









Dear beloved readers,

As this exciting school year is coming to an end, let's remind ourselves of the theme of 2024-25: "Seize Every Opportunity, Unlock Your Potential, Skill Up for Success". This year, we encourage each student to embrace every chance for growth and learning and we have reaped bountiful harvest.

Reading Lilium (Issue 7), it's not hard to see opportunities abound in our diverse range of school activities, from academic clubs and sports teams to art programs and community service. Each of these experiences is a stepping stone towards unlocking students' full potentials. By participating, students not only enhance their skills, but also discover new passions and friendships.

Our school recognizes the importance of external opportunities. Competitions, workshops, leadership programmes and the like are invaluable for developing real-world skills that prepare students for future success. Students in Tack Ching are encouraged to take the initiative—get involved, seek challenges, and push their boundaries.

As we believe, every moment is a chance to learn and grow. Together, let's make learning in Tack Ching a transformative journey. Thank you for being a part of us, supporting our students to discover their talents!

shill up for success

Seize every opport



Warm regards, Carol Chung Principal

School Events

Seedling Programme

The Seedling Programme aims to optimize after-school support for junior form students, enabling them to develop their potential through diverse learning opportunities. During over thirty-five sessions between October 2024 and May 2025, students participated in engaging activities that were sports-related and academically interdisciplinary. This programme enhances not only the effectiveness of learning and teaching, but also students' psychological and physical development. Let's take a look at some captivating snapshots!



Yeung Ka Yi 2D

Among all the sessions in the Seedling Programme, the drawing activity was particularly intriguing! It gave me a great chance to learn how to draw, and the app the teacher introduced made the process much easier. I liked how it helped us understand different techniques and made art more interesting. Trying new tools and sharing ideas with classmates have enriched the experience even more. Overall, this activity has greatly increased my enjoyment of drawing on an iPad!

Lau Cheuk Fei 2E

The Seedling Programme is extremely rewarding for me. First of all, I have boosted my note-taking and learning techniques. I have also acquired some valuable life skills, such as effective organizational skills.

Apart from academic sessions, I have explored various interesting activities, such as floor curling, floorball, rope skipping and K-pop dancing. All of these have greatly increased my interest in sports. Overall, I have not only improved my learning abilities and deepened my passion for sports, but I have also learned to face challenges with a positive attitude. I now feel more confident about my future.

Yuan Zien 2E

I found joy and enhanced my learning capability when participating in the after-school Seedling Programme. Participating in Chinese activities has strengthened my language foundation. Mathematics activities have stimulated my logical thinking while English activities have improved my speaking skills. In addition, sports activities fostered my spirit of teamwork. Through collaboration, I have learned to communicate more effectively and strive for better performance. These are my most memorable experiences.

Tong Wing Ching 2E

I think the Seedling Programme is very interesting, especially the Spelling Bee Competition. At the beginning, when I spelled the words, I felt very nervous, but my teammates gave me support. Thanks to that, I was able to spell the vocabulary successfully while some of my teammates were unfortunately eliminated for misspelling. Although our class did not achieve a high ranking, I learned a lot of new words. I hope I will have the opportunity to participate again next year.

Which activity did you enjoy most? What have you learned from it? We'd love to hear from you.



Lunar New Year Fair

From 23rd to 28th January, our Economics students took on the exciting role of stall owners at the Cheung Sha Wan Playground Flower Market. They proudly showcased their self-designed products, including cushions, key rings, and hoodies. With the theme centered around the MBTI personality types, there's surely something for everyone that suits their unique style!

Throughout this experience, the students have learned valuable lessons about balancing budget constraints with creative design despite encountering various challenges. They also discovered that while earning money is important, the real treasure lies in understanding the importance of teamwork and collaboration.

This hands-on opportunity not only allowed them to apply economic principles in an authentic setting, but also fostered essential skills such as communication, problem-solving, and adaptability, gaining insights into the entrepreneurial spirit.



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Poon Tsz Ying 5A

This event made me realize that, in addition to communication and cooperation among team members, effective selling techniques are also important. Since we had to interact with all kinds of customers, we needed to adjust our approach based on whom we were serving. I learned a lot from this experience. We were also very grateful to the principal, vice principals, teachers, and students for their support, which provided us with a lot of motivation!

Mr. Cheng Lok Wing

I ran a booth at the CNY flower market when I was a secondary school student. This year, as the teacherin-charge, I found it much more challenging. Little did I know there would be so much preparation involved! However, it was worthwhile, and I was glad to have the opportunity to learn and grow alongside my students.

Project WeCan Young Innovators Bazaar

In March, our Economics students participated in the Young Innovators Bazaar, which provided them with an opportunity to experience the full cycle of operating a retail business from start-up to closing. They developed a whole range of skill sets in leadership, entrepreneurship, project management, communication, collaboration, marketing and sales.

Chong Tsz Ching 5A

This year, I joined a program called Project WeCan Young Innovators Bazaar. I have learned a lot from it, ranging from financial knowledge to selling skills. It is a great opportunity for me to explore more about finance. We have put in a lot of hard work into our various roles. As the treasurer, I was responsible for recording and calculating the income and expenses. Additionally, I had to do budget, preparation and profit forecasts. While we encountered some disagreements during our preparations, we also learned the importance of expressing our opinions honestly.

I am grateful to have joined this program which allowed me to learn these skills, and to build great relationships with other members. Thank you so much for giving me this incredible opportunity!



Welcome to Tack Ching!

School Events



Faaiza Khansa Masood 3D

Kwok Yee Ting Vivia 3E

Our school's Info Days on 14th and 15th December, 2024 were a delightful experience. As soon as we entered the school, we received a warm welcome by student helpers. The entrance was adorned with beautiful red flowers and other vibrant decorations.

The whole school campus was buzzed with a lively atmosphere. Laughter and chatter filled the air and the primary school students enjoyed themselves in various activities. Many classmates were seen helping out at different booths and running various games. In the covered playground, English Ambassadors served visitors with coffee and snacks at the cozy English café. Next to the café, booths showcasing Scottish culture and Christmas were managed by the English Society members, where primary students engaged in fun games.

In the multi-purpose area on the first floor, visitors could see all sorts of unique and colourful egg-lets created by Form 1 students, which illustrated the individuality of each participant. As we walked up to the second floor, we discovered a table filled with some artwork featuring pictures of flowers made of paper rolls and other intriguing pieces.

In the Home Management Room on the third floor, students learned how to bake and decorate cupcakes, placing them in lovely boxes. Meanwhile, the adjacent room displayed various types of cookies made by Form 3 students, which the participating children were invited to taste.

In the Physics Room on the sixth floor, a model of the human body captivated students, allowing them to explore body parts like the eyes, lungs, and brain. There was also a table illustrating the stages of pregnancy and another showcasing specimen of different animals, including a lizard, a turtle, and a penguin.

Finally, the library on the seventh floor showcased memories from students on Life-wide Learning Day, along with their reflections, preserving the joyful moments they experienced.

Overall, the Info Days were an exhilarating experience for all participants. I hope the next one will be as fantastic as this one.













Interview with an awardee of Sir Edward Youde Memorial Prize

Congratulations to Fu Yuk Yi from 6A for being awarded Sir Edward Youde Memorial Prize, which recognizes students across Hong Kong for their high academic standard and leadership qualities. Our student editors had the opportunity to interview her. Let's get to know more about Fu Yuk Yi and gain insight into her learning journey at Tack Ching.

Reporters: Yeung Ka Ki 2D & Hui Hing Lam 2E

First of all, congratulations! How did you feel when you knew that you received this award?

I felt incredibly honored and surprised to receive such a prestigious award. This award reflects my hard work and dedication and it inspires me to keep striving for excellence after graduation.

Have you come across any difficulties in your learning? If so, how do you overcome them?

My learning journey has not always been smooth, especially in my senior forms when the subjects, such as Chemistry, became more challenging. When revising for exams, I sometimes find myself confused about certain topics or concepts. When my classmates excelled in a particular area, I would seek their help. Discussing these subjects with my peers often enhances my understanding as they can explain concepts in relatable and accessible ways. For topics that are particularly complex, I turn to my teachers for guidance. They are always supportive and provide me with valuable insights.

What advice will you give to students who want to improve their English but don't know where to start?

I recommend immersing themselves in English by watching English movies, TV shows, or YouTube videos with subtitles. Listening to podcasts or songs in English can also help expose them to different accents. Additionally, it is important to set realistic goals for learning English, such as learning five new words or read one article every day.

In your spare time, what do you usually do to relax?

I firmly believe that sleep is one of the most effective ways to refresh the mind and alleviate anxiety. When I feel overwhelmed, tired, or stuck during my studies, I find that a short nap of 30–40 minutes can make a big difference. It allows me to return to my tasks with renewed focus and sufficient energy.

