

親愛的同學和家長們：

大家好！新學年雖然只開始了兩個月，但大家都好像在學習上做了很多工夫。每日的半天課、3/9 以 Zoom 形式的全校家長會、最近實體的考試前家長會都跟大家見過面了，祝願大家在本學年都能夠和家人開心生活、愉快學習、身體健康、心靈健壯，收穫滿滿！

教育局在去年 12 月曾公布加入「守法」和「同理心」為首要培育學生的正面價值觀和態度，就讓我們也來談談。國有國法，家有家規，學校有校規，相信「守法」這種價值觀不難理解；但大家明白什麼是「同理心」嗎？

同理心是指人能理解別人的感受、情緒或行為的能力，常能將心比己、設身處地地為他人往好處想就是富同理心的表現。大家都要有耐心聆聽、觀察和理解他人，才能明白人家的情況，同時展現同理心去幫忙，培養出互相信任；但有時人人的想法不同，又或未知道事情的全貌、而想法及心情又隨著時間或壓力變化而不同……大家的反應難免會有落差的，我們不時都要經歷一些掙扎，才能互相諒解。多反思可使我們更穩定地發揮同理心，例如：如果我是那裡的災民，我會如何生活下去；如果我遇到這樣不公平的對待，我會否生氣；我的一句說話，為什麼他/她有那麼大的反應；讀書那麼辛苦，可否不讀……

如果我們只覺得人家很淒慘，那只是同情；如果我們選擇與他們同行，協助解決他們的問題，那便是有同理心了。因此，同理心的對象不應分崗位大小、種族異同、階級高低、貧富不同等，避免將主觀感受放在特定的人身上。人人都是我們幫忙的對象，如果你有同理心，面對世界那麼多未解決到的困難時，你會更懂得謙卑和兼顧弱勢社群（窮人、老人、傷殘人士、不同種族、小動物……）的感受，思考更多貼近他們需要的解決方法來幫忙。

富同理心的人多心情開朗、體諒包容、易於與人溝通及得人信任，對世界充滿正能量，凡事都會覺得辦法比困難多，對周圍人的幸福負有義不容辭的責任，是天生的領導者。然而，大家又不需因幫不上忙而內疚，因為世界上很多地方資源不均，要接受幫忙的人很多，竭盡全力好了。從今天開始，你如何發揮你的同理心，去理解及幫忙你周圍的人？

生活中不如意事常有，我們要學習感恩、珍惜當下擁有的，以平常心及同理心的正向態度去迎接挑戰；然而，人的能力有限，大家要信靠主啊！

✚ 與喜樂的人要同樂，與哀哭的人要同哭。（羅馬書 12:15）

✚ 我親愛的兄弟，你們要明白：你們每個人要快快地聽，慢慢地就，慢慢地動怒，因為人的怒氣並不能實現上帝的義。（雅各書 1:19-20）

✚ 凡事都可行，但不都有益處。凡事都可行，但不都造就人。（哥林多前書 10:23）

♥♥天氣涼了，大家也要注意身體健康，願主賜福大家！



趙劍眉校長

31-10-2021



Principal's Word

31st October, 2021

Dear fellow students and parents,

Hi everyone! It's only been two months since the start of the school year, but everyone seems to have put a lot of work into their studies. We have met with you at our daily half-day classes, parents' meeting on 3/9 night with Zoom, and the recent pre-examination parents' meeting. May you have a prosperous year and be blessed with families, health, good luck and happiness!

In December last year, the Education Bureau announced the inclusion of "law-abiding" and "empathy" as the primary values and attitudes to be cultivated in students. There are national laws, family rules and school rules. I believe it is not difficult to understand the value of "law-abiding", but do you understand what "empathy" means?

Empathy is the ability to understand the feelings, emotions and behaviors of others, and the ability to put oneself in the shoes of others is a sign of empathy. We all need to have the patience to listen, observe and understand others in order to understand their situation, and at the same time show empathy to help and develop mutual trust. From time to time, we all have to go through some struggles in order to understand each other. For example, if I were a victim of a disaster, how would I live my life; would I be angry if I was treated unfairly; why did he/she react so badly to a comment I made; can I stop studying if it is so hard...

If we only feel that someone is miserable, we are only sympathetic; if we choose to walk with them and help solve their problems, then we are empathetic. Therefore, the target of empathy should not be divided into different positions, different races, different classes, different wealth, etc. We should avoid putting subjective feelings on specific people. If you have empathy, you will be more humble and consider the feelings of the underprivileged (the poor, the elderly, the disabled, different races of people, small animals...) when facing the many unsolved problems in the world, and think of more solutions that are close to their needs to help.

Empathetic people are cheerful, understanding, easy to communicate with and trustworthy, full of positive energy towards the world, feeling that there are more solutions than difficulties, taking responsibility for the well-being of those around them and being natural leaders. However, there is no need to feel guilty about not being able to help because there are many places in the world where resources are uneven and there are many people who need help, so just do your best. Starting today, how can you use your empathy to understand and help those around you?



There are often unsatisfactory things in life. We should learn to be grateful, cherish what we have now, and face challenges with positive attitude of normal heart and empathy. However, human abilities are limited, so we must trust the Lord!

† Rejoice with them that do rejoice, and weep with them that weep. (Romans 12:15)

† Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: for the wrath of man worketh not the righteousness of God. (James 1:19-20)

† All things are lawful for me, but all things are not expedient: all things are lawful for me, but all things edify not. (1 Corinthians 10:23)

♥♥ As the weather is getting cool, may the Lord bless you all as you take care of your health!



Warm wishes,
Principal Chiu