



陳瑞祺(喇沙)書院 CHAN SUI KI (LA SALLE) COLLEGE

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The 40th Anniversary Dinner

4E Cheung Ting Fung, Tobey

On Sunday, 22nd November 2009, one of the celebration events for the 40th Anniversary Fun Day was held on our school campus. The function was co-organized by the ECA committee and the 205th Scout Group. With the assistance of students, teachers, parents, old boys and scouts, the function was held successfully. As the fair was opened to the public, a total of 600 visitors participated in this fair.

On the Fun Day, there were lots of booths representing different clubs and societies, such as the Badminton Club, English Language Society, Library Services Society, the 205th Scout Group, Model Club and Computer Club. The booths included 20 activities, including a bagpipe performance, a magic show, paper aeroplane and water-rocket competitions. Participants collected a stamp from each booth after finishing a game. With sufficient stamps, they were exchanged for prizes. Students with 20 stamps could join the lucky draw. In the lucky draw, three winners could experience a practical flight provided by the 205th Scout Group.

At the English Language Society booth, there were two games called 'compound noun' and 'job matching'. In 'compound noun', participants needed to combine two nouns to form one compound noun. For example, the noun 'foot' and 'ball' can be combined together to form the compound noun 'football'. In 'job matching', participants were provided with three ping pong balls. They were required to choose two pictures with different jobs and throw the balls into the holes labeled with the names of several jobs. The above activities were so popular that they attracted about 40 visitors in an hour. Some visitors who played the games said that our students were very creative. They also said that our student helpers were polite and made them feel relaxed when they played the games.

The paper aeroplane and water-rocket competitions were both organized by the 205th Scout Group. The paper aeroplane competition was held in the school hall. Participants in this competition needed to throw their paper aeroplanes as far as they could.

It really needed a delicate skill to throw the paper aeroplanes properly; otherwise the aeroplanes might be skewed and stalled immediately. In the water-rocket competition, the water rockets were made by the participants. During the competition, candidates needed to fill their rockets with water and pump air into the rockets. Then, they were required to launch their rockets and keep them airborne for as long as possible. The champions of the above activities could have a chance to experience a practical flight.

Not only the visitors, but also the student helpers gained a lot on the Fun Day. Chan Po Sing, who is the chairman of the English Language Society, said that he had gained great experience on the Fun Day. He said that through the preparation for the Fun Day, he had learnt how to delegate tasks and manage his team. He had also learnt how to communicate with strangers. Although he had faced lots of difficulties when having preparation, with the help of his teammates, he finally solved all the problems. Chan Wai kit, who was one of the student helpers of the Library Services Society, said he felt satisfied with his performance on the Fun Day. He had learnt the importance of being patient while he was introducing different types of books to the visitors as he was needed, on occasion, to explain to the visitors the content of the books.

In the canteen, visitors could try the marshmallow with chocolate sauce, butter corn and fried sausages made by Mrs. Mak. The dishes cost a few dollars. All the money received was donated for charity work.

As a part of the CSK's 40th Anniversary Celebration, all the parents, old boys, teachers and students put all their effort into the event. They had prepared for the event for more than 3 months. By the end of the vents, the public had become aware of our ability to work together in a unified way. We also proved that all the CSK boys are intelligent and have a strong sense of belonging towards our Alma Mater. Thanks should be given to the people who had spent their time and effort on the success of the Fun Day.





40th Anniversary Fun Day

4D Ng Ka Wai, Eric

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S4 Christian Brother's School Exchange Programme (2009-2010)



First of all, I am full of gratitude to the Student Association for providing me with this golden opportunity to be exchanged to another Lasallian school. When I stepped into La Salle College, I was thinking about what would happen later on. Would the students there looked down on me or even ignore me?

However, my imagination was wrong. Although we just knew each other for few days, they already treated me like their old friend. I was touched by their care and I loved to stay with them. I'd like to thank them all and hope our friendship is a long-lasting one.

4E Chan Lok Hin, Harry

I have been one of the members of the Lasallian Family for 10 years. When I was still a primary school student, I didn't understand what the meaning of the Lasallian spirit was. I only thought that it was just a kind of slogan.

The Lasallian Exchange Program has provided a valuable chance for me to explore the hidden meaning of the Lasallian spirit. After participating in the program, I know that the spirit does not only remind us to pray to God always, but also look at everything with faith.

Although the program only lasted for 5 days, its benefits on me are long-lasting. Through this program I learnt how to get along with others, and how to reach a common consensus through communication. What is also worth mentioning is that the program taught me the responsibilities of a CSK boy.

4E Chan Po Sing, Adrian



還未到張振興書院當交換生之前，我對這所學校可謂一無所知。僅知道它是喇沙會轄下中學，並且時常在體育比賽取得優異成績。

但經過五天生活，我和這所學校已產生了了解、感情。這所學校對我已再不陌生。它麻雀雖小，五藏俱全的校舍也和陳瑞祺（喇沙）書院有幾分相似。

這幾天帶來的最佳回憶，一定是我和一群素未謀面、感覺陌生變得親切的好朋友一起經過的美好時光。坦白說，同學們真好，對我們熱情非常，第一天進校他們已滿臉笑容向我們打招呼，還連忙給我們介紹學校的設施和班級。不但沒有被排斥的感覺，還讓我做了數日名人，同學都走過來認識我們幾位交換生，感覺真不錯！除了同學，我也十分欣賞和敬佩這裏的老師，他們除了教學認真，還真正了解同學需要，和學生打成一片，而同學也十分自律，這是我意想不到的。

