

Aglow

While there's life, there's hope



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The magazine you are reading showcases the collaborative effort of our students. Every class explored a topic within a broad theme and contributed their work to this publication.

- Form 1 - Festival Fun
- Form 2 - Pets and Endangered Animals
- Form 3 - Hello and Goodbye
- Form 4 - Get Everybody Moving
- Form 5 - On Social Issues

Festival Fun

Christmas Stocking and Poem

To celebrate Christmas and decorate our school, a lot of Form 1 students made some beautiful Christmas stockings with some colourful cards and strings in December. They also wrote some meaningful acrostic poems on the stockings.

Season's Greeting



Kerry Chan (1B)

I like the 'Christmas Stocking' activity because I think it was interesting! I could DIY our Christmas stocking and I could write down my wishes. I wrote 'I hope I will receive a Christmas card from Santa Claus'.

Man Pak (1B)

I like the 'Christmas Stocking' activity because it was fun. I think I could be creative too. I could make stockings with many different combinations. In another activity in the hall, I listened to some beautiful songs and I guessed the names of the songs. I think it was fun too.



Jeff Tai (1B)

I like the Christmas activities because I went to the hall to play some games. Mr. Nguyen was nice. He helped me when I had questions.

Man Man (1B)

I like the 'Christmas Stocking' activity because it was my first time to make a Christmas stocking. It was very amazing and fun. I could make a beautiful Christmas stocking for myself.



Wesley Yip (1A)

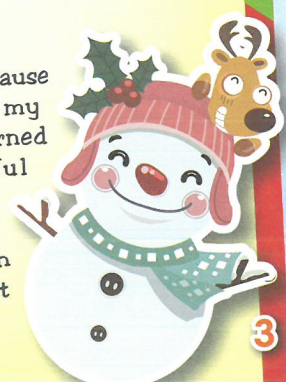
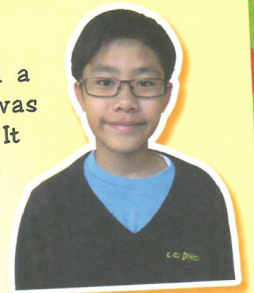
In the first term, I joined a very interesting activity. It was Christmas Stocking and Poem. It was organized by the English Department in December 2014. It was held in the hall. All Form 1 and 2 students joined this activity.

Our NET teacher, Mr. Nguyen taught us how to make a Christmas stocking out of colored construction paper. First, I had to cut out the shape of a big sock. Then I used colored yarn to tie the stocking together. Next, I drew some pictures on the stocking. I drew some candy canes, a Christmas tree with some presents under it, and of course Santa. I decorated the stocking beautifully with my artwork.

To make the stocking more meaningful, Mr. Nguyen taught us how to write an acrostic poem about Christmas. After I finished my poem, I glued it onto my stocking. I was really proud of my work as it looked really colorful and nice.

Mr. Nguyen hung our Christmas stockings along the 7th floor corridor to create a Christmas atmosphere. Some of my classmates' stockings were amazing! They decorated them really fancifully with crystal beads and gold and silver glitter.

I really enjoyed this activity because it was my first time to make my Christmas stocking. I also learned how to write a meaningful Christmas poem. I would join this activity again next year as I can be more creative with my design and learn more about poetry.



Chinese New Year

Before Chinese New Year, we gathered on the 9th Floor Activity Room to write some English lucky messages with ink and red paper so that we could wish everybody good luck.

Max Fung (1A)

In the second term, I joined a meaningful activity. It's called 'Chinese New Year Lucky Messages'. It was organized by the English Department on 23rd January, 2015. It was held in the Activity Centre on the 9th floor during the 1st and 2nd lessons. All Form 1 students joined as we wanted to learn more English words. We joined this activity happily.

Our NET, Mr. Nguyen, Ms. Tam, Ms. Chan and Ms. Leung wanted students to learn something meaningful for The Year of the Goat. Mr. Nguyen wore a traditional red Chinese jacket. He started by introducing some lucky messages in English. We know the meanings in Chinese but not in English so it was interesting to learn. Some of the messages we learned were 'Happy New Year', 'Long Life', 'Good Health', 'Academic Success', etc. Next we used an ink brush and ink to write our message onto red couplet paper. I wrote the message 'Long Life' as I want my parents to have a long life and live happily in 2015. I wrote my message carefully and drew some pretty pictures of hearts and some smiley faces. Ms. Tam, Ms. Chan, and Ms. Leung were walking around to help students with their writing. All Form 1 students wrote different messages happily and we all had lots of fun.

The next day, Mr. Nguyen put students' lucky messages on display boards in front of the hall with our pictures to wish everyone a happy New Year. The lucky messages brightened up the school and created a happy New Year environment. Also, Mr. Nguyen and all Form 1 teachers took pictures with us in front of the display boards.

In the past, I usually write lucky messages in Chinese. After this activity, I have learned some English vocabulary about the New Year and how to enjoy learning English in a fun way.

I enjoy this Chinese New Year activity because I can share my lucky messages. I would join this activity again next year as I want to write more lucky messages to wish my parents, friends and teachers a great year in 2016.



Thomas Chen (1B)

I enjoyed this activity because I could write lucky messages and talk to my friends about their lucky messages. It was interesting. I think we can also have Chinese lion dance performance.



Nick Li (1B)

No, I didn't enjoy the activity very much because I couldn't write the lucky messages beautifully. I just wrote some lucky messages but I didn't draw any pictures. I suggest making lucky money packets next year.

Kate Wong (1B)

I enjoyed joining this activity because it was interesting. I learnt how to write lucky messages in English. I think we should add a quiz about the Chinese New Year.



Akina Yeung (1B)

I enjoyed the activity because it was the first time for me to write Chinese New Year lucky messages.



Lucky Messages

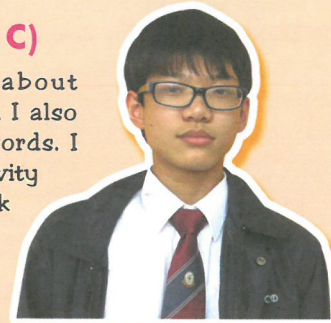


Fong Kiu Kwan (1C)

I have learnt to write different lucky messages in English. I enjoyed the activity because I was very happy. It was very interesting and I could draw beautiful pictures in this activity too. I suggest playing some guessing games about Chinese New Year customs, what people eat and do during Chinese New Year which would also be fun.

Lau Kwan Yiu (1C)

I have learnt more about Chinese New Year and I also learnt more English words. I enjoyed this English activity because it was fun. I think S. 1 students can design red packets in English as an activity too.



Maggie Or (1C)

I wrote a lucky message in English. I have learnt a lot of ways to write lucky messages in English. I have also learnt a lot of information about Chinese New Year so I enjoyed this English activity because it was fun and interesting. I have never written lucky messages in English before. It was the first time I wrote a lucky message in English. I think we can sing some Chinese New Year songs in the activity as well.



Chong Wing Kei (1D)

I joined the Chinese New Year Lucky Messages Activity in January 2015. The activity was held on the 9th floor Activity Centre. I have learnt to write carefully with black ink or it would damage the whole paper. I enjoyed the activity very much. I suggest Form One students could share what they would do during the Chinese New Year.

Ho Chung Him (1D)

The Chinese New Year Lucky Messages Activity was held in January 2015. The activity was held on the 9th floor Activity Centre. All of us were trying to design lucky messages. We have learnt to exchange ideas between one another. I enjoyed the activity a lot. I suggest a speaking activity to say our lucky messages to our relatives and friends too.



Lui Yu Wan (1D)

The Chinese New Year Lucky Messages Activity was held in January 2015. The activity was held on the 9th Floor. I wrote lucky messages on a piece of red paper. I learned to write artistic words on red paper. I must be very careful while writing with black ink. I enjoyed this activity because I could prepare something relevant for the Chinese New Year. I suggest F.1 students going to Victoria Park to see the flower show.



Thanksgiving - Baking a Turkey

Baking a turkey is the most terrific fun for us to enjoy the moments with our loved ones at the blessed festival- Thanksgiving.

Hammond Lee (1A)

In the first term, I joined many activities and I had lots of fun. The most interesting activity is baking a turkey in mid November, 2014. It was held by the English Department and the teacher-in-charge was our NET, Mr. Nguyen.

Before going to the cookery room, I felt really excited as I have never baked a turkey before. When I arrived, there were 24 other students in the room already. First, Mr. Nguyen showed us 2 huge turkeys. I have never seen a turkey before and thought it looked just like a big chicken. Next, he introduced the different parts of the turkey to us and asked us to clean the turkey with salt. When my group was cleaning the turkey we saw lots of blood dripping from its guts and we had to pull out the internal organs.

After cleaning the turkey, we stuffed the turkey with bread, some herbs, chopped onions and apples. I had a chance to put the stuffing inside the turkey. It was sticky and a bit messy. Then we brushed the marinade - a mixture of soy sauce, orange juice, honey, herbs, garlic and olive oil onto the turkey. My hands were all dirty but I was happy that I could learn how to bake a turkey.

The next day, Mr. Nguyen helped bake the turkey for about 6 hours, from 7am to 12pm. At lunchtime, students and teachers and the principal were invited to taste the turkey. I waited and waited for my turn to get some turkey and stuffing as there was a long queue. At last, I tasted the turkey and it was yummy. I couldn't believe that I made this turkey!

In this activity, I learned how to bake a turkey with my schoolmates. I find this activity meaningful and interesting. I have learned more English vocabulary about cooking and ingredients. I find doing activities in English is fun and I enjoy the English activities more now. Also, I baked a turkey for my family and my parents said that it tasted really good. They were really surprised and proud of me.

