

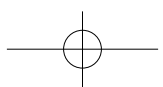
The FROSS Voice

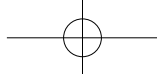
July 2010

Family Life



Cover Design: 5C Calab Heung





Editorial

The theme of this year's 'FRCSS VOICE' is Family. What does family mean to you? Most people associate family with the words 'father' and 'mother' but I associate family with the word 'love'. We are with our families every day but it seems that we don't really treasure the moments we have with them or express our feelings to the most important people in our lives. Arguing, ignoring or complaining are a part of family life and within a loving family we can show our real personality. We don't need to mask our true feelings because however grumpy or annoying we may become we know we will always have the unconditional love of our family. We all know how important family is but often we don't know how to express feelings in a proper way. Take time to express your love to your family members. The words, 'I love you' are more important than gold to those people that mean the most to you –YOUR FAMILY.

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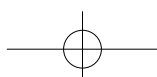
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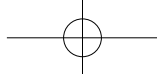
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Interview with Principal

Thoughts On Family Life

Our principal, Mr. Poon, has two children, a son and a daughter. At present they are studying at university. Although they are now adults, they still talk with Mr. Poon when they have problems. The relationship between them is very strong.

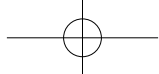
The job of a school principal can be full of pressure but Mr. Poon makes sure that he doesn't transfer this pressure onto his family. "Of course I'm busier than before and need more support from my family," Mr. Poon said. "Although we all have pressures in our lives we should try out best to understand our family and give power to them."



Most students know that a principal is very busy so balancing schoolwork and family life is a big challenge for Mr. Poon. "At meal times, we'll share bits and pieces from the day. That's why I treasure having my meals at home so much." This quality time with the family around the dinner table ensures Mr. Poon has a good relationship with members of his family!

So, how have Mr. Poon's family reacted to his job here at FRCSS? "They don't really like me being a principal very much because I have less time to be with them. Besides, they don't want me to be too busy." Even though they are not very enthusiastic about him being principal, they still give him their unconditional support.

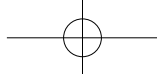
Of course Mr. Poon has a double identity – he is both a father and a principal. We wondered if there were any differences between teaching his children and teaching his students. "I always remind myself that the students are just like my children. I try to be patient and understanding. I teach my pupils as if they were my children," Mr. Poon replied.



We were interested to find out Mr. Poon's opinion of the traditional Chinese family. "We are so lucky that we are part of a traditional Chinese extended family. A big family that consists of many generations means we can learn so much from each other and there is greater support from different family members." Mr. Poon believes that we should treasure our families more. "We have a much better support system within our traditional families compared with the nuclear families in the West where there is just mum, dad and the kids. We understand there is no such thing as a free lunch. We have greater support in an extended family but it comes at a cost," Mr. Poon said. "In the extended family, we have quite a bit of pressure. There are more people asking you about your progress and your schoolwork and this can be very troublesome to deal with."

The theme that came out strongly in our interview with Mr. Poon was the importance of living within a loving family. "The most important things are love and respect," he said. When we asked Mr. Poon how to solve teenage problems when teenagers don't know a parent's love or how to show their love, Mr. Poon turned the question back on us. "How do you solve it? Do you love your parents?" Mr. Poon's question made me think and reminded me of a lot of things I should be doing.

Boys and girls, consider this: love and understanding are the foundations of our families and the solution to so many of our problems. Hug and kiss your parents. Tell them that you love them and many of your problems will disappear.



Interviews with teachers

Ms Ip Yuen-fan

Ms Ip Yuen-fan, our new Chinese teacher, had taught in FRCSS for six years before changing to another school. She is now back as the class teacher of F.2A. Today we are very glad to have an interview with her.

S=Student I=Miss Ip

S: Can you tell us how long you have taught at FRCSS?

I: For 6 years.

S: What do you think about our school?

I: Fanling Rhenish Church Secondary School aims to spread the Gospel to students, enabling them to keep in step with the spirit of Jesus Christ and our Lord. I believe our students who have received religious education will not go astray. Also, all the teachers here are Christians, so we maintain a very harmonious relationship.

