

What's UP?

STFA LKKC English Newspaper



Christmas



Winter Olympics 2026



Christmas Party

Christmas Spirit in LKKC

3B Leung Nga Lam

Back in December, with the cool weather, the school filled with garlands, wreaths and snowflakes, it was apparent that Christmas was approaching. The Christmas party was there to add to the holiday mood and let us all celebrate. The performances and the games that day were

To start the day, we had a show organised by the Student Union, Seraphina- "X' mas O' Clock". First off, members from the Dance Society brought the house down with their dynamic dance moves on stage and left the audience exhilarated. Excitement filled the school hall and everyone was waving the glowsticks enthusiastically. Even when the show had a strong start, the thrill only seemed to grow. The following singing and dancing performances did not fail to bring the mood to the next level; they showcased the performers' hard work and courage, and brought out the sense of community within our peers when everyone cheered them on, glowsticks waving in unison. You could truly feel the love and support in the air.



To top it all off, teachers joined in on the fun. Some sang along with students, surprising everyone with their immaculate teamwork and unexpected skills and rapidly boosting the intensity of the cheering. Then they all sang on stage in the last performance, wishing everyone a Merry Christmas before ending the show on a sweet and jolly note. This show wouldn't have been a success without the Student Union's dedication and the performers' diligence. What a wonderful way to begin the party.



The fun didn't stop there; the day was far from over. Right after the show, everyone returned to their respective classrooms for class activities. Class teachers and their students organised buffets and played party games like musical chairs, charades etc., with rewards and penalty planned, each with a bit of the uniqueness only found in their class. Some students had to sing in front of their classmates without warning, some were told to do dares whilst some received small gifts and snacks.

Every class was different but one thing that stayed the same was the laughter and joy in the air. Not only was this a nice change of pace for students who had worked nonstop in their studies, but it also brought us together, strengthening our sense of belonging. Whether it was the activities organized by students and their class teachers, or the surprise visits and gifts from the principal, vice-principal and assistant principals, it was clear that many people worked behind the scene to make the day truly memorable.

The party might have been short, but the hard work of teachers and students definitely left a long-lasting effect on everyone present that day. Not everyone went home with presents or cards that day, but the Christmas spirit would definitely remain in their hearts.

History and Celebration of Christmas

4D Wang Jun Jie Jason

Christmas, celebrated on December 25th, is a fascinating blend of religious tradition. So how did it come into our lives, and how do different people celebrate it?

The History Of Christmas

Christmas started long ago. In the fourth century, Christians began celebrating it on December 25. This date matched ancient Roman winter festivals. By the Middle Ages, Christmas was not only a religious day but also a time for big feasts and fun. This mix of faith and celebration is how our modern Christmas began.

How Christmas Became Popular

Christmas changed a lot in the 1800s, especially in Britain. A famous writer, Charles Dickens, wrote A Christmas Carol. This book made people think of Christmas as a time for family, kindness, and second chances. When Queen Victoria put up a Christmas tree, everyone copied her. New printing technology also helped spread Christmas cards and stories, making the holiday very popular.

Why Did All Classes Like Christmas?

People from all parts of society enjoyed Christmas for different reasons. For wealthy people, it confirmed their social position. For the growing middle class, it was a perfect holiday for family life at home. For the poor, it was a rare chance to receive charity and enjoy special food and fun. Christmas offered something to everyone and it was established as a federal holiday in the 1870s.

How is Christmas Celebrated in Hong Kong?

In Hong Kong, Christmas is a fun and exciting holiday for everyone, not just Christians. The city becomes very lively with amazing light decorations on buildings and streets. Many people go shopping, enjoy special buffet dinners at hotels, and have parties with friends. It is a perfect mix of Eastern and Western traditions, making Christmas in Hong Kong a unique and joyful experience.

How is Christmas celebrated in Japan?

In Japan, Christmas is not a religious holiday but a popular time for fun and romance. It is like Valentine's Day for couples to go on dates and exchange gifts. One funny tradition is eating Kentucky Fried Chicken on Christmas Eve. This started from an old advertisement, and now many families do it every year.

How to communicate well with whom you care

4C Leung Pui Yin

What's your love language?

Languages are a bridge of communication. They are the ways people show their feelings, their ideas, and their requests. If all languages serve the same purpose, why do arguments still exist among people? Maybe we have to consider the differences in our love languages.

Love languages are the way people show their concerns and care towards those they care about. Some examples of which are physical touch, words of affirmation, and acts of service. In real life, parents in Asia may focus more on the acts of service but lacking affirming words. They try to give the best to their children, but the kids may never understand. Their children may think parents' wordings are too direct and insufficiently supportive, and arguments will then occur.

We can lower the frequency of arguments to get in touch with each other's thoughts and feelings. How can we do that? By finding a shared love language! Parents can try to focus more on guiding their children, and we can try to focus on what our parents have given us. If you feel embarrassed about sharing your thoughts, a hug can be a solution to many problems. There are no specific types of love languages. The method that helps you express your feelings effectively to the people you care about is your own love language towards them.

