



FRCS

Voice

2017

By Yip Ngai Tung BA

Words from the editor

A Short Message on This Year's Theme

Do people around you complain about their living conditions? Do they moan about this city all the time? Do they always criticize the government's policies? Are you one of these moaners?

Over the past two decades, there have been many changes in Hong Kong. People have been denouncing different issues from a political perspective, such as skyrocketing property prices, our exam-oriented education system, and a lot more. Our city is now suffering from serious social division and Hongkongers have accumulated a lot of frustration. However, complaining is not a good way out. Complaints will only drag us down and upset us.

Research has shown that people who practise gratitude through activities such as keeping a gratitude journal are more loving, forgiving, and optimistic about the future. They exercise more frequently, report fewer illnesses, and generally feel better about their lives. They are more thankful and happier all day long. That is why **having a grateful heart** is vital and why I chose this theme as the main theme for this issue. Our expectations greatly affect our moods and emotions. If we perceive things from a different angle and learn to appreciate the little things in life, as well as the people around us, we will be much happier.

Do you feel grateful when someone helps you deal with your difficulties, such as helping you with your homework, cooking congee for you during an illness, or lending you an umbrella during a downpour? Some people never thank others and do not appreciate what others have done for them. Some people take everything for granted. However, ungrateful people are not aware that they depend on others. Our society has put a lot of emphasis on the logic that we get what we pay for and that we earn what we deserve. However, the truth is we are given far more than we pay for and we are richer than we deserve. There is a lot of surplus goodness in our daily lives that we should learn to appreciate and be thankful for. If we think we are self-sufficient, we are wrong! We will be worse off if we only rely on ourselves. We should treasure what we have been given.

Gratitude can help us bond with others. It reminds us that our society is not just one with mutual benefits, but the one with natural sympathy. We are connected by loyalty and service, not only by self-interest. A survey has shown that people who have a habit of expressing gratitude for their blessings feel closer and more connected to people, have better relationships, are more likely to help others, feel less lonely or depressed, sleep better and are more pleasant to be around.

Looking for our blessings will help us focus on what we have, rather than on what we do not have. Gratitude will bring positive changes to our lives. Let us learn to be grateful and express our thanks to our Heavenly Father and those around us!



message from ms JONES

'God moves in a mysterious way his wonders to perform'

I decided to become a teacher because I have always been out-going and interested in the lives of other people, and to be a teacher is an adventure in friendship. However, being a teacher also requires courage: a good teacher will take life as it comes, the rough or the smooth, and will devote her time to others, even where there is strain, tension or trouble. It requires dedication.

When I came to Hong Kong and China, I came as a guest and as a fellow helper. The dangers and difficulties of being a teacher abroad and so far away from my family have been very real, but my trials have also had much to teach me. Over the years, I have become more humble, learning to provide encouragement and support as much as I used to demonstrate or explain.

Therefore, I am grateful to be a teacher and to have had the opportunity to teach in this part of the world, the Greater China Region. I have never felt that I have wasted what God has given to me; there have been countless opportunities to grow spiritually and to serve others. I am always aware that He is the one who made me human and He placed me here at this time.

Wherever I am in the world, it is clear to me that the work of teachers and students is God's work. God's presence is here. He draws us toward Him when we face the challenges that He has given us. Yes, our greatest challenges are nothing but gifts. It is for all these reasons that I am grateful to be able to lead a teaching life. It had all started as a mistake, but it gradually became one of the most beautiful encounters in my life.



Interviewing teachers & our coach



Interviewing Miss Wu Suk Yee

by Anthony Wong from 5A

Interviewer: Good afternoon, Miss Wu. Thank you for agreeing to do this interview.

Miss Wu: You are very welcome.

Interviewer: Miss Wu, could you please tell us what you are most grateful for?

Miss Wu: I think that I am most thankful for being invited to be the class teacher in 6E. My class has faced the DSE. They are currently recovering from this challenge. The DSE is never easy for students to get over. In September 2016, I remember that many of my students found their mock DSE results to be demotivating. They were confused and concerned about the future.

Interviewer: How did you help your students deal with their confusion over the direction in their life?

Miss Wu: As a class teacher, I was able to provide information and advice to them. I was grateful for the opportunity to be there. After I had understood where their abilities and interests were, I compared those indicators with where each student wanted to study or enrol for.

Some students have enrolled in job-oriented courses, while others have decided to work full-time. No matter what their decisions are, I am confident that they have the motivation to follow their dreams and I am proud of them.

At this moment, the DSE results have not been announced, yet I am still very proud of them, as they have come to believe that there is a way out.

Interviewer: Do you enjoy being a teacher?

Miss Wu: Yes, I do and I am also thankful for all the good news that came back to me as a Geography teacher. Many of my beloved S6 seniors came to me personally and thanked me after the DSE was over. They told me that they had done well and were able to handle the exam exactly like a routine test.

How grateful I am that my students did their very best to achieve Level 5** in the 2017 DSE Geography paper. This truly encourages my own practice as a Geography teacher.

Interviewer: I will also try my best to achieve good results in Geography in the DSE. This is the end of the interview. Thank you very much for your time!

Miss Wu: You are very welcome.

Interviewing Mr Wong Cho Kee

by Lau Tsz Chun from 5A

Interviewer: Good afternoon, Mr Wong. Thank you for agreeing to do this interview.

Mr Wong: You are very welcome.

Interviewer: Mr Wong, what are you most grateful for?

Mr Wong: I am grateful that I have enjoyed smooth sailing and a stable life up until this point. For example, immediately after I had finished my university studies, I became a Physical Education Teacher here at FRCSS. As you are well aware, I teach all of the boys' classes. I am fortunate that many of my students have a passion for sports. Some of them are truly serious athletes! I find it easy to explore the potential of my students.

Interviewer: Do you enjoy being a PE teacher?

Mr Wong: Yes, I do. One key part of being a PE teacher is that I care about not only the physical health but also the mental health of my students. We want students to see that they can improve their lives through exercise and healthy living. When I see my students grow healthily, it is a true joy.

