



# Lilium

Tradition since 1923

Issue 4 September 2022



# Principal's message

## ♥ Home Sweet Home ♥

'There's no place like home,' said Dorothy in the 1929 classic film, *The Wizard of Oz* as she clicked her heels and hoped for the return to the comforts of her sweet home and her beloved Auntie Em and Uncle Henry.

It reminds me of the fond memories of learning in school, which is also known as students' second home. School is furnished with countless learning opportunities to help students learn new skills, broaden their horizons and gradually develop students' confidence with teachers' endless support and guidance.



In *Lilium #4*, we see lots of confident and happy faces who find learning satisfying in school despite the lost learning time during the pandemic. Learning takes place every day on the bi-literate and tri-lingual campus, in which a love of reading is promoted. Technology shrinks the physical boundaries and facilitates the running of Speech Festival and inter-school competitions, such as debating, public speaking, radio drama competitions, etc.

This sweet home does provide a language-rich environment to nurture students' versatility, thanks to our devoted and creative teachers who always consider quality learning opportunities a top priority. That's why students' laughter is around the corner. I hope you enjoy reading the magazine which includes abundant love and care nurtured at home.

**Sandy Hui**  
**PRINCIPAL**



# The 'biliterate and trilingual' projects on campus

## Quotes by famous people about life and success

If you need some inspiration to help you shoot for the stars, you should not miss the quotes by famous people. Take a look at the posters in the classrooms, the quotes will surely reinvigorate your drive to pursue your passions and chase your dreams.

<p>也許你會犯錯，但最重要是不放棄，不斷嘗試，你就能夠向前！ You might make mistakes. However, you will be able to move forward if you don't give up and keep trying.</p> <p>何詩蓀 Siobhán Haughey 東京奧運女子100米自由泳及200米自由泳銀牌得主 Tokyo Olympics Women's 100-metre &amp; 200-metre Freestyle Swimming Silver medalist</p> 	<p>壓力不是壞事，懂得將壓力變為動力，才合乎體育精神。 張家朗 東京奧運男子花劍個人賽金牌得主 東京奧運男子花劍個人賽金牌得主</p> <p>Stress isn't a bad thing; turning stress into strength is what I see as sportsmanship. Edgar Cheung Ka Long Tokyo Olympics Men's Individual Foil Fencing Gold Medalist</p> 	<p>「不是人人都可以作轟轟烈烈的事，但我們可以懷着大愛做無數的小事。」 “In this life, we cannot always do great things. But we can do small things with GREAT LOVE.”</p>  <p>Mother Teresa The Nobel Peace Prize Winner 特蕾莎修女 諾貝爾和平獎得獎者</p>
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## Cross-curricular collaboration

To support students' learning and enhance their learning experiences across different subject areas, the English Department and the Chinese Department jointly conducted an activity for S.4 students to write a news commentary on the topic of housing problems after they had discussed it in their Chinese lessons. Let's check out one of our students' work below.

### How to ease the problem of subdivided flats in Hong Kong?

4A Chan Lok Ching

The problem of subdivided flats in Hong Kong has always been the talk of the town. In the following parts, I would like to suggest three things which the government could do to solve it.

First and foremost, housing shortage has always been a major problem in Hong Kong. In order to solve this fundamental problem, I think the government should actively carry out the work of reclamation and development of artificial islands, which can definitely increase the supply of public housing and reduce the severity of the surge in subdivided flats.

Next, at present, there are still many vacant large-scale pieces of land in Hong Kong. Since these places are all vacant, the government should acquire these old districts, not only for building private buildings, but also building public housing in order to reduce the average waiting time for a public housing flat.

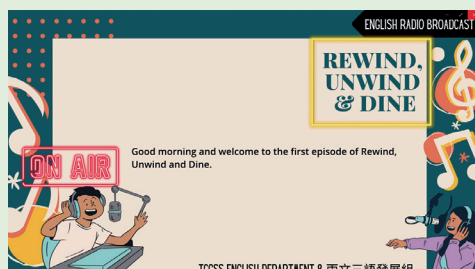
Last but not least, the existing public housing estates in old districts are relatively small and the number of occupants is not large. The government can rebuild existing old housing estates and increase the number of units per floor so that more people can live in them.



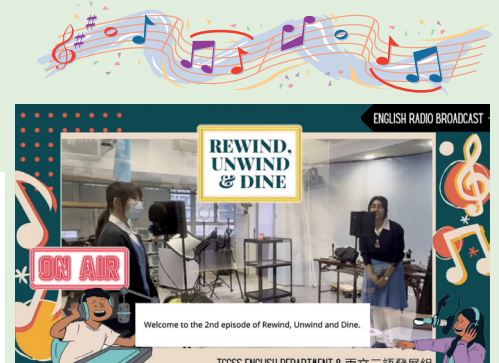
## Rewind, Unwind and Dine

If you are looking for some music to cheer yourself up or if you wish to catch up with the latest news of the school, why not tune in to our English radio broadcast, "Rewind, Unwind and Dine", hosted by our students?

Rewind, Unwind and Dine — Episode 1



Rewind, Unwind and Dine — Episode 2



# Reading Month Activities

The inter-disciplinary learning committee has invited four keynote speakers to share their valuable life experience with our students. It has also organized a virtual tour and a book sharing event to promote reading.

## Seminars

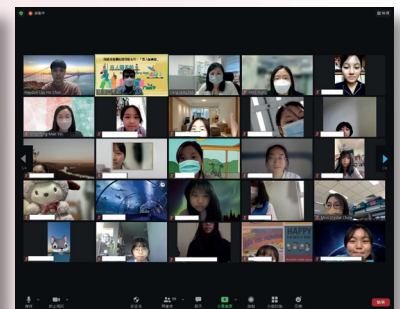
We are honored to have Mr. Ho Wing Ip share with us his unusual and spine-tingling experience of having spent 13 days ascending 8,844 meters to the apex of the Himalayas. He talked about how he overcame acute mountain sickness and all other equally difficult challenges. Through his sharing, Mr Ho shed light on the importance of determination and perseverance.



Our teacher Ms. Hau Wai Sin shared the book *Islamic Happiness* written by the Japanese writer Fujiyo Tsunemi. Ms Hau borrowed Tsunemi's experience of living and working in an Islamic country, as well as her views on religions, cultures, human rights, etc. to share with students the importance of understanding one another regardless of ethnicity, race, social-economic status, and gender.



Mr. Hayden Lau Ho Chun, a student of Sports Science at the Education University of Hong Kong and a current Year 3 student from the Hong Kong Baptist University, brought the concept of human library from Denmark to our school and shared his arsenal of study techniques, and how his selection of elective subjects affected his path towards studying in universities. The talk was conducted online via Zoom but the advice was hands-on and with no loss of practicality.



