

FRESS

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VOICE

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Words from the editor

No more room for a hobby?

We are all so busy today so we hardly have the time to pursue a hobby. As a student, there is a lot of revision to do and tutorial classes to attend. As an adult, there are never ending tasks to accomplish and family members to take care of. Time is scarce! We say that we are occupied with so many things in our life so how can we squeeze some time out of our crowded schedule to develop a hobby?

Imagine that your life is an empty jar in which you have already placed some 2-inch rocks until no more can fit. Once you think it is full, try adding some more small pebbles until they fill the spaces between the rocks. Do you think the jar is full now? How about adding a scoop of sand to the jar? Will there still be space between the pebbles for the sand to fill?

It is all about priorities.

No matter how busy you think you are, there is always time for you to take on more. The rocks represent the 'BIG' things in



your life. It can be your family, health, friendships, hopes and dreams – things you value most in your life. While the pebbles are other things that give your life meaning, such as your job, exams, homework, hobbies and so on. The sand represents the 'small stuff' that fills your time, for example, surfing the Internet, playing with your mobile phone or watching TV.

Now, what will happen if we fill the jar with the sand first? It's time to think about what really matters to us and fill our lives with the 'BIG' things, the 'pebbles' instead of the small and ultimately unimportant things that occupy our time.

6 Reasons why you need a hobby

Talking about hobbies, what comes to your mind? Stamp collecting? Chinese calligraphy? Painting? Those seem to belong to the long lost past. However, having a hobby is essential for leading a well balanced life. Below are six reasons why hobbies are so important to us.

1. It's a stress killer

We are stressed out in work and studies. Having a hobby can definitely help us take a break from work and doing something we like will refresh our minds!

2. It helps develop a multi-faceted personality

You may find that your life is filled with more and more work and study. There is hardly anything that interests us or makes us more interesting. Life is boring, isn't it? Developing a hobby can make our lives more interesting and meaningful and make us more interesting to others!

3. It enlarges our social circle

It's always easier to make new friends if we meet someone who shares a common interest. A hobby can also be an interesting topic for people to talk about and share.

4. It opens new opportunities

When you pick up a new hobby, you never know what it may lead to. It could open up any number of new and interesting opportunities like the pursuit of further studies or a new and exciting career option.

5. It provides a sense of achievement

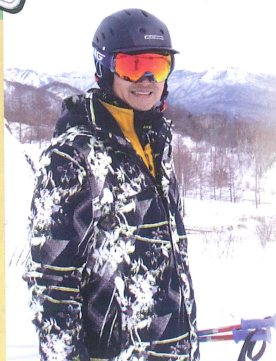
Do you feel frustrated with your school work at times? Having a hobby allows you to gain a sense of satisfaction outside of work. It can help boost your self-confidence at the same time!

6. Have some fun

Have you noticed 'fun' has been fading ever since the advent of public exams? It seems school life is just about quizzes and tests? Why not add some colour to it and have some serious fun with your friends? You will find the sheer joy a great hobby can generate will actually make your school life more memorable and fruitful!

Sharing from Teachers

Skiing – Mr. Mak Ka Man



I picked up skiing in 2001. Skiing is really enjoyable as it is something that cannot be done in Hong Kong! If you walk or cycle on snow, you will get exhausted easily. However, skiing is different. If you are a skillful skier, you will find skiing a sheer joy and at the same time you can enjoy the fun of hiking. Whenever I slide down a hill, I am delighted by the stunning scenery around. It is something completely different from what I experience in daily life. Apart from that, it is rewarding to see yourself improving, isn't it?

Skiing can be a dangerous sport. There have been lots of cases in which the beginners were speeding and injured themselves. Sufficient safety precautions must be taken!

Thai Massage – Mr. Lai Chi Wa

It's a common practice for Hong Kong people to travel overseas during any of the long holidays. Most of us travel for leisure, luxury accommodations, tasting food and sight-seeing. Also, Thailand is a popular destination for all these activities. On the other hand, you may visit Thailand for other purposes. Last Easter I went to Chiang Mei, the second largest city in Thailand, to learn Thai massage.

You may have heard about or even experienced Thai massage, or you may know someone who is interested in it, but I'm sure you wouldn't know somebody who flew a long way to Thailand to learn this art. Why did I do that? It was because one of my family members has a sickness called rheumatoid arthritis. Patients often suffer joint pain in different parts of the body, for example, elbows and wrists. Thai massage is a good way to relieve this pain. In the old agricultural society of Thailand where machines were not available, farmers suffered pain from days of exhausting labour. The monks found that by pressing on certain points they could help relieve pain, and then they taught people these skills. It is where Thai massage came from.

The process of learning Thai massage was also interesting. After researching on the Internet and books, I learnt that there are several schools in Chiang Mai that can teach foreigners Thai massage using English. I contacted the instructor to book some lesson time. It turned out that I was the only student during that period and the four-person class became one-to-one instruction! My teacher, Miss Pikul, was an old Thai lady who could speak English well. The whole massage process is a sequence of actions on different body parts. First of all, the teacher massaged me to let me feel the exact positions of the nerve points and energy lines, as well as the appropriate pressure to use. At the same time she introduced me to how to press correctly to avoid hurting people and maximize my strength. After that, I learnt, position by position, what was needed to do a massage on her and she told me whether my pose, the pressure points or the level of strength was correct. It was easier to learn when I came to know the name of different body parts well. After an hour, I needed to practise the whole sequence and I found that it was so difficult to remember everything in such a short period of time. However, the teacher was so patient and let me practise more. I could finally finish eighteen hours of lessons and acquire the certificate.

