

Sir Ellis Kadoorie Secondary School (West Kowloon)

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Episodes

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Hang Lung Mathematics Award (HLMA) 2012



Participating in Hang Lung Mathematics Award (HLMA) 2012 was definitely a memorable experience for me. It was not merely about the prize itself, but also the sense of success and the priceless and memorable experience of completing the research and having the opportunity to meet many renowned mathematicians from around the world.

I was a F.5 student when I decided to join HLMA. In fact, I was busy preparing for the HKDSE exam. However, I thought the chance of participating in HLMA was a once-in-a-life-time experience and I should never let this chance slip away from me.





Participating in HLMA may be quite challenging. You have to think of your own topics, assess whether the topics and the approaches are feasible, spend a lot of time reading reference books and think of something new. It is frustrating when you have no idea or question

about the feasibility of the approach. But you have to keep focusing on the questions and wait for the moment of inspiration.



My target of joining HLMA was not about the award, but the whole concept which allows you to freely probe into the world of mathematics, ask your own questions and have your own point of view towards mathematics. Maybe you can also find your own memorable math experience like me next year.

> Kwan Chung Hang 6B Award Winner

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Noah's Ark Camp

Community Oral History Project Understanding Professionalism in Hong Kong

Co-organized with Department of History, Hong Kong Baptist University

Liberal Studies is not only about current issues! We can't understand the community without knowing its past. If we want to know the History of Hong Kong, we can just find out the stories by ourselves.

In September 2012, 15 of our S.5 students joined the Oral History Project with the HKBU. In collaboration with the undergraduates, our students interviewed 4 professionals in different sectors.

Everyone's life is part of history, especially the professionals who have contributed to our society for many years. Through the interviews with them, our students figured out the changes in Hong Kong in various aspects, for example, the establishment of ICAC, rise of equalities, changes of fashion and education systems and the stories of closing Kai Tak Airport in 1998.





Mr. Alan Burge, pilot of Cathay Pacific

23 March 2013 was the show time for our students. Together with 3 other participating schools, our students had their presentations in HKBU. After all the hard work throughout the period, from setting interview questions to conducting interviews on their own, from making transcripts for all audio and visual records to analyzing all data for presentation, our students had gained not only the skills of conducting research, but also gained understanding of the country they are living in.



Mr. Rajkumar Daswani, tailor and owner of Raja Fashion



Mr. Geoffrey Emerson, Former Vice-Principal of St. Paul's College and author of "Hong Kong Internment, 1942-1945 – Life in the Japanese Civilian Camp at Stanley



Sharing on Harmonious Campus Campaign 2012-2013





As one of the major themes of the school, various activities and competitions about anti-bullying and cultural harmony were held in the year to create a harmonious atmosphere in school. Our Peace Ambassadors also played an important role in the campaign.

On 16 April 2013, our Discipline Master Mr. Chan, Deputy Discipline Mistress, Ms Sung and 10 Peace Ambassadors were invited to share their experiences with other secondary teachers in conducting activities in school to promote anti-bullying and having a harmonious campus. Our Peace Ambassadors of different cultural backgrounds



displayed good cooperation in a short play to introduce the importance of anti-bullying. Their inspiring performance earned a lot of praise from teachers of other secondary schools.

C leaning for Charity



A beach cleaning activity was held jointly by CYC (Community Youth Club) and the S.5 Biology class at Approach Beach on 8th February 2013. enabling students to raise fund for charity by cleaning the beach as well as raising their awareness of its biological features. It was traditional the Spring Clean-up day before Chinese New Year. Participants were impressed by the biological environment of the beach and the event strengthened their determination to lead a green life in order to protect our beautiful environment.





Exchange Programme to Mainland China



The Education Bureau has organized Mainland China Exchange Programmes for high school students to enhance students' learning and to promote cultural exchange across the border.

During the Easter Holidays of 2013, 9 S.5 students, including 6 from Nepal, the Philippines and Thailand, had the opportunities to join the



trip to Hubei, Wuhan, Yichang and the Three Georges Dam. Other than visiting the world's biggest dam, students were also able to visit two of the three most famous traditional towers, the Yueyang Tower and the Yellow-crane Tower.



They also visited Dongting Lake, which is the second-largest freshwater lake in China. Students were also given the opportunities to interact with some local students and residents to enhance their understanding of the life in China nowadays.





