從耳聞到目睹，從認識到認同，

校長心語

猛然想到喬布斯先生於2005年在史丹福大學畢業禮的演說，
他強調與人合作創造蘋果公司的經過，在知道天之際失去董事局的支
援，失去了職位，也差不多失去一切，幸運仍然熱愛自己的工
作，最後轉職事業的高峰。

學生無論如何柔弱，過去失去了學習機會，在這裡會
找到自己喜歡的學科，找到自己熱愛的活動。我們講得這位在
對外開放，面對外議論我們的故事，分享個人的經驗，表
達對人的感激。幾位同學在上學年尾義工中分享自己的故事，
令中華貴賓營運系統酒店高層動容。在他們力推下，中華貴
賓營運系統酒店的活動成功。

一位中一家長在2012年12月1日中學論壇分享自己的
南華與目睹後的感覺，從認識到我們的文化，我認識我們的理
念，但願所有同學都能認識自己的長處，發揮自己的潛能。

「無止橋」服務學習計劃（甘肅省）

活動獲九龍會贊助，於2012年7月24日至30日「學校起動計劃」下
發展「無止橋服務學習」。

學生們在甘肅大莊村完善村民活動中心的設施，包括鋪設廣場及路邊地面、
組裝傢具、建設生態廁所，並與當地學童設計教學活動。

學生分享：

『我們都希望經歷、組織與成長。我希望大家在成長過程中做
到自我，盡可能在成長的同時也能幫助別人，所以我們
參加了今天的無止橋和生態保育計劃的中華貴賓營
運系統酒店活動靜村的活動，建設及美化我們的農村活動中心。我非常感謝只准我
人生中其中一個中華營，更感恩進入未知及夢想的方向。』
活動花絮

領袖生「乘風航 - 伙伴計劃」義工服務

本校廿四位領袖生於一二年十月十四日參與的「乘風航」機構舉辦的「伙伴計劃」，與聖雅各福群會其中一部分服務對象（中度或嚴重智障人士）進行一系列的海上艱苦訓練活動。既身體力行，回饋社會，亦希望從而推廣互相接納、欣賞及尊重的精神。

中五級生物科野外考察 - 川龍

中史及歷史科參觀活動 - 秦始皇的永恆國度

中六生物科野外考察 - 西徑

粵遊粵精彩 香港青少年千人遊廣東 - 粵文化體驗之旅

歷史科及視藝科參觀活動 - 文物修復DIY

渣打藝術嘉年華2012

活動由渣打銀行贊助，本校已是第二年參與當中的藝術攤位義工。是項大型戶外活動除了讓同學可親自研習參與義工服務外，更可為大眾帶來一個印象難忘的藝術體驗。

九龍倉起動計劃 - 參觀電車公司
二零一二年八月十九日至廿六日，李升威同學及彭家在老師參加香港定向總會集訓隊共約卅人遠赴哈爾濱二龍山地區集訓，為十月中旬在無錫舉行的亞洲野外定向錦標賽作準備。集訓由國內資深教練指導，除港隊外，內地亦有十多名大學生參加。每天訓練上午、下午兩節在郊外森林進行，晚上有檢討，內容非常充實。
WHY I LOVE SCIENCE
by Professor Gordon Maxwell

Greetings from Tiu Keng Leng and my study at the Caritas Institute of Higher Education (C.I.H.Ed)

I have been lucky to work with Miss Anita Cheng, BSc (Hons), MEd in her labs at Nam Wah Catholic Secondary School. Why do I say lucky? I say lucky because, Anita Cheng, like me, loves learning. We have been teaching students of Nursing Human Biology in the labs on the 4th. Floor.

100 student nurses have worked in 3 big groups every other Saturday since 15 October 2011. They have inspired us sometimes with very good questions about such topics as our skin (a fantastic organ), our heart (an incredible super pump) and our super filters... can you guess what these are?... Yes, you are 100% correct, our kidneys. One student asked us, “how come our skin is so good at detecting so many things in our environment like, heat, cold, pressure, feathers, dust, ants, the feel of water…” A good question. Lots of different nerve cells live in our skin and help us stay alert to our surroundings. Another student asked a first class question about instant noodles and feeling thirsty. She asked, “Prof Maxwell why do I wake up at night feeling sooooo thirsty after eating a packet of instant noodles?” Again a top question. Can you find out an answer too? Here is a hint: The water inside every living cell in our bodies must not get too salty… Finding answers and experiments about noodles, thirst, toilet visits are all part of the hundreds of reasons why I love science. Some people find this amazing because they say to me: “Hey Professor, how come you still love science after doing it for over 40 years?”

The fun of thinking is part of the answer. The more I know, the more I realise what I don’t know… is also part of the answer.

I have a cattle farm in New Zealand and these farm animals are smart. They know what to select from grass. Many different species make up the grass on a good New Zealand farm. Some grasses taste like “San Choi” to cattle. Others taste more like “bitter gore”. Others again, taste like old, dry “bak fan”... and the cattle reject this taste... A bit like humans!? So cattle feeding habits and diet make me think and design a grass meal that makes them happy. Happy cattle and healthy cattle. And healthy cattle don’t get endo or ectoparasites; they have shiny coats of hair (good skin) and natural oils to resist cold rainy days and nights.

