



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

北京冬奧與承擔

並不是我們憑自己能承擔什麼事，我們所能承擔的，乃是出於神。
(哥林多後書 3:5)

Olympics Winter Games Beijing 2022 – Responsibilities & Commitments Behind

Not that we are competent in ourselves to claim anything for
ourselves, but our competence comes from God.
(Luke 16:10)

2022 年 2 月 4 日開幕的北京冬奧，迎來了 90 多個國家 2900 多名參賽者。這盛典的開幕禮適逢我的生日，感覺特別榮幸。但冬奧之棒，當然不在這巧合，而在於它處處表現了國家和個人的擔當。

2022 年 2 月，世界仍在新冠疫情肆虐之下，還有些人不懷好意的搞「抵制」，中國要奉獻世界一個「簡約、安全、精彩」的奧運盛會，一點也不容易。

「簡約」不是簡陋，所以追求「綠色」的同時，也配以高科技，處處體現舒適、快捷和賓至如歸：選手村的智能床、二氧化碳製冰、氫燃料車等等。開幕式也不豪華，但仍是精彩。

比「簡約」更難的是「安全」。北京冬奧實施閉環管理，參賽者乘搭的班機只接載參與冬奧的乘客，到達北京機場用的是專用機場大樓，核酸檢測後就在機場禁區內乘專車入住指定酒店，留在酒店房間內等候檢測結果。在冬奧閉環內，所住酒店、場地及所乘交通工具，也是在閉環內，既保證「冬奧」人員安全，也保證北京市民安全；雖然如此，所有工作人員及運動員仍要每天做核酸檢測以策安全，可謂細緻周到。

北京冬奧最精彩的不在於硬件設施，雖然它也收獲很多點「讚」，也不在於熱情的志願者和可愛的冰墩墩，而在於「帶動三億人參與冰雪運動」，我們好客，但不必討好，辦冬奧就是搞體育，建設場館不是面子工程，中國辦冬奧是推廣體育，是「利民」的事，這就是回歸初心，這才是最精彩。

中國兌現了自己的承諾，為世界奉獻一個「簡約、安全、精彩」的奧運盛會！體現了一個大國的擔當。

國家有國家的擔當；運動員也有運動員的承擔。單板滑雪男子大跳台金牌得主蘇翊鳴，是中國史上最年輕的冬奧金牌得主，當日他才 17 歲 362 日！他說他一直夢想 18 歲前能贏得金牌，現在夢想成真了。蘇翊鳴熱愛滑雪板運動，他說要盡所能表現好！作為運動員，熱愛自己的項目，成就自己的夢想，為國爭光，這就是擔當！

本屆冬奧最年長的運動員，49 歲的德國速度滑冰選手佩希施泰因 (Pechstein)，是位 8 度參加冬奧的女運動員，她曾獲 5 枚金牌的傳奇人物。今年再戰冬奧，雖然只獲第 20 名，但她認為成績不重要，能第 8 次參加冬奧賽事，又能代表自己的國家在開幕禮上擔任掌旗官，已感到自豪了。對這位「滑冰奶奶」來說，能否達到個人目標才重要。

兩位奧運選手：不論是年長的，還是年幼的，他們共同的特質就是盡力，為了自己的目標、夢想努力備戰，在比賽中盡所能完成賽事、享受賽事、尊重賽事。聖經說：「並不是我們憑自己能承擔什麼事」，能有機會上舞台，成為世界的焦點是因為有強大的力量在背後，個人只是舞台上的一個角色，努力做好就行。

國際奧委會委員、索契冬奧會冠軍張虹說，她有幸見證了北京成功申辦冬奧會和過去六年多中國冰雪運動發生的巨大變化，看到冰墩墩和標語「一起向未來」使她激動，因為她看到北京冬奧的魅力，這都不是憑個人的力量能成就的事。

眾人拾柴火焰高！「少年強則中國強」。我們有幸生於和平安定之中，見證着國家可以平視世界。我們除了享受前人的成果，也當要努力向上，做好自己、裝備自己，樹立理想，做一個有擔當的人。

Olympics Winter Games Beijing 2022 – Responsibilities & Commitments Behind

On February 4, 2022, the opening ceremony kicked off Olympics Winter Games Beijing 2022, gathering more than 2,900 participants from over 90 countries. I am pleased to say my birthday happened to be on the same day as the grand event. Of course, what the sparkles ignited is more than such serendipity – the national and personal responsibility behind worth attention worldwide.

As the world was still ravaged by the new epidemic, some chaotic "boycotts" happened at the same time, escalated the difficulty for the organizer to present the world with a "simple, safe and wonderful" Olympic Games.

