

YMCA of Hong Kong Christian College 2010-2011 港青基信書院



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VISION

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We envision our school as a learning community where quality education, based on Christian beliefs and values, is offered in a joyful and stimulating setting.

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We also believe that students should take an active role in serving and caring for their community. Social service training is given to all students in YHKCC. They are required to serve in the school and community every year and can earn service points by doing so.

MISSION

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We are determined to develop our school based on the CARES principles where:

C stands for CREATIVITY & CRITICAL THINKING

We foster an environment that encourages the development of creativity and critical thinking.

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A stands for ACHIEVEMENT

We believe that every student has gifts from God and potential for development and we aim to draw the best from the student in order to achieve his/her full potential.

\mathbf{R} stands for RESILIENCE & RESPONSIBILITY

We help each student to develop resilience and responsibility: to stand strong amidst adversities and to act as a responsible citizen.

E stands for ENGLISH PROFICIENCY, EMPOWERMENT & EXCELLENCE

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We empower our students and staff to strive for excellence through an English-speaking environment in school.

S stands for SERVICE & SPIRIT

We place special emphasis on community service to reflect the Christian spirit of service to the less advantaged and the least of the least.

VALUES

Build a Community that Cares Serve One Another in Love Respect Ourselves and Others Be Responsible Act with Integrity

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Dear Principal, Parents and Students,

As you will see from the pages of this year book, the YMCA is fulfilling its vision for YMCA of Hong Kong Christian College to become an institution where students can indeed experience 'life in abundance' as expressed on the foundation stone of the school which can be found outside the school hall. The school has continued to experience a surge in popularity which has necessitated a number of building and expansion programmes. Underpinning all our endeavours is the belief that each individual student, regardless of their ethnicity and cultural background is unique, special and loved by God. We will continue to work to ensure that each student can achieve their potential in the school, in academics, sports, arts and service. The pages of this year book illustrate a vibrant, happy and successful community.

I am grateful to the teachers for all their dedication and hard work and to the PTA for their support of the school.

I wish you and the school every blessing.

Yours sincerely,

Mr Benjamin Lam Supervisor



Thank you so much for your interest in and support for our school. We have a wonderful, creative and vibrant community. During the year – as you will see from these pages – we have continued to grow and develop.

Our A level results reflected a 25 percent improvement over the previous year. Our top student, Winnie Lo, gained three Grade A passes. Our students were awarded, for the first time, places at all of Hong Kong's top universities including: HK University, Chinese University of HK, HK University of Science and Technology and HK Baptist University. Places were also awarded at overseas universities such as Newcastle University, Leeds University placements will continue to grow in the years ahead, particularly given the introduction of UK A Levels at our school, for which about 75 students are studying. We are determined to continue to push up our academic standing. To this end a number of measures have been introduced this year including benchmark standardized testing based on substantial international samples, an expanded

careers advice team, a new homework support policy, and the introduction from September 2011 of a Virtual Learning Environment that will allow parents to see how their child is doing in terms of attendance, discipline, academics and homework on a daily basis. The capacity to monitor their children more closely will give parents the opportunity to provide even more focused support for their children's development. We are also pursuing external accreditation with the Council of International Schools, and ISO 9001. These quality marks will show that our school is meeting international standards of excellence.

The popularity of the school has continued to rise. The September 2011 enrolment figure shows a growth of over 30 percent in two years. To support this growth we have undertaken a number of building projects. These include the recent completion of the seventh floor Fine Arts Centre, the construction of four additional classrooms, a new Student Learning Centre for private study equipped with 36 new PCs, a new table tennis area and a newly renovated foyer and parents' waiting area with two new interview rooms and an admissions suite. Work has also started on the new fifth floor multi–purpose hall/theatre and a two storey music block and student eating area which will look out across the all weather pitch.

We have introduced a number of new programmes during the year to support the rounded 'education for life' which we passionately believe in. These include Lifewide Learning Camps for each year group to teach social integration, teamwork, character development and resilience. 900 students went on these camps in September 2010 to various parts of Hong Kong. In June 2011, 300 students from Forms 3 and 4 went on Service Outreach Scheme trips to serve the needy, both in Hong Kong and the region, including Vietnam, Cambodia and China. A further 160 Form 5 students went on work experience, while Form 6 students had a careers week and Form 2 students enjoyed a spiritual reflection camp. Form 1 also had a week of arts activities. I am very grateful to our dedicated staff for undertaking the extra tasks and organization that such activities entail; they do these tasks because they believe that the students will be enriched through them.

Our students are compassionate and caring people. They display this not only through their service work, but also through the fundraising activities that they participate in. They raised over HK\$30,000 for Japan earthquake relief through a casual dress day, and added a further HK\$10,000 to this with the help of parents who attended our first annual music concert in April. Additionally they raised HK\$14,000 for children with poor nutrition in China.

Our events this year have been well attended. We had a record attendance of 1,200 for our Open Day, 1,400 for the ever popular International Night, and over 1,000 for the superb school production of 'The Music Man' directed by Dr Maureen Coulter. At our Graduation Ceremony Mr Michael Tien, the Chairman of the G2000 group, was the Guest of Honour. He gave us an inspiring speech which encouraged the students to connect with their areas of passion and experience success in them. The Rev Dr Peter Kwong officiated. I am deeply grateful to Evans Mendonca and the PTA for the fantastic, invaluable support that has been given to us in so many ways and in so many areas of school life.

Sports participation has also been up this year with a 20 percent increase in entries in the Swimming Gala where the interschool standard was met by 83 swimmers, and a 15 percent increase in Sports Day entries where 49 school records were broken. Our basketball team competed against international schools in the 'Slam Dunk' league, and pleasingly came away with the winners' trophy. Jim Shiflett was our coach.

We have also attracted a considerable amount of press interest this year with over 10 positive articles published in various English and Chinese newspapers. These reflect a growing public interest in our school which strives to offer Christian values-based affordable international education whilst preserving close links with the HK local community. I feel honoured to be a part of this community, and I thank you for your interest in and support of our school. Please enjoy the pages that follow: they tell the story of our year.

Dr Nick Miller Principal



Words from the Chief Editor

The School Magazine is undoubtedly an important part of the school. It not only shows the progress of the school and its many achievements, but also represents the school and reflects our values. In order for the school magazine to accurately represent students, I believe that it should be made by students, for students. For this reason, student participation is emphasized. This year's magazine differs from previous ones, as this year students have been actively involved in publishing it, making it unique and enjoyable to read.

Students were in charge of many aspects of the magazine. The Editorial Board decided the written content while another group was in charge of the design and layout of the magazine. Students were required to accomplish many tasks such as interviewing students and teachers, doing comprehensive research

on activities, and designing the pages. All of these activities required teamwork and commitment; students worked extremely hard and invested a vast amount of their time in completing the magazine.

This year's school magazine has a theme which is reflected throughout. As the school's drama club flourishes with its highly appreciated and eminent performance of "The Music Man," we adopted a theme which relates to drama: "All the world's a stage." This is a line from William Shakespeare's play "As you like it." It reminds us that each of us has different roles in our life, which change as we reach different stages. For example, we are now learners and accomplishing our role as students; however, we will find ourselves in different occupations as we grow up, whether being a doctor or performer, or raising a family. The school equips students with skills for these roles, and supports them whichever path they decide to take.

Completing the magazine presented many difficulties, but like any challenges we face in life, they were met and overcome with hard work and determination. As this is the first year we were actively involved in the making of the school magazine, we were inexperienced and it took us longer than expected to finish the tasks. Furthermore, because examinations were approaching, many students were unable to invest a lot of time in the magazine as they had to balance their time in order to excel academically. Despite these difficulties, the team is proud and satisfied with the completion of the magazine and we believe that it is the best one ever published in school.

I sincerely hope that you enjoy reading the school magazine, which was done by a team of dedicated students. I would like to thank all the teachers who assisted us, who stood by our sides even in times of doubt and disbelief. Most importantly, I would like to thank our principal Dr Miller for giving us the opportunity to express ourselves, and to share our experiences with the world.

Ricardo Tomas Wong 6C

Advisor Teacher-in-charge Coordinator		: Dr Nick Miller : Mr Dion Chen : Ms Yu Yim Yee		
Chief Editor:	Ricardo Tomas Won	g 6C		
Editors:	Peter Hon	6C	William Chan	5M
	Timothy Chau	6C	Herald Pedregosa	4H
	Charmaine Lee	6C	Rene Rashed	4H
	Roxanne Chang	6M	Kleyr Ombao	4H
	Alexa Cheng	6M	Sophie Caraan	4H
	Chan Po Lun	6M	Paula Murcia	4A
	Adiya Ahmed Khan	2A		
Chief Designer:	Chloe Wong	5C		
Designers:	Jenny Lau	5Y	Vivian Yung	5C
Photographers:	Jimmy Law	6C	Chun Ning Yip	5A
	Nicholas Lo	4M		

Editorial

It was a remarkable experience to be one of the editors for this year's school magazine, as the school encouraged students to be involved in the production of the magazine. We chose the theme of a stage to be the backbone of the magazine, with the idea that students achieve their goals as a sort of theatrical experience.

I was responsible for the "R" section of the magazine, which stands for Resilience and Responsibility, and that constantly reminded me of my responsibility as an editor. As editors our role was to collect and edit students' thoughts about their ECAs. This is an important role as we had to ensure that the students' messages are delivered clearly to readers. I really enjoyed this experience and looked forward to the completion of the magazine. The team combined very well, and together we came up with this piece of work. I really do hope that everyone enjoys reading this magazine as many thoughts and memories are collected here.

Timothy Chau 6C





It is my honour to be a part of the first student editorial board of the school magazine of YMCA of Hong Kong Christian College. The editorial board provided us with a great opportunity to get experience of being an editor. Our school believes that the school magazine is not just about the school, but also about us – students. The school encouraged us to take part in working on the magazine, because it belongs to everyone in the school, and it records our lives and memories. School is not about individuals but about the group, a unity in which everyone is important and indispensable. Everyone had their own role and responsibility but we worked as a team, a family, and that's what made us successful. A few months ago we started from nothing, but today we have achieved a tremendous result. Without the cooperation of students and teachers this would never have happened. I hope all of you enjoy reading the magazine as much as we enjoyed making it.

Peter Hon 6C

Being in the editorial team was one of the best experiences of my high school life. The pressure of having so much responsibility was actually enjoyable for me. As an aspiring journalist, it was a good experience and it will help me out in my college applications. My responsibility in the editorial team was to hold interviews with the team captains and MVPs of the school's sport departments. It was fun, considering most of them are my friends. Even though transcribing it word by word from the video interviews was very time consuming, it taught me to be patient and more hardworking. I would like to be part of the editorial team again in my coming years in YHKCC. I advise everyone, especially aspiring journalists, to join the editorial team. It teaches you more than responsibility - it teaches you life skills.



Sophia Patricia Caraan 4H



Being in the editorial team this year gave me a number of responsibilities. These responsibilities were demanding and required a lot of teamwork, and not just teamwork but also good communication with the editorial team and with the interviewees. Being on the editorial team is a lot of work, but we had plenty of freedom about what, when, where and how the work was done, which is why I think being in the editorial team was very enjoyable. One benefit that I like the most about being in the editorial team, despite the responsibilities, is that I know what will appear in the school magazine before everyone sees it.

Herald Pedregosa 4H

As an editor of the school magazine, I convey the reputation of the school through the thoughts of the students. It is not a hard task though it is not easy, but through being on the editorial board, I have been inspired by everyone around me from the editorial team, to the interviewees. They taught me how to become a better student and sometimes, a better person. Being an editor is a job of responsibility and through this experience I believe I have improved.

Kleyr Ombao 4H





Campus development

A strength of our school is that we provide whole-person development and all-round education opportunities. We support this process by investing in various innovative facilities and equipment. We believe these investments will give our students a better learning environment.

Our present grass field, multi-purpose turf pitch and four 100metre running tracks completed in August 2009 have given us a remarkable, state-of-the-art campus and serve as a recreation area for students, teachers and parents. This year we also upgraded a lot of facilities:

(a) Student Learning Centre (1st Floor)

To provide more space for private study and extra learning facilities for senior students, the Student Learning Centre, which contains a carpeted study space with 36 computers and an area for discussion, has been used by the students since September 2010.

(b) Four New Classrooms (3rd and 5th Floor)

These provide more space to accommodate the increasing number of students. The new classrooms can accommodate 25 students each, which is appropriate for small classes in NSS and GCE subjects.

(c) Admission Office (Ground Floor)

To provide better service for parents and visitors, the lobby and reception area have been improved.

A new Admission Office, Parent Waiting Area and Meeting Rooms were created on the ground floor to provide a better meeting place for parents and visitors.

A trophies cabinet was built at the entrance of the Admission Office to display our students' outstanding achievements in different areas.

(d) Canteen Tables (Ground Floor)

To provide more dining area for students, the school has extended the canteen area on the ground floor with foldable dining tables, for use during lunch time.



(1) **Fine Arts Centre** (to be completed in July 2011)

We are currently converting the 7th Floor into a large Fine Arts Centre which will provide a spacious environment for our students who are interested in developing their artistic talent and taking the NSS and GCE art programmes.

(2) New classrooms (to be completed in August 2011)

In order to accommodate the new senior secondary education reform and new GCE programmes, we are currently renovating some classrooms in order to provide more appropriate learning and teaching areas for our students.

(3) Fitness/Music Block and Promenade (anticipated completion by late 2012)

The School has been working very hard to further develop the talents of our students not only academically but also in sports, the arts and music. Therefore, besides the sports field and the fine arts centre, we are also investing in a project to construct a two-storey Fitness/Music Block and Promenade which will sit at the back of the School near the sports field. This project will give our students a large music room for music lessons, musical instrument practices and vocal training, a fitness center for PE lessons and physical training, and a covered promenade for students having their meals and watching the games on the sports field.

(4) New Multi-purpose Hall (anticipated completion in late 2012)

Approvals for the Multi-purpose Hall construction have been given by the Education Bureau and Building Department. We are now finalising the interior design plan and details. The Multi-purpose Hall will provide the students with opportunities in the performing arts such as educational drama, theatre arts, IGCSE drama and UK 'A' Level Theatre Arts. The hall could also be used as an examination centre and the venue for Year Assembly.

We believe these facilities will make the school campus more functional and provide our students a better place to study and develop their potentials and talents in various areas.





YMCA of Hong Kong Christian College 2010 - 2011 Teaching Staff & SMC members



5th row:

Mr Wilson Kwan, Mr Chris Robershaw, Mr Vincent Wong, Mr Jerry Lau, Mr Benson Chan, Mr Thomas Moore, Mr Martin Rigby, Mr Jeremy Barclay, Mr Shane Stiles, Mr Lok Lo, Mr Bell Cheung, Mr Kelsey Dawson, Mr Peter Chan, Mr Jocelyn Gagnon, Mr Ian McKirdy, Mr Ken Harley

4th row:

Mr Joe Tanner, Ms Yvonne Yuen, Dr Kathleen Shiflett, Ms Charmaine Leung, Mrs Madhu Prakash, Ms Holly Tau, Mrs Riffat Ara, Ms Irina Toma, Mrs Katy Petrashune, Ms Aileen O'Donnell, Mrs Anne Whitman, Ms Carol Lau, Ms Jane Leung, Ms Peggy Lee, Ms Chris Wong, Ms Yu Yim Yee

3rd row:

Mr Kenneth Jones, Mr Alchian Au, Mr Kan Wang Ngai, Mr Ringo Ma, Mr Lam Kei Ting, Mr Herbert Yeung, Mr Patrick Tsang, Mr Jeremiah Chan, Mr Tommy Kwan, Mr Isaac Chiu, Mr Kelvin Lam, Mr Bruce Reid, Mr Lee Hong Shing, Mr Matthew Trethewey, Mr Charlie Yu, Mr Kenny Law, Mr Chung Chun To

2nd row:

Ms Cindy Mak, Ms Alice Lo, Ms Teresa Tsoi, Mrs Dimple Deans, Ms Holly Fan, Dr Maureen Coulter, Ms Tracy Chau, Ms Verna Kwong, Ms Lindy Gillette, Ms Ling Yip, Ms Dionne Lun, Ms Iris Yau, Ms Monica Lam, Ms Tracy Shek, Ms Kit Ng

1st row:

Ms Diana Lo, Mrs Diane Sarchet-Waller, Mr Andrew Higgins, Mr Alfred Chan, Dr Alice Yuk, Mr Ray Purvis, Mr Benjamin Lam, Mr Chuck Allison, Mr Douglas Oxley, Mrs Sheila Chuang, Dr Nick Miller, Mr Dion Chen, Ms Annie Cheng



YMCA of Hong Kong Christian College 2010-2011 Office Staff



3rd row: Ms Ceci Yip, Ms Grace Cheng, Mr Allen Tang, Mr Torrance Wong, Mr Elvio Ngai, Mr Eddie Woo, Ms Bonnie Shing, Ms Yee Kwan Wong

2nd row: Ms Janice Ng, Ms Marvis Wong, Ms Cherry Chen, Ms Sybel Lee , Ms Tracy Chan, Ms Miggie Yeung, Ms Canon Tsang, Ms Ellen Pang, Ms Joyce Lam

> 1st row: Mr Dion Chen, Dr Nick Miller, Mr Alfred Chan



YMCA of Hong Kong Christian College 2010-2011 Janitors



3rd Row: Mr Lee Kwai Hung, Mr Lau Shing Wan, Mr Ng Shue Kun, Mr Lo Kai Ying, Mr Tsang Wai Hang, Mr Chan Kwok Lai, Mr Mak Ming Tong

2nd Row: Ms Tam Oi Ling, Ms Lo Sau Hung, Ms Liu Hung Chun, Ms Ting Lai King, Ms Sze Lai Lee, Ms Yu Yuk Lin, Ms Ho Hoi Yin

> 1st Row: Ms Grace Cheng, Dr Nick Miller, Mr Dion Chen



YMCA of Hong Kong Christian College 2010-2011 Class 1Y







YMCA of Hong Kong Christian College 2010-2011 Class 1M







YMCA of Hong Kong Christian College 2010-2011 Class 1C







YMCA of Hong Kong Christian College 2010-2011 Class 1A





YMCA of Hong Kong Christian College 2010-2011 Class 1H





YMCA of Hong Kong Christian College 2010-2011 Class 2Y





YMCA of Hong Kong Christian College 2010-2011 Class 2M







YMCA of Hong Kong Christian College 2010-2011 Class 2C





YMCA of Hong Kong Christian College 2010-2011 Class 2A





YMCA of Hong Kong Christian College 2010-2011 Class 3Y





YMCA of Hong Kong Christian College 2010-2011 Class 3M





YMCA of Hong Kong Christian College 2010-2011 Class 3C





YMCA of Hong Kong Christian College 2010-2011 Class 3A









YMCA of Hong Kong Christian College 2010-2011 Class 3H





YMCA of Hong Kong Christian College 2010-2011 Class 4Y





YMCA of Hong Kong Christian College 2010-2011 Class 4M





YMCA of Hong Kong Christian College 2010-2011 Class 4C







YMCA of Hong Kong Christian College 2010-2011 Class 4A





YMCA of Hong Kong Christian College 2010-2011 Class 4H





YMCA of Hong Kong Christian College 2010-2011 Class 5Y









YMCA of Hong Kong Christian College 2010-2011 Class 5M







YMCA of Hong Kong Christian College 2010-2011 Class 5C




YMCA of Hong Kong Christian College 2010-2011 Class 5A





YMCA of Hong Kong Christian College 2010-2011 Class 6Y







YMCA of Hong Kong Christian College 2010-2011 Class 6M







YMCA of Hong Kong Christian College 2010-2011 Class 6C





YMCA of Hong Kong Christian College 2010-2011 Class A1Y







YMCA of Hong Kong Christian College 2010-2011 Class A1M







YMCA of Hong Kong Christian College 2010-2011 Class A1C





YMCA of Hong Kong Christian College 2010-2011 Graduation Class 7Y





YMCA of Hong Kong Christian College 2010-2011 Graduation Class 7M





YMCA of Hong Kong Christian College 2010-2011 Graduation Class 7C



Creativity & Pritical Chinking "All the world's a stage, And all the men and women merely players: They have their exits and their entrances; And one man in his time plays many parts, His acts being seven ages."



Name:	BAIK Seung Hwa Ivy A1-C (2)
Title:	My Surreal Sister
Medium:	Mixed-media on canvas



Name:PRICE Supatra Ilona A1-C (18)Title:Mirror ImageMedium:Photograph and Photoshop



Name:TAYLOR Llewelyn A1-C (22)Title:ConcentrationMedium:Watercolour on paper



Name: LI Lok Sze 1H (15) Title: Sweet Medium: Mixed-media



Name:AU YEUNG Ling Fung Hosanna 1M (1)Title:Tessellation-CatsMedium:Colour pencil on paper



Name: CHARLES Bethan A1-M (3) Title: Chiaroscuro study Medium: Acrylic on canvas



Name:CHARLES Bethan A1-M (3)Title:ProfilesMedium:Charcoal on paper



Name:JENKINS Tirion Eilir Haf A1-M (9)Title:UnderneathMedium:Mixed-media



Name:JENKINS Tirion Eilir Haf A1-M (9)Title:Friends in LammaMedium:Mixed-media



Medium: Pencil on paper



Name:MENDIZABAL Vallerie Jamie Urdas A1-Y (14)Title:ConcentrationMedium:Acrylic on canvas



Name:ELICIA Mirandilla A1-Y (15)Title:My CatMedium:Pencil drawing



Name:SONG Da Eun Erin A1-Y (21)Title:TrophyMedium:Reduction lino print



Name:WONG Jing Yin Jenny A1-Y (24)Title:MarketsMedium:Acrylic, pen and ink on canvas



Name:YIP Chak Lam A1-Y (28)Title:Bottles and CardboardMedium:Acrylic on canvas



Name:NG, Shefield 4A (23)Title:Geometric FormsMedium:Acrylic on paper



Name:IMRAN, Sarah Arifah 4Y (14)Title:Still life drawingMedium:Soft pastel on paper



Name:	LAM, Wai Ching 5A (11)
Title:	Global Warming
Medium:	Acrylic on canvas



Name:	WONG, Hiu Laam 5C (27)
Title:	Tableware
Medium:	Mixed-media



Name:LAU, Tsz Yan 5Y (11)Title:Scenery in Hong KongMedium:Acrylic on canvas



Name: WONG, Lok Hang 5Y (22) Title: Incident Medium: Acrylic on canvas



Name:	WONG, Lok Hang 5Y (22)
Title:	One of them
Medium:	Acrylic on canvas

看圖寫作



從前,有一隻大象。牠跟其他大象一樣,都很高很大。但是,牠卻 比其他大象胖得多,也重得多。有一天,森林舉行一年一度的運動會, 1A 史桓融 而大象就選擇了參與跑步比賽。 運動會開始,老虎、獅子、豹和猴子都是大象的強敵。大象突然失 去了自信,牠覺得自己太胖,跑得慢。結果,牠的確是失敗了。

大象回家後,決定為下一屆的運動會減肥。當牠踏上磅的時候,機

牠會去健身,牠也努力地改掉吃零食的習慣。 過了一年後,大象再次踏上磅上,磅不但沒有壞掉,還顯示牠瘦了三十多公斤呢。運動會上,每個動

教訓是:只要努力,便可以改變一切。

次遲到的經驗

1H 李樂思

我十分記得,那一次遲到的心情和經過。那次後,我就 不敢再遲到了,那次真是件難忘的事情呀!

我從小就很喜歡睡覺,常常睡得天昏地暗,很多時候也 是靠媽媽喚我起床我才沒遲到的。那次,我媽媽忘了喚我起 床,我卻因為昨晚温書太辛苦,所以也起不來。記得媽媽那 次不停很急地叫起我,而我也就起床了。簡單來說,在媽媽 叫我起床的時候,校車已經走了。當我起床時,已經很晚了。 大概七點十幾分,我趕緊跑去乘公共交通工具。因為我家離 學校很遠,一來也要一個小時。我可急的要命,不停地跑到 那轉車的地方。

我上了車後,想着要把錢包拿出來,怎料我卻忘了帶上 錢包,把錢包留在家裹了。那刻我真的十分害怕,因為雖然 我還有一張只剩下二十幾塊錢的「八達通」,身上一點兒錢 都沒有。我還差點哭了出來。立刻,我打了個電話給媽媽, 媽媽不停地安慰着我,我的心也開始慢慢地平靜下來,媽媽 説的話讓我安心下來。不一會兒,我就已經到了天水圍了, 我沿着小路不停前進,後來我終於到達了我的學校。

進了學校後,我原本已平靜下來的心情,又變得緊張起 來。因為遲到是一定的了,雖然我沒有遲了很多,但絕對要 看老師的心情如何。因為如果老師的心情好,那懲罰也會因 此而減少。但如果真的那麼不幸,老師心情不好,那可慘了, 就少也得站兩堂課呢!幸運的是,那天老師的心情也滿不 錯,最後只被嘮叨了幾句就放過我了。

經過那次我也不敢再遲到了,後來我也開始能自己起床 了。遲到的經驗,有一次就足夠了,我可不想再遲到了呢!

我最尊敬的一位陌生人

1Y 劉霈霈

F.1

還記得每一天上學和放學都會在巴士站聞到 陣陣的栗子和蕃薯的香味,而售賣這些東西的是 一位伯伯,也是我敬仰和佩服的一位陌生人。

他每天的早上都會在巴士站擺攤子,可能這 陣天氣寒冷,所以特別多人去光顧他。他一個人 看攤子,我想也很辛苦吧。他的頭上頂着一頂草 帽子,身穿白色的衣服,穿着短褲子和一對涼鞋。 皮膚是啡色的,他粗糙的手見證着他的辛苦和歲 月洗刷的痕跡。可是,雖然他每天去開攤子,會 很辛苦,但是他的辛勤換來人們的讚賞和笑容。 我看見人們捧着熱烘烘的的烤蕃薯後,都會露出 燦爛的笑容。伯伯給人們帶來溫暖和滿足,也許 是因為為別人的溫暖和滿足,才堅持不懈地開攤 子吧,説不定他開攤子的原因,只不過是為了金 錢。無論如何,我也很敬仰他的堅持和恆心,儘 管我不認識他。

他的努力和堅持已經維持了那麼久,天天 都是穿同樣的衣服,同樣的精神,一直不變。 無論天氣是怎樣也好,他都會照常開攤子,為 人們帶來溫暖和問候,他有的不只是堅持,還 有的是愛心。有時候,他收攤子,他會把那些 還是熱烘烘的蕃薯,送給在街邊擺攤子冷到發 抖的人吃,送他們一些溫暖。我想很多人也跟 我一樣很敬仰他吧。

我很敬仰這位伯伯,他的辛勤和愛心都很值 得我去學習。我從他身上學到,只要是一點點物 質的施捨,便能夠為人們帶來溫暖和問候。

我的家

不喜歡城市熱鬧的我和家人選擇了馬灣為我們的 2A 劉思穎 家。這小島本來是個小漁村,對外的交通只靠來往深 井的街渡,所以十分清靜。

因為青馬大橋的落成,現在的馬灣已變成一個觀 光景點。其中,挪亞方舟和馬灣公園更吸引大批遊客 來訪。交通亦因此迅速發展,加設來往荃灣、青衣及 葵芳的陸路,可算是四通八達。

我的家剛好向着青馬大橋,早上便看到它灰色樸 素的橋身,晚上便成為五彩繽紛的長龍。它跟我們有 大將軍守護着我們的家。

我的家雖然只有三個人,沒有任何兄弟姊妹,卻 給我無限的歡樂。我的爸爸,個子高高瘦瘦,帶着一 副圓形的眼鏡,有點嚴肅的。他是個講求生活規律和 守時的人,不會浪費光陰,真令人佩服。 至於媽媽,個子雖然中等,但她不掘不撓,做事 認真的態度卻很值得我們去學習。其實,他們都因為 愛我而為我作出最好的,所謂「天下父母心」。

家,是一個給人溫馨和暖意洋洋的源頭。家,亦 是一個熟悉和富有安全感的地方。

2M 潘樂妍

中學生的問題和壓力 中學生的壓力和問題有很多。升上中學後 功課和測驗的數量比超小學的時候明顯多了很 多,在WH在我们就超小比公别凶举叫这种时多, 所以難免會有不少壓力。而且升上高中後,不 川 从 # 元 盲 句 () 少 座 川 。 川 上 开 上 向 中 度 , 个 但要選科來確立自己的前途, 還要應付臨近的 世女送付不睡业日山时别迷, 迷安時(1) 蹦池的 公開考試。現在的「三三四」新制度更是增添 公用专科。"现在时1=二日」利则区文定相例" 了學生的壓力。一試定生死,不能升上本地大 」学生的壓力。一两止主死, 个能开上平吧入 學的學生, 有的家庭經濟環境好, 可以供他們 ≠11) ≠ 工,目11) 涿 座栏 ศ 艰 現 灯, 川 从 供 11(1) 麦海外繼續升學, 但其他家庭經濟負擔不起的, 云四7.11座阀17学,世共世多展前月早期"17世的 就真的不知該怎麼辦了。而且即使可以升上本 机吴时个冲成态废新」。1111年中14月以开上举地大學也不一定會有好的前境。現今這個世代, 也八乎也们, ^{在曾伊灯 印 別 現 。 現 7 短 四 巴</sub> 即使你大學畢業, 你也可能會找不到工作。} 所以,現在的中學生真的有很多問題和壓 力、例如:學業、家庭、人際關係,甚至是談戀 了。[7] XH. 于来, 不定, 个你的你, 些土正秋感受。所以師長們應該多鼓勵他們和與他們溝通, 做他們的傾訴者。

諸葛亮

2M 宣大安

<mark>諸葛亮——千古完人,史書上一直對他的評價是</mark> 正面而良好的,在劉備死後,他仍死心塌地輔佐着扶 不起的「阿斗」,令人欽佩不已。我剛開始研究中國 歷史時也是這麼認為的,但越深入歷史,便越覺得真 相不是那樣的。

三國志:「罰二十以上,皆親覽焉」,意指但凡 罰杖打二十以上的案件,皆親自處理。這不是攬盡了 大權嗎?為何史書卻絲毫不提他越權的行為?他一人 <mark>身兼多職,全國大小事皆由他抉擇,文武大臣皆尊</mark> 諸葛公而不尊漢主,連漢主亦需尊諸葛為「仲父」, <mark>這與董卓區別何在?功高震主[,]雖然諸葛亮並未奪取</mark> 王位,但事實國內實權皆落入他的手中,軍權從未放 <mark>下,一直借北伐之名樹立自己在民間的威望。史書上</mark> <mark>卻一直未提過他的惡行,反之稱他為千古完人,可見</mark> 他以假亂真的手段已到了一種至高的境界。

<mark>雖然我對他的所作所為十分的不認同,但他的智</mark> ^慧的確折服了我,至今我所知的歷史人物之中,他的 計謀是最影響深遠的。

維多利亞海旁

2A 劉思穎

在老一輩人的印象中,維多利亞港是水深清澈的。

可惜,這個美麗的海旁已不再。它不像以前受人 尊敬和選賞。路人們把它當作垃圾箱,冷酷地扔掉垃 圾於海邊。不久,海旁便出現了幾座灰色的山峰,這 些山峰並不是草,而是一些堆積如山的垃圾。

被污染的海旁不時發出痛苦的叫聲,它在流着紅 色的鮮血。在這些血中,有數條被塑料袋困着的死魚, 非常可怕。

人類應該珍惜地球上的資源,不應該浪費資源和 任意破壞大自然,這會令其他的生物絕種,所以我們 要重視環保。

	新的一年,新的開始 2M 麥尉翎
F	新的一年,新的用加 2M 麥尉翎
F	利山
F	每次一到新的一年,我就會定下新的目標和計 每次一到新的一年,我就會定下新的目標和計
	每次一到新的一年,我就自己
	每次一到新的 劃,去作為在新一年的開始。 一切他有所進步。無
	劃,去作為在新一中的2800 今年,我希望我能在各方面都能有所進步。無 今年,我希望我能在各方面都能有所進步。無
	今年,我希望我能是他希望得到明顯的以后
	論在學業或活動力面
	、 无 我希望能改進和提問 一
	在學業方面,我希望能改進和提高自己也 期考試中做得不足及不滿意的科目。在其他科目, 期考試中做得不足及不滿意的科目。在其他科目,
	我就希望你好所有學過的知識學以以2013 並希望能將所有學過的知識學以以2013 定不會辜負父母和老師對我的苦心和期望。 定不會辜負父母和老師對我的苦心和期望。
	业们呈加 完不會辜負父母和老師到我的 而
	一 我希望能夠在練習啊。
	在活動方面,我希望能夠在練習鋼冬时的 在活動方面,我希望能夠在練習鋼冬时的 往更加用心和專注。我希望在新的一年可以參與更 往更加用心和專注。我希望在新的一年可以參與更 後更多難外活動,從而認識更多新朋友,擴闊自己的社 多課外活動,從而認識更多新朋友,擴闊自己的社
	往更加用心和等位 " 通周口 , 通周口 , 我
	往更加用心和專定 認更多新朋友,擴為自己的 多課外活動,從而認識更多新朋友,擴為自己的 多課外活動,從而認識更多新朋友,擴為自己的 。 愛圈子,學習更多與人溝通的方法。在活動中,我 交圈子,學習更多與人溝通的方法。在活動中,我
	多課外活動,從IUI ஸ் யூ/ 一 通的方法。在活到一 交圈子,學習更多與人溝通的方法。在活到一 交圈子,學習更多與人溝通的方法。並學會不同的技能。 希望能好好地發揮自己的長處,並學會不同的技能。
	希望能好好地谈知:
	 希望能好好地發揮自己 對於新一年的目標,我會靠自己的努力去實行 對於新一年的目標。
L	對於新一千時前充實。 未來的一年將會非常充實。
	1
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遊湖漫記

2Y 林瑋銘

<mark>寒假期間,我和家人一同回蘇州,</mark>我爸在那裡辦完 了一些公事,我們一家大小就開車前往杭州西湖。我們 把行李放在紫夜山大酒店後,就漫步前往馳名天下的 湖——西湖。西湖全稱西子湖。古言有曰「上有天堂, 下有蘇杭」。蘇州以園景聞名,而杭州就以西湖而聞名。 <mark>西湖有十景,我們今天就只去三景:「曲院風荷」、「斷</mark> 橋殘雪」和「雷峯夕照」。

我們乘坐遊覽車去到「曲院風荷」。那裡有石橋相 連着各個湖上亭,形成一道長堤,堤旁種滿着荷花,但 還未開花,含苞待放,令人心境平靜如鏡湖之水!繼續 向前走,就可以看見一些前往湖心亭的小舟在那兒停泊 着。但今天碼頭不開放,所以遊人十分掃興。

<mark>再遊覽了一會兒,我們決定去吃午餐。我們去了瀟</mark> 湘餐館品嚐了地道美食——西湖醋魚、東坡肉和乞丐土 <mark>雞,還有一些小茶和西湖魚苗菜湯,十分美味,令人的</mark> 心情再次開心了起來!

吃完午餐後,我們就乘坐遊覽車去「斷橋殘雪」, 那橋其實不是真的斷了[,]而是因為橋中央的積雪和湖中 顏色相同,給人的一個錯覺。欣賞完這美景後,我們感 嘆世間竟有如此美景。之後,我就和妹妹-起擲雪球。

玩了一會兒,我們就去最後一景——「雷峯夕照」, 當時正好是黃昏時分,乍看去,太陽就像給雷峯頂住一 樣,雷峯其實是一坐佛塔。這景十分壯觀,加上湖面的 金波飛浪,真的令人難以忘懷。

<mark>過了一個小時左右,我們都累了,所以駕車回酒店</mark> 休息。我們都覺得依依不捨。西湖之美非言語能表達, 希望下次有機會舊地重遊!

檸檬蜜糖果

3K林姵妤

小時候的零食總是帶給我很多回憶, 令我甜中帶酸要説 記得在幼稚園時的我,是個身弱多病的孩子,媽媽會煎 是檸檬蜜糖果了。 中藥叫我帶到學校喝,同學都向我投以異樣目光,只有小芳 每次當我在喝藥的時候,旁邊的同學都會捏著鼻子,可 沒有岐視我。 是小芳會遞給我一粒檸檬蜜糖果,跟我說吃了後就不會苦 了,漸漸喝藥已不是一件苦事了,我倆亦成了好友。 有一次,小芳喉嚨不舒服,我給了他一粒檸檬蜜糖果, 我們都交了一個會心的微笑,可是過了幾天,小芳沒有再上 後來才得知,原來他已經移民了,因為太怱忙,連道別 壆了。 每當我經過士多店,看到這一款糖果,心裡都會有種甜 的機會都沒有。 甜酸酸的感覺,童年的純真,大概就是這麼惹人喜愛的吧!

F.4

踱步東涌

4Y 沈活頣

F.3

在一個夏天的晚上,爸媽都不在家,我獨自吃過晚餐後,便在街上散步。 路過在家附近的公園,平時在這裡嬉戲的小孩都已經回家了,就連一個在樹下 乘涼的伯伯都沒有。在街道上,有些人在巴士站等巴士,有些剛下班的人拖着 疲乏的身子回家,有些像我一樣,剛吃完晚餐,在家附近散散步。香港人在晚 上還是喜歡輕鬆自在的生活,擺脫日間繁忙、急促的生活節奏。

不知不覺,我走到了東薈城商場外的噴水池。它是多麼的壯觀,多麼的 耀眼啊!我總喜歡在晚上觀賞這個噴水池,因為周圍的氣氛讓我感到很溫暖。 水花隨着微風四處飄散,讓路過的人感到一陣陣涼快。有些攝影愛好者拿著相 機拍下水花飛濺的一刻。我看着小朋友們在噴水池嬉戲,他們天真無邪、燦爛 的笑容,令我回想起我小時候和爸媽一起玩耍的情況。我很想回到小時候,無 拘無束地與其他小朋友玩耍,什麼都不用擔憂。我很懷念過去的時光,無論是 喜、是悲,都是我珍貴的回憶,永藏在心裡的最深處。有些人騎着單車,一邊 哼着歌,一邊在欣賞夜景時,沉醉於自己的腦海中。有些遊客則在噴水池旁邊 的長椅上,一邊享受晚餐,一邊欣賞東涌的夜景。他們一定覺得香港是一個很

站在噴水池邊,我能聽到悦耳的水聲,我能在夏天的微風中聞到清甜的 水味和從附近書店所傳出來的書卷味。這個地方就像香港的標誌:象徵着香港 的文明和繁榮。我突然感慨,能在這麼美麗的星球上生活,是一件多麼幸福的 事情啊!我有空也要帶妹妹來這裡玩耍,讓她也感受一下這裡的獨特氣氛。

眼看着周圍的人一個一個地離開,我才發現已經夜了,便趕緊回家去了。

Chinese Composition

踱步東涌

夕陽西下,紅橙色的陽光透過建築物之間的隙 縫,在水泥地上刻劃出好比納斯卡地上圖案的線條, 4M 劉睿良 突然一條條水龍從噴水池裡躍出,在陽光的折射下 表演出不同的舞步。

身體不受控制般越走越近,突然蛟龍越來越 多,衣服被沾濕了,便立即走到遠處一個陰涼的地 方涼一涼。咦?原來地上還有幾條黑蛇在伴舞呢, 可能是剛才所站的位置被三合土牆遮蓋了所以看不 到吧!

夕陽悄悄地離開,黑蛇也慢慢地退出舞台,只 餘下水龍想擺脱地心吸力的束縛,這時四周的燈光 亮起,為整場舞會頓時增加了不少效果。 不久,舞會結束了,我慢慢地離開表演場地,

靜靜地走回家,感受那柔和的風及欣賞沿途美麗的

踱步東涌

4A 練曉妍

在那蔚藍的天空裡飛翔穿越一層又一層的雲彩,經過那張長長的石灘,繞過那些充滿油煙的道路, 終於找到屬於我的樓身地——東涌。

對了,我是一隻自由自在的小麻雀,我已忘了為何我會選這裡建我的巢,也許這兒的環境實在太 美了吧。被蔚藍的大海圍繞,翠綠的山羣包圍着,有這樣背山面海的地形,在這城市也挺難找到了。

我的巢就在離市中心不遠的山邊裡,一來我不用住在那污煙障氣的環境,二來這裡也方便了我在 日間到外覓食。而我覓食的地方就是那個會噴水的地板附近。學生上學放學時邊行邊吃而掉下的零食 碎;上班族趕上班時吃早餐而掉下的食物碎,也變成了我的食物。要不附近還有幾間專賣食物的商店, 人們坐在那兒吃他們的東西,只要願意飛過去的話,總是能找到一點麵包碎。不知道是不是人類太少 接觸大自然的關係,我們麻雀只要跳到他們面前,他們便慷慨地把一點的食物掉給我們。吃完後,再 飛回去,他們又會再給我們。這種生活真寫意啊!正因為這樣,居住於東涌的我們全都是胖胖的,不 怕人類的。

某一個炎熱的中午時份,我依舊的飛離巢子,到市中心覓食。那天的確比平時更難找食物,可能 是天氣太熱,人類的心情也因此不好了。我不確定呢,只是猜測,因為我只是一隻小麻雀而已。在那 裡飛了會兒,檢查一番。

我也很好奇,所以我飛到那部相機看剛才的那幀照片。 哈!那幀照片剛剛攝到了小寶寶掙開媽媽後滑倒的樣子,媽媽嚇得不知所措呢! 不久之後,爸爸、媽媽牽着小寶寶取回他們的物件。

傍晚了,我也要回巢了。我一直飛,一直想我第一次從巢裡掉下來是哪時的事了,而有多少人會 記得自己第一次跌倒?我想大概也沒有太多了吧!

