



Aloysians

Volume 44 No. 1

Editor-in-Chief's Words – Lo King Yeung Kelvin

Aloysians has been a publication owned by St. Louis students with a long history. It builds connections between various organizations and provides a platform for relaying information and reporting school news. Through these years, the paper fulfills its important role to serve our students, teachers, parents and the old boys. Our preceded editors recognized these and did their very best to deliver an informative and eye-catching final product of Aloysians. With a mind to serve others I dare not slacken at all. I value the experience of being the Editor-in-Chief and will try hard to make this issue of Aloysians as appealing and pleasant to you readers as before. Happy Reading!

By Aloysians Editorial Board, St. Louis School in February, 2013

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Striding into the Business World

Li Hiu Wang Summer (5D)

Having a chance to interview our successful old boy Dr. M. K. Leung, who is the Associate Professor of School of Accounting and Finance in the Polytechnic University, I myself was greatly impressed by his humour and his knowledge base. Dr. Leung was graduated from St. Louis School in 1978. Even though it had been a long time ago, he still developed a sense of belonging to the school and thus accepted the invitation as a guest speaker, giving a talk to our fellow schoolmates.

He had chosen the topic “Business Education in Hong Kong”. He admitted that this is a rather general concept and difficult to understand. ‘Education’ nowadays is a vague concept, what is meant by education? He added that university life is totally different from our secondary life.

Dr. Leung gave me a nice welcoming greeting when I first met him. To me, this was a rare chance for me to have an interview after the forum, conducted at the Wang Gangwu Theatre, Graduate House, the University of Hong Kong. He was a really nice man who talked a lot about his upbringing in secondary school and teaching at university:

Having known more about him, I knew that he had got many degrees throughout his life. He has got his first Economics degree and his doctoral degree in Manchester University while the Master Degree was obtained at HKU. He is now an associate professor in the Polytechnic University, working for three faculties. He mainly has to take care of student affairs and some management tasks such as students’ promotion to the higher form.

When asked about his old times in St. Louis School, I was much impressed by his experience when he was F. 2. His home was burnt in a fire accident and he had to face the crisis of not being able to attend school. Fortunately, with the aid of the school, both teachers and many schoolmates raised funds for him, which helped his family over-

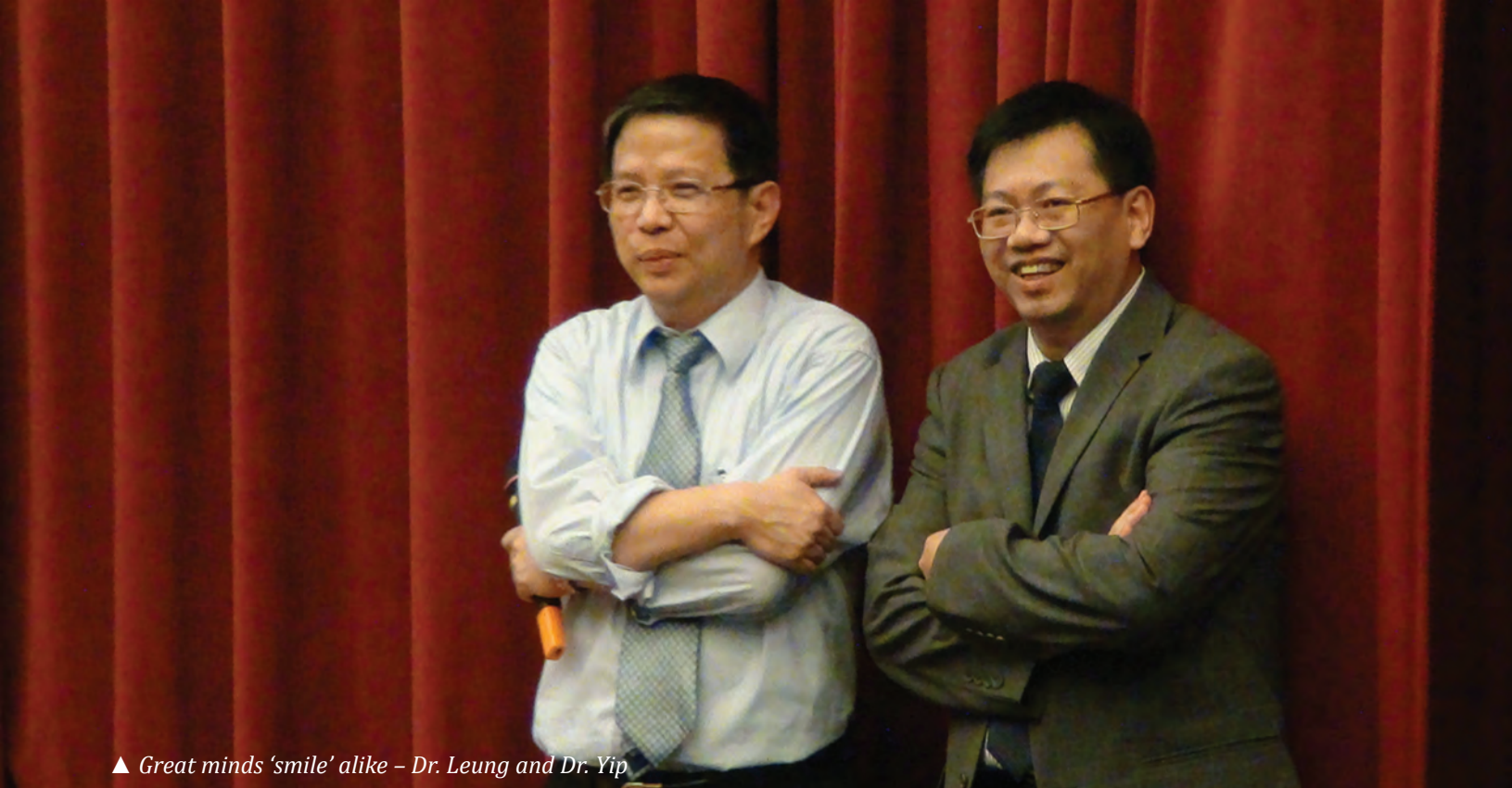
come the difficult time. From his words, I could feel that he was thankful to the school’s prompt support. He would like to make a comeback to the school and the students nowadays.

Knowing that he is an expert in economics, I was curious about how he familiarized himself with this subject. As we all know, there was only science subject in St. Louis School in the past, how he took advantage of the science subjects to benefit in the business subjects was what we would like to know. In his opinion, the influences by the science subjects were two-folded. Business involved many calculations and statistics and therefore learning Science subjects had helped him a lot in his study as it helped him build a more logical mind. Also, he has developed critical thinking which then assisted him to distinguish what was right and wrong in the market transactions, yet the essay required more words than secondary schools to a large extent and as a result, he had to make extra effort to catch up with it.

Back into the big business world, we always hear that “It is imperative to be cunning in business dealings” (逢商必奸), I personally agree to it but Dr. Leung had a more positive opinion on that. He thought that we got this point of view just because businessmen have to haggle over every ounce on their business. They have to carefully control the cost, otherwise, your counterpart may sell cheaper, which in turn gains the most customers. In his opinion, businessmen are known for their wickedness just because they have to gain as much profits as they can and as a result, they have to fight for a lowest cost. I would rather say that they will do so because they would like to prevent other businessmen from following suit.

When asked how to be admitted into the university, he reminded us that English and Maths are the most important subjects. English is the world-wide spoken language and business





▲ Great minds 'smile' alike – Dr. Leung and Dr. Yip

involves many calculations. Besides, if students have studied in the Maths Module 1 or 2, it will also be beneficial. On the interview part, he thought that applicants should get more information about the program before attending the interviews and applicants should be aware more of the daily news on business since these will show that you have an interest and incentive to study business programs.

Many of us are still thinking what to do in the future and here are his views on the quality students should possess in order to become a businessman. First and foremost, students should develop a liking towards business. We should be sociable with others and not afraid of meeting new people. And most importantly, we have to be a good listener as this helps develop a sense or judgment in the market transactions.

Behind the success of an Associate Professor, there must be many crucial factors, like hard work, the allocation of time and a positive attitude. Dr. Leung always stressed that only when we listened, we read and we thought could we become successful. Therefore, I firmly believed that his success was not by chance but hard work in listening to others, reading books and criticizing other's thoughts. We had to know that the road to success was not difficult to achieve, with our hard work, everyone could make it. To the end of the forum, this friendly professional brother shared with us that we could not simply count our success as returns. It was the process of achieving our ambition that gave our

lives meanings. When we were able to fulfill our dream, this was already a success.

Lastly, Dr. Leung would like to deliver some messages to us through this medium. He hoped that more joint-school functions should be organized as this would broaden our horizon. Besides, listen more. This would favour building our value judgment. Finally, read more as this could make us more knowledgeable. If we succeed in doing so, we are already a great man. Never give up and work hard!

It was very lucky that we Form 5 students had the chance to attend to this meaningful and interesting talk presented by Dr. Leung. All of us did learn a lot about business education and most importantly, how to become successful. We do gain a lot of inspirations which help pave a good pathway for our fruitful future.



▲ Being inquisitive is the first step

Beyond Science and Experiments!

Ng Wing Yip Brenton
Wong Tsz Ho Sam



▲ *Interpreting result with Lucy, our guide*

Yale University Sung Laboratory Internship Award was established in 2012 in subsequent to the Liberal Studies Forum lectured by Prof. Patrick Sung, the Head of Department of Molecular Biophysics and Biochemistry (MB&B) of Yale University. The award aims at giving an opportunity to outstanding Form 6 students to experience work at a world class laboratory. From 12th June to 5th July 2012, both of us stayed and interned at New Haven. Thanks to the sponsorship from class 1986, the internship was successfully held.