Johnny Poon (1A)

In the first term, I joined a very interesting activity - baking a turkey. It was held by the English Department in November 2014 to celebrate Thanksgiving. The activity was held in the cookery room after school from 3:30pm to 5:00pm.

I joined this activity because I have never baked a turkey before and I think it would be fun to learn and I enjoy cooking. Our NET, Mr. Nguyen taught us how to bake a turkey. It was very hard to prepare the turkey. First, we had to take all the internal organs out from the turkey's gut. It was quite a scary experience as I have never handle meat or organs before. Next, we cleaned the turkey with lots of salt by rubbing it all over many times then rinsing it with water. Then, we stuffed the turkey with bread stuffing. Some of my group members cut up the bread into cubes, diced the onions and apples for the stuffing. We mixed the stuffing together then stuffed it into the turkey. Finally, we marinated the turkey in a special sauce. We mixed soy sauce, honey, orange juice, garlic, different kinds of herbs and olive oil together. Then we took turns brushing it onto the turkey.

The next day, Mr. Nguyen helped bake the turkey for about 6 hours. As my classroom was near the cookery room, my classmates and I could smell the aroma of the wonderful turkey. We all were waiting anxiously to taste it at lunchtime. At 12:10pm, I rushed to the cookery room and got my first taste of turkey. It was so yummy that I queued up to get more. It was the best turkey ever!!!

If the English Department holds this activity next year, I will join it again. I really enjoy cooking and it is good to learn how to make new dishes.

Pets and Endangered Animals

Pets and animals are our dear friends. Many people keep pets nowadays. However, there are also some "friends" that also worth our attention - endangered animals. Many animals are endangered and become extinct. If you love the place where we are living in, we should pay more attention to our special "friends" - no matter the adorable pets or the poor endangered animals. Let's make our world a better place!



Survey report - Do pet owners take good care of their pets?

Angel Chow (2A)

This survey is about pets and their owners. We tried to find out how important pets are for their everyday life. The questions are all about what pet owners do with their pets. There are twenty respondents in the survey. Seven interviewees are our school teachers and the others are our schoolmates. Our schoolmates, five of them from 2A, two from 2B, one from 2D, one from 3A and two from Form 4 classes. Among the interviewees, seven of them are dog owners and some keep cats and fish as their pets.

How often do you bath it/them (dogs)?

Among the seven dog owners, three of them bath their dogs once a week. Two others bath their dogs once a month. Two other dog owners bath their dogs once every two weeks and once every two months respectively. In fact, we know that we should not bath dogs too often, not more than once a month, otherwise they may suffer from dermatitis, which is a disease of the skin that causes redness, swelling and pain. However, we found that more than 50% of the dog owners bath their dogs too frequently. They should know more about their pets and learn more about how to take care of them.

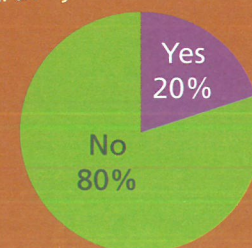
Do you play with it/them every day?

In our survey, all sixteen pet owners play with their pets every day. This result is encouraging and satisfactory. We need to spend more time with our pets. We should play with them and do exercise with them as often as possible. Pets may feel lonely if they are left alone. Moreover, pet owners may realize that pets are sick when they play with them because their reaction will be different when they are sick. It also shows that they care about their pets.

Conclusion

In our survey, it shows that many of the pet owners think their pets are important to them even though they do not really know too much about how to take care of them. It is something we should learn before we keep a pet. Besides, we should be prepared to take care of a pet for its whole life. It means that we should never abandon a pet. We should also feed them regularly, spend time with them every day and take them to the vet when they are sick. Can you promise to do all these? If not, don't buy or adopt a pet because they have their own rights, too! We should learn to respect animal rights. Keeping a pet is not for pleasure! This is very selfish behaviour. If you really want to keep a pet but you don't know much about pets, you may visit SPCA's (Society for the Prevention of Cruelty to Animals) website www.spca.org.hk or call 2801 0501 to learn more.

Do you keep a pet?



Frequency the dog owners bath their dogs



Sharing by a dog lover - *Ms. Chan*

Chan Hing, Cheung Kin Lung, Lam Wing Wa, Lee Wai Tung, Mok Tin Ching (2B)

What is love?

If you want to keep a pet, it is not necessary to buy it in a pet shop. You can adopt one in some charitable organizations such as the Society for the Prevention of Cruelty to Animals (SPCA). Last week, we were glad to have a chat with Ms. Chan Siu Ying, our Science teacher. She shows us what love means to her.

Ms. Chan has seven dogs aged three to ten years old and they were all adopted. You may wonder why she has made such a special decision. She said she was compassionate when seeing stray dogs in the streets. They have no place to stay or sleep and they need our love. So she tries her best to give them a home and take care of them.

Ms. Chan feeds her dogs twice a day. She prepares canned dog food for them. When she is free, she plays balls and toys with them. She even treats them as her friends and shares what she experiences in a day. If her dogs do well, she will award some snacks to them. At weekends, she takes them for a walk.

As a pet owner, Ms. Chan advises people who want to have pets to show their love and patience to them. Sometimes her dogs do something annoying like barking or peeing in the wrong place, but she thinks it is fine because this is the nature of dogs. Besides, pet owners need to devote their time, energy and even themselves to caring for them. Dogs are not toys which you can put aside, but the ones you should treasure most.



Voices of endangered animals

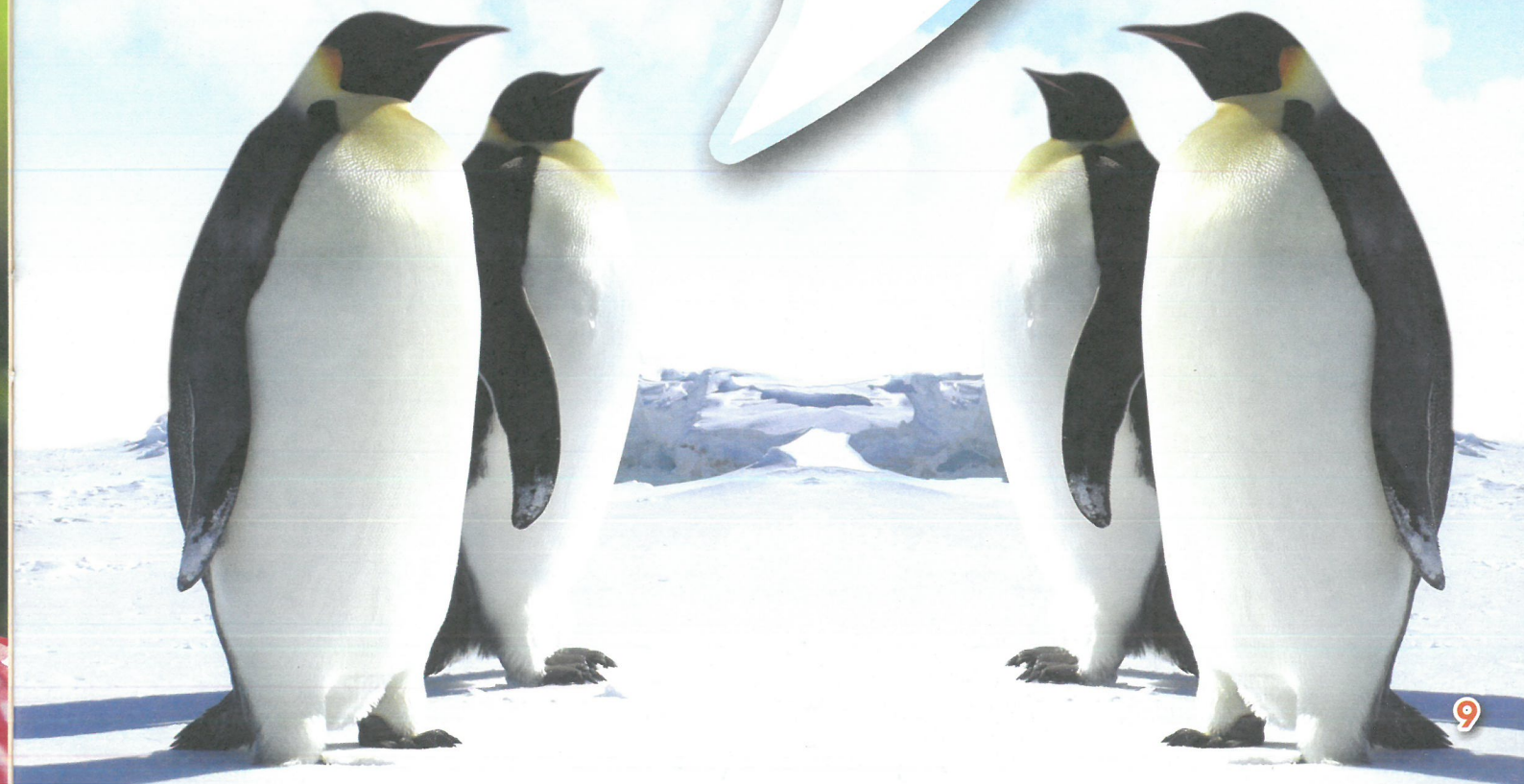
A Penguin

Tony Cheung (2C)

Hello! I'm John, a small penguin living in Antarctica. My body is black and white in colour but my feet are yellow. I eat small fish and marine animals.

I like to play with my friends in the glacier but I feel it is difficult to do so as global warming causes large sheets of ice to disappear. Since ice melts in warm weather, the glacier is retreating. So it is very difficult for us to find food now. We will die of starvation soon.

