



PO LEUNG KUK
CHOI KAI YAU SCHOOL

NEWSLETTER

ISSUE 6

Dec 2016

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Principal's Words

校長的話

感謝老師和同學們的努力，第六期的校訊又快要上網了，讓大家都從中更了解孩子的成長，校訊裏可以感受校內校外多姿多采的生活，各學社的活動，各獲獎學生的心聲，嘉賓蒞校的講座實況，八年級的新西蘭學習之旅，學校管弦樂隊和管樂隊的台灣之行，宿營的奇趣，配合節令的歡樂，更有校友的來鴻，呈現了點點滴滴的學校生活，分分秒秒的成長路。

學習是終身的事，也不是孩子一個人的事，學習要能快樂且成功，重要的是讓孩子一直保持積極向上的學習熱情，自主奮發的探究精神，決定學習成效的，不是成績，而是學習的動力，願學校，家長和孩子能攜手共學，陪伴同行，了解與支持，輔導與關愛，是最重要的養分，願大家合作，在這個多變的世代裏，成就優質的全人培育，讓每一個孩子都能發揮他的潛能，乘夢飛翔。

Thanks to the hard work of our teachers and students, CKY Newsletter (6th edition) is now online for all. It documents our robust school life from House activities, award-winning students' reflections, seminars by special guests, our Y8 New Zealand Study Tour, the Taiwan music exchange attended by our Orchestra and wind band, to overnight camps and news from our alumni, each of which tracks students' thoughts and reflections, as well as their growth and development both within and beyond school.



Learning is a lifelong pursuit and is not solely of students' individual effort. For learning to be joyful and successful, not only is it critical for students to keep up their love for knowledge and a proactive drive to inquire and learn, our understanding, support, guidance and care are also essential nutrients for students' development. It is students' passion, as opposed to academic results, that determines their success in learning. I am confident that with the close collaboration between the school, parents and students, we will continue to provide a quality, holistic education that enables each student to realize his/her potentials.

Dr. LAU, Siu-Ling
Head Principal

Features

Davy Liu School Visit

Student reflection

Teachers and their Passion

CKY House Captains



星期三的中午，六至八年級同學到演藝廳聽動畫大師Davy Liu講述自己的故事：一個在台灣台中出生，13歲去美國留學的孩子，從小被認為有學習障礙，在老師的鼓勵下，他找到了屬於自己的才能與興趣，成為迪士尼電影公司出類拔萃的一個動畫師。在動畫繪畫方面有出色才能的Davy Liu，參與了《獅子王》、《花木蘭》、《美女與野獸》等迪士尼經典電影的創作，實現了自己的夢想，取得巨大成就。

介紹完自己，台下就發出了嘖嘖的讚嘆聲，原來同學們最熟悉的迪士尼巨作就是出自站在自己面前這個動畫師之手。Davy告訴我們“每個人在這個世界都是獨一無二的。我們不該去和別人作比較，而是得學會擁抱自己，慶祝自己在社會中擁有獨一無二的特質。每個人在創造者的眼中都是一顆珍貴的鑽石。在人生旅途中必得遍嚐五味、歡樂、憂傷、希望、絕望、友情……各樣的谷底與巔峰，還有最重要的愛，如此這般，有了這些的歷練我們才能夠散發出鑽石般七彩耀眼的光芒。”每個人都有自己的特點，在成長的道路上，不用跟別人攀比，走好自己的路。俗話說：尺有所長，寸有所短。如何揚長避短堅持自己的信念，是每一個人都應該思考的。

如果每個人的一生都是一朵花，那每朵花都會有自己的花期，在不同的時期綻放自己的魅力。Davy Liu 用自己的成長經歷更好地詮釋了這句話。每個人都有自己的夢想和特長，在追求夢想的道路上，會有重重的阻礙，並不會一帆風順，但再大的障礙，也不能停下我們追求自己夢想的腳步。“你可以做到”，追求夢想，用自己的特長去實現自己的夢想，跟隨夢想，相信自己，綻放自己的美麗。

Davy Liu comes from Taiwan. He has 4 elder sisters and 1 elder brother. He loves drawing since he was a little boy. But sadly, he got “D” grades all the time. On the other hand, his brother and sisters all had perfect “A” grades.

His mum and dad told him off because of his grades and often complained “Can’t you get better grades, like your brother and sisters, Davy?” Then his mum had an idea, “Ah! Maybe you can play piano!” But this wasn’t a good idea for Davy. He learned piano for eight years but he hated it and still can’t play a single song, none.

At the age of 13, his family emigrated to America. In his school, he met an art teacher who encouraged him to draw. One day, his art teacher gave him a big piece of white paper and said, “Draw whatever you want, you can do it.” Then, he drew a Chinese dragon made up of lots of American buildings. His art teacher was delighted and surprised. She put the drawing in for a competition and it won top 20 in America!

He continued learning art in college. After graduation, he joined Walt Disney, and was the first Chinese animator that joined them. He drew characters in films like “Aladdin”, “Lion King”, “Beauty and the Beast” and “Mulan”. Later, he left Walt Disney and founded “Kendu Films”. The word “Kendu” is from “Can do” because he believes what his art teacher told him: “You can do it”.

Davy Liu’s story has a sad beginning because when he was small, his mum blamed him about his grades and he thought he had no talent. Soon, he found that life was happier because he embraced his talent, and was placed top 20 in a drawing competition in America. The President of United States even wrote a letter to congratulate him.

This is an amazing story. The most amazing thing is that Davy Liu’s art teacher has changed his life. How great his art teacher is!

This story is inspiring; I learned that in this world, everyone is good at something. Everyone has talent. Never give up on yourself. Tell yourself, “I can do it”, always believe



Students whom I do not teach may have encountered me along the corridors, asking scruffy students to make themselves more presentable for lessons. Or perhaps you may have heard me from the next classroom, as I give miscreants in my class a good tongue lashing. Those I have taught will know that I am very particular about students acting appropriately for the occasion. Many may find it hard to imagine me as anything other than the strict, cold and logical teacher that they think I

am – despite my youthful teen looks and charming, lovable demeanour. Can they believe that I have had many varied occupations in my life so far?

Will they believe that I used to be a waiter for many years? A cook in a Chinese restaurant with a wok in hand? A bartender in a pub serving pints of cold beer and flaming cocktails? Could I have possibly worked at an engineering company in Malaysia designing lampposts, or interned at an accounting firm in London?

Can people imagine me as a pastry chef preparing for the grand reopening of the Langham hotel in London, under the supervision of Michelin starred chefs? Or as the diligent assistant manager of a doctor's surgery in Blackheath telling the five doctors who worked there what medicines they were allowed to prescribe to patients? Are there any students who might find me strangely similar to the person who served them ice-cream from an ice-cream shop in Mong Kok a few years ago?

How much of the above is true, I leave for you to decide, and I shall end with asking you to listen to the theme song of Zootopia – 'Try everything'.

Mr. Kit Kar Mun

In Nature, the world is dominated by animals. Predators hunt prey and the prey try to escape. There are about two million types of animals, each one unique in its own way. I just love them!

There are lots of invertebrates and fish. Creepy-crawlies make up 95% of all animals and many are still being discovered. Fish in water cover most of all vertebrates and I am partial to the hammerhead shark.



Scaly reptiles are amazing little creatures, whether it is a crocodile or a sea turtle. They remind us of dinosaurs. Birds, big or small, conquer the skies and below them, little amphibians swim in the ponds.

Mammals are so familiar. From the biggest blue whale to the tiniest bumble bat, we are all mammals. From lions and rhinos to seals and dolphins, we are all one big family!

However, animals can become extinct. Millions of years ago, dinosaurs ruled the earth and now they're gone. This teaches us to be careful of what we do in the natural world. I really love Nature since animals are part of Nature.

If you ask me which animal to choose as my favourite, I would say the orca because it is so deadly and are the only animals that dare to fight a Great White. However, many animals are endangered and my greatest wish is to save them all.

3A Jeremy Wong

What do you love to do? Playing games? Doing sports? Singing? What I love the most is reading.

I like Kes Gray's fictions, especially the Daisy series. Daisy is a candy lover, like all children. She is a mischievous little girl but her funny acts that always make me laugh. She has lots of wonderful adventures!

Reading improves my writing skills, broadens my vocabulary, and uncovers the mysteries of the world. I feel very relaxed and cheerful when I read.

Who are your favourite authors? What are your favourite books? We should all spend time doing the things we love most.

1A Shanna Wong



If I had to choose something I love the most, I wouldn't choose a person, nor an animal or a plant. I would choose a THING. What is it? Oh, it's a normal toy, but with a lot of faces! Every time it turns its face, no matter what, it's still very colourful. It has a very special personality. It never likes to move and only speaks when changing its face.

However, sometimes it likes to show-off. It only likes to change its face when it's being used, but I like these funny habits! When I feel depressed, it comforts me. When I use it, it makes me feel successful. Oh, what a true friend! Some of its species have even more faces! My favourite has one, two, three...fifty-four faces! Yes, that's the most popular one. Have you figured it out? It's the rubiks cube! Yes, that's my best friend!

Writing has always been one of the greatest sources of joy for me. Since I was six, I began to play with my imagination, thinking up my next great adventure and picking fancy names for my characters. However, as much as I loved to create stories, I hated to handwrite. So, a friend introduced me to a solution of which I still use to this day--the Internet.

Websites worked perfectly for me. Typo? Autocorrect. Grammar? Softwares! Plus, you don't even need to waste paper and ink.

The Internet is also good for sharing. People will now be able to post pages and pages of comments. Though there are exceptions, most of them are helpful and encouraging. You can learn from your readers, and they from you.

