



訊 橋 筭 灣 官 立 中 學

2017 至 2018 年度 第 1 期

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1. First Assembly Speech by Principal LEE..... P.1
2. Activity Highlights.....P.3
3. School English Programme & Reading to Learn Programme....P.5
4. 校外比賽.....P.7
5. 其他學習經歷.....P.8
6. 德育及公民教育組.....P.9
7. 學生輔導組.....P.12
8. 社會服務組.....P.13
9. 環保教育組.....P.13
10. 學會活動.....P.14

1. First Assembly Speech by Principal LEE on 1 September 2017

Good morning, my fellow colleagues and my dear students. With two severe typhoons behind us, I woke up this morning with a scent of sunshine and freshness, feeling delighted, energized, and grateful for a fruitful school year to come. I hope everyone had a wonderful summer, and spent some quality time with your family and loved ones. I'd love to take this opportunity to welcome you all back to the campus, and I look forward to spending a meaningful year with everyone of you. To the new members of our big family, our S1 students, we are very excited that you are here with us today, and we cannot wait to show you around the campus, and help you integrate with this big family.

Despite many upcoming fun activities and learning opportunities which we are all looking forward to, this year is not coming to us without challenges. To the new teachers and our S1 students, there is a completely new environment and a new routine for you to adapt and get used to. To our S4 students, there are new subjects under the DSE curriculum that you will start to concentrate your study on. And needless to say, to our S6 students, there is an important exam awaiting you to conquer. For myself, my son has just moved to the United States for his job, which is also a big challenge for me, my wife, and my family to cope with. And I want to take a few minutes to look deeper into the word, cope, C, O, P, E, to see if we can get any insights to cope with obstacles that we face every day.

First of all, C, challenges. Indeed, we all face different challenges every day. At school, you might find it difficult to memorize new vocabulary, to learn a new mathematical formula and apply it on different questions, or to get to know the chemical reactions that are happening inside your body. After class, you might feel challenged with the new roles that you have taken on in the house committee, in the student association, or in a sport team, just to name a few. At home, you might struggle with finishing piles of homework, readings and exercises, or you might struggle to communicate effectively with your parents and other family members. Undoubtedly, being a teenager is not an easy task. Trust me, I was once a teenager

myself many years ago as well. Being in your mid-teens means that you are constantly learning new things, gaining new knowledge and skills, taking on new roles and responsibilities, and growing mentally and physically to become an adult. Therefore, many of you might face many new challenges, those that you have never faced before, in your day to day life.

However, you can turn these Cs, challenges, into Os, opportunities. In Chinese, we often say “有危便有機”. Indeed, with every challenge we face, there is an opportunity for us to learn, to grow, and to develop. Once you are able to make a mental shift to see challenges as opportunities, you will start to embrace them. You will start to enjoy taking on new challenges and tackling them. You will enjoy overcoming obstacles to become a better self. As hard as it might seem when we face a new challenge, you will feel GREAT after you've overcome it, and turned it into an opportunity to grow! You will become more confident and more experienced, and you'll have more faith in yourself so you will be able to overcome the next challenge and seize the next opportunity that is ahead of you.

While it is easier said than done, there is a secret weapon to help you see challenges as opportunities. And that is P, positive thinking. Empirical studies have shown that optimistic people are healthier. They live longer. And they are more successful in their lives. Indeed, your attitude determines your direction. Once you start thinking positively, you will have more mental strength and power to deal with challenges. You will be more creative. You will start to develop small goals that enable you to reach larger goals. You will learn to get help and resources from your teachers, your friends and your family. But most importantly, when you happen to fall over small obstacles, positive thinking helps you stand back up and continue running towards your goals.

Therefore, positivity will ultimately empower you to reach your final E, excel. Mahatma Gandhi, a renowned Indian philosopher and activist, once famously said:

Keep your thoughts positive, because your thoughts become your words.

Keep your words positive, because your words become your habits.

Keep your habits positive, because your habits become your values.

Keep your values positive, because your values become your destiny.

Positivity and optimism do not only help you overcome one or two challenges, but they also help you learn and grow from your experiences. They enable you to seize the opportunities when they arise. They help you gain persistence and endurance. And ultimately, positivity and optimism help you excel in your studies and your life.

