



Head Prefect is not just a title. It is the sign of leadership and contribution. It has almost been a quarter of a year since the Head Prefect election. The day that I joined the election, I had already decided to make a contribution to the school. It has been my pleasure to have this precious opportunity of being the Head Prefect this year.

'Perfection does not exist, thus what you should be chasing is to be better than yourself.' Being the leader of the Prefectorial Board, my duty has been to improve the board, by listening to the advice and opinions from both teachers and prefects. During this year, the Prefectorial Board launched several improvement policies in both duty and structure, for example, the responsibilities of all prefects have been redefined. The most noticeable change was that there is now a morning patrol team.

Being a prefect is not about being a machine. Service, leadership and unity are our major concerns. As usual, the Prefectorial Board will join the Caritas Bazaar in order to learn how to contribute to society by participating in social services. The prefect camp will be held during my term. All prefects can enhance their leadership skills during the camp. The most important thing is that the camp will be a great chance for all prefects in to work together and build team unity.

I would like to show my sincere gratitude to all teachers and fellow prefects, for their trust and support. Without their support, I, Poon Ka Ho, would never have had a chance to show my passion here. All of the prefects try their best, spend a lot of time and effort, to achieve our major goal, to maintain good order among our schoolmates.

Here, I would like to thank all of the prefects. Without their contribution, the Prefectorial Board would not have been so successful.

Finally, special thanks must be given to our teacher advisors, Mr. C.K. Wong and Mr. H.K. Lok, who have given us numerous support and advice.

In addition, 'Move forward, or you'll fall behind.' There is no perfection in the Prefectorial Board. There will always be room for improvement in different areas of the board. What prefects can do is to try their best to push themselves.

Never say die, we are the boys in red.

第一次踏進校門時，我本以為中學生活會十分漫長沉悶，那知時光一瞬即逝，轉眼間我已經走完在陳瑞祺(喇沙)書院的六年時光，邁向大學的生活，心中百感交集。適逢中學老師邀請我撰文分享在陳瑞祺就讀六年的感受，我便想趁著此次難能可貴的機會作分享。

談及陳瑞祺，同學們首先想起的必定是團結一致的精神和人與人之間的羈絆，這同樣是我對陳瑞祺感到最為自豪的。遙想起初中時到校際運動會為學校打氣，場上的田徑運動員拼盡全力，為校爭光的同時，看台上的同學也聲嘶力竭地為運動員打氣。即便結果不盡如人意，運動員也不會互相指責，推卸責任，而是鞭策自己和隊友，力求上進。而這種團結和羈絆除了運動以外，也在校園處處體現：畢業的師兄特意回校為同學介紹他們所讀的科目，解答同學對升學的疑惑，讓他們能對不同學科有更深入理解，決定自己的選擇；學生在面對困難時也會彼此幫助，合力解難；當一部分同學的學習壓力過大時，其他同學都會用不同的方式紓解他們的壓力，令他們不被壓力壓垮。而這種羈絆不只存在於同學之間，更存在於老師與同學之間。不同學會成員籌備活動的時候，老師也會在百忙中抽空提供協助；課餘時間老師也會在運動場上與學生同樂，締造師生情；在同學有困惑時，也會不吝指教，為同學指點一條明路。就如我在中三選科也有不少迷茫，最終諮詢了老師之後才選到適合自己的科目；我身邊的同學對大學選科有不少疑問，老師們也願意一一解答。正是這份羈絆令陳瑞祺裏的人有著深厚感情，得以一起創造一個又一個美好的回憶。

而在六年陳瑞祺的校園生活中，除了團結和羈絆之外，令我印象深刻的就是陳瑞祺的自由度和學習氛圍。陳瑞祺在各方面都給了同學充足的自由，例如在課外活動方面，即使同學在某課外活動有才能，學校也不會強逼學生加入，而是讓同學自行決定是否參加；而在學習方面，無論同學是發奮讀書還是無心向學，老師都會不遺餘力的教導。即使同學真的志不在學，老師也不會為難學生，給學生學習的自由；至於學習氛圍方面，學校老師一般對同學們在課堂上比較寬容，即使同學在課堂上輕聲討論，老師也會給予包容，凝造出輕鬆的課堂氛圍，令同學敢於參與討論，能以討論的方式增進知識，而輕鬆的氛圍也令原本略顯沉悶的課堂變得有趣，令同學更用心上課，更有學習的意欲，成績自然有所提升。事實上，我自己就是一個比較怕沈悶的學生，正是因為課堂輕鬆有趣，令我有心上課，才能有這過得去的成績。