Students were much fascinated by the intriguing Chinese architecture and excited by the local food they tried during their stay. They were amazed by the development of China, and the interaction with the local people had given them a different impression about Chinese people. Moreover, the trip enabled them to understand more about China nowadays, and allowed them to have a first-hand experience of the topics related to China taught in S.5 Liberal Studies.





Form 6 Graduation Party

The second cohort of HKDSE students from our school held their graduation party on the 18th of May at the India Club in Jordan. The organising committee decided on a masquerade ball as the theme for the night and the concept was well-received by all those who attended.

The festivities kicked off early in the evening and despite some minor setbacks with the venue and service provided, the night proved to be a fun-filled fiesta with each of the Form 6 graduates in party mode, dressed to the nines in their graduation outfits and a variety of masks.





Many of the invited teachers were impressed with the way the students conducted themselves and were also entertained by the variety of activities organised by the planning committee. Our Principal, Mr. Li Wing Leung, joined the celebration and was generous and happy to provide prizes for the students.

There were many fortunate prize winners who were able to reap the rewards when they answered questions or performed tasks that were put forward by the hosts and hostesses.

The students and teachers enjoyed a lavish meal and basked in the jovial atmosphere which continued throughout the evening. All in all, it was a thoroughly fitting way for this year's graduates to complete their school life in Sir Ellis Kadoorie Secondary School (West Kowloon).

HKU CROSS-CULTURAL IES AWARD SCHEME

To further develop the understanding about different cultures and backgrounds of the ethnic minorities, our school participated in the Cross Cultural IES Award Scheme organized by the University of Hong Kong.

This provided chances for students to research and write about stories on different communities in Hong Kong, and our student focused their research on the food culture between India and China, for which they had been presented the "Award of Excellence."



Our students taking part in the scheme (from right): Leung Arisa (4A), Tam Kwan Kin (4A), Rai Neha (4A), Kaur Kiran Deep (4A)



Rai Neha and Kaur Kiran Deep introducing their project to Professor Stephen J Andrews, the Dean of Education, The University of Hong Kong.

School Hockey Teams

The 2012-2013 academic year was a unique one in that our school entered a girls' hockey team for Hong Kong Schools **Sports** Federation's inter-school hockey competition the first time in its history. This year we had a strong contingent of interested ladies who strongly indicated their desire to join the competition. They were entered into toughest competition and had to compete against some of the most experienced girl's teams from around Hong Kong and they performed quite admirably despite it being their first hockey competition.



The boys' team with coach Arif and Mr. Nair



Our girls' team with coach Arif and Mr. Nair

We were also extremely fortunate this year to have had the strong support of two alumni, Mr. Ahmed Khan and Mr. Khalid Khan, who generously donated hockey equipment and provided us with uniforms for both the girls' and boys' teams. They also arranged for the services of an excellent coach, Mr. Arif, who was instrumental in getting our teams ready for the competitions.

The boys' team did exceptionally well this year by reaching the finals of the Division Three and we

bagged the silver medal. In the group stages, we were the only undefeated team going into the finals but we were slightly unlucky in losing in the finals to Delia Memorial (Matteo Ricci) by a score of 2-3. We are looking forward to next year's tournament with renewed vigor and hopefully we will achieve excellent results again in the years to come.

EK Knight

Our first school cheering team- EK Knight represented Yau Tsim Mong District to participate in Hong Kong Games Opening Ceremony, 2013. Many students saw them on TV. Everybody learnt a lot and had fun.





Keep Dancing

Rai Neha (4A) has been an active exponent of Latin dance in our school for the whole year 2012-2013.



On 3/3/2013, she was 1st runner up of Latin Dance -chachacha in WDA(體育舞蹈系列賽-新春舞蹈大賽).



On 19/5/2013, she was 1st runner up of Latin Dance -Chachacha in WDA 2013 Hong Kong Open Ballroom and Latin Dance Competition (全港標準舞及拉丁舞公開系列賽一).

The support services center for ethnic minorities (H.O.P.E 2013) invited our school to participate in a dance performance. We offered two performances, a Latin dance by Neha and Kiran and a Punjabi dance by our Bhangra Group.







