

Voice

FRCSS

2021

Rejoice in all
circumstances

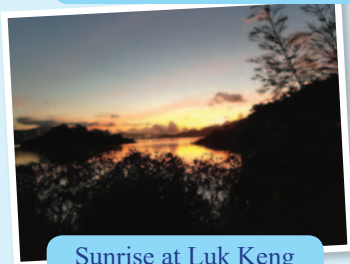


A Message from the Editor

by Ms Tiffany Cheung



Sunrise at Sam Mun Tsai



Sunrise at Luk Keng



Sunset at Ng Tung River

Normally, we rejoice in occasions like birthday parties, weddings and speech days, but is it possible to rejoice in all circumstances? The theme of this issue Rejoice in All Circumstances is actually stemmed from the Bible. The Bible verse — 1 Thessalonians 5:16-18 (NIV) — states, “Rejoice always, pray continually, give thanks in all circumstances; for this is God’s will for you in Christ Jesus.” It has, somehow, inspired us to always stay positive – the attitude we should take in all situations!

Why is it important for us to remain optimistic in all circumstances? It is because our perceptions determine our decisions and actions, which can totally change the consequence of an incident or our fate. Under undesirable circumstances, some people may feel miserable and cannot help complaining. However, complaining always makes matters worse. On the contrary, wise people see crises as opportunities. Instead of crying over spilt milk, they try their best to seek possible solutions. That is why the food delivery industry has recently become prosperous whereas many restaurants had to shut down. The former has seized the golden opportunity to expand their business with the rising demand for food deliveries during the pandemic. Nevertheless, some restaurants stayed passive and made no adjustments to save their businesses. The only thing they could do was to shut down in the end. If you ran a business, which outcome would you embrace?

In fact, it is also crucial for us to perceive difficulties in the right way. Normally, we all wish for a painless life. However, no pain, no gain. We should not forget that obstacles in our lives help us grow. Tougher lives bring about stronger minds. When going through adversities, we can acquire good qualities for success in study, work and life. That explains why some people say that an apparent misfortune is a blessing in disguise. You may not be aware of the blessings brought by the outbreak of COVID-19. For instance, we have become more innovative and flexible with every aspect of our lives. We have taken a great leap in e-learning and information technology. Teachers have improved their online classes by using different software while students have learnt to submit their assignments via various platforms. From your writings, we can also see how the pandemic has drawn us closer to our families or even spared time for us to explore our interests and talents.

Last year, FRCSS Voice was not published since a lot of efforts were made to handle the teething problems with online learning and teaching at the beginning of the pandemic. This year, however, we have overcome most of the issues and worked out how we could engage all students to write for the annual English magazine. You will find at least one writing from your class. The topic for each form is different but there is one point in common: all the adjectives in the topics, namely ‘happy’, ‘funny’, ‘enjoyable’, ‘impressive’, ‘unforgettable’ and ‘touching’, are positive. When you read the sharing from your fellow students and teachers, I hope you will get an absolutely vital message from them: We can still find our lives enjoyable in the midst of hardship! Therefore, we can always rejoice and give thanks with a grateful heart in all circumstances!



Sunrise at Nam San Wai



Sea of Clouds at Kadoorie Farm and Botanic Garden

Special thanks to Miss Yu for her marvellous photos!

Our teachers' pastimes during the pandemic

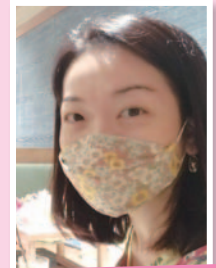


Sewing cloth masks

by Miss Esther Liu

It has been more than a year since the outbreak of COVID-19. I can't imagine we have been living with face masks for such a long time. Back to the first wave of the pandemic, when there was a severe shortage of surgical masks around the globe, they became expensive and people wanted to save them for essential use. My mother and I therefore began sewing cloth masks at home.

My mother is good at using sewing machines so I act as her helper. I was responsible for buying cloth, drawing patterns, transferring them to the fabric and cutting out the pieces. At first, we made cloth masks for ourselves and family members. Later, we gave them away as gifts to our friends and even neighbours.



I even use them to match my outfit!



Here is my own collection of cloth masks.



Some of the gifts we gave away or posted to friends and relatives.

Virtual hiking

by Miss Yu Suet Ying

Before the pandemic, I didn't like exercising at all. During the pandemic, however, I started a habit of walking several kilometres a day.

Later, I even participated in some challenges of virtual journeys, such as hiking at Mount Fuji, or surrounding the city of Rome, etc. One can get a medal when having completed an equal amount of mileage of that journey in an accumulative way.

Haha, look at my trophies! They are my greatest achievements during the pandemic! I truly believe I can only conquer the journeys in the virtual world ☺.



Hiking with my colleagues

by Idy Chan

What do you miss the most during the COVID-19 pandemic? School life? Dining out? Long trips during vacations? I think most of us would agree that it is the loss of face-to-face gathering that makes the lock-down so unbearable – we all need our friends to make our day.

It is lucky that we still have a way out when we want to meet our dear ones – reaching out to the nature! Hong Kong is so blessed, as we have plenty of country parks and hiking trails. That's why you can see flocks of Hongkongers in the hills and in the woods during holidays. Of course I am no exception, for I miss my dear colleagues dearly.

I was a lazy-bone who preferred staying at home before the pandemic, but most of my colleagues are devoted hikers. For instance, Miss Law participated in Oxfam Trailwalker and walked 100km in 33 hours in her teenage and Miss Kwok hikes almost every week, training up herself to climb the 4095m of Mount Kinabalu (which is nicknamed "the Sacred Mountain" of Borneo, Malaysia) someday when the COVID-19 is over. Miss Woo, our Vice-Principal, is also very fit as she participates in Marathon regularly. With so much experience, it is normal for them to pick very challenging trails. To be honest, it is usually hard for me to catch up with their pace. Sometimes, they even have to push me uphill when they find me lagging behind!

