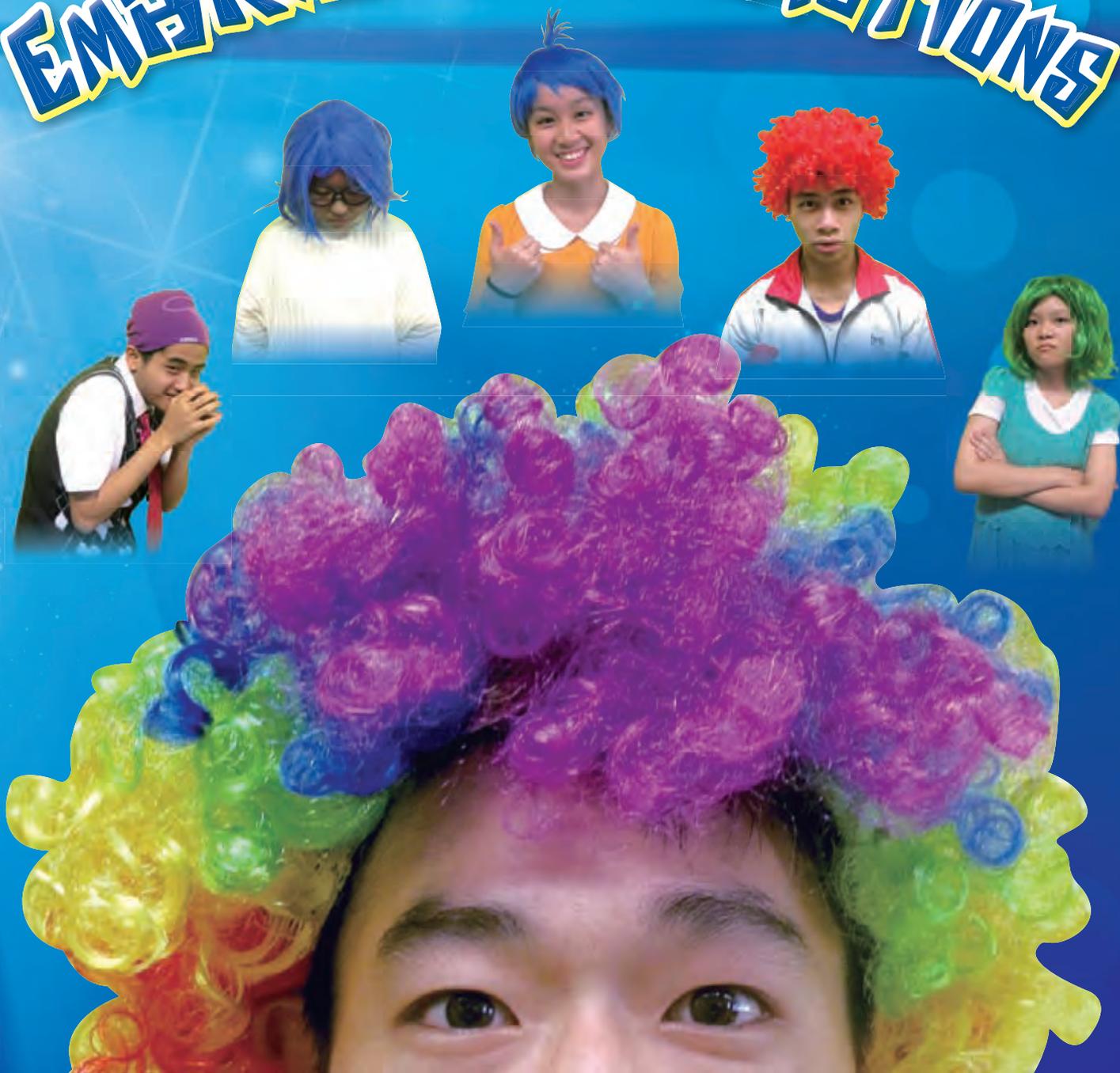


Spotlight

ISSUE
8
2016

ENGLISH DEPARTMENT
LAI CHACK MIDDLE SCHOOL

EMBRACE ALL EMOTIONS



CONTENTS



Message from the Principal



Interview with Dr. Jimmy Tang



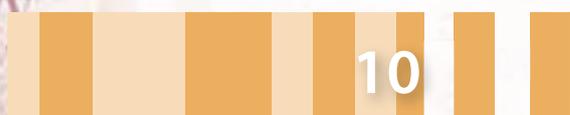
Interview with Pastor Cheung



Public Education Seminar



English Week: Fashionable Emotions



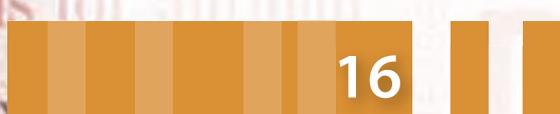
Fashion Show



LCTV: A Minute's English



Interview with Mr. Patience



Event Archive



Students' Work



English Week Competition



English Games



Acknowledgement

Embrace Your Emotions

Welcome to the 8th edition of *Spotlight*, the annual English magazine of Lai Chack Middle School. As educators, not only do we encourage our students to be enthusiastic learners, we strive to help them explore and develop their potential and talent as well.

Hong Kong is a fast-paced city and many adolescents have a high level of stress. As guardians of our students, we decided to use the animation *Inside Out* as one of the teaching materials for the English Week this year, to give encouragement and highlight the importance of embracing different emotions. Echoing with the English Week activities, “Embrace Your Emotions” is the theme of this edition.

Emotions, be they joyful, sad, fear or anger, are gifts from God to teach and inspire us. Instead of resisting the so-called negative feelings, we should embrace all kinds of emotions. There are no wrong emotions only wrong attitudes. If we handle situations with a positive mind, we will gradually see the light in the darkness. Every lesson learnt will equip us with more strength and wisdom for future challenges and blessings. As the renowned English poet, William Blake, wrote:

*“Joy and woe are woven fine,
A clothing for the soul divine,
Under every grief and pine,
Runs a joy with silken twine.
It is right it should be so,
We were made for joy and woe,
And when this we rightly know,
Through the world we safely go.”*



Spotlight will tell you more about our students’ vibrant learning experience. I hope reading this magazine will be an enjoyable read for you!