Please help us. Don't use machines and cars. Moreover, don't produce carbon dioxide and greenhouse gases anymore. If there is no more ice, we will lose our habitat and we will be extinct soon.



Voices of endangered animals

A Grey Elephant

Nick Ling (2C)

Hello! I'm Nick, a grey elephant in Africa. I have a long trunk, two curved tusks and big ears. I live in the forest and eat plants like grass, leaves and fruits.

I feel free walking in the savannahs but now I feel threatened as poachers are hunting us all the time. They want to get our tusks or sell us to the zoos and circuses. Besides, large areas of forests are cleared for urban development. There is little area for us to live.

Please save us! Don't buy any ivory products or watch the elephant shows. Then poachers will not catch us. Keep the forests so that we can have a place to live. If we were to disappear, the balance of the ecosystems would be affected and you would suffer too!



The story of an abandoned dog - Lucy

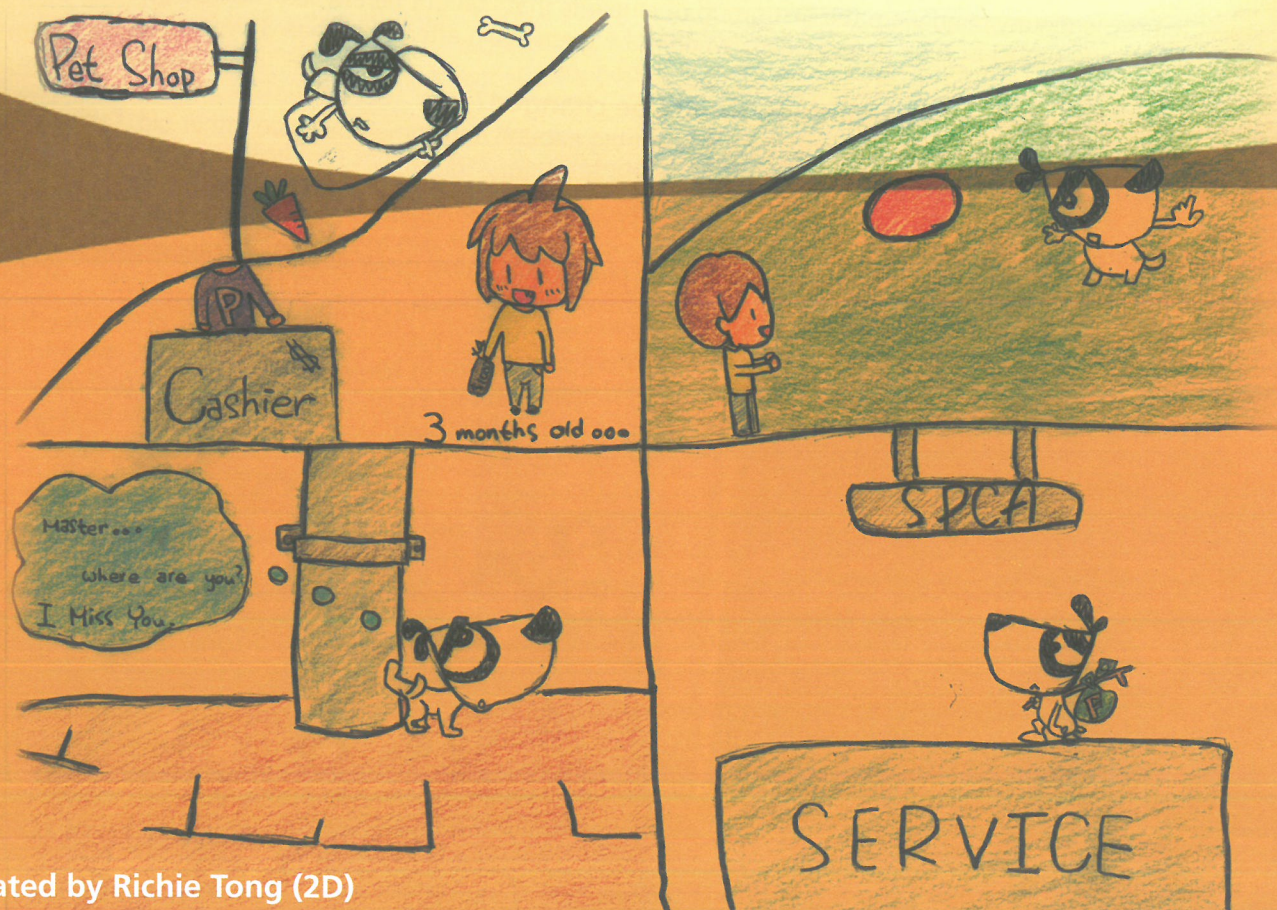
Yoyo Yung (2D)

I'm a Chinese dog. My name's Lucy. I'm 3 years old. I'm golden brown. I was born in Hong Kong. When I was 6 months old, my master bought me from a pet shop. My first owner was called Sara. She was very nice. Every morning, she said goodbye to me when she went to work. When she came home, she liked to play with me. After dinner, she walked me in the park nearby. She bought the best dog food for me. When she was happy, she would play with me and buy some toys for me. When she was unhappy, she would talk with me and hold me tightly. I loved my master very much.

However, one year later, her work was busier than before. She went to work at 7 am and wouldn't come back until after 10 pm. Sometimes she didn't come back for a few days and I was worried about her. Very often, I didn't have any food and I was lonely. One day, my master came back. I was very excited. I thought she would give me some food and play with me. However, she took me to the countryside and abandoned me. I was very disappointed and I didn't know what to do.

I became an abandoned dog. I had no home. I walked and walked but I didn't know where I should go. Very often, I had to fight with other dogs. I was frequently injured because I was small and not used to fighting. I had to find my food in rubbish bins. Sometimes, I had to go without food for a few days and I became weaker and weaker. I was really tired and dirty. I felt very sad and lonely. I thought I would die soon.

Last week, an SPCA staff found me and took me to the centre. They helped bath me and I was taken to see a vet who gave me different kinds of injections. Since then, there has been hope in my life. I become very happy and contented because I don't have to fight and worry about food again. Now, I'm waiting for a kind person to adopt me. I hope he/she will come soon.



Hello and Goodbye

Ms. Wei - our English Teacher

We have interviewed Ms. Wei who is our class teacher and English teacher. She is very kind and helpful. She is going to retire after this school year, so we want to know more about her and her future plans.

Why did you want to be a teacher when you were young?

When I was in F.6, I joined a voluntary group in my school called 'Community Project'. As there was no compulsory education at that time, many children had no chance to go to school, for example, the children of some fishermen. The first voluntary work I did was to teach in a free evening primary school in Aberdeen. This primary school was run by thirty F.6 volunteers from two secondary schools and there were 6 classes (Primary 1 to Primary 6). I taught English to Primary 6. I was frightened when I went into the classroom for the first time. I found that some students were older than me. I taught them once a week for one year and we became good friends. I like this group of students very much because they were really hard-working. Since then, I became interested in teaching.

Do you enjoy your life as a teacher?

Yes, I can meet new students every year and face new challenges every day. I do not feel bored although I have been teaching for more than 30 years.

What do you think about the students in our school?

I think most of them are well-behaved and eager to learn. However, there are some students who are not very motivated. It seems that they cannot find their goals in life. The biggest problem of our students is that most of them do not like reading very much. They prefer surfing the Internet instead.

Can you suggest some studying methods for English?

I think students should know the pronunciation of the words before they study for their dictation. This can help them to remember the spelling more easily. In addition, reading aloud is very important. This can help us to remember the correct sentence patterns.

Who are your most unforgettable students?

I have many unforgettable students. Some of them had very good learning attitude and some of them were really naughty. Some of them had very special nicknames and some of them always made me laugh. The students who left the deepest impression in my mind were the first group of students that I taught here when I started to work in this school. I could still remember most of their names clearly when I saw them again after more than 30 years.

Which part of our school do you think should be changed?

If possible, I think the library should be enlarged. It is not big enough and some books are rather old. I think students will be happier if more new books can be purchased.

What do you want to do when you retire?

I want to go to other countries and visit some beautiful places that I have never been to before. Moreover, I want to do some voluntary work. I hope I can still live a meaningful life when I retire.



Fresh from Washington DC

Mr. Nguyen is our new NET. He joined our big family last September. We are happy to have this opportunity to interview him.

(S: Student N: Mr. Nguyen)



S: Mr. Nguyen, what are your hobbies?

N: My hobbies are playing tennis, cooking and reading books. I like cooking because when I have stress and pressure, I find that cooking can relieve my pressure. And I enjoy eating healthy food, so that is why I like cooking healthy food. When I dine out in Hong Kong, I think it is unhealthy. I like playing tennis in autumn because summer is too hot. I can book the tennis court to play with my friends. At weekends, I always do exercise. In the morning, I work out in the gym. Sometimes, I go out with my friends. If I don't have things to do, I will stay home and read. I don't like surfing the Net too much because I don't think it is good for my health because it hurts my eyes. When I am outside, I feel happy.

S: Why do you want to be a teacher?

N: I like working with young students. I feel that I am friendly and approachable. And also I have a passion for teaching. When I teach, I feel satisfied because my students can learn. I always want to help my students to learn in a happy way.

S: Have you taught in other schools before?

N: Yes, I have taught in other schools. Last year, I taught in a primary school. I think that primary school students are friendly but they are very noisy. They are very active. It was a very interesting experience teaching young kids.

S: If you feel sad, what will you do?

N: I usually do not feel sad, I am a very happy and outgoing person. But if I really feel sad, I will talk to my friends or family members because in the US they teach us to share our feelings. When you tell other people your feelings, it can reduce some of the pressure that you have.