I am thankful that they don't mind taking such a freshman hiker with them, sharing their water and snacks with me all the way. While walking up and down the hills of Hong Kong, we also share the ups and downs of our lives. I am so grateful for having good companions who carried me through the boring days of 2020.



Baking

by Ms Chan Hoi Nap

At the initial stage of the pandemic, I dared not go out. Most of the time, I stayed at home and this gave me more spare time to explore my interests. One of my favourite activities is baking. I enjoy the process of baking including making a dough, dough fermentation and shaping the dough. I look forward to tasting my work every time I bake. Although plenty of bread machines are available in the market, I think that making hand-made bread is very satisfying and rewarding. I have a sense of achievement when I enjoy my bread!



My happiest experience at school during the pandemic

1A Yuen Lok Tung, Varnika

A lot of things happened last semester. But if I have to choose my happiest experience at school during the pandemic, it definitely is making my first friend in secondary school. Although it was not a very interesting thing, it really made me happy. To be honest, making friends is really hard because I am too shy to talk to strangers. I always feel embarrassed. But on the first day at my new school, I really did it and her name is Alice. She is a funny person. Sometimes we talk about our studies and hobbies.



1B Shi Cho Hong

To me, the happiest experience at school during the pandemic is when we have lessons at school. When we have classes at school, we can see our teachers and classmates face-to-face. When we have lessons at school, we can do experiments in the laboratory. We can do sports in the playground. Compared with online classes, I prefer having lessons at school.

1B Yang Rebecca

My happiest experience is the time I spent at the school church. We played some games and did homework together. These activities might not be special, but they were valuable to me during the pandemic. My favourite part was the S1 Orientation Camp. We played a lot of games and learnt lots of Biblical truth. And I made a lot of new friends. Every time when I go to the church, I don't want to leave.

1A Ho Yee Ching, Coco

During the pandemic, my happiest experience at school was my first day. On that day, I made some new friends and met my new teachers. I also knew more about this school. Why is this my happiest experience? It's because this is the school I want to go to most! I am lucky to be a student in this school.

1C Chan Nok Yin, Jerry

My happiest experience at school during the pandemic was taking part in the orientation camp. A few months ago, our school organised an orientation camp for Form 1 students. We did a lot of fun things in this camp such as dancing and water balloon fight. Also, I met some new friends.

1B Huang Man Sze, Cecilia

Having lessons on Zoom is boring. Luckily, I met a good friend. Her name is Jennifer. We always talk together, play together, and do homework together. The teachers are very humorous and patient too. They make me take my studies serious. All these things make me very happy. I like my teachers and classmates very much! I look forward to a normal school life after the pandemic.

1C Lam Chun Yau, Mike

My happiest experience is going back to school in person and communicate with my classmates face-to-face. During the pandemic, we seldom go to school. Instead, we had our lessons on Zoom. Therefore, whenever I can go back to school to communicate with my classmates, I feel very happy. I cherish the time I talk with my friends. Even if it is only for 5 minutes, I am very satisfied.

1D Yin Xin, Hari

I signed up for a musical instrument class at school during the pandemic. My flute classes were done online. In the first lesson, I was too embarrassed to play the flute as I knew nothing about it. However, with the teacher's encouragement, I became a lot braver and better at playing the flute after a few lessons.

1C Chan Yuet, Grace

What is my happiest experience at school? I think the happiest experience is playing a game named "Angel and Master" in class. Why was it so unforgettable? In this game, we sent messages to our masters as well as angels. Because of this game, I made some friends.



1E Wong Chun Hay, Carson

The happiest thing that happened at school during the pandemic is probably meeting my new classmates. In my class, we rarely see classmates quarrelling or fighting. We get along well. I know a few friends in the class. They are all nice and we can talk about everything.

The funniest incident during the pandemic

2A Ling Yuen Chit Steven

My family stayed home during the pandemic. It was around Chinese New Year and my mother was so busy with all the cooking. My sister wanted to help. They went to the wet market and bought a real big fish home in the morning. When they started making the dish, the fish was GONE! And all of us did not have a clue where it was. It turned out that my dog sneaked into the kitchen and ran off with the fish! He was digging a hole when my dad found him. HAHA! It was the funniest thing happened during the pandemic.



2A Gao Wai Wing Carrie

Right before the pandemic, my family and I went back to our hometown for Chinese New Year. We were very happy at that time. In my hometown, I received red packets and spent time with my younger brothers and sisters. It was a great time! Something funny happened though when we were at our grandmother's place. Since she is getting old, her memory is bad. She gave me and my brother red packets when she first saw us. After a while, she asked us to come to her and gave us red packets again! My brother was sooooo happy but I told my granny honestly. And then suddenly my grandma realized the fact that she kept giving out her red packets! She was like, 'no wonder I have no red packets left!' I ruined my brother's plan haha! We all laughed together.

2A Ho Ying Huen Karli

It happened to my friend during an online lesson last week. She described that it was the most embarrassing thing ever happened in her life. She woke up that morning and then she was getting ready for the lesson. Since she was early for the class, she turned her music on and sang loudly. 'Let's kill this love bang bang bang! Bang bang bang!' She bobbed her head and even stomped on the floor while singing. 'Errrr hello?' It came from her computer. At that very moment, she realized that she didn't turn off the microphone and all her classmates had been listening to her. It was soooooo awkward!



