

ALOYSIANS

VOLUME 49

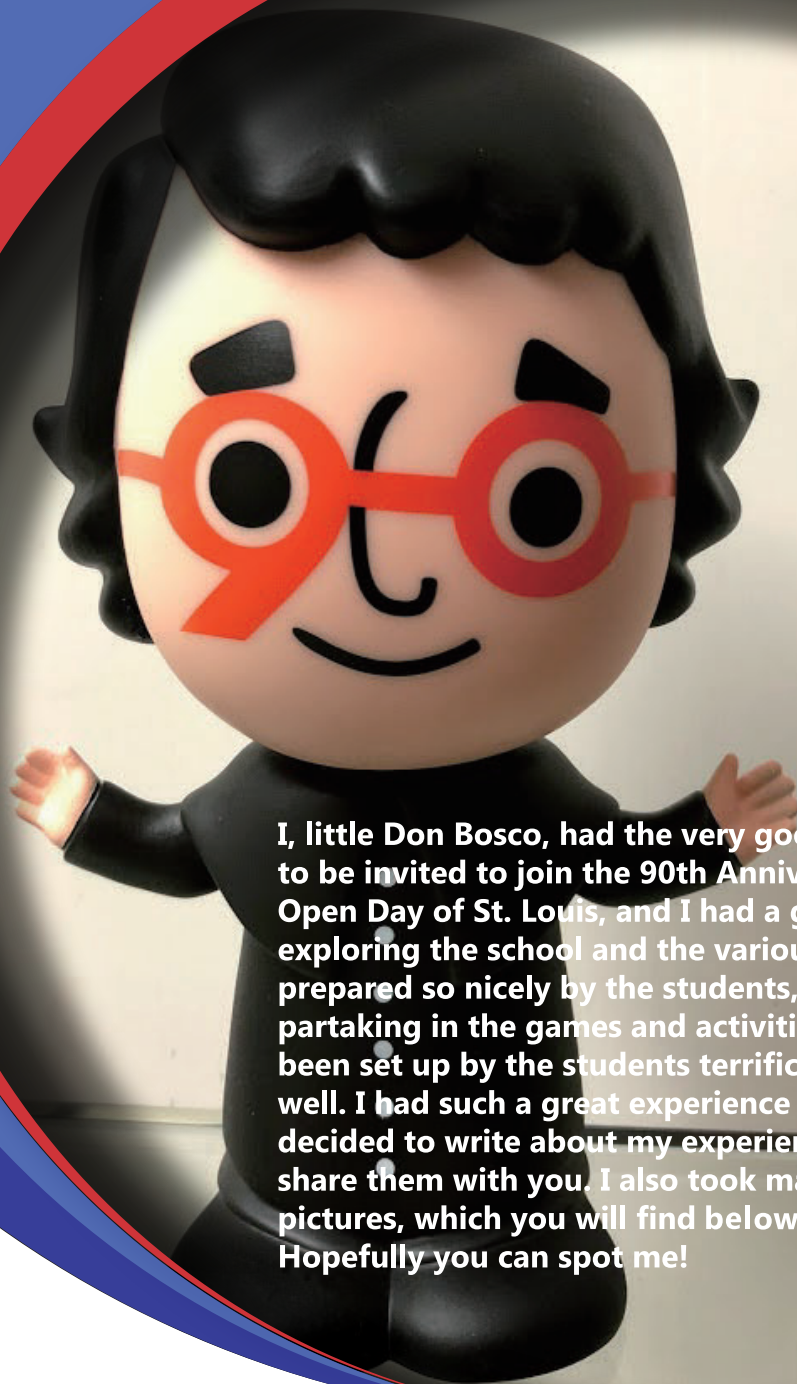
NO.1



By
5D Chris Wong
5D Marco Lai
5D Sam Kong
5D Tobias Sung
5D Rocky Tsang

AN OPEN DAY IN ST. LOUIS

90th Anniversary



I, little Don Bosco, had the very good fortune to be invited to join the 90th Anniversary Open Day of St. Louis, and I had a great time exploring the school and the various displays prepared so nicely by the students, as well partaking in the games and activities that had been set up by the students terrifically as well. I had such a great experience that I have decided to write about my experiences and share them with you. I also took many pictures, which you will find below. Hopefully you can spot me!





Father Bogadek

Exploring the Lab

Block A, the oldest building in our school, houses the chemistry lab, physics lab, biology lab, the library as well as the Salesian Youth Catholic Society Religion room. I explored all of these places, and had a wonderful time, but unfortunately, I saw so much here that it would take at least a whole book's worth of words to tell them all to you, so I will just talk about one of the displays that stood out the most, which is the Biology Lab. It is a precious place for all of those students who take Biology, as it is here they can learn more extensive Biology knowledge through hands-on experience. It is also especially precious for Father Bogadek, as he has spent much time here in his long career as a Biology teacher, as well as where he tends to his collection of snakes. This year, for the school's ninetieth anniversary, a museum was opened to celebrate this anniversary and to become the place for all the species that Father Bogadek has collected over the years to be kept to prevent any loss of specimens or other important data. Other than the newly open bio museum, the biology lab also had some demonstrations from the bird watching team, where there was a demonstration

of the use of binoculars. Overall, it was a very interesting and eye-opening display.

History and Heritage

After having an enjoyable time exploring the displays on Block A, I headed onto Block B to see what there was to offer there. Ambling down to the basketball field, I saw that the door of the MMLL was open, leading to a bright room filled with people, which naturally piqued my interest. It turned out it was a grand exhibition of the school's history. On the wall, there was this huge display board detailing St. Louis School's history from as far back as the late 19th century, when it was a vocational school where young students learned practical technical skills for future employment. It reminded me a lot of the oratory I opened once in Vadoko, where boys would also come to learn useful skills and play, keeping them out of a life of crime on the streets. It was no wonder this school would eventually come under the ownership of the Salesians, the organization I founded. The board went into great detail how St. Louis School continued to thrive in the following years, developing from a small compound with a few two-story wooden buildings into a large school block with sturdy concrete buildings, as well as a gigantic football field and a well-sized basketball field. The relics put on display, which included old exercise books and the like, similarly showing the changes that St. Louis has undergone since its founding. But enough living in the past, it was time to go check out the other activities of the various clubs that I had not yet been to.



Pictures, Plays and Debates

I made my way up the stairs, which had been adorned with beautiful birds painted by the students, a wonderful symbol of the freedom and creativity students can enjoy at school. The hallways had many bright and colorful banners strung up, showcasing the different clubs and their activities. A few stand-outs included the aerography club, where a dark room had been creatively set up using black trash bags, and participants went in and had a picture taken from above, which they could then have sent to their phones via QR code, a rather interesting activity which literally gave us different point of view. Not to go unmen-



tioned is the captivating performance of the drama "Wasted Youth" by the Drama Club, a very relevant title to perform for students. While it was performed in a small classroom, using effective lighting and acting, it was still an excellent performance. I also had a listen to an insightful debate about the improvements and harms to one's quality of life by a mobile game which seemed to explode in popularity last year called *Pokemon Go* at the Liberal Studies' booth. I enjoyed many other fantastic displays, but it would be too much to finish here, so I shall move on to the next part.



Children - The key to god

“Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven.” Jesus once said this to his disciples. So, I went to the primary



section to see those energetic and innocent little children. I first went to the science room where there were two games ready for me, little Don Bosco to challenge. The first one was to balance a ball with three sticks inserted in them on a tiny little rope. It was not easy! I had tried three times, but the ball wouldn't listen to my command. I could do tricks when I was young.

Guess I am too old for balancing a ball. My clumsiness attracted the booth worker who is a 11-year-old boy. “You are doing it the wrong way!” He said, slowly landing the ball on the rope. “Ta da, it is that easy.” He smiled at me. Sure, I love teenagers, but now I think I have begun to love children as well!



Margherita Occhiena in present

Climbing up steep stairs, I finally went to the roof of block C. The hot rising sun was giving everyone warmth. “Hey Don Bosco!” some parents asked. “Want to try some fresh salad with tasty sesame sauce?” In the 1800s, salad wasn't that popular, so I am not into salad, but I can't reject those mouthwatering sauce. I gave it a try and god bless me, it was the taste of Margherita. It filled with love and care. How much time and effort are put in the salad as an ingredient. It was not us that give the most to teenagers but their parents. As a saying goes “Nobody love you more than your parents.” We should give back to them!