幸運的小寶寶,第一次的跌倒也能被攝到了。希望小寶寶在日後的日子裡「跌倒」,也能像今天 一樣自己的站起來,對着他人微笑。

相片是歷史最好的証明。不知當小寶寶你長大後,東涌又會變成怎樣,會否像現在一樣有海有山, 依然的蔚藍和翠綠,會有小麻雀樓生的呢?

那年的秋天,我約了一班中學同學回母校探老師,雖然大家讀同一間中學,他們順 利升上了大學,而我則苦無出路,只好到搬運公司當苦力,只怪我當時少氣盛,只顧玩 樂而不肯發勤讀書。真想回到那種時光呢! 那一天,我比約定的時間早到了半小時,但我是故意的。雖然已經上學六年,什麼 地方要看的都看厭了,但有個地方總是令我念念不忘..... 在東薈城的廣場對面,是一片大大的空地。從遠看會看到許多小孩和幾個青少年玩 耍,儘管那裡空空如也,並沒有什麼遊樂設施,人們卻在那裡自得其樂似的。我慢行到 那片空地,但人們忙忙碌碌的在地鐵站和巴士站之間穿梭,我被逼繞道蛇行。在人群中, 我嗅到各種的味道,有白領的香水味,有工人的汗水味,有餐廳服務員的食物味。

4M 羅赤心

再走近些那片空地,雖然有人們的談話聲,但我仍然隱約聽到蟬的聲音,好像是以 我擺脱了那群人,站在那片「空地」前,才發現那是一個音樂噴水池而不是一片荒 前那些蒸氣火車的聲音。 蕪的空地。噴水池由十三乘十三個小孔在數十塊磚頭組成,水柱會隨着節奏由不同的小 孔噴出,就像有無聲的音樂帶領着似的。噴水池上有很多小孩子在池上玩耍,與路上的 人群形成強烈的對比。我坐在噴水池旁的一角,即使仍有一段距離,但噴水池的水花卻

看見那些小孩,無憂無慮的在噴水池上和朋友玩耍,即使整身濕透了,亦有父母為 把我的臉弄濕了。 他們整理。那種時光,即使流逝了,對於這些小孩,他們也許不在乎,但現在我長大了,

即使有錢,也買不回那種時光。

踱步東涌

踱步東涌

每次從地鐵站走出來,總是聽到小孩的歡笑聲。從地鐵站出口向左望, 4Y 洪詩棋 看到東薈城的戶外互動噴水池。看着孩童們既驚又喜地在水柱間穿梭,心裡 自然開朗起來。

我欲向前,卻遲疑。萬一被水沾濕了衣服怎辦?只能看着衣服全濕透了 的兒童在水中央正玩得痛快。看來,他們從來沒有擔心或考慮過這條問題。 我把身子微微彎下,細心地觀察着一條又一條的水柱從地下蓄勢待發,輪流

的把水柱直射上蔚藍的天空中。有好幾條水柱同時向上射出來,形成一條直 線。小孩們一不留神,便會被那些水炮射個正着,然後他們便咯咯大笑。 在噴水池旁邊的小孩們乖乖的站着。他們的媽媽細心地幫他們擦乾身

子,再換上另一件潔淨的衣服。眨眼間,他們已經滿頭大汗了。看着母親們 微笑着卻帶點兒無奈的表情,令我突然感受到母親的偉大。

蔚藍的天空中一片片白雲慢慢地移動。從太陽射出一道道光線投影在小 孩們燦爛的笑容,我把手伸進口袋裡,把相機拿出來,立刻把這幅美麗的圖 畫拍攝下來。我曾經聽人說過「拍照是令時間停頓的魔法」,心裡希望這些

Chinese Composition

踱步東涌

美。

4C 張子盈

這是天朗氣清、陽光普照的一天。午後的微風緩緩吹拂,令人有懶洋洋的從容。 我站在東涌地鐵站前,悠閑地四處張望。陽光有點剌眼,但照在身上卻使我整個人 和暖起來,仰望着頭上的一片天,看見雪白的雲朵飄浮在澄藍的穹蒼中,簡單而逸

左邊的噴泉打破了這片寧靜。

在灰色的石板上,一道水柱躍起。我不禁慢慢走到噴泉前,欣賞水柱上演的一 場舞蹈。本來漫無目的的孩童,全都聚到噴泉前,蠢蠢欲動,想挑戰這個「水柱陣」。 水嘩啦一聲,掀起了大戰的序幕。腳步聲一起,身邊的幾個小孩就以輕巧的步伐越 過水柱,到達噴泉的另一邊。兒童清澈的笑聲此起彼落,原來有個小女孩被水淋得 濕答答呢!一陣風吹過將噴泉的水花吹到我的身上,不過不消一會兒就被頭頂上的 艷陽蒸發了,身上又回復之前的和暖。嗯,我想是下午茶時間到了,身後的麵包店 傳來陣陣馨香的甜味,令人心情愉快。我揉着正在打雷的肚子,走進麵包店買了-個剛烤好的菠蘿包。酥脆的外皮和香軟的麵團配合得天衣無縫。

我從麵包店出來,走到噴泉旁的椅子坐下,享受着初秋的清風和手上的麵包。 水呼一聲地騰起,又拍達一聲墮地,濺起不少水點。霧花在陽光的照射下折射出一 道簡單而幸福的樂章。水花、陽光、微風輪流在我的皮膚上起舞,十分舒適。水氣、 麵包的香氣在四周飄送,除了滿足,真的不知道遇有甚麼詞語能形容這刻的閑靜。

在東涌噴泉旁,原來一個簡單的下午,已經可以使你領略到難得的幸福、悠閑。 不需要到鄰近的商場購物,不需要乘纜車體驗飛行的快感,只要細心觀察身邊的人 和事,幸福,原來可以這麼近。

踱步東涌

4C 宣淑慧

下了車,我像被放生的鳥一樣興奮地奔向噴水池,今天是星期五,我和噴水池約會 的日子。

離開了巴士總站,遙遙就看見一條條水柱此起彼落。她們一鼓作氣衝上雲霄,如同 百花齊放,然後在最高點重重地落上,不甘地碎了一地。但那又如何?不言放棄的她們 又再次自地底向上衝,才不會輕易氣餒呢!這是多麼賞心悦目的畫面啊!爭妍鬥麗的美 人們各有各的嬌媚,各有各的氣質,把白色等於七彩的道理演繹得淋漓盡致。同一種的 顏色卻變化多端,演化出多姿多彩的艷麗。

那是怎樣的一種震撼!

略略走近,聽到小孩子們的嬉笑聲,像銀鈴般清脆動聽。我看見有長椅,便走近去 坐下,打算在此消磨這個恬靜的下午。怎料甫一坐下,便有幾隻鴿子飛來乞求食物。只 見牠們圍在我的腳邊,仰頭渴望地看着我,我趕也趕不走,煞是可愛。沒辦法,只好走 進附近的便利商店買了一大袋麵包。再回長椅途中,只見牠們仍在等著,似堅信我會回 來。我的嘴角不禁上揚,滿心歡喜地跑過去。

然後,時間飛快地過去了,不知不覺就到了夜晚。

可愛的鴿子都已回巢了,但噴水池卻依然運作,在七彩的霓虹燈下更添一份神秘和 魅力。廣場附近只剩下幾個寂寞的人,如我。華燈已上,卻不炫目。抬起頭,只見幾顆 星星在閃。

這樣的地方,感覺真好。

踱步東涌

 \bigcirc

4C 廖浚宏

由東薈城的門口出去,當我一踏出門口時,微微的水花向我 撲來,我眨眨眼睛,向著噴水池走去。途經地鐵站和巴士站,我 看見有一群學生在噴水池中穿插,有些則在惡意破壞,此時我已 在噴水池的一角,旁邊的麵包店傳來陣陣香氣,夾雜着很多已混 在噴水池的一角,旁邊的麵包店傳來陣陣香氣,夾雜着很多已混 名的氣味,已分不清楚。但仔細一聞,卻聞到麥當勞的薯條味, 想起已令我垂涎三尺。當我回過神來,又聽見結他聲,我回頭一 想起已令我垂涎三尺。當我回過神來,又聽見結他聲,我回頭一 看,看見一個已三十多歲的中年男子在自彈自唱,自得其樂。我 走呀走,不消一會兒,已面向都薈城,此時此刻,我才發覺原來 東涌發展迅速、應有盡有。

想起從前,當東涌還是一片荒蕪的時候,對我來說是一片永 遠都不可能踏足的土地,但現在,我已在這裡住了六年了。真是 光陰似箭!由我搬進來的時候到現在,只不過是一瞬間的事,人 生就像許冠傑的一首歌一樣:「倉卒歲月世事如棋,每局都充滿 售奇……」人的時光匆匆的流逝,每一步都充滿著變化,一定要 捉緊機會,才可以開創理想人生……哎呀!想着想着,原來天都 快要黑了,再不回家就被罵了。

踱步東涌 這條路每一天都是我的必經之路,我從未細味過這裡每 4A 陳可頤 一個細節。每天只跟同學一邊聊天一邊玩耍,但終於有一次, 自己一個踱步去東涌。 當時是夏天的早晨,我慢慢地從逸東邨走到學校去。由 城市轉移到一個新城填有別一番的感受。逸東邨是一個比較 落後的屋邨,環繞四周不外幾樣東西。眼裡只看到屋邨和一 個商場,甫下巴士,就看到很多中小學生拿著一袋二袋的麵 包,狼吞虎嚥地把麵包塞進自己的嘴巴裡,他們都害怕遲到。 另一方面,看到一些上班一族,在茶餐廳享受他們豐富的早 餐,非常吸引。沿途傳來一陣陣的麵包味,原來「蛋撻王」 剛剛出爐了最新鮮的麵包。在商店外望着金黃色的蛋撻,有 咖啡色的面上有一層薄薄牛油的麵包霧出一陣煙。我把持不 住就買了一個麵包,真的好吃。穿過了商場後,看到很多滿 頭白髮的老公公和老婆婆坐在長椅上談天說地、有講有笑, 又有一些家庭主婦一邊播着古典音樂一邊跳舞,跳得像蝴蝶 ▲ · 局歌起舞。不知道這些是不是余老師所説的七十歲時 可以隨心所欲呢?

穿過逸東邨後,慢慢地繼續我的旅程。

回望過去,一陣薄薄的微霧籠罩着逸東邨吹來暖風。治 途各種的樹都開了花有黃的、綠的、紅的,擁有鮮艷的顏色, 為泥土加添了一分色彩。再望上天空的時候,天空沒有帶上 一絲雲彩。距離上時間還有一分鐘,周邊的同學飛快地奔馳, 而我繼續慢慢地走向學校。 Chinese Composition

紫● 荊路—— -譚家桓

5A 岑珮賢

每年紫社也是排名包尾,令紫社的隊員大感失望。其他社也有着每種不同的精神,一種「永不 落敗」的精神。紫社就是需要這一種盼望。現在紫社有一個素未謀面的年輕社長譚家桓。這麼多年來, 他是一個既普通又沒有人氣的平凡人。到現在起,他不貪圖贏了比賽後的威風及權力,而是靠累積

團結面對

四社的競爭,是學校其中一件令人感到興奮及振奮的事。每當一個沒有經驗做社長的人,做了 -個公眾人物,很自然便會希望作出一些貢獻。

「一開始,我只是擔任小角色,礙於身份,難以解決問題。作為社長,他的話是最有説服力, 也讓隊員更易團結起來,並能為自己的社帶來希望。一些事情如果由其他人執行,一定不會如社長 執行那麼有權威性,也沒有那麼多人願意聽命,所以我要站出來,去幫助紫社所有人!」

為了紫社,為了團結,譚家桓努力不懈,不貪圖名利。

機會降臨

問到機會降臨,記者猜測是否老師突然提出這樣的要求︰「譚家桓,我想你做紫社社長!」他 聽到這番話後就肯定的說:「就是這樣了!」這一句話源自一個歷奇營。「在中四歷奇營的某個晚上, 我跟那位老師談天,發覺我們的思想很相似,某些重點更是一致。經過這一次,他認為我是一個不 錯的「同伴」。最後,萬萬也想不到,那位老師就是本年度紫社的領導導師,所以他便推薦我作社長。 當我擔當社長一職,我會將過去盤算已久的策略方針施展出來,以全力管理紫社為義務。」

特別革新

歷年來,紫社永遠是包尾。問到他有甚麼革新去協助紫社闖過每一關。他說:「其實每一次比賽, 紫社也沒有可能包尾。但是究竟為甚麼呢?就以運動日為例,可能有人根本沒有參加過比賽,才導

「除了口試及問答比賽表現較為標青外,其實今年最主要的目標是取得啦啦隊的第一名。一 年的任期,其實能做到的不多,但只要我的思想方向是對的,下任或其他社長就會跟隨我的方針行

, 「紫社輸的另一個原因,莫過於是歸屬感。紫社的隊員,認為自己一定會輸,所以就不會去嘗試。 就像中國人看到自己的國旗,自然會有種說不出的澎湃感,而我的社就是需要這樣的感覺!」 「就算我不能帶領隊員贏取這場比賽,但是能夠提高士氣,已經足夠了!」

這樣看來,譚家桓是一個理性的好社長吧?

朋友便是工作伙伴

問到分配時間問題,會否忽略朋友及學業時「朋友是工作伙伴,在社裡不斷幫助我,也是最信 得過的朋友!」「有些朋友並不在社裡,我也會找時間去聯誼一下,例如:韓燒、打邊爐……」 「其實跟以往相比,不論是學業壓力,以致擔任社長所帶來的責任,都是慢慢的增長。忙是有的, 但並不會因此而忽略學業。」

不賣樣為自己宣傳

「其實為自己宣傳是其次,做一個好社長,莫過於管理好自己的下屬!」當他說出自己的計劃後, 發現他真的是一個頭腦清晰的社長。他更希望能夠打入外國市場,跟不同的人有深入的交流。EJ是 譚家桓的競爭對象,又是學習對象。「EJ人氣高,又深具領導才能,從他帶領啦啦隊一事就能看出,

臨走時,他不忘向我道謝,當一個大禮貌的社長,將會更受人歡迎,我在這裡為他打氣! 以做的就是,期待他的成功吧! 他這些行動,將帶領他茁壯成長。

3 今天,戴皓文在這裡承諾,他會盡全力當一個成功的社長,努力為同學服務。那我們可 後記

我感受到有種蛻變的感覺,更成熟、更讓人佩服、更讓人信賴。

這只是推動力,而不是「壓力」,他甚至笑笑地反問我當社長會有甚麼壓力。看來,這真的 不足為患。當然,就算他真的有甚麼壓力,面對着書法,所有壓力都被書法「寫」去了。 想起問過他的一個問題:「你認為當社長要有甚麼條件?」他只是簡單的回答一句:「盡 好本份就可以了!」他所言的本份就是他的自我介紹:想把一切事情變得更有效率。他已經 做到了,毫無疑問地達到。在他的眼中,我看見了堅定,只過了短短的一個多月,他已經令

出一日。 土瓜 (1977) — 11000 日 八尺 , 19 旧 當了社長後,時間將會更不足。他說他不怕兼顧不了學業,忙慣了,時間向來也不足夠。 一年的工作,至於領導別人,對他而言,只是小事一樁。 不過認識了他這麼久,成績也是不錯的,我也不會替他擔心。壓力?他說他沒有,對他而言

社員一起創作傳奇、達到目標。就憑他多年領導的經驗,說來好像不多,但已經足夠應付這

的。別人一直都認為社長一職他是十拿九穩,他卻說這都是歸功於賞識他的老師們。 「感謝各位老師的幫助與提拔,教我成長了不少,甚至全力支持我當一個社長、當一個 榜樣。」很記得他這一句說話,雖然還未算名成利就,他依然充滿信心,希望能夠帶領所有

其實在過去的四年,他已經當了紅社的委員三年,對紅社的運作早已熟悉不過,也是當 己的社也會關注起來,這件事我自問真的做不到。 紅社社長的最佳人選。對於當上社長這個位置,無可否認會有興奮的感覺,這是最令人驚訝

無論他只是一位成員、委員或是社長。他甚至認為只要相處久了,歸屬感就自然而生,對自

就如他對紅社的歸屬感一樣,他認為身為社的其中一員,就有義務參與、投入所有活動, 達到目標,取得成功的一環。

他是紅十字會的成員,經過多年的訓練後,甚至成為了「傑出紅十字會青年」,也是紅 「已經熟悉不過。」 在高中二年級這一年,他當上了四社的其中一位社長,紅社的實力一直與冠軍藍社不相 十字會的領導員,對領導這工作已經熟悉不過。 伯仲,假如要取得冠軍,需要更進一步的努力,他相信只要所有成員一起齊心合力,便可以

今天的戴皓文,依然是大家眼中的同學,只是成熟了。

他從小已經開始當上隊長的位置,對於社長這個位置早已見怪不怪,壓力?也沒有了, 自從成為「紅社社長」戴皓文每次現身,例必行色匆匆。 最怕的就只有應付不來,他予人的印象卻沒有做不來的事情,他是個負責任更可以信賴的人。 他是班代表、辯論員、紅十字會會員、紅社社長,甚至是一位書法家。 當然當社長會有艱辛的時候,他依然沒有放棄,甚至勇於承擔,我認識的他,長大多了。

戴皓文 創造紅社傳奇 他在面書的自我介紹是:「一位青年想把一切事情變得更有效率。」

區珈瑜

F.

從《少林寺 第八銅人》 看中國武俠小説文化

5M 郭韋廷

中國小説博大精深、源遠流長,其中以武俠小説最為代表。武俠小説,象徵傳統武功、武術結合文學 的結晶。古代「俠者,以武犯禁」,在公差眼中,許多所謂劫富濟貧的大俠可能是頭號通緝犯,未必是大 家認為的為國為民。也為此,也只有小説才能帶出武俠的精彩。在武俠小説中,分為武文化及俠文化,武 文化是以武術為出發點,於小説中描寫出中國傳統的武術文化。俠文化便以俠客為出發點,於小説中成為 媒介,表現出武的真摯,那種為國為名的正氣。「武」也視一種手段,以這種手段映襯出「俠」的光輝, 其中角色價值觀,變成為小説中的中心思想。「武」,義為「止戈」,是以武力平息干戈,換句話説,武 最初目的乃以武力停息爭執,所以,武俠小説便劃分的正義以及邪惡的支分,以邪惡襯托出正義的完美, 人們也藉此衍伸出英雄文化。「習武之人理當為國為民,一盞難而報復,佯作自甘墮落,這股氣勢該發作

發作了。

「『正是在下。』七所拍拍屁股站起,徐達與常遇春吃驚,一個揮拳一個劈掌,不猶豫便往七所身上 轟去。 一扎眼,這兩個門神般的人物在半空中翻了一轉,重重地跌在地上。」在九把刀的小説中,主角 七素扮演者一個從小耳濡目染着功夫的鄉下窮小子,嚮往着能上少林寺習武。但投身其中才發現,當初的 憧憬早已不在,有的只是墮落的酒池肉林,學功夫要銀兩的武學補習社。但七索卻能在逆境中,不受環境 和少林寺的價值觀所影響,保有真實的自我,與夥伴張三丰在方丈的幫助下,習得易筋經,並打敗大壞蛋, 成為丐幫幫主,研創太極拳。

武俠小説最重要的乃為箇中的武術,一幕幕的武打場面,勾畫出主角的英雄性格;「而七索一個見 龍在田接下不殺此掌,身子為了消卸巨力,不由自主往後一彈。」主角七索不但學會少林寺的最高武術 《易筋經》,還習得丐幫武術,且自創太極拳,這種只有在小説才出現的場景,卻深受讀者喜愛。七索成 為書中武功蓋世的英雄,實現英雄等與正義的一貫作風,已不放棄的精神,打敗奸角。

在武俠小説中免不了主角自創武功,之後成為武林至尊。主角七索以及練武夥伴張三丰因旁觀少林武 學,便自依樣畫葫蘆地學起動作,每日勤奮練習,練習心法,且破舊立新,以以柔克剛為基礎,自創出新 一種武術,打敗不少以銀兩學習武術的師兄。張三丰以七索的別名太極命名,取名為太極拳。

俠義也是武俠小説中最不可或缺的一份特徵,他結合了武俠以及忠義,產生出新的價值觀。不同於忠 義的是,俠義以武俠與武俠之間的互相信任以及幫助下成立,在武林中,正義的一方總是幫着有相同價值 觀的武俠夥伴,並以義氣為基礎,展現出俠客的豪邁英雄正氣。「切下了七索的廢臂跟趙大明的粗臂,互 相對調,以神乎奇技的技術將兩人的手臂切斷,再縫合裡頭的經脈與血管,待得斷骨自然叢合,血性恢復 後,這兩條手臂就跟自己的一樣。」在與奸角一陣打鬥後,七索失去了雙臂,講義氣的丐幫幫主趙大明二 話不説便將自己的雙手切下,並贈送給七索。這種無私的奉獻,恐怕只有武俠小説中才呈現的俠義。

另外,少林寺的方丈,外表看似貪財懶惰的主持,但他卻是為了幫助七索以及張三丰習得易筋經,以 對付大奸角,而默默隱藏自己,曾多次幫助二位度過難關。有時俠義是不得不違裝的,不適當的身分無法 做出適當的事情,而以假扮的身分,或是隱藏身分暗中幫助他人。有時是為了他人的面子著想,不想讓他 人認為自己是不需要受幫助的。這種不顧一切去幫助它們在現今社會中也常見,暗地裡幫助他人,卻是為 了他人著想,默默關心他人。

武俠小説之所以吸引人,其原因豈止是打鬥的畫面,而是小説中那一個個武功蓋世的英雄所給人們帶 來的影響,哪怕只是一個踢腿,或是一個揮拳,都成為人們小時後嚮往成為的人物。書中主教的人物性格, 往往都成為人的爭相學習的對象。作者九把刀在書中提到:「不管在哪個年代,小時後,每個人都想成為 英雄。看著卡通,就幻想將來弄台無敵鐵金剛開開。翻着西遊記,就想成為一個翻時萬八千里的孫悟空。 當然,看完武俠小説,最想做的當然就是習得一身好功夫,打擊犯罪,為國為民,成為一個正氣凜然的國 民英雄。」

武俠小說帶來的不只是一種俠客精神,更重要的是有一份正義的心,中國古代小説,推崇的一種高尚 文化,就是希望能夠以小說帶給世人正確的人生態度以及價值觀,讀者們要吸收的不單單只是表面上的內 容,而是內容背後的深層意義,那才是小説好看可取的地方。



故事一則

5Y 李浩延

「情況就是這樣。」「我明白的。」

在一間燈光通明的房間裡,有兩個人在對話,先說話的是一名帶着眼鏡,身穿白袍的壯 年大叔,給人一看上去就知道是知識份子的感覺,他正坐在這房間中唯一的電腦桌後面,顯 然是這間辦公室的主人。在他正前方的是一個穿着黑色西裝,和他年紀相若的男人,但那男 人臉上的滄桑,反映了這男人嘗過的磨鍊遠遠超越了他。

「作為你的朋友。」白袍男人開口了。「我認為你應該先處理好公司的事,畢竟這比較 重要,然後就是你的家人,抽一些時間陪陪他們吧!修補一下家人之間的關係也很重要的。 你知道道的,你近來會變得很忙。」

「我一直以來也是如此忙的吧?」西裝男人苦笑着。「但也多謝你的建議,下周再見吧!」 道別過後,西裝男子便從座位中起身,離開了這個房間。在往後的數天,西裝男人開始處理 公司的事務,好給其他股東一個交代,但他要處理的事務好比一座山,這就是大企業的行政 總裁的職責吧,他如此安慰着自己。在公務途中,他也不忙抽空陪伴他的家人,看着自己的 兒子如此活潑,看着自己的妻子如此愉快,浸淫在這種如夢似幻的時光中,他綻放出久違的 真心笑容。

「然後把這個……接着……很好,解決了。」西裝男人的手像野兔般游走於鍵盤上,伴 隨着解決了的一聲,他的動作停下來了,他的工作也告一段落。他整個人攤在椅子上,彷彿 失去了活動的動力。他看了一看放在桌子上準備送給兒子的禮物,深深地嘆了一口氣,輕輕 地閉上眼睛,慢慢地沉墮於回憶之海。他回想起來,自己以往只注重工作,只注重名利地位。 在這資訊發達的年代,每一刻每一秒也充滿變數,作為公司的領導者,他的反應必須變得更 快,因此他漸漸變得討厭等待,討厭「慢」所帶來的種種變化。他否定了工餘時間,也否定 了與人相處的時間,他恍如一部只懂工作的機器,感情也漸漸變得遲鈍。但在這幾天,就在 這短短的幾天,他察覺了時間所帶來的溫暖,所產生的光輝,尤如重新點燃靈魂之火的聖火 一般,他想保存這小小的火苗,不讓它消逝於黑暗中。

咔嚓一聲,辦公室的門被打開了,西裝男人往前一看,映入眼簾的是穿着黑袍的男子, 他並沒有見過這個人,但他心中卻沒有驚訝或詫異的感覺,只有一片寂靜。「看來你過了一 陣子休閒的生活嘛!能和妻兒共享天倫不是挺好嗎?」黑袍男子笑道。西裝男人知道來者並 無惡意,説:「還不是和以前一樣?」以『趕』字為生存目標,只是這次的目的不同而已。」 「會後悔嗎?」黑袍男子問。「我後悔以往的決定,我現在只侈望能擁有更多的時間去延續 此夢。」西裝男人答。「等下次吧!」黑袍男子笑道。「也對,如果我沒忘記的話。」西裝 男人也笑了。「那麼走吧!」「好。」西裝男人跟黑袍男子走出門外,他仍掛着那久違的笑容,

曙光 ●「談」● 家桓

5Y 潘詩朗 學生向來沒有選擇社的權利,被編進任何一個社都只能説是緣份。 紫社的成績一直都是「包尾」,而譚家桓在過去數年只是安份的做一名社員。 他或許一早已默默地為這一步鋪路。 人總希望把自己所想的實現。 然而社長的壽命向來只有一年,在短短一年間他又打算如何達成目標? 做一個社員,只要在陸運會、水運會等大型項目中參加賽事便可。 責任小,把社員的本份做好,很簡單。 做一個社長,卻要在大型項目舉行前説服社員參加比賽,以獲取社分;亦要滿足社員要求,自己更要參與多樣

項目,以身作則。

責任大,把社長的本份做好,很難。 做好紫社社長,更難。

説服力

素來行事低調的他原來一直都有做社長的念頭。

「以前我只是一個小人物、小角色,難以做出很大的貢獻。今年能夠爭取到做社長的機會,有些事要從社長口 中道出來才會有說服力。例如有一個委員長走出來說:『我們要團結,我們要有歸屬感』我認為沒人會聽他的勸。 有些事必須由一個有相當位置的人說出來才能説服群眾。」

命運

機會都是靠爭取得來的,成功更必須靠七分努力,三分運氣。

他説得到這個機會要謝謝招老師。

我問他:「招老師該不會跟你説: Kelvin 我想你做社長……」

「對!就是這樣。事緣要從中四的訓練營說起……當晚我如常地進膳,然後到了男宿舍休息。那一晚住在宿舍 內的男孩玩得很晚,我就跟招老師聊天,驚覺大家的概念與對問題的看法都十分一致。當時我只認為招老師是一個 很好的聊天對象,沒想過他會是今年的社導師。機會大概是從這裡來的。」

整個過程讓人感到有注定的感覺。

方向

可是紫社在歷年來的成績都未如理想,要把紫社做好絕非易事。

聽過他在副社長選舉中的演講後,他清楚表明了他的宗旨是歸屬感。

「應該從包尾說起。其他社的社員在參加活動時都十分踴躍,反觀紫社社員都因為認為會輸而拒絕參與。今年 我要提升大家的歸屬感。比方說大家看到中國國旗會感到很澎湃,會認為自己有一顆中國心。現在我要設計一個 Logo,讓大家看到時會認為這Logo是代表自己。不過這只是第一步。今年有另一個目標是要在啦啦隊比賽中勝出。 其實在過去的陸運會中,個人冠軍的數量並不少,但為何仍然輸?是不是有些人並沒有參與?我答應了一部份紫社 社員,如果勝過了黃社便為他們設計的紫社衣服,以示嘉許。勝過黃社只是一個額外的獎勵,最重要是能提昇紫社 的士氣。由於只有一年的時間,或許不能完成太多東西,但我相只要為往後的紫社社長設定好一個方向,他們跟着 走,便是邁向成功之路。我為何會認為大家會跟隨我的方向?如果我們在今天勝出了,大家不就認為這方向是正確 的了嗎?即使我們並沒有勝出,但士氣依然會提升,未嘗不是一件好事,所以我認為大家會跟隨這方向。」

人氣

過往從未試過負擔起如此重任,責任感大了,壓力都大了。

一個社長需具備人氣,往年紫社眾所周知的社長哥哥,今年打算如何為自己提升人氣?

他笑説自己的人氣並不太差,具備了一個社長應有的自信。

「應該一步一步來,我今天與低年級生交流了一陣子,而且我的賣點並不是外在美。不需要刻意去宣傳,大概 只要管好自己的下屬……在委員會中我劃分了數個部份——有美術組、啦啦隊組以及行政組。而我亦相信自己把事 情交托予合適的人選。成果出來了大家便會知道背後有人會在做事。我心中一直都有一個管理紫社的藍圖,可惜, 每一年都與自己想像中的不符。今年我就要站出來,試一試,是否可以幫助紫社。」

學習

社長並不是一個普通的職位,好的東西自然會有人想要。

今年有個質優良的競爭對手 E.J. 與他競逐社長一職,他笑説大家見面時沒有尷尬,沒有壞感覺,看得出來大家都有相當的量度。

「E.J. 的人氣和在啦啦隊的領導才能都是十分值得學習的。」

他很慶幸大部份的朋友都是紫社的社員,而其他社的朋友有空亦會聯誼一下。他説他能夠平衡社長的工作與個人的生活。

後記

在訪問有關人氣的部份,他說及「管好下屬」,大家都笑了。 他的確是一個很好相處的社長,而且對每一件事都十分認真。 為了我們的訪問,他甚至把同學的約會推掉,並仔細地回答問題。 今年紫社好像看到希望了。

充滿悲情的香港人

5Y 呂嘉琳

F.

充滿悲情的香港人讓你想起甚麼呢?香港人的言論自由漸漸被減少、香港人的地位被自己 看不起的人超越、香港人的快樂指數下降等。可是這些全部都不是我想説的主題,我比較想説 出「身在福中不知福」的悲情。

偶爾在一輛巴士的坐位的背部看到「身在福中不知福」的字句,讓我頓時非常感觸。這不 是單純情緒的,而是藉着這句子,讓我思索更多。我出身於幸福的九十年代末,科技和經濟正 直再次起飛的階段。甚麼工廠、制水、飛機欖和五毛一瓶汽水已經差不多成為過去式,因為我 們正步入千禧和數碼年代。人們都在追求他們理想中的幸福和天地,走着走着就到了二零一一 年——一個多事之秋。

看着香港人所追求的幸福,我不禁看得傻眼。五月一日是決定最低工資的日子,是勞工及 福利局局長張建宗形容為香港歷史性的一刻。如果這是港人的幸福,我只能說這是一個遺憾的 幸福,和一個與港人最終與幸福背道而馳的結果。由香港人說希望把時薪增加至二十八元開 始,總是隱若覺得結果將會是互相剝削的開始的一刻。雖然在還沒有訂立最低工資的時候,打 工的總是被壓搾的一群,這是多可憐。可是當爭取成功時就能減少悲劇發生嗎?所以我才說是 互相剝削和悲劇的開始。

從五千元推升至八千元的工資,這就是人民的幸福?要用錢衡量本身就是一大錯誤,用錢 量度幸福所付出的相等「責任」實在太多。有好心的商人,會希望挽留員工們而付出昂貴的工 資;有惡質的商人,會為了減低開資而解僱員工。有人會説這一切都是交易、弱肉強食是社會 生存的一環,捱不住的人就會被淘汰。可是這其實是錯誤的根本:即使自身沒有特別的技能, 還是為了自己或是家人挺身而出四出工作,一天工作二十至二十二小時不等,何「弱」之有? 人們把「弱」的設定錯誤。人與人一定要在金錢上的掠奪中,取得強弱的高低是悲劇。

有一部戲說:「錢就是我的靈魂,別人偷我錢等如偷了我的靈魂,我不能活下去。」那人 是一個黑手黨的領導,結果他死於警員的槍下。可是在我眼中,那領導發脾氣的原因是信任的 手下從自己手中偷走七千四百四十萬的巨額。所以説身在福中不知福是招來死亡的要素,亦就 是不把「福」當作一回事的人是愚蠢的。可是,這番話不只是對那些富戶、富商、中產的、窮 人,更是對着我自己説的。

幸福九十代的年青人當然不用因二十八元時薪而擔驚受怕,所以更要努力明白「福」的意 義和所在。絕不能成為悲情的一員,錢與福的寫法根本不同啊!

不一樣的教師——林紀庭

5Y 張梓翹

在港青基信書院的校園裡,林紀庭老師往往在芸芸的人群中表現出眾。他的一舉手、一投足,都會引起同學們的 歡呼。歡呼聲不是因為他的成就,或是他的外表。歡呼聲是源於他能打破一貫老師形象,有個人的獨特風格,更重要 的是能夠和學生打成一遍。究竟他是一個怎樣的教師?

「兼職」演藝

老師往往給學生一個嚴肅的形象,做事規行矩步,要跟學生保持距離。要老師上台演出更是比登天更難。可是, 林老師卻鶴立雞群,有別於一般的老師。他十分喜愛演出,每次學校的活動也積極參與,而他的表演項目也頗不同。

在香港,主流的音樂主要是流行曲樂,相反林老師卻精通多種中樂。他説:「小時候,因為媽媽喜歡中樂,所以 學習中樂。後來,自己喜歡上中樂,因為我覺得中樂可以反映和體驗到中國的文化。」在香港,懂得中樂的人比較少, 他從小有很多演出機會。他自豪地說:「懂得演奏中樂,為我帶來優越感。亦間接提升我個人的表演慾,因為透過演出, 我獲得很大的成功感。」在三年前的學校周年紀念中,他亦曾表演過中樂。

在今年七月的音樂日中,林老師在全校老師和同學面前,表現了勁歌熱舞。他施展渾身解數,表現了香港舞王郭 富城的 SAKURA。他的精湛演出換來如雷貫耳的掌聲和尖叫聲,甚至有學生湧到台前和他握手和擁抱。表演對他來說 又是甚麼的一回事?

「我是一個喜歡新嘗試的人,表演也是其中一項。所以除了演奏中樂外,也希望嘗試用其他的表現方式,例如: 唱歌、跳舞等等。當表演的時候,當自己是專業的表演者,對自己有信心、全力以赴,一切的緊張、害怕都不見了。 在表演的過程中彷彿在和觀眾交流。」

演藝工作和教師好像是大相逕庭般,熱愛演出的林老師會否因此而影響他的老師形象?他認真地回答說:「我認 為演出跟教書是兩個不同層次的事情。當作為老師的時候,應保持老師的形象;當演出時,則是表演者的形象。彼此 之間是互不影響的。」

雖然林老師在學校的正職是教育學生,但因他熱愛舞台演出,在學校裡彷彿是兼職的表演工作者。為乏味的校園 生活增添了色彩,同時亦在同學們的心目中留下深刻的印象。

「被隱藏」的一面

在學校看到的林老師總是面帶笑容,常常和學生開玩笑。當提及到學生跟他取的稱號「香港先生」時,他笑說:「這 個稱號感覺很親切,無論是出於貶義或者是褒義,我認為這稱號令我和學生之間的關係變得更加融洽。可是,凡事都

林老師除了這個固有形象,還有一個鮮為人知的另一面。他在訪問的過程中多次提及自己是「一個積極進取、永不言敗的人。就是因為這個性格,令他做事能從一而終、不會半途而廢。他分享了一個從前的經歷:一次二胡九級考試, 第一次考時因為表現不好,所以已經知道自己會不及格。但是,因為我不喜歡半途而廢,所以堅持練習,在第二次考 試時終於及格了!」

現在,林老師的性格依然沒有改變,仍是積極進取、永不言敗。他堅定地説:「小時候,我已經想當老師了。雖 然現在老師的工作不只是教育學生,而且要肩負不少的行政工作。可是,我沒有想過放棄老師這職業,因為一來自己 的性格不喜歡輕易放棄,二來做老師得到的成功感是與別不同的。」

林老師不但做事積極進取、永不言敗,而且還好學不倦。他認為人生需要不斷進修,所以他最近也參加了翻譯和 音樂的課程。

林老師雖然跟傳統的教師有所不同,他打破一般教師的死板印象,但他亦同時是學生們的好榜樣。他不一樣的個人風格,令他在不同的範疇也獲得了成功。他還是一個很好的例子,因為他能告訴人們,不要被預設的框框牢牢地困住自己,把那些框架打破,個人的色彩定會綻放得更光芒、更耀眼。

中五級偶像 -- 呂嘉琳不為人知的一面

5M 吳晞柔

每個人無論在學業、朋友、家庭和愛情上也有不為人知的一面,這些不為人知的一面可能是好 也可能是壞。而我們文武雙全,深受中外國人歡迎的中五學級像呂嘉琳也擁有她不為人知的一面, 究竟這不為人知的一面是好還是壞呢?

學業上不為人知的一面

在很多同學的眼中看來,呂嘉琳同學的成績一直是名列前茅又或是遙不可及。但她本人卻否認 了這點,說這是一個誤解。原來她在學業上投放的精神及心機只得很少,在她認真的媽媽的眼中, 呂嘉琳同學的學業只是一般,但在同學的心目中這已是非常認真了。果然人不可以貌相,呂嘉琳同 學的一般努力已等於同學們心中的非常認真了。

由於呂嘉琳同學平易近人,很多同學都喜歡跟她交朋友,而呂嘉琳同學亦採取一個「你對我好, 朋友上不為人知的一面 我亦對你好。」,「你對我差,我便不會對你好」的態度,令她身邊的朋友成千上萬。但原來由於 在呂嘉琳同學的身邊盡是一群太過熱情、積極和煩的朋友,所以她其實希望能交到一些比較安靜、 冷漠的朋友,好讓她能平衡一下身邊精力過剩的朋友們。

從呂嘉琳同學的談話上經常都會聽到她提起她的母親,亦從而得知她和她母親的感情非常好, 家庭上不為人知的一面 就像一對朋友一樣。而很多同學亦以為她跟她父親的關係不好,因為她基本上都沒有提及過她的父 親。但原來她和父親的關係也很好,只是父親的生活比較忙碌,令她和父親相處的時間不多,所以 亦沒有提及他太多。看來同學對她與父親的關係不好這個誤解也能消除了。

當同學們經常都談論一些關於愛情的問題的時候,呂嘉琳同學卻會擺出一副事不關已的模樣, 愛情上不為人知的一面 但何解呢?原因是因為她母親看太多愛情小説,而令呂嘉琳同學對愛情產生一種認為戀愛是非常麻 煩及可有可無的感覺。看來這個就是母親帶來的陰影呀。

男子氣既後一為人知的一面

相信認識呂嘉琳同學的師生也認為她不像一個女生,更擁有比男生更像男生的男子氣概。但其 實在這男子氣概的背後,她也擁有一個女生的秘密,而這個秘密就是像她這樣一個不愛普通女生活 動(扮靚、發夢)的帥女生從前也有玩過芭比娃娃,而且還是經常玩的那一類。這個消息真是令人 驚訝呢!看來真的人不可以貌相呢。

看來到目前為止,中五級偶像呂嘉琳同學不為人知的一面也被知道得七七八八了,希望這些不 為人知的一面能協助各位,重新認識真正的呂嘉琳同學吧!
New ways of thinking

The notoriously infamous terrorist attacks linked to the extremist Muslim group Al-Quaeda have led the masses to unjustly put the blame on innocent Muslims around the world. Koran burning, defacement, vandalism of mosques and severe racial discrimination are just some of the several punishments many Muslims face today. The void between Muslims and the rest of the world widens with each passing day and Muslims are more and more perceived as bloodthirsty killers. The cultural exchange programme I undertook not only opened my eyes to the enigmatic Muslim community, it also allowed me to learn their way of life and the importance of opening up to other cultures. Here are

some interesting features of our peaceful, yet misunderstood neighbours. The purpose of this trip was to introduce and compare two contrasting cultures, namely, mine and

theirs. I was very surprised at the differences in the values of the two. In my culture, a mélange of modern and traditional, success is measured by achievement. Educational, occupational and even social achievements are what matter; a wealthy, healthy and stable person can do anything they desire. In the Muslim communities, success is measured by family honour. Their deeply religious roots state that the father is Allah's representative of the family and the family name is not to be tarnished by misdemeanor and rebellion. Arranged marriages, a practice that horrifies many people in my

culture, are considered successes to Muslims and the family honour shines through. This 'work for the well-being of the family' was hugely different from the individualistic culture that I was used to. "Equal opportunities" and "feminism" are words not unheard of in my culture. Specific gender roles

have been blurred as women began taking up jobs and it became socially acceptable for men to be in charge of keeping the house. My Muslim friends thought of this as atrocious and did not see the need for it at first. In their society, family roles are very important not for male dominance but rather for the sufficiency and sustainability of the home. The father was to be the principal bread-winner while the mother was in charge of the housekeeping. The sons' primary roles were to learn as much as possible about earning and getting the best education while the daughters were to be trained as perfect and poised future wives and mothers. While this may seem sexiest and rather unfair to women, I was surprised to find that the females loved the concept and they ended up, indeed, as perfect wives and

mothers - qualities many so-called liberated women of today fundamentally lack. So where were the bombs, terrorists and violence? I could witness nothing but peace, love for family

and dedication. Perhaps the media was blowing the matter way out of proportion, unfairly accusing all Muslims of being liable to initiate terror attacks. This type of cultural discrimination is no stranger to Muslims around the world who are daily stunned because of their faith. The exchange programme instilled within me an urgency to defend people's rights and to call on anybody brave enough to stand firm against cultural discrimination. I highly recommend people to go on a cultural exchange programme to leave their comfort zones and venture into unknown territory. Rest assured, they will immerse themselves into new ways of thinking and emerge enlightened.

