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主席的話

聖若瑟書院家長教師會（「家教會」）日益發揮橋樑作用，成為家長、教師和同學之間的有效溝通渠道。尤其是咖啡坊活動，很高興聽見有家長充滿誠意地說，前來參加這項交流心得的活動，是因為想知道其他同學如何學習與成長、其他家長如何引導和培育孩子，讓自己具備更多共同話題與孩子溝通，促進親子關係。

上學年首次邀請了家教會的學生委員參與高中咖啡坊的分享，發覺並非所有家長都能參加家教會活動。年長、疾病、家庭情況或其他原因都可能導致家長或監護人未能積極參與。大部分同學在求學過程中一直受父母的關心和愛戴，但另有一些同學已必須自己照顧自己，放學和課外活動回家後，得自己買菜洗衣燒飯，為自己準備三餐和整潔校服。家教會藉此向這些同學說：若你需要長輩的關懷或輔導，歡迎到家教會這個大家庭來尋求協助。

家教會今學年初次嘗試「家長夥伴計劃」，請現有的學生家長聯繫中二、三和四插班生的家長，協助這些新生家長認識本校的傳統、習俗，讓他們伴著孩子，更容易地、快速地融入新的學習環境。

St. Joseph's College Parent-Teacher Association ("SJC") ("PTA") is a valuable platform for us, as parents of Josephians, to communicate and share thoughts among parents, teachers and students of SJC. The Coffee Corners of the PTA are especially useful for parents to exchange opinions and gain more insights into the school lives of our teenage sons.

It was encouraging when some parents earnestly announced that they attended Coffee Corners in order to learn and find out how other boys are progressing, behaving and growing, as compared to their own sons. There was an awakening call - when students from the PTA Student Council were first invited to share their views with parents at a Senior Form Coffee Corner held in last academic year - that not all of our students are lucky enough to have their parents involved in PTA activities, due to aging, health problems, family issues or other reasons. While many students may be pampered by the love and care of protective parents, there are other students who do their own laundries, grocery shopping and household chores after school, so as to prepare neat school uniforms and daily meals for themselves, besides studying and school extra-curricular activities. The PTA would like to extend our availability to these students: We are here to help and listen to you, even if your parents or guardians may be unavailable for whatever reasons. The PTA is a big family for all Josephians. Come to us if you would need any parental care, assistance or advice.

A buddy program for parents is implemented on a trial basis for the first time in this academic year, for existing parents to guide new parents whose sons joined SJC in Secondary 2, 3 and 4. The objective of this program is to assist such parents to get familiarize with SJC culture and practices, so as to support their sons in adapting to our school environment.

Two drinking fountains have been reinstalled, one at the basket ball court and the other at the table tennis court, resulting from requests of parents reflected through the PTA to

應家長要求，學校重新安裝了兩部飲水機，其中一部安裝在籃球場邊，另一部安裝在乒乓桌旁。校方將監控其衛生使用，盡力在食水供應、健康和環保之間尋求平衡。若校園爆發病菌傳染，則關閉和停止飲水機的使用，直至情況回復正常為止，才再開放使用。

家教會冀望為你帶來精彩的家校合作活動：學期初有本會的週年大會、中一新生家長分享會；高中咖啡坊和家長講座（由歐陽偉豪博士 Ben Sir 和徐立豐先生擔任主講嘉賓）已在2016年10月舉行；親子郊遊日已於2016年11月舉行以及一年一度綠白開放日的家教會小食攤位。當你閱讀此份「家教會會訊」以後，接下來的將有初中咖啡坊、另一回合的家長講座、生果日、週年晚宴兼家長也敬師活動，以及舊書循環活動等等。最重要的是家教會將盡最大努力，無論單獨或與本校其他學會合作，為現有的堅尼地道7號和新加入本校的堅尼地道26號校舍籌款，使這更寬闊的校園，為我們的同學提供更多更加優良的學習機會。讓我們攜手邁向這個目標，實現這有意義的使命！

聖若瑟書院家長教師會 主席 李唐麗萍

the School. They will be monitored hygienically. The School will strive to maintain a good balance among the supply of fresh drinking water, health and environmental friendliness. If there is any outbreak of contagious diseases, these drinking fountains will be closed temporarily until the circumstances return to normal.

