

What's UP?

STFA LKKE English Newspaper



Sports Day



Say "Hi!" to our NEW teachers



**No more
procrastinating!**

The Long Awaited Sports Day

5A Lee Wing Hei



On 11th - 12th October, our school's first Sports Day after the outbreak of COVID 19 was held in Tuen Mun Tang Shiu Kin Sports Ground. As it was the first Sports Day for the junior forms, everyone was brimming with anticipation for a successful Sports Day. To win the games in this special Sports Day and create beautiful memories, all committee members in the four houses put immense effort into the preparation. The energetic cheering teams practised enthusiastically in the weeks leading up to Sports Day, their loud and clear voices echoing throughout the hallways of our school.

In the morning of the first day of Sports Day, the F1 students who were the members of the cheering teams waited for their cheering team leaders at the LRT station, ready to cheer on their respective house members and athletes.



The Sports Day started with a delightful surprise this year. In the previous years, the male house captains carried their house flags and ran for 100 metres. This year there was a stray from tradition as the male house captains ran in inflated balloon dinosaur costumes while the female house captains ran behind the boys with the flags flying high. The 100m race of Grade A boys followed right after the opening ceremony, and the cheering teams started to cheer for their house members.



Track races were held right in front of stadium seats so they became the highlights among all as the spirit of LKKC was fully shown in every runner. All competitors ran as fast as they could in the 100m races, and they persevered in the 400m and 1500m races even though the sun didn't leave any chance for them to cool down during the run. Although some contestants didn't get the medals, they gained an experience of completing a 400m or 1500m without thinking of giving up, which is the most crucial in the competitions.

Sports Day ended in joy with photos taken of current classmates and former alumni who came back to receive their scholarship awards. Many expressed their happiness at being able to receive their awards on Sports Day and having the chance to take pictures as it was the tradition every year before COVID 19 struck.

The results of the races can't affect the friendship between houses. No matter who won in the end, friendships remained intact and beautiful memories made will live in our minds forever. The past two years have been difficult in different ways for all of us, and among all, one of the most prominent difficulties is all the opportunities we lost. Our years in secondary school are precious as our time here is so short. Before we know it, we will be graduating. COVID 19 has stripped away many memories we could have made. Imagine students from previous years spending their senior form years in front of a dark cold screen, communicating with friends through an inanimate object and trapped inside their homes. They graduated without experiencing their final Sports Days, Christmas parties and even without the touching farewell in the Performing Arts Competition. Now that we have the chance to make these memories, let us all live our secondary lives to the fullest and graduate with no regrets.



Interviewing a new teacher – Ms Lee Kwok Ying

5C Lam Man Hei

L: Lam Man Hei T: Miss Lee Kwok Ying

L: Let's start with a simple question. What is your job?

T: I work as the Chemistry lab technician here in LKKC.

L: Some students do not study Chemistry and they may not know much about your work. Could you please share something about your daily work?

T: Before Chemistry lessons, I usually prepare the chemicals and apparatus for teachers to conduct experiments in lessons. Also, I have to prepare some chemical solutions according to the required concentration and volume. Students may need these solutions for experiments.

L: Why did you choose LKKC as your workplace? Are there any special reasons?

T: To be honest, there is nothing special about why I chose LKKC as my workplace. I just live nearby. So the reason behind is simply for convenience. And I personally like to do some stuff about Chemistry. That's why I chose to be a Chemistry technician in LKKC.

L: Do you have any expectations for LKKCers?

T: I hope students in LKKC can really learn Chemistry theories and other things by conducting experiments. It is vital to learn from your textbook but practice and theory are different. From practical experiments, students will get a better understanding of the result and explore possibilities and potentials.

L: What do you think of the students here?

T: The students are quite adorable and hard-working. People always say students in LKKC do well in their studies. After a few lessons, I found that students here are helpful and self-motivated.

**L: What are the problems that you need to tackle due to COVID-19?**

T: The most serious problem is that the working time is insufficient. Without limitations brought about COVID-19, I can stay at school all day long to prepare enough chemicals for use. However, because of the limitations, I was allowed to stay in the lab for only half a day, which means I had to finish my whole-day work in a rush.

L: Is there anything you would like to say to LKKC students?

T: I hope students can develop their own interests and hobbies outside lessons. Asking teachers and me about Chemistry is encouraged too. Communication between students is important as well. Don't be shy to find help if you are stressed.

L: Thanks a lot for your taking the time to do this interview. I bet schoolmates know you better now. We wish you a fruitful working experience in LKKC!

Interviewing a new teacher – Mr Ng Hin Yeung

4D Ko Yan Kiu 2A Yip Ka Chun

Q: How long have you been teaching as a teacher and why did you come to our school?

