



路德會西門英才中學

Gertrude Simon Lutheran College

校訊 Newsletter

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校長的話

Message from the Principal

學會自律 管好自己
不要叫小看你年輕，總要在言語、行為、愛心、信心、
清潔上，都作信徒的榜樣。(提前 4:12)
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Learning self-discipline and having good self-management
Let no man despise thy youth; but be thou an ensample to them that believe,
in word, in manner of life, in love, in faith, in purity.
(1 Timothy 4:12)

各位同學，這幾個月的校園生活過得充實嗎？過得愉快嗎？有沒有因為學校今年的年題是「自律」而覺得處處受自律左右，不得自由呢？哲學家康德說過：自由不是隨心所欲，而是自我主宰。「自我主宰」指的就是「自律」。他又說：自律使我們與眾不同，自律令我們活得更高級……更自由。可見一個人有多少自由，正是取決於他有多自律。

有部分同學認為自己被每天的功課或沒有盡頭的測考所困住，失去了上網的自由、失去了逛街的自由、失去了談天的自由，也失去玩手機、電腦等等的自由。事實上，同學若能自律，功課不拖拉，每天迅速完成功課，這不單避免了老師的責罰，而且心靈舒坦，自由自在，隨己意安排大小活動；校園生活要多精彩就有多精彩，豈不樂哉？

自律是一種自主力。高爾基說：「最大的勝利就是戰勝自己。」自律是一種不可或缺的人格力量，沒有它，一切紀律都會變得形同虛設，只有學會自律，才能主宰自己，戰勝自己，獲得真自由。自律的同學會管束自己，毋須警察在場也遵守交通規則，毋須老師督促也好好完成功課，毋須父母強制就安排好使用手機的時間。

自律是快樂之泉。時時處處要守規矩，苦不苦？有人說：規矩都是被迫遵行的，哪能不苦？其實也不盡焉，關鍵在於你的態度。譬如呼吸、飲水和進食，這些都是生理需要，不能不做，不容選擇，你會因此而感到痛苦嗎？不會，相反，不少人視進食為自覺需要，精心策劃，細意安排，好好享受，從沒有被逼迫、受限制的感覺，對他們來說，進食是自願的選擇，是已經內化的自覺行動，是樂事。正如有些人手不釋卷，整天樂呵呵的，也有些人畏書籍如畏蟑螂，差異不在書本身，而在讀書人的態度。有的人通宵達旦看球賽、打機、砌模型、鑽研，捱更抵夜不以為苦，道理很簡單——「我樂意」，這就是「內化」。把「被迫」轉化為「自願」、「他律」就轉化為「自律」，快樂就隨之而來了。

真正的自律是一種信仰、一種自省、一種自警、一種素質、一種自愛、一種覺悟，它會讓你發覺健康之美，感到幸福快樂、淡定從容、內心強大，永遠充滿積極向上的力量。」同學，想得到這種力量嗎？想得到真正的自由嗎？想擁有一顆快樂的心靈嗎？想渴望一個健康的體魄嗎？看來，非得把自律的人格特質給學好。祝願西英的同學得到從上帝而來的幫助，經過個人的努力學習，都能鍛煉出自律的能力來。

Learning self-discipline and having good self-management

My beloved students, have you led a fulfilling school life for the past few months? Are you happy with it? Do you think that you are under pressure because our main theme this year is “Self-discipline” and you are not free anymore? Kant, a well-known philosopher, said that freedom did not mean that we could do whatever we liked, but it should be dominated by us. “Self-domination” means “self-discipline”. He added that self-discipline could make us outstanding. Thus, we could lead a more superior life and end up with more freedom. We can see that the degree of freedom a person can enjoy is decided by how self-disciplined he or she is.

Some students may think that they are confined by their daily homework or the countless tests and examinations. As a result, they are deprived of the freedom to go on-line, shopping, chatting with friends, playing and using mobile phones or computers, etc. In fact, if students are self-disciplined and do their homework instantly and quickly, they can not only avoid being punished by their teachers, but they can also feel at ease. They will be free to do whatever they like. Hence, they can lead a much more wonderful school life. Isn't it great?