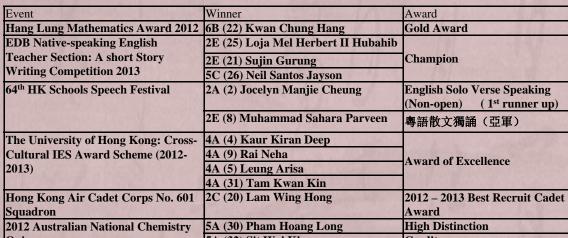


Prizes & Awards











5A (32) Sit Wai Ki Credit Quiz Chinese Dance Team Merit (藏族姑娘) Merit (Chikni Chameli) Merit (Tirkha Lage Mirmaya) Oriental Dance Team Merit (Mujhey Rang Dey) 49th School Dance Festival **Highly Commended Award** (Pani Mitho) **Highly Commended and**



Boulder Fence Model Design Competition (Junior Secondary Category) organized by Civil **Engineering and Development** Department

IE (29) Tamang Daniel IE (10) Choi Ho Yin IE (22) Law Siu Shing 2nd Runner-up of the Most Efficient Design Award IE (28) Tam Ho Yin



IE (19) Altaf Khan

1E (27) Singh Har Shwinder 4B (11) Vega Gia Trixie Reyes

Jazz Dance Team

1E (10) Choi Ho Yin 1E (22) Law Siu Shing

IE (28) Tam Ho Yin

the Most Innovative and **Aesthetic Design Award**

Choreography Award (馴悍記) Merit (Slaves to Materialism)

the Most Robust Design Award



Hong Kong School Drama Festival 2012-2013

培正數學邀請賽2013

4C (18) Reblando Julia Mae Parangan 4D (5) Kaur Diljot Award for Outstanding 4D (13) Dignadice Christian James De Performer

4E (2) Dela Pena Zyr 4E (7) Queenie Annjoline Suarez

6B (22) Kwan Chung Hang 3D (11) Ly Cheuk Ying Renee

香港美術教育協會中秋花燈設計展覽 暨全港兒童中秋花燈設計比賽及攝影 WDA 體育舞蹈系列賽 - 新春舞蹈大

4A (9) Rai Neha WDA全港標準舞及拉丁舞公開系列 4A (9) Rai Neha

決賽:優異獎 亞軍

Chachacha

1st runner-up Latin Dance -Chachacha 1st runner-up Latin Dance -





Event / Activity	Committee / Organization	Date	Participants
Liberal Studies Critical Thinking course and seminar	Liberal Studies Department	23-24/1, 30-31/1/2013	S.4 students
Anti-gambling War-game	Guidance & Counselling Committee	28/1/2013	All students
Healthy School Programme – Disney Job Orientation Visit	Discipline Committee	1/2/2013	S.3 selected students
Healthy School Programme – Career Development - Hotel Industry	Discipline Committee	22/2/2013	S.3-S.5 selected students
Photography Workshop	VA Department	1/3/2013	S.1&S.4 selected student.
Classroom Cleaning Campaign (2nd term)	Discipline and Health & Sex Education Committee	1/3/2013	All students
Talk and Sharing Session on Other Pathways for S.6 School Leavers	Careers Committee	5/3/2013	S.6 students
Anti-smoking Talk	Discipline Committee	5/3/2013	S.1 – S.3 students
S6 Farewell Assembly	Hall Assemblies	6/3/2013	S.6 students
Healthy School Programme – Dream Ambassador Training	Discipline Committee	8/3, 12/4, 26/4/2013	S.3 selected students
PTA Fun Day / Barbecue	PTA	15/3/2013	Parents & teachers
Talk on 'Time Management Skills'	Moral and National Education Committee	20/3, 27/3/2013	S.1 & S.2 students
Noah's Ark Life Education Training Camp	Guidance Committee	27/-28/3/2013	S.3-S.5 selected students
Visit to the Peak	THS Department	12/4/2013	S.4 selected THS student.
Chinese White Dolphin Study Tour	THS Department & Discipline Committee	19/4/2013	Selected students
Talk on Intellectual Property	Moral and National Education Committee	24/4/2013	S.1 & S.2 students
S4 Study Skills workshop	Academic Promotion Committee	22/4 ,24/4, 29/4/2013	S.4 selected students
Healthy School Programme (2012/2013) – Community Service Day	Health & Sex Education Committee	25/4/2013	Selected students
Hunger Banquet	Moral and National Education Committee	3/5/2013	All students
Real Friends Project – Adventure-Ship Nautical Training Trip	Guidance & Discipline Committee	21/5/2013	S.1-S.5 selected studen
ICAC Drama Performance	Moral and National Education Committee	22/5/2013	Selected students
Anti-smoking Workshop	Guidance Committee	22/5/2013	S.1-S.4 students
Geography Study Tour	Geography Department	31/5/2013	S.5 selected students

Real Friends Project -Adventure - Ship Nautical Training Tr

Air Cadet: Operation Kingbird Programme

Hello, my name is Mohamed Shakoor and some of you know me as "Ace". I joined a program called" Operation Kingbird" through Hong Kong Air Cadet Corps. and went to New Zealand for two weeks' solo flight training in March, 2013. It was a great privilege for me to join this program as only seven of us were selected from Hong Kong.



