



Rosaryhill School 玫瑰崗學校

Issue 54

December 2016

<http://www.rhs.edu.hk>
E-mail: info@rhs.edu.hk

Newsletter to Parents 學校通訊

A story of seeds

Dear parents,

We have something in common: we want our students, your sons and daughters, to be happy and to grow healthy.

This shared goal should also unite our efforts and intentions.



Happiness

Every man and woman, every young and old, in no matter which country or place, yes, all of us want to be happy. But... do we succeed? Do we achieve the happiness we all pursue?

Our mind is a field in which every kind of seed is sown – seeds of compassion, joy and hope, seeds of sorrow, fear and difficulties.

In our pursuit of happiness something has to be said that is related to the seeds that are sown in us. Our mind is like a field in which every kind of seed is sown – seeds of compassion, joy and hope, seeds of sorrow, fear and difficulties. Every day our thoughts, words and deeds plant new seeds in the field of our consciousness and what these seeds generate becomes the substance of our life. The seeds of suffering and happiness are already in our mind. Some seeds are received by us during our lifetime. Some seeds, however, were already present when we were born.



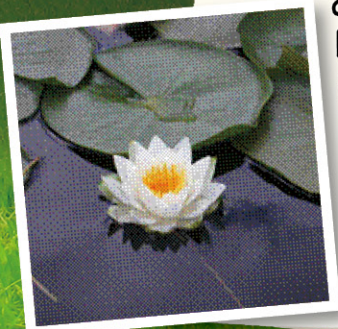
At the time of our birth, seeds of suffering and happiness were transmitted to us by many generations of our ancestors. We have received seeds of suffering from our parents. During our lifetime, we continue to receive seeds from our parents.

Their joys and their suffering continue to penetrate us.

When you read these lines, perhaps a sense of apprehension or worry may arise in you, like am I doing things right? Am I creating trouble? Or even, am I a good parent? My intention is not to create unnecessary worry or fear, but to point out what is important. What you do is important. What you say is important. Nothing must be underestimated. Our thoughts, our words and our actions have consequences. What I do or say will come back to me, like a boomerang. You may think that this is scary and frightening, but it may also be a blessing. Your good actions WILL also come back to you, your good deeds and good words will come back to you. Is this not beautiful? In Chinese there is a saying: 種瓜得瓜，種豆得豆。



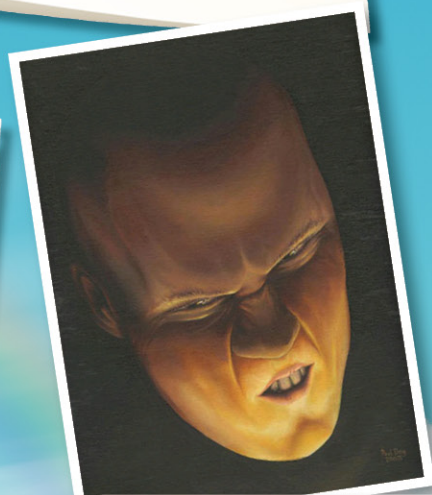
In Chinese philosophy there is the deep understanding that if a plant has grown up, the seed of that plant must have been planted before. This is the universal law of Karma. As you know, I am a Catholic priest, and I do not believe in reincarnation or in previous lives, but there is a way that I can make sense of the law of karma that is coherent with our Catholic faith. St. Paul conveys this message when he says: "God is not to be mocked, what you sow, you will also reap." (Gal. 6, 7) We, Catholics, can understand this profound truth that is also been confirmed by modern psychology. Our actions have a bearing, they have an impact on others and ourselves. This truth is unquestionable. If it is so, why are we not more careful? Why don't we try to create good karma instead of bad karma? If we are parents, are we aware of the seeds that are planted in the hearts of our children?





The greatest gift new parents can give their children is their own happiness. If parents live happily with each other, the child will receive seeds of happiness. Whether we have HAPPINESS or not depends on the SEEDS in our minds.

If our seeds of compassion, understanding and love are strong, those qualities will be able to manifest in us. If the seeds of anger, hostility and sadness in us are strong, then we will experience much suffering.



Resentment

As parents you may want to give your sons and daughters THE BEST. I was told of a couple in Australia that right after having a son they managed him to be admitted in one of the most prestigious Kindergartens in the nation. Not only that! They already got his admission in another no less famous Primary School, and they did not stop there. They continued arranging everything all the way up to University. They wanted THE BEST for his son. But they were misled. The best, or the worst, is what you plant in your son's heart. What kind of seeds are you sowing around? Anger, fear, jealousy, sadness, boredom, or kindness, gentleness, love, joy? Parents can give the best or the worst, independently of the kindergarten, school or university the child will be admitted.

