

VOICE

2016

TRCSS



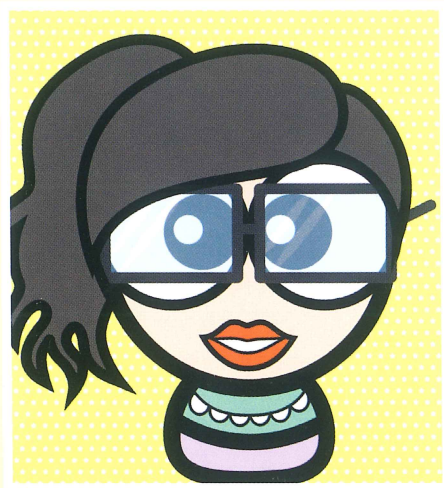
Designer: Long Mai Tung

Words from the editor

A Short Message On This Year's Theme

Do you feel as though you are having a tough time? Does life seem to have lost its meaning for you? Do you feel as though you are caught in a repetitive cycle where you are merely 'going through the motions' and all the days seem to blend together? In fact, life can be beautiful when we train ourselves to be sensitive and take notice of the people, the events and the environment around us.

The theme of this issue is 'life is beautiful'. We are highlighting the magic moments of life. Some of our magic moments are big life events, such as graduating from primary school, winning our very first football match, or getting married. Some magic moments might be little things in life, such as sharing a skewer of giant fish balls with a loved one, shedding a tear when listening to a touching song, or watching a seed sprout. Life is so enjoyable when we take a look at the bright side. If you want to share in the special moments of your teachers and schoolmates, don't miss out on our following feature articles.



What makes life beautiful is truly the people— those interactions with the people we encounter in our life journey. These might be the angels who offer help and courage to a stranger or the people we rely upon every day. This year, we have welcomed five new teachers to FRCSS, and our reporters have interviewed two of them. Please read their interviews to find out more about their stories.

Music is one of the essential elements in making our lives more colorful. In this issue, our reporters will recommend two motivational songs for you. They are perfect for relaxation. Check out our lyrics page and get inspired!

There is no doubt that school life is a very large part of teenagers' lives, and that school activities outside of the classroom add some flavour to our school lives. Let our reporters give you a review of the activities we have held this past academic year.

Last but not least, summer is a great time to rest, learn, and grow. Therefore, our student reporters have tailor-made a list of tasks for you to follow in the summer months. Don't worry! It's not a typical school-based assignment, but an unusual checklist that will help you learn how to relax and enjoy life to its fullest. Have fun while doing it.

I wish you a happy summer holiday!

Life is beautiful

It is hatched by Miss Chau Chung Leung

It all started out as a simple mistake...

One day, my husband and I took my daughter, Carina, to a dinosaur-themed carnival in Yuen Long. At that time, she was just a little girl, and she was so excited to see different dinosaur models, bouncy inflatables and fun games. She literally jumped up and down, giddy with excitement while queueing up for tickets. Suddenly, her curious eyes fell on a mother dinosaur which was surrounded by tiny baby dinosaurs and dinosaur eggs. We realised it was a game booth so we went closer to study the rules. It said we could get a dinosaur egg at 50 dollars. Despite the high price, we decided to give it a try as all of us were curious about what the egg could look like and what could possibly be inside the egg.



We were given a token to insert into a machine. All of a sudden, the mother dinosaur started to wiggle and shake. Ten seconds later, an egg, which looked like a tightly-packed ball of soil, rolled out of the bottom of its body! Carina quickly retrieved the egg and giggled, 'Mum! Look at this! You have to see this! The mother dinosaur gave it to me. It's her egg! I will help her to hatch it.' I smiled at my excited baby girl. At the same time, I thought to myself, 'How come I spent 50 dollars on a soil ball? Perhaps ... perhaps there's really a toy inside ...'

To find out what was inside the egg, I put it under running water. I scrubbed it vigorously so that the dirt on the outside of the egg would wash away. However, it seemed to be very dirty, and no matter how hard I scrubbed, I never got through all of the dirt. Suddenly, the egg broke into three large pieces and, unfortunately, crumbled into nothing! Inside was nothing more than DIRT! The so-called egg had literally been a dirt ball! Nothing more, nothing less.

I couldn't bear to tell Carina the cruel truth. I moved quickly to stick the pieces back into an egg shape with cellophane wrap. I immediately told my daughter a white lie: 'Carina, the baby dinosaur is not ready to come out yet. Let's hatch the egg inside a basket ...we need to wait a few days.' Later that night, my husband and I had to hatch a plan: we decided that we needed to buy a toy dinosaur.

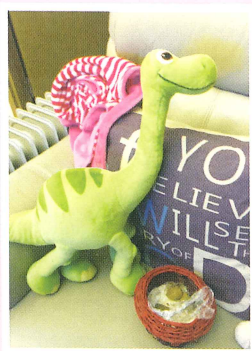
The next day, my husband, Carina and I visited a local toy shop. The real reason we went there was to buy a small dinosaur, of course, but my husband and I had to hide our true purpose from our daughter. As we secretly shopped, we noticed that there were not that many small dinosaurs on offer. In fact, there was only one obvious choice: a soft, green dinosaur toy that was about 50 cm tall.

To be completely honest, it was not easy to get the dinosaur toy safely back to our flat without Carina seeing it, because we had to carefully hide it from Carina at all times. Luckily, she was too busy to figure out what daddy and mummy were doing!

That night, we put both the stuffed dinosaur and the basket next to Carina as she slept. While we openly wondered how she might react to such an enormous surprise, we heard a shout coming from our little girl's room! She had woken up in the middle of the night, 'It hatched! It hatched! Mum! Dad! The baby dinosaur has come out! We hatched the egg!'

Carina embraced the baby dinosaur in her arms, and fell back, kissing it.

It had all started as a mistake, but it gradually became one of the most beautiful encounters in my life.



Life Is Beautiful: Creating A Simple Life With Others by Ms. Jones

I took notice of a spring advertising campaign on an IFC billboard: 'Life Is Beautiful: More, More, More!' It showed a sweet little girl struggling to carry her shopping parcels, smiling at the camera. With irony, I compared the print on the poster with my own little sister's advice on beauty, and she has often said: 'Beauty is a simple life. Simplicity is beautiful.'

My sister made the decision to study fine art and oil painting when she was in secondary school. She formed a close relationship with her art teacher and my grandfather's brother, who is a professional artist. I noticed that my sister started to dress and act differently once she had decided to become a painter. For example, she threw out many of the decorative items in her bedroom, which she called a 'distraction' and started to wear simple, black clothes. She stopped going to the shopping mall, which she described as 'junk that we don't need.' I also remember that my mother and sister had an argument at that time about whether or not Tanys had become a 'goth' or become 'too political'! When my sister talked about going to university, she would only consider art college and no other options. She had become a mercenary in the name of art.



