



恩主教書院 VALTORTA COLLEGE

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校長的話

僕人領導

張世偉副校長在恩主教書院服務三十八年，培育英才，為本校建立了完善的制度和奠定了新高中學制的基础，貢獻良多。張副校長將於本學年完結後榮休，本人謹代表全校員生向張副校長致謝，祝願他退休後有更豐盛的人生，生活更多姿多采。

因為兩位副校長先後退休，法團校董會於今年一月委出副校長遴選委員會。經過遴選程序，委員會委任楊偉基老師和易浩權老師在新學年出任副校長。在過去十數年，楊老師和易老師抱著終身學習的精神，不斷接受專業培訓，在工作中尋求突破。最近兩位老師已完成教育領導培訓課程，定必能幫助他們更有效領導恩主教這個大家庭。

在新學年，兩位新任副校長將輔助校長帶動恩主教書院的發展，我們會謹記耶穌在最後晚餐中的教導：「你們中最大的，要成為最小；為首領的，要成為服事人的。」(路22:26)耶穌很清楚說出對領導者的要求，領導最重要是「服事」，專注別人的需要。否則，作領導的就會在承擔領導責任時，把領導任務與自己的需求混雜在一起，無法客觀清晰地判斷事實。

我們會持守天主的教導：敬畏天主、誠實正直、勇於改變、謙虛為懷。把天主的教導和我們的信仰連結在一起，成為僕人領袖，為大埔區年輕一代提供更優質的天主教教育。

葉德明校長

倫理與宗教科

中三級全方位學習活動

本年度倫理與宗教科參加了由優質教育基金贊助的「融入全球倫理於學校教育計劃」，成為二十多所中學中的其中一所夥伴學校。是項計劃的目的為透過教學與活動，讓學生了解全球倫理及其強調的品德價值，從而反思這些倫理價值與自己的關係。

是項計劃包括在初中各級進行正規的課堂教學、在學校的展板展覽，與及出外的參觀體驗學習。其中一項參觀體驗活動為中三級的全方位學習活動。是項活動分班進行，其中兩班到金管局參觀，了解全球貨幣政策與自己的關係；另外兩班到油麻地及佐敦一帶，體驗聚居香港的尼泊爾人的生活、文化與宗教活動。



同學認真地學習繪畫Hana圖案



同學體驗尼泊爾人的宗教文化



同學於金管局的展覽廳留影



於學校禮堂底的全球倫理展板

中四級服務學習計劃

為實踐耶穌基督的服務精神及配合高中的其他學習經驗，本校於中四級特別安排了專業社工於倫理與宗教課堂教導學生服務的意義與技巧。本年度的合作社工單位為救世軍大埔青少年綜合服務中心，整個活動包括8節課堂學習及2節出外服務，並於5月19日下午在學校禮堂舉行了分享匯報及展出同學的學習成果。



同學細心地向老友記說明遊戲的玩法



同學在匯報日中分享學習成果



同學與老友記一起唱歌



獲積極參與獎的同學與校長及社工合照

福傳周及社會服務團活動

2015年度福傳周——「真理」

一年一度的福傳周已於本年三月十六日至十八日舉行，主題為「真理」，這是為了回應天主教學校辦學的五大核心價值：真理、公義、愛德、生命、家庭。我們希望透過福傳周這個全校性活動，強調我們無論對人、對自己、或是對天主都要誠實。

為了讓同學更了解「真理」的意義，每天午膳時段都設有電台廣播，予學生一個平台透過大氣電波表達心聲之餘，亦透過心靈小故事的方式讓同學作心靈上的反思。學校又邀請了「靈火文化」機構到來擺放書展，提供機會讓學生接觸有關宗教的書籍及精品。此外，更安排了電影分享會，讓學生以輕鬆的方式研討主題帶來的反省。