In Rosaryhill School we have made the commitment to plant the good seeds and also to water and nourish the wholesome seeds. This commitment requires awareness and mindfulness not to spread around our anger, our negativity, our hatred or our sadness. We are also aware that this commitment is not easy! On the contrary, how easy it is to be carried away by anger and frustration, to spread rumors and gossips, to entertain nasty and mean thoughts and words... Yes, it is easy, but not desirable.

The practice of creating a good karma, of crafting a good future for you and your children is, in fact, very simple. We need only to water the seeds of happiness and avoid watering the seeds of suffering. The seeds of happiness grow stronger when they are watered, while the seeds of suffering diminish in strength because we are not watering them with unkind words and deeds.



We need only to water the seeds of happiness and avoid watering the seeds of suffering

You can water the good and wholesome seeds by paying attention to your good qualities, by nurturing them. Another way to water the good seeds is to notice the good qualities in other people. Just try and see! You can do something as simple as smile to you family, friends or colleagues; greet them and wish them well. On the other hand, we can avoid to nourish or strengthen our unwholesome seed: we notice them, we are aware of them, but we "put them to sleep". You can do that any time you feel hurt or upset, or angry. Be aware of your pain or your anger, but let it go. Do not water the seed of your anger or it will grow stronger.

This simple practice, dear parents, is the best gift you can offer to your children, and it is very well within your budget. Everybody can afford and it is worth a try!

Fr. Vicente Sanchez
Supervisor



Planting the Wholesome seeds

The message of the seeds is now being brought into the daily and ordinary life of our school, and how it will affect the general atmosphere of the school and also the future of our students.

Being the principal of the primary school and kindergarten, it is part of my daily duties to communicate with parents. Unavoidably I have to handle parents' complaints as well, with the goal of resolving the issues and providing an optimal learning environment for our students. In general, grievances revolve around certain matters, such as school bus services, admission criteria, teachers disciplining students as well as conflicts among our children. I would like to herein share some typical and atypical cases with you; hopefully they will provide you with the insight and inspiration, so that in future if there is any gap between parents and school, it can be narrowed and bridged quickly with our concerted effort.



Let's start with a frequently encountered cause of issues - school bus services. In some cases, parents complained that the drivers didn't stop the buses at the shaded or covered areas; and a few complaints even stated that the buses were not stopped at the exact spot that parents were waiting, who literally refused to walk a few steps towards the buses. There are, from time to time, complaints about undesirable seating arrangement on the bus; as well as the timeliness of the school bus service. I understand parents' eagerness to send their children to school on schedule and to receive them after school as soon as possible. Unfortunately the traffic condition is sometimes against our preference and there is little that the drivers, teachers or school staff on board can do to improve the situation. While I am doing my best to handle the complaints with caution and unbiased view, I found it unacceptable and unfair when parents shout at my colleagues or complain about them, because they share the same eagerness to fulfill their duty in a timely manner.

Most of the complaints regarding classroom activities were originated from students' "pillow talks" at home about teachers disciplining them, such as requesting them to stop talking or looking around and start focusing on their work. From time to time, I hear parents trying to rationalize their children's behavior; hoping to relieve them from disciplinary actions. Some parents alleged that teachers have hurt their children's feeling and are not loving and caring enough. In order to nurture students' sense of responsibility and perseverance, those not able to submit their homework on schedule will be asked to stay at teachers' office to finish their work during recess or lunchtime. There came the parents' complaints that children should not suffer from hunger and they should be allowed to have food during recess and lunch. Then the supposedly disciplinary action turned into a fun party in which the students are eating with their friends cheerfully at teachers' office. Honestly, day in and day out, I am still learning to strike a balance





between meeting parents' expectation and educating the children in a harder but fruitful way. As a parent myself, I also need to remind myself, on a daily basis, not to fall into the category of "helicopter parent" or "monster parent"; not to be overly protective and not to mould my child into a dependent and self-centered prince or princess with an illusion that he or she is superior and the world needs to revolve around him or her. Research shows that disciplining children in a proper manner, with reward and punishment administered thoughtfully, will not only help build pleasant personality and independence of our children, but also a close parent-child relationship.

Anger!



