



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

矢勤矢勇 盡心盡力

殷勤人的手必掌權，懶惰的人必服苦。

(箴 12:24)

Vowing to be industrious wholeheartedly and devotedly

The hand of the diligent shall bear rule: but the slothful
shall be under tribute.

(Proverbs 12:24)

各位同學，上學期已經結束，農曆戊戌年也步入了倒數階段。一年將盡，正是盤點檢討的好時機：在過去一年，我有沒有勤奮向上，勇往直前地完成自己訂下的目標？有沒有盡心盡力地完成任務，做好該做的事呢？

「矢勤矢勇，盡心盡力」是我們做任何事的必須心態。「矢」就是立誓的意思，代表有必須完成的決心，不懶惰，不退縮。同學每天要應付課業、要應付溫習的同時，更要出力抵擋身邊的引誘，這也是人人求學時必經的歷程。學習如不抱著殷勤的態度，又怎能得到甜美豐盛的知識碩果呢？王國維在《人間詞話》中提到治學有三個境界，第二境界為「衣帶漸寬終不悔，為伊消得人憔悴。」為了求得學問，須得「捱更抵夜」，以致人也消瘦了。求學不僅要經過「衣帶漸寬」的勤苦學習階段，而且對「苦學」須有「不悔」的態度，才算是矢志不移。

常聽說人生就像「跑馬拉松」，這個比喻很貼切。在漫長艱辛的跑道上，或許我們曾有放棄的念頭，然而成功的跑手，必有堅持到底的決心，雖辛苦，但絕不放棄；雖落後，但絕不停步。「長跑」最怕「停」，一旦中途坐下，往往再無法重新起步；如果跑手怠惰，想歇一歇再跑，「一鼓作氣」的勁洩了，最終再也嚐不到勝利的喜悅。

聖經說「殷勤人的手必掌權」，這節經文中特別提到「手」，殷勤的人是親自一手一腳，埋頭苦幹把工作做好。不斷地付出，不斷地努力，以持之以恆的殷勤，來換取成功。古今中外的成功人士，都是殷勤工作的典範。愛迪生曾說：「天才是百分之一的靈感，加上百分之九十九的汗水。」據說，愛迪生為尋找能適用於燈泡的發光物料，共試用了六千多種物料，做了七千多次試驗才取得突破性進展。同學，你試過為一件事作了六七千次努力，直至成功嗎？

全球最大電子商務網站阿里巴巴集團創辦人馬雲曾奉勸年輕人思考三個問題：第一，甚麼是失敗？放棄就是最大的失敗；第二，甚麼叫堅強？經歷許多磨難、委屈、不爽，你才知道甚麼叫堅強；第三，你的職責是甚麼？比別人多勤奮一點、多努力一點、多一點理想，這就是你的職責。馬雲先生這番話不就是希望年輕人作一個殷勤的人嗎？

聖經說「懶惰的人必服苦」，有人說這裏的「服苦」是指以色列人在埃及人的手中經歷的苦，那是沒自由，受捆綁的苦。今天我所想說的是因「懶惰」而產生的壞影響，可以是生理的，可以是心理的，都會令你受到約束，不得自由。比如你因為懶惰而不保持運動，好好鍛煉身體，健康又怎會好呢？又比如同學若因懶惰而不好好準備考試，因害怕成績不理想而產生的忐忑必定縈繞不去。

特別是中六的同學，距離文憑試的日子不遠了，目前已到比賽的衝刺階段，你們的腦子裏應該只有一個信念——抱著殷勤的態度，再堅持一下！盡最大努力，向著標桿直跑，爭取最佳成績。殷勤人的必得到上帝的看顧。

Vowing to be industrious wholeheartedly and devotedly

The first semester is over and Lunar New Year is round the corner, it is really a golden opportunity for you to reflect on the things done in the previous year. You may ask yourself, “Have I been diligent enough to accomplish the targets that I have set for myself? Have I tried my very best to complete the missions and finish the stuff needed to be done?”

Bear in mind that the motto “Vowing to be industrious wholeheartedly and devotedly” is the mindset we must possess when dealing with anything under the sun. The word “vowing” shows our determination to finish something without slothfulness or flinch. Students have to deal with homework, do revision and even need to try hard to resist the temptations around them. Needless to say, these are the things which every student has to experience in their studies. If we don’t work industriously or concentrate on our studies, how can we reap the juicy and sweet fruit of enriching knowledge? In one of Wang Guowei’s writings, he mentioned three different stages concerning studies. In the second stage, he explained that we had to burn the midnight oil in order to gain knowledge. As a result, we lost weight and got thinner and thinner. During the arduous learning process, we should not only experience the fact that our bodies had become slimmer and slimmer which resulted in having clothes that were too loose, but we should also show no regrets towards the painstaking studies. That reflected our determination and perseverance.

