## SING BULLETIN issue #1







## 你不是真正的快樂?

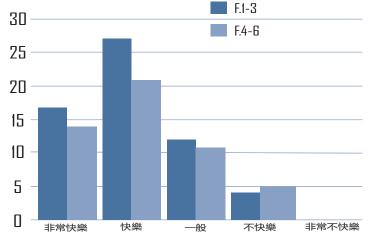
記者:曾智健 曾學斌 朱朗延 黃子勤 孔令璋 麥嘉良 李金鵬

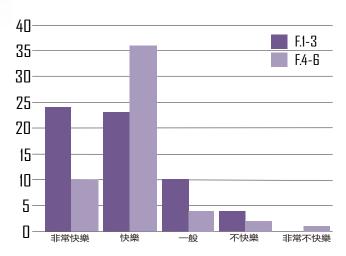
根據聯合國最新發表的《2013年世界快樂報告》顯示,香港在全球排第64位,快樂指數只有滿分的一半,相對其他發達國家屬於偏低的位置。不知聖言仔要面對測驗、考試等壓力,又會否覺得自己不快樂呢?

為了今次專題,我們在11月29日訪問了113人,其中60位是初中同學,53位是高中同學。

問題一:你過去一個月,生活得 快樂嗎?

根據是次的問卷調查,在四個選項中選擇快樂或非常快樂的佔總數約 七成左右,可見大部份同學認為自 己生活得快樂。





問題二:你認為聖言仔快樂嗎?

當問到同學認為聖言仔是否快樂的時候, 有八成的受訪者選擇正面答案,這或能反 映出受訪者認為在聖言生活是愉快的。

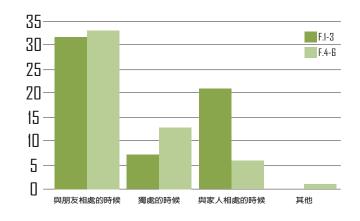
另外,低年級選擇非常快樂的有24人,而 高年級選擇非常快樂的只有10人,差距超 過兩倍,這會不會是功課或公開考試等所 帶來的壓力,導致這個結果呢?

問題三:過去一個月,你覺得在哪個時候是最快樂的?

調查顯示,有56%的受訪者選擇與朋友相處時最快樂,可見大部份聖言仔享受與朋友相處的時間。

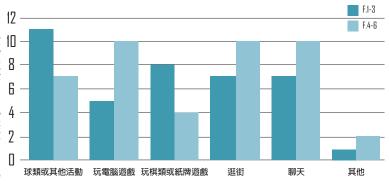
選擇與家人相處最快樂的初中同學,佔 初中受訪者三分之一,而選擇這個選項 的高中同學只佔十分之一。

至於選擇獨處最快樂的,高中的比初中的多出一倍。似乎隨着年紀的增長,同學更能享受獨處的時間。



問題四:你覺得與朋友一起做什麼事是最快樂的? (只供選擇與朋友分享為最快樂的同學作答)

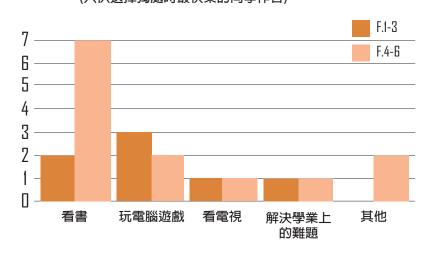
這題目我們分了低年級與高 年級兩個組別作分析。



相反,高年級的受訪者跟朋友一起最快樂的事便是聊天,其次才玩電腦遊戲,與低年級比較,他們似乎更着重朋友間有更深入的交流。

特別的是,選擇逛街的人數無論是低年級還是高年級都是較少的,可見喜歡在街上留連的同學並不多,這亦可能代表聖言仔不喜歡浪費時間在漫無目的的閒逛。

#### 問題五:你覺得獨處的時候做什麼事是最快樂的? (只供選擇獨處時最快樂的同學作答)

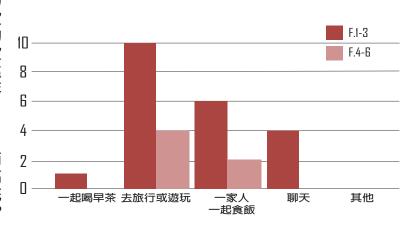


選擇獨處的同學中,初中的最多人玩電腦,佔四成三;高中的則有較多人三喜歡看書,佔五成三,之之一,求知的心相對增强了呢?