S: What do you think about 3B students?

N: I think 3B students are actually very good. They try their best during my lessons. Also, they are willing to learn. I think they have a very positive attitude. I think if you are not willing to learn, you will give up easily. I have only been teaching you for four months, and I found that the students have a positive attitude and they are willing to work with me. So I think that is really good.

S: Do you like this school?

N: Yes, this school is very good. I work well with the students and also my colleagues are very nice and supportive. Also, the principal Mr. Leung is very kind and nice to me. He asks me a lot of questions about my job. And I feel that the students are very nice to me, too.

S: If you were the principal, what change would you make to this school?

N: If I were the principal of this school, I think the one thing I would like to change is to ask students to speak more English. Students are afraid of speaking English. I think our principal has really done a good job, because he also speaks English. I would try to encourage all the students to speak more English during the morning assembly, lunchtime, lessons or after school.

S: Who are your friends?

N: In this school I have many friends. Ms. Wu, Ms. Chan, Mr. Lam, Ms. Leung and all the English teachers are my friends. I have also made friends with teachers of other subjects. I found that teachers here are very friendly and they are very supportive of my work. I have a lot of activities to do in school. So when I do an activity, I have to coordinate with some teachers. For example, I baked turkeys with students at Thanksgiving. I worked with Ms Wong, the Home Economics teacher. She allowed me to use the cookery room. I found that all the teachers are kind and nice. When I need help, they are willing to give a hand.

Thank you Mr. Nguyen for your time. Nice talking to you.

Hello and Goodbye

Forty Years of Design and Technology



Mr. Lai, who has taught Design and Technology in our school for forty years, is going to retire this year. It is our pleasure to have an interview with him today.

S: Student L: Mr. Lai

S: Why did you want to be a teacher?

L: I had this idea when I graduated from university forty years ago. Then I studied in an education institute to prepare myself to become a teacher. After I finished the course, I came here to start teaching.

S: What will you do after you retire?

L: After retirement, I will go to the US to visit my brother. I miss him very much. I also want to go to many countries such as New Zealand, Australia, Japan, Canada and other countries that I haven't visited before. However, I don't like to visit China, the Middle East and Africa because it's very dangerous.

S: What do you think about your job after working 40 years in this school?

L: I have enjoyed my teaching most of the time in these forty years. I have a sense of achievement when I meet the students whom I taught many years ago. They expressed their gratitude to me because they knew I did something good for them.

S: What did you want to do besides being a teacher?

L: When I was young, I wanted to be a firefighter or a policeman. However, I was short-sighted and therefore I could not apply for the jobs after graduation. Actually, I could still apply to be a policeman. However, after I saw a policeman pick up a dead body of a baby with his bare hands, I changed my mind as I knew that I had to do something I didn't want to.

S: What quality do you think a teacher should have?

L: I think a teacher should be passionate about his job. Being a teacher is not as easy as you think. As a teacher, you must be patient and relaxed. Moreover, teachers have to spend a lot of time with their students so that they can have a good relationship.

S: When did you find that you were interested in design and technology?

L: When I was a child, I would love to assemble parts and make a product. I have a great interest in machines. My interest was further developed when I studied in a technical college. I studied about design and technology to prepare myself to teach this subject.

S: Who do you want to thank most?

L: I want to thank my mother. I have an elder sister and a younger brother. Unfortunately, my father died when I was young. So my mother was the only breadwinner and she brought us up by herself. She worked very hard for the family. I want to express my gratitude to her and do something for her but she died a few years ago. I deeply regret it.



We wish Mr. Lai happiness after his retirement.

Interview with our Master Chef, Ms. Wong



Ms. Eva Wong is one of the class teachers of F.3D. She is also our Home Economics teacher. Everyone knows that she not only has excellent cooking skills but also a caring heart for her students. However, it is the last year of her teaching career as she is going to retire after this school term. Let's get to know more about this Master Chef!

Q: Ms Wong, why do you choose teaching as your career?

A: It's simple! I love kids. Besides, I think teaching is a professional career. Of course, before that, I have to get good public examination results in order to be a teacher.

Q: Do you like teaching in LCDMC?

A: Sure. I have been teaching in LCDMC since 1975. Time flies, it's already been 40 years! I love teaching so much as well as working in this school.

Q: We are happy that you can become our class teacher in your last year of teaching. How do you feel about our class? What is your expectation of us?

A: I know that students in 3D may not have outstanding academic results but I am sure that 3D students are very clever and intelligent. I expect that they can behave themselves much better. They have to be more attentive in class and be more positive.

Q: If you could change your job, what would you like to do?

A: Well, I think I would like to be a doctor as I can help lots of people. Doctors help patients physically and teachers help students mentally. They have similar nature – they can both make people become a better person!

Q: As a Home Economics teacher, we all know that you are good at cooking. Do you cook in your free time? Besides cooking, what do you usually do in your spare time?

A: I love cooking all the time. I have a great passion for cooking for sure. Besides cooking, I love watching movies in my free time. I'm definitely a movie-goer.



Thank you for your time, Ms. Wong. We wish you all the best in your retirement.

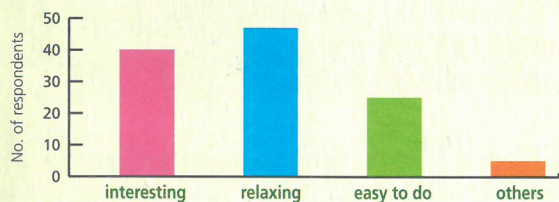
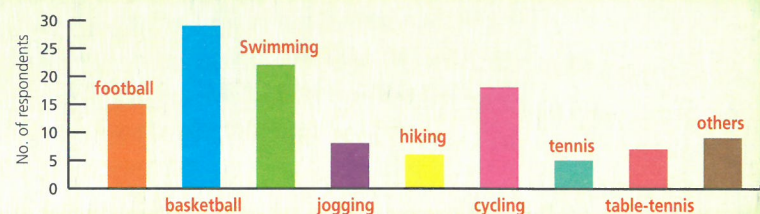
GET EVERYBODY MOVING

A Survey on Favourite Sports Among Secondary Four Students

We did a survey on favourite sports among Secondary Four Students in February, 2015. The aim is to find what sports our Secondary Four students are interested in and what factors affect their choice of sports. We gave each student a questionnaire and we collected 117 completed questionnaires. There are five questions in the questionnaire and the results are analyzed below.

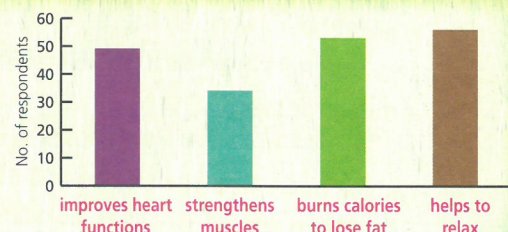
1 What is your favourite sport?

The most popular sport is basketball, with 29 respondents choosing it. The second popular sport is swimming, with 22 responses. Cycling comes third with 18 responses. The least popular one is tennis with only two responses.



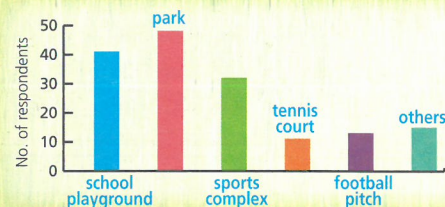
2 Why do you like this sport?

The most common reason is the sport is relaxing, with 47 responses. The second common reason is the sport is interesting, with 40 responses. Then 25 respondents think that the sport is easy to do. 5 respondents gave other reasons which include health and excitement. So most students do sport for fun and relaxation.



3 How does the sport improve our health?

The most common response is "helps us to relax", with 56 respondents choosing it. The second common response is "burns calories to lose fat", with 53 responses; and the third one is "improves heart functions", with 49 responses. The most common response correlates with the result of the second question, which shows that most of the students want to relax through sports.



4 Where can we do the sport?

The most common venue is park, with 48 responses; whereas the school playground comes the second, with 41 responses. The third popular place is sports complex, with 32 responses. Tennis court comes last, with only 11 responses. It correlates with the result of the first question as only 2 students chose tennis as their favourite sport.

5 What can you learn from the sport?

62 respondents chose teamwork, 33 chose communication skills and 20 chose organizing activities. It shows that the majority of students think that they can learn how to cooperate with others through sports. The results correlate with the result that basketball is the most popular sport among Secondary Four students as basketball is a team sport.



Overall, Secondary Four students tend to play sports at places nearby and free of charge, such as the school playground and park. We suggest the school arranges more interclass competitions or training courses in basketball and football for students as the sports can be held at the school playground. The school can also arrange after-school swimming courses in the nearby Victoria Park as many students are interested in swimming but there are few chances for students to practise swimming during the Physical Education lessons. This can benefit students in keeping a balance between study and health. Furthermore, it helps them to develop necessary skills like cooperation with others and communicative skills.

SPECIAL SPORTS

More and more people realize the benefits of doing exercise and adopt it as part of their daily routine. If you ask someone what sport he/she plays, the answer is very likely to be swimming, working out in the gym or jogging. We want to introduce two special sports that are quite new in Hong Kong: bubble soccer and cage soccer

Bubble soccer

What is bubble soccer?

The sport, bubble soccer, arrived in Hong Kong a year ago. The world's latest adrenalin sport is guaranteed to get your blood racing and the laughter flowing!

Bubble soccer is simple – the rules are no more difficult than standard indoor football. Using an inflatable zorb-like bubble, you can smash into other players and find yourself rolling away from the ball. There are many places that provide bubble soccer for us to play. This time, we have visited Sand House located in Kwun Tong. Hong Kong Sand House is the first indoor party house with sand. There are some inflatables. One of them is bubble soccer.

