

What's UP?

STFA LKKE English Newspaper



Dealing with stress



Intercultural Fair Visit



Our new library!



Hello to Head Prefects

AFS Intercultural Fair

Kwan Yuen Yee Yuki 6A and Zeng Tsz Mei Tina 6A

Yuki:

On 11th November, Saturday morning, we arrived early at ELCHK Lutheran Secondary School for the AFS Intercultural Fair along with members of our International Culture Club and others from Form 4 to Form 6. Over 20 schools joined this event so the venue was crowded with students before the event had even started. Upon arrival, we received a nicely made "plane ticket" that was supposed to take us to different "countries". These were in fact classrooms with their own themed activities organised by their exchange students. Tina and I decided to visit 'Russia', 'Germany' and 'France'. I was most impressed by 'Russia'. The host was a lovely Russian fellow from Moscow called Gleb, who wore a fuzzy hat called 'ushanka'. He showed us a different side of Russia, that wasn't always snow and vodka, but a country of romance, philosophy, music and art. He showed us the Moscow metro stations and its unmatched beauty, with chandeliers hanging from marble ceilings, bronze statues that were full of history, and stained glass mosaics in gilded frames. As he played the 'balalaika', I felt as if only then, I had finally understood the true meaning of Russian romance. It was indeed an eye-opening experience, which left me asking myself if I was truly content with my life as it is, without spending a day out of my country. Or is there a part of me that longs to travel and



see the wonders of the world?

Tina:

Attending the AFS Intercultural Fair was an unforgettable experience that left an indelible impression in my heart. It exceeded my expectations as students from primary to secondary schools swamped ELCHK Lutheran Secondary School, creating an atmosphere of wonder and euphoria. It was truly an unforgettable exchange experience!





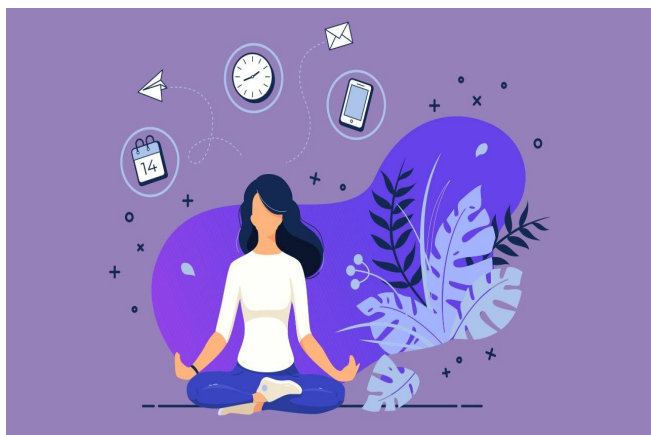
Upon receiving our "plane tickets", our trip began in a Russian classroom. Gleb, the Russian exchange student, passionately introduced his country and language. I was fascinated by the diverse landscapes and weather conditions in Russia. The Q&A section was a lot of fun. We struggled to guess the correct answer but it provided me an illuminating insight into Russian culture. Thrilled, we were given a treat when Gleb also showcased his talent by playing a traditional Russian instrument called the "Balalaika." The crisp and charming melody bewitched me with its beauty. At the end of the day, I made sure to take a photo with him!



I am proud to find that Hong Kong appeals to those foreign students who came and hosted the fair. I am grateful for the opportunity to meet various exchange students from all around the world and be part of the intercultural fair, fostering intercultural integration and co-existence. If you are interested in diverse cultures, join our International Culture Club and expect to have your mind opened!

Let's fight stress—spot the symptoms

Lim Yue Wing, Andrea 5B



It's been almost three months since we returned to school. How is everyone doing with their schoolwork? Are you back on track with your studies? I understand how difficult it must be to strike a balance between schoolwork and leisure time after two months of "vacation" from school. We all know that with still a lot of work, there seems to be no other way but to keep working non-stop. However, it is equally important for you to take care of yourself and relax.

According to the latest local news, around 20 teenagers attempted suicide or died by suicide between August and October this year due to stress. Stress is not something that should be treated lightly.

