



ST. JOSEPH'S COLLEGE



VALUE EDUCATION AND
ACADEMIC PROMOTION TEAM

REDO TAM 4E(21)

Freedom and Self-Discipline

INTER-CLASS BOARD DECORATION COMPETITION 2023-24

SENIOR FORMS

OBJECTIVES

Theme (Senior Forms): **Freedom and Self-Discipline**

- 1 To encourage students to achieve a balance between freedom and self-discipline
- 2 To foster a sense of independence in students
- 3 To allow students to understand how freedom is not the absence of rules but the ability to make choices within a framework of self-discipline
- 4 To encourage students to make choices and decisions freely while following ethical principles, fostering the development of strong personal values, promoting a balanced and harmonious approach to life



BASIC INFORMATION

- 1 Teachers-in-charge: S4–6 Form Teachers
- 2 Deadline for digital file submission: **6 Nov** (MON)
- 3 Deadline for board decoration: **17 Nov** (FRI)
- 4 Judging Period: 20–24 Nov



SUGGESTED DIRECTIONS

- 1 What are the definitions of “Freedom” and “Self-Discipline”?
- 2 How does having structure and boundaries provide a sense of security and enable individuals to make better choices?
- 3 How can we implement the concept of finding a balance between freedom and self-discipline in various aspects in life?
(e.g. academics, relationships, personal goals)
- 4 Any other relevant ideas



BRAIN-STORMING

*Practice
Self-Awareness*

*Establish Clear
Boundaries*

*Set Priorities and
Goals*

*Establish Routines and
Schedules*

*Learn From
Successful Role Models*

Applications in Real Life

Evaluate Decision-Making

Practice Moral Values

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REMINDERS

- 1 All classes **must** take part in the competition and finish decorating the board on or before the deadline
- 2 Please send the digital file or the link of the design to wlip@sjchk.edu.hk to arrange for the printing of the banners. Classes who fail to submit the files by the deadline or fail to fulfil the formatting requirements will have to print the banners by themselves
- 3 Form teachers may submit the printing fee from the class fund to Ms Ip WL



REMINDERS

- 4 Ten hours of Other Learning Experiences (5 AE, 5 CS) will be counted for S4–6 students in this competition. The working team list must be filled in and sent to Ms Ip WL on or before **30 Sep** (SAT) for hours to be recorded
- 5 Preparation must **not** be done during lessons. Please ask your form teacher for help when booking the classroom for board decoration if work is to be carried out during lunch break or after school
- 6 Students should avoid dirtying or damaging the classroom



DIGITAL FILE REQUIREMENTS

- 1 Format: PDF, PNG, or JPEG
- 2 Resolution: 150dpi and up
- 3 Colour Model: CMYK
- 4 Dimensions: The exact size of the respective class boards
Please measure the dimensions of your class board and design accordingly



ADJUDICATION AND PRIZES

- 1 Judging Criteria: Content, Appearance, Creativity, and Class Participation
- 2 Categories: Junior (S1–3) and Senior (S4–6)
Three prizes will be awarded in each category



THANK YOU!

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