

What's UP?

STFA LKKE English Newspaper



Games Day



Student Union



Geo Camp

Games Day Highlights

4C Lam Man Hei

In this special academic year, instead of Sports Day, we had a Games Day. The venue was still Tuen Mun Tang Shiu Kin sports Ground but there were still clear differences between these two events.

First of all, due to the social-distancing measures, the number of students allowed in the venue was limited. Thus, each form was only allowed to go to the sports ground in different periods. The bleachers were much emptier and quieter than in previous years. I missed the noises and laughter made by students. Though we still had cheering teams, they were unable to cheer for our athletes during the races. It was unfortunate that we could not receive their support on site.

Unlike Sports Day, we could not choose what to participate in as freely. Form 1 to Form 4 boys and girls took part in 100m, 800m, long jump and javelin. Form 5 to Form 6 took part in 100m, 800m, long jump, shot put, javelin and high jump. Despite this new arrangement, we were still able to show our strengths in sports.

With no doubt, our athletes still kept their sportsmanship. Many students were willing to try their best to help their own house win at every cost. In the inter-house 4×100m and 4×400m relay, athletes representing the four houses did a great job. Without cheering teams, the students sitting on the bench helped cheer for their houses. There was definitely tension as they were hoping to get points for their house, but the overall competitive spirit made the day an exciting one.



For me, the highlight was the teacher-student Inter-house competition. Teachers were invited by four houses to represent their houses. I had never seen many teachers doing sports and playing with us! It let us see the other side of teachers. I was touched because, like students, teachers still did their best in the race to help us win. I believe this event was a memorable experience for both teachers and students. To be honest, I think it is worth keeping this for future Sports Days. We should be grateful to the teachers for putting in effort for us, which led to a more fruitful Games Day.



Miss Cho, who was in charge of Games Day, shared that she was satisfied with the events. "Because of the strong commitment of students, all the races could run smoothly. We know it is difficult to hold Sports Day under special conditions. Fortunately, we made it. Most of the students were active in participating in the races. I am surprised to see a satisfying result."

At the end of the day, according to the temporary scores, Shun House was the first. Hung House came second. Man House was the third and Chung house came fourth. Results of the poster design of Games Day competition are not out yet. Keep an eye out for them on the school campus!

What I Learnt From Games Day

4C Wong Ka Sui Kathy



It was so difficult for us to hold Sports Day in this pandemic period, but we finally did it. During the two "Games" days, all students were invited to join various sports, such as running, long jump, relay and so on and they enjoyed them very much.

In this pandemic period, students found it difficult to do sports or even attend sporting competitions. Therefore, Games Day was really a great opportunity for our students to show their potential, to play and enjoy their secondary school life.

In all these sports races on Games Day, I liked the relay event the most because it could definitely reflect the cooperation between the students and their friendship. I remember that one relay, I saw that one of the boys fell down carelessly but he didn't give up, he stood up again, picked up the baton and kept running. The most admirable was that his teammate was encouraging the boy not to give up. This is really worth learning from. Always remember— *friendship first, match second*. Winning isn't the most important. The most important is to learn from the competition, knowing that friendship is the most precious.

Message from House captains

5A Ling Tsz Shuen, 5A Yan Ming Sum

Congratulations to all the winners this year! For the others, even though there was no victory, we should be proud of ourselves for participating. All of us tried to do our best for Games Day, and so did the house captains this year. Let's see how they managed to overcome the challenges they encountered.

MAN HOUSE

Shirley Mai

The first problem was the question of time, that is, during the preparation of the matchday, there would be a uniform test. All the officers had to stop preparing for revision. After the test, there were only about two weeks left to prepare, buy souvenirs, and find competitors, teachers, and student contestants. We were all very anxious. The second was about procurement. Due to time constraints, many things had to be ordered in advance, such as team shirts, but suppliers often did not respond to messages. We encountered difficulties in ordering the shirts and later had to fix the issue by ourselves. The third issue was the allocation of funds. Because I was in control of the expenses, I often shopped around, but I also wanted to get good and varied gifts. Luckily, we were able to contact a number of customer services for consultation within a week.