From this kind of cultural experience, you may find insight or gain a new perspective on something you thought you knew well. To me, after learning about Thai massage, I found that it is not as easy as I thought. I became so exhausted after massaging for an hour and my thumbs, which were my major tool for pressing, became so sore that I could hardly hold the chopsticks at lunch. According to massage theory, the pain and tiredness of people is "transferred" to the person who does the massage. This kind of sacrifice reminded me of Jesus Christ, who died to bear our sins and gave us the chance to obtain eternal life.

What a great experience for Easter!



Hi, I'm Bella!

My name is Bella. I am 15 years old. I sleep! And I am good at it.

I sleep 18 hours a day so I don't have much time left for hobbies. But I still have a few favourite things to do when I am awake. I like watching my Mama being busy doing things. She is always busy in the house (I don't know why). She is either marking, cleaning, washing or cooking. I guess she ought to try my cat food which doesn't need cooking at all. Maybe she should also wear a fur coat like mine. Cleaning just takes a few licks to do the trick. That will save her a lot of work. I try to tell her that but of course she doesn't understand. She is a kind woman but isn't very clever.

I also spend time watching the world go by after lunch. There is a lot of traffic to look at outside the window. There is also an occasional bird flying around. This is quite entertaining but also tiring. So after half an hour, I am exhausted and I need a nap.

My absolute favourite thing is having a full body massage. I like to have it every day, but it is not always possible because Mama is sometimes tired. I am not happy but I don't have the heart to be angry with her. She is only a human being.

Another thing I am good at is being a nuisance when she is marking with her red pen. I like sitting on her papers, which will make her very cross. Oh boy that's fun!

Well. That's enough about ME for today. It has been a very BUSY day and I need a good rest.



Natural Skincare Products – Miss Fok Yee Man

Are you using any skincare products now? Have you ever thought that you might be able to make them yourselves? Yes, you can do it!

I love DIY natural skincare products and became interested in them after I realized that it was not easy to find effective products in the market without chemicals, additives & preservatives, which harm our skin, health and the environment.

Actually, making skincare products is both fun and amazing. You just need to buy some raw materials and find some nice recipes. Of course, you can join some DIY workshops if you don't know how to start.



In order to keep my skin healthier and cause less harm to nature, I use natural, organic and preservative-free raw materials imported from overseas to make my skincare products. The products I have made successfully so far include moisturizing cleansing milk, B5 hydrating and firming serum, moisturizing facial lotion, anti-wrinkle eye gel and organic shea butter lip balm.

Making DIY skincare products is really fun. Will you give it a try?





Students' hobbies



Paper Cinema – Moose Tsang 5A

Art has always been my interest and I wanted to know how simple drawings could be made to come alive on screen. The Paper Cinema Programme is like making a Chinese traditional shadow play. At first, I had no idea what it was all about. Later on, I found the programme very innovative and enjoyable. In this programme, we needed to create a story ourselves and designed our own characters. Then, we had to learn how to control the 'puppets' skillfully. I have gained valuable experience by performing a new form of art.

Paper Cinema – Tammy Chan 5A

Paper Cinema was a new form of art to me and that's why I decided to join and learn more about it. Besides, it was a rare opportunity for me to get in touch with some top artists who were charming and humorous!

Our task was to produce a short video clip. During the production, the most challenging thing was to trim down the story so that it could fit the time constraint. It was a test of patience as we needed to prepare for a long time although the show only lasted a few minutes. We needed to paint and colour our characters, revise the story again and again, and do a lot of rehearsals before the show.

Despite all the challenges, I enjoyed this programme since everyone could not only show their talents but also develop their interest in paper cinema.

My first attempt in the Speech Festival – 5A Beeno Au Yeung



The most impressive moment for me was when the judge announced that I was the winner! Actually, I just wanted to have a special experience and a chance to learn something new. Fortunately, I was awarded first prize and I felt very honoured and happy about it.

There is a saying, 'Success crowns effort'. As long as we make an effort and keep practising, we will get a satisfying result.

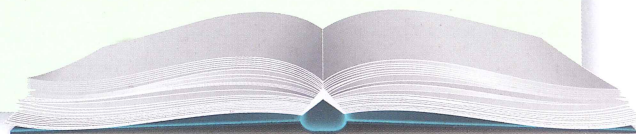
It was my first time to join the Speech Festival. I joined it because I wanted to explore different domains and challenge myself in the second last year of my secondary school life. I think it was very challenging and interesting to participate in the solo recitation.

I think the most challenging thing about the recitation was to understand the background and the emotion of the poet. Understanding how the poet felt was essential for me to express the emotion. My poem, '*An Irish Airman Foresees his Death*' speaks a sad and cold tone. However, some students in other schools misinterpreted it as an indignant tone and therefore could not fully convey the poet's emotion.



My Hobbies - Angel Xu 2C

I have wide and catholic interests and one of my favourite interests is reading. I have such a passion for reading articles, stories, poems, fables, fiction and all genres of books. I read books every day when I have time. I love reading because I love literature. I always want to write some great pieces and I believe reading great literature can help me improve my English writing skills. One of my favourite writers is Charles Dickens. I came to appreciate him from the moment I read his most famous work *Great Expectations*. It took me five days to finish it. Once I started I couldn't stop! Later when I have more time I'd love to read more of his well-known books. Reading is my favourite hobby and obviously it's quite beneficial as it helps me achieve the goals I have set myself regarding my development as a writer.