S: Why did you want to be a teacher?

I: I believe I have a mission from God. He let me experience His grace through a teaching career. Actually, a teacher has to come across students from different backgrounds and deal with their different problems. It is a big challenge. But I think God will grant me wisdom and power to meet the challenge.

S: Can you tell us the most interesting thing that you have encountered here?

I: I know that many teachers here keep cats, and they always share the joy of playing with cats. Therefore, I decided to keep a cat.

S: Do you think being a teacher is a hard job?

I: Yes, I think teachers nowadays have to face a lot of pressure because of the introduction of the new curriculum. But I believe that I can overcome the challenges ahead. Actually, it is our responsibility to try our best to give students an all-round education and help them develop spiritually, morally and academically.

S: As we know, you changed to another school 2 years ago. What made you come back to FRCSS?

I: I left FRCSS because I wanted to try to work in another place, but I found that this school was more suitable for me so I decided to come back.

S: Thank you for allowing us to interview you.

I: You're welcome.



Interviews with teachers

Mr Lai Chi-wa

In our school, a number of teachers have already had their children. Do you want to know how they behave in front of their kids? Are they as serious as they are at school? Today we are very glad to have an interview with Mr Lai Chi-wa, who has two 18-month-old baby girls. Let's see how Mr Lai sees his family.

S = Student L = Mr Lai

S: Hello, Mr Lai. Nice to meet your little twins. Can you tell us what their names are?

L: They are Minna and Mathilda.

S: I guess being a father makes you very busy. Can you tell us if you bring any schoolwork home?

L: Before the baby girls were born, I always brought schoolwork home. But after Minna and Mathilda were born, I seldom do that. You know, taking care of two baby girls is not that easy, and I think that it is really important to spend some time playing with them. Besides, babies are not able to identify their toys, so they will pick up anything, including my students' assignments, to play with. I don't want students' work to be torn so I choose to finish my work at school instead of bringing it home.

S: What do you think about your daughters?

L: They are very clever and spry! They know many things and can play many tricks.

S: Your family looks very warm! Can you tell us what makes a happy family?

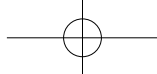
L: I think all the family members should share the same religion – Christianity. My wife and I are Christians, so what we think and do are consistent. Of course, commitment is important as well. If mum and dad are always doing things together, their kids will feel secure.

S: I see. Thanks a lot for taking the time to talk to us.

L: You're welcome.

After the interview with Mr Lai, we knew more about him. At school, Mr Lai is a respected teacher. He always takes his work and students seriously. But at home, Mr Lai has another side. He is a loving father who always chats and plays with his little twins. I think Mr Lai's family is full of warmth and happiness. Do you think so?





Interviews with teachers

Mr Soo Chi-kin

Mr Soo Chi-kin is another new teacher at FRCSS. Immediately after graduating from university, Mr Soo started his teaching career and FRCSS is his first school. Let's get to know more about Mr Soo.

S=Student K=Mr Soo

S: Hello, Mr Soo. Can you tell us how many brothers and sisters you have in your family?

K: I have three brothers and I am the youngest.

S: I see. Then which university did you study at?

K: I studied at the Chinese University of Hong Kong, majoring in Chemistry.

S: Do you enjoy working in this school?

K: Sure! FRCSS is a Christian school, so I can share the Gospel with my students. Also, they are very cute, so I really enjoy working here and talking with my students.

S: Which subjects are you teaching now?

K: Science, Chemistry and Computer Literacy.

S: I see. What do you usually do at home?

K: At home, I am quiet because I speak very little. During my leisure time, I prepare some teaching notes and play the piano.

S: Can you tell us the most memorable experience that you have had at FRCSS so far?

K: Last year, some students and I were busy preparing for the science competition. We always stayed after school until eleven o'clock. We didn't receive any award, but I treasured the time we had spent together.
Besides, some of my students converted to Christianity as a result of Zac Koo's sharing session. At that moment I was touched because I had prayed for them for three months.

S: Thank you for giving us your time for this interview.