The PTA looks forward to bringing eventful activities to you. The PTA Annual General Meeting, Secondary 1 Parent Sharing Session, Senior Form Coffee Corner and Parenting Seminar (with star guest speakers, Ben Sir and Mr. Andy Tsui) were held in October 2016. The Parent-Child Outing was held in November 2016. Post this PTA Newsletter you are reading now, there will be the Green & White Open Day PTA Food Stall, Junior Form Coffee Corner, another Parenting Seminar, Fresh Fruit Day, Annual Dinner and Parents-Also-Appreciate-Teachers' Drive and Used Book Recycling Event to come. Most importantly, with 26 Kennedy Road newly added to our existing 7 Kennedy Road school campus, the PTA has, and will put in, all best endeavours, whether singly or jointly with other SJC school associations or clubs, to raise funds for the benefits of our students in the expanded school compound. Let us join hands matching towards this meaningful mission!

Mrs. Elizabeth Lee, Chairperson,
St. Joseph's College
Parent-Teacher Association



校長的話

《2020》

今天是二零二零年九月一日，我如常早上六時五十分起床，換上衣服準備上班，回到聖若瑟書院——一所我就讀和任教了四十六年的學校。提著公事包正要出門，我才猛然記起自己已經退休了！一九七一年九月一日，我第一天來到聖若瑟書院上學，心情既興奮又緊張。興奮的是，我竟能入讀這所由兄長為我挑選的傳統名校；緊張的是，由於我不是直屬小學的學生，可能會顯得格格不入，擔心在校內遭到排擠。但這些憂慮迅即消失，同學都很友善，大家相處愉快，後來我更加入了第一旅童軍隊伍，校園生活多姿多彩。學習方面，我發現自己對數學的興趣日益濃厚，並有幸在中六、中七那兩年遇上了謝新如老師，在數學課堂上，他總是愛問是非題，儘管每次答題我都信心滿滿，可是答案往往都是錯的！謝老師那獨特的教學方式，讓我對數學更加著迷，熱愛程度與日俱增。一九七八年，我順利升讀大學，自然然是主修數學科了。究竟我從數學中獲得甚麼啟示？當中有何得著？數學不但能夠訓練和提升我的邏輯和分析能力，還能教我勇於面對挑戰，積極尋找解決方法。一九八一年，大學畢業後，我回到聖若瑟書院執起教鞭，當上數學老師。這兒的學生都很優秀，這些年來我從學生身上也學到很多，让我的教學方法不斷改進；至今，不少舊生在不同領域有卓越的成就，我深感欣慰。二零一六年，我有幸成為聖若瑟書院校長。我希望我的學生都有一顆善良的心、樂於助人、愛動腦筋；喜愛閱讀、運動和藝術；勇於面對挑戰。

程景坡校長



Open Day 31 Jan 2016



家長心意咭

Dear Dad and Mom

I'd like to show my gratitude to you!

Name: David Chan
Class: 4D (17)

Thank you for always being there for me. The time spent in going to be kind to me but I'll try my best to get the most out of it!

Love,
David Chan

— Nurturing a supportive community —
Moral and Civic Education Team & Parent-Teacher Association
ST. JOSEPH'S COLLEGE (2014-15)

Dear Mama

I'd like to show my gratitude to you!

Name: Joel Lee
Class: 7A (17)

Thanks for caring and feeding me for 12 years, I will try my best to love and care about you! Love you! ❤️

Love,
Joel Lee
Date: 16.11.16

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Moral and Civic Education Team & Parent-Teacher Association
ST. JOSEPH'S COLLEGE (2014-15)

Dear Mum

I'd like to show my gratitude to you!

Name: Sergio Liao
Class: 5A (19)

Thank you for accompanying me for the past 16 years. I hope that you can still accompany me by my side every night!