在陳瑞祺讀書的經歷絕不只在於學習上的成功。因此，我希望各位師弟能夠在學業和其他活動之間找到良好的平衡，在學業上取得成功，追逐自己的目標的同時，也能享受陳瑞祺多姿多彩的校園生活，為自己的人生添上色彩，確立未來的路向。最後，謹願陳瑞祺的學生將來在人生路上取得成功，為建設香港社會未來作出一分力。



CSK's Student Association has a long spirit of 'Inheritance' that enhances our sense of belonging to the school and motivates us, Polaris, to contribute to CSK during our period of service. Time flies, and our term of office will expire very soon. I would like to take this opportunity to summarize what we have done and express our gratitude to every teacher and every schoolmate.

Polaris, the name of our cabinet, refers to one of the brightest stars in the universe. The star, itself, is a traditional navigation aid for pilots and sailors because its extra brightness is most accurate in guiding and leading them to the right path. That's why we chose this name. We wanted to bring the light to our fellow students and to create a friendly atmosphere among CSK boys.

It was my honour to be elected as the President of the 21st Student Association and thanks for your trust in Polaris. Our cabinet members have accomplished various tasks throughout the year. We have provided a wide range of activities for our fellow schoolmates. The Joint School Christmas Ball and the Joint School Summer Camp are definitely the highlights among all the activities. Better still, we made a breakthrough in our joint school activities. We opened up the Joint School Volunteer Service to both junior and senior form students as we wished to let junior form students take part in more voluntary services in order to widen their horizons and social circles.

Moreover, we organized both Chinese and English Oral Practice for both S5 and S6 students. We wanted to provide more opportunities for the S6 students to prepare for their coming DSE and practise more with other schoolmates to improve their presentation skills and confidence. For S5 students, we wanted to provide them with a platform to interact with each other, so that they could gain more experience to handle the DSE. We also held the Inter-Class Dodge Ball competition, which required teamwork and cooperation that in turn strengthened class cohesiveness and unity.

The most impressive event that I experienced was the spirit of unity as we cheered our school teammates in the Inter-School Basketball Championship. Our basketball team won the final and were promoted to Division I. I still remember the 300 cheering supporters (teachers, old boys and fellow students) were all so proud of our teammates as they had given their best. More importantly, we showed our strong sense of belonging when we stood together as one. What we hoped was to enhance unity among students through cheering together for our school team. We also hoped to help junior form students develop a sense of belonging to our school, so we held a series of cheering exercises for them such as cheering in the Inter-school Athletics Meet.

Frankly speaking, being the President of the Student Association, I have had to face many difficulties and challenges that I have never experienced before. 'Thank you' to my executive committee members for supporting me through all the difficulties together. Without their support, I could not have overcome those difficulties and challenges. We all have a strong sense of responsibility to serve our fellow schoolmates and have tried hard and done our utmost. Hence, I would like to express my sincerest gratitude to all of them. I would also like to express my heartfelt gratitude to our teacher advisors for their guidance and advice. Thanks should also go to all of you for supporting the Student Association.

Last but not least, the members of Polaris are grateful for the chance to serve in this school year. We believe that the Student Association of the next term of office will also serve wholeheartedly in the future. We hope our CSK boys will enjoy better conditions to strive forward in their studies, sports, and extra-curricular activities. I firmly believe that all CSK boys can contribute to CSK successfully in the future.

CHAN SUI KI (LA SALLE) COLLEGE

陳瑞祺（喇沙）書院 2019 - 2020



NEWSLETTER

CELEBRATING THE 50TH ANNIVERSARY





Medicine has intrigued me to an extent that I can really feel how practical medicine is in improving our quality of life. Having learnt some fundamental knowledge of health sciences in CSK, I have understood that medical knowledge is essential to promote the public health, for instance, radiotherapy has been widely adopted to facilitate the recovery process of a patient, concepts of chemical reactions are investigated to advance the effectiveness of medical treatments, and the study of human biology enhances our understanding of the structures and functioning of the body. All my past years of experience and learning have only made me more determined to become a doctor in the future, utilizing my professional knowledge to serve the community for the betterment of Hong Kong society.

