

What's UP?

STFA LKKC English Newspaper



Welcome Back !!!



Interview with the Principal



Say "Hi!" to our NEW teachers

Interview with the Principal

Szeto Hei Lam Helen 4D

Q: Thank you so much for today's interview. First of all, would you mind telling us more about our school's new motto - "To the stars we rise - through virtue, grit and will"?

A: First, "To the stars" is a direct translation from a Latin phrase "Per ardua ad astra", meaning "through adversity to the stars" or "through hardship to the stars". "Stars" symbolizes students' aspirations and dreams, and academic excellence - something beyond the ordinary. The phrase conveys that success is possible through perseverance and hard work despite obstacles.

"Virtue" summarizes the essence of CD2R. It refers to moral excellence - qualities like integrity, compassion, courage and humility. It suggests that the journey to greatness isn't just about achievement, but about how you achieve it. Rising through virtue means staying true to your values even when the path is difficult.

"Grit" is the raw determination to keep going despite setbacks. It's perseverance, resilience, and the refusal to quit. It's the backbone of success because talent alone isn't enough.

"Will" is the inner force that drives action. It's your ability to choose, commit, and push forward. Where grit is the endurance, will is the ignition. It's the conscious decision to rise, again and again, no matter the odds.

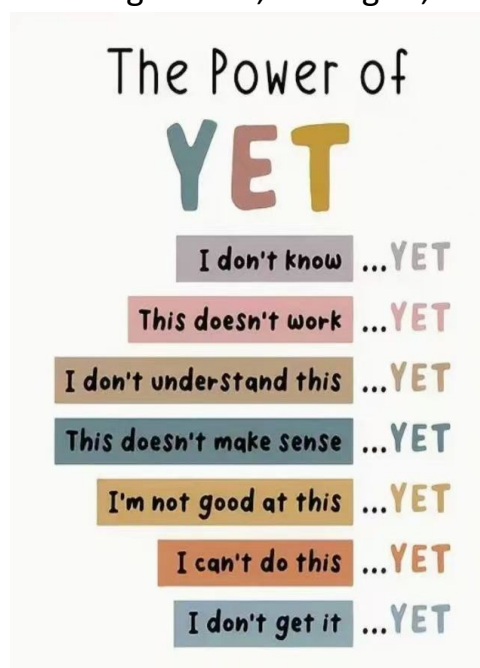


Q: Why is this motto so meaningful for the personal and academic development of LKKCers?

A: First, it includes several essential elements of a growth mindset and helps students treat challenges and mistakes as opportunities for learning. The phrase becomes a powerful declaration: We ascend not by luck or privilege, but by living with integrity, enduring hardship, and choosing to act with purpose. It's a rallying cry for anyone chasing something bigger than themselves.

Q: What actions can be taken by students to achieve the motto?

A: As of this year, one of our key academic focuses is cultivating a growth mindset - the belief that abilities, intelligence and talents can be developed through effort, strategies, and support - not something you're born with or without. So at LKKC, we want every student to know that first, mistakes are not failures - they're feedback. Second, challenges are not obstacles - they're opportunities. Last but not least, effort is not optional - it's essential. As a student, you can replace "I can't" with "I'm learning". Language matters. Saying "I'm not good at Maths yet" opens the door to progress. Also, we strive to celebrate effort, not just results. We wish to praise persistence, strategy, and improvement - not just high grades. Moreover, view mistakes as feedback: Every error is a clue, not a condemnation. Reflecting on what went wrong builds resilience.



Q: Are there any expectations you have for the LKKCers in the coming academic year?

A: Academically, we hope that students can cultivate a growth mindset in learning. Students are expected to seek out difficult tasks rather than avoid them. They should view obstacles as opportunities to stretch their abilities. Rather than giving up, students are encouraged to reflect, adapt, and try again. Failure is seen as part of the learning process-not a final verdict.

Non-academically, students can instill CD2R values - Caring, Drive, Responsibility, and Respect, and celebrate meaningful relationships through shared moments. Cohesion in school is then strengthened through creating a unified, inclusive, and supportive environment where students, teachers, and staff feel connected and work together toward shared goals. It's the glue that holds a school community together-and when it's strong, everything from academic performance to emotional well-being improves.