2B Leung Kam Yan

One morning, I suddenly woke up and glanced at the clock. It was 7:45 a.m.! Oh no! I was going to be late for school. Then I got up, washed up, woke my mother and my sister up. I told them to get up quickly or else they would be late for school or work. But they looked at me as if I was a fool. I ignored them and went on with what I was doing. About 15 minutes later, they looked very confused and puzzled and said to me, "Today is a public holiday. You don't need to go to school, do you?"

Before I could say something, my mother ordered me to change out of my school uniform. Then she pushed me onto the bed and she also went back to bed immediately.

2C Huang Qiu Yi

I am a person who likes cooking very much. One day I planned to cook some dumplings and fry some meatballs. As usual, I looked at my mobile phone and I didn't pay full attention. So, I accidentally threw the meatballs into the pot and the dumplings into the air frying pan. When they were done, I knew I had made a mistake, but they were unexpectedly delicious. Then I fell in love with these new dishes!

2C Chen Sze Tim, Tina

During Lunar New Year holiday, my family paid a visit to our relatives. Since everyone was wearing masks, it was difficult to recognize our relatives. My younger brother just mistook some relatives as somebody else, which made everyone very embarrassed. What I didn't expect was that he actually kissed my cousin, rather than his own brother when he was playing with him. My younger brother also put his hand on his cousin's shoulder, making everyone laugh. I think this New Year's holiday is the most special.

2D Leong Tsz Yan, Anna

During the pandemic, some funniest things happened.

One day, my sister and I were so bored. We didn't know what we could do. When we were watching cartoons at home, an idea flashed through our mind. We wanted to make a restaurant. First, we took out a pair of scissors and cut out some restaurant-shaped cards. However, it didn't look real, so we decided to build it out of a card box and paint the surface afterwards. Finally, the restaurant was built. Just when we thought we did a great job, it fell onto the floor! Although I did not successfully make a restaurant, we enjoyed the process. It was memorable. That might be the funniest incident during the pandemic which I will never forget.

2D Wong Chi Fung, Andy

I met my best friend last year in S. 1 when the pandemic started. During the pandemic, everyone put on a mask to stop the virus. We have not seen each other face-to-face for almost a year. When the situation got better, we dated each other at a shopping centre nearby. I was very upset at first because I had waited for quite a while but there was still no sight of him. In the end, it took us more than fifteen minutes to meet. Both of us laughed when we saw each other as we changed dramatically. It was even harder for us to recognize each other with our masks on. The pandemic has brought a lot of difficulties, yet we can still find joy in the midst of hardship.



2E Hung Tsz Ching, Coco

I want to share the funniest incident during the pandemic. During the pandemic, my family members got so bored staying home. Also, we lacked exercise, so my parents bought a sports-themed game. Everyone did exercise together whenever we had time. We all enjoyed playing this game together. We have also become healthier!

2E Li Ming Yan

During the pandemic, the most interesting thing for me was going hiking with my parents. In the past, I rejected my parents by giving many excuses but during the pandemic, there was nowhere else to go because of the restrictions on gathering. Therefore, I agreed to go hiking with my parents. Although hiking was tiring, I was very happy because I could see beautiful scenery.

The most enjoyable activity during the pandemic



3B Lo Wang Chit, Duncan

During the pandemic, I watched many band concerts and listened to the British albums madly. I have fallen in love with 90s British music. Also, I got two new guitars last year. Since then, I have played my two old guitars and the piano frantically every single day, from dawn to dusk. Luckily, my parents haven't kicked me out even though I have been very noisy.

3A Lau Tik Long, Sam

During the pandemic, I did many things such as cooking, watching movies and reading novels. I learned a lot of recipes by myself online. In the first place, I thought it would be hard for me because I used to be a lazy person. I am glad I have overcome my laziness and learned some new skills in this difficult time.

3A Luo Nga Man, Mary

During the pandemic, the most enjoyable activity that I had was going to the flower market with my family before Chinese New Year. I was very excited because my parents used to be very busy with their work and we had never had the chance to visit a flower market before. This was a rare opportunity, so I enjoyed the visit very much.

3B Lee Ka Wai, Kevin

Last year, because of the pandemic, my family and I always stayed at home. I was so bored one day that I spread a piece of picnic mat on the ground and had picnic on the balcony with my family. Mom prepared some snacks for us and we had fun chatting and eating. What a fulfilling day!

3B Li Yi Ching, Lisa

The most enjoyable activity that I have done during the pandemic is drawing. I often draw during the pandemic because drawing can help me express my inner thoughts. I enjoy the process of drawing. I design dresses and paint landscape on the paper. Finally, I hang all of them up at home where I can appreciate them daily now.

3C Law King Fung Billy

Before Chinese New Year, my home was in a mess because we did not have time to clean it up. My family and I decided to clean the house to prepare for the new year ahead. So my duty was to pack up the items in the fridge and wiped them with a clean wet towel. It took me a long time cleaning! However, when I finished, I looked at the neatly arranged items in the fridge and felt very satisfied. It was hard work but it was so nice! In addition, we also donated things that we no longer needed to charities and threw away some. As a result, my home was all neat and tidy. This was the most enjoyable activity I did during the pandemic.

3C Lui Lok Yiu, Ruby

The most enjoyable activity during the pandemic for me was reading. As I could not go out to play football, I stayed home. And I like reading books too so it was okay for me. I feel calm and peaceful when I read. When I stayed at home, I spent more time on reading. I really do not have that much of time reading on normal school days. Whenever I went out with my family, I would ask my family to take me to the bookstore nearby so that I could pick some new books for my bookshelf! I couldn't tell you how happy I was when I got to pick my own books!