為深化是次福傳周的主題，在周會內邀請到曾擔任亞洲青年節香港教區團青年代表彭震宇先生(祖雲尼)到本校與學生進行交流，分享他與主相遇的經驗，讓同學透過嘉賓的分享進一步反思「真理」對於面對生活的重要性。此外，我們於午膳時段安排了「貧富宴」活動，讓同學透過體驗認識「不公平貿易」為農民帶來的影響，從他們被剝削的情況反省自己應如何持守「真理」回應世界。

福傳周最高峰的時刻莫過於音樂祈禱會，是次祈禱會以輕快音樂的形式詠唱不同的短誦，透過音樂表達訊息之餘，亦希望帶領同學感受與主相遇時的喜樂氣氛。分享嘉賓伍允恆修士藉瑪竇福音「十個童女的比喻」的章節，指出我們在四旬期內為迎接耶穌的復活，應如何準備自己；修士亦透過個人信仰經驗，向同學分享自己與天主的關係以及自我省察的重要性。

最後，學校更帶領學生前往將軍澳聖安德肋堂進行「戶外拜苦路」，透過禮儀讓學生重溫基督的救世工程，默想祂的偉大，並配合日常生活作反省。



分享嘉賓祖雲尼先生在周會內分享與主相遇的經驗



福傳樂隊在音樂祈禱會內帶領同學詠唱短誦



公教學生於將軍澳聖安德肋堂進行「戶外拜苦路」



葉德明校長主持閉幕儀式

學生會活動



師生籃球賽除了能讓師生切磋球技，亦能增進師生的友情。同學通過與老師合作，領悟到比勝負更重要的體育精神。此外，校友、已離職老師回校聚首一堂，場面無比溫馨，為中六同學留下難忘的回憶。



超能力閃避球比賽於四月中舉行，傳統閃避球比賽結合新穎的超能力元素，更具趣味性，吸引不少同學到場觀看。



一年一度的四社歌唱比賽一如以往受同學歡迎。每位參賽者在同學及老師的支持下展歌喉，在舞台上大放異彩。



學生會與中文、英文學會合作舉辦Easter Egg活動，當中包括學術、智力、體能、團隊合作等不同遊戲，參與的同學都相當投入。



Dance Festival 今年加入全校運動元素，鼓勵同學和老師一同參與，體驗運動的樂趣。活動中，除了有精彩的舞蹈表演外，亦有全場同學和老師一起進行的熱身舞蹈環節，真正實行了全民參與。



今年的畢業禮中，學生會特地為中六同學準備拍照道具、佈置場景，希望能為同學留下難忘、與別不同的回憶。同學都把握最後機會，和老師、同窗拍照留念。



中六誓師大會為今年新設的活動，目的是激勵中六同學為文憑試積極備戰。當天，中六同學齊集天井，以回號、歌曲彼此鼓勵，且拍下不少照片，為中學生涯留下難忘的回憶。

Science Club--12th Infrastructure Building Competition for Secondary Schools

Ten of our Form 5 students participated in the 12th Infrastructure Building Competition for Secondary School jointly organized by IVE, HKU and the Hong Kong Construction Association. The nicely constructed bridge came with efforts and tears. Students had to prepare for weeks, starting from 25 raw wood sticks and a rough worksheet, before they assembled their bridges. Not only do they learn a great deal about bridge construction, but also do they learn to cooperate with their fellow teammates.

I am glad to have had the experience of participating in the 12th Infrastructure Building Competition for Secondary Schools. Through the competition, I learnt more about the principles of building bridges. Furthermore, the competition has piqued my curiosity on the application of Physics theories in my daily life. How to design an attractive bridge and adequate bearing capacity was a big challenge to our team. Also, I made some new friends through participating the competition and learnt how to collaborate with my teammates well. The competition also enhanced my time management skill since our team had to plan the construction of our bridge using only raw wooden sticks a few weeks before the day of the competition. All in all, the competition was both educational and fruitful in terms of personal and interpersonal development.