Life, however, was not so simple: Tanys failed to get admitted to art college, which in Canada is very competitive. She was devastated by the news that she could not study painting full-time, and was forced to follow a career path in IT, which was not her first choice. My parents tried to cheer my sister up, pointing out that with her high earnings in IT, she could build a small studio in her home, and continue to paint. For example, Tanys could continue to take lessons from our uncle and try to publish her paintings online. However, we all knew the reality: there were only 24 hours in one day, and my sister might not have the time to include serious painting in her work week. Furthermore, she might get too exhausted to paint or create art on her limited days off.

My sister's career path became even more complicated when she entered her late twenties: she became very competitive and got a promotion at Oracle. She was told that she had to move to California. However, Tanys really did not want to move to another country and give up her beloved studio. Therefore, she arranged to travel back-and-forth between her office in California and her home in Canada: at this time in her life, she was constantly travelling on a hectic schedule, under tremendous pressure, and lacked sleep. I told my parents that I thought my sister 'lived in airports'. Tanys admitted that she had 'forgotten how to cook or even how to socialise.'

Ultimately, her artwork and her health suffered. She stopped talking about beauty. One evening my sister sighed, '...if only I had been admitted to art college...'

By this point in my life, I was working as a teacher, and I had known of several classmates who had completed art college, but who were now totally jobless. I also had a few friends who said repeatedly: 'Art college has absolutely nothing to do with art.' Hmm. Although I did not believe them, I conveyed these messages to my sister and added, 'If you want to make art, then just make time for art. Simplify your life and let the art shine in.'

Remembering her core values, my sister resigned from her high-profile job. She had worked at Oracle for five years in total. She took a much lower-paid, part-time position where she could design websites and work from home. Spending more time with family and friends, she found the inspiration to create very large oil paintings. My mother held her breath, worried that such large paintings would not sell...and worried that my sister had quit her glamorous career in IT for nothing. Of course, my sister also had to cut back on expenses, such as shopping and travel, in order to downsize her career.

'A beautiful life is simple to create,' my uncle advised my worried parents. 'Making time for family, friends, and the studio is important. Living like this is beautiful; the art flows naturally. It really doesn't matter if anyone buys her paintings or not.' I had to agree: my sister Tanys was so relaxed and happy when she was in her studio, chatting with friends and family members. Her high-pressure, high-paid career had made her forget who she truly was, almost as if she had become a stranger to herself.

Looking back, it seemed as though my family had got 'caught up' in a high speed, complicated life just by accident. Life in the 21st century can be very fast, and we have to make a clear decision to simplify our lives: life is beautiful and life is, in fact, art.



The Moment by Mr. Lai Chi Wa

"Once upon a time there was a couple who wanted to have a child."

After many years of trying, they did not manage to have a baby. They prayed to Almighty God for His mercy.

They had faith in God that He would answer their prayers, and they rejoiced in the Lord.

One day, the couple suspected that the woman was showing some early signs of pregnancy so they eagerly went to see the doctor for a check-up.

After an ultrasound scan, the doctor pointed to a black-and-white image and said:

"Can you see them? This is one, and that is the other."

The woman was numbed by the news at first. She had waited such a long time to finally be assured that she was, indeed, going to be a mother. It was very welcome news. However, she then thought twice about the words that the doctor had just used. She followed-up on the second part of his statement: "What do you mean by 'the other'?"

"Well, the smaller one....is over to the side," the doctor said calmly.

This story has a joyous ending, as the couple discovered that God had granted them not one child, but two...a pair of twin girls! At the moment when the doctor spoke, I realised that I had become not only a father, but a father of two children at the same time! My life started to rapidly change after that!

After that magical moment, the twins came to the world. They soon gave us even more surprises! For example, the twins never slept and ate at the same pace; therefore, after we finished feeding one of them and putting her to sleep, the other one would wake up and cry. It was exhausting and we thought that they might be plotting behind our backs to do this. There were some days when the family needed to stay awake for 24 hours in a row, endlessly feeding the twins. They also needed constant changing (of diapers). In some cases, when I was taking care of them alone, I would have to hold one twin with my hands and then "hug" the other with my legs at the same time. On more than one occasion, we all fell asleep together on the sofa...out of exhaustion!

The twins have definitely taught me that 'one plus one is greater than two'! It's really not the same as having two children come along at separate times. When you need to take care of two infants or two toddlers of exactly the same age at the same time, you have to put in extra effort. It's a relentless schedule with no breaks allowed! My little girls have also taught me that God loves our family so much that he answered our prayers with a double reward. The happiness of having a pair of twins is truly a 'double happiness' for me. God's love flows through our house.

From the moment of their birth onwards, no matter how tired or stressed out I am, being a father reminds me that I have received the greatest gift imaginable from God, our Father.

Before I forget to tell you, their names are Mathilda (meaning Strength) and Minna (meaning Love). The older sister is Mathilda and the younger sister is Minna.

'Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.' -Phil. 4:6.



'This is the first moment I held one of the twins: Hello, Little Sister Minna!'



'The double gift was well delivered!'



'The twins have become primary school students, surprisingly appearing quite different in the eyes of their parents. However, the neighbours always have to guess 'who's who'!

Life is Beautiful by Emily Law from Class 4A

The most magical moment in my life that filled me with joy and made me feel complete was the moment I moved back to Hong Kong to live and study. This happened when I was 15 years old. It was my parents' decision to return to Hong Kong and it has truly been an amazing experience.

Jet Li once proclaimed: "When I lived in Hong Kong, I felt that Hong Kong was my family."

This is exactly how I feel. The city of Hong Kong is my extended family, and my classmates are my brothers and sisters. Looking back, when I was growing up in Australia, I never once imagined that I might one day live in Hong Kong. It was a strange, far away place. Apart from the city's famous skyscrapers, I was clueless about the culture and people of this place.

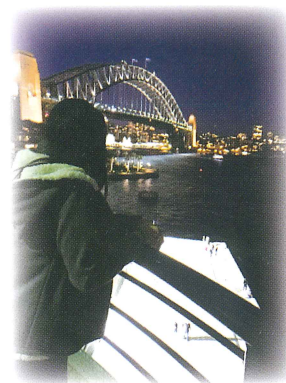
My mother had decided that moving back to Hong Kong would be the best option for my secondary studies, as it would push me to accelerate my Chinese writing, listening and speaking. Within a few months of arriving in Hong Kong, I was enrolled in our school, and it was here where I intensively improved my Chinese.