這次活動的得益實在數之不盡，我實在很感謝學校給予我做交換生的機會，這數天在張振興發生的喜與樂，我會緊緊記在心中。



我們的施校長

4B Yau Hoi Man, Kelvin 4C Cheung Ho Wu, Henry 4E Lo Chi Kit, Brian

在我校任教三十八年，由一位地理及經濟科老師，一步步當上我院校長，帶領我校經歷不少風雨。施校長將於明年退休，希望可以過著悠閒的退休生活。

回想校長七二年畢業，當年正值香港經濟的低迷時期，失業率高企，人人都希望找到一份穩定的工作。校長本身修讀經濟和地理，畢業後便順理成章當上教師。機緣巧合之下，施校長畢業後便到了陳瑞祺（喇沙）書院任教。「當年的我真是一很幸運，得到當年校長Brother Herman的賞識才令我進入CSK！」校長對當年Brother Herman的賞識充滿感激。

當問及與陳瑞祺有甚麼特別難忘的事情，校長回憶當年還是地理科老師時，時常舉行野外考察團，每次活動使同學們在課堂上學習到的知識應用在現實生活上，真正的「活學活用」，想不到教育局想推行已久的學習態度，我校早在二十年前便實現了。

憶及當年學校的學生，施校長亦在眉宇間流露出一點懷念。以前的學生把學校當作自己另一個「家」，他都很喜歡在學校進行課外活動。形形色色的學會，不同種類的傳統活動都是由歷屆的學生一點一滴地組成。「學生們都很有歸屬感！」校長憶述當年學生。

除此之外，當年師生之間合作無間，其中兩位校長印象特別深刻的，一個

中文很厲害，另一個英文很厲害，「不知他們一個便是後來的林夕，一個今日當了張祝珊中學的副校長。」通過師生合作，才令學生今日多姿多彩的成就。校長回想當年時，不忙提到現在的同學仍然保持著當年師兄／學長的熱誠。

過往的陳瑞祺，的確孕育了多不勝數的社會棟樑。隨著陳瑞祺一同走過的光輝歲月，似乎不能讓施校長忘懷。每當回憶起過去和老師們為陳瑞祺的未來打拼，施校長堅實的目光仍流露著往日青春燦爛的神采。

談及現在的工作，施校長認為「當了校長，工作量比老師的有過之而無不及。因為學校每一個的決定都關乎學生和老師的學習和教學，壓力自然增加不少。」但壓力愈大，責任感也愈重，施校長分享道。「正因為責任極重，我很高興有一群出色的教師協助學校繼續發展。從老師、科主任升任校長，我和同事們已經培養一種特別的默契和強硬的團隊精神。有時候，我們之間的默契，使問題迎刃而解。」當然前路有多平坦，障礙還是會有的，但重點就是建立常規，創造特色，使學校可以持續發展。

被問及在任校長以來最後悔的決定，校長認為這些問題難以避免，人不可能永遠確定他做的決定都是最明智的。例如取消今年度第一次統測日，原意希望讓學生能有更多的學習時間，誰料效果未如理想，於是恢復原本安排，避免一錯再錯，浪費資源時間。

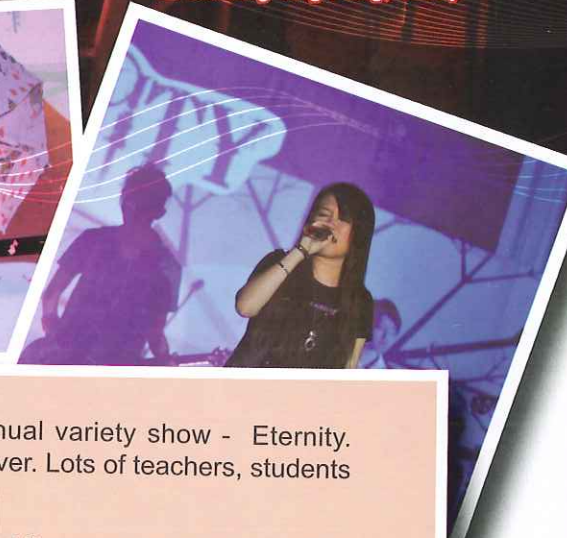

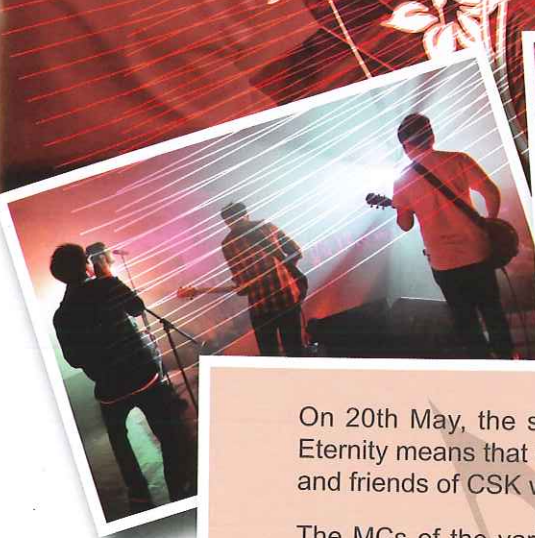
其實施校長今年已屆退休之齡，對一位將其一生珍貴的青春奉獻給陳瑞祺的校長，我們當予以最深厚的敬意。臨別在即，校長勉勵同學要繼續邁步向前，衝破枷鎖，為CSK的未來發光發熱，並希望各位老師能緊守崗位，做好本分，憧憬CSK在新校長的領導下，CSK能再創高峰！





Variety Show - Eternity

4E Cheung Ting Fung, Tobey



On 20th May, the student association organized the annual variety show - Eternity. Eternity means that the heritage of CSK spirits will last forever. Lots of teachers, students and friends of CSK went to the party and had a great time.