Tsang Yau-shing

Mr. Tsang Yau-shing

Principal

Lai Chack Middle School

Prince Jewellery Enterprise Founder – Former LCMS student



Interview with Dr Jimmy Tang

This year, we were so pleased to be invited by Dr. Jimmy Tang MH, the founder and Chairman of Prince Jewellery and Watch Enterprises to conduct an interview with our students from Lai Chack Middle School. We were also very surprised to find out that he is an alumnus of our school as well. His successful watches and jewellery stores have become popular all over Hong Kong. He has more than 12 shops located everywhere in Hong Kong. Throughout his interview, we learnt about the secrets behind his success as a businessman and some advice on how to become vigorous and determined in order to better equip ourselves for the future. Let's take a look at some of the questions we asked during the interview.

PRINCE 太子

珠寶鐘錶 JEWELLERY & WATCH

Reporters:

Rainy, Ma Ka-yee 5A

Remiel, Sun Xi 5A

Sariel, Qiu Jiaxuan 5A

Merry, Lan Shui-pei 5B

Sun Cheng 5D1

What would be one unforgettable moment in Lai Chack Middle School?

One of the most unforgettable moments at Lai Chack Middle School would be playing at the soccer field behind our school. It was truly a blessing for me to play along with both my classmates and my teachers.



What is the key to your success?

The key to my success is constantly getting updates from the news. You must read the news every day - especially in Hong Kong. One of the strongest competitors today is China. As the censorship in China is applied, students and businessmen who work in Hong Kong have to gain access to information quickly in order to strike a better competitive edge. In order to become successful, we must always learn to look ahead all the time and force ourselves to generate new ideas before others. This is the key to my success.

Can you share some encouraging words with students from Lai Chack Middle School?

Sure. You need to have a strong will in order to be noteworthy. Don't be afraid of making mistakes; overcome them and be confident in everything you do. You must believe in yourself as the spirit of our school motto – "Strive for Yours," - implies. If you strive harder, you will be able to gain something that band 1 students have: the motivation to try hard and the will to never give up.



What was your favorite subject in Lai Chack Middle School?

My favorite subjects were P.E. and Mathematics. I've always thought the most difficult subject to get through was Chinese History. It was very difficult to strive for a high mark because there was so much subject matter to recite. I think it should focus more around the political side of China rather than on the history of different Chinese dynasties. Conversely, I loved PE. This is because it was the only lesson during which I could move around and play with my classmates. It was a great opportunity to relax. Mathematics was also one of my favourite subjects because I only had to memorize some formulas to get most of the answers correct. It was easier to figure out the equations during tests. All the subjects at Lai Chack Middle School were very academic and amusing. I enjoyed all the lessons there. Every moment at Lai Chack Middle School has touched my heart. I will never forget my days and all the memories it has brought to me. This has been a delightful interview with all of you.



An inspiring conversation with Pastor Cheung Shu Keung

We are pleased to invite Pastor Cheung Shu Keung to talk about emotions through the Bible.

Does the Bible mention anything about emotions?

Of course! In Genesis, after Adam and Eve sinned, they were scared. Their eldest son Cain was angry when God didn't accept his offerings. They were human beings and like us, they had emotions.

Then, did Jesus have emotions?

Absolutely! In the four gospels, Jesus, although He is God, lived like an ordinary person. He cried when He was told that His friend Lazarus was dead.

I see! However, why does God allow us to have emotions as quite a lot of them are negative ones?

God does so because He wants us to express our inner feelings. Through expressing our true feelings, no matter positive or negative, we can develop interpersonal relationships by supporting each other. Even when we are hurt, we can tell others and we can share the grief. God doesn't want to create a robot.

When reading the Bible, in Philippians, God wants us always to be joyful. We would like to too but sometimes we can't. How can we do so?

You're right! In Philippians 4:4, it says, "Always be joyful." Actually, being joyful is a choice. You can choose to spend a day joyfully or worriedly. But does worry help? Indeed we shouldn't be worried since we know that God even takes care of the little sparrows. Don't depend on ourselves! Leave our burden to God and He will provide. Therefore, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." That's the secrets of being joyful all the time.



Reporters:

Wong Wai-chung 3A

Cheung Ka-tung 3B

Jennifer, Liang Fung-yun 4A

Guan Miao-bin 4C

Public Education Seminars

With the aim of enhancing professional development in English language learning and teaching, two public education seminars were conducted this year. Through sharing with parents and teachers from both primary and secondary levels, we hope to explore more effective and efficient strategies to help students learn the English language proficiently.

Education Seminar at P.L.K. Riverain Primary School

The 1st sharing session was conducted on 26 November 2015. Our principal and teachers paid a visit to P.L.K Riverain Primary School and were pleased to share ways to help primary school students learn English through effective reading skills. The importance of being familiar with high-frequency words and phonics is highlighted. The sharing session was followed by a group discussion session between parents and teachers. The event was an inspiring one, which has provided a platform for parents and teachers to share their experience!



“Bridging English Across Primary and Secondary Level”

The 2nd sharing session was held on 15th April 2016 in Lai Chack Middle School. Principals and teachers from others were invited to the seminar. Many of our teachers joined the sharing session too. Challenges encountered by junior form students in the path of learning English were pinpointed. Besides, school-based strategies which focus on bridging the learning gaps from primary to secondary levels were introduced. The seminar has proved to be a meaningful event, which fosters professional development.



English Week: Embrace all emotions

Two of our student-reporters wrote about our English Week this year from two different angles. Let's check it out!