Undeniably, the past three years have been the most challenging time of my life. However, in hindsight, it has also been the most rewarding time. Back in Australia, whenever my parents spoke to me in Cantonese, I'd understand perfectly what they had said. My custom, though was to reply in English. My parents and relatives would then tease me for being a "jook-sing mui" when I spoke in heavily-accented Cantonese or used chopsticks incorrectly. I guess moving to Hong Kong was the perfect opportunity to 'get on a steep learning curve' and not feel so boxed— in my Western upbringing in language and food culture.

Over the course of the first few months after my arrival, I could feel a significant improvement in my Chinese. As you can imagine, once my Chinese got better, it fed my curiosity and thirst for local language and culture. I began to look forward to blending in with my classmates at school, I participated more in class, and I began spending time with my classmates after school and at weekends. It was a magical process to watch people who were once strangers to me become my life-long friends. I treasure every moment with them. I have also found it quite easy to network in the Hong Kong community. I am more out-going and friendly with strangers, shop-keepers and office workers compared to when I first arrived.

Finally, I must mention the team of teachers who have dedicated their lives to helping my class. I am lucky enough to have teachers who are resilient and gifted in helping us stay on the right path. They are the most influential people in my life, and have constantly encouraged and accepted me; they have embraced my 'Australian-ness' while teaching me Chinese.

Life in Hong Kong transcends cultural and culinary borders. For the past 3 years, I have learnt that you should never let your weaknesses define who you are or what you should do. Instead, try to get a better understanding of how to fulfill one's life by continuously stepping outside of the comfort zone! Push yourself to try new things. For me, moving to Hong Kong was the perfect decision. Thank you, Hong Kong.



Life Is Beautiful by Christopher Lo from Class 4C

Just a few weeks ago, we were still at the campsite, working hard to achieve our goals. We stayed there for three days and two nights in total, and camping as a group was a brand new experience for all of us. I am referring to the S4 leadership camp in Sai Kung, operated by Po Leung Kuk.



On the first day, just after we arrived at the camp, we were asked to line up and follow the rules. The rules were very strict. Unfortunately, our class failed that very first test, so we had to undergo punishment. After the initial warm-up activity, we started to learn basic military marching. Many of us had never marched before, but our class vowed to become the champion in the marching competition.

We did not win at marching. Our next challenge was to practise touching and controlling a ball with our noses. It was lucky that we managed to finish this activity within the set time limit, but we were ashamed to post the worst performance of all classes. We got scolded and we were punished for the second time that day. It was about this time that we started to realise that we stood at the beginning of a long nightmare. Our coach told us that our core problem was that we lacked determination— we just weren't determined enough as a group to complete any of the more difficult tasks!

Finally, at the end of the opening day of the camp, our class discovered that we had received the lowest overall score for the day. This meant even more punishment— we had to do almost 200 push-ups that evening! Can you imagine how exhausting and painful it was to do 200 push-ups?

We woke up bright and early on the second day, but all of us were truly exhausted. The challenges were getting progressively more difficult: we were now asked to build a vessel, a boat. However, we could only use ropes and barrels. The materials were provided and we even received a short tutorial on boat building. We then had to create our boat within a certain time frame. We came together and built a successful boat, but we failed to finish building the boat in time; we had to ask ourselves why the other teams had been able to build their boats successfully. We had to ask ourselves why we believed that we did not stand a chance at winning.

Although we knew our boat would displace water, we had been ambitious in aiming for a fast boat. We wanted to have a shot at winning the boat competition, and we didn't want to place fourth. This over-riding ambition to win had led to our team to go 'over-time'. It had led to our losing everything.

The obvious reason why we failed again and again was that there wasn't any co-operation between us. Some of us were working really hard while others were just standing and watching, watching like tourists or spectators.

Our class called this realisation 'the turning point.' We could really feel our frustration welling up, and our eyes filled with tears. Our coach told us to stop struggling and give up. He pretended to ignore us and then walked away. However, in his absence, we didn't choose to give up. We begged for one more chance to build a boat (and build it on time). We asked to be allowed to sacrifice our individuality to reach a common group goal, and we confessed that we had been worthless as a team up until that point.

Once we were able to make this admission, we hugged our coach to further plead with him. Actually, begging our coach for a second chance was one of the most memorable moments of the entire camp, because it was at this time that our love for one another began to shine through. I remember that we even tried to beg our class teachers, and they started to weep. They wept for us because they were disappointed in our behaviour, even though they knew that we could do better. In fact, they said that it was so disappointing to watch us lose when completing the boat on time was a truly achievable task! We had to apologise to our teachers at this point. We were then given one last chance. Our teachers had chosen to put their trust in us which



emboldened us to work harder and repay their expectations. Then....we did it!

The close of the second day represented the first day that we actually managed to complete a challenge. We were so delighted with our performance. We discovered that the relationships between teachers and students had improved, had grown closer.

On the third and final day of the camp, we were told that we had to climb over a wall. For this final task, all of the S4 students had to work as a unit; it was not a competition between classes.

Climbing over the wall would prove to be the biggest challenge of the entire camp. The S4 students didn't plan to attack the wall in a very tactical manner, so we all failed on our first try. The S4 student leaders accepted punishment for this first failure. During their punishment, we could not bear to witness their pain because of our own weariness, our sloppiness. We rushed towards them and tried to help. We wanted to share their pain.

I remember that I began to cry for our leader at this time. We were told by our coaches to 'give up' and we were separated back into classes once again. As individual classes, we discussed a method of gaining one more opportunity to try to get over the wall; we decided to beg our principal for mercy! We approached him together, gathering all of the S4 classes into one, tightly-knit crowd, and we surrounded him. We promised to encourage one another. Our principal looked upon us with kindness and permitted us one last opportunity.

With all of the classes gathered as one, we were at least able to complete the final challenge on time. We could go home as a unified team.

Despite all the painful experiences of the camp, we are especially thankful to our Po Leung Kuk coaches and our principal. We are the most thankful of all to our beloved teachers. We now understand how hard our teachers have been working for our success over the course of the past year.

The camp got us to ask serious questions about how we spend our time. Do we feel that the time in our lives is well-spent or do we spend hours doing nothing gainful, wasting time? We learnt that we are, indeed, acting with respect towards our classmates and our teachers when we use our time efficiently. We learnt to stick together as a group in our mission for academic success, and that we are truly united by the same goal.

Ultimately, all of us were able to admit that we had the same goal: we all want to enter university in Hong Kong. The camp uncovered the fierce determination that my classmates hold inside their hearts. Thus, because of the Po Leung Kuk Camp, our class has become like a family. We know that we all love one another dearly.