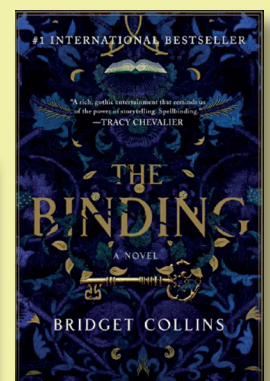
## Virtual Campus Tour

A virtual campus tour was presented in the form of PowerPoint slides, showcasing the newly installed window film decorations and the handpicked quotes from the most notable figures in various fields of studies. The quotes are thought-provoking and serve to leave a permanent impression on guiding students to be successful.



## Book Sharing

In the book sharing event, students demonstrate not only their passion in reading, but also their tech-savvy skills in producing high quality videos. Through the beautiful graphics and voice-over in English, Cantonese, or Putonghua, they share a piece of reading joy with our students.



# English Debating

In spite of a slow start under the pandemic, the English debate team finished the year with a bang! They defeated two formidable opponents to win the Term 2 Championship. Unfazed by the complexity of the motions, the team members, 5C Chu Tsz Ching, 4B Qadeer Imaan and 5A Pecky Zheng Pei Qi, found winning arguments for 'Smokers should be denied access to public healthcare' and 'All advertising should be banned during entertainment content aimed at children.'

For their performance, the adjudicators praised the debaters for their 'strong delivery...' and '...effective use of evidence...'

The team is grateful for the guidance of Mr. Au, Mr. Wu, Miss Zoe So, and 3C Aruj Hafsa for her assistance in moderating the debates.

'What's so exciting about debating is arguing the motion. We exchanged ideas from different perspectives. Although sometimes the motions could be confusing and difficult, with everyone's support, I got through those hard times.'



4B Qadeer Imaan, the Best Speaker winner



5A Zheng Pei Qi, the newest team member

'The experience of debating is beyond my imagination. It helped me to broaden my lexical resources and improve my self-confidence in speaking.'



5C Chu Tsz Ching, the Best Speaker winner

'This meaningful experience gave me great memories and advantages for my future.'



Debating in COVID times



The winning team in action



3C Aruj Hafsa kept the debates running smoothly

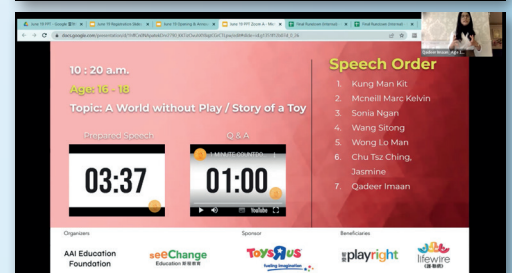
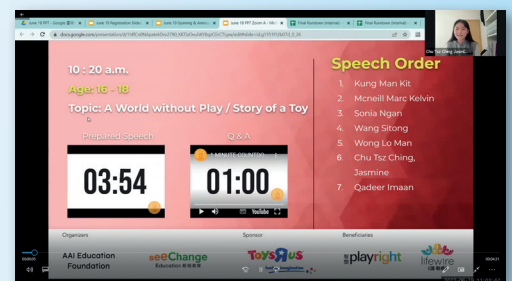
Besides, three debaters had a great experience participating in the AIM Club English Public Speaking Competition 2022.

Name	Preliminary Result	Finals Result
Chu Tsz Ching, Jasmine	Merit	N/A
Leung Wing Lam	Merit	N/A
Qadeer Imaan	Distinction	Best Speaker Award - 2nd Runner-up

To view their performance, please scan the QR code or click the link below.



<https://bit.ly/3lztvtv>



# English Drama Exposure

## S.2 Drama Curriculum

Our school is committed to providing students with a language-rich environment in which students can develop a love of English and a strong ability in using the language through a wide variety of meaningful language experiences inside and outside the classroom.

This year, our S.2 drama programme aims at arousing students' interest in learning English, increasing their English exposure and enhancing their learning experience through conducting drama learning activities. Our English teachers prepared our students for a short play based on the selected chapters of an English reader – Little Women. 9 drama lessons have been conducted for all S.2 classes.

Lesson	Content
Lesson 1 18/11/2021	<b>Script Writing 1:</b> Students were first introduced to the play, <i>Little Women</i> and learned to analyze and summarize the plot.
Lesson 2 6/12/2021	<b>Script Writing 2:</b> Students learned about different characters from the story. They also learned about stage direction, creating dialogues and reading their script aloud in their groups.
Lesson 3 17/5/2022	<b>Actress training 1:</b> Students learned to project their voice and articulate words from the script. They also learned to express emotions in their performance.
Lesson 4 26/5/2022	<b>Actress training 2:</b> Students learned about body movement and basic blockings.
Lesson 5 14/6/2022	<b>ONSITE Rehearsal 1:</b> Students had a chance to walk through all the scenes in the School Hall and learned more about the criteria of inter-class drama competition.
Lesson 6 30/6/2022	<b>ONSITE Rehearsal 2 (Run Through):</b> Students prepared for the drama performance. They recited the script and had the props, setting, costumes, sound and light etc. ready.
Lessons 7 & 8 9-10/8/2022	<b>Dress Rehearsals:</b> Students refined each scene of their performance, including acting, blocking and technical operations.
Lesson 9 <b>SHOW DAY</b> 11/8/2022	<b>Drama Performance: Inter-class Competition:</b> S.2 students performed on stage. All the audience cheered for the great success of the drama performance.



## 'Speak Up – Act Out!' Improvised English Drama Competition 2021-2022

In June, our English Drama Team had a radio drama performance. The school teams shared what they had learned from their experience in the competition. Students had to prepare a drama about two of the three stimuli (scarf, motorbike and drill) and performed it between 4 and 5 minutes. Our team work and achievement are summarized as follows:

- ✧ Title: Travelling with an Inventor
- ✧ Theme: Time travelling & Technology, Inspiration
- ✧ Setting: Time travelling from 2022 to 1862 in the United States
- ✧ Problem/conflict: Scarlett, Jane and Alice had a car accident and they travelled to 1862 in the US. They couldn't return to 2022 as the motorbike was broken.
- ✧ Award: 3<sup>rd</sup> Prize
- ✧ Awardees:  
5A Tam Pui Yi,  
5A Tse Chui Yee,  
5B Chu Tsz Ching,  
4D Khan Urash



## The 14<sup>th</sup> English Radio Drama Competition 2022

This year, a team of our students, 3C Nadeem Ridha, 3C Samavia, 3E Choy Ka Yu, 3E Chan Kei Ching and 3E Yang Suying, has been a part of the 14<sup>th</sup> English Radio Drama Competition 2022. With their dedication to this competition, they have beaten over 100 teams and successfully entered the semi final. Well Done!!

With the aid of technology, it was a rewarding and innovative learning experience for students to learn more about artistic expression in English. Most importantly, students enjoyed the learning process of performing a drama, and gained a great sense of achievement in learning English.



