

English Booklet contents

1. Introduction
2. Message from the NET
3. Slogan for the 50th school anniversary
4. The 50th School Anniversary Inter-class Writing Competition
5. External School writing competitions
6. Our Choi Hung Life -- Photo Essays
7. Outstanding students' works
8. Our editorial team

Introduction

It is with immense pleasure and a great honour that I welcome you to. I take great pleasure in welcoming you to the inaugural issue of English Spectrum published by the English Department of Choi Hung Estate Catholic Secondary School. Various publications of our English Department, such as Booklet for Summer Tour, The Way We Were I, II and III, Booklet for Singapore Tour and so on, are all aimed at promoting English learning effectively.

This publication, named English Spectrum, is considered a unique part of the runs a feature on the celebration of the golden jubilee of our school anniversary. A total of 21 articles which are presented in this booklet are collected through a variety of English activities organised by the English teachers of our English Panel. The activities celebrating our 50th school anniversary include an inter-class writing competition, a photo essay project done by senior students and a creative writing competition offered by the EF.

I hope you will find English Spectrum a pleasant reading companion along the way.

Ms. Angel Wong

MESSAGE FROM NATIVE ENGLISH-SPEAKING TEACHER

We all understand how instant communications and easy travel around the world bring us more and more into contact with other people from different countries and different languages. This can be to our country's economic, social and educational advantages. As we look around the world, it quickly becomes obvious that English is the most significant language for global communication. A good understanding of English will enable advanced study abroad and will also allow many different careers to be followed. With this in mind, our English Department is strongly committed to equipping our students with the most important 21st



ENGLISH SPE

century language skills so they can become an effective communicator and it has been doing it so for 50 years. Teaching writing has always played an important role in the curriculum of our Department. It has been taught in classroom and outside classroom through various tailor-made courses aimed at developing creative writing skills among our students and encouraging them to take part in a wide range of local and international competitions and projects. It is unquestionable that our students have benefited a lot from attending these extracurricular activities and participating in external writing contests. Moreover, such a unique experience has helped them develop the writing fluency and language skills they need for successful written communication in today's social, academic and professional contexts. I am very proud to witness what our students have accomplished. Also, I love

TEACHING ZONE

seeing the enthusiasm they have for learning. I really enjoy living in Hong Kong as it is such a vibrant and exciting city with a wide range of educational and job opportunities. People here have a real reason to learn the language and I enjoy meeting new students and helping them become more confident in English.

I would like to take this opportunity to express my sincere gratitude to our students for their positive attitude towards English language learning and constantly striving to putting their best effort into their studies and participating in various competitions. I also would like to thank all my colleagues for their assistance to compile all good works produced by our students and to publish it as this product showcases all the best that our English Department has to offer.

Mr Ilnur MINAKHMETOV
NET



**"50 Years of
Commitment, Marching
towards Excellence."**



Writing Spree

To keep the celebration of our school's 50th Anniversary in high glee, the English Panel offered an inter-class writing competition for all the boys in our school in the final term last year. It was aimed at incorporating the essence of the joy of writing English and the students' love shown to their school. On top of this, it was believed that the competition could provide a precious opportunity for the boys to express themselves through text and arouse their interest and awareness towards writing as an important part of learning English effectively. The junior form students (F.1-F.3) needed to were required write an acrostic or a diamante poem whereas the senior students (F.4-F.6) were had required to submit an essay related to their school life, family or things related to the anniversary. with delight, students' works show great level of language competency. Not only did some of them write creatively, but they were also able to present their ideas vividly. on the whole, this writing competition thas proved a great success without reservation.

The results were as follows:

	F.1	F.2	F.3	F.4	F.5
Champion	1A Wu Sin Fung	2B Wong Sum Lok Zeppelin	3A Yu Cheuk Chun	4A Chen Vincent	5A Chang Man Ho
1 st runner up	1A Lo Lok Man	2A Tsang Ka Hung	3B Lin Wai Chun	4B Lam Wai Hon	5A Dew Kin Ting
2 nd runner up	1A Lam Kevin	2B Kwok Tsz Hin	3A Ho Yu Hei	4A Kung Ho Yin	5B Li Cheuk Yin Kenneth

50th anniversary inter-class writing competition

Junior form winners

SCHOOL

(Champion)

By IA Wu Sin Fung (2014-2015)

See! It's our 50th Anniversary.

Cool! We're going to celebrate it.

Home! It's another name of school.

Oh! We have fun here.

Oh! We are a big family.

Love! We love each other.

CHECSS

(1st runner-up)

By 1A Lo Lok Man(2014-2015)

Coming is a special year.

Hope with a dear.

Everyone can grow up happily,

Celebrate the 50th Anniversary
of their school merrily.

Students are so proud of it,

Say thanks to the teachers of its.

CHECSS

(2nd runner-up)

By IA Kevin Lam (2014-2015)

Choi Hung Estate Catholic Secondary School

History of 50 years is cool.

Enjoy our time while

Classmates celebrate the 50th Anniversary
with a smile.

Super activities, so fun, so many
schoolmates together

Say happy birthday to one another.

My Happy School life

(Champion)

By 2B Wong Sum Lok(2014-2015)

I love going to school.

I have a lot of learning tools.

During recess, I take a rest.

After lunch, I have a test.

25I do many revisions.

I study hard for examinations.

I like playing basketball.

So I am six feet tall.

I enjoy reading books.

I would like to be a cook.

I Love CHECSS

(1st runner-up)

By 2A Tsang Ka Hung (2014-2015)

Love classmates and teachers.