All the joy the world contains has come through wishing happiness for others which delivers satisfaction as well as adding warmth and colour to my life. In addition to creating healthier and broader grins for the needy, offering a helping hand also provided me with many opportunities to grow. When I was the chairman of the Community Youth Club in Secondary Four, I led my club members to participate in various voluntary services, including the Community Chest Flag Day, organic farming services, and many more. Besides helping those in need, I also benefitted from these activities, from equipping myself with fundamental life skills and having a chance to enlarge my social circle, to developing a closer bond with the community and strengthening my commitment to society.

Having developed a strong passion for serving the community, I have come to the conclusion that I should serve as a compassionate and benevolent doctor to help rehabilitate patients in the future. This occupation can provide me with great satisfaction in that I can lend a helping hand to some of the many patients of heterogeneous illnesses in Hong Kong while utilizing my medical knowledge in a meaningful way. With the ageing population becoming the pressing problem in society, I regard this profession as a rewarding and meaningful career. As an inquisitive and industrious learner, I have been endeavouring to do my best in pursuing this biggest dream by achieving academic excellence. I am overwhelmed by heartfelt gratitude for my teachers in CSK who devoted their time and energy to not only teaching subject knowledge but also offering constructive advice when I felt puzzled and helpless on various occasions. Even after the release of my HKDSE results, my teachers cared about me very much, providing me with career assistance and blessings for my future.

As a CUHK medical student directly admitted to Year Two, I have been bombarded with numerous challenges, one of which is that I can hardly keep up with the professors' teaching. As I graduated from CSK and entered CUHK, I felt that the difficulty of the learning content grew exponentially and much more extra time was needed for pre-lesson, revision, self-learning, etc. New teaching modes like lectures, dissections and workshops have also given me tremendous psychological pressure. Besides academic hardship, adapting to my university life also posed a major problem at first as the majority of my medical classmates come from traditionally well-famed secondary schools with a bunch of secondary schoolmates. Having a sense of inferiority and

loneliness, I experienced waves of nostalgia for my secondary school life at CSK where I could interact with my close classmates on a daily basis, as compared to an unfamiliar setting in my medicine class. However, now, I feel very lucky to have met a group of friends who are really very nice and easy-going. With their company, I have been able to adjust to my new journey at CUHK better and my anxiety has eased. We always have gatherings and provide peer support which often cheers me up during times of adversity and injects me with doses of encouragement and strength to pull through obstacles of different kinds.

Aspiring to make good use of my medical knowledge to help improve patients' health, I am filled with enthusiasm to spare no effort in receiving tough medical training. As the proverb says, "it is more blessed to give than to receive." Although I come from a grass roots family, where resources and professional guidance are far from sufficient, I have never experienced a metanoia to opt for instant and superficial comfort but have been keeping my nose to the grindstone to transform my passion into perfection. I understand that there will be more difficult times in the path ahead, but I am confident that no matter what obstacles I may encounter, my optimistic, ambitious and gritty mentality allows me to tackle them all and keep me motivated to strive for excellence.

Hey there, my name is Ondřej, it is a bit difficult to pronounce, so if you ever meet me just call me 'Andrew'. Anyway I am an exchange student from the Czech Republic and I am going to stay in Hong Kong for one year. I have lived with my host family for almost two months and I have a host brother, whom I share a room with. Back in Czech, I have a 13-year-old brother and two little sisters, who are two and three years old respectively. Most of our schools are co-educational. We also do not wear school uniform and do not really have so much homework. However, the good thing about studying here is that each school has its own school teams. In Czech, I had played rugby for four years for a public team. The idea of having your own school teams is really good in my opinion, because it allows you to try new sports pretty easily.

Hong Kong's culture is very different from that of Czech in many ways. I really like the food here. I force myself to try all kinds of food on the table that I have not tried before. To be honest, I have never regretted this except once or twice. The dining customs here are also different and they have taken me a while to adapt to, but that is why I am here in Hong Kong, to experience a new culture, people, language, food and other things.

Let me tell you a fun fact about the Czech Republic: it has the world's highest per capita beer consumption, for example, 143.3 liters of beer were consumed by each person in 2016. This annual title has been awarded to the Czech Republic 24 times in a row.

