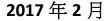
校訊 Newsletter 第十三期





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沒有最好 只有更好 我不是以為自己已經得著了·我只有一件事、 就是忘記背後努力面前

(腓 3:13)

#### The best does not exist, but the better is what we believe

校長的話 Message from the Principal

I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead

(Philippians 3:13)

各位同學,農曆新年剛過,本學年的時間就正好過半了,同學有沒有好好總結上學期,計劃下學期 呢?該怎樣總結,如何策劃呢?每個人自然有每個人的特點,而本校同學今年的共同方向就是學校本年 度的關注事項了:

- 1. 提升課堂教學與學習效能
- 2. 重視靈德教育與生涯規畫
- 3. 善用資訊科技與數據回饋

這個由學年初就能在網上看到的學校本年度的關注事項,不僅是個學校工作計劃,更是同學們今年 的目標:

學得好,必須上好課:同學都應該感受到,老師們很重視課堂教學,常常研究教學法,希望每位同 學都學得好。有時,學校會接待外賓觀課,主要目的不在於展示同學的成績與特長,而是借外賓的檢視 和提點,提高教學法,提升學習成效。不斷的研究,使得我們的學與教得到優化,效果不夠好的方法就 逐一淘汰變換。對中一同學來說,家長觀課該是比較新鮮的吧,剛升上中學,爸爸媽媽就來學校觀課, 看看老師怎樣教,看看你怎樣學,看看你的同學是怎樣學習的,這樣在學校轉一天,對學校,對子女都 清楚了,不管是溝通,還是要求都更有基礎。同學是不是覺得被觀課是個不錯的學習場境呢?

學習是主動的事,主動才能學得到本領,看到同學在課上踴躍發言時,就令人特別高興,因為投入 課堂,主動學習是提升學與教的最佳方法。我期望西英的同學都是愛上課、愛學習的孩子。

品格好,今年重威恩:我們不能選擇出生在怎麼樣的家庭,卻可以選擇做怎樣的人。學校期望同學 做好人,學校設定的六年循環品德主題是對同學的品格要求,缺一不可,每年強調一個。今年的品德主 題是「感恩」。過去的一個學期,老師們為同學準備了林林總總學習感恩的活動,帶領同學思考身邊所 擁有的東西都是得來不易的,要同學懂得感恩、懂得珍惜。其實,平凡的生活中就處處應該感恩:同學 有沒有想過每天還沒到七點,就有校工上班清潔校園,打點活動所需設備。同學回到學校、進入課室就 可以享用一切設備。當你不愁操場骯髒,安心把書包放置在地上時,有想過該感謝誰嗎? **科技好,善用促創新:**這幾年得到教育局的撥款,學校的資訊科技教學有了很大 的突破。在設施方面,學校已全面鋪設無線網絡;更換電腦室的電腦,讓同學上課 時更快捷接收信息,促進課堂效能。另外,全校課室的電腦設備亦大更新,又逐年 增購電子白板。借助於新科技,課堂更活潑,教學效能更高,同學逐漸愛上科技, 從活動中掌握科技新知。老師也經常帶同學出席各類型的科研座談會或參觀活動, 為同學創造更多機會參加相關的比賽活動,拓展視野,嘗試創新,經歷成功。比如 參加了由「香港腦科基金會」舉辦的「大腦與生活」短片創作比賽,及由「優質教 育基金」贊助的「正面網絡文化微電影大賽」等,同學都非常投入且獲得獎項的鼓 勵,更重要的是同學皆從活動中認識科技的知識及設計的樂趣。.

各位同學,學校的目標,學校的關注項目是遍及於每一個師生的,「一個都不能 少」。如果你在檢討中覺得有不足,甚至是有大缺失,那麼,接著來的歲月就必須急 起直追;已經做得不錯的,也不能自滿,不能懈怠,因為沒有最好,只有更好。正 如聖經說的,不要以為「自己已經得著了」,而要「忘記背後,努力面前」才是。



I think all of you have just experienced the festive atmosphere during Lunar New Year, which in turn means that half of the semester is already over. Have you reflected on what you have leant in the first semester and made a good plan for the second one? What conclusion have you drawn and what plan have you made? Each of us has different personalities, but the shared goals for our students are the main focus of our school this year:

- 1. Enhancing teaching and learning efficiency.
- 2. Emphasizing spiritual and moral education and career planning.
- 3. Making good use of information technology and feedback on data analysis.