Systematic Laboratory Work

During the three-week internship, we had chances to try various experiments that most undergraduate students did. They were fundamental, yet challenging.

First, we implanted DNA into a bacterial cell, a process to examine the behaviours of bacteria. With a protocol, we carried out the experiment smoothly, though, under the guidance from Lucy, our guide. We then purified the DNA of the cell in order to determine its concentration. In this experiment, we added a multitude of solutions to extract the DNA. Afterwards, we diluted it by 50 times and checked its concentration in a spectrometer, which gave us a chance to apply our learning from Analytical Chemistry. We also assisted the researchers in harvesting E.coli by using a huge centrifuge, it took us great patience to accomplish the task because opposite bottles in the centrifuge must be weighed almost exactly the same! Otherwise, spillage would occur and the centrifuge would subsequently be winded down. We could feel the pressure scientists face every day, one minor fault can bring disastrous consequences to the equipment or even the laboratory.

1 Sam running protein samples into the well of gel
2 Brenton practising the use of pipette
3 Lysate solution in the extraction of DNA

Apart from these, we also attempted a lot of basic experimental techniques, such as cutting vector and inserting a DNA into it, mixing gel of different concentrations for electrophoresis, and preparing 100 bottles of glycerol solution of equivalent volume. It was really a challenge for us to use the pipette consecutively for 50 times!

As our final project, we did a popular experiment among biochemists, the Western Blot. It was useful in determining the species and concentration of protein in cells. We used protein samples provided and ran them into the wells of the gel prepared. Then we started applying electricity to the gel, we felt like doing electrolysis and we were

excited, as it was something really familiar to us. Then we placed the gel with patterns similar as a chromatogram on a membrane in order to transfer the spectrum for further analysis. The membrane was then washed with antibodies for almost two hours, it was kind of frustrating as none of us could see a subtle change on the membrane. Finally, the membrane was developed in a dark room as a film. They said we had done a great job, with us being ignorant and childlike when came to result interpretations.

Scientific experiments are actually much challenging than what we have expected. When we were studying at St. Louis, we did have opportunities to do experiments like titrations in Chemistry class. In those experiments, we felt that it was quite easy to deal with them because steps were simple and not many techniques were involved. However, such perception was substantially altered after our internship in this laboratory. All of the experiments carried out demanded us to be observant even in the slightest details. As well as the patience needed, we didn't have adequate laboratory techniques to skillfully complete the experiments. We were indeed just fish in a small pond, the ocean beyond contains lots more uncertainties for us to explore, and we shall never be bounded and limited. There is always something outside for you to conquer!

Getting Out of the Lab!

Even though lab work has made up the largest part of our internship, there are actually other experiences worth-mentioning here.

You may have a thought in your mind that scientists work 24/7 in order to get the groundbreaking results for the honourable Nobel Prize. However, having met Prof. Sung, we think this is not justified. On 1st July, Patrick organized a party at his home. Everyone in the laboratory, together with their families, was invited to join. Our visit to his home gave a change of our perception.

As we pushed the door open, what met our eyes was a living room with the trendiest set of Hi-fi system, a huge LCD television and everything you want for a dream house. Totally engrossed, we dropped our jaws for having known a scientist could enjoy much of his life. We stipulated that it was an ideal place for retirement, with lots of leisurely hi-tech gadgets, a magnificent greenery view of the hill and kids playing around, making some noises for the house. This was indeed unexpected to us because we thought that such a renowned scientist must be housed with books and journals. Yet, Prof. Sung illustrated how different and exceptional he was.

Out in the balcony, Patrick's wife stoked the manual stove while we were having a chat with other researchers. Shortly after that, the aroma of

Party at Prof. Sung's home, with him and his wife ▼



seafood drew our attention from the conversation. His Spanish wife was cooking paella for us. It was not simply a stage of her cooking talent, but also her sense of humour. While stewing the lobsters, shrimps and mussels with the Spanish tomato paste, she would not forget to pepper the dish with a few jokes to crack and lots of laughter. All of us enjoyed a lot from the delicious food and nice talk with each other. Before we left, Patrick and his son shot off fireworks to mark the end of the party. The glorious sparks would cast in our mind forever.

Back in our own place, our enjoyment was no less than Patrick's. During the three weeks, we rented two rooms in a house. The house was divided into four rooms for rental purposes, with some common areas like kitchen, living room, etc. We owned the house as there weren't any people living in the other two rooms. In order to save money, we went to supermarkets nearby to purchase all the groceries needed for cooking instead of going out for dinner every day. We were two part-time "househusbands". We had to do all the cooking ourselves for the first time in our lives, we baked, fried and microwaved homemade desserts. We agreed that life in kitchen and that in the laboratory

was alike because we were trying and experimenting with our new recipes as a chef. We got more skillful in the use of flavouring and spices after a few days of failure. For the subsequent two weeks, we had little banquets every night, cooking our own risotto and steak.

The next thing we found so precious was the 'convenience' culture in Hong Kong. Even though there was a Laundromat nearby, we had to wait for the untimely scheduled bus to get there. After all, living in the States without a car was really a nightmare because shops as common as supermarkets require a one-hour walk from our apartment. However, having no car wasn't the greatest predicament. The real challenge was the absence of air-conditioners! Temperature there was even higher than Hong Kong. At night, we slept as if we were baby pigs in the oven because our bedrooms were poorly ventilated and we only had a hand span-sized fan. This really gave us some good contemplation as we have been rampantly using air-conditioners at our cozy home, without ever imagining how summer life could be in the absence of it. We really ought to treasure the life we are having right now!



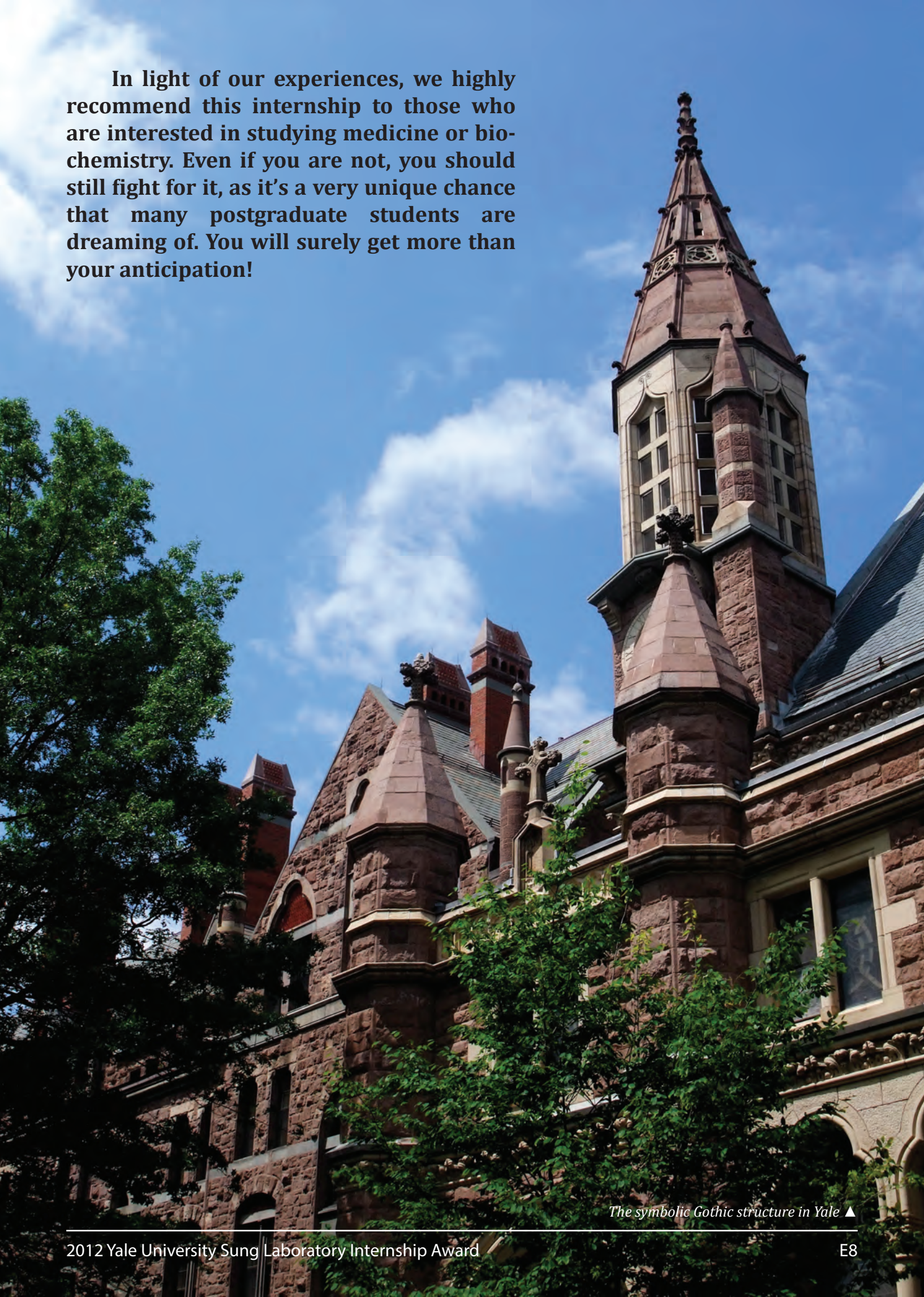
▲ New York City

Due to our close proximity to New York City, how could we not spare a weekend and visit this famous cosmopolis? From 23rd to 24th June, we visited NYC. Leaving from the Grand Central Terminal, we went to Wall Street for a touch of the Bowling Green Bull. The bull does not only symbolize the dominance of Wall Street in global finance, but also implies a wish on a rising stock market. We then continued our trip after visiting the financial district. Strolling along the Broadway, we walked past plenty of shops as well as theatres and finally reached Times Square, the heart of New York. The luring and glaring shop windows and signboards captivated us. Standing in the square, we could feel

the vibrancy and dynamics of New York. Hong Kong has long been regarded as a Shoppers' Paradise, yet New York was more than that.

