大學實習的同學在實驗室的工作也就簡單得來又有趣。他們會在輕鬆的氣氛下，跟隨實驗室工作人員的指導接觸有關基本分子生物學和微生物學的實驗，例如學習去培育細菌和酵母，但過程也要確保樣本不受感染，否則就功虧一簣，前功盡廢了。

當然，擁有我們聖類斯優良的血統，獲選同學的表現也讓宋教授感到非常滿意，認為他們學如順水行舟，很快就掌握很多新知識。而宋教授最希望的是，這個計劃能進一步啟發同學對科學的熱誠，能將這次可貴的旅程學到的知識活學活用，將來投身科研工作，以知識使人類的生活更臻完善。

「耶魯大學宋氏實驗室研習計劃」評審準則：

項目	所佔比例
學業成績	40%
面試	30%
老師推薦	30%

愛下棋 重思維——汪梓淇老師

中五丙 蔡熹 中五丁 吳卓儒

汪梓淇老師畢業於香港大學，主修統計學。她是本學年其中一位新老師，負責教授初中數學，並擔任升學就業輔導組成員，協助處理中一至中六學生升學資訊。

良師啟蒙 愛上數學

眼前的汪老師笑容親切，談到為何加入教育界成為數學老師，她憶述初中曾被老師要求在黑板上完成數學題目，因不懂而非常尷尬，激起她回家備課的鬥志，以免再次大出洋相。自此，汪老師養成了提前備課的習慣，她甚至比老師教學速度快三至四課，還把做好的練習整理妥當，製成一本本的答案本，供同學參考。這給予她很大的成功感和滿足感，益發喜歡數學了。她的啟蒙老師曾說過：

‘Mathematics is the queen of Science’ 汪老師強調數學真的別具魅力。

升上高中，曾參與學校的「小老師計劃」，為初中同學提供功課輔導服務，既滿足又開心。大學時期兼職任補習導師，更肯定自己出任老師的決心非三分鐘熱度，畢業後即投身教育界，正式成為數學老師。汪老師說能夠幫助學生解決數學難題，又能夠傳承知識，實在饒有意義。

教學嚴格 根基鞏固

汪老師認為聖類斯學生是聰明的，但美中不足之處是有點懶惰。而汪老師認為他們有一個具優勢的起步點，就是入讀了一所良好的學校——聖類斯中學。這裏提供很多豐富的學習資源，如果同學善用，成績必定能更上一層樓。對於中一學生不太適應以英語學習數學，汪老師為他們設了過渡期。起初採用雙語廣播以確保每位學生明白課堂內容，那麼學生便可以一步步適應全英語教學模式。汪老師上課嚴肅，對初中學生要求嚴格。她指出學生若先苦後甜，打好基礎，升上高中便能輕鬆學習。



學習體藝兩兼顧 生涯規劃早確立

談到最難忘的生活回憶，汪老師說香港大學的舍堂生活豐富多彩，令她大開眼界，與堂友一起通宵達旦籌辦不同的活動更令她留下了不少那些年的珍貴經歷和回憶。汪老師建議中學生除讀書外也應該參與至少一種課外活動，放鬆腦袋，平衡學習，否則學校生活非常乏味。汪老師強調「一生一體藝」是十分重要的。汪老師的興趣是下棋，她認為下棋能夠訓練同學數學思維，她想跟本校學生切磋棋藝，可惜本校學生對於下棋興趣不大。

汪老師負責指導學生生涯規劃，她贊成自小規劃人生，中學時應多了解自己的長處和弱點，認清個人喜好，接觸不同行業，思考未來方向。



生於斯 長於斯——馬熙鍵老師

中五丙 蔡熹 中五丁 吳卓儒

馬熙鍵老師是本校舊生。由小學入讀至2010年中學畢業，其後他到香港公開大學修讀英文和教育學系，培養了對教育的興趣。大學畢業後，他回到聖類斯中學任教宗教科，除了希望能報答學校多年教育之恩，更希望師弟從宗教學會各種人生道理。



教育後代 傳揚福音

馬老師從小學時期已經立志長大後投身教育界。當時年紀尚輕的他十分羨慕老師能夠解答學生的疑問，好像一位無一不知的智者。於是他要求家人為他購買一塊白板，好讓他能在家中「開班授課」，一嘗當老師的滋味。中一的時候，馬老師參加了張神父的道理班，漸漸對宗教產生興趣，並於中一下學期接受領洗，成為了教徒，確立了向身邊的人傳揚福音的目標。

從小領洗 勇於挑戰

馬老師指出任教宗教科需要具備一定的學歷和條件，還要參加倫理班和教理班，學習教授宗教的技巧。雖然要成為宗教老師殊不容易，但他認為學生可從宗教學會互相尊重和不同的人生哲理，有助建立良好的價值觀。故此他致力成為一個宗教科老師，作育英才。

馬老師鼓勵學生領洗，他認為信仰能夠為人帶來勇氣，天主會帶領你邁向光明的道路。正因如此，人即使遇到困難，只要有信仰便能勇敢面對挑戰。馬老師指出信仰對學生的學業和成長大有裨益，憑着宗教的力量可積極面對學業和成長遇到的困難，最終成為一個出色的人。

雖然本校為一所天主教學校，但馬老師認為學生不一定要成為教徒，因為每個人都應享有宗教自由。同時也應尊重不同宗教，這正是天主教所提倡的。

師生情同手足 惟宗教氣氛不足

馬老師指出本校的學生十分重視兄弟情，同學之間遇到困難都願意伸出援手，互相支持，師生之間亦師亦友。但他期望學生能夠改善學習態度，上課務求專注，下課認真完成功課。

雖然本校的宗教科的課節尚算充足，但由於教科書的內容不夠充實，課堂質素有待改進。有見及此，馬老師選擇親自製作筆記，以彌補教科書的不足。此外，高中學生為了應付文憑試而忽略了宗教科，為鼓勵學生多參與宗教活動，學校的宗教組於慈青善會推行獎分制度，每次參加宗教活動都能獲得獎分，學生可以用獎分換取禮物，例如高達模型等。宗教組也會在假期舉辦宿營，帶學生四處遊玩，放鬆心情。

課餘時候，馬老師最喜歡到街上閒逛、和朋友見面、聚舊。他也喜歡登山，因為郊外環境清幽，能夠平靜心靈，反思人生。



歷史身 教師心——張榮澤老師

中五丙 鄧達朗

張榮澤老師畢業於香港浸會大學，主修歷史及通識教育。今年，張老師加入聖類斯大家庭，教授初中中國歷史及非華語中國語文課程。

師生互動 貴在交流

張老師喜歡與學生交流，他認為這是教學的一大樂趣。老師覺得師生互動不外乎課堂交流、聊天和遊戲，所以張老師時常在午飯時段主動與學生談天說地，從潮流、同輩關係、學業以至運動，無所不談。因為要了解學生，必須先從學生的興趣著手。

張老師教授初中中史，也擔任中一班主任。他知悉初中學生喜歡漫畫及故事，於是，他在教學簡報加入漫畫插圖，讓學生更投入學習。他更會在課堂講解課程以外的史事及派發額外的歷史材料給學生，以提升其學習興趣。

時移勢易 變動難免

張老師曾在洋溢著濃厚歷史及書卷氣息的古物古蹟辦事處實習，他主要負責記錄和掃描等工作。加入聖類斯中學前，張老師也有教授中國歷史、世界歷史及通識教育的經驗。

張老師表示他在學校工作環境中最難適應的是學校的制度。據老師說，學校的時間表、租用房間及輸入學生考試分數的程序等都與以往任教學校不同，因此需要時間適應。幸好，張老師能迅速適應學校的制度及掌握不同系統的運作，現在工作得心應手。張老師憶述他在中學時期不懂倉頡輸入法。直至升上大學，害怕不懂中文輸入影響學習，於是立刻苦練，終於成功克服。