Love,
Sergio

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ST. JOSEPH'S COLLEGE (2014-15)

Dear Mom

I'd like to show my gratitude to you!

Name: Gabriel D'Amico
Class: 5B (17)

Thank you for taking care of me these years! Thank you for being the patient and the knowledge in teaching me how to become a better person. I love you!

Love,
Gabriel D'Amico

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ST. JOSEPH'S COLLEGE (2014-15)

Dear Dad

I'd like to show my gratitude to you!

Name: Jody Chan
Class: 9A (17)

Thank you for driving me to have football training all the time even though you were tired and you still taking good care of me. Thank you!

Love,
Jody

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ST. JOSEPH'S COLLEGE (2014-15)

Dear Mom and Dad

I'd like to show my gratitude to you!

Name: Bence To
Class: 2A (18)

Even though I may not say this often, I want to thank every single thing you have done to establish my life - guiding me through darkness, lending me a hand when I need. Thank you!

Love,
Bence To

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ST. JOSEPH'S COLLEGE (2014-15)

Dear Dad and Mom

I'd like to show my gratitude to you!

Name: Joseph Yip
Class: 1A (15)

You are the only two people who I love from the bottom of my heart! ❤️

Love,
Joseph

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Moral and Civic Education Team & Parent-Teacher Association
ST. JOSEPH'S COLLEGE (2014-15)

Dear Mum and Dad

I'd like to show my gratitude to you!

Name: Chun Long
Class: 1B (22)

Thank you for taking care of me! I have learnt a lot things in my life, and I am still learning. I will not be so naughty and try to control myself.

Love,
Chun Long

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Moral and Civic Education Team & Parent-Teacher Association
ST. JOSEPH'S COLLEGE (2014-15)

Dear Parents 父母

I'd like to show my gratitude to you!

Name: 譚卓傑 Cheuk In
Class: 6C (20)

在這惶恐難求的懷抱，我急於存亡之秋，感謝您一直支持，令我可以在崎嶇的道路上繼續前進！

Love,
譚卓傑

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Moral and Civic Education Team & Parent-Teacher Association
ST. JOSEPH'S COLLEGE (2014-15)

Dear Parents

I'd like to show my gratitude to you!

Name: Mike Chan
Class: 4D (5)

I thank you for your countless love and caring! When I am lack of confidence, you always encourage and support me. Thank you for all you've done for me.

Love,
Mike

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Moral and Civic Education Team & Parent-Teacher Association
ST. JOSEPH'S COLLEGE (2014-15)

Dear Mom

I'd like to show my gratitude to you!

Name: Marcus Ho
Class: 2B (17)

雖然我經常違悖你，但你是這麼愛我，我真的很感激你！我知這件在公司幫忙，但我沒有甚麼太好的，只好說：加油！加油！

Love,
Marcus

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Moral and Civic Education Team & Parent-Teacher Association
ST. JOSEPH'S COLLEGE (2014-15)

Dear Mom & Dad

I'd like to show my gratitude to you!

Name: Jason Ma
Class: 5B (21)

Thank you for being a support to me! Without you at my back, I won't be able to aim high and fly high! You are the best!

Love,
Jason

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Moral and Civic Education Team & Parent-Teacher Association
ST. JOSEPH'S COLLEGE (2014-15)

Dear Dad & Mom

I'd like to show my gratitude to you!

Name: Irene Chan
Class: 3C (22)

Thank you for your guidance and care. You are undoubtedly the reason of my life.

Love,
Irene Chan

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Moral and Civic Education Team & Parent-Teacher Association
ST. JOSEPH'S COLLEGE (2014-15)

Dear Dad and Mum

I'd like to show my gratitude to you!

Name: Susan Ho
Class: 4D (10)

Thank you for teaching me how to be a real man and enjoy the little things in life with me.

Love,
Susan

— Nurturing a supportive community —
Moral and Civic Education Team & Parent-Teacher Association
ST. JOSEPH'S COLLEGE (2014-15)

Dear Dad

I'd like to show my gratitude to you!

Name: David Lee
Class: 2C (14)

Although you always busy from home to work, I appreciate your care and I hope will have a lovely trip!

