

# 動 向

2019-20



聖  
伯  
多  
祿  
中  
學



SHOT ON MI MIX 3  
AI DUAL CAMERA

賽馬會創意藝術中心展覽：「重新探索·屋企」  
本校學生麥鏘聰同學參展作品《窗內》

# 編者的話

真的很高興今年能夠成為《動向》的主編！對於從沒編輯經驗的我，剛擔重任有點緊張，後來慢慢和編委會同學交流並合作完成壁報和訪問後，我開始不那麼緊張，也學會了很多新的知識。

還記得第一次和編委會同學一起創作壁報宣傳《動向》時，他們熱情且用心的去構思，也願意花時間留校完成壁報，每個人都很積極和投入。

我也有機會統籌採訪，記得訪問師兄徐及人醫生時，我負責拍攝，其他同學協助錄影和訪問，大家分工合作完成訪問，也學到了很多有關醫學方面的知識。我第一次拿著相機拍照，感覺很新奇！

總括而言，成為《動向》主編讓我認識了很多同學和學到了很多知識。雖然因疫情停課關係，部分安排了訪問和內容被迫取消，但編委會仍勉力完成本學年的出版任務，希望能把《動向》做好。

4D 黃瑋瑩

## 聖伯多祿中學《動向》編委會

顧問老師：林璇蓉老師、劉倩姬老師、馬家恩老師、陳健瑩老師

主編：4D 黃瑋瑩 財政：4E 黃建銘

編輯：4C 蘇柏榮、3C陳文欣、李知航、黃泳儀

成員：1A陳芷諾、1B黃天恩、1D趙希懿、房鈞航、林柏羲、梁嘉冲、梁柏翹、梁禎、2A梁柏桐





# 從學到從醫

## 校友徐及人醫生專訪

### 校友簡介

在學年份：1976 - 1980

香港大學醫學院畢業

香港大學內外全科醫學士 MBBS (HK) 1987

英國皇家內科醫學院院士 MRCP (UK) 1990

英國倫敦皇家醫學院兒科文憑 DCH (Lond) 1993

英國格拉斯哥皇家內科醫學院榮授院士 FRCP (Glasgow) 2005

記者：5E張栢肇、林偉豪

攝影：4D黃琿瑩、4C蘇柏榮

撰文：5D梁銘熹



### 求學之途

徐醫生自小在聖伯多祿這大家庭成長，同為伯多祿傳人，他與我們的起跑線並沒有任何不同。徐醫生能夠學有所成，並非全憑天賦，在他迢迢學途上亦有艱苦波折，然而他卻從中汲取經驗，愈挫愈勇，力臻至善。他憶述：天有不測之風雲，在他考升中試當天，恰逢傾盆大雨，他始料不及，冒

雨趕赴考場，途中更不慎弄傷腿，因此在狼狽的狀態應考，期間又分神於傷口，狀態不佳，徐醫生未能獲得所期望之成績入讀聖伯多祿中學。他從中體會到事事應作充分準備，要為自己治「未病之病」，才可避免計劃趕不上變化，而令自己處於危難的局面，這道理適用於學習，同時亦是達成目標的關鍵和處世之道。值得我們學習的不僅是未雨綢繆的道理，還有徐醫生能在挫折中學習，汲取經驗的精神。一年後，他憑著毅力奮發向上，成功爭取轉回我校繼續學習。

## 杏林有感

徐醫生開診所執業逾廿八年，他認為從醫可以學以致用。「從醫是開心的，不會想停止的。」徐醫生指出所學習的醫科知識十分寶貴，能夠用自己的知識幫助病人，一方面會為自己在學習上掌握到知識而高興，另一方面會為病人獲得幫助而感安慰。從醫也是一門需要不斷學習的事業，隨著時代進步，醫學亦日新月異，因此自己需要不斷鑽研新醫學知識，尋找最適當的治療予病人，這亦算是盡己所能去幫助病人。