What is your most impressive part of your 6-year secondary school life?

The most memorable part of my six years in secondary school is the time I spent with my friends. We experienced good and bad days, sharing laughter and sorrow throughout those years. Whether we were collaborating on group projects, cheering each other on at sports events, or simply hanging out during breaks, those moments forged bonds that I will cherish forever.

Last but not least, what do you want to say to your S1-S5 schoolmates?

Dream big and never give up.



Exposure to English

S.1-S.2 Spelling Bee Competitions

This year, our school has organized the Spelling Bee Competitions for the first time and, we must say, it was a tremendous success! The competitions showcased the remarkable spelling talents of students from S1 and S2, highlighting their dedication to developing their literacy and orthography skills.

Every class nominated 3-4 wordsmiths to participate in the contest. The competition was fierce and all the participants were challenged with a range of words from simple to more complex. Hence, they had to work hard to make sure they studied the spelling of all the words from "A Word A Day" and "Cross-Curricular English Vocabulary" booklets.

The competitions not only celebrated academic achievement and promoted phonological awareness among students, but also bolstered their confidence and communication skills. Last but not least, our students were able to learn how to cope with pressure in a highly competitive situation!

S1 Spelling Bee Competition winners are:

1A Cheng Ya Yuen, 1B Bibi Amena,1C Umarzai Ayesha, 1D Tsang Hoi Yiu Haley

S2 Spelling Bee Competition winners are:

2B Kila Ngoy Chretienne, 2B Nayyab Fatima,2B Pakiza Eman, 2D Muntaha Marium, 2E Hui Hing Lam

We are proud of all the winners and participants! It was a fantastic experience and we are looking forward to our next Spelling Bee Competitions.







English Café

Would you like a cup of latte?

Have you seen our English Ambassadors turning into little baristas at the English café? They have learned the art of making latte which includes the process of operating espresso machines, grinding beans, steaming milk and pouring micro-foam into a shot of espresso to create a nice pattern. They also acquired some valuable work-life skills such as attention to detail (you better not mess up the steps when operating that espresso machine!), multitasking (hurry up and steam more milk, but don't forget to grind beans and wash the cups too!), customer service ("Can I take your order? What would you like to drink?") and, of course, the knowledge of coffee related vocabulary.

Let's see what our students think about this experience.



"No experience more decadent than drinking a well-crafted latte."

Nayyab Fatima 2B

Working in the school English Café has been an incredible experience for me. I truly appreciate the opportunity my teacher provided, which allowed me to take on this role and serve our customers. It was a great opportunity to connect with my peers and share my love for English in a fun and engaging environment.

Yeung Ka Yi 2D

I enjoyed helping at the English Café because I could make coffee and chocolate milk for my classmates. It was fun and I will definitely join again next year!



English Ambassador Team

The English Ambassadors volunteered to further promote the use of English in the school by running English game booths during Info Day, World Book Day, and English Week, by serving coffee and helping with activities at the English Cafe, and by engaging in other activities like story book recording.

Overall, the English Ambassadors have done a great job improving their language skills, project management and teamwork as well as promoting English language among the students and creating a rich English environment on campus.



The English Society started the year by learning about Scottish culture and other cultures around the world. The students participated in a project to research and craft one Scottish themed game booth, and one game booth on the theme of Christmas traditions around the world, for students to try during Info Day and World Book Day. During this process the

students had the opportunity to try various Scottish snacks and to use their creativity while learning and practising their English.

English Society

Throughout the year, the Society members played different games which encouraged them to use English, including an Easter Treasure Hunt and a detective mystery game. The members also developed drama and poetry-writing skills through English-language workshop sessions.

The English Week is an exciting annual event at Tack Ching!

This year, it was held from 5th to 11th March. The theme of the week was "Science and Nature", which let our students learn some fun facts about the world and expand their knowledge of RaC vocabulary.

We kicked off the week with a ton of engaging activities that encouraged students to explore their

creativity and enhance their language skills.

English Week

Our English Ambassadors worked hard to make sure everything was ready on time! Together with 2 NETs, Ms Lena and Ms Isla, they successfully conducted the following activities to promote the use of English and create an English speaking environment at school: Act It Out, Treasure hunt, Guess the song, Science Quiz and Read the Tongue Twister.

Many students participated in the games and were not shy to speak English! In fact, they were delighted to win prizes and many of them came back to play games every day during the English week. We can confidently say that the English Week 2025 was a resounding success!

Reading Gircle

Our school held a Reading circle for the first time! The English Department chose two different books for our students to read: *Klara and the Sun* by Kazuo Ishiguro and *Battle Hymn of the Tiger Mom* by Amy Chua.

Klara and the Sun is a poignant exploration of artificial intelligence, human emotions, and the moral dilemmas of advanced technology. Through Klara's narrative, the novel delves into profound questions about identity, love, sacrifice, and the ethical implications of Al.

Most of the students enjoyed *Klara and the Sun* but admitted that it was quite challenging to finish the whole book because of the new vocabulary related to AI and technology. However, with a grain of perseverance, they were able to succeed!

Amy Chua's book, *Battle Hymn of the Tiger Mother*, is a memoir. It is about the relationship between a mother and her two young children, highlighting the author's struggles as well as her joys. But underlying this story is the contrast in parenting styles - the way of the "Chinese mother" and the "Western" way.

Some students found the book less engaging than they had hoped but they were eager to try reading it anyway!















Bookmark and Slogan Design Competition

The annual Bookmark and Slogan Design Competition aims to spark students' interest in learning English and encourage them to create authentic advertising materials that showcase their language use and creativity. This year, students in S1 to S3 designed their projects around the theme "Courtesy" while those in S4 and S5 focused on "Resilience". Let's take a moment to appreciate their amazing work!

List of winners

Junior Form

Champion: Leung Ho Yau 2E

First runner-up: Yiu Tsz Yau 3E

Second runner-up: Huang Siran 1D

Junior Form

Senior Form

Champion: Fan Sze Man 5B First runner-up: Law Hau Tung 5A Second runner-up: Chen Hei Tung 5A







Junior Form First runner-up Yiu Tsz Yau 3E

Exposure to English



Senior Form **First runner-up** Law Hau Tung 5A





Second runner-up Huang Siran 1D

Senior Form Second runner-up Chen Hei Tung 5A

Exposure to English

S4 Chatteris Level-Up Learning Programme Leadership Event

S4 students had the opportunity to participate in an engaging and extremely entertaining 2-hour leadership workshop organized by Chatteris. It is designed to bolster various skills associated with leadership such as collaboration, communication, self-awareness and negotiation using English as the medium of instruction.

During the first hour, students started by playing a fun English game which allowed the tutors from Chatteris to group students together in small teams. Next, students played a series of short leadership games to break the ice and build trust within the team, including untangling a human knot and taking part in a blindfold assault course. Afterwards, students had the opportunity to reflect on their strengths and differences.

During the second hour, students observed the ways they were similar and different to their peers. It was time for students to put into action what they learned from the activities. They practised tasks that involved memory, reaction speed and precision.

Our students approached the challenges with enthusiasm, demonstrating their motivation for learning and making the most out of this opportunity to develop their leadership skills.



Ratanasopha Teay Jelly 4D

The leadership workshop made me realize that I can speak English more freely. I could even learn more English during the activity! My friends and I had a lot of fun while playing games. One of the games was about memorizing the words. I think I was the best at it because all the words were quite easy to remember and there weren't too many of them.

Wang Ke Xin 4A

I think this activity was very meaningful for me. I've never seen so many foreigners before. All the foreign tutors were incredibly patient and kind. I really enjoyed playing games with them. What's more, talking to them made me more confident.

Chen Xue Yi 4A

It was an interesting activity because it gave us the opportunity to socialize with many foreigners. One of my favourite games was the word memorizing game. It really allowed us to understand each other's culture and showed us the diversity of different cultures around the world.

Sayings of Wisdom

Five junior form students had the opportunity to record a reading of "In Love of Home, the Love of Country Has Its Rise", from the Education Bureau's Sayings of Wisdom Collection. Each student played a different character in the video and engaged in a discussion about the theme of the story. They enjoyed the experience of recording despite facing some challenges. Additionally, they learned the importance of commitment to family traditions and cultural practices, as well as how to express their love for home. Scan the QR code and enjoy their video.

Participants are:

Mok Sum Yin 1A, Cheng Ya Yuen 1A, Tsang Hoi Yiu Haley 1D, Muntaha Marium 2D and Kwok Yee Ting Vivia 3E *"In love of home, the love of country has its rise" Charles Dickens*







Public Speaking with Confidence 2024

On 28th September, 2024, we celebrated the achievements of our outstanding students at the awards ceremony for the Public Speaking Program, held at YO PLACE. This event recognized the hard work and growth of students who participated in the 15-session, 30-hour programme organized by See Change Education and the Greater Bay Area Homeland Youth Community Foundation.

