

# Aglow

## Hong Kong Economic and Trade Office

The Hong Kong Economic and Trade Offices (HKETOs) are the trade offices of Hong Kong outside the territory concentrating on promoting Hong Kong's economic and trade interests. We not only talked about the economy or business with the staff, but we also discussed Hong Kong because the staff members came from Hong Kong and worked in the UK for a long time and they were eager to know more about the current situation of Hong Kong.



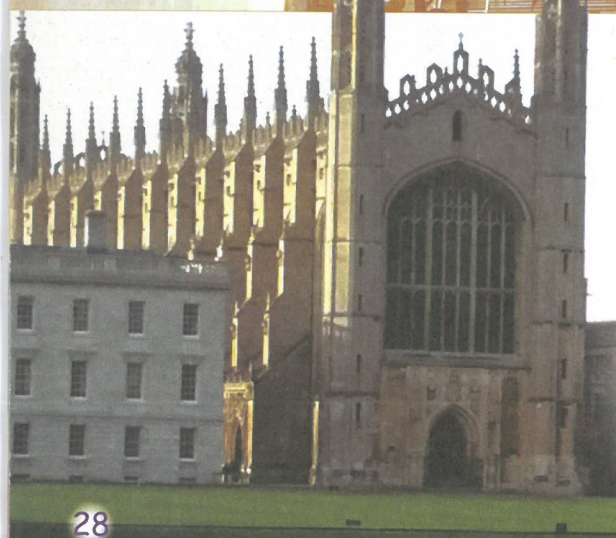
## UK Parliament

The Palace of Westminster, which is located on the north bank of the River Thames in the City of Westminster, Central London, is the meeting venue of the two houses of the Parliament of the United Kingdom, commonly known as the Houses of Parliament. The 6 of us discussed with Lord Wei in the Parliament. He was the first British-born social entrepreneur of Chinese origin to have become a member of the House of Lords, sitting as a Conservative; he was also the youngest member of the House from 2010 to 2016. We talked about the education in Hong Kong and the social services he did. Lord Wei was also a kind and handsome guy. He showed us the meeting of House of Lords. When we attended the meeting, the parliamentarian of House of Lords were discussing Brexit. Honestly, when I entered the Hall I was shocked, the decoration and the atmosphere inside was excellent, the meeting was solemn and everyone was polite. I saw the House from TV or internet numerous times before, but I have never imagined that I could sit in the meeting! It was such a memorable and unforgettable experience!



## Cambridge University (Jesus College)

Jesus College established between 1496 and 1516 is a constituent college of The University of Cambridge, England. The environment here is fantastic; the campus is very big and the buildings are historical. I think everything there is like art works, even the rubbish bins there are quite beautiful! While we were visiting the campus, we attended a talk about the admission of Cambridge University. The criteria of admission are strict and demanding! At that time, I realized why Cambridge University is one of the best universities in the world!



Tung Wah Group of Hospitals  
Lee Ching Dea Memorial College



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# About Mr. Tang, Our New Principal

## LCD Forum

Mr. Tang Kam Tong



## About

Education  
and  
Career

**Secondary school:** Don Bosco Technical School  
**University:** University of Hong Kong  
**Major:** Electronic and Electricity

### Reasons for choosing the majoring subject in university:

1. The electronic industry started to thrive at that time.
2. Curiosity and interest

### Reasons for becoming a teacher:

1. Being a private tutor in secondary school gave him satisfaction.
2. Love teaching and sharing knowledge with young people
3. Engineer is a boring job because the machines don't talk and smile.

**Subjects taught:** Mathematics, Science and Electricity

### When and where Mr. Tang first became a principal:

- 2002
- TWGHs C.Y. Ma Memorial College

## Hobbies and pastime

**Hobbies:** Doing sports  
**How he feels about sports:**  
"It is a beautiful thing!"

**Which sports he plays most before and now:**  
At primary school: Football  
At secondary school: Table tennis  
At university: Tennis  
Now: Badminton and Tennis  
He was a member of Table Tennis Team and Football Team

**When he will play sports:**  
Every Sunday with friends

**Other pastime:**  
Watch videos (sports programmes) on Youtube



# AN INTERVIEW WITH MR. TANG, OUR NEW PRINCIPAL

**R:** Can you use three adjectives to describe students of LCD?

**P:** Active (They learn actively and want to learn more.)  
Polite (They make people feel that they are well-educated.)  
Cheerful (They always appear to be positive and wear a smile on their faces.)

**R:** Regarding students' academic performance, what are your expectations?

**P:** Everyone should have high expectation on themselves. As long as you try your best, no matter it is school work, sports or art, you will hit the target and reach your own goal. By trying hard, you will have no regret. So you should find your interests, follow your dream and go for the things that you like. I think the whole point of education is for us to understand ourselves more deeply and become a better person in the future. You can also develop your talents while you learn. Do not think that learning is a tool to earn money.

**R:** Please share with us some ways to improve our school results.

**P:** We should start from the junior students. As Form 1-3 students do not have to sit for public examinations, they should spend the fundamental years to experience various kinds of learning activities. Through those activities, they can enrich their learning experiences and build up their confidence. Whether it is through studying, sports or performing arts, students could discover and develop their interests and potentials, and equip themselves for the senior forms. Thus, I hope junior students can broaden their horizons and discover more "cool" things for themselves.

As for senior students, studying hard and smart would be the key. They should be well prepared for the HKDSE. Other than that, they should have a heart to serve. As the "big brothers big sisters" in school, they can be good leaders and set good examples for their fellow schoolmates. Besides studying, they can organize learning activities for the junior. They can act as mentors to the junior-form students. The teaching process is a good opportunity for them to exercise and review what they've learnt before. This is mutually beneficial to the mentors and the mentees.

**R:** Could you please share some effective studying and learning methods with us?

**P:** It's all about preparation, paying attention in class and revision. You should pre-study the topics that teachers are going to teach. This can give you some general idea of what you are going to learn. You can put a mark on the places that you don't know. Of course, you should pay attention and take notes in class. Remember, it is important to ask questions. Then review what you've learnt everyday.

**R:** Mr. Tang, what makes a good leader?

**P:** I think people are not born to be a leader. In my opinion, everyone can be a good leader through rich experience, proper training and hard work. When you are outstanding in a specific field, you will become the leader in that field. Whether you are the leader or not depends on the situation. A mother might be the leader at home. A father might take the lead when the family goes on a picnic. A son or a daughter may lead the family in other occasions, using the computer for example. In this school, I am the leader. Elsewhere? Maybe not. So, if you want to be a leader, you need to equip yourself well, work hard, help the team move forward and give help to your members. That makes you a leader.

**R:** Will the school do something to improve students' performance in sports?

**P:** Everyone has his/her own interest and it doesn't have to be sports. We will not force everyone to be athletes. I believe students should have their own talents. The school will provide opportunities for student to develop their potentials. As I see it, students should set their own goal and try their best to get there.



R: Why do you have a beard?