K: You're welcome.



Japanese Comics and Animation Culture

The history of Japanese comics and animation began in 1917. These animations and comics are totally different from those from America. They stand out because of their creative and entertaining storylines as well as the impressive figures.

There are many different themes of animation and comics. Let me introduce some of them to you now.

Duels and Battles :

The battles don't involve fighting every time. It could be about playing chess, racing or playing basketball. Some famous examples are One Piece, Katekyo Hitman Reborn, Naruto, Fairy Tail and Bleach.

Love Stories :

Love stories are always popular among teenagers. Also, there are many extremely pretty or handsome characters that teenagers will definitely like. There are many examples like : Princess Lover, Kimi Ni Todoke, Skip Beat, Ouran High School Host Club and Fruit Basket.

Detective Stories :

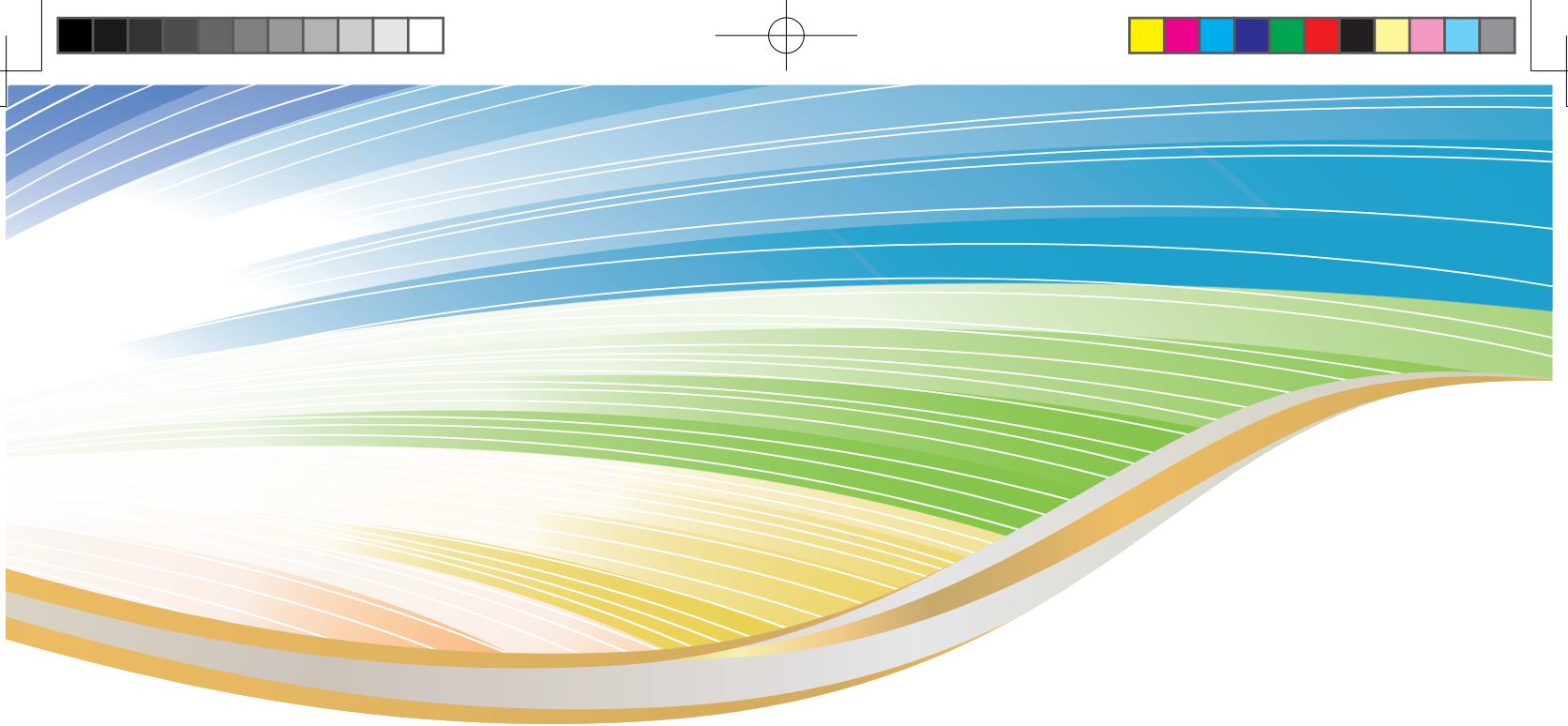
Stories of this kind are very exciting. There is usually a person in the story whose wisdom can solve a lot of crimes and you can never predict the ending. These stories can also improve your thinking. The most famous ones are Tantei Gakuen Q, Death Notes, Kindaichi Case Files and Detective Conan.