During the ceremony, our school's champions, Law Hau Tung Aimee and Tam Nga Chi Daisy from S.5A, gave their presentation on stage, captivating the audience with their wonderful and fluent performances about their love for Hong Kong and its vibrant local food. They demonstrated not only their excellent public speaking skills, but also their passion for their hometown.

Our Principal, Ms. Chung, along with our school's English teachers and the champions, were also invited to share how the programme has transformed the students.

Award Recipients

Confident Speaking Award - Champion Law Hau Tung 5A, Tam Nga Chi 5A Confident Speaking Award - 1st Runner-up Deng Xin Ying 4A, Wang Kexin 4A

Confident Speaking Award - 2nd Runner-up Chan Hei Tung 4A, Chen Man 4B

Merit Award Bano Muntaha 5A, Dong Xinyi 5A, Lu Yunxi Ami 4D, Shum Hoi Ki 4C

We extend our heartfelt congratulations to all the awardees and thank everyone involved in making this program a resounding success! Let's read their presentation script.

Law Hau Tung Aimee 5A Tam Nga Chi Daisy 5A

A Constantly Improving City — Hong Kong

Greetings, everyone! I am Aimee, and I am Daisy.

Hong Kong is a well-known city, and I believe all of you have heard about the culture and food in this gorgeous place. But do you know the story behind these amazing features? Let us introduce them to you!

Since the 1990s, people have been using Cantonese for communication. The uniqueness of this language is that it has nine tones! How difficult do you think it is to learn? Compared to Mainland China, our language is tougher to learn, as Cantonese has five more tones than Mandarin.

Furthermore, in the 1990s, many historical relics were left, such as the Sham Shui Po Police Station and Tai Kwun. These buildings still attract a ton of tourists to visit Hong Kong. Therefore, the government built more attractions, like the M+ Museum Art Gallery and the Hong Kong Palace Museum. We also have our most special museum, the Space Museum, which looks like our traditional bread, the Pineapple Bun! How compelling it is! This advanced design was commissioned in October 1980. It's the first local planetarium for the popularization of astronomy and space science, which helps to attact foreign tourists.

Currently, the main reason tourists visit Hong Kong is because of the local food we have. How many kinds do you know? Let me give you some examples: barbecue pork buns, siu mai, and many others.

Although these dishes are delicious, my favorite is sweet and sour pork. It's a popular dish in cha chaan tengs. Try to imagine the taste of the sweet and sour sauce. Although the flavor is complex, it's a new experience, isn't it? What is your favorite cuisine, Daisy?

I love hot pot. Oh! Which shop is your favorite?

It's in King Wah Centre.

Oh, I see! This center is famous for its variety of cuisines, but did you know it was a nightclub before? In the past, there were many nightclubs, especially in Lan Kwai Fong. People would go on Friday nights to enjoy disco music and dance with others. For people at that time, it was a moment of daily merriment. However, according to an article, the number of these nightspots has been gradually decreasing; we can't even count them on ten fingers. As a result, they have become history. Despite this fact, there are still many captivating stores and entertainment venues, which also attract a diverse crowd.

I believe everyone has a better understanding of Hong Kong culture now. Lastly, we want to say that in the new generation, many cultures will gradually decline, but more new cultures will emerge. We hope everyone here can help spread this to the world. Let people learn more about Hong Kong culture to preserve our traditions and values. Let these precious things be passed down and not forgotten. Thank you.





HK Federation of Youth Groups (HKFYG) English Public Speaking Contest 2025

Seven junior and senior form students entered the Federation of Youth Groups (HKFYG) English Public Speaking Contest. After three rigorous rounds of judging, Bano Muntaha (5A) advanced to the district final, demonstrating unwavering determination and resilience. She bravely seized the opportunity to take the stage to share her innovative ideas with confidence! Let's take a look at one of her scripts.

The Power of Kindness

Good morning, everyone!

Today, let's dive into something magical that can brighten our world—are you ready? I'm talking about the powerful force of kindness! In a fast-paced society, sometimes filled with stress and negativity, a simple act of kindness can be like a breath of fresh air, transforming not only individual lives but entire communities.

First, let's think about how kindness affects our mental health. Imagine this: you do something nice for someone, like holding the door open or sharing a smile. Did you know that according to a study published in Psychological Science, doing kind things actually makes us happier? That's because such acts of kindness trigger the release of oxytocin, also known as the "love hormone." So next time someone is nice to you, see if you can feel that warm glow? That's oxytocin doing its magic! Just picture a workplace where everyone is encouraged to be kind every day—it would feel like turning up the volume on joy, connection and productivity!

Now, picture this: You see someone doing a kind deed, and suddenly you feel inspired! A report from the University of California found that about 80% of people who witness an act of kindness feel motivated to pay it forward. It's like a kindness chain reaction, spreading from person to person! So, let's create a world where we all sprinkle the kindness confetti everywhere we go! Wouldn't it be beautiful?

Speaking of which, let's make it interactive! Think about a small act of kindness you can do today. It could be anything helping a friend with their homework, complimenting someone's new haircut, or even sharing your snacks. Got an idea? Fantastic! Those tiny gestures can create big ripples, especially when we spread kindness like it's contagious.

In conclusion, kindness is not just a momentary act; it's a superpower we can all embrace! From boosting our mental health to strengthening the connections between us, the impact is profound. As you step into the world today, remember that every small act can inspire others and create waves of kindness. So who's ready to make kindness a priority in their daily life? Let's do this together!

A Journey through Nina Hubs Environmental and Social Initiative

Three students from 3E, Cheng Wai, Huang Su Hua, and Yun Hui Min, submitted entries for a writing activity supported by Chinachem Group last November. We are thrilled to announce that they were shortlisted and invited to an online English writing workshop and a half-day tour at Nina Hub. During "A Journey through Nina Hub's Environmental and Social Initiatives". They had a wonderful and meaningful day in Tsuen Wan West as they had the opportunity to explore various areas within Nina Hotel Tsuen Wan West, including the executive suite on the 87th floor. Against the beautiful backdrop of Rambler Channel, they learned about the sustainability initiatives implemented in the guestrooms and experienced the well-crafted designs and menus at restaurant RÚ. Following this, they engaged in a series of exciting activities at @ninaparkhk. They enjoyed a fun life-sized board game, discovered real fossils to take home, and participated in an informative guided tour at Nina Park, which showcases over 100 museum-grade wood fossils.



Speak Up-Act Out Improvised Drama Competition

Our school has a long tradition of joining the SUAO competition. This year was no exception! Drama provides students with greater exposure to an authentic English environment and gives opportunities to use English spontaneously, contributing to whole-person development. It also empowers students to explore different situations and characters as well as express themselves confidently and creatively in English. This year's stimulus was "The Blue House in Wan Chai". Our team loved the experience of working on the script based on the Blue House and its history.

Best actor award: Bano Muntaha 5A

Cast:

Muntaha Bano 5A (The resourceful cleaner and bubble tea shop customer) Toby Fong Hoi Tung 4A (Chatty Brick 1 and bubble tea shop customer) Aimee Law Hau Tung 5A (Chatty Brick 2 and bubble tea shop customer) Mia Chen Man 4B (The greedy government official) Kaniz Fatima 5D (The shrewd businessman)

Sophia Ghale 5D (The cleaner's wife and the bubble tea seller)



Exploring Beyond

The plot

It is the year 2025 and a cleaner, masterfully brought to life by Muntaha, who has worked for a decade at the Blue House, unwittingly gets pulled into a mirror that transports him to the past. Confused, he discovers he can communicate with the chatty blue bricks of the historic building. They reveal a plan by a greedy government official and a businessman to convert the Blue House into a factory for profit. Displeased and extremely upset by this, the bricks ask for the cleaner's help, promising to return him to the future if he succeeds. Utilizing his resourcefulness and ingenuity, he convinces the businessman to open a bubble tea shop instead, promising that it will make him very rich. With the bricks celebrating their victory, they fulfill their promise and send the cleaner back to 2025 just on time to celebrate his wife's birthday.

Overall, the students' performance was a stunning display of talent, hard-work and dedication. They did their best to captivate the audience and tried to make sure that their performance was emotional and authentic.

Chen Man 4B

Participating in the Speak Up-Act drama competition taught me the importance of teamwork. I realized how crucial collaboration is for creating a successful performance. Additionally, I believe my English skills have improved as a result of this experience. Overall, it was a valuable opportunity that enhanced both my language skills and my ability to work with others.

