

What's UP?

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The Intense Students' Union Election

5D Terence Tng

It has been years since we last saw two candidates on stage, vying for the spot of the Student Union. For the past few years, there was only one candidate in the SU election, meaning there was no competition. However this streak was broken this year as we had both *Harmony.us* and *Palette*—2 candidates joining the election. From this, we can see that this year is a turning point for LKLC because more and more students are willing to dedicate their time to make our school life more enjoyable. Although the result of the election was released a while ago, I believe that everyone should show gratitude for the hard work and courage of the two candidates.

As spectators of the election, we were not most concerned about the result. Instead, the debate between the two candidates was always the highlight of the election. With the rise of social media, more interaction between the two candidates was made possible. This resulted in online confrontations between the two. This built up “beef”, or tension

between the candidates made us anticipate the election day even more.



The 'beef' all began when the two candidates decided to go on an advisory online platform called *Tellmyme* to listen to more suggestions from students on Instagram. They didn't expect that cyberbullying would shortly ensue. At first, one claimed that members of *Palette* had experience of bullying students before, questioning the candidates if they were really qualified to take on the responsibility of coordinating and financing activities for students. On the other hand, there were comments asking for a "non-Harmony.us" to help design an icon for them. Again, these comments brought up questions whether they could help LKKC pupils when *Harmony.us* themselves could not even draw a harmonious pigeon to represent their name - *Harmony.us*.



Both cabinets gave their responses to the issues. The effort was proved futile because regardless of the replies, students were still unsatisfied. They claimed the cabinets' replies were not strong enough. At this stage, things became more personal, creating an unfavourable chemistry between the two. Tension continued to rise until the day of election. *Harmony.us* was successfully voted this year's Students' Union of LKKC. *Palette* showed their respect and gratitude to them.

Hostility may have been built up in the election but at the end of the day, we are LKKC students. After the result of the election was announced, despite all the conflicts they had before, all the members came to terms with each other, putting behind the past. They congratulated the side that won, displaying unity of LKKCers.

In school, conflicts with schoolmates are unavoidable. The person you dislike may just be the one sitting next to you. You probably haven't spoken to him or her for days. However, let's not forget that we are all LKKCers. Everyone around you is a part of the LKKC family. So, find a way to come to terms with that person and let's all stay harmonious!



They are the ones you can trust, your comrade in the future. So why can't we let go of the temporary opposition and inclusive mindset and sort out the problem together? Unity is one of the core values of LKKC. Although the two SU candidates were rivals in the election, they made it up in the end and got rid of the hostility.

Interview with our swimming team

5A Heather Chiu, 5D Eliza Lee

2019-2020 Tuen Mun Inter-school Swimming Championships lasted for two days and came to an end in late September. Our swimming team did a marvelous job, winning the boy's overall championship and girl's overall championship. We believe that this success was due to the effort put in by all of our athletes. However, the exciting medley relay was cancelled because of the bad air quality, much to the disappointment of the athletes. Still, congratulations to all of our outstanding swimmers! I was lucky enough to invite one of the swimming team members—Jasmine Tsang from 5A to share her feelings of being a swimmer on the team and joining this competition.

When did you start to learn swimming? What prompted you to begin your swimming career?

I started swimming when I was nine. However, I remember that I was reluctant to learn. Fortunately, I found it interesting after a few lessons. With the help of my family, friends and coach, I continued swimming.

Do you have any expectations/hopes for the swimming team?

I hope that we will keep getting good results in the future to continue our overall-championship streak. Also, I hope that each grade of our team can also win the championship successfully.

What special memories do you have during swimming practices or competitions?

In the latest Tuen Mun District Swimming Gala, the organizers were forced to cancel the medley relay because of bad air quality. Before the competition, my teammates and I were excited about the relay. We were quite disappointed after hearing the bad news. But still, our grade could win the championship. It's an unforgettable memory as it was the first time to cancel the relay due to bad air quality.

What are your thoughts and experiences after winning?

Of course, I was elated. In my opinion, winning the grade championship and relay was more delightful as they represent the effort put in behind the scenes by the teammates. All teammates put hard work into their training and tried their best to achieve astonishing results. I was excited when the announcer announced we were the champion.

Interview with Sports Team Members

5A Kyle Leung

Sports teams are an indispensable part of LKKC. Everyone on the Sports Team put in their best effort and give their all in every competition. Here are interviews of the members of 3 sports teams in our school: Handball Team, Track and Field Team and also Volleyball Team.

Track and Field Team

(K = Kyle, J= Johnny Lam)

K: Good afternoon Johnny. Which part are you mainly responsible for in the Track and Field team?

J: I mainly take part in medium distance running. Medium distance running means running distance of about 800-3000 metres .

K: I see. Can you share what you learned from being in the Track and Field team?

J: There are 2 most important things I have learned. One is that we should give ourselves enough time to rest after training. If we don't have enough time to rest, our body can't withstand the highly intensive training because the training is quite harsh. think another important thing is that you are required to have perseverance, endurance and also be hard-working. For me, I take part in the long run. Apart from short-run or long jump, the performances are mostly based on the player's ability. But in long distance running, I think these traits are the most important part of being a long distance runner.



K: Do you have any expectations for the future?

J: For the short-term targets, I hope that the LKKC Track and Field team can get the overall championship in the coming inter-school competition. For myself, I want to become part of the Hong Kong long-run Team.

K: We hope your dreams can come true! Do you have any words to say to the members of Track and Field team?

J: We need to try to do our best and challenge our limits!

K: Thank you Johnny!

Handball Team
(K=Kyle, V=Venus Chan)

K: Hi Venus! The Handball Team has had great results over the past few years. Do you think there are any factors that help the team get the good results?