I had a great time at the Open Day, and wish St. Louis much success and fortune in the many years to come after this 90th anniversary. All the students were very kind and gave excellent service, and all the displays and activities were very thoughtfully strung together. May all of you continue to live with the Salesian spirit-running, jumping, playing, but never committing sin. All Hail, All Hail, all of you!

The 90 th Anniversary Open-Day: A Once-in- a-lifetime event

Every ten years, our school holds an Open Day, mainly to show the school to parents of prospective new students, but for 2017, marking the 90 th anniversary of our school, it was decided that it should be a bit different, seeing as it was an extremely rare occasion for a display of students' creative works. For that reason, we had not just one, but two Open Days, held on the 11 th and 12 th of November, with the school opened to the public, not just parents, welcoming everyone to come and see our school and its achievements. The open days kicked off with an opening ceremony, with Bishop Michael Yeung as a special guest, who wished our school well in the many years to come in the future. The entire school was made accessible to the public, including every classroom, function room and laboratory, with game booths as well as exhibitions set up by teachers and students to entertain the visitors and to display what students have learnt at school. A history exhibition was also set up in the MMLL, showing the history and heritage of the school through a very detailed time-line display and relics of the old schoollife including various assignment workbooks and yearbooks. Old boys also held talks with teachers, giving insights into what life was like in St. Louis before, and what changes have incurred ever since, for better or for worse. A corner of the biology lab was also renovated into a museum to store and preserve the various animal specimens, which include snakes and frogs, collected by renowned herpetologist Fr. Bogadek over the years, to keep it for the education of the generations to come. The Open Day was quite well received, with many from the local neighborhood stopping by to visit our school, even with some heavy rain on the second Open Day. Students were all receptive and friendly, and hopefully, have been able to show the people of the outside St. Louis' best qualities, displaying the freedom and discipline maintained here, and encouraging more to join our family.

HIGHGTS



SEIZE YOUR CHANCE TO EXPLORE THE WORLD!

ST. LOUIS SCHOOL YALE UNIVERSITY SUNG LABORATORY INTERNSHIP AWARD 2017

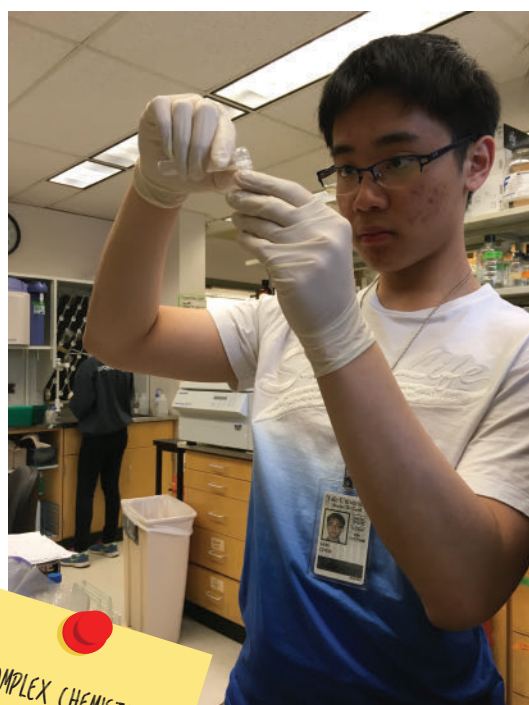
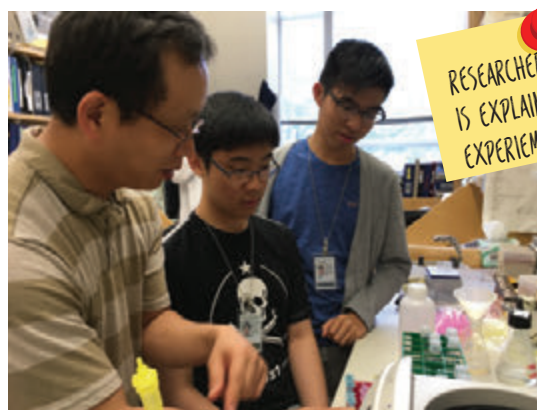
CHUNG LONG YUNG, LAM HOY CHUN KEITH, LEUNG KA CHUN, WONG HOI WAI (2017 GRADUATES)

Have you ever dreamed of stepping into a world-class laboratory with a myriad of advanced apparatuses? We, the four 2017 -DSE fighters, were honored to obtain this once-in-a-lifetime chance to have a 3-week internship at Sung Laboratory of Yale University and supervised by Professor Patrick SUNG, our graduate in 1976. Not only did it enrich our scientific knowledge, but it also broadened our horizons.

Our journey started in late May, right after the 2017 HKDSE examination. We first travelled to San Francisco, a city full of special architecture and cultures. We then travelled from the West Coast to East Coast – New Haven to begin our exciting journey in Yale.

STEP INTO A WORLD-CLASS LABORATORY

During the 3-week internship at Sung Laboratory, we were excited to be the student interns to work in Prof. Sung's laboratory. Since we were not deeply familiar with the DNA knowledge and the use of those high technology in the laboratory, assisting the researchers was our major role. The staff assigned different interesting experiments to us so that we could get more familiar with the progress.



In the laboratory, we always raised questions. We also took the initiative to ask if our help was needed or not and the reasons to carry out the experiment. The researchers were very friendly and willing to answer our questions. For instance, we needed to prepare the gel used for protein gel electrophoresis and cultivation of bacteria. Since the researchers were working to find out a function of a specific gene sequence in DNA, we helped to proceed some necessary steps. We first extracted *Escherichia coli* (*E. coli*) from a gel to cultivate the bacteria so that more *E. coli* cells could be used in the following experiments. Also, we carried out polymerase chain reaction (PCR) in order to multiply the DNA amount of the sample by using different temperatures. Finally, we placed the DNA sample on the gel and turned on the electricity to produce an electric field to separate the DNA for observation and identification. These were challenging but rewarding experiences.

In the second week, we finally had chance to chat with Prof. SUNG in his office. We felt grateful to have a chance to interact with Prof. SUNG. In his office, we talked freely about everything. For example, he told us about his family and career, why he chose the path of being a Professor in Yale University, and we also compared the education systems in USA and Hong Kong. When we shared the updated news of our school like the 90th anniversary celebrations to him, he showed great interest in it. We could feel that he really cared about his alma mater.

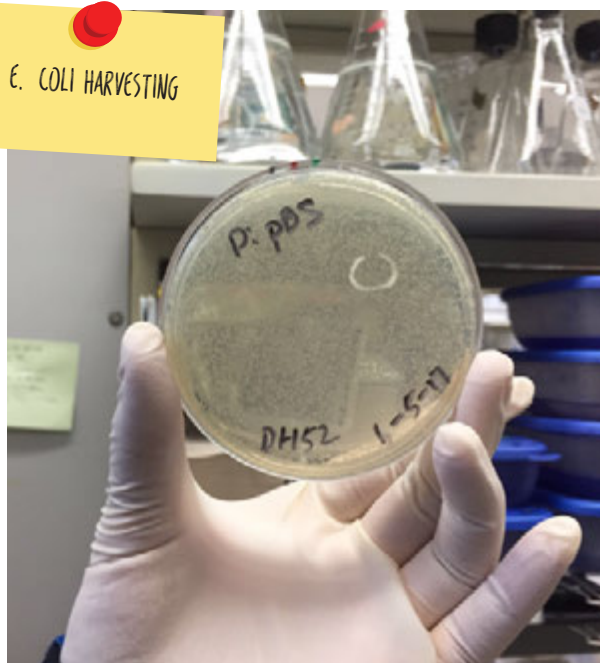


2017 AWARDEES WITH
PROF. SUNG

NOT ONLY A LABORATORY, BUT ALSO A CLASSROOM...

There are actually a lot of hidden dangers in such an advanced laboratory. When we first entered Sung Laboratory, we were shocked that there are hundreds of plastic and glass containers which may contain poisonous, corrosive, carcinogenic chemicals on the shelves. Hence, we became very cautious and listened to the researchers' instructions to perform the procedures. Moreover, we became very watchful to ensure whether every single step of the experiment is correct or not. For example, at the time when we made buffer for other researchers, we needed to be cautious to check the volume of ingredients added carefully from the prescription in order to prepare the exact concentration of buffer. One careless mistake may result in some serious errors which may lead to failure of the experimental. Therefore, it is essential for us to be careful and pay attention at all times.