Law Hau Tung 5A

Speak Up-Act Out drama performance proved to be an enriching learning journey. Through this process, I significantly enhanced my English pronunciation, fluency, and confidence in speaking. Collaborating with my team taught me about teamwork and creativity, while the on-stage performance helped me face the challenges and fears I had such as feeling shy in front of an audience. Most importantly, I've learned that practice and teamwork will turn challenges into success.

17th English Radio Drama Competition 2025

This year, a team of five Form 3 students, Faaiza Khansa Masood 3D, Kwong Nga Wing 3D, Chung Yau Yeung 3E, Kwok Yee Ting Vivia 3E and Zeng Rui 3E, represented our school in the 17th English Radio Drama Competition 2025.

They had a chance to write the play script of a radio programme, showcase their talents and perform a creative English Radio Drama LIVE in front of the audience! Through this competition, our students experienced the magic of sound and the creativity of their voices. Students learned and enjoyed the fun of script-writing and acting; they also developed team spirit, improved English language skills and built their confidence in expressing themselves in English. It was certainly a marvelous learning journey for them.

Not only were our students dedicated to winning, they were also incredibly resilient and managed to successfully secure their place in the second phase.



Congratulations to the Tack Ching team!

Exploring Beyond

Patriotic Sentiment on Air

Bano Muntaha (5A), Law Hau Tung (5A), Tam Nga Chi (5A) and Tam Wai Ki (5B) participated in the RTHK Radio Programme In the Common Room and recorded their session on 4th March, 2025. It was a meaningful and educational experience. Focusing on the topic of patriotic sentiment, they deepened their understanding of national identity and reflected on their roles as responsible citizens. They learned to express their thoughts articulately, listen respectfully to others' views, and collaborate to deliver a well-rounded discussion. The activity enhanced their communication and critical thinking skills while instilling a sense of pride and responsibility toward our country.



Inter-school Interpretive Reading Competition

A total of twelve S.1 to S.5 students participated in an eagerly anticipated Inter-school Interpretive Reading Competition on 8th March, celebrating the joy of reading! This competition aims to develop students' language expression skills, enhance interpretive reading abilities, boost students' confidence in public speaking and foster inter-school cultural collaboration. Our students chose the reading materials they liked and presented them aloud to the judges. This meaningful event offered an invaluable learning experience, helping the students sharpen their reading skills and cultivate a deeper appreciation for literature.





40th Sing Tao Inter-School Vebating Competition

This year, our school's debate team joined the Sing Tao Inter-School Debating Competition for the first time. This competion is co-organised by Sing Tao Daily, The Standard and the Education Bureau, sponsored by the Standing Committee on Language Education and Research (SCOLAR). This annual competition aims to provide all round training to improve students' language, debating, analytical and organisational skills, as well as enhance their interest in social affairs and develop their critical thinking. Since 1984, the competition has fostered and nurtured groups of talents in school debate. The competition has become a renowned academic event among Hong Kong secondary schools.

While this might sound like a tough competition for some, our debate team members were ready to embrace any challenges that came their way.

Let us introduce Tack Ching's debate team members:

Captain: Bano Muntaha 5A

1st Speaker: Chong Tsz Ching 5A

2nd Speaker: Kaniz Fatima 5D



Our team advanced to the second round of the competition and they were exhilarated! This experience allowed them to improve their research skills thanks to the engaging and thought-provoking motions (1st Preliminary Round's Motion: Allowing unlicensed columbariums to operate in Hong Kong; 2nd Preliminary Round's Motion: Cybercrime and public interest).

Hong Kong Secondary Schools Debating Competition HKSSDC



The art of debate has a longstanding tradition and history in Tack Ching. Every year, our debate team embarks on a journey where words matter and eloquence is of utmost importance. This year has been no exception. Our team always delivers impressive performances, showing their confidence and deep knowledge of the motion. Debate in Tack Ching is an essential component of English language education that promotes critical thinking, communication and teamwork. Our students engage in structured arguments on various topics which teach them to articulate their ideas clearly and persuasively.

The latest motion our team researched was THBT (this house believes that) top K-pop stars should be exempted from mandatory military service. Our team secured their win easily and they are ready for the new challenging motions next year!

Congratulations to

Captain: Muntaha Marium 2D

1st Speaker: Angela Tam On Ki 3C

2nd Speaker: Samiya Bibi 2B



Should top K-pop stars be exempted? Or is it a civic duty that everyone should do? Write your opinion in the box below!

Exploring Beyond

76th Hong Kong Schools English Speech Festival

The girls in Tack Ching value every opportunity to practise their speaking skills. They have enrolled in the 76th Hong Kong Schools English Speech Festival. Through their participation in the event, they have gained confidence and developed skills in articulating their thoughts clearly and persuasively. Our students appreciate such invaluable experience to challenge themselves in spoken English. Let's hear what some of the participants would like to share with us!

S.5 Solo Verse Speaking - First Place

Bano Muntaha 5A

Winning the championship title at the 76th Hong Kong Speech Festival was an unforgettable moment for me. Standing on that stage and feeling the energy of the audience was thrilling. Every word I spoke reflected months of hard work, preparation, and a deep passion for public speaking.



Overcoming challenges like stage fright made this victory even more special. This experience has not only boosted my confidence, but also deepened my appreciation for the power of effective communication. I am grateful for the support from my mentors, family, and friends throughout this journey.

This festival taught me the value of resilience and the joy of connecting with an audience. I am eager to embrace new challenges ahead and look forward to my next journey in public speaking.

S.2 Choral Speaking Team – 2nd runner-up Muntaha Marium 2D

During the rehearsal for choral speaking, I felt quite nervous about stepping down to bow without looking down. During practice, I often tripped over or stepped back too fast. Still, I had a lot of fun. I learned how to work in a team and get feedback from others. Although I tend to be short-tempered, I worked on calming myself and managing my emotions during practice. It was such an enjoyable experience. I hope to participate in more activities like this in the future.

Yeung Ka Yi 2D

During the choral speaking practice, I was quite nervous because I stood in the first row of the group. On the day of competition, I unexpectedly had a sore throat which made me feel unwell. Despite this, I tried my very best, and our team secured the 2nd runner up. Although we did not win the championship, I am determined to join the Speech Festival next year and outperform other teams.

Sobia Samrin 2D

Through this amazing competition, I have learned a lot of things and achieved something great. No matter what the result of the competition is, we should always appreciate our hard work and be proud of ourselves. The words from the judge inspired me a lot. He said, "I appreciate your work effort, but when it comes to what you have learned from this competition, it isn't just performing. It's also about the courage, confidence, and communication skills you all have. If you work hard enough, you will make the impossible possible!" After this competition, I realized that nothing is impossible so long as we do not give up when we face difficulties. Hard work is the path to success!

Hui Hing Lam 2E

Participating in the choral speaking competition was an enriching and memorable experience for me. On stage, I faced a moment of forgetfulness but the support and encouragement from my classmates gave me the strength and courage to continue. This competition taught me the importance of thorough preparation. Also, this experience served as a reminder that perfection is not the ultimate goal. What truly matters most are resilience and hard work.

Tong Wing Ching 2E

In the choral speaking competition, I enjoyed my time on stage. The ranking may not be ideal but we gained valuable experience. Watching the performances of the other schools made me reflect on our own efforts and I believe we can do better next time! Also, I realized that choral speaking is such an artistic form of expression and this wonderful experience has helped me improve my articulation and broaden my vocabulary.