他勉勵同學

「只要肯試肯做，
無事不可成。」

興趣廣泛 時間有限

張老師表示自己的興趣繁多，例如打籃球、游泳、打羽毛球和玩桌上遊戲等。他時常在球場上和學生切磋籃球技術，師生共融。

就學生壓力問題，張老師認為當同學有煩惱時，不妨外出散步。面對廣闊的空間，挫敗感、失落感和煩惱都會一掃而空。同時，張老師建議學生制定時間表及改善學習方法，讓自己更有效率運用時間，未雨綢繆，減少因工作囤積而產生的壓力。

張榮澤老師



與學生交談甚歡



中史課程 廣而片面

問及對中學初中中國歷史課程的意見，張老師認為課程範圍過於廣泛，令學生囫圇吞棗，習得的歷史知識流於表面。幸而，教育局將重整初中中國歷史科課程大綱，有望簡化課程。張老師指出香港人有需要研讀自己國家的歷史。正所謂生於斯，長於斯，多認知，多了解，才能對祖國作出合理評價。

此外，張老師認為今日香港人對香港歷史認識不足，讓人痛心疾首。因為表示港人連自己土生土長的地方也不甚了解，難以「究天人之際，通古今之變，成一家之言。」他期望學生多閱讀有關書籍。初中學生可看洋洋兔《手繪中國歷史地圖》、黃仁宇《中國大歷史》。而高中學生可讀錢穆《中國歷代政治得失》、Immanuel C.Y. Hsu, The Rise of Modern China、E. Vogel, Deng Xiaoping and the Transformation of China。而對香港史有興趣的同學可細閱曾銳生、J.M. Carroll、劉蜀永等學者的著作，必定有所得益。





香港聖類斯中學家長教師會

第二十三屆執行委員會(2015/2016)會務匯報

各位會員:

「香港聖類斯中學家長教師會」第二十三屆執行委員會之任期即將屆滿，本人謹代表家長教師會衷心感謝校監林仲偉神父及校長葉偉明博士的信任和指導、各位顧問老師的積極協助和推動、各位家長執委和會員的支持和參與。

在過去一年，本會成功舉辦多項學術和文化康樂活動，包括「分級家長資訊日」、「中一簡介會」、「2015 聖誕聯歡晚會」、三次的「正面管教家長小組」、兩次的「健康教育講座」、「2016 五會新春團拜」、四次的「家長互助小組」聚會及講座、「感恩節晚會話劇演出」、「2016 環境教育親子遊」、「法團校董會家長校董選舉」、「通識教育研討會」、「親子網球比賽」、「公開說話技巧班」和「中一暑期英語銜接課程」等項目。參加人數非常踴躍，成績令人鼓舞，達到親子和睦，家校合作的精神。

在資源運用方面，本會執行委員會均謹慎理財，歷年來向政府申請資助，均獲批准。本會除了資助學生報『博藝』出版外，亦有撥款資助學生參與課外活動的交通費及膳食開支，為培育同學方面盡一點綿力。

與學校其他關連組織合作方面，本會於「中一簡介會」、「2016 五會新春團拜」、「感恩節晚會話劇演出」、「健康教育講座」、「家長教育講座」、「公開說話技巧班」和「中一暑期英語銜接課程」等項目上，均分別與「香港家庭福利會」、「恩悅綜合家庭服務中心」、「聖類斯舊生會」、「聖類斯舊家長會」、「天主教家長會」和「聖類斯中學小學部家長教師會」合作；而本會亦有參與「慈幼會屬校家教會聯會」(簡稱「慈家聯」)，並協力舉辦及參與「慈家聯」的聯校活動。

在聯繫家長方面，已創立的「家長互助小組」，定期與家長會面並互相交流教兒心得，其中的 WhatsApp 群組更多達 100 名家長參與，日常遇到疑難時，即可發揮助人自助，互相合作的精神；本會聯絡小組亦積極招攬義工，期間共招募了 78 位家長義工，成立「家長義工團隊」，於本會舉辦的各項活動上提供協助，令活動得以順利推行；家長義工並於學期開始已為學校圖書館擔任「圖書館管理員」及「電腦室管理員」一職，於學校午膳及放學時段為同學服務。

最後，本人再次代表家長教師會感謝學校及全體老師、各家長執行委員、家長義工們和家長會員們對本會的支持，希望大家繼續努力、分工合作、熱心參與日常會務工作，加強學校與家長的溝通和聯繫。現將本屆(第二十三屆)會務簡介如下：

19.09.2015	召開香港聖類斯中學家長教師會第二十二屆(2014/2015 年度)全體會員周年大會，出席會員共 52 人。首先由校監林仲偉神父致歡迎辭，校長葉偉明博士致開會辭，會長陳玉英女士作第二十二屆(2014/2015 年度)會務匯報，司庫陳詠詩女士作財務報告。並選出新一屆七位執行委員會家長委員，包括會長陳玉英女士、副會長陳詠詩女士、秘書何蘭蕙女士、司庫呂詠秋女士、總務鄭志成先生和兩位幹事莊傑夫先生及劉嘉明女士。
13.10.2015	第二十三屆(2015/2016 年度)執行委員會第一次會議，出席委員 11 人，列席嘉賓及家長 6 人。
17.10.2015	與校方合辦的「中四、中五、中六分級家長資訊日」，為促進家長、老師和校方之間的了解和合作。共 41 位中四家長、66 位中五家長及 31 位中六家長出席參加。除出席的執委外，另有 4 位家長義工協助