其次，徐醫生認為從醫工作既有趣，又有挑戰，很難令他厭倦。他經常接觸不同年齡、不同行業的人，聆聽他們分享工作或家庭事，像朋友般交流，讓他們建立亦醫亦友的關係。偶然還能認識新朋友，這是其他工作很難找到的經驗，所以徐醫生認為從醫有趣，並不沉悶。雖然徐醫生為病人治療的工作是嚴肅且嚴謹的，但他覺得問診時細心聆聽病人的分享，不但對了解他們的病情有裨益，更有助斷症，因為要留意病人一些細微的變化，方能對症下藥。若病情處於緊急狀態，更要與時間競賽，以其醫學知識應變，推斷出病源之所在，所以他認為從醫是頗具挑戰性的工作。



## 青年科學家計劃 ( Young Scientist Programme )



徐師兄在畢業之後，仍不忘投放時間精力於母校舊生會，作為伯多祿傳人，他覺得聖伯多祿中學是他第二個家，回到母校格外有親切感，而師兄也享受栽培學生的過程，他希望能夠為母校盡一分力。舊生會舉辦了青年科學家計劃的拔尖課程，以培育科普新一代的學子。徐師兄認為現時學生向上流動的機會較以往低，課程又較重視學生語文能力的培訓。遷到新校舍後，教學資源較以往充裕，所以舊生會投入資源舉辦青年科學家計劃的拔尖課程，讓學生能夠接觸平日難以見識的事物，透過科普範疇的拔尖計劃，照顧一些在語文能力上未盡善，但在科學領域上有天賦的學生，讓學生在未來選科時擁有更多的出路。

## 給師弟和師妹的話

所謂「修身、齊家、治國、平天下」，是《大學》提出彰顯明德的必經道路，要修身，則應「格物致知，誠意正心」。徐醫生認為這就是我們應該追求之事，我們在學校學的不應只是硬知識，更應是一種至善的學習態度以及明辨性思維。學習的第一步便是認真專注，深入研究課題有助我們打好基礎，繼而逐步深入理解。然後，我們應該學習明辨性思維，不應人云亦云，才能格物而致知。另外，我們亦應勤於學習，達到渴望追求知識的境界，不斷自我修正，這就是誠意，誠其求知之意，才可以正其心。先修身，從而循序漸進，達致大學之道，亦是我們在學校學習的目的。



# Career Leaders Training

## 9-13 December



In 2014, Gatsby Foundations and Sir John Holman launched the Career Guidance report which outlined eight benchmarks showing 'good career guidance in schools' and was piloted in 16 schools in the North East of England. Remarkable outcomes and impacts were shown. With great efforts in lobbying and advocacy, the Gatsby Benchmarks have been placed at the heart of the Careers Strategy since then.

In collaboration with NGO teams, namely Hong Kong Children and Youth Services and Hong Kong Christian Service, and The Chinese University of Hong Kong, CLAP @ HKJC has worked with Sir John Holman and Ryan Gibson to co-create HK Benchmarks (#HKBM), a self-improvement

framework of world-class standard, to cater for the needs and landscape of Hong Kong.

St. Peter's is honoured to be invited to be one of the very first six pilot schools in Hong Kong. We will shoulder the mission of uncovering more about the benchmarks by attending various workshops and conferences both locally and in England, in hopes of applying them onto our school's Careers Guidance Planning, and sharing the essence of what we have procured and been inspired with other schools in Hong Kong.

A total of 17 teachers from six pilot schools were nominated to the Career Leaders Training. We took the first three modules in Hong Kong and completed the remaining modules in Newcastle, where we also visited schools to learn from their experience and ethical practices.





*9th December 2019*

***Southmoor Academy***

Southmoor strives to consistently support and engage every student to understand and develop their future pathway and to confidently raise and achieve their aspirations in an increasingly competitive and ever-changing world. Mr Simon Wareham and his team shared valuable insights on how to incorporate career education and guidance in our everyday curriculum.

*12th December 2019*

***Castle View Enterprise Academy***

Castle View is one of the 16 pilot schools for Gatsby Benchmarks. Their vision is to provide good quality independent and impartial careers advice to students which inspires them and motivates them to fulfill their potential. We enjoyed presentations from their Career Leaders, Ms Emma McDermott, and Ms Anna Bevan. Students led us for a through school tour, too.