A family of music - Priscilla Chu 3A

My hobby is music. I particularly enjoy singing and playing the cello. My Dad is a music teacher and he knows how to play lots of musical instruments. He always shares his musical knowledge with me. That's why I have been very interested in music since I was four. I have been practising singing but I haven't taken any singing classes. I mainly learn from my dad and I will try to improve my singing performances by myself. I joined a singing competition when I was in primary five. The competition was held every year during the summer holidays. I have participated for four years and I was awarded first prize three times and third prize once. The results were really encouraging to me!



How about the cello? When I was thirteen, I told my Dad that I wanted to learn the cello because of a concert I attended in 2013. I loved the wonderful sound of cello, so I started taking cello classes. I hope to sing well and play the cello to my potential in the future. I won't give up music! I will keep practising hard and do my best!

Students' Prose and Poetry

5 line poems

US

Tiffany Mak 3C

Children
Smart Cute
Playing games happily
Like monkeys
If only children in the world wouldn't be so noisy.



So Chun Wing 2C

They stand alone.
He stands next to her.
His eyes are bright.
The light is warm.
She is happy.
Her eyes are closed.
She isn't beautiful.
She is smiling like an angel at him.
They are waiting, waiting until the sun rises.
Although it has risen shining everywhere, his love is warmer.

Catching Time

Tsui Sze Wan 3A

Time
Amazing, relentless
Running quickly
Like a roller coaster you can't catch up.
If only time would stop and let me do more things.

My Friend

Brian Lai 3D

Spango
Lazy, naughty
Sleeping easily
Like a pig who has died.
If only he could look better when he's sleeping.

Personification

Lyrrium Chan 2C

Here is a couple, the boyfriend sells fish and smells rotten!
Although stinky his girlfriend does not mind.
This open-minded woman encourages her boyfriend to work hard.
His hope rises from the abyss to its zenith.
The boyfriend is stuck in the ground.
He wears an apron to keep the ground clean.
Fine now because of his girlfriend's enlightened support.
Tears drop although his eyes are closed.
And then the girl with holiness and kindness stays in the dark.
They occupy a deserted and empty grass field.
Let us leave them there.
They will stay for all eternity.

Grammar Poems

Ng Tsz Hin 1C

Kowloon Tong
Crowded Expensive
Shopping slowly
Like a shopping center
If only I had more money.

Yeung Kwun Yat 1C

Ocean Park
Exciting Wonderful
Racing happily
Like a playground
If only the animals weren't so unhappy.

Starry Night



Saturn Chung 1C

It's night in one of Van Gogh's paintings.
The stars are as bright as light.
The moon is like bright fire.
The houses are as small as fireflies.
The mountains look like waves.
The trees look like a tsunami hitting the town.
Clouds are hanging in the air and rolling as fast as a car.
The spire of the church is tall like it's hitting the sky.
The tree in front is as black as the fire of evil.

Eva Cheung 1B

It is all darkness,
Like an inferno that makes people afraid.
The tree is black,
Like a black fire, like a witches fringe.
The houses are small, like a mouse's house.
The moon is big and yellow,
Like a ball, like a lemon.
The hill is big and black,
Like a monster, very dangerous.

Saturn Chung 1D

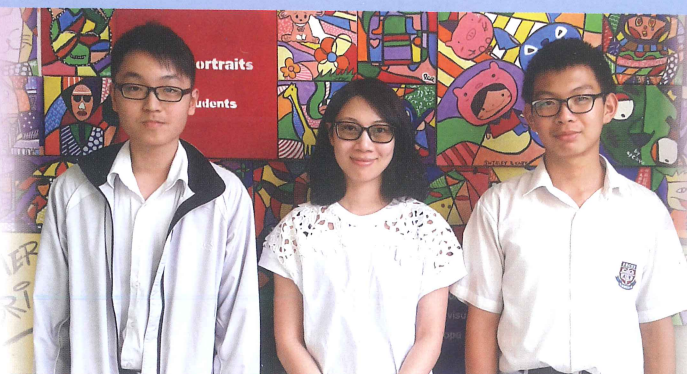
The picture is Van Gogh's finest.
The moon is orange and yellow like a yolk.
Like a banana glowing at night.
Evil is black and grey, as withered as a tree, like a giant.
The land is blue and yellow, as confused as a tornado.
The houses like so many nests.
The mountains like black stools as endless as the darkness.
The trees are like a green lettuce.
As fragrant as a lawn.

Interviewing teachers

Interviewing Miss Wong

Reporters:

Anthony Wong and Christopher Lo 3C



Interviewers: Good afternoon, Miss Wong.

Miss Wong: Good afternoon.

Interviewers: We are going to ask you some questions about the things that shaped your life. Shall we start now?

Miss Wong: Of course.

Interviewers: First, what were your favourite hobbies when you were a teenager?

Miss Wong: When I was a teenager, I loved hiking and I was a girl guide.

Interviewers: Why do you like hiking?

Miss Wong: It is because I can enjoy the beautiful landscape. It is relaxing. And it can improve my relationships with friends.

Interviewers: What kinds of activities did you attempt when you were a girl guide?