I love plants and gardening a bit too much. In my defense, there is something both peaceful and exhilarating about the act of starting a life, and slowly watching and manipulating it as it grows up. It's way better (and much faster) than watching a human grow up. Despite my control, there's always unexpected surprises, from the discovery of a bird's nest in a pot, to the parasitic aloe that somehow spreads across half the garden. The sound of rain on the window as I measure out and count seeds is often my favorite part, if not the discovery of a bud developing in a patch of tomatoes, bearing promise of a harvest. There is a beauty in plants, from the prickly thorns of a cactus, to the diversity of mint plants, to the resilience of a weed that refuses to die off. And just spend some time around them, and you'll start to appreciate the wonder that is a plant, from how it sprouts, to how it faces the sun, to how it flowers, to how it dies. And when that happens, you chop them down and use them as compost, and now they are the basis for new generation. I love plants.

11B Joey Yau

愛

愛令人茁壯成長，愛拉近人與人之間的距離，愛令生活更美滿，愛令世界和平，愛令生命充滿希望.....愛在每個人心目中也有不同的答案，我相信愛無處不在。愛雖然平平無奇，但是卻有舉足輕重的意義。從今天開始把愛的種子散播在不同的地方。

二年級 歐陽麗雅老師

Ms Au Yeung Lai Nga

九月十五日，學校舉行了中秋節派對。其中一個項目是由一年級同學表演唱歌和跳舞。他們在余老師悉心的教導下，在台上載歌載舞，表演得生動有趣。加上歌曲的旋律優美，吸引台下觀眾一起唱和，場面非常熱鬧。

2C Lo Hau Yui Charis



I love thrilling, exhilarating activities like haunted houses, walking across suspension bridges or bungee jumping. Though many of them I have not tried before, here is one of the strangest favourite activities of mine: roller-coastering. It is a risk for many people, but I still love the thrill and adrenaline of wind through your hair and screaming your lungs out. Many times when my family and I visited amusement parks, only I had the guts to go on a rollercoaster ride. My love for rollercoasters started when we went to vacation to Singapore, where we also visited the Universal Studios. Inside were two Battlestar Galactica themed rollercoasters, named Human and Cylon. They were very scary, and Cylon, the blue one had no foot platforms and with lots of 360° twists and turns. I begged my mother to go for a ride, and the Human rollercoaster immediately became my favourite rollercoaster. Unfortunately, I never had a chance to ride Cylon, the even scarier blue rollercoaster, and it soon became an awaiting accomplishment on my bucket list. From that day onwards, my infatuation towards rollercoasters has grown a great deal, and I wish to ride as many rollercoasters as I can.

Water.

I love water, not only because it is essential to life but because of its beauty and the things it can support. The largest body of water on Earth is the sea and I love it. From swimming, sailing to diving and snowboarding, water is relaxing and yet exciting and beautiful. Water gives the sky its blue colour, the oceans too. Water is needed to support life and the sea contains an enormous amount and variety of life. Water falls from the sky, fresh and ready to drink. I try to remember the benefits of water, when I am stuck at home, because it is raining outside.

愛

如果將愛「Love」拆開來看：

L：代表 Listen ---愛就是要無條件、無偏見的，傾聽對方的需求。

O：代表 Overlook ---愛就是仁慈的對待，寬恕對方，並找出對方的優點與長處。

V：代表 Voice ---愛就是要經常表達欣賞與感激，真誠的鼓勵，悅耳的讚美。

E：代表 Effort ---愛需要不斷的努力，付出更多時間，去灌溉屬於愛的良田。

愛是生命中不可或缺的養分，就像呼吸一樣。讓我們撒下愛的種子，讓世界充滿愛。

6A Karina Kok



Mr. Owain Johns



四甲 吳藹萍老師

I love it!

I've had a long day. I have a mountain of marking to do. The bus is delayed. It starts to rain.

This day needs to end!

I drag myself into the rehearsal studio, wishing I could just go straight home instead and curl up on my bed and dream the day away.

I turn the door knob and there it is – the familiar flood of friendship, creativity and joy pours over me. The stress melts away and I am instantly so grateful and happy to be exactly where I am.

While rehearsals can be tiring and time consuming, there is no better feeling than escaping the pressures and pains of life for a moment and taking part in something that is bigger and better than all that. Being in a room with other people, all working together to create something fun and entertaining, is truly a special experience – and I love it!



Sitting in a residential common room , we heard the radio commentators announce the winning moment of Indian Cricket Team, and next thing you know everyone is jumping around and celebrating the glorious moment in most popular sport of India. My childhood was full of such stories with cricket being a center spotlight, whether it was friendly street game, school teams or the family get-together. Every evening, all the kids in our building would assemble on the rooftop to play mixed game with our own rules and cheap equipments. Gradually I developed a soft spot for this sport due to the amicable atmosphere that accompanied each game we played.



It was a childhood love, but hard to pursue in the patriarchal society so I stopped playing cricket at the age of 11. But then life had its own plan. I moved to Hong Kong in 2004 and joined the school cricket club. The Hong Kong Coach noticed me at my first league game and same year I was chosen to represent Hong Kong Cricket Team. I have travelled to many countries, playing the game that I love, made new memories with each tournament that we played and cherished new friendships that blossomed through my experience. Being part of team is exhilarating, regardless of the game outcome.

If you have passion for something, do not hesitate to follow it. Life may surprise you in the best way possible! So take that chance!

Ms. Keenu Gill

House News

Beginning of the Year



For the past 5 years, house activities have always been a part of school life that I look forward to. I have had the chance to work with many different house members from Beethoven across every year level, and the bonds and friendships I have made is unforgettable. Everyone gathers and tries their best in events, and even though we might not always win, the words of encouragement spread widely!

It is this sense of camaraderie that makes being part of the house so amazing. It is also this reason that we have progressed so much and become one of the strongest and best houses in the school. Our love and bonds are the source of our strength. This year, as the house captain of House Beethoven, I will try my best to be a great and supportive leader. I hope that everyone in the house enjoys and is proud of being a part of House Beethoven no matter what the results are. Go Green! Go Beethoven!

Crystal Leung 11B

誠社「貝多芬」，以「鷹」為記，以「誠」為本。

本社以大鷹為記號，便是取其凌雲之壯志，仿其威，學其智。鷹者，倨傲、威猛，卻又不失慎密、不失柔情；以「鷹」喻己身，便能體現我們全力以赴的態度，以及追求卓越的雄心。

與此同時，本社成員亦時刻謹記「誠」的重要性，將體育精神放在永遠的第一位。在任何比賽前後奉紀、守法，自是必然；坦誠面對結果、誠心以求改進，亦是我們所堅守的信念。

在新的一年，我們亦必將秉持這份精神，努力為誠社創下新的高峰！

Captains of Beethoven House 2016/17
11B 黃韻珈 Raisie Wong
10C 王熙樂 Harold Wong
10B 廖嫻琦 Melanie Liu

「誠」代表著熱誠和真誠，所以我以自己為誠社成員而感到無比自豪。我對誠社特別有歸屬感，因為我們多年來都能在比賽中保持一貫的風氣：公平公正地勝出，亦能有尊嚴地落敗。我們都覺得，輸贏固然重要，但相對而言，運動精神與學會如何從對手身上學習，並欣賞他們更為要緊，所以我很高興能夠作為誠社的一份子。新的一年新的開始，共勉之。

陳均頤 11C Queenie Chan

2016 - 2017 TCHAIKOVSKY

Natalie Ho
Captain of Tchaikovsky House 2016/17

As a house captain, I dedicate my time and effort into my house and I love being a part of the activities. Sometimes it may be hard asking people to join activities, but when I look at the bright smiles when we succeed, everything is priceless.

There is a saying "the sun of positivity comes out, forgetting all the stars of negativity," and this definitely describes my attitude towards Tchaikovsky House. The sunshine that is the bright smiles shines through any obstacles in the process. Once a classmate of mine came up to me during a cheerleading practice. She said, "Wow you are like a big sister and your cheerleading group is like a big family!" That made me swoon in my heart. I hope that not only the cheerleading events are successful, but also other events such as swimming. Tchaikovsky, the house of lions, is a big family, and I love all my brothers and sisters as a sister of the house.