Pauline Zelia Mangente (7Y)

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Date: 31st October 2010 Time: Up to you Venue: Cathay Pacific City Cost: Free first time, after that \$10 for everyone. Free for Cathay Staff Tickets are available at the spot

Don't miss this once in a lifetime opportunity

A leaflet by Neil (1H)

Will or not?

When I opened the door I was completely amazed because standing there was a stunning person dressed in a bulky, ancient yet stylish outfit. He was wearing a peacock hat and a white collar with stripes, and a fashionable black fur coat with gold badges on it. On his legs he wore silky white leggings and black leather shoes. In his hand he had an ink pen made from a feather. Guess what – it was William Shakespeare!

He was standing there staring at me with his sparkling, spooky eyes and smiling with his red, passionate, thick lips. I felt as though my heart was in a disorder of natural blood circulation. I was totally speechless! Because of my fanatic admiration for him he had taken the initiative to find me. Dear William Shakespeare thy heart shall never be replaced. You made me fall into the infinite breathless abyss. My undying fondness could hardly even burst out in tears.

Then he vanished – was it reality or an illusion? No matter, I just want to dedicate my devoted fascination to you. Reason and love keep little company together!

Intoxication

From a word to a touch To your hand in mine, I am obsessed with you so much Which can only tell by time.

With tender fingers your touch is a fire, Sensations linger then turn to desire. Protective arms holding me tight, Losing my mind in your power and might.

Everything you do Takes my initiative to woo. Everything you say, I am falling for you more each day.

Every time I hear your name A smile forms across my face. This feeling is just the same, That I know nothing can replace.

Let's not rush, This might be just a crush. Let's take it slow, As this is how love can grow. Charmaine Lee 6C

Pressure

It is December now. The pressure of exams is coming closer and closer. The pressure of not enough time is expanding. Fear of the A-level exam grows stronger and stronger. Hour by hour the study schedule is arranged and the time for relaxation has been moved to the end of the list.

Whenever I feel the pressure of study I try to escape. I have tried escaping class; I have tried to ignoring what the teachers say; I have tried not revising anything for a month. When I try to escape, I feel even more stressed and encounter even more problems when I start to revise again. The cycle begins repeating itself, escape and revise, revise and escape, making me further behind the rest of the class, further behind in my study plan. I would tell myself that I was tired and needed rest when I could not withstand the high pressure. Lying on the bed, and sleeping are my ways to hide from the high pressure. This, of course is not a good means of tackling the problem, but I really can find no other way to vent my stress.

Teachers, social workers, family, classmates and other authorities have suggested ways of relaxing and solutions for the tension. Doing exercises, talking to others, writing down stressful issues do me no good. I do not find these useful. Doing exercise can be a good way to ease stress, but I am not a lover of sports. It is good when I speak to others about my concerns but the benefits are short lived. By writing down the problems, I feel like I have spoken to someone. But I want replies and the envelope never comes. I have to write another letter to myself for the answers.

All this is wasting my time and may not be practical for exam oriented students. So, what should we do? What can help us tackle our problems? What can ease our tensions? What can I do to avoid skidding off the track?

I still have not found a way to vent my stress, but I have gained great assistance through my journal. At least there will be a reply to my 'letter' and I enjoy writing the journal and reading the comments. Despite the high workload, the journal becomes my first priority, even though it is a really time-consuming job.

Every entry comes from my heart and I give of my best. This is really helping me to ease my tensions. Leung Chung Ki Wendy (7Y)

Time

We are like a fallen leaf carried by a river called time. The river brings us towards the future even though we do not wish it. We can only follow the rhythm of the river, watching things pass by and not being able to pause for a while. Sometimes in front of us there are stones and tree roots which we are forced to overcome.

The river always ignores our feelings. Every time you want time to pass more slowly, it will run faster. If you want it to go faster, it will flow more slowly. I remember once I had a debating competition in which I was presenting the conclusion. Although I had worked hard on my preparation, I still felt very nervous. I wanted to stop time so that I would not have to give the speech. Time didn't listen to my wish, it still pushed me to the front of the audience. Time can be very cruel but it does help us to face difficulties, especially those of us with little courage. It lets us understand that we have the ability to solve problems.

The cruelty of time also shows in its regular steps. As time is divided into seconds and minutes, a fixed limited time interval is formed. Our homework, class work, projects all need to be finished within a limited time. Time becomes an unseeable hand directing us to finish our work within a given period and each step we take reduces the time remaining in our hands. All of us, on the day before an exam, have had the experience of everyone doing revision at school, at home, on the bus or even when they are having lunch. They know there is not sufficient time and they will fail if they continue to waste it. It is easy to see that time stimulates our potential ability.

As time is limited, we always rush towards our targets while taking care with each decision to avoid making mistakes. Time will never go backwards to allow us to choose again. Many people do not think of the consequences before taking an action, so they regret what they have done - the pattern of a dress they bought, the harmful words they have spoken, a job poorly chosen. The only way to prevent regret is to think carefully in advance, especially with something important like deciding on our future or missing out on spending quality time with our parents. When our parents are dead, it is too late to discover we will not be given a second chance to spend more time with them. It's important to treasure our time with parents and friends before we regret not doing so.

Old river time does not stop for anyone. So enjoy the experience and treasure the

Cheryl Leung (6Y)

Journal No. 16: Sickness and Weakness

Right now I have some regrets in life. It is almost the end of the year and time flies really rapidly. I have learned a lot this year, including acceptance and forgiveness. Right now I have a headache from the flu I have just caught, which explains the title Sickness and Weakness.

Sometimes we are blinded by our abilities and things in life, so that we ignore our weakness, until the moment we get sick and have no strength to deal with our sickness. Being sick makes you feel very bad because you feel your life is being wasted, and you have to lie on a bed. The worst thing is that my headache is so bad that I cannot even sleep.

When you are sick you hate yourself for causing people around you to be sick. It is not until we are sick, that we know our weakness and our inability to deal with things in life. Sometimes I feel I hate life because it is as if we are stuck in a prison, or that life is a force which drives us to do things whether we want to do them or not. I despise my life sometimes, because there are things I cannot control.

I really want to turn back in time, and become the kid I was when I was seventeen. I don't want to bear responsibilities that I cannot bear, or struggle to learn how to bear such responsibilities. I get tired of life, I get tired of the lack of excitement and I get tired of the things that we pursue all the time.

Most of the time, I really hate doing homework because most homework lacks purpose. Seriously, what is the point of doing Englishbuilder, while there are other things more meaningful to do in life? I try my best to hand in all homework on time, not because I enjoy doing it -- I hate doing it, but I want to get it out of my sight.

As human beings, we are very weak, and sometimes we cannot hold on to our beliefs. With the constant bombardment of life and struggles we have, it is very easy for us to give up what we held on to throughout our lives. That is our weakness: the lack of power to be in control and to live the life we want. There is always this emptiness in everyone's heart and soul, and while we try to pursue things to fill that hole, we know that it will never be filled. Some people say that you can achieve your potential and dreams, but is that true? How many have really achieved their dreams? How can we, uncertain of what we really want, overcome the never-yielding desperation in life?

Time flies, and we hear that we have to treasure time and moments spent with each other. What does it mean to treasure time, what does it mean to be with each other? Life is full of regrets and it is important for us to learn how to deal with these regrets. Does dealing with these regrets mean that we have to accept them? Do we live, knowing that these regrets persist and that there is nothing we can deal with? It is not until we are sick, that we know our helplessness and our incapability to help ourselves in life.

Lately, I have been very weary in life. During lessons I would choose to sleep instead of participating in class. I don't know where my energy and motivation in life went, as if my sickness was not brought by my flu, but instead it was brought by my tiredness in life and accepting the fact that I do not really know what I want and my purpose of life.

One of the constant struggles I have in life is about religion. What does it mean to believe in a religion? Is there truly a God, or are religions just tools used by people in charge to manipulate the thoughts of other people? My long term beliefs and the way I was raised are being constantly attacked. Maybe they are just being threatened by short-term influences. I used to know about my purpose in life and who I am, but as the year passes by, that becomes blurry and sometimes I feel weak and sick because I do not really know who I am. Maybe I am going through the stage of enlightenment, the state of learning who I really am. I guess that because we are constantly changing, there is no way we can be certain who we really are. But that does not mean that we should be negligent of who we are in the present.

Timothy Chau 6C

Facing your fears

So often in life we encounter unexpected or unwanted situations. There are two ways to deal with this: fight or flight. I believe the Advanced level examination is one such stressful and fearsome event in our lives. There is so much at stake. Facing the problem square on can lead to the development of one's character, while fleeing from the challenge makes you feel powerless. Indeed, the examination is an emotional challenge that tests the psychological strength of the person.

There are other fearsome qualities in this world. They are called laziness, stagnation and despair. Laziness is perhaps the most common type of fallacy present in youngsters in the developed regions of the Earth. Older generations faced the fear of hunger, children nowadays do not. In essence confronting laziness is finding a reason. Just as for older generations the reason for hard work was to escape poverty, so younger generations should find a reason that drives them. Laziness is a very dangerous habit which can lead to poverty, despair and stagnation.

There is a saying that you lose what you don't use. Stagnation is the result of being lazy and a stage in the process where you become less healthy, less bright and less motivated. To face stagnation, one should start by fighting against being lazy. Then one can rebuild their health, intelligence and motivation.

The most serious danger is despair. One can still get back up if one does not despair. Despair comes when a person loses all hope. The result would be flight from reality and in the end a broken life. If one does not have hope in life, it is hard for them not to be lazy, hard for them to have a goal and get back on their feet.

The best approach would be to have a goal, to stick with this goal and to strive to achieve it. No thought of laziness or despair should be tolerated and one should step back from time to time to revise and reaffirm the goal. If you are not led by a goal, then it is very probable that you are not doing the best in life. Choi Yo Han (7Y)

The ups and downs of being a teenager

There is so much to being a teenager. The teenage years are the best and the worst of times but I can honestly say it is the time you find yourself. I am going to start off on a positive note - our gifts.

When you are a teenager, grownups usually trust you just that little bit more. When you are a teenager, you are allowed to be going out with your friends. The gift of freedom. When you are a teenager, people take you a little more seriously. The gift of attention. When you are a teenager, parents allow you to be independent in certain ways.

Sounds like heaven? You have forgotten that we are still teenagers. People tend to stereotype us in a negative way. That comes from the attention. We are given a longer list of rules to follow. That comes from our freedom. We are supervised even more, just so we don't screw up. That comes from the control. Once we make mistakes, it's hard to earn back favour. That comes from the trust.

But even more than that, the teenage years, as I have said, are when you find yourself and that is hard when everyone is judging you. The teenage years are when we define ourselves - alone. It actually hurts to know that it all depends on you - by

I can honestly say that the teenage years are the most up and down roller coaster ride you'll ever experience. It's a real thriller. Kleyr Ombao (4H)



For known threat to people and innocent lives

If you have found this, we plead with you to return with you to return it to us or destroy it : If you must wish. If you must wish. We will most take responsibility for any consequences.



WANTED Monkey's Daw

REWARD \$1000000

A poster prepared by Yuya Funabashi (3Y)

My Family

Ladies and Gentlemen meet my family There is the owl, the wise old owl His moves are slow and careful He is hard-working and very gentle I call him Dad. There is a hyena, a laughing hyena She takes control in the house And shows us who's boss I call her Mum. There is a bee, a very hard-working bee, But sometimes she stings I call her elder sister. Then there is me! I know what I am I'm a loud and short-tempered polar bear.

Heulwen Jenkins (1M)

I Am

I am the sound of people rushing on the train I am the falling droplets and puddles of rain I am the burning fire and the ashes that remain.

I am the big oak trees and the aged brown bark I am the laughing children running barefoot in the park I am why the sun rises and the reason it gets dark.

I am the panting runners finishing the race I am the memories the bring back that one familiar face I am the traffic light reminding you to slow your pace.

I am your actions, your thoughts, and the words that you say I am the beat to the music that you play I am forever moving forward; in today I cannot stay. Patricia Abundo (3C)

Slips, bounces, falls into a fish tank, loudly waking up the fish. They advance hungrily mesmerized. **Rick tries** running, escaping, screaming for help. No one hears! All that is left . . . His skeleton.

By: Pun Samil (1C), Vergara Jr.manual(1H), Jaramillo Fredrick, (1C), Adytya Reuben (1H) Pun Magar Pratik (1H), Mall Abhisheak (1A)

Sombies 3 ombies say O mnomnom as they Munch on the Brains of Insects English teachers and Stupid students (Not me - I'm smart)

Taja D'Abreu (1H)

Cherry Blossom

She flutters gracefully to the most beautiful lily pad and sits on the very edge with her tiny feet in the clear water. The moon is shining like a single spotlight on her beautiful, soft skin. She's waiting for her love to arrive.



By: Nepomuceno Nicole(1Y), Bachiller Reana,(1Y) Alexandra Mary (1Y)

My Greatest Fear

Fear.

It's something so much more than "what you're afraid of".

I'm afraid of horror movies I'm afraid of poisonous rats I'm afraid of getting raped I'm afraid of snakes I'm afraid of failing my grades The list goes on...

but fear, is just so much more.

Fear haunts you day and night. Fear follows you day and night. Fear motivates you day and night.

So what's my greatest fear?

THE FUTURE.

I fear the future for it is unknown it is my one and only fear. I fear making mistakes that would greatly affect my future. They say you can't fear anything that you cannot see. They say not to worry about tomorrow.

I don't believe them. I fear the unknown I know I have to Yet, it is still in the making, in my control.

But what am I to do with it? What am I to do for it? Other than get through each day slowly carefully.

Kleyr Ombao (4H)

Pliens

 \mathcal{A} liens ${f T}$ ive on other planets Intercepting our spaceships \oplus luding our satellites ${f N}$ ever seen before. Joshua Jenner (1C)

I am Time

I am the tree as the leaves wither away, I am the forgotten building left somewhere to decay, I am the gust of the wind or the heat of a summer day.

I am the heartless predator waiting for the kill, I am the fast fading grandfather writing his will, I am the outraged teenager taking the pill.

I am the worried mother pacing back and forth, I am the migrating birds, heading north, I am the fire-crackers on July the fourth.

I am the beginning, the middle and the end of rhyme, I am the quick but quiet gestures of a mime, I am silence and I am noise; but most of all, I am Time.

Marian Paclibar (3C)

I am the uneven cobblestoned streets, stained with the strongest memories I am the pavement, overlooked and covered in distant boundaries I am the childhood thrill, when two wheels could take on countless journeys.

Lime

I am the maya, the stray and the crowd I am the pride that young hearts vowed I am the first morning, the past that they allowed.

I am the strength in worn out hearts, when faith pushed through I am the impatience that was the hardest top eschew I am the laughter that made everyone else seem so see-through.

I am the dark mood, the eyes that followed, staring with that certain gleam I am the weeds that grow, the roots that dipped down, hiding the extreme I am the static on the screen, voicing flippant remarks of animals from a dream.

Francesca Inciong (3C)

Recipe for healing

a broken heart A dish for the dumped.

Ingredients

1 broken heart a handful of friends 5 litres of tears a generous amount of hugs 2 teaspoons of anger 7 jugs of piercing pain 500g of overeating 4 cups of loneliness a pinch of good advice 2 tablespoons of patience

Optional:

assorted shopping a dash of alcohol

Preparation

Preheat oven to 300 degrees.

Method

- 1. Put anger, piercing pain and loneliness in a bowl. 2. Crush everything into tiny bits.
- 3. Mix vigorously with the broken heart. 4. Take tears and overeating, dump them in with the crushed ingredients and marinate for 2 to 3 months, till the heart is soft and weak.
- 5. Slowly sift in friends, hugs and good advice and gently blend with the soft heart. Add some assorted shopping if desired to increase the flavour.
- 6. Bake with patience until the heart is strong and firm. 7. Serve in the company of friends with joy, love and care.

Optional:

Add a dash of alcohol for taste. WARNING Do not add too much or else it will cause unwanted flavours.

Kylie Tsang Hoi Ling (4H)

Alien

 $\mathcal A$ n ugly monster with Tittle arms and legs Interesting to study ${f E}$ ats everything ${
m N}$ othing is uglier! Samil Pun (1C)

and the state

Lykkeligt Liv (Recipe for a Dappy Life)

Rating:

This secret recipe traces its origins to the Danes, who rank first on the list of the happiest people on earth. "Lykkeligt Liv" refreshes you in both mind and body because nothing beats a happy person who still won't stop striving to live life to its fullest.

INGREDIENTS (Makes 1)

- 16 fl. ounces of faith
- 7 tbps of granulated hope
- 3 lbs of unconditional love
- 2 cups of confectioner's charity
- 50 g of powdered peace
- 3 dozen doses of discipline
- 6 sticks of sifted sacrifice
- 20 bushels of friendship
- 1 ½ barrels of laughter
- 10 tsps of tears

Method

- 1. Preheat the heart to 180°C.
- 2. Carefully combine to a smooth texture faith, hope, love, charity, peace, discipline, sacrifice and friendship.
- 3. Gradually stir in the tears and laughter.
- 4. Mix with strong belief in the outcome until finely blended.
- 5. Transfer the dough to an open mind.
- 6. Bake with positive thoughts, actions, and words until mastered and has become a part of life. Let cool until blessed.
- 7. Serve daily in generous portions with tender love and care.

Rya Puentespina (4H)

A Chance to be bad

Right from the days when we were young, we have always been told to be good. Parents defined the meaning of and showed us the ways to be good. They also told us the consequences of not being good in order to pressure us not to make mistakes.

This used to be my driving force. It drove me to be a better person and to perform better academically. From time to time, however, this pressure now turns into a limitation for me. It limits the activities I can do, the planning of my schedule, even the chances of my greeting the real me who has been waiting for ages inside my soul. This pressure still drives me but, surprisingly, instead of driving me forward, it pulls me backward.

I've been waiting for a hope, a hope that can help me to escape from this condition - a chance to be bad. Life is short. I want to try everything, the good and the bad but not the illegal. There are only two ways that I can try whatever I want: the first is to wait till my parents think I'm old enough, which is impossible as we are always babies in parents' eyes; the other is to let my parents trust me. I push myself to perform better in different

I have always hungered to hang out with friends till late at night, the behaviour of an independent bad girl, and although I am not a bad girl, I still want to try hanging out. I want to know if I am as dependent as my parents think, believing that I couldn't take care of myself for even one night. Sometimes I also want to unlearn my work, escape without leaving a message and relax far away from this unfulfilling, pressured place, Hong Kong. Even though this act is so irresponsible, it would be worth it as I can forget all the pressure and listen clearly to my heart without being disturbed by

In the meantime, I keep improving myself, especially academically and personally which helps me to reach my life's targets. I have set my dreams as my life's target despite my parents saying I should never live for my dreams but should ask rather for a stable life. For me, I have decided on a "floating life" in which I'll travel with my boat to different countries for the culture, the sightseeing, the traditional dances and more importantly for the orphans. They are receiving much less than they deserve, so I want to grab the attention for the orphans, the lovely little ones.

While I am waiting for a chance to be bad, my dreams and my future are also waiting for me to move forward. I want to define the 'bad' myself and show to all the good kids the ways to be 'bad'. It will be my life, under my control.

Agnes Tjin (6Y)

My Relationship with Facebook

If I remember right, the very first time I went to the Facebook website was around September 2007, back when I was in form 1.[WOAH! That was a long time ago..] Well, ever since then I have been a pretty active user. When I was new, I was really bad at it. I was a 'newbie' so even though I knew the basics :) haha, I didn't exactly know how to work the detailed stuff.

It took about an entire year after I opened my account, before I became familiar with its dynamics and was able to work it. I felt as though I had gotten addicted. My day would be incomplete without being able to go online. I'd feel so 'detached' and 'inundated' and it obviously came to the point when I'd not be able to finish all my assignments because I was on Facebook pretty much the entire night talking to friends, playing games, looking at people's profiles. That was bad, really bad!

So, my resolution at the beginning of my form 3 year was that I'd limit my usage only allowing myself to access it if I had already finished all my assignments and school work. At first I thought I wouldn't be able to handle such an arrangement but I pushed myself! I tried my very best to challenge myself and eventually my efforts were rewarded.

I am now able to have more control over my Facebook usage and even though I'm still a pretty active user, I now know how to control myself. Facebook isn't a distraction, nor is it an 'addiction' for me anymore. Honestly, I can live a whole week, maybe even an entire month, without going online on Facebook.

THEREFORE

Relationship status (with Facebook) : COOL OFF

Just in case you don't know what 'cool off' means exactly, it is when you're still with a person but you don't see each other that much. It's almost like you've broken up but you haven't because you still see and have feelings for each other once in a while. HAHAHA. Rya Puentespina (4H)

My decision

For quite some time now, I have been contemplating whether to continue my quest of conquering K2 on this unforgiving climb, and I have finally come to a decision with mixed emotions. It pains me to say that I won't be able to see you for at least another week, but the beckoning of my challenge forces me to succumb to its power. As they say, the third time is a charm and that is exactly what I hope for

The weather, however, is worsening and that is not a good sign. The frosty layers of ice beneath me send shivers down my spine, even through all the protective layers of clothing I wear to survive. Since this will be my third attempt, I expect to redeem myself as the first female to have climbed K2. If, suppose, I am unsuccessful, I will feel degraded by my own standards and my efforts will have been

My fellow climbers are simply a joy, and without them I don't know where I would be right now, especially without Richard who sat with me, helping me to think beyond what I wanted and what was preventing me from seeing it clearly. In fact, I had already arranged for the porters to assemble my luggage and accompany me, but fifteen minutes before leaving, I realized that if I could manage six whole weeks away from home, another week shouldn't hurt. It is a pity that I will not get to see Richard for a while, since he recently returned home. I want you all to know how much I love you, especially Tom and Kate. This adventure has challenged me to a point I cannot deny.

I hope that you will respect and support my decision.

Lots of love, Alison

Krunal Tejwani (3C)

'Friendship is one mind in two bodies'

There were four of us - Vallery, Pauline and Yna and myself . Since our earliest days we had lived in the same neighbourhood and called ourselves the 'Diaper Buddies'. For as long as I can remember, I've madespecial memories with these three bimbos and I don't regret a

I remember very little of my childhood life, probably because I was the crown jewel of my family and, as such, I mainly stayed within the four walls of my crib. When we did go out, the first thing I would do is scour the premises, hoping to find those three. The earliest memory I have with them is our neighborhood Christmas party, held annually right up till today. I remember pretending we were professional hikers, fearing no evil as we climbed the so called giant mountain whose peak, as of now, is not higher than my waist. We were so fiercely competitive when it came to games. In the end though, we would always just talk meaningless nothings as we counted how many two dollar coins we got from greeting the elders. We were 5.

A few years passed by and there we were, walking hand in hand with a few other friends towards the children's section in Tsuen Wan library, grabbing books with Harry Potter or Princess Diaries written on the covers. We'd occasionally dust off an 'Enid Blyton' book but that was oh-so-last-year even then.

Did I mention how we wanted to wear matching outfits? Back then, we usually wore wide-legged jeans (the type that 16-year-old Britney Spears would wear) along with a cute polo shirt. It was a bonus if you had straight hair and shoes from Sketchers. But then came teenville. Yna left for Singapore, so it was just the three of us to bicker and taunt each other. Change happened gradually in the first few years but hastened until we barely had anything in common. Paue loved to rebel and wear hip-hop clothes, Vallery loved punk music and punk clothes while I was the cheerleader who loved preppy outfits - pleated skirts and all. And how we hated to be caught in matching clothes. My worst memory was when we all had the same black and white ensembles. The resemblance was mortifying and kids even asked us if we were going to perform. We vowed never to do that again. To make sure, we always called each other before going out to check what the others were wearing.

Last year, Yna came to spend sometime with us here. We all led very different lives, wanted different things and had different tastes (in men too, thank goodness)! But we were stuck with one another and it was as if she had never left. Nothing major had changed among us. We were still similar with different quirks and we managed to go crazy together despite the differences. If that's not love, then what is? Aniana Eryn Atienza (7Y)

Searching Within The Darkness-

It's dark... cold. I can't see my own hand in front of my face. I stumble, trying to edge towards the light... the dull light at the end of a long narrow hallway. The hallway is rough, its edges sharp.... I trip and fall against a wall. I feel my hand scorch under the instant pain. My hand is throbbing, my head spinning from exhaustion. I'm dizzy. I pick myself up and head on... I really must get to the light. I can't stay here. I can't stay in the dark, this place... its dark, cold, wretched walls moving closer and closer as if they were meant to close in on me, squashing me into a wall sandwich.

I finally reach it, the light shining brighter than ever. When I reach out to climb into the open, I see hanging over my exit, blocking my path, those same eyes staring... forever staring... cold, cold eyes freezing me to the spot. I can't get past those eyes. The mouth opens. It says in a quiet yet shrill voice, 'Why did you do this to me? How could you? Why did you, Cassie? Why did you kill me?..... It's your fault I'm dead, Cassie. Dead! You.... you killed me.'

Staring. Horrified. Moving back ... back into the dark tunnel, screaming, 'No! No! I didn't kill you! It was an accident... I didn't kill you. I'm innocent.... I didn't.' Her hand reaching out towards me... trying to take hold of me, she says quietly but sternly, 'You will join me Cassie ... you won't have long to wait. You will join me soon. You know you can't forget me.'

I wailed, 'No! Why? It wasn't me! Please ... you know it wasn't me! I couldn't possibly have..' Her hand rose, her finger pointed right at me, shaking, accusing, 'No Cassie, it was you. I saw you. It was you! He was going to ask me to the dance, you were jealous, so... you killed me. How could you Cassie? How could you?!'

I shook my head violently, staring at her, my eyes blank, sinking into the darkness again, the cold, aching darkness. I muttered quietly, 'You have it wrong. I didn't care about the dance. I wasn't planning on going. I don't know who was going to ask you. Who told you that? I didn't kill you... I didn't kill you.'

I was crazy, mad, delirious... talking to a dead body. Her soul had already moved on... lingering... watching me... seeking revenge for a crime I hadn't committed. Maybe the body wasn't even there. Was it possible I was talking in my sleep?

She was dead. Her body empty. Her soft blonde hair hanging down, draped around her pale white face, her arms suspended in the air, her long and graceful legs dangling. What point is there being beautiful, when you are dead? Time... time felt still. Had the cold in the hall of darkness killed time as well? I turned and ran back into the dark tunnel. I was never going to stop. I remembered her, I knew her... she was a friend..... she had everything, the boys, the smarts, the family, the looks. She was perfect... and yet, she was dead.

I don't want to remember her death. I don't think back on it, but not thinking back on it doesn't mean it doesn't occasionally come back to spook my mind. I did witness her death. Problem is, I do not know who it was. That person is still lurking in the shadows watching me, making sure I keep my mouth shut, my mind blocked, never to unveil who it was that cool summer night who had killed Hannah Morgan Thompson. Rene Rashed (4H)







Taxi

Au début du film, Daniel a quitté son travail et il y avait une fête avec ses amis pour fêter son départ. Alors, ses amis lui ont fait une parade mais la police est venue et les policiers ont demandé leurs papiers. Daniel et Lily ont fait leurs excuses et ils se sont échappés.

Après s'être échappés de la police, ils sont rentrés à la maison pour faire l'amour mais Daniel a dû partir pour chercher son permis de conduire et il est allé à l'hôtel de ville pour le recevoir. Après avoir attendu longtemps, il est rentré à la maison en espérant qu'il allait passer le matin avec sa copine mais malheureusement, sa copine était déjà partie.

Le lendemain, dans son taxi, il a ramené une vielle femme (Camille) chez elle et ils ont parlé de son fils (Emilien) qui au même temps passait son permis de conduire et s'est planté la voiture dans une boucherie. Entre-temps, avant de partir de la maison de Camille, elle lui a fait un sandwich. Il est parti et il est allé dans

son taxi pour manger le sandwich. Quand il le mangeait, un homme stressé est monté dans son taxi et il a dit à Daniel qu'il doit aller à l'aéroport en 25 minutes. Alors, Daniel a cessé de manger et il a transformé son taxi Le taxi a commencé d'aller très direction di

Le taxi a commencé d'aller très vite et ils ont pu arriver à l'aéroport en moins de 14 minutes et dés que l'homme est sorti du taxi, il a vomi partout. Le lendemain, Camilla, la vierte de la commune de la co

Le lendemain, Camille, la vielle dame, a appelé pour un taxi pour emmener Emilien au travail. Camille a dit à Daniel qu'Emilien travaille à l'IBM et pendant qu'ils étaient dans le taxi, ils ont parlé de leurs travails. Subitement, Daniel a décidé de montrer à Emilien son vrai travail en tant que chauffer de courses et il a conduit très vite. Malheureusement plus tard, Emilien a fait du même et il a arrêté Daniel parce qu'il était en fait un policier.

Plus tard, dans le bureau d'Emilien, Emilien a décidé de donner Daniel un choix entre perdre son permis ou aider à attraper un gang Mercedes qui braquaient des banques. Daniel a décidé d'aider Emilien pour qu'il pourrait encore conduire. Quand Daniel lisait les rapports, il a remarqué que les voleurs des banques étaient allemands à cause de leurs pneus. Daniel savait que le seul homme qui vend les pneus est Kruger. Donc, ils ont décidé de surveiller le garage de Kruger. Quelques heures plus tard, les allemands sont arrivés. Emilien a eu une idée de se cacher dans le coffre de la voiture. Malheureusement, il a été découvert toute de suite parce que le coffre est où ils mettent les pneus. Apres ça, ils ont jeté Emilien à la poubelle.

Après cette journée, Emilien et Daniel ont choisi de retourner au garage des allemands. Aussitôt qu'ils sont entrés, les allemands ont commencé de tirer sur Emilien et Daniel. Après la fusillade, les allemands se sont échappés et Daniel et Emilien sont rentrés chez soi. Chez soi. Emilien regardait la télé

Chez soi, Emilien regardait la télévision et puis soudainement, il a eu une bonne idée pour attraper les allemands et il est parti pour le commissariat de police mais il a oublié d'éteindre la poêle et le gaz et sa maison s'est enflammée!

Chez la police, pendant que Gilbert parlait de 'Opération Zen', Emilien est arrivé et il a dit à tout le monde d'utiliser un appareil d'espionnage. Quelques jours plus tard, los allamentes de constants

Quelques jours plus tard, les allemands sont allés à la banque pour voler de l'argent et pendant que les allemands étaient à la banque, la police a tiré sur la voiture des allemands avec l'appareil d'espionnage. Les allemands sont partis avec un otage sans se rendre compte que la police les suivait de loin.

La police a suivi la voiture lentement mais le gang Mercedes est allé dans un camion et les allemands ont changé la couleur des Mercedes de rouge en gris et l'appareil ne marchait plus.

Daniel et Emilien se sont rendus que les allemands ont changé la couleur de leur voiture et le lendemain Daniel a fait un plan pour les attraper et il a dit à Emilien qu'il avait besoin de vingt clefs des feux de circulation et vingt radios pour faire un piège pour le gang. Donc, Emilien a volé une clef d'autre policier et Daniel l'a donné à un ami alors pour faire vingt doubles.

Quelques heures plus tard, les allemands ont volé d'une banque mais la police, Daniel et Emilien les attendaient déjà. Aussitôt que les Mercedes sont allés sur la route, Daniel et Emilien les ont vu sur la route et Daniel et Emilien sont allés à côté des allemands pour les énerver. Les allemands ont commencé à suivre Daniel et ils ont fait une course sur autoroute. Les amis de Daniel ont changé les feux de circulation pour qu'ils n'aient pas besoin d'arrêter. Les allemands ont essayé tellement fort de doubler Daniel qu'ils n'ont pas remarqué qu'il y avait un pont cassé devant ils Daniel s'est freiner au dernier moment et les allemands sont arrivées sur le pont cassé et étaient complètement piégés.

Le Maire de Marseille a félicité Emilien pour avoir enfin réussi et ils ont donné à Daniel l'occasion d'être chauffeur de courses et atteindre son rêve. LA FIN

Manuel, Melchor Isaak Quejarro 4Y

Spanish Composition 15 de Deciembre, 15 December, 2010 Vishnu, IC (32) English 2010 Spanish (español) Hello NDO I Hala 2. Good day dos Buenos días 3 How are you? 4 Witch country and you from tres ¿cómo estas? wate de divide eventu? 6 I speak a little spartsh cincellay de..... sets hable españal un paça 7 where do you study? siete2 donde estudios? 8 I study in YMCA 9 00 you like you are school? ochoestudio en "MCA" nverecte gusta tu escuelaz D YES I THE ditt 5 me grata YMCA of Hong Kong Christian College 港青基信書院 Name: Paula Andrea Enciso Murcia Subject Spanish IGCSE Form: 4A Class No. : 10 Date : 8-04-2011 IGCSE Spanish translation Ir de compras es muy divertido, especial mente para las myeres. En Hong Kong Going shopping is really fun, especially for girls. In Hong Kong, there are many hay muchas tiendas de différentes casas como tiendas de deporte, tiendas de articulas different shops live for an sports, accesories, de tocador, tiendas de Zapatos, tiendas Shoes, clothes, etc. I really like de ropa etc. Me gusta demasiado ir de shopping with my mon because when Compras con mi maná porque avando voy Con ella no tongo que nada de plata. I go with her, I don't have to pay for anything I want Sometimes, I go De ves en ciando, voy de compras con shopping with my best friend because Surprisingly, We like the same things! mi mejor amiga porque sorprende mente Nos gusta comprar las mismas Cosas,

Sil 和もう二年くらい日本語を勉強してい ます。はじめたとき超難しい、と思い ましたが、母との絶対あきらめないという やくそくを守了ため、でき了限りずと一生 懸命勉強を頑張って続けよりです。

母の日

母がいてくれて本当によかったです。 学校のことや日本語のことで疲れてとき 母はスープを作てくれまれを応 接してくれてほんとうにありがとう。

今まで日本語の勉強を続けて、好きに なっていうのは、母のおかけた。たから母 を世界で一番に幸せにするため、私はぜ ひ日本語を上手になって家族と一緒に 日本を旅行したい。それからも日本語を勉強し封

香港

香港は中国の南東に位置しています。 この高いビルがたくさん、人が多い香港が私の家です。 また、これは770万ぐらいいろんな人が住んでいる場所です。 いろいろな文化が集まった香港は私が一番好きだったところでした。 でも、最近この香港にはちょっと問題があって、実に残念ですが、香港に対する私 の気持ちが少し変ってしまいました。 一体この香港は私が好きだった場所ですかという疑問を持ちました。

しかし、もう一度ゆっくり考えると、別の答えが出できました。

その答えは

"ここが好きです。ここにいたいです。また、この先何十年も香港に住むと思 っている私がここをどう思うのか、私はとても興味があります。それに、私は 将来香港のために何ができるのか楽しみです。"

香港、ありがとうございました。

LUI Ka Lam 5Y 16

"Be not afraid of greatness: some are born great, some achieve greatness, and some have greatness thrust upon them"

Inter-school Swimming Championships

I. Gold Medals

- 1. Liu Kam Tung, Carlos(7Y) 100m Freestyle (A Grade Boys)
- 2. Ohashi Kaho (1C) 100m Breaststroke (C Grade Girls)
- 3. Ohashi Kaho (1C) 200m Breaststroke (C Grade Girls)
- **4. Ohashi Yoshiya (4Y)** 100m Backstroke (A Grade Boys)
- 5. Chu Hiu Long, Jason (4C) 50m Breaststroke (B Grade Boys) Broke Official Record
- **6. 4 x 50m Medley Relay (A Grade Boys)** Liu Kam Tung Carlos (7Y), Ohashi Yoshiya (4Y), Chiu Ho Chi (5C) and Anson Leung Kai Yin (6C).

II. Silver Medals

- Chu Hiu Long, Jason (4C)
 100m Breaststroke (B Grade Boys) Broke Official Record
- 2. Chan Chun Wing, Rainbow (7M) 50m Breaststroke (A Grade girls)
- **3. Ohashi Yoshiya (4Y)** 50m Backstroke (A Grade Boys)
- 4. Anson Leung Kai Yin (6C) 200m Individual Medley (A Grade Boys)
- 5. Anson Leung Kai Yin (6C) 50m Butterfly (A Grade Boys)
- 6. Liu Kam Tung Carlos (7Y) 50m Freestyle (A Grade Boys)
- 7. Nguyen, Julia (4A) Backstroke (A Grade Girls)
- 8. Chan Chun Wing (7M) 50m Breaststroke (A Grade Girls)
- 9. 4 x 50m Free Style Relay (B Grade Boys)
 Chu Hiu Long, Jason (4C), Jason Law(4M),
 Oscar Chui Moon Lai (4M) and Fung Kin Wing, Angus (3A)

II. Bronze Medals

- 1. Michelle Smith (4A) 50m Breaststroke (B Grade Girls)
- 2. Jeffery Tsang Yue Lung (2C) 200m Freestyle (C Grade Boys)
- 3. Jeffery Tsang Yue Lung (2C) 200m Individual Medley (C Grade Boys)
- 4. Jason Law (4M) 200m Freestyle (B Boys)
- 5. 4 x 50m Free Style Relay (B Grade Girls) Michelle Smith (4A), Francisco Bianca Therese (2Y), Sarenas Patricia Lousise L (4Y) and Mirandilla Ashley Sarah (2M)

Overall Trophy:

A Grade Boys: Champion B Grade Boys: 2nd Runner Up





Swimming Competition In Style.

Our school is famous for the outstanding results our swimming team achieved in this year's inter-school competitions.

Grade B Julia Nguyen – Freestyle

A dog is man's best friend they say, but for Julia, swimming has been her companion since the age of four, and is like a best friend in life that helps to ease her stress.

Through participating in the competition, what have you discovered about yourself?

I discovered that winning or losing is not the biggest issue in participating in the competition. What matters most is keeping your eye on the ball.

What do you think is important when preparing for competition?

Stretching and food; you wouldn't want to swim with an empty stomach and a pulled muscle.

What do you think makes you different from other swimmers in the competition?

I think I'm different from others because I'm never determined to win a race. Not that I won't try my best, but victory and fame don't matter much to me because the feeling won't last as long as knowing that I swim just to make me feel better whenever I want rather than being driven by wanting to win.

How did participating in the competition help you to define yourself as a swimmer?

It helped me define myself as a swimmer because the team gave me an identity to represent the school and a reason to swim for the school.

How do your competition experiences apply in your daily life and to the future?

My competition experiences have taught me not to worry if I win or lose because there's always a second chance for anything. For my future, I believe that if I put my mind to something I want to accomplish, it will be accomplished.

Inter-school Cross-country Competition sneakers on.

Our school Athletics and Cross Country team participated in the Inter-school Cross-country competition on November 16, 2010 which was held in Shing Mun Reservoir. We have been participating in the competition for more than 5 years. It was a lovely sunny day with a nice breeze for all the competition. Four of our team members achieved placings in the top 10. Details of the results are as follows:

Top 10 Medalists:			
Alice Chan (4Y)	Champion of Grade B Girls		
Kaho Ohashi (1C)	Champion of Grade C Girls		
Samantha Steptoe (1A)	5th Place in Grade C Girls		
Tirion Jenkins (A1-M)	6th Place in Grade A Girls		

Grade C Interview with Ohashi Kaho Member Racer

Ohashi Kaho is the winner of the Inter-school cross-country competition. Through this competition, she has discovered her strength:

'I used to participate in short-distance running. But through this competition, I found that I am actually better at longdistance running than short-distance!' she said.

So what is the important thing she needs when preparing for the competition?

'Since it is important to replenish our physical force and to keep our body warm, I prepare water and clothes for every competition so that I can perform well in it.'