The MCs of the variety show were two old boys, Li Hong Ming and Or Kwok Fai. The variety show started with the band performance by two bands. One band was the winner of the instrumental class of Singing Contest 2009 and the other was formed by a group of old boys. Next, some friends of CSK went to the stage and played a game with our MCs. A group of street dancers then performed a hip-hop dance for us. After that, a popular artist, Ava, sang two songs for us. Some of the audience won a chance to get on the stage and take a photo with Ava. And after the performance of Ava, an old boy performed a magic show for us. Then another famous star, Chau Pak Ho, chanted a melody and pushed the show to the climax. An i-Pod touch was given to the lucky draw winner. Other than the i-Pod touch, CDs of Chau Pak Ho and Ava with their autograph on were also given to the winners of the lucky draw. All 400 participants were delighted and excited. The show came to an end after the lucky draw and everyone enjoyed the show a lot.



A Whole New Page – English Debating Team in CSK

4E Cheung Ki Lok, Henry



In order to improve students' ability in using English, the English Debating Team was formed this year. Our English Debating Team won two inter-school debating competitions. This year, we have taken part in two inter-school debating competitions; one was organized by SingPao and another by SCMP and Nesta.

Although we lost in the Singtao Debating competition, our teammates did not give up at all and finally we defeated two schools in the SCMP-Nesta debating competition. In the first round of the preliminary, our English Debating Team beat the team from Shek Lei Catholic Secondary School on the 12 March 2010. In the second tournament of the preliminary, our team beat the team from Concordia Lutheran School. We have entered Round four which will start in September. Congratulations to all the members in the English Debating Team.

The English Debating Team put a lot of effort into being what they are today. Every Wednesday, the English Debating Team members attend a

2-hour debate training session. Before every competition, they all have to prepare for at least 2 weeks in advance to strike for excellence in the ring of honor. Although we did not win in the first competition, we still have learned a valuable lesson that has helped us to improve our performance.

The English Debating Team in our school is a baby in a cradle. We are learning to overcome difficulties and learn again. Encouragement is the most important element in a team, so please pay more attention to the news about the team and show your support to them. We need every bit of help we can get and we promise you CSKLSL will be the last one standing in the battlefield.

If you are interested in debating after reading this article, please do not hesitate to contact Ms Y M Lee, the teacher-in-charge. We need new blood. The team is still young, so why don't you take action now and do whatever you can to show your support. Finally, I hope that the English Debating Team can be as glamorous as a star in the sky.





Sports in Our School

4C Kwan Kai Cheong, Andrew

Our swimming team did well in the Inter-School Swimming Competition this year, they ranked third in the overall result among sixteen schools. The B Grade team did a great job. They were the champion of the B Grade this year. Outstanding swimmers included Wu Ho Ming (1D) being the champion in both C Grade 50 m Breaststroke and 200 m, Chan Yuen Chit (3D) being 2nd in B Grade 50 m Freestyle and 50 m Backstroke, and Fan Chun Kit (3B) being the champion of B Grade 50 m Freestyle and 3rd in B Grade 100m Freestyle. Our students also got the champion of the B Grade 4 x 50m Freestyle.

In the Inter-School Cross Country Competition this year, we were the fifth among fourteen schools. Although C Grade was only in the twelve place, our B Grade team was the third in team position.

Our badminton team and table tennis team were 6th and 10th respectively in the Inter-School competition.

Last year, our athletics team was relegated

to division two and this encouraged the team members to practice hard throughout the year. This year, although we could not get enough points to get promoted to division one, our team members did put great effort into the competition, with the support of the cheering team formed by form 1, 2, 3, 6 students, our athletics team ranked the 4th in the overall result among 20 schools. There were also outstanding athletes, such as Kum Hoi Chung (4C) being 2nd in B Grade 800m, Hui Ting Long (4E) being 2nd in B Grade high jump, Sin Ka Kiu (6A) being 2nd in A Grade 1500m. Also our athletes got the champion in C Grade 4 x 400 m Relay.

Our basketball team did very well this year, with the effort of the players and the support of the students, our basketball team won the champion in the Inter-School Basketball Competition (Division Two). Regarding team position, A Grade got the champion, B Grade got the fifth and C Grade got the third. Such good results enabled our basketball team to play in division one in the coming year.



Singing Contest 2010 **SING OUT!!!**

4E Cheung Ting Fung, Tobey

The Music Society provides a stage for CSK boys since they love singing. The Singing Contest was held every year before the Chinese New Year holiday. The theme this year was "SING OUT!!!" which encouraged the participants to show their talents.

Before the final, Miss Y M Law, Mrs. A Lau, Mr. M H Ying and Mr. H T Tang, the judges of the semi-final, had chosen 8 solo players and 4 groups to be promoted to the final.

