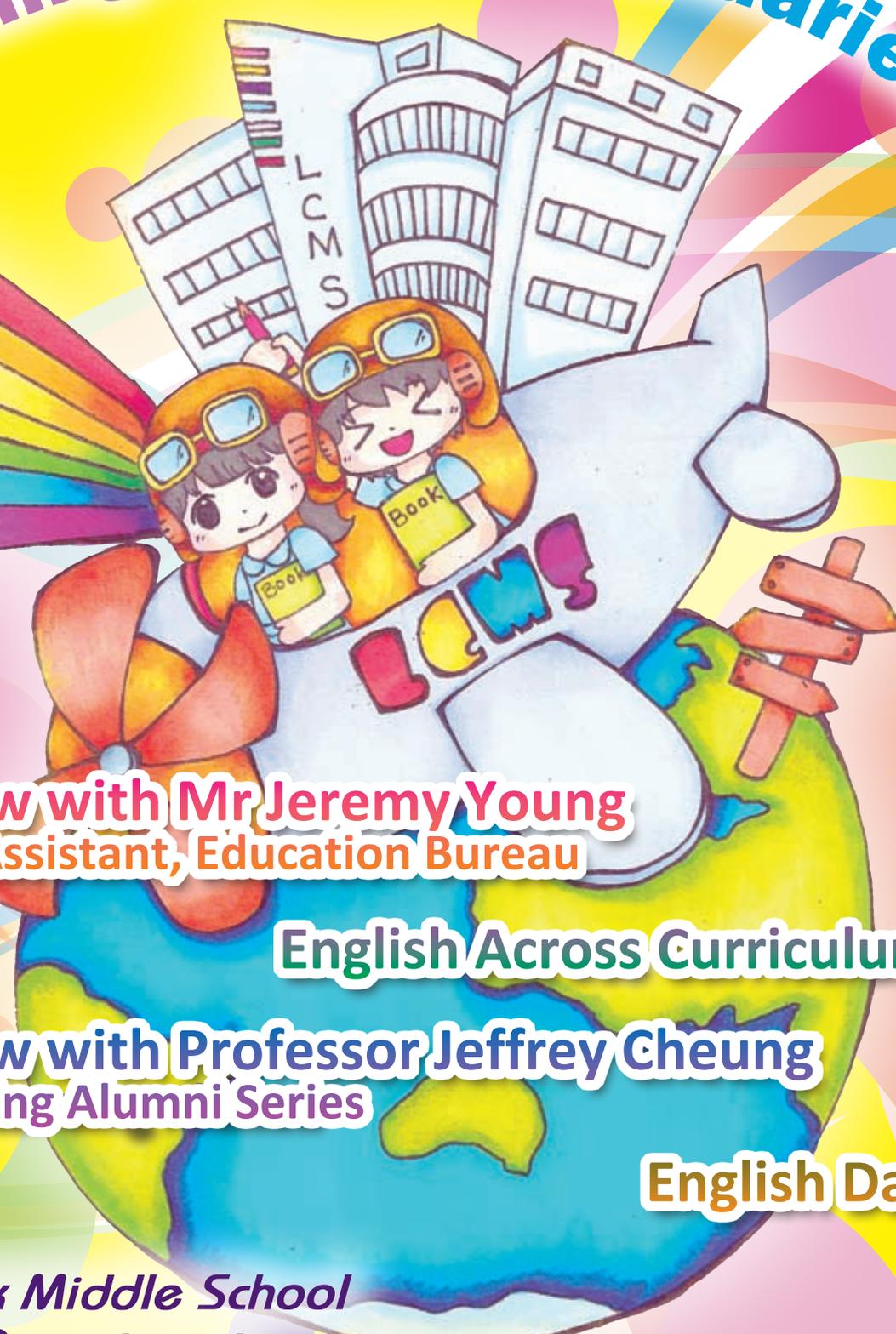


Spotlight

Issue 3

2011

Learning Beyond Boundaries



Interview with Mr Jeremy Young
Political Assistant, Education Bureau

English Across Curriculum

Interview with Professor Jeffrey Cheung
Outstanding Alumni Series

English Day

Lai Chack Middle School
English Department

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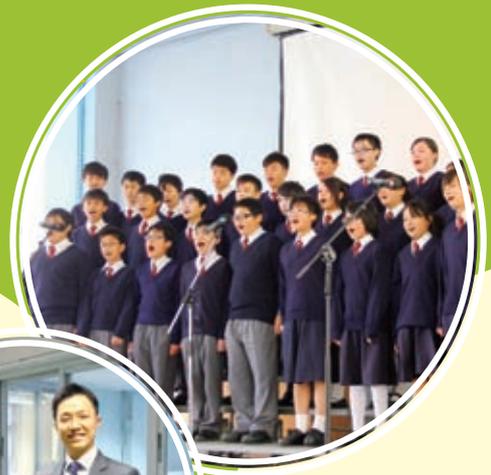
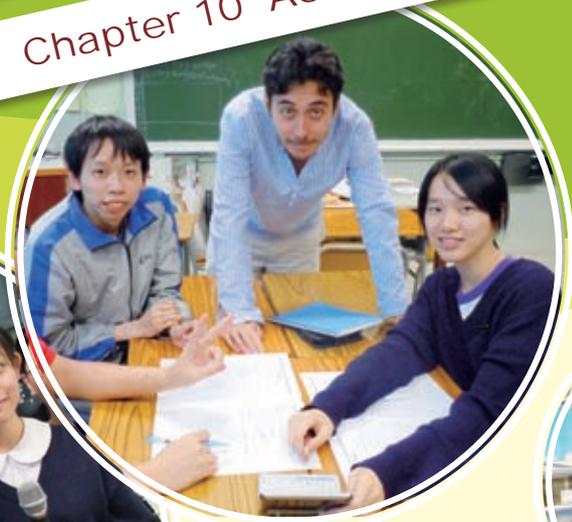
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Learning Beyond Boundaries

On behalf of Lai Chack Middle School, I warmly welcome you to the 3rd issue of *Spotlight*, the annual English magazine showcasing snapshots of our students' achievements. As the Principal, I am very proud of having a team of dedicated and devoted English teachers who contribute their diligence and concerted efforts to realizing our dreams.

"Learning Beyond Boundaries", as one of our school's major concerns, is the theme of this issue. In this fruitful year, we have made every endeavour to create opportunities for our students to go beyond any borders to gain diverse learning experiences: cross-curricular English day, exchange programme to Li Ze Middle School of Beijing, life wide learning day, and the action research project in collaboration with the Faculty of Education of HKU all aim at helping our students to become more aware that there are multiple ways of learning. With the integration of generic skills, values and attitudes to key learning experiences, we have taken a big step forward towards achieving whole person development and enhancing students' quest for knowledge and responsibilities. The KPM data this year is proof of these improvements in the domains of management & organization, learning

& teaching, student support & school ethos and student performance. My compliments are not just to the whole team of teaching staff, but also to our School Supervisor, Mr Lau Kwok-wai, who offered us invaluable advice in adopting a humanistic approach in the provision of education with "heart". His full support behind the stage has rendered the whole school momentum to face any challenges. Lai Chack is more than just a school. We are all a family working together to provide quality education for our next generation.

Our task is challenging. I am confident that our strong professional team can continue to build on its successes and meet the changing needs and expectations in the era of reform. It is always our expectation that our students will make most out of what is offered to them and develop their skills in communication, leadership, creativity and ability to sustain life-long learning in the meantime. I am looking forward to another fruitful and eventful year filled with challenges and opportunities ahead.

Spotlight will tell you more about our school as well as the inspirations we offered to our students. I hope you will find reading this magazine enjoyable!