Ought to be good students;

Victory for any competition,

Everyone loves school life.

Clever,

Helpful

Everything is possible.

Cheerful in any lesson;

Students are polite and respectful,

Successful in every subject.

CHECSS

(2nd runner-up)

By 2B Kwok Tsz Hin(2014-2015)

Choi Hung boys are

Hard-working and friendly.

Enjoying their school life thoroughly.

Choi Hung boys are

Strong and clever,

Sharing their joy together.

CHOI HUNG BOYS

(Champion)

By 3A Yu Cheuk Chun(2014-2015)

Confronting with difficulties,

Humbly do we strive in unity.

Overcoming the pain,

I shall never fall back and leave a stain.

Here we learn and grow,

Upholding our fine traditions is what everyone knows.

Never shall we fail to.

Grit our teeth and surpass our goals.

Beyond a shadow of doubt,

Our boys are proud of what

they are enthusiastic about.

Yes! We shall always show good

Sportsmanship and qualities with
brotherhood.



I feel too tired at the party

(1st runner-up)

By 3B Lin wai chun(2014-2015)

I got up late for school today,

And nearly missed the bus!

I hurried down the stairs,

Wolfed my bread, and ran like a car!

I thought it is a dream,

But it was not possible,

I also wanna skip the lesson,

But I cannot do that.

When I went to the hall,

I fell dejected.

When I saw the teachers,

My face went red.

Although I do like hell,

I also trick in the lesson

What does it mean?

Sometimes it is heaven.

Sometimes it is hell.

School can make me crazy.

When I do wrong things.

If you questioned me what school is

I would say it is the best party ever.

CHECSS's 50th Anniversary

(2nd runner-up)

By 3A Ho Yu Hei(2014-2015)

Fifty years of history

Is the best memory.

For all the people who pray for you,

To prove that their efforts are true.

In everyday school life,

Everyone does not have a strife.

This year you have turned fifty,

Hope you can keep forever pretty!

What I Like Most About My School

(Champion)

By 4A Chan wai shun(2014-2015)

For many students, school is merely a cage that constantly ties them in knots over assignments, detention... you name it.

Perhaps, they have a point. Yet I really like my school by any measure. Being a student here not just signifies the fact that I can encounter my friendly buddies on the way of realizing my desire for knowledge, but much more.

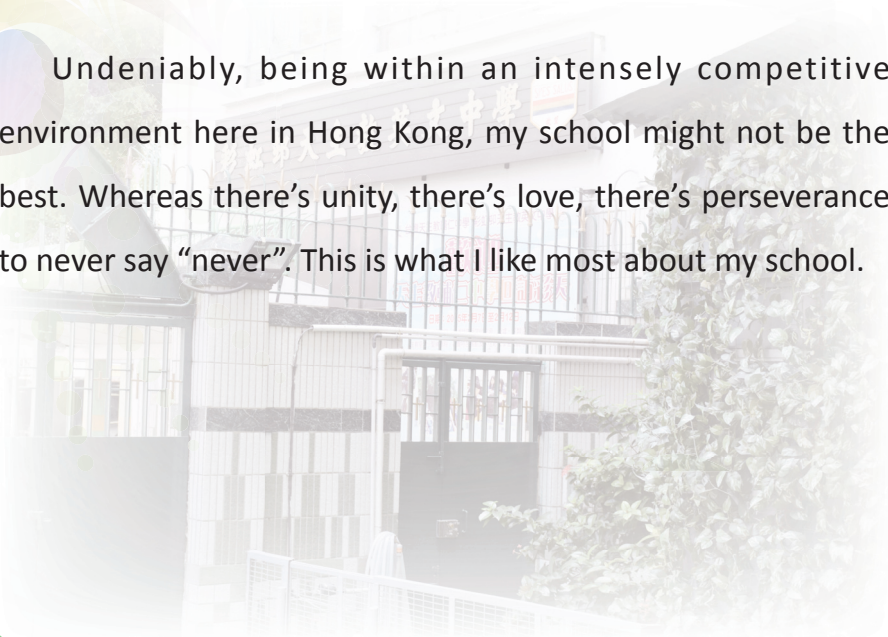
I do enjoy getting along with my cheerful schoolmates. We talk about everything around us, no matter if it's delightful or not. The sincere friendship tightly unites us as a whole that we become a larger family. Thus, whenever any of us is facing a challenge, there is always a helping hand.

50th anniversary inter-class writing competition

What's more, we have incredible teachers who are passionate about teaching us knowledge as well as guiding us along our long journey of life. "Constant dropping wears away a stone", that's what I was told when Mr Chan encouraged me after an academic failure.

Despite our relatively "very small" campus, that someone jokingly says it's tiny, old... , we are all striving for excellence without a word of complaint or a thought of surrender. The fact that we, our school, have been going beyond the limit is obvious.

Undeniably, being within an intensely competitive environment here in Hong Kong, my school might not be the best. Whereas there's unity, there's love, there's perseverance to never say "never". This is what I like most about my school.



My favourite corner in the school

(1st runner-up)

By 4B Lam wai Hon(2014-2015)

My favourite corner in the school is the library. There are multiple things that I like in the library. Let me list them out.

First, I like to read in the library. The library is the quietest place in the school, even during recess and lunch time. The library feels like another place when you enter it, which is like the world has just stopped in this room. Time doesn't fly away in there as fast as in the classroom. When you read in the library, it feels like it takes less time reading a book. The library's atmosphere is so silent calm and peaceful, You can even hear the sound of an exhaust fan. This is the best place to read books and even study.