Q: Is there any advice for the LKKCers if they are facing difficulties in different aspects - whether in their studies, extracurricular activities, or personal growth?

A: Every challenge you face - whether in the classroom, on the field, or in your personal life—is an opportunity to grow. Mistakes are not failures; they are stepping stones to success. Keep asking questions, keep trying, and never be afraid to stretch beyond your comfort zone.

Q: Finally, could you please share a message of encouragement for all the LKKCers in the upcoming year?

A: You have to believe in your ability to learn, to lead, and to make a difference. Your effort matters. Your attitude matters. And most of all, you matter. Let's continue to support one another, celebrate progress, and strive for excellence—not perfection. I'm proud of each and every one of you, and I can't wait to see the incredible things you'll achieve.

Keep going. Keep growing.

Q: Thank you! I'm sure everyone will cherish this valuable sharing!

Interview with a new teacher — Ms. Lam

He Chun Ka 5D

Q: He Chun Ka

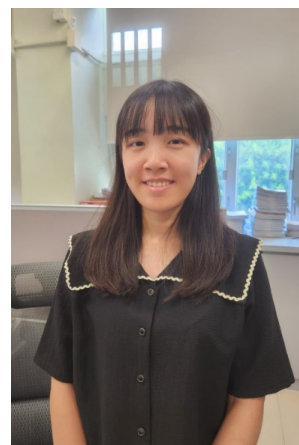
L: Ms Lam Yau Ching

Q: Hello, Ms. Lam! Could you start with a brief self-introduction? What subjects do you primarily teach, and which year levels are you responsible for?

L: Certainly. I currently teach Chinese for Form 1 and Form 4, and I also teach Putonghua for Form 3.

Q: What originally inspired you to become a teacher?

L: In secondary school, I deeply admired my Chinese teacher. It was in her classroom that my passion for the subject truly took root. Imagine that you've delved into a TV series and can't wait to recommend it to your friends—this is the kind of feeling I have. I want to share my love for Chinese in the same way, to inspire those around me, especially my students, to fall in love with the subject as well.



Q: Why did you choose to join LKKC?

L: LKKC is an excellent school in Tuen Mun. The students are well-behaved, intelligent, and take their studies seriously. I hope to share what I've learned and help them grow more rapidly.

Q: Now that you've spent some time with the students, what are your impressions of their performance?

L: Overall, they're very diligent. In class, when they're genuinely intrigued by a topic—focused in lively discussions and listening attentively—I'm delighted. Seeing their curiosity and their willingness to explore proactively is very gratifying. As a whole, they're enthusiastic and remarkably sensible.

**Q: What expectations do you have on your students?**

L: It would be great if the students are more self-motivated. Whether it's in class or in extracurricular activities, I hope they'll participate actively. When faced with a question, speak up—be bold enough to raise your hand. The classroom is a shared learning space; there's no absolute "right" or "wrong." What matters is the courage to try and the willingness to grow through trial and error.

Q: Have you encountered any challenges in your teaching?

L: The biggest challenge is that students sometimes don't respond to my questions—in some cases, they seem to ignore me during lessons. I understand that they may feel fatigued after many lessons and are not used to speaking or lack confidence. That's why I encourage them to be braver and to try more. In class, everyone is learning; there's no need to be afraid of making mistakes. You are making progress as long as you are willing to speak.

**Q: Do you have any strategies to address the unwillingness to answer questions?**

L: In one of my classes, I ask everyone to stand up until they have answered a question. I keep encouraging them: "Don't be afraid—ask bravely!" Little by little, this helps build their confidence so they'll initiate questions on their own rather than waiting for my prompt.

Q: Finally, do you have any advice to raise students' enthusiasm for learning?

L: Whether in your studies or in life, maintain a growth mindset and dare to experiment. The school already offers abundant opportunities—competitions, activities, and more—but we often miss them due to embarrassment or a lack of courage. Once you step into the school, you'll find that you must not passively await opportunities; seize them. Since the school has created such a supportive environment, don't hesitate—go for it. This is a critical stage of life: seize the moment, explore boldly, and keep surpassing yourself.