Therefore, in the upcoming academic year and many years to come, I hope everyone will be able to cope with challenges with the 4 letters of the word, COPE! Turn C, challenges, into O, opportunities, with a P, positive mindset, and you will then E, excel, in your life.

Thank you.

2. Activity Highlights

(I) 16TH Singapore – Hong Kong Exchange Programme

The Singapore-Hong Kong Exchange Programme was co-organised by Hong Kong's Education Bureau and Singapore's Ministry of Education. 13 S2 students visited 6 secondary schools in Singapore from 15 to 22 July 2017. 13 Singaporean buddies came to Hong Kong and stayed with their Hong Kong buddies from 4 to 11 November 2017 in return. This programme could broaden the students' horizons and enabled them to learn social and language skills. They became more aware of cultural differences.

Reflection from Wong Tsz Ying (3A)

After joining the Singapore-Hong Kong Exchange Programme, I learnt we need to be brave and communicate with others effectively. I became more independent and confident. I had many unforgettable memories.



Parents, teachers, Singapore buddies and SGSS students (4 November 2017)



We Explore • Experience
• Enrich (5 Nov 2017)



We're friends forever!

Reflection from Chiu Ki Sang (3D)

I learned more about Singapore. Hong Kong and it have many things in common. For example, both of them have remarkable trade development and a variety of races. The race inclusion enriches the development of multi-cultural society. Furthermore, all of us learnt from the centralized programmes the importance of teamwork and communication. We treasure our friendship. The more we communicate and work together, the more we understand our team members. I learnt more while I was studying in the secondary school in Singapore. I look forward to participating in more exchange programmes of this kind.



We gathered together to learn new things on 9 November 2017.

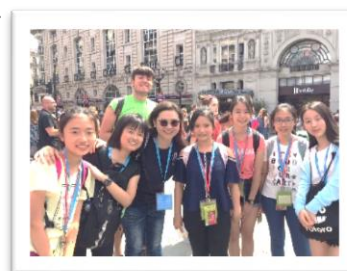
(II) Study Tour to the United Kingdom 2016/17

Back in July, we went on the Study Tour to the United Kingdom for 17 days. It was truly an unforgettable experience and we learned a great deal from it. At Oxford Brookes University, we had English lessons for three hours every day during weekdays. At first, we were quite nervous as we were the only Asian students in the classroom. All of our classmates come from other parts of Europe or South America. It was good for us, as we had no choice but spoke English only. It helped us improve our speaking skills. The native English-speaking teachers mainly focused on teaching oral English and vocabulary building. They were very kind and helpful.

In Oxford, we made some new friends. Everyone was trying to get to know each other and most students were rather reserved in the first week. In the second week, we started hanging out with our new friends. We had lunch and played football together. Towards the end of the tour, we exchanged our contact details with each other.



The excursions and Oxford walking tours were other highlights of our tour. In our spare time, we visited many incredibly beautiful places. The spacious British Museum houses artefacts from all around the world. The Lion King musical at West End was remarkable too. The three walking tours in Oxford also allowed us to appreciate the beauty of the city.



Different activities were arranged for us after dinner every day. Face painting and the Hunger Games were two of the most interesting activities. We had a blast! Simply type 'SGSS UK Study Tour 2017: Oxford Brookes University' on Facebook and you will see our beautiful pictures.

We are grateful for the opportunity to learn English in the Britain. We not only had fun in Oxford, but also in the dormitory with our schoolmates. It was a fruitful journey indeed!

The following are the team members of the UK Study Tour:

2A Fu Suet Ying	2D Zhang Xinyi
2A Yeung Lok Lam	3D Cheung Ka Ho
2D Au Chun Hei	3D Wong Chun Tung
2D Chan Wing Yiu	4D Ng Hoi Ying

(III) The Speaker 2017

3 students from Class 4B joined a writing and speaking programme called ‘The Speaker 2017’, which was jointly organised by the Cultural and Education Unit of Radio Television Hong Kong. There were 3 rounds of competition in the programme. In September, participants nominated by teachers in the first round were requested to write a speech entitled ‘Connect or Disconnect’ and deliver it in 1.5 minutes.