Interviewer: Are you satisfied with the working conditions here?

Mr Wong: Yes, I am particularly grateful that our school has enough resources to develop sport; we don't have any problems with our equipment or employing extra trainers. We have had some students develop complex skills here at FRCSS and go onto further study or training with national programs.

Interviewer: How about your role as a father? What are you grateful for?

Mr Wong: Over the past two years, there have been some great changes to my family life; my wife gave birth to a daughter in 2015. The amazing birth of our little girl has brought colour to our lives. Every little step, every new development in the life, our daughter touches our hearts. I am delighted and grateful to be a father to our beautiful children. Now we have a son and a daughter.

Interviewer: I'm glad to hear that you have experienced lots of blessings in the past few years. This is the end of the interview. Thank you very much for your time and for sharing your personal life with us.

Mr Wong: You are very welcome.





by Christopher Lo from 5C

Interviewing Miss Ng

Interviewer: Good afternoon, Miss Ng. Thank you for agreeing to do this interview. Were there any special moments for you this year?

Miss Ng: I believe that each and every day is a joyful moment and a chance to be grateful. I am so grateful to be alive. Every little thing that happens to me is out of God's will.

Interviewer: I see. Were there any specific events that impressed you most and you feel grateful for? For example, have you had any interesting experience with your colleagues or friends?

Miss Ng: As you probably know, I am relatively new to FRCSS. I am still getting to know more about my colleagues. I have been able to grow closer to new friends this year, such as Miss Leung, Miss Wong and Miss Chau. They have become more than simply 'colleagues' to me and I can put my trust in them. I am extremely fortunate to have these friends around me. If I face any hardships, I know they will be there and if I need someone to talk with, I know I can express myself freely with them. I am truly grateful to have these real friends.

Interviewer: Do you feel grateful for having the opportunity to teach at FRCSS?

Miss Ng: Students at this school are flexible and willing to listen to teachers. I find the students here to be pure and very friendly. Believe it or not, my S3 students even call me 'Mummy'. I think they are so adorable. They are surely the most interesting group of students I have ever taught. Another reason why I am grateful to teach here is the selection of restaurants in Luen Wo Hui. There are a lot of great eateries around this school compared to my previous school. I am deeply grateful for the variety of choices that I have every day. It's a delight!

Interviewer: I heard that you have adopted a group of cats. Can you tell me more?

Miss Ng: Yes, that's right! I had the good fortune to meet these little lives. I am grateful to see them growing up into healthy, big cats. They are also graceful in their movements. Like many teachers at FRCSS, I am now a pet owner. It's so enjoyable to share this interest with my colleagues. I cannot express how grateful my heart is to be able to enjoy both my life at work and my life at home.

Interviewer: I am so glad to hear that! That is the end of this interview. Thank you very much for your time!



by Christopher Lo from 5C

Interviewing Miss Poon

Interviewer: Good afternoon, Miss Poon. Thank you for agreeing to do this interview.

Miss Poon: You are welcome.

Interviewer: Could you please tell us what you are grateful for?

Miss Poon: I am grateful for the teaching staff here at FRCSS first and foremost; they are passionate and they are very student-centred in their approach. FRCSS teachers are primarily focused on improving the school. I am also very grateful to be able to follow the path of Jesus wherever I may go, and firmly believe that I have been led by Him to this teaching post and to my teaching partner, Miss Yu. I have been teaching here for about ten years in total.

Interviewer: Have you encountered any difficulties while teaching here?

Miss Poon: When I first started teaching at FRCSS, I had some difficulty adapting to the technology and using computers. However, I received so much support and guidance from Miss Yu that I was able to overcome that challenge.

Interviewer: What do you think of the students here?

Miss Poon: I find the students of FRCSS to be quite different from those in my previous school. At the beginning, I had to adapt to the learning style in this school. However, now that I am settled into the teaching life here, I can honestly say that this is the 'golden period' of my life. I call my previous school 'my first golden period' and my second teaching post (this one) my 'second golden period'!

Interviewer: Which teacher do you appreciate most here?

Miss Poon: Miss Yu is the teacher whom I admire most here; she has been my guide and my constant companion. Miss Yu has led me through any hardships I might have faced. For example, when I first arrived at FRCSS, I actually didn't know how to use a computer and the software properly. Miss Yu was the one who taught me to use a computer and the software. She did this with patience; she even put her work aside in order to help me!

It is an amazing experience to have such a creative, fun, responsible, and considerate teaching partner. Miss Yu is beside me at all times. She never hesitates to share her research and her professional development courses with me because she knows that doing so will benefit our students.

I admire Miss Yu very much and I am extremely grateful to be partnered with Miss Yu. I am truly gracious to have this teaching position, and I appreciate my teaching partner, Miss Yu, who is always by my side.

Interviewer: I'm sure Miss Yu will be very happy hearing this. That's the end of the interview. Thank you very much for your time!

Interviewing Uncle On

by Taylyn Chan from 6A

Uncle On is a janitor in our school, as well as one of the coaches of our school Football Team.

Interviewer: Uncle On, you have worked as a soccer coach and have now become one of the coaches of our school Football Team. Why do you keep on pursuing a dream to win in football?

Uncle On: It is my support from and belief in God that has brought me this far. Being the coach of the FRCSS Football Team, I can preach the gospel to students. I can also provide a good role model for them and help them to become good people. Students need to follow strict rules when they join our Football Team.

Interviewer: What's your most unforgettable memory with the Football Team?

Uncle On: I will never forget the day that our FRCSS team won the Tai Po and North District Inter-Secondary School Football Competition. That incredible day took place three years ago: it was a true blessing. We were trailing by 0:1 in the final sixteen minutes of the game. Our team was falling behind. Fortunately, our team worked hard and got caught up, winning the championship. It was even more amazing when you consider that we barely made it into the finals (the final 16 teams) of the tournament.

Interviewer: If you got a chance to live the experience of that day again, what would you like to say to your students?

Uncle On: If I were able to go back to that moment, I would definitely tell all of the team members to be grateful with their hearts. The reason is that although I kept praying all day and all night during the competition, I never told them our team had received a blessing from God on that day.