On 10th February, all the participants tried their best. They pursed their lips as they tried to push their thoughts aside and concentrated on the contest. This year, representatives from Parkland Music Company were invited to be the honourable guests and judges for the contest. In addition to the band performance from Parkland Music Company, Fu Ka Chun, Li Ze Hong, Cheung Ngo, Cheung Ting Fung and Lau Ka Chun from USB, the winner of the Instrumental Class of the Music Contest last year performed three songs for us.

After a fierce competition, the judges finally came up with the winner. The winner of the solo group was Chan Long Chai and the group winner was Small Four. This year, there was one teacher-student singing group. Cheung Long Hang and Miss N H Chiu performed before the end of the contest.

The winners did a great job and the judges were touched by the impressive performance of all the participants. The winners of the Singing Contest also won an opportunity to represent our school in the Joint School Singing Contest – Supernova.





我校舊生老師

4E Chau Kai Cho, Ivan
4E Cheung Kwok Yuen, Alan
4E Chan Wai Kit, Joe

A: 周繼祖 B: 陳煒傑 C: 張國源 Y: YOUNG SIR R: R WONG 余: 余SIR

A: 請問當初有什麼誘因促使你們回來母校教書?

楊: 其實當初我是沒有想過回來教書的，中五以後我去了美國讀書，回來後比較少和學校聯絡，即使在找教職位時都沒有想過回母校。

A: 那麼為何您在兩間學校任教之後會選擇回來?

楊: 那是因為黃SIR和余啟冬老師告訴我陳瑞祺有一個經濟科老師的空缺，看我有沒有興趣。當時我就想回來母校教書都未嘗不是一個好的機會，所以就想去見識一下。加上我在外面當了十年以上的老師，希望可以把一些在外面獲得的經驗帶回母校。其實當時我是有野心的，就是想將一些新的衝擊帶到學校。這個時代是很講求改變的，我們在這個社區或身為男校的環境是比較狹窄的，所以我希望以自己身為舊生和曾任其他學校的教師身份，為學校帶來新的活力和氣氛。

余: 沒有誘因啊。(A,B:不是嗎?) 只是在求職時剛好在大學的Career Centre看到這裡在招聘人手而已。我還在奇怪，明明Miss Kwok和陳sir仍未退休，怎會有空缺出現呢? 當時又不知道學校要新增一名化學科老師。

A: 你們認為現在的「瑞記仔」和你們年代的有什麼分別呢?

R: 其實不只是那時的「瑞記仔」，那個年代的人都是比較勤力的，又沒有太多例如電腦的引誘，而且我們不是讀書就是打波，生活十分簡單。而且(參與活動的)投入程度也比較高，對學校的凝聚力和歸屬感也比較強。現時的陳瑞祺學生就比較「散」，少了一些專注目標，而分散在很多事務上。我想應該全世界的人也會有這個轉變吧。

Y: 我覺得以前的「瑞記仔」體能較好，而且更能承受較刻苦的訓練。我記得以前的副校長Brother Francis任教中六和中七的體育課，他們的體育課就像軍訓一般，每一次都要做十次引體上升再加Sit up、Push up才能開始活動，因此他們的體能絕對比現在的學生優勝。但我認為現在的

陳瑞祺學生能夠安排到更多有意義的活動，令同學的校園生活更有色彩，這也是我樂於看見的。現在的陳瑞祺學生能夠有更多的創意，有更多天馬行空的意念，而且社交技巧也比較好。

余: 我也認同。不過，就如現代的一輩人般，你們太幸福了，因為你們的父母會為你們安排一切，我們的年代才不會有這樣的東西呢。不過，你們可能因此而失去獨立解決問題的能力。另外，正如楊sir所說的，現在的陳瑞祺學生視野是廣闊了，因為你們有較多的聯校活動。

A: 那麼你們如何和學生保持一個融洽的關係呢?

R: 不如你問一下旁邊的兩位(記者B & C)吧，他們都是我的學生。你覺得我們相處融洽嗎?

B: 當然啦(笑)

R: 那你覺得為何我們會融洽呢?

B: 呀……怎說好呢……我覺得大家之間的朋友關係會比師生關係為多吧。老師不會擺出一個高高在上的姿態要學生去敬畏他，也不用去「兇」學生才能令他們服從。

R: 我想說的正是這個。(全場笑) 這很視乎老師本身和學校氣氛的。首先我們身為舊生，看見你們穿著我們以前穿過的校服，感覺上雙方的感情會比較深厚。又正如記者B所說的，我們不會以老師的身份向學生施壓，而是說之以理。因此我相信如果身為舊生，師生關係一向不會是個大問題。

Y: 我覺得最重要的是身教。要是能令學生覺得自己有心去教育他們，能夠教一些他們想學到的東西，他們自然會尊敬自己。此外，你看王SIR、余SIR和我都經常參與師生運動比賽，除了因為我們熱愛運動，我認為這些活動是和學生建立融洽關係的重要橋樑。

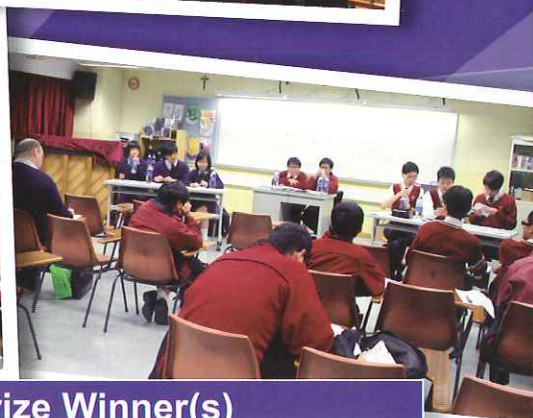
A: 你們認為如何能令學生信任老師，信任學校呢?