All the 3 participants focused on how the misuse of mobile phones widens the gap between people. They all thought the way to connect with our beloved ones is to disconnect from the bad practice of indulging in smart phones.

When students rehearsed for the competitions, students were more aware of conveying the gists of their speeches through intonation, use of gestures and postures. They gained more confidence in the Individual Presentations as part of the English Language School-based Assessment after taking part in ‘The Speaker’.



3. School English Programme and Reading to Learn Programme

(I) Human Library

To Inspire and Be Inspired: An inspiring training workshop

By Hans Chan (4D)

The programme ‘To inspire and Be Inspired’ was organised by Service Civil International. It focuses on leadership and life planning for young people. All 20 participants attended the Youth Leadership Training Workshop as the first activity of the programme at Youth Square in Chai Wan on 11 November 2017.

The Youth Leadership Training was divided into the morning and afternoon sessions. In the morning session, 20 of us discussed leadership under the guidance of Sam, who is a professional trainer from Sri Lanka. He defined leadership as the ability to influence others. We further discussed the importance of leadership and what makes a good leader.

After having lunch together, we continued with the afternoon session, which emphasized the importance of problem-solving skills. It is an essential to good leadership. With current issues in Hong Kong as examples, we learned that we should identify the problems before coming up with a solution.

The Youth Leadership Training Workshop was useful to all of us. As we discussed the social issues entirely in English, it was a great opportunity for us to practise our communication skills. Furthermore, we learned more about leadership and problem-solving skills. In addition, we had a chance to meet Sam from Sri Lanka. We knew more about different cultures and it has widened my horizons and enhanced my global vision. It was a pleasant experience overall.

The Youth Leadership Training Workshop is a prelude to two training camps in March and July 2018 and the long-awaited Human Library in mid-March. I look forward to joining these activities.

(II) Training Workshop

A wonderful leadership training workshop with Service Civil International

By Jasmine Kan (3D)

On 11 November 2017, I joined a leadership workshop organized by Service Civil International Hong Kong with my friends as part of the 'To Inspire and Be Inspired' programme. The workshop was led by Sam, a cheerful man from Sri Lanka. At the start of the programme, Sam and another trainer Pat taught us to say hello in different languages and body language. We became closer to one another after this activity. Sam first explained to us the definition of leadership and discussed with us some historical examples. Next, we were divided into groups to analyze what makes a good leader.

The most interesting part was having lunch. Before lunchtime, Sam suddenly gave us a problem to solve. He asked all 20 students to have lunch together. We were frustrated at the requirements. We had discussed the solutions for a long time and we could finally solve the problem – to go out, buy different food and eat together at the office of Service Civil International Hong Kong. We enjoyed the lunch and had a good time chatting together. After lunch, we were divided into groups again and discussed global or local social problems. Our group chose to analyze the uneven distribution of food in the world. We shared our thoughts to each other in the office after the discussion.

I learnt more about leadership and problem-solving skills from definitions and examples. I can also present an idea effectively through diagrams and clear explanations. Moreover, I learnt how to analyze a social problem thoroughly from different perspectives.

(III) S1 Visit to School Library

All S1 students visited the School Library on 12 and 13 September 2017. The Librarian Teacher, Mr Tang introduced the students to the facilities and regulations to help them utilize the resources in the Library for their studies. Students were also given a chance to share their views on what kind of place a library is and were encouraged to join the School Librarian Team. Students enjoyed and participated in the activity.



4. 校外比賽

(I) 第四十二屆青少盃排球賽

暑假期間，本校女子排球隊員參加由香港排球總會主辦第四十二屆青少盃排球賽女子高級組，取得季軍。

得獎隊員名單：

5A 郭宇嫣	6B 鄧樂希
5D 甄善瑩	6C 余勵彤
5D 譚曉晴	6D 周雪怡
6B 林佐蓉	6E 楊海沂



(II) 校際游泳比賽 2017/18

另外，本年度校際游泳比賽 2017-2018，本校游泳隊於男子乙組勇奪總冠軍。

得獎隊員名單：

3C 徐澍森	50 米自由式(冠軍)	4X50 米自由式(冠軍)
	50 米背泳(冠軍)	3B 黃柏熙
3D 留兆康	100 米自由式(亞軍)	3C 徐澍森
	200 米四式(殿軍)	3D 何展熙
4D 王梓安	200 米蛙式(亞軍)	3D 留兆康
		4D 王梓安