E. COLI HARVESTING



A part from being cautious, 'never give up' is also a spirit we have learned from the internship. We could see that those researchers in the laboratory were so diligent to strive for the improvements and breakthroughs for their research on DNA. Though they might experience countless failures, they were still enthusiastic to investigate day and night. This kind of spirit is very admirable to us. When we performed PCR making, we failed the test several times. When we felt so frustrated, the friendly researchers encouraged us not to give up and their words encouraged us to keep trying. Thanks to their encouragement, we finally did it!



SNAPSHOT WITH THE
LABORATORY RESEARCHERS

LIFE OUTSIDE YALE

Apart from the time spent in Sung Laboratory, we had a whale of a time travelling around the East Coast. At weekends, we took the train from New Haven to New York in order to explore this renowned metropolis. It was a real eye-opener travelling to the Statue of Liberty, headquarters of the United Nations and Time Square. The holiday-makers, including us, were attracted to the sightseeing points and the atmosphere in the New York City. For example, people danced and sang at Times Square, regardless of their nationalities. This showed the yawning gap between Chinese and Americans because you will seldom see this scene in Hong Kong.

After the 3-week internship, we spent 2 more days to visit Washington D.C., the capital of the United States. It was a great chance to have a look at those magnificent buildings, such as the White House, which are always shown on television. After that, we have to set off for our 18-hour flight journey to Hong Kong and attend another important event in life – the graduation dinner.



IS IT JUST ANOTHER ORDINARY INTERNSHIP?

The answer is definitely NO. I would say this journey is a 27-day outdoor lecture with the knowledge and skills that cannot be learnt in our classroom, or not even in Hong Kong.

We became more independent through the unplanned anecdote in our trip. No one helped us do anything in USA, therefore all stuff, including booking flight tickets and accommodation, must be done by ourselves. During the trip, we faced different unexpected events. When we missed the connecting flight in San Francisco because of the terrible rainstorm in Hong Kong, we needed to decide to accept the original offer from the airlines or negotiate with the ground crew for a better deal. When our accommodation was suddenly cancelled, we had to find another one ourselves. We had to buy the ingredients and cooked the meals 3 times a day by ourselves. There was no parent to help us do any chores. We had to learn to be independent. Certainly, it was a rewarding experience.

WORDS OF APPRECIATION

The internship provided a fruitful and valuable experience in the United States. Not only can we learn more about the scientific knowledge with the advanced technology in Sung Laboratory, but we were given an opportunity to explore the world. The most important thing is to enhance our personal abilities.

We would like to take this opportunity to thank Prof. SUNG and his elite laboratory researchers and assistant Ms Lucy LU, they spent their valuable time to enrich our knowledge. We'd also like to express our gratitude to Mr. LO Chi Wing, Mr. LUI Yiu Sun, Ms Candy WONG and the old boy sponsors, who made our dream come true.

Dear younger brothers, seize your chance to explore the world!

THE ROAD TO TEACHING

Talking about his road to become a teacher, Mr Fung admitted that he had never thought about it. He majored in Sociology at university and got both his bachelor and master's degrees in Criminology. By fate and chances, he became a teacher. Having immersed in teaching for a while, he started to appreciate the precious part of being a teacher and enjoy the school ambience. He never regretted making the decision of being a teacher. Instead, he felt grateful.

How does Mr. Fung think about our students?

Having taught in other schools before, Ron decided to join the family of St. Louis School - a traditional but challenging task to him. As expected, he found the students energetic, talkative and smart.

Being part of the St. Louis Family, he starts to understand students' special traits, characters and attitude. He finds some differences comparing to the previous schools he had taught - students of St. Louis School come from different backgrounds, which really makes him feel the atmosphere of family.

This year, Ron was assigned to teach students from Secondary Two to Secondary Five, he thought cooperation between students in classes was quite important, as it would enliven the atmosphere of the lessons. As an enlightener of the students, he thought most of the students were smart. He reckoned that students' loss or failure could be explained from their lack of sustained perseverance. Understanding students' own abilities would be crucial. He hoped the students spend more time on their academic aspect, there was still a lot of space for them to improve, he hoped they would not waste their innate talent.

As a final word, he would like to encourage students to explore all the possibilities of their own abilities in life.

Explore your own abilities!

**An new teacher interview with
Mr Fung Pak Cheung Ron**

By Clayton Law 5C



Another side of Ron - A Worldwide Traveller

Surprisingly, he has been a scout for a long time. Ron is actually a sporty person, who has habits like running and swimming. He had once joined a 10-km race, and finished the grueling challenge in 50 minutes.

Travelling to Cambodia, Vietnam, Australia, California of United States last year, he had also traveled to Europe and Japan a few years ago, he might be the teacher who travels the most countries in the world in our school. As he says, travelling really broadens one's horizon, learning about the living conditions and culture of the local people. During the lessons, he shared his Vietnam experience with his secondary three students, telling them the local farming life of the Vietnamese, which is an inspiring anecdote to expand students' adventure outside school.

There are some awe-spinning goals he set he would like to achieve in life and some were finished. Skydiving experience in Australia last year was one of them. This is the first ever experience he had in life - jumping out from an aeroplane thousand miles above the earth. To him, that was a remarkable moment which allowed him to put through his fear of height and death. Another occasion would be having a new-year celebration in Norway with an aurora experience. The sky was lit up by frenzy colors at night. He recommends the students to try it as it is truly enjoyable and challenging. One of the not-yet-attained goals is to travel to Africa. Living in a city, he doesn't have many chances to see wild animals roaming freely in the safari, so he wants to explore Africa someday soon. "Seeing more of the splendid wonders of the nature, I feel human just like a tiny ant in the universe, that's why I am a travel-addict." Ron claimed.



An easygoing English teacher

Mr. Chiu Yat Fei

By Yeung Yat Ho Yahoo 3D

Mr. Chiu Yat Fei is one of the new teachers this year. He teaches Liberal Studies and English language. Mr. Chiu graduated from New Territories Heung Yee Kuk Yuen Long District Secondary School. He was a football lover when he was young. He even skipped the choir practice because of it. In the near future, he wants to learn different languages because he likes travelling and communicating with people from different countries with different backgrounds.



Not wanting to be a teacher!

In fact, being a teacher hasn't been Mr. Chiu's dream job. His aspiration was to become a DJ or an actor. After his university studies, he returned to Hong Kong and was looking for a temporary job. Eventually, he became a teaching assistant in a school. During the time, he found that teaching was actually another kind of performance. This was why he became passionate in becoming a teacher. Despite his bias of the teacher image, which was affected by his parents, his life turned a twist after he had met a helpful and energetic panel head in his previous school.

That changed his mind of becoming a teacher.



Like interactive activity with student.

He thinks that our school has an enormous basketball court and has more space than his previous school. But he expected there would be more students in our school before his arrival. Mr. Chiu teaches Liberal Studies and English language. He is also the teacher adviser of English debate team. He wants to make his lessons fun for students to enjoy the atmosphere, hence to make an interactive classroom. Therefore, he asks his students to present on a certain topic every day in class. Also, he reckons that teenagers nowadays don't like reading words but pictures. Therefore, he tries to use images in his PowerPoint to attract students' attention.

Does Mr. Chiu think becoming a teacher is difficult?

His answer is YES! Sometimes, he feels exhausted about preparing teaching materials and pushing students to prepare for the debate competitions. Before that, he did not know that there were so much to prepare for a debate.

Be a person who has a goal!

Mr. Chiu thinks that we are energizing and good at presenting ourselves. However, he thinks that we lack motivation to learn like we aren't willing to prepare and do research by ourselves. Second, some of us don't have a target or a future plan, we may just focus on short-term goals. He also reminds us that if you don't have a goal, it is just wasting your time. And he says we don't need to follow the path which we set before, we can change it if necessary.

His goal is to communicate more with his students and let students know there aren't a gap between them.