The next day we went jogging in the Central Park. The unbounded lush green meadow in the park was a huge contrast to the concrete jungle we had in mind. In New York, we could retreat from the crowd and refresh ourselves by taking a deep breath in the park, what about in Hong Kong? Perhaps such a large piece of land in the middle of the city is destined to be a construction site for real estates or business offices. Hong Kong is still a long way before it becomes a genuine cosmopolis!

In light of our experiences, we highly recommend this internship to those who are interested in studying medicine or biochemistry. Even if you are not, you should still fight for it, as it's a very unique chance that many postgraduate students are dreaming of. You will surely get more than your anticipation!



The symbolic Gothic structure in Yale ▲

Interview with New Teachers



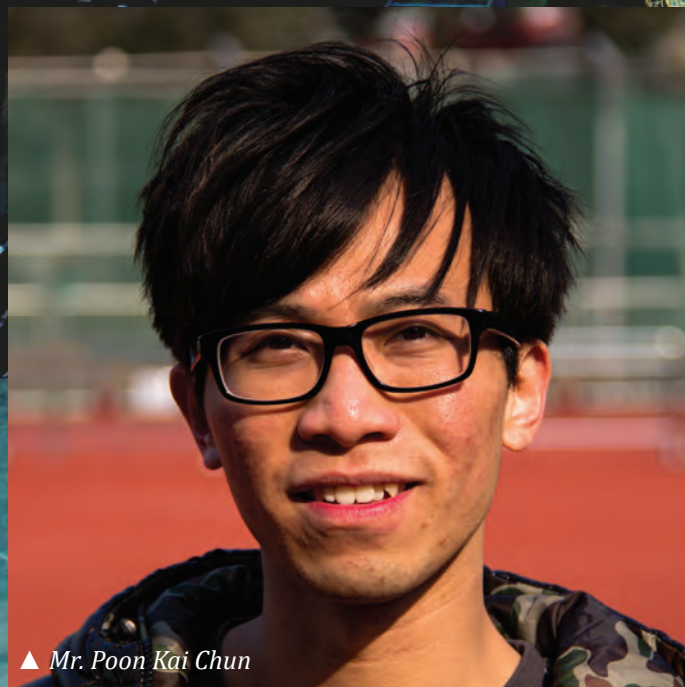
▲ *Mr. Chan Chun Ket*



▲ *Mr. Lam Ho Yeung*



▲ *Miss Mok Mee Luen*



▲ *Mr. Poon Kai Chun*

"Pursue Your Own Goals, Boys!"

Ho Kin Lun (5D)
Mak Ho Lun Rolland (5D)

Mr. Chan Chun Ket is a St. Louis old boy graduated in 2003, he then pursued his studies in Animal and Plant Biotechnology in the University of Hong Kong. He is now teaching Biology and Liberal Studies in our school this year.

Not having an intention to be a teacher at the onset, Mr. Chan engaged in drug education instead of teaching in schools. His responsibility was to disseminate talks about the detrimental effects of abusing different drugs at various schools. Soon he realized that the time interacting with students was not sufficient as he hoped to share his own experiences and have more communication with students. Then, he decided to be a teacher.

As an old boy of St. Louis, Mr. Chan thought that he could perform better in St. Louis, "I know students' thoughts and the culture of this school very well. As a result I can harness this advantage to make my lessons more appealing and interesting and build a closer relationship with students." Mr. Chan explained.

When talking about the changes of the school, he commented that students nowadays were more active and energetic in lessons as they were more willing to ask questions. Mr. Chan also appreciated the enthusiasm of our students in organizing various activities and their creativity. "The sense of belonging to their houses has also been boosted as I observed." Mr. Chan added. However, Mr. Chan thought that students should manage their time well on studying and having activities.

Mr. Chan is enthusiastic in sports. When he was in junior forms, he spent a lot of time on playing basketball every day. Later, being inspired by Mr. Lawrence Ho, he was mesmerized by a sport called "stream trekking" – a way to explore some rugged and hilly paths. Although Mr. Chan looks cultured and gentle, he used to be a naughty boy too. He also shared an interesting experience with

us. "When I was a Form 1 student, I brought a "Doraemon" comic book to school. I put my school bag aside with the zipper opened and went to play basketball. A Form 6 prefect passed by and spotted my comic book. He threw that book into the garbage bin I felt blue and wanted to weep but he was a senior and my role model and I should listen to him. Since then, I had never done anything that violated the school regulations."

When talking about the ways to release student's pressure, "Go hiking with me!" Mr. Chan said at once. Sport is good to our mental and physical health as a "happy" hormone will be produced while we exercise. As St. Louis is a boy school, it is inevitable for students to have a desire to make friends with females. "I totally understand that weird feeling of facing a lot of boys every day. It is easy to feel abased if we do not have any female friends. Making friends with females is fine, but students should not have any love affairs during the secondary school period. Bear in mind that none of the universities in Hong Kong admit boys only, you will have better choices at universities and hopefully can find your love easily." Mr. Chan explained.

Finally, Mr. Chan hopes that our fellow schoolmates can have their own ambitions and goals and live an iridescent life!

Teacher of Legendary Mathematics

Chan Tak Hon Issac (5D)
Tse Kam Tim Tim (5E)

Mr. Lam Ho Yeung came to St. Louis School after finishing a degree in Mathematics at the university and a diploma of Education. He teaches Mathematics and he thought that some students found working on mathematics questions tedious as they worked for marks only and they might know a few theories in secondary school. He soon discovered the meaning of learning mathematics when he was studying in year two at the university:

marks are seen as one of the measures to know one's ability on Mathematics and if student's concepts were clear enough, they could then use language to express them.

Everyone should develop their own way to study. There is not a way suitable for all. For Mr. Lam, he could not stay focus for long but his efficiency was enhanced if he attended to it. When he was a student, he revised the mathematics he learnt that day after school.

Mr. Lam loves playing football and he is a member of a football team. Since he became a teacher, he could play football in his spare time. He was keen on table tennis and football in primary school. However, he only played football after he studied in secondary school. He is a sport addict and he will easily get tired if he does not do sports for a few days. He dislikes running for the fact that there is no purpose except running on its own. However, he has a gantry to shoot when he is playing soccer. He suggested every student should develop at least two sports of his own interest.

He was rather naughty for his secondary school life. He had once written 'Happy Fool's Day' in a book and asked a teacher to come. He then said nothing except greeting his teacher with those words. And the consequence was... he got a detention.

He thought of being a teacher when he was secondary three. Nevertheless, he did not even get a passing mark in mathematics when he was studying in secondary one and secondary two. Until secondary three, he met an enthusiastic teacher who helped him. He could feel his teacher's passion on teaching so he learnt mathematics seriously and got a better grade. The second reason for him to teach in St. Louis is that St. Louis is a boy school. He was studying in a boy secondary school and he thinks boys are playful. The last reason why he wanted to be a teacher is that education can influence a lot. It is necessary to start with education if you want to change someone's thoughts.

After he had been teaching in St. Louis for a few months, he recognized the difference between playing, testing teacher's acceptable zone and provocation. He will play with the students who are playing and take it seriously if students are provoking him. In addition, he would never let the student

know his unacceptable zone.

For Mr. Lam, teaching dutifully is the basic criteria of being a good teacher. A teacher has to understand that students possess different characters. Having a good relation with students and showing his concern to students are also some qualities of being a good teacher. There is a quality that is vitally important, that is, for a good teacher. He can influence students to reflect his own value of life and the students are thinking intellects indeed.

"You Can Really Benefit from Reading!"

Ho Kin Lun (5D)

Mak Ho Lun Rolland (5D)

Miss Mok Mee Luen, a new female teacher this year, graduated from the Chinese University of Hong Kong. She is now teaching English and Liberal Studies in our school.

Miss Mok likes reading books and playing the piano at leisure, she owns a corgi which is six years old now. She also humourously mentioned that her last time playing sports had to be traced back to her secondary school life.

When asked about the reasons being a teacher, she replied that she was eager to impart her knowledge to others. Because of the relatively high learning ability of secondary school students, Miss Mok chose to be a secondary school teacher. Realizing that some students may encounter difficulties when learning English, she hoped to introduce some well-known and interesting literature to students which was essential and efficient to learning English. Apart from appreciating the language itself, we could also acquire a wide range of knowledge of different subjects from reading.

As a new teacher in St. Louis, Miss Mok was impressed by the size of the school campus which she described as "extremely immense". As a result

she has had embarrassed experiences of going to a wrong classroom. Since this was her first time to teach in a boy school, Miss Mok thought that students were very energetic, lively and responsive. Believing that interaction was crucial in teaching, she encouraged constructive responses from students in the classrooms. When talking about nicknames of teachers made by students, "Have I already got one?" she asked doubtfully. "If I have one, I will just laugh it off. Indeed it may be a kind of friendly act, not all of them are malicious." She replied optimistically.

When talking about love affairs between teachers and students, she thought that teachers should not allow this to happen. The responsibility of teachers is to teach and impart knowledge to students. Teachers and students should not have an intimate relationship but it is fine to be friends with students.