Stress, in general, relates to two things: the psychological pressure and the body's response to it. Stress symptoms can have an impact on your body, thoughts, feelings, and behaviour. It can lead to psychological and emotional problems. It can become chronic, increasing your chances of developing anxiety and depression, or other mental health issues that will lead to more serious problems. Chronic stress can harm your body and mind, causing a slew of unpleasant physical and psychological symptoms. It can, for example, generate stress, which can lead to muscle soreness and headaches, as well as memory problems.

There are many ways and sources where students can develop stress, including school, homework, extracurricular activities, social challenges, changes, relationships and pressure to succeed and work. If you have insomnia, headaches, feel dizzy, or have trouble concentrating or feel down all the time, there might be a chance that you're overstressing yourself. But worry not, I'll show you a few stress-relieving techniques.

You can manage your stress in a variety of ways. The first and most important step you must take is to get enough sleep, as students nowadays have hectic schedules and tend to neglect sleep. To have enough energy for the next day, you should sleep for at least 8 hours per day. Staying active and exercising regularly is also essential for clearing your mind and lowering your stress hormone levels.

A healthy diet is also extremely important; it is very common for teenagers nowadays to skip meals to achieve the body type they desire, but this is not only bad for your physical health but also your mental health; food is the most important source of nutrition, and having a normal and healthy diet can keep you from experiencing diet-related mood swings, light-headedness, and more. You should also create a schedule that allows you to balance your responsibilities and your enjoyment; as the saying goes, "study hard and play hard." After a few hours of studying or doing homework, take a break, read a book, listen to some music, watch your favourite show or movie, or do whatever you want to relax and reward yourself.

Never let anyone tell you that you are insufficient because you simply aren't. Whatever the outcome of your exams, remember that results do not define who you are or what you are capable of. Don't let it take over and consume you. Your physical and mental well-being are far more important. As Albert Einstein once said, "In the middle of difficulty lies opportunity." Never, ever give up.

Stay alert, stay calm and don't be scammed!

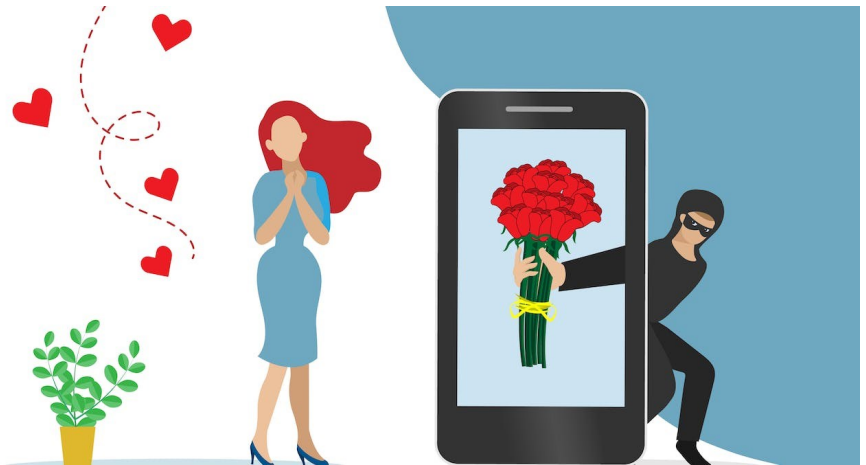
Wu Tsz Ching, Ivy 4D

Do you still remember our previous assembly about online scams before the first UT? Well, today, we'd like to dive deeper into that topic.

In case you don't know, scams are lies that criminals use to fool us into parting with our cash. We usually get nothing in return and lose our money. Online scams, as the name suggests, specifically occur over the Internet, through websites, emails, social media, and other online platforms.



Let me tell you a story about a common online scam in Hong Kong—a romance scam. In July 2022, Cheung, a 51-year-old retired Hong Kong woman, was conned more than HK\$9.6 million by her 'lover'. Her virtual boyfriend claimed that he was working in Poland as an engineer and was suffering from lung cancer. He would die if he was unable to have an organ transplant. As a result, between September 2021 and February 2022, Cheung transferred HK\$7.78 million into eight designated bank accounts in Hong Kong in 35 transactions. In May last year, the scammer told her he had only three months to live and would transfer all his US\$6 million assets to Cheung. But, here's the catch—she had to pay a HK\$2 million administration fee for the transfer. Cheung followed his final instruction and as expected, her 'dying' boyfriend never appeared afterwards.