There are 2 sizes of bubble soccer:
(large) 1.52m
(small) 1m > for girls or kids

recommended age limit
(traditional game play) = 10

Why did the owner choose this game to promote in Hong Kong?

- Soccer is indeed popular in Hong Kong.
- He thinks that it's quite interesting.
- He doesn't want people to just play video games.
- He wants to let people exercise.

Description of the game:

- no age limit
- a tool for creating a fun atmosphere
- force from the bubble → more exercise
- does not need special skills
- unique twist (bump into each other)
- competitive and entertaining



Is cage soccer the same as soccer? Why is cage soccer so appealing to teenagers?

The answer is simple! Cage soccer is not much different from normal soccer. However, the way they play the game is much more exciting. You are playing soccer in a cage, not on a football pitch. You can use the cage for reflecting the ball to pass through opponents. So, you will never kick the ball out of the bound and you can have unlimited substitutions. The cage soccer match's speed is faster than a normal football match.

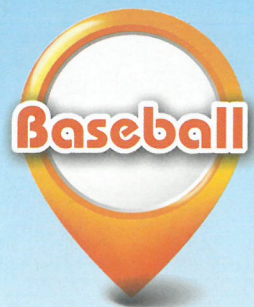
Some skills like, one-two, in normal football player need to have a teammate to form a group to do it, but in cage soccer, the player doesn't need to have a teammate to do that kind of skill so the match can be more skillful.

What is cage soccer?

Cage soccer is famous in the USA and the UK. But it is not very famous in Hong Kong. Let me introduce this indoor soccer. It is a unique, high intensity game in a 9x3 yard. It's played indoor, so we don't need to worry about poor weather conditions. Because all sides are surrounded by walls, you won't have the problem of out of bounds.

SPECIAL SPORTS VENUES

Where usually do you exercise? In a gym, basketball court or the school playground? Here we would like to introduce some special sports venues to you.



Baseball is a popular sport all over the world. In some countries such as Japan, Korea and Taiwan, it even has a national status. Even though it is not so well-known in Hong Kong, people are getting more interested in this sport.

PLAY

We visited an indoor baseball training centre called PLAY. It is located in Hung To Road, Kwun Tong. They have a slogan: "Love Life, Love Sports". You can find more information about PLAY on their website: www.321play.com.hk.

Here, you can join some baseball training courses. For people under 16, parents' consent is needed.

Facilities

- 3 automated baseball and softball machines
- 3 giant revolving slopes
- 9 motor race simulators
- party room
- café

Charges

Baseball gear and equipment:
1 set----\$30
3 sets---\$80
5 sets---\$100

How to get there?

- Take the MTR to Kwun Tong (Exit B1)
- Also you can go by bus 11D, 15A, 23, and 269C



Still remember the trampoline in your childhood? Do you miss this game? You do but you are over the age restrictions or the trampolines are only for children. Don't feel upset, Ryze has come to Hong Kong. They have 7,000 square feet of connected world-class trampolines for you.



Ultimate Trampoline Park (managed by Ryze)

321 Java Road 3/F, North Point, Hong Kong

Facilities

There are 7000 square feet of connected, world-class trampolines. The trampoline field features over 40 trampolines.

Activities

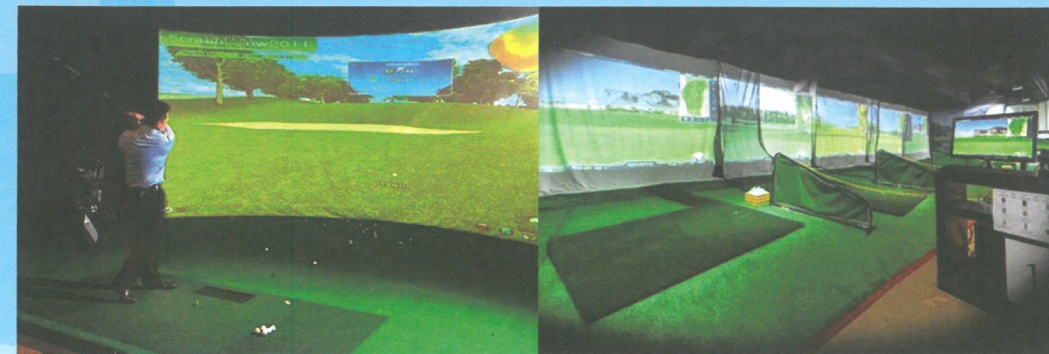
- kid jump
- bounce boards
- trampoline dodgeball
- superslam
- slack-lines

Who can join?

Everyone can join. Visit the website <http://www.ryze.info> to check the hours.



Golf is a popular sport. It is an outdoor activity and most golf courses charge expensive membership fees. Have you heard about indoor golf? If you want to try indoor golf, here are two places for you.



(I) Island East Sports Centre

Address: 52 Lei King Road, Sai Wan Ho
This is the first clubhouse type recreation centre managed by the Leisure and Cultural Department.

Facilities

- 3 indoor golf rooms
- equipment (e.g. golf clubs and balls)
- training courses

(II) Golf laboratory

Address: 9B, Wah Ha Factory Building, 8 Shipyard Lane, Taikoo

Facilities

- 7 golf bays installed with 3 different systems to suit practice and playing needs. All bays are equipped with projection software and hardware to help visualize shots
- 2 multi-function rooms available for events and other activities
- putting green
- toilets and changing rooms
- food and beverages
- golf clubs for use
- golf equipment and accessories for sale
- parking available nearby



War game is popular in Europe and America, but not so famous in Hong Kong. In Hong Kong, people love to play team sports, such as basketball and football. Unfortunately, war game is not common since playing war game is quite dangerous. People are scared of pain. They therefore do not give it a try. War game is actually fun and exciting!



Venue

Impact Fore C.Q.B

Address

8/F, Block B, C&D, Chung Hing Industrial Mansions, Kowloon, Hong Kong

Cost

\$240/person
\$100/player (Gear rental special offer)

SPORTS FANS

Bicycle Motorcross (BMX)

Chiu Chak (4C)

Sport he plays: Bicycle Motorcross (BMX)

- 1. What kind of sport do you play? Can you briefly describe it?**
I play Bicycle Motorcross (BMX). It is a kind of cycling game. Some people change motor bike into bike and play some games. There are two types of BMX, either super cross or freestyle BMX.
- 2. When did you start playing this sport and how did you start?**
I started playing it in Primary 5. It was a suggestion from my coach and some friends who play BMX together with me.
- 3. Why do you like playing this sport?**
I suppose it is because this sport needs a lot of energy and power and it is the speed which I found exciting.
- 4. How many and what kind of prizes have you received?**
I have got the Golden League overall first-runner-up of Group 15-16 in 2011-2012 BMX Competition. I also won the champion in 2012-2013 HKBMX age group race competition.
- 5. How often and where do you practise it?**
I practise it twice a week at Hong Kong Jockey Club International BMX Park in Kwai Chung.
- 6. What do you do to prepare for your competitions?**
I have lots of practice and I need to sleep more the night before the competition.
- 7. Have you ever been overseas to have competitions?**
I went to Tai Chung in Taiwan in October, 2014.
- 8. Have you ever got hurt because of playing this sport?**
Of course, the most serious time was when I hurt my elbow even though I put on my protective gear and I needed 5 stitches.
- 9. What do you think is the most enjoyable or rewarding part of playing this sport?**
The rewarding part recently is the marvellous feeling when I stood on the podium and received the second-runner-up medal.
- 10. What have you learnt after playing this sport?**
I have learnt to be more focused and patient.

11. Does playing this sport affect your personal life?
Yes, I give up the time to watch TV, play computer games and surf the Net because I need to practise BMX and finish my school work.



Finswimming

Desmond Kwong (5A)

Sport he plays: Finswimming

- 1. What kind of sport do you play? Can you briefly describe it?**
Finswimming. This is an underwater sport consisting of four techniques. First, we use fins with snorkel with mono-fins on the water surface. Second, we use fins with snorkel with bi-fins (wearing two fins on both feet) on the water surface. Third, we use mono-fins and hold one's breath underwater. Finally, we use mono-fins and open circuit scuba diving equipment underwater.
- 2. What inspired you playing this sport?**
At first, I saw a programme poster called 'A Future Star' about finswimming so I joined that programme. The programme's coach, Mr. Lam also inspired me to play more enthusiastically so that I could have a chance to join the Hong Kong National Team.
- 3. Why do you like playing this sport?**
I like playing finswimming because I love diving under water and I can try to overcome my limit. I also enjoy swimming with the mono-fins.
- 4. How often do you practise it?**
I practise it twice a week and sometimes I have extra practice on Saturday before the competition.
- 5. How do you prepare for your competitions?**
I do some stretching exercises and I don't eat too much junk food.
- 6. Have you ever been to other places to have competitions?**
Yes, I have been to the Mainland and Japan to have competitions.
- 7. What do you find most difficult when you play the sport or prepare for the competitions?**
The equipment is expensive. For example, the mono-fin costs HK\$3000. So I think financially, it is a big problem.
- 8. What do you think is the most enjoyable or rewarding part of playing this sport?**
I think breaking the Hong Kong record in the competition after an extremely hard practice is the most rewarding part of playing this sport.
- 9. How do you balance playing this sport and your school work?**
I do homework in school if there is practice at night. I also make use of the weekend to study.



Some of our schoolmates are sports fans. We have interviewed four LCD athletes about the sport that they love and are good at.