Finally, many students may be aware of the unique clothing style of Miss Mok. "I do admit that this style looks rather solemn but it can help me treat my job more seriously. Being inspired by the enthusiasm of my secondary school teachers, I want to be a conscientious teacher. I want my students to treat their study seriously as well." She answered eagerly.

Working for an Interest

Chan Tak Hon Issac (5D)

Tse Kam Tim Tim (5E)

This year, Mr. Poon Kai Chun teaches junior form drama and geography in our school. As a result, senior students may be unfamiliar with him. For junior students, although they get along with him every school day, they may not get acquainted thoroughly with him. Here is an introduction of Poon Sir after an exclusive interview was conducted with an Aloysians' student reporter.

Poon Sir is an outgoing and talkative person. On campus, he was the person-in-charge of numerous school functions. In his leisure time, he plays football and watches movie with his friends in

cinema, of which some are his collegial friends. In the meantime, his personality is one of the reasons for him to be a teacher. As teaching involves many interactions with students, Poon Sir finds it suitable for him. In addition, since he does not like doing works that require you to sit for the whole day doing routines, he becomes a teacher as this job is full of freshness by meeting different students with different characters. Because of these, he is interested to be a teacher.

Poon Sir's attitude toward work affects his way to choose jobs. "Every job is toilsome, so why don't you choose a job you are interested in?" In the writer's stance, his words are so real and true that this is the veritable meaning of jobs.

When it came to his impression upon St Louis school and our students, Poon Sir gave an extraordinary reply. His first arrival to St Louis was stemmed from taking the Hong Kong Certificate of Education Examination (HKCEE). To one's surprise, his first impression of our school is our "trapezium football playground". He wondered, "Why is it a trapezium but not a rectangle?" For our junior students, he thinks that comparing with students in the past, they are now much more creative. Not only do they try to judge the whole from a small part, but they also address many questions to query the facts. In the past, students simply listened to and followed what teacher said but they nowadays apply creativity through making enquiries to the happenings around them. Poon Sir's ultimate goal is to teach in a university. However, having a master degree is a fundamental factor. Therefore, after graduating from the Hong Kong Baptist University and the Hong Kong Institute of Education, Poon Sir faced a dilemma of working as a secondary school teacher or striving for a master degree. After some thoughts, he chose the former. Why? Because of the precious experience he gained from his teaching. Poon Sir indicated that having taught for 2 years at secondary schools, he can hone up his knowledge and skills. No matter is the management of school or the communication with students, teaching in secondary schools precisely paves his way to be a professor. In long term, he will continue pursuing his study and achieving his final goals. Here, the writer wishes him every success in his pursuit for a brighter future.

3/12/2011	會長蔡敬和先生出席中西區家長教師會聯會週年會員大會並當選為第十二屆理事會會長。
9/12/2011	召開第十九屆（2011/2012）執行委員會第二次會議，共 22 位委員、幹事助理及會員出席。
21/12/2011	舉辦「2011 聖誕聯歡會」共有約 140 位委員、嘉賓、家長及同學參加。
26/12/2011	會長蔡敬和先生出席舊生會會員大會晚宴。
19/1/2012	本會委員出席學校假灣仔運動場舉行次天陸運會並參與 4x100 米師生及家長接力賽，本會組員勇奪冠軍，隊員包括容逸沛老師，吳呂燊老師、副會長戴鴻瑜先生及司庫羅崇禎先生。
25/1/2012	資助學生出版本學年第一期學生報——「博藝」。
4/2/2012	會長蔡敬和先生與本會委員合共 40 人參加由天主教家長師會籌辦的 2012 【壬辰】年三會新春團拜。
7/2/2012	出席學校校董會會議。
11/2/2012	會長蔡敬和先生與多名委員出席慈幼會中華會省於柴灣慈幼學校舉行的 2011-2012 年度香港聯校家教會培育聚會。
16/2/2012	會長蔡敬和先生出席 SLOBA 【壬辰】年春茗聯歡。
17/2/2012	召開第十九屆（2011/2012）執行委員會第三次會議，共 17 位委員、幹事助理及會員出席。
18/2/2012	出席辦學團體慈幼會舉辦聯校校董培育聚會。
25/2/2012	會長蔡敬和先生與多位委員出席中西區家長教師會聯會 2012 年度新春交流會。
8/3/2012	會長蔡敬和先生與多名委員出席學校感恩節晚會演出。
9/3/2012	會長蔡敬和先生出席學校感恩節早會並代表本會向學校致送禮物。
10/3/2012	會長蔡敬和先生與多位委員出席學校感恩節晚宴。當晚神長、老師、家長、同學、校友、及社會賢達共聚一堂。
20/4/2012	召開第十九屆（2011/2012）執行委員會第四會議，共 21 位委員、幹事助理及會員出席。
28/4/2012	校長吳多祿神父與多名委員參加 2012 年度「新界元朗一天遊」親子旅行，參加人數合共 86 人。
5/5/2012	會長蔡敬和先生及多名委員出席中西區家長教師聯會主辦 2012 家長敬師活動。
5/5/2012	幹事陳玉英女士、幹事助理王冬竹女士與多名委員出席 2012「提升子女修讀『通識教育科』能力研討會」。
2/6/2012	會長蔡敬和先生與多名委員出席慈幼會聯校家長教師會籌備會議。
16/6/2012	會長蔡敬和先生與多名委員出席慈幼會聯校家長教師會聯誼燒烤活動。
18/6/2012	會長蔡敬和先生獲出席 2012 年度中七畢業同學謝師宴。
19/6/2012	出席學校校董會會議。
29/6/2012	召開第十九屆（2011/2012）執行委員會第五次會議，共 19 位委員、幹事助理及會員出席。
29/6/2012	資助學生出版本學年第二期學生報——「博藝」。
7/7/2012	會長蔡敬和先生與 30 多位委員及家長出席校長吳多祿神父的榮休晚宴
7/7/2012	本會多名委員出席學校與 SLOBA 為學生舉辦之「Mentorship Program」。
23/7/2012	本會與智匯教學中心合辦「中一新生暑期英文銜接課程」，合共 116 位中一新生報讀。（課程由 2012 年 23 日至 2012 年 8 月 3 日合共 10 天）
3/8/2012	幹事陳玉英女士代表本會出席「中一新生暑期英文銜接課程」結業禮。
4/8/2012	本會與家福會合辦「中一新生學習效能研討會」，約 90 位家長出席。
1/9/2012	蔡敬和先生與多位委員出席學校中一新生迎新日，向各新生家長會員介紹本會會務。
8/9/2012	會長蔡敬和先生與多名委員出席 SLOBA 及 SAA 舉辦的 Home Coming 活動。
13/9/2012	出席學校校董會會議。
26/9/2012	會長蔡敬和先生與多位委員參加由天主教香港教區主辦法團校董會培訓課程。
28/9/2012	召開第十九屆（2011/12 年度）執行委員會第六次會議，共 15 位委員、幹事助理及會員出席。

會長 蔡敬和 謹啟
2012 年 9 月 28 日

香港聖類斯中學家長教師會
第十九屆執行委員會（2011/2012 年度）會務匯報

各位會員：

本會第十九屆執行委員會之任期即將屆滿，本人謹代表家長教師會多謝各家長會員在過去一年的支持、鼓勵和信任，本會會務得以順利推行。今個學年，在校監林仲偉神父，前校長吳多祿神父的指導，各位顧問老師、執行委員和幹事助理積極參與，群策群力下，本會成功舉辦了多項學術和文化康樂活動，如「2011 聖誕聯歡會」、2012【壬辰】年三會新春團拜、「提升學生學習動機-家長講座」、2012「新界元朗一天遊」親子旅行、提升子女修讀「通識教育科能力」研討會，中一新生「暑期英文銜接課程」及「學習效能研討會」等項目，參加人數非常踴躍，成績令人鼓舞；達到親子和睦，家校合作的目標。」

在資源運用方面，本會各執行委員均謹慎理財，歷年來向政府申請資助，均獲批准。本會除了資助學校多項活動外，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。此外，為了提升與家長會員的聯絡，並配合資訊科技的應用新趨勢，本會設有家長熱線電話及電子郵箱，歡迎家長善用這些溝通渠道與本會聯絡及公關小組聯絡，交換訊息。

本年度的會務得以順利推行，實有賴本會校方成員的鼎力支持，各位老師在教學上深受新高中學制和教學語言微調政策的影響，再加上繁重的教務工作等重重壓力下，仍在協助推動本會會務方面作出很大的貢獻，本人謹代表家長教師會向全校老師致敬。除此之外，當然亦要多謝本會全體執行委員和幹事助理，憑著大家的努力、分工合作，熱心參與日常會務工作，本人謹在此再次致謝。

最後，本人再次代表家長教師會感謝校監林仲偉神父，前校長吳多祿神父和各位家長對本會的支持，希望大家繼續共同努力，加強學校與家長的聯繫。在此預祝在下一屆新會長的領導下，與新校長葉偉明博士加強溝通和合作，會務蒸蒸日上。現將本屆（第十九屆）會務簡介如下：

