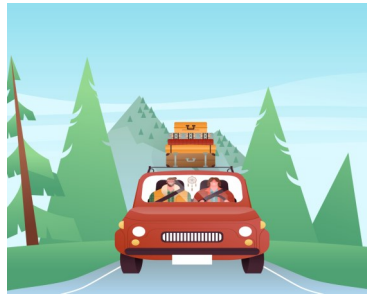


# What's UP?

*STFA LKKE English Newspaper*



**SCMP Course**



**School Trip**



**Family activity day**

## **Eating Disorders**

**5A Vanessa Yip Tsz Ching**

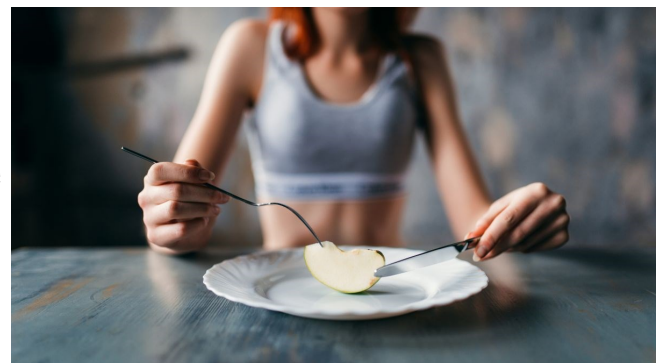
When talking about eating disorders, what will you think? A skinny person who refuses to eat anything? A person determined to keep fit? Or simply a pitiful patient who has a mental disease? Some may say they are 'troublemakers' that trade their lives for a skinny look. Why does that matter so much to them? And has our community socially stigmatised them? Or has the label been given to them by Gen Z?

To be clear, there is no intention to come off as malicious towards these patients. They are, in my opinion, people who strongly desire to change. In this article, I aim to clarify a bit on the stereotype of eating disorders, strictly speaking, Anorexia, and to hopefully change your impressions towards them.

First and foremost, it is important to understand that eating disorders are not a choice - they are complex mental illnesses that can have severe physical, emotional, and social consequences. Anorexia nervosa, for instance, is characterised by having a distorted body image of themselves and an intense fear of gaining weight, leading to severe weight loss and malnutrition. It is a serious psychiatric illness that can have life-threatening consequences if left untreated.

Contrary to popular belief, anorexia is not solely about wanting to be skinny or losing weight. It often stems from deep-seated psychological issues, such as anxiety, depression, trauma, and low self-esteem. Eating disorders can also be triggered by societal pressures, such as unrealistic beauty standards, social media and peer pressure.

It is additionally essential to recognize that eating disorders can affect people of all genders, ages, races, and body types. They are not constrained to a particular demographic or stereotype. Many people with eating disorders may appear to be of 'normal' weight or even overweight.



Understandably, there may be misunderstandings and stereotypes around eating disorders, especially for those who have not experienced them firsthand. However, it is of paramount importance to approach the topic with empathy and understanding, rather than judgement or blame.