Life is Beautiful

by Wong Yiu Wai from Class 3A

Everyone has 'that magic moment' they hold in their hearts. It is a moment to remember, a time when their life felt fulfilled and complete. I have also had a moment like this; a moment which actually changed the direction of my life.

Just one year ago, I was a student who always failed my exams. I usually needed to stay after school, because I frequently forgot to hand-in my homework on time. One day, a large group of my classmates and I needed to stay after school, because we had failed our Oral Chinese test once again. We needed to repeat our oral test, and it was quite boring, because our teacher needed to re-teach the skills for the oral exam. After the mini-lesson, we were all asked to practise at least once before being re-tested.

I didn't understand why it mattered so much; why we had to work so hard. Then, surprisingly, our teacher told us that she was, in fact, struggling. She told us that her pregnancy was making her very tired, but would not give up until we could demonstrate that we had learned the basic skills for an oral test. When she finally finished teaching our class, it was past 6 o'clock. At that moment, I felt guilty. I knew that if I had studied hard and taken my tests seriously, my teacher wouldn't have had to stay behind for us.

My teacher's determination was like a light. I knew that I was loved, and that she cared about us as much as she cared for her own family. Before that moment, I had basically given up on my studies. However, after that magic tutorial class, I found the energy to study. This year, I have handed in my homework punctually and have studied very hard for all of my exams.



Life is Beautiful

by Wu Pui Lam from Class 3B

Life might be just like yesterday:
A sudden strike!
Was that not what I like?
An unexpected failure,
Completely outside of anyone's prediction!

I tried my very best,
As sweat dripped down from my forehead,
A heavy pace!
An important race!

"Life always plays fair"
Because of this phrase, I have never felt fear,
I always believed that I would back what I had paid,
But there was an occasional speedbump or raid,
I travelled a long distance in my mind,
My imagination no longer kept me patient.

Looking up to the sky,
It seemed the sky was teasing me,
Heavy rainstorms!
Giving me the most painful, tragic brainstorm,
The winds were howling!
My heart was screaming!

Life might be difficult sometimes,
Even for those who have reached the peak,
Then suddenly, they take a fall!
A failure can become a nightmare!

So I lurked in the dark,
Closed up the windows,
Cleaned up my shadow,
I know...
But for today,
Today is today,
Yesterday was yesterday,

Time has gone fast,
The past stays forever the past!

Don't carry yesterday's burden,
Don't dwell in the past,
Walk down the streets,
Say "hello!" to the trees,
Birds are humming,
Breezes are flashing,

I sniff,
I breathe,
I feel a brand new day!
Everything is going to be okay!

I look back,
The shadow is still there,
BUT
Who cares?
I am now facing the future,
Full of challenges.

Full of opportunities!
Sunshine cannot exist without shadows,
And that is what makes my life so beautiful.

Lyrics

Rainbow Connection by Au Hiu Nam from Class 4B

Have you ever listened to songs about rainbows? For example, have you ever heard 'Somewhere Over The Rainbow' or 'The Rainbow Song'? What do you think about rainbows? Let me introduce my favourite rainbow song to you. It's 'Rainbow Connection'.

The melody of this song is soft and flowing. The simple lyrics have a meaning to them that reaches each and every one of us: during adolescence, life seems to be full of difficulties and obstacles. We become frustrated that there is no set formula to life. Life is not like a math problem and can often be illogical: things go wrong in life that we had no chance of predicting.

To make matters worse, as adolescents, someone is always jumping up, telling us what to think, what to say. They might also tell us that what we are fighting for is probably wrong. The lyrics of Rainbow Connection remind us: we must never give up. If we keep on trying and believe in ourselves, we will prove others wrong eventually.

What is a wonderful life? It's not only for lovers and dreamers. When we choose to believe in ourselves, we choose to believe that there must be a rainbow that follows every storm. Everything will, eventually, be okay in the end. Yes, we can choose to believe that there must be a rainbow after every storm. It becomes our own truth. If you substitute 'rainbow' with 'life' in the lyrics, you will find the song become even more interesting. Life is a vision, but it is only an illusion. If we just wait and see, we will find life's true meaning. Hoping for the best in this way is called 'keeping faith'. Faith has the power to be truly amazing.

Living a beautiful life is not just for lovers and dreamers. It's for all of us, and never listen to anyone who says that you can't.

Believe in yourself. Be true to yourself.

Rainbow Connection by Jim Henson

Why are there so many songs about rainbows?
And what's on the other side?
Rainbows are visions, but only illusions,
And rainbows have nothing to hide.
So we've been told and some choose to believe it,
I know they're wrong, wait and see.
Someday we'll find it, the rainbow connection,
The lovers, the dreamers and me.
Who said that every wish...
Would be heard and answered?
When wished on the morning star,
Somebody thought of that,
And someone believed it!
And look what it's done so far,
What's so amazing...
That keeps us stargazing?
And what do we think we might see?
Someday we'll find it!
The rainbow connection,
The lovers, the dreamers, and me.



B What you wanna B by Chau Yan Ni from Class 4B

Hey guys! What do you want to be? Do you want to become a doctor, an actor or a lawyer? When you get frustrated with your career goals, you might find it beneficial to become a singer. What I mean is this: when you feel depressed or lost, sing this song and it will motivate you. It is well-known as the best song that was sung by Darin in a talent show in Sweden. He didn't win any awards in that competition, but because the song is so uplifting, it quickly spread throughout the world.

The reason why I want to share this song is this song can help us whenever we feel down. It's natural for everyone to have a dream or a goal of what you want to become in the future. As the lyrics say, "You can be just the one you wanna be!" This suggests that if we try our best and work hard, we will surely become the person we want to be.

When you think about it, every person has a different perspective on life. For example, some people want more money while others simply want to relax and enjoy life. Whatever path you choose in life, you should make every attempt to live life to its fullest and get the very best out of it. Remember not to be bothered by opinions of others, because each of us has a completely different perspective, a different way of thinking. This is the core message in B What You Wanna B.