Love,
David Lee

— Nurturing a supportive community —
Moral and Civic Education Team & Parent-Teacher Association
ST. JOSEPH'S COLLEGE (2014-15)

Dear Mom and Dad,

I'd like to share my gratitude to you!

But for her it been' for even my secondary school life is
approaching to end. I am forever grateful for the education
you've given me, and will return this gift by striving my
best in the public domain so that your efforts are worth it.

Love,
-Son

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* Shortening a supportive community:
Moral and Civic Education Team & Parent-Teacher Association

ST JOSEPH'S COLLEGE (DIPLOMA)

* Kennedy Road, Cantonment, Hong Kong

My Son's Journey as a Josephian

In summer this year, my son graduated from St. Joseph's Primary School (SJPS) and was admitted to St. Joseph's College (SJC). It was such a blessing as I have been planning for him to become a Josephian since he was a baby.

After my son had spent a year in pre-nursery school and his first year in kindergarten, I applied for him to enter St. Joseph's College Kindergarten (SJCK) at the age of 4. We also moved temporarily from Kowloon to reside in Wanchai District to make it more convenient for him to go to school, and more importantly, to give him a better chance of gaining admission to SJPS.

The 2 years in SJCK passed quickly. On the day the primary school discretionary admission results were announced, I anxiously checked the newspaper for his candidate number. Having found it with a sigh of relief, I skipped lunch to visit SJPS to check the admission list posted on the front door just to confirm the result. It was very fortunate for my son to have been admitted at the discretionary admission stage, since it saved us from the uncertainties and apprehension of having to apply for other schools before the central allocation stage results were announced. We were just overjoyed to see our dream come true. In celebration of this blissful day, the whole family went out for a great feast.

A good start was only half of the success. When my son started to attend SJPS, we moved back to our Kowloon home with a sense of accomplishment. He went through primary school with wonder and bewilderment, making some mistakes and learning a few lessons along the way. As a parent, it was gratifying to watch him moving up the grades, steadily gaining knowledge, learning to study and collaborate with classmates on school projects. As he stumbled through the ups and downs of primary school life, I was pleased that he could contribute his services to the school as a prefect, maturing bit by bit and starting to shape his personality.

As I look back, time flew and soon my son entered P. 5. The pressure of getting into secondary school began to mount. The internal assessments straddled the P. 5 final, P. 6 half yearly and P. 6 final examinations, so we had to work hard to maintain his performance over this period. Fortunately, the examinations were over before long. As their primary education drew to an end, the P. 6 students gathered on 25 June with their families for the graduation dinner. I can still vividly recall how all the boys, parents and teachers chatted, sang, laughed, played and had a great time that evening. Then the graduation ceremony was held on 28 June, after which everyone was busy taking pictures with one another. On the morning of 5 July, parents gathered in the SJPS playground as their sons received their secondary school admission results upstairs. Again it was with great joy that I learned of his admission to SJC. We joined several families for breakfast nearby to share our sense of relief, recount the primary days with hearty smiles and ponder upon the secondary years.

My son is now in perhaps the most formative stage of his life as he develops through puberty into a young adult. His secondary education and experience will largely define the kind of person he will become, and he will be meeting some of his best life-long friends here. I wish him every success and trust that he will enjoy his time in SJC. No matter what the future holds for him, I am sure that he will remain grateful to all the Christian Brothers, teachers and fellow students who have been guiding, supporting and accompanying him through his memorable journey as a Josephian.