I always hear people saying that lives are like marathon and this parable is the most appropriate. Along the lengthy and tough running track, perhaps we have thought of giving it up. Nevertheless, the successful marathon runners are those who possess great determination to finish the race. Even though it is hard, they will absolutely not surrender. Although they may lag behind, they will certainly not stop. The most horrible enemy of marathon is stop. Once we do so during the race, it is usually not that possible for us to run again. If runners tend to be lazy and want to take a rest, the urge to finish the race will disappear completely. Consequently, the joyful victory is far away from them.

The Bible said, “The hand of the diligent shall bear rule.” This verse especially mentioned the word “hand” which means that those who are diligent tend to finish the

tasks wholeheartedly all by themselves. With continuous sweat, efforts and diligence, we may attain success in the end. Successful people in the past or at present are good role models for those who work industriously. Thomas Edison once said, "Genius is one percent of inspiration and ninety-nine percent of perspiration." It was said that Edison had tried more than six thousand materials to make the light bulbs and conducted over seven thousand experiments before arriving at success. My beloved students, have you ever tried to spend six to seven thousand times doing something before reaching success?

Jack Ma, the founder of the world's largest e-commerce website -- the Alilbaba Group, advised young people to reflect on three questions. The first question is, "What is failure?" Giving up is the biggest failure. The second is, "What does tough mean?" You may get to know what it means after experiencing loads of sufferings, grievances and upset. The last one is, "What are your duties?" Yours are to be more diligent, more hardworking and with more dreams. Doesn't Jack Ma mean that he hopes young people may become industrious?

The Bible said, "The slothful shall be under tribute." It was said that the phrase "under tribute" here meant that the Israelis were tortured by the Egyptians – total loss of freedom and the hardships of being tied up. What I want to tell you today is that the adverse effects caused by slothfulness can be physiological or psychological. Both can restrict you and deprive you of your freedom. For example, if you are so lazy that you don't keep on doing exercise to keep fit, how can you have a healthy body? If you don't work diligently to prepare for the examination due to slothfulness, your worries about getting disappointing results will stay with you endlessly.

It is especially true for the S.6 students as DSE is getting closer and closer and you are dashing to the finish line at the moment. You should only have one belief in your mind -- working industriously and persisting in doing so for some more time. You should put your greatest efforts in dashing to the finish line and try your best to pass the examination with flying colors. Those who are diligent will certainly be taken good care of by God.

走出課堂用英語

Using English out of the classroom



英語校園電台

English Campus TV



西英英語日

English Day at GSLC





教師也運動

Teachers also need to do exercise



BB 團契

Fellowship for Boys' Brigade



學校書展

Book fair at school



練書法 學修養

Practising calligraphy to learn cultivation



周日崇拜點滴

Sunday Worship



校外公開課

Lesson observation by other schools



運動推廣日

A day on promoting sports



校園健康講話

A seminar on health in the school campus



衛生署性教育講座

A talk on sex education by the Department of Health



到路德會聖十架學校開課

Conducting lessons at Holy Cross Lutheran School



IDP 升學講座

A talk on furthering studies by the IDP



不要愛世界和世界上的事。人若愛世界，愛父的心就不在他裡面了。

Love not the world, neither the things that are in the world. If any man love the world, the love of the Father is not in him.

同學感謝校長送的書本

Thank Principal Kan for the books



慶祝國慶午餐會

Lunch gathering on celebrating National Day



參觀城市大學動物大觀園

Paying a visit to the Animal - Art Science Nature Society in City University



黎錫華牧師分享見證

Gospel sharing by Pastor Lai Shek-wah



同學跨校學習

Students are learning at other schools



陳佩恩姑娘分享見證

Gospel sharing by Ms. Chan Pui-yan



校長團契

Fellowship for principals



懲教署許主任分享生涯規劃

Mr. Hui, a Correctional Officer, is conducting a sharing on career planning



生命講座

A seminar on life education



家長日

Parents' Day



新加坡南僑中學到訪交流

A visit paid by Nan Chiau High School from Singapore





中大教授帶您進入大灣區國度

A professor from Chinese University is bringing you to the Greater Bay Area



敬畏耶和華是智慧的開端，認識至聖者便是聰明。

The fear of the LORD is the beginning of wisdom: and the knowledge of the holy is understanding.

姊妹校交流

Exchanges between sister schools



暨南大學西英校友聚

A gathering of our alumni who are studying at Jinan University



早會點滴照

Snapshots during the morning assembly



中六級溫習照

S.6 students are studying hard



同學把書券轉贈圖書館

Students are donating book coupons to the school library



台灣玄奘大學

Hsuan Chuang University, Taiwan



圍棋班融入課室

"Go" is played in classrooms



校慶舞蹈日

Dance Day on School Anniversary









深圳鵬城軍訓團

Military Training Camp in Pengcheng, Shenzhen



廣西南寧和德天的文化及地貌探索之旅

The Exploration Tour on the culture and landscape in Nanning and detian, Guangxi



福建歷史文化及海上絲路考察之旅

The exploration trip to Fujian on history and culture and to the Maritime Silk Road