3D Huang Chun Yiu, Kevin

During the outbreak of COVID-19, we could not go to school but could only have classes online. It has deprived us of our study time. However, it has also created more room for us to do something we want to do. With my spare time during class suspension, I tried cooking and learnt computer programming languages like Java. I have gradually realised that knowledge is power. Most importantly, during the pandemic, I had more time to be with my family. Now, I get used to talking with them and sharing my worries with them. It lets me know nothing is more important than the precious family time.

3D Yeung Yik Fan, Tiffany

We had class suspension during the pandemic. However, I could save the commuting time and spent it on doing something I like. For me, the most enjoyable activity during the pandemic was having fun with my parents. Actually, our relationship was very weak before. We were busy with our own lives and seldom talked. Fortunately, working and learning from home creates more free time for us and we started to have more interactions. We always chatted endlessly and did lots of funny things together such as baking, watching horror movies, playing VR games and so on. I have finally realized that the most precious thing in the world is family. So please treasure your family.

3E Wong Tsz Ching, Sandy

The most enjoyable activity during the pandemic is playing table tennis at home with my family. It is good for both the body and mind, and it could also strengthen the relationships with my family. We chatted a lot while playing table tennis. Also, we had a little competition fun. It was interesting and exciting. I hope I can keep playing table tennis with my family.

**The most impressive lesson during the pandemic****4A Ng Lai Ying, Lisa**

The most impressive lesson during the pandemic was one of my Biology lessons. We needed to do an experiment at home because we couldn't go back to school. We all got a set of equipment. Doing experiments at home was very interesting and I did it in the kitchen. I felt like I was having a Home Economics lesson instead of a biology lesson. It was such a new experience for me.

4B Li Tik Fung, Jayden

The most impressive lesson for me was our Liberal Studies Lessons. During Liberal Studies lessons, we did lots of group discussions on Zoom and did some projects. I had quite a lot of ideas. Also, my groupmates were so cooperative, disciplined and creative, we did a good job for our project.



Your Voice

The most impressive lesson during the pandemic

4B Li Tik Fung, Jayden

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4B Lee Wing Lam, Cristina

The most impressive lesson I've learnt during the pandemic is that we should never take things for granted. Before the pandemic, going back to school and having classes with my friends and classmates seemed like a normal thing to do. However, during the pandemic, we had to take Zoom lessons because it was too risky for us to go back to school. I couldn't see my friends, my classmates and my teachers in person. Therefore, the pandemic definitely taught me I should appreciate what I took for granted before and cherish what I have.



4B Peng Yam, Natalie

In an AYP lesson during the pandemic, we got to know something about how to survive in the wild. We learned how to use a compass and a map. Also, we had to climb high mountains. Although it took so long to finish the journey, we learned not to flinch when facing difficulties. We were proud that we faced the difficulties with courage.

4B Yuen Wai Kin, Ricky

The most impressive lesson during the pandemic was the Tourism and Hospitality Studies lesson. I was the only one attending the lesson online, but the teacher did not ignore me because of this. Instead, she often asked me questions and cared whether I kept up with the progress.

S.4C Huang San Yu

I would like to share with you the most impressive lesson I have ever joined during the pandemic. I remembered the day when I first returned to the campus after staying in China for almost two months. It was an amazing day. I was moved to see my teachers and classmates again. When I looked at their familiar faces, I suddenly felt like I was a new student to the class. I was grateful for being able to see my beloved teachers and classmates again.

S.4D Shum Ka Hei, David

I used to struggle with my Math. During the pandemic, I started to make use of the spare time to catch up with my Math. One day, I tried to pay 100% attention and marked down everything the teacher said. Even it was a Zoom lesson, I could follow quite well. Since then I realised I'm not actually that bad at Math and I can do better! I started to do extra exercises after the morning Zoom lessons so that I could get a pass in the exam.

If you have discipline, drive and determination, nothing is impossible.

The most unforgettable event during the pandemic

5A Leung Lok Hang Jeffery

The most unforgettable event for me during the pandemic was a camping trip to Tap Mun with my family. During the pandemic, all the entertainment fields were closed, so we chose to go camping at Tap Mun instead. We have found that Tap Mun is a beautiful place for camping.



On the way to Tap Mun, we saw many people carrying bags of grass and walking in the same direction as us. At first, we felt confused why they were carrying grass to an island up the hill. When we arrived, the beautiful turfs we saw in the photos were not there. We only found cows, which were extremely skinny, because they had no grass to eat.

Because of the pandemic, people had nowhere to go. Like us, they saw the introduction of Tap Mun online and thought that the views there were beautiful and went there. Too many tourists stepped on the grass and spoilt it, so the cows had nothing to eat. The people we saw on the way were volunteers who carried food for the cows.



At last, we left this place immediately because we didn't want to become one of those who damaged the land. All of us have responsibility to protect our natural environment because we cannot live without the nature. Hopefully, Tap Mun will get well soon!

5A Wong Lok Yiu , Yoyo

The most unforgettable event during the pandemic is that I got a gift from a neighbour. My neighbour and I hadn't met before. But one morning, she knocked on my door. In the first place, I thought she needed some help. To my surprise, she said hello to me. Then, she gave me a bag of masks, and she told me that she was worried that I didn't have enough masks. At the beginning of the pandemic, masks were very expensive but she gave me a lot of masks for free. I am grateful to have such a kind-hearted and generous neighbour.

5B Chan Wing Chi, Hilary

In this pandemic, the most memorable incident for me was our Christmas party on Zoom. At all the Christmas parties before the pandemic, we gathered in the school hall and watched some performances. But this Christmas, we had to stay at home and celebrate Christmas online. I still found it was also fascinating. Although my classmates, teachers and I did not gather physically, we still took some group photos. Some students performed online, and we had a lucky draw. I was really impressed!