Netis Tse, Kieron Chiu, Audrey Ching
Vice Captains of Tchaikovsky House 2016/17

加入敬社已經5年了，還記得當初剛剛加入敬社時，學長對我們愛顧有加，不厭其煩地細心教導。光陰似箭，日月如梭，轉眼間我們已成為了11年級的前輩，在這幾年內看著黃社的成長，同學之間的互相扶持，互相幫助，感到十分欣慰。正所謂「友誼第一，比賽第二」，比賽本身的意義並不是輸贏，而是在比賽中獲得珍貴的經驗和友誼，體育精神是十分重要的。

敬社，指尊敬、敬佩、敬愛、敬畏等，懂得尊敬別人是傳統的道德觀念，這些良好品格及態度是每個人應銘記於心的事情。我們不僅限於尊敬長輩，也要懂得尊重身邊每一個人，成為學校的好榜樣。

敬社是一個充滿關愛的大家庭，大家以堅毅不屈的精神去感染他人，以樂於助人的心去協助他人，以大公無私的態度去應對每一件事，把敬社上上下下每一個人團結起來，邁向成功之路！

何謂社愛？

在社中不自不覺已有五年
五年裏為敬社奔波已成習慣
五年前認為社只不過是一個
團體
五年後的我成為了社長

社愛
像友情般細水長流

像愛情般轟動壯烈
像親情般溫和融洽

球場外呼喊
球場內拼搏
與社員們一起努力
排練出極致的表演
在練習中嘻笑怒罵
在舞台上裝神弄鬼
在需要時互相扶持

認識了一班好友
期間長大並成熟

這就是
我的社愛

葉俊庭 11C
Ryan Ip

愛社是充滿熱心精神的校社。鳳凰代表愛社，因為我們如鳳凰一樣，必須經過燃燒，從失敗中成長、進步，才能重生，這亦是愛社的核心價值。

我們的團隊希望今年能帶領愛社，挑戰其他社，創造輝煌的成績。作為愛社的一份子，希望大家能夠克盡所能，為愛社在比賽中爭取勝利，創造佳績，為自己的努力而驕傲，劃上燦爛的一頁。

Christy Tang
Vice Captain of Mozart House 2016/17

今年是我第5年加入愛社，很榮幸地被推薦成為愛社隊長。過往4四年，我一直都擔任自己年級的助理，負責招攬及鼓勵自己級的同學參與比賽。今年作為隊長，我不僅負責自己級的同學，還要顧及大局，確保一切社制活動都進行得順順利利。

這當然並非容易的事。雖然愛社的成績一直也並非十分突出，但我深信憑著愛心，鼓勵和關懷，愛社能有出人意表的成就。

Kelvin Ho
Captain of Mozart House 2016/17



This academic year is the fourth and final year when I have the privilege and honor to serve Mozart House as the house captain. During these four years, the sense of belonging and desire to serve has become something unquantifiable, something that has etched deeply into my heart. Going through all the ups and downs with every member of this house has become something I am immensely grateful for and proud of. I would like to thank the school community for this opportunity.

As the house of love, Mozart strives to defend the school's core values of unity, cooperation and harmony. We seek to create a platform with which diversity is respected and teamwork is appreciated. We, as leaders, seek to embody the qualities of a phoenix and uphold the spirit of fire through passing on the fundamental qualities of love and sportsmanship, and most importantly, the commitment of doing our very best and pitching in our fullest efforts.

Ellie Fong
Captain of Mozart House 2016/17

HANDEL



HOUSE

2016

2017

#BLUEWOLVES

Lewis Ng
Vice Captain of Handel House

Spotlights are usually focused on events, but the people behind the scenes work hard. I would like to take this opportunity to praise our members who plan and organize events, as well as those who cheer for their house.

Teachers and captains are always encouraging and motivating house members to participate and create a stronger and more inclusive Handel House. They put full effort into planning before events, cheer during the process, and review after events. They may not participate in the actual events but never underestimate the effort they put in. Their hard work is the best way to show their love and support towards Handel house.

Members in Handel are active, youthful and friendly. It is always a joy to practice and participate in events with them. They cheer aloud for success, and give a pat on the back even when results do not go too well. However, not every member can participate in all the events. More of us usually watch the events, or play the role of substituting and cheering for the rest. This does not mean they are not doing anything, though. A positive, encouraging response is what participants want to hear the most. They are the building blocks for the beloved Handel house.

And never forget the members who have been working behind the scenes. Photographers, prop makers, and many more help ensure that events are so much better. The amount of time and effort they put in could be just as much as that of the participants on stage. It is tougher for members behind the stage, though, as they seldom receive the same recognition and praise however much they deserve it.

Efforts made by people mentioned above can only be motivated by their love for the house. These people, including me, make what Handel house is today. With such lovely people, I truly wish that my house can continue to strive and succeed.

Handel House is one of the best houses in CKY. It is rich in history, with a record of three consecutive years of championship. Handel was traditionally a strong team, but in recent years, we have been slumping. That is why we have formed an extraordinarily hardworking team to lead Handel House back into glory this academic year.

Mr. Louis Wong is our Head of House, and we have Tòriana Hong and Dorothy Chan as house captains. Ritz Li, Leo Lee and Lewis Ng are the vice house captains. We have set up Facebook and Whatsapp groups for each year level to facilitate communication. For the first house event, dodgeball, we had more intensive practices compared to last year, so we could be mentally and physically prepared for each match. Our art team designed our house board with great love and passion.

「台上一秒鐘，台下十年功。」社團活動成功的背後往往有一群人默默耕耘，但這些人：籌備的幕僚、道具組、打氣的觀眾，往往被人忽視。作為勤社的一份子，我想藉此機會表揚這些在幕後辛苦的人。

勤社的老師和社長未必每個活動都站在比賽場上，但是永遠都會為活動作出安排，為場上的社員打氣加油，並對活動的表現作出檢討。他們只是想為勤社出一份力，只是想建設一個更強、更活躍的勤社，所以請不要忽視他們的努力，請不要只會不斷地埋怨。

勤社社員友善並帶有活力。他們的態度令辛苦的練習變得有趣。可是不可能所有人都參與

活動，所以總會有替補和觀眾。而這些人能做的便是為其他人打氣。而這些支持絕對能鼓舞參與活動的人。

幕後的工作人員也值得所有人的尊重。拍照、道具和不同活動的幕後，你們的存在令活動變得更容易籌辦，也更精彩。幕後工作人員所付出的時間絕不比其他人士少，但他們獲得的尊重往往和付出不成比例。

這些人對勤社的愛令他們都付出了很多。這麼多人、這麼大量的時間付出，成為勤社成功的基石。我衷心希望今年勤社能夠成功。

The start of the school year has been a success and together we will strive for a better future for Handel. We definitely take pride in what we do and what we will achieve.

Dorothy Chan
Captain of Handel House 16/17

The Wharf Art Scholarship Scheme provides a maximum of 3 students with full tuition scholarships to study creative art bachelor degree programs at local or overseas tertiary institutions each year. As one of the top 18 awardees of the Wharf Hong Kong Secondary School Art Competition 2015-16, I was eligible to apply for this scholarship. The main qualities they look for in an applicant are their creative talents, passion for and determination to study art; such should be evident in their portfolio and interview.

During my time in CKY I had built up my experience and skills in art through active involvement in a wide range of art activities such as taking part in exhibitions and work shadowing the Executive Director of M+. At the same time it also enabled me to build meaningful relationships and connections with people in the art field. Regardless of your area of interest, it is imperative to plan ahead and make use of the freedom and time you have during the years of secondary school to find your passion and pursue it



Vanessa Lam during the interview



Vanessa during her interview for the scholarship



Vanessa's studio place at Goldsmiths

Not to mention it does make you a stronger applicant when it comes to university/ scholarship application!

Unlike other subjects, the location of studying art can hugely affect one's learning experience, as the learning process is not merely confined in the classroom. Receiving the scholarship has indeed lightened the financial burden on my family and completed my dream of studying in London, the ever exciting, international cultural hub. Last but not least I would like to wish the IB students all the best with their university applications and express my utmost gratitude to all the teachers who have been supporting us all these years.

(Currently studying Fine Art (Extension Degree) in Goldsmiths, University of London)

Vanessa Lam (Class of 2016)



Jolie Wong has got
the eye of the tiger

7F Jolie Wong

I like to play golf very much. I was introduced to golfing by my father, and then found myself enjoying it so I continued. You may not like golfing, or may not even know what the sport is about, but to me, it's very important. I have cried and cheered over golf, but the one thing I never did was give up. Losing in golf once does not mean you will lose repeatedly – no one can succeed without failing.

I had a competition in Deepwater Bay Golf Club just one month ago. I knew I had to win this in order to win the overall championship. After the first hole, I already lost two strokes. I was scared that I would lose, and that made me play badly on the second hole first shot. I told myself not to give up, and to think about my mistakes that I needed to change. I then performed much better. There was one more hole to go, and I was leading three strokes. In that moment, I believed that I must win, but after my opponents finished strongly I realized if I played one more stroke then I would lose. Fortunately, I putted the putt in and got first.

This taught me a lesson: don't count your chickens before they hatch! Even though winning this competition was a major moment for me, understanding mistakes and correcting them is the more important outcome. I simply love to golf, and hope everyone is also able to find their own passion in life.

Hong Kong Parliamentary Debating Tournament



The Hong Kong Parliamentary Debating Society Summer Workshop was an exhilarating one-week journey that consisted of lectures, lessons, and debating. It was split into two halves: the first four days consisted of skill acquisition and debate trainings, while the last three days consisted of an intense 9-match British Parliamentary style debating tournament. The trainings were no piece of cake - all participants were sorted and streamed into different classes based on their abilities, and then they would be drilled round the clock by master debaters, many former world champions themselves.

Hear, hear! Clement Ho debates the key issues in HK Parliament

We as a class tackled a myriad of techniques and materials: from burden of proofs, framing debates, matter grabbing, short cross clashes, to the economy of Israel, the origins of the Syrian civil war, and the political situation in the United States. The best part of it was these ideas were not inculcated by rote learning - there was almost no memorization involved, and our mentor repeatedly encouraged us to truly understand and grasp the logical processes and concepts instead of mindlessly copying notes. I, for one, am inspired and fascinated by these underlying principles that lie behind the current state of events in the world, and now look upon global issues with greater clarity and understanding. This introduction has broadened my horizon, and has allowed me to see that current affairs share a lot of similarities with the events of the past, and the literature of great people in history, for example the historians and economists, who predict the course of such events with uncanny accuracy.

The workshop sessions enhanced my critical thinking capacity, and now I see that debating is not just about arguing with one's opponents, as opposed to popular belief. Debate is about using logic and evidence to see the flaws and benefits of different paradigms, and understand different models to see how it fits into different narratives. Debate is also more than just speaking - it is also about listening to each other, and considering the words of people harbouring different opinions. This experience has not only made me a more confident speaker, I have also become a more patient, attentive and careful listener; my thought processes have also become calmer and more collected, and I understand that the forces at work in the world are not all mysterious, but more closely linked with human logic and/or their fallacies.