Self-discipline is a kind of capability. This ability is neither inborn nor randomly found on the street by chance. However, it has to undergo practice and training. We have to put in lots of efforts before we can attain it. Students should not say that they cannot make it and just give it up. The Bible told us long time ago and said, “Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.” Therefore, you should not look down on yourselves, but follow the instructions from the Bible. Then, you may gradually develop and possess the ability on self-discipline.

Self-discipline is type of self-directed force. Gorky said, “Our greatest victory is defeating ourselves.” Self-discipline is a sort of human capability which is indispensable. Without it, the whole set of discipline will become totally useless. Only by learning to be self-disciplined can we fully get control of ourselves and conquer ourselves so as to arrive at genuine freedom. Students who are self-disciplined can control themselves well and comply with the traffic regulations even though the police officers are not nearby. What's more, they may finish their homework without any supervision from teachers. Besides, they can have a good time management on using their phones without being forced by their parents.

Self-discipline is the source of happiness. Isn't it painful if we have to be confined by all the rules no

matter where we are? Someone said that we were forced to comply with all the regulations, so it certainly led to suffering. In fact, it is not absolutely correct. It is solely decided by our attitude. For example, when we are breathing, drinking or eating, we don't have any choices but must do so because these are physical needs. Will you be in a painful situation when doing so? The answer is "No, we won't". On the contrary, many people think that eating is our daily necessity. Therefore, they spend time planning it, carefully arranging it and fully enjoying it. They never have a feeling of being forced and confined to do so. To them, eating is a voluntary choice and an internalized behavior which can be viewed as a pleasurable thing. For instance, some people enjoy reading so much that they are unwilling to put down their books. They can read their books gladly for the whole day. There are also some people who are scared of books and view them as cockroaches. The difference is not on the book, but on the attitude of the readers. Some people watch football matches, play video games, make models or study intensively without going to bed the whole night, but they don't think they are under torture. The reason is simple – I am willing to do so. That is what the word "internalized" means. We should change the feeling of "being forced" into the feeling of "willing to do so" and "being monitored by others" into "self-discipline". In that way, happiness is the result we attain.

Genuine self-discipline is a kind of belief, a type of reflection, a sort of self-warning, a kind of quality, a type of self-love and a sort of realization. They may let you discover the beauty of health. They can also make you glad, calm, unhurried, confident and full of positive energy to do better. Do you want to possess this kind of power? Would you like to enjoy real freedom? Have you thought of attaining a cheerful mind? Don't you want to have a healthy body? As we can conclude from the above, we must acquire the personal trait of self-discipline. I do hope that our students can get help from God. By means of putting in your efforts, you can develop and possess this valuable capability – self-discipline.



林宇齊先生分享心路歷程

A sharing on the psychological journey by Mr. Lam Yu-chai



大灣區港資企業探索之旅

The exploration trip to the Hong Kong enterprise in the Greater Bay Area



基朗中學校長帶同老師到訪交流

An exchange visit paid by the principal and teachers from
Kei Long College



教師 IT 工作坊

Teachers have to attend a workshop on IT



感謝英語音樂話劇一眾師生

Principal Kan is introducing and thanking the teachers and students involved in the English Musical



為同學創造科研活動空間

Creating room for students to conduct research



七一升旗禮活動

Flag-raising activity on 1st July



專家到校指導西洋書法

An expert is visiting our school and giving us instructions on western calligraphy



太陽能車與科研精神

Solar vehicles and enthusiasm on research



教師會議也學習

Teachers also have to learn at meetings



感謝張家友駐校老師分享教學心得

Thanking Mr. Cheung Ka-yau for stationing at our school and sharing his teaching experience



參與關懷活動樂

Participating in activities and showing care for others



神愛世人，甚至將他的獨生子賜給他們，叫一切信他的，不至滅亡，反得永生。

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

生物科考察日

Biology Exploration Day



網龍學習交流團

NetDragon Exchange Tour



校監校董出席教職員盤菜宴

Thanking our school supervisor and managers for attending the pun choi feast for teachers and staff members



校監為陳老師的初生嬰孩歡喜快樂

Our supervisor feels glad for Mr. Chan's newborn baby



富泰幼兒園結業禮

The Graduation Ceremony of Fu Tai Lutheran Day Nursery



你們若有彼此相愛的心，眾人因此就認出你們是我的門徒了。
By this shall all men know that you are my disciples, if you have love one to another.