If you're interested in Japanese comics and animation, just search the Internet and you will find more information than you expect.

Vocabulary

- 1.) Duel---決鬥
- 2.) Battle---戰鬥
- 3.) One Piece---海賊王
- 4.) Katekyo Hitman Reborn---
家庭教師HITMAN REBORN!
- 5.) naruto---火影忍者
- 6.) Fairy Tail---妖精的尾巴
- 7.) Bleach---死神
- 8.) Princess Lover---公主戀人
- 9.) kimi Ni Todoke--- 只想告訴你
- 10.) Skip Beat---華麗的挑戰
- 11.) Ouran High School Host Club---櫻蘭高校男公關部
- 12.) Tantei Gakuen Q---探偵学園Q
- 13.) Death Notes---死亡筆記
- 14.) Kindaichi Case Files---金田一少年事件簿
- 15.) Detective Conan--- 名偵探柯南

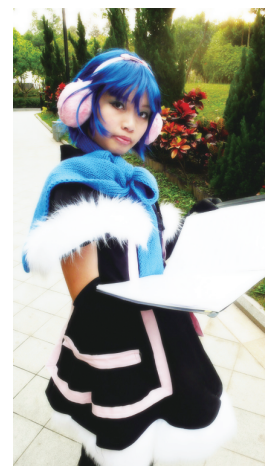




A lot of students in our school are fond of Japanese comics and animation.
We have interviewed two of them.

S.4D Seteuna (cosplayer)

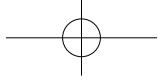
When did you start :	2 years ago
Favourite Character:	IZAYA(折原臨也)
First Character:	HARUHI(涼宮春日)
Advantages of being a cosplayer:	<ul style="list-style-type: none"> • Make new friends • Build confidence • Learn sewing skills & make-up skills
Disadvantages of being a cosplayer:	<ul style="list-style-type: none"> • Need a lot of money • Parents don't like it very much



S.4B Haru (comics & animation fan)

When did you start:	At primary school
Favourite Character:	GUKUDERA HAYATO(獄寺隼人) KAZEHAYA SHOUTA (風早翔太)
Favourite Product:	Fruit Basket, Reborn, Bleach, Skip Beat, Kimi Ni Todoke...
Advantages:	<ul style="list-style-type: none"> • Learn Japanese • Improve writing skills • Have topics to talk about
Disadvantages:	<ul style="list-style-type: none"> • Need money and time • Need access to T.V. and lots of comics!





Riddles

1. What walks all the time but never leaves its place?
2. What kind of dog has no tail?
3. I am always dark. I like to follow you. When you move, I move.
Sometimes I am tall, sometimes I am short,
but I will disappear when there is no light. What am I?
4. A little book has many pages.
It is not used for learning things, but we read it every day.
It is getting thinner day by day.
When a new year comes, it gets fat. What is it?

Jokes

Discussing Grades

A high-school student came home from school seeming rather depressed.

"What's the matter, son?" asked his mother.

"Aw, gee," said the boy. "It's my marks. They are all wet."

"What do you mean 'all wet'?"

"I mean," he replied, "below C-level."

Early Shopper

It was Christmas and the judge was in a benevolent mood as he questioned the prisoner.

"What are you charged with?" he asked.

"Doing my Christmas shopping early," replied the defendant.

"That's no offence," replied the judge, "How early were you doing this shopping?"

"Before the store opened," countered the prisoner.