Joanna, Wang Huanzi 5A

Show Your Emotions

Lai Chack Middle School is always devoted to teaching students English in a vivid way. Therefore, an emotional show was held during the regular assembly on 9th March in which the five characters from the movie 'Inside Out', were brought onto the Lai Chack stage.

Before the show, teachers were encouraging the little actors to banish their fear of performing in front of the whole school. The senior student helpers were busy organising the make-up and costumes for the student performers.

The show started as the hall-lights were turned off. The first character Fear played by three actors emerged from the wings dressed in purple. They walked forlornly as the gloomy background music played. Next three more actors played Sadness, walking slowly, lowering their heads. They all wore blue wigs, blue jeans and the symbolic rounded glasses that represented Sadness faithfully. All of a sudden,

the music became loud and it added a lot of tension to the atmosphere. The three actors came out in red suits and shouted at the audience irately. Then, Disgust showed up with a poignant voiceover and pointed to the audience disgustedly. The last, but perhaps most important role Joy then jumped out and waved her hands in a lively way. The three joyful actresses spun around and always wore joyous smiles on their faces. Harmony, who wore a colourful wig representing a synthesis of all the different emotions, then ran out and all the emotions bowed to the audience, hand in hand, as the show came to an end.

What is better than holding a live show in a theatre? Not only does it help the students understand how indispensable our emotions are, it also enhances the student performers' sense of cooperation and achievement. Moreover, the teachers who planned the show also contributed their sweat and patience to it. What a memorable and meaningful show!





Nicholas, Wang Baihong 5A

Show Behind the Show

Tuesday 8th March, 2016

Campus Reporter

In the school hall of Lai Chack Middle School, teachers and students were rehearsing the fashion show for the next day's assembly.

The theme of the fashion show was drawn from the fantastic animated movie Inside out. Models were divided into five groups: Joy, Sadness, Anger, Disgust and Fear. All the models were junior students. It was a good way to develop junior students' self-confidence and performance skills. Senior students took charge of makeup, lighting and voiceovers. They cooperated with each other in order to perform a perfect show.

The teachers decided to hand over the decision-making, so that students could offer lots of excellent advice. There was more interaction between models and the audience. For example, Disgust could cold-shoulder the audience. Furthermore, they decorated the school hall with students' paintings of the five Inside Out characters.

The participants in the fashion show performed well. They expressed their message to the spectators well: besides joy, other emotions are essential as well.



Fabulous Fashion Show for The First

During the English Week 2015-16, a fashion show named 'Fashionable Emotions' was held in Lai Chack Middle School. Five characters from the animation 'Inside Out', namely Joy, Sadness, Anger, Disgust and Fear were brought alive on stage by our student-models.

Let's check out how the **Models** felt after the fabulous show:



Joy: Teresa, Fung Tsz-ying 3A
Ada, Ip Yuk-yu 3A Kelly, Kam Ka-lee 3A

It has been a special experience for me. After this fashion show, we realize the whole production process together can take a while, so we have to manage the time accurately to make sure that everything flows well.



Sadness: Carol, Xu Shiqi 3A
Joyce, Leung Wai-yan Hannah 3A
Amy, Chan Man-ping 3B

Before this show, we didn't have the confidence to go up on stage, but we found out we really enjoyed it during the show. We even wanted our fellow school-mates to look at us and look at what we were wearing! It's the first for us to step out of our comfort zone!



Anger: Warren, Liou 1C
Hong, Yeung Wai-ling 3B Kyle, Yu Ka-ho 3B

The whole fashion show makes us feel festive, everyone enjoys the show and it is contagious. We will surely join the next fashion if there is one in the future! We would like to help out as part of the backstage crew too!



Disgust: Sharon, Lo Cheuk-ting 2B
Kelly, Chiu Hiu-ching 2B Yan, Chen Siyin 2B

After this show, we have become more confident in ourselves and we know it doesn't matter what the others think about us because what matters is how we see ourselves, and that's what counts!

Time Ever!



Fear: Martin, Chan Yui-hin 3A
Pat, Lam Wing-tat 4C Joseph, Sin Chi-shun 4C

We are so happy that we could get over stage-fright and be more comfortable with our body. We found that we could understand ourselves better through the course of the fashion show and it just feels awesome!

The MCs of the English Week assembly and fashion show also have their say about the event. Let's check it out!



Cloud, Li Chi-ho 5A

It was a priceless experience for me to be an MC and to take part in the English Week assembly. I have learnt a lot about public speaking!

Kristin, Tam Hiu-kwan 5A

I'm glad that I had an invaluable memory in my life as it was my turn to be the MC. I have learnt a lot, especially the skills in handling the Q & A session.

Our Backstage Crews from S5 to help models were very professional. They helped the models with their costumes and make-up.

Eva, Wong Chong-siu 5A

It was quite challenging since it was my first make-up experience for others. Before the event, I was so worried that I would hurt them. In the end, it was a good experience.

Ailee, Yip Man-kuen 5A

It was fresh. It was a challenge for me to do make-up for the models at the Fashion Show. I enjoyed being a backstage helper. It was a good experience.

Natalie, Sing Yeuk-ying 5A

It was my pleasure to be a member of the backstage crew. It was so much fun to help the models with their make-up. It was a good experience overall.



**Our Voice-over Talents were so dramatic and expressive.
They worked as a harmonious team with the models!**



Joy: Wendy, Zheng Ya-wen 5A

I think this activity was so creative and challenging. We had a chance to try different roles with different characters. I enjoyed this fantastic experience very much.

Sadness: Remiel, Sun Xi 5A

It was my pleasure that I could be one of the voiceovers in the English Week assembly. I must say that the activities were so interesting and meaningful.



Anger: Rick, Yu Chao 5A

It was a good opportunity for me to learn English through the Fashion Show. It helped me to gain more experience in stage performance.



Disgust: Ben, Mo Rou-bin 5A

It was a tall order for me because I had to imitate the voice of a girl but I'm a boy actually! Being 'Disgust' was not an easy task for me, but it was fun!