B What you wanna B, by Darin Zanya



Doctor, actor, lawyer or a singer
Why not president? Be a dreamer!
You can be just the one you wanna be
Police man, fire fighter or a post man
Why not something like your old man?
You can be just the one you wanna be
Doctor, actor, lawyer or a singer
Why not president, be a dreamer
You can be just the one you wanna be
I know that we all got one thing
That we all share together
We got that one nice dream
We live for
You never know what life could bring
Coz nothing last for ever
Just hold on to the team
You play for
I know you could reach the top
Make sure that you won't stop
Be the one that you wanna be
Now sing this with me
Doctor, actor, lawyer or a singer
Why not president, be a dreamer

You can be just the one you wanna be
Police man, fire fighter or a post man
Why not something like your old man?
You can be just the one you wanna be
We may have different ways to think
But it doesn't really matter
We all caught up in the steam
Of this life

Focus on every little thing
That's what does really matter
Luxury cars and bling
That's not real life

I know you could reach the top
Make sure that you won't stop
Be the one that you wanna be
Now sing this with me
Doctor, actor, lawyer or a singer
Why not president, be a dreamer
You can be just the one you wanna be
Police man, fire fighter or a post man
Why not something like your old man?
You can be just the one you wanna be
Last year I used to dream about this day
Now I'm here I'm singing for you
I hope I could inspire you

Coz I've got all the love, coz I've got all love for you
Doctor, actor, lawyer or a singer
Why not president, be a dreamer
You can be just the one you wanna be
Police man, fire fighter or a post man
Why not something like your old man?
You can be just the one you wanna be
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Interviewing teachers

Interviewing Miss Chan Sze Lok

by Law Man Ching, Chung Cheuk Nam, Lee Nok Lam,
Wu Hei Ying, and Chan Nam Hei from Class 3B



Interviewers: Good afternoon, Miss Chan. Thank you for agreeing to do this interview.

Miss Chan: You are very welcome.

Interviewers: Firstly, what kind of teacher are you? How do you see yourself as a teacher....what is the teaching style you are aiming for?

Miss Chan: Well, I am definitely a teacher who believes in the power of praise. I use praise in different ways. For example, I usually praise my students before I tell them of any mistakes. I do this because I believe that teachers have an ability to construct students' confidence. In addition to using praise, I make a sincere effort to insert examples from my personal life experience into my lessons. This is an easy way to guide students in the right direction, because I come from a similar background to that of my students (I am also from Fanling). Since we are all familiar with the same environment, my students can relate to my life experience. That means I can get the point of my lessons to hit home. Teaching becomes much easier when I use stories from my own life.

Interviewers: What do you like to do in your free time?

Miss Chan: If you know me well, you will know that I like music. I often spend hours playing the piano, but right now I am playing a lot of cello at home. I also enjoy reading for pleasure in English. In terms of serving my fellow parishoners, I am deeply devoted to my local church, where I am the serving pianist for Sunday church services. I also enjoy volunteering as a nursery school teacher at my church! When you consider all of that and add the time required to mark your homework (laughing), there isn't much free time at all.

Interviewers: Why did you want to become a teacher?

Miss Chan: Um... when I was in secondary school, Pui To College, our teachers really cared for us. I began to think about teaching as a way of spreading love, and knew that teaching would be an honourable profession for me. In fact, I do believe that God has a clear vision for me to become a teacher. It gives me a tremendous feeling of satisfaction when I see students actually learning something because I have taught them. I want to be able to inspire students, impart values to students, and serve the community. For all of those reasons, I wanted to become a teacher.

Interviewers: What do you think about our school?

Miss Chan: I think the students here are talkative, playful, and very active. Actually, all of you are good students. Some students might need more time to grow and become more mature, but that is natural. The teachers here are very supportive. All of the teachers here love their students. They do so much for their students; they do more work than what is required. It is obvious that everyone really cares about the students here. Sometimes, as you know, teachers stay at school very late just for the preparation of lessons, not to mention marking duties and assessments. The FRCSS teachers love their students very much.

Interviewers: Have you ever studied overseas?

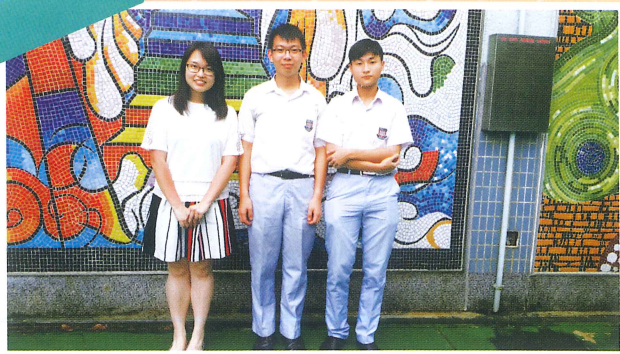
Miss Chan: Yes, I certainly have. Upon finishing S5 in Hong Kong, I joined an exchange programme and went to Texas, USA, for one year. I also went to university in the USA for two years while I was a student at HKBU. I stayed in a very small town, where no one spoke Cantonese. That means that I really had to speak English at all times: I was in an English-only environment.

During my study abroad experience, I also learnt to be independent. I was just sixteen years old when first departed for America. I had to take care of myself completely. For example, I did a lot of housekeeping. I remember buying detergent and cleaning solution for the first time by myself. No one could help me or do it for me! I was living in a dormitory and had to do everything on my own. I truly value the independence and self-management skills I learnt during my study abroad experience. I had a very positive experience; a lot of local students from the town were keen on communicating with the international students, so it was a very nice experience. I strongly encourage you to go overseas while you are young, because it's easy to pick up standard, correct English when you are still young!

Interviewers: This is the end of our interview. Thank you for giving us your valuable time.

Miss Chan: You are very welcome.

We felt relaxed during the entire interview, because Miss Chan is a gentle soul. Speaking with her was just like having a chat with an old friend. After the interview, we continued to chat about being an exchange student with Miss Chan.



by Anthony Wong from Class 4A and Charles Wong from Class 4E

Interviewers: As a teacher, what expectations do you have for your students, as well as yourself?

Miss Choi: I always hope that my students can build up their own, independent learning skills. In the 21st century, learning is not limited to textbooks and classrooms alone. In fact, one could say that books alone are not enough. Students should enhance their social awareness through a wide range of activities. For example, they should participate in service and foster their own capacity for life-long learning. If students can adopt the mindset of continually upgrading and improving themselves, they can face the challenges ahead with confidence. In my case, I always wanted to become an outstanding facilitator, for teaching and learning is no longer a single, one-way street model. I hope that I can encourage, motivate, and involve my students in different kinds of learning activities. I would like to see them apply their knowledge in a practical way, using knowledge from different subjects. This is my last point: I truly aspire to guide my students in making connections across different subject disciplines or areas of knowledge..

Interviewers: Why do you want to be a teacher?

Miss Choi: I think teaching is more than just a job. It is a calling, a vocation. There are two main reasons I want to become a teacher. The first reason is that I want to give something back to the local community. I want to make a difference, even if it is a very small difference in the big picture.

Secondly, I want to watch my students grow. When I have given my very best to my students, it's a great gift to watch them mature and enter the world as young adults. This is the greatest joy for me.

I believe that every student has the potential to succeed. Personally, I hope that I can help students to discover their strengths and develop to their fullest potential.

Interviewers: Why did you choose to teach at this school?