List of award winners - 76th Hong Kong Schools *Exploring Beyond* English Speech Festival

Class	Student	Cotogom	Aword		Class	Student	Catagony	Award
5A	Bano Muntaha	Category Solo Verse	Award First Place		2B	Pakiza Eman	Category Solo Verse	Merit
		Solo verse	FIISt Place		2D		Solo Verse	
2B	Bibi Samiya				2D 2D	Yan Tong Yeung Ka Yi	Solo Verse	Merit Merit
2B	Nayyab Fatima				2D 2E	An Cailing	Solo Verse	Merit
2B	Pakiza Eman				2E 2E	Chen Shengxin	Solo Verse	Merit
2D	Muntaha Marium				2E 2E	Hui Hing Lam	Solo Verse	Merit
2D	Poon Wai Lam				2E 2E	Yuan Zien	Solo Verse	Merit
2D	Sobia Samrin				3C	Chan Wai Ting	Solo Verse	Merit
2D	Woo Hoi Yan				3C	Lee Yi Ki	Solo Verse	Merit
2D	Yeung Ka Yi				3E	Cheung Chui Yan	Solo Verse	Merit
2E	Cheng Leanna				3E	Ho Pak Ying	Solo Verse	Merit
2E	Chin Chi Lam				3E	Ho Wing Tung	Solo Verse	Merit
2E	Choy Wing Yin				3E	Yao Yi Chun	Solo Verse	Merit
2E	Hui Hing Lam				3E	Yun Hui Min	Solo Verse	Merit
2E	Ip Tsz Ying	Choral			3E	Zeng Rui	Solo Verse	Merit
2E	Lam Cheuk Yin	Speaking	Third Place		4A	Chan Hei Tung	Solo Verse	Merit
2E	Lau Cheuk Fei	opeaking			4A	Chen Xueyi	Solo Verse	Merit
2E	Lau Ching Man				4A	Leung Nga Ching	Solo Verse	Merit
2E	Leung Ho Yau				4A	Lin Jiaan 4A	Solo Verse	Merit
2E	Ng Lai Yin				4B	Chan Sin Lam	Solo Verse	Merit
2E	Tang Po Ying				4B	Leung Nga Wing	Solo Verse	Merit
2E	Tong Wing Ching				4C	Chan Lok Yin	Solo Verse	Merit
2E	Tsang Kin Yan				4C	Pau Yik Gi	Solo Verse	Merit
2E	Wong Chak Hei				4D	Phung Ka Yan	Solo Verse	Merit
2E	Yau Hei Tung				4D	Lai Chung Yin	Solo Verse	Merit
2E	Yuan Zien				5A	Chong Tsz Ching	Solo Verse	Merit
2E	Zhang Hoi Shuen				5A	Dong Xinyi	Solo Verse	Merit
2E	Zhang Xien				5A	Li Hiu Ying	Solo Verse	Merit
2E	Zhou Ka Lam				5A	Luo Tsz Kwan	Solo Verse	Merit
1A	Chan Wing Tung	Solo Verse	Merit		5A	Tam Nga Chi	Solo Verse	Merit
1C	Aroosh	Solo Verse	Merit		5A	Wu Xuewan	Solo Verse	Merit
1C	Chong Hiu Ying	Solo Verse	Merit		5A	Yun Huichan	Solo Verse	Merit
1C	Khan Eshal	Solo Verse	Merit		5B	Lee Ka Tung	Solo Verse	Merit
1C	Umarzai Ayesha	Solo Verse	Merit		5B	Tang Lok Huen	Solo Verse	Merit
1D	Bibi Zainib	Solo Verse	Merit		5C	Lui Lok Tung	Solo Verse	Merit
1D	Chung Pik Yee	Solo Verse	Merit		5D	Jan Mishaal	Solo Verse	Merit
1D	Pun Tsz Ying	Solo Verse	Merit		5D	Shah Muskan Bibi	Solo Verse	Merit
1D	To Hiu Tung	Solo Verse	Merit		5D	Wong Ching Ki	Solo Verse	Merit
1E	Ma Tsz Lam Pansy	Solo Verse	Merit		5E	Zhang Xue Xin	Solo Verse	Merit





Oral Health English Writing Competition

Last November, 11 students participated in the Brush Up Your Creativity! Oral Health English Writing Competition powered by the Oral Health Promotion Division, Department of Health and organised by Young Post by SCMP Learn. Two S.5 students - Bano Muntaha and Hung Yuk Mui - received Certificates of Achievement. All their submissions demonstrate their creativity in effectively making the core message - good dental care is a lifelong commitment - resonate. Let's read one compelling story and hope that you know it is important to maintain healthy smiles for years to come.

Bano Muntaha 5A

The Life Story of Lily the Tooth

Greetings! I am Lily, a human tooth. Allow me to share my life's journey, recounting the experiences and challenges I have encountered throughout my existence.

I began my life as a little baby tooth when my owner was just a tiny and adorable human being around six months old. I peeked through the gums, proud to be one of the first teeth. I am very important, you see; we help little ones chew their food and create space for new teeth to grow.

As time went by, I witnessed my friends, the other baby teeth, start to fall out. It was exciting but also a bit scary. I was worried about how I would fit in with the new adult teeth coming in around age six or seven. When my turn finally came to take my place, I journeyed from the mouth of a child into the realm of adulthood.

Now, as an adult tooth, my life is different. I have many responsibilities. I endure the daily grind of chewing food, which can be quite tough. Sometimes I feel pressure when my owner bites into something crunchy, and I've had to endure the sticky situations of gooey candies that cling to me. But there are dangers I have to look out for, too. The more I chew on those sweet treats, the more worried I become about the little bacteria that love to munch on sugar, just like I do.

Picture a day in my life. In the morning, I wake up feeling fresh, eager to help my owner start the day with breakfast. After that, it's time for a good brushing with refreshing minty toothpaste. Ah, what a relief! But then, throughout the day, my owner indulges in sweets and sodas, putting both me and my fellow teeth at risk. Each time sugary snacks get stuck between my best friends and me, I can feel the danger growing. That sticky plaque starts building up, and if we don't clean it off, it can turn into tartar, and that spells trouble!

At night, as my owner sleeps, I can't help but feel vulnerable. Saliva doesn't wash over me as it does during the day, leaving me exposed to potential decay. I try not to worry too much. After all, I know my owner has a special routine! I wish they wouldn't skip flossing, though; it really helps get rid of any leftover food. A good dentist always advises keeping those pesky food particles away from us!

Just like every tooth out there, I have my share of challenges and worries. I've seen my buddies suffer from cavities, and I vow to do everything I can to avoid that fate! I know I need my owner's help to maintain my health, so I'll continue to guide them to brush at least twice a day and visit the dentist regularly.



As I look back on my journey from a baby tooth to a mighty adult one, I understand how important it is to take care of myself. The choices my owner makes affect my well-being whether enjoying healthy foods or avoiding too much sugar. I hope to stay strong and shiny, not just for appearances, but to carry out my essential function for years to come.

So here's to being a tooth! Each day is an adventure, and I'll keep doing my best to shine bright and help my owner enjoy every tasty meal. After all, together we'll continue navigating challenges with a smile!

Cross-curricular Activities

Read, Know, Learn & Go

In collaboration with the English Department, Music Department, Cross curricular and School-based Curriculum Development, the school library and English Society, a monthly reading activity called *Read, Know, Learn & Go* was launched, aiming at turning our students into global citizens by widening their cross-cultural perspectives. Students explored different cultures by engaging in fun activities, such as borrowing books on culture or music, or works written by Roald Dahl. They also completed worksheets on Wonka's Chocolate Factory and filled out application forms for the position of factory's director. Moreover, they took part in the cross-cultural music activity 始原 · 鼓動. As you can see from the following snapshots, the students enthusiastically engaged in these activities.



Bilingual Radio Broadcast

131.2

Partnering with the Putonghua Radio Broadcast Team, the English Department provided students with opportunities to use English and Putonghua in authentic situations. During Thursday lunchtimes, a group of S2 to S5 students took the roles as DJs to share their thoughts and opinions on a variety of topics, including K-pop, use of AI and future careers, This group of young DJs also recommended songs, dedicated songs and shared personal messages with their fellow schoolmates and friends live on air.



Cross-curricular Activities

Being Bilingual: A Key to Success in a Globalized World



Our students recognize that being bilingual is essential in today's globalized world. To demonstrate the importance of biliteracy and trilingualism in Hong Kong as an East-meet-West international cultural exchange arena, they submitted four entries to the one-minute video production competition organized by SCOLAR for the Biliteracy and Trilingualism Campaign 2025. They want their classmates to understand that the ability to communicate across linguistic boundaries is an important skill.

Through hard work and creativity, one of the teams was crowned the champion. Bravo to our girls! The winning video is titled *Girls of the East* and was produced by the following students: Ayesha Zahid (5D), Bibi Iqra (5D), Naaz Ansa (5D), Shah Muskan Bibi (5D) and Sidra Qurban (5D). Do scan the QR code above to watch their impressive production.

Yeung Tsz Ki 5A



IGT x Rab x English Collaboration: Science Museum Visit

'Glorious Voyage: Splendid Achievements of the People's Republic of China in Its 75 Years' Exhibition Series showcase the splendid effort in the comprehensive development of contemporary China over the past 75 years. Our students visited two of the three exhibitions held at the Hong Kong Science Museum. After visiting the two exhibitions, the Scientific Breakthroughs and Era of Intelligence, students gained a better understanding and knowledge of AI. They shared their thoughts on the changes AI could bring to the world in the next fifty years. Let's look at their expectations on the hot air balloons.

Law Hau Tung 5A



Cheng Fung Nathaly 5A

To help students gain a better understanding of AI technology, our school organized an exploration tour of AI at the Hong Kong Science Museum. We benefited a lot from this experience.

