

## 給家長和老師們的信 (15/16 – 3)

親愛的家長和老師們：

轉眼間家長們最擔心的期考又來到了，這也是老師們最緊張的時刻，因為很想知道教學的成果，孩子們倒很享受考試的時光，我聽過很多低年級的孩子這樣說，因為沒有功課，所以很輕鬆，最重要的是家長和老師沒有給予壓力，希望這種氣氛能夠延續下去。

近年也感覺到高年級的學生因為要面對公開試，承受的壓力較大，如何鍛煉堅毅的意志，不屈不撓的精神，需要從小做起，多參與各種的活動，其實是一個很好的方法，特別體育、音樂和服務等的活動，對專注力的培養，意志的磨練，還有屢戰不倒的精神，從很多團隊的練習、表演和比賽中，都能培養孕育出來。

至於時間的管理更是一個重要的學習課題，多少聰明機靈的孩子就是敗在時間管理上，如果孩子小時就能培養自理的能力，自主積極的學習態度，時間的管理也就容易掌握了，從學校很多優秀的孩子身上可以見證他們是學業、運動、音樂各方面都能兼顧，而且都有特出的表現，但有些孩子到高年級的時候都說為了學業，家長要求脫離樂隊，球隊，各種活動團隊，專心讀書，我感到很可惜和無奈，因為這樣可能會導致更差的成果，對孩子的成長來說是一個遺憾。

聖誕佳節將至，這是一個普天同慶的節日，不管你是否信徒，都能享受一個長的假期，香港的聖誕節特別漂亮，到處洋溢一片歡樂的節日氣氛，我們今年特別舉辦一個聖誕音樂會，讓孩子、老師、家長和校友都來同聲和唱，享受音樂裏的平安和喜樂，也同時為學校的設施、維修等籌款，希望大家都踴躍參與。

特別在這個信息泛濫，謬誤與是非充斥的年代，願大家在歡樂聲中找到和諧和美善。

祝聖誕快樂，新年幸福。

總校長

劉筱玲博士

二零一五年十二月三日

3<sup>rd</sup> December 2015

### Letter to parents and teachers (15/16-3)

Dear parents and teachers

It is time again for our first term assessments when, I believe, parents and teachers alike are concerned and anxious about students' performance. Students, on the other hand, enjoy their assessment week(s) as there is no homework. Without undue pressure exerted upon them, our students, especially the younger ones, do not find our assessment weeks too onerous. It is my hope that this may continue in the coming years.

I understand that our senior students are under a lot of pressure because of the public examinations. It is important that students learn to persevere amid challenges and adversities from a young age. Participating in sports or music activities, or rendering service to others, could be excellent ways to foster one's concentration, determination and dedication. Team practice, performance and contests are invaluable as they cultivate these attributes.

Time management is another major learning target. Countless brilliant students suffer because they have yet to cultivate this skill. If students can develop their self-management skills and be proactive and independent in learning from a young age, they will be able to manage their time more effectively. Many of our outstanding students, indeed, have proven themselves to be able to excel in their academic, sports and music commitments. Unfortunately some students have been asked to leave their music, sports or other teams as they proceed to senior grades, all in the name of schoolwork and examinations. I believe this is a not a wise decision as it can lead to worse results and students may be unable to fully realize their potentials.

Christmas is just around the corner and everyone gets to enjoy a long holiday regardless of faith. Christmas in Hong Kong is especially beautiful as Christmas festivities are everywhere. This year, we have arranged a special Christmas concert at school. Students, teachers, parents and alumni's singing will help spread peace and joy, while the funds raised will go toward the maintenance and upkeep of school facilities.

At a time when fallacies and rumors inundate our world, let us find harmony, beauty and graciousness in music.

Wishing you all a Merry Christmas and a Happy New year.

Yours sincerely

Dr. LAU, Siu-Ling  
Head Principal