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| 04.03.2017 | 舉辦「通識教育研討會」,是次活動為中三至中四級家長而設,共有33位家長出席。講座內容包括:介紹通識教育科基本資料;介紹修習通識教育科的方法及模擬學生實際上課模式進行分析、由通識科老師課堂示範、講解考試題目及評分準則等。 |
| 18.03.2017 | 舉辦「家長互助小組」第三次聚會,主題是「網『樂』新紀元Part II:『網吧』初體驗」;由香港家庭福利會4位社工及12位青少年網絡大使為我們繼續解構青少年最新的網絡文化。這次更讓家長有機會親身認識「網吧」的環境,並從網絡大使的帶領下體驗青年人喜歡的網絡玩意及交流親子溝通之道,透過活動讓家長認識時下年青人的聚腳點及其吸引之處。是次活動共25位家長出席。 |
| 07.04.2017 | 第二十四屆(2016/2017年度)執行委員會第四次會議,出席委員11人,列席嘉賓及家長6人。 |
| 06.05.2017 | 舉辦「家長互助小組」第四次聚會,主題為「抑鬱情緒知多少」,特別誠邀醫院管理局「兒情」計劃之專業培訓資深社工主講,內容是加強對抑鬱情緒的認識/辨識子女的情緒危機/家長支援子女情緒困擾的方法,是次講座共35位家長出席。 |
| 20.05.2017 | 舉辦「培育正向思維・處理青少年情緒壓力」健康教育講座,邀請舊生趙長成醫生主講,主題是從醫學及心理角度,更深層次地教導我們辨識青少年的情緒警號,以個案形式分享,讓父母協助青少年能面對不同挑戰,學習了解自己、如何與人相處和控制自己情緒的能力,以期青少年能發揮潛能及提升學術水平,令身心健康地成長。是次講座共42位家長出席。另有2位家長義工協助是日活動安排。 |
| 09.06.2017 | 第二十四屆(2016/2017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。 |
| 04.07.2017 07.07.2017 14.07.2017 21.07.2017 | 舉辦「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,對象是中三至中五學生,課程分三個星期六共九小時,共21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暨升中適應講座」及「中一簡介會」司儀崗位,以期學以致用。 |
| 13.07.2017 | 學校「中一新生註冊日」,本會派出9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。 |
| 10.07.2017 | 本會資助學生出版本學年第二期學生報『博藝』。 |
| 31.07.2017 ~ 11.08.2017 19.08.2017 | 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;目的是讓中一新生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,需接受面試甄選。 |
| 12.08.2017 | 協辦「中一暑期英語銜接課程」之升中適應講座,是次活動合共有130位家長出席。活動內容包括余立勳校長及本會會長陳詠詩女士致辭;前會長陳玉英女士、家長義工、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。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。 |
| 25.08.2017 | 第二十四屆(2016/2017年度)執行委員會第六次會議,出席委員9人,列席嘉賓及家長4人。 |

會長 陳詠詩

2017年9月23日

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| 24.09.2016 | 召開香港聖類斯中學家長教師會第二十三屆(2015/2016年度)全體會員周年大會, 出席會員共58人。首先由校長余立勳先生致開會辭, 會長陳玉英女士作第二十三屆(2015/2016年度)會務匯報, 副會長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, 包括會長陳詠詩女士、副會長何蘭蕙女士、秘書鄭淑儀女士、司庫呂詠秋女士、總務李國強先生和兩位幹事莊傑夫先生及蘇裕康先生。 |
| 08.10.2016 | 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61位中四家長、45位中五家長及43位中六家長出席參加。除出席的執委外, 另有3位家長義工協助是日活動安排。 |
| 14.10.2016 | 第二十四屆(2016/2017年度)執行委員會第一次會議, 出席委員13人, 列席嘉賓及家長4人。 |
| 22.10.2016 | 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102位中三家長出席參加。除出席的執委外, 另有3位家長義工協助是日活動安排。 |
| 29.10.2016 | 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。第一次聚會主題為網『樂』新紀元Part I: 升『呢』入門; 由家福會社工吳浩希先生主講, 共44位家長出席。 |
| 05.11.2016 | 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25位家長執委及家長義工出席參與。 |
| 12.11.2016 | 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103位中一家長和60位中二家長出席參加。除出席的執委外, 另有4位家長義工協助是日活動安排。 |
| 09.12.2016 | 第二十四屆(2016/2017年度)執行委員會第二次會議, 出席委員12人, 列席嘉賓及家長6人。 |
| 19.12.2016 | 舉辦「2016聖誕聯歡晚會」, 合共128人參加(包括委員、嘉賓、家長及同學)。另有5位家長義工協助是日活動安排。本會於是次活動資助HK\$1,699.30。 |
| 07.01.2017 | 舉辦「家長互助小組」第二次聚會, 主題為「提升子女學習動機」; 由家福會註冊社工王鎮耀先生主講, 共48位家長出席。 |
| 10.02.2017 | 第二十四屆(2016/2017年度)執行委員會第三次會議, 出席委員10人, 列席嘉賓及家長6人。 |
| 11.02.2017 | 舉辦「青少年壓力處理 VS 提升學術水平」健康教育講座, 邀請舊生趙長城醫生主講, 以其專業角度, 為我們分析當下青少年壓力的成因, 提供不同方法, 讓青少年能面對不同挑戰, 學習了解自己、解決問題的方法、如何與人相處和控制自己情緒的能力, 以期青少年能發揮潛能及提升學術水平, 令身心健康地成長。是次講座共44位家長出席, 另有2位家長義工協助是日活動安排。本活動由「家庭與學校合作活動計劃」特別津貼資助。 |
| 19.02.2017 | 舉辦2017年度「環境教育親子遊」, 參觀南生圍生態遊/敬輝農場(包品嚐豆腐花)/流浮山海鮮風味午餐/恆香工作坊。參加者共119人(包括執委、嘉賓、家長和同學)。本活動由家校合作撥款津貼HK\$5,000.00, 本會於是次活動資助HK\$440.00 |
| 27.02.2017 | 本會資助學生出版本學年第一期學生報『博藝』。 |



香港聖類斯中學家長教師會

第二十四屆執行委員會(2016/2017)會務匯報

各位會員:

「香港聖類斯中學家長教師會」第二十四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陳鴻基神父及校長余立勳先生的信任和指導、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」、「2016聖誕聯歡晚會」、兩次的「健康教育講座」、四次的「家長互助小組」聚會及講座、「2017環境教育親子遊」、「通識教育科研討會」、「公開說話技巧課程」和「中一暑期英語銜接課程」等項目。參加人數踴躍, 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」、「健康教育講座」、「家長教育講座」、「公開說話技巧課程」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」、「醫院管理局兒情計劃」、聖類斯舊生合作; 而本會亦有參與「慈幼會屬校家教會聯會」舉辦的聯校活動。


在聯繫家長方面, 除已創立的「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 群組更超過100名家長參與, 日常遇到疑難時, 即可發揮助人自助, 互相給力的精神; 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(第二十四屆)會務簡介如下:

打動芳心

結婚的念頭慢慢浮現出來。究竟誰先有結婚念頭，據新人表示已經無從考究，兩位老師只說一直都有這念頭。男主外，女主內的家庭結構亦漸成雛型。呂老師自言工作較多，幸得陳老師體諒，承擔起籌備婚禮的重任。無論是訂婚紗、選禮服、找場地以至布置及種種安排細節，都由陳老師一手包辦。原本打算一切從簡，但各人的小小意見加在一起，婚禮便變得隆重而華麗：小回禮禮物是從美國訂來印有新人頭像的M&M朱古力、婚紗照則是在日本拍攝的。一對新人在學生心目中的地位舉足輕重，不少2014年畢業的師兄參加婚宴，當中更有在台灣留學的。幾位舊生、同學作現場演奏，呂老師更高歌一曲送給太太呢。

兩位婚後生活依舊忙碌，在度蜜月的時候，呂老師更要為90周年主題曲填詞。婚後雙方稱呼如舊，並未改稱「老公」、「老婆」，依然連名帶姓叫喚對方。期待着一對新人在不久的將來迎來新的家庭成員。衷心祝福呂生呂太永遠甜蜜，幸福滿溢。



於千萬人之中
遇見你所遇見的人
於千萬年之中
時間的無涯的荒野裏
沒有早一步
也沒有晚一步

打動芳心

機緣巧合，他們都對對方改觀，金童玉女終於墮入愛河。

究竟呂老師怎樣打動陳老師芳心呢？同期新人經常一起吃飯，另一位新人陳家僑老師則常常自攜飯盒，無意間留下一對未來新人「撐枱腳」。順帶一提，一對新人第一次單獨相對的地點就是車厘餐廳的前身飲冰室。

有一次，陳老師被安排到她沒有任教的中六課室派發教材，眾人起鬨。此時呂老師就有如童話故事的英雄衝出來。英勇的呂老師就是這樣將身處水深火熱的陳老師拯救出來，成為陳老師心中的英雄。呂老師自豪地表示：「我教慣『bottom ten』，紀律問題這些小事，容易解決。」

陳老師說呂老師亦有細心的一面，例如他會定時為陳老師補充文具，陳老師忙得沒時間吃飯時，呂老師總會自覺把飯盒放在她桌上，這些舉動，都令他在陳老師心目中確立「暖男」形象。