Q: Thank you so much for taking the time to do this interview, Miss Lam. I hope you have a wonderful school year in LKKC!

SCMP—Experience as an anchor

In June and July this year at the end of the academic year, some of our F3-F5 schoolmates were lucky enough to participate in a programme organized by SCMP, generously subsidized by our school. Students had a chance to experience what it's like to be an anchor. Can you imagine being trained to report and speak in front of a teleprompter to present the news in English? Let's hear from some of them and find out what they learned and what they thought about the programme.

6B Aidan Cheung

My expectations were originally quite low going into this: what's so special about being a news anchor anyways? The truth was, this experience was tremendously memorable and was a definite highlight of my school life. I didn't know much about news anchoring. I always thought that it was pretty easy to just read out of the teleprompter. What I didn't expect I'd learn was the certain nuances and niches I'd have to implement such as not putting words with too many syllables together or arranging the script layout so my speech doesn't sound broken. The peak was definitely the SCMP Headquarters tour. It was eye-opening as that this was my very first office experience and vastly contrasts the cramped sardine like cubicles perceived by the media. We even had the chance to do our own news anchoring! All in all, it was a truly notable experience and I'm glad to have been a part of it.



6B Bobo Hui Ho Ching

Taking part in the SCMP learning programme called 'Experience as an Anchor' was an eye opening event that introduced me to the fast-paced world of broadcast journalism. Over the course of 6 captivating lessons that spanned a total of 12 hours, I learned what it was like to thrive as a news anchor. Without a doubt, the final session at the SCMP office was obviously the most memorable experience. We were able to tour different corners of the newsroom and record a news segment with our own written scripts in their studio, exploring the topic— Pressure, Pathways and Progress inside Hong Kong's classrooms.



Professional news presenters were my best source of help, especially in the area of speaking and optimal body language, where I had to improve my pronunciation, how I projected my voice and where I should put my hands while recording. We also understood the importance of using data, therefore acquiring skills in both qualitative and quantitative research methods to craft high-quality scripts. Through group exercises, we trained our ability to work in a team and think fast with the opportunity to cultivate collaborative skills while simultaneously honing our understanding of social issues through journalism.

This programme not only expanded my communication abilities but also cultivated in me a greater interest in global news. I developed an even deeper admiration and understanding towards journalism and the media industry. I am truly grateful for the opportunity to learn in such an authentic setting.



4C Kiki Zeng Xianqi

Firstly, a big thanks to our school and SCMP for giving me this awesome chance to join the anchor course—it was such a great experience!

In this course, I picked up tons of useful tips and skills here. I learned how to sit right for being on camera and how to control my speaking speed—no rushing, no dragging so that it sounds natural.

The part that stuck with me most was using the teleprompter. Those words just kept scrolling, and I struggled at first. I was either talking too fast or too slowly. But after practicing a bit, when we started recording, it felt much easier!

Also, visiting SCMP's headquarters was so cool. It looked just like the offices in American TV shows—super professional but lively. You could even buy a coco-cola there for only \$3, which was a fun little surprise!

All in all, I loved every minute of this course. It wasn't just about learning skills; it let me feel what a real media workplace is like. Super glad I got to do this!

4C Kara Yu Ka Ching

First of all, I'm extremely grateful to the school for giving me this opportunity. I learned the skills of being an anchor, as well as the art of pronunciation and emotional expression. I never imagined that I could record my own writing and dictate it in front of a professional camera. I was also able to visit the SCMP headquarters, which gave me a sense of their work atmosphere and professionalism.



5D Anna Ni Ching Laam

Participating in the SCMP anchor programme was a valuable experience. Preparing for it involved researching, writing scripts, and practicing delivery, which taught me the importance of thorough preparation in journalism.



When facing the camera, I was initially nervous but gradually became more at ease. I learned how to make eye contact with the camera, to adjust my pronunciation, and use appropriate body language to deliver my ideas emotionally. I also realized that anchoring is about connecting with the audience.