R: 首先不能期望這會是一朝一夕的事，即是這不會在開學第一天就會發生。



Outstanding Results

Date	Award	Prize Winner(s)
1-Oct-09	Asia Piano Open Competition (Third Prize)	7B Tsang Yat Hei
23-Oct-09	Film Review Writing Competition (Secondary School Section)	F.3 students (2008-2009)
21-Oct-09	Inter-school Swimming Championships Division II :	
	C Grade 200m Individual Medley (First Prize)	Wu Ho Ming
	C Grade 50m Breast Stroke (First Prize)	Wu Ho Ming
	C Grade 100m Free Style (Fourth Prize)	Chan Yuen Cheung
	B Grade 50m Free Style (First Prize)	Fan Chun Kit
	B Grade 100m Free Style (Third Prize)	Fan Chun Kit
	B Grade 50m Free Style (Second Prize)	Chan Yuen Chit
	B Grade 50m Back Stroke (Second Prize)	Chan Yuen Chit
	B Grade 50m Butterfly (Forth Prize)	So Man Hin
	A Grade 200m Breast Stroke (Third Prize)	Wong Cheuk Lun
31-Oct-09	Felix Wong Youth Improvement Award 2009	Lau Yue Hin from (08-09)
22-Nov-09	普通話集體朗誦比賽2009 優異獎	普通話朗誦隊
Nov	Hong Kong Schools Speech Festival - Third	4E Kwok Kei Yeung
Nov	Rev. Joseph Carra Memorial Education Grants	7B Lee Tak Chuen
4-Dec-09	Inter-school A Grade Basketball Competition (Division II) - Champion	School A Grade Basketball team
5-Jan-10	中國未來貨幣設計比賽 :	
	First Prize	3E 周學廉
	Second Prize	3A 鄭斯晉
	Third Prize	3B 陳彥瑋
	Merit prize	3A 區廷軒
20-Jan-10	Inter-class Speech Contest 2009-2010 English Section:	
	Form 1	William So Yiu Chung
	Form 2	Chan Ho Ching
	Form 3	Fan Sheung Lai, Ian
	Form 4	Chan Yi Tian, Thomas
	Form 5	Yick Alex Ka Chun
	Form 6, Form 7	Ho Kwun Him, Himmy



Date	Award	Prize Winner(s)
23-Feb-10	Inter-class Mathematics Quiz 2010 (Junior Section): Champion	Cheung Ngai Fung, Mak King Long, Wai Yu Kwen
	1st Runner-up	Cheng Wing Cheong, Lai Man Kit, Wong Ho Wai
	2nd Runner-up	Cheuk Tsz Ming, Ho Hiu Fung, Sin Ho Yeung
25-Feb-10	Inter-class Mathematics Quiz 2010 (Senior Section): Champion	Fung King Lok, Pang Hin Lai, Tam Kin Wai
	1st Runner-up	Kam Ernest Yee Lok, Kwan Ho Wai, Yip Shu Yan James
	2nd Runner-up	Cheng Yat Him, Dai Kwan Ho, Ng Ka Wai Eric
Feb	9th Pui Ching Invitational Mathematics Competition	2C Kong Fung, 3B Lai Man Kit, 3C Cheuk Tsz Ming, 4E Cheung Ho Wu, 4E Ku Ka Chun
Feb	12th Hong Kong Mathematical High Achievers Selection Contest	2C Kong Fung, 3C Cheuk Tsz Ming
Feb	Hong Kong and Macao Mathematical Olympiad Open Contest	2C Kong Fung, 3B Lai Man Kit, 4E Cheung Ho Wu, 4E Ku Ka Chun
6-Mar-10	A.S. Watson Group HK Student Sports Awards 2009-2010	Yiu Kin Man
12-Mar-10	SCMP-Nesta Inter-School Debating Competition - First Round Winner	Chan Yi Tian Thomas, Cheung Ki Lok Henry, Ho Shing Yue Louis
22-Mar-10	Transport Society Board Game Competition	Mr. T.S. Wong, Mr. C.T. Leung, Tang Ho Man, Tsang Wing Kit
25-Mar-10	Family Energy Saving Competition	Cheung Tin Chun
March	Sir Edward Youde Memorial Prizes	5B Wong Chun Yin, 6B Tam Yuet Long
17-Apr-10	HKCC Business Excellence Contest 2009/10 (Judges Commendation Award)	F.6 Business Studies class (3 team)
April	Inter-School Drama Festival 2010 (by EMI Schools Association)	English Drama Group
April	Hong Kong Schools Drama Festival The Best Director Award, The Best Collaboration Award, The Best Script Award	Drama Club
	The Best Actor Award	3C Chung Ming Fung
5-May-10	SCMP-Nesta Inter-School Debating Competition - Second Round Winner	Cheung Ki Lok, Henry, Kwan Yuk Sing, Marco, Tang Pak Hei, Neil
6-May-10	Hong Kong Cup Diplomatic Knowledge Contest First Round Winner	Lam Yan Chung, Tsang Wai Chung, Au Pak Hang, Koo Man Chun, Pau Sai Kit, Wong Cheuk Yin
June	Hong Kong Physics Olympiads:	
	Second Class Prize	5E Ng Kwok Sum
	Third Class Prize	5E Kong Tsz To