Miss Choi: First of all, I am a Christian. FRCSS is a Christian school. I wanted to get involved in this school and teach students the right path in life, not only how to



Interviewing Miss Choi LaiYing

pass examinations. Nurturing the whole student is the main motivation and reason behind my getting involved in this school. The second reason is that I enjoy the energetic atmosphere here. I find that there are new challenges each and every day. It keeps me enthusiastic about teaching here. Finally, my colleagues are very helpful and warm-hearted. They are always willing to share their personal and teaching experiences with me. My colleagues truly inspire me and help me to cope with this brand new situation. Therefore, I want to teach in this school.

Interviewers: What do you think about our students?

Miss Choi: First, I think that all of the students here are lovely. It's true that a few of the students are not able to concentrate completely on their work and can be quite passive during lessons. However, these are the same students who often ask me for extra exercises. Students can be very patient and will approach me to clarify any of their difficulties or misunderstandings.

It is clear that the students here do care about their academic results. To be honest, I think the main overriding concern for my students is a general lack of confidence. This is the core area where I want them to improve. I have noticed that some of my students might come from a background of low socioeconomic status. That might be the reason why they lack confidence. The reason this concerns me is they might not have enough confidence to face serious challenges in the future. I want to use my personal experience to encourage my students to make the right decisions. I hope they can see that they have a bright future ahead of them. I want to fight alongside them, helping them to achieve their goals.



School Life is beautiful

Sports Day

by Wu Sin-yu, Emily Law, Li Yin-tung, Leung Pui-sze, Chan Oon-ying, and Lai Kam-fai from Class 4A

North District Sports Ground rocked with cheering at our school's 17th annual Sports Day on December 10th and 11th. Several long-standing school records were broken. In Boys' A-Grade Triple Jump, Form Six student Lo Tsz-long jumped 11.82 metres. Meanwhile, in Girls' C-Grade Shot Put, Form Two student Ho Ka-bo set a new record with a throw of 8.40 metres.

For the 11th year running, Faith House won the cheerleading competition with an outstanding routine. The overall champion of the 2015 FRCSS Sports Day- for the first time ever- was Love House.



(Published in Young Post on 18 January 2016)

Watoto's Concert

by So Sin-yi, Emily Law, Leung Pui-sze, Anthony Wong and Wong Man-chun from Class 4A

Our annual Gospel Week takes a multicultural approach to the idea of giving praise, and we sing gospel music from all around the world. The uplifting atmosphere not only brings students closer to God, but inspires our Secondary Six seniors, who are entering "the DSE season". It is truly a joyous time of year.

The highlight of this year's Gospel Week was Watoto, a children's choir from Africa. The name Watoto means "Children of God" and the choir is a talented group of young people, accompanied by a dedicated team of adults. The group travels and promotes the gospel, while collecting donations to help orphaned children in Africa.



In fact, many members of the choir are orphans of the Ugandan civil wars. Watoto's stories, songs and drumbeats helped us understand their vision.

We were amazed by their singing, personal stories, energetic dancing, and the use of music and drama. We learned a lot about Africa, as well as creative new ways to teach the gospel.

Both students and teachers praised Watoto's performance and the work they do to help the needy.

(Published in Young Post on 7 December 2015)

S4 Leadership Camp

by students from Class 4A

Our Form Four students took part in a Po Leung Kuk Leadership Camp, a three-day event that tested our teamwork and communication skills.

At first, we learned how to march, and on the next day, each class had to build a raft out of just a few materials, without any outside help.

On the third and final day, our entire form (140 students) had to climb over a 2-metre-high wall within 18 minutes. It took us two tries, but working together, we did it!

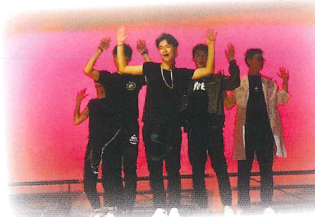
(Published in Young Post on 23 May 2016)



Summer Talent Show

by Lai Wang Lok from Class 4B

The FRCSS Students' Union held a summer talent show during an assembly on 3 May 2016. Altogether, there were seven teams participating in the show. All of the performances were fascinating to watch!



The participating teams brought the audience a wide variety of musical taste: there were K-Pop dances, a piano duet, and a drama show. Although some of the performances were quite similar, we all enjoyed them very much. The time and effort put in by the performers were very much appreciated.

It is undeniable that the main focus of the show was a choreographed dance performed by a group of boys calling themselves 'The Biggest Bang'. The audience was amazed at how closely the dancers resembled the famous K-Pop star G-Dragon! Finally, The Biggest Bang were crowned the champions and were awarded the prize for Best Overall Performance!

It was truly an unforgettable show, a memory to be cherished.

Let's hit the stage!

by Yeung Man Man from Class 4B

Our talent show was a diverse event. It consisted of a wide variety of performances, including dance, piano, singing, etc. My team performed a dance piece. When I was up on stage, I was incredibly nervous. I saw the eyes of over one hundred schoolmates, looking up at me. A flash of true panic overcame me, and then I suddenly forgot the steps! Yes, my brain went completely blank for several seconds. However, I knew that the performance had to continue— I knew that the show had to go on— and I made an effort to keep my body dancing in a continuous motion.

Initially, my team had planned to throw candies and treats to the students in the audience at the conclusion of our dance. Unfortunately, in our haste (and nervousness), we had forgotten to bring our candies onstage. There was no way that we could go backstage to retrieve the goodies. Despite this oversight, our team genuinely enjoyed the dance competition. It was an uplifting feeling to perform for others.

As the talent competition drew to a close, due to the very deep pool of talent, we knew that we would not be one of the winning acts. Nonetheless, we had tried our very best and had enjoyed both preparing for the show and executing our dance in front of our classmates. We could feel our team spirit coming together. Therefore, although we had not won one of the awards on that day, all of our team members promised one another that we would very much like to join the SU Talent Show again next year!



English is Wonderful

FRCSS
VOICE



Tutoring in the S1 English Enhancement Programme by Chung Cheuk Laam from Class 3B

I will never forget my first lesson with Betty! She is such a quiet person by nature, and I could tell that she felt extremely shy at the beginning of our programme. On that first day, I hoped that we would become more familiar with each other and, eventually, become friends.

Although my teachers had assured me that I have enough qualifications to be an English tutor, I was not so sure at the beginning of the programme. All I could really say was that I had good results in English. Therefore, I set my sights on helping Betty to increase her confidence. I didn't want her to be afraid of English anymore. I was also worried that she wouldn't understand everything that I taught her. I reminded myself to go slowly.