A: Well, I have been teaching for about seven to eight years now as a Chinese teacher. Why did I come to this school? I think that would be because I used to live around the area. After teaching at other schools allocated in places like Tung Chung and Tai Po, going back to where I came from brings back memories.

Q: What message do you want to spread as a Chinese teacher?

A: It was my first year of teaching and I was curious about what students thought of the subject I taught. The students showed me their opinions on different teachers. Most of the time the students described the PE teachers as energetic, Math teachers as witty, and life and social studies teachers as walking encyclopaedias. However, when it came to Chinese teachers, students would depict us as windbags and nit-pickers which I understand to some extent. At that time I explained to my students that the subject of Chinese had more cultural elements than anything else, and interest is an essential factor in the subject. Most importantly, Chinese is about passion, and with that passion, I hope to share it with my students in this school.

Q: What are your aspirations and goals as a teacher?

A: Most local students may not have sufficient time to study every subject, but I wish for our students to be capable of learning with a new mindset and to fuel learning with passion and interest. When I was young, I had the privilege of being able to study without much pressure. I could explore different subjects and gradually I've developed a passion for Chinese, Philosophy, and other different subjects. I really want to share this attitude with my students and assist them in pursuing what they want.

**Q: What would you want your students to learn about you?**

A: From a young age, I dreamed a lot about my future occupations. I wanted to be a lyricist, a philosopher, and a basketball player. When I expressed my enthusiasm for the sport, I felt dejected when I got rejected because of my height. However I do appreciate a game or two every once in a while.

When I was applying for university, I thought of studying Social Work but eventually chose to teach others. Every person in my life has shaped who I am today and so I encourage my students to convey their ambitions and grow as a whole.

Interviewing a new teacher – Mr Lai Ho Lam

4D Ho Ngai Ling 2D Tsui Shum

Q: Why did you choose to become a teacher?

A: It is a long story. When I was a secondary school student, most of the teachers were not that good when it came to taking care of students' feelings or relieving academic pressure. That's why I would like to become a teacher, especially in English to really facilitate an environment for students to enjoy learning the language with care. It is also the only subject that I am good at so I chose to become an English teacher.

Q: What is your teaching philosophy and why do you have such philosophy?

A: It is my first year of teaching in my career, so I cannot say that I have a teaching philosophy because I'm still new. Based on my experience and my personality, I think I need to chat more with my students and my very first task is to get to know them. I believe I can gain respect from them by being their friend.

Also, my lessons are not intimidating and I am not very demanding so my students are surprised about this. I feel great that they are engaged in the English lessons.

I hope they enjoy the class atmosphere. That's why I want to get along with my students and I do not want to be distant to them.



Q. What is your impression of LKKC students?

A. Basically, I know that they are very good in many aspects. During my practicum, I experienced difficulties teaching students with serious discipline issues. I think the students of LKKC are very good academically and their discipline is very good too. This is my first impression of the students of LKKC.

Q. Did you do any other work before coming to our school, if yes what was it about?

A. I've just graduated from university. Before coming to LKKC, I worked as a teaching assistant at a very good school. I also worked as an intern during my teaching practice. They are, to me, very precious experiences in my teaching career.

Interviewing a new teacher – Miss Lam Oi Wing**5B Chow Ching Yin Katrina**

C: Chow Ching Yin Katrina

L: Miss Lam Oi Wing

C: Good morning Miss Lam! Let's start with an easy question. Which forms and subjects are you teaching now ?

L: I teach Form 2 English and afterschool classes for F1 and 4.

C: I see. May I ask why you wanted to be a teacher ?

L: Well... (smiling) the reason is that teaching is intriguing and meaningful. Through teaching students, I can also bond with them!

C: Why did you choose to teach at LKKC?

L: That's a good question. I chose to teach here because I know LKKC students are self-motivated. Besides, LKKC is near my home.

C: What expectations do you have for our students this year?

L: Well, I expect them to be self-motivated and of course not to be afraid of learning English. When they face any difficulties, they should seek help from their classmates or teachers they trust and share with them. I hope they can have a wonderful school life!

C: What advice can you give to English learners?

L: One of my tips for studying English is to find yourself a reason for studying English. For example, since English is widely spoken as a first and second language, studying it opens a world of opportunities to get to know people all over the world. It also gives you access to a wider range of resources. Many movies and books are produced and published in English. So if you understand English, you can obtain great sources of entertainment as well.

C: Thank you Miss Lam for doing this interview. I hope our students can know more about you after reading this!

L: My pleasure!



Unison v.s. Beta

5A(7) Kwan Yuen Yee



The Student Union forum held on Monday 7th November, was arguably the most anticipated event of the year. During the forum, both sides addressed some major queries from the former Student Union's (Patronus) members, the opposing cabinet and the audience.