4C Fong Kei Hou, Kelby

在這三年間，先不論是好是壞，學校小食部的確有不少的轉變。這對初中的各位同學來說可能不太清楚，不過，和筆者一樣經歷過「妙姐時期」的各位高中同學，必定對此有所認同。

所謂的「妙姐時期」，其實就是指以前由妙姐擔任小食部老闆娘的時期，因為當時小食部沒有店名，妙姐又廣受學生歡迎，於是學生們便直稱學校小食部為「妙姐」，亦沿用至今。筆者訪問了一位是陳瑞祺舊生的我校老師(下文稱「受訪老師」)，得知原來妙姐已於我校小食部工作了二十年以上，於三年前才由維他工司接手管理，今年則轉為紅樹林。因此，今年度的初中學生應該從未受過妙姐的「照顧」。

妙姐的小食部多年來都非常受學生，甚至老師歡迎。受訪老師說當年的食物種類非常多元化，甚至有即沖奶茶、牛肚麵等，仿如一間香港地道茶餐廳，而且食物亦非常美味。食物價錢雖非便宜，但會是所有同學都能接受的水平，能達到「價適物美」，這就是小食部受歡迎的原因。

到筆者中一的時期，雖然沒有了牛肚麵，但仍有豬皮、沙爹牛肉、炒米粉等各種小食，種類依舊多元化。當時甚至有「飯後果」：每當午息第一個鐘聲響起，便有水果售賣，可見妙姐對同學真的「照顧周到」。另外，當時一個「白飯任添」的午餐連罐裝飲品、水果只需15元，味道亦很好，這是連一般餐廳也找不到的。筆者當時亦經常看見有小食部員工，推着擺放了十多份午餐的推車到二、三樓教員室，可見小食部也受老師歡迎。

不過，小食部的「風光」已不再：由維他接手後，大部分食物價錢都提高了，種類也少了，味道也開始變得不討好，但還好是在大家的接受範圍內，故仍

留有部分「捧場客」。

不過，以上情況卻日趨惡化。到今年紅樹林時，午餐價錢更一度上升至20元，縱使已下調了，不過與三年前還是相差接近三成，雖說通脹加劇，成本上升，但這也太難以令人接受了。

小食部的受歡迎程度亦有顯著下降：超過一半學生選擇出外用餐，留校的大部分是買外賣飯盒的，真正選擇學校小食部午餐的少之又少。記得當年妙姐時期曾有一次大雨，大部分學生選擇留校用膳，當午飯鐘聲響後不到十五分鐘，飯堂、有蓋操場長椅、學生會外，甚至樓梯口，都全數「滿坐」；更甚是，午飯在不到十分鐘內全部售罄，要立刻再煮多一倍的飯以應付大量需求！這種誇張現象已消失了三年，現在即使天氣惡劣，學生也只選擇飯盒。另外，到教員室的「午餐推車」也沒有了，「價錢、味道、衛生都只屬於可接受，售賣的食物也沒以往般多選擇。」受訪老師道。可見不論學生還是老師，都開始對小食部失去信心。

造成以上的原因其實顯而易見：小食部將重心移到利潤和食物的營養上，而非學生的需求。注重學生的健康雖然正確，例如「白汁豬排甘筍飯」等都是較健康的午餐。不過，它們的味道完全不討好學生，甚至令他們抗拒，最後只造成反效果；與一般快餐店相近的價錢，更進一步減低學生選擇學校小食部的意慾。

受訪老師和不少學生都不約而同地表示，小食部首要改善的，是食物質素。相信如果不提升食物質素至和價錢相符的水平，各位也不會接受吧！希望小食部能在食物質素、價錢、學生需求、營養等方面取得平衡，為大家提供最好的服務吧。



Hi, I'm
Tam Kin Wai,
Ronno

Hello, I'm
Cheung Long Hang,
Erikson

與兩位拔尖學生的訪問 關於學生會工作方面

1

你們差不多做了一整年學生會幹事，有甚麼感受和得著？

最主要學會如何接觸不同人士，不單是學生、老師、家長，還有校工、舊生，甚至是校外人士。與他們溝通，能豐富自己的個人經歷，並學到重要的溝通技巧。

作為SA的外務副主席，最大的得著同樣是多了很多與人溝通相處的機會，特別是與校外人士的接觸，而且這種接觸不再是表面上，而講求深層次的交流和合作。從中我學習到當每個人處事態度、處事方式不同的時候，如何保持友善地合作，發揮最大的能量。另外參與SA工作的另一重大得著必然是訓練個人的領導能力，如何幫助團隊減少分歧、在有限的資源下如何增加團隊的工作效率。我亦深信這難能可貴的經驗在不入的將來能幫助我投身、貢獻社會。

2

若你們要為自己作為SA領袖評分，你們會給予自己多少分數？

我會給自己大約60分，這是個尚算及格的分數。因為自問盡了責任，做到自己應該要完成的工作。同時反省自己，當然還有很大的改善空間，因為處事未算成熟，還需要不斷改進自己的領導才能。有很多時候停一停，細心思考，會發現自己有時過於魯莽，只要願意花精神或耐性，會有很多其他可行的方法。