Another thing I like about the library is the variety of

books stored. There are comics, manga, novel, biography, history and even books about weapons and tanks. There are so many books that it makes the library feel like a treasure chest for readers. There are literally books for all kinds of readers. That is one of my favourite things about the library.

The third thing I like about the library is the location. The library is perfectly located on the first floor of the school, and it is even in the middle of the floor. This makes it much easier to go to the library. For example, if you have just finished lunch on the second floor, you can just walk straight down the staircase, and immediately you can spot where the library is. It is so easy to find, even when you go blind, you still know where it is.

The last thing I like about the library is the size. It is as large as three classrooms and maybe even a bit larger. There are more than 4 bookshelves; each contains more than one hundred books. The size of our library can even compete with a proper public library's. It is so spacious that the more than four hundred and fifty people can be there at the same time.

These are the things I like about the library: the atmosphere, the variety of books, the location and the size of the library. Now you know why the library is my favourite corner in the school.

My favourite corner in the school

(2nd runner-up)

By 4A Marco KungHo Yin(2014-2015)

When I stay at school, I always go to the Library, Music Room and Art Room. I love reading newspapers and books in the Library, I love playing chess in the Art Room, as well as playing the violin and piano in the Music Room. But if you asked me which place I like most, I would tell you that my favourite corner in the school is the Music Room.

I love music very much. During recess, I usually go to the Music Room and play the violin because playing it can make me feel relaxed and release my pressure. playing the works of Mozart and Beethoven makes me feel comfortable.

In the Music Room, there are over 20 kinds of musical

instruments. For example, I can play the violin, piano, guitar, drum set, accordion and so on. I enjoy playing music and even make my own music along with my friends in the Music Room.

After school, I often go to the Music Room because it is a hub for all the music lovers. I have met many good friends there. We jam music together, and talking about music all the time.

Our Music teacher Mr Lai is very kind and helpful. He always teaches us knowledge about music. If we have any questions about music, he helps us without reservation. I admire him very much. I want to be a music teacher just like him.

I love my school, I love the Music Room.

What I like most about my school

(Champion)

by 5A Chang Man Ho (2014-2015)

As a member of our school's Athletic Team, it is no exaggeration to say that I am proud to be part of it. In spite of encountering the paucity of space for training, our athletes rise to the occasion and in turn garner promising performance. Bringing this remarkable reputation, I would like to take this opportunity to express my views about what I like the most in my school.

In this spotlight, our team has got an auspicious performance. We have been participating in Division 1 inter-school athletic meets for over 20 years. It has always been a glory for our school. Apart from the outstanding performance, some of our graduates are members of Hong Kong Athletic Team. For instance, Tsui Chi Ho, a great sprinter, has won multifarious prizes in 100m and 4x100m, ranging from local races to overseas races.

I am very grateful that I have the best members as partners in my training sessions. They keep pushing me hard in the light of tight schedules. We cheer each other and it is testimony to the unity of our team and the team spirit. That sort of strong attachment makes me sustain my determination firm and tight.

It is my conviction that mutual support is a stepping stone to climb over rainbows, looking forward to the 100th anniversary.

Given the laudable performance in athletics, it is not without grounds to say that the spirit and the industry of our athletes play key roles in the prosperity. I applaud for our spirit on 'Hard work can make up for weakness!' We practise hard, drill hard, play hard. I relish the progress with my teammates to pursue our goals in one. It sheds light on the unity of our Athletic Team, and even our school.

I like our Athletic Team the most. It is due to its high team spirit and outstanding results.

What I like most about my school

(1st runner-up)

By 5A Dew Kin Ting (2014-2015)

Paucity of space is my favourite part of my school. The crowded area provides me a closer tie between schoolmates and I always play with my friends at recess. We do not run in the playground so it avoids causing any injuries to us. The shortage of space also makes the beauty of my school clearer. We see the same part of campus every day. The longer we see, the prettier it is. Although the campus is old enough to be my grandfather and shabby to some extent, I can still discover its inner beauty. The scent, colours and furniture reveal its uniqueness. It is a fusion of past and modern architectural traits. The monster era makes me chew and digest the knowledge I acquire here. The solemn atmosphere makes me salute in front of my school. I am proud of every part of my school especially the distinction of crowded area. Therefore, I love my campus.

Lack of space also makes me more focused on my studies. I do not play at school as there is not really much area, so I would rather revise for my exams. We always gather in the classroom after school to discuss what we have learnt. It is testimony to our unity.

I used to be a naive boy who knew nothing but playing computer games. However, the teachers in my school have changed my vision of life. They all have passion for teaching and tenacity. They never give up on us even when we go astray. They pass not only knowledge on to us but also the meaning of life.

In this tiny campus, I can make friends and acquire useful knowledge. I can interact with the teachers and experience the ambitions which can hardly be found in any other places in the world

50th anniversary inter-class writing competition

CHECSS's 50th Anniversary

(2nd runner-up)

By 5B Li Cheuk Yin(2014-2015)

Good morning everyone, I am Chris Wong and I am from class F. 5B. The 50th Anniversary of Choi Hung Estate Catholic Secondary School is just around the corner. There is something about it that I want to share at this moment. First, the achievements of our school; second, the 50 years of school history; and last, our plans for celebrating the school anniversary.

First of all, about the school's achievements, our students have acquired good results in the Hong Kong Diploma of Secondary Education (HKDSE). Most of our school students can get pass of the HKDSE. The credit rate of our school in some subjects is even higher than some of band one secondary schools. Also, the relationship between teachers and students is as close as family. That's made students acquire knowledge and moral values easily. The Hong Kong Education Bureau always visits our school and invites us to share how we cultivate a love and caring learning environment. That's our pride.