V: I think an important factor is the alumni of our school because they help us a lot. They form a strong team to back us up. When we are training, they always train with us and they will point out our mistakes and help us correct them so we can do better. We also have a great chemistry together with them. They always share tips and skills with our members. They help us make rapid progress, so we got the great results.

K: Is there any method to help members from the junior form and senior form bond?

V: The senior form will train with the junior form together. This will let the members of the junior form know their weaknesses. This also will improve the cooperation between the members from different forms. Furthermore, the line-up of the competition is different every time as we make sure that every competition has the members from different forms, not just senior forms. From this, the junior form members will gain the experience and improve their communication with the senior form.



K: In July, the Handball Team went to Taiwan for training, what unforgettable experiences did you gain?

V: There are great differences between the training between the team in Taiwan and ours. For instance, the warm up before training is totally different. The training pattern of that in Taiwan is something we haven't seen before, so our members and our coach learned a lot from that. The coach has applied the training pattern of Taiwan to our team since we came back from Taiwan. Our members also spend a lot of time in practice, but now we apply the defensive and offensive skills taught by the coach of the Taiwan Handball Team. We've decided to use these skills in coming inter-school competitions. We also made friends with the members of the Taiwan team! They helped us a lot and demonstrated some of the skills taught by their coach which can help us learn the skills more quickly. I think they are very enthusiastic and welcomed us warmly! This was a great experience for the handball team!

K: We hope the members of Handball Team will lead the team to achieve another win soon!

Volleyball Team

(K=Kyle, C=Chau Tsz Yeung, L=Lau Chun Lam)

K: Hello! Do you have any words for the junior form members of the Volleyball Team?

L: I think the junior form members have high potential in volleyball and I'm happy about their physical fitness.

C: Based on the characters of the members, however, I hope they can become more responsible in the future. I think they may give up playing volleyball very easily!

L: I also think that the junior form members should learn more skills, so that they improve in volleyball to help the team have great results.

K: How was the last competition of volleyball team?

L: It seems that everyone was nervous. There were many mistakes during the competition and the teammates could not cooperate with each other. Also, I think the members should learn to keep calm during the competition and they should improve their skills, for example, serving the ball. These problems can be solved by keeping a good mentality and by practicing more.



C: Because the competition was held two days after the Sports Day of our school, many teammates were absent that day. I think the members should be more responsible and should care more about the competition. As the team just has 10 members, yet half of the members didn't come for the competition, it seriously impacted the competition. I hope we can do better next time!

K: Is there anything you think the volleyball team lacks?

L: Members should be more enthusiastic when playing volleyball. As volleyball is a team sport, the mutual trust between teammates is very important. Teammates need to communicate with each other during daily practices. Then we can do our best in the competition.

C: The members should reflect on their performance after every competition. If we know the mistakes we made in the competition, we can learn from them. Then these mistakes will not happen in the next competition.

F.2 Training Camp

Praveena Lukna Tjen 2C



In late September, our F.2 students went on a 3-day training camp which took place in Tai Tong holiday camp. It is definitely a memorable experience for them.

Unlike other camps, this camp aimed to demonstrate the importance of discipline and to train students to be self-disciplined pupils.

On the first day of the camp, students had a course in marching to develop a strong sense of self-discipline. After a short break and dinner, the F.2 students played a couple of games so as to build up a close and strong relationship between teammates. There were a total of eight different challenges awaiting completion. To accomplish all of them, the students had to approach eight different meeting points to complete their tasks and score marks. At the end of the day, the leader of each team concluded that their teammates knew each other better.

The second day of the camp was probably the most exciting day in the camp. In the morning, students learnt about the basic steps of first aid treatment and its importance. After that, the four classes were split into two groups and played outdoor activities in turns. 2A and 2B went to the rope network array and participated in two challenges while 2C and 2D had an obstacle course. Both groups swapped activities later on so they could enjoy both challenges.

In order to let students be completely immersed and enjoy the event, marks would be awarded if the team did a good job in those activities. The more effort the team put into those activities, the more marks they would get. In the evening, the F.2 students had a short period of free time before preparing for a cooking competition. It took place in a barbecue site and every team did their very best to make their best dishes. Last, students finished off with a barbecue on the site and did a bit of marching training.

On the third day of camp, which was the last day, students made a Roman Catapult and had a fun 'water balloon war'. Some students used nylon rope to tie up a bamboo stick, which served as the lever, while the others filled water into small balloons to make 'water cannonballs'. This 'war' was so entertaining that some students even got wet! Before the students headed home, the teachers had an overall debriefing about the 3-day trip.

After interviewing some students about the trip, most of them thought that the camp was an absolutely fun and meaningful event. They also thought that this trip helped to build up a close relationship with their classmates. However, some students thought that banning phones during the camp wasn't a good idea and the time management could have been better to accommodate more activities.



Upcoming writing competition!



Young Post is holding a Winter 2019 short story writing competition. If you want to become a published author and win cool prizes, get writing!

The theme is **"Secret Message"**. You can interpret this however you want. Be imaginative!

- Write a story that is 2,000-2,500 words long.
- The story must be all

your own work and must be set in Hong Kong.

The best entries will not only be published in their Winter Holiday editions, but will also be compiled into an illustrated book. The selected entrants will each receive a copy of this book and the ultimate winner will also get an awesome prize. How awesome is that?

Their official closing date for entries is December 17. But you should look for Ms. De Guzman or Ms. Ho in Room A before Dec. 6 if you are interesting in joining!

Visit shorturl.at/qDFLO for more details!

See updates on our official webpage:
www.lkkc.edu.hk/~whatsup

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