Recipe - Crème caramel

Ingredients (To make 8-9 cups):

Pudding:

medium eggs X 6 white sugar X 90 g
full milk X 600 ml
Vanilla extract/essence X 1 tsp

Caramel:

white sugar X 120 g (which means 1tbsp/cup)
hot water X 50 ml (app. 3tbsp)

Making Caramel:

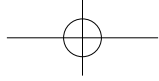
1. Heat sugar on low-medium heat in a non-stick pan, you can swirl the pan a bit but don't stir the sugar.
2. As soon as the sugar has melted into coffee-colored liquid, take the pan off the heat. Count to three, then add the hot water to the pan, whisk until caramel sauce is smooth. (Note: when you add the hot water, the mixture will foam up considerably, please be careful)
3. Pour evenly into each cup, set aside.



Making Pudding:

1. Combine eggs, sugar and vanilla extract, blend well.
2. Heat the milk until it almost boils, stir it into the egg mixture bit by bit and blend it quickly.
3. Filter the mixture 1-2 times to make it smooth.
4. Place cups in a large baking pan, pour mixture into pudding cups.
5. Add boiling water to the pan, up to half full, cover it with aluminum foil.
6. Bake at 200°C for 25 minutes, 5 more minutes if larger size pudding.
7. Remove from water, keep in the fridge for 2 hrs up after cooling.
8. Carefully loosen sides of pudding with a stick then invert on plate, serve with berries.





6S Chor Sin Ling

Hong Kong Tourism

Dear Editor,

I am writing in response to the decline of Hong Kong tourist numbers since the latter half of 2009. According to statistics from the Hong Kong Tourism Board, there has been a sharp drop in the number of visitors coming here since late 2009. These figures show tourism in Hong Kong has suffered badly in the last couple of years. The two main reasons why people put off traveling to Hong Kong are the serious air pollution and the increasing competition from neighbouring destinations. I would like to suggest some ideas that may help to arrest this decline.

First of all, there is no doubt that Hong Kong is a prosperous city. The roads are full of vehicles. These vehicles and ships' exhaust fumes cause serious air pollution. The suspended particles from the gas emissions are responsible for the poor visibility around Victoria Harbour. In the last six months of 2009 the Air Pollution Index was at a consistently high level. Tourists reported seeing smoke belching from the exhaust pipes of some vehicles. This is a shocking state of affairs and unacceptable! If tourists have these kinds of experiences, they will not visit Hong Kong again. They deem serious air pollution a threat to their health and hence switch to other tourist destinations.

Recently, Hong Kong has been facing increasing competition from neighbouring cities. Shanghai has confirmed it will build a second Disneyland in China and the one in Shanghai will be bigger and better than Hong Kong's version. Hong Kong cannot hold the edge when it comes to famous theme parks anymore. Macau is known as a paradise for gambling and has really put a lot of effort into developing tourism. While our rivals for the tourist dollar are making progress, Hong Kong stays mired at the same point. It seems many visitors are not willing to travel to Hong Kong because it is no longer perceived as an extraordinary travel destination.

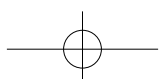
In order to help promote tourism in Hong Kong, I suggest the government highlight some of the many unique perspectives Hong Kong has to offer. For example, we should package some traditional aspects of our culture. Hong Kong is a special place that mixes both Eastern and Western cultures and boasts many unique traditional activities, such as the Cheung Chau Bun Festival and The Fire Dragon Dance in Tin Hau. These traditional occasions can bring out some of the city's lesser-known qualities. In fact, tourists from overseas dislike joining "commercial" tours. They want to experience the distinctive culture of Hong Kong and to relax. So, offering an insight into our traditions will attract more tourists.

Apart from promoting the distinctive culture of Hong Kong, the Hong Kong Tourism Board should collaborate with other organizations to promote tourism. Inviting some international soccer clubs is a good idea. Liverpool and Chelsea are well-known clubs that have lots of fans around the world. If these clubs can come to Hong Kong, their fans would follow the footsteps of their idols. Also, the HKTB must cooperate with the tourism boards of our regional neighbours coordinating cultural events on a regional basis.