50th anniversary inter-class writing competition

Secondly, our school was founded in 1970 by the Education Department. At the very beginning, there were only 100 students and 5 teachers worked in the school. Due to the shortage of school teachers, we were taught four core subjects only. Luckily, 5 years later, a philanthropist contributed a generous donation and our school was “awaken” in a short time. The number of students rose to 1000 and the teaching staff reached 100 in one year’s time. Believe it or not, that is a shocking fact.

Last but not least, regarding the plans for celebrating the school anniversary, we are ready for organizing a special talk which is about 'Development Of Schools'. We are delighted to invite the chairperson of Hong Kong School Union and the leader of the Hong Kong Education Bureau to conduct the talk for our schoolmates and share insight on education and offer us advice.

In conclusion, our school has outstanding achievements and unique history. I am so proud of being one of the students in my school.

External School writing Competitions



Bullying in School

By 3A Allen Yu (2014-2015)

Good morning, principal, teachers and fellow schoolmates. Today, I would like to share an article in "Reading to learn" with you. But before that, I want to ask you a question -- Have you ever been bullied?

The title of the article is bullying in school. The writer mentioned a student who had been bullied for 4 years. So as you can see, bullying among students has become a very common phenomenon.

Bullying can take place in many ways. The most common type of bullying in school is name-calling. The bullies often think those name-called feel fun. But the reality is that they don't. So schoolmates, don't call anyone names.

In addition to name-calling, some may be bullied physically. In other words, their bodies get hurt. To avoid getting hurt, reduce any unwanted physical contact with your classmates.

Finally, I want to say that bullying can lead to both short-term and long-term bad effects. In some extreme cases, the ones who are bullied may be driven to commit suicide. Furthermore, not all wounds are visible. The villain may also suffer from PTSD or post-traumatic stress disorder.

If you want to know more about this, you may read "Bullying in School" on page 19 of the first issue of the Reading to Learn booklet.

Thank You.

(Published in "The Standard" dated 6th November,2014)

What students want from school in the 21st century

By 6A Lam Shek Yeung, Griffith (2014-2015)

With the rapid development of technology, our daily lives have become more convenient with technologies such as mobile phones and the Internet, chatting with friends has become easier. So, the school should provide something that can help students live in the 21st century. These measures should benefit students, teachers and our school.

Firstly, I realise that robots can be made to improve our school. The main reason is that teachers are busy in teaching or doing school administration work. Teachers face a lot of pressure from the students and the school's authority. They have a lot of things to do. Therefore, creating a robot that helps teachers do their school administration documents, such as school planning, would reduce teachers' workload. Also, students can submit their homework or documents to the robots and the robots can relieve the teachers' pressure. That is why I think robots can be made to improve our school because it can also help teachers.

Secondly, another thing that can improve our school is providing instant broadcast by television. In recent decades, we have received a variety of information from the social media. We may watch TV because of the live news, entertainment and so on. If we have a big television in the school hall, we can even play some films during lunchtime. Moreover, we can play some educational TV programmes or entertainment shows which may be useful for some subjects. For instance, Pearl Report produced by TVB is a programme investigating current social issues in Hong Kong. TVB

Pearl also plays documentaries about History, Geography, Chemistry, and so on. Those documentaries or entertainment shows can broaden our horizon. It also widens our sight and equips us.

Moreover, I think iPads can also help us improve our learning, and we should use them in our class. In recent years, the Hong Kong government is promoting the use of e-books in the classroom. So, they provide financial aids to the school and these funds can be used to buy these electronic gadgets. With the equipment, our teachers can teach easier. For example, when we teach the 3D figure in Mathematics, students can easily understand how to calculate the volume of the figure. On the other hand, iPads enable students to learn languages or some boring subjects in interesting ways, especially through games or videos.

In conclusion, there are three measures that can improve our school and enhance teaching in our classes. It is believed that they can equip students to meet the needs of our school life in the 21st century.



What students want from school in the 21st century

By 6A Pau Chi Hou (2014-2015)

In Hong Kong, a school means boredom, bewilderment and something impractical. Most of the students lose their motivation to study because of the failure of the Hong Kong education system. What's wrong with our education system? How can we get students passionate about schooling? Let's find it out. To ameliorate the problem, the maladies of the education system have to be sorted out.

The most fatal defect is that the syllabus is not related to our daily lives. Students want to acquire practical skills that can be applied in real life and help us deal with difficulties encountered in daily life. In large, students have to study four core subjects plus two electives. However, those subjects focus on the academic scene instead of practical usage of the knowledge. Once knowledge cannot be practised in real life, students will soon consider studying as useless and lose the motivation to study in school. In their lack of motives for studying, the efficiency of their studies will be impaired.

My school is in exactly the same situation. All I learn from school is aimed at getting me prepared for the public exam instead of being constructive for my future career. If career-oriented elements are added to the syllabus, students would be more willing to study and would

concentrate more in lessons since the things they learnt will enable them to get a hang of their desired jobs.

The other problem is our re nature of our education system.Hong Kong students are always considered as “spoon-fed” students and they cannot think independently. Since teachers in Hong Kong are so “considerate” and do all the preparation work for students, all students need to do is memorizing the materials given and do i"copy and paste" work in examination. As a result, the students lose the chance to learn and practise their independent thinking, critical thinking, and searching skills. These skills are indispensable for one’s well-rounded mental development. Moreover, due to the fact that spoon-feeding takes chances away for students to think, students will find the subject hard and humdrum, especially those subjects that require logical thinking like physics and chemistry. In order words, students want to study on their own without relying on teachers’ assistance.