# 73<sup>rd</sup> English Speech Festival

Over 70 of our schoolmates competed in the 73<sup>rd</sup> English Speech Festival. They had their Solo Verse performance on poems about the regenerative power of Nature, the ironic promise of the end of summer, the annoying habit of a teenager who cannot finish anything, the fondness for a library and lost love; they shared their view in their public speaking speeches. Our girls managed to apply their understanding and feelings to deliver their speeches, and their effort paid off. Let's congratulate the following students who won recognition for their efforts.



Winner	Award	Category
4B Qadeer Imaan	2 <sup>nd</sup> Place	Solo Verse
4B Qadeer Imaan	3 <sup>rd</sup> Place	Public Speaking
2E Bano Muntaha	2 <sup>nd</sup> Place	Solo Verse

'Understanding the poem is the most important. I didn't simply recite the lines, I also showed appreciation for the poem. I was delighted with the second place. It gave me a new image of myself.'

'I must sincerely thank my English teacher who rooted for me throughout this journey. I remember practicing till 7pm and she was there supporting me. This competition boosted my confidence in speaking with gestures and emotions. It will always be memorable for me.'

'I was surprised when I won the second place! I didn't think my performance was good enough because the other contestants were really good and fluent. This year, I had to record my performance at home. I chose the best recording and sent it for the competition.'

Here are some of the award winning performances:





Winner	Award	Category
IA Lo Wan Yin	2 <sup>nd</sup> Place	Solo Verse



IC Pau Yik Gi	2 <sup>nd</sup> Place	Solo Verse
IB Mahmood Asba	Merit	Solo Verse
IC Kwan Wing Tsang	Merit	Solo Verse
IE Khan Faria	Merit	Solo Verse
2B Jan Mishaal	Merit	Solo Verse
2B Kaniz-Fatima	Merit	Solo Verse
2B Sidra Qurban	Merit	Solo Verse
2C Chen Shiqian	Merit	Solo Verse
2C Ghale Suhanni	Merit	Solo Verse
2D Cheung Hoi Yan Heidi	Merit	Solo Verse
2D Li Hei Tung Tasia	Merit	Solo Verse
2D Naaz Ansa	Merit	Solo Verse
2E Lui Pui Yin	Merit	Solo Verse
2E Man Ngai Shuen	Merit	Solo Verse
2E Tam Nga Chi	Merit	Solo Verse
3B Kashaf Noor	Merit	Solo Verse
3C Aruj Hafsa	Merit	Solo Verse
3C Khan Arsheya	Merit	Solo Verse
3C Nadeem Ridha	Merit	Solo Verse
3C Samavia	Merit	Solo Verse
3D Ho Yoshino	Merit	Solo Verse

Winner	Award	Category
3D Pfarr Angelina	Merit	Solo Verse
3D Poon Cheuk Ki	Merit	Solo Verse
3E Chan Kei Ching	Merit	Solo Verse
3E Li Tin Oi	Merit	Solo Verse
4A Cha Hui Ying	Merit	Solo Verse
4A Chan Lok Ching	Merit	Solo Verse
4A Fung Oi Lam Genevieve	Merit	Solo Verse
4A Lau Cheuk Wing	Merit	Solo Verse
4A Naaz Bisma	Merit	Solo Verse
4A Tang Ching Yan	Merit	Solo Verse
4A Tsui Bing Yu	Merit	Solo Verse
4A Wong Hei Tung Bonni	Merit	Solo Verse
4A Yung Tak Yu	Merit	Solo Verse
4B Chan Wai Yan	Merit	Solo Verse
4B Lam Chi Wing	Merit	Solo Verse
4B Lam Hoi Kei	Merit	Solo Verse
4B Mak Ngai Ping	Merit	Solo Verse
4B Ng Tsz Kwan	Merit	Solo Verse
4D Khan Urash	Merit	Solo Verse
4D Lee Sze Ting	Merit	Solo Verse
4D Shazadi Meshal	Merit	Solo Verse
4D Tsoi Ting Ting	Merit	Solo Verse
4D Yeung Man Lee	Merit	Solo Verse
5A Tse Chui Yee	Merit	Solo Verse
5C Chan Kwun Chi	Merit	Solo Verse
5C Li Nga Sze	Merit	Solo Verse
5D Alina Ejaz	Merit	Solo Verse
5E Li Tsz Yan	Merit	Solo Verse
5E Ng Hoi Lam	Merit	Solo Verse

# "Good People Good Deeds" Writing Competition and Film Appreciation Event

The Good People Good Deeds Writing Competition was held on 2<sup>nd</sup> April 2022. It is a competition that vice never has a place; it's a competition about virtues, acts of kindness, and about happiness on both the giving and receiving ends. Students plunged in with their great stories.



	Junior Division	Senior Division
Winner	3C Nadeem Ridha	5A Bibi Sundus
First Runner-up	3C Samavia	5A Yu Xintong
Second Runner-up	—	4D Khan Urash

3C Nadeem Ridha  
from the junior division wrote:

"One freezing night, as she was walking on the street, Brielle saw a homeless teenager with pale and fragile skin in torn clothes shivering uncontrollably. Brielle went over to the boy with a warm, giving heart and, without any hesitation, gave him her own jacket and her hat, some food and money. The teenager was in tears and thanked Brielle for everything she gave him."



5A Bibi Sundus  
from the senior division wrote:

"Near the gas station, a teen girl caught my attention. She had long ginger hair tied in a ponytail, her hair shimmering in the sunlight. She hid behind the cashier with her head tucked in her laps, crying. I felt sympathetic from a distance, but not knowing how to show it. I was a stranger and I couldn't just go and talk to her. I hesitated but decided to do something as I couldn't bear the sight anymore. I plucked up my courage, walked over to her and said, "Excuse me?"



## How would you have acted in those situations? Would you have done the same?

The winners of the competition were rewarded with a movie ticket to *Fantastic Beasts: The Secrets of Dumbledore* on 16<sup>th</sup> May 2022 not only for their storytelling skills but also for the flair of their writing. They all enjoyed the movie no less than the writing per se. Here are their thoughts and ideas about their favorite characters in the movie, coupled with a display of the uncanny drawing skills.

### 5A Yu Xintong:

"My favorite character is Newt Scamander. He always travels around and studies weird magical creatures. I think he is a caring, patient, and very affectionate man."



### 4A Lau Cheuk Wing:

"Dumbledore is brave in fighting Grindelwald, who he used to love. His wisdom and calmness in managing the fight was the greatest life lesson for us."



Draw your favourite scene from the film.



### 4B Qadeer Imaan:

"My favorite character is Newt Scamander. It was astonishing of him to help his brother Theseus Scamander and other people. He was serious and very inspiring."

### 3C Samavia:

"Queenie is my favorite character because her acting is touching and she is beautiful."

### 4A Wong Lee Man:

"My favorite character is Dumbledore. He was the most capable of all people and had a kind heart and helped protect the world."

### 3C Nadeem Ridha:

"Albus Dumbledore is the master of wizardry. He never misused or bragged about it. Instead, he used it to help his teammates to thwart Grindelwald's plan. He never got disappointed or angry when his teammates failed a mission. He stood with them and gave them support and encouragement."