Albert Liu

(Father of Brandon Liu, S.1A)

December 2016



感言 余定邦

兒子幼稚園畢業的時候，他的校長一再勸說我千萬不要讓他報讀聖若瑟小學，因為他太柔弱怕事了。結果我還是選擇讓他闖一闖，學會挺起胸膛。然後他又闖進了中學，如今已是個壯健而又活力十足的「若瑟夫」！

十二年來我一直在聖若瑟小學和中學參與教會工作，陪著兒子一起成長。在兒子的感染下，我彷彿也變成了一個「若瑟夫」：不時因有所得而同喜，有所失而同歎息。與同學、師友及員工接觸多了，增進了感情和了解；與家長們溝通多了，許多共同的話題把我們的藩籬敞開了，親切地互相關懷和交流。

我們的學校就好像一座翼宮，庭院內外廣植棠棣，不時競秀，欣欣向榮！竇燕山教子義方，亦已化作春風，吹入了大家的懷抱！

作者按：

翼宮：學校、校舍

庭院內外：校內及校友

棠棣：用作比喻兄弟之樹木；所謂「兄弟既翕，謂之花萼相輝；兄弟聯芳，謂之棠棣競秀」，聖若瑟培育之傑人傑士，比比皆是；欣欣向榮，此之謂也。

教子義方：老竇教子在嚴。

春風：稱師之善教，日如坐春風之中；學業感師之造成，日仰沾時雨之化。



Walkathon

Members of the PTA have received an invitation from the SJC Interact Club to participate in its Annual Green and White Walkathon. It was a fresh Saturday morning on 19th November, 2016. Parents and our family members, together with Reverend Brother, Principal, teachers and our Josephian sons, actively joined in this event.

It started after a heavy but short morning rain. The rain forced the Interact Club to relocate its spectacular opening ceremony from the outdoor football field into the New Hall of the School. However, it was cool, fine and with moments of sunshine thereafter. All of us enjoyed this morning walk along the green trails near the School. It was a blessed morning full of fresh clean air, some morning joggers who were residents in the vicinity and many enthusiastic Josephians.

Participants who returned to the School after completing the walk were served with yummy snacks. Environmental friendly designed pencil cases were distributed as souvenirs. We also enjoyed the video especially produced by the Interact Club for this Walkathon. It was marvelous to watch our Principal and teachers singing the Walkathon theme song, along with our Josephians!

We enjoyed this well organized Walkathon, for the good causes of raising funds for the annual publication of the SJC School Magazines, and for the new cause of renovating the newly added school campus, 26 Kennedy Road. We look forward to seeing our Josephians studying and growing up in the expanded school campuses at 7 and 26 Kennedy Road.

Much appreciation to the organizer of this Walkathon, Parco Cheng, teacher-in-charge, Mr. Anthony Ng and members of the Interact Club for this memorable event. All your leaderships, creativity and dedicated efforts have set good examples, and they will pass down from generation to generation of Josephians.

Mrs. Elizabeth Lee



家長講座

很多謝家長教師會與學校每年都舉辦多次「家長講座」(Parenting Seminars)，今年我參加了2006年10月29日舉辦的家長講座。家教會邀請了兩位主講嘉賓—Ben Sir和Mr Andy Tsui。第一場由Ben Sir主講怎樣寫好文章；第二場由Mr Andy Tsui，主講怎樣培育孩子邁向成功成長之路：“Go Above and Beyond”超越所能。

兩場演講，內容豐富，主講者演譯風趣幽默，精彩絕倫，旁聽座無虛席，聽眾反應熱烈。我比較對Mr Andy Tsui的講詞感興趣。

皆因眼看著孩子從少年進入青春期的急速成長，實在有點不了解兒子的內心世界，新時代，新人類，沈默比石頭沈默，到底用什麼方式語言去溝通？有沒有門，可以開啟？媽媽變得失落又不可管，幸好爸爸可以成為他的好榜樣，可成為朋友般的尊重相處。透過是次講座，作為媽媽的，明白在這個時期只好忍耐，適當時只好給與孩子們關懷和愛；父親的教育方式更利於培養男子漢氣質：獨立、勇敢、堅強、盡責、迎難而上。可以接受最難走的路，可始終保持向上姿態的挑戰者精神，以成為世界通用人才。

也因明白孩子們到了青春期的，男孩要成長為人，體內荷爾蒙不斷增長變化，有時會令人情緒不穩，甚至失眠，是叛逆期的常見現象。孩子們呀，也要好好學習自制和瞭解身體的改變，能開心安然度過美好成長的青春期，家長也應給與支持與體諒。