While I am doing my best to handle the complaints with caution and unbiased view, sometimes somehow, I am surprised by the unnecessary emotional reaction of some parents when the complaints are made. From time to time, my colleagues and I receive phone calls from parents with their messages delivered in a rude way. Recently a parent marched into my office without prior appointment and banged on my desk non-stop, shouting at me at the same time, for half an hour. Another parent suddenly became emotional and pushed the clerk to the floor. I understand parents' frustration as I am a parent myself. Yet, messages will always be more effectively received when they are delivered in a proper manner. Getting emotional and shouting aloud will never enhance but only worsen the communication. For every complaint reaching me, all parties involved will be interviewed to understand the situation thoroughly, in order to reach a fair conclusion and a desirable resolution. Please be reassured that I am always doing my best to accommodate parents' request so long as there is a legitimate and sensible reason behind.

Our children are always a mirror of us. We all want our children to listen to and learn effectively from teachers at school and seniors at home with respect, hence it is not wise if we disrespect the teachers and school and criticize them in front of our children. We all want our children to develop into a polite, proper and well-developed ladies and gentlemen with appropriate interpersonal skills, which can hardly be achieved if we speak vulgarly, behave rudely and lose our temper easily in front of our children. Whether our children lead a smooth journey of life in which they succeed and rejoice, or a rugged one in which they tumble and fall, it is substantially related to our parenting attitude and deeds. We need to be aware of the seeds we are planting in them. Primary school life is only a very small portion of our children's life journey, but a very important one as their foundation is built during such period of time. I would like to sincerely call for your TRUST that in Rosaryhill School we are doing our best to nurture our students. We invite you to trust that we are committed to helping them acquiring sound academic knowledge, to develop an amicable personality and to build a solid moral and values system. With your concerted effort, we will be able to make it happen.

Anne Wong
Principal



Orientation Day September 2016

Daddies and mummies accompanied us to school for the first day. We've participated in different activities and have learnt a lot. It was such a fun and exciting day.



Mid-Autumn Fun Day September 2016

Lower and Upper classes had picnic in school this year to celebrate Mid-Autumn Festival. They actively participated in different games and enjoyed a short video about Mid-Autumn Festival. Students had a great time and enriched their knowledge about Mid-Autumn Festival through participating in these activities.



Visit Road Safety Town

October-November 2016

Lower class students learnt about road safety and facilities at the road safety town. They had a chance to experience different zone at the mobile city where they had the chance to be pedestrians or drivers and learnt the importance of road safety.





Visit Maryknoll October 2016

Lower and Upper classes had the chance to visit Maryknoll before its acquisition. Maryknoll had a history of over 80 years and had been assessed as grade 1 historic building. Students viewed the inside and outside of the building and studied about the facilities before its close down.



Character Fun Day 28 October 2016

Character Fun Day was launched for the second year this year. Lower and Upper classes had the chance to have role play on stage this year. They had the chance to play different parts in Snow White and Cinderella. In addition, they sang and danced as well. On the other hand, Pre-Nursery and Nursery classes enjoyed games and watched movies. It was indeed a fun day for students where children had lots of laughs and joy.



Visit Jumbo Kingdom 31 October 2016

Our Upper students had the chance to visit the floating restaurant located in Aberdeen. The decoration was like an imperial palace inside and big ship outside. Children had Chinese cuisine in a nice environment. They enjoyed wall painting and learnt about the throne.





Opening Mass

The Opening Mass is an important event for our school at the beginning of every academic year. But this year, just as important is the music, as Fr Vicente played the guitar for all students and participants to sing along. Our students definitely started the new term on the right note!



All our students get to experience a part of the Catholic tradition of the school.



These P5 students need to keep their hands steady!



Fr. Perez leads the Opening Mass proceedings while some students help out.



Our Principal Ms Wong, along with Ms Mary Wu, sings to the tune of Fr Vicente's guitar music.

Chinese Culture Day

Chinese Culture Day traditionally is the first of many festive celebrations at our school every year, and it's no exception this past autumn. All our students took part in many well-designed games and activities related to Mid-Autumn Festival. Besides, they shared snacks that included mooncakes and other sweet stuff.



Snack time makes the celebration all the more enjoyable!



These students show off their snacks.



It's truly a memorable moment for these P1 students.



Time to smile, everyone!



Puppet Show

Our P2 and P3 students were given the opportunity to watch a puppet show in September. The Hong Kong Fly Bird Puppet Group came to our school to perform a play using puppets. It was an eye-opener for those who attended the show!