In addition, the government must make use of various online sharing platforms to promote Hong Kong's tourism. Using online platforms has become a trend and their popularity has been rising. The government can encourage citizens in Hong Kong and tourists to post some videos on YouTube, Facebook and other social networks. In fact, the cost to use these online platforms is low so the remaining promotional budget can be used to produce advertisements and distribute more brochures to tourists. In my view, offering a variety of information sources about Hong Kong is extremely important to entice more tourists to Hong Kong and halt the decline of visitor numbers.

If Hong Kong can give tourists a different experience of Hong Kong, instead of selling itself as just a place for shopping and dining, more tourists will come here. All of us should help restore the reputation of tourism in the 'Pearl of the Orient'. I do hope tourist numbers will improve in the near future as that will benefit us all.

Yours faithfully,
Chris Wong



The Key to Happiness: Leading a Healthy Life

2010 is well underway. What were your goals or resolutions on January 1st? For me, leading a healthy life became my new goal because I think this is a way to happiness. Leading a healthy life is not only about physical health, but good mental health is also crucial.

Having a healthy body is an essential part of happiness because you will be able to do more of the things you like and enjoy in life. There is no doubt that regular exercise is the best way to stay healthy. To keep doing exercise regularly, you should set a timetable. It serves as a reminder and if you always do the same thing at the same time, it will also become a habit. If you choose an activity that you are interested in, you will enjoy doing exercise and you will not think it is hard or boring. It is important that you don't over-exercise. A study in the USA has found that doing moderate exercise for thirty minutes a day five times a week can bring real health benefits.

Having a healthy diet is an easy way to make you healthier. The healthy eating pyramid is well known, however, few of us follow this nutrition guide when we are eating. The healthy eating pyramid suggests we eat more vegetables, grains and fruit and avoid eating oily, sugary or salty food. Eating a variety of food is good for us because it provides different kinds of nutrition. As a matter of fact, eating healthy and delicious food can be a joy. As an old Chinese saying goes, "Eating is a blessing". If we eat healthily, we will become fit and enjoy a pleasurable experience at the same time.

Although physical health is important, mental health must not be neglected either. Can you imagine the feelings of a person who has no friends? Interpersonal relationships are crucial to our state of well-being. Having families and friends to share our sadness and happiness is essential and is what makes us truly human. Sometimes they may not be able to solve our problems, but they can provide support and reassurance. With friends to confide in we have a ready made safety valve to help release negative emotions. If our relationships with the people around us are friendly, we will not have as much pressure and therefore will remain relatively stress free and relaxed.

Thinking optimistically also helps us stay mentally healthy because it keeps us in a positive state of mind. Everything in our lives will seem better when we are confident and proactive and we will be better able to face the challenges and stresses of modern living. Being positive, we will use our time constructively and achieve more. So looking on the bright side is an important element to happiness.

I am working hard to reach my goal. How about you? Let's start living a healthy life together!



*I am a tree,
I am strong and high.
Growing to reach the sky,
The sky is my destination.
My roots are my school,
Getting so much knowledge.
My leaves are ideas,
Sometimes they grow,
Sometimes they fall.
When I die I leave nutrients for the world.*

3E Tam Cho Wai



*Love is honey
Flowing and spreading
That cannot be contained
Love is sweet
Love is honey gold so valuable we will kill for love
Like bees we go crazy for honey love*

3C Wong Yuen Yu

The Truth Behind Being A Famous Person

Yesterday was my birthday and I was given a magic coat. I put it on and became Lee Ka Shing. As you can imagine I was shocked but still glad because finally I could experience what it would be like to be a famous Hong Kong identity. I savoured this thought until some difficult challenges presented themselves.

“Good morning boss. You have to wake up now. It’s time for you to play golf,” a servant called. I looked at the clock. It was only 5 am! With a tired body I went to wash my face. After I finished my breakfast I went to the golf course to meet an associate.