Starting from the beginning of this academic year, we can catch a glimpse of the things we pay attention to this year on the Internet. This is not only the plan our school has made, but also the targets of our students this year:

#### Aiming at learning more, paying attention is the prerequisite

I think students should have known that teachers value the teaching during lessons, thus they do research on teaching strategies, hoping that each student can make good progress. There will be guests visiting our school and observing lessons from time to time. Our main purpose is not to showcase students' good results or speciality, but to enhance our teaching methods and efficiency through the inspection and feedback from the guests. By doing researches continuously, our learning and teaching can be optimized and the less efficient ones will be abandoned or revised. To the S.1 students, it is quite a new idea to have their parents observing lessons. Being a newcomer to this school, your parents come to observe your lessons and see how teachers teach you. What's more, they can also understand how you and your classmates learn. After spending a day at school, parents can gain a clearer picture of our school and have a better understanding of their children. This can enhance communication between parents and students and they both understand what are needed. Don't you think that being observed is quite a good opportunity for learning? When it comes to learning, students should take an active role if they want to make progress. It is really exciting to see students answering questions eagerly during lessons because great involvement in lessons and taking an active role in learning are the keys to boosting learning and teaching. I hope that our students enjoy having lessons and learning.

#### Instilling good personality and appreciation is the main theme this year

We have no choices on what kinds of families we were born in, but we can decide on what sort of people we want to be. We hope that students can behave well, so we have designed six themes in order to instill good virtues into students over a cycle of six years. We have high expectation on students and believe that all the six virtues should be possessed by them. We put emphasis on one virtue each year and the main theme is "appreciation" this year. In the past semester, teachers prepared a variety of activities on learning to appreciate others and teaching students to think about the things that they own are not easily acquired. Thus, students should not take these things for granted. On the contrary, they should appreciate and value the things they possess. In fact, there are many things we have to appreciate in our daily lives. Have you thought about the fact that our janitors have started cleaning the school campus and preparing all the stuff needed for different activities before seven o'clock every day? When students arrive at school and enter the classroom, they can enjoy all these things. When you put your schoolbag on the ground, not worrying about the fact that it is too dirty to do so, who are the people you should say thank you to?

#### Advanced technology and making good use of it for innovation

Our IT teaching has had breakthrough because of the grant given by the EDB in recent years. For facilities, we have wireless network which covers the whole school campus. Besides, we have replaced all the old computers in the computer room by the new ones so that students can get access to messages instantly during lessons which in turn may make the lessons run more efficiently. What's more, the computer devices in the classroom have been greatly ungraded and electronic whiteboard has been purchased each year. With the new technology, lessons are more interesting and teaching efficiency can be boosted. Students fall in love with technology gradually and grasp the updated IT knowledge through different activities. Moreover, teachers always bring students to attend different types of workshops or pay visits so as to provide more chances for students to take part in related competitions which may broaden students' horizon. They may become more innovative and experience success. For example, our students have joined the "Brain and Life" video making competition organized by the "Hong Kong Brain Foundation". Apart from that, we have also participated in the "Positive Internet Culture Mini-movie Competition" sponsored by the "Quality Education Fund", etc. Students actively get involved in them and are awarded prizes as encouragement. More importantly, students can learn more about IT knowledge through different activities and experience the fun that design brings them.

My beloved students, our school targets and the things that we put emphasis on should be shared by every teacher and student and no one can be exempted from them. If you find that you are not ready for the above or you are even left far behind them, you have to try your best to catch up with others. For those who have already done quite well, they should not be too proud of themselves which may make them sluggish as we know that the best does not exist, but the better is what we believe. Just like what the Bible said, "Do not regard myself as having laid hold of it yet", but to "Forget what lies behind and reach forward to what lies ahead"..



#### 家長日漫談 Discussion with parents on Parents' Day

















#### 探索升學路 Exploring the ways to further studies



# 老師了解「VR」教學成效

Teachers try to understand the effectiveness of "VR" teaching



### 音樂日展示同學學習的成果

Showcasing what students have learnt on Music Day























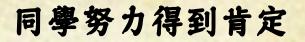












Students' hard work pays off



### 音樂藝術日圓滿結束

Music Day ends successfully



實習老師分享會

#### A sharing with student teachers



#### 元朗區學界越野比賽

Inter-school cross-country competition in Yuen Long



#### 健康快車步行籌款

Lifeline Express Walkathon





#### Students enjoy dancing

















### 同學英語日展才能

#### Showcasing students' talents on English Day























接待姊妹學校参加英語 日活動:英語舞台劇、英 語小組討論。 Welcoming our sister schools to join the activities on English Day – English musical, group discussion, etc.