The debate competition was also very challenging, and there were many talented and gifted opponents who excelled in nearly every area of debating. I was extremely lucky to win this competition, and I think my success is largely due to the efforts of others instead of mine. I would like to thank firstly my partner, Eunice Li, for collaborating with me, helping me when I got stuck in a rut, and listening to my ideas even if many of them were not bright. She also helped me consolidate and formulate my ideas, and she is exceptionally kind and warm-hearted. I would also like to thank my debate team members and the peers in my class during the workshop - they were supportive and encouraging, and were never condescending or scornful even if I mucked up. And of course, my teachers, both in the tournament and workshops, as well as my coaches and debate teachers in school - where would I be without their guidance?

This tournament has also taught me to learn from my losses, and that every round I lose, there is often a lesson to be learnt. Although it can be depressing and intimidating to lose, it is more meaningful to gain from one's losses - and by losing a sufficient number of times, one will eventually reach victory. I have also met a lot of friends, who are all very thoughtful and inspiring, and I still maintain close bonds with them even up to today.

This was a memorable and meaningful experience, and I highly recommend it to anyone who is even remotely interested in participating in such a journey!

10D Clement Ho



The Hong Kong Scholarship for Excellence Scheme (HKSES)



This year four of our students were lucky enough to receive the Scholarship. Eunice Li (class of 2016) answers a few questions about the award.

When Ms Richards messaged me asking me to write an article about receiving the HKSES, my first thoughts were: how do I do this without sounding like a total show-off? Then it occurred to me that I always sound like a total show-off anyway, so here goes –

The Hong Kong Scholarship for Excellence Scheme is one that the government specifically offers to students who study abroad. It covers the tuition fees for the entirety of one's degree, on the condition that he/she comes back and works in Hong Kong for 3 years after he/she graduates (for those who study Geography, yes, this is a real life example of tied aid). Out of the 700 applicants who applied this year, 57 undergraduates and 36 postgraduates were chosen as recipients of this scholarship.

I was asked to answer three questions. Why did I receive the HKSES? Because I'm smart, likeable and good at fabricating details about myself in interviews. In my opinion, the judging criteria are centered upon how well you present yourself during the interview. I think I was able to stand out from the other two applicants in my room because I said what the interviewers wanted to hear. Tip: Prepare your

answers before the interview – make them as creative and as personal as possible. Interviewers hear cliché answers all the time. A good way to test if yours are interesting is by actually saying them out loud. If you feel uninspired by your own answers, chances are the interviewers will find them even duller. It's perfectly fine to be lively and relaxed during the interview, if anything, this gives interviewers the impression that you're confident in what you're saying. Most importantly, SMILE! When did I receive it? The interview was conducted right after I received my IB grades, and recipients were typically notified within two weeks of their interviews. The award ceremony was held in August, with Mr. CY Leung and Mr. Eddie Ng being the honorary guests (yay).

What has the HKSES enabled me to do? More money for food, musicals and travelling (which pretty much sums up my life in London).

So, for anyone who wants to study abroad, apply! There's no harm in trying; and certainly lots of benefits if you succeed. Feel free to message me if you have any questions regarding the application and interview process!



Winner : 4C



Winner : 3F

ECECE Competition (Primary)

Primary students all engage in the many language competitions and the first round of the yearlong ECECE competitions is over! Each class performed a song of their choice on stage. Y1,3 and 5 sang in English and the Y2 and Y4s sang in Chinese.

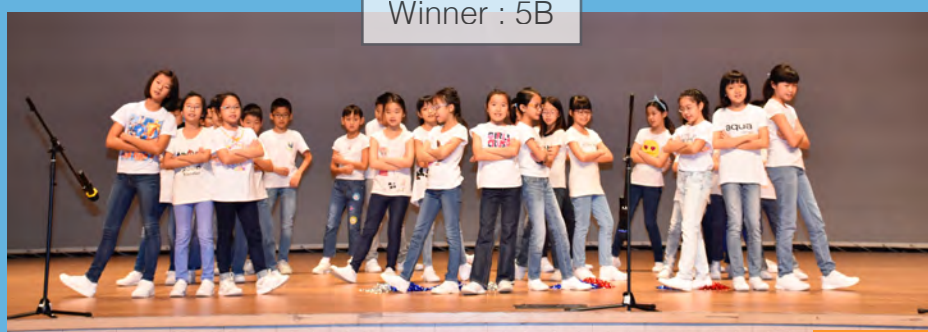
The winning classes are 1A, 2F, 3F, 4C and 5B. Congratulations!



Winner : 1A



Winner : 2F



Winner : 5B

Taiwan Chinese Elite Camp

兩岸三地中學生文藝營



臨暑假前，學校舉辦了中文菁英選拔賽，經過一番過關斬將後，我們十位同學獲得了到臺北參加第一屆「兩岸三地中學生文藝營」的通行證。出發之前，我既緊張又興奮，緊張的是我不知道自己的普通話水平夠不夠好，不知道會不會有溝通上的困難；興奮的是可以和老師同學一起參加如此有意義的活動，不僅能藉此增廣見聞，也能體驗當地的風土人情。

活動的第一天，出於生疏，同學都顯得有些安靜，氣氛有些許尷尬。但，一回生，二回熟，經過幾次交談，大家開始熟絡。歡聲笑語，四處可聞。一說起小說、散文等文學作品和創作，同學都禁不住你一言我一句的激烈討論。這令我頗為感動，因為大家除了擁有共同的話題以外，還可以從三地的同學身上吸取知識，啟發靈感，並為我們是中文的菁英，「沾沾自喜」，感到自豪。

時光飛逝，短短的三天中，令我印象最深刻的就是第三天下午許榮哲老師的故事創作課程。儘管課程被安排在午飯之後，但是許老師生動的故事與精妙的講解，卻令我們精神抖擻。如何說一個好的故事呢？許老師運用經典的故事做例子，圖文并茂地為我們解釋故事的主要元素。當他提及《唐山大地震》中人物的稱謂時，使我對這本已熟悉的書本產生了新的看法，並更加深切地瞭解到文學作文和電影中的一個更深層的境界。恍然大悟之間，我突然覺得有些慚愧，平時的我只會純粹看電影，讀文章，未能瞭解到裏面真正想表達的含義。許老師的指導，使我學會了如何從不同角度去研討一個故事，並通過幾個方面去看待同一個情景；這樣才能真正體會到作者想表達的信息。實際上，在生活中，微不足道的細節中總是隱藏着重要的信息，精深地閱讀和品味，可將其拓展成一個更具體的畫面。例如：一片落葉，可能表面上代表秋天，但其更深層的含義可能指的是一件事物的消逝，或時間的流逝；一個線索可以連接整個故事，甚至整個故事都是圍繞著同一個線索發展的，而故事的博大精深之處，不得不讓人感嘆。

三天的文藝營令人回味無窮，而從中學到的許多新知識更令我們意猶未盡。特別感謝劉校長和老師們提供給予我們十位同學如此寶貴的機會，令我們可以一睹兩岸三地同學的風采。希望下一次可以再有機會參加這類的活動，也希望下一年文藝營可以在我們學校舉行，讓我們也盡一盡地主之誼。總括來說，這一個文藝營，正如王主任所言：我們兩岸三地的學生都以熱情與交流譜寫了一首獨一無二的夏日之歌。



走上文藝之路

——記2016年兩岸三地中學生文藝營有感

俯仰之間，我眼簾前那些拔地而起的寫字樓、住宅、那密密麻麻的工廠大廈，那喧嚷聒噪的交通車輛，竟然變成了矮矮的小家宅與大大小小的店鋪。早晨有林園大道的襯托，給人一種清新的感覺，夜裡有大招牌的流光溢彩，給人一種蓬勃的感覺。對，我們十位同學隨着老師一起來到了臺北，到臺灣靜心中小學，參與兩岸三地中學生文藝營。在此，我們走上文藝之路……

記得作家劉克襄曾在講座裏說：「如要讓人印象深刻，就必定說一個故事，有了情節的話兒就是文學。」這確實沒錯，因為臺北最美的一條街——青田七六街建著一棟棟充滿故事的老房子，而那些故事，仍縈繞於我心。足立仁教授曾居住在哪儿，創造了洋和式建築。房屋裏都遺留了他多年以來致力研究土壤微生物的點點滴滴。噢，那個身材魁梧、說話帶著濃厚的北方口音、穿著深藍色長袍的又是誰呢？他就是馬廷英教授。走進書齋，我彷彿看到他的身影，忙碌地紀錄著不同時期珊瑚成長的狀況來判斷古赤道位置。他屢戰屢敗地嘗試證明地球外殼整體滑動的新理論，「將上下而求索」，他那追求真理的執著值得我們學習。

之後，我們就走在汀洲路上，再到紀州庵去。汀洲路曾叫萬新鐵路，也是詩人余光中寫《記憶像鐵軌一樣長》的靈感。一邊漫步著，眼前就飄過了一段段、一段段的故事來——麵包樹是梁實秋與妻子的最愛。兩人一直形影不離，可是一次，妻子被一個倒下來的梯子砸到，因傷勢過重而逝世。這一切對梁實秋來說實在是來得太突然。遠望「雅舍」的麵包樹，就宛如見到他站在樹下回憶亡妻，潸然淚下。到了紀州庵，看到大榕樹和榻榻米，就想起了王文興《家變》的故事來……來到青田七六看到的一切，就猶如小說家張大春在講座裏曾說過的「現實中的虛構」。