他們日久生情，呂老師不時像古代詩人般，以優雅字體寫詩、寫情信予陳老師，還要中英兼備。每年陳老師生日，呂老師更會親手繪畫生日卡呢！



良緣天賜 佳偶天成

呂陳聯婚

5D 李卓培 陳欣佑 4D 陳正朗

呂耀榮老師、陳敏瑩老師終於結婚了！相信各位都期待已久。婚禮當日有很多同學前往愉景灣觀禮，白色教堂內洋溢着一片喜悅，男女家親友、聖類斯的老師和同學都笑容滿面，呂生呂太看見有那麼多學生在場很開心，還稱讚他們自覺地站到教堂後方，讓其他賓客就座。

讓我們在此公開一對新人踏上婚姻之旅的點滴。



初次見面

相信大家都很想知道他們初次見面的情景。原來陳老師對呂老師的第一印象只是一般：話說陳老師、呂老師同年加入聖類斯，那時正值暑假，時任通識科主任邀他們到校聽同學做獨立專題探究的口頭報告。豈料呂老師遲到，陳老師以為他是學生，只用眼神示意他到後面坐。後來陳老師得知呂老師真正身分，便大為不屑：為何這個人第一天上班便遲到？之後陳老師更向其他老師投訴這位新同事對人沒禮貌！呂老師說：「我當時心想：我事前已告知主任那天舊校有事辦，未克準時。加上我在此畢業，又有幾年教學經驗，這個初出茅廬的小女孩憑甚麼鄙夷我？」

不一樣的美男子—王梓賢老師

別看王老師平日穿著一身筆挺的西服，外表冷酷，沉默寡言的他卻大有來頭。王老師畢業於喇沙書院，其後於香港大學中文系就讀，並以一級榮譽畢業。現在他主要教授非華語生中文，亦會教本地生中史。

在訪問期間，他透露了很多自己在中學生活時的趣事。在他讀中學時，班上亦有非華語生同學，他說當時大家相處融洽，雖然表面上他們不懂中文，但其實亦能大概理解日常對話，尤其熟習某些生詞，所以平常互動亦充滿趣味。除此之外，於訪談中才得知王老師及其同學在中學年代的言行都頗為大膽，大概是與我校「自由與自律」相近的校風而培養成的品格。例如他們會於課室煲粥、煮糯米飯，又在課室設置帳篷休憩區；於聖誕聯歡會時潛入禮堂用巨型投影器進行Winning大賽等。



高材生的學習心得

除了玩樂外，王老師在讀書和辦事方面亦竭盡所能。在學習階段時，他每天放學後，都會在家溫習5小時以上、閒餘時逾10小時；身兼學生會成員的他不時會在學校逗留至晚上八九時方回家。由於其學生會享有高度自治，基本上上至管理謀劃、下至布置場地，事事躬親。相信對學生成長而言，亦是讀書以外極重要之鍛煉方法。其實老師仍有不少有趣有益之事可以和我們分享，但唯篇幅所限，是次介紹將會就此擱筆，希望下次再有機會和老師詳談，讓讀者了解更多其生活背後之點滴。

地點等，所以學校或可以考慮使用最近大熱的【STEAM】（Science, Technology, Engineering, Art, Mathematics）教育元素，例如在課室內運用擴增實境（AR）、虛擬實景（VR）技術豐富同學的學習經驗，從而提升學生的學習效能。

業餘興趣

保持好奇心，探索未知的事物，也是作為老師的核心價值。陳老師現時正在學習古琴，和大家一樣，她也是通過影音故事認識到七弦琴。陳老師小時候一直覺得司馬相如及卓文君《鳳求凰》的故事、電視劇《包青天·古琴怨》焦尾琴的故事、伯牙子期的知音故事很不可思議，及後讀到金庸小說《笑傲江湖》對古琴減字譜的描述更是引起了她的好奇心。努力翻查關於古琴的各項資料後，發現不少電視劇及電影中的古琴會彈出古箏的聲音，甚至是直接以古箏當作古琴……了解得越多，對古琴的興趣也越來越大，機緣巧合下，她最近終於能夠正式學習。她特別喜歡古琴的按音，但現時仍然未能掌握當中技法。她平日也會看小說和聽粵曲，更由於好奇心強，對手工皂、刺繡、豆蓉裱花、手工香等等都很有興趣，可能不久後也會抽空學習一下。



給學生的話

若聖類斯學生能夠有上進的決心，定能在學識上邁向更高的境界，令自己可以在中學畢業後更自由地選擇自己想走的路。陳老師亦希望各位「華語」同學可以盡顯同窗之誼多多鼓勵非華語學生，因為朋輩學習對他們學習中文也很有幫助。



開拓非華語學生的天空 — 陳曉融老師

5D 劉正康 王旭榮

陳曉融老師擁有多年教學經驗，並擁有文學碩士與中文第二語言教學教育碩士學歷。今年是她首次踏入聖類斯中學，現在擔任非華語學生中文教師，致力華文教育。

從學生到教師

因為同學的一句戲言：「你似乎很適合當老師！」，令陳老師在中學畢業後修讀語文教育。初入行的她很快親身體會到學院理論未必能直接應用在現實之中。隨著教學年資的增長，漸漸地她的經驗積累下來，也開始發展出自己的教學風格。

首次接觸非華語學生

教師生涯面對未知的挑戰，接觸不同的學生，是這行業一種獨特的樂趣。陳老師在求學時期沒有接觸非華語同學，居住地區的少數族裔人士亦不多，所以對他們感覺陌生。三年前陳老師被學校委任教導非華語學生，所以出席了一些教師工作坊，希望可以初步了解相關評估、前線經驗及研究，後來更在晚間進修，希望了解更多適切的教學內容和方法。

教導非華語學生的最大挑戰

陳老師表示對於非華語學生而言，他們的母語通常是從父母學來的家鄉語言，英語是他們之後學習的第二語言，粵語及普通話往往是他們第三、第四語言。香港非華語學生家庭較多慣用烏爾都語、尼泊爾語、他加祿語、印地語等，而以上慣用語文，都不具備現代中文「基本使用單音節文字」、「以聲調區分詞義」、「較少詞形變化」、「使用量詞」、「只有單輔音」等這些特點。另一方面，只有英語和他加祿語具有「主謂賓句序」，而烏爾都語、英語、尼泊爾語和印地語的「修飾成分」在「被修飾成分」之前。非華語學生因受慣用語言影響，在學習中文的過程往往出現偏差，構成學習難點。她指出不少研究報告指出少數族裔學生最弱的是寫作和閱讀能力，因為他們缺乏抽象概念的漢語詞彙，審辨文字或話語所表達的關係和要旨能力較薄弱。故此她認為在學習讀、寫、聽、說四方面的原則是：「聽說先行，應用為上」，應該從聽說開始，多給予學生「做中學習」的機會，通過經驗學習，得到多元化的中文學習體驗。

學校如何能進一步支援非華語學生

學校已經因應非華語學生的中文水平而替他們報考合適的國際認可中文考試，為日後的工作和進修做好準備，不過陳老師認為由於大部份考試的考核內容會分為升學就業、中國節日慶典、假日旅遊等不同主題，而同學以亦未必有機會親身接觸眾多工作場所、傳統節日和觀光





獲得了這麼驕人的成績真讓人好奇他們到底是如何訓練呢？蔡同學苦笑了一下後就回答我們說：「其實我們也有嘗試練水的，但無奈出席的人數每次都只得小貓三四隻。」蔡同學坦言藍社在這次水運會的成績一半來自實力而另一半則來自運氣。他以當日的一場比賽為例，在甲組100米自由泳決賽中，參賽者只有三位，而三位都是藍社社員。他們的速度不是甲組最快的三位，甚至第三名只游出了二分五十秒的成績，在往年的比賽中連決賽也進不了，但今年卻能拿到第三名，蔡同學再次強調是幸運。除了幸運以外，蔡同學亦表示參賽者眾同樣是這次水運會成功的關鍵之一。藍社無論強或弱的社員都有參加今次的水運會，即使不是每人都能奪獎而歸，但他們仍然願意為藍社付出一份努力，希望共同成就藍社的霸業。