***Walker Riverside Academy***

Walker Riverside Academy aims to provide all students with a stable careers programme where an opportunity is given to prepare for the transition into the evolutionary world of work. They intend to raise their aspirations, improve social mobility, develop 8 employability skills and enhance knowledge of labour market information whilst providing them with the access to all career pathways. We had a wonderful lunch prepared by students there.



# My BM UK Trip



*Ms Belinda Wong*

"CLAP for Youth @ JC" (CLAP) is Hong Kong's first cross-sectoral support platform that helps students and non-engaged youth navigate their futures. This programme will develop an evidence-based intervention model, professional career and life planning teams, a one-stop e-portal and parent and employer engagement – all to foster an enabling environment to create a new paradigm with a new discourse on work, success and talent match. Our school has joined the programme and has been one of the network schools since 2015.

This year, our school has been invited to join the advanced stage of the programme, i.e. "CLAP HK Benchmark" Pilot Scheme. This is a challenging scheme as we have to work towards the ten Hong Kong Benchmarks. We career teachers believe that by meeting the benchmarks, we can prepare young people for the opportunities, responsibilities and experiences of later life.

The highlight of the BM scheme was the UK trip last December. We received an intensive career training in Newcastle. The most impressive part of the trip was the school visits. We visited three schools in Newcastle. The school mission of Walker Riverside Academy is to consistently support and engage every individual student to understand and develop their own future pathway. In the sharing session, they mentioned that they have a close network with different working sectors. They integrate working opportunities into the school curriculum. Students have chances to experience work during school days, and they can know more about themselves and explore their potentials through the job tasting.

In Walker Riverside Academy, it is an inclusive community that believes in maintaining strong partnerships with parents and students to ensure that their learners thrive in a secure and stimulating environment. In their sharing, I was impressed by their teaching passion, and they stressed that every student is valued and respected. In school, it is designed like a small community with high-quality facilities and equipment. I remember I have visited a room which was designed like a salon and students can practice hairdressing there. This makes learning more interesting and experiential.

To conclude, I have gained lots of insights in career guidance. I wish I can make use of what I have learnt and work towards the benchmarks.

## A dream is never too big

*Ms Victoria Ma*

The term "Career Planning", or "Life Planning" has been a buzzword in recent years within the education sector. Teachers need to guide students to a path leading to a career that is suitable for them. Most students in this year and age do not have a concrete idea of what they are interested in, not to mention a career they should aim for in the future. So, how?

It is where HKBM comes in and offers me an answer.



In HKBM, there are clear statements of what good career guidance should look like. It is broadly evidence-based and commands an exceptional level of support from all stakeholders. I have never had this level of clarity and agreement about what I am trying to achieve through Career and Life Planning (CLP).

**"A dream is never too big."** I was in awe when I heard this from one of the speakers. The statement expresses the aspiration of everything being possible with a meticulous and persevering attitude. The statement also reminds me of my ethical compass when my doing careers and guidance education. Dreams are the basis of our life, and nothing is impossible when genuine dreams are big aspirations. In the face of adversity, be it teachers or students, one may get discouraged, but we need to bear in mind that the course that gets you from where you are to our desired goals may take twists and turns. Success is not always a straight line. We will eventually get there with persistence and attitude.

The training and HKBM provide teachers with a clear sense of what we are trying to achieve and what needs to be done next. I believe that this radical evolution offers the best way to accomplish the aspiration that everyone in this space shares for young people to have access to high-quality career guidance.

*St. Peter's* is a school with a careers and guidance system supported by passionate and enthusiastic organizations like HKJC where teachers and students are given chances to get acquainted with exploring themselves to the many opportunities not only to dream but to attain their goals. We are after all in the driver's seat of our life. Will there be a dream too big?