	是日活動安排。
23.10.2015	與香港家庭福利會合辦的聯校家庭教育講座「愛語頻道」-增潤親子關係家長講座，本會共有 37 位家長出席。
31.10.2015	與校方合辦的「中一、中二分級家長資訊日」，為促進家長、老師和校方之間的了解和合作。共 116 位中一家長和 68 位中二家長出席參加。除出席的執委外，另有 9 位家長義工協助是日活動安排。
14.11.2015	與校方合辦的「中三家長資訊日」，為促進家長、老師和校方之間的了解和合作。共 116 位中三家長出席參加。除出席的執委外，另有 7 位家長義工協助是日活動安排。
21.11.2015	協助校方主辦的「中一簡介會」，分派各義工於五個課室，與有興趣入讀本校的同學及家長分享交流，共 28 位家長執委及家長義工出席參與。
28.11.2015	舉辦「家長互助小組」，讓家長間互相交流，分享育兒心得，一同分析常遇到的親子問題，以期達致助人自助、互補不足及互相幫忙的精神。第一次聚會主題為「與成長中的男孩對話」，由本校社工 Jessie 聯同兩組中六家長及同學帶領討論，共 45 位家長出席。
11.12.2015	第二十三屆(2015/2016 年度)執行委員會第二次會議，出席委員 11 人，列席嘉賓及家長 2 人。
17.12.2015	舉辦「2015 聖誕聯歡晚會」，合共 200 人參加(包括委員、嘉賓、家長及同學)。本會於是次活動資助 HK\$2,366.93。
09.01.2016	舉辦「正面管教家長小組」第一次活動，透過小組活動，讓家長共同認識如何與子女建立關係、積極管教技巧、怒氣控制及商討技巧。是次活動由恩悅綜合家庭服務中心社工主講，共 19 位家長出席。
09.01.2016	舉辦「家長互助小組」第二次聚會，主題為「共創美好的網絡世界」；由家福會社工吳浩希先生主講，共 41 位家長出席。
16.01.2016	舉辦「正面管教家長小組」第二次活動，透過小組活動，讓家長共同認識如何與子女建立關係、積極管教技巧、怒氣控制及商討技巧。是次活動由恩悅綜合家庭服務中心社工主講，共 12 位家長出席。
16.01.2016	舉辦「做個身心健康的家長-健康牙齒，伴著你每一天」健康教育講座，邀請舊生馮建裕醫生主講，主題是解構香港牙科點滴、牙周病種種與健康生活息息相關的課題、個案的分享及提問環節；是次講座共 30 位家長出席。
30.01.2016	舉辦「正面管教家長小組」第三次活動，透過小組活動，讓家長共同認識如何與子女建立關係、積極管教技巧、怒氣控制及商討技巧。是次活動由恩悅綜合家庭服務中心社工主講，共 14 位家長出席。
19.02.2016	第二十三屆(2015/2016 年度)執行委員會第三次會議，出席委員 11 人，列席嘉賓及家長 3 人。
21.02.2016	與「聖類斯舊生會」、「聖類斯舊家長會」、「天主教家長會」和「聖類斯中學小學部家長教師會」合辦「2016 五會新春團拜」，本會負責編排座位及表演，共 10 位執委及家長出席，贊助禮品共支出 HK\$400.00。
28.02.2016	本會資助學生出版本學年第一期學生報『博藝』。
02.03.2016	參與學校「感恩節晚會」話劇演出，劇目『切膚』由前老師陳嘉成先生編劇，參與的台前幕後工作人員包括老師、家長、本會永遠榮譽會員及同學共 14 人。演出十分成功，並得到各方讚賞。
05.03.2016	舉辦「認識腦部功能、提升學習潛能」健康教育講座，邀請舊生趙長成醫生主講，主題是從醫學角度解構現今青少年常見的問題、怎樣提升青少年記憶、學習能力及提問環節；是次講座共 58 位家長及老師出席。

09.04.2016	舉辦「家長互助小組」第三次聚會，主題是「從子女的情緒中認識他」；由恩悅綜合家庭服務中心/家庭資源服務主任/陳天維社工主講；共 47 位家長出席。
10.04.2016	舉辦 2016 年度「環境教育親子遊」，參觀沙頭角農莊一天遊 / BBQ 午餐 / DIY 客家茶粿示範制作和品嚐等。參加者共 73 人(包括執委、嘉賓、家長和同學)。本活動由家校合作委員會撥款津貼 HK\$5,000.00。
15.04.2016	第二十三屆(2015/2016 年度)執行委員會第四次會議，出席委員 9 人，列席嘉賓及家長 3 人。
07.05.2016	舉辦「法團校董會家長校董選舉」，共接獲 84 張選票，並選出陳詠詩女士為家長校董；鄭志成先生為替代家長校董，相關結果於 11.05.2016 經學校通告通知所有家長。是次活動除本會執委外，共有 4 位家長義工協助是日活動安排。
07.05.2016	協辦「親子網球比賽」，參加者包括學生、家長、舊生及教職員等。是次活動由本會贊助獎盃及獎牌，共支出 HK\$780.00。
07.05.2016	舉辦「通識教育研討會」，是次活動共分初中組及高中組，初中組共有 24 位家長出席；高中組共有 45 位家長出席。講座內容包括：初中組由方副校講解評分準則及高中同學分享修讀時應注意事項等；高中組由通識科老師課堂示範、講解考試題目及評分準則等。
17.06.2016	第二十三屆(2015/2016 年度)執行委員會第五次會議，出席委員 11 人，列席嘉賓及家長 3 人。
25.06.2016	舉辦「家長互助小組」第四次聚會，主題為「聆聽少年心」，並邀請香港公教婚姻輔導會呂清華姑娘主講，內容介紹如何了解青少年行為背後的目的、需要/家長如何捕捉青少年的言語及非言語訊息等，共 13 位家長出席。
02.07.2016	學校「中五升學模擬面試」，本會共派出 4 位家長義工擔任導師工作，並贊助是次活動費用 HK\$2,338.20。
07.07.2016	學校「中一新生註冊日」，本會派出 10 位執委及家長義工協助及講解「中一暑期英語銜接課程」資訊。
09.07.2016	舉辦家長義工茶聚，以感謝各家長義工於整個學年的付出和參與，共 24 位家長義工參加。
10.07.2016	本會資助學生出版本學年第二期學生報『博藝』。
09.07.2016 16.07.2016 23.07.2016	協辦校方的「公開說話技巧訓練課程」，由本會永遠榮譽會員戴鴻瑜先生主講，對象是中三、中四及中五學生，課程分三個星期六共九小時，共 15 位同學參與。表現突出的學員，將獲派擔任「中一暑期英語銜接課程~結業禮」、「中一迎新日」及「中一簡介會」司儀崗位，以期學以致用。
01.08.2016 ~ 12.08.2016	協辦「中一暑期英語銜接課程」，活動為期 10 天學術課程及 1 天日營；目的是讓中一新同學能適應到學校的學習模式及校園生活。活動開支由校方支付，所有中一新生必須出席。導師方面，每班(共四班)均會安排一至二位老師、一位畢業生及二位中四升中五同學負責；而畢業生及學生導師有一定要求，需接受面試挑選。
13.08.2016	協辦「中一暑期英語銜接課程」結業禮，是次活動合共有 108 位家長及所有中一新生出席。活動內容包括余立勳校長、本會會長陳玉英女士、家長義工的分享，和駐校社工及部份學生分享如何適應中學生活，更有童軍、醫療輔助隊及航空青年團等制服團隊簡介；最後，頒發結業證書及表現優異證書予中一同學。除本會執委外，共有 10 位家長義工協助是日活動安排。
26.08.2016	第二十三屆(2015/2016 年度)執行委員會第六次會議，出席委員 11 人，列席嘉賓及家長 7 人。

會長 陳玉英 謹啟

日期: 2016 年 9 月 24 日

~新學會介紹~

中五丁 蔡兆洋 劉錦明 中三丁 陳正翔

聖類斯中學學會眾多，由同學主導，百花齊放。新學年，一群志同道合的同學聚合起來，創立了數個新學會，包括經濟學會、模型學會及保齡球學會等，並在聯社會展大放異彩。然而，在華麗輝煌的展板背後又埋藏了甚麼故事？讓《博藝》編輯為你揭開。

經濟學會 — 商業精英 推廣知識

經濟學會是本年新學會之一，成立學會目的是聚合一群對商業範疇有興趣的同學一起學習、一起進步，同時也想在校內普及商業知識。會長黎祖榮表示，創建不難守業難，申請只須老師批准，但運作則要慢慢學習。起初不知道海報在印刷前需校務處蓋章，結果印好後要在手忙腳亂下拜託校務處職員連蓋三十張海報（會長想順道在這裡感謝校務處職員幫助）。



活動方面，除在聯社會展招收會員及會員定期聚會外，上學期還舉辦了職業分享會，邀請陸建廷先生分享職場生活、著書及寫專欄心得，反應不俗。下學期將舉行一個大型活動，不過由於「商業」機密，暫不便透露。未來學會會致力吸引更多同學關注，以提升知名度。