During our first lesson, something quite unexpected happened; it made us both laugh. Betty asked me for the meaning of an English word and I gave her the wrong answer. It didn't help that I was quite nervous. Luckily, our teacher caught the mistake in time. I was embarrassed, and I realised that I must check the dictionary before I transfer any knowledge to my students! The first lesson was very memorable because we were both nervous, and because of its memorable mistakes.

Now that the tutoring programme has concluded, I consider myself to be more responsible as a student. I noticed that I have become more self-directed, and I have started to review my English notes more carefully. I am more careful with my grammar, as well. Finally, my relationship with Betty has moved from tutor-student to friend-friend. We talk about all kinds of topics together, now, and frequently chat in our free time.



Tutoring in the S1 English Enhancement Programme by Leung Ngo Ching from Class 3C

This past year, I served as a tutor in the S1 English Enhancement Programme. It was the first time I had ever been asked to perform in the role of tutor! To be honest, I was pleasantly surprised that I was able to help our S1 students improve their level of English.

Why did I enter this service programme? Quite simply, I joined because my English teacher, Miss Lee, told me that it'd be worth it. She also said that I would learn a lot about how students learn English by the end of the programme.

The main target of the English Enhancement Programme is to help S1 students to increase their level of interest in English, as well as improve their overall ability in the language. From the very start, I was deeply impressed with my students, 1D Wong Yuen Fan and 1D Wong Wing Yan. They surprised me; even though there were many after-school activities that they could have attended on Thursdays, they stayed focused on our sessions and worked very hard. I noticed that they were always on time and that they listened to my advice very carefully. Both of my students showed a steady increase in their English dictation scores over the course of the school year. Their English results also showed improvement.



By the end of the programme, I was touched by my students' overall progress. They were sincere, hard-working students. It was hard to believe that at the beginning of the school year, they only knew a few vocabulary words and lacked confidence in English. By the end of the programme, they had greatly increased their word banks and had become confident spellers, as well. We all shared in their success.



FRCSS Debating Round-up for 2015-2016

by Ms. Jones

Our school's English Debate Team has enjoyed a busy and fruitful year, having completed six competitive debates between September and April. We traveled to schools in the Yuen Long area, Ho Man Tin, Ma On Shan, and Tsuen Wan. We also hosted a debate at our school at the end of the season. Hosting a debate was a true team event, involving all of our members, for everyone had a job to do, ranging from 'greeter' to time-keeper. The most notable feature of our debate season was that we fielded a good mixture of new and experienced speakers in every debate, meaning we are prepared for further challenges in the 2016-2017 season.

We would like to pay a warm tribute to our leaders, Wu Pui Lam, Dreyllian and Law Hiu Ning, Emily, for guiding younger speakers through the twin processes of research and rebuttal. We would also like to thank those brave debaters who stepped forward for the very first time to take the speaker's podium and deliver a case: Chan Yat Long, Chung Cheuk Laam, Li Nok Lam, Wu Hei Ying, Huang Yuk Kit, Chau Ling Yin, and Wong Hiu Lam. Your confidence is steadily improving. Huang Yuk Kit, Jack, in particular, deserves special mention for competing in 5 of our 6 debates this year in the role of second speaker, a role which requires sound rebuttal skills.

Along with debating comes long hours of practice and preparation, including weekend work. However, these hours are never lost, for the topics and questions in debating are taken directly from the curriculum in Chinese, English, and Liberal Studies. I will never forget one student, having completed a debate on homeschooling, rushing off to complete her Chinese writing homework— a short essay on exactly the same question! Her essay became a Chinese version of our very own case, including the evidence, which was taken from Hong Kong sources. Thus, we all agree that debating not only improves our English, but our overall school results and knowledge of the world.

Ultimately, we learned that there are always two (or more) sides to an argument, and we learned that there are positive and negative aspects to any motion, no matter how obvious the answer seems to be at the outset. We learned to search high and low for good evidence, and we learned to attack poor or missing evidence on the opponent's side. Ultimately, we learned to trust ourselves and examine our assumptions. Debating became a way of thinking for us.

For the 2016-2017 season, we would love to be able to roll our more experienced debaters into a senior team while keeping the junior team as a training programme. Why don't you join us in the upcoming year? We have places for those who are deeply drawn to debating as a rigorous method of thinking, as well as those who'd just like to give it a try. Welcome!



2015-2016 FCCSS DEBATE TEAM

Wu Pui Lam (Captain) Law Hiu Ning (Vice-Captain)

Chan Yat Long Chung Cheuk Laam Li Nok Lam Wu Hei Ying
Huang Yuk Kit Chau Ling Yin Wong Hiu Lam

English Competitions by Ms. Jones

This past school year, we were particularly blessed in the area of NET Section Competitions, as we were willing and able to join two competitions related to Drama: 'Speak Out, Act Up!' and 'Hands On Stage'. Both of these competitions took place late in the school year and required many long hours of practice and preparation. The students involved showed great dedication towards their fellow actors, and learned to work as a team. Most importantly, they learned to communicate problems and emotions with an audience using English, which can be very hard to do (even for English speakers). Well done!



The Speak Out Act Up troupe poses outside the theatre in Tuen Mun

In terms of writing competitions, we submitted the work of Dreyllian Wu to the WYNG Foundation Philomathia Student Essay Contest. The theme was 'waste' and Dreyllian wrote an original story about the life of a computer hardware part. We also submitted the poetry of Emily Law to the SCMP for their student writing competition on the theme of 'Cold Comfort'. Her result was a winter horror story based upon the Tai Po legend surrounding the Bride's Pool.

Last but not least, we cannot forget Emily Law's outstanding entry to the Hong Kong Young Writer's Award (HKYWA), a poem written on the theme of the Terracotta Warriors: 'Warrior Carved In Clay'. For her efforts, Emily received a letter of recognition and status as a 'runner-up'.



The Hands On Stage troupe prepares in advance of their inter-school performance

English Corner Outings by Ms. Jones

This past school year, the English Corner was fortunate to have held 5 outings in total. One of the outings was related to culture. One of the outings was related to science and technology. Three of the outings were related to sports (watching rugby matches).

We started the year with an outing to Kowloon Tong to attend the AFS Intercultural Fair in November. It was a vibrant, informative event that featured tables or booths from each participating country. Students were invited to listen to a short talk, play a game or even try the food of a specific country. One of the goals of the AFS Intercultural Fair was to tell students in Hong Kong that they are eligible to go on exchange and/ or accept an exchange student into their own homes.



Watching Men's Premiership Rugby Beside A Hong Kong Team Member

Our students were fascinated by the possibility of going abroad during secondary school and went home to ask their parents for permission. As a teacher, I loved the intercultural fair, because it was a chance for students of different age groups to socialise. It was also an opportunity for them to meet foreign exchange students of their own age.