She has many ideas for winning a competition, but she said that she thought every participant has the same potential. 'I think everybody is really good and there is no difference, everyone can perform well.'

So how did she define her role of sports player by participating in the competition?

'Now people know me as a good sports player which I think is not true but it is still my role to be a good sports player!' She also mentioned the benefit she has gained in the completion which can apply in her daily life.

'I felt nervous at first then later I really felt happy!'

It seems that she has learnt how to enjoy the challenges in her life! Lastly, she said,

'I believe that I could be strong in every circumstance on the path of my life by participating in the competition!'

Grade C Interview with Samantha Irene Steptoe Member Racer

Samantha Irene believed that participating in the competition helped her to reduce her flaws.

'To be honest , I wasn't any good at running in primary school, but I have found that I can run long distances like crosscountry, which at first I thought was really difficult for me, almost impossible for me!'

She mentioned the most important thing when preparing for the competition

'Well, there are a lot of important things for preparing for a race, such as warm-up, so that the chance of hurting yourself when competing will be reduced. In my opinion, having enough food before competition will help you perform well too.' So what makes her different from other participants?

'Well I didn't start long-distance running until I came to YMCA, and at first I had no idea that I could run like that, so I didn't figure out I have something different from others,' she said 'But it does help my stamina so that I can play football for a longer time than before. I think it is one of the most important things for being a good sports player and makes me play this role better.'

Also she can apply what she has gained from the competition in her daily life.

'This experience tells me that running in races is actually a bit similar to our life; for example you may win some or lose some in running and this situation is just like our life, you may get rewards or you get the consequences sometimes. The path of our life will not always be so smooth that we can have success every time.'

Lastly, Samantha spoke about her target for the future:

'Well, some day I might become a runner, when I'm older!' Good luck, Samantha!

PRIZE LIST: Athletics & Cross-country Team (Open Competitions)				
5th Tolo Harbour 4K Race 2011 (March 27)				
Champion in the group of 14-15 (girls) Michelle Smith (4A)				
Easter Run 3K Race 2011 (April 17)				
Group 2 - 3rd Runner-up Kaho Ohashi (1C)				
Group 3 - 3rd Runner-up	Michelle Smith (4A)			



Inter-school Athletics Competition

Yau Yi Lam Member Grade B

Through this competition, Yau Yi Lam discovered something about herself which wasn't positive.

'I become nervous before a competition,' she said, 'actually I have some bad memories about the competition (200m). Once when I was racing I suddenly couldn't feel my legs they didn't seem to belong to me. I was scared by what I felt, so when I go to this kind of competition, the feeling goes all around my body and that's really scary!'

But how could she win the prizes? She says emotion and preparation are very important:

'Emotion can affect your performance so I need to adjust my emotion before competition and obviously preparation is the most important thing, as the saying goes -- opportunity is for those who care.'

Support from friends is one of the reasons she could overcome her fear:



'My friend Oscar, for example, gave me great support, and that's one of my motivations to win races. Also, my faith has helped me a lot,' she said. 'When I face some difficulties in training, I will trust myself as I believe in God. He gives me power and lets me believe in my abilities. Also I run faster than others, so that makes me win the race, haha.'

How does she define her role as a sportswoman?

I think the opponents I meet in the competition can help me define my role -- that makes me feel that I must win. Also I could feel the team spirit when we (Yau and her teammates) have a 4x100 relay and the sportsmanship that we felt in the competition made me define my role too.'

She says that the experience she has gained in the competition applies in her daily life.

My experience encourages me to help those friends who need help; for example when my friends lack self-confidence, I will help to boost their self-confidence by encouraging them,' she said. 'What's more, the sports let me know that friendship is first, which helps me a lot in my daily life.'

Lastly, she said that the experience can help her in future.

I think the experience can cultivate my spirit of not giving up, she said. Also I need to have better planning for my future, like preparing well and earlier.'

Inter-school Athletics Championships 2010-11

Over 90 students from our school participated in the Inter-school Athletics Championships 2010-11 on 10th, 14th (Heats) and 15th (Finals) December 2010 which were held in Shing Mun Valley Sports Ground. Our team achieved good results. We won 10 Gold medals, 6 Silver medals and 10 Bronze medals.

Gold Medals:		Silver Medals:		Bronze Medals:	
High Jump A Boy s	Chiu Ho Chi (5C)			Long Jump A Girls	Jasmine Cheung (7M
Long Jump B Boys	Terry Wan (4C)			100m Hurdle B Boys	Oscar Chui (4M)
100m B Girls	Rachel Fong (4A)			100m Hurdle C Boys	Williams Lam (2Y)
200m B Girls	Rachel Fong (4A)		Jasmine Cheung(7M)	100m Hurdle A Girls	Vanessa Chan (4A)
800m B Girls	Alice Chan (4Y)			Discus C Girls	Patricia Abundo (3C)
1500m B Girls	Alice Chan (4Y)			1500m B Girls	Michelle Smith (4A)
200m C Girls	Chole Jang (2C)		Jethro Clarke (A1M)	400m A Boys	Stefan Fernandes (5Y)
400m C Girls	Chole Jang (2C)		Kaho Ohashi (1C)	800m A Girls	Patti Price (A1C)
1500m C Girls	Kaho Ohashi (1C)			800m C Girls	Kaho Ohashi (1C)
4 x 100m Relay B Girls	Rachel Fong (4A),		Vicky Fung (2Y)	4 x 400m Relay B Boys	Jason Chu (4C)
	Gladys Yau (3A),				Jason Staples(2Y)
	Samantha To (4Y)				Ashreet Gurung (4Y)
	Alex Bays (4H)				Angus Liu (4C)
			Patti Price (A1C)		

OVERALL RESULTS for all grades Boys and Girls Boys A Grade: 6th Runner-up Girls A Grade: 1st Runner-up Boys B Grade: 4th Runner-up

Boys C Grade: 7th Runner-up

Girls B Grade: 1st Runner-up Girls C Grade: 1st Runner-up Well done and congratulations to all the athletes and our thanks to Mr Ma, Ms Tau, and Ms Dionne Lun for their effort and dedication to the team before the competition. Thank you for the school's support. The team will continue to work hard in 2012.

Inter-school Basketball Competition Shoot and Score.

Much to our players' delight we've achieved wonderful results in the Inter-school Basketball Competition including the Championship for Grade B Boys and Second for Grade B Girls. Fifth positions also go to Grade C Boys, Grade A Girls and Grade C Girls respectively.

Boys' Grade A Eliud Jorom P. Nocedo Captain of team

Through participating in the competition, E.J. discovered he could achieve more than he ever imagined:

"I can push myself harder in achieving better qualities and pushing my limits further beyond into a new level -- all I need is practice," he said.

When asked about the most important thing in preparing for the competition, he stated,

"The first thing that is important for me in preparing is practice, and then energy (eating a healthy meal). After that I organize and pack up the things I need for the competition, and finally I have a lot of rest, sleeping to around 8-8:30." Sure sounds tough to prepare ahead of the game, so what makes him different from the other players who may be doing the

sure sounds tough to prepare ahead of the game, so what makes him different from the other players who may be doing the same thing?

"What makes me different from others? Hmm... Well I can't really specify myself as different from others, but I can say this: we are all unique in our own physical way as human beings."

So how did participating in the competition help him to define his role?

"I guess it helped to define me as an athlete and a person who loves a challenge."

A daring player he reminds me of Michael Jordan going for his slam dunks, totally cool.

In addition to battle experiences on the court, we asked E.J. how he could apply the basketball skills he's gained from the competition in daily life.



"Well I am sure I'm healthy and fit in a physical way. The experience I've gained from the competition prevents me from having symptoms and gaining weight in daily life."

Final question: Does he think participating in the competition helped to prepare him for his future?

"It helped me to realize that wherever there are obstacles you have to overcome, always prepare for them just like getting a proper career. We want a better career and future by educating ourselves in school and through activities."

Girls' Grade A **Abigail Luminari** Captain of team

Participating in the competition made Abigail realize that teamwork out of all qualities is most the important. While preparing for the competition, she told us she would always tell herself, "Remember to try your best and be happy with the outcome." Victory is not the matter on her mind, it's the fun in the game. Apart from physical strength, Abigail also cited another surprising reference that made her different from others who participated in the competition, "I depend on God in everything I do." We can see that she is trying her best for the purpose, and she also thinks it is important to refine her skills through the competition. For daily life, she reminds herself to "work hard to achieve my goals," while for the uncertain but thrilling future, she "was able to develop important virtues like perseverance" from her basketball competition experiences.

Result of Inter-School Basketball Competition 2010-2011		
Champion Boys B Grade		
The 2nd Runner up Girls B Grade		



Inter-school Football Competition

This academic year has been exciting and successful for the football team. With support from the school, and the help of our football coaches, Mr Trevor Lam and Mr Stevie Rankovic, our football team achieved tremendous success in the HKSSF Tsuen Wan and Islands District Inter-school Football Competition. In particular, our C-grade Boys' team got first runner-up position, while our B-grade Boys' team were the third runner-up. It was also the first time that two of our football teams reached the semi-finals of the inter-school football competition. We hope that next year we will achieve even better results.

Team List Teacher-in-charge: Mr Isaac Chiu. Team Coaches: Mr Trevor Lam, Mr Stevie Rankovic. Team Captains: A-grade Boys - Stefan Fernandes (5Y); B-grade Boys - Ranjot Singh (2M); C-grade Boys - Jake Preece (2C).

B grade Boys' Football Team

No.	Name	Class	Position
1	SINGH Simandeep Pansotra	A1-M	Forward
2	CHUI Moon Lai	4M	Defender
3	LO, Man Yiu	4M	Defender
4	LIU, Tsun Wang	4C	Defender
5	TONG, Sam Yau Wai	4C	Goalkeeper
6	WAN, Hin Chung	4C	Forward
7	CHUNG, Yan Ching	3Y	Defender
8	YIP, Chin Hang	3M	Midfielder
9	9 GURUNG, Akar		Midfielder
10	10 STAPLES, Jason Michael		Midfielder
11	SANDHU, Manveer Singh	2M	Midfielder
12	12 SRAN, Ranjot Singh		Midfielder
13	FERNANDES, Francis Patrick Chaim	2C	Forward
14	GURUNG, Sijan	2A	Defender
15	KIDIN, Mikhail	2A	Midfielder

A grade Boys' Football Team

No.	Name	Class	Position
1	GURUNG Taral	A1-Y	Forward
2	MA Jay Ming Yui	A1-Y	Defender
3	DE WIT Maxime Falla	A1-M	Forward
4	HERRERA ESCUDERO Juan Camilo	A1-M	Midfielder
5	SINGH Chohan Charnpreet	A1-M	Defender
6	BRAR Akashdeep S	A1-C	Defender
7	MENDEZ Neville Chris	A1-C	Midfielder
8	SINGH Chohan Harmanpreet	A1-C	Forward
9	Chan Rocky Ka Lok	6Y	Midfielder
10	LEUNG Chun Hin	6Y	Midfielder
11	NGAI Kar Toa	6Y	Forward
12	CHAN Wing Sing	6M	Midfielder
13	LEE Kelvin Siu Cheung	6M	Midfielder
14	FERNANDES Stefan Anselm	5Y	Midfielder
15	CHAU, Ching Wai Angus	5C	Defender
16	MAU, King Pan	5A	Midfielder
17	CHU, Shing Kit	4M	Defender
18	LO, Chi Long	4M	Defender
19	SHUM, Sze Chit	4M	Goalkeeper
20	WILLIAMS, Ryan Mark	3C	Midfielder

C grade Boys' Football Team

No.	Name	Class	Position
1	MENDONCA, Neil Douglas	3Y	Midfielder
2	JARVIS Jordan Blair D	2Y	Midfielder
3	FERNANDES Charleston Brendon	2M	Defender
4	SINGH, Gauravdeep Pansotra	2M	Forward
5	WU, Chun Ming	2M	Defender
6	AKBAR, Syed Ahsan Shahir	2C	Goalkeeper
7	PREECE, Jake Alfred 2C Midfielder		Midfielder
8	3 SINGH Pardeep Sidhu 2C Goa		Goalkeeper
9	BUCKLE, Joseph Bernard		Forward
10	MARWING Warren Anthony	1Y	Defender
11	11 SINGH Amreek 1Y		Forward
12	PUN Long Man	1C	Midfielder
13	GURUNG Prithivi Emmanuel	1A	Forward
14	COEBERGH Mark Alexander	1H	Midfielder

Boys' Grade B Interview with Francis Fernandes, Forward

Did participating in the competition help you discover yourself? I actually knew the qualities I have. I think I just got to take my qualities to a whole new level.

What special things do you do to prepare for the competition?

I always eat pasta the night before the competition and get a good sleep. On top of that, I also pray to Jesus Christ. He is my Lord and Saviour. I trust in him and He will not disappoint me.

Apart from your faith, what do you think makes you different from others in the competition?

I guess my belief in winning the competition and my will to reach the goal is a lot greater than the rest.

What influence has the competition had on you?

The competition helped me a lot since it made me realize my role in life is to be a sports player. It's my thing. It's what I think I'm born to do.

How do your experiences on the field apply to your life off the field? In every single football match you need discipline on the pitch. I always take that into my daily life. We all need discipline in our life to succeed. Do you think participating in the competition will help you prepare for the future?

I believe every opportunity will give me a big boost and loads of experience in the future ahead of me. I want to be a professional footballer when I grow up, so this is an amazing opportunity! **Good luck!**

Boys' Grade C Wu Chun Ming, Striker

Chun Ming says he has gained a lot from his competition experiences, especially leadership skills. When asked what he thought was the most important thing in preparing for the competition he said that focusing on achieving the result he had in mind and improving his striking skills on a daily basis were the important things. Leadership and more confidence are his key to being unique as a soccer player. By participating in the competition, he also improved different sports skills such as aerial ability -- jumping, jockeying, shooting, etc. At the same time, he learnt to respect those around him as he mentioned the referee's opinion is honoured on the pitch.

Inter-school Rugby Competition - Playing Forwards and Backs.

This is only the second year of the school's Rugby Club but already our teams have made their mark. The teams entered a total of five competitions this year and the teams all reached the finals. In the end, the grade B girls' team gained third runner-up position in the inter-school competitions. The grade A boys reached second runner-up at Cup level, grade B boys were first runner-up at Plate level and grade C Boys were first runner-up at Cup Level as well.

Boys'

Grade A Thomas Fraser – Captain of team, forward

How does rugby help you discover yourself?

Instead of discovering myself through rugby, I would say I just enjoy playing it as a sport. It's a hobby I enjoy with my friends. It also helped me to feel the team spirit. We are united to feel the same way for every game we play together. For example, feeling upset when we lost our final game this year.

What makes you different from the other teams that participated in the competition?

I think we have been more successful because of our teams' culture. Many of us are from Australia and Britain where rugby is the game of the year. So we are taught to love the sport and try our best when we can give it our best shot on the field.

How does participating in the competition help you define your role as a rugby player?

In fact, I think the whole team is proud of each other. The effort everyone put in was huge. In last year's competition, we came third. But in this year's, we moved to second. So we felt the huge improvement and we were all really happy with what we achieved. I feel proud to be part of a growing sport in the school and it feels good helping the game grow throughout the school.

How do you apply your experiences in the game in daily life and your future?

I obviously don't tackle people outside the field, but team work is a really good thing to understand and being part of the rugby team has helped me to experience it.

Grade C Mark Alexander – Forward

Through participating in the competition, I have learned that no matter what, never give up and always stay positive. Also I think it's important to think about the game and get information when preparing for the competition. I always try to encourage my teammates and keep them positive when we play a game. The competition also helped me to be more athletic and taught me to have more fun. But it also encouraged me to be more responsible in my position and be more mature in taking responsibility. If I try my best in my position, I believe I could be the best player in the world.



Girls' Grade B Aileen Ryan – Back

Aileen is 15, but she has already played rugby for 8 years. Although she now plays as a back, she was a forward when she was younger. In joining the second year of the school's rugby team, she felt determined to continue the rugby spirit in school.

What does rugby tell you about yourself?

The first thing is that I don't like losing a game, especially if we lose a game because we didn't try our best. Second is that no matter the result, it is fine as long as we worked hard and tried our best as a team. Third and most importantly, we all have fun together through playing rugby.

What do you think is important when preparing for the competition?

I think the whole team has to be ready. Everyone has to know their position well. Also they have to be on guard at every moment of the game or the other team can tackle or pass any moment they were slacking.

What makes you different from other teams in the competition?

I would say teamwork comes first, knowing your teammates will support you while you are playing the game. Also we understand that no matter whether we win or lose, we're together for the result.

Does participating in the competition help you define yourself as a rugby player?

Yes, I am proud to be a rugby player. Rugby is something I love to do, it is a hobby. At the same time, I like playing rugby as a team. When we're in a team, we experience things together, even being tired.

How do you apply your experiences in the competition to daily life?

I would always try my best like I did in every rugby game I played. Also it is important to never give up in everything we do. No matter whether it's in sports or in studies.

How can participating in the competition help to prepare you for your future?

It gives you confidence. Also it helps you to understand what it means to be a team. Thirdly it builds your character as you contribute to the team. Lastly it teaches you to commit to your position when you play the game, no matter whether you are a forward or a back.

Grade B Samantha To – Back

Through participating in the competition, what have you discovered about yourself?

Participating in the competition is all about team spirit, as rugby is a sport that will only work if teammates cooperate with each other. You cannot win alone in the game.

What is most important when preparing for the competition?

Definitely practice and practice.

How did participating in the competition help to define you as a rugby player?

It increases my interest in the game. Also due to the pressure to do our best in the competition, we will practice more and try our best to win awards. The competitions also helped to broaden our mind in playing the game as different teams have different strategies. **How do you apply these competition experiences in your life?**

Playing rugby strengthens my body and improves hand-eye coordination. Furthermore it can help me with daily athletic activities.

Inter-school Rugby Championships 2010-11

Inter-school Rugby Championship A Grade Boys - 2nd Runner-up at		
BANAAG, Derek Ray Ricalde	5C	2
LUPTON, Lewis Muir	4A	36
THOMAS, Hamish Bruce Ramsay	4A	30
CHEUNG, Joel Jee Wai	5C	10
LAU, Ka Hung	5Y	10
CHARLES, Dylan	6C	9
BRAR, Akashdeep S	A1-C	3
FRASER, Thomas Lovat	A1-C	4
MAGALING, James Earl Izac	A1-C	13
TAYLOR, Llewelyn	A1-C	22
ZEHNDER, Rian	A1-C	25
DE WIT, Maxime Falla	A1-M	5
ROUSE, Luke Antony	A1-M	20
GURUNG, Taral	A1-Y	7
MA, Jay Ming Yui	A1-Y	12
URBANO, Jose Fernand S	A1-Y	23
JESSOP, Daniel Thomas	A1-Y	9
KAZUTUMI, Onishi	4H	19
WATT, James	3A	25
MUKPHILA, Nattapong	5A	18
ANGUS, lan	A1-C	1

B Grade Boys - 1st Runner-up at Plate L	evel	
BILLINGE, George Peter	1A	
HIRANANDANI VAZQUEZ, Chiraag	1C	l
JARAMILLO, Frederick Romwell Lapitan	1C	
SERNEO, Nathaniel Inlong	1C	
COEBERGH, Mark Alexander	1H	l
CHAN, David	2A	
TUN, Than Zin Alfred	2M	
WATT, James	3A	l
GUZMAN, Vincent	3A	l
MEGINO, Michel Angelo Razon	ЗH	
SHIMADA, Kohei	3C	
ZEHNDER, Sacha	3M	l
JUNAID, Ahmad	3Y	

Inter-school Rugby Championships 2010-11 C Grade Boys - 1st Runner-up at Cup Level

BILLINGE, George Peter	1A
RUSTEMEYER, JR Daniel Max	1A
SERNEO, Nathaniel Inlong	1C
CHAN, David	2A
LUPTON, Ross James	2A
PONCE, Lorenzo	2M
WILLIAMS, Connor Alex	2C
TUN, Than Zin Alfred	2M
KOHEI, Shimada	3C
WU, Chun Ming	2M
HIRANANDANI VAZQUEZ, Chiraag	1C
JARAMILLO, Frederick Romwell Lapitan	1C
SERNEO, Nathaniel Inlong	1C
COEBERGH, Mark Alexander	1H
FERNANDES, Charleston Brendon	2M
ZEHNDER, Sacha	3M

Girls' Rugby 7 Competition with International Schools 2011 3rd Runner-up (Under 16)

4A	FONG, Rachel Grace Siu Ching	ЗA	IAFETA, Octavia Teuila
4A	WATT, Marie Frances	4H	RYAN, Aileen
4Y	BORGHIN, Joey	4Y	SARENAS, Patricia Louise L
4Y	BORGHIN, Snowy	3A	TRACY, Vanessa Amber
4Y	TO, Yi Sum		





Inter-school Table Tennis Competition

This is my second year in the school table tennis team. I really enjoy being in the team, and meeting new friends and playing with them during practices and competitions. I like to play table tennis because it is interesting and fun, and it also gives me a lot of meaningful life lessons.

Without Dr Miller, we would not have such a comfortable venue where we can practise table tennis, so we owe him our thanks. I also want to thank Mr Benson Chan, who taught me a lot of skills and through his dedication and guidance, led us to win different competitions. I do really hope that you can join our team one day, and enjoy the fruit of achievement.

Tommy Kwok 2A

You will see members of the Table Tennis Club training every Tuesday and Friday outside the Student Learning Center. I love table tennis so much that I practise almost every day. Not only do I enhance my skills by practising every day, I have also made a lot of friends who have the same interests as me.

I believe that one day when I am well prepared, I will compete against other schools on behalf of our school, but before that happens I will have to strengthen my table tennis skills. It is very important for you to stay calm against aggressive opponents in your path. This is what I have learned in table tennis and it is what I believe about facing difficulties in life. I really want to thank my coach, Mr Benson Chan, for his effort and time in coaching me.

Inter-School Table Tennis Competition (TW and Lsland)	Awards	Members
C grade Boys	Champion	KWOK, Chin Pok 2A WU, Chun Ming 2M MA Ka Chun 1Y NG Yui Ching 1C YAM Pak Long 1A
B grade Girls	1st Runner-up	WU, Sum Yu 3M LEUNG, Chin Ching 4Y SHUM, Wood Yee 4Y
A grade Girls	3rd Runner-up	MO,Hei Shim Michelle7M CHEUNG, Lok Yan 4C YIP, Tsz Yan A1-Y
C grade Girls	5th place	FUNG Wing Ki 2Y PON, Lok Yin 2M LAU, Yuet Ting Alvina 2C LAU Sin Ting Cynthia 1A YU Hui Yin 6Y
A grade Boys	Quarter Semi Final	CHAN Wing Sing 6M TANG Wing Him 6M LAU, Yin Lun (Tony) 7C YU, Chun Hei 4C
B grade Boys	Quarter Semi Final	CHOW, Wing Cheong Kelsey 4H LUM, Tian Song 4Y HO, Ringo 4C

PTA Achievement

Whole HK Home-School Table Tennis Team Competition	Champion	Mr and Mrs Yu (Parents of 6C Alex Yu, hui yin) Mr Eric Fong (Parents of 3C Yigi Fong) Mr Benson Chan(Teacher)
Home-School Table Tennis Team Competition – New Territories	2nd Runner-up	Same as above

Inter-school Taekwondo Competition – art of the foot

Boys' Grade A Interview with David Kuo

Taekwondo, the ancient Korean martial art, is not only a sport of fierce footkicking and fist-hitting, it also requires the battler's calm mind to discover one's path to victory, according to David Kuo.

It is important to be well-prepared for my competition, to come up with various strategies that I may apply to win, and finally maintaining a strong body is necessary.

He believes in the power of daily practice.

I would never give up or slacken off my training; rather I sustain my effort every day.

He says confidence is important in winning any sport.

In my opinion, I have superior quantity of confidence than other participants. **Moreover the competitions helped him define his role,**

After the competition, I found my true interest and goal, which is to become a real, professional taekwondo player.

Taking part in competitions is not just a matter of winning. David believes he has gained experience which he can apply to daily life.

I believe whatever you do, you must not give up in the process. This applies to both my competitions and other things in my life.

Thinking about the future, he makes the same positive note.

I think I may meet many devastating challenges in the future, so an optimistic attitude will be my incentive to do things well and overcome them.



Inter-school Taekwondo Competition results:

2nd Runner-up Free Fight	PINTA, Ravi Willem	3C
ChampionFree Fight	LOO, Lenox Jay Colina	2C
1st Runner-upPattern		
1st Runner-upFree Fight	CHIU, Ho Chi	5C
ChampionFree Fight	SHUM, Sze Chit	4M



Inter-school Dragon Boat Competition Myth On.

Our school's dragon boat team was formed last year. With only one year of experience, our school won last year's inter-school dragon boat competition.

Grade A Jeanne Yip - Paddler

Through participating in the competition, what have you learnt?

I understood that teamwork is the important thing in dragon-boating because one member alone can affect the whole team. It is also important that the team has the same target in mind or it won't stand a chance of winning.

What do you think makes you different from other teams in the competition?

We are different from other teams because our school's paddlers are multinational. We are all interested in paddling with the given cultural exposure such as the Chinese rhythmic beats of the drummer and the beautiful pattern of the dragon boats.

How did participating in the competition help you to define yourself as a dragon boat paddler?

I wouldn't define myself as a paddler. I know my body can meet the conditions to be a good dragon boat paddler, even though it is very tough. By tough, I mean the way we paddle — we have to lock ourselves at the same position while we have to lean forward at a very quick pace every time we paddle. Not to mention, the whole team has to paddle at the same pace, making dragon boat racing very difficult to master.

How do you apply your competition experiences in your daily life and future?

This experience taught me to never give up. Also, sometimes you don't know what you can achieve until you try. So you should try things out first, and you may come up with results you never expected. My motto is to have no regrets. "I think that dragon-boat racing is a developing sport. Although not a lot of schools participated in the recent competitions, I believe that there will be more schools participating in the future. Also, dragon boat racing is a cultural thing. It's interesting how a sport can include cultural aspects while being competitive and exciting at the same time. It is a good sport to play."

Shonagh Ryan A1-M (21)

Grade B Vincent Pun and Leung Sik Man - Paddlers

Through participating in the competition, what have you discovered about yourself?

V: I am strong and muscular.

L: I have learnt persistence.

What do you think is important when preparing for the competition?

V: To cooperate with each other, having team spirit and persistence.

L: Being more focused on the competition and eventually the prize.

What do you think makes you different from other teams in the competition?

L: We are more able to paddle at the same pace.

Would you define yourself as a dragon boat paddler?

V: I feel a sense of belonging to dragon-boating.

L: Yes.

How do you apply your competition experiences in your daily life and future? V+L: I don't.



Inter-school Dragon Boat Championships 2010

Date: Time: Venue:

Teacher-in-charge and Coach: Team Manager: Team Captain: 30th May, 2010 (Sunday) 0900 - 1300 Shing Mun River, HKDBA Training Centre On King Street, Shek Mun, Shatin, N.T. Mr Ringo Ma Ms Charmaine Leung Marco Leung

Results :

Secondary School Colleges - Women:

Secondary School Colleges -Mixed: Drummers: Steerers: Team A - 1st Runner-up Team B - 2nd Runner-up 2nd Runner-up Rosa Fung (6M) and Elaine Wong (6M) Mr Ringo Ma and Marco Leung (6C)

Paddlers, Girls

Fung Pok Yan, Emily Cheung, Heather Lai, Jasmine Cheung, Kovis Cheng, Wong Ying, Joey Tsui, Nancy Yeung, Jeanne Yip, Shonagh Ryan, Nicole Ho, Priscilla Wong, Josie Cheung, Samantha To, Aileen Ryan, Vanessa Chan, Leung Sik Man, Chau Kin Yu, Chan Nok Yin, Siu Ka Yi, Wong Wai Lam

Paddlers, Boys

Jack Lau, Wai Chun, Chu Kwai Chung, Yeung Man, Marco Leung, Kelvin Lee, Mathew Choi, Cross Cheung, Homan Tai, Matthew Lo, Andes Chiu, Oscar Chui, Vincent Pun



Competitions and Performances for Phoenix

Competitions:

106

Date	Event	Result
December 5, 2010	All Hong Kong 18 Districts Cheerleading Competition (Preliminary)	1st
January 29, 2011	All Hong Kong 18 Districts Cheerleading Competition (Final)	3rd
February 20, 2011	2011 Standard Chartered Marathon District Council Cup (representing Islands District)	Excellence Award

Performances:

The a state

Standard Chartered

查打銀行

Date	Event
October 9, 2010	Opening Ceremony of the Tung Chung Public Library and Sports Centre
November 21, 2010	Eastern District Arts Festival – 'Racial Integration' Carnival
December 18, 2010	Seaview Crescent Residents Club Christmas Party
February 26, 2011	Pok Oi Hospital 2nd 'Cheer for Life' Cheerleading Competition
April 8, 2011	ESF Island School Cultural Evening



Captain	SONG Da Eun Erin	A1-Y
Co-Captain	PARUNGAO, Georgia Ysabel Lagman	5C
Assistant Captain	SARENAS, Patricia Louise L.	4Y
Coordinators- Stunt & Music	PEDREGOSA, Herald Israel Capayas	4H
Coordinators- Stunt & Dance	KWAN, Kimberly Sean	5A

Cheerleading Competition For 18 Districts (Finale)

Cheerleading – Cheer forever

Our school cheerleading team has only been established for two years, but it received first place at the inter-school cheerleading competition last year. Don't find it strange to see our students on television as they were invited by the government last year to perform as part of the national parade! Not to mention our students are all very excited to be part of the team as they get the hang of teamwork, not the drama.

Harold, music organizer

To Harold, the team is like his family. He would do anything for them because he loves them. It all started with requests from the team members who are his friends.

What is Harold's job as music organizer?

First, he produces the music that is used for every competition; second, he helps with the stunts; and third he takes photos and videos for the team when they are performing.

How do you mix the music to fit with the dance choreography?

Actually the team will brainstorm ideas, then I'll get a list of songs, and I'll start getting parts of the music and put them together. I'll make drafts and give them to the captain. Then she'll tell me what needs to be changed, so I'll change the draft, making revisions until it's perfect for the team.

That's a lot of work -- do you do it because of your passion for music?

Not really, I only started because of my friends' requests. To me, it's now a regular thing. Plus I think I have to do it because they believe in me.

So what have you discovered through helping the team?

I think the most important skill I've gained is editing the music quicker. I mean it becomes easier every time I make it. Also I understand it is important to have patience because keeping listening to the audio can sometimes be frustrating and if it was done in a rush, it would end up being bad. So patience is the key.

How about being part of the team?

I realise you don't act on your own. I can't just change the music by myself or the whole team would be confused. Also we communicate through feedback, which improves the quality of the team.

Our cheerleading team is a family where every member is attached to the others.
English Speech Festival – stand and deliver

Our school achieved excellent results in this year's Speech Festival, through the hard work, dedication and passion of our students and teachers. We gained three first prizes in solo entries, and a number of first runnersup and second runners-up prizes. 120 of 135 students gained a merit for their entries.

Comments from First Prize-winner Kaur Bavanpret of Form 1

He entered Class H with "My Pain".

This was only the second time Kaur had entered the Speech Festival. **"You just have to think you can do it,**

that you can win the competition", he said.

Through participating in the competition, Kaur discovered that success can be achieved by believing in yourself, and taking action to reach your potential. However apart from participating, the preparation for the competition is important.

"You must have confidence inside, trust in yourself. On top of that, I practised with my teacher once or twice a week. But at home, I would look in the mirror and practise seeing how I express things with my exaggerated expressions."

The Hong Kong 62nd Speech Festival Results for English Department

Name	Class	Category	Result
KAUR Bavanpreet	1H	Non-Open Solo Verse speaking	1st
VERGARA, Mary Stephanie	4H	Non-Open Solo Verse speaking	1st
NG Nathan	10	Non-Open Solo Verse speaking	2nd
FERNANDES, Benisha Beverly	2Y	Open Solo Verse speaking 2nd	
BABANI, Vanisha	4H	Non-Open Solo Verse speaking	2nd
NAIR Jisha Lokanadhan	1H	Non-Open Solo Verse speaking	3rd
VICTORIA, Francesca Mia Calucin	4A	Non-Open Solo Verse speaking 3rd	
CHEUNG, Tsz Ying	4C	Non-Open Solo Verse speaking	3rd
Cherypina Yana	5A	Non-Open Solo Verse speaking 3r	
CASTILLO Sarah Caroline B.	1C	Open Solo Verse speaking	merit
CASTILLO Samuel Jacob B.	1M	Open Solo Verse speaking	merit
TSANG Ka Long	1M	Non-Open Solo Verse speaking	merit
FRASER, Khali	2A	Open Solo Verse speaking	merit
KOTWANI, Monisha	2C	Non-Open Solo Verse speaking	merit
CHENG, Hon Lam Teddy	2M	Non-Open Solo Verse speaking	merit
DHAKAL, Soyena	2M	Open Solo Verse speaking	merit
SIVAKUMAR, Gayathri	2M	Open Solo Prose speaking	merit
BUTTAR, Sumrit Singh	3C	Non-Open Solo Verse speaking	merit
ELLIS, Columbia Grace Manders	3C	Dramatic Duologue-Open	merit
PACLIBAR, Marion Jemlette N.	3C	Dramatic Duologue-Open	merit
GILL, Chaman Kaur	ЗH	Non-Open Solo Verse speaking	merit
CONCEPCION, Brian John Michael Cunanan	4A	Non-Open Solo Verse speaking	merit
SEN, Ann Kristine So	4A	Non-Open Solo Verse speaking	merit
LIM, Jun Jie Jonathan	4C	Non-Open Solo Verse speaking	merit
WONG, Wai Lam	4C	Non-Open Solo Verse speaking	merit
CARAAN, Sophia Patricia	4H	Non-Open Solo Verse speaking	merit
MORAN, Sarah Denise	4H	Non-Open Solo Verse speaking	merit
OMBAO, Kleyr Balingit	4H	Non-Open Solo Verse speaking	merit
PUENTESPINA, Mary Judith Pacifico	4H	Non-Open Solo Verse speaking	merit
SARASWATI, Nadya Tasya	4H	Non-Open Solo Verse speaking	merit
TONG, Hoi Yan	4H	Non-Open Solo Verse speaking	merit
PANG, Crystal Zi-yi	4M	Non-Open Solo Verse speaking	merit
Lau Kit Kwan	5C	Non-Open Solo Verse speaking	merit
Cheung Kwan Kiu	5M	Dramatic Duologue-Open	merit
TSANG Chun Kit	5M	Dramatic Duologue- Open	merit
Chang Roxanne Kar hee	6M	Non-Open Solo Verse speaking	merit
Pong Yan Ling	6M	Non-Open Solo Verse speaking	merit
CHAN Sze Long	1A	Non-Open Solo Prose Reading	proficiency
MEHTA Nicholas Sagar	1Y	Non-Open Solo Prose Reading	proficiency
HONG, Colin Ho Yin	2A	Non-Open Solo Verse speaking	proficiency
LOO, Lenox Jay Colina	2C	Non-Open Solo Verse speaking	proficiency
LEE, Yee Hung Michael	3C	Non-Open Solo Verse speaking	proficiency
LAM, Ho Yin	3M	Non-Open Solo Verse speaking	proficiency
TONG, Cheuk Wing Wilson	3M	Non-Open Solo Verse speaking	proficiency
YUNG, Lok Kan Samuel	3Y	Open Solo Verse speaking	proficiency
TSE, Yan Yee	4C	Non-Open Solo Verse speaking	proficiency
BARWELL, Declan Kai-wing	4H	Open Solo Verse speaking	proficiency

Did the judge's comments help after you'd already delivered your speech?

I remember on stage, the judge told all of us it was delivered well except for the fact that I was really nervous.

Kaur also said he is happy that he took part in the competition as he believed it taught him a moral: "**If you trust in yourself, you will surely achieve**."

Congratulations Kaur, we hope you enter again next year!

中文朗誦·中華文化傳承

我校在營造以英語為主的國際學習環境的同時,亦不忘透過鼓勵同學參加一年一度的香港學校朗誦節,從預備、練習,乃至參賽的過程中培養同學的自信及文學修養,藉此向校內學生 推廣中國語文的重要性。而本年度 5Y 班張梓翹同學以及 5M 班陳威誌同學更奪得高中組粵語 二人朗誦亞軍,為校爭光之餘亦在本校多元化的大舞台上展現中華文明優秀的光采。

與得獎者對話

你們認為是次得獎的最大原因是甚麼?

雖然我們相信這次獲獎的原因眾多,不能一概而論,但我們深信當中最重要的是我們之間的互相合作。二人朗誦非常 講求兩人的默契,這包括自然的眼神交流、神情動作的配合、以及彼此交替接續對話的流暢度。

你們在籌備比賽當中,遇到最大的困難是甚麼?

我們遇上最大的困難應該是懶音問題。由於我們 在日常生活當中時常忽略以正音說話,因此我們 在練習期間花了不少時間在老師的循循善誘下矯 正發音和改善咬字問題,務求能清晰準確及字正 啌圓地誦讀文中字句。

學校怎樣在比賽準備過程中協助你們?

我們非常感謝校方讓我們有機會參賽,以及在我 們預備期間的鼓勵及支持。我們亦希望能藉此向 一直在我們籌備比賽期間不遣餘力地提供協助的 吳潔盈老師和余艷儀老師衷心致意。她們用心地 為我們詮釋誦詞中文言文難以理解的地方,讓我 們在明晰文意後能更自然流暢地投放情感朗讀, 又教導我們靈活運用眼神,手勢及身體動作將文 意全神貫注的活現出來。學校就像一個充滿着契 機與挑戰的大舞台,而各位老師就在台上熱切指 導着每一個發光發熱的角色,讓我們創出一片絢 爛多姿的明天。

你們在比賽中學到甚麼?你們又怎樣將這些收穫 應用於未來社會上?

我們在是次比賽中最大的得益是學會真正勇敢面 對群眾說話。我們發現,只要撇下緊張的心情, 從容面對觀眾的目光,說話字字鏗鏘,語氣平順 卻不乏抑揚頓挫,配合堅定、不飄浮的眼神,才 能赢取觀眾的注意及掌聲。除了訓練膽量外,我 們亦在同時明白到合作和溝通在團體活動中相當 重要。我們相信這些得著必定能使我們在未來處 處講求合作與待人處事的職場更上一層樓。

你們對其他有意將來參加中文朗誦的同學有甚麼 寄語?

我們希望日後有更多同學都能透過參與中文朗誦 比賽這趣味盎然的形式學習中國文化,不但獲益 良多,更同時秉承我國五千年燦爛文明的精粹, 再續我校國際舞臺夢。

第六十二屆香港校際朗誦節成績

			-
姓名	班別	項目	成績
李樂妍	4M	詩詞普女	冠軍
張梓翹	5Y	二人粵	亞軍
陳威誌	5M		
黃蔚霖	4C	詩詞普女	季軍
梁巧枝	1A	詩詞普女	季軍
劉思穎	2A	詩詞粵女	優良
馮穎祺	2Y	詩詞粵女	優良
翁洛勤	3Y	詩詞粵男	優良
吳嘉樂	1C	詩詞普男	優良
梁裕澄	1C	詩詞普女	優良
鄧巧喬	1M	詩詞普女	優良
陳詩朗	1A	散文普男	優良
宣大安	2M	散文普男	優良
邱怡霖	3A	詩詞粵女	良好
李樂然	ЗK	詩詞粵女	良好
麥尉翎	2M	詩詞粵女	良好
BUTTAR, Sumrit Singh	3C	詩詞粵男	良好
林浩然	ЗM	詩詞普男	良好
林瑋銘	2Y	詩詞普男	良好

:H

2011 Hong Kong Odyssey of the Mind Programme: Pin Design Competition 香港創意思維活動 2011 襟章設計比賽

Liu Chung Yan, Lalita (3A) was second runner-up in the junior secondary division out of a Liu Chung Yan, Lalita (3A) was second runner-up in the junior secondary division out of a total of 3500 entries in the 2011 Hong Kong Odvesey of the Mind Programme. Pin Decim LIU Unung Yan, Lalita UJAI was second runner-up in the Junior secondary division out of a total of 3500 entries in the 2011 Hong Kong Odyssey of the Mind Programme the Education Competition organized by the Hong Kong Odycevy of the Mind Programme the Education total of Jobu entries in the ZULL Hong Kong Dayssey of the Mind Programme: Pin Design Competition, organized by the Hong Kong Odyssey of the Mind Programme, the Education Bureau and the Hong Kong Federation of Youth Groups. Cho was awarded a trachy ¢on in Competition, organized by the Hong Kong Judyssey of the Mind Programme, the Education Bureau and the Hong Kong Federation of Youth Groups. She was awarded a trophy, \$300 in book compone and a contificate. The prize procentation company was hold as a April 2011 at Bureau and the Hong Kong Federation of Youth Groups. She was awarded a trophy, \$300 in book coupons and a certificate. The prize presentation ceremony was held on 3 April, 2011 at the Hong Kong Institute of Education

the Hong Kong Institute of Education.