Miss Wong: I attempted hiking, camping and also some more sedentary events like cooking and knotting. These experiences fully occupied my secondary school life.

Interviewers: What have you learnt while being a girl guide?

Miss Wong: I have learnt to be independent. Moreover, I have learnt some survival skills, map reading and first-aid knowledge.

Interviewers: What is the most unforgettable event you have ever taken part in?

Miss Wong: I took part in the Millennium Jamboree at Wan Tsai Peninsula West, Sai Kung. All the uniformed groups joined it. It was great!

Interviewers: Which camping activity do you like the most?

Miss Wong: I like being around the campfire the most. I always organise campfire activities with other

Girl Guide organisations. The reason why I liked campfire is I could make a lot of new friends.

Interviewers: What did you achieve when you were a girl guide?

Miss Wong: I was awarded the Chief Commissioners' Guide Award and I was the first Fire Safety Ambassador. I was awarded the AYP (Award for your people) silver level too and in which I have learnt how to control a radio communication system.

Interviewers: Do you have any more things about hobbies to share with us?

Miss Wong: When I was a secondary student, I loved not only hiking but also reading. My favourite writer is Jin Yong. I love reading his novels.

Interviewers: Do you have something special to share with us?

Miss Wong: I had a dream job when I was a child. I wanted to be a firefighter. I think their equipment is awesome. Therefore, I watched the film 'Backdraft' many times. I have also tried to learn different kinds of musical instruments such as the piano, drums, and zheng. But I gave up learning them because I don't think I have any musical talent.

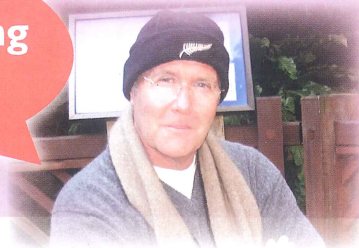
Interviewers: Why have you chosen to be a mathematics teacher?

Miss Wong: It is because I think mathematics is easier than other subjects and I can get a sense of achievement from it.

Interviewers: That is all of our questions. Thank you for accepting our interview.

Miss Wong: You are welcome.

Interviewing Mr. Paul



Reporters:

Taylynn Chan and Sam Lai 4A

Interviewer: Good afternoon, Mr. Paul. Shall we start our interview?

Mr. Paul: Sure!

Interviewer: It really gave us a big shock to hear that you are going to leave school this year. Why are you leaving?

Mr. Paul: I have been here seven years now. There are lots of things I still want to do that I can't really do in Hong Kong.

Interviewer: So, do you have any plans after you go back to New Zealand?

Mr. Paul: Yes definitely! I have already entered some ocean swimming races in New Zealand; I will be training hard for those so as not to make a complete fool of myself. I have a bass guitar that wants to spend some time with me. I plan to take a few university courses and hope to do some volunteer work in the field of mental health. I want to start growing my own food. There are a million books I need to read so I'm going to be kept quite busy!

Interviewer: I know that you came to Hong Kong in 2001. How did you adapt to the life in Hong Kong when you first arrived? Was it difficult?

Mr. Paul: Actually not so difficult. I left home when I was 17 so I learned to be independent very early in life. I left New Zealand to work overseas more than twenty years ago. I've lived and worked in the U.K., Papua New Guinea, Malaysia and Brunei before I came here, so I had lots of experience of adapting to new environments. Second, I was so lucky that at my first school (PLK 1984 College) I met Ms Lam Yuet-Wa. Ms Lam was like a mother hen to me showing me around and keeping an eye on me! She made my adjustment to Hong Kong very easy. We have been good friends ever since.

Interviewer: We know that you come from New Zealand. Is there any difference between the education system in Hong Kong and that in New Zealand?

Mr. Paul: Yes. In New Zealand, learning is more active. Most of the schools encourage students to work cooperatively and there are a lot of group activities. EOTC (Education Outside The Classroom) is also

very popular. The teachers will take their students out into the community to conduct projects and we like to get near to Nature. Each year every teacher has to take their students on a week-long camp. You won't be surprised to hear that New Zealand students don't have the same exam pressure that you do here in Hong Kong.

Interviewer: Wow! That sounds great. I want to study in New Zealand after hearing your comments.

Mr. Paul: Well, you have to study hard first. There are some great universities in New Zealand that would welcome you as a student.

Interviewer: How about schools? Are they the same as ours?

Mr. Paul: No. The schools in New Zealand have campuses that are much more spread out. We don't have to worry about space. The area of a New Zealand school is very big. A school building will usually be surrounded by six or seven grass football fields and most schools have their own swimming pool plus basketball courts. Primary school students don't wear school uniforms and most kids at primary school play at school with bare feet.

Interviewer: I know that you are going to leave school this year. Do you have any words to encourage our students?

Me. Paul: First, take care of your body. It's the only one you've got. It's precious! Second, keep growing your knowledge and keep learning. Material things (like your mobile phone) come and go. Only the skills you've learned and the knowledge in your head are truly yours. Those are things no one can take away. They will stay with you forever.

Interviewer: Mr. Paul, I am sure that the students will miss you. Will you come to Hong Kong again?

Mr. Paul: Definitely. I will be coming back.

Interviewer: OK. Thank you Mr. Paul. I think this interview will let the students know more about you and remember you. Have a good day!

Mr. Paul: Same to you! Goodbye!