8/10/2011	香港聖類斯中學家長教師會第十八屆（2010/2011 年度）全體會員周年大會，出席會員共 86 人。首先由校監林仲偉神父致歡迎辭，校長吳多祿神父致開會辭，會長蔡敬和先生作第十八屆（2010/2011 年度）會務匯報，司庫羅崇禎先生作財務報告。會長蔡敬和先生代表會方向校方顧問老師致謝，感謝勞志榮副校長、徐英偉副校長、黃國雄老師、容逸沛老師、陳瑞良老師及呂耀榮老師擔任本會執行委員會校方委員，協助推行會務。大會隨即舉行第十九屆（2011/2012 年度）執行委員會選舉，選出新一屆七位執行委員會家長委員，包括蔡敬和先生（會長）、戴鴻瑜先生（副會長）、羅崇禎先生（司庫）、莊麗君女士（秘書）、袁國光先生（總務）、陳玉英女士（幹事）及謝潔貞女士（幹事）。另有 21 位家長願意加入本會為幹事助理，協助推行會務。
22/10/2011	與校方合辦中一、中二分級家長老師座談會，促進家長、老師和校方之間的了解和合作，會長蔡敬和先生代表本會出席並致歡迎詞。
27/10/2011	召開第十九屆（2011/2012）執行委員會第一次會議，共 25 位委員、幹事助理出席。
29/10/2011	與校方合辦中三、中四分級家長老師座談會，會長蔡敬和先生代表本會出席並致歡迎詞。
3/11/2011	會長蔡敬和先生出席 SLOBA Warm Table Dinner。
13/11/2011	會長蔡敬和先生與多位委員參加中西區家長教師會聯會舉辦 2011「鴨洲、印洲塘海峽、塔門漁村風情，離島體驗一天遊」親子旅行。
18/11/2011	會長蔡敬和先生與多位委員出席學校畢業典禮。
18/11/2011	會長蔡敬和先生與多位委員參加中西區家長教師會聯會舉辦：由陳嘉璐醫生主講「狼爸、虎媽與港孩」親子講座。
26/11/2011	會長蔡敬和先生出席小學部家長教師會 15 周年晚宴。

溫文爾雅 謙謙君子

——周志立

初見周志立同學，第一印象是位文質彬彬的君子，眼鏡後透視出深厚的學術修養，言行舉止沉實穩重，不像傳統的聖類斯學生。周志立同學現就讀香港大學工商管理法學士課程，可謂天之驕子。他指出，佳績背後，除了一眾春風化雨的良師外，正確的學習態度也是不可或缺的。周志立同學視讀書學習為一種興趣。「我喜歡物理和數學，是因為我享受把方程式記入腦內，然後應用出來的過程。我還喜歡經濟，是因為它的廣泛性，幫助我訓練思維，還有它與生活的貼切性，幫助我解釋市場上的變動。」

不過，周志立同學坦言，自己直到現在還後悔著中學時期參加的課外活動太少，因為他認為只是讀書出色是不足夠的。雖然表面上音樂、運動和藝術都與學術沒有任何關係，但這些課外活動都能激發出我們一些潛力，例如思考能力；與此同時，學習音樂可以陶冶性情，提升性格和品行方面的素質。而且當我們對溫習感到厭倦時，這些興趣亦是一份良好的寄託。在今天以考試主導的教育裡，周志立同學的話實在值得我們反思。

被問到溫習的理想地點時，周志立同學則回應：「我不太喜歡到自修室溫習，因為每次與好友到自修室溫習時，都會忍不住與他們聊天，以致不能集中精神去溫習。相反地，家中溫習便能確保溫習時不會分心，溫習自然事半功倍。」周志立同學同時提及小息和午飯時間最愛到學校的圖書館，因為同學可以在那兒互相交流讀書心得和搜集資料來做專題研習。

談到現在盛行的補習風氣，周志立同學則表示雖然他自己也曾補習中英兩科，但他認為始終基本知識是最重要的，補習只能訓練你的作答技巧。因此，留心上課以及時間分配都是必須的。

最後，周志立同學特別提醒學弟，考試前應適時休息，因為數理科目，十分重視應考時的心理質素，不足夠的睡眠，很容易形成更重的精神壓力。

學習小錦囊

1. 制定規律作息及飲食時間表（每天睡7小時 + 午睡 + 三餐）
2. 為每日訂下合理的溫習目標
3. 切忌因某區的學生較差而報考那區，此舉只會令你浪費交通時間
4. 感到精神緊張時，可嘗試做運動減壓
5. 試前盡早到場，以免遲到
6. 考試時不要受其他人影響，做你認為對的事便可
7. 試後不宜與同學討論答案，應專心溫習之後科目



積極開朗 才華洋溢

——黃愷傑

本屆文憑試中考獲一科5**、六科5*的黃愷傑同學選擇入讀香港大學法學士課程，原因是他希望思維及思考方式得到更大啟發。此外，他希望繼續提升英語水平。據他說，中一時，英文科得張永華老師悉心教導，有所啟發，興趣日濃。他認為，語文是學習的鑰匙，擁有良好的語文能力，對學業以至日常生活，都有莫大裨益。恰巧修讀法律讓他兩者兼得，故作此選擇。

要離開生活了十二年的母校，中六丁班的課室最令黃同學依依不捨。因為準備文憑試期間，下課後同學們都聚在這裡一起做功課、一起溫習、一起閒聊，直至校門關上的一刻。準備文憑試不再是苦事，因為對於他，共同奮鬥要比孤軍作戰好。

至於補習對文憑試有沒有幫助，而到自修室溫習又能否令溫習更有成效呢？

黃愷傑同學認為補習能讓學生了解考試要求；更重要是學生能了解自己及校外同學的水平，以收知己知彼之效。若能同時兼顧校內進度，妥善分配時間，適量補習亦無妨。不過，若因而輕視校內學習，就是捨本逐末。因為，校內教授的知識是可以提升自己的基礎。同時，校內老師能就功課給予意見，讓同學改善不足。這正是考試所需。他認為學生考試成功，校內老師功不可沒。若同學輕視正規學習，實在浪費了學校內一些出色而熱衷教學的老師！

提到自修室，是黃同學準備文憑試期間，幾乎每天必到之處。他指出：在自修室內大家互相鼓勵、一起溫習、一起研究艱深難懂的題目，甚至一起休息，都能提升士氣、減輕壓力，令溫習更有效。他笑言：偶然亦會躲懶、分心，但當看到別人仍在埋頭苦幹時，都會堅持下去。相比其他同學，自己還不夠自律。不過自修室內大家互相警惕，實在令整個溫習過程比想像中更有效、更輕鬆、更愉快，亦是他考試成功的原因。其實溫習的成效非取決於「在哪裡」，而是「在做甚麼」。

個人興趣方面，黃同學十分喜愛運動。考試期間仍不時到泳池和健身室，因為運動既令身心健康，又可提升溫習效率，實在一舉兩得。最後，他希望師弟們以輕鬆愉快的心情，為文憑試作最充足的準備，祝師弟們一切順利。



睿智過人 學生領袖

——吳永業

吳永業同學為二零一零至二零一一年度的學生代表，想必很多同學都認識他，對他的印象都是文質彬彬、斯文有禮。再者，他在校內成績一向名列前茅，給同學一個勤奮學習的形象，故在文憑試放榜前，他一直都是老師和同學心中的星之子。在首屆文憑試中，他不負眾望，考獲五科5**和一科5*的佳績，順利入讀港大文學研究及法學系。

在文憑試備試期間，吳永業同學沒有通宵達旦的溫習，關鍵在於平日的準備。「文憑試課程多而廣，要在考試三數天前由頭複習是不可能的事，溫習一定是平日的功夫。臨急抱佛腳也許在校內管用，在公開試中卻萬萬不可。」他坦言很多同學在課餘時間只顧玩樂，運動、電玩、課外活動的確可以舒緩壓力，但必須適可而止。眼見有些同學甚至在考試前一個月仍然沉迷遊戲，他認為那些同學要有心理準備去承擔得到差劣成績的後果。談及現時瘋魔全港學生的補習風氣，吳永業同學覺得以補習輔助學習問題不大。「補習社可以做到教學只以考試技巧為主，這是學校未能做到的，所以適量補習確實有輔助作用，正如我自己也有補習中文。」

可是，他再三強調補習只是輔助，學校為主，絕不能反客為主。再者，他叮囑各位不要因羊群心理盲目跟風報讀不同補習班，大家應先認清自己的需要去選擇。

對於自己文憑試的成績，吳永業同學覺得大致符合自己的預期。他對自己的數理化很有信心，唯通識一科比他預期低，而中文科的5*最令他喜出望外。顯而易見，他於科學方面的成績較語文科卓越，理應選擇醫科、精算等科目，然而他卻「由理轉文」，選擇只著重語文的文學及法律。「這兩個科目不單要求良好的語文基礎，更是涉及我從未深入接觸過的文科。雖然這六年所學的數理化頓時變得毫無價值，但我認為這是對自己的新挑戰。此外，長期單一接受科學教育使我有感缺乏人文精神的培養，所以我希望可以在大學主修文科。當然，選擇法律是職業導向的。」由於文科和理科的學習和思考模式南轅北轍，這個決定付出了一定的代價，如放棄自己專長的科學。由此可見，師兄是一個勇於突破且有明確理想的人。

在校內，吳永業同學曾經擔任學生代表和博藝編輯，他很感恩自己可以有這兩個寶貴的學習機會。作為學生代表，他學會了聆聽別人的意見並接納他人的批評，更明白到團隊合作的重要。「在大學裏，『上莊』的都是一年級學生，大家互相認識不深便要合作做事，在聖類斯所學到的都使我跟新朋友合作時更容易。」另外，博藝為他帶來的是對語文的興趣。「博藝成為『狀元搖籃』並不出奇，我校大部分學生只著重科學，忽略中英文。要成為狀元必須均衡發展，博藝的編輯都是對語文有興趣的同學，他們成為未來狀元的機會自然較大。」此外，聖類斯獨有的融洽師生關係都是他以母校為榮的原因。說罷，師兄臉上流露出對母校依依不捨之情。