5B Lau Wing Kei, Winnky

The pandemic is tough, but I was so delighted when my besties held a birthday party for me. I had been so anxious, overwhelmed and lonely since the class suspension. My academic results fell behind. As I could not see my friends, I always felt lonely. However, they spent time preparing such a big surprise party for me. I was super happy that they had me in their mind. It healed me and wiped away my frustration and sorrow. I think that is what we mean 'bittersweet'.

The most unforgettable event during the pandemic

5A Yu Suet Hung Bonnie

Because of the pandemic, many school events have been cancelled. Fortunately, our school still held our Open Day in a smaller scale. It was the most unforgettable event for me during the pandemic. It was because I got to come to the school and work with my classmates. I had never treasured working with my classmates at school that much before that day. Perhaps we did take things for granted. We really need to cherish each other every day.



5C Ho Ho Tung, Gordon

Although it is depressing during the pandemic, I took this opportunity to invite my friend to stay overnight at my home one day. We played a bunch of games like poker and mahjong. It was pretty fun. So we played all night long. It was a good night without sleep!

5C Cheng Wing Gi, Gigi

It was the first time I had examinations online. I didn't have the exam paper and I needed to open the online exam file and be supervised on Zoom at the same time. That was a special and unforgettable experience for me.

5D Kwan Tin Wai, Nicole

The most unforgettable memory during the pandemic was when I went to Disneyland with my friend in January. Everybody there was very cautious. For example, we had to keep a few feet away when taking selfies with the costume characters in order to avoid any physical contact. We had a wonderful time in this fantastic place and I wish we could take off our masks and would not have to worry about the deadly disease one day.

5D So Hei Wai, Vivien

The most unforgettable event during the pandemic was that I tried to learn a new musical instrument online. One day, I felt too bored so I surfed the Internet and I found a video on how to play the piano. I thought it would be an interesting video so I watched it. I started to learn to play the piano by watching videos online. It made my life become more colourful and fun.

5D Li Hing Yiu, Hyo

My unforgettable event during the pandemic was visiting a Lunar New Year fair in Tsim Sha Tsui with my friends. It was the first time I had visited a fair. I saw many famous YouTubers there and I took a lot of photos with them. I lost my mind because I love them so much. My friends were stunned by my actions and thought I was insane.

The most touching moment during the pandemic

6A Lau Ho Yin, Barry

As the pandemic ravages the world, I am grateful that my teachers did their best making our school life normal. I was especially excited to be able to play the piano for the school choir and each of us recorded an amazing performance at our homes! The most touching moment was seeing all these videos being put together, and I could see my teachers and classmates smiling on the screen again, playing music together as one!



6A Chung Yan Tung, Kay

The school Christmas party was the most touching moment I had during the pandemic. Since the outbreak of COVID-19, I hadn't seen my classmates face-to-face for months before classes resumed in September. But classes were suspended again in December and we had our first and last Christmas party online via Zoom! Surprisingly, we had a very good time together singing and playing games. I believe it was because we all cherished the time we could spend together, no matter where we were.

6B Cheung Sze Man

That day I was walking in the streets of Mong Kok, suddenly a woman with a drink bumped into me, my mask and clothes got wet and dirty. Not only did she not apologize to me but she also ran away immediately. Without any spare masks with me, I could only stand still. And the people around me were just watching and went by, I felt so helpless, extremely embarrassed and overwhelmed. Suddenly a child gave me a piece of tissue and a mask. I looked up to see the child and her mother. I was very moved and deeply grateful for their selflessness.

6A Wan Hoi Yan, Candy

I was most impressed by a micro film I watched during the pandemic. The micro film records the work of the medical staff in Hong Kong. During the pandemic, even drinking and eating is a luxury for them. While they are working, they can only identify one another by the name tags since everyone is wearing a mask and protective clothing. When they can finally take off their masks and the clothing, they are soaked in sweat. This shows the hardship of the medical staff. My hat's off to the medical staff in Hong Kong!



6B Chan Wing Lam, Monica

I think the most touching moment during the pandemic is when I saw how Hongkongers helped each other to fight the epidemic. For example, people distributed masks and cleaning supplies for free to those in need. Moreover, some medical staff tried their best to help the patients even if they knew they could be infected. I think the "Lion Rock Spirit" created the most touching moment for me.

6C Wong Chung Yin

The most touching moment during the pandemic was when I found what our school had done to organise an exam for us. Usually we take the exam at school. However, during the pandemic, we needed to sit the exam at home. I felt great since I could still take the exam during the pandemic. I really appreciate the efforts our school has made to arrange everything for us.

6D Lam Yan Ting, Happy

During the pandemic, I needed to stay at home and I couldn't see my friends, let alone hanging out with them. Therefore, the most touching moment during the pandemic for me was counting down via Zoom with my friends on New Year's Eve. Together we welcome the new year, 2021, in a special way.

Interview with Mr. Sam Tang

Interviewer: Good afternoon, Mr. Tang. Thank you for having an interview with us. Before you joined FRCSS, have you ever had a full-time job?

Mr. Tang: This is my first full-time job. Before this, I taught tutorial classes part-time.

Interviewer: Why do you want to be a teacher?

Mr. Tang: Even before I decided to be a teacher, I spent a lot of time teaching students in tutorial classes. I found that they all have something in common. A lot of them don't like English. They learn English just for exams and they lack the passion for English. So, it is one of the reasons why I want to be an English teacher. I want to share that passion with my students. I want to tell them that learning English can be fun and it is definitely useful in our lives.

Interviewer: What are your hobbies?