### 5A Suen Hiu Ching Britany:

"I remember Teddy most vividly because when Pickett was falling, Teddy leapt in the air and caught the coins instead of Pickett. That's hilarious and unexpected."

### 5D Alina Ejaz:

"My favorite character was Jacob Kowalski. He was a brilliant actor. Also, he was very humorous. He made the audience laugh very hard."

### 5A Bibi Sundus:

"Out of all the characters, the one that stood out for me is definitely Jacob Kowalski. Despite being a muggle with no extraordinary powers, he was willing to give a helping hand to those in need even if they were complete strangers. His generosity is what I like most about him."



# Information Day

## English Room & English Café Activities

On Info Day, the English Room and English Café joined forces to introduce prospective students and parents to some of the English activities at the school. The theme was Christmas.



"My job was to run games in front of the English Room on that day. In the beginning, some visiting students showed less interest in playing because they did not know the answers to the games. I had to help many of them to get the answers. After they saw that the games were actually not difficult, many more students came and even won prizes. Suddenly, the games became popular. It was fun to help younger students. I am glad many of them enjoyed our games in the end."

2E Bano Muntaha



The English Café was festively decorated and the student ambassadors served delicious coffee, cocoa drinks and snacks. In and outside the English Room, games and craft activities were set up for the visiting students to enjoy. They completed 'Christmas puzzles', tried to solve 'Christmas riddles' and tested their manual dexterity in making origami Christmas ornaments. Those who were successful won a coupon for a beverage at the English Café. To further enhance the festival atmosphere, our NETs mingled with the guests and engaged them in cheerful conversations. It was an exciting day for all!



*“Although I was confident about making drinks in the English Café, I was nervous at first about serving them to the guests. I have never done it before. I was afraid that I might drop a cup or a snack. Luckily, Ms. Chow and the other helpers gave me a lot of support and made it easy to do it. The guests were nice and thanked me for serving them. I learned that I am good at serving people.”*

**2E Wu Xuewan**



# VP Interviews

**3**E Chan Kei Ching, 5C Chu Tsz Ching and 3C Ridha Nadeem interviewed three former teachers who have taken on new roles as Vice Principals: Ms Carol Chung, Ms Lui Mei Yue and Mr Chan Kam Kong. Let's get to know them.

## Ms Carol Chung



Ms Carol Chung, Vice Principal in Teaching and Learning

### May I ask what your official title is as a VP?

I'm the Vice Principal in charge of learning and teaching.

### Could you please briefly describe your work?

I am responsible for things related to teaching and learning inside and outside of the school. For example, in order to keep up students' learning performance, I often work with teachers to devise strategies that can help students learn better, such as curriculum implementation, assessment arrangement, etc. I also need to establish communication with different stakeholders, such as parents, external organizations, Education Bureau, etc.

### What is the most exciting part of your work?

Communication is the most exciting part of my job. I like talking with people with different opinions, discussing and setting goals together. I often need to talk to different people, sharing vision and mission, discussing strategies and goals.

### What is the most challenging part of your work?

We can't expect everything to be plain sailing. For example, when we make policies, it is not possible to be perfect. Sometimes we will get discouraged by the unexpected results, but we need to be mature enough to handle the challenges calmly, reflect on what went wrong and set new goals accordingly. I'm sure this philosophy applies to a lot of different situations.



### After a long busy day, what do you do to relax?

I enjoy being with my family, especially with my children. They are small and sweet. I don't want to miss out on their lives despite my hectic schedule. That's why I cherish my time with them after finishing my work at school. I also have other hobbies. I like to stay healthy, mentally and physically. I spend about 15 minutes at night exercising, with my favourite music. I enjoy this moment because I feel focused and calm.

### Lastly, what important message would you give to our students?

Tack Ching girls should learn to set clear goals for themselves, understand what they need and what they want to achieve in these 6 years. It can be friendship, knowledge, experience, skills, etc. I hope students learn to embrace challenges ahead.

Students should open their eyes and explore the world. Life is full of colours. Life is full of excitement. Life has lots of different layers. Studying is just a part of it. So, students should be aware of things and people around them. We are living in a different era now. Knowledge itself is never enough. Having skills such as how to get along with people, how to overcome hardship and challenges, is also important.

Last but not least, students need to review and reset their goals every year. By doing this, you can gradually be shaped to be a better person.

## Ms Lui Mei Yue

### Can you please tell us briefly about your work?

My work is related to the personal development of students. Through various school programmes and activities, we hope to develop students into virtuous and educated citizens. We also hope to instill the values of our sponsoring body, the Sisters of Precious Blood: sacrifice, reconciliation and walk with the weak, in our students. By participating in different activities, students can learn to love others. We believe every student has her own potential. We aim to provide a well-rounded education so that everyone can discover and realize her potential to the fullest in the moral, intellectual, physical, social, aesthetic and spiritual domains.

### Can you give us some examples of activities you have organized?

If you remember, we had a special holiday in March due to the severity of the pandemic. During that time, we organized an event to show gratitude to the people who devoted a lot of effort to protect us from COVID-19. Also, we asked our teachers to cheer on our S6 students, who were under great pressure because of the HKDSE exam.

### What is the most exciting part of your work?

The most exciting part is that I get to work on my mission. Ever since secondary school, I have wanted to be a teacher because I think working in an office and doing routine work is too boring. To be a teacher you need to have a sense of mission. Working on my mission makes my life and every day exciting.



Ms Lui Mei Yue, Vice Principal in Students' Development

### What is the most challenging part of your work?

As I mentioned a while ago, my job is to help students to grow, discover their own potential and unleash their talents. I find that some Tack Ching students do not have much confidence in themselves. So, I think the most challenging part is to get students to realize and believe

in their talents. Once they believe in themselves, they will be brave enough to fulfill their potential.

### What important message would you like to send to our classmates?

Since I had gained tremendous help from my teachers and my secondary school life was a very important stage of my life, I really want to contribute to Tack Ching which is my alma mater. The school is going to celebrate its 100<sup>th</sup> anniversary. What I really want to say is that I hope every student can become a person with ideals and goals. Tack Ching students should hold the belief that they will not become conceited in victory or discouraged in failure. The important message I would like to send to the students is that when you graduate, I hope you can be proud of being a Tack Ching student and Tack Ching can be proud of you.

### As a Vice Principal, you must be very busy. What do you do to relax?

I usually listen to inspirational songs and music with a lively rhythm. During long breaks, I like to watch Hayao Miyazaki's movies, such as My Neighbour Totoro, Spirited Away and Howl's Moving Castle. I also like to read in my leisure time.

## Mr Chan Kam Kong

### Can you please tell us briefly about your work?

I'm the Vice Principal in charge of School Administration. I am responsible for the administration of the school, like establishing and implementing school policies. Let me give you a clearer idea. I am responsible for carrying out school resumption measures after the special holiday, for example, RAT test, vaccine pass, etc.