The second (and largest) English Corner outing was our trip to the Climate Change Museum, located on the CUHK campus. The trip was memorable because we attended the trip with Mrs. Jones (my mother). That outing was our most popular offering of the year. Many students commented that the material we learned at the museum was directly related to our curriculum.

Finally, we took a total of three trips to see rugby matches in Kowloon and Causeway Bay. The first two matches (one in November, one in January) were to watch Hong Kong Premiership Men's Teams at King's Park. The third match was Hong Kong against Japan at the Hong Kong Football Club! To support Hong Kong Team, our students cheered at the tops of their lungs! Exciting!



Posing At The AFS Intercultural Fair

English Week by Chan Tsz Hin, Chu Kin Hen Henry and Tang Yiu Wai from Class 3D

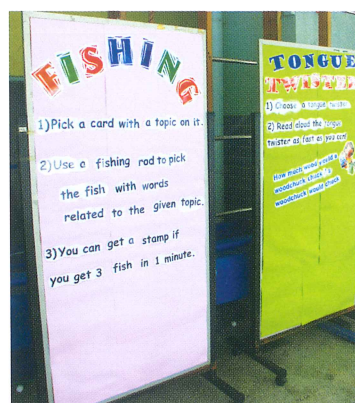
Game Booths



During English Week, all of our FRCSS students participated in English language learning games in order to win letters for the Scrabble Competition at the end!



Here we can see one of our dedicated English ambassadors teaching a student how to read the names of MTR stations. The student is listening intently.



There were a variety of different games available to students during English Week. Students were keen to try each and every one of them!

Scrabble Competition



The Scrabble Competition is one of the most popular English activities in the school year. All FRCSS teachers and students eagerly anticipate this event!



A 2C student is thinking hard on ways to create a word with the letters that he holds. His teachers and classmates can sense how nervous he is.



E-M-B-R-A ...E-M-B-R-A C-E?
Embrace! Yes, you're right! 13 points!

Summer Listography

by Miss Chau Chung Leung, Mak Wing Ting from Class 4A,
Tsui Sze Wan from Class 4A and Tam Yi Ki from Class 4B

Summer is always a time to play. It's a time to experience life to its fullest and recharge our batteries. Our reporters have therefore prepared a list of things for FRCSS students to do this summer. It's a summertime checklist. Are you ready?

1. Watch the Sunrise

Hong Kong's countryside is a feast for our eyes and a balm for the soul. You can escape the hustle and bustle of the city quite easily in Hong Kong. We are never that far from the countryside. During the summer holidays, why don't you go up to the top of Tai Mo Shan to watch the sunrise? You can enjoy the gorgeous scenery and take a set of everlasting photos with your friends. What are you waiting for? Pack up your backpack!



2. Grow a plant

Hong Kong is sometimes described as a concrete jungle. It is cluttered with skyscrapers. Many Hongkongers have taken to growing plants in their offices or homes. This creates a green environment and it is quite easy. You just need to prepare some seeds, a little soil, and a pot in order to grow whatever you like. You can record the height of your plant with each passing summer day. You will find that growing a plant is a lot of fun and also rewarding. Try it this summer!

3. Cook a meal for your family

Have you ever planned and cooked a meal for your family? This summer would be a good time for you to cook for them and show them your love! You can find many simple, worthwhile recipes on the Internet. You can also ask your Home Economics teacher, Miss Lai, for her input! If you are not that good at cooking, why not make a selection of cold dishes? For example, you could prepare a plate of sandwiches. No more excuses: Cook a meal and show filial respect towards your family this summer!

4. Join a beach clean-up!

Do you enjoy sunbathing and swimming on the beach during summer? When you are lying on the beach, can you sometimes see some rubbish floating here and there? Why don't you help to pick up the garbage from the beach, the coral, and the rocks? Help the beach to renew itself. Give the beach animals a helping hand. You can join a shoreline Cleanup Day or other coastal clean-up activities throughout the summer held by different organisations. Several beach clean-ups are announced here: www.epd.gov.hk, but there are other sites, as well. If you don't want to get too serious, you can organise a small scale clean-up day with five or six of your friends. The beaches need our help to stay healthy and beautiful!



5. Try a new sport



Summer is a good time to take a break temporarily, but there is nothing worse than being bored. I would like to advise you to take a shot at one of those sports you have always considered, but never tried.

If you don't want to take the plunge and get into one single sport, feel free to experiment with different sports. My personal recommendation is to try snorkeling. You can feel really relaxed and peaceful as you can see a lot of marine life. Don't assume that it is impossible to go snorkelling in Hong Kong! You can go to Hoi Ha Wan Marine Park, located in Sai Kung, to see a vibrant coral reef. You can enjoy the activity of moving through the water and seeing underwater plants and animals! Remember to take your snorkeling equipment and follow the Marine Parks Visitors Code. Finally, don't forget that there are often special rules for young people, so remember to be cautious and follow safety guidelines.

6. Eat in a restaurant run by a social enterprise

It is not difficult to find a good restaurant in Hong Kong. However, have you thought of eating in a restaurant or a food stall operated by a social enterprise? The dining experience will be enhanced, knowing that each dollar you spend can help the socially disadvantaged. What are you waiting for?



Reporters having some tasty shaomai at Cheers Café in North District Hospital

9. Discover Hong Kong Island by tram

In 1904, Hong Kong's first tram cars went into service. They have run continuously until now. Now you can travel up and down Hong Kong Island (from Sau Kei Wan to Kennedy Town) by tram. As a Hongkonger, we should take a tram at least once. Not only is it one of the major forms of transportation on Hong Kong Island, but it is also a famous tourist activity. During the ride, you can look out of the windows and watch the fabulous city view. Discover our city by taking a tram this summer!

7. Go Camping with Your Friends

During the summer holidays, you can go camping with friends. You can learn some basic camping skills, as well as experience how to take care of yourself in the wild. It's summer, after all! It's a chance to do something that we normally cannot do in the course of our daily routine. For example, when camping, you can chat with your friends all night long, sitting round the campfire. Don't hesitate! Go camping with your friends this summer!

8. Take care of small children

If you like to play with children, I would like to suggest that you become a volunteer in a kindergarten. There are many benefits to doing this. First of all, you can learn how to get along with children and teach them to share how to share with one another. Also, it is a chance for you to remember your own childhood. Have a day of pure fun with little angels!



10. Travel with your family

Do you want to enhance the relationships in your family? If you do, I strongly suggest travelling with your family. Travelling not only improves relationships, but satisfies one's curiosity! During the trip, you can try some exciting or challenging activities, and there will be many joyful moments to share. Any type of trip will definitely help you to enhance communication with your family. Hurry up! Choose a country and go travelling with your loved ones!