5. 其他學習經歷

(I) 增潤活動

本校其他學習經歷統籌組於上學年的下學期試後活動日舉辦多項活動，讓同學有機會接觸更多課外知識，擴闊眼界，藉此建立正確、積極的生活態度及價值觀。

(i) 7月4日(初中)

機電工程署為同學舉行一場能源效益講座，該署職員主要向同學介紹節約能源及可再生能源的資訊。同學們從中明白生活能源來之不易，要好好珍惜，不能浪費的道理，在此希望同學們為節約能源出一分力。



當日，本校也邀請香港會計師公會為學生舉辦一個名為「窮小子 富小子」的理財教育活動，會計師公會的大使利用多元化和互動的教材，引導同學們明白基本的理財知識和建立正確的理財觀。



(ii) 7月5日(高中)

土木工程拓展署職員到校介紹該署的工作及優化土地供應的策略，讓同學了解填海及岩洞發展的考慮原則，政府的發展計劃。同學對這些項目頗感興趣，踴躍提出問題，對本港未來發展項目甚是關心。

另外，本校亦邀請香港中文大學商學院來校為高中同學講解僱主對工商管理學生的期望及要求，讓有意修讀或從事這個行業的同學可以為未來做好準備，獲益不淺。



(II) 中一歷奇訓練營

本校每年為中一學生舉辦的歷奇訓練營，已於9月28至30日順利舉行。在三日兩夜的營社生活裡，同學不但要學習守紀律、自理能力，還要注意待人以禮的態度。而精心安排的歷奇活動亦加深了學生之間的認識，提升他們的自信心，其中尤以遠足活動最為學生津津樂道，此項活動讓身處大自然環境中的同學，發揮互助精神，透過互相合作，共同克服困難。在此希望新加入筲官大家庭的中一生好好裝備自己，勇於迎接未來的挑戰。



(III) 領袖訓練工作坊

本組每年均為各會社及學會幹事提供領袖訓練工作坊，旨在提昇學生對處理學會日常事務的實務技巧及擔任學會領導的信心。今年，學校邀請了東華三院越峰成長中心於 2017 年 10 月 17 日為 49 位同學舉行領袖訓練工作坊，內容包括培養學生的獨立思考能力，學習人際溝通技巧，以及設計、籌辦團體活動等能力。同學都能積極參與工作坊的各個活動，期望各會社及學會幹事能學以致用，各領袖能在多方面發揮領導能力，勇於面對各項挑戰。

(IV) 社際活動

本年度的社際球類比賽已於 9 月 25 日揭開序幕，各社健兒踴躍參與，比賽進行得如火如荼，尚餘兩場才圓滿結束，期待各社繼續為大家帶來一場場精彩的比賽。

6. 德育及公民教育組

(I) 早會分享—「京港澳學生交流夏令營 2017」

中六級陳樹燊、陸曉嵐、謝采怡、鄭樂琳及黃藝翔 5 位同學獲選於 2017 年 7 月 21 日至 27 日參加「京港澳學生交流夏令營 2017」。他們於早會分享交流之旅的精華，透過與北京、香港和澳門三地中學生交流、專題講座、一起參訪北京的歷史文化和現代化建築，加深對三地歷史和文化的瞭解。

同學心聲：「對我們而言，7 天的交流營能使我們與北京和澳門學生交流，無疑是一個十分難得的機會，也是一個寶貴的回憶。在這次交流營中我們深刻體會到讀萬卷書不如行萬里路的意義，在外遊的過程中，我們學到的東西很多都是在課本中學不到的，不只是知識，是要通過和別人溝通的技巧，才可更了解和尊重對方的文化，理解不同地方的特色。這次的交流營亦能使我們與北京和澳門不同地方的同學交流，同時又能加深對國家歷史文化以及各方面發展的認識，真是獲益匪淺。」