至於經濟學會能否世代相傳，成為常規學會。會長打趣說：「搞得好就自然有人肯繼承，搞不好就神仙難救。」筆者在此祝願學會傳承至千秋萬代。

會長	黎祖榮（五丙）
副會長	謝文飛（五丙）
成員	郭智樂（五甲）、呂旭皓（五丙）、劉卓賢（五丙）、 陳煒林（四丁）、蘇展霆（四丙）
顧問老師	王俊元老師

模型學會 — 高手雲集 同學至愛

談到新興學會，自然不能不提模型學會。會長陳彥略當初為何創建這個冷門學會呢？原來他希望連繫對模型有興趣的知音人，彼此交流相關知識及砌模型心得。今日學會已成功招攬了不少模型發燒友。

陳同學坦言，當初對學會發展有所憂慮，擔心學校沒有同道中人而致學會成員不足。幸好九月舉行的聯社會展證明了他的憂慮純為杞人憂天，當天模型學會初露鋒芒，很多同學前往他們的攤位觀賞，結果模型學會更成為全校最多人參加的學會，遠遠拋離學生活動協進社S.A.A.的學會人數限額。更令他滿足的是，他的攤位勾起了不少老師的童年回憶。也許，模型的吸引力從沒因時代變遷而減弱呢！

話雖如此，學會的發展絕非一帆風順，陳同學說構思活動時常受財政問題掣肘。由於製作模型成本高，加上額外的工具費用更是難以負擔，若由學會成員自費參與，恐怕活動無人問津，不過他會花心思去控制成本的了，即使面對困難都不減他對模型學會的熱誠。

學會最新活動將於一月面世，內容為模型工作坊，屆時除了教授製作模型的基本知識及技巧外，也會從中選出模型能手合力製作參賽作品，參加GBWC(鋼彈模型製作家世界盃)賽事。

據說男生都喜愛高達模型，你又會否迷上它呢？



會長	陳彥略 (五丁)
副會長	張鈞雄 (五丙)
成員	鄺樂天 (三丙)、黃皓深 (五丙)、陳浩泓 (五丁)
顧問老師	王俊元老師

保齡球學會 — 切磋球技 樂趣無窮

保齡球是一項可以鍛鍊身體各部位協調，同時也可得到競勝快感的運動。相信很多同學除電玩外，未必接觸過真正的保齡球，因此，創立保齡球學會就是讓同學嘗試並認識這項運動以及與志同道合者享受打保齡球的樂趣。

會長黃皓深表示每個學會都有本難念的經。保齡球學會在構思活動時，必須考慮費用及參加人數。保齡球是一項頗昂貴的運動，每人每場需花費三、四十元，相對其他學會活動，成本較高，需要向參加者徵收若干費用，不過費用必須合理，因為收費太高會影響參加人數；收費太低會令學會入不敷支，所以學會成員在釐定收費也費煞思量呢。此外保齡球是一項規模較小的運動，十人同時參與已是極限，人數過多會使輪候時間增長，因此，較頻密舉辦活動，可令更多會員受惠。

學會將於下學期舉辦保齡球體驗班，歡迎會員報名參加，一起切磋球技，體驗無窮樂趣。



會長	黃皓深 (五丙)
副會長	李天澄 (五乙)
成員	徐浩峰 (四甲)、何浚麒 (四丁)、吳梓康 (五丙)、曹殷祥 (五丙)
顧問老師	王寶珊老師、廖庭芝老師

Volleyball Club and the future Volleyball Team

Chairman	Wong Sze hok (5C)
Vice chairman	Leonard Har (5C)
Committee members	Vince Leung (5D) , Andrew Kwok (5A), Tim Leung (5D)
Teacher advisor	Miss Ng Ka Wai



Volleyball is a popular sport played by many youngsters. Despite its popularity, we can hardly see a volleyball on our sports ground. Probably most of them are buried in the PE room. In order to promote this wonderful sport, a team of students founded the volleyball Club. Their ultimate goal is to revive our volleyball team.

This may seem a bit hard, but the club has an ambitious plan.

'We will start from zero,' said one of the committee members, Vince Leung, who provides all the information about the club.

Promoting volleyball is their first priority, and they are working on it now. They have just collaborated with Bakery Club, one of the new clubs, on a game. Players will shoot volleyball, not basketball, to basketball hoop, when it is shot into the hoop, prizes are given - tasty chocolate cakes made by Bakery Club. The activity was quite successful. Though most participants were junior form students, the club believes that they have just moved to the second phase of their plan – to train volleyball players.

To achieve their goal, they are planning on joint club volleyball training. Various techniques will be taught in the trainings. Let us await their brilliant activity!

Though they have their plan well devised, they still face problems when putting it into practice. For example, they have limited choices on the activities. Though competition is always the best way for promoting activities, it is not a good choice to the club. 'Not much students know how to play volleyball, so we have to focus on training but not competition,' said Vince. It will be quite challenging for them to make best use of resources in promoting volleyball.

Their next plan is to select well-trained players from participants of their activities. Then, there will be training, training, and more training before the formation of their team.

Most clubs in school don't have their own teams. If Volleyball clubs succeeds in forming the team, it will surely be an inspiring story!

Cooking: A Labour of Love

When it comes to cooking, we often think of women. However, there's a student at our school who doesn't like to perpetuate this stereotype anymore. He is Vince, the Chairperson of the Bakery Club. And that is why he set up the club.

To Vince, cookery is an important life-skill. Yet, most students these days are pampered by parents and they may not even have the chance to cook in the kitchen. By setting up the Club, Vince hopes that more people will find joy in cooking. He stresses that we should stop thinking that staying in the kitchen is a privilege for women.

Despite his ambition and good intention, he still has to face numerous challenges like the limited budget. As we know, a fine dish requires many fresh ingredients and most importantly, a fully-equipped kitchen. Luckily, the club is sponsored by the Caritas and the PTA of our school. Having their support, he managed to overcome various obstacles. To his delight, their efforts are not in vain as the club has won compliments.



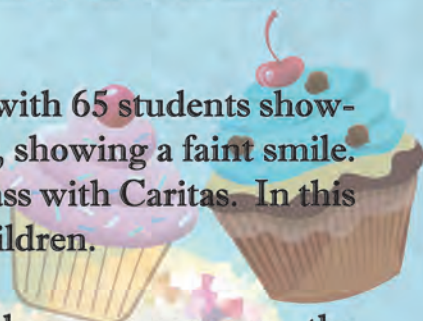
At JCE, the Bakery Club had the second most new members with 65 students showing interest in joining the club. 'I'm satisfied with this result,' he said, showing a faint smile. As Christmas is drawing near, the club is planning to run a bakery class with Caritas. In this activity, participants will enjoy the fun of baking with a bunch of children.

The Bakery Club has been running smoothly but still, they do have one concern - the future of the club. To be frank, Vince is afraid that the club will be short-lived especially after he graduates from the school. He believes that there are students in our school who are passionate about cooking. But most of them are in junior forms.

As for senior form students, they show little interest in exploring their culinary talents. So in the near future, there may not be too many capable students who can organize activities for the club.

Despite the uncertain future of Bakery Club, it's delightful to see a determined person who has devoted himself to promoting cooking. At the same time, the club is trying to diversify students' interests and dismantle gender stereotype. Let's hope that the club can go on so that more students can get a taste of the art of baking in the future.