I think this year's arrangement was great, allowing many members to participate, giving us opportunities to win points for the house. During the cheerleading competition, the members all stayed in school to practice their dance moves. On Games Day, although a bit rushed and exhausting, everyone could participate in the same competition and run at full capacity. However, the connection between forms was lessened, awards were fewer and audience was smaller. The atmosphere was slightly quieter than before, but the competition between teachers and students was very impressive, and the relay was thrilling as usual.

The athletes of Man House worked hard. The junior students sprinted in the 100-meter race. In the relay, every athlete took the race seriously. In the 800-meter race, in the scorching sun, our athletes persisted in completing the race, and some fell on the grass at the finish line. The spirit of mutual support and perseverance were fully reflected on the field.

Jason Ng

In one of the fun games, we needed to invite different teachers and students to participate. However, some of them were unable to attend due to private affairs or additional courses, which increased the difficulty of inviting people to join.

There were many other problems we encountered. As far as the timetable was concerned, it was tighter than expected. Some schedules were completed very early, while others were delayed for a long time, causing some events to overlap. In addition, the warm-up time was also cancelled, making our original arrangement impossible. But the new arrangement also had benefits. It added the teacher-student competition. Teachers and classmates could participate together, which strengthened the bond between teachers and students. The athletes were all great. We are proud of our members! Glory to Man House!

HUNG HOUSE

Elly Lau

Because of the epidemic, most of our preparations this year could not be done in school, but at home, which made the communication between us more difficult. However, after many phone chat exchanges, we were able to complete our tasks.

For this year's new arrangement, I found it both fresh and interesting, because new events were added, namely the teacher-student relay and competitive events. I was very curious about these two events, but at the same time, I was very worried. There might be some unexpected situations. For example, junior high school students could be injured while participating, and the shortage of manpower in the field increased our respective workload. But with the new arrangement, I also saw good sportsmanship. Students were all devoted to the competition wholeheartedly. Under the mandatory regulations, the athletes did their best to complete the activities, and I am very happy to see those students who took part even though they were not sporty.

I can't forget the teacher-student relay and competitive events. The students watching the competition stood aside to cheer for their team and teachers. What encouraging schoolmates!



Alan Cheung

To add, the preparation time was short. Not only did we need to prepare souvenirs, designs, but also communicate with other companies. We were very anxious until the day of the game, and we were afraid of missing something.

I didn't have to worry after all as Games Day was a success. I'm happy to see that the junior high school students of our house actively participated in the competition, while the senior form students did not complain about being committee members and athletes. I want to thank the students in Form Six too. Even though the time was short, they quickly cooperated and agreed to participate in the competition.

CHUNG HOUSE**Belle Yeung**

The hasty preparation time was the biggest problem. As Games Day was held very close to the end of the first Form Test, we had to prepare the souvenirs and banner decorations within a short period of time. It was not easy for all the committee members who needed to take care of both their studies and Games Day's preparations. Besides, the unknown and uncertainty of the development of the epidemic were also a big concern. Anything could suddenly change. This was a big challenge to our motivation. Fortunately, we have a capable and united committee team to solve these problems.

I am very grateful that many people contributed to Games Day to make it go smoothly. The success in holding Games Day made everyone's time and effort worthwhile. The new arrangement was not easy but with the cooperation of four houses and with the help of teachers, great memories were made and we all had so much fun. This year is special to me as it is my second year to be the house captain of Chung House.

I highly appreciate the effort put in by the athletes of our house. Not only to the winners, but to all house members who took part in different competitions. As we know, some of them may not be interested in sports or they are not good at doing sports but they still tried their best to strive for the best in every event. I appreciate their willingness to contribute to the house, especially junior form students. Whatever your results in the competition are, you are a winner in my heart and I'm so proud to have you as part of Chung House. Let's keep the spirit of Chung House strong and strive for better results next year!