P: Well, it is natural for a man to have a beard, right? Well, I started to grow a beard when I was a teacher. One summer, I looked into the mirror with a shaver in my hand. A thought popped into my head: what would I look like if I keep the beard? I tried not to shave for a few days. Then I asked my mum how I looked with the beard. She told me I looked even better with the beard on. So I decided to keep the beard. Everyone is unique. So don't always follow others.

R: Mr. Tang, what is your daily routine? Do you enjoy your job as a principal?

P: I spend most of my time doing administrative work, planning and discussing with teachers about how to improve our school. I also have to conduct and attend lots of meetings. Although work can be exhausting as it is challenging, I enjoy my job as a principal.

R: Thank you Mr. Tang for spending time with us.



# Dreaming About A New School Campus

I have a dream;

I have a dream that one day LCDMC will have a new school campus....

We have asked our senior students to make suggestions on new facilities they would like to have if we were to have a new school campus. Come and see what features they dream to have.

## A Place for Learning

"Let's have a better and nicer place for students to study. We can build a big garden where students can relax, study and read quietly."  
Kate Lee (4C)

"It is important to equip students with a wider scope of knowledge. I suggest increasing a new facility called 'Learning Corner'. This corner provides a comfortable environment with green plants. There are two parts to the Learning Corner: Recreation Area and E-learning Area. Students can join fun activities which can help them learn skills like career planning and critical thinking. Students can learn through the Internet in the E-learning Area."  
Hailey Chan (5A)

"In order to let students think from multiple perspectives and stimulate their creative thinking, we should include a debate room with lots of books about creative thinking, a full set of mics and a small auditorium for debate and speech competitions."  
Jasmine Hung (5C)

"I would like to suggest a more spacious library with different kinds of books and e-books. There should also be a corner for some news or book sharing. We may also have self-study rooms for students to do their revision during their free time."  
Anita Lau (5C)

"Nowadays, English is of paramount importance. We can set up an English Learning Corner where books, card games and exercises are placed. This way, students can improve their English."  
Boris Lee (6A)



# A Place for Developing Talents

"I would like to suggest a roof-top garden. Members of the Environmental Protection Club are responsible for growing plants there and taking care of them."

Anita Lau (5C)

"I think we can have a swimming pool as swimming is a good activity for students. It'd be great if we could have a spacious dance studio for students to practise dancing."

Katie Cheung (5A)

"The school hall should be bigger and better-looking. We should build a larger stage with professional lighting and 3D full surround sound effects. Moreover, I hope the art room can have more artistic decorations and comprehensive equipment."

Jacky Hui (4A)

"To develop students' music talents, we can have different kinds of practice studios. The wall panels of the rooms could be sound proof. Students can practise different musical instruments in the rooms."

Sofia Yu (4A)

"Let's build a swimming pool so that we don't have to go to Victoria Park for our swimming lessons and Swimming Gala. It is more convenient."

Felix Wong (4A)

"I would like to have a gymnasium. Students will be able to use the facilities during the P.E. lessons, recess and lunchtime."

Timmy Wong (6A)

# A Vision for the Future

"I think more community services can help our students to find their own strengths and put the school motto, Diligence, Frugality, Loyalty and Faithfulness, into practice. I hope our school will become better and better."

Chingna Yeung (5A)

"I hope our school can help students instill positive values and students are trained to think from multiple perspectives."

Chen Tung Yan (5A)

"I hope our school will become a loving and caring community that encourages individuality and fosters mutual respect for difference in others. Students will learn to become responsible global citizens who understand, respect and appreciate the diverse cultures of the world."

Merari Cheung (4C)

"How good it would be if our school could be a green school and this is in line with our school motto of frugality."

Michelle Cheung (4A)

"I hope our school can be a fantastic place for learning. Everyone can develop their potentials. I also hope we can all find our talents and are equipped with the basic skills required by society."

Nicole Chan (5A)



# Welcome to Lee Ching Dea



A warm welcome to our four new teachers: Ms. Cheung Pui Yee, Ms. Wu Hiu Kwan, Mr. Cheung Kin Kwan and Mr. Cheung Nim Chung. We are glad to have the opportunity to interview them and know more about them.



Ms. Cheung Pui Yee



Ms. Wu Hiu Kwan



Mr. Cheung Kin Kwan



Mr. Cheung Nim Chung

What subjects do you teach

Ms. Cheung  
Music and  
Chinese History 😊

Ms. Wu  
Chinese  
Language 😊

Mr. Cheung Kin Kwan  
Chinese and  
Chinese History 😊

Mr. Cheung Nim Chung  
Mathematics and  
Integrated Science 😊

What is your horoscope?

Ms. Cheung  
Gemini

Ms. Wu  
Libra

Mr. Cheung Kin Kwan  
Sagittarius

Mr. Cheung Nim Chung  
Gemini

What are your hobbies?

Ms. Cheung  
Swimming, reading  
and singing

Ms. Wu  
Reading and  
watching films

Mr. Cheung Kin Kwan  
Playing basketball

Mr. Cheung Nim Chung  
Football, cycling  
and surfing the Internet

What is your favourite food?

Ms. Cheung  
Ice-cream, fruit and  
vegetables 😊

Ms. Wu  
Dark chocolate  
and okra 😊

Mr. Cheung Kin Kwan  
White chocolate 😊

Mr. Cheung Nim Chung  
Hotpot 😊

Why do you want to be a teacher?

Ms. Cheung: To make my life fruitful and meaningful

Ms. Wu: I like to work with teenagers.

Mr. Cheung Kin Kwan: I love my secondary school life, therefore I want to be a teacher.

Mr. Cheung Nim Chung: It is interesting to communicate with teenagers because they are creative. I want to help them grow up.

What is your first impression of our school?

Ms. Cheung: Energetic and joyful

Ms. Wu: Students here are pure and friendly.

Mr. Cheung Kin Kwan: Environmentally friendly. I only had to send email to apply for this job instead of sending a letter. Also, the staff members are nice and kind.

Mr. Cheung Nim Chung: Students here are polite.

What is the most memorable event after you have joined LCD?

Ms. Cheung: The school choir competition in the Hong Kong Schools Music Festival

Ms. Wu: Working hard with the form six students

Mr. Cheung Kin Kwan: The Inter-class Bulletin Board Competition

Mr. Cheung Nim Chung: The surprise faces of students when they knew I came back to be a regular teacher. (Mr. Cheung was a substitute teacher at LCD last year)

What do you do to release pressure?

Ms. Cheung: Sports, sleeping and watching movies.

Ms. Wu: Reading and watching films

Mr. Cheung Kin Kwan: Running, reading and playing online games

Mr. Cheung Nim Chung: Daydreaming

Can you share with us some effective study methods?

Ms. Cheung: Concentration and participation

Ms. Wu: Take your own notes and highlight the key points

Mr. Cheung Kin Kwan: When we need to learn something new, we have to review it after a day. Then, review it again after a week. Finally review it after a month. Another method is linking the knowledge with our daily life.

Mr. Cheung Nim Chung: Understand the meaning rather than memorizing what teachers said

Who is your idol or role model?