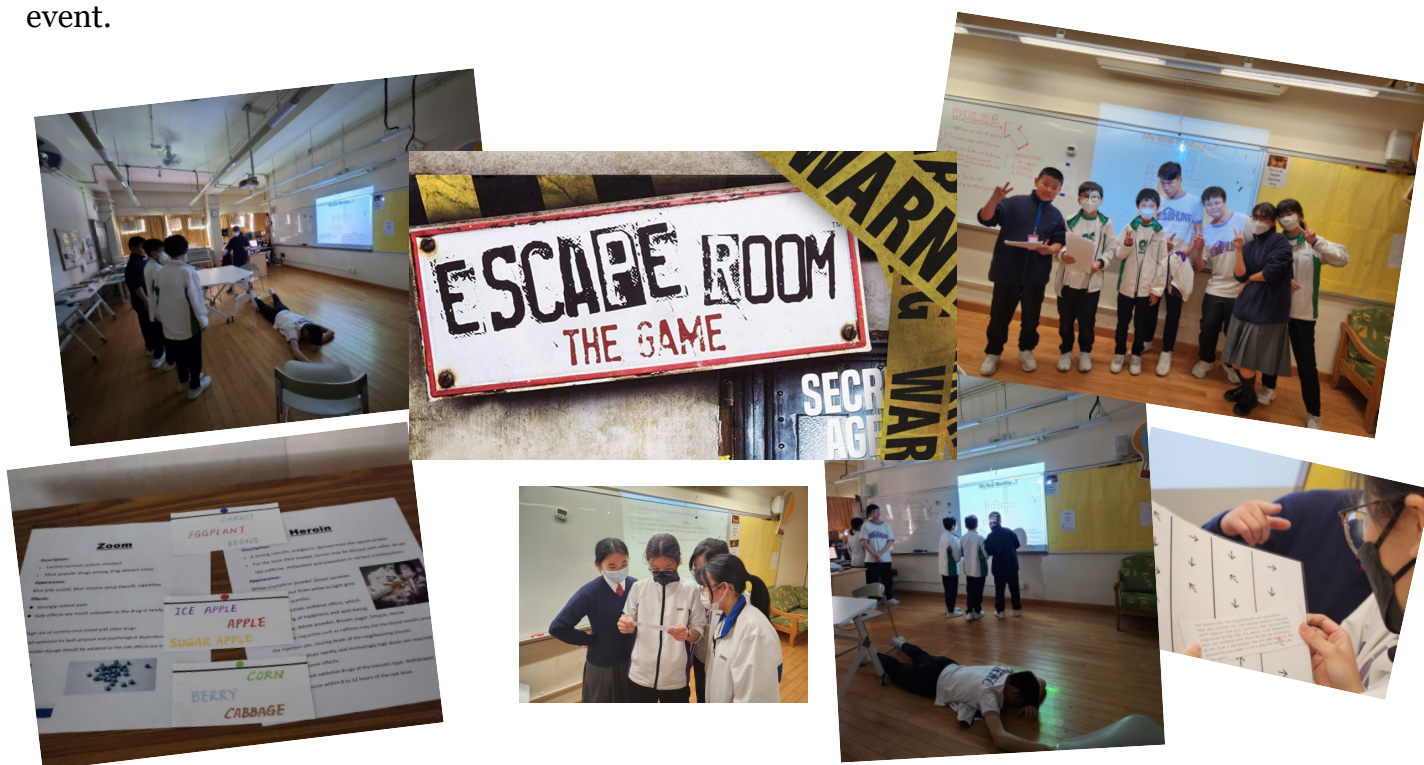
If you or someone you know is struggling with an eating disorder, please seek professional help as soon as possible. Treatment may involve a combination of therapy, medication, and nutritional counselling, and can help individuals recover and lead a healthy life.

Eating disorders are complex mental illnesses that require understanding and empathy. By challenging stereotypes and increasing awareness, we can help reduce the stigma and provide support for those who are struggling.

### English Club Activity ~ Escape Room

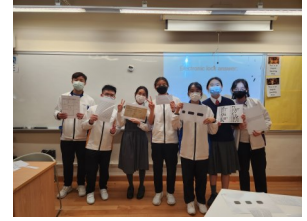
5D Praveena Lukna Tjen

If any of our schoolmates have paid attention to our school's recent activities, you may have noticed that there was an "Escape Room" Activity hosted by the English Department EIC before the Easter break! For anyone who isn't too familiar with what an escape room is: it is a tournament that requires cooperation between teammates, where the whole scene takes place in a small room. As the name implies, in order to succeed, participants must discover clues and tips concealed inside the small cabin. All of the guidance and hints will instruct the players to exit the room. The team that finds the way to the exit the quickest wins the game. This is a first for our school to organise such an activity and the club members did a remarkably great job hosting and planning the event.





Although I wasn't able to experience this fun activity myself, I have heard many positive comments from students of all forms. Some expressed that this was a significantly different activity compared to any other after-school club activity that was done before and that it was a truly distinct experience playing escape room in our school.



Some say that although the game activity wasn't very long, and the clues were easy to find, they felt the diligent and demanding work and tough preparation that the EIC students had put into organising this activity. They believed this escape room activity was entertaining to play and were willing to participate in such affairs next time.



### SCMP Journalism Course

This year our senior form students had a chance to join a course held by SCMP specifically to improve our journalism skills.

Students also had a chance to tour SCMP headquarters and to interview and write an article on Ms Carmen Liu for the final assignment. Below is one written by one of the students:



#### **How a psychologist, mother, singer, and musical actress maintain her balanced and fruitful Life**

Carmen Liu is preparing for her new musical, *Love For Granted*. As a professional, it seems to be challenging to have several roles, being a mother, singer and a psychologist, but she is able to strike a balance between different responsibilities and is able to develop her both her careers well.

In Carmen's school life, she was already multi-talented in both academic and music aspects. Worrying for the ideal jobs in the future, she showed her interest in Psychology in order to get a job with a stable salary in the future. She chose a Psychology subject in university and successfully got accepted into.

Meanwhile, Carmen did not give up on making use of her beautiful voice and ability in writing songs and acting. She kept performing and enjoyed the positive feedback from the audience.

**‘When my body is still functioning, why do I have to wait and do something I really want?’, she said.**

The casting of Jessica, the main character in **Our Journal of Springtime**, she mentioned, was an accident caused by encouragement from friends. Carmen still thinks that she is very fortunate to have been given this chance which kick-started her career as a long-run musical actress. The challenge for her in playing this role was to act like a teenager struggling for her future. ‘A huge difference in age is a great challenge for me and my character.’ She told us that ‘The key is observance.’ She observed people around her and their behaviours in order to truly mimic those into her acting. ‘Therefore there is much more that can be done to enhance my acting skills and overcome that,’ she said. The musical was a success and was praised by principals from lots of schools due to an inspiring message conveyed and a realistic plot that expresses students’ desires and ideas.