### When you go to school, how do you start your day?

I start by reading documents from the Education Bureau and see if any follow-up actions need to be taken. If there are, then I need to do planning and delegate the work. Besides doing administrative work, I teach as well.

### Have you ever experienced any challenges in this post?

This post is newly set up, so the duties are new. Every day is actually a challenge to me, but I will learn while doing my job. It is interesting to see unexpected things every day. I try my best to improve my efficiency.

### Is there a big difference between being a teacher and a Vice Principal? Do you miss being just a teacher?

Teachers nowadays are different from those in the past because they need to take up administrative work in addition to teaching. For me, after I have become Vice Principal, the portion of administrative work increases greatly. But, I still enjoy teaching, which is my profession. I can say that the nature of work has changed but I am fine with it.



Mr Chan Kam Kong, Vice Principal in School Administration

### We can see that you are very busy. How do you relax after work? Could you share some tips with our students?

I think all teachers have a heavy workload. I try to finish all my work before getting home so that I can relax and spend time with my family. I like to take a walk in the park at night.

Occasionally, I go hiking on weekends.

### Do you have any important messages to deliver to students?

I have taught here for over 20 years. Tack Ching students are kind-hearted and well-behaved but they lack self-confidence. I think they should be more courageous in facing challenges and in trying new things.

We wish our Vice Principals much success in their new jobs!

# Student Association Proposed Cabinets

## RADIANCE

### What does 'Radiance' mean?

Radiance means light that brings great hope and happiness. We trust that everyone is a special and brilliant star because you have your own outstanding talents or unique traits. Therefore, the 17 members of our cabinet are committed to gathering the starlight to radiate warmth in Tack Ching.

### What do we promise?

In order to provide a fulfilling and joyful school life after long-term school suspension, we will try our best to arrange more welfare, school activities and joint-school events for our fellow students!



### Events

- ◆ Joint-school test papers exchange
- ◆ Acrylic pouring workshop
- ◆ Sharing session of Elective subjects for S.3 students
- ◆ Cheer-up event

### Student Welfare

- ◆ Chain stores
- ◆ Leather workshop
- ◆ T-shirt printing
- ◆ Book replacement for reading corner

**President:** 4A Lau Cheuk Wing  
**External Vice-President:** 4A Hau Hei Man  
**Internal Vice-President:** 4B Wong Yuet Hei  
**Secretary:** 3E Yang Su Ying, 3E Cheng Tsz Kei  
**Treasurer:** 4A Chan Lok Ching  
**Academic Officer:** 4A Tang Sau Man Winna, 4A Wong Tsz Ching,  
3E Chung Yuk Ting, 3E Ng Hiu Man  
**Promotion:** 2C Lai Yeuk Tung, 2E Poon Tsz Ying  
**Publishing:** 3E Yip Pui Yi, 3E Chan Ho Ying  
**General affairs secretary:** 2C Yang Kam Yam  
**IT:** 4B Leung Hiu Tung, 4B Lam Hoi Kei

### Supporting Schools (over 90 schools)

- ◆ Diocesan Boys' School
- ◆ Cheung Sha Wan Catholic Secondary School
- ◆ Tsung Tsin Christian Academy
- ◆ True Light Girls' College
- ◆ Queen's College

All welfare and events will be confirmed after we are elected.

Follow us on Instagram: [tcgss.radiance](https://www.instagram.com/tcgss.radiance)





# METEOR

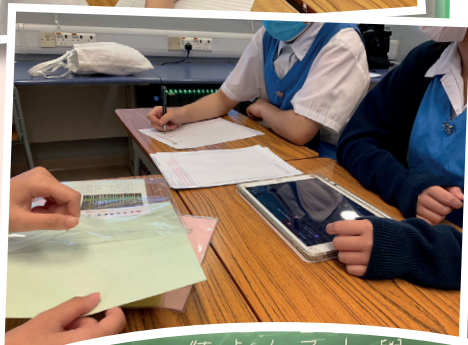
## What does 'Meteor' mean?

A meteor is a piece of rock that travels through space and makes a bright line in the night sky when falling down towards the Earth. When a lot of meteors fall down towards the Earth at the same time, it becomes a meteor shower that brightens up the sky, like who we are. Although we are just ordinary students, we can all shine through our own efforts. During the election, we make our concerted effort to stand out, to overcome all difficulties, to break through the unnecessary boundaries for creating a good school environment with abundant joy and harmony between teachers and students.

## What do we promise?

We provide students with a wider range of activities including:

- ★ Inter-class debate
- ★ Ball games
- ★ Inter-class dance competition
- ★ Nostalgic food stalls
- ★ Inter-class competitions
- ★ Christmas stall games
- ★ Photo contest
- ★ Singing contest



**President:** 4A Wong Hei Tung

**External vice-president:** 4D Yeung Man Lee

**Internal vice-president:** 3E Chan Kei Ching

**Secretary:** 4A Fung Wing Yi, 4B Lao Yi

**Treasurer:** 3E Choy Fu Lam

**Academic officer:** 4B Fu Tsz Yan, 4C Lin Ying Yan,  
4D Tse Luk Yan, 2D Li Hei Tung Tasia

**Promotion:** 4C Tong Sum Yi, 3E Cheung Kam Ying

**Publishing:** 4D Xu Ka Ki, 3E Fu Yuk Yi

**General affairs secretary:** 4A Cho Yee Ting, 4B Li Ying Ying

**I.T.:** 3D Poon Cheuk Ki

We provide students with the following campus benefits:

- ★ Umbrella rental service
- ★ Stationery purchasing service
- ★ Antipyretic stickers purchasing service on Sports Day
- ★ Photo paper purchasing service on Sports Day
- ★ Thermal bags and socks purchasing services
- ★ Mosquito repellent rental service
- ★ Sanitary napkins purchasing service

*Hope you will vote for us and we won't let you down—Instagram: tcgss\_meteor*

# Slogan and Bookmark Design Competition

The Slogan and Bookmark Design Competition is organised annually to arouse students' interest in learning English and to enable them to design authentic advertising materials with effective use of language and creativity. The theme of the competition this year is 'Reading makes us grow'.



Champion (Senior Form) - 5A Bibi Sundus

## Senior Form

Champion	5A Bibi Sundus
1st runner-up	5A Suen Hiu Ching Britany
2nd runner-up	4A Lau Cheuk Wing

## Junior Form

Champion	2E Law Hau Tung
1st runner-up	3E Wong Wing Sze
2nd runner-up	3C Tong Wing Ki Noelle



Champion (Junior Form) - 2E Law Hau Tung

# Book Report Competition

The Book Report Competition is organised every year to promote students' interest in reading and to broaden their horizons. Many pieces of good work were collected and the winners are listed in the tables below.