Now, I know some of you may think the woman was simply head over heels in love and did what she had to do out of passion, but if you were her, you would tell yourself that you would never fall into such foolish traps. But who knows? Maybe one day you might end up being the next victim reported on TV with blurred faces. And that's why I am now going to introduce a series of preventive measures against online scams, just to ensure your safety!

First things first—always keep your personal information to yourself. Nowadays, we all like to share our personal details on social media. I bet many of you are Instagram fans and like to update your lives every single day. However, criminals can get your information from your posts easily and make use of it for their gain. Therefore, don't post personal information like your addresses and your parents' names. Set your Instagram and Facebook accounts private if necessary.



Next, avoid talking to strangers on the Internet. Don't think it's all fun and games. Those scammers can already hack into your account right after having a few conversations with you. Don't click on unknown and suspicious links in your email. You never know how fast they can plant some hacking programs on your phone once you access those websites.

Last but not least, set strong passwords. Make sure your password is long and complex enough, so those hackers and the computers will never guess the right one and crack it. That way, you greatly reduce the chance of your data being stolen.

That's how you protect yourself as well as your hard-earned money from those scammers out there. I hope you all keep yourselves informed and updated about these scams and don't get fooled like that poor woman. Stay alert, stay calm and don't be scammed!

Our new library is open!

Aidan Cheung 4B

Over the summer and the end of last year, workers went in and out of our library, trying their best to make it a better reading environment for us. I'm sure our fellow students are dying to know how the renovation turned out and what has been added. Well, wait no more as it is officially open! Head over to the library and check it out for yourselves!



Why was there a need for renovation?

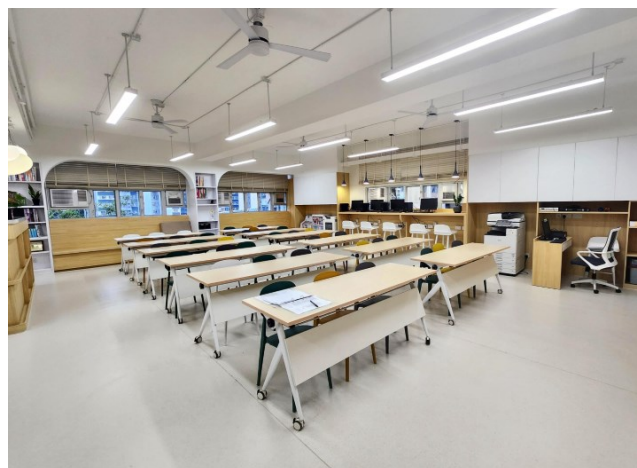
The head teacher of the library, Ms. Lee said that the school realized the library hadn't gone through any renovations or major reconstruction since the school was first founded. That's like at least 40 years! As a result of this, some of the library equipment have started to age. The second thing was that the school wanted students to have a refreshing feeling as they enter the library (no more yellowish-orange tone of the shelves and walls). The newly refurbished library aims to provide a cleaner, sleeker feel to the place and hopes to attract more students to read or borrow books from the library.

What are some of the new things added to the library after the renovation?

Of course, with the new environment, there will surely be new equipment added to the library. The bookshelves are noticeably larger and their capacity is increased. The new bookshelves use a brighter colour tone compared to the brownish tone of the old library. The newer bookshelves are also taller than the previous ones with an arch in the middle passage (does it give you a feeling of being in a Harry Potter library? LOL).

Why should I go to the library after the renovation?

In regards to your reading habits, I have no control over that. However, the school authorised this renovation with a more modernistic feel to attract students to read and in hopes that they enjoy reading. By providing a more modern and cleaner feel to the place, students will surely want to have a look around and maybe sit down and enjoy the new room. They may even want to borrow a book or read there! The school provides a more comfortable reading environment for all LKKCers to encourage reading. Let's not waste the school's hard work and effort. Go and borrow a book if you have the time!