Success Crowns Effort

Blue tick is a red mark

Whatsapp has introduced a new function – a blue tick appears after someone has read your message. But this is not good for our privacy. These blue ticks pressure the receiver to reply.

The *New York Daily News* carried a report about a couple who broke up after the husband knew that his wife had read his message but did not reply.

The new function can also lead to workplace tension. For example, if a boss asks one of his employees to work after hours via Whatsapp, he'll know if his request has been seen.

According to an interview conducted by an overseas university, lots of people said they wouldn't use Whatsapp again. They would go back to using SMS, email or calling their friends directly. This way they can ignore messages without offending others.

Chan Miu-miu 5B

Call for animal police

Recently, there were online videos for a dog being put in a washing machine. The most terrible thing is that the man didn't think he was guilty of any wrongdoing and his attitude was frightening.

The government should set up an animal police force to handle such cases and protect the animals.

Chan Yan-lok 4B

Hong Kong should fight on

I am writing in response to "The myth of democracy" by Henry Lui (*Young Post*, September 12). I strongly disagree with his opinion.

Henry said "the international standards of democracy" that we are hoping for do not exist". We are asking only for simple things: civil nomination and the right to vote. With the rules set by Beijing, we can only achieve the standard of "North Korean democracy", where the leader is chosen by "one man, one vote".

Henry describes our demands as "luxuries", but they're basic rights enjoyed by millions in the developed world. If the June 4 incident hadn't happened, I am sure we'd be less persistent in fighting for what we want.

The government has to stop being stubborn. Hongkongers should be more determined to get what they deserve. Then democracy will not only be a myth, but a fact and a part of history.

Vincent Leung 6A

Monopolies hurt consumers

Do you know why all the brand-name glasses such as Chanel and Ray-Ban cost so much? It is because their patent is owned by one single company.

It might seem we have more choices of eyewear than ever. But the fact is when there's a monopoly, a company can set the sale price as high as they want. For instance, Ray-Ban is owned by Luxottica, the world's largest eyewear company. The price of a pair of Ray-Ban sunglasses has risen from US\$29 to more than US\$150 today. So these days, we have to pay a high price but our choices are limited.

As a consumer, you will rarely see the idea of "pay more and get better quality", especially in a market without competition.

I refuse to buy a product from an over-monopolised market because ethical consumption is important to me and I prefer a free market system. Think before you buy anything.

Tommy Ho 6D

Opinion stated in secret

I am writing in response to the article "Facebook admits real name policy a drag for some" (*SCMP*, October 3). I wonder: why do people hide behind an assumed name? After reading this article, I think it's clear that many people like to use nicknames.

We don't know whether people are using their real names in online articles. So does that mean anonymity is a good thing? We know that making friends online can be dangerous, but anonymity gives cowards courage to express their often hateful opinions.

Some wrongly believe that they can say anything they like online and not take responsibility for it. This is wrong. The police should prosecute trolls by tracking down their IP addresses. People need to be held responsible for what they say on the internet. Freedom of speech, yes! Hate speech and threats, no! Words can be weapons.

Nicky Chu 6B

No to clubs for kids

It is normal for adults to go to a nightclub and have fun but is it appropriate for a six-year-old to dance or listen to pop music in such a place?

Recently one of New York's hottest nightclubs opened its doors to children aged 6-12 on a Sunday afternoon. It provided music and a dance floor for the youngsters while the parents drank cocktails.

I don't agree that a child can develop a creative mind by going to such a club. The children attending these events can easily learn bad behaviour from adults. Loud, electronic music may also affect their hearing.

I think this is a kind of grooming. It is a way of preparing the next generation of club-goers and making sure nightclubs stay popular.

Bella Chow 6B

Why so sad?

A survey last year showed that South Korean children ranked as the unhappiest in the world. Students in the country had to deal with issues such as school violence, neglect and internet addiction.

I believe we are facing a similar problem in Hong Kong. Students face a lot of academic stress. For example, secondary school students must often attend extra lessons to keep up with the curriculum.

Schools must play an important role in youngsters' well-being. They need to keep a close eye on students and care about their psychological development. And there also needs to be better communication between parents and schools.

Chung Chun-hei 6B

Should students be allowed to wear casual wear to school?

3C Christopher Lo

Wearing casual wear to school

According to some survey results, most students think they should be allowed to wear casual wear to school. But should students really wear casual wear instead of school uniforms? In this essay, I am going to look at the pros and cons of wearing casual wear to school.

To begin with, one advantage of wearing casual wear to school is that casual wear is cheaper than school uniforms. If students are allowed to wear casual wear, they may be able to save some money. Also, some poor families may not be able to afford the school uniform. So if students are allowed to wear casual wear, the expenses of buying clothes will be decreased.

In addition, wearing casual wear is more comfortable than wearing school uniforms. Students will have less limitation if they wear casual wear to school. They can do whatever they like after school like doing sports. Therefore, wearing casual wear to school is not only comfortable but also convenient.

On the other hand, school uniform is used for identifying a student. It is like our identity card. Moreover, criminals will be able to enter the school easily. Students will be in danger. As a result, casual wear may cause security problems.

Moreover, school is a formal environment. Formal clothing should be worn in a formal environment. I think students should wear school uniforms, otherwise school uniforms will become totally useless. What a waste!

To sum up, there are both pros and cons of wearing casual wear to school. However, I strongly believe that wearing school uniforms is better than wearing casual wear because casual wear may cause a lot of problems.