我則給予自己大約55分。我亦都自問自己用盡全力搞活動，投放的精神和時間亦絕對不少，只是學期初很多方面還未熟習、缺乏經驗而導致表現不理想。

關於學校方面

3

你們認為我
校有甚麼地
方需要改
善？

首先我十分不滿意那些終日無所事事，做事沒有目標，上學不知為甚麼，上課等下課的同學。我認為他們不應該浪費時間，雖然有部分同學缺乏別人在身邊指導他們，但我都希望無論是短期或長期，他們能為自己的未來訂立目標，不要讓他們的人生缺乏意義，浪費自己的青春。

同學有時候好像完全忽視了他們的將來，沒有想清楚將來需要對自己、家庭、社會有所承擔，認為讀書是辛苦而令自己卻步。到了將來這些同學便會明白到，「書到用時方恨少」這句話絕對存在，不單是在尋找工作上，即使在待人接物上，你的知識不夠廣博，別人都會認為你是遜色。另一方面，同學不應只懂埋怨，而不反省自己。的確，社會上有很多因素阻礙你的發展，但是這些因素必定存在，如果你只懂怨天尤人，而不反省自己、努力改過，情況只會每況愈下。個體是需要迎合社會，而不是社會去迎合我們這些個體。同學有時扭曲這個想法是絕對需要正視。

5

你們在陳瑞
祺上學都差
不多已有六
年，最捨不
得甚麼？

最捨不得的都相信是六年來與我們一起讀書、相處的同學，我們之間有太多回憶和共同經歷，有融洽的、亦有傷感的。六年來我們回到同一所學校，甚至同一個課室，互相見證著大家的成長，上課不單學習書本上的知識，亦學會待人接物的技巧和坦誠地與人相處。畢業後，彼此便要各奔前程，往後不知還有多少見面機會，因此我最捨不得的都相信是這份友誼。

我同樣最捨不得校內的朋友，尤其是中五中六的時候，大家都算是「出生入死」的兄弟，為著同一個目標而努力、奮鬥，不怕辛苦一起捱夜。現在將要離開，真的不知將來能否再一起奮鬥，大家之間的感情還能否維持下去。

4

你們認為陳
瑞祺在哪些
方面最能
幫助你
們成長？

我相信是陳瑞祺的辦學方針，它不會只強調學生留在家中，努力溫習，而是讀書以外，應多點走出課室，參與不同類型的課外活動。大家都知道我校有許多運動和其他興趣學習小組，有些時候要透過這些課餘時間去學習更多課外知識，學到一些將來在社會用得着的技巧，例如與人溝通，這些看起來簡單的學問其實都要透過課外活動培養的。

我想除此之外，還有老師對每一位學生的關懷。最能令學生成長的，必定是有一盞明燈引領著學生，尤其現時社會充滿著各種引誘的情況之下。而我校的老師很為我們著想，亦看得出他們是盡力教導學生，不會單單因為一個學生可能天資、德育方面未如理想而放棄他們，而是更加希望教好他們。他們這種追求學生全人成長的熱誠絕對是難得的。

6

你們認為
陳瑞祺在
哪些方面
比其他學
校優勝？

我校有一個很強的傳統，就是我們有獨特的運動文化，在其他學校你不會看到有這樣積極的氣氛，陳瑞祺提供不同類型的運動項目讓同學參與，陳瑞祺的學生雖然不是每一樣都是最頂尖，但他們都願意積極參與。這反映學生的BOYS IN RED精神，就是每一件事都努力準備、盡力表現自己，希望為陳瑞祺拿到好成績。

我認為應該是陳瑞祺學生對學校的歸屬感。相比其他學校，雖然他們在個別運動項目上比我們優勝，但論到團隊精神，陳瑞祺則絕對比其他學校強。大家都會覺得自己是BOYS IN RED，有這種身份認同。除了運動外，這種歸屬感亦能在學業上得到反映。近年來，陳瑞祺的學生不是單單為自己的成績而奮鬥，大家有默契要在公開試上為學校增光，要吐氣揚眉。大家都覺得身為陳瑞祺的學生，除了體育方面，都希望在任何領域貢獻陳瑞祺。

關於個人方面

7

你們得知自己考入大學後有甚麼感受？

入大學一直是我的夢想，考進好的大學更是「更上一層樓」。但要離開我熟悉的學校，都是有不少傷感。很多人和事都已經習慣了，突然的轉變都令自己緊張不少的。

主要有兩個很強的對比吧。一方面很期待大學生活，很渴望適應新的環境，新的事物。因為我認為大學是一個很能令自己學會獨立、做好時間管理的地方，計劃大學生活的目標。這些都要靠自己籌謀。另一方面，亦不想這麼快結束在陳瑞祺的生活。始終中學的朋友將會是最親、最真的朋友，友誼亦會是最純潔、最長久的。因此我不希望這麼快便與同學們分離。

8

為何你們希望修讀精算學？

首先我自問不是一個只鍾愛於數學的人，這點很多人都會知道。我自問亦不是一個數學天才，但是我仍然願意過這數字人生，很大原因是修讀精算學較容易找到一份穩定的工作，在這個行業發展亦有不錯的前景。我認為人生漫漫長路，若要追求美好的事物，例如幸福的家庭、舒適的生活，你都需要有基本的財政能力。因此我希望將來找一份良好的工作再追求其他事物。