When asked about her source of inspiration and courage to pursue her dream, Carmen said it was her patients. In her clinical work, the majority group she took care of were cancer patients, facing the untimely death. Their functioning heart and soul gave Carmen hope and persistence to perform. One of her patients, who had lost his tongue, kept his passion for singing and lit up the fire inside Carmen to pick up her hidden talent. While Carmen’s job gave her patients a cure, at the same time, patients motivated her to become a better person.







Carmen also talked about some concerns about her profession from the public. 'Chasing dreams is important. However, we have to take care of our responsibilities too.' Whatever she was doing, she had to bear the responsibility from different positions in a society, in a family, in a group of people...

**Try every time as the last time, the last chance to understand their needs."**

Sharing her experience in releasing her album, she found the preparation part challenging, especially in writing songs, lyrics, and finding the message behind. Despite this, she isn't afraid of challenges and wants more chances to release more albums or performances.

With her two separate Instagram accounts—one for her singer persona "Ashia" and the other for her psychologist side "Carmen", she always wants to strike a balance between them while including her daughter as much as she could. 'My daughter always supports me. She often comes to my shows and cheers for me. She remembers all the songs in my show and sings them well. My husband supports me as well. Though he does not like being known to the public, he uses his own way to show his care.' Surely, understanding from family boosts her to continue her work on both sides.



Her IG has garnered around 29.5K followers of her IG account. As a result, when you get some attention on the Internet, there is not only positive feedback, but also nasty comments. But she keeps an open mind, receiving love and support from words and improving from reasonable criticism. For some nonsense, it is hard to deny that they do put her down for a moment. But instead of covering the

true emotions, she knows the more we try to avoid, the more we suffer. The best way is to accept them as emotions are normal.

Carmen added this piece of advice before we ended the interview: 'Don't make assumptions. Live in the moment and observe the details.' As she said, "enjoying everything from different perspectives around is vital. Do not lock your future in a small cage. Try to explore new things and keep the passion going. What will be next?" Whatever it is, LKKCers, your life will still go on!

## Form 1 Family Activity Day

5A Poon Ka Mei



After a long break, the S1 Family Activity Day was finally held again on 12th March this year. Both parents and students had great fun.

The games played were organised by the City University of Hong Kong Positive Education Laboratory. One of the most memorable games was the blindfold game where students were blindfolded in their favourite location of the school and told their parents what they liked to do at that place. There was also a bingo game where in every square, there was a topic, and students and their parents had to share something based on the topic. These games gave a chance for students and their parents to share their thoughts with each other which could enhance their relationship.

Before proceeding to the next session, participants had a short break and enjoyed vegan ice cream. Afterwards everyone watched a movie called *Zero to Hero*. The movie is based on the true story of *So Wa Wai*, who was the first Hong Kong athlete to win gold at the Paralympic Games. Not only did So's hard work make him successful, but his mother's support also played a key role in his success. This also conveyed the main idea of the day created just for Form 1 students and their parents — love and family.





## A Whole School Trip to Hong Kong Disneyland

5C Kathy Wong Ka Sui

It had been a very long time since the last school activity day was held! Fortunately, a wonderful day was spent with all of our teachers and classmates in Hong Kong Disneyland. Besides releasing our stress from studying, capturing the precious moments gathered with our dear teachers and fellow schoolmates was what mattered the most for the trip.

Even though it might not be the first time for all of us to go to Disneyland, it would probably be the most memorable experience!

Starting off the great day, we all queued up to enter Disneyland. The lovely sunny weather had put us in a good mood, with excitement flowing through everyone. We entered this paradise as keen as mustard. Pleasant music drifted to our ears along with the screams of laughter ringing from every direction. What's more, various shops with American architecture on Main Street were lined up for many of us who couldn't wait to buy the adorable Disney souvenirs.

Aside from the delightful atmosphere of Disney, the exciting roller-coasters were considered as the best. Not only was it an adventure for the students, but also an opportunity for them to invite the teachers to go on rides together, which certainly created some very memorable memories for both sides.

Other than walking through the shops and going on the rides, we could wait near the main road where many Disney characters participated in the parade to share the joy and welcome the visitors. What a truly fantastical day!

The last thing to accomplish was definitely appreciating the legendary fireworks display of Disney. The colourful light beams were projected up in the sky, creating breathtaking visual effects, and with the power and beauty of music around, all of us felt like we were living in the dreamland sprinkled with happiness and love.



At the end of the day, we spent an amazing time together with our friends and teachers.

We captured our memories with several photographs and retained our happiness inside



each of the photos. School life is short so why not enjoy the rare chance to create precious memories like this one?

I wish that every one of us will treasure these unique memories for days to come!



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