I am glad to have come to Hong Kong and I really recommend everyone who is around my age to study somewhere abroad. Trust me, you will not regret it. It is a really good experience and you will probably not have a lot of opportunities like this in your life, so don't miss out on them!



A 3-minute speech looks simple. But as a debater, I can tell you it is not easy at all. In a debate, every word counts, and it all comes down to blood, sweat and tears. Despite the demanding work, I believe every debater enjoys those 3 minutes. Why? Because on the stage, the show is yours.

Last year, we successfully entered the Grand Final of the Singtao Debating Competition. It was quite unexpected. Although I was only a floor debater at that time, I was afraid, and so were my onstage teammates. I was afraid that I might let my teammates down after saying something irrelevant or inconsistent. But at the same time, I was grateful that I had the opportunity to be under the spotlight and show the world how much and how meticulously we had prepared.

Over several months, we had stood against different schools before we had that chance; and for every match, we had had no time to spare. From researching data to composing speeches, every detail was necessary. Truly it was tiring, but we did not see that as a torture, but an opportunity to improve, to advance and to excel.

Unequivocally, drowning in a sea of paperwork does not sound fun. But actually I am not alone. I am thankful to have a group of teammates by my side. Every one of them is indispensable as debate is never the work of an individual. I remember my first match, I knew nearly nothing about debate, but my teammates assisted me along the way and never left me behind for a second. No one is flawless in a team: trust is all that matters.

I would like to thank all of my teammates: Larry, Joshua, Christian, and Ryan, who have all helped me to overcome every obstacle I have encountered on the way, and also our newcomers: Terry, Wesley and Raphael. Lastly, my coach, Ms Lee, who has guided us at all times.

I know I might not be the best, but deep in my heart, my team is always the best!

To kick off the new academic year, a Catholic mass was held on 2nd September. It was the most important liturgy practised by the Catholic Church to commemorate the earthly life and celebrate the salvation of Christ. It was hoped to provide both Catholic and non-Catholic school members with an opportunity to experience participating in a mass, witness the true holy presence of Christ and be inspired by the bible scriptures and the homily.

The mass was celebrated by Rev. Benedict Lam Cho Ming with help from the Catholic Society and the choir. We were honored to have Brother Mikey join the mass as well. During the homily Father Lam taught us to recognize our own potential, limit, and capacity for

transcendence. He urged us not to feel disheartened by our faults or the challenges ahead, but to always have the courage to learn from them.

As a 2017 graduate myself, I was truly blessed to have the privilege to assist my alma mater in the opening mass. In 2012 the first mass was held for the first day of school, and since then it has become a tradition. I vividly remember how simple that mass was! I would like to take this opportunity to thank all helpers in this year's mass, and I hope the Catholic faith can be well promoted in the school.



戲劇學會，又稱「瑞祺劇團」，在校內算是稍有名氣，然而每年卻面對着收生不足的問題，原因是一直流傳着話劇排練十分刻苦，甚至需要留校至午夜12時，令很多有興趣的同學都為止卻步。參與了戲劇學會四年，除非是排練時間十分不足，以及同學們對劇本未夠熟悉外，真正會留校超過十時的機會實在少之又少。在這四年間，我見證着大量的舊人離開，然後又注入一批新血。已經離校的師兄仍會回來幫忙教導新人，可見大家都十分依戀劇團。

我曾訪問過一些新成員：「會不會後悔加入劇團？後悔只為排練一個半小時至四十五分鐘的舞台劇而花時間？」所得到的答案都是「不後悔」，還說會繼續參與劇團製作。能取得一定的成就，相信當中各個成員的投入及參與度是最為重要的，而我們的導演—英文瀚老師更是功不可沒。在劇團中，他不會擺出一副高高在上的姿態，反而是與團員相處得着像朋友一樣。團員與導演之間不會存在隔膜，排練的時候可以毫不猶豫地一起討論劇本上的問題，一同令劇本改善得更好，以求讓觀眾欣賞到最佳水準的表演。

參與「瑞祺劇團」，能在同學面前表現自己的才華，有助提升個人自信。此外，亦可以認識到不同級別的同學，擴闊自己的交友圈子，更可以學到平常不會接觸到的知識，例如舞台燈光控制、音樂設計、舞台及後台設計等，對日後的出路亦有不少的幫助。希望大家日後繼續支持「瑞祺劇團」，欣賞我們的努力付出！