By communicating with each other using the love languages we have discovered, instead of only ordinary language, we can cherish the people we care about even more. We hope you find your own love language!



Skate To Milano: A handy manual you need before enjoying the 2026 Winter Olympics

Conjure up an image in your mind: wall-to-wall people flocking into stadiums, zealous audiences shouting for their beloved athletes, competitors racing with their full passion and determination... Before the word "Olympics" springs up in your mind, I would like to make a clarification: it's not just the *Summer Olympics* that captivate the world. Even though not many of us have heard of it, the *Winter Olympics* are equally remarkable.

The Winter Olympics, namely "Winter", focus on sports that are mainly played during the winter season, especially those involving ice and snow. They aim to provide athletes who specialize in these disciplines to showcase their talents. Unlike the Summer Olympic sports, The Winter Olympics is less buzzing among sports enthusiasts due to its high skill demand and geographical restrictions. However, after the huge triumph of promotion during the 2022 Beijing Winter Olympic Games, it is now more widely-acclaimed among audiences as well as the South region.

The 2026 Winter Olympics- A Novel Approach opening the Co-hosted Games

Taking place from 6th to 22nd February in Italy, there are actually two main stations for the 2026 Winter Olympics - Milano and Cortina. While Milano focuses on ceremonies as well as ice stadiums, Cortina mainly serves snow sports. This kind of collaborative partnership sows the seed for a larger scale of collaborations in sports competitions, acting as an innovative move in Olympic history.

The motto this year, "IT's your vibe", masterfully includes "IT" in "Italy" and showcases the spirit of the Olympic Games, symbolizing the unity that brings everyone together and celebrates energy and passion, encouraging athletes to show their best during the games.



Basic information about Winter sports

As a Hong Kong citizen who lives in a place with no snow or ice 365 days per year, most of us might not have any idea about this: What sports are there in the Winter Olympics? Now, let us delve into this world full of romantic snowflakes and numerous stories of harmony.

Snow sports

1. Alpine Skiing

The Alpine Skiing event consists of speed events ranging from downhill to super-G (skiers skiing on a course which is G-shaped), technical events including slalom (racing in a winding path while avoiding obstacles) as well as a mixed event, which combines speed and technique race together.

2. Bobsleigh

With four runners arranged in pairs for a bobsleigh with two or four seats, the front pair is adjustable to steer the vehicle while the back pair is fixed. The race is held over four heats, with each team making one run per heat. The sledge with the fastest total time from all four heats is the winner.

3. Cross-country skiing

As mentioned before in alpine skiing, cross-country skiing is divided by techniques: classic and free. Skiers glide along tracks in classic style, while in free technique (also known as skate), lateral movements are required relative to direction of travel.

4. Freestyle skiing

Freestyle skiing consists of mainly 7 fields: Moguls (skiing down a steep course full of bumps), Dual moguls (two competitors compete against each other on the same track; making its debut at 2026 Olympic Games), Aerials (launching off a ramp and into the air to perform aerial maneuvers before landing on a slope of 34-39 degrees), Ski cross (navigating a slope with artificial elements like jumps and parabolic curves with 4 competitors competing at the same time), Slopestyle (navigating a course with a variety of obstacles and are being judged on breadth, originality, as well as stunts), Halfpipe (performing tricks while skiing down a semi-cylindrical slope), and Big Air (riding down a slope towards a ramp which they use to soar into the air and perform different aerial tasks).

5. Luge

As the fastest sport in the Winter Olympics, athletes

race along an icy track at speeds exceeding 150 km/h with their feet stretched out in front while lying on a small sled. Despite enduring G-forces on the curves, competitors have to remain physically relaxed in a bid to maintain maximum speed.

6. Skeleton

Skeleton is one of the oldest winter sports in existence. Unlike luge, skeleton racers tackle the track face down instead of lying on the sledge on their backs. Races take place on the same ice track that is used for luge and bobsled, with track lengths ranging from 1200 to 1650 metres and a maximum slope of 12%.

7. Ski jumping

Regarded as one of the most spectacular sports in the Olympics, athletes slide down a curved ramp and jump at the bottom in ski jumping, with the goal of landing as far away as possible. The length of the jump as well as the style including stability of ski ability, balance, body position and landing, matter for the final ranking.

8. Ski Mountaineering

It is an intense and adrenaline-filled sport that allows participants to foster a bond with nature and pristine landscapes. Enjoying high popularity in Italy, the host of the games, it has deep rooted historical and sporting milestones in the Alpine regions, therefore making its debut as a sport in the 2026 Olympics.

9. Snowboard

With a mix of surfing (riding on a board), skateboarding and skiing, snowboarding includes numerous events like halfpipe, parallel giant slalom, snowboard cross, big air and slopestyle, similar to freestyle skiing, while competitors stand on a snowboard instead of a pair of skis.

10. Biathlon

It is a winter discipline that combines two events: rifle shooting and cross-country skiing. Competitors are required to race using the freestyle technique while undergoing a shooting test -- one standing and one in a prone position -- firing five shots, with a missed target resulting in a penalty.