Visual Arts

Competition

Winners

Outstanding Performance in Visual Arts Competition Xu Bei Hong Art Competition for Young Adults and Children 2010

Out of 20,000 entries in the Xu Bei Hong Art Competition organized by The Hong Kong Federation of Youth Groups, six of our students achieved awards. Wong Hiu Laam (5C) came First in the senior secondary school division. She was awarded a wong mu Laam (DU) came FIRSUM me senior secondary school division. She was awarded a trophy, a certificate, a replica of a work of art by Xu Bei Hong and a week's free study tour (\$5000 concerching to Polymer Polymer to be a second and the second art location of the second art by the second art location of the second art by the second art location of the second art by the second art location of the second art by the second art by the second art location of the second art by the second art location of the second art by the second art by the second art location of the second art by the second art location of the second art by the second art location of the second art by t tropny, a certificate, a replica of a work of art by Au Bel Hong and a weeks free study four (\$5000 sponsorship) to Beijing Renmin University of China, to have professional art lectures, seminars and cultural exchanges with the local university students

and cultural exchanges with the local university students. Yam Pak Long (1A), Cheung Tik Ki (formerly 4M, on exchange this year), Lau Tsz Yan (5Y), Lam Wai Ching (5A) and Sum Pui Vin (5A) achieved Marite in the compatition Yam ۲۵K Long (۱۸۱, Uneung ۱۱K KI (Tormerly ۲۲۸, on exchange this year), Wai Ching (5A) and Sum Pui Yin (5A) achieved Merits in the competition. Competition results are posted at http://csu.nktyg.org.nk/cni/xpn.ntml. The Presentation Ceremony was held on 4 September and the winning entries could be seen in the Exhibition Collegy of Wood Kond Control Library on K and 5 September 2010 Competition results are posted at http://csu.hkfyg.org.hk/chi/xbh.html .

internessentation Geremony was new on 4 september and the winning entries con in the Exhibition Gallery of Hong Kong Central Library on 4 and 5 September 2010. An album of the winning artworks will be published.

"The World of Birds and Wetlands" Paper Tole Collection Activity Four of our students Lau Tsz Yan (5Y), Wong Hiu Laam (5C), Yung Wei Tong (5C) and Sum Pui Via (5A) formed a group to participate in this programme. Their artwork was chosen to be rour of our students Lau ISZ fan (31), wong HIU Laam (30), rung wel long (30) and Sum Pul Yin (5A) formed a group to participate in this programme. Their artwork was chosen to be avhibited in Hong Kong Wetland Park from 27 Oct 2010 to 29 Ech 2011 They were awarded YIN IDAJ formed a group to participate in this programme. Their artwork was chosen to be exhibited in Hong Kong Wetland Park from 27 Oct, 2010 to 28 Feb, 2011. They were awarded a certificate and a set of gifts

certificate and a set of gifts.

Art Ambassadors in School Scheme (AAiSS) 新一門水園客加入民前国 SONG Da Eun Erin (A1-Y) was awarded a \$500 scholarship and certificate of recognition by the Hong Kong Arts Development Council (HKADO) to be the cohecil cast ambascader in 2010 2011

SUNG UA EUN ERIN (AI-Y) was awarded a \$500 scholarship and certificate of recognition by the Hong Kong Arts Development Council (HKADC) to be the school's art ambassador in 2010-2011 for her willingport to chare her particle and premete chieve and the arts to other particle for her willingness to share her passion and promote enjoyment of the arts to other people.

THE ADDEL DATE THE REAL

Visual Arts

Art Competition

Determination and fortitude – keys to success

Our school has had many successes in art competitions in the past few years. This year our school once again rejoices in the outstanding achievements and performances of our art students, most prominently the young artist Wong Hiu Laam (5C) who came first in the Senior Secondary School Division of the Xu Bei Hong Art Competition for Young Adults and Children 2010.

Interview with the Prize-winner Wong Hiu Laam

What have you learnt through participating in the competition?

When I won the competition, I was awarded a week's free study tour to Beijing Renmin University of China to have professional art lectures, seminars and cultural exchanges with local university students during last year's Christmas holiday. What impressed me the most was the artists' fortitude and perseverance in their art, especially those who had swollen hands because of holding the tiny paint brushes for an excessively long period of time. I really appreciated their determination to finish artworks with their best effort and the highest quality they could achieve.

What do you think was important in your preparation for the competition?

I think patience is crucial in the process of creating an artwork. For this competition I sketched a drawing with meticulous lines and a sophisticated range of colours and shadings. I spent a long time concentrating my attention on all the details of the drawing, and I think that is the reason my work eventually won the competition.

How did our school assist you during the preparation?

I want to take this opportunity to express my utmost gratitude to my school, as I would not even have had the chance to participate in the competition without the school's help. The art teacher in the school also provided lots of opportunities and encouraged me during the competition.

How can participating in the competition help you to prepare for your future?

This competition encouraged me to pursue a career in art, in a field such as design, painting or architecture. Besides, I have also learnt an important life lesson, that no matter what your goals are or how difficult they are to achieve, diligence, determination and fortitude are indispensible keys to success.





Our principal, Dr Miller, presents prizes to the students.

The Hon Leung Oi-sie, Elsie, Vice-director of the Hong Kong Basic Law Committee of the Standing Committee of the National People's Congress presents a prize to the champion, Wong Hiu Laam, at the presentation ceremony.



The picture that won Wong Hiu Laam (5C) first prize in the Senior Secondary School Division of the Xu Bei Hong Art Competition for Young Adults and Children 2010.

JA programme

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Purchasing Procedure After purchassing products -fill in order form -pay at the cashier -collect tacket number

ANTA'S WALKERS

Teen Entrepreneurs Competition

This year, some Form 5 students entered the Teen Entrepreneurs Competition

organized by the Hong Kong Institute of Education and the ELCHK Yuen Long Our students entered the competition in October, and formed three groups of about Lutheran College.

seven to ten students. They attended several talks to brief them on establishing

Their ultimate goal was to design their own business booth based on the following

themes:

1. Environmental responsibility

- 2. Innovative production
- 3. Social responsibility (ethical business practice)
- The interschool competition was held on January 28 to 30, 2011.

Student comments

What have you learnt in this competition? Sharon: It is necessary to be responsible Joyee: We should be responsible
Sharon: It is necessary to be responsible when cooperating with others. Joyee: We should challenge ourselves to the fullest, not be satisf. Chloe: To acknowledge that
lain in this competition
Joyee: We should challenge ourselves to the fullest, not be satisfied with being Chloe: To acknowledge that everyone is different, and de important to constitute to cons
Dormal is challenge our challenge of the cooperation of the cooperatio
Chloe: To ach
to acknowledge the different fullest, not be actively acknowledge the
Carlos: We should always think over our own ideas so that more pour ideas will come out which will inspire others.
Carlos: We should be consider wheth
ideas in always think
scas will come out with over our own in proposed could with a Also it is
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Chloe: I would prefer not to be in PR, but maybe I would purchase the raw materials for the company's production.
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Open Day 2010

More than 1,400 parents, students and guests participated in the school's Open Day held on 30th October 2010. Over 50 booths were designed and set up by students and teachers from various departments, ECA clubs and societies. There were displays of students' work, experiments in the science laboratories, workshops and demonstrations in the home economics rooms, the art rooms and the multi-media learning centre, games and activities in classrooms, student performances and challenging international sports activities on the grass pitch and playground. In addition, two sessions of Form 1 admission briefings were organized for visitors and parents in the morning and afternoon.

The Open Day began with an opening ceremony officiated by Mr Ben Lam, the School Supervisor; Mr Doug Oxley, Chairman of the School Management Committee; Mrs Sheila Chuang, Hon. Treasurer of the School Management Committee, Ms Josephine Shen, PTA Executive Committee Member and Dr Nick Miller, the Principal.

Guests and parents enjoyed the activities and exhibits prepared and demonstrated by students and teachers. They were impressed by the students'creativity in academic, sports and aesthetic activities. They showed interest in talking with the students about their school lives. They were overwhelmed by the variety of extracurricular activities offered by the school. Visitors had an opportunity to experience the mixture of different cultures in our dynamic international community which has over 70 per cent international students from 40 different countries. "Cultural tasting" of French, Japanese, Spanish and Chinese cultures was available for both the students and parents to experience a unique cultural exchange in our school.

Activities:

Taekwondo, baseball, soccer, basketball, volleyball, handball, rugby, golf, athletics and crosscountry activities.

Smart board demonstration in the Multi-media Learning Centre, cooking demonstration in the Home Economics Room.

Orchestra, stage band, street theatre, solo singing, string quartet, taekwondo, cheerleading.

French, Japanese, Spanish and Chinese

Form 1 admission briefings, health check by Red Cross, JPC and Community Services, Scouts and Boys' Brigade, PTA food stalls, PTA exhibition boards, cheerleading performance, house activities and Spanish cultural activities.









The annual Sports Day has been one of the most important and welcomed sports events of the school year. The 8th Annual Sports Day was held on November 18 and 19, 2010 with lovely fine, breezy weather throughout the one and a half days. More than 800 students participated in 180 events this year. This year, competitors and cheering teams from the four houses participated enthusiastically in various events. The whole sports ground was filled with house spirit.

Our athletes achieved the following amazing results in the 8th Annual Sports Day. There were 99 events which met the inter-school standard, 49 records were broken. Students will carry on trying hard for the Track and Field events in the next Sports Day. We believe that when students participate in sports, they can achieve the following life skills; collaboration, communication, co-operation and critical thinking.

8th Annual Sports Day (2010-2011) Overall Champion and Individual Champion

I. Overall Champion: Williams House

- II. Individual Champions:
- A Grade Girls: Song Da Eu Erin (A1-Y)
- B Grade Girls: Robertson Chonoa Alisha (4Y)
- C Grade Girls: Emily Jang (1M)
- A Grade Boys: Nocedo Eliud Joran Palaly (A1M)
- B Grade Boys: Wan Hin Chung (4C)
- C Grade Boys: Wong Man Ho (2Y)





Kickoff

On 27th September, 2010, our Form 1 students started their journey from the school campus to the Life-wide Learning Camp at Pui O. One hundred and sixty-six students went on this camp, and were arranged into 11 Tribes for the four-day/three-night adventure. This adventure was led by our Form 1 class teachers together with Treasure Island Global Adventures leaders who were responsible for activity leadership and logistics.

Agreements

When we first arrived at the Tribal Camp, students were arranged into 11 Tribes with 15 students per Tribe. The first thing they did was to establish group agreements with the adventure leaders to ensure each tribe would follow certain norms. This was of utmost importance as having mutual agreements among the students helped to ensure students with various cultural backgrounds and diversity lived harmoniously in the camp and during the adventures.

From icebreaking to teambuilding

At first, students were new to each other even if they were from the same class as September 2010 was the first month of their secondary school life. Through a series of icebreaking games and Tribal Olympics teambuilding games at Pui O Beach, students gained better understanding of each other and started to communicate more and develop trust.

Settling down

After a long day of exhausting teambuilding games, students checked into the YWCA Sydney Leong Holiday Lodge near San Shek Wan. They were given free time to shower, rest and then eat dinner. However, that was not the end of Day 1. Following dinner, there were exciting and fun night activities like Orienteering and Twilight Games, which aimed to train students' team work and to develop team spirit. In addition, there were also quiet and reflective activities including debriefing, reflective journals and eco games that helped students to get into a tranquil state before they slept. At the end, lights were turned out at 9:15pm to ensure a refreshing rest for students.

Acquiring training and skills

In the following days, students were scheduled to face various types of training and challenges including archery, ropes course, sports climbing, and gorging. Not only motor skills were developed, through their adventures, students were trained in safety precautions for a range of outdoor activities and they were challenged to go beyond their comfort zone!

In addition, students learnt a variety of developmental skills including communication skills, collaborative skills, creative thinking and problem-solving skills through a combination of activities like Ropes Initiatives, Adventure-Based Learning, Survivor Skills, and the Pirates Market and Cooking Challenge. Although this was just a four-day camp, it was a wonderful, fantastic, unforgettable and educational experience for our Form 1 students!

Form 2 Life-wide Learning Camp

This year's Form 2 Life-wide Learning camp took us to the beautiful and serene area of Sai Kung. We were blessed with great weather, allowing us to enjoy the exciting and challenging outdoor activities.

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New Fisherman's Village

大后古廟 Tin Hau Temple

Balanced p

This camp was organized by Treasure Island, a leading company in the field of outdoor education. The goal of this year's camp was to develop personal confidence, leadership skills and community within Form 2. From Lady MacLehose Holiday Camp in Sai Kung, our students were able to experience a variety of outdoor activities.

We hiked, swam, learned about the environment, and challenged ourselves to grow to levels we never thought we could achieve. One of the students' favourite activities was abseiling. As waves crashed beneath them, students had to scale a high rock wall. This was certainly frightening but all of our students came away from that experience with a new understanding of what they can do. The coasteering activity tested the students' ability to work as a team as they manoeuvred their way along the rough Pak Lap beach. Finally, the long hike along Tai Tan Country Trail to the Wong Shek Pier was the most challenging of the camp's activities.

In the evening, when the students returned from that day's activity, they would wearily drag themselves into the camp's mess hall for dinner. But soon the weariness disappeared in an exhilarating sense of accomplishment. During dinner, the students would share the amazing things they had achieved that day. Soon the conversation would turn to the prospect of meeting the next day's challenges, and as they left dinner to head to their cabins, all of them were ready to work together to achieve even more.



This year the Form 3 students went to Lantau Island for Life-wide Learning Week. The main theme of the programme was outdoor education. Through the programmes, our students develop in many ways. They gain:

- Self-awareness and self-confidence through meeting new challenges which expand personal boundaries.
- Physical fitness and awareness of positive lifestyle choices through experiencing exciting outdoor activities.
- Cultural awareness through interacting with people in the communities where the programmes are run and through interaction with their international schoolmates.
- Connection to nature through first-hand experience of the natural world.
- Empathy and compassion for living things through service projects which involve them with communities and the environment.
- Teamwork and leadership skills by learning to work together in a group setting and developing communication skills, cooperation, trust, leadership, planning and time management.
- Outdoor and survival skills by learning about basic needs and how to provide for these in an outdoor setting.



People are sometimes surprised to know that Hong Kong has areas suitable for camping and other outdoor adventures. However, with 40 per cent of the territory designated as country parks, Hong Kong's wild natural areas are a littleknown treasure featuring incredible diversity. Not far from the vibrant cosmopolitan city, there are peaceful green hiking trails, world-class beaches, islands and protected bays, waterfalls and canyons, mountains and small villages. Sai Kung is on the north-east corner of the territory. The area is a 'mini-Hawaii' with dramatic mountains dropping to white sand beaches. There are a number of great activities to do in the area, including courses using residential camps or tent camping, and trails where we hike from peninsulas to mountains to beaches.

For our Form 4 students this year we organized a 5-day outdoor/wild camp, The Nomad. It involved great cooperation in small groups and learning self-reliance in an outdoor environment. Much of the area is accessible only by foot or boat. Students were involved in all aspects of the camp, including trekking, nightly cooking and cleaning, setting up and taking down tents and a beach clean-up. The students learned responsibility, cooperation, self-sufficiency and endurance.

Form 5 Life-tuide Learning Camp

Being a good leader

An awesome group of future leaders having an awesome camp in sunshine – that was the Form 5 Life-wide Learning Camp 2010.

The majority of our Form 5 students have taken up various kinds of leadership roles and responsibilities in our school. In order to equip them with a mature attitude, organizational skills and communication skills, the school designed this camp for our students at the YMCA Wong Yi Chau Youth Camp between 27th and 30th September 2010. Co-organized with Achieve Adventure Training Centre, over 20 teachers and experienced coaches designed a series of training activities around the theme "To be a Good Leader."

The camp started with a workshop on leadership styles, giving a platform for students to share the qualities of good leaders that they admire. The workshop also helped them to understand more about different types of leaders suggested by psychologists. The outcome of their discussion helped set learning targets for their groups in the camp.

Starting from Day 2, they went through a three-day competition in groups to fight for their championship. Activities included goal setting for the group, creating group shirts and slogans, marine mission and kayaking, team-building tasks, cross-country adventure-based training and a fashion design competition. Each student took a turn at being a group leader and led the group to finish all these challenging tasks which require high levels of cooperation.

The end of the camp was not the destination of their learning about good leadership. The real 'training' started when they were back in their leadership positions in school.

Form 6 Life-cuide Learning Camp

1 6 Life-wide Learning Camp

TMCA of Hong Kong Christian Colleg

Waves, Rocks and Climbs! Form 6 and Form A1 Life Wide Learning Week

The end of September meant a break from school for Form 6 and Form A1 students. Asia Pacific Adventures (APA) provided three days of event-filled activities that challenged students physically and taught the value of team work.

Over the course of the week, students were asked to undertake a day of kayaking in Sai Kung, a day hiking and gorging also in Sai Kung, and a day rock climbing and abseiling in Shek O.

The activity of kayaking meant learning new skills and mastering the techniques of staying afloat and on course. Hiking and gorging allowed students to experience the beauty of Hong Kong which we do not often see because of the pace of life here. Climbing and abseiling meant overcoming the fear of heights and pushing on despite fatigue. The lessons learnt were ones not taught in class.

After three physically demanding days, the adventure was over. Tired, but undaunted by their experiences, all who participated were loud in their appreciation of the APA staff's expertise and professionalism. With the tasks for all three days successfully completed, a new level of confidence was present in all participants, along with a new appreciation of classmates and schoolmates. This year, the first ever Back to School Nights were held on two Tuesday evenings (14 and 21 September) for Forms 1-3 and Forms 4-7 respectively. Altogether around 400 parents came to meet with teachers to discuss their children's learning at school.

Back to School Dights

Parents came to the Hall at 6:30pm, when the evening began with an address by Dr Miller. Dr Miller spoke about the school's emphasis on student achievement and parent-school cooperation. After the opening address by Dr Miller the organizers of the Lifewide Learning Camps introduced parents to the programmes of these camps.

The main part of the evening started when parents went to different classrooms for "lessons" in subjects such as English, mathematics, Chinese, French, sciences, history, geography, etc. Each "lesson" was 10 minutes and teachers explained to parents how the subject was taught, what was in the syllabus and what was expected of students in the subject. Parents were also able to experience briefly how students move from one lesson to another.

On the whole, parents were appreciative of the effort put in by the school to provide opportunities for them to learn how and what their children had been experiencing at school in the first couple of weeks of the school term.



Tonferences

Two Parents - Teachers Conferences were held in February 2011, one on the evening of Thursday 17th for Form 5-7 parents, and a full day on Saturday 19th for Form 1-4 parents. As for last year, parents made appointments with class and subject teachers to discuss their children's academic results and other matters, as well as collecting students' mid-year report cards.

This year, the school hall was even more packed as we had an increase of more than 10 teachers from last year. However, the parents found the arrangement useful as they were able to have indepth discussions with subject teachers and get a good idea of how their child had been achieving in all areas of the curriculum.

Many parents arrived at the school earlier than their appointed time and they were eager to learn from teachers how their child had fared in the school. Teachers had a long day seeing and discussing with the parents the progress of students' work and their behaviour at school or at home. Although it was two long days for the teachers, they found the sessions worthwhile, particularly when they saw that parents are generally supportive of the school and interested in students' learning progress.

This year, the Principal, Dr Nick Miller, took time to see each of the top students in each form and their parents, to congratulate them on their outstanding achievements at school. Each student was given a special certificate for their accomplishment and had a photograph taken with Dr Miller and the parents in the Principal's office.

Parents were pleased to have spoken with teachers and to receive their children's report cards. These were similar to last year's report cards, with detailed information and comments about the student's academic achievements, learning progress and areas for improvement from subject teachers and class teachers.

International Hight 2010 - CP huge success

On 11 December 2010, the opening ceremony for our school's International Night 2010 started with a traditional Chinese Lion Dance when two lions danced through the school after our honoured guests Mr Chuck Allison, of the School Management Council; Mr Benjamin Lam, School Supervisor; Ms Josephine Shen, Vice-chairperson of the PTA and Dr Nick Miller, Principal, dotted the lions' eyes. This year International Night was a huge success with a record number of over 1000 visitors coming and having fun.

There were over 20 international food stalls serving a wide variety of foods: Chinese barbecue pork, fried rice, Philippine puto, biko and palitan, Korean kimchee pancakes, Japanese sushi, American style hot dogs, French pancakes, Italian spaghetti bolognese, Spanish tortilla, European beef lasagna, Irish potato fries, tiger prawn skewers, Angus beef skewers and many more. All the food stalls were decked out with national flags and the area soon filled up with students, parents and visitors, some wearing their magnificent ethnic costumes, sharing different cultures, traditions and food.

The highlight of the evening was the International Night Show with its unique way of welcoming the audience -- "Welcome aboard the YHKCC Express and it will travel around the world with you!" A group of Scottish pipers in their uniforms and students holding different national flags were at the Express Train entrance to greet Dr Miller and the audience.

Giving the opening address Dr Miller said, "Thank you for boarding our YHKCC Express. It is the sixth consecutive year we have organized this fantastic fair to celebrate the cultural diversity of our school. Our school has a wide range of different nationalities of students, and it is like a mini-United Nations. Our students can learn about different cultures and understand different ways of living. They will be well prepared for living in today's globalized world through experiencing our mixed international community.

"We are very proud of our wonderful, kind, thoughtful and resilient students in their preparation work for this International Night. We would like to take his opportunity to thank all our students, parents, teachers, staff and volunteers for making it such an enjoyable and successful night."

The show began with a rousing rock performance from Dr Miller and the Miller Band which performed three songs. The school's musical, artistic and dramatic talents were then showcased through Romanian songs and dances, Spanish music, Filipino dances, Indian Bollywood dances, three songs from the school's upcoming musical show The Music Man, Salsa dances, Chinese wing chun, Korean taekwondo and more. The audience swayed, clapped and sometimes yelled together with the energized performers.

The evening ended with a special guest boarding our Express: Santa Claus carrying lots of gifts in his bag and sharing them with students and the audience. The International Night was a truly fitting end to the festive season and will long be a fantastic memory for the entire school.















Blood Donation Day

This year, Blood Donation Day was held on 25th February 2011 in the school hall with the generous support of students and teachers. Forty-six participants, including students in senior forms, teachers and office staff, donated blood.

A donor can give 350ml or 450ml each time, depending on his or her weight. The amount of blood donated is around eight per cent of the blood in a person's body. The red blood cells, platelets and white blood cells will be seperated and used for different purposes. The participants showed their enthusiasm, love and care for the community by giving their precious blood in this event. Indeed they will have helped a lot of people who need blood transfusion services due to accidents and other health-related problems.

Regular blood donation helps in monitoring one's health. With each donation, one's temperature, pulse, iron level and blood pressure are checked.

We sincerely thank all the blood donors in this event and we look forward to seeing you and more students, teachers and office staff next year.

The Music Man



Dancing in The Music Man

When my friend persuaded me to join the musical I wasn't very enthusiastic, but now The Music Man is over I don't want it to be. Whenever there is a meeting I want to go because I want to meet all the cast members and the teacher who helped me so much. We have all become like a family. I have made so many friends that I wouldn't have known if I hadn't joined The Music Man, and Dr. Coulter has been such a wonderful director and choreographer with so much patience. I know we have annoyed her and frustrated her but I also know we have made her proud for giving everyone such a wonderful musical which I hope they will remember. This was an experience I will never forget.

Ayla Ahmed Khan (3H)

Comment from a member of the sound crew for The Music Man

A few months before the school show The Music Man was due to be put on Mr Harley asked me to join the sound crew. My initial response was "But I'm still in Form 2". In the end, I agreed to join after being assured that I would have plenty of help. I found a friend (Nathan) to help me and we met the cast of the show during one of their rehearsals. In our first week of rehearsals, there wasn't much to do other than to press the start and stop button. I started feeling useless until the rehearsals were moved to the hall. That was when our workload tripled, if not quadrupled. Nathan and I and another handful of students who had come to help were hastily taught how to mix with a soundboard and operate the complicated playback system. None of us had any experience in sound playback, but after a few weeks of rehearsing with the cast almost every day, we quickly became more experienced.

Every once in a while, Rob, a professional sound mixer, would come to our rehearsals to train and to guide the sound crew. In the last week before the performance, we were given a huge task that we had only a few days to get used to. Our task was to make sure the sound coming from wireless microphones that the school could only rent for a week was comfortable to listen to. At first, this didn't seem like to much of a task but as we began to use the microphones, we realized how difficult it was and we ended up staying at school to write down and practise the cues long after everyone else had left. As we drew closer to the performance dates, we became more and more nervous as we were given new tasks every day, even between the four performances. As our final show drew to a close, we realized that all our work had paid off and we celebrated with a pizza party together with the stage crew. I learnt a lot during my time as a sound crew member but although learning the technical side of things was invaluable, the most important lesson I received from this was how to work as part of a team and how valuable it is to contribute to success.

Joshua Lee (2C)



Comments from the cast

Being part of The Music Man was such a fun experience for me, and I wouldn't be the person I am today if it weren't for The Music Man because now I have more friends and the confidence to perform on stage in front of lots of people. I was able to learn about how commitment, teamwork and responsibility are important in a show, because without them the show wouldn't have been so successful. I'm glad I had the chance to perform -- and I can't wait for the next show!

Reanna Bachiller (1Y)

The Music Man turned out to be a great show as we all know. The cast members had to give up a lot of their time for rehearsals. At first rehearsals were tough, but after more practising, they were fun and exciting. I learnt that putting on a show isn't about individual people, but about being one big family. Not only the family, but also the director made it all happen, putting up with people missing rehearsals, people getting dances wrong and people forgetting cues and many more!

Adeline Moore (1Y)

Being a member of The Music Man was an unforgettable experience. It gave me a huge confidence boost, I made loads of amazing friends and it was a lot of fun. As a principal I had to spend lots and lots of time rehearsing my lines and my songs. The best part was our awesome director, Dr Coulter. I was a bit upset that we only did four shows because it was so much fun. Even weeks after the show, I still have the songs stuck in my head.

Nicholas Mehta (1Y)

The Music Man gave me an unforgettable experience for my whole life. Although I didn't have any lines, I still really enjoyed being one of the townspeople—a River City boy. I really have to thank the director for giving me a great opportunity to perform. Dr Coulter taught me a lot about drama, and Theatre Arts has changed my lfe.

Chan Schwalt Charles (1Y)

Being in The Music Man has been such an exciting experience for me. I was pretty busy most of the time, but I enjoyed every moment of it. Dr Coulter was absolutely wonderful; she never gave up on us. After being in West Side Story as a mere dancer, jumping up to the role of Maud, a Pick-a-Little Lady, came as a surprise for me. I loved every single moment I spent rehearsing and performing. It was hard work, but everybody came through in the end, impressing hundreds of people. Watching how happy everyone was after the show added to my joy, and I simply cannot wait for the next musical!

Hannah Taylor 3H

I enjoyed learning new things such as different types of dance steps and learning to be completely in character when on stage. Although rehearsals were sometimes tough, when people were late or missed a rehearsal and we had to make up for it by working extra hard, we had lots of fun and later on enjoyed laughing at our mistakes and learning from them. I enjoyed watching the whole show coming together and looking quite splendid. It was quite fascinating and a very memorable experience to be a part of and I hope to experience something like it again in the future. Most of all, I enjoyed being part of the cast. The show was heaps of fun and I felt like I had found another family at school in the cast of The Music Man.

Raizel L. Baens (3H)

To be honest, I didn't want to join the musical, but on Orientation Day, my mom signed me up, so I had no choice. When we first started rehearsing, I felt it was boring and tiring. After a couple of months when we completed some of the scenes, it started to become fun because we knew what we were doing and soon all the pieces fitted together. For the first show, I must admit, everyone was nervous and panicking. We were waiting for makeup and couldn't find costumes; lots of things were going on. Then in the last fifteen minutes before the show, Dr Coulter made a speech to all of us, I guess to motivate us, and if that was the purpose, it worked for me. We went out on stage and gave it our best. We might have made a few mistakes, but we learn from mistakes. So for the next two shows, we improved it each time and reached our target to have fun, and most importantly, have a successful show.

Surya Urs (3H)

I have never had as much fun, as much excitement before, yet as much as I enjoyed my time in the production, I really enjoyed the people I worked with and the people who brought it together. I haven't seen so many people become so passionate about something and come together to do what they love, and I was proud to be a part of it. We had our ups and downs, our strengths and our flaws, but together we brought the house down.

The most important things about the show were the teamwork we had to display and the energy that we needed to perform. Performing is much more than it appears to be. It gives an adrenaline rush that is incredibly addictive and that the audience has to feel too. The show was so full of passion, pride and accomplishment that you wished it would never stop. This is why drama has become a great rock in this chapter of my life.

Kyle Salen (3H)

The Music Man was the most amazing experience I've ever had. If I hadn't joined, I wouldn't have known half the people I know now. The Music Man has definitely brought us closer together. Sure, it was really hard to get there, but we did it. We pulled through and I don't think anything can compare with how much fun I had performing!





The 5th Annual

Swimming Gala 2010-2011

Early in the morning of 20 May 2011, the students and teachers all gathered at the Tsing Yi Swimming Pool to participate in our 5thAnnual Swimming Gala 2010-2011, which was one of the most anticipated and important sports events of the school year. It was a hot and sunny day filled with excitement, exhibitions of strength and fun for students, teachers and parents.

Over the past few weeks, our students had been practising for the gala in their swimming classes and they demonstrated their strength, style and speed throughout the entire event. A total of 23 school records were broken including an Inter-school record by Jason Chu of F.4C (New record: 33"24) in the Boys Grade B 50m Breast Stroke. Congratulations to all our record holders!

The final and most exciting event was the Inter-house Relay which saw competitive spirits creating big waves in the pool. Competitors swam like dolphins with their bodies kicking and paddling as the audience cheered. The cheering teams of the four houses tried their best in cheering and creating spectacular slogans and songs for their swimmers. The event boosted the morale of the four houses and enhanced their sense of belonging to the school.

The Closing Ceremony began with words of appreciation and encouragement from our Principal, Dr. Nick Miller, and was followed by a speech from our Guest of Honour, our school manager, Dr. Robert Lam. Students who had participated in the competitions stood proudly on the stand amidst loud applauses from their peers. When it was announced that Chambers House was the overall house champion with the highest points earned, the whole stadium came to hysterical jeers and cheers.





Graduation Teremony

The school's Graduation Ceremony for Form 7 students was held on May 28 this year. The Honourable Mr Michael Tien, BBS, JP, and The Most Rev Dr Peter Kwong, Archbishop Emeritus of Hong Kong Sheng Kung Hui, were invited as the Guests of Honour. Mr Doug Oxley, Mr Ben Lam, respectively the Chairman and Supervisor of the School Management Committee; Mr Evans Mendonca, Chairman of the Parent-Teacher Association of the school; Dr Nick Miller, Principal; and Mr Dion Chen, Head of School Administration were the platform party.

Our principal, Dr Miller, shared his happiness with the graduates and their parents on this important occasion. He emphasized that he was proud of their achievements, and of the school's development as a whole.

Dr Miller stressed that the school is to provide the best learning environment for students. Plans are under way to build extra facilities to enhance students' learning in different areas. A Fine Arts Centre on the seventh floor will be completed this year. The school will start building a Music and Fitness/PE Block with a promenade overlooking the Grass Field, and a Theatre Arts/ Multi-purpose Hall above the second floor Hall. These facilities will be completed in about one and a half years. Some rooms will be converted to smaller classrooms for small class teaching on the second and sixth floors. These developments, together with a more diversified curriculum, have been attracting more and better students and parents to the school. This year, Form 1 places have been over-subscribed by 100 per cent.

The Hon Mr Michael Tien was there to speak and present certificates and awards to graduates. In his speech to graduates, he spoke of his experience as a secondary student in Hong Kong, and how he was able to build his self-esteem and confidence by doing things he could be good at when he went to study in the USA. He encouraged our students to try new things, following where their interest leads. He believes everyone can be successful in some areas, and that success will instill confidence and give life meaning for the person pursuing the endeavour.

Students celebrated this joyful event with music, including performances from the string band, the praise band, the choir, the orchestra ensemble, and a cello soloist, and Theatre Arts students performed excerpts from the school's recently produced Broadway musical, The Music Man. A delicious light meal followed the ceremony.

Besides the graduates and teachers, the ceremony was wellattended by more than 400 parents and friends. The event was acclaimed a great success.









YTKCC charity concert in support of Japan relief efforts "Care, Love, Harmony and Unity"

Students and teachers from our school came together to raise funds for the reconstruction of Japan after that country's recent devastating earthquake, tsunami and nuclear power plant leaks, with a special event, the Charity Concert for Japan under the motto of "Care, Love, Harmony and Unity" on Monday, 9 May 2011, in the school hall of YHKCC. The concert was a huge success, attracting an audience of over 500 people who responded to the musical offerings with noisy enthusiasm. This was the second student-initiated charity event in aid of Japan earthquake victims.

The two-hour concert featured heartfelt performances from the school's string ensemble, the pop orchestra, the rock band, the assembly stage band, and the school choir and instrumental music classes. With support from their teachers, many students performed successfully in their debut concerts. The concert was the students' own initiative in all aspects of musical production, ranging from selection of the music, to composition and choreographing.

The Principal, Dr Nick Miller, expressed his gratitude, saying, "We would like to thank everyone from the entire school community and everyone involved in this concert for their wonderful contribution in aid of the Japan earthquake victims. We are also incredibly grateful to the outpouring of support and love that our students have delivered tonight. We wish to express, through our love and care, that in spirit, we are with the people in Japan."

With the generous support of all, the charity concert raised a remarkable HK\$10,000 for the Japan earthquake relief.




"This above all; to thine own self be true"

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YMCA of Hong Kong Christian College 2010-2011 House & ECA Committee



Interview with the Senior House Captain, Herrick Kong

Without the Senior House Captain, who would settle conflicts between houses? Who would organize different house events in the school?

Question: Herrick, what do you do as Senior House Captain?

Herrick: Well, I am responsible for leading the four houses in organizing different school events and functions. My role is to act as a mediator or coordinator between the houses. We also try to encourage students to join in school activities so they gain a greater sense of belonging to the school.

Sometimes I call meetings so that the house captains can get together to talk about starting new school functions. I also try to help them plan events and stage them. I even learned to overcome stage fright, as I have to report the results of the competitions. I have to design posters and help give out prizes. We have to maintain the balance between houses, and treat the houses equally. The senior house captains draw up proposals for different events, such as the scramble competition and Easter egg hunt.

Question: Why did you want to become a senior house captain?

- **Herrick:** Initially Mr Dion Chen encouraged me to become Senior House Captain because I had been participating in house activities. I wanted to enrich my life so that I can have a better perspective on the things around me.
- **Question:** How can you help the four houses to maintain harmony?
- **Herrick:** There is sure to be competition among houses, so we always take the approach that competition comes second, while friendship is the priority. Sometimes the house captains would have meetings and even eat together and chat, so that the house captains can learn more about each other and put aside their rivalries.
- **Question:** Were there any memorable moments?
- Herrick: On Sports Day, I had to run around to help coordinate events. I learned more and interacted with the different houses. I had to supervise the houses and maintain order.

Question: Can different ECAs enhance students' personal growth?

- **Herrick:** The purpose of the ECAs is to give students a better sense of belonging to the school, while helping them discover their fullest potential and how to use time for a better cause. ECAs help students to relax and also to diversify their talents.
- Question: When you spend all that time supervising the houses and events, how can you maintain your studies?
- **Herrick:** It is important to have good time management. During exams I would focus more on revision. I set my priorities and knew that my studies were the most important. When I needed to I would ask the teachers to assist me. I do not believe my results will fall because of organizing house events. By managing well, I believe that I can maintain both my studies and house responsibilities.

We support each other without a doubt.

--Chambers House

Chambers is one of the houses in YHKCC. Our house name comes from Oswald Chambers, a founder of the YMCA organisation. Blue is the colour of our house. The shark represents our house because most of our house members have the characteristics of sharks. We worked hard and tried our best. We revelled in our successes and became depressed about our failures. We have grown and become stronger through overcoming lots of setbacks. Conquering our weaknesses broadens our horizons.

Tony Kung, Chamber House Captain

Interview with the House Captain of Chambers, Tony Kung

"Chambers House is known as the shark -their aims are precise and clear."

- TC: Tony, how and why did you become the house captain of Chambers?
- **Tony:** Having been in the school for 6 years, I was very eager to contribute to my house and the school. Throughout the years, I have tried my best in every inter-house competition, but our house has not reached its fullest potential yet. I was disappointed, and that is why I decided to run for the position of house captain. Although I was not sure of my ability or whether I could fill the role of house captain, it all started with a seed of hope, the hope to guide and lead the house to reach its fullest potential.
- **TC:** So what happened next? Were you able to help your house to reach its potential?
- **Tony:** The journey of leading the house to success was not a short process; it took diligence and perseverance. During Sports Day, I worked very hard with my fellow housemates. We designed posters, and banners and created slogans to cheer on our athletes. Unfortunately we ended up second to last against other houses. I was disappointed but not bowed, because if we tried our best, we have no regrets. I searched for talents and literally begged them to participate. Finally, a "retired" student athlete, Jason Chu, decided to step out and he won some prizes for our house.
- **TC:** From designing banners and slogans, it seems like you had a heavy workload. Did that affect your studies?
- **Tony:** Frankly, being the house captain is a really tough job. I made many sacrifices to achieve the thing I valued the most, which was

helping our house reach its full potential. Even though I spent a lot of time managing the house activities, I learned a lot from our achievements so the time spent was not wasted. With so little time for studying, I still managed to top the class in pure mathematics. So I guess that being a house captain did affect my studies, but with good time management, I believe that I can maintain both the house and my studies.

- **TC:** The purpose of having houses in the school is to encourage students to have a better sense of belonging to the school through competitions and house events. What can you do to enhance the communication between different members in your house?
- **Tony:** You may be aware that this year, the school has put Form 1 students who are in the same house together in the same form, which helps create a bond between students. Moreover, to bring senior house members and junior house members together, the senior house members as big brothers and sisters will go to the classes of the lower forms and talk to them. We will try to help them deal with problems they have in school; for example, we would teach them how to do their homework. My maths skills, for example, are useful here. By approaching the lower forms, we showed the younger students that we care for them. This allow us to communicate freely and through this we can gather opinions from all members of the house.

Committee List :

1

Chu

Committee List.		
House Captain	Tony Kung	6Y
F.4 Assistant House Captain	Nicholas Inlong Serneo	4M
F.3 Assistant House Captain	Donald Tang	3Y
Treasurer	Matthew Chan	5Y
Secretary	Anna Chan	6M
Committee members	Cliff Chan	6M
	Ryan Tang	6M
	Katie Lam	6M
	Peter Mok	6Y
	Chan Ka Yee	6Y
	Shonagh Ryan	A1-M
	Nur Mosellex	A1-C
	Kathy Au	5M
	Chiu Ho Chi	5C
	Chan Fung	5C
	Dorothy Yau	3M

House - Chambers



YMCA of Hong Kong Christian College 2010-2011 Chambers House





"We are the eagles. We fly up high, up in the sky, always at the top!"



--Morrison House

The theme for this academic year is "Morrison family". To me, a house is not just the coloured PE shirts that distinguish one house from another. Rather it is like a family of students to which every member contributes, working with others to achieve a common goal, and providing encouragement, care and support for each other throughout the process. Therefore, we worked very hard this year to let members feel that Morrison House is a family where everyone plays a part and can contribute.

We should celebrate the successes and achievements of the house in the inter-house competition this academic year. For instance, we were the champion of the cheerleading competition and the first runner-up over all on the annual sports day held in November. We also won the cooking competition and achieved first runner-up in the football competition. Congratulations to all the house members who participated in the events and made these remarkable achievements happen!

As eagles, I am sure Morrison House members will "fight till the end, and will fly up high in the end". People feel let down if their house is not winning. However, I would like to encourage members to look for the fighting spirit instead of the winning mentality. To win is relatively unimportant, if we compare that with the spirit we have. We may not be the "best" house in all aspects. But we could be the house with the "best" spirit. With the best spirit, the best results will eventually come.

Mr Isaac Chiu, Head of Morrison House

Interview with Morrison House members

Morrison House, the eagle, flies high amongst the school's houses. We interviewed the assistant house captain Marion Paclibar, and house member Jazz Guiterez.

Herald: Marion, what do you do as assistant house captain?

- Marion: I am the junior assistant house captain of Morrison. Although I don't always take part in those big meetings and plans for our house, I still do my best to join in and help with the things that I am assigned to do.
- Herald: Can you give an example of the sort of thing you do?
- Marion: I don't do major things and I'm not assigned to do many things but when I am, I never stop until I complete the job. For example, on Sports Day, when everyone is getting bored and no one is cheering, I always get asked to pump them up, to make them more lively, and I always have a large amount of help from other committee members.
- Herald: Jazz, what are your responsibilities as a member of Morrison House?
- Jazz: Some people say that members don't carry any responsibility, but I believe members take part by giving full support to their teams, clubs, houses, etc. I'm a member of Morrison House and I carry a few responsibilities as well.
- Herald: What do these responsibilities mean to you Jazz?
- Jazz: Responsibilities aren't hard to do. In life, we can't live without any responsibility. It helps us develop a better attitude towards tasks or orders. I've become more responsible in whatever I deal with. Like they say, "With Great Power Comes Great Responsibility".