「藍社精神、傲氣如雲。藍社精神、氣勢逼人。我地藍社精神誓要再起風雲。」藍社社員的打氣聲遍佈整個游泳池。藍社的打氣戰術如此成功，沒有人想到在那天藍社也有一段銷聲匿跡的時間。在水運會中段時，大部份同學已經累了，他們放下手上的藍樽，改為靜坐在看台上欣賞泳池中的比賽，儘管幹事們不斷的呼喚，同學們卻只擺出一副愛理不理的模樣，繼續沉醉於賽事中。在屢次溫柔的勸告下，同學依然無動於衷，蔡同學終於忍不住了，他對看台上每一位沒有打氣的同學都破口大罵，使他們都重投正軌，再次為社而打氣。在一眾幹事的帶領下，藍社終於重拾氣勢並獲得了啦啦隊大獎，他們的成功都有賴各人的努力，加上社長和一眾幹事的帶領，藍社無疑是這次水運會中最大的贏家。

雖然在這次的水運會中藍社獲得了全場總冠軍和啦啦隊大獎，但當中仍有很多改善之處。蔡同學表示希望來年再接再厲，也期待下水運會的來臨。

水運會各社成績

| | 甲組 | 乙組 | 丙組 | 總分 |
|----|-----|----|----|-----|
| 紅社 | 51 | 38 | 80 | 181 |
| 橙社 | 52 | 59 | 86 | 207 |
| 綠社 | 76 | 41 | 4 | 129 |
| 藍社 | 123 | 72 | 71 | 284 |
| 白社 | 28 | 83 | 84 | 209 |

父母迫使 愈游愈勇

吳同學在游泳池上雄姿英發，電子顯示板上伴隨他的名字永遠只有「1」。但這個「1」字背後，吳同學亦付出不少。他坦言，他和大部份游泳健將一樣都不喜歡游泳這項運動，因為操練的過程艱辛、痛苦又無法讓人分擔。小編好奇地問為何不喜歡游泳還肯接受這麼苛刻難耐的操練？他自嘲是中了父母的計，當時小六的他不善於任何運動，父母為了讓他多點運動，精挑細選，為他選取了運動量最大的游泳，一面無知的他才發現自己的噩夢開始了。

他憶述當時的泳術一般，在同一條泳線裏，無論他如何努力，隊友都在他身邊游過、超前，最後消失於氣泡中；那挫敗，無力的感覺十分強烈。他特別強調嬉水與練水之間的最大分別在於天氣，有一年冬天，溫度下降至三度，但泳隊全年無休，吳同學也要如常練習，他對那天的情況還是歷歷在目，對着這冰湖，穿着泳褲的他當還在猶豫時已被不會下水的教練推下游泳池，他凍得腦裏一片空白、嘴唇蒼白、面色青白，他知道要令自己身體和暖，只可以努力向前游令自己變熱。那一課的操練吳同學都只想着一個諷刺的對比，就是父母老是明令他多穿衣服，而現在父母就逼他脫光衣服在三度下游泳，真令人摸不着頭腦。

後來他升上了中學，在中一的水運會中，他奪得了三面金牌和個人項目的冠軍，這是他第一次感受到游泳給他的喜悅，自此每年奪冠就成為他努力的目標。當大家都在羨慕他鋒芒畢露時，相信他也在羨慕你們不用經歷練水的艱辛吧。



速度以外 另有收穫

訓練，讓他在游泳池內贏盡金牌，還讓吳同學在游泳池外有所進步。最大的得着就是學懂堅毅的精神，正所謂「吃得苦中苦方為人上人」他笑稱當面對困難時，只要想一想和練水相比，一切都是小事了，既然挨得過訓練其他的難題也能捱下去。這麼的折磨，恐不是人人也受得了，即使受得了，也未必堅持得了，小編想到這裏也深感佩服，好奇一問有否想過放棄？畢竟奪冠的快樂也會隨着六年的年華過去而失去資格，而吳同學的成績亦不錯，相信不用以培訓水怪來維生吧。吳同學坦言中三選科時因要同時兼顧學業，令他曾經想過放棄，但他認為游泳讓他得到的不單是獎牌，更重要的是讓他學會成長，讓他更捱得苦，所以才堅持着訓練。也因為他的堅持令2017至2018年度的水運會中留下他的名字與光芒，為他的六年游泳生涯畫上完美句號。

藍海戰術 氣勢逼人

藍社今年延續了上年度的氣勢再次獲得了全場總冠軍，為了讓大家更了解藍社，博藝小編特意訪問了本年度藍社社長蔡東霖同學。

蔡同學表示在比賽前沒有料到本年度能獲取全場總冠軍，因為一開初藍社甲組水運會的報名人數可謂「五隻手指數得嚟」，但因為學校的報名系統出現故障，所有同學需要重新報名，報名人數一躍反超，從寥寥可數的數人，到多不勝數的參賽者，後來更勇奪啦啦隊和全場總冠軍，他表示這一切都源於幸運之神的眷顧。除了幸運以外，藍社亦有不少大將為各組的比賽而努力，在乙組有鄭皓聰同學勇奪五金為藍社奠定了勝利的基礎。而在甲組的比賽中則有蔡東霖社長帶領藍社出戰了社際甲組4x50和公開組4x50的賽事。



水運會

人物專訪 吳卓儒、蔡東霖

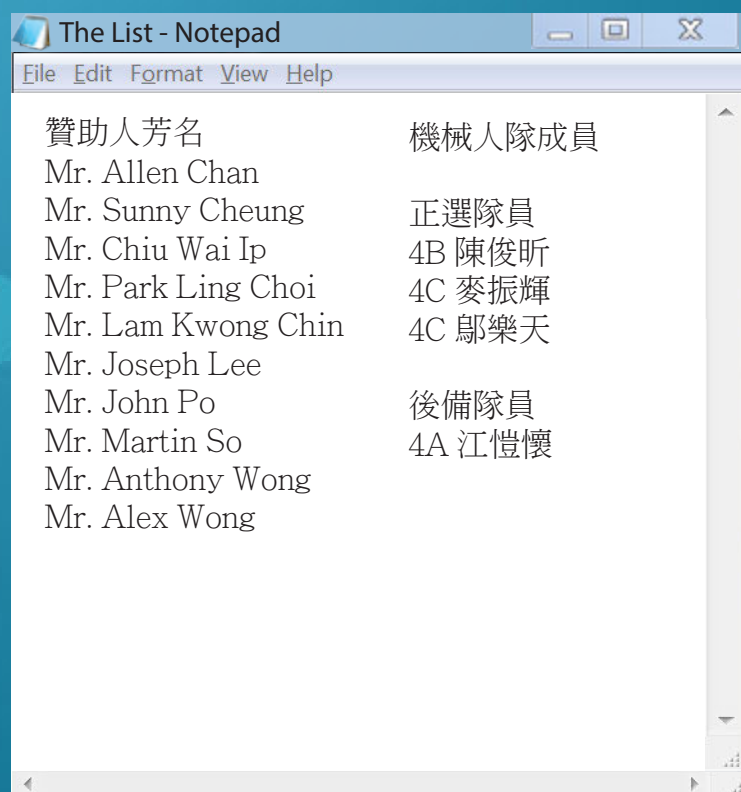
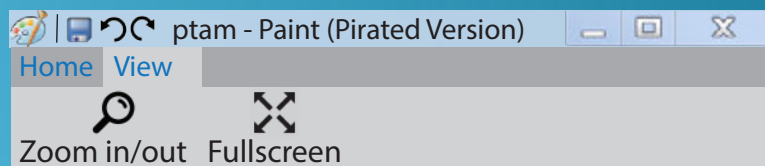
五丙 蔡東霖、徐杰陞

墨綠中的一隻螢火蟲

綠社在本年度的水運會未能一如過往稱霸，反而變得暗淡無光失去了王者的光芒。綠社在甲、乙、丙組都未能力壓群雄取得勝利。但在這漆黑的幽谷，卻有一隻獨特的螢火蟲，他為綠社發出一絲絲的光芒，他就是本屆水運會甲組的個人冠軍六丁班吳卓儒同學。

比賽中最為重要的莫過於初賽，隊長麥振輝表示在初賽的時候，難免會有點緊張，但由於初賽時機械人尚未完成，他擔心機械人的發揮未如理想。反之，「居安思危，未雨綢繆」就最能表達另一位隊員陳俊昕的想法，陳同學表示自己並沒什麼擔心，表示自己已經預測好機械人之後的表現，一切已準備就緒，結果更是比預期更好，成功晉級決賽。

決賽於日本東京舉行，初到異地比賽的隊員並沒有因此而感到緊張，反而保持自信，發揮一貫的水準，奪得冠軍殊榮。被問到獲獎的心情，陳俊昕同學表示他在比賽過程中一直計算自己隊伍的分數，清楚明白聖類斯是唯一一隊能完整完成比賽的隊伍，可謂勝券在握。