On the first day of my training, I did a 360° pre-flight check with my instructor after we hopped into my plane. When I took off for the first time, I was amazed, happy and exhilarated.



I would like to thank Principal Li, Mr Chan, Mr Hung and my leaders and officers in the HKACC for their assistance and guidance in this programme.

Mohamed Shakoor 5E





Most of the pilots I met there told me, "If you achieve a solo flight, you have achieved a milestone in the aviation career". Now I finally understand what they meant.



National Costume Day

The First Term came to a close with our wonderful National Costume Day which was held by the Moral and National Education Committee on the 21st January, 2013 to foster and enhance cultural harmony and a sense of national identity amongst our students.



All looked fantastic in their costumes!

Some of the students and staff wore clothes and costumes which represented their own country. Moreover, in order to enhance our understanding of the culture of different nations, three programmes were arranged on that day as well.



With the help of Mr. Khimding Ran Bahadur, the Parent-member of the School Management Committee, we were delighted to have had Mr. Tribhuwan Limbu, who led the dance troupe in performing a Nepalese Drum Dance, Ke Lang, to promote Nepalese culture and motivate youths. In fact, Ke Lang is one of the most popular drum dances of Sikkim performed by the Limboo community during happy occasions.

When our students saw the dancers wearing beautiful traditional ornaments and costumes, they could not contain their delight at the visual spectacle. The performance received tremendous applause from our students.





After the performance, some of our Moral and National Education Ambassadors introduced the Napalese, Chinese, Pakistani and Indian national costumes.

The fabulous Indian dance performance by Sharma Riddhi of 5A marked the end of the presentation.





Finally, two multi-cultural talks for Chinese-speaking and non-Chinese-speaking students were held respectively by our guest speakers from Hong Kong Sheng Kung Hui Lady MacLehose Centre. Their staff introduced the culture and beliefs of Chinese as well as most ethnic minorities. Our students benefited a lot from the talk to develop a better understanding and appreciation of various cultures.





School Visit by Helen Liang Memorial Secondary School (Shatin)

To enhance communication and understanding between the students in SEK and those in a local government school, a visit was arranged for 17 students from Helen Liang Memorial Secondary School (Shatin) in November 2012. After a short introduction of SEK, students in both schools shared their life experiences as adolescents in Hong Kong. HLMSS students were particularly interested in our students' self-identity as an ethnic minority in Chinese society. The highlights of the visit were the cricket demonstration and henna painting, which could hardly be seen in local schools. Our visitors showed keen interest in both activities. The visit was fruitful and enjoyed by everyone.

HLMSS students' comments:

- My favourite activity was Henna Painting. I asked Jaspreet to draw my idol's name on my arm. She did it with tremendous care. How sweet! (Anna 1B)
- 2. SEK students told us about their 'International Day' during which they wear their national costumes, share traditional food, sing, dance and play games. Great fun! (John 2C)
- 3. An Indian student shared with us that she had come across racial discrimination in Hong Kong and people refused to make friends with them. I think they are not different from us at all. I enjoy being their friends! (Karen 4D)
- 4. The mini-stage set with music equipment on the Multi-cultural Square amazed me. During lunch breaks, many students go there either to play or enjoy the music while eating lunch. How wonderful that is! (Alan 4D)
- 5. I was glad to meet the students there. They all spoke English so I had a wonderful opportunity to practice my spoken English. I enjoyed my visit to SEK. (Xavier 4C)





The second Staff Development Day in January 2013 started with a sharing on "English as a Medium of Instruction" by our colleague Mr Fung Man Keung who attended a refresher course in the HKIED previously, which was tightly followed by Dr Mark Sham Shiu Kee's talk on the topic "Reading to learn, learning to write". Dr. Sham is an Associate Professor at the University of Hong Kong. After the talk, teachers were grouped according to different key learning areas to share their views on the topic with experts from HKU as facilitators. As the group discussion was subject- based and tailor-made to focus on different learning strategies in writing and reading, our staff benefited a lot and were inspired to explore more on subject specific genres.