**Name of the Book:** Mieko and the Fifth Treasure  
**Author:** Eleanor Coerr

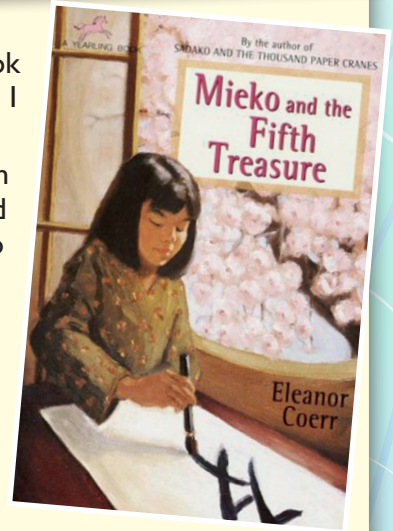


**Champion (Junior):** 3C Nadeem Ridha

I have read an uncountable amount of books throughout the years, but this book was something else – something different from what I usually read. It is a book that I don't regret reading at all!

The story is about a girl named Mieko. She was a victim of the atomic bomb in Nagasaki. She sustained an injury on her hand. As a result, she had a large scar and could not move her hand properly. She was a gifted calligrapher and artist. Mieko loved to do calligraphy more than anything, but she could barely hold a paintbrush. She feared that she had lost the fifth treasure, the 'beauty in the heart' which held the key to her artwork, and she couldn't paint without the legendary fifth treasure. Then she was sent to live with her grandparents and she had to go to school. She got taunted by a few cruel classmates, and the anger she felt only deepened her sense of misery and loss. Eventually, she was lifted from her dark state by the patience and wisdom of her comforting grandparents and through the friendship of Yashi, a gentle classmate. Mieko's recovery was further aided by Yoshi's Aunt Hisako, a stern but generous woman who goaded Mieko into picking up her brushes once more. Mieko was brave and eventually learnt that time and patience could help with many things, and might even help her find the fifth treasure.

I was really touched after reading this book as this story is really heart-warming. A young girl who has been gifted a talent of art struggled to paint with only one hand but still learnt to be patient. This story teaches us not to give up before achieving something, whether it is in terms of life or education. Trying is the key to doing your best. And being patient is the key to having a better life.



## Junior Form

1 <sup>st</sup> runner-up	3E Chan Kei Ching
2 <sup>nd</sup> runner-up	1E Matsumoto Saya

**Name of the book:** Just like a movie

**Author:** Sue Leather



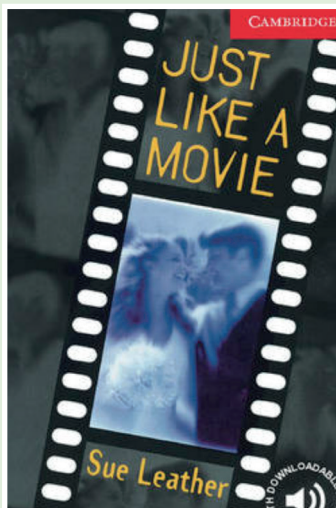
**Champion (Senior):** 4B Qadeer Imaan

The main theme of this story is love. The story starts with Brad Black who has an obsession with movies. He has a girlfriend named Gina and they are very happy together, unfortunately they have no money to get married. One day, Brad gets an idea from a movie about how to make a lot of money.

Brad thinks that real life can be just like the movie. This was an idea that involved murdering so I think you can guess this is when things started to go wrong. As expected, Brad's plan does not go well and then he discovers the truth. He faces reality and finally gets out from his "wonderworld". He notices that real life does not always have a happy ending.

In the story, Brad Black does a lot of unexpected things to get rich and become rich enough to get married. But little does he know that life is not like a movie and he needs to face reality. He even murders a rich girl, Carrie, and ends up in prison. To find out what happens in the movie, I recommend that you read the story.

Honestly, I think the character Brad Black is a foolish person, I believe no one in real life will take their lives for a movie. In a movie, everything is planned but in real life, nothing is planned and everything is unexpected. This story is very far from reality, so it is quite interesting to read this book and see how Brad Black suffers and goes through his life as a movie. Anyone can read this book because it is very easy to understand and read. This story also reminds us that we should not rely on money because money is not everything. Although Brad did this for love, we should be able to distinguish between right and wrong. Many people just claim that money is not everything, but they'd better show that.



## Senior Form

1 <sup>st</sup> runner-up	4D Khan Urash
2 <sup>nd</sup> runner-up	5A Yu Xin Tong

# English Society

The English Society provides many opportunities for students to practise their English in fun ways and to learn about the popular cultures in English-speaking countries. Because of the pandemic, the students had to participate in the activities both online and in the classroom.

A dedicated staff of teachers: Ms Rosie, Ms Dione, Ms Koo, Ms Chow, Ms Tse and Mr Wu organised activities like holiday games, board games, and pop music and film appreciation for the students to enjoy. For example, around Christmas, our students were invited to win prizes by solving holiday puzzles and riddles. In the English Cafe, the English Society members played board games as they enjoyed tasty popcorn. In a meeting about music in English, the members debated about which singer was better: Taylor Swift or Justin Bieber.

The English Society is the place to have some fun and learn after a hectic day of lessons!



Ms Rosie giving out holiday games



Students engrossed in a fun board game



Sharing music with Mr Wu



Going for a holiday prize



Enjoying tasty popcorn with Ms Chow



Checking who won the game

# DSE Study Tips

If you are a S.6 student preparing for the stressful HKDSE exams, you will know that there is a difficult journey ahead of you. If you are a S.4 or S.5 student, you should get a head start on revision if you haven't. Here are a few tips on how to succeed in the challenging public exams.

5A Zheng Pei Qi

## Apply the 80/20 Rule in your studying

Do you want to study faster? If so, you should learn how to use the 80/20 rule in your studying.



The 80/20 rule, also known as the Pareto Principle, states that 20% of your activities will account for 80% of your results. When it is applied to studying, it means only 20% of your book gives you 80% of the information because the book is filled with examples and explanations. So, paying attention in every lesson is important as your teachers will tell you which parts are the 20% of highly important information and what you should focus on.

You also need to apply the 80/20 rule to your studies. In the morning, you may memorize your notes because your head is still fresh to absorb new ideas. In the evening, you can read and take notes because your head may be filled with emotions during the day. Also, it is important to set a specific number of pages you want to study, and determine how much time you will spend on studying them. The set time is to move you forward and not dwell on a single page for too long.

I hope that you can study smart, use your time more efficiently and become more productive.

2C Ayesha Zahid

## Start working on past papers

Doing past papers as part of your revision is essential because it helps you to get into a more serious exam state of mind. When you work on past papers, remember to time yourself and treat it seriously, as if you were actually taking the exam. Doing past papers can also help improve your time management. You can work out how much time you will have for each question. Another benefit of



doing past papers is that you can familiarise yourself with different question patterns. With practice, you will be able to walk into the exam room confidently.