Herald: Marion and Jazz, what have you learned this year through helping Morrison?

- Marion: I have become more responsible through this process. I've become more aware of deadlines and quality of work. I also improved greatly with talking to many people. I'm proud to say that ever since I was elected assistant house captain, I have been more responsible than I have ever been in my whole life.
- Jazz: I don't really get involved in certain events for the team like board game competitions, cooking contests, etc. But I had an opportunity to be a cheerleading captain this year for Sports Day. It was a big role to deal with, because I have never had the chance to be a leader before. There were several goals to aim for, and in the end, they were accomplished.

Committee List :

House Captain	TAM Ka Woon	5M
F.4 Assistant House Captain	PUENTESPINA, Mary Judith Pacifico	4H
F.3 Assistant House Captain	PACLIBAR, Marion Jemlette N.	3C
Secretary	KAM Naomi Priscilla Yan Lum	A1-C
Treasurer	SHAM Sze Sze	5Y
Art Designers	POON Sharon	5Y
	LAM Wai Ching (Jimmy)	5A
Promotions	LI Pui Kwan Chawntella	A1-Y
	HO Nicolas James	6Y
Sports Coordinators	NOCEDO, Eliud Joram Palalay	A1-M
	LO Siu Yan	5M
	CONNOLLY, Charmaine Michelle	4Y
	NGUYEN, Julia	4A
	GURUNG, Ashreet	4Y
	BAYS, Alexandra Jane	4H

House - Morrison





"We believed, we tried, we achieved."

-- Williams House

We have built up a very strong committee with students from Form 3 to Form 6 and GCE A-level to support all house activities. Senior committee members can pass on their experience to the junior committee members through organizing activities and preparing them to be the future of Williams House.

This year we set ourselves the goal of winning the YMCA cup. We are already the overall Champion of Sports Day. We have also won the football and table-tennis competitions, and have achieved good results in the cheerleading, scrabble, cooking and cross-country competitions.

We appreciate very much the participation of all house members in different competitions. Their helpful and competitive attitudes will get results and be the force that pushes forward the development of Williams House. Thank you very much!

As well as participating in inter-house competitions, Williams House organized other activities such as the Form 1 gathering, egg-hunt activities and a friendly football match for our house members to raise their sense of involvement as Williams House members.

Mr Peter Chan, Head of Williams House

Interview with the House Captain of Williams, Holman Tai

Williams House, with its slogan "We believed, we tried, we achieved!" has been getting the school's attention We interviewed the house captain, Holman, and his assistant, Luke, about their success.

- Jim: As house captain, what have you learned, and what responsibilities do you have?
- Holman: We have to lead the house so members achieve their potential. Through different activities we can help them gain a feeling of belonging. We try to help our house to achieve its aims, partly by training up new leaders to help the house in the future. We encourage committee members to take up working opportunities because this helps them develop leadership qualities. We emphasise working as a team. In the leadership team we try to get a good understanding with different club members.
- Luke: The chairperson gives us more opportunities to work. Holman will guide us, so that we learn. During competitions like the swimming galas, Holman will diversify the work and assign us different tasks so we gain experience.
- **TC:** How do you help the members of your house to fulfill their potential?
- Holman: We always try to lead our house through emphasizing various goals and spiritual qualities. For example we stress courage (daring to try), teamwork, and academic performance. Everyone is unique and special. We want our members to communicate thoroughly, to nurture their interests and to take notice of their own talents.
 TC: How do you act as a role model for other students?
- Holman: As committee members, we have a leading role. We don't just tell people what to do, but instead encourage them, and give them more opportunity to learn. If they come across difficulties we teach them slowly and make sure that they understand how to overcome the difficulties.
- TC: How can you make sure that your house has all-round performance?
- Holman: We hope that we can promote the spirit of our house. We do not merely aim for house points, but we also want to set a good example to lower forms. We know that there is competition among houses, but the most important thing is to work peacefully, for example the Egg Hunt was organized by various houses peacefully. Through this we can let student know that the house captains are working together to make the school more harmonious. For every big event we would hope that students can participate together, and this spirit can spread through the school.

Words to students from the chairperson:

"We believed, we tried, we achieved." We believe that as a house, we should dare to try, because each of us has their own potential. Show others what you are made of!"

Committee List:

committee List.		
House Captain	Tai Ho Man (Holman)	5Y
F.4 Assistant House Captain	Yau Chun Ho (Luke)	4M
F.3 Assistant House Captain	Lam Wui Sing Winson	3M
Treasurer	Tam Chung Wun (Bobby)	5A
Secretary	Fung Chung Yin Kenny	A1-Y
Cheerleading	Kwan Kimberly Sean	5A
Sports Coordinators	Kwok Tsz Nam (Rita)	6M
	Monk Annabel Augustina	4A
	Lo Chi Long (Nicholas)	4M
Committee members	Yu Hui Yin (Alex)	6Y
	Victoria Francesca Mia Calucin	4A
	Ton Shuk Wai (Margaret)	4C
	Lau Ka Hung	5Y
	Tam Wing Yin Chelsea	5M
	Cheung Wing Fong (Gabriella)	3M
	Caldwell Melissa Pearl	3M



















"A perfect fusion of Asian and Western Cultures"

--Taylor House

Being the house captain for Taylor House this year, I have been faced with many challenges and have found out more about myself than I ever have before. The Taylor House committee is like a mini-model of our school with its very diverse demography. Each of us might approach the same issue from different perspectives, but together we have woven a unique culture in Taylor House – a perfect fusion of Asian and Western cultures.

Though we might not have done that well as compared to previous years, I am still happy with the overall effort the members of the house made. Whether it be participating in a sport or academic event or contributing to the house spirit by cheering, each student has given it their all and worked 100 percent in trying to help the house succeed.

Thomas Fraser, Taylor House Captain

committee List.		
House Captain	FRASER, Thomas Lovat	A1-C
Secretary	CHEUNG Chi Kiu	5Y
Treasurer	LEE Man Yi Charmaine	6C
Sports Coordinator	YIP Tsz Yan Jeanne	A1-Y
Sports Assistant	CHEUNG Kwan Kiu	5M
F.4 Assistant House Captain	SARENAS, Patricia Louise L.	4Y
F.3 Assistant House Captain	MENDONCA, Neil Douglas	3Y
Committee Members	CARAAN, Lean Louie	A1-Y
	KUO Wei Ting	5M
	LAU Kit Kwan	5C
	PARUNGAO, Georgia Ysabel Lagman	5C
	LEUNG Sik Man	4M
	PEDREGOSA, Herald Israel Capayas	4H
	KUN Tit Wo Leo	3Y

Committee List:

Interview with Taylor House members

Watch out for Taylor House, watch out for the jaguar! We interviewed the Assistant House Captain, Patricia, and the cheerleader, Gia Parungao.

Herald: What does the word Taylor mean to both of you?

- Patricia: Taylor House is first and foremost one big family. We work together and support each other through all the various house and school activities and events.
- **Gia:** So far, my experience in Taylor has been outright astonishing. I love the people I work with because through the years of being in the same house, we've bonded greatly. Despite our recent let downs, it hasn't killed our team spirit because there are still lots of people who continue to boost and develop our house skills.
- Herald: Patricia, what are your responsibilities as assistant house captain?
- Patricia: This academic year, I ran, jumped and cheered for our house on Sports Day. I also joined the Jaguars Cheering Team which delivered an amazing performance. I also help raise our house spirit and try my best to help with the house.
- Herald: Gia, what do you do as the cheerleader? And what have you learned?
- **Gia:** I choreographed the dance we presented during Sports Day and we got into 1st Runner Up position. Being the team leader helped me learn to balance each person's strengths and weaknesses so we could work better as a team. This activity also helped us become more considerate of people other than ourselves because as I always say at every practice, "If one person makes a mistake, it's everyone's mistake, because there is no 'I' in team, and in order to comprise a great performance, we must acquire a sense of compromise."
- Herald: Patricia, as assistant captain of Taylor, what do you want to say to the house?
- Patricia: The football players and all the other athletes in our House played, worked hard and tried their best in their respective events. All in all, every single member of our House has contributed a great deal to all the House events, and as a result, I believe we have achieved a greater sense of unity and spirit for our House this year. I am proud to be in Taylor.







YMCA of Hong Kong Christian College 2010-2011 Taylor House





YMCA of Hong Kong Christian College 2010-2011 Student Council



Student Council

The Student Council has been particularly busy recently and is learning a lot about leadership and shared responsibility. On March 16 members of the Executive, along with Form 1 and Form 2 Class Representatives, attended a workshop titled Student Voice: School Improvement. The main focus of this workshop was The Self-evaluating School and our students acquitted themselves well. It was good to see the older students watching out for the younger ones and giving them tips on how to work hard and serve those at the workshop.

Our group again led the discussions and it was wonderful to see they were the last group to leave the workshop because they had volunteered to help with some tasks for the organiser, Archie McGlynn. We agreed with him that a conference should someday be held at our school.

On March 25 the Student Council organised a day titled Giving Hope to Japanese Tsunami Victims to raise money for the victims of the Japanese earthquake and tsunami; nearly 1,000 students and teachers participated by wearing red and white, and donating a minimum of HK\$10 each. We are delighted to announce that they raised a total of HK\$36,361, which is the largest amount ever raised by the school. The money was sent to World Vision who, following the disaster, immediately conducted needs assessments and started to carry out relief work. For example, they distributed emergency materials in Miyagi, including sanitary items, food, powdered milk, clean water, clothes and blankets, and created a 'Child-Friendly Space' in Tome to meet the psycho-social needs of the children.

Committee List:

President	Brar Akashdeep	A1C
Senior Vice President	Mia Victoria	4A
Junior Vice President	Neil Mendonca	3Y
Secretary	Phay Kang	4Y
Treasurer	Cross Cheung	5M



'Student Voice: School Improvement' seminar

Notes from Neil Mendonca, Junior Vice-president of the Student Council

The 'Student Voice: School Improvement' workshop on May 18, 2011 was the fourth workshop of its kind I have attended. I was given the responsibility of leading the group of student representatives from YHKCC at this workshop. The representatives were: Form 1 - Joshua Jenner, Nicholas Mehta and Adytya Halder; Form 2 - Claire Taylor, Tabitha "Tabs" Foggo and Sahil Shazadpuri; Form 3 - Maria "Eyo" Guzman and Nikki Limbu.

I really liked the fact that Mr McGlynn allowed the students to run the event, and he was there, watching from behind to make sure everyone was happy, and that everyone was given a chance to share their views with him, because he was always ready and willing to talk.

The seminar began with two warm-up games that went way smoother than I expected. The students made a good job of leading the games.

Sahil, Claire, and Tabitha led our presentation as we shared how we listen to our fellow students and then go through a process for bringing change to our school! Several of the students were very nervous but they rose to the occasion very well.

The whole group would like to thank Mr. Kenneth Harley and the student council Executive Committee Officers: Secretary Travis Phay, Sr. Vice-President Mia Victoria, President Akash Brar, and Treasurer Cross Cheung for all the help that they gave us. We would also like to thank Mrs Sarchet-Waller, for coming into our meetings and raising our morale. We thank Dr Miller for allowing us to go to the seminar and for supporting us. Especially, we would like to thank Mr Archie McGlynn for organizing a fabulous event. Mr McGlynn always finds a way to help everyone! I am really looking forward to the big seminar on June 30, because some school principals are going to attend, and it will

I am really looking forward to the big seminar on June 30, because some school principals are going to attend, and it will definitely be fun to talk to them about their thoughts on student voice.





YMCA of Hong Kong Christian College 2010-2011 Prefects



Prefect List:

Head Prefects: Luke Rouse A1-M Linda Chen 5Y	Vice Head Prefects:Senior Prefects:Wu Yen-Hsiang Tandy A1-MJeremy Ho 6YBethan Charles A1-MJethro Dayag A1-M		
Team A Prefect Leader Assistant Prefect Lead Prefects	 Mondays Matthew Lo 5M Llwelyn Taylor A1-C Erin Song Da Eun A1-Y, Shonagh Ryan A1-M, Josephine Walluschnig A1-M, So Tsz Yan Olivia A1-Y, Li Pui Kwan A1Y, Pheobe Pong Yan Ling 6M, Dylan Charles 6C 		
Team B Prefect Leader B Assistant Prefect Lead Prefects	 Tuesdays Gaganpreet Kaur 5Y Mayariska Dew Astuti A1-Y Jazz Gutierrez A1-C, Daniela Herrera Escudero 5A, Kim Hung Sze Chai 5Y, Stefanie Anne Alix Medalla A1-M, Lean Caraan A1-Y, Ada Calvert A1Y, JiHye Park A1-M, Aileen Ryan 4H 		
Team C Prefect Leader Assistant Prefect Lead Prefects	 Wednesdays Lui Manvela En Chieh 5Y Naomi KAM P. Yan Lum A1-C Chow Wing Sze, Wings 6M, Wen Han Chiu 4Y, Travis Phay 4Y, Cheung Tsz Ying Deborah 4C, Ngai Pui Kwan Kitty 6M, Tommy Lo Hoi Fung 5A, Craig To Yi Hong 5Y, Jonathan Lim Jun Jie 4C, Elaine Lin Hiu Yin 4A 		
Team D Prefect Leader Assistant Prefect Lead Prefects	 Thursdays Matthew Chan Kin Lok 5Y (2) Jenny Wong A1-Y Kuo Wei Ting, David 5M, Chan Chi Chun 5M, Kam Kin Hang 5A, Chan Fung Fitzgerald 5C, Chan Yu On Yvonne 6C, Szeto Ching Sum, Mary 6C, Ada Mok Ka Shun 6M, Shanna Rachel Labido Marsh A1C, Aashka Sanjay Tibrewal A1C 		
Team E Prefect Leader Assistant Prefect Lead Prefects	: Fridays : Nasia Wong Wai Lam 4C (23) er : Leonil Ifrah A1-C (8) : Cheung Cho Yee 6Y, Nicolas James Ho 6Y, Law Hong Yau Jimmy 6C, Indee Guzman A1-Y, Maryanne Fleming A1-Y, Guzman, Maria Ariana Bergas 3C, Abigail Luminarias A1-Y		

Interview with Head Prefect, Linda Chan

It is important for prefects to maintain order in school and to act as a bridge between teachers and students. We asked the Head Prefect how these aims can be achieved.

- Jim: What have you learned and what new responsibilities do you have in your role as Head Prefect?
- Linda: I have learned that what you hear from other people might not be the reality. Once you choose your role, you should take up the responsibility and keep moving on with your new role.

Before being the Head Prefect, I heard that it was very tough and demanding. However after taking up the role, I learned to deal with difficulties and to stand firm in my viewpoint.

The new responsibilities I have are helping coordinate school functions and finding prefects to perform duties out of school time. It is very hard to find prefects to help outside school days, but I am very proud of the ones who do as they were willing to sacrifice their free time to help with school functions and perform other duties.

- Jim: So what is the role of a prefect?
- Linda: The main role of a prefect is to act as a role model for students, as they look up to the prefects. As prefects we have to help with different duties and school functions, so it is very demanding.
 - However we are able to set different priorities, so that we can manage our time well.
 - We have to be responsible for the actions we make, because they affect students, specially those from the lower forms.
- Jim: Do you agree with the statement that prefects are a channel of communication between teachers and students?
- Linda: Yes, the prefects are now trying to become an independent group. For example, we would contribute to formulating new school rules. This is another way of getting the student voice heard, so I believe we are, to an extent, a channel of communication between teachers and students.
- Jim: How do you act as a role model for other students?
- Linda: I try to follow school rules, and whenever I do something, I think about my responsibilities and consequences. For example, I wear proper uniform every day, and act reasonably by not abusing my power. I also try to understand things from the point of view of students. I encourage them to follow the school rules and give them grace for the mistakes they sometimes make.
 Jim: In what ways can teachers and students work together to make the school a better place?
- Linda: First I think that students should not ask for anything unreasonable, and teachers should not be very strict and strive for perfection, as nobody is perfect. Teachers should reach a target that is reasonable and work on common understandings with students.

Before the school imposes new rules, the student voice should be heard. Moreover we should have more communication between teachers and students. A better atmosphere will be created when the school considers students' suggestions.

Interview with the chairperson of the Green Club

As the world is beginning to embrace a green lifestyle, we decided to ask the chairperson of the Green Club what he has learned from the club.

- CPL: Matthew, as the chairperson of the Green Club, what are your responsibilities?
- **Matt:** I am responsible for all the events and activities held by this club. I am also responsible for reminding my club members that they should live a green lifestyle!
- CPL: What motivated you to join the club?
- Matt: I was inspired by my biology lessons with Mr Tommy Kwan. I was fascinated by plants so I farmed on the school's organic farm for a year. This is my biggest passion and it is a place where I can spend time with nature. Later I learned that there are other fun things to do such as recycling and they have become part of my life. I heard a while later that the position of chairperson was vacant, so I told the teacher in charge that I would like to take up the post. Before I knew it, I became the chairperson this year.
- CPL: What was your most memorable moment?
- Matt: My most memorable moment was also my worst. It was when my tomatoes were vandalized by other students. They were overwatered and died. All my efforts spent during the year were ruined overnight! I am sure you know how I felt.

However there were also positive moments, the fruitful harvest of my dedication. It wasn't the money earned from sales that I was after. It was that moment of knowing what my effort had turned into. Simply put, the sense of achievement. In the face of challenges, I would remind myself that because of the yearly reward of these challenges it is worthwhile for me to venture into them.

- **CPL:** Does managing the club and farming in the organic farm affect your studies?
- Matt: It helped my studies. I learnt to apply textbook theories in real life. It consolidated my knowledge of biology, since there's more than plain texts to read. For example, the yellowing of leaves means malnutrition of plants. But I used to get it wrong and found it hard to memorize. With experience in working on plants, I've never got it wrong again. It is backed by science that the brain learns better in the outdoors.
- **CPL:** Have you learned any new skills?
- Matt: Well, I learned how to co-operate with my fellow club members. Farming requires teamwork. Without, we may fail to produce anything. For example, a group of people is needed at harvest. A single person cannot possibly harvest an entire field. There's also a benefit of having this hobby. It makes me focus on what is at hand and helps me put aside worries and relieve stress.
- CPL: Do you have anything to add?
- Matt: We hope to design a new model of reusable shopping bag with the help of the Arts Club. But due to various technical issues we

did not have any chance to do it yet.

Also, I really hope that everyone can do a little for the environment so our world becomes a better place to live.

Committee List:

Chairperson/Captain	LO Siu Yan (Matthew)	5M
Internal Vice-Chairperson	KUO Wei Ting (David)	5M
External Vice-Chairperson	LEUNG Cheuk Yan (Cheryl)	6Y
Publicity Coordinator	TJIN Agnes	6Y
Secretary	Chan Wai Chi (William)	5M
Treasurer	CHEUNG Kwan Kiu (Cross)	5M
Senior Forms Organic Farm Coordinator	LIM, Jun Jie Jonathan	4C
Junior Forms Organic Farm Coordinators	GILL, Chaman Kaur	3H
	BUTTAR, Sumrit Singh	3C

CHOI, Daniel

3C

Home Economics Club

As chairperson of the Home Economics Club, I have a lot of responsibility for organising various activities. Our club aims to educate members to improve and develop their knowledge of hospitality.

Throughout the year we organised miscellaneous cooking classes. For instance, we cooked pumpkin cheesecake, carrot cupcakes, Californian rolls, strawberry cream puffs and many other dishes.

Our club is also responsible for catering at annual school events such as Open Day, International Night and the Parents and Teachers Night.

I have learned a lot from the Home Economics Club, including different aspects of leadership, teamwork and coordination.

Cathy Eleanor Chan A1-M

No matter what position I received in the Home Economics Club, I would feel satisfied as I would be part of the team and making a contribution to the team. As a vice-chairperson of the catering team, I have many

responsibilities. We help with the catering at different school functions, such as the Parents and Teachers Night, Open Day and even International Night. We also ensure the cleanliness of the Home Economics Room after these activities.

As part of the catering team, I also have to prepare food, and I've learnt a lot about catering and cooking methods that I'd never heard of before -- I was surprised to know that there is so much to learn. The experiences I have gained in this club are unforgettable, especially the moments when people enjoy the food you've prepared. Seeing their enjoyment and satisfaction is one of the most rewarding experiences for me.

Committee List:

Chairperson	Cathy Chan	A1-M
Vice Chairperson	Wings Chow	6M
Secretary	Susan Chow	6Y
Treasurers	David Kuo	5M
	Natalie Cheung	5Y

Catering Team

Team Leader	Adrian Kam	5A
Vice-Team Leaders	Mercury Sham	5Y
	Hung Lau Ka	5Y

Photography Club

Ernie Vip 5A

Being in the Photography Cub. Lustally take photos at hig events such as sports parts international take photos at hig events such as sports ports parts in the photos at hig events such as sports ports and the photos at hig events such as sports at hig events at hig events such as sports Being in the Photography Club, Lucia are goes out to pace switch the area with the photography club, are pools of the simple area with the are Nott and Open Day, up also, processing and also processing and the simple area with the second the the photography cub also goes out to places in this cub not the best menores in all of the best menores in the photographics of the pho Provide a construction of the time training the commute operation of the time take time to the commute operation of the time training the commute operation operation operations and the time training the commute operation operations and the time training the commute operation operations and the time training the commute operations are added and the time training the commute operations are added and the time training the commute operations are added and the time training the commute operations are added and the time training the commute operations are added and the time training the commute operations are added and the time training the commute operations are added and the time training the commute operations are added and the time training the commute operations are added and the time training the commute operations are added and the time training the commute operations are added and the time training the commute operations are added and the time training the commute operations are added and the time training the commute operations are added and the time training the commute operations are added and the time training the commute operations are added and the time training the time Heren skils and to learn the commences and the c

Herald Pedregosa 4H

betieve that taking more and more photos can hone my skills as a photos at small school events like hall as a photographer. the club at large events like hall as emblies but locarding to the state of I dia not take many photos at small school events in the slub at large events like hall assemblies in the best memories I have of being in the photography Club was Sports Day. International Night and Night together with my friends in the club at large events such as Sports Day. International Night and order to take photos.

Chairperson	Kammy Yuen	6C	Being in the Photographical Viso tar goes Being in the Photographical Viso tar goes Photographic of the photographic of the
Vice-chairperson	Tracy Toom	6C	Pho not is also grapher be m
·	Holly Tsang	6C	nthe per in De Club tos noto not mitte
Members	May Chan	6C	ing "rap" ope any photed by tro' com
	Hillary Leung	6C	Being in the Pholon not in a set of the pholographic of the pholography of the pholograph
	Ching Sum Szeto	6C	Philiph photing to at of the the arty.
	Josa Chan	6C	The run estills at time pe
	Kim Hung	5Y	oppore and skill the oper
	Jenny Lau	5Y	The eren his ou bar
	Hillary Ma	5M	
l joined the photos relat I did not take n The Music Man. Of because we were all	e Photography Club ted to school activit hany photos at smat triends in the club towed go everywhere	in ord ies an Photo I scho rat la Iries I in ord	Berto or and porse take taken time that the the photon in to be that the time that the off off off off off off off off off off

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History

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I am Jessica, the vicechairperson of the Japanese Culture club. I like being a committee member of the Japanese Club because I really do have a passion for Japanese culture. We have held different activities that have introduced us to unique aspects of Japanese culture like Anime, and to traditional Japanese culture. As a committee member of this club, I have to do research for each activity, such as thinking up new ideas for Open Day. We held an outing this year which enhanced my knowledge of Japanese culture. Although I can't be on the club's committee next year, I would still like to be a member so that I can further explore Japanese culture. Jessica Lam A1M

Committee List

158100 m

Chairperson	LUI Manvela En Chieh	5Y
Vice-Chairperson	MAN Cin Lam Jessica	A1N
Treasurer	CHEN Linda	5Y
General Officer	TSANG Chun Kit (Kenneth)	5M
Promotions Officer	CHAN Chi Chung (Jonathan)	5M
Secretary	LEUNG Hei Lim (Krystal)	5M



Gonichiwa! (Hello!)

I am Kenneth Tsang, a committee member of the Japanese Culture Club. I have to say that what the club does is really out of my expectations! The committee works as a team, and we work closely with our teacherin-charge, Ms Tsoi. The team is also very caring: when we face any difficulties in planning activities or even struggle with personal matters, we are willing to share with each other and care for each other.

The most important part is that we always plan interesting activities for the club. Throughout the year we strive to create a remarkable experience for all members in the club. On Sports Day this year we participated in the ECA 4x100m running relay. All of us, including the members and committee members tried very hard in the race, and we ended up as the second-runner-up. Our teacher even come down and supported us! I really do recommend students to join this fantastic club, as I have enjoyed it a lot!

Kenneth Tsang 5M





A of Hong Kong Chinst

Committee List:

Chairperson	Linda Lam	5C
Vice-Chairperson	Yana Cheryapina	5A
Treasurer	Juan Camilo	A1-M
Senior Representatives	Daniela, Herrera Escudero	5A
	Angela Jazz Gonzalez Gutierrez	A1C
	Shafitri-Paramudita-Nur	A1C
Junior Representatives	Roshni, Hiranandani Vazquez	2A
	Amparo Nicole, Gutierrez	2A
	Chiraag, Hiranandani Vazquez	1C

I love the Spanish Club and I think it rocks! This club has helped me to learn about the Spanish culture and the Spanish language. It gave me many experiences, merits and enjoyment. Spanish is my favourite subject because I find it very easy to learn Spanish as it is very similar to English.

The way Spanish people write and speak is very similar to English. The relationship of the phrases, words can be easily spotted as they are very close to each other. The best thing I like about the club is the teacher- in-charge. Mr. Patrick Tsang is my favorite teacher and he is also my friend. He helped me to get interested in Spanish and to have a deeper knowledge of the Spanish culture and traditions. I have been learning Spanish words, Spanish cuisines and Spanish songs. Overall I have to say Vishnu 1C the Spanish club is my favorite and best club in our school.

nternationally as a

ocedures

"Accuracy and discipline," the motio of the Air Soft Gun Club (A.S.G.C.) a recently introduced club gaining much attention from inside and outside the school. Accuracy and Discipline inside and outside the school. The A.S.G.C. follows the I.P.S.C. (International Practical Shooting Confederation) guideline sport which does not promote run culture but professional target shooting accuracy and dis The A.S.G.C. follows the I.P.S.C. (International Practical Shooting Confederation) guidelines and is sport which does not promote gun culture but professional target shooting, accuracy and discipline. This club is all about striving to set and achieve goals in a friendly competitive environment. Member 31, 2000 and achieve goals in a friendly competitive environment. sport which does not promote gun culture but professional target shooting, accuracy and dis This club is all about striving to set and achieve goals in a friendly competitive environment through following strict LPS C antidelines under professional inside and outside the school. this crub is all about striving to set and achieve goals in a triendly of through following strict I.P.S.C. guidelines under professional

Despite the rules and procedures, excitement has been found in the club, especially during the school's Open Day. During this time, both students and guests were supervision.

able to demonstrate their speed and accuracy through a variety of competitions. Visitors and students alike showed their enthusiastic support and interest in the club. This club is fast becoming an extremely popular E.C.A. and has shown much promise under the

supervision of its founder and its We look forward to continuously committee members. The A.S.G.C. Committee hitting our targets.

Committee List:

Donna Li	4M
Nicolas Lo	4M
Ben Yeung	7M
Keith Jones	7M
Ringo Ho	4C
Sunny Lau	4M
Brian J. M. Conception	4A
Chiu Wen Han	4Y
Brad H. Dias	4Y
Joshua M. Romero	4Y
	Nicolas Lo Ben Yeung Keith Jones Ringo Ho Sunny Lau Brian J. M. Conception Chiu Wen Han Brad H. Dias



Interview with Stage Management Crew

It is very important to have a good backstage crew for a production to be successful.

We interviewed the team leader of the Stage Management Crew to tell us how the stage crew must perform as well as the actors.

- CPL: What is your responsibility as the team leader of the stage crew?
- **Isaac:** I coordinate the crew to perform specific tasks set by teachers in carrying out various school activities such as the weekly hall assembly, International Night and musicals. We help put together individual performances so they combine into a presentable whole to show to an audience. Without us, there would be confusion in the production.
- **CPL:** Why did you join the stage crew?
- **Isaac:** I love everything stage related. For example, I like the jobs in charge of sound effects and lighting. I also like to work with teachers and learn from them. Since I took computing as an academic subject last year, I wanted to apply what I know in practice.
- CPL: What was your most memorable moment?
- **Isaac:** This year's International Night was the most memorable. The performances weren't organized adequately prior to the show, and so we had to improvise how to put them together throughout the night. It turned out to be very successful and an enjoyable night.
- CPL: Did working for the stage crew affect your studies in any way?
- **Isaac:** No, it never did. It helped increase my field of knowledge. I had to apply the skills I learnt, for instance, arranging stage effects through electronic devices. Quite unexpectedly, I learnt about musical production too. I guess, through observation and working with the performers, I somehow picked up a few things. I have more in-depth knowledge about production than ever before.
- CPL: How many members are there in the crew?
- **Isaac:** Currently we have about 10 members and have to rely on part-time volunteers. We need to recruit more people, regardless of what they are good at. The sound crew is responsible for the sound panel, while the stage crew take care of the lighting, sound effects and transition scenes.



As a committee member of the Art Club, I often lead different activities. One of my main duties is to give guidelines to other Art Club members in different large projects and events. For example, I helped give out designs for decorating the school hall for International Night.

For International Night we helped design the decoration for the sides of the hall. We had to come up with many ideas for the decoration in a very short time. Throughout the process of making the decorations, we feared we might not be able to finish the task on time, but we persevered and met the deadline.

Jenny Lau 5Y

The Art Club has meetings every Monday, from 4:00 to 5:30. Usually we make pottery, clay tiles, and origami. On special occasions we also help to paint the props and

Committee List:

Chairperson	SONG Da Eun Erin	A1-Y
Vice-Chairperson	LAU, Tsz Yan (Jenny)	5Y
Secretary	WONG, Hiu Laam (Chole)	5C
Treasurer	SUM, Pui Yin (Michelle)	5A

scenery for school plays. Recently we helped with the musical, The Music Man. At meetings we learn about different methods of painting and styles of art. The most memorable artworks I made were a mirror box and mini T-shirts.

Being in the club has been a rewarding experience. I have learned how to communicate with other club members and have also learned to take up new responsibilities. For instance, I had to work hard to keep up with my other commitments after I was given the responsibility of helping with the decorations for International Night.





participated in some Track and Field and Cross-country events with only a few athletes, but now we fully participate in all grades [A, B and C Boys and Girls) in Inter-school Athletics and Cross-country events. I am glad to see that our team has grown and become

I am happy that the team has already developed its own sports culture, and that team spirit is established among the student athletes. The number of students participating in Athletics and Cross-country competitions is far more than any other sports club. This year, students participating in all Athletics meets and Cross-country races number over 150, and I am proud that the team has a lot of achievements throughout this year's competitions. The team relies on the students' dedication to participating

in training and competition. Well done and keep it going!

Head Coach, Mr Ringo Ma



Chairperson/Captain	Jeanne Yip	A-1-Y
Vice-Chairperson	Oscar Chui	4M
Secretary	FRANCISCO, Bianca Therese M.	6M
Treasurer	NGUYEN, Julia	4A
	SERNEO, Nicholas Inlong	4A
	ROUSE, Luke Antony	A1-M
	Terry Wan	4C

Club not only helped me develop a healthy body, it also helped me develop a healthy mind. In the Athletics and Cross-country Club, we set goals. We try to run as fast as we can, while building endurance for long races. To increase our endurance and speed, we train every Monday, Wednesday and Friday. Although training every second day is tough, we learn a lot from this activity. Without training, I would not be the athlete I am today. Lately I entered the Tsuen Wan and Island inter-school

competitions. Through going to competitions, I learned not to be over-confident. Even though you might be a good athlete, you should always believe you can improve, and that there is always someone better than you. Life is like a race -- we all need to endure and hold on, and when we reach the goal, we will know that we lived life without regrets.



YMCA of Hong Kong Christian College 2010-2011 Handball Club (Girls)

I joined the Handball Club as my ECA. We have training every Friday after school, when we practise and have matches amongst ourselves.

This ECA helped me learn how to pull my weight for the team by being responsible and coming to every single practice. I really enjoy being a member of the handball team, because it is really fun, and also because I have made friends in the team.

Daisy Ma 4H



YMCA of Hong Kong Christian College 2010-2011 Handball Club (Boys)

> I am a member of the handball team. I play as shooter so I stand in the corner to wait for a chance to shoot for the team. While their defender is busy blocking my teammates, my job is to quickly grab the ball and shoot it.

In handball I have learned to cooperate well with others; and I have learned to trust my teammates, because I am not the only one who is participating in the game. At first I was afraid of ball games, because I thought they were dangerous. Now, I understand the benefits of playing ball games -- they train us to focus. After I playing handball, I don't doze off in class.

Blair Ip A1M



YMCA of Hong Kong Christian College 2010-2011 Football Club



I joined the football team because football is my favourite sport. I play at the side of the pitch providing goal-scoring opportunities for other members of my team. Our team is very punctual when it comes to training on Mondays and Wednesdays.

You can learn a lot from football because it is a team sport, so it requires teamwork as well as dedication, skill and communication. Our coach often reminds us that we are representing our school and we should be proud. Our team has achieved things we never thought we could. We are proud to be in the football team, and we are proud to be from YHKCC!

Jason Staples 2Y







In the rugby team I play scrum half. The scrum half is the player who puts the ball in the scrum. I play rugby because it's an enjoyable, fast sport that enables me to hurt people legally, keeps me fit and gives me opportunities to make new friends. Rugby also requires intelligence to play it well.

You need to stay strong mentally and physically in order to play rugby well. Although I risk being injured in every game, I will continue to try my best to improve my skills in rugby, and I will never give up on it."

Mark Coebergh 1A





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YMCACO

Being in the volleyball team taught me to be disciplined and respectful. I have learned to do what I'm told to without any complaint, and to do it with my best effort and full concentration. I also learned to accept my mistakes and try to improve

on skills that I'm not good at. One thing that made me a proud teammate was that everyone in the team was always there to help me improve. With the kind of teamwork the team has. I think that we'll be able to do better and eventually win more games in the coming academic years.

Aisis Manuel 1C

In the volleyball team, I am the middle spiker. In volleyball, an individual team member can only hit the ball once. The maximum number of times a team can hit the ball is three times. Therefore, volleyball is a team sport because it requires the help of all the team.

Volleyball is a really fun sport which gets you really active and hyped up. In volleyball, you need to be fast and concentrated. You have to focus on the ball. As Dr. Miller says, "Keep your eye on the ball."

Donna Manlangit 1A

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As a white belt trainee in taekwondo, I've been practising diligently for more than five months. I learned many things throughout the course. Initially I thought of taekwondo as just a means of defence. I decided to take this course to prevent myself from being assaulted and harassed. Through my training I found that taekwondo has greatly improved not only my punches and kicks, but also my confidence and endurance.

There are many fun activities in taekwondo, such as sparring and breaking wood and bricks. Although I'm only a white belt, I have changed greatly towards my classmates and teachers. Before I could barely endure a conversation due to my lack of confidence and my fear about what others might think of me. Through my training I have learned not only some basics of a martial art, but also the basics of thinking positively and enduring tough situations.

Leo Ifrah A1-C

During my time doing taekwondo at school, I've participated in competitions, and examinations to gain higher level belts. We have learned new skills and techniques we can use in our daily lives, such as the PE exam, e.g. push-ups, sit-ups and running laps around the school. We were able to socialize with each other during taekwondo training sessions. Twice a year, we take part in a taekwondo examination. After success in each examination, we will be able to upgrade our belt colour until we gain the envied black belt. Though I'm nearly there, others were able to gain these black belts quickly. I will continue to strive harder to obtain the black belt.

Through these challenges I have learned patience and diligence. Without patience and diligence, I would not be able to keep on training to get the black belt. Taekwondo is a very healthy exercise, and it is not a violent sport as some people may think.

Ravi Willem Pinta 3C

"Boys' Brigade Company aims at helping teenagers to develop virtues....."

I am a non-commissioned officer in the 190th Company of Boys' Brigade in Hong Kong, and I have been serving for 3 years, since 2007. Boys' Brigade aims at helping teenagers to develop virtues such as loyalty, devotion, self-discipline and self-respect. To achieve these aims, our company focuses on three core activities: marching, devotion and various skillstraining.

Since we are a Christian uniform group, our company values are based on the Bible. At every meeting, teachers share messages from the Bible with us, so that we can live out our Christian values and help others.

Donna Tai 5A



"We learn to respect our leaders and our roles in society."

I joined the school Boys' Brigade Company last year. This is my second year in the Company. The Boy's Brigade is a Christian uniform group, therefore we learn to respect our leaders and our roles in society. Through various devotions and the sharing of testimonies, we learn to glorify God and to serve others. By marching, we gain self discipline, and our core values can also be seen in our training. For example, we help each other during camps -- we are very united.

We believe in the bible passage which says:

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith and in purity." 1 Timothy 4:12 Sharon Li 2M





Interview with the chairperson of Red Cross Youth Unit 296, Nugent Yeung

The school's Red Cross unit provides first aid help during school events. We interviewed the chairperson of the Red Cross Youth Unit 296, Yeung Ning Tung.

1		
)	Kleyr:	Do you think it's better to give than to receive?
5	Yeung:	Yes, because I can learn things from helping others, such as how to
5		communicate with others and how to serve others. I also want to be
4		served so I want to know how to serve others first.
2C	Kleyr:	What do you do in this ECA?
Ē	Yeung:	We provide services, we march. We visit the elderly and we sell flags.
2	reang.	We also do first aid for the public.
	Kleyr:	Is the Red Cross Club similar to JPC and Community Service Club?
2C	Yeung:	I think so, but we also provide first aid, which makes it different.
=	Kleyr:	What is your role as chairperson of the club?
IOT	-	
	Yeung:	To manage the team. I motivate my team as well by appreciating what
Ľ.	Klaum	they do when they achieve something.
	Kleyr:	Does being in the Red Cross give you a sense of responsibility to
		society?
D	Yeung:	Yes, because I know that I have to help and serve others in the
2		community.
	Kleyr:	Do you think being in a service ECA enhances students' personal
R		growth?
5	Yeung:	Yes, because you learn a lot from it. It helps with communication skills.
-	Kleyr:	What interested you in joining the Red Cross?
0	Yeung:	The first aid, because I want to be a doctor.
	Kleyr:	What skills have you learned through joining this service ECA?
	Yeung:	Sign language, first aid and health checks.
5	Kleyr:	Do you think those skills are very useful for you?
	Yeung:	I think they are very useful.

- Kleyr: What was your most memorable moment in this ECA this year?
- Yeung: Doing the service project with my members. It was a huge project. We had to organize a service project in order to help other people.

Activity Highlight 2010-2011

Month	Activity
July and August 2010	YU 296 Training Camp
	Exchange tour with Shenzhen and Guangzhou Red
	Cross Youth members in Shenzhen
September 2010 – July 2011	Service Project Preparation
	(Participate in Hong Kong Red Cross Youth Best
	Service Project Competition)
October 2010	Outstanding Red Cross Member Award Prize
	Presentation Ceremony
	School Open Day Health Check Station
November 2010	Sports Day first aid service
December 2010	HK Red Cross Youth Joint Unit Christmas Camp
March 2011	Service project training for helpers by Hong Kong
	Children and Youth Services
	Service project proposal presentation (Round 1)
April and May 2011	Basic Sign Language Course
	Service project proposal presentation (Final)
June and July 2011	Implementation of service project

Committee List:

Unit Officer	Ms Peggy Lee
Assistant Unit Officer	Ms Verna Kwong
Head Section Leader	Nugent Yeung (5M)
SL (Training)	Jessica Man (A1M)
SL (Service)	Kenny Chan (5C)
SL (Personnel)	Holman Tai (5Y)
ASL (Secretary)	Toby Wong (4C)
ASL (Friendship)	Cherry So (4M)
ASL (Treasurer)	Kathy Siu (4C)



Outstanding Red Cross Member Award Winner: Holman Tai (5Y)



Training to serve the physically disabled



Training on team-building



Basic Sign Language course

"Being a scout has been an adventure....."

Many teenagers are not willing to join Scouts, perhaps because they think that the activities are tiring and difficult. However, that is not true at all! I joined Scouts because I wanted to enhance my experience of life and my social networking skills. Therefore, I really do enjoy being a member of the school's scout group.

Being a scout has been an adventure which brought me many unforgettable memories. Through camping, you can develop a better relationship with your fellow scouts as we can gain mutual understanding throughout the camp. Being a scout gave me very memorable experiences, and I have no regret in joining Scouts. I really recommend you to take part in it too.

Stella Chan 6C

"Scouting activities allow me to gain knowledge and experience of life."

You might ask why I joined Scouts. Was it because it is exciting, or was I forced to join? I wanted to be a scout because most scouting activities allow me to gain knowledge and experience of life. Many different activities are offered in Scouts. The one I like most is camping. Camping is an outdoor recreational activity. There are many kinds of camping such as canoe camping and sail camping.