Alvin Cheng

The process of making the house banner was the most difficult one because the preparation time of the banner was shorter than the previous year.

The schedule of events was also very tight. We needed to finish 100m and 800m, and field events within 2 hours, which made the students very tired. But this arrangement could make sure all the students joined all the sports events. This definitely made the day more exciting.



SHUN HOUSE

Norelle Chan

The main difficulties were thinking of gifts for different forms of students and designing the house shirts and banners.

Definitely I have to say that it was a great challenge to all of us. Due to the pandemic, many of us had forgotten what "Sports Day" used to be. However, seeing different keen faces, I, as the house captain, couldn't be more grateful. I have to thank our principal and teachers. Without their collaboration and effort on that day, we wouldn't have had a fruitful and cheerful day.



If I were to use an adjective to describe our house's athletes, I would say "indomitable". Our team members are all strong and tough to face different obstacles. Perhaps they are not all good at sports but certainly they did their best. If they fall, they will stand up again and run. I am confident that our house spirit will definitely continue to be strong!

Anston So

We bought committee shirts for some of the helpers from both Form 5 and Form 6. We had been waiting for a long time for the delivery. Fortunately they arrived on the day before Games Day.

I'm glad that we could have a merry Games Day because of the new arrangement. It was arranged so that all competitions could be finished within two days. It was extremely tiring though but I believe most of the students enjoyed Games Day a lot!

Behind The Scenes

5D Chan Wing Yu , Santoso Gionna

We cannot forget the many students and teachers who worked hard behind the scenes to give us a wonderful and unforgettable experience. Let's see what they have done for us!

Prefect Team

Every morning , our Prefect Team stood at the entrance of the playground to check whether our clothes were proper or not . White socks and long pants were your "ticket" in to Games Day. Prefects would also maintain discipline such as checking if there were students playing with their phones , since we needed to respect the athletes .

Judges at the start

Let's move on to the 100m and 800m race . Do you know that there were some helpers who kept the competition smooth ? They were the judges at the start . "On your mark , set , go !" Flags down and off the runners go! Helpers played an important role since accurate timing was crucial for the competition.

Timekeepers

After the competition, are you curious about your results? Apart from your ranking , the time you needed to finish the 100m and 800m competitions is also important . We had our timekeepers sitting at the finish line to record the time for us. In fact, a timekeeper needs to be focused so that they can take the most accurate time and make sure the result was fair .

Helpers (long jump)

As long jump was one of the most popular sports, many participants joined the long jump event. The helpers helped us measure the distance of the jumps and raked the sand pit to ensure the sand was evenly distributed. Without the help of our helpers, we would have easily got hurt.

On Games Day, the highest temperature recorded was 29 degrees! They had to work for us in hot weather, which is really admirable. And of course, without our teachers in charge, Miss Cho and Mr Yip, we wouldn't have had Games Day. Thank you!



Interview with Patronus

4D Praveena Lukna Tjen

To welcome our new Student Union—Patronus this year, we invited the chairperson of Patronus, Sky Leung from 5D, for a brief interview.

P: Praveena S: Sky

P: First, congratulations on your team winning the election! May I know why you joined the election?

S: Thanks! To make a long story short, I have always been very keen on serving schoolmates since I was in junior form. After studying here for a couple of years, I saw there was room to improve. Therefore I was determined to become a member of the Student Union, to provide a more fruitful school life for pupils.

P: How did you feel after you knew you won the poll?

S: I was so glad. It had been a tough time for our team so we were so pleased to know that our dream came true after countless efforts. During our preparation period, I had built up a closer relationship with my team members and got to know each other better. I would like to thank our schoolmates for their support too. Without their votes, Patronus wouldn't have been able to serve our schoolmates this school year.

P: Would you mind explaining the meaning behind the Union's name Patronus?