English Debate Team—going strong and steady

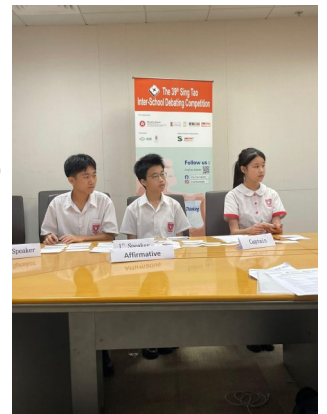
Ko Yan Kiu 5D



Amidst the fervor and flurry of the new school term, curiosity arises regarding the endeavors of our Debate Team. In a condensed span of merely two months, our school's Debate Team has been fervently engaged in a multitude of competitions, boldly venturing into uncharted territory.

What's new is that the team has recently partaken in a highly anticipated debate competition that offered an enhanced format previously unexplored by the team. Stepping into the world of advanced debate format was not simply a challenge; it was an opportunity for growth and learning. For the preparation of the debate, members of the debate team assumed this new experience with open minds and a resolve to excel, devoting countless hours to comprehend the intricacies of the format, honing their skills, and refining their techniques. Although we lost, our debaters stayed undeterred by the pitfall. On the contrary, they polished their "armour" with a collective spirit of intellectual curiosity, looking forward to embarking upon this journey again.

The Debate Team also joined the renowned Sing Tao Competition and successfully won the first round of the ongoing debate. Acquainted with the reputation of this local competition and the caliber of their fellow participants, the team approached the competition with an optimistic mindset and seized the opportunity to refine their skills and set a name for our school. Ultimately, the Sing Tao Competition proved to be a transformative experience for the Debate Team, offering invaluable lessons that will shape their forthcoming endeavors. Through countless hours of preparation, back-and-forth discussions, and sharing of insights, the members cultivated a powerful bond, supporting and challenging one another to reach their greatest potential. Collectively what we can all learn is the true power of collaboration, recognizing that collective strength far exceeds individual abilities.



As any team knows, a sense of unity and identity is important for success. In recognition of their accomplishments, the Debate Team has decided to monumentalize their unity and hard work with a fashionable upgrade to their attire. The team members now proudly sport



sleek, custom-made team jackets, decorated with the club's logo. These jackets are a symbol of their formidable work, camaraderie, and shared devotion to debating. With these jackets, the team stands as a formidable force, ready to take on future challenges and conquer new heights.

As the new school term resumes, our Debate Team's adventures serve as a testament to their relentless dedication to the art of debating, ready to welcome challenges and to position themselves as formidable contenders within the world of debate.

Hello to our new Head Prefects this year

Koo Tsz Ting 5D & Ho Ngai Ling 5D

Head prefects are the student leaders who hold a position of paramount importance within educational institutions. Chosen through a rigorous selection process, head prefects are entrusted with the responsibility of upholding discipline, fostering a positive school culture, and serving as role models for their peers. They play a vital role in shaping the growth and development of their school community. Today, we are so lucky to invite the two Head Prefects of this year and have an interview with them.



I: Let's welcome one of our Head Prefects, Quentin Chow. Hi, Quentin.

Q: Hi, everyone. I'm Quentin Chow from 5D and I'm one of the head prefects this year. It's my pleasure to play an important role at school this year.

I: As Head Prefect, what are your main goals and priorities for this academic year?

Q: As always, the goal of the Prefects Team is to maintain a disciplined and respectful learning environment for all the students by reminding everyone to follow the school rules. One of our main focuses this year concerns the misuse of electronic devices, especially when the BYOD scheme has been extended to F4 students this year. We hope that students can understand that the devices should only be used for academic purposes and under teachers' supervision. I am confident that most of the LKKCers are willing to cooperate with the Prefects Team and behave well.

I: Well, I do believe that they can be self-disciplined and properly use their iPads. Apart from your goals, what strategies do you have in place to promote a safe and respectful learning environment for all LKKCers?



Q: Sometimes when we are trying to implement a new policy, it may not be practically feasible. However, we will keep communicating with students, our team members and the Discipline Committee, to receive opinions from different stakeholders and have a more comprehensive understanding of their concerns. We will then revise those policies and put them into practice.