Mr. Tang: In my free time, I like to watch English movies, especially Marvel movies. That's the way how I have built my English vocabulary bank. Also, I enjoy watching a lot of English TV programmes. It really broadens my horizons. Apart from that, I jog during the weekend. When jogging alone, I feel free and it keeps me calm and healthy.

Interviewer: Have you ever learnt or played any musical instruments?

Mr. Tang: I like music. One of my hobbies is to look for different kinds of songs on music apps. Recently, I bought a small keyboard to learn how to play the piano. Back in my school days, I played the acoustic guitar. That was pretty fun. I got to learn different songs and practise finger coordination.

Interviewer: Have you got any pets?

Mr. Tang: When I was in primary school, I had a parrot. Whenever I got home from school, the first thing I did was to sit down and play with my parrot for ten minutes. It was fascinating. But then, unfortunately it was the time when avian influenza hit Hong Kong. My dad decided to give it away. Hopefully, I would have a dog one day.

Interviewer: Why do you want to have a dog?

Mr. Tang: I like to watch online videos about people rescuing dogs. And I subscribe to a lot of dog shelter groups on Facebook. It shows me that, in Hong Kong, there are actually a lot of stray dogs and cats. So, I hope when I have the money and time, I could perhaps give the dogs a better life.



by Lee Cheuk Fung 5B,
Tam Wing Tung Louise 5B,
Yip Ka Lun Sharon 5B

Interview with Ms. Brenda Law

Interviewer: Could you introduce yourself? For example, could you tell us a little bit about your background and your childhood?

Ms. Brenda: I was born here, and I grew up in Canada. I think the term 'third culture kid' would fit me the best. It describes someone who grows up with different cultures blended together. My parents were both Chinese but I grew up under the influence of Canadian culture, so sometimes my actions and my thoughts confused the people around me.

Interviewer: What countries have you been to before? Do you have any funny travelling experience?

Ms. Brenda: If I were to name an unforgettable travelling experience, it must be my backpacking trip in Italy. Without knowing any Italian, I travelled the upper half of Italy with my giant backpack and saw a lot of beautiful scenery. But on the very last night, a group of young kids stared at me in the subway. Italy is famous for pickpockets, so if I had not paid attention at that time, I would have been in trouble. Finally, what I did was to stare at them, like they hadn't handed in any homework for two months, and they backed off away. I guess the 'teacher's look' worked the magic!

Interviewer: If you could travel through time, when and where would you want to travel?

Ms. Brenda: Well that's an interesting question. Even if there are some points in my life that were imperfect, I don't find myself regretting them. Without these moments, I wouldn't have been who I am now. They have made who I am. I love doing what I'm doing, simply enjoying the time I have, even though there are difficulties or flaws. The only wish I have would be staying young physically.

Interviewer: What makes you want to become a teacher in the first place?

Ms. Brenda: Well, before I was a teacher, I had been a pharmacist for three years and the last job I had was at a children's hospital. Sometimes patients were there not because of their own doings but their poor family situations. I deeply believed that there were things that could be done about education to prevent that, so I took a leap of faith and quit my job as a pharmacist, to become a teacher.

Interviewer: Could you give any tips or tricks to students who want to improve their English?

Ms. Brenda: First, just stop saying your English is not good and be positive about it! A lot of students say they are poor in English, which is not true. Don't believe you're bad at English just by looking at your exam results. Try to change



by Lau Wing Him Curtis 5A,
Lo Man Chun Sunny 5A

your mindset. Getting poor results in English exams shouldn't stop you from speaking English. Escaping from speaking English won't help you be better at English. All you have to do is try your best, learn from your mistakes. Second, you have to ask yourself if you're learning English just for the sake of learning or for communication. It's because when you learn words without applying them, you won't remember them! You need to use the words and communicate and I believe all the teachers are ready to communicate in English.



by Leung Lok Hang Jeffery 5A,
Lee Tsz Choi Vincent 5A

Interview with Mr. Ng Wing Hin

Vincent: What subjects and classes do you teach?

Mr. Ng: I am currently teaching Form 1 Science, Form 2 Chemistry and Form 3 Biology classes. For Form One, I am teaching 1B and 1C. For Form Two, 2C, 2D and 2E. For Form Three, 3A, 3B, 3D and 3E.

Vincent: Oh, that's quite a lot. Why do you want to be a teacher?

Mr. Ng: Mainly because I want to share science knowledge with students. I think science education is important to all of us as it helps us think carefully and deeply. Besides, it is necessary for our daily life. If we have better science knowledge, we would have a better, safer and healthier life.

Jeffery: That's amazing. What subjects did you study in university?

Mr. Ng: I studied Chemistry in the Chinese University of Hong Kong for 8 years in total.

Vincent: May I ask for your thought about our students?

Mr. Ng: I think the students in FRCSS are kind and willing to learn. Many of them are joyful and cheerful students so they will try to make teachers feel happy during lessons. The relationship between students and teachers is great.

Jeffery: It's fantastic to hear it. Because of the pandemic, students are not able to enjoy their school life normally. Do you have any encouragement for them?

Mr. Ng: I have to say that many of our students have already done a great job on Zoom at home during the pandemic. It is not easy to have Zoom lessons as it is hard to sit properly in front of the monitor for many hours. I hope our students can endure. As soon as the pandemic ends, we will meet each other!

Jeffery: I hope so. Do you have any hobbies?

Mr. Ng: I like playing cards, specifically "Cardistry". It is used for card tricks, which means you play the cards in many different fancy ways. I also enjoy listening to classical music.

Vincent: Cool. Last but not least, are you a Christian? If yes, why did you become a Christian?