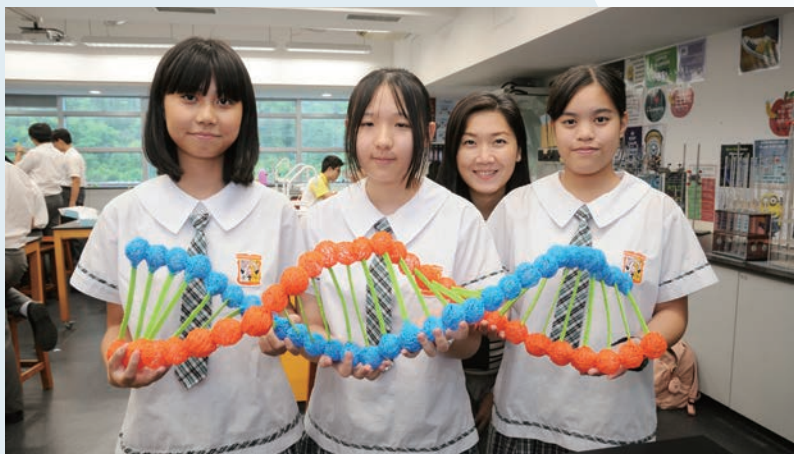


# 科技融合學習

## 科學、科技、工程和數學綜合教育 (STEM) 組

科技融合生活的種子已經在我們的心中種下，日後終將成長成參天大樹！

### 3D 筆工作坊



5E 黃子軒

今年，對老師和同學來說，都是不容易的一年。同學既要面對疫情，亦要受停課的影響。不管怎樣，我們STEM組也準備了不少活動給同學參與和體驗。

#### (一) 3D筆工作坊

去年10月，我們舉辦了3D筆工作坊，讓同學利用3D筆將書本抽象的名詞（如：DNA）製成模型，並於開放日展示成果，給大家欣賞。

#### (二) 火箭車同樂日

今年1月，我們在校舉行了首屆校內中二級火箭車比賽。同學們組成小隊，一起利用環保物料和學過的科學原理，設計出一輛獨一無二的火箭車，在跑道上飛馳。

#### (三) 科展比賽

今年4月，四位對STEM充滿熱誠的同學——本人(黃子軒)、陳昊天、胡樂熙和袁浩瑋，組成了一個小隊，代表學校參加第五十三屆聯校科學展覽，並取得報告書設計比賽的全港亞軍。

本次科展的主題是「工作場所」。再三斟酌之後，我們決定以安全性為一個切入點，來設計我們的參展作品。

## 火箭車同樂日



花了好幾個月的時間不斷收集資料和觀察，終讓我們想到了一個名為Posture Observation and Correction System (P.O.C.S.)的系統並應用於貨倉中。這系統利用科技減少工人因搬運姿勢不正確而出現的工傷意外，僱主也可省卻因工傷而作出的賠償及犧牲之生產力，達雙贏的局面。

系統以人面識別技術偵察及辨別搬運工人身分，然後透過工作背心上安裝的陀

螺儀及二維碼作雙重檢測，判斷其抬舉姿勢是否正確。如有問題，則以提示燈及蜂鳴器提醒，同時以物聯網（IoT）技術紀錄相關數據，讓僱主作後期分析，並以此作員工職安健評核準則之一。

我們希望可以在親手實現想法時，學到一些實用的經驗。今次比賽正值停課，整個擬定計劃書透過Zoom、WhatsApp及Google drive，以線上模式運作，這種體驗確是難忘，亦側面揭示出創意解難之重要。

可能我們現時的技術水平不高，亦有可能我們太過理想化，設計在現實中會面臨失敗，更有可能我們不得不向現實的限制低頭。但科技融合生活的種子已經在我們的心中種下，日後終將成長成參天大樹。

## 科展比賽





#### 4C 陳昊天

參與這個活動令我獲益良多。我了解到最新的科技，例如人臉識別、骨骼追蹤、3D鏡頭等技術。此外，由於我們作品的系統需要自行編寫，所以我們四位隊員在這次活動都學到有關編程的知識。

#### 3A 袁浩璋

科展參與之前我已經對此活動十分感興趣。參與科展讓我學到更多，如團隊合作精神，我感到很開心。

#### *4E Terence Wu*

Everything started to make sense when everyone started to get together. The topic this year is 'Workplace Safety', something I'm quite sure nobody actually knows about at our age, or not too much of, which is a perfect research topic for most of us.