After lunch, the staff members paid a visit to the Tung Wah Museum in Kwong Wah Hospital. Very positive comments were received after the visit especially from the non-Chinese speaking colleagues as they could know more about the history of Hong Kong in the exhibition. From the display of numerous plaques and couplets presented to Tung Wah, public recognition and appreciation was shown to the Group's contributions to the Hong Kong society. The understanding of the local charity was enhanced with the help

of the tour guide.



an with the Principal's reporting on the

The third Staff Development Day was held on 23 May 2013. It began with the Principal's reporting on their visit to the Kadoorie family and the establishment of the Founder's Day. He also shared with us an article about the establishment of the school and the Kadoorie Charitable Foundation. Teachers were all impressed by the foresight of the Kadoorie family in such a meaningful contribution to Hong Kong. The peer sharing by Ms Ng Kit Lai on "Catering for Diverse Learning Needs" with a successful example of a Secondary School was equally impressive. In the Level meetings on APASO and Stakeholder Survey, teachers made an overall review and brainstormed the strengths and weaknesses of different levels based on the data collected. The report of each level probed into the strategy on how to improve the current situation effectively and efficiently. The achievements and reflections on the three major concerns of the school were the focus of the next session. Discussions were conducted and some teachers expressed their observation, remarks and evaluation on the strategies and success criteria for the improvement of our school in the coming school year. We are with confidence that we can cater for our students' needs and enhance both teaching and learning in the years ahead.

We visited the Ping Shan Tin Shui Wai Public Library in the afternoon. Two guided tours in Chinese and English were arranged to allow our staff to acquaint themselves with the newly established cultural facility in Hong Kong. Our staff was amazed by the architectural design of the library and the beauty of its

environment.



中國中學生作文大賽(香港賽區)優異獎

跳出井口

中六乙、伍小嫻



縱觀當今社會,也有不少人甘願做一隻井蛙,過著猶如躲在黑暗、狹窄、乏味的孤井生活,為的是逃避外界的紛擾與風險。但是這種甘願委身於狹窄的環境中而不願接受新事物,克服困難,一味逃避的怯懦者,將漸漸被這個日新月異、一日千里的社會淘汰。再者,這種人不思進取,甘做無名小卒,就連低下層也嗤之以鼻。但我相信這樣的看法必會引起不同的反對聲音,有的人認為人的能力難以與社會抗衡,所以淪為井蛙是迫於無奈的:也有人為井蛙抱不平,井蛙無罪,牠只是選擇適合自己的生活方式……面對種種的爭議聲音,我們需要積極探討,尋找真正的生存之道。

日復一日,年復一年,井蛙一如既往地生活著。可是今年不幸地遭到百年一遇的旱災。孤井里的水位不斷下降,井蛙剛開始不以為然,聊以自慰將會有一場及時雨拯救牠,因此便漫不經心地等待救援。可是,往往事與願違,旱災日益嚴重,井蛙無計可施,卻又畏怕跳出井口,最後只好坐以待斃。井蛙死後不久,巨鱉再次經過孤井,探頭往下一看,發現井蛙死狀慘烈,不禁黯然傷神地搖了搖頭,便離開了。

然而,井蛙之死不是天災引致的,而是因為井蛙缺乏克服困難的鬥志和勇於進取的精神,不能適應時勢變換和沒有遠見。井蛙不熟識水井外面的生活,那震天大響的雷鳴令牠感到陌生,使牠抗拒井外面的生活,在心裡高築城墙,抗拒接受新事物;其次,井蛙安於現狀,不願積極增長自己的見識,累積生活經驗,因此導致牠遇到突發的旱災就東手無策,坐以待斃。同時井蛙遇到困難時只管逃避,甘當生活的傀儡,任由擺佈,不會逆境而上,這種種因素令井蛙落得如此慘烈的下場。然而,若果井蛙及早跳出井口,適應井外面的生活;或是在遇到旱災之際,勇於跳出井口逃生,便可以扭轉乾坤,改寫命運。

借鑒井蛙的經驗,人也應當如此。生活充滿挫折和意外,我們要時刻裝備自己,與時並進,以最佳狀態迎接變幻無常的社會,因此我們要跳出井口,接受新事物;我們要不斷上進,改變生活和社會,而不是聽天由命,任由擺佈;我們要扭轉逆境,所以我們要跳出井口,擺脫孤井的局限;我們要鼓起勇氣,接受挑戰,不要委屈求全地苟活,所以我們要跳出井口,迎接挑戰。

井蛙啊! 鼓起勇氣,跳出井口,迎接那一片一望無垠的藍天吧!