奪冠之路

是次機械人隊的奪冠之路可以分為兩階段，一是2017 RoboSTEM OPEN 香港區公開賽，二是在日本舉行的 Universal Robotics Challenge 2017。兩次的比賽都採取計分制，參賽隊伍需要預先編寫機械人程式，走完整條賽道的同時需控制機械人拾取賽道內的塑膠方塊。在初賽階段，本校的機械人隊在香港地區的初賽裏擊敗其他學校，脫穎而出，獲得亞軍，成功爭取出線的機會，代表香港去到日本與不同地區的隊伍交流。



當筆者問到這個成績是否在預期之內，隊員陳俊昕坦言當時的目標只是希望能夠完整地製造出整個機械人，對出線甚至未來的奪冠完全沒有任何期望，全因比賽規則有利他們當時機械人情況，才獲「一線生機」。

至於決賽階段，相比於其他隊伍的失準表現，屢次失誤，本校的機械人隊保持一貫的水平，成為唯一一支完成整個比賽的隊伍，有驚無險地獲得高級組冠軍。

談到製造機械人和設計程式時所遇到的困難，其中一名隊員笑稱人為因素是困難之一，他表示「隊長麥振輝總喜歡把簡單事情複雜化，我們需要不斷投票去否決他的主意」，不難看出，他們再商討的過程中都有意見分歧的時候，如何處理分歧，得出一個更好的結果，正是他們獲勝的關鍵。



有志者事竟成

為聖類斯中學歷史留下光輝一頁的機械人校隊

5C 何卓林 鍾城傑 呂勝文 徐杰陞

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比賽難關多 良師伴同行

每個成功的故事背後，總離不開嘗試。談到為何參加這個比賽，郭尚賢老師認為事情緣起皆因巧合，當收到有關這個比賽的資料時，得悉本次比賽的隊長對比賽感興趣，雖然他並非本校機械人隊的成員，但郭老師亦問他參賽的意願，隊長一句「試吓啦」便成了這場比賽的序曲。

是次比賽中遇到不少難題，最令他難忘的，便是初賽前的一天需要添置已損壞的硬件，他坦言這個問題曾令他一度對比賽失去期望。雖然隊伍最後在初賽上順利晉級，但隨之而來的，是另一個難以解決的問題——資金。由於決賽在日本舉行，每位隊員的食宿費用亦接近一萬元，學校並沒有為到日本比賽作出預算，因此需要額外尋求贊助。郭老師坦言全賴十位舊生慷慨地以個人名義每位資助三千元，全額資助三位參賽者到日本作賽，我校才能夠順利參與決賽。

談到有關近年在聖類斯落實STEM的教學情況，郭老師表示校方已將mBot機械人課程納入常規課程中，並在課堂內教授基本知識，將來更會在課堂上舉行機械人小型比賽以及為機械人編寫電腦程式的班內比賽，讓學生能夠體驗箇中樂趣。

被問到對於機械人隊的發展期望，郭老師表示：「以往亦嘗試參加不同類型比賽，惟比賽和校內考試經常『撞期』，但今年會有更多不同的項目供同學選擇。」他亦認為將來若有關於mBot的校際比賽，應多鼓勵非機械人隊的同學參與，改善以往只推薦隊內同學參賽的方向。

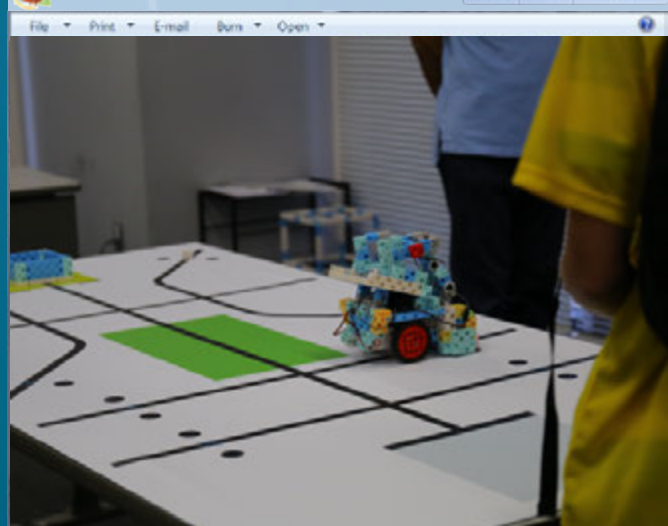
at airport - Photo Viewer



group photo - Photo Viewer



test - Photo Viewer



robot - Photo Viewer



教練的話

訓練是出發前的必需品,教練是整個訓練的核心,沒有教練專業的訓練,同學也沒有足夠技術到台灣完成環島旅程。從訪問得知原來教練已經多次完成環島遊,談到這次環島遊的分別,教練說過往幾次環島遊都是走海岸線,而這次走的是偏向內陸的路線。當然有好有壞,好的是這樣走會比較安全而且較海岸線輕鬆,但缺點是無法欣賞到台灣大海的美。

提到訓練課程,教練說不辛苦,能看到同學的成長令他非常欣慰。而最深刻的是有位同學一開始態度有點差,但後來也用心學習。最終所有同學都有足夠的技術去參加台灣環島遊。

教練對其中一位老師的印象特別深刻,這位老師很少隨隊訓練,因此技術體能方面都較差,但教練對每一個人不會放棄,他在環島遊頭三天特別關心這位老師,而這位老師也不負所望,在其後一直佔據整隊前段位置,教練說感到非常驚喜,因為一開始並沒有預期這位老師能夠跟上年輕活潑的同學,而教練亦因此感到非常快樂。

教練不但要傳授技術,亦要關心不同的人,他談及到因為同學都是青少年,因此都有自己的想法,亦因此同學與教練經常有磨擦,例如速度控制,同學經常表達自己想法,甚至有時我行我素。但經過溝通後大家也同心協力完成環島遊,教練對此感到非常高興,因為途中有些爭執,但最後還是順利完成。教練最後說到若果有類似活動必定會再次參加,因為過程真的十分有趣。

單車隊全靠驚人的意志力,成功在十二天完成了全段路程。同學在完成後都紛紛鬆了一口氣,喜極而泣。在完成旅程後,同學們都表示這次活動令他們獲益匪淺,當中學會的不只是堅持,同學和老師之間的互相幫助令大家明白團隊合作的重要。

若日後再次舉辦類似活動,同學都紛紛表示一定會再次參與,因為源於對單車的熱情,更表示在香港舉辦類似活動的學校屈指可數,因此要更加珍惜機會,參與跟單車有關的活動。

談到如何勉勵其他同學,單車隊隊員表示踏單車其實和讀書一樣,都是靠毅力,今天的你在面對學業壓力而堅持下去,明天的你一定得到成果。

台灣炎熱的天氣,崎嶇的路程並沒有打倒同學的決心,今天的你假如解決學業問題的決心也沒有,選擇逃避,這樣如何獲得成果呢?今日的你決心享受讀書的快樂,正如隊員對單車所產生的熱情,享受當中過程,雖則一分耕耘未必等於一分收穫,但只要有付出必然有收穫。

單車隊的成功並不是一日做到,是經過長時間的訓練。而讀書也同樣要日積月累才能成功,今日的你否拿起書本,為未來的成功打好基礎?