湖南省張家界長沙地質與環境保育之旅

The Conservation Trip to Zhangjiajie and Changsha, Hunan, on geology and environment



北京歷史與科技探索

Exploring the history and technology in Beijing



溫哥華文化認識及生活英語學習團

The Exchange Tour on understanding the culture in Vancouver and learning Living English



老山服務行滇港青少年雙向交流團

Service Trip to Laoshan – Exchange Tour between teenagers from Yunnan and Hong Kong



東京日語學習遊學團

Exchange Tour to Tokyo on learning Japanese



香港多元智能訓練營

Multiple Intelligence Training Camp in Hong Kong



南昌大學附中紅谷灘分校到訪

The Middle School Attached to Nanchang University Honggutan Branch is visiting us



嘉興市教師到訪

A visit to our school by the teachers from Jiaxing



東莞市教育集團到訪

An education group from Dongguan is paying a visit to our school



基督少年軍立願禮

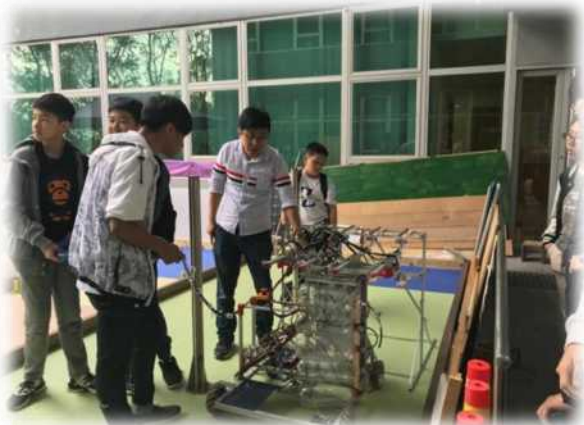
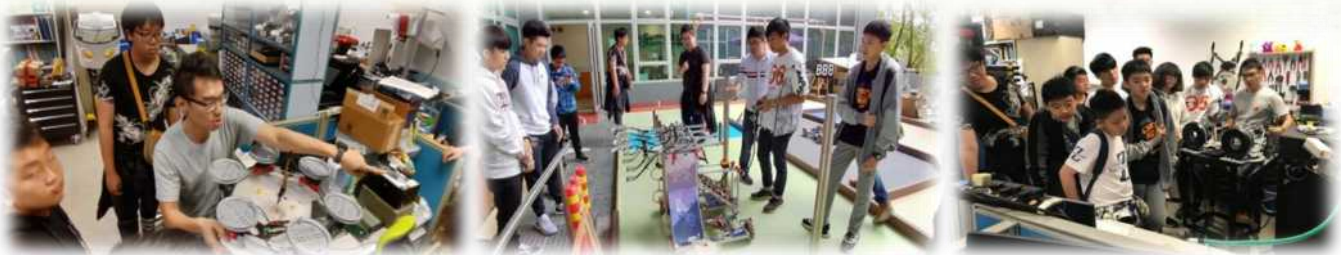
The Enrolment Service and Parade Inspection





參觀中大活動

Paying a visit to the Chinese University of Hong Kong



科研成果

Achievements on scientific research



聖誕互贈心意

Warm exchanges at Christmas



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.

聖誕節佈道會

Gospel preaching at Christmas



聖誕福音生活營

Christmas Gospel Camp





深港初中學生野外考察研習

Field trip study by junior form students from Shenzhen and Hong Kong





【STEM】知多少

Knowing more about STEM



成果共享

Achievement sharing







家 校 活 動

Joint activities of teachers and parents

小六及中一家長觀課

Lesson observation by P.6 and S.1 parents



養生舞蹈班

A dance class on preserving health



家教會製作蝴蝶酥

Baking butterfly cookies by the PTA members



家長送蝴蝶酥以鼓勵同學們

Parents are distributing butterfly cookies to encourage students to work harder



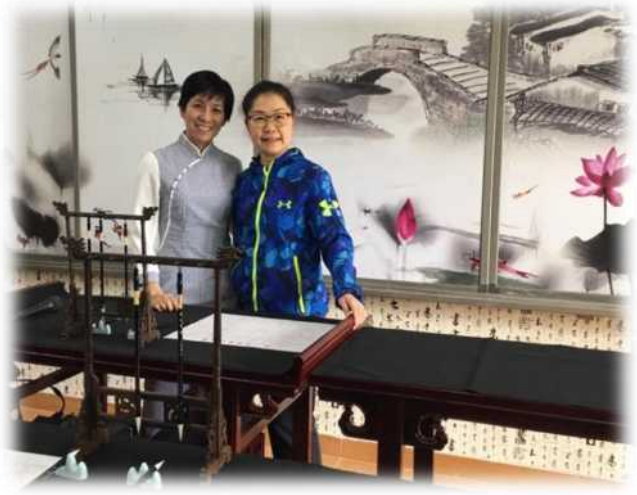
家長教師大會

PTA Meeting



校長與家長合照

Principal Kan is taking photos with parents



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.

家教會旅行

PTA picnic



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