說起「文藝」，有「文」就必有「藝」。臺灣師大的行政大樓遠望上去平平無奇。可是，有了導遊的指導，才發

現師大的建築藝術別具一格。大樓的牆磚玫瑰色，模仿英國維多利亞時期的建築特色。特別的是，每個磚上有十八四十九凸，精緻高雅，摸上去就像是紀錄著校園從日治時期到現在經歷的一點一滴。再仰望，大樓的窗口下每一層都刻著不同的圖案：第一層有「草」，第二層有「花」，第三層有「實」。我恍然大悟，原來校園是藉著如此的設計來象徵百尺竿頭，更上一層樓的意思呢！其實，藝術在我們生活之中四周皆是，只要我們放緩步伐，細心留意、觀察身邊的一切，就會發現藝術近在眉睫，說不定還會為我們生活中添加一點色彩呢！

作家徐國能在講座裏與我們談了古今中外的飲饌文化，從古時懷想的滋味到現在的消費文化。有關於吃的話題，大家都聽得比較入神。當中，徐先生曾提到白先勇《臺北人》的京滬小菜。還記得，白先勇先生曾在《臺北人》的〈金大班的最後一夜〉以一個著名鬧區為背景，而剛好那一天晚上，我們就來到那個鬧區——西門町。那裏「華燈四起……冒起了炊煙；鍋鏟聲、油爆聲、夾著一陣陣斷續的人語喧笑，一直洋溢到街上來」，說起來有一點像香港的旺角區或廟街。在臺北的幾天內，我很高興能夠品嚐到那裡的地道美食，感受到他們的飲食文化。這包括牛肉麵、雞排、珍珠奶茶，還有馬英九愛吃的青島菜肉包……

這次令我印象最深刻的講座是導演陳玉珊演講的「影像與文學」，因為「電影」這題材與眾不同，而且她監製或導演的幾部電視劇或電影我都曾看過，因此對她的講座特別感興趣。再加上，她會透過簡報裏的電影片子來向我們介紹製作電影的過程以及音效在影片中的重要性，與學生互動，令講座的氣氛熱烈。我也挺喜歡許榮哲的講座，他不但幽默談諧，還透過不同的故事或電影設置各種兩難的情況，讓學生在危急與矛盾之處動動腦筋。

文學就是對人觀察力的考驗。作家宇文正的講題是「從生活發現文學」，從真

實人生的故事才能打動人心。最令我印象深刻的就是她的散文〈上學去哪裡尋找冰塊〉。宇文正孩提時希望看到冰塊從固體變成液體那剎間的變化，可是怎樣也抓不到那剎間。後來成年後，才發現：

「世上許多許多事情，愛情的消逝、各式各樣狂熱之消逝。也是看不到那個瞬間，你只會感覺到涼氣，慢慢看到了堅硬的固態已化為水滴，漸漸地消融……」

宇文正老師藉著冰塊，從小見大，從一個冰塊感嘆時間如「雪盡馬蹄輕」，因此我們必定珍惜每一刻。尤其是在現代的消費文化以及發達科技中，我們除了享受、嚮往，更需要領悟到時間的寶貴，珍惜我們所擁有的一切。無論是童年，是親情，是機會等等，我們務必珍視。

白駒過隙，我們已走到了此行文藝之路的終點。離開臺北那天，毛毛細雨歡送著我們。再回頭一看，臺北就消失在那朦朦朧朧的雨霧中。這次，我感到非常榮幸能夠參加此次交流文藝營，增強了我對文學的興趣。我感激靜心國民中小學的款待，也感激三地的校長、主任以及老師們周到的照顧和細緻的安排，不僅邀請了多位著名的作家和導演，讓我們大開眼界，還為我們改一篇又一篇的作文，作出指導及評論。同時，我要感謝作者張大春、劉克襄、徐國能、宇文正、許榮哲以及導演陳玉珊。他們在百忙之中抽空為我們做講座，還設計了各種各樣的講題，真的是辛苦了。最後，我要感謝三地同學們的照顧以及支持，與他們交流讓我獲益良多，從他們的筆下學到了更多寫作的技巧，從他們的口中領悟到當地的文化。我也希望在這次交流後會與臺北和山東濟南的同學們保持聯絡，繼續交流。

10D Christy Sit 薛曉藍



Mr Yim Ho's entrepreneurial experience

4th October 2016

On 4th October 2016, Mr Yim Ho (嚴浩), an acclaimed Hong Kong based movie director turned healthcare entrepreneur visited our school. In dialogue with Ms Yuen, one of our teachers, Mr Yim candidly shared his business and life experiences with our Business Studies and Economics students.

What makes it interesting is that Mr Yim is a wearer of many hats; movie director, inquirer, entrepreneur and writer, each with a completely different perspective. He has written ten healthcare books and made ten movies to date. On a personal level, Mr Yim is a faithful advocate of Hippocrates' philosophy "Let thy Food be thy Medicine". His business, WeHerbHK (食療主義), is built upon educating the general public about the therapeutic value of the food we eat (食療), the way we live and the way with which we deal with the vicissitudes in life.

Mr Yim's business success was born out of necessity and curiosity. As a child, he was often ill. From childhood, he has always been wondering about ways to achieve a state of wellbeing. Over the years, he has accumulated a wealth of knowledge. He took action to share his knowledge through writing in national newspapers and a personal blog which was eventually developed into a website. His many followers have noticed remarkable health improvement after adopting his Budwig

Diet. This created a huge local demand for high quality natural cottage cheese and flaxseed oil, the key ingredients in the protocol. He started to import and sell these two products on his website. Eventually the business grew large enough to support a retail presence in Jordan.

At WeHerbHK, he works collaboratively with his business partner, who looks after the day to day running of the business, whilst his role is one of knowledge, product and business development. He travels around the world to inquire and learn about new healthcare regimes and products. He insists on testing the products personally before stocking them.

An excellent orator aside, Mr Yim was also personable. He answered many interesting questions from us. On the subject about how to lose weight using therapeutic methods, he said that it is important to sleep and wake up early; maintain a balanced diet and if possible avoid too much sugar and fat intake. He also said he always wears a scarf because he believes that the nape of the neck is like a "window" and it is important that this area is kept warm at all times. Another question was about how he dealt with negative criticism when he first began his business. He said others' thoughts and opinions were not important

to him, and he only focused on constructive criticism.

We, as Business and Economics students, were very honoured to have Mr. Yim share his experience as a successful entrepreneur and life philosopher in general. We all had a splendid time and were inspired by him. We pledge to persevere through challenges and be risk takers in our daily life going forward.



Victoria Sln
9A



Caden Li
9E

「究竟音樂交流之旅是怎樣的？」「不知台灣靜心學校的樂隊水平如何呢？」不同疑問在腦子裡盤旋着，不知不覺，我已走到香港機場。從機場的斜路就見，登記處聚集着我們的團友。顯然不同的是，大家沒有以往的那份悠閒，手忙腳亂的家長、老師、同學都忙着「照顧」各自的樂器，包氣泡紙，入紙箱……大家對台灣音樂交流之旅特別鄭重其事。

到埗不久，我們便到了靜心學校為第二天的演出作綵排。甫進入校園，景色優美，大片的運動場更是令人心曠神怡。可惜未能細細欣賞，我們已匆匆忙忙抓緊練習去了。也許是旅程的折騰，大家似乎都累了。即使指揮依舊熱情洋溢，但是我們都顯得沒精打采，有點敷衍了事。直至，看到靜心同學上台，他們的全神貫注，他們的一絲不苟，頓時令台下觀看的我們精神振奮了起來。這時，我抬頭仰望懸掛在臺簾的一句話：「靜學修品氣滿志，迎曦展翅華耀心。」是啊，心懷謙遜，胸懷滿志地刻苦學習，才能迎著晨曦，在廣闊的藍天裡展翅飛翔，是為榮耀。

嘉賓陸續入席，正式表演即將開始了。雖然觀眾不多，但時間一分一秒過去，我的心仍是緊張萬分。首先登場的是靜心中學的管樂隊，令人眼前一亮的是，他們的歌曲十分激昂，帶來十分震撼的效果。單簧管的靈巧，長笛的婉巧，雙簧管的突出，大號的穩重，小號的壯麗聲綫和敲擊樂的規律在臺上編織成一首優美的樂章。臺下的我們十分仰慕他們的音樂才華，因為他們每一個部分都演繹得十分細緻，十分優美。兩首樂曲表演完畢，便輪到我們學校的管樂隊登場。經過兩日的排練，我們管樂隊已經將三首樂曲奏得滾瓜爛

熟，因此，我們自信滿滿地走到臺上。

掌聲響起，管樂團指揮鄭老師到臺前鞠躬，表演正式開始。雖然這是我們第一次出外演出，但是我們的表演仍然表現非凡。全場響起一片掌聲，我們一眾同學的努力總算沒有白費。接著就到靜心中學的管弦樂隊表演。他們帶來兩首以森林作為主題的樂曲，讓各位觀眾猶如置身於大自然的擁抱之中。他們對歌曲十分熟能生巧，令我們眼前一亮，小提琴和大提琴的優美旋律更在我們的腦袋中久久不能揮去。最終上台的是我們學校的管弦樂隊，我們為全場帶來最有名的《哈利波特》和《悲慘世界》選曲。這兩首曲子水準也十分高，熟悉的段子也在禮堂中迴響。此次演出取得空前的成功，連負責指揮的何博士都讚歎這是我們最出色的一場演奏。

表演完畢，我們幸得機會和靜心的同學們交流。一開始尷尬的氛圍隨著對彼此的好奇而漸漸煙銷雲散。從他們口中得知，樂團一個星期練習八個小時，是整整八個小時！我們連聲嘖嘆，也不禁為疏於練習的自己感到自慚形穢。的確，努力換來的成果是無可限量的。

此次交流團真的是十分有意義而有價值。我們十分榮幸受到靜心學校的熱烈歡迎，並受邀出席他們的音樂會和校慶，他們的音樂實在是令我們大開眼界。這次的音樂交流旅行，不僅拓寬了我們的音樂視野，也增添我們團友之間的友誼。這將增加我們的默契，對於往後的練習和演奏有所裨益，我們有信心未來一定可以奏出更多令人動人的音樂。



© Paul Yuen



On Halloween weekend, more than a hundred students from the school orchestra and wind band, including myself, travelled to Taiwan on a music exchange tour. Although the duration of the tour was merely 3 days, my encounters during the trip have left a profound impact on my musicianship and have also enriched my personality.