What Students Want From School In The 21st Century

5B Yap In Sing

Nowadays many youngsters can go to school and have fifteen years of free education. Students who have been born in the 21st century have been very lucky. But what do students want from a school?

Some students may want an environment that is conducive to their gaining knowledge. They also need to be respected by their family, teachers and their peers. They also want their school to provide them with the opportunity for a better future by facilitating their aspirations to attend university. Simply put, they want an environment that is conducive to learning.

Apart from the desire to have a suitable learning environment for studying, students also want to make more friends and extend their social circles. They want and need more support from their friends. It is very important for young people to be more self-confident. Students can pour out problems or share unhappy moments and receive useful suggestions and advice. Consequently, students want to make more friends at school. This is the second thing students most want from a school.

The items above are what I want from my school but I have a few ideas that would make my school better. First of all, on a material level, I suggest my school purchase more electronic products such as iPads, e-textbooks and electronic teaching materials. These things are much easier to carry and make saving work more efficient. Students and teachers don't need to carry lots of heavy books to and from school. Also, electronic education removes the excuses of many students for forgetting their books.

On an environmental level I propose constructing a roof top garden for students to take a rest. Such a space would serve to reenergize students and improve their ability to concentrate. Students could also cultivate their own plants in the roof

top garden. Maybe it could be a place to rear pets like birds, rabbits and turtles. I think this would quickly become a place students would love to spend time in.

Beside improvements to my school I would also like to see some changes in my class. I would like to see the implementation of co-operative learning. It would give me more opportunities to discuss things with my classmates as I am naturally rather shy. In addition, the opportunity to do more research outside the classroom promoting learner autonomy would also be valuable.

In conclusion, I think students may want a better environment to study and the opportunity to make more friends. The opportunity to relax in a roof garden and the purchase of more electronic products would make for an ideal school.

A Speech of Teen Consumerism

5A Joycelina Lin

Good afternoon, everyone.

I'm Chris Wong, a trainee social worker. Thanks for inviting me here today. Have you ever heard of consumerism? It means people keep buying things even if they don't need them. Nowadays, numerous teens like you are falling prey to it, which brings bad impacts to themselves and even the entire society. So today I'm going to discuss the effects of consumerism on teenagers and society, and I'll suggest ways in which the issue could be addressed.

First of all, girls, do you like shopping? Who won't flip when you see some fashionable clothes at malls? Boys, have you ever wanted some video games so badly no matter how expensive they are? We are just teens, we basically have no income except the allowance from parents. What will happen if you don't have enough money to buy things? Some people are disciplined and they won't buy them. However, some people who suffer from consumerism will do whatever they can to buy what they want. Being parallel traders, borrowing money from loan sharks or even drug trafficking just to earn enough money to satisfy their desire. What is the effect? Maybe they will be arrested, or they will be threatened by loan sharks. That's how consumerism ruins your life! At the end you will realise that you spend your life paying for what you don't really need.

Secondly, excessive consumerism affects not only an individual but also your society as a whole. As for the environment, the more things we buy, the more rubbish we produce. Not only the goods we buy will end up in landfills, and make landfills reach their capacity faster, but it also causes a fake demand for some products, then those companies will produce more of them. In the process, there will be air pollution, water pollution and more. Some people will turn to shoplifting because they do not have enough money, the crime rate will be raised. Who will be the victim? All of us.

To prevent the potential problems above, we need to say no to consumerism. The government plays an important role in tackling the problem. It can instil the proper values to teenagers by making some advertisements or raise the duties of certain goods so that people will stop buying things they don't need because they're too pricey.

And the school can hold some talks or courses to students to tell them the consequences of consumerism at a very young age so they will think twice before buying anything. The message should also be spread to their parents and friends.

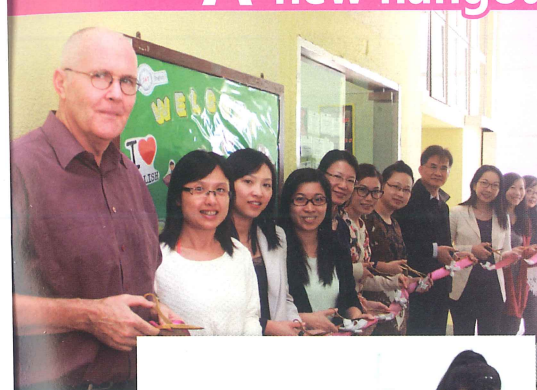
To conclude, in order to stop young people from being victims of consumerism, education has to be the key. I believe the youngsters' values can be changed if we take enough action. Say no to consumerism and make a better society for our next generation!

Thank you for listening.

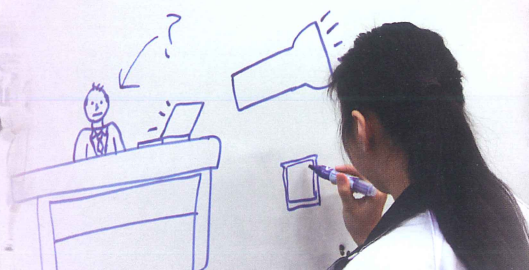


English Activities

A new hangout at FRCSS – The English Corner!