During camping, we learn how to survive in different situations and environments in nature. Camping also helps us to improve our physical and mental health. The invigorating fresh air and exercise that a camping trip offers you is great for your health. Apart from the hikes and rowing, everyday tasks like collecting wood also provide a great workout. A weekly or monthly camping trip will not only refresh your mind, but also strengthen your body. Many campers enjoy socializing in small groups of campers. Nerissa Leung 4M

Committee List:

Instructors	Chan Siu Lai ,Stella	6C
	Ng Ka Ching,Ernest	5A
	Pun Long Him	4M
Senior Patrol Leader	Leung Sik Man	4M
Patrol Leader	Lau Yui Leung	4M
Assistant Patrol Leaders	Francesca Mia Calucin Victoria	4A
	Pang Godwin Aaron	3M





Stage Band & Rock Band Members:

Privia

S YAMAHA

Ven

Worship Leader:	Zion Chow	5C
Worship Leader:	Lorenzo Raiola	5C
Vocals:	Gabrielle Santiago	2C
Vocals:	Almond Gagni	1C
Guitars:	Timothy Chau	6C
Guitars:	Matthew Miller	A1M
Piano:	Marco So	5M
Bass:	Lorenzo Ponce	2M
Drums:	Jason Yeung	3Y
Drums:	Chito Villaluna	5C

Interview with the chairperson of the Music Society

Lately the school has been holding more music events, such as the singing contest and the charity concert for Japan.

We interviewed Zion, the chairperson of the Music Society, about the club's activities.

- TC: What have you learned from this ECA?
- Zion: To manage this society, I have had to communicate with teachers and students. Throughout the year, I have been developing my communication skills. Moreover, I was also given more chances to perform on stage for the school hall assemblies, which has helped develop my confidence on stage.
- TC: How did you get interested in music or did your parents make you play music?
- Zion: I joined the Music Society when I was in Form 2, which was the year that I realized that I have a talent for music and a passion to produce music. Noticing my passion for music, my Form 2 music teacher invited me to help with the Music Society. Since then I enjoyed playing music with other people who share the same passion.
- TC: What was your most memorable moment in Music Society activities?
- Zion: My most memorable moment was seeing the growth of our assembly stage band. It was formed in 2009 by 2 members, me and my classmate Marco So. This year we have more than 10 members in the band, and we have been performing outside the school for various events. I really hope that the Assembly Stage Band can continue to grow and be a special part of our school.
- TC: What new skills have you learned this year in the Music Society?
- Zion: I have learned many performance skills on stage by participating in The Music Man, and leading worship during hall assembly. Being a performer is not only about performing on stage, but is also about our obligation to help others perform well. By leading the worship band this year, I have learned that each member of the band has a different role, and we have to integrate these roles to produce beautiful music.
- **TC:** I have heard that the school has been putting a lot of money into the Music Society, is that true?
- **Zion:** Yes, the school believes that to become an well-rounded school, apart from academic excellence, other talents such as music should be developed. This year is a year of change, because through different events like International Night, The Music Man musical, the charity concert for Japan and the singing competition, the school has been giving many opportunities for students to perform on stage. These opportunities are very valuable, because students can find their other potential besides academic achievement. As musicians of the school, we would like to thank Dr Miller for giving us the opportunity to discover our inner talents. Music is like a medicine, it is the medicine for the soul.



"We know what we are, but know not what we may be."

English Proficiency Empowerment & Excellence 雖然中文作為學校的第二語言,但學校同樣重視同學的語文水平發展。擁 有良好的語文能力,能為日後工作與學習奠下穩固的基礎,同時也有利未 來的發展。學校除了重視學生的讀,寫,聽,說能力之外,也注重學生的 批判能力和創意思維訓練。縱然學校主要以英語授課,卻不忘致力為同學 營造良好的中文語言環境。

與中文有約一訪問吳潔盈老師

韓 = 韓君宏 吳 = 吳潔盈老師

韓:學校如何幫助同學提高對中文的興趣?

吴:今年中文部門更舉辦了類型不同的活動,活動亦十分多元化,如有:小組討論, 辯論比賽,講故事比賽,今年更有幸可以邀請到作家周淑屏開設寫作訓練班, 幫助同學提升寫作技巧和水平。我們一直強調學生主導,如開放日我們同學就 開設不同類型攤位,令到訪者對中文有更深一層的認識。

韓:老師如何應付不同能力的學生?

吴:學校會安排不同能力的學生參加中文的調適活動。如能力弱的同學就會參加午 飯功課輔導班,老師會在場解答同學的問題。而能力比較高的同學就會代表學 校參加不同類型的比賽,如朗誦,辯論比賽。

韓:為什麼要學好中文?

吴:中文科非獨主學科,中文科可作為他科的基礎。中文強調訓練聽,寫,讀,說 的能力,更會訓練同學判斷力和創造力,幫忙同學建立良好思維模式,在其他 科上的運用自然更得心應手。要學好中文主要靠多應用,多閱讀和多講,那中 文自然會有進步。

學生訪問:

你覺得學校的中文語言環境如何?

你對中文科有什麼感覺?

Languages Department

- Ms Kit NG (Head of Department)
- Mr Bell CHEUNG
- Ms Holly FAN
- Mr Joycelyn GAGNON
- Mr Wang Ngai KAN
- Mr Kei Ting LAM
- Ms Carol LAU
- Mr Hong Shing LEE
- Mr Thomas MOORE
- Ms Tracy SHEK
- Ms Teresa TSOI
- Ms Yim Yee YU
- Ms Monica LAM

Students can learn a number of languages at the school. French is rapidly becoming more popular with students, many of whom are very keen to study French culture and learn the language.

- Interview with French teacher, Mr Thomas Moore
- CL= Charmaine Lee
- TM= Mr Thomas Moore
- TM: Well, I try to make it as easy as possible. For instance, I will simplify grammar and try to make simple CL: How do you motivate students to take an interest in French?
- examples so that students find it easier to understand, and thus, have the interest to learn. Also, I assign different writing exercises to them to make them show a sense of engagement in French.

- CL: How do you assist weaker students?
- TM: I have high expectations of my students, especially the weaker ones. In order to help them in French, I ensure my students know the use of French. Then, I secure their basic knowledge. **CL:** How does the school provide students with a platform to achieve their full potential?
- TM: First of all, I know that the school provides a large variety of subjects to students in order to encourage their interest. To help students achieve their full potential I will have more interactions with them; for example, I speak to them in French in the corridor. Besides, the school provides learning resources in
 - French in the library, including videos and French movies.

 - TM: I think the only way is to speak more. Through interactions with others and daring to speak, it shows the state of grammar understanding in French. In other words, practice makes perfect.

 - TM: Well, there are both international and local students in my class. Because Cantonese is so different from French, and because I am not familiar with Cantonese I can't always be sure that local students have made the necessary connections. French is much more like English and Spanish, so students who speak these
 - languages probably find it easier to learn French.

- CL: Is there anything else you would like to say to students learning French? TM: I advise students to have more communications. Through interactions, students are able to learn about social skills. I am sure they will find learning another language beneficial and rewarding.

Interview with Spanish teacher, Mr Patrick Tsang Ric=Ricardo PT= Mr Patrick Tsang **Ric:** Why is it important to learn Spanish? **Ric:** Why is it important to learn Spanish? **PT:** Spanish is considered one of the most important and useful languages nowadays. In fact, it is the third most spanish useful languages nowadays. In fact, it is the third most important and useful have a great advantage in bursuing their the world. Spanish is considered one of the most important and useful languages nowadays. In fact, it is the third most spoken language in the world. Therefore, students learning Spanish will have a great advantage in pursuing them careers as it onens up a lot of opportunities for them. It is a tool that students should take advantage in pursuing their the students should take advantage of This spoken language in the world. Therefore, students learning Spanish will have a great advantage in pursuing them school provides them with an excellent opportunity to practise as there are many foreign students with Spanish. careers, as it opens up a lot of opportunities for them. It is a tool that students should take advantage of. This as their first language. as their first language. Also, learning Spanish requires you to master many other skills. These include listening, understanding, reading and analytical skills. Students need to know how to decode certain nhrases. nrocess them and translate them Also, learning Spanish requires you to master many other skills. These include listening, understanding, reading These skills can be annlied to know how to decode certain phrases, process them and translate them. ang analytical skills. Students need to know now to decode certain phrases, pro These skills can be applied to many other areas and are useful in their daily lives. **Ric:** How do you foster students' interest in Spanish? Ric: How do you foster students' interest in Spanish? PT: I try to establish a relaxed atmosphere for students, this way they feel more comfortable and that makes it easier to interact with them. I also use visual aids such as pictures while teaching them. which makes the lesson more I try to establish a relaxed atmosphere for students, this way they feel more comfortable and that makes it easier to inderstand aids such as pictures while teaching them, which makes it easier to understand. Furthermore, I incorporate alobal issues into the lessons, so that students is the lesson and the students is the lesson and the students. to interact with them. I also use visual aids such as pictures while teaching them, which makes the lesson mav have a hetter understand. Furthermore, I incorporate global issues into the lessons, so that students to use the language in their daily lives. memorable and easier to understand. Fur thermore, i mourporate global issues may have a better understanding of how to use the language in their daily lives. Ric: Is there anything you would like to say to students? **Ric:** Is there anything you would like to say to students? **PT:** It's never easy to learn a new language, but don't give up. If a Chinese like me can do it, then anyone can do it!

Studying Japanese culture has undoubtedly become a trend in Hong Kong.

and this has motivated students to learn the language for interest, and for developing their careers. The school provides students with courses to suit both needs, providing students with a better understanding of Japan's culture.

にほんこ⁼ Japanese

Interview with teacher-in-charge of Japanese, Ms Teresa Tsoi

TT: I provide students with two types of Japanese courses, and both cater for a mix of local and foreign students. The **Ric:** How do you enhance students' interest in the Japanese language and culture? Ric= Ricardo first course is for students who don't have any Japanese background and who take it only out of interest. The other TS= Ms Teresa Tsoi

course is more academic and, after being in the course for a while they would take international examinations Since Japan's economy has been booming, its culture has become very popular among teenagers, therefore in order to foster their interest; I make use of popular Japanese culture such as movies and comics. If I just teach

them about the language alone, they might not be so interested and lose motivation. **TT:** The difficulty is that senior forms are preoccupied with the public examinations. Therefore it is hard for them to **Ric:** What difficulties do students face when learning Japanese?

invest time in learning an entire new language. Also, many foreign students find it hard to learn it as it is very

This school is multi-cultural, but there are not many Japanese students, and their personalities are mostly introverted. This discourages students from taking the initiative to learn Japanese. So this poses an obstacle as students have a lack of opportunity to practise Japanese inside and outside school. **Ric:** How do you help students who are already interested in Japanese language and culture? **TT:** Firstly I advise students to take the public examinations, although they are difficult, because by doing so students can evaluate their different skills. They can also use this certificate to apply for universities; this is an advantage for them in developing their careers. Foreign students usually take the IGCSE. There are students in the junior forms

- who are already preparing for these examinations. Furthermore, I encourage them to gain experience by joining exchange programmes with Japan, which our school organizes. However this year the exchange programme was

- TT: Students here are very interested in Japanese culture. For example, I once brought them out to see cross-plays and the students were very excited. I would not force my students to learn it, but rather it's important for them to first be interested in the culture, then I'll further help them develop their language skills.

With the raising of China's international status, learning Chinese has become more important. Our school offers Elementary Chinese classes which provide opportunities for our international students to learn and speak Chinese, thus enhancing their competitiveness and giving them an advantage in pursuing their career.

Interview with Elementary Chinese teache Mr Kan Wang Ngai

Ric= Ricardo

KWN= Mr Kan Wang Ngai

- **Ric:** Why is it important to learn Chinese?
- **KWN:** China's international status has undoubtedly escalated in the past decades, and this has made learning Chinese very attractive to many countries around the world. In the United States many parents urge their children to learn Chinese. In the Philippines, Chinese language has even become mandatory. This shows that learning Chinese has become a worldwide trend and gives students a significant advantage for pursuing their careers in the future.
- Ric: How do you motivate students to perform better in Chinese?
- **KWN:** It is important to have a clear target. We prepare our Form 4 students for the IGCSE and later on the GCSE. It is also important to recognise the different abilities of students and know their strengths and weaknesses, and teach them according to their needs.
- Ric: How does the school help students achieve their full potential?
- **KWN:** Because this is a multicultural community, students not only get to learn elementary Chinese during lessons, but can also use it outside the classroom as well. When I see my students walking around the school, we communicate in Chinese to give them more opportunities to use the language. I also encourage international students to communicate with local students in Chinese and learn from each other.
- Ric: How do you accommodate students of different ability?
- **KWN:** In many cases students have Chinese as their third or fourth language, and they face many difficulties when learning it. Because of this, students are separated into different sets according to their level. If the lesson is too easy, those who are at an advanced level may find it boring, but if the content is too advanced, those in lower levels may find it difficult and lose their interest. The reason for the divergence in capabilities among students is mainly due to their learning styles. Some are more visual, some learn best through listening, while others need experience to learn. I have to balance and vary my teaching methods to cater to students with different learning styles.
- Ric: What difficulties do students face in learning Chinese?
- **KWN:** Tone and grammar are obstacles for foreign students learning Chinese. Since many of my students have English as their first language, it becomes hard for them to differentiate Chinese

words with different tones, as English is not a tonal language. Learning the Chinese characters is also an obstacle. Many students find the strokes in a character complicated and difficult to memorize. Sometimes students need Pinying to help them understand the meaning of some Chinese vocabulary. I urge students to keep practising and use Chinese as much as possible. I also try to make it more interesting; for example I will dissect the Chinese characters and tell different stories about them, so that they become easier to memorize.

- Ric: Is there anything you want to say to students taking Elementary Chinese?
- **KWN:** Don't be shy! All my best students are confident and willing to learn from mistakes. If students are introverted, they will lose the opportunity to learn from their mistakes.

Treasure the opportunity to learn Chinese in Hong Kong. We live in an environment where students are able to learn Cantonese, Mandarin and simplified Chinese. This is a valuable opportunity for them. Although it may seem hard, it is a precious opportunity.

Student comments

- u: Do you have any reflections concerning learning Chinese?
- A: when I first came to Hong Kong, I didn't speak Chinese at all. But since I came to study at YHKCC, I have learnt a lot, as the school has provided me with excellent opportunities to learn the language, and my confidence in communicating with people in Chinese has improved. Anna Nichole G. Hernandez 4A
- u: Can learning Elementary Chinese help your future career?
- A: Learning Chinese can give you a great deal of advantage if you do business with other countries. With China's emerging economy, I'm sure that everyone will want to learn Chinese.

Chester Tam 2

English is without doubt the most important language in the world today. Hong Kong, as an international financial centre, uses English as an essential tool for communication. Because of its international importance the school emphasizes the teaching of English. With teachers coming from all around the world, many being native English speakers, students have an excellent learning environment for the language.

Interview with the Head of English, Mr Bruce Reid

Ric= Ricardo BR= Mr Bruce Reid

- **Ric:** How do you motivate students to learn more about English despite many being native speakers? How do you push them to do better?
- BR: There are two important aspects of this: students have to be inspired and the heart has to be engaged. Teachers have to connect to students personally and emotionally. It is important to look at the content of teaching from students' point of view, and try to make it more interesting and engaging.

Believing in them is also important. We have to help them see the possible approaches to achieve their aim. I also like questioning students and getting different responses, deep insights and approaches of materials from students. This keeps them thinking and is crucial in learning.

- **Ric:** There are both native English speakers and local students, so how do you cope with students with different capabilities?
- **BR:** This is always a challenge. It is important for me to know what students I am catering to. I am also conscious that I have to move ahead and teach without getting students bored, and at the same time be aware of students who need more help. By asking questions and challenging students, I can understand the abilities of students. For example, organizing the classroom into groups gives more opportunities for students to be engaged, and encourages contributions from each individual.
- Ric: How do you think the school has provided a learning environment for students?
- **BR:** The atmosphere in the classroom is very positive. Students have flourished after coming to this school. Having native English speaking students and teachers gives them more opportunities to use English and normalizes the context. The expectations from teachers lift the students' performance. Many are hesitant because they don't put themselves to the test. So it is important to put them in a context where they are challenged, to make them realize they can become better -- this gives them the confidence to keep challenging themselves.
- **Ric:** What do students find hard? What difficulties do you often face when teaching English?
- **BR:** Encouraging students to strive for excellence. Students are easily satisfied, and do not aim for the best they can be. It is important to make students aware of the beauty and possibilities of English, as language is about making conscious choices to use language in the best way, with a variety of word choice and sentences to make their message clear. It is about having control and communicating clearly and cleverly. Becoming a powerful user of English enables you to have power over people.

Time is also a problem; it takes time to maximize students' potential. The institution becomes an obstacle as it is not flexible and time is limited.

- **Ric:** Do you have any advice or hints for students learning English?
- **BR:** It's a life-long task; it's not something small. It is important not to fear it. Keep it simple, use it as much as possible, but at the same time realize that it is endless and never stop challenging yourself, as you can never learn enough. It is like a treasure hunt -- keep looking for more treasure and store up what you have got. Keep the joy and fun of it. For many it becomes a task, a chore and a bore. Students should not feel that; rather they should feel that they are creating, because language is a task of creation, and they should keep experimenting with it.

English Department

- Mr Bruce REID (Head of Department)
- Dr Maureen COULTER
- Mr Kelsey DAWSON
- Mr Kenneth HARLEY
- Mr Kenneth JONES
- Mr Kelvin LAM
- Ms Cindy MAK
- Ms Aileen O'DONNELL
- Mrs Katy PETRASHUNE
- Mrs Madhu PRAKASH
- Dr Kathleen SHIFLETT
- Mr Joe TANNER
- Mr Patrick TSANG
- Ms Yvonne YUEN
- Ms Irina TOMA
- Mrs Riffat ARA

Student comments

- **Q:** Has the Department enhanced your confidence in speaking the language?
- A: Yes, class activities such as debating and group discussions enable me to be more exposed to English, thus enhancing my confidence.

--Dylan Charles 6C

- **Q:** Why is it important to learn English?
- A: English is the most spoken language in the world, so perfecting it enables us to communicate with people around the globe and is essential in developing our careers.

-- Ng Ka Wing, Katherine 6C

- **Q:** Do you think the school gives you enough opportunity to practise English?
- A: We have activities such as drama and debating which require us to speak out. This trains us to have confidence in ourselves and not to fear it.

--Rina Funabash 2M

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Mathematics and CIT Department

Mathematics is an important tool for solving problems in our daily lives. It is applied daily in different situations and makes our lives easier. The school provides a wide range of opportunities for students to further develop their mathematical skills, and fosters their interest in the subject.

Student comments

- **Q:** How do teachers help you achieve your full potential in mathematics and help you perform better?
- A: Mr Higgins knows my standard very well, and he usually gives out extensive worksheets to me and my classmates so we can challenge ourselves. It helps us think more deeply and condense what we have already learnt.

Chawntella Li A1-Y

- **Q:** How do you find pleasure in mathematics?
- A: Seeing an equation and being able to solve it brings me pleasure, or finding an angle and knowing how to work numbers to achieve a variety of results.

Rian Zehnder A1-C

- **Q:** Why is mathematics important in our lives?
- A: Mathematics to me is essential in understanding the basic building blocks of how things work in terms other than verbal and linguistic communication.

Bethan Charles A1- M

Mathematics and CIT Department

- Mr Andrew HIGGINS (Head of Department)
- Mr Alfred CHAN
- Mr Alchian AU
- Mr Benson CHAN
- Mr Peter CHAN
- Mr Chun To CHUNG
- Mr Wilson KWAN
- Mr Jerry LAU
- Ms Iris YAU
- Ms Pui Ling YIP
- Mr Charlie YU
- Ms Pamela WONG
- Mrs Dimple DEANS

Interview with Head of Department, Mr Andrew Higgins

- Ric= Ricardo
- **AH**= Mr Andrew Higgins
- **Ric:** Why is mathematics important?
- **AH:** It's important because it underpins everything we do. Without it there'd be no internet, no video games, and no technological revolution. Video games are about objects moving from one position to another, so it uses programming codes using three dimensional vectors. None of that would exist without mathematics. You cannot study any of that science without the knowledge of mathematics. Therefore I think it's probably the single most important subject you can learn in school, even Bill Gates thinks so as well.
- **Ric:** Many students lack interest in mathematics -- how do you motivate them to do better?
- AH: There are many methods, and the one which I think is the most important is that lessons must have variety; if I do the same thing over and over in lessons, it will not motivate students to be interested and want to learn more. Over a period of time, I do some group work, discussions, games, investigating, peer work, presentations and even use computers and videos during lessons. I aim at applying creative ideas in order to make mathematics more accessible.

Another way is making it real, making it relevant. A lot of concepts in mathematics are abstract, and many students often ask me how it'll help them in their daily lives, and my job is to help them see how it is relevant to their lives and how they occur in the real world, which is actually full of mathematics. Like my favorite quote, "Mathematics is the science of patterns," mathematics is about finding the patterns in the world around us and using them to explain the world and predict what's going to happen.

- **Ric:** How do you cope with students with different capabilities? How do you assist the weaker students?
- AH: One way of doing it is by providing extension tasks. There is a core task which involves the whole class, and there are extra materials which students can progress to. I also ask questions in an open-ended way, where some students are able to provide more extensive answers, yet giving opportunities to other weaker students to attempt answering them.

It is also important for students to get involved in other learning experiences outside the classroom because every student learns in a different way. We are all unique individuals with different understanding of things, so I cannot assume that students learn in the exact same way. Therefore the variety of teaching methods is important, to cater for the variety of different learning styles as well as provide interest and motivation. For example some students are visual learners, some are oral learners, and some are learn by doing practical work.

- **Ric:** Is there anything else you would like to say to students learning mathematics?
- **AH:** I have never met a student who can't do mathematics. I've met many who don't believe they can do mathematics, so it's all about self-belief and confidence. If you find the subject hard, don't give up, persevere, keep on going, and in everything you do look for patterns, because they are there.

Ric= Ricardo KD= Mr Kelsey Dawson

Ric: How do you motivate students to take an interest in History?

KD: The first thing I tell my students is that History is the study of human behaviour, that it's not just about dates, places and facts, which are also important, but rather it's more about how humans react in certain situations. I also help students to establish a connection with History, which in some cases includes bringing replicas, artifacts and other resources into the classroom, depending on which topic we are studying. Taking authentic equipment including replicas, books and other resources into the class and letting students pass it around helps to engage them, bringing History alive. If students learn just from the book, most likely they'll forget what they learned. However if I bring a relic or artifact, they'll always remember the day they interacted with that object and connect it to the things they learnt.

The final thing is to get them to think and ask questions, and to look at past events from different perspectives by themselves; it is better to arouse their curiosity than just give them information directly.

Ric: Why is it important to learn History?

KD: There's a saying that "If you don't learn from History, you repeat the errors of the past." It's true. History teaches students how to look at information from the past, and connect it to the present and then predict what will happen in the future. These skills can be used in areas such as investment and business. Historians who can analyse information can do that.

It's actually a lot of fun; it's a subject which involves death, violence and scandal. It's a very interesting content, but some teachers tend to make it very boring. I get students interested through activities such as setting assignments where they write letters pretending to be someone from the past. That's a way for them to show what they've learnt and to engage with each other. Asking them to do presentations and debates is also essential; historians must look at different arguments and form their own opinions. The skills learnt in History are used in many different subjects, such as Business Studies.

Ric: Do you have any hints for students taking History?

KD: It's important to read, and make use of your curiosity to do independent research so you discover things you never knew before. I always encourage my students to do research by themselves rather than giving them the facts directly. Afterwards, they can present the class their findings clearly; this enables them to learn from their peers and makes the class more interactive. In fact research has shown that students don't learn as much from their teachers as their classmates. The students get bonus marks for doing research. I tell the students, when you think of something, don't wait until class to find out. Be curious; be persistent in your efforts to find out the answer. Don't give up.

Ric: Is there anything else you would like to say to students?

KD: Students may be afraid of taking History due to the amount of memorization. However, If you like talking to a lot of people, if you like to think, if you like to ask questions, then History is the absolute best place for you to be. It is a fantastic subject that has no end of possibilities; you can ask questions, and end up asking more the next day. In that sense I think students who don't take history are missing out.

Q: Why is it important to learn History?

A: It is important to know more about the past as we can find out how people used to live, their lifestyle and social status, and relate that to the present.

Chaman 3H

- A: To learn from past mistakes, and to have a better understanding of other cultures. Teddy Cheung 2M
- A: Because we learn about the mistakes and choices people made in the past and how it affects us now.

Nicole Gutierrez 2A

- Q: How do teachers help you overcome difficulties in learning History?
- A: My teacher explains complicated topics by giving examples from daily life, and that helps me perform better in exams as the information becomes more memorable.

Chaman 3H

- Q: How do teachers enhance your interest in the subject?
- A: Apart from the textbook, my teacher lets us watch films and video clips. Also he introduces other resources such as soldier models from the First World War. Winson Lam 3M

Interview with Geography teacher, Mr Ian McKirdy

Ric= Ricardo IM= Mr Ian McKirdy

Ric: Why is Geography important?

- IM: It's important to understand what's going on in international affairs. If students don't have any interest in learning more about the world, it'll make them very narrow-minded and boring. Therefore having an interest in what's going on in the world is fundamental and essential to their education.
- **Ric:** How do you motivate students to take an interest in Geography?
- IM: I like using the interactive Smart board during lessons to interact with students. I set them tasks where they are required to work with it. The Smart board enables students to do a lot of things: they can write on it, and move objects and pictures. I also make use of a workbook to go along with the lesson, which acts as a guide for students so they can review what they have learnt in the lessons. My lessons are activitybased and student-centred.
- Ric: How do you cater for students with different capabilities?
- IM: I set out tasks with different degrees of difficulty for students. For less able students, I give them easier tasks to encourage them. For more able students I set out harder tasks so that they may keep challenging themselves. In this way I can cater for students with different levels of ability.
- Ric: What difficulties do students face?
- IM: The syllabus is very inclined towards teaching students about the geography of Hong Kong. However, I believe that students have a lack of understanding about Hong Kong and local affairs; they are only concerned about their neighbouring area and not interested in the issues of the other parts of Hong Kong. Many haven't even been to other parts of Hong Kong. Students need to know the basics well in order to differentiate between the different parts of Hong Kong. There they need to be more curious and aware of the things that happen around us.

Student comments

- Q: What is the point of studying Geography?
- A: Geography is the study of the Earth and its inhabitants - humans. If we didn't study Geography, we wouldn't know how to preserve and protect nature, and would eventually destroy it. Therefore, I believe that studying Geography means saving our planet.

IGCSE Geography

Benisha Fernandes 2Y

A: Through learning Geography, I can understand more about nature, which can promote a sense of belonging and help conserve the environment.

Charmaine Lee 6C

- **Q:** How do teachers enhance your interest in Geography?
- A: Learning Geography is a fun and enlightening experience. We do group projects and practical work, which makes the lesson more interactive and involves analyzing real-life situations and current affairs. The interactive board in our classroom also makes studying Geography more interesting and exciting.

Benisha Fernandes 2Y

A: In class, we watch videos from the BBC to learn more about world events and use the interactive board as well, which diversifies the lesson.

Chloe Jang 2C



Humanities Department

- Ms Charmaine LEUNG (Head of Department)
- Mr Jeremiah CHAN
- Ms Tracy CHAU
- Mr Isaac CHIU
- Ms Lindy GILLETTE
- Mr Ian MCKIRDY
- Mr Chris ROBERSHAW
- Mrs Diane SARCHET-WALLER
- Mr Vincnet WONG
- Mr Lok LO

Student comments

- **Q:** Why is it important to learn Liberal Studies?
- A: It's important, because it concerns our daily lives. For example, we learn about human relationships and how to interact with people. We also get to know more about Hong Kong, and what issues are occurring around the world.

Ricardo Tomas Wong 6C

- Q: How has the department enhanced your interest in Liberal Studies?
- A: The teacher often uses role-play to help students to have a better understanding about what responsibility different parties had in our society. During lessons we have open discussions about current affairs. Liberal Studies provides a good opportunity for us to express our views.

Liberal Studies aims to provide students with insights into local and world affairs and increase their awareness of society. It is its mission to help students develop comprehensive critical thinking and judgment skills, and look at things from different perspectives in this ever-changing world.

Interview with Liberal Studies teacher, **Mr Vincent Wong**

PH= Peter Hon

VW= Mr Vincent Wong

- PH: What is the most important thing students have to pay attention to while learning Liberal Studies?
- VW: Students need to keep pace with society. Reading newspapers is very important because you can receive different kinds of information, but students should keep in mind that they should be critical, not only receiving information from one source but also from different sources and means, in order to check its accuracy. Students should think independently and have their own perspective as well.
- PH: What are the difficulties in teaching Liberal Studies?
- VW: The world is ever-changing. In order to keep in pace with society, teachers are required to do a lot of research by the use of internet, reading books and newspapers every day, to make sure that our students can receive first-hand and accurate information. This is time-consuming and can be stressful for teachers.
- PH: Is there anything else you would like to say to students learning Liberal Studies?
- VW: Don't consider liberal studies as only a subject, as the things you learn during lessons such as skills and experiences can help you face future challenges, and they can also be applied to other subjects.

Peter Hon 6C

Science Department

Mr Tommy KWANMr Kenny LAW

• Ms Alice LO

Ms Dionne LUNMr Steve WONG

• Ms Diana LO (Head of Department)

Interview with Head of Science, Ms Diana Lo

Ric= Ricardo **DL**= Ms Diana Lo

Ric: How do you enhance students' interest in Science?

- **DL:** Helping students to develop an interest in Science is very important, or else it will become very hard to motivate them. Intrinsic motivation is always better than extrinsic. Intrinsic motivation comes from inside an individual, which is more important than just using exams to test students' knowledge. I often relate what they have learnt to their daily lives and make use of different life experiences. For example, the electricity we use, the clothes we wear, the food we eat are all in fact related to Science. So linking these to their daily life experience, with the help of experiments or games, will hopefully arouse their curiosity, and then later on help build up their logical and critical thinking in different areas.
- **Ric:** Why is it important to learn Science?
- **DL:** Science is one of the crucial subjects as it gives you the basic foundation of more complex and abstract ideas. If students want to become doctors, or are interested in doing scientific research, then they need to have fundamental knowledge. It also helps you understand how things around us work. It helps you understand real life phenomena.
- **Ric:** What difficulties do you face when teaching Science?
- **DL:** The difficulty is that sometimes it becomes hard for students to relate what they've learnt to their daily lives and they need to make use of their own imagination. For example when I teach about waves in physics, we measure things such as light waves, which are hard for them to visualize.
- Ric: How do you cope with students with different capabilities?
- **DL:** There is always a divergence between the more able students and the weaker ones. I give them different tasks depending on their level. For example, I will give some students easier tasks to encourage them and build up their confidence, and to show them that Science is actually not that hard, that it can be simple and easy to understand. I'll also provide them with visual aids such as videos, models and some museum visits. For some weaker students, I provide them with extra tutorials and more exercise drilling.
- **Ric:** How does the school give students opportunities to develop their scientific skills?
- **DL:** This week we are having Science Week, where we have different programmes with themes every day. We display boards to show the different experiments, workshops and other activities available for students. We organize field trips for students; for example Form 1 just went to the Space Museum. We also organize different kinds of lectures and encourage students to take part in Science-related activities outside school. These are all great methods to promote Science in school.

These activities are all very beneficial to students, because students learn better by experience, so by visiting museums they can apply their knowledge to their daily lives. Of course, examination skills are also important as they need to know how to express their ideas properly.

- **Ric:** What should students pay attention to when learning Science?
- DL: First of all, they need to have a basic mathematical foundation, and they also have to be observant because Science is about changes. They need to develop analytical and critical thinking skills, because it is not just about memorization, but also about applying what they've learnt to real-life examples.

I advise my students to be observant, and always have a curious mind: don't be afraid to ask questions, but have an inquisitive mind.

Student comments

- Q: Why is it important to learn Science?
- A: We learn critical thinking, analytical skills, cause and effect relationships, and how to explain certain phenomena we observe. Also we get to learn about things that surpass human understanding, such as the universe and the beginning of things. Experiments and videos are also very useful as I am a visual learner, therefore it makes it easier to memorize difficult concepts. Alan Chan 6Y
- A: Science is actually related to our daily lives. We can observe many things which can be explained by Science. For example, when there is lightning in Hong Kong, we can explain why it comes before the thunder. This is because the speed of light is greater than the speed of sound. This enables us to explain different phenomena.

Chloe 6Y

- Q: How has the department increased your interest in Science?
- A: There are many activities in school, such as competitions, and experiments during Science Week. It is really nice and interesting and it motivated me. I also got a better understanding of what I want to be in the future.



Ric: How can students perform better in business?

DC: There are several steps in achieving better performance. Firstly, students should have a clear understanding of business theories and knowledge. Besides, they should do pre-study before lessons, concentrate in class and revise at home. Also, they should do research in their leisure time and make comparisons between their findings and what they've learnt during lessons. Lastly, they should evaluate their study methods to see if there is any room for improvement.

- **Ric:** What are the difficulties in teaching business?
- DC: I think the main difficulty is that not all students have a good business foundation. Even those who know business only know the basic facts and knowledge from textbooks and notes. What they lack is real experience. For instance, if the topic is about human resources, students lack the real idea of what happens in reality as they have never been involved in hiring employees before.
- Ric: Is there anything else you would like to say to students learning business?
- DC: There is no such thing as "good enough." I remember Jim Collins once said, "Good is the enemy of great." Even if we achieve a good result this time, we should aim higher for the next time and endeavour our best to assure our future.

Student comments

- Q: Why is it important to learn Business Studies?
- A: It is important because we live in an international financial centre; it is greatly related to our daily lives. Also, we learn leadership skills, which are essential nowadays.

Nikhil Sharma 6C

A: Through learning Business Studies, I can plan better and utilize my money wisely.

Charmaine Lee 6C

- Q: How has the teacher enhanced your interest in Business Studies?
- A: By using funny and interactive teaching methods; we're also encouraged to do research at home in order to prepare for lessons with better understanding.

Ryan Tang 6M

Home Economics is a subject taken by junior form students: despite being a popular subject, it is excluded from Senior Forms' choice of subjects. Students enjoy taking Home Economics as it involves many practical exercises and cooking in groups. The skills they learn are valuable, as cooking is a life-long activity.

Interview with Home Economics teacher, Mrs Anne Whitman

Ric= Ricardo **AW**= Mrs Anne Whitman

Ric: What do students learn in Home Economics?

- **AW:** We learn about basic nutrition. At the beginning I introduce the different utensils and how things are used, followed by a series of practical lessons which are linked to nutrition or the type of cooking students are learning. For example, if I am teaching about carbohydrates, I will follow the lesson with a rice dish or nachos.
- **Ric:** How do you motivate students to take an interest in Home Economics?
- It is a fun subject in most people's opinion, so motivation is not a very big problem, but rather many junior forms want to have too much fun and may be hard to control.
- AW: What are the difficulties in teaching Home Economics?

It can be difficult to get the students to have more focus and concentrate on their task. It is important for them to understand that the kitchen can be a very dangerous place, and that they have to follow regulations to stay safe.

Ric: Why is it important to learn Home Economics?

AW: It is actually as important as PE, because even if you do a lot of exercise but keep eating junk food, it is still very unhealthy for you, so students need to learn the basics of eating and preparing good food because feeding themselves is a lifelong task.

There are some severe health problems in Hong Kong. The nice thing about Hong Kong is that food is cheap and accessible; however there are a lot of fast food restaurants, resulting in

many Chinese having high cholesterol and high blood sugar which they are not aware of. People have become used to that type of food, which has become part of their diet.

Students also learn to follow instructions as they are required to follow the recipes closely, because if they don't use the right quantity, especially when they're baking, the cake will sink and become a disaster.

Home Economics requires students to work in groups, so it teaches students a lot about cooperation and accommodating to different students' needs.

Ric: Is there anything else you would like to say to students?

AW: Even though it is not an academic subject, I want my students to come and take those two lessons every week and walk away with something new. My advice is that if you are passionate about something, you'll never lose it. As long as you don't lose hope, you can always follow your heart.

Student comments

Q: Why is it important to learn Home Economics?

- A: I used to take Home Economics when I was in the junior forms, and I've learnt a lot from it. It teaches us some basic skills we need for our daily lives, such as cooking, cleaning and house work, and this makes you more independent. Also, it taught me to be more responsible and cooperative with other students.
- **Q:** How do teachers enhance your interest in Home Economics?
- A: Teachers often give demonstrations which make it easier for us to follow. When I succeed at the task, I feel accomplished and more knowledgeable. You learn to make a greater contribution towards the family such as helping out with cooking.

Interview with Head of Art, Ms Chris Wong

Ric= Ricardo CW= Ms Chris Wong

Art Department - Visual Arts

Art Department

- Ms Chris WONG (Head of Department)
- Mrs Agnes ADUNA
- Mr Jeremy BARCLAY
- Mr Andrew BAUTISTA
- Mr Herbert YEUNG
- **Ric:** How do you motivate students to take an interest in art?
- CW: Most people think that art is very traditional and involves only painting and sculpturing; however if students' drawing and painting skills are weak, they may find it very hard and get frustrated, and lose interest. Therefore, I try to introduce more modern and mixed media for them to try, which can help them realize their strengths in different areas.
 - Museum visits and inviting artists to have workshop with students are great ways to enhance students' interest. In other subjects, teachers often just give lectures, and interaction with students is rather limited. So I introduce a wide range of activities to stimulate their interest. Recently we went to an exhibition about sculpture, where we were given glasses to wear that blocked our vision so that we were effectively blind. We then felt with our hands replicas of well-recognized sculptures, and students became more interested and enthusiastic towards art. I believe that if students can touch a real object rather than me just giving lectures, it'll definitely be more efficient and foster their interest.
- **Ric:** Does the school give sufficient opportunities for students to achieve their potential in art?
- **CW:** The school has invested a lot in art. A new Fine Art Centre will be completed on the seventh floor this year. Students will have sufficient space and equipment to work effectively on their artwork -- this excellent environment will surely enhance their skills. So I think that future development in terms of art is very positive.
- Ric: Why is it important to learn Art?
- **CW:** I always tell my students, everyone has their potential, and it is important to show it by bringing out their talents. Everything around us is related to art. If we are observant enough we can notice things that we neglect in our daily lives. Art not only includes classical media; there are also many modern artists who use things from daily life as a theme. For example, there is an artist who collects coins and makes a flower which represents Hong Kong. Many things that we see in our daily lives can in fact be a form of art.
- **Ric:** What difficulties do students face when learning art?
- **CW:** Many students are very creative. However some are not patient enough and it needs attention and encouragement for them to continue with their passion for art. Patience is very important when working on an artwork, because usually an artwork is not something which can be done in a day, but may take weeks or even months to finish.
- **Ric:** Do you have any other tips for students?

There are two important aspects which students have to bear in mind. The first is skills. Practice makes perfect -- don't hesitate to try new things, experiment with art and be curious. Secondly, widen your horizons. I always encourage students to visit museums and appreciate the work of artists around the world, rather than being restricted to what the school provides. This can change their perspective on art.

Student comments

- **Q:** How has the department improved your understanding of art?
- A: The department improved my understanding of art through the appreciation of different artists, learning about a variety of styles while investigating different eras, and experimenting with drawing styles.

Lalita Liu 3A

- **Q:** What difficulties do you face when learning about art?
- A: The difficulty that I face is getting all the proportions and information; however, overall it is an amazing experience.

Nur Moselle A1-C

- **Q:** Do you think art is more than a hobby? Why is it important, and how has it changed you?
- A: Art is more than a hobby; it is part of our daily lives. Art can be seen everywhere in everything. It is a way of communication and expressing ideas. Now I am more aware of the changing environment, and more curious towards the world. Art allows creative thinking and flexibility.

Lalita Liu 3A

- **Q:** How do you balance art and your other academic activities?
- A: This is really difficult for me because I have poor discipline and timemanagement. Researching an idea on a particular topic takes up a lot of time. My method of balancing my time is to develop my ideas wherever I am (on the bus, lunchtime), then start working on the artwork at home with a specific plan each day. The important thing is your creativity and confidence.

Lalita Liu 3A

rt Department - Music

Interview with Music teacher, Mr Herbert Yeung

Ric= Ricardo CW= Mr Herbert Yeung

Ric: How do you enhance students' interest in music?

- **HY:** What I do first is to let them know more about the music they like, and then teach them what they don't have an interest in. For example, if they like jazz, I would teach them in-depth knowledge about jazz, part of which can then be used in studying other musical styles too. For example, adding new elements (rap) into songs. So students would have an all-round understanding of different styles. The instruments I use are youtube, famous musicals and games (ie. Making music theories interesting).
- **Ric:** What difficulties do students face when learning about music?
- **HY:** Students who specialize in classical music don't have a rhythmic foundation as those in jazz and blues do, and there is little understanding of music theories for those in jazz and blues.