Ms. Cheung: Dr. Sun Yat-Sen

Ms. Wu: The Intellectuals

Mr. Cheung Kin Kwan: Allen Iverson who is an American professional basketball player in the NBA

Mr. Cheung Nim Chung: Everyone because everybody has his/her own strengths

Please share with us one book you like / Which is your favourite book?

Ms. Cheung: *Little Princess*.

Ms. Wu: *The Little Prince*

Mr. Cheung Kin Kwan: *The Present*. It is the first English book that I have read. And I keep it until now.

Which is your favourite film?

Mr. Cheung Nim Chung: *Inside Out*. The film tells us we all have positive and negative sides.





# A DIFFERENT LEARNING EXPERIENCE

## Film review 1

Directed by Bill Condon Reviewed by Lily Lee Duration: 129 minutes

The talented director, Bill Condon, has created a brilliant drama for the live-action adaptation of Disney's animated classic *Beauty and the Beast* in 2017. In this film, the Beast (played by Dan Stevens) has been cursed by an enchantress because of his self-centered character. He must learn to love another person and earn that person's love in return by the time the last petal of an enchanted rose fell. At the same time, heroine Belle (played by Emma Watson) appeared and changed the Beast little by little. Finally they fell in love and broke the spell.

I like the main character Belle so much. When she faces difficulties, she is brave and willing to sacrifice herself to save her father. Also, she has a kind heart that she sent the injured Beast to his castle in order to save him. Because of Belle's influence, the Beast was not as grumpy as before and he started to care about his friends. He became a gentleman at last. From their acting, I learn that we should not be deceived by appearance because beauty comes from within.

On 16 March, students of 2A had a surprising and different English lesson. Their classroom was switched to a cinema in Causeway Bay. Their English teacher, Mr. Chan, brought them to appreciate the live-action remake of the Disney classic – *Beauty and the Beast*. Students shared different views and opinions after watching the film. Let's read some of their film reviews:

Besides the excellent acting of the main characters, I also appreciate the wonderful sound effects and the music. The songs in the movie are played at the right moments with fantastic and touching melodies. The tunes are all touching and easy to remember.

The most amazing things are the art work and visual effects. The beast looks authentic and real. The cups, clock and the wardrobe are played as lively as they were real. Every detail looks great and amazing.

However, what the minor role Gaston did was too cunning and calculating. He hit Belle's father a hard blow and left him in the forest as wolves' food. This part may be too cruel and merciless for children to see!

In short, the new version of *Beauty and the Beast* is truly a masterpiece. Many scenes still linger in my mind. I think the film is an absolute must-see this spring.

## Film review 2

Directed by Bill Condon Reviewed by Nicholas Chung Duration: 129 minutes

Directed by Bill Condon, the once famous animated cartoon *Beauty and the Beast* is now a film with the popular idol Emma Watson acting as the main character Belle. The story is about Belle's father being caught by the Beast and she sacrifices herself to save her father. After getting along with the Beast, Belle discovered another side of the Beast and they fell in love with each other.

I do not like the story in particular because the plot is far too childish. In addition, some parts of the film are too unrealistic and unexplainable. The ending is somehow too expected as in all Disney films. Surprisingly, there is a bit of sensitive element describing the relationship

between Gaston and his servant and I think it is not suitable for children to see.

However, I am quite satisfied with the computer animation effects, especially when the beast changed back into a prince. It really looks authentic and surprising. The music is fabulous since this is a music-based drama. The costumes and clothing are also great.

All in all, I would recommend this film to people who do not mind watching a movie with a straightforward and simple storyline but enjoy listening to great music and artwork.

## If I were one of the characters in this film...



If I were Belle's father, I would not let Belle use her life to exchange for my life. I think Belle's life is more important than mine.  
(Priscilla Jiang)

If I were Belle, I would be very happy to enter the room with many books in the castle. I think there must be many classic stories for me to read. I would be very excited because I am a bookworm.  
(Crystal Ng)



If I were the prince, I would not become unkind at first. I would help the beggar in disguise and invite her to stay in my castle. (Of course, the story will not be created if I really do so!)  
(Ron Ho)

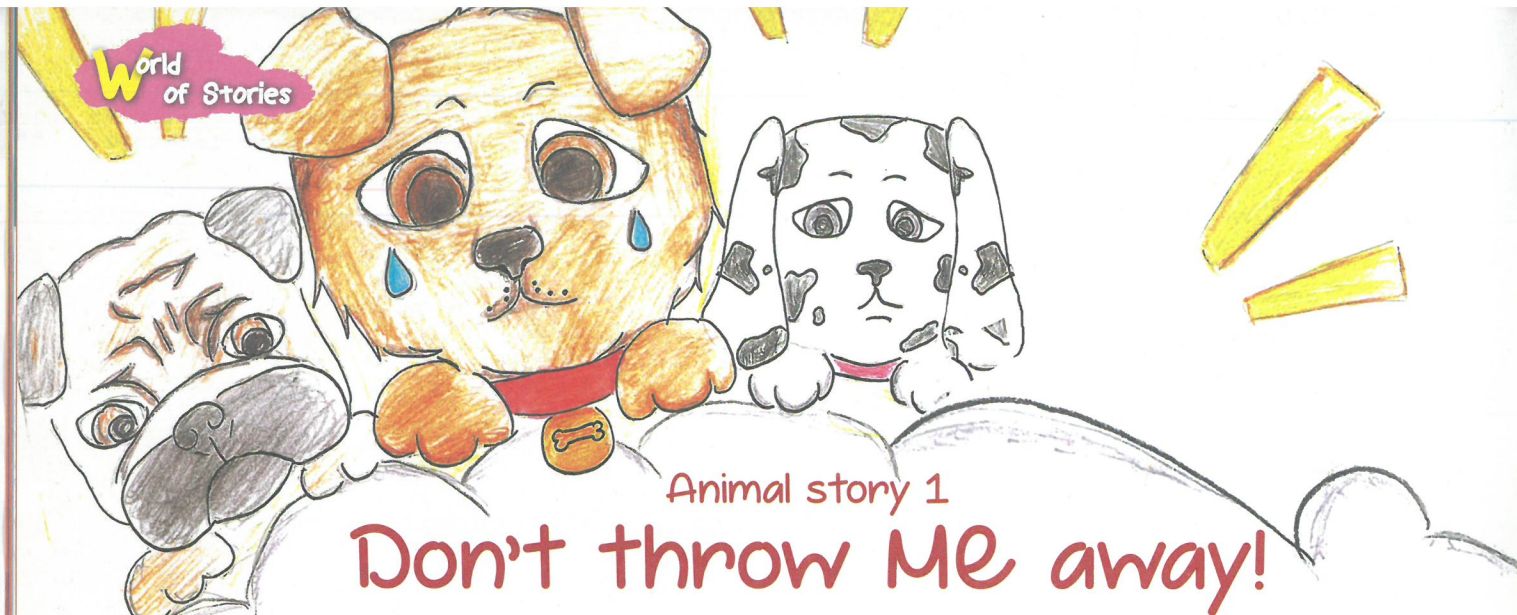
If I were the Beast, I would treat each person with a sincere heart equally. I wouldn't be deceived by appearance. I would treat others kindly and listen to others.  
(Kin Mo)



If I were Belle, I might not see the beauty within the Beast. I would be afraid of the Beast's ugly appearance and his bad temper. I would definitely run away from the castle!  
(Steven Yip)

If I were the Beast, I would be a kind and friendly beast. Therefore, other people would not be afraid of me and it would be easier for me to break the spell faster.  
(Claudia Ko)





## Animal story 1

## Don't throw Me away!

By Marco Man 2A

When I was a puppy, I entertained my best owner ever, Hugo, with my antics and made him laugh. Hugo treated me like his child and named me "Buddy". I became Hugo's best friend. I felt like being the most fortunate pup in the world. I thought our happy days would last forever until that day came.