11. Nordic combined

Nordic combined consists of a ski jump and a 10-km cross-country race. Competitors jump for a distance from a hill and are scored on ski jumps.

Ice sports**1. Curling**

A curling match consists of 10 ends, with scores calculated when 16 stones have been thrown while the team with the most points at the conclusion of the final end wins. A team can have one or more stones closer to the centre than the opponent's, therefore scoring one or more points for that end.

2. Figure skating

I am sure that most of you have heard this legend before: Yuzuru Hanyu. As one of the best skaters of all time, he has brought a diverse array of enthusiasts towards this event. Divided into men's and women's singles, pair and ice dance and team competition, figure skating perfectly highlights the technical and physical abilities of its incredible performers. As a combination of athleticism and top-notch technical skill, skaters demonstrate balance and perform beautiful routines to music.

3. Ice Hockey

With its lightning-fast and intensely competitive nature, ice hockey is one of the events that draws huge crowds to the arenas. As a dynamic and exciting team sport, players use a stick to hit the puck into the opposing team's goal.

**4. Speed skating**

In speed skating, the track is 400 metres long, which is the same size as an Olympic running track. Athletes race anti-clockwise in a timed format where they try to obtain the best time in a single round.

5. Short track speed skating

Renowned as one of the fastest sports at the Olympic Games, short track speed skating plays host to the best sprinters on ice. One unique feature of short track compared to that of speed skating is that races start in groups where athletes compete against each other rather than against the clock, in a series of direct elimination rounds in which the top two fastest in each group advance to the next round on a 111.12m long track. In light of its competitive and risky nature, crashing and spinning off, coming with penalties, are as normal as it can be. Nonetheless, the unexpected results stemming from a certain extent of luck and the thrilling passes are what makes this sport so attractive to sport fans around the world: Everyone might have a chance to win as long as they are standing on the track.



Now you've got a brief understanding of the events in the Winter Olympic Games. After probing into these previously unknown sports fields, what are you waiting for? Let's welcome the upcoming Winter Olympics with joy and thrill!

10 more days to go! Who will you cheer for?

Book Recommendation

Becoming: Your Journey Is Your Story

Michelle Obama's journey from the South Side of Chicago to the White House.



BECOMING ME: Finding Her Footing

From Chicago's South Side

Growing up in a small, lively apartment, she was taught the value of hard work, family, and owning her own story.

“Am I Good Enough?”

Despite being a top student, a high school counselor told her she wasn't “Princeton material.” She used the doubt as fuel, proving to herself that she was.



BECOMING US: Finding Her Way

Swerving from the Path

Feeling unfulfilled as a high-powered corporate lawyer, she made a ‘swerve’ to pursue a more meaningful career in public service.



Building a Partnership

The book shares the honest story of her relationship with Barack Obama, balancing two ambitious careers and the challenges of starting a family.



BECOMING MORE: Finding Her Voice



A First Lady on Her Own Terms

Navigating intense public scrutiny, she used her platform to champion causes like healthy living and education for girls, defining the role for herself.



“When they go low, we go high.”

Michelle shares the origin of her family's famous motto for maintaining dignity and integrity, even in the face of harsh public criticism.



“Are You Done ‘Becoming’?”

Growing up is not finite.

“Now I think it's one of the most useless questions an adult can ask a child—What do you want to be when you grow up? As if growing up is finite. As if at some point you become something and that's the end.”



THE JOURNEY CONTINUES...

Scan To Play!**Spelling Bee**

<https://www.nytimes.com/puzzles/spelling-bee>

**Wordle**

<http://nytimes.com/games/wordle/index.html>

Phrase of the Day

Here are some of the examples from our schoolmates! Well done and keep using those phrases!

1A Hsiao Ying Yi: *It's safe now. The coast is clear.*

1Awang Chu Han: *You can take out your iPad now, the coast is clear.*

1A Lee Sum Yi: *Just when Angela thought the coast was clear · her mom stormed in.*

1A Lee Hoi Kei, Katy: *Let's make sure the coast is clear to tell our little secret.*

1A Leung Pak Hei, Alex: *Did you enjoy studying for the exam? Well I certainly didn't have a ball.*

1A Ma Sze Ching, Katie: *I gave a birthday present to my best friend and he had a ball with it.*

1A Lo Man Pok: *When I played volleyball. I had a ball*

1A Liu Jenny: *How was the competition? It was great! We got the champion! we had a ball!*

1C Chu Kai Tik: *Mr Kwok's lessons are so fun. We always have a ball.*

1C Mila Yau: *I had a movie night with my best friends. We had a ball.*

1A Chiu Pak Yui: *The bottom line is that consistent effort and dedication are essential for achieving long-term success.*

1A Hsiao Ying Yi: *They went all out on decorations for the party.*

1A Leung Pak Hei, Alex: *Our teacher brought us tons of candies and gave the whole class some ornaments. He really went all out!*

1A Liu Jenny: *For the championship match, we're going to go all out and leave everything on the field.*