最後，吳永業同學希望自己可以多抽時間回校幫助師弟，尤其是能力稍遜的一群。同時，他寄語同學不要忽略語文的重要，並且要為自己設計一套合適的讀書溫習方法。



摘星狀元 為校爭光

——黃梓皓

寒窗苦讀六年載，功成並非一朝至。今年第一屆中學文憑試中，我校黃梓皓同學考獲六科5**的驕人成績，考入香港中文大學計量金融系。

黃梓皓同學昔為學長聯會副主席及博藝編輯。儘管這兩份工作負擔不輕，再加上家住長洲，每天花上不少交通時間，但他仍可兼顧學業，名列前茅，究竟原因何在呢？答案很簡單——時間管理。聽起來陳腔濫調的往往也是至理名言，只要好好分配時間，認清目標，距離成功其實已經不遠。奈何知易行難，如黃梓皓同學般有毅力堅持的只屬少數。

黃梓皓同學亦很珍惜兩份工作得到的學習機會。他指出，學長聯會的工作令他經常接觸同學，處理不同的紀律問題，從中學懂與人溝通處事的技巧；而博藝的編輯工作則為他提供不少寫作機會，提升他的語文水平。

談到讀書心得，黃梓皓同學強調考試前臨急抱佛腳只是徒然。只要我們肯未雨綢繆，付出努力，我們自會取回應得的回報。讀書是一場持久戰，堅持到最後的便是勝利者。但試問我們不肯付出，又怎能奢求收穫呢？

別以為計金一科以數學為本，黃梓皓同學便是典型的理科高材生，實際上他甚為熱衷於中國文學，因為他深信「文以載道，更能載情」。文學刻畫文明的軌跡，描繪人性的面貌，雖然不是生存的必需品，卻是生活的一部分。誠然，當一位小讀者並不能滿足黃梓皓同學，故此他平日也會抽空寫作，享受爬格子的快樂。他曾於《香港中學生文藝月刊》發表文章，也曾應邀為同學創作的畢業歌譜上歌詞，亦曾於畢業同學錄以文言文創作。升上大學後，黃梓皓同學對文學的感情更加熾熱，他現為香港青年文學獎主席，努力為香港文壇出一分力。

問及為何不在大學修讀文學，黃梓皓同學表示大學選科與將來就業有莫大關係。他不希望創作被工作需要或生活壓力所限制，所以不會以中國文學為主修科。他更笑道，若文學以感性的眼睛洞察世界，數學便以理性的眼睛窺探世界，人在其中，算是個平衡吧！

黃梓皓同學熱愛閱讀，以下是他誠意推薦學弟閱讀的書目：

書名	種類	作者
青青邊愁、記憶像鐵軌一樣長	散文	余光中
吾國與吾民	文化	林語堂
牛棚雜憶	回憶錄	季羨林
後殖民食物與愛情	散文	也斯
像我這樣的一個女子、我城	小說	西西
V城系列	小說	董啟章
臺北人	小說	白先勇
朝花夕拾、彷徨、吶喊	回憶錄	魯迅
天堂與地獄、酒徒	小說	劉以鬯

書名	種類	作者
華麗緣	散文	張愛玲
半生緣、傾城之戀	小說	
霸王別姬	小說	李碧華
香港三部曲	小說	陳冠中
事後：本土文化誌	文化	
波動	小說	北島
歷史現場	文化	韓少功
圍城	小說	錢鍾書
紅樓夢	小說	曹雪芹



尖子專訪

趙國輝 (五丁)
李紹威 (五丁)
羅庭鋒 (五丁)



▲ 四位尖子合照

尖子檔案

姓名	2012 年香港中學文憑試成績	大學修讀學科
黃梓皓	5** : 中文、數學、數學單元二、通識、物理、化學、企業、會計與財務 5* : 英文	香港中文大學 計量金融理學士
吳永業	5** : 英文、數學、數學單元二、物理、化學、企業、會計與財務 5* : 中文 5 : 通識	香港大學 文學士 (文學研究) 法學士
黃愷傑	5** : 英文 5* : 中文、數學、通識、物理、化學、經濟 4 : 數學單元二	香港大學 法學士
周志立	5** : 中文、數學單元二 5* : 英文、數學、通識、物理、經濟 5 : 組合科學 (化學、生物)	香港大學 工商管理學士 (法學) 法學士



▲ 方副校長全家福

笑道。事實上，兩位副校長和校長早已妥善協商分工問題。勞副校長主責教務，方副校長主理財政和學生事務等，而校長則肩負學校行政、對外公關等重任。三者分工不同，卻方向一致，以延續聖類斯八十五年的傳奇為目標。

在很多人眼中，晉升副校長是成為校長的必經之路。當方副校長被問及是否有興趣在將來成為校長，他認為要實踐抱負不一定要成為一校之首。「雖然校長可以在行政層面上提出改革，但教育的精髓依然是『教』。校長未必可以常常透過課堂教育下一代，這跟自己的理念不符。然而，作為副校長正能在行政、課堂兩方面取得平衡，所以短期內不會考慮校長一職。」方副校長大膽接受挑戰仍不忘當初執起教鞭時的理想，那份熱忱實在可貴。

家庭工作 缺一不可

作為副校長，工作並不輕鬆，作為父親亦然。「老實說，照顧家中兩位『老闆』比處理學校的工作更累。」方副校長苦笑。原來，放學只是

他另一份工作的開始。不過，一天只有二十四小時，任職副校長後豈不是少了時間陪伴家人？「我也有跟妻子（雷詠儀老師）商量過，有信心兩者可以取得平衡。工作固然重要，但我的原則是不能犧牲家庭生活。」或者，好爸爸是好副校長的先決條件吧。

眾所周之，雷詠儀老師跟方副校長乃我校聞名的恩愛夫妻。現在方老師位居要職又會否偏私？「她一向可以處理好自己的事，我對她很有信心。」方副校長輕鬆的說。真愛是一種簡單而堅定的信任。「我跟她的為人其他同事都很清楚。再者，若要感情用事，當訓導時也有機會，不用等到這一天。」他自嘲道，嘴角滲出一點甜蜜。

在學最後一年，我倆在得悉學校管理層霎時出現大變後，都曾為學校擔心，尤其是新學制的事情才剛上軌道。然而，開學四個月來一浪接一浪的改革所帶來的進步，都釋除了我們的憂慮。我們相信方副校長會堅守自己的原則，繼續貢獻學校，與新校長及其他老師攜手帶領聖類斯進入一個新紀元！

天降良機 無懼挑戰

蜘蛛俠名言：「能力越大，責任越大」。今年學校剛踏進文憑試的新紀元，副校長兼通識科主任徐英偉老師選擇急流勇退，副校長重任突然懸空，由誰輔助新任校長頓成疑問，最後……

「這是一個機會，也是一個挑戰吧。」方信文老師答道。原為訓導主任的方信文老師於今年獲擢升為副校長，填補徐英偉副校長離職的空缺。「今年對聖類斯是別具意義的一年，如果能力所及，亦想為聖類斯盡一分力。」訓導工作對學校同樣重要，對於為何希望以副校長身份貢獻聖類斯，方老師則如此回應「訓導的工作已經做了一段時間，一些政策或制度已漸上軌道，如果有機會，在另一個崗位轉換一下角度未嘗不是好事

，況且訓導工作仍是我副校長職責的一部分呢。」當提及新崗位的工作時，方老師如數家珍，副校長工作之廣，上至財政，下至校園衛生清潔都在管理範圍之內，當然，訓導、輔導、學生活動，他亦不能置身事外。

不過，工作轉變難免會遇到困難。「雖然服務了聖類斯十三年，但我的資歷仍未算很深，有不少地方需要學習。」資歷雖淺，方副校長卻沒有太擔心與其他資深老師有所隔閡，因為他相信大家抱有共同的信念——培育學生的身、心、靈，這恰恰跟鮑思高神父的理念不謀而合。「眼前最重要的還是做好自己的工作，聆聽不同的意見，又或者參考一下其他學校的可取之處。」年輕，亦未必是個缺點，那股幹勁和熱誠可能造就一番新氣象。



▲ 方副校長與學長攝於訓練營

八年訓導 有得有失

在校十多年，除了老師同外，方老師亦跟不少學生接觸。其實，不少同學均認為方老師態度嚴肅，甚至有點生人勿近，這似乎不利副校長於學生活動方面的推展工作。「樣子嚴肅是訓導的工作需要，我總不可能每天笑口常開地警誡學生不要再遲到違規。」方副校長笑著搖頭，大概是有點無奈。「其實在學長聯會跟我共事的學長也知道我頗為貪玩。」這次的笑容，多了點青春。

樣子嚴肅與否，見仁見智，但教育的意義，卻應該是亙古不變的。方副校長引用一位神父的一句話：「教育成功與否，並非只是取決於培育出多少個醫生和律師，培育了多少的好丈夫和好爸爸亦應該放入考慮之列。」所以，明知有些政策學生不喜歡，亦不能輕言退讓，因為他知道這是為學生著想。「人的本性是追求自由的，但要人生豐盛的話，我們更需要學懂自制自律，抗拒誘惑。」縱然當了副校長，言談間仍不難察覺他

對訓導工作的堅持。

可是，紀律和正義從來不是絕對的。站在訓導的立場，一個學生曠課就應該受到懲處；但站在公義的一方，罷課抗爭，捍衛社會的價值，亦值得我們鼓掌。黃之峰燃起新一代的「學運火」就是一個極佳例子。「如果有更和平的方法，我覺得沒有必要將雙方推到兩個對立面。但當嘗試過所有方法後，訴求仍然未得到回應，抗爭是無可避免的。不過抗爭是要立足於公義之上，並且理據充份，這樣我絕不會反對。」大概，對公義的良知就是自由與自律的起點。