When I reached the golf course I felt excited because it was the first time I had played golf. The life of Lee Ka Shing was great! There was a man waiting for me. He was also a businessman. We set off but surprisingly there was not much time spent playing, we just stood on the grass talking about the development problems of a new project. He asked me about expected profit margins but I didn’t know how to answer. “Sorry, I am not very well. Can we continue this meeting later?” I walked quickly off the golf course and got into my limousine. I realized that Lee Ka Shing’s work was not as easy as it seemed. How was it that an enjoyable game of golf could become a business meeting?

After I returned to my company headquarters I went to my office but more trouble was waiting for me. There were great piles of documents on my shelves demanding my attention. I sat on the sofa and thought of the struggles, stress and hard work that lay ahead of me. I just wanted to remove the magic coat and return to my original life but the coat was fixed. It stuck to me like glue! I couldn’t rip off! Anger welled up inside me. How could I exit this messy life?

After the difficult morning there were two more jobs waiting for me. One was an interview with a journalist and the other was a meeting with members of the government. During the interview the journalist asked me a lot of searching questions about my family and the implications of my company’s development projects. I answered all her questions but the answers were all lies. I couldn’t tell her the truth because I didn’t know the truth. What could I do? Who could help me? I didn’t want to lie but lying had become a necessity. I had no choice. Unless I told her lies all my success would be destroyed. I had many enemies in society and the business community who wanted to take me down. Immediately after I had to talk with members of the government about buying some unused government land. They threatened to block my access to essential contractors unless I agreed to their tough conditions and I could do nothing but agree to their cruel demands.

I couldn’t take it anymore! My mind was in turmoil. I dropped my work and returned home. My son was very worried about me but I had to take the coat off and become myself again. Lee Ka Shing’s life was too hard! I tried to tear it off with all my strength. I screamed and tugged and pulled – anything to get it off. Finally it fell to the floor and I returned to my original life, to my home and familiar friends

I now understood how difficult Lee Ka Shing’s life really was. He had given me an insight into the life of a famous person. The difficulty of his job was beyond imagination. The life of a famous person is not easy.

*I am grass.
I never give up in difficult conditions.
Sometimes I have to lay down and I am sad.
But I always stand up. I am strong and brave.
I continue to grow in difficult conditions.
Troubles cannot put me down.
I am indestructible.*

3C Wong Chi Fa



*I am a kite.
I like to fly in the big big sky.
But there is a rope that ties me down.
And a tail that helps me fly but I can't see it.
My tail is GOD who is always behind me.
The rope is my mother.*

3B Chan Ka Hei, Summer

Singapore Study Tour 2010

In the Easter holidays, the school launched its first study tour to Singapore. There were forty-four students and four teachers in our group. They were all from our school or our sister school, Rhenish Church Pang Hok-ko Memorial College. We learnt a lot and had great fun. Let us show you some of our pictures.



A group photo taken in the Merlion Park.



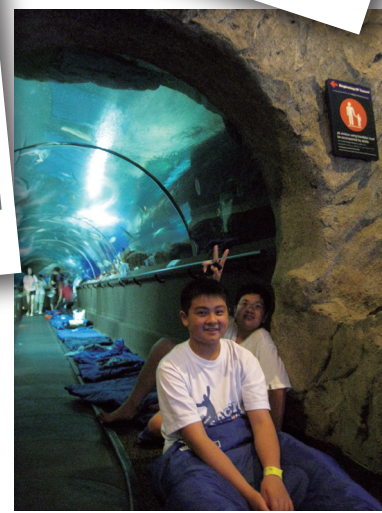
Students are touching the fish in the Underwater World.



Buying souvenirs at China Town.



School visit to Pasir Ris Secondary School.



We are sleeping in the aquarium tunnels with the fish.



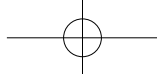
Our buddies are also nice and easy-going.



Having lessons with our buddies.



Tasting local food at Lau Ba Sat Food Stall.



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4A Lee Kam Yee
4A So Ka Yee
3A Ngan Ka Ki
3A To Suet Ling
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1C Tam Sin Wai
1D Ip Ivan
1D Li Wing Yi
1E Wong Cho Ying