That day, I was chewing Hugo's shoes in the bedroom. I heard the door open with a loud bang. I rushed to welcome Hugo as usual but he didn't notice of me this time. I tried to please him by passing him the chewed slippers. Hugo was blown up and he kicked me hard - it was the first time he hit me but also the last time.

I got no clue why Hugo lost his temper as I couldn't understand human beings. The next day, Hugo woke up early and packed my toys in a luggage case. I thought, "Hurray! Picnic time!" I wagged my tail and jumped into Hugo's car without hesitation. After an hour ride, we finally arrived at a country park. Hugo opened the door and I jumped out of the car but he didn't come out. "Why didn't Hugo come out?" I thought. Instead, he threw the luggage case, with all my toys and my bowl inside, out of the car. Then, he drove away.

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I stayed at the same position, hoping that Hugo would come back and take me home. I looked around and couldn't see Hugo. I felt hopeless, desperate and hungry in such cold weather. Good things never happened to me - it started raining. I could not go to find shelter as I was afraid that Hugo couldn't see me if I left the place. At last, Hugo never came back. Shivering and feeling hot, I laid on the floor breathing deeply. I closed my eyes.

"Hey, do you feel better?" a gentle, soft but unfamiliar voice said to me.

"Where am I? Am I dead?" I wondered.

I found myself in a cage, with a comfortable towel underneath and a nice dog bowl next to me. I wasn't the only animal there. I could see other animals - a sick parrot, an injured kitten, an old rabbit etc.

"Buddy," I thought it was Hugo who was calling me, "do you feel better?"

"I feel better now. Who are you? Do you know why I am here?" I asked.

"I am Terry, an abandoned pet dog like you. Oops, I'm sorry to say so." A big golden retriever who stays in cage next to me said, "We are in a pet shop".

Terry told me about Nancy, who is the owner of this pet shop. Nancy

started this pet store five years ago. Over these years, Nancy has been taking good care of the abandoned animals she found. She didn't make any profits from the pet shop. On the contrary, she had to sell her flats in order to maintain the operation and expenses of this shop. Terry told me how Nancy told a reporter in an interview. "If I close the shop, what will happen to these poor animals? I will help them find another home until I die," Nancy said.

"People can adopt a pet here instead of buying it. I truly believe that animals also deserve love and care. Pets are not for trading or business. I hope there won't be any abandoned pets in the world anymore. I think that finding the ideal pet for themselves or their family should start with an understanding of the ideal pet personality. Many people are realizing that a dog adoption and cat adoption from a rescue is the ideal pet search process. That's why I started this pet shop for adoption." Nancy continued her speech to the reporter.

After hearing what Nancy said, my tears started dropping off. I sincerely hope that people can treat us seriously.

Remember, pets are not old toys. Pets are not for fun; pets are for life!

## A Lucky Escape

By Patton Lee 2A

My name is Lucky. I am a stray dog living in Sheung Wan. I always think that we are men's best friends until the day I visited Jason, my best friend.

One day, I went to find Jason who lives nearby. I planned to search food together with him on the street. Life wasn't easy. When I saw Jason, I was totally shocked.

"Jason, what happened to you?" I asked. I ran to him and I couldn't believe what I saw - there was blood all over the floor. I was totally terrified and scared.

"I am in pain," Jason gasped.

I could see a clear wound on his body and a cut on his tail. "Jesus! Who could do this cruel thing to a stray dog?" I thought.

I had no idea what to do and how to help Jason. I could only bark and Jason could just moan to ask for help. I wished that someone could come and help us.

"Take them to the van immediately!" a woman said to another man.

"Oh no! Are we going to be sent to restaurants? Are we going to be traded? Are they going to hurt me?" All these questions popped up in my mind. I was confused and worried. I kept barking but Jason's voice had become weak.

"Take it easy, boy" the woman said to Jason. We were brought to a clinic - what a surprise! The woman was in fact a voluntary vet working in an animal clinic.

"Lucy is a professional veterinary but she got no pay for her work. I was also saved by Lucy two years ago in a food fight with another stray dog on the street. She took good care of us and gave us a new home." a voice from the cage next to us said.

"You two are lucky to meet Lucy," another voice from another cage said.

"I once heard Lucy tell a news reporter that her mission is to save the miserable stray animals and provide the animals with a shelter. All her work was on a voluntary basis. She believes animals, even though they are stray animals or abandoned animals, deserve the right to live and be respected," another voice continued.

I was touched by what Lucy had done for us. She never asked for anything in return. She didn't mind devoting her time to help all the stray animals in need. Jason and I were thankful to have had met such an angel who had given us hope.

Thank you, Lucy!

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## Menu

Have you ever been to some cafes and restaurants which offer healthy food? Some Form I students have designed posters for their imaginary restaurants. Let's see if you find them attractive and go to their restaurants.

## THE CAFE

Healthy and cheap dishes, Drop a like ☺

A healthy dish of this cafe:

Ingredients: Noodles, beef, chinese broccoli

Price: \$19

Meal of day: Breakfast, lunch and Dinner

How it keeps us healthy:

- Chinese broccoli is high in vitamin C, vitamin C helps our bodies to fight diseases and it helps our immune system.
- Noodles are high in carbohydrates. They give us energy and heat so we don't feel so tired.
- Beef are high in protein. Protein can help us to build our muscles.

Name: Fried noodles with beef, Chinese broccoli



1A Freeman Yiu

## HEALTHY CAFE

100% fresh and natural!!!  
HEALTHY DIET = HEALTHY LOVE

### MEAL OF THE DAY: DINNER

INGREDIENTS: NOODLES, PORK, EGGS, TOMATOES

HEALTHY DISH, WHY?

Noodles are high in carbohydrate, carbohydrates give us energy every day.  
Pork is high in iron, iron gives the metal that our blood cells need.  
Eggs are high in protein, protein help us build muscles.  
Tomatoes are high in vitamins, vitamins help our bodies fight the diseases.