真的很感謝學校與家長教師會能舉辦不同講座和一系列活動，讓家長明白怎樣陪伴孩子健康成長，每次活動也讓學生本身發揮統籌能力，為學生提供優質的學習環境成長。

現在學校能獲得新校舍擴充，能讓孩子們更有充裕課堂資源，提升教學質素。祝願學校校譽日隆，孩子們愉快學習成長！「若瑟夫」努力、加油！

梁羅月蘭(4E)媽媽

試食會

本校飯堂營運合約於上學年完結，學校必須重新招標，並於2016年5月24日（星期二）下午二時至三時在校內舉行試食會。有三家供應商入圍，獲邀請到本校參加試食會，讓校方、學生和家長品嚐他們可供應的膳食，以決定遴選哪一家營運商適合經營本校食堂，來年為我們的老師和孩子供應午餐和小食。

有十幾位家長踴躍報名參加試食會：Rebecca Lo, Tanny Tam, Maggie Li, Jessica Kong, Pink, Coral, Loris Lui, Connie, Gloria, Shirley Choi, Tony 和 Elizabeth等等。

A、B和C供應商在新禮堂內把最健康好味道的各種膳食擺放出來，供大約一百位老師、學生和家長們逐樣試食。試食的過程中，我們還得填寫問卷、評分，非常公平，因為我們都不知道A、B和C供應商的真正身份，純粹是以我們的味蕾為準。符合試食者的要求、標準和口味的得高分，反則低分。按初步觀察，家長們都偏向於選擇提供高纖、低脂、低糖、低鹽的膳食。但孩子們好像是比較喜歡味道比較濃厚的膳食。

為確保未來學校膳食服務的質素，校方設立了遴選委員會，並依照教育局和衛生署的「選擇學校午餐供應商」程序和標準進行工作。遴選委員會於試食會後與這三家供應商逐一面談。面談時，除供應商向委員會就學校情況所能提供的服務作較詳細的闡述外，每一供應商都要回答委員有關餐單、食品衛生和製作、飯堂管理（例如清潔、佈置、服務表現及飯堂營運等等）的不同問題。經遴選委員會深入之討論後，學校選出來屆之飯堂膳食供應商——維他天地。

「好味舊」家長



聖若瑟書院141開放日 家教會美食廚房剪影

踏入2016年第一個月的最後一日，Elizabeth 指揮若定，百分之一百支持全副武裝的Aves（其實只是戴上口罩）落實Peter 經神機炒算後的一個簡單任務——就是於下午五點前歲晚收爐。

起初，Aves戰戰兢兢，怕不能把工作做好。幸得Tanny挺身而出，號召一班家長與她並肩作戰，Aves於是勇者無懼，並急召愛女及一眾家長義工再次使出渾身解數，務求完成任務。

早上，當冼Sir為大家作好一齊事前部署後，工作隨即開始。Sabrina 一馬當先為學生委員及舊生會執委準備豐富的腿蛋治早餐。Norbert 聯同幾位家長則坐鎮售票處，希望我們於開幕儀式後立即「發市」！

為了令每一位來賓都能一嚐人間美味，眾家長兵分兩路，在舊校舍操場的家教會美食亭及飯堂廚房忙個不停，全情投入工作。

當眾女將在廚房忙得不亦樂乎之際，我突然感到有一股超強力量與我擦身而過，回頭一看，才知道原來是世外高人Elaine拔刀相助。大家當然喜上眉梢，我還悄悄地問句：「我買的炒麵如何？」Elaine輕輕回應一句：「如何？你買錯！」我立即追問：「我向粉麵店東主表明買炒麵，豈有買錯之理呢？」在我感到有點兒迷惑時，多得Elaine給我當頭棒喝，令我回歸炒麵之正道。雖然麵是買錯了，但有Rebecca Lo 和她的最佳拍檔施展「峨眉十八炒」。結果，她們把腐朽化神奇，Rebecca 還給我品嚐一箸靚麵。我心想：「今次買錯都那麼好味，下次買對便不得了呀！」