President Torch



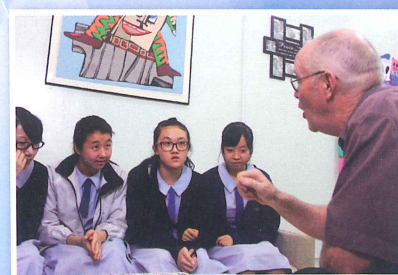
In order to provide an environment conducive to learning English, we established an English Corner next to our Student Activity Centre on the ground floor in November this year. We hope that students can have more opportunities to speak and learn English in a comfortable and stress-free atmosphere. Our English Corner is a really comfortable location, with sofas, coffee tables, cushions, posters and examples of students' good work.

Meaningful English language-related activities which enhance students' interest in learning English and help to develop their language proficiency are organized by our NET, English teachers and English ambassadors. Training sessions have been conducted for English ambassadors so they can help organize or conduct activities for their schoolmates. Apart from playing board or card games, students can come to practise for the Speech Festival, to have discussions and preparation for inter-school debate competitions.

In the English Corner, we have lots of resources. There are board games like Scrabble, Pictionary, Monopoly and card games such as UNO and Clue Do. Audio-visual aids and learning resources such as computers and tablets have been made available. Students can use them to watch films or TV programs, to listen to pop music and to play English games. There are also various kinds of magazines for them to read.

The English Corner is open from 12:40 to 1:10p.m. and 4p.m. to 5p.m. on school days.

Boys and girls, don't miss the opportunity to play some English focused games! Come and join us! If you would like to be an English ambassador, feel free to contact Ms Ida Leung or Ms Esther Liu!



One of Erika's favourite Chinese food is stir-fried noodles.



A sweet farewell party prepared by students.

Erika Brehmen, a UEM (United Evangelical Mission) volunteer came to our school from March to May as part of her one-year voluntary service in Hong Kong. I am sure you have seen her somewhere in the school! She helped to run the English Corner and the German OLE Club and had English speaking practices with S.3 and S.6. As she comes from Germany, she hosted a series of special programmes about German culture on RTV. She was also involved in two group activities – lunch meetings with S.5 and after-school Cantonese Class. Below are highlights of the activities and messages from students:

5F Sharo Leung

I like talking to Erika because she doesn't mind sharing about herself. We enjoyed our lunch meetings. If I have a chance, I will travel to Germany to meet her.

5B Vivian Yau

Dear Erika,

Nice to meet you. Though we sometimes had problems with translation, we had fun in the past few weeks having lunch with you. I've learnt a lot Chinese food names!

5B Dominic Wong

Erika, I am very happy to meet you and have lunch with you. I love to learn about German culture and it has broaden my horizons.

5A Amber Li

It was an interesting and unforgettable experience to have lunch with Erika. She always has a lot to share with us, for example, her exchange experience and what she did that day. I'm going to Hungary for one-year exchange. Her sharing did inspire and encourage me to explore more!

5A Miki Tai

We will miss you, Erika. Best of luck and don't forget to visit us again someday.

5A Stephanie Lee

Erika, you are very beautiful and helpful. You always knew what I meant even if my English was not so good. Hope to see you again and have lemon tea together!

3D Queenie Yau

We had a great time with Erika. We might not have taught Erika a lot of Chinese but it gave us a good chance to get together and have some fun! The farewell party was wonderful.

5F Tiffany So

Erika is very nice and talkative. She told us a lot about German life and culture. It's been a really good time to have her in our school.

5B KrisAnna

Erika,

I'm glad that we could have lunch with you on Tuesdays. Hope you enjoy your stay in Hong Kong. Hope to see you again.

5B Baka Hui

I am glad to meet you and have lunch with you. I feel my English has improved. Thank you so much.

5A Leo Wong

Erika is so funny and friendly. She likes listening to love stories. I was surprised when she told me English was not her first nor second language because she speaks very fluent English. I should work hard in English too!

3D Emily Law

Dear Erika,

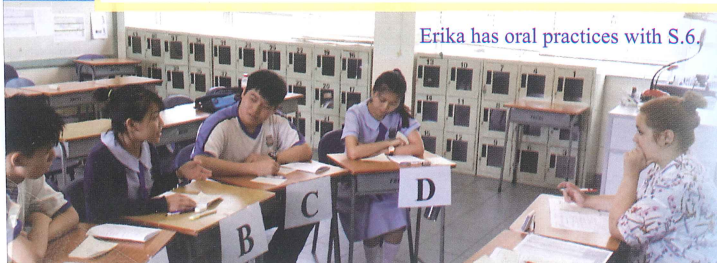
I can't believe you are leaving Hong Kong already! But these past few weeks have been extraordinary. It was a pleasure teaching you Cantonese, whether it was the basic "hello" to teaching you colours, numbers and even some colloquial phrases. I certainly had a great time! Not to mention, learning the basic German language and playing board games was super entertaining!

I hope you enjoyed your stay in Hong Kong. I'm sure our memories in FRCSS will be treasured in the future. Of course, you are more than welcome to visit Hong Kong anytime! After all, you wouldn't want to miss Hong Kong's iced lemon tea, right?

Bye for now! Auf Wiedersehen!