Interviewer: What are you grateful for personally?

Uncle On: I am grateful that God has always stood by my side. Many years ago, I failed in my business career. It was one of the lowest periods of my life. However, He kept supporting me and helped me to stand up again. Through my work here at FRCSS, I am able to bring home the bacon and raise my beautiful children. Being a Christian, I have always been aware that it is a challenge to spread the gospel to others, God has kept me on the right track. The growth of our Girls' Football Team, which was set up just two years ago, has been clear evidence of God's work. Not only have the girls' skills improved, but most of them have also submitted to God.

Interviewer: God is really amazing! This is the end of the interview. Thanks again for your time, Uncle On!



What are you grateful for?

by Michael Yuk Ho Lam from 3B

Everyone has a grateful heart. In fact, I am no exception to this rule. Through my life, there are many things that I have to be grateful for. For example, when I was a Primary Six student, I joined a poetry contest. It was the first time that I had ever joined an inter-school competition, so I cherished the opportunity to practise and I tried my very best.

The night before the competition, I prayed to Jesus. I prayed that I would be very grateful if I won the competition and got an award: I won a Merit the following day.

One year after that prayer and that competition, I was very honoured when I was asked to be one of the hosts on our school's Speech Day. It was an unexpected opportunity to take an important role in the ceremony, so I felt grateful.

In this world, there are a lot of things that are worthy of gratitude. I hope that you all learn to be grateful and cherish what you have in your life.



by John Sung King Ho from 3C

What do you pray for? Do you pray to pick up a wad of cash in the street or good results in your exams? Do you take your breakfast, lunch and dinner for granted? What about the most basic aspects of your life? Do you give thanks?

In my case, I am so grateful that I can live with my parents and elder brother. Even though many unlucky turns have appeared on our path, we are still able to find a way to be at ease in the evenings and we are able to live in the present. We are not tortured by our memories of painful events in the past. We are always able to get by and live well. For example, this year my family found that we were coming up short of money at the end of each month, but were able to make ends meet by reducing our use of electricity. At first, it was uncomfortable to live like this, but we got used to it and now we are satisfied that we have lessened our impact on the environment while stabilizing our household budget.

I am very grateful, as well, that I was able to meet a lot of new friends this year. My prayers to the Lord to have true friends has come true. I have dear friends, now, and they are willing to assist me with any problems that I may have. It wasn't always this way for me. My friends are generous with their time and they even share their snacks with me. I feel as though I can share any thought with them and will be respected; they brighten each of my school day. Thus, I pray to the Lord in thanks for my friends. I do this every night, just as I prayed for them to appear in my life.

Thank you, Lord, for giving me good friends and a good family.

by Sabrina Ma from 6A

Life, like a mist,
Fades in and fades out,
Fleeting, left with sorrow.

Life is dim,
All that you rely on is fake.

But when light shines,
'Fake' is written with water
Inside my veins.

I catch a glimpse of light,
I glance around,
Realizing I am surrounded.

Surrounded by glittering beams,
It suddenly dawned on me,
That I finally see the other side of the coin.

Then the gates of my heart are flung open,
Birds are singing,
Trees are blossoming.

The laughter of my beloved one,
Joy is in the air,
I am grateful beyond words.



When I returned from the 2016 Study Tour to Australia, even though the tour had been a huge success, I was not that happy with the overall arrangements of the trip. The main problem was that I did not get enough time to hang around and spend time with my Australian peers.

Yes, I felt truly happy amongst my Australian friends, and realized that I don't have many friends in Hong Kong. In fact, upon returning from the study tour, I felt quite isolated; it's sad but true to say that Australia is the place where I belong to.

One of the most memorable conversations I had with my Aussie buddies was our discussion of dab dance, dab music, and our follow-on demonstrations of dab! It was amazing to me that there were pop songs in Australia that were 'never heard' or unpopular in Hong Kong. It really opened my mind to realize that all parts of pop culture were different among different places. Of course, I filled my smartphone with Aussie pop music during the study tour and have been listening to it ever since!

In Australia, I was also fortunate enough to learn about the environmental problems that face the Gold Coast, such as erosion. We learned that the Australian Government has placed giant, artificial boulders along the Gold Coast to reduce the rate of erosion. We also studied some Australian animals, such as the Saltwater Crocodile.

The description of the Saltwater Crocodiles terrified me, as I had never heard of a crocodile that could travel quickly over the ocean. They must be very large!

Before we left Australia, we also got to see and touch some of the cutest Australian animals, and I got to pet a kangaroo. It was my first time seeing a real kangaroo, so I fell in love with the animal. It was so cute!

Because of all of these learning experiences, and even because I missed my Aussie friends, I had to conclude that the study tour to Australia had been truly satisfying.



by Wong Siu Yuen from 3D



Our trip to Australia in summer 2016 was full of joy and meaning for me personally. The place was simply magnificent. No wonder everyone says that Australia is a wonder of the world! It is truly a unique place.

Being abroad and away from my family was also a chance for me to grow. I had to cope with problems that normally do not bother me. I was forced to communicate in English on a constant, daily basis and that was very good for my personal development.

Managing in English was an unrelenting effort and I felt my skills progressing slowly and steadily through dogged determination. My English definitely moved up to the next level by the end of our study tour to Australia. I think our short course there (including

our visit to a local secondary school) contributed my success. I am no longer afraid of speaking English!

In terms of learning about Australian flora and fauna, I want to mention our visit to the Currumbin Wildlife Sanctuary. The sanctuary was a way to learn about the environment of Australia and our Earth. After our visit, I was motivated to join a conservation group and wanted to protect all the endangered species of plants and animals. In Australia, many native species are in trouble. I am now more aware of damage to the environment.

Before we said good-bye to Australia, we got to see some of the most famous Australian species, including kangaroos, dingos, crocodiles, and of course the lovely koalas. I got a chance to hold a koala; they were soft, cute, and moved quite slowly. They were not afraid of people.