Judo

Raphael Wong (5C)

Sport he plays: Judo

- 1. What kind of sport do you play? Can you briefly describe it?**
I play judo. It is a kind of sports which you try to throw your opponent using judo techniques.
- 2. When did you start playing this sport?**
I started playing it when I was five years old.
- 3. How did you start playing this sport?**
I watched a film and the stars in that film were playing judo and I thought it was awesome and cool so I joined a judo class with my parents' support.
- 4. Why do you like playing this sport?**
It is interesting. As I mentioned, in this sport, you have to try your best to throw your opponent with techniques. There is no other similar sport which you need to hold somebody up and throw him or her down.
- 5. How many and what kind of prizes have you received?**
I have received many but the most important one to me, I would say, it is the International Youth Competition in Macau.
- 6. Where do you practise it?**
For club practices, it will be at some sports centres, like the one on Java Road and in Tseung Kwan O. For international practices, we go to Kwun Chung Sports Centre in Jordan.
- 7. Whom do you practise with?**
For club practices, I usually practise with my coaches. For international practices, I practise with teammates who are randomly paired with me by the coach.
- 8. What do you do to prepare for your competitions?**
We need to keep fit and make sure our weight can fall into the appropriate category so some athletes may need to go on a diet but I have never done it.
- 9. Have you ever been to other countries to have competitions?**
Yes, I have been to many places such as Macau, Japan, Singapore, Korea and even Lebanon.
- 10. Have you ever got hurt because of playing this sport?**
Yes, I broke my collar bone when my arm was locked by my opponent and he pulled me to the ground and so it was broken.
- 11. Does playing this sport affect your personal life?**
Yes it did, especially when I was a junior form student because I had to go to the sports centre immediately after school so I felt stressed, very tired and sleepy at school. I had to be absent from school so my teachers and family were worried about my academic results.
- 12. Will you have a future career related to this sport? Why/ Why not?**
No, I won't because I can't see a bright future if I am an athlete.



Sprinting

Kingston Leung (5D)

Sport he plays: Sprinting

- 1. What kind of sport do you play?**
I am a sprinter. There are usually 100-meter sprinting and 200-meter sprinting.
- 2. Why did you start playing this sport?**
When I was a Primary Four student, I joined sprinting on Sports Day and I won so I started playing it afterwards.
- 3. Why do you like playing this sport?**
I enjoy winning competitions. It is fulfilling and exciting.
- 4. How often do you practise it?**
I have three practices every week and I practise 3 hours every time.
- 5. How do you balance playing this sport with your school work?**
I practise on Mondays, Wednesdays and Fridays so I study at home after practices or during my free time.
- 6. Will you have a future career related to this sport?**
Yes, I hope I can be an athlete and represent Hong Kong in the Olympic Games.
- 7. Do you have any suggestions for others who would like to play this sport?**
I think if you want to play this sport, you need to practise a lot so endurance is important.



THESE YOU MAY NOT KNOW!!!

ABOUT SPORTS GEAR AND EQUIPMENT

BICYCLE MOTORCROSS

BMX bikes can be classified into two types: BMX racing bikes and Freestyle BMX.

BMX racing bikes are used in dirt, ramps and BMX races. They are usually light. The bikes are made of aluminum or aluminum alloy. The frame can adapt the heavy landings from tricks and jumps. Rear brakes are installed for safe and sudden stopping. There are two major sizes of BMX racing bikes. Those with 24" wheels are called Cruisers. The other one is 20" bike. The wheel of BMX racing bikes consists of 36 spokes.

Freestyle BMX bikes are much heavier and stronger than BMX racing bikes. They are made of chromoly steel or high tensile steel. The wheel sizes range from 16" to 20".



FINSWIMMING

Finswimming athletes use monofins, bi-fins or stereofins to move their bodies through a distance and snorkels or aqualungs for breathing. They are also required to use masks to protect their eyes and enable them to see underwater. A monofin and long bifin blades can be made of glass fibre or carbon fibre composite, which are stiff materials and can enhance the stability of the movement. Thus, they improve efficiency and minimize oxygen consumption. It is more suitable for short distance (50m&100m). However, swimmers have to use more strength to swim if they use them. For a long distance (3000m), it is more suitable to use monofins which are made of rubber, which is a soft material and therefore can save the energy of the swimmers. There are different sizes of monofins. Finswimming athletes should choose the size of the monofins according to their physical fitness.

Monofins are tailor-made. It takes 3-6 months to produce one. Normally, a monofin can be used for 3-5 years. A monofin for the use of competition costs HK\$3000.

KARATE

The uniform for Karate is called Karategi. As the sport demands striking, kicking and stand throws, the uniform is made of cotton and loose fit. In this way, the speed and the movements of the player can be enhanced. The material can also make it more comfortable. Stronger stitching is used so that the uniform will be more durable.

The standard weight of the suit is 0.34 kg or 0.4 kg. The heaviest one is 0.45 kg. Heavier uniforms can increase their rigidity. Better ones are made from light canvas as it can endure great amount of force applied on it during the activity without affecting the movements of the player.

There are three main cuts of Karategi: Japanese, European and Kata. Japanese cut has short sleeves and pants while European cut is just the opposite. Kata cut is rare. Most players will wear white uniform although there is a wide range of colours to choose from.

The belt (Obi) is made of thick cotton and it is about 5cm wide. The colours of the belt represent the skill level of the wearer. The colours range from white for beginners to black for masters.



Level	Colour of the belt
Beginners	White
9	Yellow
8	Yellow
7	Green
6	Green
5	Blue
4	Blue
3	Brown
2	Brown
1	Brown
1st Dan (Below 18)	Black and White
1st Dan and higher (Adults)	Black

On Social Issues

Issue 1

Aglow Magazine

MAY 2015

A social issue is almost always a problem affects most of the members of society. It has significant effects on people and society and thus needs to cope with. Our form 5 students are doing investigation on different social issues and share their thoughts with us by writing. Let's look at their work and the issues

Be Responsible and Respectful!

Elsa Choi (5C)

You saw a notice at a park in your district yesterday.

Important Notice

Recently, there have been several cases of dog attacks in this park resulting in more than 10 people being injured, including six young children. In view of the problem, the Park Authority has decided that effective as of today, all dogs must be on a leash at all times in the park except inside the new 'off-leash area'. Dogs must also wear a muzzle when they are outside the off-leash area.

You and your dog are welcome in this Park! Just remember to be safe, obey the rules, and respect the park and others.

Park Authority Committee



Dogs are lovely and vibrant animals. They are human's best friend. They are very helpful. To support law and order, police dogs identify criminals and check on drugs. For blind people, guide dogs are important to them. Dogs are our true friends, they are more loyal than humans. They will listen to us and will not betray us.

Recently, there have been some cases of dog attacks in our Central Park and it has drawn much public attention. As a result, the Park Authority has asked all dog owners to put their dogs on a leash at all times in the park and a muzzle is required when dogs are outside the off-leash area. I would like to look

into the issue and give some advice to the owners.

Dog attack is a serious problem. It costs people's lives and is a threat to all park users. Firstly, it may be fatal. If people are attacked by dogs, they may be infected by rabies, which causes more than 20,000 deaths in the past year. If the victims are not properly treated, they may get rabies and be killed as a result.

Secondly, Central Park is not a dog park where dogs may exercise and play off-leash in a controlled environment under the supervision of their owners. Dog parks allow owners and their dogs to spend time together and offer dogs a space for play and companionship with others. Central Park, however, is designed for local residents of all ages. A majority of frequent users are toddlers and the elderly. Therefore, the risk of dog attacks should be reduced to a minimum.

Dog attacks bring about negative impacts. The government will

have to shoulder the medical, rehabilitation and other treatment costs. Not just are there harms to the economy, social security will also be adversely affected. People who are attacked by dogs and their families feel dissatisfied and have organised demonstrations against the pet owners.

Why will dogs attack people? Although some breeds of dogs are aggressive, most dogs are very timid and vulnerable to external stimuli. In order to protect themselves, they will have self-protection awareness and commit attacks causing serious injury. In view of those reasons, dog attacks can be reduced if dogs are treated properly.

What should we do? To prevent dog attacks, owners should leash and put a muzzle on the dog when in public areas except in the "off-leash area". To be responsible owners, we should have our pets vaccinated against rabies and microchipped. If these are done, we can rest-assured our dogs can enjoy themselves in the park. And people should pay attention to personal behaviour. In this way, we are making Central Park a dog-friendly area.

For everyone's safety, people should obey rules when we are using the park! To be responsible and respectful pet owners, we should work together to reduce the number of dog attacks. Help us build a dog-friendly park, it starts with you!

Our critical moment

Curtis Ng (5B)

English is important as Hong Kong is an international city. Many foreign companies have set up their regional offices here. However, it is criticized that the standard of English in Hong Kong has declined significantly, which would deprive our city of a competitive edge.

One of the reasons is that there is a lack of speaking opportunities. In companies, most of the meetings are held in Chinese. When we shop at department stores or order food in the restaurants, we use Chinese only. Even in universities, many professors and tutors speak in Cantonese as it is easier for them rather than the students. Besides, Putonghua is becoming more important as the development of Hong Kong has tied to the mainland's economy. More companies provide courses on Putonghua instead of English.

It brings out the message that learning English is not a must nowadays.

These factors may explain why there is a decline in the standard of English in Hong Kong. In fact, we know from the news that when it comes to job interviews many university graduates cannot even answer simple interview questions. If we do not take any action, the problem will become serious and Hong Kong will not be as competitive as other Asian countries such as Korea and Singapore.