鏡頭一轉，只見操場上的家教會美食亭已人頭湧湧，水洩不通。Tanny立即拿出她的殺手鐖「跳皮雞蛋仔」來吸引顧客。起初，業績未如理想。最後，Tanny親身教授Tammy來一招「巴黎鐵塔反轉再反轉」……人龍隨即出現。

Gillian 一到場就毫不猶豫，再度為PTA披甲上陣，獨力主管飯餐部。中午十二時許，銷情尚未達標，幸得Hobby到場為我們打氣。結果，來賓要你爭我奪才能把最後的一盒飯得手。中場範圍，我們以Rebecca Yeung、Lesia、Jessica、Carmen和Susanna五美為進可攻，退可守的無懈可擊組合，加上Maggie、Wing、Annie、Candy、Shirley、Cindy、Grace、Gloria、Loris、Venice、Venus、Ruby、Lily、Rainy、Ada、Karen、Cordia、Tina、Dollus、Evelyn、Zoe、Virginia、Moniz……（還有很多很多家長，只是我記不了，請見諒）等女將不斷互相走位配合，務求我們的出品，樣樣不是精品，便是極品！

我們的創意和投入是今次家教會美食亭成功之關鍵。我們的應變能力更是驚人！就如我們的主打「咖哩魚蛋」，無論入貨幾多，都是賣個清光。當中原因非常簡單。今年多得「魚蛋男神」，綽號「四海咖哩魚旦Danny」為我們叫賣，反應之熱烈，有目共睹！有舉棋不定的顧客問他：「想食辣有什麼選擇？」他說：「我們的咖哩魚蛋是不二之選！」顧客再問：「不想食辣又有何選擇？」Danny兄以微笑再度回應：「咖哩魚蛋啦！其實，我們的咖哩魚蛋不算辣！」這樣的叫賣，又試問有誰能抵擋我們「奇妙咖哩魚蛋」的誘惑呢？

創意無限當然少不了以Carmen為首的「春卷三人組」。她們奇招盡出，由素春卷開始，來賓一湧而上，目的只得一個，就是要來賓品嚐一口又一口的美食。由於我發音不夠準，有來賓誤以為有送春卷優惠，所以素春卷亦是大賣。素餡料售罄，三人組隨即變陣，用筆作餡（芝士火腿）繼續供應春卷。最後，春卷皮也用完，三人組又擺出「斗轉星移」戰陣，以上海白圓皮製作新派小食「迷你黃金角」。新產品極受年輕一族的歡迎，不出半點鐘，又賣個滿堂紅！筆餡也用盡，三人組再推出以湯圓片糖餡的「甜蜜黃金角」應市。結果，再次證明我們的創意黃金角，鹹甜皆宜！其實，「春卷三人組」把創意炸物發揮得淋漓盡致，到了出神入化的境界，有沒有餡已不是賣點所在。當然，創意炸物之成功，有賴「新晉味皇」洪Sir為我們不斷試食。所有新出品都要經洪Sir的味蕾檢定，才能推出市場。

為家教會守尾門的是「Susanna、Jessica & Friends」。這個強陣專責小組是為來賓供應「美滑鮮豆漿」、「百吃不厭餃子」及「團團圓圓靚湯圓」。這些人間美食對來賓來說，當然是「手快有，手慢無」啦！最後，我們來一招「即叫即做靚湯圓」（感激湯圓三人組戰鬥至最後一刻也不停手地搓湯圓），來賓要預先登記，才有機會品嚐四粒齒頰留香之湯圓啊！