同樣地我都不認為自己是個數學天才，但我對數學的興趣不少。中四中五的時候，我都喜歡面對有關數學的科目，基於這個興趣，即使可能每一天都面對著數字，我都不認為是一件苦惱的事，反是一件樂事。加上精算學具有很大的挑戰性，當自己能應付的時候，絕對能帶給我無限的滿足感。

10

最後，你們對CSK的後輩有甚麼的勸告和期望？

我始終認為來得CSK的學生均有一定的潛質，不要浪費這些潛力，應該早日認真自己的目標，然後向目標奮進。

9

你希望將來如何報答陳瑞祺？

我想當我畢業之後，作為陳瑞祺的舊生，我能找到一份工作，在社會上有所貢獻，間接上就是對學校的貢獻。因為我是在陳瑞祺畢業的，若果我能做到對社會有所貢獻，都會為學校帶來一種光榮。

有時學校有些舊生會的組織，需要舊生的幫助，我都會義不容辭的。

我認為同學真的、真的需要想清楚每天來到學校為的是甚麼，是不是因為十二年免費教育或父母的逼令而讀書，若果沒有這些的因素，你又會否求學呢？希望你們能想深一層，為自己將來都好、為追求知識也好，希望他們知道上學是一件樂事。



New Teachers

4C Kwan Kai Cheong, Andrew

All About Coincides

Being a teacher was never the aspiration of Ms. Au when she was in primary school and secondary school. The reason why she is a teacher now is because her major in college was English; therefore she got many opportunities to practice to be a teacher and worked in education-related part-time jobs. She said it seemed logical to be a teacher after she graduated and she finds it suitable to herself. Ms. Au joined CSK under a series of coincidences. She was looking for a school to transfer to a new environment when our school was recruiting an English teacher. The other reason why Ms. Au joined CSK is because she is a Christian and she always wants to work in a Christian-based school. With all these coincidences, Ms Au became one of our new teachers by joining our school last September.

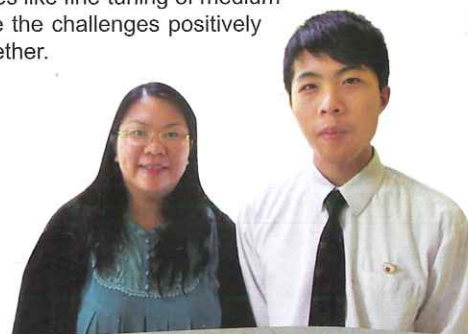
Ms. Au Is Impressed

Ms. Au said she had discovered a phenomenon in the staff room among teachers. In their spare time, teachers will talk about recondite issues and there is a strong academic atmosphere. On the other hand, Ms. Au thinks that students in CSK have a common interest—sports, which is quite different from students in other schools. Although other schools have different sports teams, too, in CSK, there is one more characteristic, a strong sense of belonging, especially when students cheer for their classes in the inter-class matches during the lunch time.

Ms Y T Au

Subject taught: English and Integrated Humanities

Hobbies: Reading, play with wind music, travel



Christmas Card By Mail

Ms. Au divides students in CSK into two groups: Active and Shy. And she has a memorable experience last Christmas with one of the shy students. Last Christmas, she received a Christmas card from that student by mail. It was the first time that Ms. Au had received a Christmas card in this way; that's why she thinks it is memorable.

Reading Habit Of CSK Students

After months of observation and comparison, compared with her previous school, Ms Au found that many students in CSK have the habit of reading, but in her view, she is not satisfied yet, because the books students read are usually in Chinese. Only a few of them have the habit of reading English books. In order to improve their English proficiency, Ms. Au suggested students cultivate the habit of reading English books by starting from the easier ones and choosing interesting topics. Eventually everyone can develop the habit of reading.

Message To Students

Prepare for the changes like fine-tuning of medium of instruction and face the challenges positively and improve CSK together.

Good Teachers And Bad Teachers

Ms. Leung is one of the four new teachers that joined CSK last September. When Ms. Leung was in secondary school, she met some good teachers and of course some bad ones, too. She has found out that if a teacher can stand on their principles and had demand on students, students can be positively affected. In addition, she likes to work along with the youth. This is also one of the reasons why Ms. Leung chose to become a teacher.

CSK Is The Chosen One

Ms. Leung came to CSK last September. But why CSK but not other schools? Ms. Leung said it is because CSK has a history of 40 years and is an EMI school, so there should be a guarantee of the quality of students. Also she thinks that CSK is a place where she can show her ability fully, that's why she joined CSK. When I asked her the impression of our teachers, Ms. Leung gave me the answer immediately. The answer was 'Really Good'. She also said most teachers she met are willing to help and are concerned about

whether she can adapt to the new environment. Therefore she has a great impression toward the teachers in CSK.

Good Memories In CSK

And after more than seven months in CSK, Ms. Leung has a good impression towards the students in CSK. The senior form students will say 'Hi' to her even though they don't know her. She thinks they are polite. Different from the senior form students, junior form students are more active and talkative comparatively, but after getting along with them for a while, she found that they are just not used to observing rules, so what she needs to do is to help them to abide by rules and be motivated. She was very impressed when she received a Christmas card last Christmas because she was addressed as 'Stephanie Cheng'.

Messages To Students

Inherit CSK's tradition, don't waste the reputation and the experience gained in the past 40 years; learn to treasure what you've got.

Ms T Y Leung

Subject taught: Integrated Humanities

Hobbies: Surfing the net, listen to music, watch movie and play with her pet



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