Chairman	Vince Leung (5D)
Vice chairman	Andrew Kwok (5A)
Committee members	David Huang (5D), Gabriel Wu (5D), Ron Tang (5D), Henry Lo (4B), Kwong Hin Ka (4A), Tobias Sung (4D), Ian Cheng (4B), Ng Tin Pok (3B)
Teacher advisor	Miss Ng Ka Wai



NEW CLUBS

5D Choi Siu Yeung Lau Kam Ming

As a new year impends, there are a lot of enthusiastic senior formers who have been striving for their innovative ideas setting up some new interesting clubs. This year, we have on our list Volleyball Club, Bakery Club and Fitness Club. Will Volleyball Club elevate students' interests in sports to another level? Is it possible for Bakery Club and Fitness Club to make positive changes to our attitude towards life? We look forward to seeing their contributions and changes in the new school year. Now, let's read the stories behind the vision and mission of the new clubs...

Fitness Club and their 'motivational' strategy, the hidden wisdom behind six packs of muscles

Fitness Club was founded last year. The chairman is Tim Leung, who specializes in intense muscle-training. The club aims to encourage regular exercises so as to keep fit and maintain good health. The formation of the club is surely good news to our students and even teachers, the club's activities can surely help them burn the fats accumulated in their belly, and tone up the bulge.

"Our activities are different from other clubs, we put more emphasis on 'motivation', that can produce long-lasting effects on our students, while other clubs aim at letting students enjoy the activities. They don't try to change students, instead, their activities vary according to students' interest," said Tim Leung, the 'gym idiot'.

"Our activities such as indoor rowing and crossfit are not aiming at entertaining participants only. We also utilize the events to 'brainwash' them by telling them 'Never give up', 'No pain no gain, work as hard as you can', 'What you did yesterday will make you better today'. These ideas are simple. But when we say it repeatedly, the ideas can root in their mind."



"I get this strategy from the book 'Chicken Soup for Souls'. This is useful when encouraging them to do exercise. Exercise is somehow boring for teenagers. They need motivation and encouragement. We hope that they will remember the encouragement and forget about the boredom. The same theory can apply everywhere." Tim added.

Chairman	Tim Leung (5D)
Vice chairman	Jack Lee (5C)
Committee members	Andy Lau (5A), Gabriel Tso (5C), Steve Wong (5C)
Teacher advisor	Mr. Chan Ka Kiu

"When they forget about boredom, they will not hate doing exercise. This is a good start for regular workout. The benefits are rewarding, just like becoming slim, healthy, healthy and healthy."

Their strategy really shows how well-planned the chairman is. But you may not know why their plan is so good. "We faced lots of problems when forming the club. The first problem was that the school has no gym room, so we cannot have regular activities at the gym. To solve the problem, we have to plan more."

Tim Leung reminds our students that they should not do it just to attract girls with six packs of muscles. "Yes, pectoral muscles make you look better. But you've got to understand what is the expected costs required to gain girls' attention on your muscular body. You have to train with consistency and dedication. There is always a story behind the six packs of muscles. Don't think that it is easy to do. Join us if you have such determination."

Ms. Roberts feels good working with her new colleagues. "They (her colleagues) are caring, supportive and friendly. I would like to join "lunch groups" but sadly I can't go out as much as I want though they invite me." Then, what about her "new boss"? "The principal Mr. Yu is approachable, and with excellent English."

Hong Kong has great people like you and me. Unfortunately, it is also notorious for its subdivided flats due to limited land supply. The lack of space exists in most schools in Hong Kong. When asked about the facilities of our school, she sighed, "Well, you know, I've lived in Australia, the campuses there are much spacious. I understand it is a common problem in Hong Kong but it would be much better if we had some more rooms for activities, but not a "subdivided" room."



"Kung Fu"
Hiking!

READING IS ALWAYS THE ONE AND ONLY WAY TO _____

However, as for the learning atmosphere, Ms. Roberts showed some disappointment. She would like students to show more care and application with their work. "Some students' worksheets look a bit like they have been in the bin, or otherwise, a student has got a bit hungry," she said with a wry smile. To Ms. Roberts's surprise, many students often have difficulties in spelling. "Despite the fact that many have no problems communicating with me verbally, they often ask me how to spell a simple word." To deal with the problem, she advised students to read more books. "Not only do books enrich your vocabulary, but also broaden your horizons and stimulate creativity." What about electronic books? Ms. Roberts has a no-objection stance. "As technology advances, we all read with electronic devices. But reading a real book is preferable for me. Oops, does that tell you something about my age?"

THE BALL'S ALWAYS IN YOUR COURT

When planning for the next term, Miss Roberts would like to hold an inter-class quiz competition. "When I say quiz, it's not the one you have in class. It's more like a game show, which involves students pitting their brains against one another and beating each other to the buzzer." The quiz will challenge students. It will be fun competing with others." Apart from the quiz, she'd like students to pay more attention to Tuesday News. "The questions are not torturous. They will benefit you tremendously if you are willing to give it a try." And remember she sang her heart out to encourage us all to join in the English competitions! Don't wait, just do it!



Pictures
with
Glaciers!

ACTIVE BODY FEEDS AN ACTIVE MIND

Being an active person herself, Ms Roberts is happy to see many of the St Louis boys playing basketball and football whenever they get a chance. Of course, the boys are competitive but at the same time, she can see it builds a spirit of camaraderie. Ms. Roberts plays (field) hockey competitively for 2 teams in the Hong Kong ladies league. She also enjoys a game of social tennis every week. Having a love of the outdoors means her other passion is hiking, and in this way, she gets to explore and discover the beauty of Hong Kong.

The English Café is open every Tuesday. No matter if you are in S1 or S6, feel free to go and chat with our lovely friendly new NET. There are film shows followed by fun activities for S1 and S2 students on Wednesdays and Thursdays. Other programs will also be held on other days. Opportunities are for the prepared, and those making use of it!

"Life is an adventure, live it!" Encourages Ms Roberts.

Meeting Ms. Roberts in person
in the English Corner!

Meeting our new

NET

5C Lam Chung Yiu &
5C Tang Dad Long

- Ms. Roberts

"Ding Dong- Ding Dong-Ding Dong" - the school bell finally calls a halt to classes. Exhausted students slowly make their way for lunch, feeling relieved, and so do the teachers. To most teachers and students, lunch time is a break; while to a lady in the English Corner, there is no rest for her yet.

DON'T LET YOUR FEET STOP MOVING, AND YOUR BRAIN

Who's the energetic lady dancing and singing Everybody Needs Somebody like a rock star on the stage? What is her nationality? Make a guess! British? (Drum roll please...) The answer is - a mix. Ms. Roberts was born in Britain and lived in Australia for a decade, so Ms. Roberts is British and also Australian. The most interesting part is that her father and mother come from Sri Lanka and Scotland respectively. With a mixed lineage, an adventurous nature has been ingrained in her and travelling has become part of her life.

THE MORE YOU KNOW, THE LESS YOU KNOW (OR THE MORE THERE IS TO KNOW)

Ms. Roberts has an impressive educational background - Masters in Linguistics, a teaching degree, a postgraduate degree (in teaching English as a Second Language) and a degree in Economics, Japanese and History. Indeed, she has an insatiable thirst for knowledge. She told us that she enjoys all modes of learning from traditional to distance to self-learning. As students, we can learn from Ms. Roberts that the quest for knowledge is a never-ending road - an exciting one!

As mentioned before, Ms. Roberts loves travelling. Ms. Robert has lived in different countries; Sri Lanka, Germany, Australia, Japan and now Hong Kong. Through working and living in these places with diverse cultures, she has encountered a myriad of challenges and met some interesting people from all walks of life. These experiences have made her realize that teaching is something that she deeply enjoys doing. And so she continues to be a teacher hoping to make a contribution to this beautiful world. Motivating the young to learn and enjoy life is one of her primary aims.