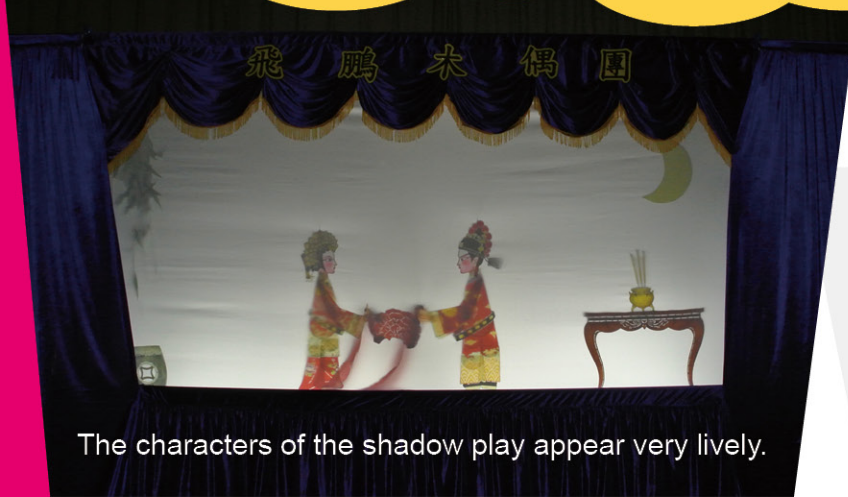
What a treat for these students to receive instructions from the puppet masters!



The puppet masters explain the construction and use of their puppets.



Some lucky students got to try out the puppets.



The characters of the shadow play appear very lively.

Shadow Play

The Fly Bird Puppet Group came to our school again to put up another show in late September. But this time around it's different from their last visit - they would perform a shadow play. Our students indeed got a treat in an almost forgotten kind of Chinese art early this academic year.



The puppet masters demonstrate the use of the flat puppets for the shadow play.



Our students get a rare chance to learn about shadow play.



Our students get close and personal to some flat puppets.



A School of Grateful Hearts

One part of life at Rosaryhill I highly treasure on a typical school day is the time all teachers and students gather in the chapel early in the morning to give thanks to our LORD with grateful hearts. It is wonderful for us all to start a new day with this good seed in our heart. It symbolizes joy, love and all sorts of good emotions. As the Principal of the Secondary Section, I am very grateful to a number of people: our teachers, staff, students and parents. In this edition, I would especially like to address and show my gratitude for the support we receive from all parents.



I highly value the enthusiasm and participation of parents in school events, functions, ceremonies, activities etc. The presence of parents in school events shows how eager parents are to know and share the happiness of their children's school life. It is utterly important for parents to take the initiative and share whatever happens in school with their children. Showing concern and showing that you care for your child greatly supports their growth and development. Your children just need you to hear their stories: the joy and the challenges they encounter at school.

This year, the Inauguration ceremony of Parent-Teacher-Association took place in November. A number of enthusiastic parents attended the ceremony and committed themselves to becoming hardworking executive members. The most wonderful part was the meeting time for parents and class teachers to discuss the performances of students. I am so grateful that many parents can spare time to support school events, even if they are busy. In time, parents may have concerns, queries or even worries about the growth of their children or school practices. We treasure your views and we would be very grateful if you could let us know about them through channels like communicating with class teachers and expressing views through the PTA. We believe communication on the basis of love and mutual respect is conducive to the development of both students and the school.

Grateful people are happy people. Gratitude is one loving virtue embraced by Rosarians. Dear parents, thank you for sending your children to the Secondary Section, for being kind and understanding to us and for showing care to your children. Let's work hand-in-hand to provide good education for our next generation!

Cherry Wong
Principal





Spiritual Education

"We provide the best when we educate with love. We provide the best when we treasure each student as precious. We provide the best when we take care of the whole person: body, heart, mind and soul. We are invited to provide the best. And this is what Spiritual Education is about."

~ Fr. Vicente, Our Supervisor

We implement Spiritual Education through a holistic whole school approach and various aspects of school life including Academic, Student Development and Affection & Attitude, are infused with inspiring and soul-enriching learning experiences. Starting from this academic year, a number of environment-related initiatives have been planned for all classes including the Spiritual Zone, Class Banner, Class Plants, Mindful School Bell as well as 5-minute Meditation Time.



Spiritual Education doesn't always require big action. We have used our daily events in school to teach students spirituality. Students have learnt and shared many inspiring messages at Morning Prayer time and we practice silence during the Meditation Time in the afternoon.