問題六:你覺得與家人一起做什麼事是最快樂的? (只供選擇與家人分享為最快樂的同學作答)

在選擇與家人相處最快樂的 同學中,大部份人認為與家 人一起去旅行是最開心的 事,但大家有沒有留意與家 人喝早茶甚至與家人聊天這 兩個選項中,低年級與高年 級的人數有很大分別。

初中的選這兩項的有10位,但高中的只有寥寥兩人。而選最喜歡與家人聊天的,高中同學竟然完全沒有。到底甚麼原因造成了這個現象呢?實在值得大家深思。



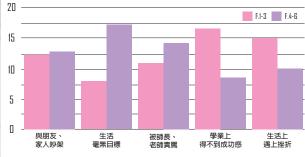


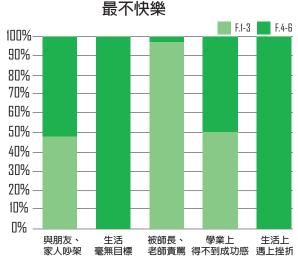


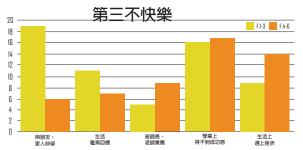
#### 問題七:你認為有什麼原因使你最不快樂?

令初中同學不快樂的主要原因是被師長責 罵,而學業上得不到成功感則位列第二, 兩者互相印證,看到最影響他們心情的, 應該是成績或在學校的表現了。而最主要 影響高中同學心情的,是與朋友吵架,比 對第三題的結果,高中同學最快樂的是與 朋友相處,這就不難理解為何最令他們不 快的就是跟朋友發生磨擦。對他們來說, 似乎生命中最重要的是友誼。

#### 第二不快樂







#### 總結:

調查結果顯示,聖言仔普遍都是快樂的,但不能忽略的是,有小部份同學認為生活並不快樂。如果同學們真的感到不快樂,請勿讓負面的情緒繼續影響你的生活;我校的老師及社工很樂意幫助各位解決問題;最後祝願各位聖言同學都可以成為快樂的人!



#### The Cersupervisor, Fr. Johnson

Extroverted, easygoing and considerate, this is our first impression of our new supervisor, Fr. Johnson.



#### **Background Information**

Fr. Johnson was born in a temple city called Madurai, Tamil Nadu, South India. India embraces a diversity of religions. Most Indians practise Hinduism while Islam, Christianity, Sikhism, Buddhism and Jainism are the other major religions. As Saint Thomas, one of the twelve apostles of Jesus, visited and preached Gospel in the southern part of India, there are many Catholics in this region. He also said all religions can co-exist in India peacefully.

Fr. Johnson said that the spiritual background of his family helped him to think about the religious way of life from his childhood onwards. The deep faith and prayer life of mother remained with him a source of inspiration to choose this way of life.

Immediately after high school education, he joined the seminary, SVD(Divine Word Missionaries). After he received his bachelor degree in science and philosophy, in 2003 he was appointed for the Overseas Training Programme in Hong Kong. However, he spoke Hindi, English and Tamil, which is a dialect in Tamil Nadu, but not Cantonese. He studied Cantonese in the Chinese University of Hong Kong for two years and continued his theology studies in Holy Spirit Seminary College, Hong Kong.

In 2009 he was ordained as a priest and served as Assistant Parish Priest at St. Edward Parish, Lamtin for three years. Now he is one of the members in our big family – Sing Yin. He helps Sing Yin on a daily basis and takes charge of the School Mass.



#### **Hobbies**

Fr. Johnson is also outgoing and sporty and he sometimes does exercise and plays ball games. He loves playing basketball, table tennis, tennis and cricket, which is very popular in India. He is so enthusiastic about sports that one time he even tore his ligament. He is also interested in our Teacher-Student Basketball Competition.