5 位中六級同學於暑假期間與京港澳學生交流，並於早會向全校分享心聲。



(II) 升旗禮

本校於 10 月 3 日舉行本學年第一次升旗典禮，並由校友會副會長文麗霞女士擔任旗下講話嘉賓。除全體師生外，另有 10 多位學生家長一同參與這次莊嚴的升旗儀式。

文女士當天於百忙中撥冗蒞臨本校，並藉著這次機會，以「學生應有的態度」為題作演講。她運用不同例子向學弟及學妹們闡釋面對學業、父母及生活時應有的態度，令同學獲益良多，終身受用。



校友會副會長文麗霞女士
擔任旗下講話嘉賓



李德輝校長代表本校向文
女士致送紀念品



家長踴躍出席升旗禮

(III) 「創科博覽 2017」探究活動

本組與資優教育組等組別於 9 月 29 日帶領中二級同學參加由團結香港基金主辦「創科博覽 2017」探究活動。活動主題定為「鑑古追今，開創未來」，以中華古代科技文明與今天中國創科成就為主軸，展現中華民族的智慧與氣度，古今傳承。《創科博覽 2017》展出近 130 項展品，其中 28 項是古代珍貴的創科發明。藉此展示出中華民族廣博的智慧與堅韌的生命力，加深認識國家的古今成就，分享身為中國人的驕傲。各同學分組輪流參觀五個展區，包括三大主題展區「天」、「訊」、「海」，以及「中科院互動展區」和「香港之光」展區，並參加不同主題科普講座，從而認識到國家的最新發展和成就。



中二級同學參加「創科博覽 2017」探
究活動，探究鄭和下西洋寶船設計



探究中國古代發明「司南」

(IV) 「回歸盃」第七屆全港學生中國國情知識大賽

本校中四級蔡佩珊、關浚鋒及陳嘉俊三位同學參加由教育局、香港大公文匯傳媒集團及未來之星同學會舉辦之「『回歸盃』第七屆全港學生中國國情知識大賽」，比賽題目包括中國國情及基本法。本屆大賽逾千條比賽題目由香港和內地知名專家、學者等組成的評審委員會審定，範圍涵括中國歷史、地理、文化、藝術和時事等，包羅萬有。在參加比賽的過程中，可提升學生對中國國情、歷史、文化及社會科學等方面的知識水平，培養學生常閱讀、多思考的良好學習習慣。



(V) 生命教育課

本學年循環周 B5 當天第 7、8 節為「生命教育」課節，時間為 80 分鐘。此課節目的是提升學生正面的價值觀和積極的健康生活模式，本年度主題為「正向新視野·突破迎挑戰」。



中一級歷奇教育營前講座

9 月 15 日舉行第一課節。各級主題如下：

中一級：中一級歷奇教育營前講座

中二級：訂立「正向新視野·突破迎挑戰」約章

中三、四、五級：「今生不做機械人夢想計劃」

中學巡迴分享

中六級：大學聯招支援活動



「今生不做機械人夢想計劃」

中學巡迴分享

10 月 13 日舉行第二課節。各級主題如下：

中一、三、四及五級：家計會「性教育講座」

中二級：統計處「統計講座」

中六級：大學聯招支援活動



家計會「性教育講座」



大學聯招支援活動



統計處「統計講座」

7. 學生輔導組

(I) 好心情@學校

本校輔導組與東華三院越峰成長中心合作，將於本年度舉辦一系列成長活動，讓學生關注情緒健康的重要性，並提升學生的抗逆力，培養正向思維。在11月舉辦的「正能量資訊站」展覽，學生認識了抗壓方法和處理情緒困擾的求助途徑。中心的導師還為學生預備了花茶，大家在午飯時間輕鬆悠閒地談天說地。最後學生寫下了互相鼓勵的字句，為校園注入正能量。



(II) 中三級朋輩輔導訓練工作坊

16位中三級同學於11月10日參加了一個朋輩輔導訓練工作坊。本組期望學生及早裝備自己，升上高中後服務同學，共同努力建立和諧的校園。學生表現良佳，即場設計了各種遊戲，亦嘗試示範帶領同學參與活動。同學的策劃力和組織力讓導師印象深刻。



8. 社會服務組

(I) 香港傑出學生義工獎勵計劃

中六丁班的黃藝翔同學經過多輪面試、篩選和評核後，於 2016/17 年度榮獲香港傑出學生義工獎勵計劃的十大代表之一。

計劃期間黃同學表現積極、突出，更在義工活動的環節屢次擔當主持活動的角色，而在最後的匯報、問答、評核環節，黃同學出色的表現亦使評審們留下深刻的印象，更在眾多組別中榮獲最佳匯報獎，實可喜可賀。