In order to fit with students’ needs, the Hong Kong government can imitate the German education system. The secondary education system in Germany includes five types of schools, including Gymnasium, Realschule, Hauptschule, Gesamtschule and Sonderschule. Different types of schools orientate at different scenes, for example, Hauptschule is for vocational education. Such categorized schooling helps students with distinct aptitude to set up their own targets, either academic or vocational goals. We should always “look before we leap”, and the students who have clear target tend to have a brighter future.

Similar to Germany, Hong Kong government should set up both vocational and academic classes for students. If the students can get more familiar with their own career paths sooner, they are more likely to take regular classes more seriously.

To sum up, the Hong Kong government should be more open to innovations. Most students in Hong Kong want to be independent in their studies and gain practical skills rather than receiving spoon-fed **education**. More importantly, students want to have coherent plans for their future. Nonetheless, traditional schooling seems to be failing in providing a well-rounded education for the students. So it's time for our education system to reform. **it is Hme fo reform our education system**

What students want from school in the 21st century

By 6A Tang Man Long (2014-15)

Our society is constantly changing and our lives are gradually filled with all sorts of technologies. From wireless internet access to a number of high-tech gadgets, all these information and communication technologies have become an essential part of our lives. Living in the 21st century means that we are living in a knowledge-based society, and that's why we students are looking for modern technologies in our learning. These technologies can help us blend our daily lives into our school lives easier, and let us learn more effectively.

My school has been introducing e-learning into teaching for a few years ago, yet their efforts are not obvious since there were not sufficient IT equipment at school and most students do not understand their roles. Currently, only teachers can use various gadgets at school while the students generally do not have access to it, and that is why it should be improved.

The Intranet is the first thing that can be made better in school. There are many useful features on it. To name a few, the school can make announcements to inform students of various school news or upcoming activities. Students can then plan their schedules with the help of the

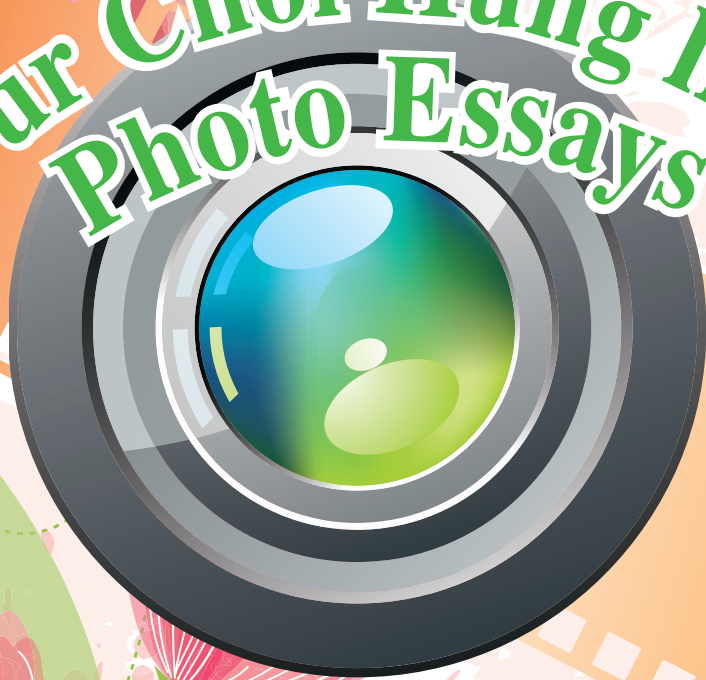
e-calendar system, or post photos and discuss about school activities freely since the Intranet is secured by the school's firewall, which means only students, teachers and staff of our school can access to these contents. That's why it can serve as a bridge between the school and the students, as it connects them and enhances their communication. However, even though the Intranet has all these great features, neither teachers nor students know about it, and it is full of outdated information. As a result, I think my school should put more attention on it and increase its usage. The school should start updating the Intranet more frequently, and advertise the features of it more in order to encourage teachers and students to start using it. This can greatly increase the amount of e-learning our students receive as they can access many teaching materials and school related information online.

On the other hand, the second thing that can be made better is to lift the ban on smartphones at school. Although smartphone may be a kind of distraction in lessons, it can also provide great help in students' learning. For instance, it can be used for note-taking, accessing different kinds of multimedia materials like video clips. or browsing the Intranet. Therefore, I think the school should teach students how to use these devices for learning instead of completely blocking out this beneficial tool. It is advised that the school should design an app which require students to connect to the campus Wi-Fi before enabling all of the above smartphone's functions.

Students should disable this app so that it won't affect their off-campus daily lives. By allowing more gadgets at school, students will not only have more tools to learn with, but also familiarise themselves with all these technologies more. They hence can adapt to our advanced society in the future with ease.

Lastly, putting more screens and electronics into our lessons, it is easier for our eyes and minds to get tired and fatigue. So I would like to grow houseplants in our classroom. Hence, keeping green plants can protect our eyes and relieve our stress. Our sense of responsibility can also be nurtured by having a delicate plant for us to take care of during our studies.

Our Choi Hung life- Photo Essays





Our School Life



5A Vincent Chen
2015-2016

The Vital Element That Delights Us

When it comes to the question regarding the role that a school plays, more often than not, the blossoming flowers in our school garden give me the perfect answer. The school nurtures us with knowledge and inspires us to grow every day. Through experiencing a diverse range of activities which are not only ways to learn, but also enlightenment and delight that prompt all-round development of our teenage stages.