So you can see that by teaching nurses in Hong Kong and looking after cattle in New Zealand, I use all my knowledge of biology. This is exiting... and great fun too.

If you learn to love your science this love will travel with you on your journey through life.

Best wishes,
Ga Yau
Prof. G. Maxwell, (BSc, MSc, MA, PhD, Dip Ed, FLS, FABI, LMISMS, ANZAHPER.)

P.S. Notice something in my first sentence above? Notice that I call my room at C.I.H.Ed a study... not an office. Here I am surrounded by books and it’s a nice habitat. When I read a book, I think. This is fun. Much more fun than simply remembering.
我愛科學因為...  

在講進階和基礎導學（C.I.H.Ed）的書何時開講呢？

我很慶幸能與陳老師和（榮譽學士、教育碩士）在天主教慈惠中學的實驗室工作。我們是常被學生稱為隨和的師傅。我們在三年的開始，一直在四樓的實驗室教學和學生進行生物學的課程。

自2011年10月15日起，每個星期六，10位生命科學學生分成3組一起在實驗室裡學習。學生們很多時都會以好問題激發我們，例如他們會和我們討論關於我們的皮膚——人類最大的器官的問題。我們會借助生物顯微鏡來探索皮膚的細胞、血管、神經等組織。學生們也會提出一些特別的問題，如：“為什麼皮膚的毛細管會流動？我們會訝異於皮膚的細胞結構和功能。”

學生會將他們的問題和我們一起討論，我們會回答他們的問題。學生們會提出一些特別的問題，如：“為什麼皮膚的毛細管會流動？我們會訝異於皮膚的細胞結構和功能。”

在新西蘭有一個牧牛場，牛是很聰明的農場動物。學生們都知道如何照顧在牧牛場的牛。學生會將他們的問題和我們一起討論，我們會回答他們的問題。學生們會提出一些特別的問題，如：“為什麼皮膚的毛細管會流動？我們會訝異於皮膚的細胞結構和功能。”

祝福你們！

加油！

Gordon董士倫副教授（理學士、理學碩士、文學碩士、哲學博士、教育文憑、F.L.S.、F.A.B.I、L.M.S.W.、ANZAPHER）
**The Morning Assembly**

The daily morning assembly, especially English Thursday, is a platform for sharing various topics of interest by teachers and having them delivered by their students. There are also announcements, and sometimes promotions for English Society activities. Furthermore, dedicated members of the English Society who have been trained as MCs deliver these announcements, and introduce special events like prize presentations on stage. All new MCs have to overcome the natural fear of speaking live in public, especially in English in front of a large crowd of students and teachers. This fear is a challenge as well as an opportunity to learn.

**Say It Right**

Say It Right is an activity that is held once every Thursday outside the General Office by different classes. As the title suggests, it is a chance for students to learn new vocabulary, their meanings and of course to say things right. Favorites include tongue-twisters, word hunting games and phonics reading.

In addition, when students get the correct answers, they can have a chance to go for a lucky draw for interesting prizes once they collect enough stamps on a piece of paper. The more they play, the more prizes they win. Many students look forward to participating in the games of Say It Right.

**What's Going On at the English Corner?**

The table below can show you at a glance what's happening at the English Corner. We would like to believe that the Corner is the "soul" of English learning in our school. The different activities confirm this to be true. Throughout the year, except for Wednesdays, the English Corner offers a series of fun-filled activities every day of the week at lunchtime from 1:20 p.m. to 1:55 p.m. Not too many schools can offer this level and magnitude of activities on a continuous basis.

<table>
<thead>
<tr>
<th>Activities</th>
<th>Weekdays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reading Day</td>
<td>Every Monday</td>
</tr>
<tr>
<td>Singing Day</td>
<td>Every Tuesday</td>
</tr>
<tr>
<td>Games Day and DJ Broadcast</td>
<td>Every Thursday</td>
</tr>
<tr>
<td>Talk to Mr. Carmo Day</td>
<td>Every Friday</td>
</tr>
</tbody>
</table>
Halloween Fancy Dress Competition

Two semi-finals were held consecutively on 18th & 19th October. Many contestants took these opportunities seriously and showed what they had to offer. The main event took place one week later on 26th October. It was a truly memorable occasion as nearly all the planning and preparations kicked in. It felt great to see different stages of the event rolled out like clockwork. It was a real delight to see all contestants showing their tailor-made costumes and interactive performances.

English Society Committee Members

We are students and teachers from the English Society!

A Good Experience

Hi! I am Gigi from 4C. I am very happy to have the opportunity to write something for the Nam Wah English Newsletter. This has been a fun and challenging academic year for me because I am the chairlady of the English Society. This special posting teaches me many leadership skills such as better communication, planning, and evaluation skills. I can really learn to be a good leader.

I think Reading Day is the most enjoyable activity because I can learn many things from it. When I do more reading, I get a richer vocabulary and better sentence structures. These are very useful for my studies, so I enjoy reading very much.