我們一起悅讀的日子 2018

Our Pleasurable Reading Day 2018



暑期初中培訓班

Summer training course for junior form students



暑期英語聖經樂

A joyful summer Bible class



走出課室

Going out of the classroom



中一新生適應班

S.1 Bridging Course



師生樂在其中

Bridging Course – teachers and students are having fun



我校兩位老師主講新教師研習課程

Two of our teachers are hosting seminars for new teachers

2018年新教師研習課程——中學(包括特殊學校)

課節(九)

1. 家長工作與教學成效



2018年新教師研習課程——中學(包括特殊學校)

課節(十三)

2. 高效中文科教學策略

領袖訓練營

Learning perseverance at the leadership training camp



指導 DSE 成績卓越獎 2018

Rewarding teachers for their students having outstanding
DSE results in 2018



開學禮

School Opening Ceremony



領袖生就職禮

Inauguration Ceremony of the Prefect Team



家教會、校友會、學生會送上敬師的心意

The Parent-teacher Association, Alumni Association and Student Union are showing their respect to teachers on Teachers' Day



校長為老師準備敬師節的心意

Principal Kan is presenting gifts to teachers on Teachers' Day



AFS 計劃：意大利同學到校學習

AFS Scheme: An Italian student is studying in our school



潘步釗校長主持中文寫作坊

Principal Poon Po-chui is conducting a talk on Chinese writing



曾牧師分享生命故事

Pastor Tsang is sharing life stories with students



你們若有彼此相愛的心，眾人因此就認出你們是我的門徒了。

By this shall all men know that you are my disciples, if you have love one to another.

青春期保健講座

A talk on staying healthy at puberty



老師攜子女出席學校崇拜

Teachers are attending worship at school with their children



體育科老師專業發展

Professional development for PE teachers



認識如何推廣驗毒計劃

Introducing the drug test scheme



老師指導同學認識自己與考試關係

Teachers are guiding students to know more about themselves and the public examination



練書法 學修養

Practicing calligraphy and learning virtues



圍棋結合數學科學高階思維

"Go" combines high level thinking of Mathematics and Science



各項活動迎中秋

Different activities are being held to celebrate Mid-Autumn Festival



同學在主日崇拜後繼續學習

Students carry on with learning after the Sunday worship



要常常喜樂，不住的禱告，凡事謝恩，因為這是神在基督耶穌裡對你們的旨意。

Rejoice evermore. Pray without ceasing. In everything give thanks: for this is the will of God in Christ Jesus concerning you.

2018-19 年度運動會

The Sports Day 2018-19



家長校友齊參與

Parents and alumni are taking part together



師生同樂

Teachers and students are having fun together



國慶 69 週年升旗禮

The 69th Flag-raising Ceremony on National Day



深港三校共慶祖國生日

Three schools in Shenzhen and Hong Kong are celebrating the anniversary of our home country





國慶日講座：感謝胡少偉博士分享

Thanking Dr. Wu Siu-wai for conducting a sharing on National Day



國慶活動齊參與

Participating in different activities on National Day



無人機講座

A talk on unmanned aerial vehicle



松滋市實驗初級中學與本校締結姊妹校

Forming sister schools with Songzi Experiment Junior High School



講座：如何面對 DSE 挑戰

A talk on how to tackle the challenges from DSE



保俶塔實驗學校到訪交流

A visit and exchange by Baochu Pagoda Experimental School Hangzhou



同學們參與課堂

Students are taking part in lessons



成果共享

Achievement sharing



師生齊獲獎

Teachers and students are awarded prizes





家 校 活 動

Joint activities of teachers and parents

中一家長會

S.1 Parents' Day



家教會會議

PTA meeting



中六家長會

S.6 Parents' Meeting



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