In order to improve the standard of English, the government should offer more resources or subsidize

primary and secondary schools to recruit more NET teachers. Besides, it is necessary for schools to redesign the curriculum. It can focus more on workplace communication to suit the needs of the market. It is also advisable to create an English-speaking environment by organizing more English activities. It can arouse students' interests in learning English and build up their confidence in speaking English.

We are now experiencing a critical moment. Whether we can attract international companies to set up their offices depends on how we keep our competitiveness. It is urgent for the government to consider this issue seriously.



The first

The second

The best

TEST YOUR ENGLISH

24

Say No to Drugs

Frankie Lee (5D)



Economically, the community may lose part of its earning ability and productivity because teenagers who take drugs may not be able to work and contribute to society as much as the others. Moreover, the government has to shoulder their medical expenses, costs for treatments and rehabilitation. These are all extra-burden to the government and tax payers.

If the problem of young drug abusers continues, I believe it would be very difficult for our society so I would like to provide some advice to stop the situation from getting worse. For education, I think the government should have anti-drug campaigns on TV and let students and the public know more about the disadvantages of drugs. I also think that teenagers can join more extra-curricular activities, like playing sports, so they can have more healthy activities to do and a more meaningful life.

I hope my advice can help teenagers who may want to take up drugs and I wish every youngster a wonderful life ahead.

Yours faithfully,
Frankie Lee

Dear Editor,

I am writing to express my opinion about the issues of drug abuse and the news about the young famous singer who was found guilty of possessing illegal drugs. I think this is a warning for young drug abusers and so we should know more about the issue. Youngsters may take up this harmful habit easily. I also think that there are some possible consequences and I hope I would be able to provide some suggestions to keep teenagers from becoming drug addicts.

First of all, I think some teenagers may take drugs because of some wrong concepts. Some teenagers may believe that drugs are fun and this is a kind of low cost entertainment for them. They may also think that taking drugs is very cool and trendy. This is especially true if their friends also have similar belief and thus youngsters may have peer pressure. They may think if they do not take drugs together with their friends, they may lose

their friends which they definitely do not want as they are concerned about their friendship very much. Therefore, young people may take drugs if they have friends who are drug abusers.

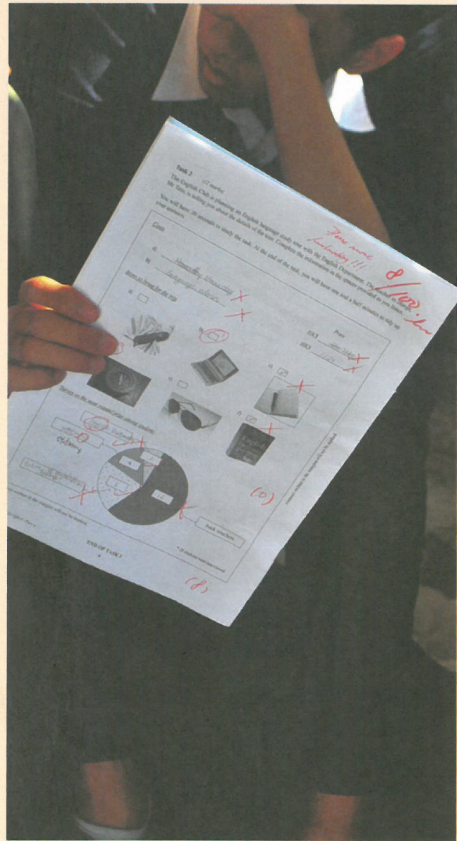
Another reason is that some young people are rebellious and they do not want to listen to their parents and teachers. In order to show their rebelliousness and disobedience, they may try something dangerous and taking drugs perhaps is a kind of convenient choice for them.

As we all know that taking drugs is very dangerous and it will bring many consequences. Personally, if youngsters take drugs, they may face some physical health problems such as kidney failure, poor concentration and hormonal disorder, and mental health problems, like anxiety and sleeping problems. Interpersonally, drug abusers may cause family crisis and jeopardise many aspects of family life. For example, they may argue with their family because of financial problems.



Teenage suicide - a foolish act

Donald Ho (5D)



some may choose to end their lives. Sadly, the lack of counseling service in Hong Kong is another reason accounting for the problem. The training of professional social workers is inadequate. On top of that, the resource for school counseling and family counseling in Hong Kong is obviously not enough. You can only see only one or at most two social workers stationed in a school, serving hundreds of helpless and frustrating students.

Based on the above accounts, we should pay more attention to this issue. Firstly, teachers and parents should provide more support and timely encouragement for their children. They may give them advice on how to cope with stress, such as having a balanced lifestyle and doing exercises regularly with them. Once youngsters know how to reduce stress, they can become tougher to face difficulties

themselves. In addition, schools should inculcate positive messages to students through various means, such as including stress management in the curriculum and organising interesting but practical workshops for their students, teaching them how to view life positively. Students should definitely learn that life is valuable and not to abandon themselves easily. Pure talks and seminars are no longer attractive to students. At the same time, the government should put more resources on counselling services and promote life education in society. Only through the joint-hand efforts from the above mentioned parties can the problem be solved effectively.

Life is precious and beautiful. Let's give our helping hands to the lost generation and make our world a better place!

People committing suicide at an early age are not uncommon in Hong Kong nowadays. According to a recent survey, the official figures show that the number of teenage suicide has climbed drastically. The issue has already raised alarm, so we should pay more attention to this grave problem.

As we all know, Hong Kong is an exam-oriented society. Students fight for a place to get into a prestigious university. They burn the midnight oil to be a crammer. Therefore, they have to face immense stress for their schoolwork. However, if they can't seek for appropriate advice to release pressure and find suitable ways to cope with their problems,



England Study Tour 2014

Alice Sou (5C), Ariel Hui (5C) and Katie Cheung (3A)



Setting off

It was almost midnight. Instead of staying in bed, 20 of us, 10 friends from Lee Ching Dea and 10 buddies from C.Y. Ma, queued in front of the Virgin Atlantic's counter, waiting for our turns to check in. With excitement and much expectation, we all looked forward to the 16-day study tour in the UK ahead of us.

A place called home

After the 12-hour flight, we finally arrived at London's Heathrow Airport. Are we there yet? NO. We still needed to ride on a coach for 3 hours before we got to our destination: Exeter, a beautiful and tranquil city in southern England. Our hosts came to pick us up in the car park. Two students were allocated to a family. I paired up with Alice and our hosts were Sarah and her son, Daniel. Sarah then drove us to our "home" which was an English house that I saw in films. I have been living in a flat all my life. It was my first time staying in a house. The decoration inside was beautiful and stylish. It was a warm, cosy and comfortable home.

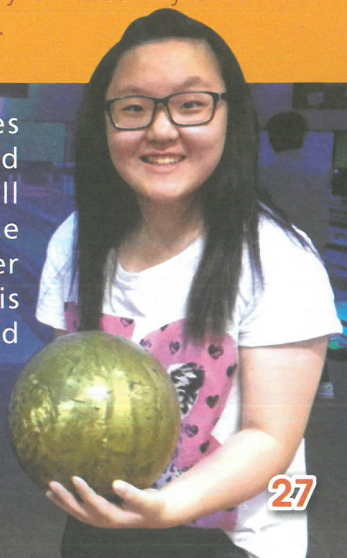
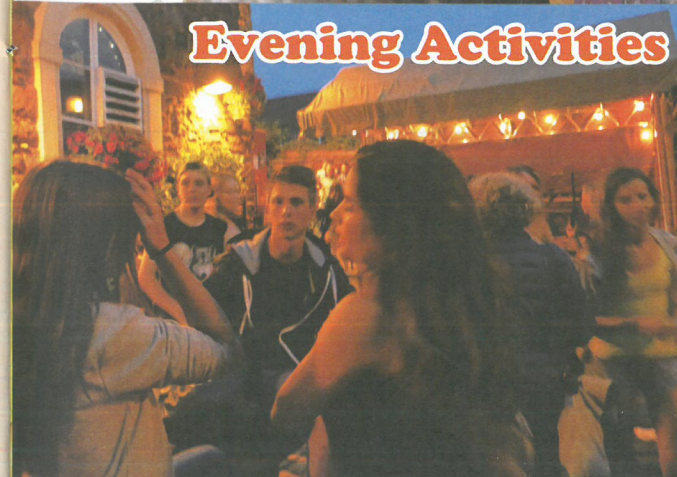
Globe English Centre

We needed to attend an English course while we were in Exeter for the first ten days. The school we went to was called Globe English Centre. There were about 600 students who also went there to spend their summer and learn English. They came from different countries such as Japan, Russia, Ukraine, Italy, Switzerland, Germany, Tunisia, etc. On the first day, we had a pre-class test. It tested our standard of English in order to place us into different levels of classes. There were about 20 people in my class in which I was the only Chinese. My classmates were funny and very active.



Evening Activities

Globe arranged evening activities for their students on Tuesdays and Thursdays. On one Thursday, we all went dancing in a disco called "Time Piece". It was great fun. I got closer with my overseas friends after this social gathering. We went bowling and karaoke for the other two evenings.