One of the proposed Student Union Cabinets was challenged regarding the amount of their knowledge on the schools current policies when it came to the options available to students on the colors of school backpacks. They caused a stir among the audience too as plagiarism issues, as well as bullying, were raised.

The other proposed Student Union Cabinet was equally questioned concerning the feasibility of the Monthly Lunch Concert, because of the huge budget and manpower needed. On top of that, they were also challenged regarding a call for innovative policies and activities. The forum quickly escalated when the two cabinets challenged each other on various issues such as one of the cabinet's poems, and policies and activities previously proposed by Patronus that are yet to be implemented, ending with the other cabinet claiming that they would allocate the given resources more efficiently.

The forum came to a close with both proposed cabinets stating their aspirations — to hear and represent the students, and urging students to cast their votes.



You must have heard who won the election by now but more on that in the next issue! Stay tuned!

Feed the starving psyches

5A Yip Tsz Ching Vanessa

Well, here we are, talking about stress. Ever got frustrated by the dizzying ringing sound in your head with tears falling down your cheeks? Stress can be overwhelming sometimes, and yet, how we tackle this problem is another issue that concerns us. As a fellow teen, let me give you 3 tips below to help ease your life.

Out of all the clichés, I realise that what students need most is music. Music is often said to be the medicine of healing and the ultimate saviour. In fact, music is also recognized by psychologists as a therapeutic mechanism. Do check out *City of Stars* by Emma Stone and *Photograph* by Ed Sheeran. They each have their own unique styles in performing music.



Dopamine, the well-known hormone, plays an important role in our pleasurable feelings. To obtain it, we should try to do more physical exercise, such as going on a short run regularly. The dopamine will then travel along your body until stress is kicked out!

And the trump card? Friends. Humans are social animals. Without friends, we may sometimes feel as though we are a pitiful little orphan. So no matter how desperate and stressed you are, remember the smiling faces surrounding you. You will never be too stressed to be alone, or perhaps, you will never be too alone to be stressed.

There goes a saying – “Sometimes the most productive thing you can do is to relax.” It may be difficult, but it’s not wrong. ;)

Procrastination – Can we break the habit?

5A Li Yin Lok



Ahh...procrastination, our dear old friend. We all have it, we all hate it and we all can't stop it. If we spent all the time we used to procrastinate for something else, i.e. reading a new book, learning a new language or god forbid studying, imagine how much more enriched our lives would be. But no, we humans like to spend our precious time on earth scrolling through our friends' IG stories, cute cat videos and Youtube shorts of Kpop idols younger than us succeeding in life while we lay in bed eating Twix candy bars.

You may have guessed that the inspiration behind this article was me procrastinating doing homework. You are in fact, correct. In doing so, I was vividly reminded of a classmate's sharing last year in class about how inaction is a slow death. In part, a specific line she quoted from a video stood out to me – “We resign to inaction as the solution to avoid the pain of action.” We procrastinate, because we do not want to do things that bring us pain, frustration or unhappiness (i.e. homework). Very eloquently put. She proceeded to point out that inaction can bring along certain pains too. Quite difficult to understand, but in her words, “ when you procrastinate on something, for example your homework, you will have to lie about it to your mum when she asks you if you have finished your homework yet. On the following day when you go to school, you will have to stay behind in Room 103 until 17:15 because you, very stupidly, forgot to bring your unfinished homework to school.” As you procrastinate, your unfinished work piles up, and up, and up until you cannot possibly finish it anymore, and along the way you will make up different lies to appease others or to cover up your idleness. In the end, you will simply decide not to do it. This is the pain of inaction.

It all boils down to whether you would trade temporary discomfort for long-term existential suffering or not. As we are short-sighted human beings, most of us would choose to let our future selves suffer and enjoy the current moment. Myself included, the classmate I mentioned gave us an interesting hack to try out which she lovingly called “the theory of 10 seconds”. Imagine the Chinese writing you have due next week is actually due tomorrow night, then just count down in your head for 10 seconds, after 10 seconds you have to get up and do it no matter what. Now, did this method work for me? No. But if after reading this and you for some reason, felt compelled to try it out and it worked for you, congratulations. You have a very good imagination.

All jokes aside, procrastination is not something most of us want in our lives. That girl that you were thinking about asking out since a year ago? Yeah, your fellow classmate Chad here has just asked her out yesterday. Better luck next time, dude. So you see, procrastination is not something to laugh at, it could cost us to life-changing opportunities. So the next time you start thinking about procrastinating, just remember that Jennifer is waiting for no one so get a grip of yourself and go for it.

Here we proudly present—the What's Up team!



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