#### 同學獲邀出席孫中山贈書會 Students are invited to take part in the Sun Yat Sen's book presenting meeting



# 「共學計劃」成效高,受同學歡迎

Students welcome the "Shared learning plan" which is very efficient



# 校長為同學上一節「寫作課」

Principal Kan conducts a lesson on writing



















Students learn to be leaders































### 同事尚禮帶小孩探望我校老師

Our former colleague, Zero, comes to visit us with his little baby



### 西英頻道傳信息

**Delivering messages through the GSLC channel** 



### 香港新彊內蒙交流團

An exchange tour among Hong Kong, Xinjiang and Inner Mongolia













#### 從軍訓體驗體驗粒粒皆辛苦

Students experience the hard work of farmers through military

training

















### 從廣西南寧之旅感受文化差異

Experiencing the cultural differences from the trip to Nanning,

Guangxi

















#### 桂林自然紀律環境保育之旅 A trip to Guilin on preserving the natural environment

















### 廣西河池兒童村義教之旅

Volunteer teaching tour to the children village in Hechi, Guangxi

















## 廣東從化義教之旅學習付出

Learning to give through the volunteer teaching tour to Tsungfa, Guangdong

















#### 北京歷史及科技之旅探索科學精神 A trip to Beijing on history and technology to explore the spirit of science

















### 台灣大學考察團

A visit to the universities in Taiwan

















### 廣西大學交流團

An exchange tour to Guangxi University

















#### 從澳洲之旅探索自然之趣

#### Exploring the fun of the nature through the trip to Australia















#### 從聯校貴州義教團學協作 Learning more about collaboration by taking part in the joint school volunteer teaching in Guizhou

















#### 中山國防教育訓練營 A visit to the training camp in Zhongshan to learn about national defense



# **貴州國情學習交流團**

An exchange tour to Guizhou to understand more about our

home country

















#### 尊重網上知識產權

**Respecting intellectual property right on the Internet** 













#### 學習環境規劃

Learning about environmental planning



### 建立警民關係

#### Building up a close relationship between police and citizens



#### 王良和博士漫談語文學習

A sharing on language learning by Professor Wong

Leung-wo



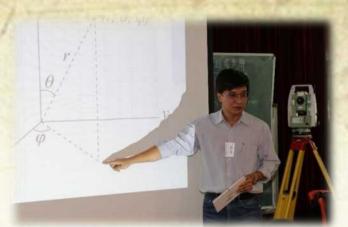
### 性教育工作坊

A workshop on sex education



# 城市規劃講座

#### A talk on city planning

















#### 甄沃奇先生談中文寫作

A sharing on Chinese writing by Mr. Yan Yuk-ki



# 社交媒體講座:保護自己

#### A talk on social media – Protecting ourselves



#### 生命教育「都是碌卡惹的禍」話劇

A play on life education - "Disasters caused by using credit cards"



# 「街頭音樂」生命見證會

"Music at the street corner" - a meeting on treasuring life





#### Inspecting the girl guides – simple but precise and solemn































### 基督少年軍立願禮——充滿主恩

The Boys' Brigade Vow-taking Ceremony – filled with God's

love































### 聖誕聯歡佈道會

#### Christmas gathering and gospel meeting



















- 你們要讚美耶和華 ! 在神的聖所讚美他 ! 在他顯能力的穹蒼讚美他 !
- 要因他大能的作為讚美他,按著他極美的大德讚美他!
- •要用角聲讚美他, 鼓瑟彈琴讚美他!
- Praise ye the LORD. Praise God in his sanctuary: praise him in the firmament of his power.
- Praise him for his mighty acts: praise him according to his excellent greatness.
- Praise him with the sound of the trumpet: praise him with the psaltery and harp.