The activity inspired us to think out of the box. We came up with the idea of using cameras to recognise people's postures and raise ones' awareness of the importance of proper posture.

I am happy that I got to be on this ride, and I look forward to joining this kind of activities in the future.

# BYOD 科技以人為本

葉文昊老師

過去一年，大家在學習上應經歷了重大轉變。首先上學期特別感謝IT club 協助我們為中一、二同學驗收iPad，掀開BYOD（自攜裝置學習）的序幕。大家收到iPad後，不知是否習慣於課上以Apple pencil寫筆記，又或於課後以iPad觀看老師準備的短片，使學習更有趣？希望iPad可幫助大家於學習上發現更多可能、探索更多知識、帶來更多歡樂。

## iPad 開箱

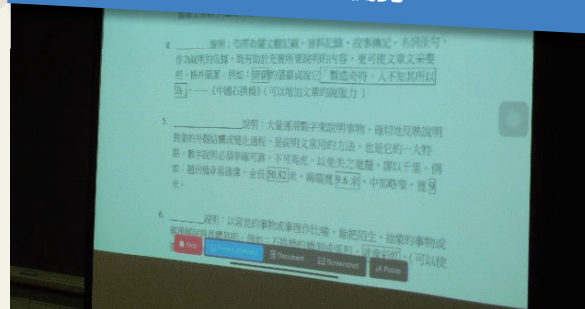


隨著BYOD推行，大家不再只限以紙本書寫筆記，更可以將學習以電子筆記配合多媒體（如Youtube / 互動應用程式）呈現，同學亦可以透過iPad與老師在課堂上互動，讓老師實時了解同學的進度。

## 電子教學與實體教學結合



以iPad投影及以Apple Pencil完成筆記，在完成課堂後即時上載至PowerLesson 2供同學閱覽



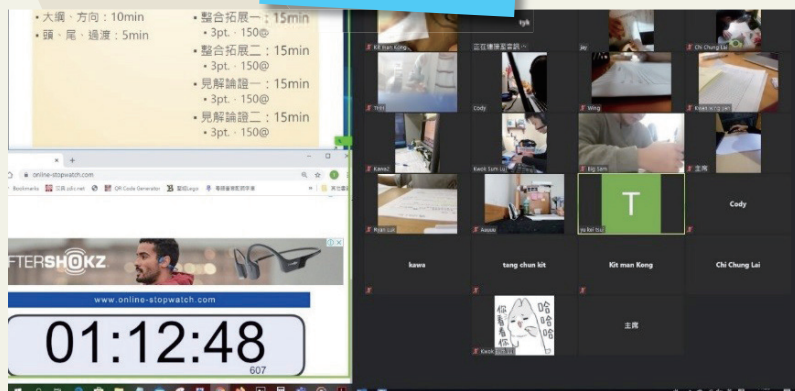
# 善用科技 停課不停學

特別的是，因疫情關係，大家下學期的課堂都只能在線上渡過，而家課亦只能以電子方式繳交，所以學校於停課期間特意為大家準備了使用各應用程式的學習短片，使大家「停課不停學」，同學使用 iPad 觀看老師的影片和教材後，呈交練習，讓老師了解同學的學習進度。

老師將教學材料上載到學習平台，讓同學在家學習



Zoom 課堂



除了教學外，善用資訊亦極重要，所以我們透過講座培育同學的資訊素養，認識網絡安全和道德。

資訊素養講座



過去一年，實在是電子學習的一大步，我們期望在未來一年，與大家一同探索更多電子學習的可能，使「科技，以人為本」不再流於空談，而是成為大家的信念。



# 活動剪影



學生會



高中領袖生訓練營



 HKU Student School Visit



 中一生命成長營





Book Fair 老師和同學喜得心頭好



少年財務司計劃





中西區文學散步



天主教教育日



開放日舞蹈表演



無伴奏合唱



# 視藝天地

本學年中五視藝科學生參加了理工大學協辦的「電子與服裝設計課程」，把電子郵件零件放入服飾中，學生設計的作品在12月12日於灣仔會議展覽中心「教與學博覽2019」展出。