Apart from the educational value, viewing the workplace of the SCMP team was truly astonishing. Their professionalism and enthusiasm for journalism and insights into the industry opened my eyes. It triggered and sparked potential interest in ethical journalism. All in all, the experience polished my communication prowess and intensified self-discovery in multifarious career paths, for which I am profoundly grateful.

5D Lucilla Kwan Nok He

In July, I had the thrilling opportunity to participate in the "Experience as an Anchor" course, culminating in a memorable recording at the SCMP headquarters. This experience not only excited me but also ignited a deeper appreciation for the craft of journalism.

Recording a program about Hong Kong's education system allowed me to delve deeply into a topic vital to our community, sharpening my research and analytical skills. In addition, using the teleprompter for the first time presented a captivating challenge that tested my speed-reading and speaking abilities, significantly boosting my confidence. Moreover, exploring the headquarters was invigorating, immersing me in the dynamic atmosphere of journalism. This hands-on experience highlighted the significance of clarity and pacing in effective news delivery.



This course was a remarkable experience that deepened my understanding of the media landscape and equipped me with invaluable skills for my future endeavors. I feel truly honored to have been part of this experience.



5D Kwan Chi Yan Anna

The SCMP Experience as an Anchor course was a valuable lesson that provided me with extensive speaking and scriptwriting skills, enhancing my abilities as an editor and speaker. The teaching style of the teacher was also awesome since it was not monotonous like having a serious lesson, but the vibe in the classroom was casual and free. The most unforgettable experience was the trip to the headquarters. Sitting in the studio was surreal and I discovered that being an anchor isn't

just simply reading the script as the pace and pronunciation have to be moderate and accurate. After the course, I found that anchoring is not an easy job. The course guided me to be a better anchor and broadened my horizons.



Book Recommendation



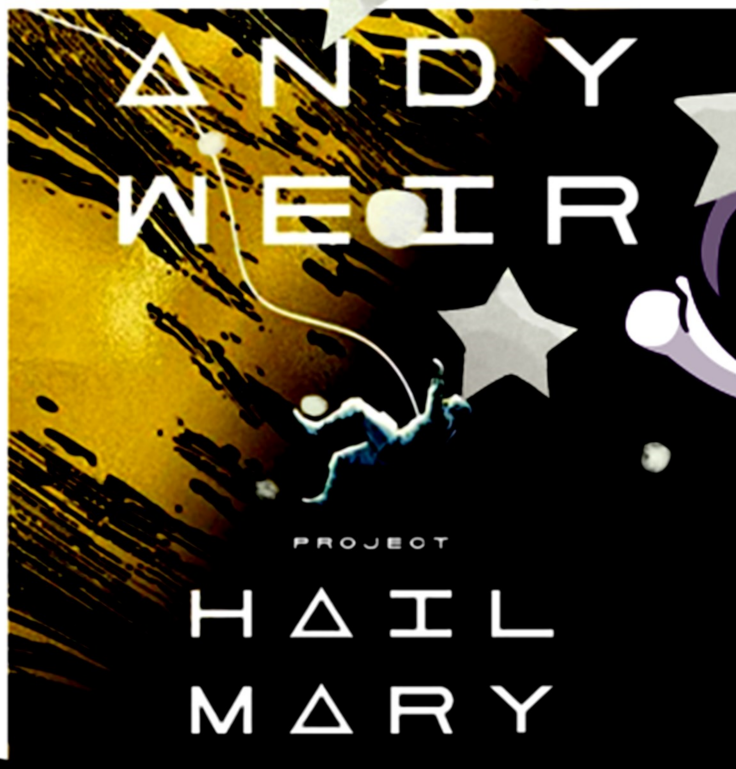
Project Hail Mary

by Andy Weir

You're a science teacher and you find out that Earth is threatened by a solar dimming caused by a certain microbe.

Are you going to offer your wit and scientific knowledge to find a solution? Are you going to drop everything to go to space? Are you willing to risk your life to save humanity?

Find out what Ryland Grace does who wakes up alone on a spaceship, trying to remember why he's there. And whether he succeeds in saving the world...



Film adaptation coming in 2026!
But be sure to read the book
first!!!