Facing such challenge, the "Simple" here, meant a lot more than it was supposed to be. Placing great emphasis on high technology, China has successfully integrated efficiency and hospitality, to craft a nice, quiet and comfortable place to stay, and a place that feels like home to the athletes. In the athletes' village, you can find customized beds, while the natural carbon dioxide (CO²) refrigeration systems and nitrogen-fueled vehicles have been used at ice sports competition and training venues. Those efforts definitely set Beijing as a real game changer in the opening ceremony and the following events.

Moving to "safety", athletes who had undertaken PCR tests took a special car to check in the designated hotel in the restricted area of the airport. Then, they stayed in the room assigned to wait for the test results. The closed-loop bubble system of the Winter Olympics covering hotels, venues and transportation, ensured the safety of the "Winter Olympics" participants, athletes, media and staff, and the citizens of Beijing for the entire duration of the Games. Locked behind closed gates, all staff and athletes were required to undertake daily PCR tests, making the condition even safer.

The most wonderful thing about the Beijing Winter Olympics is something more than the cute official mascot "Bing Dwen Dwen" and enthusiastic volunteers, the effort spent on hardware facilities has been much appreciated. What matters most is the goal of "driving 300 million people to participate in ice and snow sports" has come true. We are pleased to welcome guests, but there is no need to please everybody. The first and foremost aim of hosting this international sports event is to encourage the public to develop an interest in sports, while boosting hardware facilities is a way to achieve the goal – "to benefit the people".

China did realise its promise to present the world with a "Simple, safe and wonderful" Olympic Games, demonstrating the responsibility of a great nation.

A nation has its responsibility, so as its athletes do. Su Yiming, the youngest Chinese

gold medalist of the Winter Olympics so far, won the champion in the men's snowboard big air event. According to Su, he had dreamt of winning a gold medal before he turned 18, and now his dream has come true. Su is passionate about snowboarding and what he did was to do his best in the competition. As an athlete, to love the sport playing, to achieve your dream, to honour your own country, this is what we called commitment!

Known as the oldest female athlete competed at Beijing Olympics, the 49-year-old German speed skater Pechstein became a legendary character playing her 8th Olympic games. Winning 5 gold medals before, this talented athlete ended up finishing with rank 20 this year. Even so, what she was proud of is to represent her country playing the role of the flag bearer at the opening ceremony. For this “skating senior”, it is all about achieving personal goals.

What I could relate on both Olympic athletes at their different life stages is, they tried their best to get prepared for achieving their goals and reach new heights when competing, with enjoyment and respect. As 2 Corinthians 3 said, “Not that we are sufficient of ourselves to think anything as of ourselves; but our sufficiency is of God,” Despite all attention people around the globe paid to China, the opportunity to be on stage was solely because of the supportive nation we belong to.

The Olympic Winter Games Sochi 2014 champion Ms Zhang Hong said she was grateful to witness the success of Beijing winning its bid to host the Winter Olympics. As one of the International Olympic Committee members, she was proud of all those tremendous changes made in China's ice and snow sports over the past six years. Also, Zhang was excited to see the “Bing Dwen Dwen” and the slogan “Together for a Shared Future”. What she eyed on is the charm of the Beijing Winter Olympics, which can never be achieved by one man’s effort.

We are stronger together. Strong youths make China better. It is fortunate for us to be born in an age of peace and stability and to witness that our country is receiving international attention. Apart from enjoying the achievements of our predecessors, we have to strive for excellence and equip ourselves so as to be called a person who is accountable.



教師研討會

Seminar for teachers









各級級會老師鼓勵同學「疫」境進取

Teachers from each form are encouraging students under the pandemic



馬浚偉主持校長、副校培訓講座

Mr. Steven Ma is holding a Professional Development Programme for principals and vice principals



嘉賓參觀校園

Guests are visiting our school





為同學打氣

Cheering for Students



健康校園禁毒講座

“Anti-Drug Talk” held under Healthy School Programme





劍擊活動

Having fun in fencing



內地科研專家到校主持「科創大講堂」

Research and technical experts from the Chinese Academy of Sciences are holding "Science & Innovation Seminar"



感謝石磊及堯中華兩位科學家的精彩演講

Thanks to Ms Shi and Mr Yao for giving an insightful talk



科研人員參觀學校「科研工作坊」

Research and technical staff are paying a visit to the STEM Workshops at GSLC



IDEAQ 體驗課程

IDEAQ Experiential Learning



路德會學校教師發展日

Staff Development Day for Lutheran Schools





全方位學習週

Holistic Learning Week



同學動手動腦

Students are working hard to complete tasks



老師齊參與

Teachers are actively participating in activities



由課內到課外

Walking from classroom to campus



專題課程「創科講座」

Talk on “Innovation and Technology” in project-based courses



認識「茶道」

Introduction to Tea Ceremony



認識大灣區講座

The talk on “Knowing the Greater Bay Area Better”