Another problem is students' lack of motivation. They have this stereotyped way of thinking that music lessons are dull and boring because they think that the teaching materials are irrelevant to their lives, such as hymns and worship songs.

Ric: What opportunities does the school give to its students?

HY: There are classes available for many different musical instruments. For example, there are classes for acoustic guitar, electric guitar, violin and drums. There are many activities that provide plentiful opportunities--lunch time concerts, Open Day, International Night, singing concerts, weekly assemblies, and this year, the charity concert for Japan. In addition, the range of software and hardware we've got in the music room facilitates students' creativity; for example, they can make music videos.

Ric: What is the importance of learning music?

- HY: Music is a language. We come into contact with it almost every day, in the news, movies, etc. So we have to understand this new type of language. Also, for some it's a career path. Learning more about music can also help you make more friends in the school, as it can be a common topic for students who have the same interest and enthusiasm towards it. It also helps control your emotions. Music can improve your mental health as it is a great way to relieve stress and relax.
- Ric: Is there anything else you would like to say to students?
- **HY:** Treasure your time in YMCACC. Many of the students have potential and they shouldn't waste it, they should take advantage of the great facilities here. Our school employs a number of music teachers and has facilities like the theatre. However, at the same time students should strike a balance between studies and leisure. Music is a great way to cope with the negative effects of studying too much, as it can reduce stress and prevent depression.

Student comments

Music is a great way to relieve stress from working too much; it can relax your mind and bring you into an entire new world. I always retreat into music whenever I feel baffled or I am facing certain difficulties.

Ricardo Wong 6C

Music is a way of expressing yourself, therefore it is a way of communicating with others, whether with people from the past or present. It is an art.

Interview with Head of Department, Mr Ringo Ma

Ric= Ricardo **RM**= Mr Ringo Ma **Physical Education Department**

• Mr Ringo MA (Head of Department)

- Mr Martin RIGBY
- Ms Holly TAU
- Mr James SHIFLETT

Ric: Why is Physical Education important?

RM: PE is education through the physical body, which aims at making students physically fit. It helps maintain the students' balance of life and at the same time helps them to relieve stress. PE is a lifetime companion which grows with the students because they can still play sports when they enter society to work. Moreover, PE can also be a common topic between the students and their future colleagues, and who knows what other benefits it brings? The most important thing is that PE can help students to be healthy both physically and psychologically.

Many students misunderstand PE, believing it is a tiring activity, but the truth is that a suitable amount of sports can help students to have better health. It helps with the blood circulation and also helps them to develop good hobbies.

- Ric: How does Physical Education help maintain the student's mental health? Doesn't Physical Education help train the body but not the mind?
- **RM:** Research conducted in the United States and other advanced countries shows that PE can help students release their stress so that they can be happy. During exercise hormones like endorphin are released, which make students feel relaxed and happy. Sometimes after intensive study, students can relax through taking a jog followed by a cool shower, and this refreshes them.

Ric: How do you help students to get interested in Physical Education?

RM: The interest of students in PE can be measured by their participation in many sports and by the number of competitions they enter. The first year I taught in this school, we had to be selective about the competitions we entered as the school was not mature enough. Now our school enters many inter-school competitions. The number of participants has increased from 100 students in the first year to 600 students now. This shows that we are encouraging students to participate by giving them more chances to enter competitions.

Also we do not emphasise results, because sport is not only about knowledge and technique. Rather, we emphasise interpersonal skills and intra-personal skills. By teaching students about teamwork and communication skills through sports like basketball, we help them get interested in PE. We believe in the idea "No man is an island," so we stress cooperation among students. I believe this is the motivation for students to get interested in PE. Last but not least, we want to teach students about the 4Cs, "Collaboration, Communication, Critical thinking and Cooperation" when participating in sports and in life.

- **Ric:** How can the teachers make sure that students with different abilities can have the same experience in Physical Education lessons?
- **RM:** We encourage students who are more experienced to teach students who are less experienced. We do this by getting students to demonstrate different techniques in sports to other students. The strong players can get stronger through teaching others and the less experienced players can learn from them.
- Ric: Have you met any difficulties while teaching Physical Education?
- RM: Sometimes it is very hard to motivate students to participate in different sports, but we try our best to encourage them. One of the biggest regrets I have is that the senior forms, Forms 6 and 7, participate less in sports than the lower forms. This is because they are more focused on their academic performance. I understand their need to spend more time on their studies. However, I really want to encourage them to realize that PE is also very important because it develops their mental and physical health. Even though academic performance is important, they should also spend a suitable amount of time on sport.
- Ric: Do you have anything else to say to the students?
- RM: I have to say that our school has achieved a lot in the last few years. Our sports teams have won many different competitions. The athletics team is becoming stronger, while this year our rugby team got the First Runner-up for Boys, but the most
- important achievement is that the number of participants has increased.

OScrivice & OScrivice & OSpirit So far that little candle throws its beams! So shines a good deed in a naughty world

Virtus

stian

L'ASLOFA

Service and Spirit (

Message from Form 1 Heads of Year

The Form 1 students handled the exciting transition from primary school to secondary school with maturity and enthusiasm, and they displayed a positive attitude throughout. Our school is unique in that it has a truly multicultural environment, and we have had a splendid time getting to know one another and learning to appreciate and respect cultures from around the world both in the classroom and during extra-curricular activities and events.

Our Life-Wide Learning Camp in September 2010 set the tone for unity and tolerance, and we have gone from strength to strength throughout the remainder of the year. Whatever the Form 1 students chose to undertake this year, they gave it 100 per cent effort and achieved outstanding results. Academically, creatively, athletically and socially, it's been a year to remember! Form 1 students giving a lead!

The Form 1 students are incredibly motivated and have participated widely in school events and competitions. In fact, many of them have taken on leadership roles and have served to inspire older students. We expect great things from the 2010-2011 Form 1 students. They are very special and have a bright future ahead of them.

Form 1 Heads of Year: Mrs Katy Petrashune Mr Tommy Kwan

Message from Form 2 Heads of Year

This has been a lively and exciting year for Form 2. During the past nine months, new friendships have developed and old friendships have grown stronger.

We enjoyed wonderful weather during Life-wide Learning Camp where the many activities and challenges enabled the students to encourage each other and most importantly, to achieve more than they had ever imagined.

The second semester saw the introduction of a unique rewards programme which encourages good attendance, punctuality and good behaviour. The students have enjoyed competing for the rewards and shown a sense of camaraderie when rewarded.

Lots of talent This year's Form 2 students have proven themselves to be an extremely talented group with potential stars in many fields including cheerleading, football, music and theatre arts. As we all progress into the next year, we are certain that the challenges we have met this year have made us stronger and wiser and we will take and use what we have learnt this year to meet any new challenges with confidence and courage.

Form 2 Heads of Year: Mrs Anne Whitman Mr Chris Robershaw

Message from Form 3 Heads of Year

TForm 3 students started the school year by sharing their views on how best to create their own learning environment. They all came up with a set of classroom guidelines to which they all signed up and promised to observe all year long. Various goals were set – and reached – by our ever-improving Student Guidance and

Discipline System. Positive balance was achieved at many levels for students to work hard aiming for academic excellence. Students who had been used to a more rigid system of sanctions were happy to find that there were also genuine rewards for those

A system of merits, achieved for various kinds of work, help and self-discipline, was gradually introduced throughout the school year. Students were also rewarded in groups with special class-only events as they worked together on their punctuality and

Preparing for senior school Their bond was cemented by starting the school year with the Life-wide Learning week and ending it with the Service Outreach week. These defining moments now separate them from junior and senior secondary school life. Our young boys and girls have been working hard together, and as they prepare themselves to graduate to Form 4, we look at them and see a bright future.

You're a driver, not a passenger in life And if you're ready, you won't have to try 'cause You are the Universe And there ain't nothin' you can't do lf you conceive it, you can achieve it That's why, I believe in you, yes I do"

The Brand New Heavies, "You Are the Universe"

Form 3 Heads of Year Ms Holly Tau Mr Jocelyn Gagnon

Message from Form 4 Heads of Year

As a new head of year for Form 4 since Christmas I have enjoyed getting to know the pupils. Having taught only one class from this year group up to then, it has been good for me to work with students from this year group. I have found the group to be full of exciting, helpful, polite and interesting students whom I have enjoyed working with. (Mr Martin Rigby)

Form 4 is an extremely important year for students because of the courses they take around this time and the grades students may achieve. These grades can make a huge difference to the rest of the students' lives. It is therefore extremely important that pupils are cared for in school so that learning can continue to flourish.

In order for students to learn they need to be well behaved and organized. They need to be active in their own learning, putting lots of effort and energy into lessons and not letting other issues interfere with learning. Heads of year, class teachers and the school pastoral system help promote this behaviour by rewarding effort, meeting targets, good attendance and good behavior. We also provide sanctions for poor behaviour or poor organization in order to achieve a good learning environment. We wish all students the very best in

the coming examinations.

Form 4 Heads of Year: Ms Jane Leung Mr Martin Rigby

Message from Form 5 Heads of Year

TThe last push for success begins in Form 5 as the students embark on their final, and most important, two years of study. The students mature quickly in these two years as they grapple with a variety of public exams and different social and adolescent pressures. The school has an excellent pastoral care system which helps students deal with these pressures and offers regular opportunity to hone learning, study and revision strategies to prepare the students for further study and to fulfill their potential in the coming exams.

The school does not merely equip students with examination skills, but also promotes many other skills to ensure students are ready for the outside world. The students have the opportunity to excel in many other areas, whether on the sports field, on stage, or in the community. Our students are never far away from success and we have proudly

Our range of extra-curricular activities is second to none and our students have a great opportunity to develop into sociable, well-mannered, talented, and caring individuals. Because we have a diverse, international student body, our students are very aware of different cultures and they know how to interact with the global community in a mature and calm manner.

Life experience trips

2010-2011 has also arrived with fresh learning experiences to help prepare and develop our students socially and in terms of careers. Returning from the extremely successful Form 4 service trips, where students dedicated a lot of time to helping others, Form 5 students have had the opportunity to take part in two further exciting and beneficial life experience trips.

Firstly, the Life-wide Learning trip took us to an island in Sai Kung for a range of teambuilding exercises where students could reinforce friendships and make new ones, as well as tackle and create solutions to difficult problems.

The second adventure is the Form 5 work experience trip where students have the chance to sample the world of work and reflect on their experiences. The trip will help the students reassess their goals for the future and hopefully with our high expectations and students' experiences and efforts, we will be able to achieve great things for our students and for their futures.

Form 5 Heads of Year: Ms Peggy Lee Mr Thomas Moore

Message from Form 6 and Form 7 Heads of Year It is a common belief that as young people grow older and more mature they tend to discipline themselves. To a certain extent this is true and in general students in Form 6, Form 7 and A1 do have a growing appreciation of the importance of self control and discipline. At this crucial age the importance of being disciplined in all areas is the focus not only of the Heads of Year but Class Teachers via regular Personal and Social

All students at this level are about to enter the outside world and need to know that great Education lessons. expectations will be placed on them as they attend university and enter the workforce. Being punctual, showing initiative and making hard decisions are just a few of the skills needed once these students step outside YHKCC. We have the opportunity to help our students learn from their experiences in the comfort of the classroom. We hold our students to a high standard assisting them when they falter and providing guidance

when needed.

Senior students are role models for junior students. A number of the Form 6 and A1 students as well as the Form 7 students last year were given leadership roles within Role models various school clubs and committees. As these students near the end of their school life they are able to mentor younger students at the start of their journey through YHKCC,

putting into practice lessons learned along the way. Motivating senior students to aim for higher academic excellence is rarely needed. Ask any student if they want an 'A' and they will answer in the affirmative. Class teachers reinforce and equip the necessary study skills while reminding students that success can only come with hard work and determination. Seminars held over the year have provided students

with study options both locally and abroad. Upon leaving YHKCC both Heads of Year and Class Teachers believe that the experiences

and lessons that were learned will translate into further success in both university and in Form 6 and Form 7 Heads of Year:

their careers.

Ms Alice Lo Mr Kelsey Dawson

Community Service

This year we organized a variety of activities so that teachers and students could give a helping hand to groups in the community and also become more aware of the difficulties these groups face.

Experience the unseen

We take for granted our ability to see, and don't really understand how it feels to be visually impaired. Our first activity was a visit to the Hong Kong Society of the Blind. Our students were given a tour around the centre and learned what the blind people usually do or learn in the centre. They learn some daily house chores and daily routines in the centre. The students were shown how to help a visually impaired person in the street or crossing a road. The students experienced briefly what it is like to be visually impaired when they were blindfolded and guided by their partners outside the centre. Crossing the road, walking through a crowd and going up stairs while blindfolded helped them to understand what it is like not being able to see.

Casual dress day

Two casual dress days were held to raise money for China and Japan. Many students and teachers participated in both days by wearing casual dress and donating money. This year the school set a new record from the student council's casual dress day for Japan, when we raised more than 30,000 dollars.

Christmas present parade

The annual Christmas Present Parade was held in December 2010. It was a good opportunity for students to give presents to people in need. Students were asked to bring to the Christmas Service a gift for donation to the needy. At the service teachers and students came out class by class to put their presents on the stage. A huge pile of presents was collected, showing students at our school really care for the underprivileged. Students learnt to appreciate the happiness of sending warmth to others.

Christmas visit to the elderly in the Yat Tung Day Care Centre

Before visiting, our students were given a class to learn how to communicate with and serve elderly people. Students organized games for the elderly to play, and interacted with them, and then they practised healthy hand exercises with them. The students also sang Christmas songs. Lastly the students organized a craft activity with some mentally disabled people, making a Blessing paper flower with tissue. Our students were very friendly to the elderly and they had a lot of joy during the visit. This was a wonderful memory for all of the volunteers.

Christmas visit to the Spastics Association of Hong Kong

Before visiting the Spastics Association, our students were given a class to learn how to communicate with and serve people with this disability. Students organized games for the group to play and interacted with them. Finally, the students held a craft activity (making a Christmas card with stickers and coloured pens) with the group.

March visit to the elderly in the Yat Tung Day Care Centre

We had a second visit to the elderly in Yat Tung Day Care Centre in March. A few days before the visit student volunteers were given a lesson in how to communicate with elderly people. The elderly practised healthy hand exercises with the students. We organized a rainbow sand bottle making activity for the elderly. Then students were encouraged to talk with the elderly and get deeper understanding of them.

SOS - the Service Outreach Scheme

Our mission is based on the CARES principles in which "S" stands for Service and Spirit. We place special emphasis on community service to reflect the Christian spirit of service to the less advantaged and the least of the least. All Form Three and Four students are required to take part in a week-long SOS activity during the post-exam period in the second term. It will form part of the "Other Learning Experiences" component of the NSS curriculum.

Through the service trips, we want to give students the opportunity to

- learn first hand about a country, its culture and people
- learn about the social problems faced in other communities through various service projects
- get involved in diverse environments enabling them to experience, understand and discuss social issues

SOS Advisor: Dr Nick Miller SOS Coordinator: Ms Yvonne Yuen SOS Teachers in charge: Mr Dion Chen Mr Chung Chun To

Teachers Involved:

Miss Holly Tau, Mr Jocelyn Gagnon, Miss Jane Leung, Mr Martin Rigby, Miss Chris Wong, Mr Patrick Tsang, Miss Verna Kwong, Mr Lam Kei Ting, Miss Carol Lau, Miss Holly Fan, Mr Jeremy Barclay, Dr Maureen Coulter, Mr Benson Chan, Miss Annie Cheng, Mrs Madhu Prakash, Mr Wilson Kwan, Mr Alchian Au, Miss Cindy Mak, Mr Vincent Wong, Mr Charlie Yu, Miss Tracy Shek, Mr Bruce Reid, Mr Jim Shiflett, Dr Kathleen Shiflett, Mr Kan Wang Ngai, Mr Isaac Chiu, Ms Riffat Ara



Guangxi, China

This is a five-day, four-night servicelearning programme and participants will visit village schools in Wu Zhou in Guangxi province, mainland China. It is more than a sight-seeing trip! Students are expected to attend pre-trip meetings and design exciting outdoor activities, mass games and lessons and then lead the activities and teach the lessons on the trip.





Kaiping, China

We are partnering with the Hong Kong Federation of Youth Groups to go to Kaiping in Guangdong to experience what it means to live in a farming village where natural resources are vast, but educational prospects are limited. Though we will not be living in the village, we will be spending a day with farmers helping them with their daily chores from cleaning houses to harvesting. Students are expected to attend pre-trip meetings during which we will plan English lessons for primary school students and mass games for the children with special needs and toddlers in the nursery.

Sichuan, China

On May 12, 2008, the earthquake in Sichuan Province of China shook not only the people in China, but also the world. The 7.9-magnitude quake destroyed peace in Sichuan affecting the lives of over 15 million people. YMCA of Hong Kong has been doing relief work in Sichuan and organizing youth volunteers to go to the disaster areas. We will be working with the YMCA of Chengdu in July to visit an orphanage, teach English in Jintang YMCA school, serve in an elderly people's home, and go to the earthquake site to encourage those who are rebuilding their communities through the YMCA of Hong Kong Sichuan Wawa project.





Langfang, China

Located in Langfang (near Beijing), China, Agape Family Life House offers special kids with special needs a place to call home and a family to call their own. The children in the Agape FLH are living with Osteogenesis Imperfecta, better known as Brittle Bones Disease. These children were usually abandoned by their families and are given a chance at life that they would not otherwise get. They experience a family setting, people they can call Mom and Dad, teachers to teach them basic skills for life, and a chance to experience a spiritual life with their Heavenly Father. We will be doing all kinds of work in Agape FLH to show God's love to the children, for example by reading stories to them, teaching them life skills, or just playing with them. As we offer our help to them, they will be opening their lives to us.



Phnom Penh

Cambodia is a wounded land and her people are still recovering from the painful memories of the Khmer Rouge's militant and inhumane rule in the 70s. The regime killed about two million people, ranging from babies to the elderly, farmers to upperclass people, and the illiterate to the educated. The wiping out of many people in a generation has left Cambodia devastated. We will visit orphanages sponsored by Happy Tree in Phnom Penh, the capital city of Cambodia. Activities will include preparing and leading programmes for children such as English lessons, handicrafts, and drama. We are also committed to doing mural painting for the House of Rainbow Bridge Orphanage for Children with AIDS.

Dong Thap, Vietnam

We will be going to Tan Hue commune, Thanh Binh district, Dong Thap province. We will be working with the YMCA of Vietnam to repair Tan Hue 2 primary school which is like a second home to 512 children. The classrooms are old, and need to be rebuilt or renovated. We will replace the existing roofs, repave the floors, repaint inside and outside walls, and repaint doors and windows of the classrooms, alongside workers provided by the YMCA of Vietnam and the Thanh Binh district. Besides working in Dong Thap, we will spend time touring around Ho Chi Minh City and visiting museums so that we can learn more about the culture and lives of the Vietnamese.



Tung Chung Residents

Neighbourhood Action-Advice Council Tung Chung Integrated Service Centre has been operating since 2001. Ever since the beginning of YHKCC in 2003, social workers from NAAC have been working with the students by providing them with counselling. Last year, a group of Form 4 students helped the NAAC to carry out a survey of the elderly living alone in Yat Tung Estate during the Service Outreach Week. This year, we are once again partnered with NAAC to extend our service to not only the elderly but also to ethnic minorities and the mentally challenged.

SOS 2010 - 2011





Besides our school and the organic farm next door, YMCA of Hong Kong has also established a centre in the Fu Tung Estate to serve the community there. While the students in YHKCC are privileged to enjoy many activities and opportunities to further develop their talents, there are many underprivileged children in Tung Chung who have very limited exposure to an English speaking environment. It is our hope that our students can give back to the Tung Chung community. In this SOS programme, our students will be responsible to plan and organise a weeklong English Enhancement Programme for these underprivileged children.

Food for the Homeless

According to data provided by the Social Welfare Department in December 2009, there are 403 people registered as street sleepers. Half of these people live in Tsim Sha Tsui (TST) and Sham Shui Po (SSP) areas. A few NGOs have been working with the homeless for many years and occasionally provide the street sleepers with hot meal boxes. In our Homeless SOS, we will be working with YMCA of HK and other NGOs to gather excess bread from bakeries and Salisbury YMCA, then package and distribute the food to the homeless in TST, SSP and Tung Chung. It is our aim that they will not only be provided with hot meals at night, but also breakfast in the morning.



Food Bank

The Yau Tsim Mong (YTM) Food Bank began its service at the end of 2009 with only 50 members but now has nearly 400. The YTM Food Bank is operated by the James Lung International Art and Cultural Exchange Association with a 3-year sponsorship from the Food Sharing Programme. There are two locations serving ethnic minorities and the elderly in YTM areas. The two food banks provide the needy with lunches and dinners on Mondays, Wednesdays and Fridays. The YTM Food Bank also provides free Chinese herbal doctor consultations at its Mongkok Centre. Our students will be helping with the cooking on Mondays, Wednesdays and Fridays. When they are not cooking, they will be visiting the elderly in their homes and helping them to do household chores. Students will also be exposed to the Nepalese community as one of the Food Banks is located inside a Nepalese temple.



Chungking Mansions

Chungking Mansions is a microcosm of the whole world here. You find people from all nationalities who come visiting Hong Kong or strive to call Hong Kong their home. You find children of many different backgrounds and nationalities, mostly South Asian, who call it home. Some are dependent on state welfare or attend Government-subsidised schools or even worse, live illegally, often overstaying on their visitor's visas. We will be cooking in their soup kitchen; helping out in language classes (English, Cantonese and Mandarin); and organizing outdoor activities for the refugee children. Last year we took a group of refugee children to Disneyland. We are looking forward to bringing more smiles to their faces this year.



Suen Douh Camp

Suen Douh Camp is a campground located in Fanling and is a part of the Christian and Mission Alliance Church Union of Hong Kong. The first stage of its renovation was completed in 2008 with the second stage commencing in June this year.

During this week of service, students will help with various types of maintenance work ranging from painting, structural work and cleaning, to mowing lawns and planting. Besides doing maintenance work, students will also participate in team building and leadership training activities such as mountaineering and hiking.

Crossroads

This trip is all about eye-opening simulations! Called "Life X-periences", these unique opportunities will allow students to walk in the shoes of poor people, to breathe their air and understand their struggles. We will learn to survive in an urban environment, making paper bags and trying to face unfair shopkeepers, debt collectors, and other hazards of slum life. We will also experience what it is to live as a blind person, led through an African village, in total darkness, by guides who are themselves blind. Another simulation experience is a walk through the lives of people who have come into contact with HIV/AIDS. We will live, in a simulated way, the realities of war, poverty, poor medical care, abusive treatment and wrong life choices. Besides the eye-opening simulations, we will be helping out in the Crossroads centre through work such as taking inventories, sorting out donated goods, mending fences, or even painting walls.
Reflection on the Cambodian service trip

Before my five day trip to Cambodia, I had a lot of expectations about my journey. I thought that the orphans would not be very friendly; I thought that Cambodia was a dirty place, and I thought my trip would not be as awesome as my close friends' service trips. In short, I had a very bad feeling about Cambodia and I thought I would regret choosing this country to do service in.

However, after my first few days in Cambodia I realized that everything I thought at the beginning was absolutely wrong. The Cambodians are WONDERFUL. Despite poor living conditions and constantly being threatened by nature, people in Cambodia are extremely friendly -- they manage to give lots of respect and trust to complete strangers. It really got to me when I realized that we, the people in Hong Kong, have so many possessions but we refuse to give to others or think about others before ourselves.

We were impressed by the people living in settlements around the great Dumping Hill. Every day, they gather rubbish from the Dumping Hill and sell it for \$US1, or around \$HK8. Yes, it may sound impossible to live in such condition, but as we were distributing food to the families and candies to the children, not only did we see friendliness and acceptance from the children -- who became our personal tour guides around the Dumping Hill after giving them candy -- we saw their great care for others. For example, when we forgot to distribute food to other families, they would remind us before receiving theirs. I will always remember this caring attitude.

Another event that stays dear to me from my trip to Cambodia was the visit to the CPCDO orphanage. The orphans there live in terrible conditions, with holes in the roof, vermin running around, and a stuffy atmosphere. Our group was sweating constantly and was feeling uncomfortable as each second passed by. All that changed when we had lunch. Someone told me that usually they are given rice and vegetables to eat -- nothing more, nothing less. Our group bought chicken for the whole orphanage. They were very grateful for it, but what got me hard was that the orphans offered me chicken and rice before themselves. It made me realize how selfish



many people are; they should think more about others than themselves.

The memory from Cambodia that will remain the strongest and dearest to me is the two-day visit to the House of Rainbow Bridge, an orphanage that houses around 90 orphans. These orphans are very special because they all have AIDS, so they have only a very short life expectancy. Despite their days being numbered, they are extremely happy living in the orphanage, learning, singing songs and playing -- they couldn't be any more cheerful. It made me realize that we, the people living in Hong Kong, are not grateful for what we already have, and constantly complain about how "bad" our lives are. Hong Kongers should take a look at the orphans before complaining.



The orphans were very loving. Once we laid eyes on one of them, they would take our hands and walk us around the building. Afterwards, we would play games with them and have fun. It was tiring, yet fun and well worth the hours spent. It was really touching that the orphans and our group got along well with each other so easily; it shows how the orphans have so much love and trust to give to their own as well as to us.

I really enjoyed the fact that our group slowly began to bond closer to each other. Those who never used to talk started to talk. Those who previously never spoke English started to do so. Those who previously opened up to only a few opened up to many. There were good times and there were bad, but our group stuck together and got the best out of each other. I admire how we all became good friends in the end.

All these experiences have changed my behaviour in many ways. I learnt to be more considerate and thoughtful towards others. I learnt that other people are more important than we are. I learnt that, despite life getting us down, we should always be grateful and happy that we're still alive. Lastly, I learnt that we should love one another and be thankful that we have so much. I hope I get to go back to Cambodia once more.

Reflection on the Cambodian service trip



One Love, Jose Urbano

Reflection on the Form 4 Cambodian service trip 2010 I was fortunate to be given the opportunity to spend six days in Cambodia, where the team and I had the chance to help some Cambodians. We went to two orphanages and the massive Dumping Hill, and also did a bit of sightseeing at Angkor Wat. During the six days, I was able to learn a lot more about their culture and lifestyle. I had mixed feelings during the trip, but most of the time I tried to put myself in their position. I tried to think about how they felt, what their problems were, what they did every day and many other things.

The first time we visited the House of Rainbow Bridge orphanage, I was kind of scared because I didn't know what to expect. When we got there, we were shown pictures of kids that passed away because of their condition, and I thought every single kid in that orphanage looked like that. I was wrong to judge, because when I saw the kids most of them looked fine. We were told to partner up with a kid, and once that happened a little girl ran to me right away and grabbed my hand. I was caught off guard and disoriented, but when we started running that feeling started to fade away. I got to feel comfortable around the other kids as well, saying "hi" and giving a smile to every single one I saw. It amazed me how they were so happy with the simplest things. At one point I remembered myself as a kid, and I was pretty spoiled. That made me feel a bit ashamed of myself, but I thought that instead of sinking into that thought, I should give the kids happy memories to remember.

The team and I painted a mural for the HRB the next day. It was simple but it meant a lot. After painting, we were given a bit of time with the kids. It was so much easier to click with them because we knew a bit more about them than the day before. By that time, I also forgot about their condition. I went around to take some stolen pictures, and I saw almost every kid was smiling. To me that seemed like the best thing anyone could ever experience.



We visited the Dumping Hill that day as well, where we got to give families canned food and the children candies. Again, it amazed me how satisfied and grateful they were. When we got to the place, I started thinking about the lives they lived in those conditions, especially because they literally lived in garbage. I wondered what it was like during the rainy season, and when people get sick. And again, I started to feel bad, but then seeing them smile made me smile as well.

The next day we went to CPCDO orphanage. I wondered how the kids can live there because the place had holes and was very dirty. It worried me how they lived in that place, and since they were only kids, they could get sick easily. They sang songs, and we did too. After that, we were asked to get to know the kids a bit. That was the fun part. We got to play with them and take pictures. And like in HRB orphanage, it made me think that we were there to make a bit of a difference in their lives. I was right, they were smiling and laughing -- just plain having fun . We had lunch with them and a little girl served me some chicken. It seemed to me that she cared and she didn't want to be rude.

After eating, Jose played some songs. I could tell the kids enjoyed it because they kept asking for more. If we could have, we would have played and sang songs for them the whole day. It was hard to say goodbye because we were there for such a short time. A little boy ran up to me while I was walking to the bus. He put his arm around me, and when we really had to go I had to force his arm off. He gave me a look as if I was abandoning him. It was so hard to leave him and the other kids.

This experience also made the team and I much closer, which I did not expect at all. We became closer to Mr Chiu and Ms Yuen as well. It's nice knowing we shared this amazing experience. I can honestly say that I loved making the kids and families smile. I always thought of a line from a song called "Send It On," which goes "just smile and the world will smile along with you." It also says that the smallest things can have the biggest impact on one's life, and the effect would be greater if we passed these things on because "one spark starts a fire." That song stuck in my head the whole trip. When we got back to Hong Kong, I had a hard time getting over it. I went to church with my family the next day and prayed for the Cambodians. While praying, I just broke into tears. I have developed a love for Cambodia, and I definitely want to go back soon.

Gabrielle M. De Guzman 4C

Reflection on the Crossroads service trip

From 29th June to 3rd July 2010, twenty of our students went to a local charity organization called Crossroads Foundation in Tuen Mun to give their time and learn more about people in need. During this 'Service and Simulation Week', students spent mornings helping in warehouses full of donated goods, while afternoons were spent on the Life X-perience programmes which were organized and led by Crossroads volunteers.

Students came to understand the importance of helping people in need, with a global perspective. The service week provided an unforgettable experience in our students' lives and will empower them to make a difference when they encounter need, both in the short and long term.

During the service sessions, our students worked in teams in the furniture, clothing, computer, and electrical appliances departments. They helped with cleaning, sorting, packaging, recording and organizing the donated goods. These goods had been donated by Hong Kong citizens and were to be sent out to other countries in need. While it was not easy work for our students, all of them felt that their time had been very well spent. They participated in the service with serious and hard work, while experiencing and learning social responsibility. In a written reflection, one student expressed the feeling that what he had given was not enough and that we should do more for our community and for our planet.

Coffee bean simulation

In this game, students engaged in the supply chain issues that perpetuate the gap between the rich and the poor. Stimulating discussions invited all to look for alternatives to unfair trade.

Blind X-perience

Students were led through a reproduction of an African village, in total darkness, by guides who are themselves blind. Without sight, they learned to navigate using hearing, touch and smell, and were invited to experience the creativity and extraordinary capabilities of the visually impaired.

HIM/AIDS X-perience

Participants walked through the life of individuals who have come into contact with HIV/AIDS and, at the end, were "tested" to see if they were positive. They lived, in a simulated way, the realities of war, poverty, poor medical care, abusive treatment and wrong life choices.

Service work:

"During these two days of service, I helped with the sorting and packing of clothing and the removal of parts from broken electronic devices that are still functioning... This reminded me that we should not take everything for granted and that we should help those who are in need with what we have in excess." "I realised that all the material that we packed is sometimes not even enough for the people in need. The donations that were made were usually broken or there was not enough of it. Crossroads need everyone's help." Lean Caraan

Paper Bag Simulation:

"AMAZING in the sense that it felt so real. All the instructors made the experience unforgettable. I liked the pressure they put you under because it gave me a strong grasp and understanding of actual basti life."

Bethany Manders

"Listening to the circumstances in which people live was not easy -- it was heartbreaking in fact, and no matter how hard I tried I couldn't stop the tears in my eyes. Doing what the poor do to survive was the hardest part, and that gave us a very clear picture of what's happening with the poor. Honestly I enjoyed this activity a lot!... My salute to the poor people who do this for a living!"

Aashka Tibrewal

"Through this simulation, I learnt how much a person must give for the sake of survival not only for oneself, but also for family."

Nao<mark>mi Kam</mark>

"In the past years, I've not thought about how poor people make money to survive. With this whole activity, I've learnt how poor the poor people are."

Adrian Kam

Coffee bean simulation:

"People from different parts of the world suffer because they are treated unfairly. Fair trade helps them the most."

Lean Caraan

"It was great to know that there are people in this world who care for others. Some of the examples they showed were really touching, like the one with little boys being kidnapped or forced and then abused and used for labour. I personally liked the fair trade system because it allows equality among the poor and the rich."

Aashka Tibrewal

Blind X-perience:

"INCREDIBLE! It was so cool to be led through the village by someone who was actually blind. It was an unforgettable experience. I enjoyed it very much and would be so honoured to go back."

Bethany Manders

"Through the Blind X-perience, I found out how much I was dependent on my five senses."

Naomi Kam

Reflection on the Crossroads service trip



HIV/AIDS X-perience:

"The HIV/AIDS X-perience was very interesting and makes it easier to relate to the life of those whose lives are changed by the infection of HIV/AIDS. Even though I was already aware of the fact that there are many people living with HIV/AIDS and some of its causes, I've never tried to "know" how hard it is to live with it and how many were infected by others' irresponsible acts."

Naomi Kam

"It was very touching and I know now what I have to do when I grow up: help them!"

Aashka Tibrewal

Overall Reflection:

"Through these experiences, I learnt that I should not take anything for granted and should take what I have in excess to share with those in need to give a little help in breaking the cycle of poverty." --Naomi Kam

"I think that this trip is very interesting to all people. Things that are not needed can be donated rather than thrown away."

Adrian Kam

"Crossroads was fantastic and I would love to go there again and help them whenever they need me so that I never forget what we did and how close we were."

Aashka Tibrewal

"I loved going to Crossroads! It was one of the most amazing experiences of my whole entire life! I really enjoyed doing the work."

Bethany Manders











Reflection on the elderly persons' home service trip



Last year I joined a service trip to visit an elderly persons' home.

The service trip was great! What we did mainly in the trip was communicating with the elderly, playing games with them and providing a cleaning service for the elderly home. It doesn't sound that good and frankly speaking, it didn't sound good to me either. Before I decided to join the trip, I thought it was going to be boring, that an elderly home was just a place where elderly people live. I thought it was not possible to have fun and learn anything there.

Before we visited the elderly home, we did a lot of preparation, for example, designing games and activities for the elderly because we believed it must be boring for them, staying in the same building, sitting in a wheelchair watching TV for probably the rest of their lives. So we decided to design some games for them, to bring them some entertainment and make their life easier.

During the visit I finally realized how dull they are and I could tell from their eyes, like bodies without souls. Besides, there was nothing to do there, except watching TV. We played games with them but they didn't seem interactive and the atmosphere was a little awkward. The centre gave us towels and we started to clean everything we saw, except for the ceiling. The teacher in-charge told us to try to communicate with them while we were cleaning. So we tried to talk to them, while some of them responded passionately, some just ignored us. Things got better the next few days maybe because we got closer to them as we interacted more.



I gained a lot from the trip. Talking to strangers was never an easy job for me. But after the trip, I feel that I have more confidence, and I don't mind talking to strangers now. Apart from that, I understood more about the elderly, like how they think. After the trip, I can finally communicate with my grandma easier. Moreover, this trip gave me a deep concern about my dad and mom. Although they are still young, they'll get older as time passes. After seeing the elderly in the elderly home, I realized that the same thing will happen to my mom and dad and I will give them the greatest love for the rest of my life! I will take good care of them. And I will not leave them alone. It will be too late to cherish them in their old age. We should treasure the time with them now.

Before the service trip began, I thought I was going to serve others or that they were gaining something from me, but it seems that I gained more than I gave. It was an unforgettable trip which enriched my life and greatly broadened my horizons.

Nugent Yeung 5M

Reflection on the elderly persons' home service trip

















Reflection on the SOS trip to Guanxi

On our five-day trip to Guanxi, China, we visited a reconstructed primary school and two secondary schools. I personally experienced the study and living environment in Guangxi. We studied the students' culture by talking and sharing our study experiences in Hong Kong with them. After this trip, we understand that we are so much luckier than those students. At least we know we are not going to be worried about getting three meals a day. And we know that if we do not treasure what we have now, we will regret it.

At the beginning, the children were very shy and did not really know how to play the games. We needed to try hard to get them involved. The children wore sandals and they don't have a uniform. They said that they were wearing the best clothes they had. We demonstrated slowly to the children how to play the games. Later on when the children got used to it, they become more active and played with us happily. We realized that smiling is very important in order to make them happy and want to be closer to us.

They do not have any PE lessons in the regular timetable. This was the first time they played ice-breaking games in lesson time. We had to plan all the games and prepare all the equipment before we went on the trip. In the summer time, Hong Kong children often do outdoor activities, but they would rather stay at home in the air conditioning. For those



Reflection on the Guanzi service trip





children, however, they even enjoyed playing a mini football game.

After the ice-breaking games, we gave them prizes. They were so polite that they never asked for more and just said thank you to us, although they might want it desperately. The toilet facility was very interesting. There was no flushing system, and no doors on the bathhouses.

The rooms had neither air conditioning nor fans. We didn't even have a pillow when we slept over in this secondary school. That's what the students' lives are like every day.

Before we went to Guangxi and met those students, we were just like the students in this photo. Sitting there and no one would like to talk to anyone, and we may only care about ourselves. But once we got used to each other we really wanted to know each other.

Even though time was short, we became friends. We all understand that it is always hard to meet a new friend and adapt to a new environment, but by showing them happiness and kindness, they will gradually come to want to communicate with us.



















YMCA of Hong Kong Christian College 2010-2011 Careers Team



The aim of the Careers Team is to provide students with information and assistance in careers development, and education in terms of further studies and career prospects.

Careers Team

Head of Careers	Ms Charmaine Leung
Talks and Visits Coordinator	Ms Tracy Chau
Canada Councilor	Mr Kelsey Dawson
JUPAS Coordinator	Mr Tommy Kwan
UK Councilor	Mr Matthew Trethewey
Careers Assistants	Carmen Mok (F.5Y)
	Catherine Lee (F.5Y)
	Mercury Sham (F.5Y)
	Hilary Ma (F.5M)

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Highlights of new Careers Programmes for 2010-2011

Careers Talk on UK Higher Education (March, 2011)

In March 2011, around 150 GCE and Form 6 students attended a careers talk about higher education in the UK. Students had the opportunity to learn more about the benefits of higher education and to gain further insight into how higher education operated in the UK. Students were shown a reputable ranking guide of the top rated universities around the world and were interested to learn that the UK, as well as Hong Kong and the United States, had many universities in the top 100. Students also gained valuable information about course fees and how the university application process in the UK (UCAS) functioned. At the end of the talk many students were keen to receive more information and gladly signed up to receive an additional UK higher education booklet.

Speaker: Mr. Matthew Trethewey





NSS-IGCSE Options Night (April, 2011)

On April 15, there was an information evening on choosing NSS-IGCSE subjects for Form 2 students and the talk was organized by Careers Team and the Academic Committee. The head of each academic department gave details about the various options on offer, including course prerequisites. It was a great success, as more than 300 parents and students attended the talk. This talk gave useful information to parents and students, helping them to choose suitable courses. More importantly, the event enabled students and parents to communicate with each other on this important topic.

Teachers Involved: Form 2 Heads of Year, Heads of Department, Form 2 Class Teachers and Subject Teachers.



HKUST Information Session for International Curriculum (April, 2011)

On 14 April, around 20 GCE A-level students attended an admission talk for HKUST. Students were given information about the non-JUPAS admission requirement of HKUST next year. In addition, academic talks were given by speakers from different departments in order to arouse students' interest in different disciplines. After the talk, students got a chance to talk to current students and toured a laboratory where new research methods and equipment were demonstrated. This was a fruitful experience for our GCE students as they got a chance to visit the campus of UST with its beautiful sea views!

Teachers Involved: Miss Charmaine Leung and Miss Tracy Chau



City University of Hong Kong Information Session for F.5 NSS Students (May, 2011)

On May 3 guest speakers from the City University of Hong Kong gave career talks to our Form 5 students during the PSE lesson. In the talk, students were introduced to different colleges at City University and entrance requirements as well. A highlight of the talk was a sharing session with a current student of City University, Kelvin. He shared his thoughts about college life with our students, and gave some tips about getting into universities. The talk was informative and educational, and our students learnt that they must work hard in order to get into universities.

Teachers Involved: Miss Charmaine Leung and Miss Tracy Chau



F.5 Work Placements (July, 2011)

The school has launched a new initiative to give all Form 5 students the opportunity to experience the world of work during the first week of July. Students are required to work fulltime for a period of four days and undertake any duties assigned by their employers. This programme will provide valuable work experience for our students and will help them make more informed decisions about their future education and career choices. Programme dates:

1. Introductory talk was given by Head of Careers in April

- 2. Preparation workshops during the PSE lessons in May and June by Head of Careers and Form 5 Heads of Year
- 3. Form 5 Work placements from July 4-7

4. Presentation and sharing session on July 8

Teachers Involved: Head of Careers (Miss Charmaine Leung), Form 5 Heads of Year (Miss Peggy Lee and Mr. Thomas Moore), Head of ECAs (Mr. Chun To Chung), Form 5 Class Teachers, Mr. Ruffin Lee and Ms Marvis Wong.





Pizza & Chicken

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