參與學生名單：

5A 陳衍斐 鄭詠晴 徐雅琪

5B 鄭源榮 蔡沛珊 何進杰

5C 徐瓊皓 梁嘉錡 叶偉欣

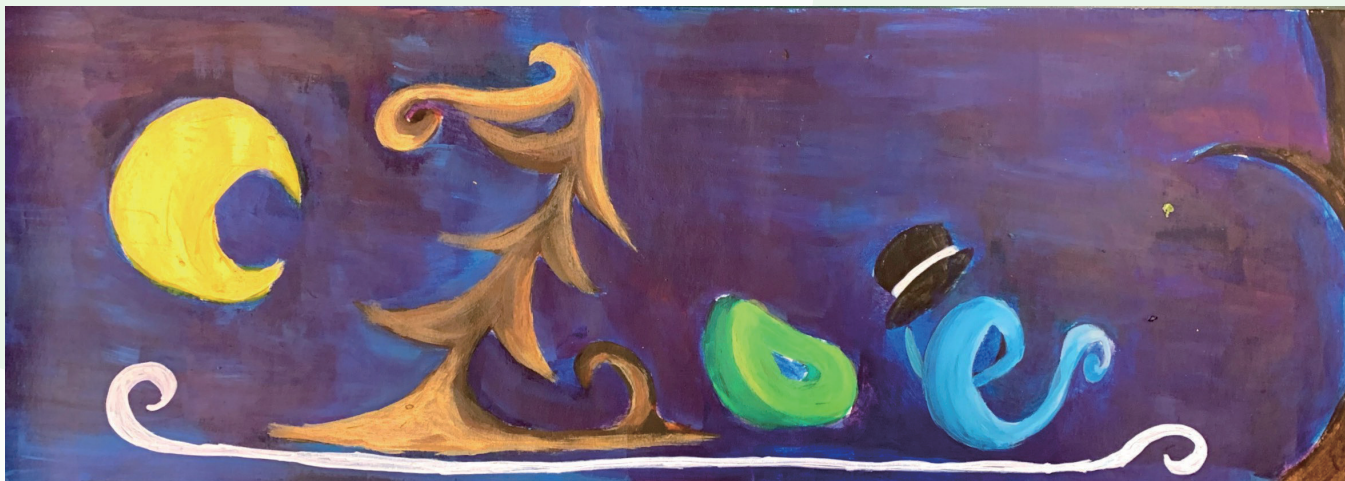
5D 洪婧怡 黎以澄 李佩樺





# 作品欣賞

5D 黎以澄《我的名字設計》(文字：Zoe) (平面設計塑膠彩紙本)



5D 李佩樺 《錯覺與現實》  
(繪畫塑膠彩紙本)



5D 洪靖怡 《公園的奇異現象》  
(繪畫塑膠彩紙本)







賽馬會創意藝術中心展覽：  
「重新探索·屋企」

楊美青老師參展作品  
《交換日落》

「你日子過得好嗎？」

望著窗外風景，觀察良久，當望見花開風起  
葉飄落、草長鶯飛，一些平日不以為意的自然  
景觀或事物，看在眼裡都份外新鮮。那種  
難掩蓋的興奮心情，一湧心頭，想把這瞬間  
留住。

偶爾更會想起與某君的無聊對話，才發現原  
來日子就這樣渡過了四個月。

「你還好嗎？」

在這裡，把那日光的溫度給你，給我。





賽馬會創意藝術中心展覽：  
「重新探索·屋企」

本校學生冼駿諺同學參展作品  
《貓·角落》

貓仔經常躲在這角落看風景，我好奇一看，  
腦海漸漸浮現出上學的日子。





賽馬會創意藝術中心展覽：「重新探索·屋企」  
本校學生麥鐸聰同學參展作品《窗外》