經大家齊心合力工作八小時，我們無驚無險，衝過終點。果然，我們能在下午五點前完成Peter所指定的簡單任務——歲晚收爐！多謝各位！

在這，Elizabeth和我再次向每一位於141開放日做到忘我的家長、團團圓圓及老師衷心說一句：「無言感激！」

聖若瑟書院家長教師會 副主席 黎國雄



水果日

本校響應教育局和衛生署合辦的「健康飲食在校園」運動，每年於4月份在校園內舉行水果週，以鼓勵學生吃充足水果。上學年2016年4月的第二個星期，是本校的水果週。

水果週的其中一個環節包括校方事先誠邀一些家長為我們的同學預備一些與水果有關的甜品，在水果日免費派發給同學食用。每位家長可準備一種甜品，每種甜品大約50份左右。

愛心十足的水果媽媽們反應熱烈，先提議心目中想製作的水果甜品。有水果媽媽還預先在家裏嘗試製作和包裝，滿意後才確實她的水果甜品項目。大家即想選擇優質水果，亦在想什麼味道和模樣的健康飲食甜品才是孩子們愛吃的。總之，水果週的目標是如何促進學生進食足夠水果的習慣。

2016年4月15日（星期五）是「水果日」。午飯時間前，水果媽媽們陸續將當日上午或之前一晚做好的水果甜品帶來，在食堂作最後準備、分配和擺設。另有水果媽媽犧牲睡眠，在凌晨時分到油麻地果欄，選購最新鮮的特色水果，親自搬運了好幾箱到食堂來。食堂的義工家長們也來幫忙打點。水果媽媽們的精心作品包括以下一些傑作：

水果媽媽	水果甜品
Tanny	士多啤梨，藍莓鬆餅
Maggie	迷你玫瑰蘋果批
Moniz	芒果布丁
Wing	特色新鮮水果
Elizabeth	新鮮雜果
Rebecca	香蕉蘋果沙律

午飯時間(12:30-1:30pm)的鐘聲想起，同學們來到食堂，看見令人垂涎欲滴、五顏六色的水果甜品和新鮮水果整齊地排列在餐桌上。經邀請同學們隨意地前來選取適合自己口味的一份水果甜品或鮮果。吃完正餐後，同學們開心地享用甜品和水果。校監、老師們也有口福，因為水果媽媽亦有預留多份水果甜品和新鮮水果給他們品嚐。

水果媽媽們眼見自己的心血製作廣受歡迎，加上同學們和校方的感激，都樂得笑盈盈。這都是家長對孩子們的愛護和心思。不單純是為自己的孩子，而是毫不猶豫、無私地為全校的孩子們着想。希望已有吃水果習慣的同學繼續保有這個良好習慣，尚未有養成此習慣的其他同學們逐漸往這個目標努力邁進。

水果媽媽



活動
報導

AGM

08Oct2016





Coffee Corners

27Feb2016



22Oct2016



PARENTING SEMINARS

29 Oct 2016



A seminar on parenting was held on 29th October 2016 by Parent-Teacher Association. This year, we were honoured to have invited Dr. Benjamin Au Yeung Wai Hoo (歐陽偉豪博士) (Ben Sir) and Mr. Andy Tsui (徐立豐先生) (Talentbaba) as the guest speakers. They gave insightful sharing with parents and students on practical Chinese writing skills as well as the way to create a family culture of 'Feel Good, Learn Good, Do good and live Good'. In the Q&A session, many parents showed their interest in the topic by participating eagerly. Their concerns were addressed professionally by the two speakers. The seminar has been a huge success.



7 May 2016



總結：(1)蔡綺文心理輔導學家「活出希望、珍惜生命」的教導—必定要支持青少年孩子，令他在最困擾時仍然覺得「有人可幫助佢、佢有希望和佢有價值」；(2)麥潤壽知名電台主持人（永不放棄同學會）「溝通的目的與模式」的教導摘要—忠告記得不要太嘮叨，既要powerful又要有point，訓話不超過兩分鐘！陪伴子女成長，少不了等待和忍耐！家長們，加油呀！

PTA and Parent-Also-Appreciates-Teacher Dinner

家教會聚餐及謝師宴

6/5/2017 (六)

晚上6時至10時

本校新禮堂

費用待定

詳情請留意二月派發的通告

Parent-Child Outings

23Apr2016

大埔回歸塔和沙頭角農莊



12Nov2016

農吐珠奇趣農莊(天水圍綠田園)、
流浮山海鮮、香港有機資源再生中心
和落馬洲花園瞭望台



學生
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