Kelvin C.M. Mak (5F)



I am glad to share this with you. The competition was a fantastic experience for our team. We had to use limited wooden sticks and glue to design a one metre-long 3D bridge. Not only did the design of the bridge plane challenge us, but also the connection between the two planes. Our team had to consider the vertical and horizontal forces acting on the bridge, as well as its torque. All in all, the competition was a great chance for us to apply our Physics knowledge and show our creativity.

Ma Chak Lam (5F)

I was happy to join the 12th infrastructure building competition. The competition is very meaningful to me because it gave me a chance to be an engineer-using my bare hands to build a bridge from scratch, making me realize that it is no easy task to be an engineer. In this competition, one might easily be confused about how to start and where to start. Don't worry, you should allocate your time carefully and discuss the design with you teammates. Don't imagine that you will finish your bridge in just one day. It is time-consuming to turn wooden sticks into the small components of your bridge. You can draw your design on large drawing paper in 1:1 scale. The drawing needs to include the top view, left side-view and right side-view of your bridge. A good sketch really helps you to measure the length of the actual wood needed. Also, don't be over-confident, students from other schools are extremely good at this competition too. So take part in the competition next year and stretch yourself!



Lo Tong Chun (5F)

Mathematics Games Day

Have you ever thought of “designing and playing mathematics games stalls”? Our F.1 students in groups of 3-4 designed Mathematics Stall Games related to specific Mathematics topics (1A: Fundamental Mathematics; 1B: Directed numbers; 1C: Using Algebra to solve problems; 1D: Introduction to Geometry). Two outstanding designs were selected from each class and the 8 groups held their stall games on the 6th Feb, 2015. Our NET teacher helped them by helping them with their English language skills in advance. On the Games Day, about 130 F.1 students filled the school hall with laughter and excitement while trying to solve the mathematics problems, and discovering some fascinating concepts in Mathematics. We hope that similar activities will be held in the near future so that more and more students can experience the fun of Mathematics.



Form 4 English Drama

In order to fulfil the requirements of the HKDSE English curriculum, our Form 4 students have completed one of their elective modules, Learning English through Drama. They had to produce a play on their own, from writing the script to making the costumes, props and set.

The Form 4 Inter-class Drama Competition was held on 14th March 2015. Everyone in the class was involved in the process. All the classes did their best and had an enjoyable morning. It was a valuable learning experience and a time for the class to bond and foster friendship, as well as showcasing their talents in performing arts.

Here is a list of the prize winners:

Best Actor : Jasper Tsang (4E)

Best Actress : Ma Ngo Yin (4B)

Best Supporting Actor : Chan Ka Kin (4D)

Best Supporting Actress : Tse Wing Yin (4C)

Best Set Design : 4D

Best Poster Design : Best Costume Design: 4A

Best Overall Play, Best Script and Best Special Effects : 4E

Congratulations to all the winners!



4B



4D



4A



4C



4E

恩主教書院家長教師會會訊2014-2015

主席的話

轉瞬間，已在家教會工作四年多，每年的會務活動，由籌備至推行，有賴葉校長、各位老師及家長委員的鼎力協助，特此衷心致謝！

為了培育孩子建立正向思維、自信及獨立個性，本會積極鼓勵家長們參與家教會活動、家長講座及工作坊等，以共同理念，透過家校合作，協助孩子定立目標，然後按部就班向前行，計劃好當天的事情，做好每一天。正如老子《道德經》所謂：「千里好當天的事情，做好每一天。正如老子《道德經》所謂：「千里之行，始於足下」，成就任何事情都必須從基礎點滴開始，吸收經驗，再接再厲，只要堅持信念，孩子的路會走得更遠，見識更廣。

來年本會將有多項活動安排，如有任何意見，歡迎與我們聯絡。

張桂玉



中六生畢業禮紀念品



家教會旅行



家長教師交流會



家長日 家長加油站



舊校服回收及轉贈



會員大會



家教會聚餐

家教會會訊



聯校家長講座



社區服務



陸運會家長教師接力賽



敬師日



家長工作坊