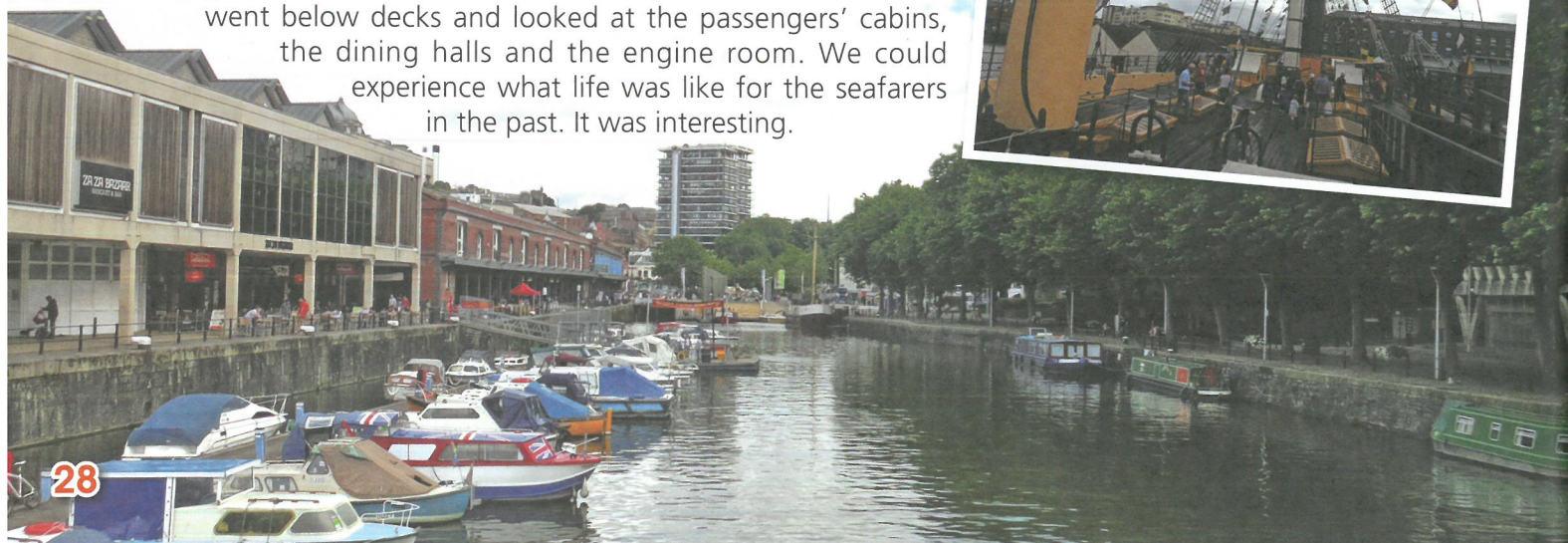
Eden Project

We went to a big theme park called Eden Project. It is quite similar to Hong Kong Wetland Park. Its mission is to promote environmental protection and green education. A staff member toured us around the park. We also attended a lecture and did some project work.



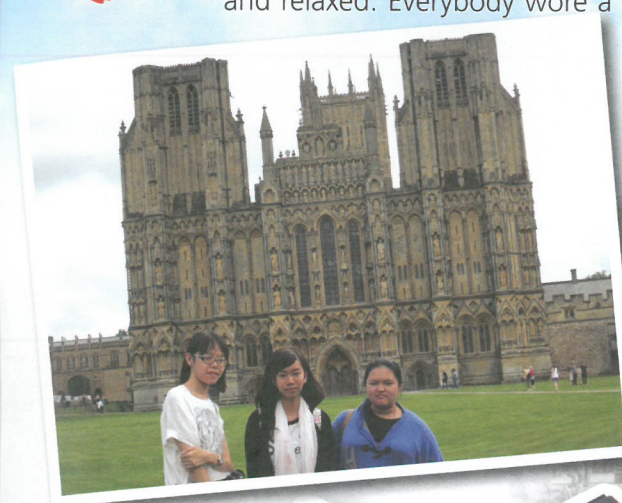
Bristol

Bristol is a city to the north of Exeter. It is a seaside as well as a historical city. (Everywhere is historical in England!!!) Besides touring around, we went to a museum ship called "Brunel's SS Great Britain". It used to be the world's first great ocean-liner and is now transformed into a history museum. We walked around the dockside and strolled on the deck. We also went below decks and looked at the passengers' cabins, the dining halls and the engine room. We could experience what life was like for the seafarers in the past. It was interesting.



Wells

Wells is a small medieval city. It is famous for its cathedral. The Cathedral is a traditional gothic-style building. When I walked in, I felt how grand and impressive it was. I explored this gorgeous place with my Dutch friends. I bought a key ring in a souvenir shop. Then we went outside and laid on the grass under the sun. It was the most relaxing thing that I have ever enjoyed!!! As it was Saturday, the summer market outside the Cathedral was opened and we happily walked around. There were stalls selling olive oil, pottery, hand-made jewelry, fruits and vegetables, bread and cakes.... They were full of local style. People there were so friendly and relaxed. Everybody wore a smile on their faces. They welcomed us to look at the goods. I bought a piece of Cheddar Cheese. It was delicious!!!



London

After ten days' stay, we had to say goodbye to Exeter and our host family. We then continued our journey to London. It took us four hours to travel from Exeter to London. It was indeed tiring. We arrived in London in the afternoon and we checked into the student dormitory of University College of London (UCL). After settling down, we went to the British Museum: a museum dedicated to human history and culture. There were so many exhibits. The tour guide told us we needed three months to visit the whole museum. I found the Egyptian exhibits most interesting. Then we went for our dinner at Pizza Express.



The next day, we traveled around London by Big Bus. We visited famous attractions like the Big Ben, Tower Bridge, Buckingham Palace, Hyde Park, Westminster Abbey, etc. Of course we stopped by the Tower of London. It was amazing! 2014 was the centenary of the outbreak of WWI. To commemorate the historical event, the moat of the Tower of London was covered by a sea of porcelain poppies. Each flower represented one fallen soldier or citizen of London. The installation art attracted many visitors there. Before we spent our evening watching the musical "Charlie and the Chocolate Factory", we enjoyed our dinner in Chinatown. We hadn't had rice for dinner for almost two weeks. How we missed our mum's cooking! On the last day, we went to the Museum of Natural Science. It was another huge museum with many exhibits. We then had our last-minute shopping and went to Heathrow Airport. Our next stop: Hong Kong.





Feelings and thoughts

Ariel

"After joining this study tour, I think I have changed. For example, I have become more active talking to people. Of course my English has improved too. The teachers in Globe were very nice. The most important is that I am more independent because I didn't have any family members or relatives to take care of me and I needed to solve all problems by myself. As I am a senior-form student, I needed to take care of the junior-form students. Also, I am happy that I have met some students from other countries, such as Japan, Italy and Spain. I added them to my Facebook account and Line. I am proud to have friends from different parts of the world. To conclude, I enjoy this tour very much. I really hope I can travel to England again in future."



Katie

"I had an unforgettable experience. This was my first time visiting England with no family members going with me. I have learnt independence and how to take care of myself. I have met some new friends who come from different countries such as Germany, Russia, and Tunisia. We used English to communicate with each other. I have learned more about their countries and had more chances to speak English, too. I think my spoken English is better than before. Besides, the study tour has broadened my horizons. I also went to some famous cities like Bristol, Wells and London. I know more about the English culture and history."

A Blessing in Disguise



Daisy Sze (3B)

Candy is a girl with a caring heart. Everyone loves her so much because she is kind and generous. Just like her name, she is such a sweetie to others. Candy loves helping people. Whenever someone needs help, she will lend a hand.



One day, Candy felt a sharp pain in her stomach. She went to see a doctor. However the pain didn't go away. The doctor told Candy to have a thorough body check. The report was a big shock to Candy for she had cancer. Everyone was shocked and saddened by the news. How could such a bad thing happen to a nice person. Candy felt depressed and hopeless too. When she thought that she could not go to school, play with her friends or celebrate her birthday anymore, she cried. Ever since Candy received the bad news, she had never left home. Days turned into weeks, weeks into months, she locked herself inside her room. Her condition was getting worse. Suddenly one morning, Candy had an idea. She wanted to go to a church and sought help from a priest. "Father, I have cancer. What should I do? I am so young. I don't want to die," Candy sobbed as she told the old priest about her story. "Don't lose hope. Get medical help. The treatment may cause you discomfort but you may recover. Your experience may be a blessing in disguise. You may help people around you," the priest comforted and encouraged Candy.

Candy couldn't believe the priest's words. How could she help others when she couldn't even help herself. Anyway, she felt better after her chat with the priest. Instead of being pessimistic, she collected all her courage and went for treatment. She received chemotherapy and she suffered a lot from it. Unfortunately, Candy's condition didn't improve. The doctor told her that she only had three more months to live. "All I have done is useless. I have to leave this world soon," Candy was in total despair. Candy's sadness couldn't make her better. She was getting weaker and weaker. Eventually she had accepted the reality that life would end soon.

Life in the hospital was simple. There wasn't much to do except talking to other patients. With her gentle and kind character, Candy made friends with patients in her ward. One evening Candy chatted with Ah Man, a patient who suffered from liver cirrhosis. "I have been waiting for someone to donate a liver to me for a long time. The doctor said if I couldn't get a transplant, I would die soon. I have three young children to raise. I don't want to leave them behind but what can I do?" Ah Man told Candy.

Suddenly, the words of the priest rang in Candy's mind: "Your experience can be a blessing in disguise." She wanted to donate her organs to people in need after she died. She talked about her wish with her parents.

"We can't let you do it. This is too much for us," Candy's mum objected.

"I just want to help other people. This is my last wish. If someone can live because of my organs, it is just like I still exist. Please let me do it," Candy pleaded.

Candy's parents were touched by their daughter's heart to help others. They finally gave in. Candy passed away two months later. She donated her liver to Ah Man. With the transplanted organ, Ah Man can start a new page of his life.

Daisy Sze participated in a territory-wide English story-writing competition entitled "Good People, Good Deeds" organized by the Tung Wah Group. Her piece was chosen as one of the best entries in the Middle Level. She attained merit in the competition.