HEALTHY CAFE

Coupon

HEALTHY CAFE

Coupon



\$45



\$45

1A Helen Chan

## DAILY Fresh Mart CAFE

150% fresh healthy with Daily Fresh Mart CAFE



### MEAL OF THE DAY

Baked cheese tomato salmon potato



Ingredients: potatoes, cheese, tomatoes, salmon

How can it make us healthy?

- Potatoes are high in carbohydrates, they give us energy.
- Cheese is high in calcium and protein, it makes our bones and teeth strong, protein builds our muscles and brain tissues.
- Tomatoes contain Vitamin they help us fight diseases.
- Salmon contains protein and omega 3, which help us build our brain. +\$8 to have a cup of juice or other healthy drink.

Tea time: 2:30pm - 5:30pm

1A Huang Jing Xuan



# CARE

FOR A HEALTHY DRINK?

## BANANA AND STRAWBERRY SMOOTHIES

OUR SMOOTHIES ARE HEALTHY!

1. Our smoothies are high in Vitamin C, which helps you fight diseases.
2. Our smoothies help your immune system become stronger.

COME ON OVER AT SMOOTHIES

689, Palais Square, Tseung Kwan O  
WWW.SMOOTHIES.COM

1A  
Sarao Singh  
Amarbir

# Sunshine cafe

Do you want to eat healthy food?

We have everything.

Tofu noodles

Ingredients:  
noodles, eggs  
and Tofu.

Meal of the day.  
@lunch

1B  
Helen Chan

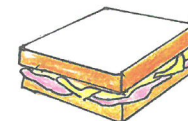
- The carbohydrates in the noodles give us energy and heat.
- The calcium in the tofu helps to keep bones and teeth healthy.

# Smart Cafe

## Get healthy. Go to Smart Cafe today!

A healthy dish of the cafe:

Cheese and ham Sandwich



Ingredients: [cheese, ham and bread]

Special lunch

How the dish can keep us healthy:

1. Cheese is high in calcium, which keeps our bones and teeth strong.
2. The carbohydrates in bread give us energy and heat.
3. Protein can help us build muscles.

It's very tasty! I love it very much!

1C  
Mary Chu

# Sky Cafe

Get healthy. Go to Sky Cafe today!

A healthy dish of the cafe: Sushi



Ingredients: Seaweed, rice, and white radish.

How the dish can keep us healthy:

1. Seaweed is rich in protein and vitamins which help us to stay healthy.
2. Rice is rich in carbohydrate which gives us energy and heat.

delicious!!!

1C  
Shicca Ding

# One And Only Cafe

We serve healthy dishes and delicious Coffee!!

Lunch special  
Vegetable salad and Orange juice

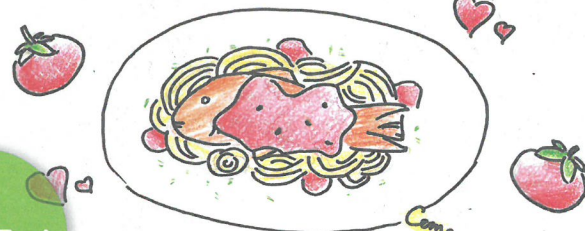
Ingredients:  
Vegetable, lettuce, cherry, tomato, corn, salad dressing and cheese.  
Vegetable is high in vitamins.  
Vitamins help us stay healthy.

Dessert of the day  
pudding

1C  
Angel Chan

# Lovely Mother Cafe

Lunch Special  
Spaghetti with tomatoes and fish



1C  
Dora Tsui

Ingredients: fresh tomatoes, fish & spaghetti

Tomatoes and fish are rich in vitamins and protein, which can help us stay healthy and build muscles!!!

# CO.CO.Cafe

If you want to try something different and healthy? Go to Co. Co. Cafe!

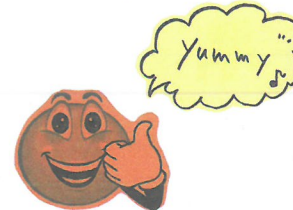
Vegetables and fruit Salad

Lunch

Ingredients:  
Vegetables, fruits, sesame dressing, Salmon

- Vegetables are high in fibre. They help us stay healthy.
- Salmon is high in Omega 3, it keeps our bones strong.
- Fruits are high in vitamins. They help us stay healthy.

1D  
Chan Pui Yi





# What Do Our Alumni Do?

It is important to plan our career path during secondary school life. We have interviewed two of our alumni about their jobs- being a bartender and pastry chef. Hopefully, it will inspire you and give you some ideas about career planning.

## I'm a... Bartender!

**Q:** Would you mind telling me why you would like to become a bartender?

**A:** It's because it's interesting and it fits my personality. I am outgoing. I can meet a lot of different kinds of people while doing my job and I have a chance to know them and listen to their stories.

**Q:** Is there any training for your work?

**A:** There is not much pre-job training provided by the company but one should know the basic techniques before applying for this job. So, I went to Hong Kong cocktail school to take some courses first. There are some basic and traditional cocktails and mocktails which every bartender should learn how to make. We also learn about the 6 main types of alcohol including vodka, rum, gin, tequila, whisky and brandy, and how to use the utensils.

**Q:** What's your daily routine?

**A:** Before opening, I prepare the ingredients, such as fruits, base and decorations. I serve when the restaurant is opened. After the restaurant is closed, I need to tidy up and wash up.

Drinks created by Marco Li

**Q:** What are the difficulties of being a bartender?

**A:** It depends on your position. If you become a senior, you need to create and name the cocktails and mocktails, operate the bar, check the stock and make purchase, deal with the seniors and auditors. When I worked in a bar, the working hours were from 9pm to 5am so it messed up the body clock.

**Q:** Did you join any competition before?

**A:** I joined some minor competitions. In the competitions, I needed to dress formally to look professional. I had to control every move in detail when I made the cocktails. There were standards and limits of how and how long I should hold the utensils, for example.

**Q:** Can you share anything special about your job with us?

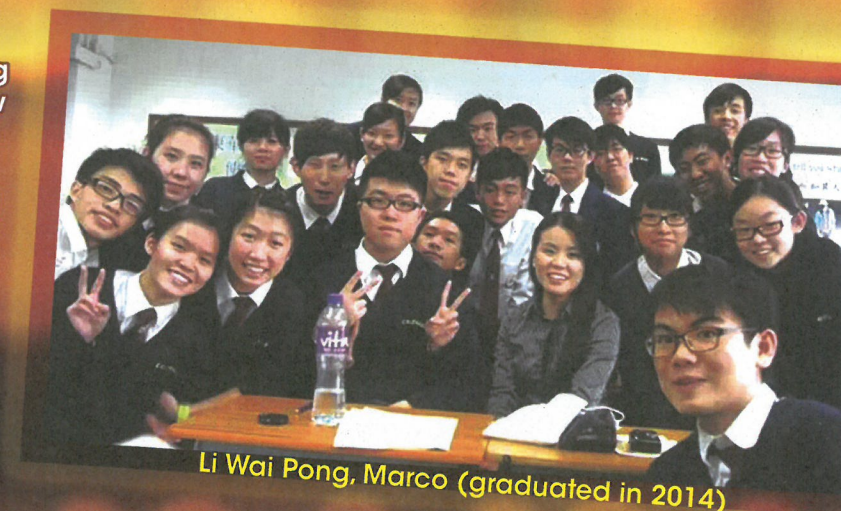
**A:** Many customers, especially when I worked in a bar, shared their stories and experience with me. I learnt a lot from them. Sometimes, people got drunk, had quarrels or fights and finally they got injured and we called the police to handle them.