Fear: Henry, Lau Ki-fung 5A

It was a precious experience to be a voiceover. I'm glad that students enjoyed the show. Frankly, this activity was really interesting and memorable.



Reporters:

Emily, Li Rui-yan 5A

Amy, Li Rui-ying 5A

LCTV A Minute's English

A wide range of videos were produced for the LCTV's *A Minute's English* video series this year. From bad moons to history to cat's mothers to emperors to magic to...goodness! It was a small miracle that we were able to meet all the challenges that were thrown at us (or that we threw at ourselves!)

None of this, of course, would have been possible without the amazing work of our student presenters and the technical team behind the camera.

The very first video that we made was a real test: we didn't know how it would look and knew that we were presenting our chosen presenters – Martin and Gabriel – with a kind of challenge they hadn't had before. Would they let us down? No way! Like a couple of professionals, they presented a video about the idiom "a bad moon rising," with style and humour.

More amazing performances followed: Vicki and Brian told us how to use "the cat's mother," Candice and Rose explored the themes of *Inside Out* for English Week, Candy helped a returning Martin tell the story of the Emperor's New Clothes, Ivan and Madison presented some jaw-dropping magical tricks before a returning Gabriel finished off our series of videos by presenting one on history for 2016's last English Day.

Many thanks to the team behind the camera – Ryan, our most frequent cameraman and Mr Lam behind the recording desk: your professionalism and dedication were amazing.

These videos accomplished two things: they enabled students to present information in English in a professional and engaging way whilst also allowing students throughout Lai Chack to learn about history, be dazzled by magic tricks and learn new idioms.

We've thoroughly enjoyed being part of this challenge and hope the students and teachers enjoyed the work that we made for them.

See you next year!

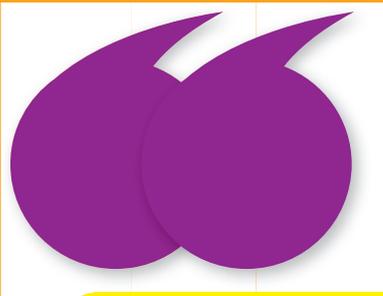


Mr Curtis and Mr Patience

Interview with Mr Patience



*Hard hitting reporter Gabriel is the King of News....
and he's not scared to ask the BIG QUESTIONS!!!*



He has Mr. Patience in the interview chair...

and he's not going to hold back!

Will Mr. Patience survive?!

Read on...

So how was your first year at Lai Chack?

It was really rewarding and good. I had a much more difficult first year at my previous school in Hong Kong. Fitting in at Lai Chack was a lot easier - I had a better idea of what I was supposed to be doing as well as a better idea of what Hong Kong is like; I knew how to cope with the fast-paced lifestyle here!

Right, so, as you mentioned, this isn't the first time you've lived in Hong Kong, is it?

Right! And not only that but this isn't the first time a member of my family has lived in Hong Kong. My mother was a NET teacher for a long time – more than ten years – and it was through visiting her that I decided that I wanted to live and work here myself!

And yes, this is my second time teaching here. I used to teach at QES which is up by Prince Edward Station.

Do you live alone?

Yes I do...I mean no! No I don't! I said yes at first because I don't live with any other humans but I do live with my crazy cat Cyril. She has a boy's name because a really bad vet told me she was a boy when I first got her. By the time a better vet revealed the truth to me, she'd already gotten used to being called Cyril, so I had to stick with it!

What's Australia like? Do cars have to stop sometimes to let kangaroos cross the road?

They don't, no. Unfortunately because Australia has become full of roads and houses – just like anywhere else really – it's very very very infrequently that you'll see a kangaroo crossing the road. If you want to see a kangaroo in Australia, you really have to make an effort to go out into the wilderness and the bush where they live. You won't just see one hopping down the street in any of the big cities. Australians don't make jokes like "Why did the kangaroo cross the road?" instead of "Why did the chicken cross the road?" because we actually see chickens more than we see kangaroos!

What are the main differences between Hong Kong and Australia?

Hong Kong is a lot more modern and crowded. There's also a lot more variety here. Australians always talk about how proud they are of their multicultural society but really I think Hong Kong is a lot more multicultural...and a lot more interesting because of that!



They're proud that their country is so dangerous!

What?! Who told you that?

I hear them say that all the time. They're proud of all the dangerous snakes, alligators and sharks that live there!

Actually, yes you're right! We are proud of our dangerous animals. We like to scare tourists with our stories of dropbears!

Dropbears? What are they?

Oh...they're too scary to talk about here...they look like koalas but they have sharp teeth and they're VERY violent!

Yikes! Anyway, how do you cope with the language differences while living in Hong Kong?

Well, as you know, there's actually a lot of English in Hong Kong. I don't usually have problems buying things or catching a taxi – doing everyday things like that. The one time the language difference is a problem for me is when I hear a student say something to me in class in an angry voice. They could be saying something bad but I have no idea!

So...the last question...and the most controversial one...who's your favourite fellow teacher at Lai Chack?

Well, I'm afraid I'm going to disappoint you. I'm not going to mention a name, or even two names! I have, however, received a lot of support from almost all the other staff members here at Lai Chack. They've been very understanding!

And that brings out interview to a close. Gabriel has once again made one of his interviewees sweat as he asks THE QUESTIONS THAT NEED TO BE ASKED!

Reporter: Gabriel, Canete Amaya 2B





Drama Achievements

We are pleased to announce that our original drama “A Magical Journey” got flying colors in the Hong Kong School Drama Festival 2014/15. The adjudicators praised the team for being cooperative and creative. Congratulations to the team. Their effort and time spent in training was commendable!