#### **Impressions and expections**

Speaking of Sing Yin Boys, he thinks that they are smart, polite and well-behaved, but not sporty enough. In the prize giving ceremony, he was proud of our academic achievements. Yet, he encouraged us to do more physical exercise and push our sports performance further.



### Sing Yin boys: How's Chloe's views on them?

Cheung Tsz Him
Law Cheong Lung
Li Man To

Often we feel nervous, anxious and stressful when we try to do something we haven't done before, don't we? Miss Cheung Sau Lan, Chloe, the new teacher assistant, as well as a chemistry intern teacher in our school, has never interacted with 40 students before. What does she feel then?

She thinks that Sing Yin boys are proactive and confident while encountering obstacles and challenges. "They will certainly be the driving force in the development of society in the future."

#### Find your way in a book

Miss Cheung loves reading herself. She does not find it hard to be an ERS conferencing trainer. She highly recommends us to read the book 'The Five People You Meet in Heaven'. It is a novel written by Mitch Albom. It is about a dead man meeting five people who gave comments on his life. Some of them are familiar to him, whilst some are not. The man finally realizes that a life can motivate another, and every little bit of love counts. He mentions, "every life has one true-love snapshot." "This is a really inspirational book. "She praised, "I'd recommend it to all of you." She believes we should be growing up in an atmosphere full of gratitude, so as to be a positive-minded person in the future.



#### What does she expect on us?

Maybe some wonder whether her job as an intern teacher is easy. "I've taught 4C for 3 weeks already. They are well-behaved." She answered with a smile. When asked if the students' performance in ERS conferences live up to her expectation, she tried to inspire a passion for reading among Sing Yin boys, "Practice makes perfect." Maybe she thought that we should not be satisfied with what we've achieved. Instead, we should focus more on how we can improve ourselves.

#### Chemistry vs. English?

Many schoolmates relate the job of being a TA with ERS conferencing. "In fact, I teach F.4 Chemistry also!" She said. She majored Chemistry in university, but she likes English as well. That's why she teaches both art and science subjects. Is teaching subjects of two totally different natures a great challenge to her? "Nope. The key is time-management." She replied, "As long as you have passion in what you do, stress would not be a problem." Last but not least, She encouraged us, "if you do the best, God will do the rest."



#### 松「栢」之後彫——專訪梁栢桑先生

學校工作

Sam笑言他剛剛加入聖言大家庭的時候,對學校環境及電腦設備不熟悉,令他感到困擾。幸得其他職員幫忙,他才能在短時間內適應。現在,Sam主要負責有關電腦的設備如投影機、電腦屏幕及音響設備等。

記者:蔡伯賢 胡戩康 李瑋略 羅竣之 余君致

#### 學習經驗

Sam主修及擅長於網絡建設方面。他認為軟件製作的工作太花時間而且傷腦筋,所以便選修網絡建設。曾為學生的他,除網絡建設外,還要攻讀程式編寫學,要花很多時間和心血與同學合作,將專題習作做到專業水平,最後都有不錯的成績,令他十分回味。

#### 動靜皆宜

別看Sam溫文爾雅的樣子,其實他喜愛打籃球。他父親當年喜歡看美國國家籃球協會的賽事,年少的他亦因此認識芝加哥公牛,而球隊中的洛文與別不同的形象則令他印象深刻。長大後開始接觸籃球後,他才發現洛文頭髮的五顏六色與是否籃球員無關。

#### 對聖言仔印象

問到對聖言仔的印象,Sam笑言聖言仔比自己乖巧而且自律,每天他都看見很多同學自發留校溫習。他寄語同學要保持這種學習氣氛,繼續努力。

#### 物理光輝路

#### 譚博文同學專訪

記者:潘頌韜、徐浩林

本校今年在課外活動方面取得極優秀的成績。當中最矚目的, 相信定是譚博文同學遠赴丹麥參加第四十四屆國際物理奧林匹克,並榮獲銀獎殊榮。究竟他是如何踏上這條物理光輝路呢?