合作無間 邁向理想

雖說革命尚未成功，同志仍須努力，但革命總不可能以一己之力完成的，學校要邁向成功，首要的始終是上下一心，通力合作。「跟葉校長和勞副校長溝通合作也算順利，當然，剛剛上任，總需要一點時間磨合，培養默契。」方副校長

道別八年訓導 開展副校生涯 與方信文副校長的一席話

吳永業
黃梓皓



盼社員更認真積極 重拾昔日光輝

雖然張錦濂本人泳術出眾，但僅憑他一人難以扭轉紅社在水運會成績下滑的命運。他指出問題源自社員練水時態度消極，報名參賽後又臨陣退縮。他認為社員並非沒有潛質，問題出於心態。「他們欠缺責任感，無故缺席訓練，講解時又不留心。」對於這個情況，他只能嘆息：「以前紅社不是這樣的。」言語間流露對社員的失望。然而他相信社員絕對有能力改變，只要更認真、更積極，重拾昔日光輝絕非難事。

各社在賽前舉辦練習游泳活動，目的是加強社員的歸屬感以及認識更多新社員，張錦濂認為社的練習游泳活動成效不大，「不能奢望練習一兩次便能得到好成績。」那怎樣才能獲得佳績呢

？「如果你想水運會奪取佳績，六個月前開始訓練會有較大成效。」但他坦言這麼早訓練是困難的，新一屆的社幹部在六、七月才能確定，此外中一新生也要九月份才加入社組織。因此他表示：「最起碼也要有一個月集訓，因為要讓肌肉記憶動作，及早習慣游泳姿勢。」對於賽前飲食，他說：「其實沒有什麼特別餐單，只要注意別吃太飽就好了。」

還有一年多的時間，張錦濂同學便會畢業離校，他表示：「只要學校需要我，我很願意回來訓練師弟，提升他們的游泳技術，以減輕學校泳手斷層的問題。」在此，博藝編輯委員會祝願張錦濂同學能在漫長的運動員道路上，跨過一個又一個的難關，堅持自己的信念，獲得豐盛的成果。

張錦濂部分獲獎賽事一覽表

比賽	項目	名次
2010 年度周年游泳團體錦標賽	男子乙組 4x100 米自由泳接力	第三名
2011 年度周年游泳團體競標	男子乙組 4x100 米自由泳接力	第一名
2012 年度周年游泳團體競標	男子甲組 200 米自由泳	第二名
Hong Kong Age Group Long Course Swimming Championships 2010-2011	Boy 200 LC Meter Freestyle Stair Step Relay	第二名
2011 年度短池游泳團體錦標賽	男子乙組 4x50 米自由泳接力	第一名
2010-2012 聖類斯中學水運會	男子乙組 50 米自由泳	第一名 (以 26.58 秒破學校記錄)
	男子乙組 50 米蝶泳	第一名 (以 30.83 秒破學校記錄)
	男子甲組 100 米自由泳	第一名 (以 57.54 秒破學校記錄)



聖類斯水怪張錦濂

一遇泳池便化龍

游泳史上出現過無數飛魚，有「新水怪」菲比斯、「水怪」史畢茲、「蛙王」北島康介等，他們全是泳術精湛，來自世界各地的選手。今日，聖類斯中學也出了一位飛魚，來自紅社、就讀五乙班的張錦濂。他不論在校外校內的游泳比賽，成績斐然，過去幾屆水運會更橫掃多項冠軍，屢次打破學校紀錄。

刻苦訓練 成績卓越

張錦濂的游泳成績雖然超卓，但他並非自幼接受培訓。相反，比起其他優秀的泳手，他起步比別人晚了不少，幸而沒有影響他的成就。如今，他已是一名區隊成員了。週一至週五至少有3天需要操練，星期六、日更要在清晨六時開始集訓3小時以上，正是如此刻苦的訓練，加上本身對游泳的堅持才能有今日的成果。

他常常以區隊成員參與各項公開比賽，其中包括甚具認受性的長池分齡錦標賽。長池分齡錦標賽是香港游泳總會一年一度的盛事，每年皆吸引不少游泳健將參加，屬香港最具規模的游泳賽事之一，有幸能報名參加者都是各校的精英，甚至是港隊成員。由此可見，張錦濂能報名參加，足以證明他在香港泳壇有不俗的表現。

學業游泳並重 拒名校邀請

如此人才，其他學校又怎麼可能不向他招手呢？曾有一所學界第一組別的名校邀請他轉校加盟，可是他不為所動。他說：「我有一位朋友接受了邀請，轉校後，每天只是練習游泳，不能分身讀書，即使別人上課，他仍要繼續練習。」

張錦濂認為一個人的成長除了要注重運動，也要兼顧學業。所以即使有機會加入港隊，他也放棄了。因為一旦加入港隊，相信會分身乏術。他說：「我擔心荒廢學業。」此外，他認為如果只側重運動，將來會很吃虧。若兩樣兼備，未來才有不同路向選擇。

他坦言：「運動與學業很難兼顧。」他感嘆，以往聖類斯中學文武雙全，是由於過往學校採用精英教學，學生天資聰穎，做事認真，才能兩面俱圓。

紅社信心十足 惜成績未如理想

過去數年，紅社的水運會成績一直處於中游。今屆水運會，紅社社長黃梓碩在賽前表示，他們今年邀請了紅社內的區隊代表，以正統的訓練方式訓練低年級社員，因此，對於奪取全場總冠軍仍有很大的野心，而對於低年級社員的表現，更是信心十足。至於外間有消息指，紅社今年奪取啦啦隊大獎的呼聲甚高。對此，黃梓碩謙虛地表示是外界過譽而已。不過，他補充說紅社的團結力量不會輸給其他社團。

比賽當日，雖然有個別選手表現優秀，勇奪多面金牌。可惜，除正統的訓練方式未見成效外，他們出色的泳術亦未能為紅社帶來總冠軍寶座，總排名更不升反跌。另外，雖然一眾幹事在當天喊得聲嘶力竭，卻始終未能奪得啦啦隊大獎。



屢敗屢戰 藍社前途現曙光

藍社在過去幾屆水運會都未能取得佳績，分數更一直徘徊在200分以下，賽前藍社社長周穎勤於訪問時解釋，游泳一直是藍社的弱項，主要原因是近幾年藍社的中一社員大多不諳水性，加上社內欠缺泳術高超的人才，所以長期積弱。針對這問題，藍社幹事頻頻向低年級社員宣傳水運會，並不厭其煩地一再提醒社員遞交參賽表格，力求提升參與人數。

賽後，藍社雖然在乙組和丙組有不俗的成績，分別取得組別第三名及第二名，合共奪得六面金牌，共157分，然而最終仍然難逃包尾的命運。甲組只得37分，成為落敗的關鍵。不過，社長相信，現在社內參與水運會的低年級同學有顯著增長，未來在水運會上的表現有望更進一步。

重團結輕比賽 橙社再奪啦啦隊大獎

本屆水運會橙社參與人數為五社中最少，卻勇奪季軍。社長吳浚業表示，世上並沒有長勝將軍，勝負不宜看得太重。他認為社的團結更重要。當被問及賽前操練對比賽結果是否有直接影響時，他坦言，他們的賽前操練用意在於維繫社員感情，讓所有社員都有機會參與，以彰顯團隊精神。他認為打氣最能代表團結，而啦啦隊大獎更是團結的象徵，能夠提昇社員的成功感和歸屬感。

結果，比賽當日，橙社社員施展渾身解數，奇招盡出。有的在臉上塗上顏料，有的戴上橙色的爆炸頭假髮，有的戴上潛水用具，千奇百怪，引人注目。此外，橙社全體上下一心，氣勢如虹，打氣之聲響徹雲霄。在頒獎的時候更是齊聲高歌，當宣佈奪得全場季軍及啦啦隊大獎時，全體社員聲勢浩大地從看台衝到頒獎台，氣氛高漲。

積極備戰 綠社重登總冠軍寶座

綠社向來是水運會皇者，上一屆慘被白社奪去總冠軍寶座。今年綠社社長黃子佑為了重奪全場總冠軍，他們早在七月開始備戰水運。黃子佑表示，在訓練期間，他特別留意社員的游泳專長，從而建議他們選擇合適的比賽項目；開學以後，高年級的社員更經常呼籲初中社員報名參加水運會。

對於種種針對綠社的傳聞：包括水運會改積分標準是因為綠社的人海戰術，還有綠社經常強迫社員參加比賽等。綠社副社長何雋樂義正詞嚴地澄清，傳聞純屬虛構，他們只會勸諭社員參加，從不強迫。何雋樂更強調各社都有求勝心，而綠社常於水運會中脫穎而出，只是因為綠社的求勝心比其他社強。

水運會當天，綠社憑着全社社員的求勝心，努力在各個項目中拼鬥，就連一些冷門的游泳項目也不乏綠色泳帽的身影。終於重奪總冠軍寶座。宣佈賽果一刻，歡呼連聲，可算是吐氣揚眉！

奪冠雖無望 白社上下一心現團結

上年打破了綠社八連霸的白社社長黃傲翔在比賽前表示，今年難以衛冕。除了因為今年的報名人數較綠社少外，甲組不少主力流失也是白社的致命傷。黃傲翔希望社員努力爭勝，任何一個組別奪冠，他也心滿意足。至於啦啦隊方面，白社準備了苦思多時的口號，製作了別出心裁的掛簾、對聯，並安排吉祥物出場。當日會有幹事在白社各個區域穿梭往來，鼓動社員敲擊塑料瓶打氣，希望盡顯白社團結一心的精神。