It was worth travelling to beautiful Australia; I highly recommend this beautiful place to all the students at FCCSS. No, there could never be a bad time to visit Australia. I am ready to go back at any time.

by Thomas Tsang Tsz Yui from 3D

What is the difference between people in Hong Kong and those on the Gold Coast? I think that the people on the Gold Coast of Australia have more passion for life and they are more talkative than Hong Kong residents. Comparatively, we could say that some Hong Kong people are rude and unfriendly.

Another point about life on the Gold Coast is that the air is fresh there; there is almost no pollution. It is a wonderful environment. On the downside, however, it's very expensive to stay on the Gold Coast for even a few days. In general, everything is more expensive there.

The lessons we had on our tour to Australia were enjoyable and included information about Australia's wild animals, sports and history.

In addition to visiting a local Australian school, we got to visit some important landmarks and tourist destinations, such as Currumbin Wildlife Sanctuary, Dreamworld and Bond University. My favourite location of all in Queensland was Surfer's Paradise, which is a section on the very long beach on the Gold Coast. What a wonderful time I had there! Fantastic!



by Matthew Ng from 5E

I will never forget the days in July 2016 when I went to Australia with my classmates and my teachers. It was such a meaningful journey for me. The trip was the first time I had had a cultural exchange with people who live and study in Australia.

Upon landing in Australia, it was hard for us as HongKongers, because it was quite cool and windy, being winter in Australia. Our homestay families picked us up from a meeting point at the university campus. In fact, my roommate and I were nearly picked 'last' so we had started to worry that we wouldn't have a place to stay. However, when we were finally picked up by our homestay family, everything was fine. We felt relieved!

The following two weeks were a journey of wonder and learning. We were allowed to join the classes in an ordinary Australian school and that was the experience that made the most significant impression on me. The teachers were quite formal at the beginning and when they were introduced to us, they told us their full name and position in the school. We were then introduced to our school buddies – local Aussie students who would show us around the school and partner with us.

I was fascinated by my first buddy because his hair had natural curls that were very tight – they looked like rolls. Unfortunately, he became sick the next day, so my Australian teacher referred me to a new buddy named Jimmy. Jimmy loved playing basketball and had a lot of friends! I was invited to play with them and I really enjoyed this activity. It was surprising to me that I had to wear a cap outdoors while playing sports. Although this is advised in Hong Kong, it is not enforced. The sun in Australia can be really fierce. However, I realized that I didn't really like playing sports with a cap on my head!

Despite the harsh sun, Australia is a really good place to study and learn English. The air is fresh and the environment is so clean. I hope to be able to return to Australia someday soon and visit my friends there.



by Sam Lai Kin Sum from 6A



I was so glad to be a member of the FRCSS study tour to Australia. Going to Australia gave me unforgettable memories.

Before we departed, I realised that I had only focused my thoughts on life in Hong Kong up until that point. It was almost as though I 'could not live' if I left Hong Kong. I needed to widen my horizons.

Upon arriving in Australia, I realised that foreign cities are not such horrible places. Communicating with Australians as a foreign visitor gave me an opportunity to practise my confidence in speaking English, and showed me that Hong Kong is a member of a wider international community. Hong Kong was no longer my whole world anymore; Hong Kong was a part of

the whole world! Travelling to cities outside of China gives me the opportunity to try authentic foods and activities that I might not get the chance to try. It's very refreshing.

Another reason why I will never forget this experience is because I got to take an airplane for the first time in my life: when the plane was taking off, my ears felt a little bit uncomfortable and popped because of the change in atmospheric pressure. Once I got comfortable with breathing on the plane, I was able to take in the experience of travelling at high speed through the air. The centrifugal force was truly entertaining. Talking about first experiences, travelling to Australia was also the first time that I got to touch a kangaroo. Their coat was short and smooth. As wild animals, they didn't take good care of their coats; the kangaroo fur just came off in clumps when I groped the animal. However, the kangaroos we touched were very used to people; they relaxed in the sunlight as we stroked them and they stayed calm. The feeling of stroking the kangaroos in Australia was so good that I never wanted to leave them.

Taking part in the study tour to Australia gave me many meaningful experiences. I treasure all of them. I also learned to stay calm when speaking English, breaking down the walls that I had set up for myself. I now feel enriched and the pathway to my dream future has appeared before me. Yes, I can envision the path in front of me now! I am truly thankful for the opportunity to have joined the tour to Australia in 2016 and it was really worth it.

Our English activities

Pokemon Go Lanterns

by Poon Hang Ching and Yau Chi Ching from 1C

As the Mid-Autumn Festival approached, our school held an interesting activity that was fun for everyone!

At that time, the Augmented Reality game called 'Pokemon Go' was very popular; since all of us like Pokemon, our teachers held an art-related activity where students got to make their own Pokemon lanterns. However, this was also an English learning activity because we could not collect all the parts of our lantern faces without solving riddles and answering questions about the Mid-Autumn Festival! It was a very clever approach to learning!

What were the questions and riddles that students needed to solve? There were quite a few riddles, such as "Which month do soldiers hate the most?" and "A mouse has a large pocket. What is this called?" The riddles were interesting and fun.

For question-related activities, there were some basic facts about the history and myths surrounding Mid-Autumn Festival. These questions were not very difficult and we didn't have to think too hard. After answering all the questions and solving all the riddles, we were able to collect the eyes, ears and mouth of Pokemon to make the lantern.



All the students in 1D took an active part in our Mid-Autumn Festival English Day. To celebrate the festival, students played English games to collect different parts of a Pokemon lantern.

We had a great time. We got satisfaction after we had collected all of the parts of our Pokemon face and assembled the lantern. Because of these English games, it was the most enjoyable Mid-Autumn Festival we had ever had!

AFS Intercultural Fair

by Tang Nga Yin from 1C

On the day of the AFS Intercultural Fair, a variety of classrooms were converted into culture pavilions. In each classroom, student helpers were responsible for introducing the culture of one of the participating countries.

When we entered each classroom, student helpers welcomed us as special guests with a big smile, then told us about the culture and traditions of that country. They even demonstrated the national dances, and let us try the delicacies of that country and told us the traditions and culture of that country.