Different subjects have integrated Spiritual Education elements into their S.1 curriculum, so that students can reflect on their inner feelings and thinking with a rich vocabulary bank. Our S.1 students are also introduced to mindfulness in well-designed lessons, so that they can explore and experience how mindfulness can help them grow.



Rosaryhill's Spiritual Education echoes our vision that every child at Rosaryhill is a sprouting seed with the potential to bear fruits of love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control. All of these qualities are favoured in the eyes of God.





Wisdom - Academic Week reveals Rosarians' pursuit for wisdom!



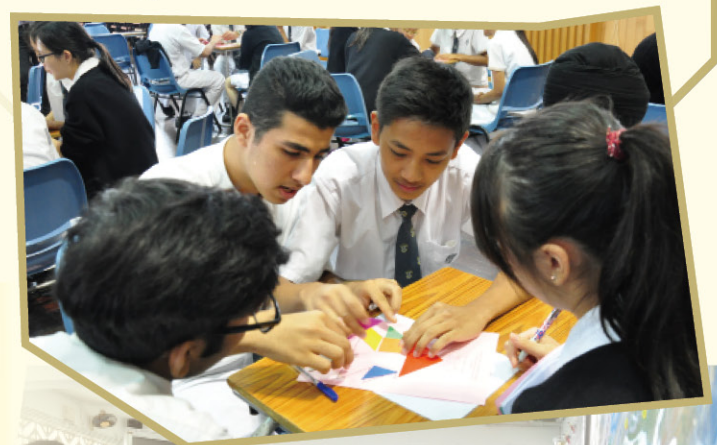
Academic Week is held in both Term One and Term Two. The events aim to encourage students to learn outside the classroom through different academic activities. Booth games and activities are designed to educate and motivate students' interest in learning in an enjoyable and relaxed setting. This year's theme is, "Wisdom (智慧)" "Light diffuses darkness and wisdom defeats ignorance" (光明驅散黑暗, 智慧消滅無知). Academic Week I was held from 14th to 18th November 2016. Activities varied greatly with the following activities.

Personal, Social & Humanities Education KLA, Liberal Studies Department and Spanish Department jointly organised board exhibitions and booth games which orientated around the theme, 'the world'. The activities required students to exhibit their knowledge of the world in a novel and exciting way. A game booth was designed to promote the use of Spanish by students.



Whilst some departments operated stalls and booths, others chose to encourage learning in a more competitive environment. From the 14 Nov to 16 Nov, the Mathematics Department organized "Math Quiz" in the School Hall. Quizzes were prepared and arranged for every form on different dates. Questions in the quiz weren't from everyday textbooks, instead there were diverse questions and activities such as Sudoku, and Tangram, etc.

Teachers of Rosaryhill School firmly believe that learning can be a fun process and they look forward to designing and conducting future programmes based upon this belief. Hence, we hope that students can become wise learners whilst acquiring different knowledge as the theme of this year's Academic Week suggests.





Liberal Studies Cup on Environmental Protection

Every year, the Liberal Studies Department arranges senior-form students to participate in the prestigious Liberal Studies Cup competition. This year, our school won the most honourable prize – the Liberal Studies Shield in the Liberal Studies Cup on Environmental Protection, organized by the Annual Quiz and CUHK.

Over several hundred students participated in the competition. However, only 20 teams from different secondary schools could enter the 4th stage of the competition, 5 of which come from our school. They were invited to give a symposium presentation at the Chinese University of Hong Kong on their research results on how schools in Hong Kong should go greener. They gave a 5-minute presentation on their research results and the judges asked them questions in response to their presentation. One team from our school received the 2nd runner-up award and our school's total scores were the highest among all participating secondary schools.



Senior Leadership Training Day

With four teacher advisors, 26 student leader green horns received their leadership training at Community Sports, Ma Tso Lung, Sheung Shui on 27 August, 2017 so that they could well prepare themselves for carrying out their duties in the coming academic year.

To cultivate their team spirit and boost their confidence, they had to take up a number of challenging adventure-based tasks, such as high wall, trust fall, whale tail, confidence jump, to name just a few. Having gone through the training, the participants expressed in their sharing session that their confidence and spirit had been boosted to such a degree that they were able to confidently take up their duties as student leaders.



39th Swimming Gala

The 39th Swimming Gala was held on 29th September 2016 at the Chai Wan Swimming Pool. The fine weather in the morning meant it was an enjoyable day for all students, teachers and parents. The overall atmosphere was very good, especially in the inter-house relay event. The overall champion was Dragon House.