**Q:** Do you have any future plan?

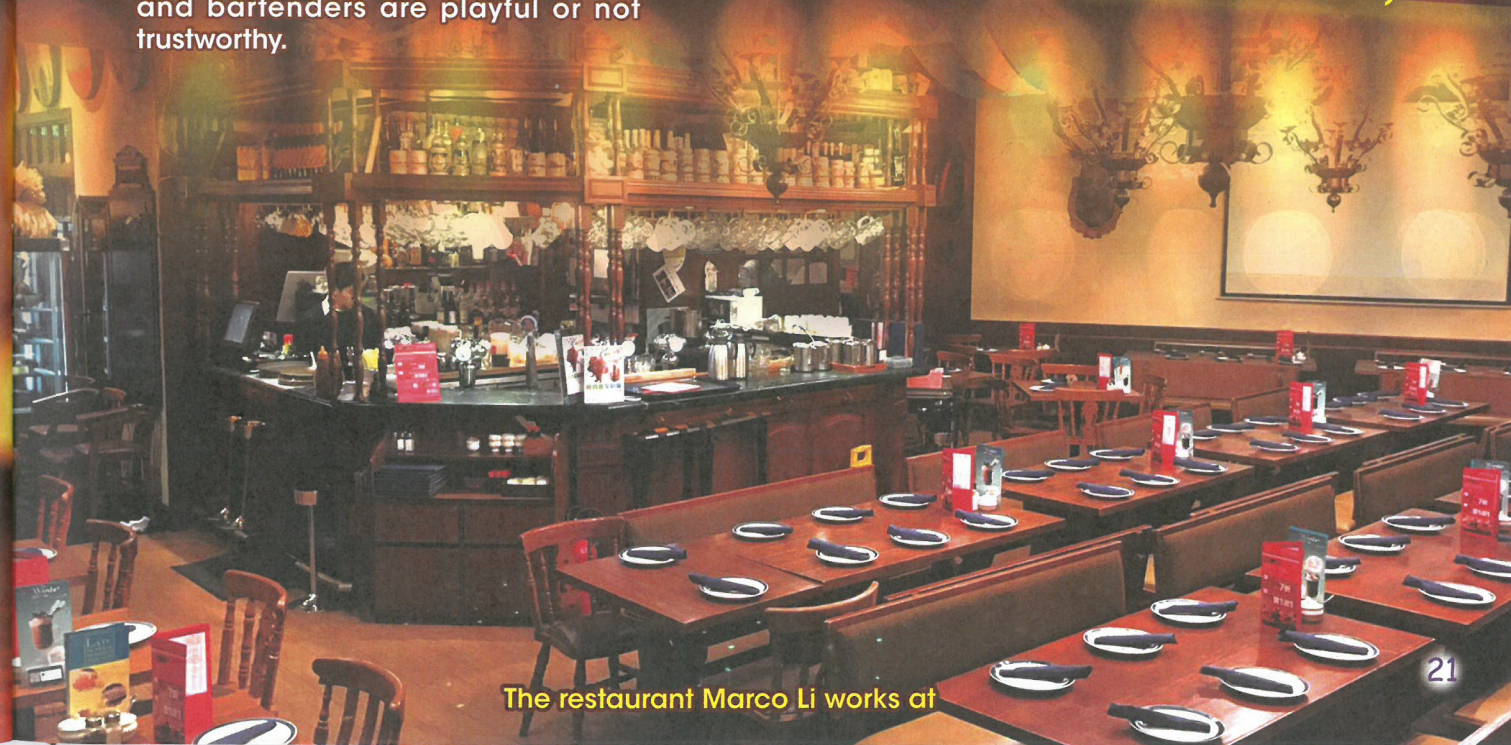
**A:** I may learn more about making cocktails and I also want to learn how to make coffee.

**Q:** If somebody would like to be a bartender, what kind of qualities/preparations should they have/do?

**A:** To be a bartender, one should be sociable and creative. They should take some courses and learn the basic skills of making drinks. Talk to their friends and family first because some people may think that being a bartender is not a good job and bartenders are playful or not trustworthy.



Li Wai Pong, Marco (graduated in 2014)