My horizons were widened by the AFS Intercultural Fair and I learnt a lot from this activity. I hope to join it again next year!



Introducing AFS Intercultural Fair 2016

Our school has a tradition of visiting the annual AFS Intercultural Fair, held at Maryknoll Father's School during the first weekend of November. This past year was no exception. The fair is always a popular event on the school calendar; students have the opportunity to take part in activities offered at different cultural booths. Usually these activities involve playing games or learning a new language. Sometimes, however, the booths offer snacks or drinks; the fair was a total sensory experience!



One of the most exciting aspects of the AFS Intercultural Fair was the opportunity for our students to interact with students from other countries.

Of course, the lingua franca of the fair was English, so the fair was also an opportunity to test our English communication skills in a real life environment! Wonderful!

Ice Cream Week

by Zhou Ka Ki from 2B

I am grateful that I can be a student at Fanling Rhenish Church Secondary School; I am able to make many friends here and learn more about myself. I have encountered many kind and friendly teachers in this school. My teachers have taught me many useful things.

I love our English Days the most because on English Days, we have various activities where students can learn and speak more English. These activities are good for us. I think the activities during Ice-cream Week were very meaningful because students needed to collect as many stamps as possible by playing different games. After collecting the required number of stamps,

students could get an ice-cream cone. It was not only attractive, but also fun. On the last day of Ice-cream Week, many students successfully redeemed an ice-cream cone with their stamps. Some of my schoolmates said they had more interest in learning English after the Ice-Cream Week. You know what? Not only my schoolmates but also my teachers were crazy about ice-cream!



Ice Cream Week

by Ye Wing Yan from 2B

I am thankful for our English teachers who have organized different English Days for us. These English activities are my favourite learning activities. The most unforgettable English Days was Ice-Cream Week. We played games, did a treasure hunt and solved English riddles. Learning English could be so fun! After we had finished the tasks and collected a certain number of stamps, we were granted an ice cream from an ice cream truck that had pulled into our school campus. How happy my friends and I were on that day! I was also thankful for the chances to improve my English skills.



Celebrating Mother's Day

Easter Egg Hunt

by Lo Hoi Ki from 2A



English Days have improved my courage to speak out and complete activities in English. I will never forget the 'Easter Egg Hunt' that we had this Easter. It was an inter-class competition with the simple goal of having each class try to find the most eggs possible: the eggs were hidden all around the covered playground of the school! It was so exciting! Upon finding an egg, we had to follow instructions that led us to the next activity, like a treasure hunt. Another interesting activity on that day was the puzzle activity in the school hall; student volunteers helped us to assemble the puzzle under a time limit, using our English knowledge and our craft skills. It was truly a challenge!



To celebrate Mother's Day, our English teachers showed us a video about how to make paper carnation. It was great fun! Even the boys enjoyed making the paper flowers. Some boys admitted that they had never made something to thank their moms. At the end of the day, we brought the flowers home, gave a big hug and the paper carnation to our moms, thanking them for their sacrifice, their endless love and care. It was really a meaningful English activity!

Debate Competitions



We Should Have A Grateful Heart by Wu Pui Lam from 4B

It is a truth universally acknowledged that a student who is doing well in English, but would like to strive for a higher grade, must look for chances to train his or her English skills. This opportunity came to me when I joined the FRCSS Debate Team. It was an opportunity for which I am truly grateful.

When I was about to write this reflection, I immediately reminisced on the beginning of my journey as a member of the FRCSS Debate Team. When I first started training in debating, I was a Form Two student, and I was not that curious about debating at all. I got involved in the activity because of an invitation from our previous NET, Mr. Paul Brownlie. (He preferred us to call him “Mr Paul”.)

“Come and see me in the English Corner at lunch,” beamed Mr. Paul, “because I have something very good for you.”

When I got to the English Corner that day, I found that some sample debate scripts had been written and placed on the table by Mr. Paul. He said, “Your English is quite good, so why don’t you join the Debate Team?”

“I’m not sure whether I’m qualified to be a member of the Debate Team,” I thought. Those words should have been my actual reply. However, I was so nervous and surprised that I stammered:

“Oh...okay...but should I do?”

The conversation started and the scene began to spin rapidly. When that first scene disappeared in my memory, it was replaced by a scene with which I am still familiar; it was a scene where I grabbed the result sheet, overwhelmed with frustration.

“Mr. Paul, I am not a person who should be a debater, am I? You see, all my efforts were in vain as I didn’t win. As you can see, I have lost four competitions already.”

“Never question yourself. Your efforts as a debater will all be worth in the end. Everyone can see your improvement.” Mr. Paul gave a pat on my shoulder.

“As long as you don’t give up, you will win a debate one day. I promise that you will.”

Try to imagine a glimpse of young debaters practising their scripts. Training for debate is the very opposite of a piece of cake. An outstanding debater should possess a lot of qualities like being able to communicate effectively and explain his or her logic clearly, being respectful and fair, being able to act confidently, using arguments based on authority and so on. I always bear these in mind when I deliver my speeches.

Perseverance is also important. Never forget it. For example, a student debater can’t help babbling frantically through the script, while organizing the contents of the rebuttals. I always become incoherent while I am trying to rebut the opponents’ arguments. However, through constant practice and gaining more experience, I am able to react more rapidly. Therefore, I am now close to being a good debater. I know that under no circumstances can a debater give up easily as the practice sessions are harsh. A good debater must persevere.

Eventually, Mr. Paul’s promise came true. I kept practising and the day eventually came.

I was staring at the result sheet, “I have won! I have finally won a debate!”

I walked with a triumphant gait. Knowing that all my hard work paid off in the end, I felt thrilled and got a lot of satisfaction. Undeniably, debate training can be harsh. Fortunately, I have come to view debate training as an opportunity to improve myself. I was grateful to come across the opportunity to receive training in debate and broaden my horizons. I enjoy the bittersweet practice sessions with my comrades. Am I grateful?

‘Yes. Grateful. So grateful.’

I must thank Mr Paul for inviting me to join the Debate Team.