The exhibition shows AI technology in a vivid way, which aroused our curiosity about science and technology and ignited our enthusiasm for exploring AI further. We engaged with the latest AI technologies and applications, understood the principles behind them, and expanded our knowledge. The interactive elements of the exhibition encouraged us to practise and cultivate problem-solving skills and innovative thinking.

Additionally, this experience allowed us to gain a deeper understanding of the impact of AI on society, and enhanced our scientific and technological literacy, preparing us for future scientific and technological challenges.

The exhibition also introduced us to Al-related professions and provided us with insights for future academic and career choices. In addition, the hands-on exposure to Al technology helped us better understand the concepts learned in the classroom and enhance our interest in learning.

In short, this activity has enabled us to learn about AI in a relaxing environment and stimulated our innovative thinking.





TWEH's Good Reople, Good Reeds English Writing Competition 2024-25

All Tack Ching students are invited to take part in the "Good People Good Deeds English Writing Competition 2024-25" organized by the Tung Wah Group of Hospitals. This competition is a celebration of love, compassion and kindness, providing our students with the opportunity of infusing positive energy into society and fostering social cohesion.

Contestant List

Contestant	Story	Level
Tam Wai Ki 5B	"Beyond the Skyscraper in Hong Kong"	Senior Level
Cheng Ya Yuen 1A	"Into the Dark"	Middle Level
Yeung Ka Yi 2D	"The Day I Became a Hero"	Middle Level
Hui Hing Lam 2E	"Good People Good Deeds"	Middle Level

Let's read the extracts of the students' outstanding stories.

Cheng Ya Yuen 1A

Into The Dark

The rustling comes to a halt as a girl pants, exhausted from all the running, tired of trying to find an exit, she falls down onto her knees, sitting by a tree to rest.

She looks up searching for the sun to lead her back home, back to when she didn't lose her way. Yet despite everything all she could see were the leaves of the tree and the moon and the twinkling stars in the sky accompanying her. ...

Tam Wai Ki 5B

Beyond the Skyscraper in Hong Kong

In a crowded city like Hong Kong where the buildings contact the clouds and everything is a rush, we often forget to listen to the heroes around us. These are everyday people whose selfless acts weave together a tapestry of goodwill that stitches our society together. This essay is a testament to the power of these quiet heroes and how small gestures of dignity, respect and basic human kindness can change lives and promote unity.

Consider the congested areas of Hong Kong. There, you will find dozens of unsung heroes. Consider the old people who volunteer at community centers. Even as they get older, they dedicate their attention to organizing events for children from low - income families. They train them in traditional handicrafts such as paper cutting and lion - dance making. Not only are they passing on our cultural heritage by doing so, but they're also giving these kids a safe, fun place to come. These volunteers believe in the promise of every child. According to them, such activities help transform the mindset of youth when they feel proud of their cultural background. ...

Hui Hing Lam 2E Good People Good Deeds

I. The Paradox of Modern Society: individualism and the Yearning for Connection

In a world increasingly dominated by individualism and self-centeredness, where technology connects us globally yet isolates us emotionally, acts of kindness emerge as antidotes to societal fragmentation. As emphasized in studies from the Mayo Clinic, kindness triggers neurological responses that release stress-reducing hormones, fostering both personal well-being and collective harmony.

This duality highlights a profound truth: while modern life glorifies personal achievement, our shared humanity craves compassion as its lifeblood reminding us that even fleeting interactions can carry transformative weight. ...

Yeung Ka Yi 2D

The Day I Became a Hero

It was a chilly autumn afternoon when everything changed. The leaves were starting to turn bright colors, covering the park in reds, oranges, and yellows. As I walked down the usual path with my earbuds on, the world faded away, and I got lost in my music. I had no idea that the peaceful air was about to be broken by a piercing scream.

The scream cut through my music, making me look up, wide awake. I yanked out my earbuds and glanced around. Just a few yards away, I spotted a scene unfolding: a little boy, probably around eight, stood frozen next to a swing set, his eyes full of fear. A guy with dark hair, looking extremely sketchy, had a tight grip on the boy's arm, pulling him toward a van parked close by. My heart started racing as I realized what was going on. This wasn't some movie scene, it was real. ...

Have you ever helped someone? Share your experience here.

WISH Project by GUHK

Two students participated in Writers In Schools of Hong Kong (WISH) Project organized by the Department of English, The Chinese University of Hong Kong. Through the three-month workshops, they engaged in wonderful exchanges about creativity and everyday life. Let's explore their marvelous work and appreciate the effort they put into their writings.

Law Hau Tung 5A

Aimee

Alligator is my favourite beast Its sharpened teeth make others run to the east My father said we don't need to fear it Even if we go to the zoo, it can't bite me Even if we meet, we'll try our best to tame it

Lyrics

Do you want to control your life or let it bother you? Irrational design. Anticipated dynamite. Oh! Did you see who won the light? Annoying trouble people just don't realize it. Raven, forlorn, desolate these constant emotions. Absent, lonely, in hiding like life tormented by fire! We should stand up and leave leaving depression behind! Resolve the pain, create anew fulfilling life with brightness.

The Diary of Vet Amy

Monday 21/10

Today is my birthday, also the most stressful day of the week. I'm still working in the veterinary clinic. Sweeping the floor, cleaning the tools, tidying up the room.

When would I have the money to quit this job?

Wednesday 23/10 How fun is this job! Playing with dogs, petting the cats, both make me happy! I wish I could be like this forever!

Thursday 24/10 A stressful day again. That irritable senior ordered me to take his parcel. "It is not my job!"

I wanted to say that out loud, but I could only think it to myself. When could I finish ...

Saturday 26/10

Finally, a day off! I brought home the puppy I adopted not long ago. There's no need to envy other colleagues who have pets. I need to work harder to become a vet and help my puppy with medical services! Although I hate this job, especially the irritable senior.



Bano Muntaha 5A

Mother

Magnificent heart, full of grace. Open arms that embrace all beings. Tender whispers that soothe the night. Hope and strength, a guiding light. Endless love that knows no end. Radiant spirit, forever a friend.

The Siege

Sunday: The Calm Before the Storm

Today was relatively quiet. I spent the morning meditating and going over my training routines. It was important to stay grounded, especially as the city seemed to be on edge lately. I took a stroll through the park this afternoon, and it felt good to connect with the community. Children played, families picnicked, and for a moment, I forgot about my responsibilities. However, a strange energy in the air told me that something was brewing.

Monday: A Disturbing Discovery

I received word from my informants that a mysterious organization might be planning to unleash chaos in the city. They'd been seen gathering in abandoned warehouses on the outskirts. I spent the evening strategizing with my girls, analyzing our resources and preparing for reconnaissance missions. The weight of the unknown chewed my mind. What was their endgame? I couldn't shake the feeling that I needed to act soon.

Tuesday: Undercover Operation

Today, I went undercover to gather intelligence on the organization. Donning my civilian persona, I managed to blend in among the crowd at a local bar where their members met. Listening in on conversations, I overheard whispers about "Project Eclipse" —it sounded ominous. I didn't reveal my true identity, but I gathered enough evidence for the team to start making plans for infiltration.

Wednesday: Infiltration

With the intelligence gathered, we set a plan into motion. My team and I infiltrated the organization's headquarters. It was a tense situation; we moved stealthily through the corridors, relying on our training and instincts. We discovered their plans to deploy a device that could disrupt the city's power grid. Just as we were about to sabotage their operation, we were ambushed! A fierce battle ensued. My team fought valiantly, but my heart raced as I struggled against multiple foes.

Thursday: Regroup and Recover

After last night's chaos, everyone was shaken but grateful to have escaped with our lives. We regrouped at our hideout to tend to our wounds and reassess our strategy. It was crucial that we acted fast; if they deployed that device, it could plunge the city into darkness. I spent the day analyzing our footage from the infiltration, looking for clues that might help us thwart their plans. The stress had been overwhelming, but I'd learned to channel it into determination.

Friday: The Final Confrontation

Tonight, we moved into action. With pinpoint accuracy, we located the device's location. As we stormed in, the clock was ticking. We faced the leaders of the organization in a final showdown. It was an intense battle, but I could feel the adrenaline coursing through my veins. We fought fiercely, and our teamwork paid off. Ultimately, we managed to dismantle the visually complex device just seconds before activation. The city is safe... at least for now.

Reflecting on the week, I realize the toll this life can take. But, knowing I'm able to protect my city, to keep the people safe, makes every moment worth it. Tomorrow, I'll rest and recharge; the city will always need its heroes.

"SOW Inspiring" Book Gifting Competition

The "SOW Inspiring" Book Gifting Competition is designed to ignite a passion for reading among students, enhance their language skills, unleash their creativity, and promote the development of positive values and attitudes. Students were invited to select a book they cherish and present it as a gift to someone special. They wrote a heartfelt message featuring a wise saying (SOW) from the book and created a two-dimensional (2D) artwork to visually convey the message's meaning.