First and foremost, the performance of Prokofiev's Romeo and Juliet by the Chingshin Middle School Orchestra taught me the importance of passion in music. Albeit the common criticism that music taught in Asian countries over-emphasized the importance of technique and neglected the significance of musicality, their indulgence in the piece acted as a bridge that enabled us to communicate through the universal language of music and convey the essence of the composition to the audience. Every player from their orchestra was completely immersed in the music, with their enjoyment of the music radiating through the rich tonality of the orchestra. To improve as a soloist and also an orchestra player, we must learn to utilize zeal in our playing to emulate the emotions the composer has tried to convey through the piece and touch the hearts of the audience.

In addition, the musical exchange has allowed me to understand the pivotal role of both musical discipline and personal discipline in the success of an orchestra. An orchestra is just like a machine; it must require all parts to work together harmoniously to produce an immaculate execution of the piece. One slight mistake or incongruous playing has the potential of ruining the entire piece. To reduce this possibility, we must listen to the different instruments and parts across the stage and correspond to their tonality and interpretation of the articulation of the piece. Another aspect of musical discipline I witnessed from the Chingshin orchestra was their bowing. Not one string had lopsided bowing, nor did anyone misuse any part of the bow; the execution was clinical and precise. Compared to our orchestra, in which most members focus on only the overall sounding of a composition, I realized the importance of coordinating and communicating with our section members, as we desire to play as a group, not as individuals. Additionally, hearing that the Chingshin orchestra practices 9 hours a week, left me in awe at how much hard work they put in to achieving such a high level of playing; this has inspired me to practice more and at the same time pay attention to more detail on articulation, phrasing and tone when practicing.



Angus Lau
11C

In all, my first music exchange tour has really widened my horizons. By engaging in musical activities outside of Hong Kong, I have been exposed to the different levels and interpretations of music of the world. It has also allowed me to reflect upon my musicianship and aim for higher achievements. Despite this being a gradual process, it would no doubt be a worthwhile process in the future, spurring myself to reach new heights in my music making.

Picnic Day

十月二十八日是學校旅行的大日子。整個小學部的同學、家長和老師們一同前往新界錦田鄉村俱樂部旅行。當天天氣晴朗，天空蔚藍一片，驕陽似火，同學們懷著期待的心情迎接這一天。在一起拍完合照後，各班分頭在草地上玩起了集體遊戲，你追我逐，笑聲不斷。集體遊戲之後，大家自由活動：有的同學在樹下津津有味地享用野餐；有的在草地上拋球玩耍；有的在燒烤場呼朋引伴，交換美食；有的騎著單車在俱樂部裡兜圈……大家玩得不亦樂乎。

——四戊 陳穎臻



ACTIVITY DAY

9C JOVIA LEUNG

Activity day has always been a highlight of the school year. It is an opportunity for us to simply relax and have fun with our friends, and to get away from all the school work and tests. My class went to Cafeteria Beach for a barbeque and to hang around at the beach. It was my first time there so I was quite excited about it. Although the weather wasn't particularly nice as the sky was rather dark and it seemed like it wanted to rain, it was definitely still a memorable day.

We didn't do enough planning on what we were going to do, hence all we had was a Frisbee and a beach ball. We played some class games on the beach and had quite a lot of fun, despite that the frisbee was accidentally thrown out to the sea! We weren't very familiar with each other due to the new class arrangement and our different IGCSE options, but we mingled well and got to know each other a little more after the games. It was a fantastic day that took us away from all the essays and homework, and it was one of the few times when we had a chance to spend quality time

生活就像一隻旋轉的陀螺，人們不斷地忙碌中轉動着。無論學生，還是老師，都渴望能擁有一段可以嬉戲和放鬆的時間。十一月的活動日，正正就讓我們能夠暫時放下生活的壓力和煩惱，在歡笑中度過美好的時光。

每個班級的班會早在一個月前就開始討論和籌備活動日，這對於蔡繼有的學生來說，是頗具意義，也是難以忘懷的共同回憶。活動日由學生全力策劃，自己安排。尤記得一開始討論的時候，同學提議的各式各樣的活動——被寫上黑板，不夠五分鐘，黑板已經被白色的粉筆迅速填滿。那

段時間，茶餘飯後的話題，也離不開即將到來的活動日。可見，同學們是多麼期待活動日的到來啊！於是，全校活動日的地點也就四處散開，從做淺水灣沙灘、大美督，到室內遊戲場，甚至連刺激的長沙灣野戰場也有。有的班級自行活動，也有的班級結伴同行。

今年秋天，對於我們而言，是充滿趣味的秋天。師生們的歡笑聲聲，囁囁細語，電話和相機的快門聲，交織成了一首快樂的交響曲，縈繞我們的心頭。

9B MARIA MAK

The activity day is an event that everyone looks forward to. It is not only a good way to take a break from our studies and enjoy ourselves, but a great opportunity for us to get to know our classmates better. It is a great opportunity to socialize with each other, and just simply have fun.

My class went to Repulse Bay this year, which allowed us to do some outdoor activities. We played several games together, including capture the flag and dodge ball. These games were not just entertaining, but they also helped build teamwork and develop our leadership skills. During the games, we had to depend on each other and work together as a team in order to win and achieve a common goal.

7A BRYAN HO



Jane, Kelly and I strolled around and saw a few boys digging a hole, and they invited us to join them. The six of us worked hard and soon the hole was big and deep enough for one of us to sit in without showing our head out of the hole. We dug the hole like a dog, getting into the hole to push sand out of it, or sitting at the side of the hole and used a metal stick to dig deeper into the hole. We also scooped out sand with our hands and passed it to the person beside us to dispose of it.

Lunch passed quickly as I stuffed a slice of pizza into my mouth, and we soon started working again. Many people of our class joined in. Boys started to run on the inside of the circle and tried not to fall. Girls were chatting beside the hole. Even tourists from China became curious and looked on. But the second best view, after the hole, was Jade. She asked people to bury her with sand, leaving only her head uncovered. She did breast strokes after her arms drilled out of the thick layer of sand. She was called The Sea Turtle That Was Laying Eggs.

I really like our Activity Day this year. The "hole project" gave us an opportunity to work together and trust each other. Jade's remarkable feat also gave us a good laugh and we really enjoyed the time with our classmates. I learned that we do not have to play video games to be happy. Even digging a hole or pretending to be a sea turtle can fill us with joy. I hope I can come to Stanley with this class again.

7A SARAH SIU

9F CLASS PIC



Our class management team tried very hard to make our Activity Day a memorable one. Each of us contributed to make this work, and the result is obvious, we succeeded! We were happy that we did activities that we all found fun and entertaining. The management team members were delighted to see everyone wearing a smile on their face, contributing to the organized activities with excitement and joy. We are really thankful for being in a class and doing everything together.

CHRISTOPHER CHIN

This year's activity day was rather special for all of us since our class organized a "Running Man" based activity. We split ourselves into 3 teams; Red, Blue and Yellow, and also custom made team shirts and our individual name tags. In addition, we designed a complete set of games including quests, missions, and ripping name tags. Although it may not seem like much to others, it meant so much to the people in our class. We bonded and got to know each other better, and in just a few short hours, we treated each other as if we had known each other for years. This year's Activity Day marks the start of all the great time we will have as a class in the coming 2 years, and hopefully, this class will remain strong together.

CHER LEE



It has been a long time since I experienced such unity within a form class. This year's Activity Day has given us yet another opportunity to become more

9F ACTIVITY DAY SHARING

為了這次的活動日，我們班的同學以"Running Man"為參考設計了一系列適合全體同學參與的遊戲。我們還請家長幫忙，於淘寶網購買了專用衣服。作為一次全班總動員，每個人都積極踴躍參與、花盡心思活動，大家都感到非常滿足。而每一個參與組織活動的人，都對同學們的喜愛感到非常高興和自豪。

其實，在組織和籌劃的過程中，我們也遇到了很多困難——物資準備、時間安排、分工計劃……所以這次的活動不但培養了我們的組織能力及耐性，更加強了我們的團體精神。

活動日當天，從遊戲中我們可以看得出每一位同學內在的一面，大家在每個任務中都很投入。其中一個任務——公主/王子的躲避球比賽，大家都絞盡腦汁想好策略，希望可以獲勝。而任務很需要大家的團結精神，而且反應也要很快，需時時留意著身邊的人的動態。集體活動中，我們分享了很多個人的經驗，令我們對對方更加熟悉。而在最特別的撕名牌環節中，我們學到了其實有些時候勝利並不是最重要的，懂得去謙讓別人才是最重要的。

除了玩"Running Man"，我們也一起為九月到十一月份生日的同學慶祝了一番。王老師和班長秘密策劃了這次生日驚喜，並買了兩個蛋糕。第一次和全班同學一起慶祝生日，分享喜悅，讓我們的距離更近了，也令我們更加期待今後一起度過的學習生活！

(黃奕澄Audrey Wong、黃熙晴Chelsea Wong、劉欣

united than ever. We began planning the activities and our special costumes one and a half months before that day! E v e r y b o d y contributed in different ways in order to gain the best from this special day. Each person

suggested game plans and offered their thoughts and ideas, and eventually we all came up with some extremely wonderful Activity Day plans.