The restaurant Marco Li works at



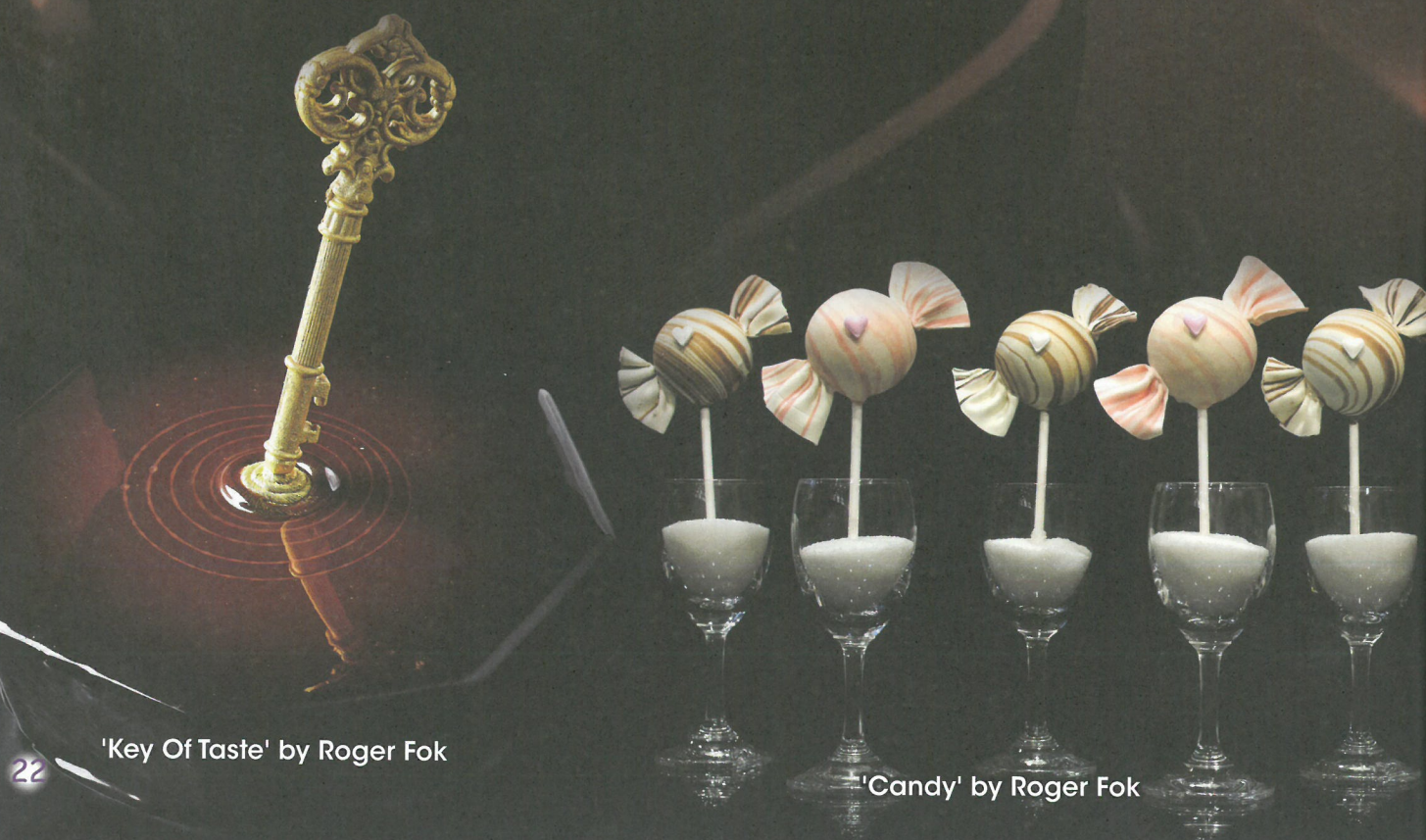
# The Magical Chocolate

Roger Fok, a pastry chef of JW Marriott Hotel Hong Kong, is our alumnus. He is a pastry chef who makes chocolate and has worked in this field for 9 years. He has participated in numerous international competitions.

We have interviewed him and know more about him and his career.

Being a pastry chef actually is his dream job. He did not love studying and he performed badly when he was a student. Although he didn't do well academically, he found that he really loved beautiful, special items and desserts. He enjoyed observing the uniqueness of those desserts. He appreciated that desserts could be lovely and delicious. Therefore, this encouraged him to pursue his dream—being a pastry chef.

Roger Fok (graduated in 2006)



However, it was not easy to become a pastry chef. Roger's training period was not simple. First, he needed to find part-time jobs to practice while studying bakery in VTC. He learnt a lot about how to make bread and cakes during that year.

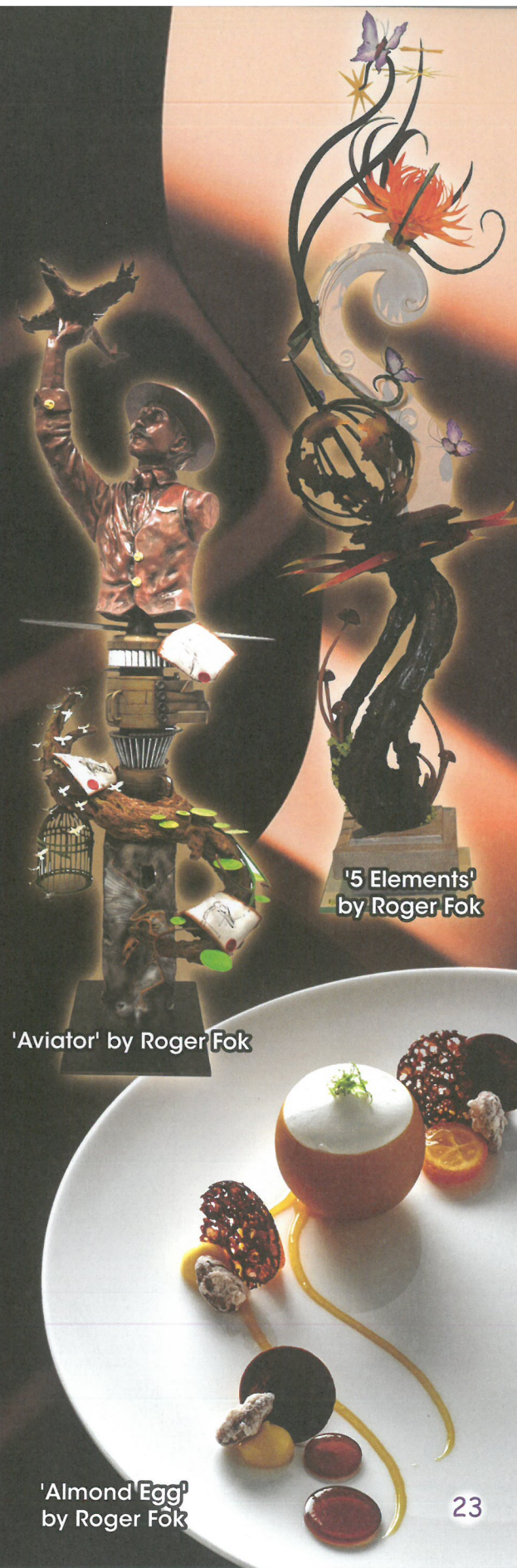
To become successful in a career, everyone needs to start from the lowest rank. Roger didn't make any exception! When he started to work as a pastry chef, he had many hard tasks. He needed to do all the dirty work. He cleaned and washed, he still could not do the pastry job at that time. Then, he started to handle a table of dessert around 1-2 years later.

Roger faced difficulties but he and his partner overcame them gradually. He felt lost when the western pastry chef left 2 years ago because he had to shoulder greater responsibilities. As a senior staff, he worked hand-in-hand with Andy, his partner. They aimed to show the others that they were able to replace the previous pastry chef.

He is now finally a pastry chef in the prestigious hotel. He has a lot of work to do every day! His working hours are long 12 to 15 hours per day. His daily routine now focuses more on administrative work. For example, there are 20 members on his team. He has to arrange their shifts so that there will be at least 8 members doing the preparation in the morning. Another example is that he needs to check the stock and order the ingredients. He also has to create some new menus with his team at festivals and on special occasions.

Last year, joining the Paris World Chocolate Masters, organised once every three years, was Roger's most unforgettable and special competition. Since the topic was 'Inspiration from Nature', he chose 'Avian Evolution' as the theme of his work and created the showpiece, 'Aviator'. He and his partners spent a year to prepare for this competition. Finally, they achieved. They passed the trial in Shanghai and then won the sixth prize in the competition. During that period of time, they worked overnight, designing the chocolate art piece, tackling the obstacles of making the chocolate, planning how to transport the piece to the competition site. All these minute but crucial steps were exhausting but rewarding. Both Roger and Andy, his assistant in the competition, treasured the precious moments. Roger thanked Andy, his team members, his seniors and company for their enormous support.

Even though Roger is a professional pastry chef, he does have some strengths and weaknesses in making pastry. Among all the desserts Roger makes, he loves cream cake the most since he and his family find it tasty. His love for making, creating and decorating chocolate is also undoubted. However, he thinks he is not really good at making wedding cakes for they need to be handled with care and decorated sophisticatedly which he thinks his female colleagues do a better job than him.