而旅程的第三日是最為艱巨的，當天的天氣非常差，一整天傾盆大雨，除了要忍受雨水的折磨，更因雨水令到路面情況變差，不能看清路面，而意外就在這時發生了，當紅綠燈發出前行的指示後，因當時天氣惡劣，令何老師起步時與其中一位老師相撞，跌下時膝蓋落地，鮮血四濺，需即時拿出急救包處理傷口，以免傷口惡化，慶幸的是何老師並無大礙。只有一些疼痛感，休息一會兒後便繼續前進，並沒對當天行程耽誤太久。

雖然旅程困難重重，但當中的趣事也不少，而何老師分享了其中一件趣事，他說由於自己的不足，令到自己的休息時間比起其他人少，那個不足便是睡覺時的鼻鼾聲，因為那鼻鼾聲的騷擾，令到其他老師晚上不能安然入睡，所以何老師必需要等到其他同房的老師睡著後才能入睡，十日如是，令自己的睡眠時間減少，可謂「自作自受」，可能這便是何老師單身將近五十年的原因。



是次活動不論是準備過程還是籌辦過程都極繁複，各位老師每天的時間有限，活動背後的付出肯定不少。老師們沒有特定的角色，大家各施各法，並肩作戰，共同進退，當遇上困難，他們會一起想辦法解決，遇上時間上的衝突，他們會各自補位。



- 1 2017/07/05 新北市新店區
- 2 2017/07/06 新竹市北區
- 3 2017/07/07 彰化縣鹿港鎮
- 4 2017/07/08 嘉義市西區
- 5 2017/07/09 高雄市鹽埕區
- 6 2017/07/10 屏東縣車城鄉
- 7 2017/07/11 台東縣卑南鄉(知本)
- 8 2017/07/12 花蓮縣玉里鎮(安通)
- 9 2017/07/13 花蓮縣花蓮市
- 10 2017/07/14 宜蘭縣蘇澳鎮



老師的話

這次的旅程本只是空想，因為聖類斯從未舉辦如此大型的活動，而令這個活動得以實行都感謝不少機構團體支持，例如香港航空提供免費機票，舊生和同學的家長支援部份資金減輕同學負擔。是次旅程有十三位同學參加，六位老師帶隊。而何偉良老師更為是次活動盡心盡力，為了令是次活動風險減低，學校特別開設銀章、金章課程給予同學學習基本的單車技巧。為了令過程順利，何老師在每一課中觀察同學表現，在同學遇到困難時更會鼓勵他們，給予支持。何老師在出發前的每一天都擔心是次旅程會出現意外，若意外發生應如何應對，畢竟這次是何老師第一次負責這麼大型的活動。



為了是次活動，學校動用了非常多的老師資源籌備每一個細節，例如哪一條路線能令遇到意外的風險減少，又幫助十三位同學買保險以保障同學。何老師更在旅程後高度讚賞同學，起初他非常擔心同學是否有足夠能力完成這次旅程，因為當人去到一個陌生的環境總有一些不習慣，但同學即使遇到不穩定的天氣以及崎嶇的道路也永不放棄，堅持到底，而十三位同學當中也沒有任何一位想突圍而出，而是全部人成為了一個團隊並一同前進，完美演繹了「團隊」二字。

是次旅程絕對不輕鬆，不僅是對同學的一個極大挑戰，更是對老師的一大難題。同學以及老師每天都是八時開始踩車直至下午四時，之後你以為能休息就大錯特錯了。回到酒店才是真正戰爭的開始，由於每間酒店只有一台洗衣機，同學以及老師必需馬上脫下身上濕透的衣服，並放在一起，之後衝到大堂佔用洗衣機，要不然便要等到晚上才能放進洗衣機，大大減少了休息時間，可謂分秒必爭。



同學的話

環島遊絕非易事，試想平日一天踩三十公里的單車，已經要呼天搶地了，當從單車上離開時腳踏實地的感覺更加深，腳傳來的無力感實實在在地告訴你受不了，但環島遊的同學每天平均要踩一百公里，更是在烈日當空中連續十二天的旅程，問到同學是如何完成這非凡任務，同學給予了一個字——捱，到底這個字有什麼的力量？究竟事前準備有沒有用，訓練有沒有幫助？同學笑言當然有極大的幫助，但到了台灣，始終與在香港的路面實地訓練有別，天氣、路面交通，距離都不同。訓練只能模擬不同情況，但現實還是需要變通。尤其同學談到在訓練中根本未曾嘗試一天踩一百公里，沒有經驗只好捱下去，談到既然決定了參加，就要有張飛在長板橋上大喝的男子氣概，即使多辛苦，也要捱過去，做個有擔當的大男人。



踏車途中，數名同學自發組成了破風小隊，為的是在苦中找些樂子，至於破風小隊的運作是同學輪流走到最前，後面的同學則緊隨其後，目的是為後面同學減輕壓力。同學笑言此事絕不簡單，必須成一直線，才能有顯著效果。由此可見同學的技術非常好，而且都願意犧牲自己，為的只是同心協力完成環島遊。



天氣不似預期，有一天下起雨來，同學卻感謝這場雨到來，這場雨不但沒有令同學感到煩躁，反而令同學感到輕鬆。下雨令炎熱的天氣降溫，而且他們終於有機會，趁着下雨不能繼續旅程，而得到喘息的機會。同學終於有機會與台灣那邊的領隊交流，同學說那邊的支援車會不斷播放音樂，但有點重複而且不太合他們的口味，於是同學便趁着這個機會，與他們說可否播放同學自己的音樂，那邊的領隊立刻說沒有問題，同學也能享受到自己喜好的音樂，這場雨也成為了同學與支援隊深入認識的契機，有些同學到現在還跟他們談天，保持聯絡，成為朋友。此外他們也顯示親切的一面，例如會請我們同學食雪糕雪條等，而他們並沒有責任請我們食，只是出於朋友的關心，令人感到十分窩心。在食雪糕的過程中，兩地人互相交流，無論是在音樂上面，還是在單車上面，大家都互相提出了自己的看法。兩地人的交流促進了大家的友好，也有助我們更加了解台灣的風土人情，增進了我們的知識。

在台灣的第一、二天，同學們紛紛都表示極度辛苦，和訓練的程度是截然不同的境界。有同學表示，在一些較為艱辛的路程，腦海裡甚至有一絲放棄的念頭，可是隊友的鼓勵都激發驚人的意志力，促使他們堅持下去，最終完成路程。



之後，他們堅持了數天後慢慢習慣了當地的天氣，可是旅途並不順利，有老師在途中因意外擦傷，更有同學在太陽暴曬下曬傷，令過程增加了幾分驚險。



在單車隊中的一位同學曾經產生了放棄的念頭,因為害怕路程艱辛,以及未知的危險,加上對自己的單車技術沒有信心,因此想著放棄。可幸有賴他的父母的支持和鼓勵,加上他的母親在凌晨時為他織護身符祈求他平平安安,令他十分感動,於是鼓起勇氣接受挑戰。

在環島遊的過程中經常會遇到上山的路程,經歷長時間趕路的同學大多數在上山的過程中因為體能問題無法繼續踏下去,要推車上山。那一位同學也不例外,受到體力不足問題影響。然而,就是他一直掛在車上的護身符成為了他堅持下去的動力。在炎熱的天氣下,最後成功跨越了一座座的山頭,完成了今次環島遊。

在踏上台灣的前夕,同學們都表示十分興奮和緊張,興奮是因為能第一次到香港以外的地方參加單車環島遊;緊張是因為不知道旅途會否平安順利。幸好有賴老師和教練穩定軍心,同學們才能鼓起勇氣支持下去。

聖類斯中學90週年慶典

單車環台之旅



5C 吳汝松 李煥皓 李益津 林澤海



相信大家一定聽過陳奕迅一首名為「單車」的歌，不知單車在你們心目中是怎樣的呢？

單車路上的高低起伏活像人生的影子。本校在七月中舉行了一次台灣單車環島遊以慶祝學校90周年校慶。我們特惠訪問了幾位參加老師和學生，跟大家分享活動點滴。

我校從不缺少運動健將，可是在近四十度的高溫下，在公路上天天踏八九十公里上山下海的路程，相信不是人人也能做到。然而，本校單車隊的成員卻成功完成路程，實在令人振奮，足以令我們為他們肅然起敬。

單車隊的成員並非如我們想像中都是經驗豐富的單車高手，有幾個甚至是因為想參加而接觸單車的初學者。因此他們在訓練期間都付出了更多的努力，只為了加入單車隊完成環台夢。

在訓練期間，教練都因材施教，例如體能和平衡力方面，都經過多番特訓，務求令同學成功完成任務。經過艱辛訓練後，支持下來的同學便入選單車隊，踏上台灣的旅程。

對於參加台灣單車環島遊，家長大多反對，後來在同學的堅持下，家長最終同意他們參加。

總編輯的話

光陰似箭，日月如梭，昔日的小子今日能當上博藝總編輯一職，我實在需感謝張老師及馬老師無比的支持與鼓勵。今期博藝在各位工作人員的努力下順利出版，內容生動有趣，充滿活力，包括單車環島遊，90周年開放日等，期望能夠為你帶來閱讀的樂趣！

5D 黃鈺筌

我想其實沒有誰真的會去看總編輯的話及委員名單這一頁，因為實際上這是博藝最沒趣的一頁。我原本作為讀者年年都會略過這部分。可是自從中四做博藝排版工作，到現在擔任總編輯的職務，我明白了其實幫手做博藝的同學及老師是花了很多時間及心機的。所以，如果你真的抽時間在看這一頁，多謝你，因為你這樣做算是對所有在今期博藝出過一分力的同學及老師的欣賞，並希望你喜歡今期的內容。

5D 宋士衡

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