白社最終達成基本目標。雖然未能衛冕全場總冠軍，但仍能以138分，奪得甲組冠軍。比賽當日，統一的紫色塑料瓶，隨著口號互相拍打，為白社努力奮鬥的健兒加油打氣。此外，在比賽場地，不難看見白社幹事細心地為參賽健兒遞上葡萄糖水，充分發揮白社團結一心的精神。



St. Louis School Swimming Gala 2012

採訪： 蔡浩馳（五乙） 蔡明宗（五乙）

照片提供： 許俊彥（五戊）



最近五年聖類斯中學水運會賽果一覽表

	2008-2009	2009-2010	2010-2011	2011-2012	2012-2013
全場總冠軍	294.5	285	391	267	311
A Grade 組別冠軍	125.5	128	134	127	138
B Grade 組別冠軍	150	115.5	104	131	106
C Grade 組別冠軍	112	106.5	161	101	83

抽出時間使用Facebook，希望同學見諒。

珍貴寶藏 代代相傳

聖類斯八十五年的歷史和傳統到底是包袱抑或寶藏呢？校長聽到此問題不禁笑了起來，他認為很難界定。八十五年的歷史印證著多代的師生情，兄弟情，那份感恩心植根在每代學生的深心處。「學校師兄主動帶領師弟練跑，自主組織活動，這些寶藏是其他學校罕見的。我們應保持這份聖類斯優良傳統，讓學生發揮潛能，學校發展自然一日千里。」校長強調希望將好的方面發揮得更好，改善其他落後、不足的地方。葉校長的目標是帶領學校衝出圍牆，爭取機會展現學校的優良傳統，讓外界釋除疑慮，讓更多家長及學子選擇聖類斯。

「學校是一個團體，我不希望只由一班成績好的學生決定校譽，而放棄其他學生於不顧。我希望每一位學生都能在學校生活中找到自己的價值和潛能。」校長語重心長地勉勵大家不要放棄。只要身體力行，夢想必可成真。正如校長面對課程改革所出現的種種問題，他深信有志者事竟成。校長永不言倦的精神，令人動容。

後記

訪問完成後，日漸昏黃。我們步出了會議室，時間定格在17:05的時刻。黑白畢業照，米綠相間的地磚，交織出一片天地。看著一個格子，一個格子的過去，凝固成今天的校園。望著玻璃櫃裏的獎杯，忽然覺得有點兒龍鍾老態。不知道當年奪得獎杯的人身在何方？日後仍能薪火相傳嗎？

聽說時間很奇妙，但願它不會侵蝕一段屬於我們的聖類斯記憶。希望葉校長能與師生同心同德，再帶領聖類斯不停的奮鬥。

在這裏我希望用一句話來總括，「我們都有自己的時間機器，有一些會帶著我們回去，它們叫做記憶；有一些會帶著我們往前，它們叫做夢想。」

唯望在回憶與夢想相互交織之中，讓聖類斯繼續大步啟航，迎向更燦爛的明天！

- 1 葉校長韓國滑雪留影
- 2 葉校長主持逾越節晚餐慶典
- 3 葉校長出席廣西馬山縣一所由他捐助興建的希望小學奠基儀式時與該校師生合照







▲ 葉校長與司徒華先生攝於香港教育學院建校十周年紀念活動



▲ 葉校長與校監林仲偉神父合照

法因緣起，如來說是因。前生五百次的回眸才換得今生一次擦肩而過。」對於應徵及獲聘一事，葉校長均以平常心對待，一切隨緣。套用天主教的語言，這一切都是天主的安排。

日以繼夜 夜以繼日

凌晨五時，粥店裏滾著綿綿的白粥，冬日裏的蒸氣顯得死氣沉沉。不過，當大家正在瑟縮於棉被中昏睡，校長新的一天正式啟航，直至深夜，才帶着疲倦的身軀回家。

對於由非神父擔任校長，家長和教師都擔心學校方針會改變。校長坦言，自己在慈幼會學校出身，對慈幼精神及鮑思高預法教育法有一定認知，所以我會以會祖鮑思高神父為榜樣，努力做好校長的工作。葉校長是首位非神父校長，雖然未能親身主持某些宗教禮儀，但仍然會以平信徒的身份，發揮天主教辦學的精神。而且身為父親的他深知一般父母的心態和要求，在校政方面能以家長的角度審視。

校長剛上任，驚嚇、麻煩事絡繹不絕，幸得校監、兩位副校長及眾老師的群策群力，才能化險為夷。校長的重擔非一般人能想像，不少學校的政策要下決定，不少突發事情要當機立斷，不可猶豫不決，以免耽誤時機。葉校長表示對外得到校監林仲偉神父的幫助，認識了不少聖類斯的校友，有助他建立良好的人際關係；對內有勞志榮副校長和方信文副校長幫忙分擔校務和學務工作。

我倆一聽到校長的「背包」，不禁心載重鉛。「面對如此龐大的工作量，你如何分配時間？會否忽略家人？家庭和工作又如何平衡呢？」校

長語帶惋惜：「投放在家庭的時間比以往少了很多，我希望稍後能多分配時間在家庭上。」

老師專業 學生正直

時光如水，消逝無痕。我們不過是歲月沙漏中一粒微不足道的細塵，即便有著怎樣的懷想與詠歎，依然抵不過宿命的牽引。命運將葉校長和聖類斯師生連在一起。校長稱自己的人際關係不俗，的確如此，由我們觀察所得，校長不時出席學生組織的會議；小息、放學也會與同學閒談。這種親民的政策可以讓校長更了解學校。

當問及對老師的看法，校長表示：「我覺得這裏的老師都能獨當一面，學術造詣高。不過老師也要成長，讓他們在工作上得到滿足感、成就感，可推動個人進步。」那麼校長對學生的看法呢，他說「聖類斯的學生善良正直。雖然有時候比較淘氣頑皮，但只要學生提高對自己的要求，相信他們可以做得更好。」潛質高、可塑性高都是聖類斯學生的特質，校長寄望學生能燃起鬥心，建立自信。

有否留意校長經常繫上領帶呢！原來校長用心良苦。他希望從這些細節體現一種合群精神。他補充道既然學生的校服要繫上領帶，他也要與學生共同進退，況且作為校長，對外就是代表學校，故校長希望以身作則，和學生一起保持聖類斯溫文有禮的傳統。

「今日資訊日益發達，師生溝通方式多樣化，不少師生透過Facebook（面書）溝通，你認同這個做法嗎？你會否使用Facebook（面書）和師生溝通嗎？」校長也希望透過Facebook和師生溝通，可是校長由於工作實在太繁忙，暫難



▲ 方信文副校長、勞志榮副校長與葉校長合照

挑戰自我 追求卓越

——葉偉明校長專訪

李炯盛 (五丁)

盧景陽 (五丁)

葉偉明校長——聖類斯中學首位非神職人員校長，對於這個非神父身份牽動了不少聖記學生的心，博藝總編輯的任務是撥開面前的輕煙薄紗，把葉校長的面貌全面展示，現在讓我們娓娓道來……

緣繫慈幼 絲連聖記

為甚麼由教育局的高薪厚職轉任一名中學校長呢？是你主動申請？抑或是校監林神父邀請？一連串的問題令校長有點兒尷尬，「你們的提問好像暗示我被欽點。是否有些同學有這樣的想法，不妨直說。」校長直率的一句話擊退了我們。葉校長老實不客氣地說：「林仲偉神父如此聞名，我當然認識他，不過他倒是不認識我。當日，是一個朋友閱報得悉聖類斯中學招聘校長，繼而轉告我，『你是慈幼仔，又取得校長認證資格，不如嘗試應徵聖類斯中學校長一職。』經過一連串校長遴選程序之後，在種種因緣際會下，結果最後真的當上了聖類斯中學校長！」

葉校長中學時期接受慈幼會的教育，在慈幼精神的薰陶下加入了教育行列，早年在港島區某中學擔任輔導主任十一年，其後加入香港教育學

院負責培訓老師及教育研究的工作，轉任聖類斯中學校長前曾任職於教育局。他打趣說：「以前我負責監管學校，現在教育局監管我。不少朋友取笑我傻，不過我希望在生命裏接受不同的挑戰，人生總不能駐足於一個位置，要不斷向前。」校長的微笑令我想起了他的一句話：「Young gentlemen, never give up! Never give up! Never! Never!」，開學典禮上校長就是引用這句邱吉爾的話來鼓勵大家，不要放棄自己，要努力成長。校長對同學有信心，期望學校有更好的發展。事實上校長也不斷提升自己，實踐終身不斷學習的精神。現已取得一個文學士、三個碩士學位（宗教研究、電子計算科學、教育）和一個博士銜頭（課程研究）。

去年招聘校長時曾發生小風波，原定的某校校長會加盟本校，其後告吹，接着才邀請葉校長加盟。葉校長回應說「巧結良緣，不能強求。諸

博藝

希穎署

總編輯的話——李炯盛

瀏覽我多年來收集的博藝，泛黃中凝結了眾人的心血，不但是前博藝編輯委員會委員燦爛的回憶，更是聖類斯中學學生追憶的時光。往事逐漸消弭於無形……揭開當年博藝，那年水運會的你死我活，而今絞於心、歡於顏；那些滿懷抱負的新老師，而今卻被頑皮的學生繫上了幾許銀絲。今日，博藝編輯委員會再度筆墨紛陳，把校園片段定格、重演，為每位同學獻上屬於你的記憶。

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