Despite her Japanese proficiency, Ms. Roberts has only taught English. "Schools in Hong Kong seldom employ Japanese teachers. And I don't feel so confident teaching Economics." She has taught in Australia, Japan and before St Louis, another school in Hong Kong. As for the reasons why she left previous schools, her answer is simple but not surprising, "I like to experience changes." Indeed, she is an adventurer in life. Everything is fine, except...



Hiking at the
bottom of
Argentina

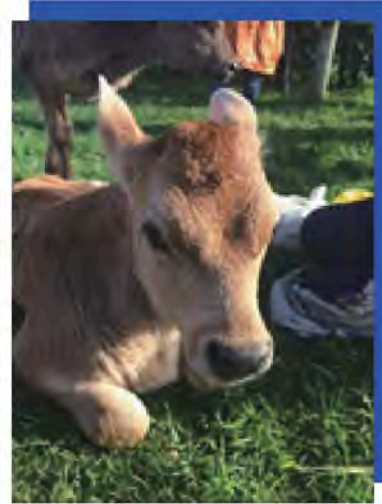
Most Unforgettable Encounters

My host family was very kind and took good care of me and my roommate, Payton. My host father stopped working for two days to take care of me when I was sick.

The happiest moment in this study tour was the host family day because they took us to a farm where we could feed some newborn animals and I had an opportunity to shoot a real gun with my host dad.

It was a blast!

Ng Ka Yiu, Kevin



I am most grateful to my host family who was so nice to me and Kelvin. My host mother prepared morning tea and packed lunch for us every day. I loved the mouth-watering dishes she cooked, especially the pancake with A La King sauce and mashed potatoes.

Being a Catholic myself, I had a chance to attend Sunday Masses in Auckland. I went to a church called Our Lady Star of the Sea Parish. The priest there was from India. His sermon was enlightening yet humorous. A big thank you

to Uncle Patrick who escorted me to the church and drove me home.

Kwok Yuk Laam, Jethro



I had prepared a small gift for my homestay family. I had chosen a tram model for them because it is the oldest mode of transport in Hong Kong and in my opinion, nothing can better represent Hong Kong than this iconic moving monument. They were overjoyed when they received the gift and immediately put it on top of their television. When my host dad showed me and my housemate, Derek, something as a token of thanks, we were flabbergasted. Our host dad showed us the badges he got when he was a scout! Derek and I, being boy scouts ourselves, suddenly found that we and our host dad had a lot in common! It was really 'sweet as' ('sweet as' is a kiwi slang which means 'awesome')!

Yeung Ho Kai, Thomas

We were under Miss Shelby's guidance in the morning session of our stay at Elim Christian College. She prepared tonnes of interesting learning activities to engage us in the learning process. We had a wonderful time playing Mafia, going to the dairy ('dairy' in New Zealand means 'convenient store') to learn the different types of lollies ('lollies' in New Zealand means 'candies') and playing rugby together. At first we thought Miss Shelby, as a female teacher, could hardly play sports but we were totally wrong! She was skilful at rock climbing, rugby and tramping ('tramping' means 'bushwalking' or 'hiking' in New Zealand)! She was simply 'sweet as'!

Tam Ka Chai, Bosco



School life was the best moment in this tour. It was all because the school we studied in - Elim Christian College - was a co-educational school! I have made a lot of friends (not only boys but also girls!). It was kind of hard for us to pluck up our courage to speak to girls, especially in English, because our school is a boys' school. Once, a girl invited Derek and me to their birthday party during lunchtime. When we arrived, we found that we were the only boys at that party. That was very embarrassing as both of us had nothing to say to these girls!

Ng Tsz Long, Jonathan



Me, Jethro and Roy were invited to give a thank you speech during the morning assembly at Elim Christian College. This was the first time for us to deliver an English speech in front of hundreds of native speakers! We could not imagine how much applause there was when we finished our speech. This has boosted our confidence a lot!

Chan Ho Ching, Ernie

We had an opportunity to go rock climbing at Elim Christian College. At first I felt a bit scared because I have a fear of heights and I was afraid that I would be humiliated by my peers if I could not reach the top of the wall. Despite being nervous, I finally gave it a try. After half a minute, I managed to climb up to three-quarters of the wall. Hurray!

Yeung Ho Kai, Thomas



English Study Tour

Stepping Out of Our Comfort Zone



When we met our host family, we saw that our host dad had lots of ... facial hair! We thought our host parents were cool, super cool (especially with the sunglasses) and when our host dad talked, we couldn't see his mouth move and he spoke so fast that we could hardly catch his words.

In New Zealand, their official language is not just English but also Maori, and so people there speak many Maori slangs, which makes communication and understanding much more difficult. However, we figured out three ways to pick up their language and mingle with the locals.

First of all, by observation and imitation, which is the easiest. When we heard our buddies at school saying 'Kia Ora' or 'sweet as' to each other, we imitated them.

Secondly, by asking questions. After imitating their way of talking to each other, we asked them the meanings and when we should use those slangs. Though this way was embarrassing, the feedback was encouraging. They started to appreciate our efforts and we started to appreciate their language and culture.

Thirdly, by persistence. We used to feel very nervous even when we were answering the teacher's questions or talking to a stranger. However, during this trip, staying in a host family and studying with local students created a need for us to speak in English every single time for this

was the only way for us to get along with each other. We failed. We tried again. As time went by, we were not shy anymore and we started to speak in English with more confidence. In the second half of the study tour, we could catch what our hosts or local friends were saying even when they were speaking English quickly.

Actually, these three ways to pick up a language help us to arrive at an insight:

While we are learning English from our textbooks, why don't we realise the fact that it can be learnt from our living, it can be learnt from the people we speak to?

It can be learnt whenever we are willing to:

- *imitate
- *ask questions and
- *persist in our everyday life.

Lee Tin Ching & Chung Wing Fung, Jess



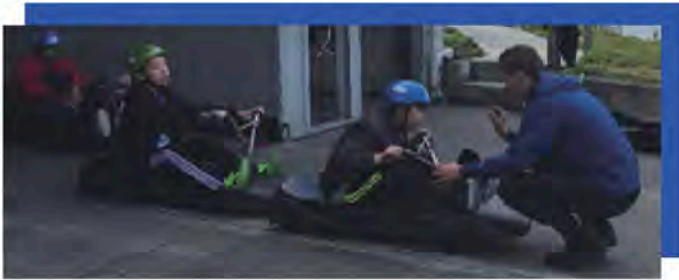
New Zealand

‘Kia Ora!’ If it is the first time for you to travel to New Zealand, it is very likely for you to have a puzzled look on your face upon hearing this exotic greeting. There may even be a few seconds of awkward silence until you can finally utter, ‘What do you mean?’ To save you from this embarrassing moment, what can be a better way than catching a glimpse of New Zealanders’ life and culture from twenty schoolmates who have immersed themselves in this country?

From 20 July to 5 August 2016, twenty of our junior form students went on an English study tour to New Zealand, along with Miss Alva Li, Miss Vivien Ng, and Mr Derek Yeung. In this issue, some of these students would like to share their most memorable moments from this invaluable excursion and tell you what they have learnt.



Mind-blowing Experiences



Our study tour consisted of three components: going sightseeing in two cities (namely Rotorua and Auckland), experiencing local life-style at homestay and studying in a local school.