「台上一個個辯論員雄辯滔滔的論述，背後是一個又一個辛勤準備的夜幕，中辯隊華麗的背後，是一班隊員勞苦而結的果。」

其實早在中辯隊成立之前，陳瑞祺的學生早有參與辯論的經驗，並獲得了不俗的成績，在學界大小比賽當中皆能奪魁而



文化周是陳瑞祺每年一度的盛事，每屆的文化周均結合了眾學會之力，以不同的主題，向同學介紹精湛的中國文化，以及中國文化對東亞的影響。而本年度的文化周以「老香港」為主題，藉此讓同學認識香港如何在中、英兩國的影響下，逐漸孕育出融匯中西的獨特文化，以及成為冠絕東方的大都會。

活動當天，中文和中史學會在學校操場架設了不少展板，向同學細說了香港由五十年代製造業興起，至九十年代主權移交的種種大事。同時，亦介紹了我們的母語—粵語的淵源和粵語於香港極具創造力的發展。展板內容豐富，吸引不少同學三五成群的仔細閱讀。同學想必從中獲益良多。

對男孩子來說，只有靜態的展板未免有點單調乏味。因此，各學會都設立了攤位遊戲，如「捉階磚」、「拋膠圈」等等，讓同學深刻體會當時普羅大眾的生活樂趣和生活習慣。此外，為提升同學的興趣，老師更特意設計電子遊戲，向同學介紹粵語文化，使同學能寓學習於娛樂當中。同學們都落力投入活動，以換取精美的鐵皮公仔玩具。遊戲之外，更有懷舊美食供大家品嚐，「麥芽餅」、「叮叮糖」、「糖蔥餅」……各同學吃得津津有味，場面格外熱鬧。

回。過往的成功未有令我們感自滿，反倒是要更加努力，爭取在學界當中發光發熱的機會，為觀眾帶來一個個拍掌叫好的舞台。

我與中辯的「緣」早在中二時已發芽，那是源於一次班際辯論比賽，有師兄邀請我參與中辯隊。當時的我單純認為在台上駁倒對手的樣子很帥氣，於是就展開了中辯的旅途。回望當初，倘若沒有捉緊此機會，或許現在的我會是別的樣子。

很多人都未必會想像過中辯比賽過程的勞苦，其實由賽前尋找資料，到定主線、撰寫稿件、預備駁論等，對於一個日花八小時上學的學生來說，這項課外活動是不容易的，這亦是我們有時會開會至晚上的原因。幸而當我們遇到這情況時，總會有一班師兄回來幫忙，很感激有這班師兄願意薪火相傳，使我們在沒有教練的領導下，仍能締造驕人的成績。

除了師兄以外，我更感謝陪伴我走過風雨的隊友。記得那年星島的慘敗，那是大家都表現差勁的一場，哭成淚人的我幸好有你們陪伴著；記得那一場學界八強，我們最終差三分才能進入決賽的舞台，是隊友們陪我一起許下永不言敗的承諾。沒有你們伴我走過高山低谷，也許我這個隊長早就當不下去了。

作為中辯的其中一員，我謹希望師弟們能不忘中辯隊不亢不卑的精神，能互相扶持，努力令中辯隊再創佳績。

為力臻完美，向同學呈現香港風情，同學的打扮可說是費盡心思。這邊廂工作人員穿上深藍色布衣，仿如茶樓伙記般為同學服務；那邊廂同學扮演經典影視人物，如林亞珍、黃飛鴻、奸人堅等，使同學猶如置身六、七十年代一般。

在活動中，校長和老師一改教學時的嚴肅神態，積極參與其中。校長和老師們穿上六、七十年代的服式，他們的出現、師生的互動，瞬間將活動的氣氛推向高峰，使陳瑞祺師生都感受到這個歡樂的時刻。

是次文化周除讓同學更加了解香港本土文化外，活動由策劃至舉辦，師生們的積極參與，均體現出陳瑞祺同學之間的團結、對學校的歸屬感，以及師生間亦師亦友的關係。最後我希望文化周能夠一直延續下去，為校園帶來更多歡樂，並加強師生的聯繫和對學校的歸屬感。