English Songs

Because You Live by Chan Tak Wai from 6D

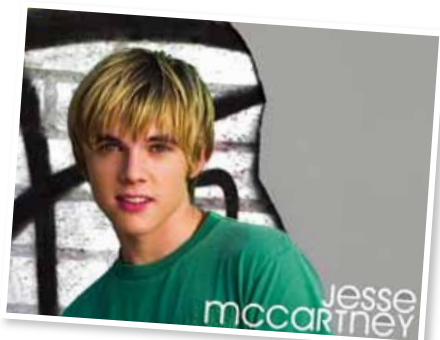
Have you ever seen the movie called 'The Princess Diaries'? The theme song from this movie is called 'Because You Live'. The lyrics are all about thanking the person who can cheer you up when you are down. In each of our lives, I am sure that there is a person who plays this part. However, it's quite normal for us to forget that we should thank this special person!

No matter which person in your life is giving you your special power; a friend, a member of your family, a teacher....we still have to show our gratitude to them. They have truly helped us a lot.

The melody of the song is cheerful. Even though it is quite repetitive, I am sure you will love it. When I recall this melody, I am also reminded to have a grateful heart and be thankful to the people who have helped me. It doesn't matter whether the problem they have helped me to solve is huge or small. These people helped me without any benefits.

From now on, write a thank-you card or give a hug to the person you want to thank. Simple words like "thank you" actually have a marvelous power.

Because You Live, by Jesse McCartney



Starring out at the rain with a heavy heart
It's the end of the world in my mind
Then your voice pulls me back
Like a wake-up call

I've been looking for the answer
Somewhere
I couldn't see that it was right there
But now I know, what I didn't know

CHORUS

Because you live and breathe
Because you make me believe in myself
When nobody else can help
Because you live girl
My world...
Has twice as many stars in the sky
It's all right. I survived. I'm alive again.
'Cause of you, made it through every storm
What is life? What's the use?
If you're killing time

I'm so glad I found an angel
Someone who...
Was there when all my hopes fell
I wanna fly looking in your eyes

REPEAT CHORUS

Because you live and breathe
Because you make me believe in myself
When nobody else can help
Because you live girl
My world...
Has twice as many stars in the sky
Because you live... I live
Because you live, there's a reason why
I carry on when I lose the fight
I want to give what you've given me
Always...

REPEAT CHORUS

Because you live and breathe
Because you make me believe in myself
When nobody else can help
Because you live girl
My world...
Has twice as many stars in the sky
Because you live and breathe
Because you make me believe in myself
When nobody else can help
Because you live girl...
My world...
Has everything I need to survive
because you live... I live, I live

The Best Day by Sunny Chau Wan Man from 6D

I would like to recommend a song called 'The Best Day' to you. This song was written by Taylor Swift. She created this song because she wanted to thank her mother.

Even though Taylor Swift is not my favourite singer, she is clearly a talented and creative artist. She has created many universally appreciated and famous pop songs. Her vocals are so attractive and her voice is clear.

When I listened to this song the first time, a lot of my childhood memories came to my mind. The heart-warming and meaningful lyrics remind me of the old days. For example, I went to Disneyland with my mum and she bought many souvenirs for me. It was a pleasant memory and I would never forget it.

The song's melody is easy to remember. You only need to listen to it once and then you will remember this song. I think it is quite suitable to listen before you go to bed because the instrumental accompaniment is so smooth and atmospheric. It can make you feel relaxed.

All of you can listen to this song with your mum and show your gratitude to her for her care and love. Don't forget to say "thank you" to your mum and give her a big hug. I love this beautiful song and I highly recommend it to all of you. Hope you will love it.

The Best Day, by Taylor Swift



I'm five years old
It's getting cold
I've got my big coat on

I hear your laugh
And look up smiling at you

I run and run
Past the pumpkin patch
And the tractor rides
Look now, the sky is gold

I hug your legs
And fall asleep on the way home

I don't know why all the trees change in the fall
But I know you're not scared of anything at all
Don't know if Snow White's house is near or far away
But I know I had the best day with you today

I'm thirteen now
And don't know how
My friends could be so mean
I come home crying
And you hold me tight
And grab the keys

And we drive and drive
Until we found a town far enough away
And we talk and window shop
'Till I forgotten all their names

I don't know who I'm gonna talk to now at school
But I know I'm laughing
On the car ride home with you
Don't know how long it's gonna take to feel okay
But I know I had the best day with you today

I have an excellent father
His strength is making me stronger
God smiles on my little brother
Inside and out he's better than I am
I grew up in a pretty house
And I had space to run and I
had the best days with you

There is a video I found
From back when I was three
You set up a paint set in the kitchen
And you're talking to me
It's the age of princesses and pirate ships
And the seven dwarfs
And Daddy's smart

And you're the prettiest lady in the whole wide world

And now I know why all the trees change in the fall
I know you were on my side
Even when I was wrong
And I love you for giving me your eyes
Staying back and watching me shine and

I didn't know if you knew
So I'm taking this chance to say
That I had the best day with you today.

S1 Gospel Camp

by Li Ching Yi from 1C

I attended the Gospel Camp for S1 students in January, 2017. During the camp, I not only had a great time with my friends but I also got closer to God. The gospel camp was a chance to submit ourselves to God's love and reflect upon how wonderful and meaningful our lives are. We are truly loved.

In addition to strengthening our relationship with God at the camp, we got to know our friends and classmates a little bit better through interactive games and activities! My favourite activity of all was 'Walking Together under the Stars'. This was a team activity where group members were asked to be one another's eyes, legs, hands and so on while completing a set of tasks. It was an innovative and interesting game.

When I returned home from the Gospel Camp, I knew that I was not alone. Ever since the Gospel Camp, I feel that my life is more meaningful and I never feel alone or afraid. God is with me; He is with me all the time. He will guide me and He will keep me!



It was fun when Ms Yu taught us some movements to go along with the theme song to our S.1 Gospel Camp.