5A Guo Xi

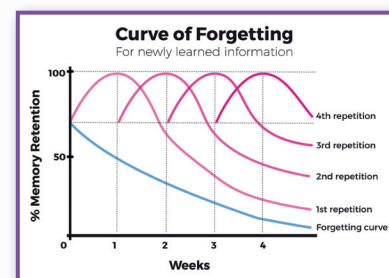
## How to remember what you learn for longer

When you do revision, you may wonder how long you can keep the stuff you learn in your mind. To find the answer, you need to understand how our memory works. Let me introduce a theory called the Ebbinghaus Forgetting Curve.

From the graph, you can see that the more you revise what you have learnt, the flatter your forgetting curve gets. If you take an English class on Monday morning, study your notes during lunch, study your notes on Monday night, study them one more time later that week, and you're pretty much good to go until the end of the month. Studying everything one last time before your exam really helps.

Try the above method to memorize your notes.

However, you have to pay attention in class so that you can actually understand the material before you can start memorising it.



2E Hui Chung Ting

## Adequate sleep helps

During the final period of revision, what do you think is important apart from doing past papers? I think the answer is sleep. If you don't have enough sleep, you cannot concentrate and may get sick easily. When you can't concentrate, you may need to spend twice as much time as you need. Also, in order to be fully awake and functional, you need to get up early in the morning, just like what you need to do during a real exam. After getting out of bed, you can try to do some stretching and take a shower. After that, you can have a nice breakfast, which provides you with energy to start your revision. Remember that adequate sleep and revision are equally important.



# K-pop Makes Waves In Our Hearts

by 2E Bano Muntaha, 2E Lui Pui Yin, 3C Aruj Hafsa, 3E Yang Suying, 3E You Tsz Ching, 4A Tang Ching Yan, 4A Wong Tsz Ching, 4B Leung Hiu Tung and 4B Qadeer Imaan.

**W**hat is K-pop? K-pop (Korean Pop) is a popular genre of music originating from South Korea. K-pop music has overshadowed the Hong Kong music industry with its captivating beats. Many Hong Kongers have a soft spot for K-pop stars because of their attractive music and their humble personalities. Let's check out the popular bands below.

## BTS

First of all, I know most of you have heard about them. As a matter of fact, you may also have heard about them plenty of times that it makes you wonder, who really are they? Let me start off by introducing to you the biggest boyband in the world – **BTS!** The band consists of seven talented boys including their leader RM, Jin, Suga, J-Hope, Jimin, V and Jungkook. The people who brought them to this successful path are known as ARMY. In addition, they may seem like they were born to be stars but genuinely speaking, they had to undergo a lot of tough and challenging obstacles to become the people they are today.

BTS debuted on 12<sup>th</sup> June 2013. They only had a few fans in the initial years of their career. When they had their first concert, nobody came. The stadium was empty and only their family members came to support them. When they went to America they had to go onto the streets to ask strangers to come to their concerts. They were always being teased for wearing pirated clothing and they had to tolerate the remarks of rude hosts in a variety of programmes. They were desperate, and they were only 15 to 20 years old. Some of the members even started to lose hope and contemplate disbandment.

But they didn't give up – they continued to work hard and practised for hours and hours. Their hard work paid off and it came to fruition when their song "I Need You" went viral. After a year, BTS received the Best Male Dance award for the song at the 2015 Melon Music Awards. In 2019, Billboard hailed "I Need You" as a song that defined the decade.



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Moving on to the next song "Dynamite". It is a Disco-Pop song and BTS's first ever song fully sung in English and attracted a wider audience. BTS released this song during the pandemic in order to bring joy and appreciation for the little things that make life valuable.



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Furthermore, the music that BTS produces is about problems that the youngsters face, for instance, financial insecurity, the expectations of society, and mental health issues. They are really open-minded with these issues, which made their fans feel more relatable and secure in them. The song "I Need You" is the lead single from their third extended play, "The Most Beautiful Moment in Life". This song is a Hip Hop and a R&B song and is regarded as the start of one's adulthood, in which beauty co-existed with uncertainties, and focused on an uncertain future more than its glamour.

Last but not least, let's talk about their dances. They keep on working harder and harder every single day to excel their choreographies. As a popular celebrity, pleasing the public isn't as easy as it seems. A ton of effort has been put into making every dance step accurate and clear. The "Black Swan" dance is great to watch and highly recommended. In this choreography BTS has shown a great way of expressing their messages through their dances. What people found the most interesting about this choreography was them being barefoot while dancing. It gave their movements extra details.

As mentioned previously, BTS's fandom is called ARMY, which stands for "Adorable Representative M.C. for Youth". The meaning specifies that ARMY will always be together with BTS, and that the fans and the artists are equally important. They also make each other feel loved. BTS thought about disbanding in 2018, but they didn't because they were sincerely touched by ARMY. BTS taught their fans how to love themselves, and to work hard for their dreams.

Regarding their future plans, due to the age of the members, the members have begun their preparation for enlistment. As for now they'll continue their activities as soloists. J-hope has already released a solo song called "MORE". The members also revealed that they will continue filming their show "RUN BTS" before enlisting in the military.

## BLACKPINK

On top of BTS, everyone must have heard of the biggest girl band **BLACKPINK**. All members originally came from relatively well-off families. BLACKPINK consists of four astonishing girls: Jisoo, Jennie, Lisa, and Rosé. Jennie was born in the wealthiest neighborhood in South Korea and studied at a school with a tuition of around US\$20,000. Lisa, Rosé, and Jisoo also reportedly went to expensive schools. They debuted on August 8, 2016. Coming from a large company, BLACKPINK has been popular since their debut. All of the band members are brand ambassadors. For instance, Jennie is an ambassador of Chanel and Calvin Klein, Lisa is an ambassador of MAC Cosmetics, Rosé is an ambassador of Saint Laurent aka YSL and lastly Jisoo is an ambassador of Dior. Although they have been really popular since their debut, they also had to suffer a lot of hard times during their trainee days. The girls only had one meal in a day in order to save money. The only time they could have a big meal was when they were in a bad mood and felt gloomy. They would eat a big meal to make themselves feel better.



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Additionally, their music genre and choreographies are based on the girl crush concept. All of their songs have memorable dance steps and chorus, so even if you're not a professional singer or dancer, you'll find yourself humming and dancing to their tracks.

Moreover, BLACKPINK's fandom is called Blink – the word is a combination of the first two letters of 'BLACKPINK'. The "link" in "Blink" means that BLACKPINK and their fans are connected. Their debut songs "Boombayah" and "Whistle" captivated many of the domestic fans. And after five years, their fans were found all around the world. Blinks are extremely important to BLACKPINK since Blinks accompanied BLACKPINK during every stage of their journey.

Concerning BLACKPINK's future plans, since the only member who hasn't made a solo debut is Jisoo, Blinks are hoping for a solo album from her in the future. After their two-year hiatus, BLACKPINK may finally come back in August 2022 but they'll be on tour.

Will K-pop become more popular? Will K-pop keep making waves in our hearts? Some of you might think that the genre will be long-lasting since there have been more K-pop groups on the rise as of late also known as the 4<sup>th</sup> generation, such as ENHYPEN, ITZY, IVE, aespa, Stray Kids, TXT and ATEEZ. Simultaneously, some may think that after certain popular groups disband, K-pop's popularity will diminish. What do you think?