I: I see. Last but not least, have you faced any difficulties in managing the Prefects Team?

Q: Certainly. As the Prefects Team is such a huge family, we do not directly communicate with all the team members. Instead, we pass the messages to team leaders who will then relay the message to their team members. We have observed that some team members may not thoroughly understand the rationale behind some policies. Thus, we will hold a meeting each term to ensure that all team members are aware of our latest policies so that they will have the same standard when handling any violation of school rules.

I: Thank you for your sharing. I hope our fellow schoolmates will have a better understanding of you and the Perfects Team.

C: Now, let's welcome, also a Head Prefect—Gaga Li!

G: Hi, everyone. I'm Gaga Li from 5C and I'm honoured to be one of the head prefects this year. It's a pleasure for me to take on this important role.

C: Congratulations! Alright—first question: how do you plan to balance your academic responsibilities with the additional responsibilities of being a head prefect?



G: As my workload is increased, it is essential to manage my time. I always finish my homework first and then handle the work of the Prefects Team, as I think the academic aspect is the most important for students. Sometimes, I do my homework during recess or lunch breaks. I try my best to save time after school for rest and revision. I'm grateful that I don't need to handle the Prefect Team's work every day, as the other head prefect and vice-head prefects also work together to manage the team. Therefore, I think it is not that different from the life before I took on the role of head prefect. In short, I will consider the urgency and necessity of the Prefects Team's work to determine which tasks take priority.



C: How would you handle a situation where a team member was not fulfilling their responsibilities?

G: It is important that prefects follow the school rules orderly to act as 'models' for other schoolmates. If I notice they are not carrying out their responsibilities properly, I will give them reminders. If some of them don't change their behavior (after reminding them several times), I may give them warnings and report them to the teacher in charge. One example is when a prefect is late four times, he will need to be on duty for one additional day. Sometimes, not every schoolmate who has broken the school rules can be identified. If I catch any of them but my members do not, I will tell them and let them take the record. We encourage all our members be brave and confident when handling different cases. The head and vice-head prefects also send out details and arrangements about their duties of being a prefect via WhatsApp. I believe all our team members are disciplined. I believe they continue to be good examples for our schoolmates.

C: The role of a head prefect requires effective communication among prefects. How would you ensure clear and respectful communication within the them?

G: In the organisational structure of the Prefects Team, we have prefects, prefect leaders, vice-head prefects and head prefects. The prefect leaders of each group of prefects play a crucial role between the members and us, the 'managers'. We can't cater to all the prefects, realistically speaking, so we will ask the leaders to report any special cases to us, and then we will discuss them with the teachers and reply to prefects via WhatsApp. Each group leader has opened a WhatsApp group for their team. There is also a group with leaders and the head/vice-head prefects. We will send out any updates and reminders to the leaders who will then pass the messages to prefects.



Evaluation forms will also be given to leaders to give comments on their group, and head/vice-head prefects will observe the leaders too. General meetings will be held to enhance our communication and strengthen the bonds among all members. We encourage all of our team members to ask us any questions if there are uncertainties about their duties. I hope we can uphold the orderly system of the Prefects Team and have good relationships with all other members!

What's UP? Committee

Chief Editor: 5D Ho Ngai Ling Cathy

Deputy Editor: 5D Koo Tsz Ting Isabel

Senior Technical Editor: 5B Pan Yan Wa Joey

Photographic Editor: 3C Wang Lailong Aaron

Junior Technical Editor: 4C Benjamin Liu

Teacher Advisers: Ms. Jesuszette de Guzman & Ms Chan Lok To

Senior Editors:

5B Yan Ka Kiu

5B Lim Yue Wing, Andrea

5C Tang Tsz Him

5D Ko Yan Kiu

Editors:

4A Kwok Ka Wing

4A Lai Ching Ho Jeffrey

4B Tang Tsz Kiu

4B Cheung Aidan

4C Wong Nga Yi

4D Wu Tsz Ching

Reporters:

3A Kwan Sum Yau

2A Chan Wing Kiu

2B Szeto Hei Lam