Umarzai Ayesha 1C

Hi Jessica,

I know you have difficulty maintaining a personal relationship. You don't know how to control your emotion and you believe that we can express how we feel about somebody to help them improve. Don't be sad. Every problem has a solution. You just need to know how to control your emotions. I feel bad for you. People hate you because you cannot control your emotions. I want to recommend a book called Shift: *Managing Your Emotions-So They Don't Manage You*.

It is a story about a king who is struggling with anger and frustration. He visits a neighbouring king who is famous for his wisdom. At a feast, the king notices a fly in his soup. He is disgusted and the fly ruins his mood. The neighbouring king says that it is his reaction to the fly that ruins his mood. From then onwards, the king tries not to react to situations that would previously trigger his emotions. As the author says, "Death is unexpected, enjoy every moment of life." Appreciate what you have and stay happy every day.

Jessica, you have the power to control your emotions. Don't let them control you. Emotions are a natural part of our human experience, and it is important to acknowledge them. Instead of reacting impulsively, you should take the time to process your emotions and respond in a thoughtful manner. With this, you can have good manners and people will like you more. By learning the art of non-reaction, you can navigate challenges in life with greater ease. I know you can do it. Make yourself approachable and easy to talk with. You can change yourself. I believe you can do it.

May God fulfill all your wishes.

Best wishes,

Ayesha



Bibi Mariya 1D

Dear Grandpa,

Grandpa, you lost your memory in a car accident. You do not remember anything. My father wants you to go to a nursing home for better care. I am worried about you.

I am going to gift a book called *Escape from Shangri-La* to you. It is written by Michael Morpurgo. The protagonist's experience is similar to yours. One day, an old man came to Cessie's house and said he was his grandfather. At first, Cessie did not believe him. When Cessie's father came home from work, he was shocked and said the man was his grandfather but he had lost his memory. As everybody in the family was too busy to take care of the grandfather, Cessie's father decided to send him to Shangri-La, which was a place like a nursing home for his proper care. Cessie was not happy and he made a plan to save Grandfather from Shangri-La. After rescuing him, Cessie



lived somewhere else with him. Cessie's father was regretful. He found them, apologized to them and asked them to come home.

Highlights of Students' Creative Work

I hope that my father will understand that he is wrong. Family love can never be replaced. As a line in the book says, 'All those years sitting on that wall I longed for you to come back', we are all waiting for the moment when you can regain your memory. I know that things are tough right now, but I want you to know that you are stronger than you think. You have got this time of sorrow, with a wish for strength as you face tomorrow. I wish one day you will have your memory back and you will be healthy and could enjoy your life.

Love,

Mariya

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Fung Pui Yu Ivonka 1E

Dear Ryan,

I want to share with you a book titled *Oliver Twist* because the main character in the story makes me think of you.

The story is set in London and recounts a tragic background and experiences of Oliver Twist. The protagonist, Oliver Twist, grew up in an orphanage, experiencing apprenticeship through hardship and later fled into a den of thieves, and was forced to associate with ruthless criminals. Eventually, with the help of kind people, he found happiness.

A quote from the book says, "Cry is a nature bestow upon us by God, but how many people, at such a young age, have such reasons to reluctantly shed tears before Him". Crying is a way to heal and it leads us from sorrow to joy. I hope you stay healthy and brave in the future, doing what you want to do, always living in the present and being the most free version of yourself.

No matter how difficult or arduous your situation is right now, remember that there is always someone by your side to support and accompany you. Don't give up.



Oliver Twist

Yours,

Ivonka

Leung Ho Yau 2E

Dear Anna,

I know you have been under a lot of pressure from school recently and have no time to care about the things around you. You seem to be anxious about losing your life direction. Therefore, I would like to introduce you to the book *Living Towards the Sun*.

This book mainly focuses on healing your mindset and can make you less anxious. It not only has beautiful pictures but also introduces many famous quotes, which are also very inspiring for our lives. This book is divided into four parts: The Path of Growth, Glimpse of



Nature, Life Silhouette, and Colorful Life. There are many quotes in the book. I think there is one that I must recommend to you. It is very suitable for your current situation: "You must stand in the world you love and shine brightly." Although life could be challenging at times, there are many people around us who support and love us. Take a moment to look around you when you are stressed and I'm sure you will find someone who loves and supports you as always.

I hope this book can help you find your life direction. Don't be so anxious and everything will be fine.

Love,

Anson

Yau Hei Tung 2E

Dear Angel,

Hello, how have you been recently? I know you were bullied at school so I'm worried about you.

I was reading a book last week. The title of the book was *Emily Is Being Bullied*. The protagonist is Amy. The book is about her experience



of being bullied and how the problems are resolved. I think of one sentence in the book that may help you -"Fences have helped me to realize that I'm not on my own and that it wasn't my fault that I was bullied". It is very common that those who face bullying often feel isolated and blame themselves for what happened. Amy's journey shows that healing is possible and that support is crucial in overcoming such challenges.

Amy's experiences are just like yours and I think this book can remind you that we're not alone in our struggles. Your willingness to talk and support means a lot to me, and I hope we can continue to share our thoughts and feelings. If you ever want to talk, you can find me.

Love,

Ashley

Zhou Ka Lam 2E

Dear Carmen,

I know you've been feeling down recently because you failed an exam, and you're feeling stressed out by the fear that you'll fail the next one as well. I know there is a book that is very suitable for you. The name of the book is *Right Kind of Wrong*. This book talks about how to face mistakes and failures correctly. When exploring new fields, although we try our best to prepare and learn, it is inevitable to encounter mistakes and failures. But we should not be afraid of these mistakes and failures, we should accept them, learn from them, and then continue to work hard to achieve success. Every mistake and failure is an opportunity to learn, grow and develop new skills.

There is a sentence in this book that I like very much, "We cannot direct the wind, but we can adjust the sails!" The meaning behind this sentence is adaptability - changing strategies when circumstances change, rather than resisting the inevitable. Sailing is like studying. You will encounter good and bad times in sailing. The same is true for studying. When sailing is good, the wind direction will be in your favor, and when sailing is bad, you will encounter hurricanes. When studying, you will encounter areas that you are good at, and you will also encounter areas that you are not good at. When the sailing is bad, we may try to adjust the sails. When we are not good at learning or often make mistakes, we may try to change our learning methods.

I hope this can help you.

Love,

Kelly



Which book would you like to present as a gift to someone dear to you? Why? We'd love to hear from you!

Book Report Competitiion

Our annual book report competition was held in December 2024. Through this competition, we aim to nurture a book-sharing culture. It was also a great opportunity for students to explore how characters were developed in the plot and to reflect on their own experiences. Each report shared unique ideas about favorite stories, and we are excited to announce the winners of this year's Book Report Competition!

Winners:

Junior form: Champion: Arsahd Liza 3B 1st runner-up: Cheng Ya Yuen 1A 2nd runner-up: Faaiza Khansa Masood 3D Merit awards: An Cailing 2E, Cheung Hei Yi 3E, Au Yeung Wing Chi Vincci 2C

Senior form:

Champion: Bano Muntaha 5A 1st runner-up: Hung Yuk Mui 5A 2nd runner up: Lin Jiaan 4A Merit Awards: Aliya Mahnoor 4D, Chong Tsz Ching 5A, Ho Ching Yiu 5C

Junior form Champion: Arshad Lisa 3B Book title: Klara and the Sun Author: Kazuo Ishiguro

Klara and the Sun by Kazuo Ishiguro is set in a near-future world where artificial intelligence is common. The story follows Klara, an artificial friend (AF) chosen by a sick girl named Josie. As Klara navigates her role, she explores themes of love, loyalty, and humanity, believing the sun has healing powers. The novel combines science fiction with deep insights into companionship and connection.

The most exciting moment in *Klara and the Sun* occurs when Klara, desperate to save Josie, pleads with the sun for help. As Josie's condition worsens, Klara's faith in the sun's healing power intensifies. This climactic scene is charged with emotion, as Klara's love drives her to act against the odds. The tension peaks when she believes that her sacrifice might influence the sun's response. At that moment, the stakes of Josie's life are at their highest, and Klara's unwavering devotion is put to the ultimate test.



I liked the ending of *Klara and the Sun* because it poignantly highlights love and sacrifice. Klara's acceptance of her role left me feeling hopeful, emphasizing that true companionship endures through challenges.