Sports Day is an event of excitement. Schoolmates from different classes engage **the mselves on** this remarkable day.

Making every endeavour to challenge the limits and setting new territory-wide benchmarks are all our athletes' targets. More importantly, we learn a great deal of sportsmanship and how to be a good team player.



Taiwan-based Fu Jen Catholic High School paid us a return visit as part of our cultural exchange program from 8 to 12 February, 2015.

After their short yet fruitful 6- day journey in Hong Kong, we have got a better understanding of each other’s cultural background through a series of activities like tours of local tourist attractions, The University of Hong Kong...etc. We also have established sincere friendship since then.



F.3 students enthusiastically participated in the inter-class drama competition. They utilized their knowledge of Chinese History, History and Visual Art coherently. It ‘rewound’ the entire stage back to the historical moments. A group of class 3A students vividly acted as the Nazis in the Second World War. The event deepens our understanding towards the topic.

Sports Day 2015

5A Li Chak Fung (2015-16)

The 49th Annual Athletic Meeting was held at Wan Chai Sports Ground from 16th to 17th September . We all had an unforgettable and enjoyable sports day. The competitions in Track and Field among the students from F.1 to F.6 were fierce as all of them tried their best to be champions. In addition, both the inter-class relay and teacher-student relay were exciting. Though not every team could win, all athletes knew that sportsmanship was far more important than receiving prizes.

The students who were standing on the track were our school's scouts, St. John Ambulance Brigade Youth Command and Four Houses' students. They were leading all the students to sing the school anthem. The scene of singing the school anthem together is absolutely spectacular.





The family relay, which is a running competition with teams consisting of four members, is one of the highlights on our Sports Day. Each of them sprints for part of the tracks. Parents and students can improve their relationship through the competition. We can also feel the warmth of it.

It was an award which I received from the discus event. I was so thrilled and excited at that time. It was the first time I had won in a competition like this. I was also happy because I had made some new friends. I would never forget this extraordinary moment on the Sports Day 2015.



Mathematics Week 2015

5A Chan Kun Hei (2015-16)

The Mathematics Week was held in our school from 13th April to 17th April. It was aimed at raising our students' interest in maths. It was a very exciting event which consisted of many fantastic activities and competitions. They include mathematics morning assembly, junior form mathematics competition, Rummikub competition and other lunch time activities like 'The Game Strategy' and 'Pentago'

All of our students and teachers enjoyed the whole programme a lot. Also, our students were distributed some articles about interesting maths topics such as 'Monte Hall Problem' and 'ISBN' so we learnt a lot of new ideas by reading them. Maths Week 2015 brought fun-filled atmosphere to our school.



Rummikub is a very exciting and famous game around the world. It requires the players to have the ability of quick and logical thinking. Many students enjoyed the game so much.

Our F.2 students took part in F.2 maths competition. Both the contestants and the audience attempted to answer the questions of the competition. They were very serious and I think that all the contestants were eager to win.



It is a board game called 'The Game Strategy'. It is challenging as the players need to use the puzzles to fill up the space. Our students are very interested in the game and they have learnt to play this game by themselves.

By using the four basic operations (addition, subtraction, multiplication and division), the students attempted to combine 4 numbers into 24. Though it seemed to be a mission impossible, they succeeded in achieving their targets eventually.



My school life

5A Chung Ho Sum (2015-16)

This is my secondary school which is called Choi Hung Estate Catholic Secondary School. I have been studying in this school for four years. It is a boys' school. Though our school campus is not big, it is easily accessible by public transport.

Our school is a great school as the teaching staff is professional in their own fields. Most importantly, I have a bunch of friends in my school and every day I feel very excited to learn with them. It is fun, unforgettable and enjoyable to study here. That is why I like my school.



School Lampus Checss

This photo was taken on 13 July, 2015 during our visit to the Hong Kong International Airport. This day was amazing and unforgettable because we had a chance to see how the airport operates and how airplanes work. Although it was incredibly hot outside, we still had a fantastic time.



The greatest summer holiday activity!

This was taken on the Sports day of our school. The weather was incredibly hot that day. This made me sweat all the time. But I still enjoyed watching the competitions, and even some of our students managed to establish new records. It was really amazing! We were cheering and clapping for the athletes. It was just an awesome day.



Sports Day Is Marvellous

My class

5A Kung Ho Yin (2015-16)

Life is all about learning. Every person has their own experience and a story about their school life, which shapes our characters, develops our attitudes and establishes the basic principles of life. As far as I am concerned, my unforgettable experiences are the impressive memories of the school days spent in 5A class.



Mid-Autumn Festival

It is a popular harvest festival celebrated by Chinese. We celebrated it in the classroom with some big round traditional mooncakes. Here are the sweetest faces you can see in the photo.

5A class photo on sports days

Unity is strength. We know that we lost from the starting line. Yet no one knows who the winner is until we reach the DSE finish line.



School life does not only consist of routine studying in classrooms because there are lots of interesting happenings after school.



Art room

We always play card games and study in the Art room. Miss Hau is kind and helpful. She teaches us Chinese Art. Sometimes, we can watch movies there so we have a joyful time at school.

Finally, all I would like to share is the motto, “dispatch is the soul of business”. There are only two years left for us to study in this school. Let us seize the day to prepare for the DSE.