譚同學小學五年級的時候在學校偶然得到一本叫做《黑洞與白洞》的物理書,當中講及的物理知識雖深澀難懂,卻勾起了他對物理學的興趣。升讀聖言後,他繼續在物理學領域探索,遇有有不明白的地方則主動請教老師,為他奠下厚實的物理基礎。

譚同學走向獲獎的路絕不易走,當中經歷密集式的訓練。而比賽中最困難的是,他要在一間 小房間裡進行連續五小時的實驗和拆解高難度的試題,身心都承受極大的壓力。所以,譚同學取 得如此優良的成績,實在不簡單。

賽餘時間,譚同學得以遊覽丹麥,當地寧靜的生活氣 氛,與香港急速的生活步伐大相逕庭。他更選擇了一個特 別的地方遊覽——墓園。因為墳場中埋葬了許多名人,例 如著名的童話作家安徒生、科學家波爾等等,可以讓他緬 懷一番。

最後,譚同學寄語同學要珍惜時間學習各種事物, 遇有感興趣的事就更應深入鑽研,向老師請教,一定可以 獲益良多。





# FUDENTS ASSOCIATION PORTING THE PART OF T

相信各位「聖言仔」都認為學生會是聖言最重要的組織。不知道 甫加入聖言大家庭的中一師弟對學生會又有甚麼看法呢?為此校報訪問了八位中一同學,了解他們對學生會及競選活動的觀感。



初次接觸學生會選舉的感覺很好,各個競選內閣設計的標誌及宣傳品都很精美,非常吸引。而就任後的學生會幹事們亦常常與我們中一的同學打成一片,給予我一種親切的感覺。另外,我認為學生會幫大家爭取的優惠有很多選擇,也能提供不少幫助。

我認為今年的學生會選舉氣氛非常好,舉辦的競選活動十分精彩,而派發的宣傳品亦有很多選擇,美輪美奐。再者,我亦認為各個内閣的幹事很熱心及盡心盡力地為各位「聖言仔」服務,實在值得嘉許。



## 1E

我認為學生會幹事應由負責任的高年級擔任,他們為學生爭取更多更好的福利,也宜多舉辦些供低年班同學參加的活動。我最喜歡的競選活動是參加的活動,因為這個活動能令我們更了解各個內閣的能力及其服務態度。

1E 關舜立

我認為學生會是一個服務同學的地方,為同學提供最好的福利。我認為學生會選舉最矚目的活動是政綱大會,因為我們可以從各個内閣回答大會所設的問題,以及他們回應其他同學的質詢之中,看見內閣的應變能力以及更了解各內閣的政綱。



不知大家又是否同意各位中一同學的看法呢?



## 生會

記者:林智浩 蘇慶鴻 盧煒鏗 王啓銓



1B 鄭駿華

我認為學生會是一個售賣各式各樣學習用品的地方,所售的文具價格相宜。而學生會最吸引我的地方是幹事們的熱誠。說起學生會選舉,我認為造勢大會比較重要,因為它可以帶動競選氣氛。而不同的午間遊戲活動則可以令中一同學更融入聖言生活。

我認為學生會是一個方便同學的地方,因為它可以提供影印、售賣文具等服務。最能影響我投票決定的競選活動是政綱大會,因為我們可以深入得知各候選内閣的政綱,也能從各個内閣的對答中了解他們的處事態度,從而考慮應選擇哪一個內閣。





我認為學生會除了為同學提供服務帶來方便 還會組織一連串的活動來為我們的校園生活增添趣味。

關於學生會選舉,我認為今年的競選氣氛很好,三個内閣都能保持良性競爭,我希望這種氣氛可延續下去。

我最喜歡的競選活動是造勢大會,因為各個内閣都會精心設計一些午間遊戲活動供我們參與,為我們提供了不少樂趣。宣傳品方面,我認為各個内閣設計的競選橫額及襟章都很精緻優美,我會把襟章好好保存作為紀念。