S: Sure! Patronus is the casting spell in the movie series *Harry Potter* that recalls happy memories when fighting villains. Saying out this spell would form a shield that protects the wizard from danger. Therefore, our team wishes to be students' Patronus that brightens their paths.

P: I see! Would you mind telling us briefly what policies you will propose soon?

S: We hope to have a better bond between SU and students from all forms, so we've decided to create a class group between us and the chairperson of each class. We would like to listen to students' views and collect advice from different voices. As for the activities, we want to hold a 40th-anniversary event to celebrate our school's 40th birthday!





P: What difficulties did you encounter during the preparation/ election period?

S: The first thing was time management. We had to get everything well organized between September and October. It required good collaboration and communication with members. Although there were disagree-

ments and debates, we could at last reach an agreement. I believe it is important to stand in others' shoes. Therefore, we had to think from students' perspectives when setting up policies.

P: Did the pandemic pose any problem when you were preparing?

S: A definite yes. Online platforms played a very important role during the pandemic and our meetings usually took place online to avoid too many face-to-face connections. However, we could always overcome our obstacles and reach success!

P: Is there anyone you want to thank?

S: Undoubtedly I have to thank my team members. I appreciate their enormous effort for spending time researching on welfare after school and managing our social media account online. I want to thank my school-mates who supported us from the very beginning. Most importantly, I have to thank every pupil in school who gave us advice and told us their expectations and creative ideas so that we could strive for the best.

Geography Inspiration Field Camp

4B Chow Ching Yin Katrina

Do you enjoy getting closer to nature? Are you interested in joining camps? Luckily I had a chance to realize all these dreams. Last week, we students, who study Geography, went on an Inspiration Field Camp which lasted for two days. I can't wait to share my memorable experience with all of you!



At 8 am, we travelled to Lam Tsuen Valley and arrived at Herb Country. Upon arrival, one of the cofounders of Herb Country treated us with a few bottles of mosquito repellent — there were really many mosquitoes. I was bitten by a few too. Later he introduced the history and operation of the farm. It was astonishing to know that their farm operates without the electricity supply from CLP! Instead, they

generate electricity from solar power. Not only do they utilise clean energy to operate the farm, but they also choose a unique cultivation method. This method kills two birds with one stone. It benefits vegetables, fish, soil and ensures good water quality. After listening to the cofounders' brief introduction, we were welcome to feed the adorable rabbits. I had never fed rabbits until that day!

At lunch, we made our own pizza by putting different toppings on it. It was mouthwatering! After lunch, here comes the most thrilling part of the camp. We needed to go down to Lam Tsuen River to collect a wide range of data! We used different field equipment to collect data from different sites of the river. Although our shoes got soaked, which was uncomfortable, we collected numerous pieces of information which were useful for our investigation and analysis. On top of that, our team spirit was enhanced and we helped one another when facing difficulties in collecting data. I would surely treasure the friendship made with other teammates and those wonderful memories!

Around 5pm, we set off to our campsite (HKAYP Jockey Club Duke of Edinburgh Training Camp). There was an array of activities waiting for us to enjoy - AR dodgeball, AR climbing, archery challenge and 'adventure park'. We had a whale of a time there! The facilities there were amazing!



The next day, we visited Hong Kong Science Park. There, we saw many examples of pioneering technology which broadened our horizons. I immersed myself in a wide variety of interactive experiences with innovative technology, and I even had voice-to-text conversations with virtual assistants! What a rich and fun field trip! I have gained a lot! It was a golden opportunity for us to study out of the classroom and try out fun technological equipment. Come and join the camp next time if you have the chance!



3rd issue answer

ANSWER:

5	4	3	9	2	1	8	7	6
2	1	9	6	8	7	5	4	3
8	7	6	3	5	4	2	1	9
9	8	7	4	6	5	3	2	1
3	2	1	7	9	8	6	5	4
6	5	4	1	3	2	9	8	7
7	6	5	2	4	3	1	9	8
4	3	2	8	1	9	7	6	5
1	9	8	5	7	6	4	3	2

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