參觀酒店學習日

A study visit to hotel



音樂日

Music Day



同學全情投入

Students are enjoying themselves





老師也粉墨登場

Teachers are also joining the students



于海將軍國情線上講座-我們的國歌

General Yu is holding an online lecture – Our national anthem



關潔文校長分享見證

Principal Kwan is conducting a gospel sharing on life



中六同學練英語

S6 students are practising oral English





同學體能訓練強身健體

Students are participating in physical fitness training to strengthen their bodies



校長與精神書局店主談閱讀

The principal is talking about reading with the owner of Spirit Bookstore



國家憲法日升旗禮

Flag-raising ceremony on Constitution Day



解放軍駐港部隊示範升掛國旗

People's Liberation Army Hong Kong Garrison is demonstrating flag-raising



教職員聯誼會祝陳老師 BB 快高長大

Staff Union is wishing Mr Chan's baby healthy



中六同學了解南京大屠殺的真相

S6 Students are learning the truth behind Nanjing Massacre



校友主持抗疫抗壓工作坊

An alumnus is leading a workshop on “Building Resilience and Stress Compression”



凡事包容，凡事相信，凡事盼望，凡事忍耐。

Beareth all things, believeth all things, hopeth all things, endureth all things.

主創藝術坊為同學送上聖誕禮物

Community Art is presenting Christmas gifts to students



校長也為老師準備聖誕禮物

Principal Kan is preparing Christmas gifts for teachers



學校分享「自主學習」教學模式

A sharing on “Self-directed Learning” teaching model



初中同學參觀天際 100 開眼界

Junior form students are visiting Skyline 100 to reach higher “heights”



中一至中四同學觀看聖誕福音話劇

F1-F4 students are enjoying gospel Christmas Drama



校長感謝一眾表演嘉賓(福音話劇)

Principal Kan is expressing thanks to guests giving students a wonderful performance







校長分享馬浚偉的生命見證，並代馬先生轉送聖誕禮物給同學
The principal is conducting a gospel sharing on life of Mr. Steven Ma and giving Christmas gifts to students on behalf of him



同學為禮物表示感謝

Students are expressing thanks for the gifts received



同學欣賞電影「一路瞳行」見證會

Students are enjoying screening of the film “Sunshine Of My Life” and gospel sharing