最後,我很感謝學生會為我們服務。





#### 「聖言仔」

向來很少自備飲用水上學,同學們 大都依賴學校的飲水機提供飲用水 或購買枝裝水,維持生活所需。但 近日來,我們聽見同學們慨嘆在飲

水上遇到不少困難。究竟在聖言校舍飲到一口清泉是不是真的如此困難?本報道將會為大家一一披露。



遷至新校後,各個樓層都設置了飲水機。從同學口中得知,他們都認為飲水機裏的水含有一股金屬味道,有時更有一些白色沉澱物浮現。而且樓層愈高的飲水機,相關問題就愈嚴重。同學們都有些擔心,表示如非急需,他們都不想飲用。

**户** 早前有同學向學校反映此問題,校方表示曾使用探測儀測試各部水機的樣本,情況令人滿意。經過我們查證,只要將水靜放一陣子,白色沉澱物就會消失,而水亦無同學所說的金屬味道。故此,同學大可放心飲用。

我們所知,水機的金屬味道是因為飲水機在暑假太久無人使用,所以水裏的重金屬累積在喉管內以致開學後飲水會覺得有金屬味。而學校已增加檢查及修復水機,並維持每三個月更換濾芯一次,這樣就可以維持飲水機的質素,令同學們可以多使用水機。



一方面,於2011至2012年度學期中,學生會曾推出售賣\$2 大服務,以應付新安裝的水機未能投入運作時,同學飲水的 水服務,以應付新安裝的水機未能投入運作時,同學飲水的 需要。而\$2水售賣便宜,抗衡通脹,故廣受同學歡迎。據 翁烈鴻老師所說:起初學生會只售賣三數枝枝裝水便利同學,純 屬臨時性質:由於銷售情況不錯,因此學生會愈賣愈多,每天可 屬臨時性質:由於銷售情況不錯,因此學生會愈賣愈多,每天可 以賣出三至五箱。

校方得知此事後,考慮到\$2水影響小賣部的營運收益,故於學期尾禁止學生會出售\$2水。小賣部售賣各式各樣的飲品,而小賣部售賣的水價格亦與坊間的相約,未能吸引同學購買,而銷售量約為每天二十枝,可見學生會售賣\$2水不會對小賣部購成太大利益損失。



要解決同學們飲水的問題並不困難。 同學們多帶水樽上學,在飲水機盛 水,便不必依賴買水以維持生活所 需,既可以省錢,也能為環保出一分力。



## 聖言中學問答隊: 卫 一樣的傳奇?

記者: 蔡伯賢 胡戩康 李瑋略 羅竣之 余君致

最近,聖言仔又在職安健常識問答比賽大演帽子戲法囊括冠、亞、季軍了!每當老師在早會與同學分享喜悦時,大家都會興高采烈地拍手吶喊,彷彿自己也是其中一員似的。聖言問答隊戰績如此彪炳,究竟它有幾多年歷史呢?又如何預備比賽的?比賽中又有什麼勝利秘訣呢?一切一切根本就是一個「謎」!

今次學生報記者請了問答隊的顧問老師—— 鄺偉誠老師,為大家介紹問答隊。他的深入分析 會使各位聖言仔對「謎」一樣的問答隊大開眼 界。



第十一屆全港中學中醫藥常識問答比賽榮獲冠軍

#### 謎壹:歷史背景

聖言問答隊歷史悠久, 創校之初已經成立。當時由已退休的劉培基老師擔任顧問, 他的 致力栽培使聖言問答隊很快已取得驚人佳績——國學常識問答比賽的三連冠, 實力毋庸置 疑。

鮮為人知的是,鄺老師也曾經擔任過問答隊隊長。當時有一個由香港電台電視部舉辦的大型比賽——校際時事及學術常識問答比賽。而該比賽更會錄影至電視台播映,場面震撼。現在我們仍可在Youtube 觀賞他們比賽的激烈戰況呢!