The best part of the day must be the midnight 'around the table' chat when we all sat around the living room as if we were at a bonfire camp. Each of us talked about ourselves and our feelings, and discussed school life then and now too.

When we all come together and share our most honest thoughts with each other, it feels like we are a big family and here is home, and I'm so proud to be one of them.

JUSTIN YAM

New Zealand

In a blink of an eye, we have already returned to school from the beautiful country of New Zealand for two whole weeks. For this memorable and absolutely spectacular trip, there are two things that I would like to highlight: my homestay and school experience, which I will be sharing with you all below.



I absolutely enjoyed the unique experience of living with a local family and it was definitely the best highlight of my amazing stay in New Zealand. The homestay family was extremely nice and welcoming, especially the owner Ross who cared for us like his own children and fulfilled all our needs. We interacted a lot with each other as we chatted together at the dinner table after our healthy meals. Ross was also very open to sharing his views on the current affairs in HK and we definitely had a great time. Furthermore, the family was extremely passionate in providing us with the best experience. They always asked for our opinions before making any decisions and coped with our needs, and we noticed that they had repainted the bedroom walls just to give us a more pleasant and tidy room. I am extremely grateful that my homestay family did so much for us to make our stay more memorable.

The two young daughters of Ross are also extremely adorable and it was enjoyable to play with them every day when we got back home from school. Unlike living in Hong Kong, we didn't have to do a pile of homework in New Zealand. We could ride bikes, jump on the trampoline and simply

play around the house all night. We didn't have to worry about completing assignments and meeting deadlines, instead we had much more time to enjoy life and explore new things, which made us more creative.

During our stay in New Zealand, besides having a wonderful time with our homestay families, we also had 4 full days of school at Murrays Bay Intermediate. This experience was particularly special to me because the style of teaching in New Zealand is so different to that in Hong Kong, which greatly surprised me. The first surprise was that the school was almost entirely digitalized. For all lessons, all assignments and resources were available on students' tablets instead of worksheets and textbooks, while teachers introduced new knowledge through the Google classroom. Besides, students were allowed a lot of freedom, for example, working outside their classroom on the grass ramp, working under their forts built for fun, and walking around the campus barefoot, which I have observed as a New Zealand trend.



I think that giving the students freedom is definitely beneficial and will help them become more innovative, but without rules and regulations, learning could be ineffective. I observed during the four days of school that some students freely played games or surfed on media during lessons and hence were making no progress on their "personal programs". Hence, if I were to solve this issue, I would give students the freedom they want to have, but at the same time strictly enforce rules on electronics and behavior or discipline so

that they could really get the work done as soon as possible.

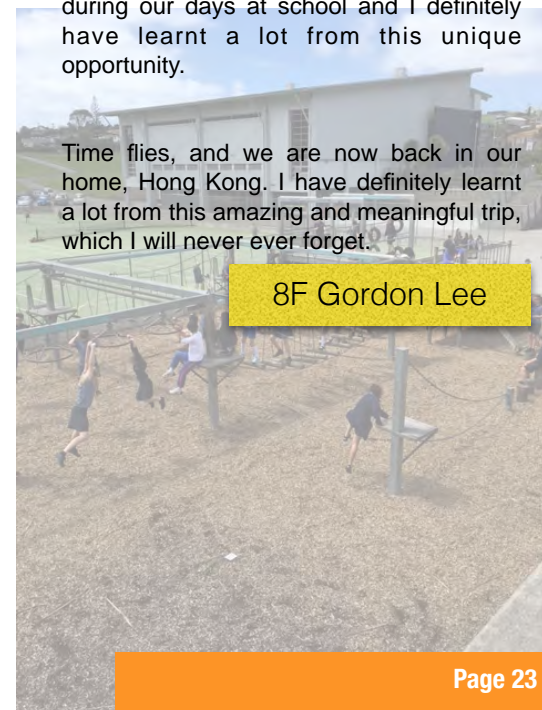
In terms of lessons, the New Zealand students also have a wide range of subjects which are not the same as those



of our school. There are also interesting programs that provide students with more practical tasks. I think that the students really have no stress at all since they have no homework every day and can do whatever they want when they get back home at three o'clock, one hour earlier than our secondary section. This allows them to really explore their interest and find new things to do every day, making their lives fruitful and fun. In conclusion, it really was quite a pleasant experience during our days at school and I definitely have learnt a lot from this unique opportunity.

Time flies, and we are now back in our home, Hong Kong. I have definitely learnt a lot from this amazing and meaningful trip, which I will never ever forget.

8F Gordon Lee





The New Zealand study tour was a wonderful and unique experience, and went by very quickly. Since we are currently the only year group to have gone to New Zealand for the study tour, it makes it all the more special. Not only did we get to visit a variety of attractions, such as the Agordome Farm and the Te Puia Maori Village, we also got to experience school life and home life in New Zealand as we were allocated homestay families for our accommodation. This allowed us to better understand New Zealand and the day-to-day lives of people there, as we were temporarily residents too.

8F Melissa Sung

During this trip, we also attained new knowledge on various subjects. From visiting the Auckland War Museum, we learnt about the roles New Zealand had in various wars. Our trips to the Kelly Tarleton Aquarium and the Auckland Zoo were also great experiences for us to

learn about animals both native and foreign to New Zealand. This trip has also allowed us to gain a more in-depth understanding of our visiting destination than in prior study tours.

Within the array of attractions, I enjoyed visiting the Waitomo Glowworm caves and the

Hobbiton movie set in Matamata the most. They were quite unique experiences, and not something you could easily see elsewhere, particularly in Hong Kong. The Waitomo Glowworm caves especially are one of the more well-known and popular natural attractions on Earth.





Overnight Camp



宿營活動日的夜間行走

黑漆漆的夜空下，有誰，敢在那險峻山路上獨自行走？有誰，敢像那些雜技演員在鋼絲上走動？還有誰，知道在無人島上做竹木筏，學習如何求生？在這次的宿營活動日，我們八年級挑戰了自己，“執行”了一項項不可能完成的任務。

在這三樣任務當中，最困難的當然是在漆黑的夜空下“冒險”了。我們在這過程中，學會了如何信任伙伴，攜手完成任務。還記得，剛吃完晚餐，夜幕已降臨，我們都懷著一顆既緊張，又興奮的心情：要知道，我們完全沒嘗試過晚上在山中行走。這次的夜行，對我，對同學，真的是一種莫大的挑戰！

我們兩兩成對，走到靜寂的山中。只有一盞小燈在頭上，為我們照明。不一會兒，導師派了一副眼罩給每一組，他竟讓我們

兩人中的其中一位組員戴上眼罩，另一組員須依靠隊友的牽扶，在黑夜中摸索。我和我的組員面面相覷，之後，我不得不戴上了眼罩。一瞬間，那小燈的微光突然滅了，我組員的臉也消失得無影無蹤。我只能感到她輕輕地攙著我，只能聽見一個個踩踏在山路上的腳步聲……

我的組員告訴我：“我們要出發咯！”踏上那條幽暗的小路，我能感到枯葉在腳下作響，我能聽見組員的叮嚀：小心，這裏有個小坑！我們兩人之前不曾相識，她對我說的“溫馨提示”我也不知道是不是真的。畢竟，我倆就好像“陌生人”，誰知道她會不會給我來個“惡作劇”呢？有時，我真想取下我的眼罩，看看周圍的環境，可是，規則畢竟是規則。不過，沒過多久，我漸漸地信任她，因為她的聲音，猶如一股特殊的

暖流，十分的溫柔，可又十分地堅定、真誠。我們在漆黑的山路上艱前行，途中遇到不少障礙物，她都一一叮囑。甚至當我們要走樓梯時，她也放慢了腳步，還在我耳邊細語：“慢慢來，慢慢來……”當我們終於到達目的地時，她蒼白的臉在手電筒的照明下格外明顯，可見剛才她是多麼緊張啊。但從她淡定的叮嚀中，又聽不出一絲的害怕。

在這次夜行中，我十分有感觸，這一縷真誠之光，讓我體悟了信任是何等重要。在這複雜的社會中，彼此的信任，交付的真誠，將拉近了人與人的距離。

8B 麥天諾 Telia Mak



九月十五日，學校舉行了中秋節派對。其中一個項目是由一年級的同學表演唱歌和跳舞。他們在余老師悉心的教導下，在台上載歌載舞，表演得生動有趣。加上歌曲的旋律優美，吸引台下觀眾一起唱和，場面非常熱鬧。

2C Lo Hau Yui Charis



Primary Section

Halloween Party

On Monday, 31st October, all the Year 1 and 2 students in Choi Kai Yau School had a Halloween Party. Most of us wore scary costumes and we all had fun. My classmates and I wore costumes but some classmates didn't wear any costumes and I was pretending as a witch. After lunch, Miss Law told us that we could go to the auditorium, we were so, so excited! In the auditorium, Miss Lam came out of stage and she was also wearing a costume which was like a guy carrying her on his shoulders. Then, Zoe and Cedric were picked to go on stage for the costume catwalk. Zoe won a prize for her costume. After the activities in the auditorium, we went back to the classroom. We made a craft, which was a pumpkin. It couldn't hold any candies. We all got some candies from Miss Law. We had a lot of candies after trick or treating with other classes. I ate 6 pieces of candies at home.