Mr. Ng: Yes, I am. I think God's salvation is miraculous and important to us. Long before we were born, he had already died for us. I was touched by Jesus as he was willing to die for us and our sins.



by Chu Lok Yi Rain 5B,
Lau Wing Kei Winnky 5B

Interview with Miss Charlize Lai

Interviewer: As an English teacher, do you think learning English is important in Hong Kong and why?

Miss Lai: It is a question that has been asked many times. English has its place in Hong Kong and in the world, so I think there are two major reasons for me to learn English.

First, I really appreciate the beauty, the culture and the meanings embedded in English. Through this language, we can understand a world which is so different from our own culture.

Second, practically, English is one of the official languages in Hong Kong. If you want to get good jobs, English is really important.

Interviewer: Yes, certainly. So do you think that it is important for us to get good results in English?

Miss Lai: Well, marks do reveal some important information. However, we cannot deny that our learning is more than just the results. English is not just a subject. As I see it, English is a tool to learn. We learn English and use English to learn.

Interviewer: As we all know, nowadays English is such an important language in Hong Kong, could you please share some ways that can help us learn English better?

Miss Lai: There are different ways to learn English in Hong Kong. The resources in Hong Kong are bountiful. When you go to the restaurant, you can read the menu and learn some words about food. Nowadays, we can even use social media to learn English and I really enjoy reading memes. Memes are really funny and enjoyable. How can a joke be packed into a single picture? If we want to learn English in a very quick way, browsing Instagram stories and reading memes can help us. There are some interesting English movies which are relatable to us. We can watch them on some streaming platforms like Netflix. When I was in secondary school, I liked watching cooking programmes hosted by famous chefs like Jamie Oliver and Gordon Ramsey. That's how I started to learn English. We need to, first of all, find something we are really keen on, for example, fashion, art and sports. You can start from there.

Interviewer: Thank you for sharing with us and your advice is extremely useful.

FRCSS Voice in Young Post

We are glad that the following students' sharing about their best friends was published in the Young Post.

My best friend is Gary. I met him in the first grade. We spend a lot of time together. For example, we play basketball every Sunday, and we always do our homework together.

Gary's grades are better than mine so he helps me with my schoolwork. In return, I play games and share food with him.

We are best friends for life!



2D Choy Tsz-wa

My best friend is Jason. I met him when I was in Primary Four. We found that we have many things in common so we became friends quickly. For example, we both play the same mobile games. We always do our homework and play together.

We were very happy when we found out that we would be studying at the same secondary school.

Although we are not in the same class anymore, we are still best friends.



2C Wong Chi-chung

Mavis is my best friend because we have been through many difficulties together. I depend on her because she's so clever. Whenever I'm feeling sad, I give her a call and she comforts me.

For example, one day, I felt bad about an exam. When she saw my long face and sad eyes, she understood immediately. She said, "Don't be sad; let's work and study together."

She is my angel and supporter because she gives me courage to do my best! She will be in my heart as we are best friends forever.



2C Lo Wai-lam

A group of friends is a necessary thing. I'm so glad to have had these friends in secondary school for three years. Some of the things we've done together include making abstract paintings, playing games, revising for exams and immediately comparing answers afterwards.

Each one of them is special. Kayi always makes a lot of noise. Karen is good at maths, and she frequently teaches us how to solve problems. Coey is funny and always tells jokes. Finally Kelly is good at art, and is devoted to drawing food. We are a very harmonious group of friends, and we all bring something to the group.



6A Monica Pong Yui-yi

My best friend is Gigi. I met her in secondary school, and my first impression of her was that she was so beautiful and kind.

We have the same interests so we became best friends. For example, we like singing and dancing. We also talk about our daily life and what has happened at school.

Once, when we were studying for a mid-term exam, we shared our revision notes. It showed how much we trust each other. I will never forget it.



2D Leong Tsz-yan

My best friend is Tom. We are in the same class and we got to know each other better when we both joined the school volleyball team.

Tom is good at maths, and I always ask him when I don't understand something. He is so clever and helpful, and he's very patient with me.

Sometimes when there's a problem with my computer, I'll go to his home and use his computer to study. He is so warm-hearted that he'll lend it to me every time!

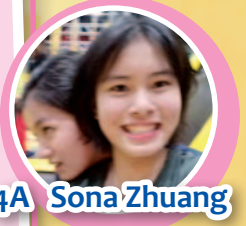
I am glad to have him as my best friend!



4A Karzon Ng

My BFF is Amber Chan and I have a lot of memorable experiences with her. For example, one day, Amber invited me to go biking in the park, but I didn't know how to ride a bike at that time.

Luckily, Amber was willing to teach me. She taught me how to balance and always encouraged me. After a while, I could ride a short distance by myself. I was so thrilled. Our relationship has since got even better.



4A Sona Zhuang

Jolin is my best friend. We always rely on each other and have been through a lot of difficult times together. A year after we met, she seriously injured her foot. She needed to wear a special boot every day to help her walk. I was very worried about her.

I spent time with her every day to make her feel better and make sure she did not get bored. Luckily, she is better now. We understand and know each other much better because of that experience, and our relationship is amazing!



4B Long Jiayu



by Liang Wai Yi, Candy 4A

I joined the English debate team near the end of the first term in 2019 just before class suspension. At the beginning, I felt confused because I did not know what I should do as a debater as everything was suspended. Yet I was determined to overcome this because English has always been a challenge for me and I want to do better. My coaches led me step by step and my teammates were very helpful in the past year. I began to adapt and learn the art of debating. It was amazing to grow from not understanding anything to knowing what is happening and contributing to our matches. Debates not only train our critical thinking but also boost my confidence in English speaking. Because of debate, I found myself thinking about different problems from various stakeholders' points of view.