人人都夸天好大 见了青天又害怕 见了青天又害怕 张出井口抱风险 举中驻心 举中驻心

2012-2013 中文科標語創作比賽作品及名單













	初級組(S1-S3)		高級組(S4-S6)
冠軍	李灼楹(中三丁)	冠軍	麥美欣(中六乙)
亞軍	何政灝(中三戊)	亞軍	譚君健(中四甲)
季軍	許尙豪(中一戊)	季軍	梁皓珊(中四甲)
愛異獎	鄧富銘(中二丁)	愛異獎	陳瀚桑(中六乙)
	嚴文寶(中二丙)		黃莉儀(中四乙)
	湯竣軒(中六甲)		蕭詠恩(中四甲)
			梅愷睿(中四甲)

Learning Celebration Day

This year our annual Learning Celebration Day was held on 15 March 2013. The day is always a big day for us. It is a unique occasion to give recognition to all the family members of Sir Ellis Kadoorie Secondary School (West Kowloon). It reminds us that joy and success come only with the whole-hearted efforts of all the teachers, students and parents.



Thanks to Mr. Tse, our Physics teacher, our students had been prepared well in the covered playground for a new exciting football game played with wirelessly controlled model carts. Students' screams of excitement there echoed with the cheers on the basketball pitch where keen competitions went on.



In the morning all our students, parents and teachers met to share the fun of a wide variety of educational games, viewing the student works and exchanging opinions about teaching and learning.







The more formal programs started in the afternoon. The Principal, Mr. Li Wingleung, commenced the rich program in the school hall with his welcoming speech to the students, teachers, all the guests and parents. Gracing the occasion was the presence of our guest-of-honour, Mr. Nachiappan Thirupathi, the Chairman of Parent-Teacher Association and Jamil Syed Raghbi, our SMC community member. They presented the many awards and certificates to great academic outstanding achievers. the extracurricular activity performers, all our teachers and our parents.

The photos captured the big smiles. It was indeed a touching moment to share the great achievement, efforts and joys of success. The occasion has shown that the school is not just an isolated institution of education; in fact, it is a family in which all students. teachers parents learn and grow together. It is more so for Sir Ellis Kadoorie Secondary School (West Kowloon) as it serves to educate young learners of different nationalities and cultural backgrounds.











Highlighting the ceremony were a series of unique and outstanding cultural performances that left all the audience enthralled. graceful sound of Gu Zheng, the vibrant Nepali dance, Jazz and the singing captivated the hearts of all those who were present. Of course, our Punjabi Dance performed Team enthusiastic applause at their high usual professional standard.

After the presentation, we all enjoyed the rich and tasteful refreshment at the tuck shop area. But, the big surprise came later at 4:30 p.m. We had our first ever BBQ gathering with students, parents and teachers. It's wonderful to share the roasted halal chicken and sausages, and at the same time sing and chat till the moon came up. Learning Celebration Day is indeed a day of reunion and fun.



Musical Drama

This year, the principal has decided to provide professional training in drama for our students to develop their talent in performing art. Twenty-nine S.4 students were selected to perform in a musical named "Fame Junior". They participated in the Hong Kong Schools Drama Festival for the first time and got very good results. Six students got the "Awards for Outstanding Performer", and the team also won the "Awards for Outstanding Cooperation".



DIGNADICE CHRISTIAN JAMES DE GUZMAN (4D) Award for Outstanding Performer

"During practice, we had a lot of funny moments practising our parts, the songs and the dance. My most memorable part during the performance was the time when my character Schlomo tried the song and I did my solo part which felt pretty good."



DELA PENA ZYR (4E)
Award for Outstanding
Performer

"I shouldn't shout at them (my teammates) because I wasn't patient enough. I wasn't nervous at all since I had performed on stage before and I was used to it."





Diljot Kaur(4D)
Award for Outstanding
Performer

"I was nervous during the performance. I needed to be really excited in the first scene and speak really loudly. I was trying my best to speak loudly at the performance."

REBLANDO JULIA MAE PARANGAN (4C) Award for Outstanding Performer

"I was so... nervous!!
To deal with it, I took a
deep breath and pretended
no one was watching.
If I had a second chance to
perform in the Drama
Festival, I will memorize
my lines better and project
my character better as if it
were really me. "



FOK NICK (4B)

"Dancing for the first time in front of people on stage was an amazing experience to me."