師友並肩為夢起航

Mentorship programme to set off for dream hunting



校長為中一級聖誕福音日致開幕詞

Principal Kan is giving the opening speech on Christmas gospel day



校長及老師帶領同學反思生命

The principal and teachers are leading students to reflect on life



同學主動分享學習心得

Students are willing to share their learning experience with one another



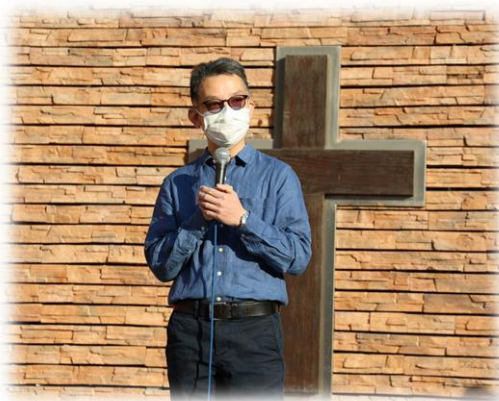
福音日分享會及大合照

Taking Group Photo after gospel sharing



早會點滴分享

A Snapshot during the morning assembly



中六大學面試講座

S6 students are attending a talk on preparation of university interview



嘉賓致送來的「福」

Guests are wishing “All the Best” to GSLC



自我形象工作坊

Self-image Workshop



中一級性教育講座

S1 students are attending a talk on sex education



楊牧師、李校長分別為同學主講崇拜

Pastor Yeung and Principal Li are hosting the gospel meeting for students



錫雄傳道及德育校長分享生命見證

Preacher Lai and Principal Lam are sharing their stories



疫情下的體育課

Physical Education Class under pandemic



從「筆跡看清性格」講座分享

“Handwriting to Reading Personality” Seminar



老師為同學的活動伴奏

Teachers are playing music instruments for students



同學通過互動劇場認識「清廉」

Students are learning about “integrity” through interactive theatre



學生寫揮春迎新歲

Students are writing Fai Chun as new year's greetings



學校與教職員聯誼會為教職員準備賀年禮物

Staff Union is preparing Chinese New Year gifts for staff



教職員喜迎新春

Staff are celebrating new year





疫情下同學通過線上進行升旗禮

Online flag-raising ceremony under the Pandemic

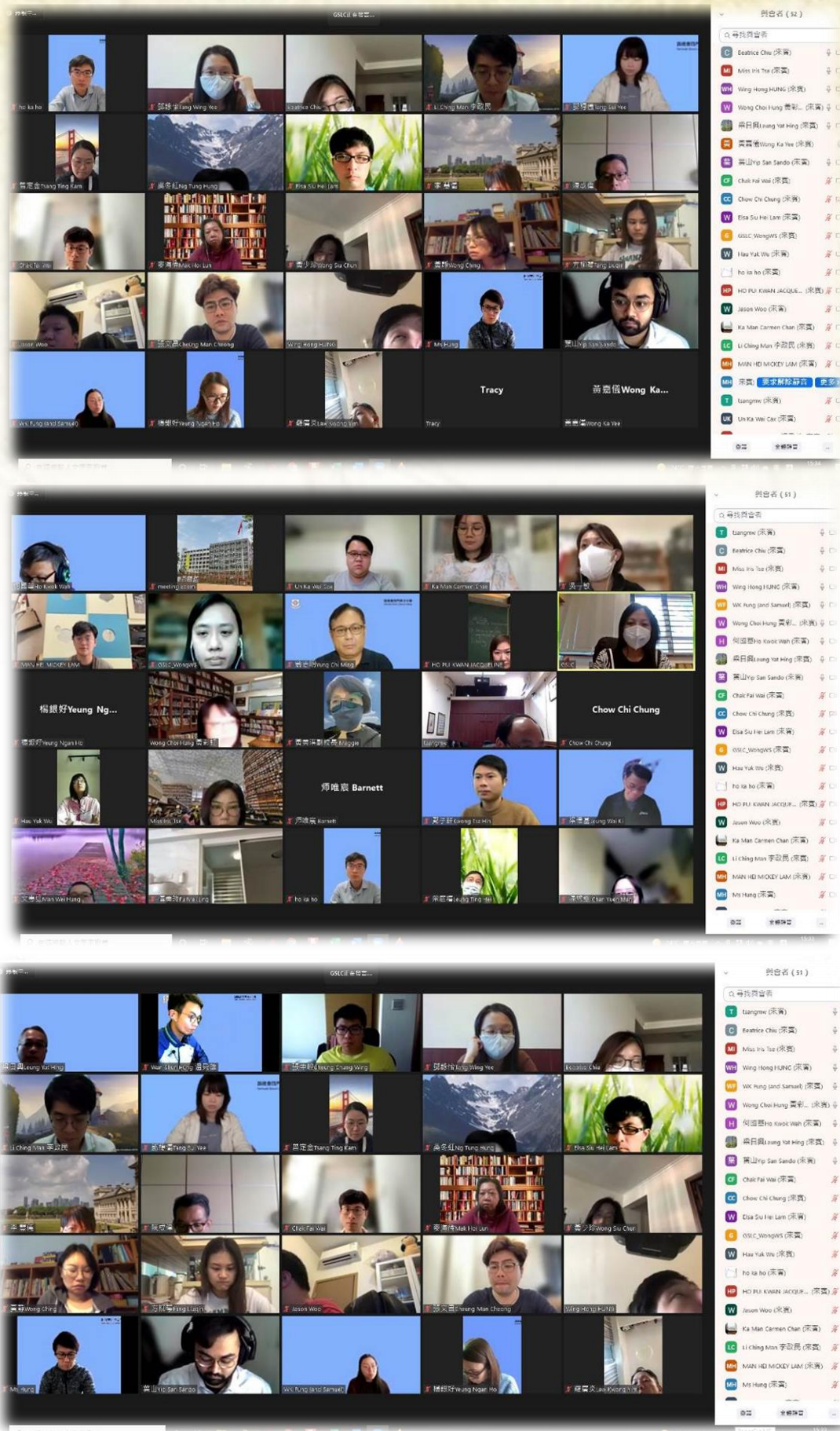


校長鼓勵職員、校工疫情下勤做運動及保持校園清潔
Principal Kan is encouraging staff and janitors to exercise regularly and keep campus clean during the epidemic



疫情下的網課

ZOOM class under pandemic



家校活動

Joint activities of teachers and parents

家長參觀學校

Parents are visiting our school



家教會委員會會議中交流

Members are sharing views in PTA meeting



家教會主席支持義賣

PTA President is supporting the charity sale



你們是世上的光

(YOU ARE THE LIGHT OF THE WORLD)