(II) 公益金便服日

我校全體員生參與公益金便服日 2017，一共籌得 \$31,836 善款，全數捐予公益金機構作慈善用途，幫助社會上有需要人士。

9. 環保教育組

(I) 參觀西區海水配水庫

為了讓同學了解香港發展岩洞和地下空間的發展機遇及明白可持續發展的理念，本校環保教育組及化學科於 2017 年 11 月 10 日帶領 18 位同學參觀位於香港大學內的海水配水庫。是次參觀，同學不但有機會了解水務署的工作亦能認識海水配水庫的發展與運作。



(II) 齊做慳神-節約能源活動

為了鼓勵同學養成珍惜能源的習慣，本組於 2017 年 10 月 10 日舉辦了齊做慳神的節約能源活動。透過網上互動遊戲，讓同學了解氣候變化和低碳生活。同學亦可與吉祥物拍照，承諾珍惜及善用資源，減少碳排放，共同節能，創建更好的未來。



10. 學會活動

女童軍

(i) 宣誓儀式

2017 年 9 月 29 日，本校很榮幸邀請到女童軍總會港島分區筲箕灣分區的總監——張小玲女士為我們 6 位成員進行宣誓儀式。

春去秋來，轉眼間，一年又過去。今年，我們 23 旅女童軍又再一次完成了八項綱領的挑戰。回顧過去，雖然大家還有改進的空間，但筲官女童軍這個大家庭逐漸壯大，茁壯成長。

韶光荏苒，能以女童軍的身份於這所學校服務最多也只有 5 年的時間，還望新舊成員於歡笑打鬧時，也不忘繼續朝八項綱領進發。



(ii) 香港青少年軍事夏令營

4E 范彩銀於 7 月 16 日至 30 日，在解放軍駐港部隊之粉嶺新圍軍營參加「香港青少年軍事夏令營」，學員需度過十五天無手機、無網絡的軍訓生活。雖然「與世隔絕」，但有軍體拳、隊列訓練、徒步行軍、軍艦參觀等各種精彩的活動，令軍營生活多姿多彩。同學在軍營裏練得一身健康的膚色，亦豐富了軍事知識，還有磨練了同學堅韌的意志和贏得真摯的友誼。



(iii) 童軍週年遠足

4E 范彩銀

2017年11月4日是童軍週年遠足的日子。秋高氣爽，最適合行山。男、女童軍和負責老師一共三十多人由寶雲道徒步前往香港仔郊野公園。

童軍給我的感覺是一個和諧、融洽的大家庭。難得的是，很多已經畢業多年的童軍師兄都抽空幫忙籌備、舉行是次遠足。在他們身上，我找到「一日童軍，一世童軍」的感覺。在遠足的過程中，不但能夠俯瞰大自然的景色，還能學習新知識。經過一些特別的景點，師兄都會為我們介紹。走著走著，有個別的童軍累了，在他身邊的朋友不但沒有繼續自己大步向前走，反而扶着他、陪伴他和照顧他。這種互相扶持的精神很值得我去學習。在途中休息的時候，補充體力的時候，大家都會得分享自己手上的食物。

經過一段時間，週年遠足順利、準時完成！可見童軍幹事們付出了很多時間和心機去計劃行程，他們達到及實行了童軍的誓言「準備」。

在這群童軍的身上，我看見很多優點……校友和幹事們都很有心去經營童軍，他們對童軍充滿熱誠，盡心盡力將童軍搞到有聲有色，而且很有責任感！而其他童軍亦都十分樂意配合，並互相幫助、扶持，面對困難一起迎難而上！

我希望女童軍的幹事也能像這班「老鬼」一樣，對童軍充滿熱誠，盡心盡力做到最好，做一個好榜樣給隊員學習。將女童軍打造成一個有歸屬感並且團結的大家庭。籌備、舉行不同範疇的活動給隊員參加，亦都希望隊員們能夠樂於配合，從活動中學習，從而培養良好的品德。

感謝童軍帶我親親大自然，遠離煩囂，享受戶外樂趣！