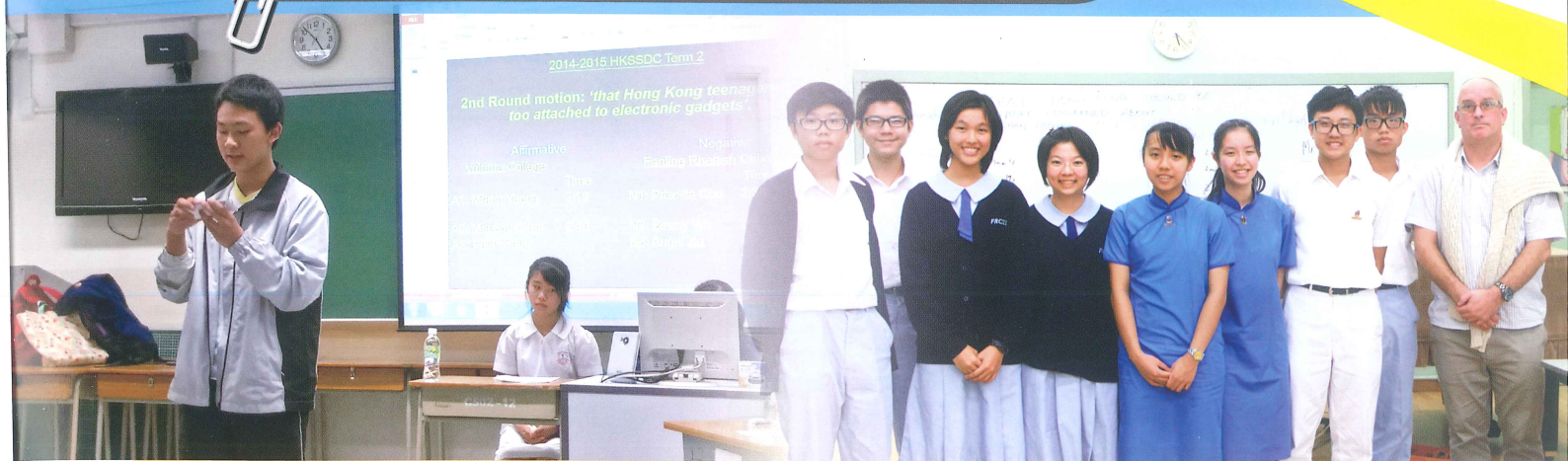
Erika has oral practices with S.6.



Fun afternoons – learning Cantonese and German at the same time!

Erika plays different kinds of boards games with students in the English Corner.

DEBATE TEAM REPORT



Scary but at the same time exciting — that's debating.

This year our school entered two teams in the Hong Kong Secondary School's Debating Competition for the first time. Our junior team was made up of S2 and S3 students and the senior team was made up of students from 4A and 4B. A debate team consists of three speakers so everyone had to wait for their chance to take part.

Preparation is so important if you want to be successful in debating. As well as making our own arguments clear and concise we also had to anticipate what the opposition would say and try and work out a powerful rebuttal. There are always two sides to an argument so having to focus and express our own thoughts and rebut the argument of the opposition in three minutes is quite challenging.

Our junior team debated against some older and more experienced teams but learned a lot and will be superstars in next year's competition. Our senior team won three out of their four debates and several received best speaker awards.

We all agree that debating was a great experience and our English improved a lot as a result of being involved. We are looking forward to next year's debate competitions very much. Why don't you join us?

2014-15 DEBATE TEAMS

JUNIOR TEAM

Xu Jaimin Angel 2C
Wu Pui Lam Benny* 2B
Chu Nim Yan Priscilla 3A
Lam Pui Chung Marco 3A
Tam Ho Kit Alex 3B
Yeung Man Man Mandy 3B
Wong Ching Yeung Anthony 3C

SENIOR TEAM

Hung Nga Lam Ruby 4B
Chan Cheuk Kiu Jonathon 4B
Lai Kin Sum Sam* 4A
Chan Wan Tai Taylyn* 4A
Kwok Man Kei Matthew 4A
Law Tak Hei Ivan* 4A
Ma Wing Yue Sabrina 4A

* Best Speaker

Intercultural Fair 2014

3D Emily Law



On the 29th November 2014, our S3-4 students participated in the exhilarating 'Intercultural Fair' hosted by the AFS Intercultural Exchanges Hong Kong. We experienced some trouble getting to our destination but thankfully with the assistance of another school, who was also going to the fair, we were directed to the venue (Maryknoll Fathers' School). What a great start to the day!

At the entrance, we received gift bags which had information about the different exchange programs that were being showcased at the fair. We were assigned to the booth 'Italy'. The Italian culture is very interesting. We learnt a continuous Italian folk dance known as the "Tarantella" (boy did it make us sweat!) and tasted some Italian snacks such as a traditional ciabatta bread with Nutella. Of course, we all also attempted to speak Italian... Ciao! Grazie! Bravo! We certainly learnt a lot! After that, we visited the remaining booths featuring other countries and learnt about different cultures through their language, food and games. The most enjoyable booth was 'the United Kingdom', Popular and amusing, the

"Wet Sponge Throwing" was an interesting activity for our students, as we were able to learn more about the English culture through it. One by one, we all attempted to throw wet sponges at Mr. Paul. Unfortunately, only one sponge was successful in hitting him. We also lined up for a face paint in the quad, where there were countless designs of country flags to choose from.

At the end of the day, we gained so much knowledge and many insights from exchange students from around the world. Their showcases were brilliant, and their talent enabled them to display their countries' unique ways of living. This one-day carnival gave our students a rare opportunity to experience many different cultures and also befriend many people from different cultural backgrounds, all without leaving the city! We were so glad we participated in this event!