Although having training and competitions online can be quite inconvenient, it is my first time, and it turned out to be a very special experience for me.



by Liu Yui Ting, Barry 4B

When I was a Form 2 student, my English was not too good. Under these circumstances, I decided to join the Debate Team in order to improve my English.

I have learnt a lot from the Debate Team. Even though I was afraid to speak English at first, now I feel more confident. I have also learnt a lot of advanced English writing skills from writing my debating scripts. Besides absorbing vocabulary and word knowledge, I have learnt a lot of other skills such as communication skills, critical thinking skills and teamwork, too. Therefore, the Debate Team has provided a golden opportunity for me to develop my abilities to the fullest.

Because of the COVID-19 outbreak, all activities including debates were suspended last year. But we did not stop learning. My fellow debaters and I joined a debate training course online in August. And we put extra effort in our online training this year. Since September last year, we have conducted our debates online and we are proud that we have won all four debates so far. We are so satisfied with our progress.

This team is like a miracle for me. It saved me from the dark pit of timidity. It helped me build my confidence and now I am not afraid of speaking English anymore. I'm proud of being a member of the Debate Team!



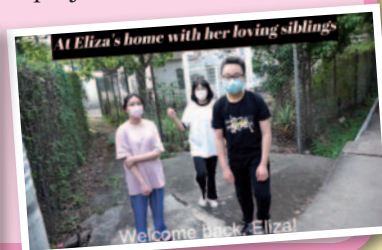
FilmIt Competition

by Ho Ying Yuen, Karli 2A

This academic year, I joined the Speech Festival, FilmIt, Time to Talk Public Speaking Competition and also online Chit Chat Group. One of the reasons why I joined so many activities is that I wanted to try something new. Moreover, I wanted to improve my English communication skills and listening skills.

Out of all these, the FilmIt Competition is the most memorable one. Making a film during the pandemic was quite challenging. We could not film during normal school hours because of social distancing regulations. We had to come back to school in small groups on a Saturday. As all our actors and actresses had to wear masks, we had to speak very loudly. Although it was difficult, I tried my best coordinating the team because I thought if other students in Hong Kong could do it, then why couldn't I? I made some new friends and we had a lot of fun making the film. I learned how to be a leader and how to communicate well with others through the project. It brought some colours into our abnormal school lives this year.

I enjoyed all these English activities very much. I expanded my vocabulary bank and acquired some writing and presentation skills. I hope I can join these competitions again next year.



Time to Talk Public Speaking Competition

by Wong Hau Yiu, Vanise 2A

It is definitely not easy to maintain our interest in learning English during the pandemic. I have less face-to-face interaction with my schoolmates. I feel lonely and have less interest in learning without the physical classroom environment.

I joined Time to Talk Public Speaking Competition in May this year. It is interesting to learn English outside the classroom and there is a lot we can do during the pandemic. For our group, the topic was on the history of Hong Kong popular culture. I learnt a lot of vocabulary items while working on this project.

On top of that, I had lots of fun doing research on the history of Cantonese pop songs. My group members and I picked a few popular songs and we shared our ideas through Zoom. It is good to know how Cantonese pop music has evolved. I am so glad that I joined this competition and met friends with similar interests!



Book Recommendations

by Mr. Sam Tang

Book Title: Where's My Stuff?:
The Ultimate Teen Organizing Guide

Author: Samantha Moss

Genre: Self-help

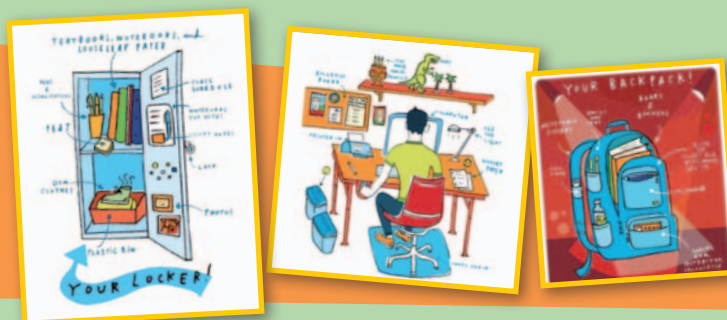
Where to find the book:
Overdrive (Hong Kong Public Library)



Do you often forget to bring your homework to school? Do you sometimes have difficulty in finding what you need in your room or your schoolbag? Do you tend to lose important things? If the answer is yes, this book will help you to make your school life easier.

This is a guide for everyone to learn how to organize their lives. The author doesn't just tell you to "be organized". She shows you step by step on how to organize your folders, your schoolbag, your locker, your desk and even your room!

From this book, you will learn how to find your things easily and stop losing important notes. In addition, this book teaches you more than being organized. You can learn how to concentrate better in class and at home when you study. If you try to follow the steps from the book, you will feel relaxed even when you have a lot of homework and school projects. On top of that, you will have more free time to do the things you truly love. If you want to say goodbye to a messy life, read this book and learn to work smart and play hard!





Designed by

S2

Chan Sze Ki
Tang Man Yu
Wong Yat Long
Chui Yan Lun
Chan Wing Yan
Zhao Wai Na

Chan Lok Sze
Yu Chi Ming
Ng Ka Wing
Chan Yeuk Lam
Cheung King Tong
Lee Shuet Yan

by

Ching Wal
Chan Tin Yan
Cao Hei Man
Woo Tsun Kit
Wang Jia Qi
Chan Chin Ching
Liu Ngo Nam
Ng Po Li
Cheung On Wing
Chan Yuk Lam
Yeung Chun Ho
Zhong Ka Wai
Chen Hoi Lee
Chak Uen Kei
Hung Tsz Ching
Chan Pui Man
Wan Chin Ying

S4 Chow Po Yee