Interviewing Our Sports Stars



Ronnie feels deeply honored to have had a chance to take a photo with the world-class snooker player, Marco Fu (centre), the elite athlete, Fung Kwok-wai (far left) and his coach, Chan Kwok-ming (far right).

Interviewing Ronnie Chan from 4C

by Anthony Wong from 5A

Interviewer: How long have you played snooker and American Pool?

Ronnie: I have been playing these games since I was eight years old, so I have been playing for five years.

Interviewer: Why did you start playing?

Ronnie: I wasn't really interested in these sports at first, but my father knows a lot about it. Occasionally, I would get tutorial lessons from his friend (a man who is very good at snooker). Therefore, my father's friend showed me everything he knew about playing snooker and pool. I loved them as soon as I knew how to handle a cue.

Interviewer: Many people would not have the courage to join a competition. What competitions have you joined and what did you learn from them?

Ronnie: Last year, I took part in a Hong Kong competition because I wanted to gain more experience in the sport. I knew I would learn new skills from the other players in the tournament. I also wanted a chance to see if my hard work had paid off; we were training each and every week in Hung Hom at that time. It was very tiresome, as each training session was six hours of continuous training.

Interviewer: What are you grateful for?

Ronnie: I am grateful because I have won an award playing American Pool. Of course, it would be very difficult to become the Hong Kong champion in this sport, as there is luck involved (in addition to technique). That is the funny thing about playing pool: sometimes having good technique is not enough; luck also plays a part. I once lost an important game of pool, not because of my skill level, but because my opponent was incredibly lucky. I was just grateful to have enjoyed relatively good luck throughout my competition.

Interviewer: What is your next target?

Ronnie: I want to become the champion of the Hong Kong Snooker Open and become one of the snooker players on Hong Kong Team. I know it is not going to be easy to achieve this goal, but I will keep practising until I can get there.

Interviewer: I'm sure your dreams will come true! That's the end of the interview. Thank you so much for your time!



Interviewing Elsa Suen Yee Tung

by Taylyn Chan from 6A

Elsa Suen Yee Tung is the member of both the FRCSS Girls' Volleyball team and the Hong Kong Girls' Youth Volleyball 2nd team.

Interviewer: When did you start playing volleyball?

Elsa: I got access to volleyball in primary school. I played volleyball during extra-curricular activities and soon joined my primary school's Volleyball Team. I was about nine years old when I began.

Interviewer: Did you play any other kinds of sports before then?

Elsa: Actually, I did start playing tennis at around the same time, but for some unknown reasons, I gradually quit attending tennis sessions. On the other hand, I kept playing volleyball with my group of friends. We stuck together and we still play together now. Volleyball is a great team sport! It can really strengthen the bonds between people.

Interviewer: How did your family back you up when you wanted to play volleyball more seriously?

Elsa: My parents have always provided me with financial support in order to let me participate in international tournaments. For example, they bought me a lot of new, high-quality, technical equipment. I have been able to get much better performance through training and in competition because of them. My parents also manage their time to fit my schedule. For instance, we will usually have an early dinner or late dinner to accommodate my training days.

Interviewer: What are the challenges of being a member of the Hong Kong Youth Girls' Volleyball Team?

Elsa: I got onto the Hong Kong Team when I was in Form Three. Compared to the other members of the team, I was one of the youngest players at that time. I was not very skilled during training sessions (compared to the others) and I felt a little bit uneasy. They even complained about my performance in a friendly way! In addition to the problem with my lower skill level, at the same time, I found the physical demands of training at that level to be quite punishing. I was so exhausted that it was difficult to keep up a positive attitude.

Therefore, in my first year on the Hong Kong Team, I was under great pressure. As part of the training culture, I was also criticized by my coach during matches for 'nonsense' reasons. I felt totally depressed by the end of the first year, but then I realized that my coach was just trying to motivate me in any way he could. Recently, I have failed making the selection for taking part in the Asian Volleyball Championships. This was a frustrating setback. My teammates and I really wanted to attend the competition together and taking part in this competition has been one of my goals since I first made the Hong Kong Team. You cannot imagine my tears and my disappointment.

Although the world of competitive sports is very challenging for me (both physically and mentally), I have learned how to tackle these difficult situations and continue down my chosen path. For example, I have learned how to socialize with older peers, I have learned how to control my feelings when facing failure, and I have learned how to push myself. I determined to improve myself and be better prepared for the next Asian Volleyball Championships.

Interviewer: What would you like to say to your FRCSS teammates right now?

Elsa: I feel so thankful that my teammates comfort me and accompany me through each step of life. Thank you for always supporting and encouraging me, even when I am down.

Interviewer: How do you feel about the future of our school's Volleyball Team right now?

Elsa: Our team has developed from a newbie team to an expert team over the past three years. Back in 2014, we couldn't get past the preliminary matches in a tournament, but now we are usually able to reach the final rounds. Our team has improved a lot and we are united, strong, hardworking and passionate. For next year, the sky is the limit. It's going to be our year!

Interviewer: What are you most grateful for?

Elsa: I feel grateful that all of our FRCSS Volleyball Team members are so hardworking -- they put in a lot of effort during practice. Despite the overload of having assignments and quizzes on a day-to-day basis, we are still willing to give up our spare time in order to take part in our team practice sessions. Our teachers and coaches always give us precious guidance, support, and advice about balancing our studies with training. The combination of playing with my FRCSS teammates and working with my FRCSS teachers and coaches makes me truly grateful.