I like the Halloween party because the day was f with fun and I want to do it again.

Cherry Lam



On 31st of October 2016, all Y1 and Y2 students went to the auditorium after lunch. Why? It's the Halloween Party!! There was the students' fashion show and teachers' fashion show. We dressed up in different costumes and I dressed up as "Super Quintin". All teachers were the winners, and the prize was some snacks. Then we made a paper pumpkin. Lastly, it was time for trick or treating!! We ran along the 1st floor searching for candies!! I felt excited and happy because I got so many candies!!

1B Quintin Chau



Alumni News

In Discussion with

曾子浩 JASON TSANG



2013年7月，我畢業了，成為CKY第一屆的畢業生。走進，走出大學校園，短短三年，充實中帶着匆忙。如果我沒有記錯，已有一段時間沒有到訪母校，好久沒有與校長和老師聚舊一下。然而，從沒想過，當我再次踏入CKY這個校園時，竟是以工作的名義參與學校圖書館翻新工程的會議。真沒想到，我亦有份負責參與設計，為母校圖書館的改建出一分力。無可否認，能夠將在CKY和大學所學到的知識，以及過往許多老師對我的栽培——回饋給學校，我想這是一種緣份吧。當然，那天我並不是以學生的身份回到學校，而是以一個建築實習生的身份為學校工作。作為一名在CKY讀了12年的學生，居然在機緣巧合下為舊校做事，那種充滿期待，又帶點驚喜的感覺，真是微妙得難以言喻。

回想過去，這所學校發掘了我畫畫的藝術天份，驅使我在大學選修建築系這一科，並在「設計」的範疇繼續發展。我想CKY不但給予學生充足的教學資源，她更為學生提供一個無壓力的、舒適的學習環境，從而令我對設計產生濃厚的興趣。一踏入社會，就開始懷念以前在校園的生活點滴，因為CKY這個地方的確為我留下很多寶貴的經歷和回憶。話說回來，以前讀書時就渴望早一點出來社會工作，可是當我出來工作後，才體悟自己讀書時身在福中不知福，能無拘無束地享受輕鬆學習和與同學相處的時光，是多麼的珍貴。

縱使踏入社會將會面對各種挑戰和困難，但是我認為這只不過是我踏入了人生的另一個必經階段，所以我希望自己未來幾年繼續進修，學習各種與建築相關的專業知識，並希望有機會接觸各種不同類型的建築工程，甚至可以親自設計一幢實實在在的建築物。

Having spent two years in the UK, I am currently sitting in my small but cosy dorm room in the United States, where I am spending my Exchange Year. Faced with a seemingly never-ending to-do list (this short article being a part of it, thank you, Mr Chin, for your constant reminders), I have kindly been asked to stop in my tracks, lift my head up from the rushing currents of life as a student, and look back at my time thus far in University.

I have come to the realization that I have done more than I think I have since leaving CKY and Hong Kong. As much as I loved spending my adolescence in the bustling city, it has always been a bubble – a comfort zone waiting to be stretched and expanded. That to me, is precisely what University is about. Having done it twice now, I can vouch that travelling halfway across the world to an unfamiliar place on your own is daunting, but there is a sense of relief as soon as you realize that everyone else is in the exact same boat. And gradually these strangers become friends, and together you will juggle all the possibilities of life as an undergrad.

I have personally been part of my University's Tennis Team, taken up consultancy projects for the consulting society, travelled England and Europe, worked as a waiter during term-time and interned over the summer, now a writer for UPenn's cinema initiative, among other shenanigans with friends. Opportunities sprout at every corner, and through taking them you meet such a diverse group of fascinating people, some of whom you will grow to love, some of whom not so much, but through that you discover who you are as an individual. Just to show how diverse campus can be, one of my good friends is Belgian-Filipino, grew up in Thailand, speaks with an American accent, and has seven sisters.

University life is really what you make it. Freedom can be a delicate thing – you have the power to do whatever you want to do, no questions asked – but as Uncle Ben puts it so poignantly, With Great Power Comes Great Responsibility - you, and you alone, are accountable for every decision you make. Having said that, you should never be pressured into being who you are not. There may be a stereotypical University/College lifestyle spouted especially in the media, but that is by no means the only lifestyle on campus. Whether your interest is in academics, sports, music, film, acting, dancing, chess, writing, programming, video gaming, wine tasting, cooking, travelling, volunteering, getting chronic hangovers every other day, or any combination of the above and other things, there is always a place for you



and people like you on campus. The number of times I have walked out of my building and seen groups of people battling Pokémon cards speaks volumes to that.

University is not for everyone, and university abroad even more so. For those of you going to University, my best (and most cliché) advice is to truly be yourself, and to do so through experimentation, doing new things, meeting new people, and finding out what and who you like. To study hard and learn is important, but to live a fulfilling student life is invaluable. No matter how you do that or even decide what that entails, University should be the best years of your lives yet.

(Shameless plug, check out my writing elsewhere: <http://pennmoviegoer.com/writer/WinstonWu>)

KAREN NGAI

class of '13



Here's a photo of me and a few of my friends who do English and Communications with me.

Dear fellow CKY students,

For anyone who has no idea who I might be, I was, too, a student here at CKY. Just like you, just three years ago.

Being back in the comforts of home after being away for quite a while, I am constantly reminded of not only my roots but also how far I have come along since leaving CKY. During my final year in school, the inevitable advice that gets repeated almost too often was: 'It will get easier once you get into University', and to be fair that is what I tell my own brother who is now just a few months shy from graduating himself. I thought 'easier' meant fewer lessons, therefore less work and consequently more time to sleep, it isn't until shortly after graduating university that I understood what they mean by this.

I have to admit that I have never been busier in the past three years, while only a mere 30% of it was work-related, I spend a lot of time socialising, learning and growing, all to which contributed to my incredible university experience. So what was my university experience like?

I studied English and Communications and Media Studies at the University of Liverpool, in other words, half of my course focuses on English Literature and the other half does bits of everything (from film to law to business).



From left to right, first to second to third year in our respective flats and houses.



So what was my university experience like?

I studied English and Communications and Media Studies at the University of Liverpool, in other words, half of my course focuses on English Literature and the other half does bits of everything (from film to law to business).

While the hours of lessons vary between different courses, mine were only 8 to 9 hours a week, and any other time I would be in the library reading. You will be given the most innovative and updated articles on the topics that will be discussed in lectures. Since (hopefully) these subjects are what you are interested in, you will find like-minded people who share the same appreciation for the subject and will surprise yourself with how much depth you can go into a certain topic in intellectual discussions. This is rather similar to the group discussion you do in school, so you will be no stranger to sharing your opinions. You will make new discoveries but also get inspired by your course mates and lecturers, some will even become close friends beyond the lecture halls.

Beyond the academic side of university, there are many other elements that make it a unique experience. I joined various societies, just like how CKY encouraged us to. Some of the societies I have participated in include the Hong Kong Society, the Malaysian society and the tennis society; these allow you to develop a great network of friends (so many that you will realise that remembering everyone's names is impossible). One of my proudest achievements was being the secretary of the UofL Dance Society, together with 9 other fabulous girls we not only hosted the very first dance competition for my university, involving 600 dancers from 30 British universities, we also raised money as well as awareness for mental health and for people with learning disabilities (MENCAP) throughout the year. These societies are great for you to go out of your comfort zone and try new hobbies or to extend your interests and share your skills with other students.



On the left is our competition squad at Loughborough's dance competition two years ago, and on the right our Jazz team at Manchester for yet another dance competition.

Amongst some of the things that CKY has taught us, one habit I try to keep close to my heart is the art of giving back. Appreciating how fortunate I am, I dedicate some of my time helping asylum seekers by offering them English lessons, I have also worked with the White Chapel to support the homeless people in Liverpool, distributing second-hand goods and hosting free breakfast stands. Although my contribution is only little, it always reminds me of home and how I was brought up, by our school and my family.

I cannot end a summary of my three years of university without mentioning the amazing people I have shared a flat or a house with. My flat mates in first year were the ones who first exposed me to the British culture, constantly correcting my American terms - 'fries' to 'chips'; 'pants' to 'trousers' and 'candy' to 'sweets' to name a few. Being in a foreign country, they were all extremely welcoming and encouraged me to share my Chinese heritage with them. Second year was when I moved into a house with a few friends I met in my halls, having never shared a house with boys before, you will soon learn that they are not as messy as you think. With your own house, it comes with responsibilities and independence, something my parents did not think I was capable of and was surprised to learn that I now hold these qualities. As for my final year, I lived in a house of 5 girls. As one might expect, we do have cosy night ins with strawberries dipped in chocolate, but what I loved most was having the daily reminder that we look and are amazing despite wearing mismatched socks and having a hairstyle that resembles a birds nest.

This is my experience at university, I spent a lot of time and effort making it as incredible as it turned out to be. The work you have to do for university might at times be even tougher than the work you are doing for IB, however university IS easier because you will WANT to do all these things and will be inspired by the people surrounding you. CKY will have prepared you all well enough for what is to come and for the first time in 12 years you can apply what you have learnt in school to this new chapter. Don't be afraid to go for absolutely everything.

Yours Sincerely,
Karen