Award for Outstanding Director	6D2	Wong Sui-cheong
	5A	Lo Ka-chun
	4A	Ma Ka-yee
	4B	Chan Chung-ho
Award for Outstanding Performer	6D2	Wong Sui-cheong
	5A	Yang Jun-han
	5A	Zhou Jian-chao
Award for Outstanding Stage Effects	School Awards	
Award for Outstanding Cooperation		



Speech Festival

Both senior and junior students who wanted to enhance their confidence enrolled in the annual Hong Kong Speech Festival. Participants faced keen competition as it is a popular inter-school event. This year, LCMS students got encouraging results. All told, they were granted 15 and 8 awards for merits and proficiency respectively. Among all, Brian Jiang of 4A was awarded the second prize in the solo verse speaking competition for his outstanding achievement.

4A	Jiang Hao-hua	Second runner-up
1A	Sung Wei-kwun	Merit
2A	Pan Mei-hua	Merit
3A	Ip Ching-yu	Merit
3A	Ip Yuk-yu	Merit
3A	Xu Shi-qi	Merit
4A	Fu Wai-man	Merit
4A	Leon Yee Jennifer Fung-yan	Merit
4A	Yuen Ching-lam	Merit
4A	Mak Ching-yin	Merit
4A	Wong Tsz-hei	Merit
5A	Sing Yeuk-ying	Merit
5A	Tam Hiu-kwan	Merit
5A	Wang Huan-zi	Merit
5A	Zheng Ya-wen	Merit
5A	Lau Ki-fung	Merit
1A	Wong Yu-yan	Proficiency
1A	Leung Yan-yee	Proficiency
1A	Nguyen Hoang-thang	Proficiency
2A	Chow Man-hei	Proficiency
2A	Lau Hang-chun	Proficiency
2A	Lau Suet-fei	Proficiency
3A	Fung Tzs-ying	Proficiency
3A	Leung Wai-yan	Proficiency



Event Archive

English Week

The English Week is a highly-anticipated annual event in LCMS. This year, it was another fruitful week. The theme was “Fashionable Feelings” and the slogan was “From Emotion to Fashion”. Students were exposed to the inspirational movie “Inside Out”, learning about the importance of each feeling and ways to deal with challenges.



English Day

Four English Days themed Science, Mathematics, History and Geography were held this year to let our students explore different subjects through a variety of activities, liked board quiz, English café, exhibitions and the English Channel Broadcasting. The English Days presented our students with a great opportunity to learn English in a fun way!



Young Post

Joanna Wong of 5A has written an article regarding the success of the English Week. Her work was published in the column of Letters to the Editor in Young Post, SCMP. She shared the fun and joyful moments during assembly to all readers!



The Harvard Book Prize

This year, 3 students from LCMS were nominated to receive the Harvard Book Prize 2016. The winners are Li Rui-ying, Wang Huan-zi and Yip Man-kuen from 5A. The prize, administered by the Harvard Club of Hong Kong, targeted at awarding outstanding students who are able to combine excellence in scholarship and high character, and also attain achievement in other fields.



Day Camp

Society for Abandoned Animals Limited (Yuen Long) was chosen to be the destination of day camp this year. Eager faces were shown upon arriving on the site as students knew for sure that they would be immersed into an English speaking environment and get to meet the animals on site. The day also sparked students' concerns about animal rights and conservation. It was surely an unforgettable and engaging learning experience for LCMS students.



Students' Work

A reply letter to a friend suggesting a wonderful person

Dear Kitty,

Hi there! Thanks for your letter which I received yesterday.

If I have to suggest a wonderful person, I would say Guan Moye whose pen name is Mo Yan. Mo Yan means 'don't speak' in Chinese. Do you know why he named himself Mo Yan? Because of China's revolutionary political situation in the 1950s when he was growing up, he was inspired to choose this pen name.

Mo Yan was born on 17th February, 1955 in Gaomi, Shandong. He has short black hair and a round face. He is a kind and cheerful person.

Mo Yan is a successful writer. Aside from writing novels, he is good at writing short stories too. Not only did his writing skills and talents bring him the Mao Dun Literature Prize in 2011, but he was also awarded the 2012 Nobel Prize in Literature. Don't you think he is wonderful?

In the future, he is going to write more wonderful books for his readers.

I need to stop now. Look forward to hearing from you soon.

Best wishes,
Chloe



Chloe, Wong Yu-yan 1A

Dear Principal,

Annual School Performance

As a concerned student, I am writing to share my views towards our last year's English Drama show and to recommend the type of show that would be suitable for the upcoming one.

The English Drama show held in the English Week last year was wonderful and interesting as we felt glad in the performance and were able to relax ourselves during the show. However, the Drama show would be a little difficult for junior form students to understand.

My suggestion for this year's English Week Assembly is to hold a Cosplay Competition for everybody. Students could dress like the characters in different cartoons and play the role of the characters to take part in the competition. Not only students but also teachers could join our event. Teachers could play the role of a character alone or work with a student as partners. Before the English Week Assembly, we will have the Preliminary Round. Competitors need to perform a part of the film in English and the judges, our teachers, would choose the best 8 teams. These lucky fellows would perform their shows in the English Week Assembly and the audience would vote for the best one. The winner would receive some gifts.

Having the Cosplay Competition in the English Week Assembly, we could learn the English words related to the films and relax. Being different from our usual performance, it is challenging but also exciting. Having the Cosplay Competition, we would definitely get a large audience.

Yours sincerely,

Lily Chao

Lily Chao
Chairperson of the English Club



Carol, Xu Shiqi 3A

The truth behind a story



Have you ever heard a story about a donkey called Jack? Three times have I read this story and each time I read it, I experienced totally different feelings in response to it.

At first, I just thought it was about a very clever donkey who could think of a good idea to help itself escape from a well. Upon my second reading though, I came to understand the message about persistence – if you do not give up, you will succeed. I learned that if I never give up on hope, success will reveal itself to me in the end. And because of that, I did everything with my best.

At this time, I realized that even if the whole world abandoned you, you couldn't abandon yourself. Even the whole world disappointed you, you couldn't just surrender. I saw the farmer give up on Jack. He shovelled dirt into the well, burying him. However, Jack didn't just sit there and do nothing. With every shovel of dirt that hit his back, he shook it off and took a step up and eventually, he was able to step up over the edge of the well and trot off.

