

將想法轉為行動 環境比基因重要

有一個倫敦計程車和公交車司機海馬迴的研究。他們一樣都開車，都開了四十五年。計程車司機因路線不固定，要經常動腦；而公交車司機因為路線固定，不需要記憶整個城市複雜路線，所以他們的海馬迴空間記憶體，計程車司機大很多。

倫敦計程車司機須通過嚴格的「Knowledge」考試，建立卓越的導航能力。而且計程車司機駕駛年資越長，後海馬迴的體積也會隨之增加，這證明了人的大腦具有驚人的可塑性，即使在成年後，大腦仍然可以透過學習和訓練來改變其結構和功能。

以前認為基因決定學習能力，研究顯示環境比基因重要，環境可以決定基因的發展或停頓。主動持續學習才會促使神經連結，所以從做中學，動手做非常重要。

副校長 吳寶珍敬上 2025年10月15日

校園喜訊

壁報設計比賽獲獎班級



▲ 特優：7年A班



▲ 佳作：7年D班



▲ 優選：8年A班

至聖先師孔子

孔子，名丘，字仲尼，是春秋時代魯國人，被尊稱為「至聖先師」。他是一位偉大的教育家與思想家，也是中國文化中最重要的人物之一。孔子一生致力於教化世人，提倡「有教無類」，認為無論貧富貴賤，每個人都有接受教育的權利。

孔子主張「仁」是做人最根本的道理，強調待人以誠、以愛心相待。他的學生眾多，最著名的《論語》便是弟子們記錄他言行的著作，至今仍是學習人生智慧的重要典籍。孔子的思想影響深遠，不僅成為儒家學派的基礎，也深深影響了後世的道德觀與教育制度。

每年的教師節是為了紀念孔子，感念他對教育的貢獻。孔子不僅是古代的聖人，更是後人學習的榜樣。他以一生實踐教育的精神，提醒我們：學習不僅是為了知識，更是為了成為更好的人。



▲ 佳作：8年C班

近期行事曆提醒

高中部

- 10/18高中英文聽力測驗。
- 12/27高中新生說明會。

國中部

- 10/22 生涯達人講座。
- 11/15國中課程規劃說明會。

學生園地

與餐桌上的小確幸相遇

作者：8A 葉希妍 指導老師：李芷薇 導師：陳紹庭

今天放學回家，一推開門就聞到一股香氣，那是一種溫潤的奶香混著淡淡的甜味，彷彿把我輕輕拉進廚房，廚房內媽媽的身影正忙碌，將烤箱的門緩緩打開，濃郁的奶香與南瓜甜味撲鼻而來——是南瓜焗烤飯。

我迫不及待舀起一勺，熱氣瞬間鋪上臉龐，起司的鹹香牽動南瓜的甜潤，飯粒浸透了南瓜與牛奶的濃醇，變得柔軟又飽滿，每一口都像和諧的旋律，心中被幸福填滿。

媽媽開心地看我一口接一口吃的津津有味，我邊吃邊想起小時候，因嫌棄南瓜的古怪味道而挑食，如今卻與南瓜和解，因它的味道而揚起幸福的笑容。

LET THEM GO

作者：8C張芮恩 指導老師：莊永安 導師：黃聖育

I failed the exam and was in a terrible mood. "Why is it like this?" I asked myself this question. This is unfair because I reviewed a lot, but I didn't achieve the result I wanted. Sadness, anger, and self-blame burned out inside me. I hate these emotions, but I can't help feeling them.

I regretted not having checked my exam paper carefully. Otherwise, I wouldn't miss a page of answers. I was angry that I didn't perform well in my strongest subject, Mathematics. While thinking about this, I was walking home. Suddenly, a beam of golden sunlight shined in my eyes, which was enough to stop my thoughts.

I look up to the sky and see the sky is colorful. Even though it's just an ordinary sunset, it still attracted me. Light blue, purple and pink—I saw the sunset glow.

Amazingly, my bad emotions actually disappeared. This is the first time it happened to me—the scenery healed me. After that, my thoughts on exams have changed. Maybe I don't have to care too much about the grades, nor be too obsessed with mistakes.

My life wasn't destroyed by this exam. I can still watch a lot of sunsets. So don't put too much pressure on yourself. Just enjoy life! And hope less, worry less, just let them go.

建立友誼的秘訣

作者：9B 吳太鑫 指導老師：李芷薇 導師：李芷薇

交朋友這件事在本質上並不困難，卻也是每個人一生中很看重的事，但是要怎麼維持住這種關係就不容易了，有時會因為一些誤會而失去當朋友的機會，像是因為說話不謹慎，而不論是對方會錯了意，或是真的傷害到對方，後果就是友情的瓦解。

我也曾經因為疏忽對方的感受，說出了不夠謹慎的話，傷害了重要的朋友。那段時間我們都覺得難過，彼此也陷入尷尬的沉默。幸好後來我們坦誠溝通、互相道歉，友情才得以修復。那一刻我明白，真正的朋友，會選擇原諒與理解。

我認為，能維持友情的秘訣，就是要真心實意地為對方著想。朋友的陪伴能讓平凡的日子充滿笑容，也能在我們遇到困難時給予力量。朋友，是人生中容易得到、卻也最容易失去的珍寶，更值得我們細心珍惜。

A NEW BEGINNING IN A NEW SCHOOL

作者：高一許恩睿 指導老師：邱柏元 導師：張栩崧

School has just started, and it marks a big change for me. Although I've always lived in Taiwan, this is my first time attending a local high school after being in the Japanese school system my whole life. I was quite nervous on the first day, but my worries disappeared quickly. My new classmates were incredibly friendly and welcoming, which has helped me feel much more comfortable as I get used to this new school culture.

One of the biggest adjustments is the daily schedule. I was shocked to find out we have eight classes, as my previous school only had six, so the day finished much earlier. This longer schedule is a significant change, and I find myself completely exhausted by the time I get home.

On top of the longer hours, the classes in the local system also feel more challenging. The pace is faster, and we cover much more material. Since I have no experience with the Taiwanese curriculum, I worried I wouldn't be able to keep up. While this makes me anxious, the challenge has also motivated me. I am determined to study hard this year and prove to myself that I can succeed. Even though it seems difficult now, I am excited for the year ahead and all that I will learn."