Senior form Champion: Bano Muntaha 5A Book title: It Ends with Us Author: Colleen Hoover

It Ende with Lie by Colleon Heaver is a c

It Ends with Us by Colleen Hoover is a compelling and emotive novel that masterfully addresses complex and challenging themes such as love, resilience, and domestic abuse. The story revolves around Lily Bloom, a young woman who finds herself entangled in a complicated and emotional relationship with Ryle Kincaid. As the narrative unfolds, it deftly explores the multifaceted dynamics of love and the harsh realities of abusive relationships.

The novel skillfully portrays the insidious nature of domestic violence and the profound emotional impact it has on its victims. Through the character of Lily, Hoover conveys the internal struggles, conflicts, and difficult choices

faced by individuals grappling with abusive relationships. The narrative is poignant and thought-provoking, shedding light on the intricate layers of love, hope, and pain.

Beyond the central theme of abusive relationships, *It Ends with Us* also portrays the resilience and strength of the human spirit. Lily's journey toward empowerment and self-discovery serves as a powerful testament to the capacity for growth and personal transformation, even in the face of adversity. The novel offers a raw and authentic portrayal of the emotional intricacies and challenges of breaking free from toxic relationships, capturing the complexities of human emotions with sensitivity and depth.

Furthermore, the novel's exploration of larger societal issues surrounding domestic abuse elevates its impact. Through its thought-provoking narrative, *It Ends with Us* fosters an important dialogue about the far-reaching effects of domestic violence and the imperative of breaking the cycle of abuse. Hoover effectively navigates the emotional landscape of her characters while addressing broader societal themes, creating a compelling and impactful reading experience.

In conclusion, It Ends with Us is a poignant and resonant novel



that confronts difficult and relevant themes with empathy and insight. Colleen Hoover's skillful storytelling and the depth of her character development make this novel a captivating and emotionally evocative read.

How many English books did you read this year? Which book is your favourite? Share your experience here.

Interview with Teachers

Interviews with alumni teachers

We are honoured to interview two amazing alumni teachers this year- Ms. Au Hoi Ting and Ms. Wan Hiu Lam, who teach Chinese and English respectively. This has been an enriching experience as they have offered valuable insights into the teaching profession and its impact on education. We were eager to learn about their challenges and memorable experiences. Of course, we seized the opportunity to ask for tips on how to improve our English!

We are excited to share their interviews with you!

Reporters: Casey Chen Xueyi 4A and Shah Muskan Bibi 5D

Interview with Ms. Wan Hiu Lam

Why did you decide to return to Tack Ching as a teacher?

I decided to return to Tack Ching because it holds many cherished memories for me. Since Tack Ching played a significant role in shaping who I am today, I

wanted to start my teaching journey there.

What challenges did you face as a new teacher?

The biggest challenge I faced as a new teacher was classroom management and, also, learning effective teaching methods. Most importantly, I wanted to build strong bonds with my students.

What is the difference between the current students and the students when you studied at Tack Ching?

I noticed that current students heavily rely on technology for studying and doing homework. When I was a student, we didn't have access to technology as much and we didn't really have many online resources or I.T. programmes like BYOD.

What are your memorable experiences of teaching here? I love watching my students grow and improve daily. Receiving heartfelt and grateful messages from them has made my teaching journey truly memorable.

Do you have any tips for learning English?

My top tip is to practise English every day. Consistent practice like speaking, listening, and engaging with the language daily makes a huge difference.

Interview with Ms. Au Hoi Ting

Why did you decide to return to Tack Ching as a teacher? I have a deep emotional connection to the school. It really shaped my growth and personality. I want to give back



to the community, and, hopefully, inspire students to discover their potential.

What challenges did you face as a new teacher?

I faced a few challenges such as establishing effective classroom management and building trust with students. Additionally, adapting to different students' learning styles and needs is another significant challenge that requires continuous learning and adjustment.

What are your memorable experiences of teaching here?

My students won an award in a competition this year. When they went on stage to receive their prize, the pride and joy I felt were deeply fulfilling. Seeing the results of their hard work provided an irreplaceable sense of achievement for me.

Do you have any tips for learning English?

My advice is to listen, speak, read, and write more, and not to be afraid of making mistakes. Even simple things like watching movies and listening to music go a long way, and communicating with native speakers certainly helps too. Most importantly, remember to maintain interest and a persistent attitude.

We are sure that both interviews deepened students' appreciation for the teaching profession. They have offered practical insights and inspiration when our students consider their future career paths. The lessons learned extend beyond the classroom and emphasize the importance of mentorship and the lasting impact teachers have on their students' lives.

Interview with Teachers

Interviews with two new NETs

We are thrilled to welcome two new NETs, Ms. Alena Kupstevich and Ms. Isla Winchester, to our team this year. They come from the UK and Russia and we are eager to hear about their experiences living in Hong Kong and teaching at Tack Ching.

Reporters: Casey Chen Xueyi 4A and Shah Muskan Bibi 5D



Interview with Ms Isla Winchester

What do you like about living in Hong Kong?

I like that Hong Kong has so many different places to explore, even though it is considered quite a small city.



I also appreciate the variety of transportation options and their convenience. I love Hong Kong bakeries and I also enjoy meeting new people here.

Did you have a culture shock when you first moved to Hong Kong?

Surprisingly, no, I didn't. I think I did not experience any culture shock because many aspects of life in Hong Kong are similar to those in the UK, where I am from. I have been feeling comfortable and relaxed.

When did you decide to become a teacher?

I decided to become a teacher last year. This is my first year teaching and I am truly enjoying this experience thanks to my students in Tack Ching.

What is your best experience at Tack Ching?

My favorite experience was the Christmas party. I enjoyed the talent show held during the event, where I watched students sing and dance. I was impressed by the large number of talented students and I loved seeing them relaxed and interacting with one another. Everyone had a great time.

Interview with Ms Alena Kupstevich

What do you like about living in Hong Kong?

I think that Hong Kong is a small city but it is very compact and busy. It really feels like a big city, maybe even like New York, because of all the skyscrapers and crowded streets. But it has beautiful scenery, mountains, beaches, seas, museums and so on. It is a very unique combination.



Did you have a culture shock when you first moved to Hong Kong? I did experience a cultural shock when I first came to Hong Kong. Many things were quite different here, especially Chinese food. When I first tried the spices and the food, even as simple as white rice, I found the taste really different from the food that I usually ate before. I was also surprised by the sour and spicy flavours in Hong Kong. Later, I adapted well to Chinese food and now I enjoy eating it a lot!

Did you live in any other countries before coming to Hong Kong?

Yes, I've lived in different countries before. I lived in Sweden and France when I was a student. I also stayed in Turkey for around 6 months where I had my first teaching internship. After that, I went to China for my gap year because I wanted to learn Mandarin. I first visited Hong Kong while living in Guangzhou. I fell in love with the city and decided to move here for work.

What is your best experience at Tack Ching?

My best experience has been the speaking lessons with F3-F5. I think the students are quite hard working and they are eager to engage in discussions and share opinions. I learn something new from them every day, especially things related to recent music trends, fashion, memes, social media and even politics sometimes! Many students like sharing funny stories and experiences too. These lively discussions make every lesson really enjoyable for me and, hopefully, for my students too!

What questions would you like to ask our NETS? Think of 1-2 questions and write them down in

the box below!

Guessing New Teachers

Guessing new teachers

Please join us in extending a warm welcome to our new teachers. You may know some of them when they teach in your class. But how much do you know about their hobbies, pets and subjects they teach? Let's find out some clues below.

(You may find the answers at the bottom of next page!)



I teach Form 1 to Form 4 students. I am in charge of the Dance Club, and the School Team of Track and Field.



Hello, my name is Yoyo. Nice to meet you!





I love nature as it can let me explore more about my life.



I love rings.



Always smile!



These two cuties are called Mug and Scone.





Be energetic! Be positive!



White tray in hand, ready to collect all your homework and excuses!



I am very sporty and I like traveling around the world.



The digital collection of books helps keep all my books and takes no space at home. This electronic book is my fourth one.



Life is a journey of exploration; you never know what's around the corner.



I like pink rabbits rather than the noisy yellow ones.

> 4. Mr. Chan Wai Kei 3. Ms. Man Po Yan 2. Mr. Ng Ki Hong 1. Ms. Mok Hoi Ching **SYOURA**

9. Ms. Kaynaat Bibi 6. Ms. Liu Sze Kan 7. Ms. Cheung Yu Ching 6. Ms. Leung Lok Yiu 5. Ms. Yeung Yin Fong

13. Ms. Lau Sze Yu 12. Ms. Szeto Lin Hei 11. Mr. Chan Hang Wun 10. Ms. Wong Pui Yee





Tack Ching Girls' Secondary School

Phone: 2729 3211 Fax: 2725 1779

Address: 9 Hing Wah Street West, Sham Shui Po, KIn. Email: tcgss@tackching.edu.hk Website: http://www.tackching.edu.hk