GARIBAY DONA LEE SUNSHINE VELASQUEZ (4C)

"I was nervous during the performance, but I trusted my partner. We helped each other. If we have a second chance to perform in the Drama Festival, we will improve our dance and the steps. "



CAPINPIN JENNIFER (4C)

"I was not nervous when doing the show as I'd performed on stage before and I was used to it. If I had a second chance to perform in the Drama Festival, I would perform with more energy, smiling while dancing and with more facial expressions."



Chung Mei Yuk (4B)

"The hardest thing was that I was so afraid that the light bulbs would burn out. So I had to control the lights carefully but at the same time I needed to do it efficiently."



RAI MICHELLE (4C)

"The most memorable moment was when it was almost the time of performing-- everyone became so co-operative! I was nervous. I just kept thinking to myself that "Just do your best even though your role is small. It will be over soon".



CAPINPIN JEFERSON (4C)

"The most memorable moment was when we all practiced hard for the performance and the night that I had to remember my lines

I was nervous for the whole time of the performance. I couldn't deal with it because I needed to focus on memorizing my lines."



GURUNG TIRSANA (4C)

"Hard work paid off. It was tiring but fun!"

RAHMAN RUKSHATTE (4D)

"Everything was memorable!"



KRISTINE JOYCE EUGENIO (4B)

"The most memorable part was at the end of our show, I felt good that we succeeded and finished the show."

Adventure Ship



"Real Friends Project 12/13 - Adventure Ship Training Trip"

On 21st May, 2013, our school joined the very exciting and challenging activities on "Adventure Ship". Apart from 47 brave students in our school, 3 police volunteers from Mongkok Police District, 3 teachers of the School Guidance and Counselling Committee and the School Social Worker also took part in the training.

The instructors explained the regulations aboard ship, safety at sea, use of sailing dinghies and board sails, man-overboard recovery procedures and basic principles of navigation. Apart from these, the participants were requested to do some challenging tasks, such as steering on a rescue boat, diving from a trapeze and survival at sea training.

Some participants screamed for a few minutes before they took the challenges or jumped into the sea from height. With their determination and encouragements from teammates, they all completed the missions! They jumped into the sea four times for different tasks with immense courage. All students have accomplished the nautical journey with great satisfaction and their confidence to face future challenges was boosted!

Let's hear what our teachers and students say.



Wendy Wong School Social Worker



老師感言.....

五月二十一日,首次踏上「乘風航」,內心感到忐忑。當看見閃電時,我擔心的不 只是航程會否被延誤,更重要的是身邊學生的安全。尚幸天公造美,當訓練開展時, 天色已放晴。

我很高興我和所有同事,學生都能克服五米高台的挑戰。這不但標誌我們的勇氣, 更紀錄了師生間的互信和團結,希望所有乘風航的學員,都能珍惜今次寶貴的經驗。 (洪嘉煒老師)



在「乘風航」船上,學生不但要學習基本船上知識,例如救生裝備和衛生設施等,還要集體揚帆和參與一項比一項驚險的跳海活動。當中最爲感動的是看見學生們克服內心恐懼,從若三樓層高的船上一躍跳入海中。是次活動能夠幫助學生發掘自我潛質並建立正面自我形象,發展獨立處事的能力及團隊合作的精神,更可以培養互相信任和關懷別人的態度。(周斯文老師)

三上「乘風航」百感交集。零八年首次登船,好驚嚇。當站在只有十寸闊的欄杆上,不敢向前一步,思前想後,在支持和鼓勵聲中一躍而下,有點痛,但很開心。一二年再上征途,在狂風暴雨下,迎向挑戰。我們不怕打雷閃電,風雨生信心,後來天氣好轉,活動開始,站在五米高台上,瞬間遨遊空中,直入深海,真爽快!今年,風雲變幻,心情忐忑,幸好午後放晴,活動開始,而壓軸就是魚貫跳躍,投奔怒海,水花四濺,又驚又喜,樂在其中,滿載而歸。(梁煒廣老師)

Adventure Ship Training - Students' feedback

"It wasn't easy but I could do it! It helped me in believing in myself. Thanks for bringing me there." (Gill Dilpreet Kaur 2E)

"I have learnt that for every problem we have in life, we always need to face it with courage." (Lee Wilson Duran 5E)

"Overcome your fears! Trust and teamwork!" (Garibay Dona Lee Sunshine Velasquez 4C)

"Everything we did in the adventure ship was unforgettable. Jumping from the highest point of the ship was very challenging. I have learned to face my fears."