#### 沐靈堂聖誕崇拜

#### Christmas worship at the Abiding Spirit Lutheran Church

















#### 沐靈堂活動剪影

Clippings on activities held by the Abiding Spirit Lutheran

Church















#### 韓國升學講座

A talk on furthering studies in Korea



# 元旦日當健康快車鴻盤宴義工

Playing the role of volunteers at the Lifeline Express on New Year's Day



### 與小學鄭校長專業交流

A professional exchange with Principal Cheng from a primary school



# 與內地及港澳青少年合作學習

#### Collaborative learning among students from China, Macau and Hong Kong

内地與港澳青少年遊學合作系列活動



### 師生家長共嚐盆菜

Teachers, parents and students enjoy a poon Choi feast together

















### 職員共享盆菜

#### A poon choi banquet shared by the staff













### 南山區老師到校觀課交流

Teachers from Nanshan pay a visit to our school

















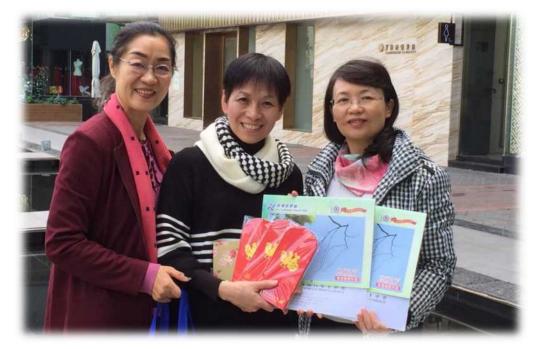
#### 何校長到訪我校支持講座

Principal Ho visits our school to support and conduct a talk



# 簡校送贈心意禮物予深圳姊妹學校

Principal Kan presents a souvenir to the sister school in Shenzhen



### 社會服務活動學關愛

#### Learning to care for others through social services











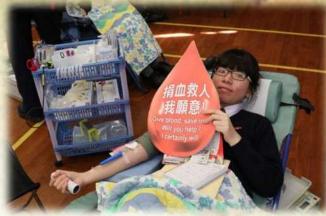






### 捐血活動在校園 Blood donation in the school campus

















### 同學體驗崇拜活動

#### Students experience how worship is conducted

































# 家長了解子女的校園生活

#### Parents get to understand their children's school lives

















#### 家長觀課日

Parents' Lesson Observation Day



#### 獎勵同學用心學習

**Rewarding students for learning diligently** 



# 「共享計劃,成功推行」

#### Successfully implementing the shared planning

















#### **樂在元宵節** Having fun at the Lantern Festival

















# 你的日子如何 你的力量也必如何

The way that you spend the days decides the strength you possess



廖淑怡同學獲「民政事務局多元 卓越 學金計劃 2015-16」,獲浸 會大學傳理學院取錄,四年免費 大學獎勵。

Zoey Liu is awarded the "Multi-faceted Excellence Scholarship 2015-16" by the Home Affairs Bureau and has enrolled in the Department of Communication Studies in the HKBU. She is entitled to four years' free university education.

5A 張凱雯、4B 蘇彤欣及 5D 陳瑋

樂,獲頒2016上游獎學金獎狀及

#### \$5000 獎學金。

Cheung Hoi-man (5A), So Tung-yan (4B) and Chan Wai-lok (5D) are awarded the Upward Mobility Scholarship certificate and a scholarship of \$5000





我們的同學在學界游泳比賽中獲得獎項 Our students get prizes in the Inter-school Swimming Competition



5D 陳瑋樂及 5D 余宗恆獲「政賢力量」主辦之全港傑出 學生榮譽,並獲主辦機構安排培訓。 Chan Wai-lok (5D) and Yu Chung-hang (5D) are presented the Hong Kong Outstanding Student Award organized by The Arete and they are taking part in the training course offered by it



同學們在中文大學創業研究中 心舉辦的「新世代學生 5C 能力 及開拓與創新精神」學習營,分 別獲得團隊冠軍及季軍,各得獎

狀一張

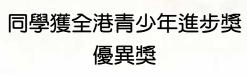
Our students get the team champion and the second runner-up in the learning camp organized by the Centre for Entrepreneurship of the Chinese University of Hong Kong











Students are presented the merit prize in the Hong Kong Teenager Progress Award





生物科同學在奧 林匹克生物比賽 獲得獎項 Students get prizes in the Biology Olympiad Competition



余同學獲得「杜葉錫恩教育 基金 2016」全港青少年進 步獎,獲頒\$1000 Yu Chung-hang is presented the Hong Kong Teenager Progress Award by the Elsie Tu Education Fund Limited and he gets \$1000



#### 同學獲國防實踐教育活動頒發優秀獎

Students are presented the excellence award in the National Defense Education Activity

#### 得獎消息:

本校5D陳瑋樂及校友郭文煒,分別取得由民政事務局主辦元朗區優秀青年中學 組及公開組榮譽,二人將代表元朗區競逐全港優秀青年獎項。

Chan Wai-lok (5D) and our alumnus, Kwok Man-wai, are awarded the Yuen Long Outstanding Youth by the Home Affairs Bureau in the Secondary and the Open category respectively. Both of them will take part in the Hong Kong Outstanding Youth Competition on behalf of Yuen Long



視藝科同學在全港中學「健康人生」繪畫比賽獲得優異獎 我校老師和同學也在「中國少年兒童美術書法攝影作品」中獲得獎狀 Students get merit prizes in the "Healthy Life" drawing competition. Our teachers and students are also awarded certificates in the "Chinese Teenagers and children calligraphy and photo-taking competition".



# 家教會與老師分享聖誕大餐

PTA members and teachers share a scrumptious Christmas meal together











# 家長細心烹飪美食, 與老師職員分享心



Parents prepare some treats to

share with teachers







### 師生家長歡樂一曰游

#### Teachers and parents enjoy a happy trip together





























#### 家長和老師為中六同學製作蝴蝶酥 Parents make some butterfly cookies for S.6 students



### 家長高興使用學校特製떬封包

Parents are glad to use the red packets prepared by our school



你們是世上的光 (YOU ARE THE LIGHT OF THE WORLD)