Our beloved teachers & schoolmates

5B Leung Ka Wang (2015-16)

Miss Chan has been our class teacher since we were in Form 3. She takes good care of us. She is our great mentor in guiding our studies and school life. She also gives us encouragement when we encounter difficulties in academic studies so we like her very much.



Miss Hau, who is our Art teacher, has been teaching us for 5 years. She is a very nice teacher so we often talk with her. When we don't know how to do the homework, she will be enthusiastic in teaching us how to draw



pictures. Besides, she also helps us design bookmarks, class T-shirts and Student Union T-shirts. We are delighted to have such a creative and friendly teacher.

They are my friends as well as the committee members of Students' Union. Our friendship has developed for 4 to 5 years. Being the committee members, we have become more unified because teamwork is very important in running the Students' Union.





5C Tong Chun Kit (2015-16)

Memorable moment of our Students' Union election 2014-2015

PROSPECT, which is a proposed cabinet of the Students' Union last year, means vista and looking forward to bright future. All students can cast their votes in the annual election of the Students' Union. The student candidates and their cabinets prepare for the election **wholeheartedly** during summer holiday. In order to gain support from students, they often promise to hold a Christmas Party. Besides, they would also collaborate with other schools in organizing various activities.



Our parents and new comers attending F.1 Parent's Night

This was an assembly for F.1 students and their parents. The teachers introduced the new school plan for the forthcoming academic year. Both parents and students are attentive and eager to learn more about the school. That is the reason why we hold F.1 Parent's Night every year.



Students and teachers enjoy reading in English Book Exhibition

In order to raise students' interest in reading beyond the assigned textbooks, the English Book Exhibition was held in the School Hall. It provided a chance and nurtured a positive learning atmosphere for the students. It offered various types of books such as science-fiction novels, biographies of celebrities and some exercise books.



Outstanding Students' works

Public Examinations Should be Abolished

5B Kenny Chung (2014-15)

Some people say that public examinations in Hong Kong must be abolished. I totally agree with this. I am going to discuss the arguments for my view.

The first reason is that many students are overwhelmed with anxiety. When the students are anxious about their examinations, they may have no appetite for food and often they cannot get to sleep. If the student does not eat breakfast or does not have enough sleep, he cannot have good preparation for examinations. **As a result, he may get low marks in the examinations.**

My second argument is that examinations bring frustration and a sense of failure to many students. Some students may study hard but they still get poor results. The students may lose confidence. Moreover, some weak-minded students may even commit suicide. Therefore, examinations in Hong Kong must be abolished.

The third argument is that examinations deprive students of normal extra-curricular activities. Some students aim to have good results and they may take extra lessons from cram schools. Therefore, they cannot have time for normal extra-curricular activities such as doing exercise. If students lack exercise, they may get sick easily. As a result, they may not

have good performance in the examinations.

However, some people may say that public examinations in Hong Kong should not be abolished since they are useful measures to assess the progress of students. I do think these people lack flexibility and creativity. We can use other ways to assess the progress of students without birnging them stress. For example, we can replace examinations with homework. In this way, the progress of the students can still be assessed. In fact, the assessment is more accurate because the students do their homework in a stress-free environment. It is very clear that examinations are not the only tool for schools to find out how much students have learned.

In conclusion, I think the public examinations in Hong Kong should be abolished because they make students feel anxious and lose their confidence. It also deprives students of normal extracurricular activities.

A Friendly Letter

2A Lee Ming Ho (2014-15)

Hi Henry,

I am pleased to receive your letter. As I am also very busy with my studies in Hong Kong, I need to spare some time to answer the questions you raised in your letter. I will reply to them one by one.

I always listen to music and play computer games after I finish my homework and revision. Sometimes I watch television as well. In addition, I often practise playing the piano at a music centre after school.

I have a very happy school life. My classmates are nice to me. They always play card games with me. If I have problems, my classmates and teachers will help me. Therefore, I think they are very nice.

I have a lot of homework to do, but it is not difficult to finish. When I have any problem with my homework, my classmates can help me. I have two or three tests or dictations per week, but I am not tired of the revision.

I have two extracurricular activities on Monday and Wednesday respectively. I also have a piano lesson after school on Monday. The lesson is interesting. Moreover, I have a Chinese Reading Club meeting on Wednesday. We read lots of passages during the meeting.