Isn't life just like that? Surely the process of Jack's shaking the dirt off and taking a step up was unendurably difficult and long. Nonetheless, Jack did not give up. Despite of his exhaustion and pain, he repeated the action unceasingly. This made me understand that it was not only a simple story. It talked about the truth in life.

Most of the time, we are faced with failure. We always have different reasons and excuses. We tend to thrust the responsibility on others and think of ourselves as victims. However, did we try our best? Did we put enough effort? Many times, I couldn't face problems alone. I blamed all the people who didn't support me. But after reading this story, I came to realize that even a donkey is more courageous than me, that there is no one but me who is responsible for my own failure. Not only did I feel guilty but also ashamed. So this time, I didn't read this as a story. I have learnt the real message that the writer wanted to express – no matter under what circumstances, excuses to give up never exist.

Rose, Li Hiu-kuen 4A

Priceless experience – Mathematics and Science Week

Lai Chack Middle School held a Mathematics and Science Week from 9th to 13th of May. It aimed to arouse students' interests in the aforementioned subjects and help students to adapt to the challenges of a rapidly changing society in terms of the advancement of economics, science and technology.

During the Mathematics and Science Week, there were a wide variety of activities. Every morning, there were different difficult mathematic questions for students to warm up their brains with. Moreover, there were even open laboratory visits and demonstration of different experiments to enable students to learn scientific principles— for instance, the production process of 3D Holograms, dissecting mice and etching on glass.

The theme of the Mathematics and Science Week assembly was "Time Travel", students performed a drama to discuss whether time travel was a fantasy or a fact. The interesting drama showed us that we could time travel if we could go faster than light. After the drama, students showed how an air glider works and its principle. Thereafter, students played a periodic table song and explained the influence of mathematics on music. Lastly, every class gained an iPad for an interactive quiz competition. The quiz featured a range of questions, inspiring students to analyse the multiple-choice answers to find the right one. Such a quiz encouraged students to appreciate more the grace and beauty of both mathematics and science.

Students were fully satisfied with the Mathematics and Science Week, and learnt knowledge on these subjects the fun way during the week.

Cloud, Li Chi-ho 5A



Does Postponing the School Start Time Make Students More Energetic?

Dear Editor,

Recently, a topic about an 8:00am commencement of the school day making students feel tired and sleepy has stirred up prodigious controversy. In response to the article, I am writing to reveal the root of students feeling tired and judge the effectiveness of the suggestion of a 9:00am commencement to the school day.

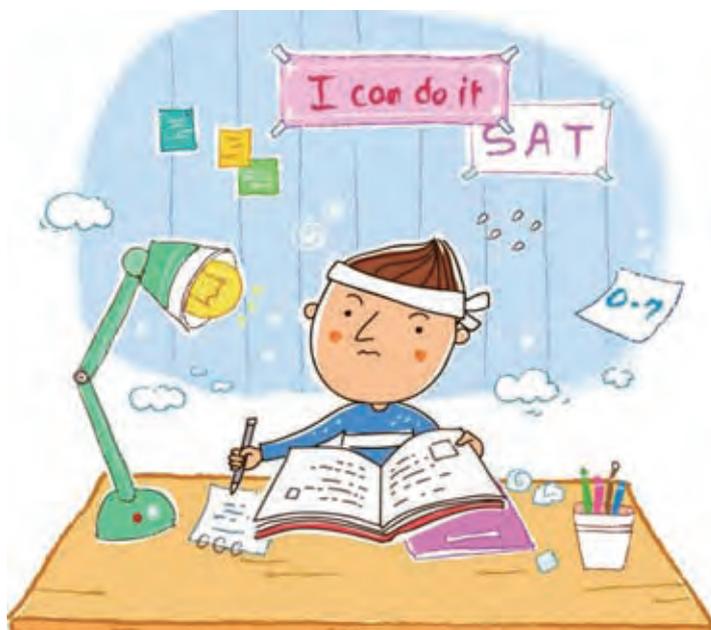
There are an array of reasons why students feel tired, but one of them, study pressure, comes under the spotlight immediately. Many students, if not all, with an aim to get a place in university, exert themselves to achieve marvelous results in examinations by doing a multitude of things, from participating in a wide range of tutorial classes to cramming an excessive number of notes into their mind within a short period of time. Under these circumstances, not only do they lack time spent with their families, but also they are deprived of time for sleep, leading to being tired and falling asleep in class.

To cope with this problem, postponing the starting time to school has been proposed. At the first glance, it seems acceptable and feasible. On a closer examination, a question about whether advocates have turned a blind eye to the root of the problem springs to my mind. As a matter of fact, if the starting time is delayed and the countless study pressure keeps increasing, the problem will not be resolved certainly as the root is ignored. Doubtless, the suggestion cannot address it diametrically.

As a saying goes, 'There is always a way out.' To wrestle with problems, schools, parents and children can work hand in hand. For schools, it is advised to set less homework for students. Germany serves a typical example. Students in Germany only need to finish classwork in school instead of staying up late to do homework. By doing so, students' study stress can be relieved to a certain extent. For parents, they had better provide students with a quiet environment to study and revise. By this line of thinking, the efficiency of study will take a gigantic step forward. Thus, time used in studying can be lowered, resulting in having more time for sleep. Regarding students, it is suggested that they pay attention to classes so that they can learn more effectively instead of cramming a vast amount of information into their minds.

After investigating the root of the problem, can a 9:00 start help? Absolutely not! It just postpones the start time but if the workload and the environment do not change, nothing different will happen since the suggestion cannot address the problem directly nor indirectly. Students will sleep one hour later and the quality of sleep may be worse than before. All in all, I sincerely hope that schools and parents cooperate so as to lessen students' study burden. At the same time, students' self-discipline helps cope with the problem comprehensively.