I think the most exciting experience was definitely the luge ride at Skyline New Zealand. Riding on the luge with a very high speed down the hill made me feel like riding on a roller coaster. The difference was that I had full control over the descent on the three-wheeled cart and the entire journey downhill was fuelled by gravity instead of electricity. There were two tracks for the luge ride: the Scenic Track was for first-time riders like us and the Advanced Track was for experienced riders. Even though we were only allowed to descend the Scenic Track, the spectacular view of Rotorua totally spiced up the experience!

Ng Ho, Horace



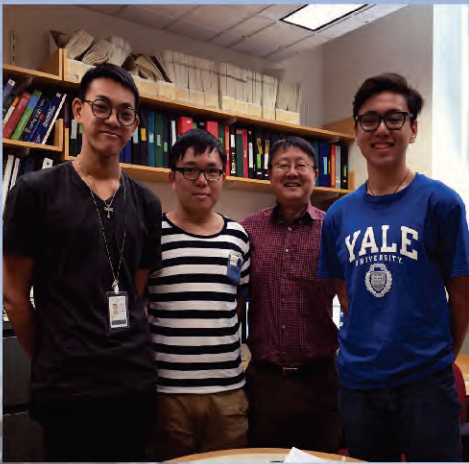
I feel contented for having learned the haka and how to play rugby. Haka is a war dance or a song accompanied by dance of the Maori people, who were the aboriginals in New Zealand before it came under British rule. It may seem funny to people who watch the performance for the first time but we have learnt to respect the culture and how to dance with Maori spirit. This dance is also commonly performed by rugby teams before the start of the competition.

Tsang Pan Hei, Payton

We have to admit that we are gluttonous and so we also explored the US by savouring the local delicacies in there such as sandwiches, hamburgers, pizzas and bagels. Inside the city of New Haven, there is a restaurant called Louis Lunch, which is a hundred years old restaurant and famous for its beef patty sandwich. The sandwiches were amazing that we could not resist to order another one (although we didn't have much money). Another unique experience could be found in a restaurant in Chinatown in New York. During the last few days of our trip, we missed the food in Hong Kong so badly that we decided to try out some Chinese restaurants in Chinatown. Chinatown is filled with many Asian restaurants and markets, and Cantonese food were spotted everywhere (surprise!). We eventually went to the Hop Shing Restaurant to look for some Dim Sum to satisfy our palate. The restaurant was also run by a Cantonese businessman. And surprisingly, the Dim Sum there tasted even better than any restaurants in Hong Kong!



Reflection



This is the first time for us to go to a place so far away without parents. We looked forward to this trip, as this is a precious chance for us to experience the lifestyle of being a university student in America.

This is a chance for us to fully experience being a mature adult. We prepared everything we needed for the trip by ourselves, including renting a place to stay, buying flight ticket and contacting Professor Sung's secretary Lucy. We were quite nervous at first. We were afraid that with limited knowledge, we were going to bring troubles to Professor Sung. However, the helpers there were very kind to us. They were willing to use their time to instruct us for every experiment we were going to do. Soon, we became friends. We chatted together during lunch time, and we got along very well. They also recommended some places that were worth visiting.

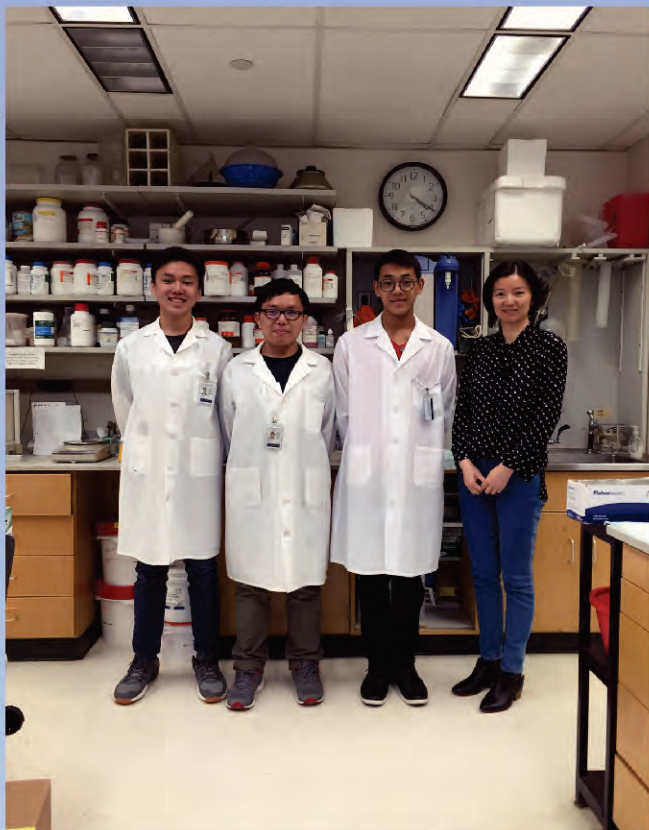
We were staying in Starr Street which is quite far from the medical school. But we usually decided to walk to medical campus. We enjoyed a brisk walk in New Haven, in which the road was way wider comparing to Hong Kong's. We loved to explore on the street, trying to find more special restaurants to try them out. We started to have a better care for the way we spend our money, as we had a tight budget.

Living on our own was not a challenge for us. We got used to the lifestyle there quite fast and we loved living there. We moved to New York city later for three days to experience a totally different lifestyle from New Haven. People living there are working very fast, and it is crowded all the time. Especially the day we arrived, as there was a huge parade. But it is also a good experience for us to get really close to the reality of New York, and to know people's way of living. In a place with people we don't know, we became close. We were classmates and friends before, but after this trip, we really became close as we had this special experience together.

When the opportunity comes, we seize it with both hands

This internship is a one-in-a-lifetime experience for us to explore the world and to become more independent. We strongly encourage all of you to give it a try in the future. We are sure it will be a unique experience which words cannot describe.

We are indebted to Professor Sung, who believes in education and who is determined to ensure students have this opportunity. We are also indebted to the old boys who continue to lend our students their support. Also, we would like to say thank you to Professor Sung's team members, who spent their time teaching us and giving us opportunities to perform various experiences. Last but not least, we would like to extend our gratitude to Lucy, who helped us settle in.



Our real challenge began on the second day. Instead of waiting for the members of the laboratory to assign us different tasks, we usually took the initiative to ask whether they needed our help with their work. We cherished every task from using various modern apparatus, such as agarose gel and protein gel electrophoresis, polymerase chain reaction to extracting yeast and growing bacteria. Sometimes we might not know the principles behind the experiments, but the colleagues of the Sung Laboratory always explained them patiently. We were wildly excited when given the opportunity to observe how the team carried out different experiments.

The research team is more like a melting pot and a harmonious family; besides China and United States, there are members coming from Korea, India, etc. During lunchtime, they would gather at the common lounge next to the lab and talk about anything like our daily life, cultures and habits. It is a good opportunity for us to understand the cultures of different countries and their differences; we also learnt to respect every culture. One of the most memorable events during our journey was Professor Sung's birthday party. Everyone stopped their work in the afternoon and had this enjoyable moment!

Usually we finished our work at around 2 p.m. every day, but we did not go back to our house immediately. Instead, we explored the city of New Haven. The city and the university are inseparable – the school campuses are scattered in different areas of the city – which is different from the universities in Hong Kong. We were particularly amazed at the number of museums and galleries, such as Yale University Art Gallery and Yale Center for British Art, which were eye-openers. During the weekends, we would go to places a bit away from the city centre, such as East Rock Park; on top of it we were able to have a bird's eye view of the whole city which was spectacular and breathtaking.