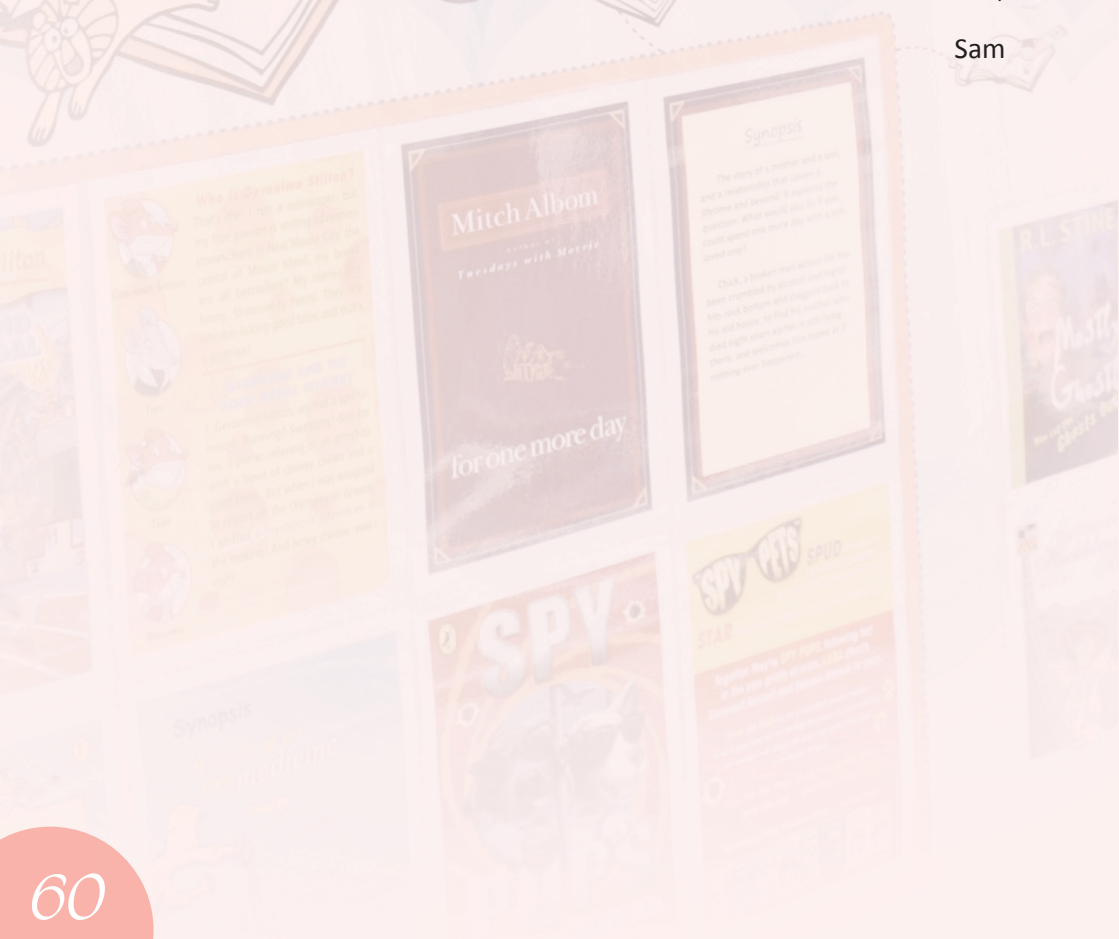
I always go swimming in my leisure time, especially during the summer holidays. On top of this, I sometimes go shopping with my mother because we enjoy buying daily stuffs together.

Hooked on Books

I like watching films and movies, especially comedies, animated cartoons and dramas. I also like playing computer games. Therefore, I often buy some computer games discs and magazines. Furthermore, I like playing sports, especially swimming. However, I don't have enough time to swim.

It is late at night, so I think I should stop at this moment. I hope I can help you. Please write to me again when you have time. I am looking forward to receiving your letters.

Yours,
Sam



A letter to your principal suggesting which is the most suitable sport for the students

4B Norris Wong (2014-15)

Dear Dr Kwan,

I went through the information you passed on to us on 16th January . After careful consideration, I have decided that underwater football is the ideal sport to feature during Sports Week.

I think underwater football is good for our school. First, it is fun to play. It is similar to American football. The difference is that players have to play it underwater. Most of our students have not tried it before,so I think they will be interested in it. Also, it is a good way to lose weight. As there are many overweight students who want to lose weight, this sport can help them. This is a good way to keep fit. Third, we can develop team spirit through playing this sport. When we play this sport, we have to cooperate with our teammates if we want to win the game. We also need to have good communication among ourselves. As a result, we can learn communication skills and how to work as a team. Therefore, I think underwater football is good for our school.

I do not think it is a good idea to have mountain unicycling or chess boxing. First, for mountain unicycling, we need to use one-wheeled bicycles to do this sport. It is too dangerous for our students because we need to train for a long time before we know how to ride one-wheeled bicycles. Moreover, we play this sport over mountains. If there are

unexpected accidents, we may sustain serious injuries. In the worst case, we may die. In my opinion, safety is of utmost importance.

Finally, I am going to explain why chessboxing is not suitable for us. Chessboxing is dangerous and too violent. When we do boxing, we may injure other competitors. It is not a good sport for us. It will send us a wrong message — we can use violence to solve problems. Furthermore, it involves two competitors only. Underwater football is more exciting.

In short, I think underwater football is an ideal sport to be featured during our Sports Week.

I hope you find my ideas useful

Yours sincerely,

Chris Wong

Sports Captain

My Homepage

1B Wong Sum Lok (2014-15)

My name is Wong Sum Lok. I am eleven years old and I am a handsome chubby boy. Moreover, I am hard-working and I always do my homework and revision. When I am free, I go swimming and read books. I live in Fun Shan Estate. I have one little brother but I do not have a pet.

I started secondary school this year. My new school is in a small, white building with seven floors. I am in 1B. There are thirty-six students in my class. My class teachers are Mr. Chan and Mr. Lau. Mr. Chan teaches PE and Mr. Lau teaches Liberal Studies. At recess, I go to the tuck shop. I like to eat curry fish balls, chicken wings and noodles. They are yummy and delicious. At lunchtime, I have lunch in my classroom. My favourite subjects are English and Integrated Science because they are interesting. I am in the English Club because I want to improve my English. I am in the Basketball Club too and it can help me develop my team spirit and improve my health.

My new friend is Oscar Lee. He is twelve years old and he lives with his parents. His father is a worker and his mother is teacher. We meet each other when we attend the meetings of the Basketball Club. He is funny as he always makes me laugh. However, he is lazy because he always sleeps in the lessons.

I hope I can take up more subjects at my secondary school so that I can gain more knowledge and prepare myself well for my future career. I also hope I can study at university and get a scholarship. This is a gift for my parents.

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