Aron, Zhou Jian-chao 6A



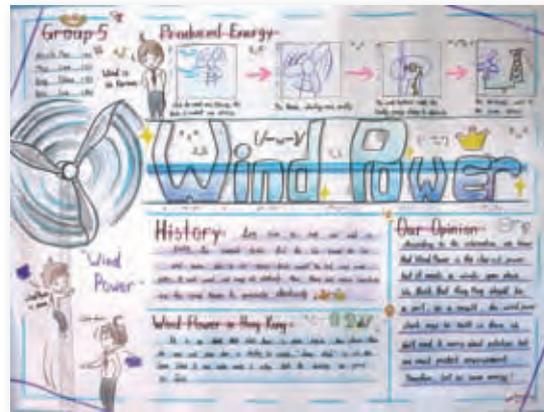
Creative Project Work

Within the year, S2 students have been learning on how to tie English with other core subjects in the school curriculum. This year's focus was Science and the main topic was the *Energy around us*. Students have been given opportunities to learn about different types of energy and how it relates to their own lifestyle in class. Let us have a glance at their work.



"This is how 'Wind power' works and how it supplies energy around us"

Nicole, Pun Meihua May, Lam Ka-man
King, Chau King-yu Kris, Lin Zhe-rin



"Nuclear power is essential energy source."

Winnie, Dinh Ka-po Isabel, Lau Suet-fei
Annie, Siu Mei-lan Fung, Ngo Fung

Junior form students also learnt English from various topics too. This is Unit 1 from the form 2 syllabus! Students have learnt how to design their own shopping guide!



"Moko is our favourite shopping mall"

Ashley, Chow Man-hei Winnie, Dinh Ka-po
Nicole, Pun Meihua Ophelia, Lam Hui-tung
Annie, Siu Mei-lan Yuri, Wu Wan-chu



"Festival Walk is one of the most popular shopping malls in Hong Kong"

Emily, Fung Wan-kei May, Lam Ka-man
Katherine, Lau Hang-chun Isabel, Lau Suet-fei
Shanna, Sing Si-nga Nicole, Wong Man-nga



"There are many shops and restaurants at Olympian City. It is so spacious"

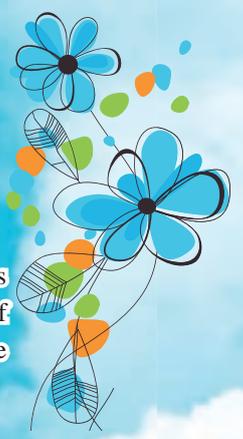
Yoyo, Li Yiu Sze Sze, Mak Wing-sze
Michael, Ng Shu-yun King, Chau King-yu
Jason, Leung Lap-keung Leo, Leung Lap-wai

Students showed their greatest enthusiasm when completing these tasks. They enjoyed decorating their own projects while learning English at the same time.

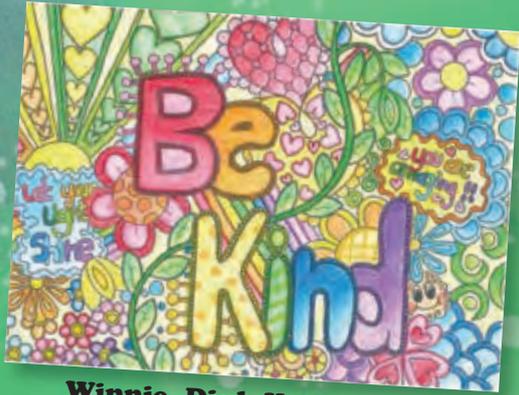
'English is always fun!'

Secret Garden Competition

Colouring is one of the ways that we could use to express our feelings. The Secret Garden Competition was held by the English Department during the English Week this year to let our students experience the beauty of peace and harmony through the colouring experience. Let us take a look at some of their artwork and explore the diversity that colours bring to our lives.