Being the chairlady, I think the most important quality is a strong sense of responsibility. In the days ahead, I will devote my time and energy to the English Society. I will do my best for it!

Article from Gigi

The Place to Learn

Time flies. I have been studying in Nam Wah Catholic Secondary School for 4 years already. In Nam Wah, I have many wonderful memories.

There is one very unique place for me to be—the English Corner. When I was a junior form student, I went to the English Corner as an English Ambassador. I am now a senior student, and I still like to go to the English Corner. As the Vice-Chairman of the English Society, this place is extra special to me. I come here on duty, and I learn a lot of things from here.

I have had a fear of speaking English since primary school. However, as one of the MCs of the English Society, I have slowly but surely improved my self-confidence in speaking English in front of people. I have also learnt how to listen to others, especially during meetings. Most of all, I have learnt how to develop a better sense of responsibility.

I still remember my first English Society meeting from last year, and the core ideas I got from it—they are discipline, sense of responsibility, and improving the overall standard of English. I will continue to live these ideals.

Article from Serena
Trick or Treat

This year we had Trick or Treat on 25th October. It was after lunch on a warm and sunny Thursday afternoon when many students would like to have a piece of candy or two. And surely they did, provided that they could say three Halloween-related words from a poster to any of our English Society members carrying baskets of yummy candies. Not surprisingly, most candies were gone in less than 15 minutes! We had so much fun and also experienced aspects of a popular western festivity.

True Sportsmanship

The two-day Annual Athletics Meet of Nam Wah Catholic Secondary School was held separately on 18th and 25th September, 2012 at the Sham Shui Po Sports Ground.

The weather was a bit cloudy, and parts of the sports ground were even wet with rain from the previous night. However, this weather condition did not dampen the spirit and will of our student athletes. In a positive sense, it was kind of nice and comfortable to hold an important event like the Athletics Meet on these particular days in spite of the unpredictable weather patterns of a typical September.

In the opening ceremony, our Principal, Mr. Paul Lam, mentioned different kinds of love. The greatest love of all he said was unconditional love. However, in the context of a sporting event, there had to be conditions or rules of the game which all contestants or athletes had to follow no matter what the outcome would be. Unconditional love comes into the picture in spite of the outcome, but during the process of a competition, conditions have still to be met. Our Lord is the source of unconditional love, but He is also life’s referee, and would like us to follow the conditions or commandments He set for us ever since Moses came down from Mount Sinai. It was a timely reminder from our Principal to everyone in the audience, especially the athletes.

On the first day, the spectacle of the 3,000 meter race was an awesome one. It was a tough and demanding test of endurance. It was a real character builder for those who ran the race. To my surprise, not a single contestant thought of quitting, and everybody finished the grueling race right to the very end. If this wasn’t true sportsmanship, I wouldn’t know what is. The spectators cheered the runners on with such intensity as if they too were a part of the race.

On the second day, another example of sportsmanship emerged when members of St. Mark’s House, also known as the “orange house”, did an inspirational dance in front of everyone, distinguished guests included. Suddenly out of nowhere a technical problem happened, and the music...well, it just stopped! The audience was frozen with bewilderment in this time frame of a few seconds, but the dancers carried on dancing as if the music had not stopped at all. How did they do it? If you ask me, I would say it must have been an amazing sense of collective sportsmanship, something close to a tiny miracle.

In the closing ceremony, Rev. Supervisor Stephen Yip reminded us about the importance of finishing the race more than anything else, even more than winning itself. He also mentioned that life is also about learning how to finish one’s race and making it one of our goals.

I would like to end my piece of writing here with a quote from retired NBA superstar, Michael Jordan. He said, "I’ve missed more than 9,000 shots in my career, lost almost 300 games, missed the game-winning shot 26 times. I’ve failed over and over again in my life. That's why I succeed." Can we all learn something about true sportsmanship from Mr. Jordan? I’m sure you would know the answer.
Trilingual Week

Please draw your pictures by following the rules here.

Please name the items as shown on the card.

Students are listening carefully to the instructions of the games.
2012年10月12日

水運會

《水運會雜誌》

承蒙上屆學生會的執著精神，舉辦了第一屆水運會，本校第二屆水運會於二零一三一年十月十二日舉行。

本屆舉辦的水運會仍由學生會負責。他們參了上屆學生會的寶貴經驗，努力作多方面宣傳，積極而有勇有謀，吸引了更多的同學參加。學生會對其工作範圍，包括賽程安排、工作人員訓練，泳員早操及練習，紀念品安排等，都細心計劃並實行。參加者亦感受熱切競爭，投入訓練，認真地準備比賽。

主席在比賽日主持為比賽開場，所有比賽終能順利完成，盡展望前的義運員開放了20多項紀錄，盡展希望之旗幟。相信負責籌劃的工作也從中獲得不少寶貴的經驗，對他們日後的工作大有裨益。

這次水運會能順利完成，全體校方的鼎力支持以及老師、家長、校友、學生義工的忘我投入，在此一併敬以衷心感謝！

李泳芯老師