KINDERGARTEN



PRIMARY



SECONDARY



PARENT-TEACHER ASSOCIATIONS

| 2016/17 Executive Committee of Respective PTAs 2016/17 家長教師會之執行委員會 | | | |
|---|--|--|------------------------------|
| | Kindergarten 幼稚園 | Primary Section 小學部 | Secondary Section 中學部 |
| Executive Committee Parent-Members 執行委員會家長委員 | | | |
| Chairman 主席 | Ms. Vicky Yeung 楊詠琪女士 | Mr. Nelson Wu 胡子傑先生 | Ms. Mariyam Ma 馬淑嫻女士 |
| Vice-chairman 副主席 | Mr. Ocean Cheung 張海暘先生 | Ms. Joyce Pang 彭瑞敏女士 | Mr. Baljinder Singh 包比達先生 |
| Treasurer 司庫 | Mr. Arthur Yeung 楊漢智先生 | Ms. Christina Ting 丁嘉慧女士 | Ms. Chiu Man Ki 趙敏琪女士 |
| English Secretary 秘書 | Ms. Cindy Yeung 楊倩儀女士 | | Ms. Ces Defeo |
| Chinese Secretary 秘書 | Ms. Cara Tsang 曾佩顏女士 | Mr. Ken Wong 黃文健先生 | Ms. Katie Rutherford |
| Academic Officer 學術 | Ms. Monica Ho 何潔瑜女士 | Mr. Ocean Cheung 張海暘先生 | |
| General Affairs Officer 總務 | Ms. Carissa Yip 葉嘉敏女士 | Ms. Lam Wing Sze 林詠詩女士 Ms. Elaine Tam 譚卓敏女士 | Mr. Ashraful Ameen |
| Programme Officer 項目統籌 | | | Mr. Philip Leung 梁志聰先生 |
| Liaison Officer 聯絡 | Ms. Sezji Wong 王靜雯女士 | Ms. Christine Kwan 關慧思女士 | Mr. San Tze Kin 辛子健先生 |
| Recreation Officer 康樂 | Mr. Tony Wong 黃國禧先生 | Ms. Stephanie Tsang 曾珮珊女士 | |
| Ex-officio Members 當然委員 | | | |
| Fathers' Council Representative 諮議會代表 | Fr. Francisco de las Heras 范士豪神父 | Fr. Vicente Sanchez Rodriguez 沈卓時神父 | Fr. Emiliano Perez 白以遜神父 |
| Principal 校長 | Ms. Anne Wong 黃慧貞校長 | Ms. Anne Wong 黃慧貞校長 | Ms. Cherry Wong 黃碧瑜校長 |
| Head of Academic Office 教務部主任 | | | Ms. So Pui Ting 蘇佩婷老師 |
| Head of Liaison Office 外務部主任 | | | Ms. Angelina Ho 何巧娟老師 |
| Executive Committee Teacher-Members 執行委員會教師委員 | | | |
| Vice Chairman 副主席 | Ms. Grace Wu 吳秀梅老師 | Ms. Pamela Tse 謝佩雯老師 | Ms. Rita Wong 黃月芳老師 |
| Treasurer 司庫 | | Ms. Wendy Lam 林怡怡老師 | |
| Academic Officer 學術 | Ms. Bibiana Tse 謝婉娥老師 | Ms. Star Tien 鄭沛沛老師 | |
| General Affairs Officer 總務 | Ms. Kathy Fok 霍玉儀老師 Ms. Natalia Mok 莫覺英老師 | Mr. Charbie Ng 吳汶鍾老師 | Mr. Eddie Chan 陳軒泰老師 |
| Liaison Officer 聯絡 | Ms. Florence Chan 陳少英老師 Ms. Connie Cheung 張彩鳳老師 | Ms. Rita Xiong 熊佳老師 | Ms. Sarah Au Yeung 歐陽麗貞老師 |
| Recreation Officer 康樂 | Ms. Tovia Kam 甘綺雯老師 | Mr. Lawrence Choy 蔡志恆老師 | |
| Programme Officer 項目統籌 | | | Mr. Joseph Yip 葉浩威老師 |
| Secretary 秘書 | | Mr. Chris Chao 趙式安老師 | |

Editorial Board

Honorable Advisor: Fr. Vicente Sanchez Rodriguez

Chief Editor: Mr. Sammy Hung (Secondary Section)

Editors: Ms. Josephine Ip (Kindergarten) Mr. Chris Chao (Primary Section) Ms. Emily Sze (Secondary Section)