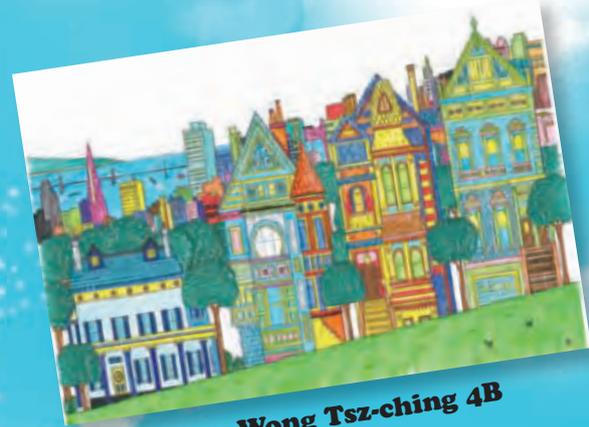
THE MOST ARTISTIC AWARDS



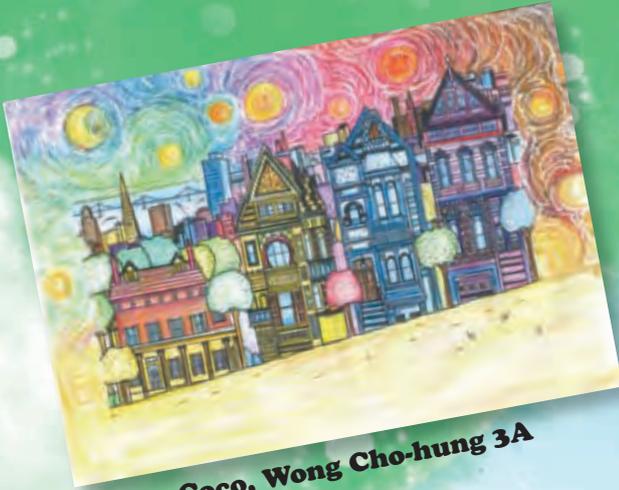
Winnie, Dinh Ka-po 2A



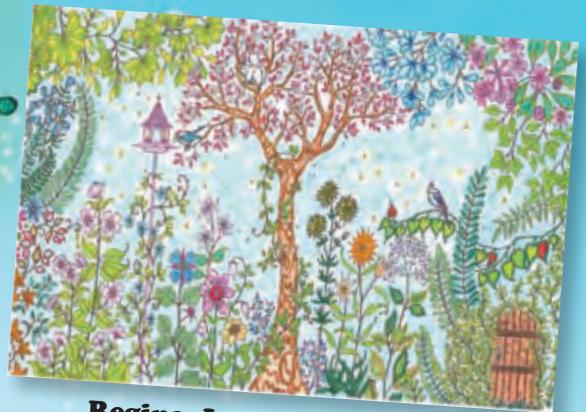
Vanessa, Chan Yung-soon 1C



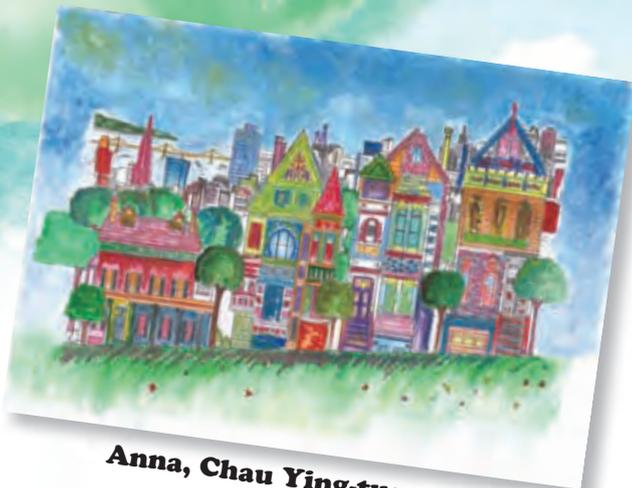
Ann, Wong Tsz-ching 4B



Coco, Wong Cho-hung 3A



Regina, Leung Tsz-ling 5D1



Anna, Chau Ying-tung 4C



Mandy, Mai Kei-man 4C

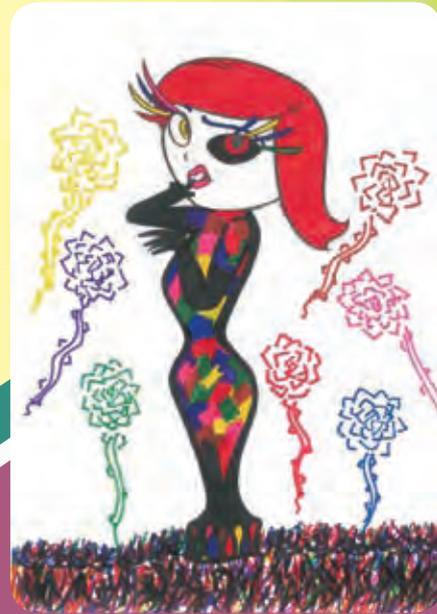
Fashion Design Competition

Styles differentiate us from others, like the main characters from the animated movie *Inside Out*. Many of you may even have your own distinct fashion style. If you are given a chance to redesign the clothing for the *Inside Out* characters, what changes would you make?

The Fashion Design Competition was also held to give our students an opportunity to be the fashion designers for the *Inside Out* characters. Here are some of the excellent creations from our students.



First Position
Anna, Chau Ying-tung 4C



Second Position
Sam, Do Chun-sing 3D



Third Position
Nicole, Pan Meihua 2A



Fourth Position
Fung, Ngo Fung 2A

Guess their origins!

Have you ever wondered where those worldwide popular foods originated? The following quiz will let you explore their history and guess where they originally came from. See how many correct answers you can get!

1



Cheesecake

Cheesecake has a much longer history than what we think. Its first appearance in history was in 776 BC when cheesecake was served to the athletes during the first Olympic Games.

Origin: ?

2



French Fries

The American soldiers named the delicious fried potato sticks 'French' fries when they stationed in this country during WWI because the official language of the army there was French.

Origin: ?

3



Ice-cream

Ice-cream was first created in 200 B.C. when people in the Far East mixed rice with milk that was then frozen by being packed in snow.

Origin: ?



4



Croissant

The birthplace of this famous pastry is in Central Europe. It was the French Queen Marie Antoinette who introduced her home-country pastry to the French royal dining table.

Origin: ?

5



Hamburger

The inspiration of hamburger came from a European City where chopped or minced beef steaks were popular in the 19th century and were brought to the U.S. by immigrants.

Origin: ?

6



Chocolate

Chocolate was first consumed as a bitter beverage by fermenting, roasting and grounding the cocoa beans dating back to 1900 BC. The ancient civilizations of this region made it their ceremonial drink.

Origin: ?

Sources: <http://www.cheapflights.ca/news/the-history-behind-your-favourite-foods>
<http://www.vecteezy.com/>

Answer: 1. Greece 2. Belgium 3. China 4. Austria 5. Germany 6. Central America

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Mr Kwok Ming-chi

Ms Yoong Po-wah

Ms Helena, Lui Hung-heung

Ms Mandy, Ho Man-yee

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Jennifer, Liang Fung-yan 4A

Remiel, Sun Xi 5A

Nicholas, Wang Baihong 5A

Cloud, Li Chi-ho 5A

Aron, Zhou Jian-chao 6A

Gabriel, Canete Amaya 2B

Cheung Ka-tung 3B

Guan Miao-bin 4C

Sariel, Qiu Jiaxuan 5A

Emily, Li Rui-yan 5A

Merry, Lan Shui-pei 5B

Wong Wai-chung 3A

Rose, Li Hiu-kuen 4A

Rainy, Ma Ka-yee 5A

Joanna, Wang Huanzi 5A

Amy, Li Rui-ying 5A

Sun Cheng 5D1

Everybody wants **happiness** .
Nobody wants **pain** .
But you can't have a **rainbow** without a
little **rain** .



Spotlight

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