(Apo Kriszel Mamangon 4C)



"From this trip I have learned that we should not give up on new challenges because nothing is impossible if we try." (Bhabishya 3A)

"This trip was awesome! We all really enjoyed it. In this adventure-ship we learnt how to face challenges." (Sandhu Amina 1A)



"I've learnt that even when things seem to be hard at times, don't be afraid but try to overcome the fears and be proud of yourself." (Raskota Puja 3E)

"今次活動令我獲益良多,突破自己的恐懼。我不懂游泳,但我不想太多,就跳向大海,我覺得自己十分勇敢。" (Ly Cheuk Ying 3D)

Noah's Ark Camp

"What is life and death? If no one is immortal, what is the purpose of living?"

In order to help students find answers to the above questions, the Guidance and Counselling Committee organized a 2-day-1-night camp at Noah's Ark on 27-28 March 2013. Twenty-nine S.3-S.5 students participated in this camp named 'Life and Death Experiential Camp' (生前死後探索體 驗營).

Through site visits and interviews with funeral service workers, students acquired knowledge of local mortuary and funeral customs and thus widen their awareness of death.





During the camp, various experiential activities were held in Noah's Ark Life Education House. One of the most exciting ones was each and every student had to lie inside a real coffin to experience the shock death could cause. Students even wrote a will before entering the coffin! Worth mentioning also includes painting a picture of life using the mouth and a brush only. Students were inspired by the famous armless Taiwanese painter, Xie Kwun San (謝坤山), who had struggled to live his life to the fullest after losing his both arms in a tragic accident at the age of 15.

Students had heartfelt reflections of life in the camp. Hope that all students understand that life is precious and can set SMART goals to lead a wonderful and prosperous life.





Noah's Ark Life Education Overnight Training Camp – Students' feedback



"Attending the Life and Death programme in Noah's Ark was fun and very meaningful. They showed us a video clip of how a disabled painter lives his life to the fullest. We also realized how short and fragile a life is and we should treasure it."

~Shenleene Mak 3E

"I have enjoyed this life education journey a lot. I have learned a lot of things about Life and Death. I had the best experience. Thank you." ~Angelica Santos 3E

"The Noah's Ark camp was meaningful and great. The first place we went to was a cemetery. I felt very uncomfortable and awkward at first but then after I learnt that some people could die lonely I felt sad and that I should be grateful that I have friends and relatives around." ~Chan Bernadeth Jane 3D

"Every activity in Noah's Ark was awesome. I am so grateful that I had an opportunity to go to Noah's Ark and had a chance to stay overnight." ~ Apo Krizza Mamangon 3C

"經過這次活動,我能深入了解壽衣和棺 材這兩種行業的運作,而且感受到撒灰 儀式對已亡和未亡人的意義。晚上是體 驗死亡活動,使我對死亡產生好奇和恐 懼。"

~盧傳佳 5B



It helps me to understand how important life is. Life is a precious gift that we should treasure. Even though I am still alive, it is so uncomfortable to talk about death. But, with the help of this camp, I understand more about death. A chance to lie in a coffin was an unusual experience.

~ Cortes Joshua Alison Corpuz 3E

"My experience at Noah's Ark was fun and meaningful. It really kept me thinking about my life. I got a precious chance to sleep over with my friends and expressed my feelings."

Vidal Maria Sophia 3D

"最難忘的是瞓棺材一刻,使我感觸最 多,而過程中的反思也最深刻難忘。兩 日一夜的體驗營很開心,透過遊戲令我 領悟到人生真諦,得益不少。" ~劉斯敏 5B

"在這次活動中,令我最難忘的是睡在棺材中 的經驗,想到自己以後可能會躺在這棺材中 與家人、朋友分離的傷痛,使我更珍惜現時 和家人、朋友相處的時光。"

~趙穎欣 5B

"參加這次活動令我獲益良多,讓我覺得生命是漫長也是短暫。那 夜當我躺在棺材裡面黑漆漆的,我有點害怕,真的覺得離死亡很 近了。當我看著螢幕聽著那觸動人心弦的語句,不禁令我開始深 思去改變自己。那句「在即將死亡的這一刻,你有沒有事情還沒 做,你還有沒有想說的話還沒有說?」深深地烙印在我的腦海裡。 世事變幻無常,要懂得去珍惜和感恩,謝坤山畫家令我真正感到 先天的不足並不重要,最重要你懂得豁然開朗去面對事物,他日 必定比別人過得精彩!現在我不讓自己再藏起來了,我為自己有 機會過了那麼有意義的「生前死後」探索之旅而感恩。"

~葉丹紅 4B