Life Outside Yale

Aside from the internship, our exploration in the East Coast has also made this journey precious and valuable. We had been to many places, including famous cities like New York, Boston, Washington, and also some small cities in Connecticut such as Hartford and East Haven. What impressed us the most was not the hustle-and-bustle in the metropolis, but the cozy and relaxing environment in Connecticut. Unlike Hong Kong or New York, skyscrapers are rarely seen in the cities in Connecticut. Trees, lakes and rivers are abundant in the state. We enjoyed our time beside the Connecticut River, where we spent half a day to have a stroll and take photos of the picturesque scenery. Such environment made us sentimental and many feelings rushed through our minds. On the one hand, we missed our home (and the food, seriously) and our families very much. On the other hand, we wanted to spend more time exploring this beautiful place. Nevertheless, time and tide wait for no man, we could just treasure every moment so as not to leave any regrets behind.

Stepping Out of Your Comfort Zone!

St. Louis School — Yale University Sung Laboratory Internship Award 2016

Yeung Yuk Kin, Tsoi Hin Yao Tobias, Lo Yuk Hei

Introduction

There is an old Chinese idiom saying, “Reading ten thousand books is not as useful as travelling ten thousand miles.” We are deeply grateful to be selected as the awardees of this year’s St. Louis School – Yale University Sung Laboratory Internship Award, which allows students to have an internship at the world-class Sung Laboratory of the Yale University. We student interns were supervised by Professor Patrick Sung, who was a graduate of our school in 1976 and the chairperson of the Department of Molecular Biophysics and Biochemistry of Yale University. He is now working on DNA repairing and homologous recombination. We applaud Professor Sung for his long-term vision of supporting education. Indeed, this trip will surely leave an indelible memory in the mind of every one of us.



Back to late 2015, when we were still high school students with passion and dream, we were so desperate to work in the Sung laboratory, which is part of the world-renowned Yale University. Through days of preparation and research, we had a clearer understanding about the background of Sung Laboratory and Yale University, coupled with the meaning behind this internship programme – inheritance. The programme brings alive the true spirit of being an Aloysian, Professor Sung included, who passes down the knowledge and spirit through this award.

Life at Yale

After an uphill battle with the Hong Kong Diploma of Secondary Education Examination, we were finally settled and set off to a completely unfamiliar place – the Yale University located in New Haven, United States. Although some accidents happened on the first day of our journey, we arrived New Haven safe. During this one-month trip, we had to step out of our comfort zone and be independent.

For the first three weeks of the trip, we were working as student interns at the Sung Laboratory. On the first day of our internship, once we arrived at the laboratory, every lab member gathered together to have the weekly laboratory meeting. During the meeting, two of the laboratory members needed to present their research progress. Then they would receive comments and suggestions from Professor Sung and his team members. Professor Sung gave us the impression that he is a serious and strict person as he would challenge the researchers with different questions. He seemed to be quite demanding, but he gave his team members a lot of constructive comments, showing them what changes were expected to be made on their research design. Another impression that Professor Sung gave us was that he is very supportive and encouraging. He is willing to give advice when his team members are having difficulties in their researches. To us, he is very caring about our future careers by showing the support to chase our own dreams. He also suggested that we consider being a researcher, as we can get a lot of satisfaction from our research work.

PLANS TO GET AN ALL-ROUND EDUCATION

Fr. Chan has some plans for helping the students to get an all-round education. He thinks that students can gain more by Learning other subjects like music as it is a good way to inspire their thoughts and express their emotions. We should not focus solely on something "practical". It is his hope that our students can strike a good balance between reason and aesthetics. Fr. Chan took Professor Kuen Kao as an example. Professor Kao has made good contributions in the field of science, but he is gifted not only in science, he can draw too. This shows that an all-round education does not rely solely on science, but also the subjects of humanity.

Fr. Chan also shared his experience of using religious education to shape students characters and to teach students how to discipline themselves in society. These days, there are many serious problems in the society like corruption, bankruptcy, cheating, etc. , Students need to have the moral value to back up their decisions, to choose between right and wrong.

HOBBIES AND GOOD BOOK RECOMMENDATIONS

Fr. Chan Likes to watch American and British talent shows, which have inspired him tremendously on how to develop the sense of imagination and creativity of the juniors. Fr. Chan has recommended some good books for students, for example, 'Education In Hong Kong', written by Anthony Sweeting. It allows students to Learn more about the education system of Hong Kong. Another good read is 'Deng Xiaoping and the Transformation of China', written by Ezra F. Vogel.



THE 90TH ANNIVERSARY CELEBRATION

The theme of the 90th anniversary celebration is 'Re-Echoing the Heritage of an All-Round Education'. The school can make good use of this opportunity to tell the teachers, parents and Salesian fathers that students will bring quality education forward so as to make a positive contribution to society.

Fr. Chan deeply believes that students can overcome the obstacles and barriers ahead.



HIS FEELINGS TOWARDS ST. LOUIS

As Fr. Chan has said, some traditions of St. Louis School still remain. For example, the academic performance is quite good in St. Louis School and our boys are very energetic and enthusiastic in serving others, especially the boy scouts. In general, our students look decent and are polite and caring. But he has also observed that boys these days do not like football. Instead, they enjoy playing basketball and rugby more. When asked about his impressions of the teachers, he told us that the teachers are very helpful. Whenever Fr. Chan meets them, they are willing to lend him a helping hand.



VISION

Fr. Chan focuses on both academic excellence and soft skills. He pointed out that our school will not only focus on science subjects like Science, Technology and Mathematics, but also subjects like Finance, History, Languages, etc. He added that the reason why most old boys of St. Louis School are talented in writing, presentation and literature was that they had a group of good teachers and were given ample opportunities to participate in activities like debate, drawing, painting, calligraphy, penmanship, etc. They can cultivate their EQ so that when they face difficulties and adversity, they have the resilience to overcome them.



FATHER CHAN'S ARTWORK

OUR NEW SUPERVISOR

A Man Who Never Stops LEARNING

5D Cheung Yin Tat & 5C Lam Chung Yiu

THE PURSUIT OF KNOWLEDGE

Father Matthew Chan Hung Kee, our new School Supervisor, studied in Canossian Primary School. Two years later, he came to St. Louis School to continue his studies. He received his secondary education in Salesian School. Then, he went to Cheung Chau to continue his studies in philosophy. However, his quest for knowledge was Limitless. When Fr. Chan was teaching in Salesian School, he studied Arts and Western History at the Chinese University of Hong Kong. Later, he spent three years in Rome studying theology. When he came back to Hong Kong, he taught in Salesian School again and earned his master degree. Fr. Chan also served as the Supervisor of Tang King Po School and the Principal of a technical school in Macau. Later, he earned the doctorate degree in Education. Indeed, his thirst for knowledge never ceases.

WHEN HE WAS A STUDENT IN ST. LOUIS SCHOOL

Fr. Chan was a prefect and he was invited to join the choir. In addition, he was one of the champions representing St. Louis School for the school race. Since he was young, he has enjoyed a wide range of activities including singing, drawing, drama, table tennis, football and swimming.



A NEW ROLE IN ST. LOUIS SCHOOL

Being a Supervisor of his Alma Mater, Fr. Chan regards this identity as a great honor. Father observed that students these days are happy, diligent and sporty and he enjoys spending time with them.

When talking about his duties, he told us that he spends most of the time in St. Louis School. He celebrates mass every Sunday morning. In the afternoon, he has lunch with his brothers and fathers and chats with our students. In the evening, he usually reads with the Salesians, visits hospitals or meets the old boys. During festivities, he visits the juvenile delinquents in various rehabilitation centres and prisons.

Aloysians

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