'Diamond Ring' by Roger Fok

'Milk Chocolate Kumquat Cake' by Roger Fok

'Pink Puff' by Roger Fok

He is full of aspirations. He has various future goals. By improving his pastry skills, he wishes to let people around the world see that 'Made in Hong Kong' refers to luxury. Therefore, he wants to show off his talent through joining more international competitions. He plans to participate in the Paris World Chocolate Masters again and aims at winning the second runner-up.

Lastly, we asked Roger that if somebody really feels interested in being a pastry chef, what qualities should he or she show. First of all, the most important quality is passion. They should love this job and be ready to work long hours in which it is tiring. Besides, creativity is also essential too! Roger said he always made good use of social networking sites and apps to keep in touch and exchange ideas with others. This helps him look at things in different angles all the time so that he can improve and modify his products. The very last quality is that one should try to work into some relevant part-time jobs before hand in order to gain some work experience. More importantly, you may know that being a pastry chef is really suitable for you.

# Tour to London 2016

## T.W.G.Hs. Student Ambassadors Tour to London 2016

From 29 October to 6 November, 2016, 22 Form 5 student ambassadors from 18 T.W.G.Hs. secondary schools went to London in order to learn about the British economy, education, life, culture and the experiences of Chinese people living in the United Kingdom. Moreover, this year marked the 150th anniversary of the birth of Dr. Sun Yat-sen. He lived in London temporarily in his early years and during this tour we followed in his footprints in London, gained some information about his experience, as well as his determination and ambition in building a modern China.

After the 14-hour flight, I finally arrived at London's Heathrow Airport! Although I arrived late at midnight, I still didn't feel sleepy because I haven't been to England before. Everything was new to me! I was curious about everything I came across.

## Experienced, Learnt and Gained

This tour was not the typical sight-seeing tour that we might usually join through a travel agency. On the contrary, it contained many fruitful elements. For example, we had an opportunity to visit the Chinese Embassy in London as well as Hong Kong Economics and Trade Office in London.

Through those visits, I knew more about the life style of British people and also its culture and history. We had a chance to visit Victoria and Albert Museum which was a world-class art museum. In V&A Museum, I learnt more about the development of fashion in Britain. Moreover, this tour also deepened my understanding of the relationship between Hong Kong and the UK. This can be learnt especially in the visits to the Hong Kong Economic and Trade Office in London.

Besides acquiring knowledge, I understood more about how Chinese immigrants and Hong Kong overseas students embodied the motto of my school: diligence, frugality, loyalty and faithfulness. For example, some Hong Kong students who studied in Britain were willing to do part-time jobs while they were studying in order to ease the financial burden on their parents. Finally, during the study trip to London, we gained valuable friendships and strengthened the bonding between each other. For me, the most important thing I gained in the trip was the enlargement of my social circle. I now have friends from different Tung Wah schools with different backgrounds.





## Dr. Sun's Residence

Almost a century ago, Dr. Sun left his hometown, China and lived here to escape from the Chinese secret service.

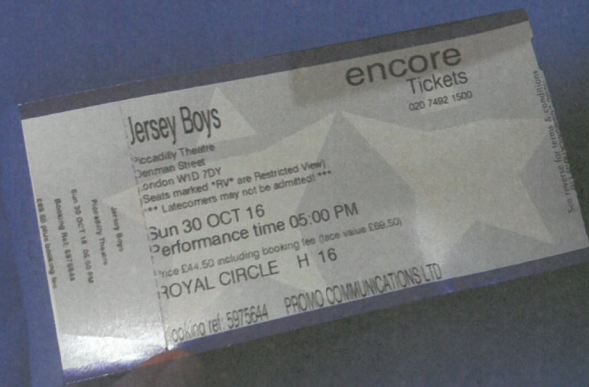


## British Museum

Our tour guide told us if we wanted to visit the whole museum, to see all the exhibits, we had to spend at least three months! What a huge museum! During this visit, I saw some famous exhibits, like the Colossal bust of Ramesses II and the Colossal red granite statue of Amenhotep III. I found the Egyptian exhibits most interesting and mysterious.

## Musical

Jersey Boys is a musical presented in a documentary-style format that dramatizes the formation, success and eventually break-up of the 1960s rock 'n' roll group, The Four Seasons. It is structured as four 'seasons', each narrated by a different member of the band who gives his own perspective on its history and music. I thought the songs in this musical were great!



## University College London

We met some overseas students who came from Hong Kong in University College London (UCL). They introduced their university and shared their experience with us, talked about the difficulties they faced and the daily life in London when we walked around the campus. After that, UCL arranged a talk about the admission application of UCL. I learnt more about overseas studies which is useful for my life-planning!



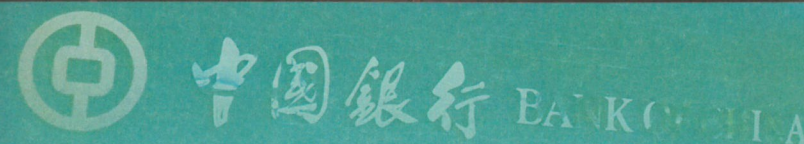
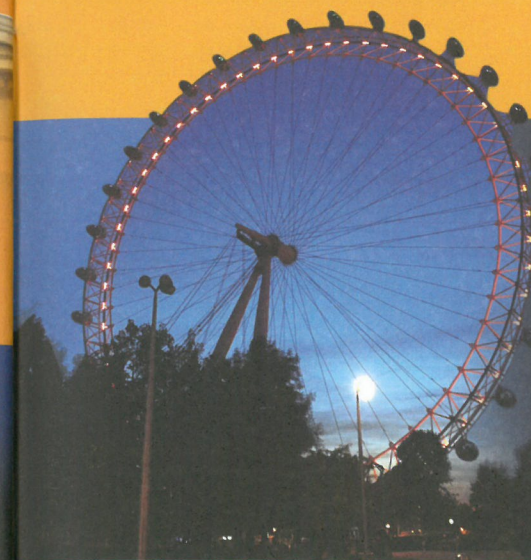
## Interview with Lord Wilson

One of the highlights of this tour was meeting with Lord David Clive Wilson. Lord Wilson of Tillyorn was the penultimate Commander-in-Chief and 27th Governor of Hong Kong (1987-1992). As a Hong Konger, I have heard about him before but I have never imagined that I could meet and spend nearly thirty minutes to talk to him about our dreams, musical interest, hobbies, etc., BUT except politics.



## London Eye

London Eye, also known as the Millennium Wheel, is a giant ferris wheel on the south bank of the River Thames in London. While riding on it, I could overlook the River Thames, Big Ben as well as the Parliament. The night view was breathtaking.



## Bank of China (London)

The Bank of China was the first overseas branch of Bank of China, this branch was opened in 1929. The staff explained in detail to us the situation and impact of the withdrawal of the United Kingdom from the European Union (Brexit).



## Embassy of China, London

The Embassy in London is China's only embassy in the UK established in 1877 as the Chinese Legation. It was also the location of the Qing Empire's detention of Sun Yat-sen. Even though the Embassy had carried out several reconstructions, the detention had not change! The room I entered, the table I touched was used by Dr. Sun a century ago!