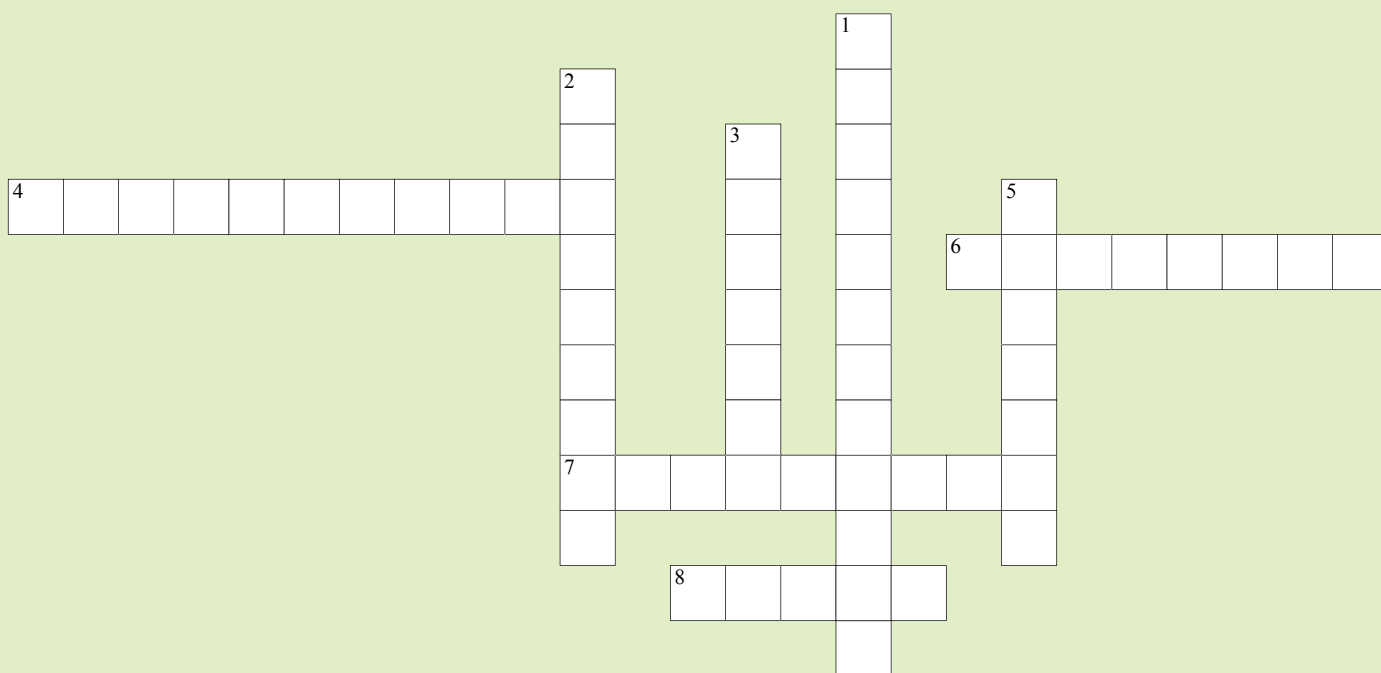
Interviewer: That's the end of the interview. Thank you very much for your time.

Elsa: You are welcome.



Crossword puzzle

Famous Quotes about Gratitude



Surf the Internet and find out the following famous quotes about gratitude.

Across

4. Be thankful for what you have; you'll end up having more. If you _____ on what you don't have, you will never, ever have enough. (By Oprah Winfrey)
6. If a fellow isn't _____ for what he's got, he isn't likely to be thankful for what he's going to get. (By Frank A. Clark)
7. _____ also opens your eyes to the limitless potential of the universe, while dissatisfaction closes your eyes to it. (By Stephen Richards)
8. _____ the little things, for one day you may look back and realize they were the big things. (By Robert Brault)

Down

1. The way to develop the best that is in a person is by _____ and encouragement. (By Charles Schwab)
2. When I started counting my _____, my whole life turned around. (By Willie Nelson)
3. Feeling gratitude and not expressing it is like wrapping a _____ and not giving it. (By William Arthur Ward)
5. Gratitude and attitude are not challenges; they are _____. (By Robert Braathe)

Word search

What can you be grateful for?

H	O	S	L	V	H	P	V	Z	S	O	T	T	S	H
R	A	W	D	T	Y	U	D	U	G	L	R	E	S	A
N	O	P	L	N	Q	B	R	C	N	Q	P	A	E	N
X	A	A	P	P	E	A	X	I	I	T	T	C	N	D
R	E	T	X	I	B	I	N	G	G	G	Y	H	D	S
H	G	A	U	M	N	T	R	I	N	G	T	E	A	R
K	A	P	P	R	E	E	M	F	O	R	H	R	S	Q
B	Y	N	F	R	E	C	S	L	L	A	F	S	L	P
S	D	G	N	P	M	J	O	S	E	Y	N	O	U	P
E	E	E	D	X	L	N	I	H	B	W	V	J	I	F
O	T	K	C	H	H	J	X	C	E	E	K	B	W	H
Z	Q	O	G	C	F	A	M	I	L	Y	H	M	Y	W
P	N	J	E	C	H	A	L	L	E	N	G	E	S	Y
G	B	T	F	L	E	S	R	U	O	Y	L	A	M	C
I	N	Y	E	W	X	X	D	R	M	I	O	N	C	P

All the words below appear in the above grid horizontally, vertically, diagonally or even backwards. Find them and 'circle the word'.

BELONGINGS

FRIENDS

HEALTH

NATURE

TECHNOLOGY

CHALLENGES

HANDS

INTERNET

SADNESS

YOURSELF

FAMILY

HAPPINESS

LOVE

TEACHERS

10 Easy Ways to Show Gratitude

1. Thank someone immediately after they have assisted you. Don't wait too long, or you'll forget to do so.
2. Give someone a big hug or a warm handshake to thank someone who has stood by you when you are down or in trouble.
3. Write a thank you note to thank someone who has helped you.
4. Buy a little gift to thank someone who has supported you.
5. Buy a piece of cake or some dessert to show your appreciation of someone's efforts.
6. Praise someone publicly to show your love to them.
7. Make a small gift (e.g. draw a card / sew a small bag) to tell someone how important they are to you.
8. Be helpful in return. Try to reduce someone's workload to show your respect to them.
9. Smile all the time to show how people have made your life better.
10. Be sincere when you give thanks to someone. Don't forget to mention the details of how they have assisted you.

Solutions to Crossword Puzzle & Word Search

Solutions to Crossword Puzzle:

Across

4. concentrate 6. thankful 7. gratitude 8. enjoy

Down

1. appreciation 2. blessings 3. present 5. choices