2013遊協通識盃中學校際通識問答邀請賽業獲冠軍

#### 謎貳:比賽預備

屬老師回顧多年來的問答比賽,範疇極之廣 闊,除了學術之外,還包括時事、政制、外交等 課堂上較少接觸的事物。為了學習各項範疇的知 識,隊員都要留心上課,並要關心時事,多看新 聞,從而了解身邊的大小事項。現今資訊科技發 達,隊員亦會充分利用互聯網的資源,好好準備 比賽。

謎參:勝利秘訣

屬老師認為隊員要對問答比賽有熱情,自發參加比賽,而且要管理時間得當以及對勝利 有無比執著。雖然每個人都有想「贏」的心態,可是鄺老師認為空想的人居多,能夠持之以 恆去準備比賽的人卻少之又少。而聖言仔一向都很勤奮好學,且一旦下了決心便能盡力做到 最好,所以這也是聖言問答隊的一大優勢。

所有謎團已經解開!各位聖言仔,你對問答隊的認識加深了沒有?你是否也想成為問答 隊其中一員,為聖言爭光呢?說各位聖言仔想參加問答隊的話,就前來找鄺老師吧!



What are the merits of Sing Yin over other schools? Mr. Wong answered,' Equipped with sophisticated environmental facilities, our school has effectively reduced the amount of greenhouse pollutants. According to a report produced by the government, the power consumption of our school is a lot lower than most Hong Kong schools. What's more, many of our students are thrifty with natural resources, which brings us the success of minimizing greenhouse gases. All these figures show that we are committed to environmental sustainability.'

Above all, each of us should live an eco-friendly life. A small step may be negligible, but if everyone is willing to take his, the progress will turn out to be great. So, Mr. Wong encouraged all Sing Yin students, 'Be green and the world will be saved in the end!'



# 14 NEWS

What is Clipit? The Clipit Competition is one of the activities held by the Education Bureau under the Native-speaking English Teacher (NET) Scheme. It requires each group of participants to create a short film on a certain theme.

### Clipa Cap

Wai Sze Hon | Yuen Wing Chung | Lee Kwan Ho | Lam Chun Yin n the 21st century, multi-media has become a new way to communicate with people. Teenagers sharing their own clips on the Internet is now a common way to express themselves. In the last academic year, two groups of our students did well in 'Clipt', a student-created film competition. They impressed the judges deeply with their marvelous film projects called 'Eggsperiment' and 'Molecular Gastronomy: Stimulation or Nutrition', which were awarded the championship and the honour of the second runner-up respectively. This time, we interviewed the champion team to learn more about their experience.

'We didn't expect to be the champions,' said Matthew, one of the participants. 'It was really encouraging to have such an achievement!' his groupmate added.

In the film 'Eggsperiment', what they use to illustrate complicated scientific theories like the Newton's First Law is not charts or formulas, but just red eggs for celebrating the birthday of a character in the video. And their innovative ways to manipulate the eggs also surprise the audience. The audience just can't help laughing and can't wait to see how they are going to play tricks with the eggs in the next 'eggsperiment'.

When asked about the source of inspiration for their work, they all smiled. They said they came up with the idea of their work by chance. 'When I was taking the MTR, the image of an egg crossed my mind. Then, we started to explore the possibility of conducting experiments with eggs,' one group member said.

The entire process of producing the short film took them almost two months. Throughout this period, they faced many difficulties, one of which was time management. 'We failed many times to finish the experiment, which meant we were almost unable to finish the project on time,' they said . Fortunately, they eventually overcame the challenge with their persistent efforts.

Apart from the title, they gained a lot from the competition as well.

'After the competition, I learnt about persevering despite hardship.' At the end of the interview, they also expressed their gratitude to all who had helped them, especially Mrs. Li, who had guided them to finish the project.



#### **Editorial Board**

Advisors Mr Wong Yat Kwong Mr Ng Chak Nam Miss Mang Choi Yu Miss Meryn Bulley Chief Editor Deputy Chief Editors 5A Tsang Chi Kin

5B Mak Ka Leung 5R Chu I nn Yin



聖言的新校舍已經啟用三 年了,但身為聖言仔的你 ,又有沒有走過學校每一

處地方呢?相信大家都因不能進入一些神秘地方而沒有吧。 但不要緊,現在就讓校報帶大家探秘新校吧!

記者 蔡嘉濠 蘇子軒 陳冠希





教員休息室(一樓)











地理室(四樓)