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# Fitness and hygienic tips

## How to Stay Fit during Covid?

by 3E Li Tin Oi, 5A Wong Lee Man, and 5D Alina Ejaz

To have a fit body, not only do you need a balanced diet and sufficient sleep, but also regular exercise, which many teenagers now often neglect.

Living in Hong Kong, we have too much screen time and spend too much of that time sitting in front of the desk. COVID-19 has made this worse. Online classes and working from home have cut down on commuting and made our life more desk-bound.

Exercise can improve our immune system and resistance to diseases, which makes exercise all the more important. You may ask how much exercise is enough. There is no right answer to this question, but all factors, such as your current fitness level, your fitness goals, the type of exercise you plan to do, and whether you lack strength, flexibility, and balance, play a role. Experts recommend teenagers to have 150-300 minutes of moderate-intensity aerobic activity per week, such as jogging and swimming. They also suggest muscle strength exercise at least two days a week. Third, maintain daily physical activity and increase activity.

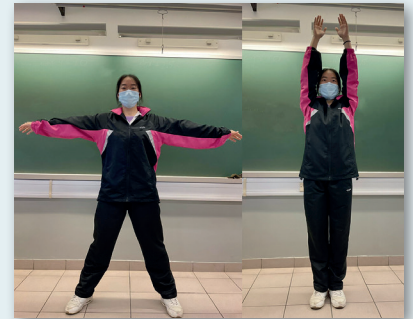
In addition, exercise also comes with a lot of mental health benefits. For example, studies found that sedentary people were more likely to be depressed and that exercising for 90 minutes a week had similar effects to taking antidepressants. The dopamine released by the brain while we exercise can help boost mood and fight stress.

All of the above shows the importance of exercise. I hope now you are convinced that moderate exercise only does good and leads to better health and fitness. In case you are stuck at home, these home workout tips might get you started.

### 5 Easy Exercises to Do at Home

#### 1. Spread Eagle

With arms and legs stretched out and apart, put your hands and feet together.



#### 2. Crunches

Cross your arms over your chest or hold your arms slightly above the floor so that they are parallel to your sides.

Lift your torso up as close to your thighs as possible.



#### 3. Plank

Keep body in a straight line: ears, shoulders, hips, and heels.



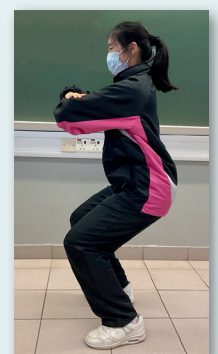
#### 4. Push-ups

Help to improve those parts of the body that usually remain under-trained, esp. the core and thighs.



#### 5. Squat

Allow your body to sit in the same way as you would in a normal sitting position, but without any objects.





## Leading A Hygienic Lifestyle

by 3E Wong Wing Sze, 3E Fung Tsz Wan Vivian, and 3E Fu Yuk Yi

How hygiene conscious are you? Would you consider yourself hygienic? What is hygiene? There are two types of hygiene: public hygiene and personal hygiene. Personal hygiene is how you take care of your body. This includes bathing, washing hands, brushing teeth, and more.

Public hygiene is keeping our environment free from the spread of infectious diseases. Keeping the environment clean and sterile is as important as personal hygiene. This article will give you tips on how to maintain personal hygiene.

First, developing good hygiene habits, such as taking more showers in summer, keeping clean, washing the school uniforms and always wearing clean ones, etc. is the key to preventing infectious diseases. Avoid going to crowded public places.

Second, doing exercise regularly and getting at least eight hours of sleep are crucial to a healthy lifestyle. This will stretch both your body and mind. Drink plenty of water and eat a healthy, balanced diet rich in vitamins, protein-rich foods such as eggs and meat, and plenty of fruits and vegetables. When feeling unwell, see a doctor to prevent spreading it to others.

Finally, the quality of campus hygiene is closely related to our health. We must actively clean the classrooms and dispose of garbage in time to effectively prevent the growth of bacteria. For example, cover your mouth and nose with a tissue after sneezing, wash your hands with hand sanitizer for at least 20 seconds, and remember to put down the lid before flushing the toilet. As long as we do our parts, our campus will be clean and our bodies will be fit.

In short, public and personal hygiene are both important to leading a hygienic lifestyle. We should do whatever we can to keep ourselves and the environment clean.

### More Tips to Personal Hygiene

#### Eating:

1. Wash fruits and vegetables thoroughly before eating
2. Do not drink tap water
3. Don't buy unlabeled, expired or spoiled food from stores in poor sanitary conditions
4. Wash your hands before and after meals
5. Brush your teeth every morning and night

#### Body:

1. Bathe, have haircuts, change clothes and cut nails regularly
2. Exercise regularly to boost immune system

#### Environment:

1. Clean the floor every day
2. Wipe tables, chairs and doors and windows
3. Ensure all indoor areas are well-ventilated



With soap, thoroughly rub the palms of your hand together



Rub each palm over the back of the opposing hand with fingers interlaced



Interlace your hands and rub palm to palm



Interlock your hands and rub the backs of your fingers onto the opposing palm



Grasp your thumb with the opposing palm and rub while rotating



With clasped fingers, rotationally rub each hand onto the opposing palm

Source: World Health Organization (WHO)

# Try to guess our new teachers!

Are you familiar with our new teachers this year? This is a game for you to guess them with their past photos and introduction. After you've read the captions and seen the pictures, can you tell who they are?

Editors: 3E Choy Ka Yu, 4A Siu Kit Wing, 4A Tsui Bing Yu



**1** My first graduation!



**2**

Guess who I am if you can.



**4**

This photo was taken 567648000 seconds ago. It seems that I am getting younger and younger.



**3**

I like pink. I am cheerful and always smile.



**5**

Photo taken when I was hiking during vacation.



6

Once upon a time, there was a princess.....  
How I wished to be a princess when I was small!



7

Shoot for the moon. Even if you miss, you'll land among the stars.

I liked rushing down the stairs to buy chocolate milk and chicken legs after the bell and every time at recess when I was a secondary school student.

8



9

Hello, everyone. I'm a new teacher at TCGSS. Who am I? Here are some clues.

1. I always greet my students when I see them.
  2. I never run in the corridor.
  3. The colour of my iPad case is light grey.
  4. I have 'a lot of' clothes and shoes.
- Make a guess!



10

A little kid in sailor suit

- Answers
1. Mr. Lee Kam lan
  2. Mr. Cheung Wai Yin
  3. Ms. Kwan Ka Pik
  4. Ms. Kwok Chun Yin
  5. Ms. Tsang Wai Han
  6. Ms. Tse Mei Yee
  7. Ms. Poon Nga Lai
  8. Ms. Lee Cheuk Hang
  9. Ms. Wong Yuen Ching
  10. Mr. Kwok Yui Hang



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