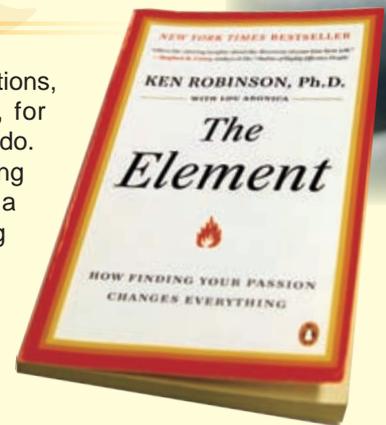
Mr Tsang Yau-shing

Principal
Lai Chack Middle School

INTERVIEW WITH

Echoing the theme of this year, "Learning Beyond Boundaries", we are honoured to have an interview with Mr Jeremy Young to broaden our horizons. The interview took place on 24th May, 2011 and it was extremely kind of Mr Young to visit our school in person. The atmosphere during the whole interview was fun and inspiring as Mr Young was easy-going and yet provided us with tons of precious advice on our study and career path. The most impressive moment was when Mr Young offered us an off-the-record sharing period even after the official interview time! We really felt his passion in inspiring youngsters. More to the point, he had even brought a book with him for the interview and recommended it to us! The interview proved to be an intellectual experience full of surprises!

I am very happy to have the opportunity to chat with you. If I have to give you some suggestions, I would say try to find your own interest because that will shape everything you do, for example, the way you ask questions, the way you sit, the way you look, and the things you do. All that will help shape your deep and core interest and that should not be the same among you. I really would encourage each and every student to go back home, shut yourself in a room and think again what you really want to do and why. This is the book that I am reading right now. I wish and hope students and parents would read it. It's about finding your own interest. This is why I would also urge students to look beyond Hong Kong because Hong Kong used to be an isolated fishing port. After the handover, many opportunities lie in front of us. That is our immediate future. We should look beyond that from Asia Pacific to the world. You can learn any language and understand any culture if you let go of your ego, self pride, or certain obsolete values. And here comes your success!



The Element: How Finding Your Passion Changes Everything

Good afternoon, Mr Young. On behalf of the editorial team of our English magazine *Spotlight*, we are very pleased to have the honor of interviewing you. 'Political Assistant' is quite a new term to us. Could you share with us anything interesting about your job?

Well, this is my fourth job as I worked in various fields in different countries as different roles after graduation. So what is a Political Assistant? My role as a Political Assistant is to provide a better understanding of the political requests of different parties, such as teachers, students, parents, and district councils. What I do is to understand them and consolidate all the opinions and provide feedback to the secretaries, so when they are making decisions, they will know what type of support they will be getting and what type of challenges they will be facing.

We are quite interested to know if you had a dream when you were a kid. What was your dream?

Well, I would say that I'm not the type of person that has a very clear mind on what I want to do in my life exactly. I simply look at my dad and say to myself that I want to be better than him. It's a goal because I think he has been my role model so I set him as my target. If I can fulfill what he has done or is doing, I'll be happy.

Could you share the most impressive experience you had at school with us?

I remember when I was ten, my father worked in Beijing and instead of flying back and forth, my family decided to move to Beijing and that meant I had to switch schools. From a class of 40 students, I was placed in a class of 'non-English-speaking' students, and there were only two girls, one teacher, plus me. Those two girls were from the Philippines and a country that I didn't know. They both spoke fluent Mandarin and very good English. I, being the 'most-Chinese' student, was so shocked. I remember on the first day of school, I couldn't even ask the teachers nor the students where the washroom was due to the language barrier and so I had to use my body language to help them understand.

What is the key to success in learning English in a non-native English speaking society?

That's a great question. Well, it's not just about English but a foreign language. First thing that life lesson has taught me is that you have to put aside your pride and ego. You have to put them all inside a box and throw it away. You have to tell people that you're here to learn the culture and the language, so teach me! Anything from ABC to 123! If you don't,

MR JEREMY YOUNG

— POLITICAL ASSISTANT, EDUCATION BUREAU



Reporters

Charlene, Mak Ka-yan 5A1
Joanna, Tsoi Hung-sze 5A1
Dennis, Kan Kam-shing 5A1
William, Li Yu 5A1
Elizabeth, Keung Tieri-gikwan 5C
Emil, Yiu Chiu-cham 5C
Iris, Lu, Xiaoyi 7B
Mandy, Yu Ching-man 7B

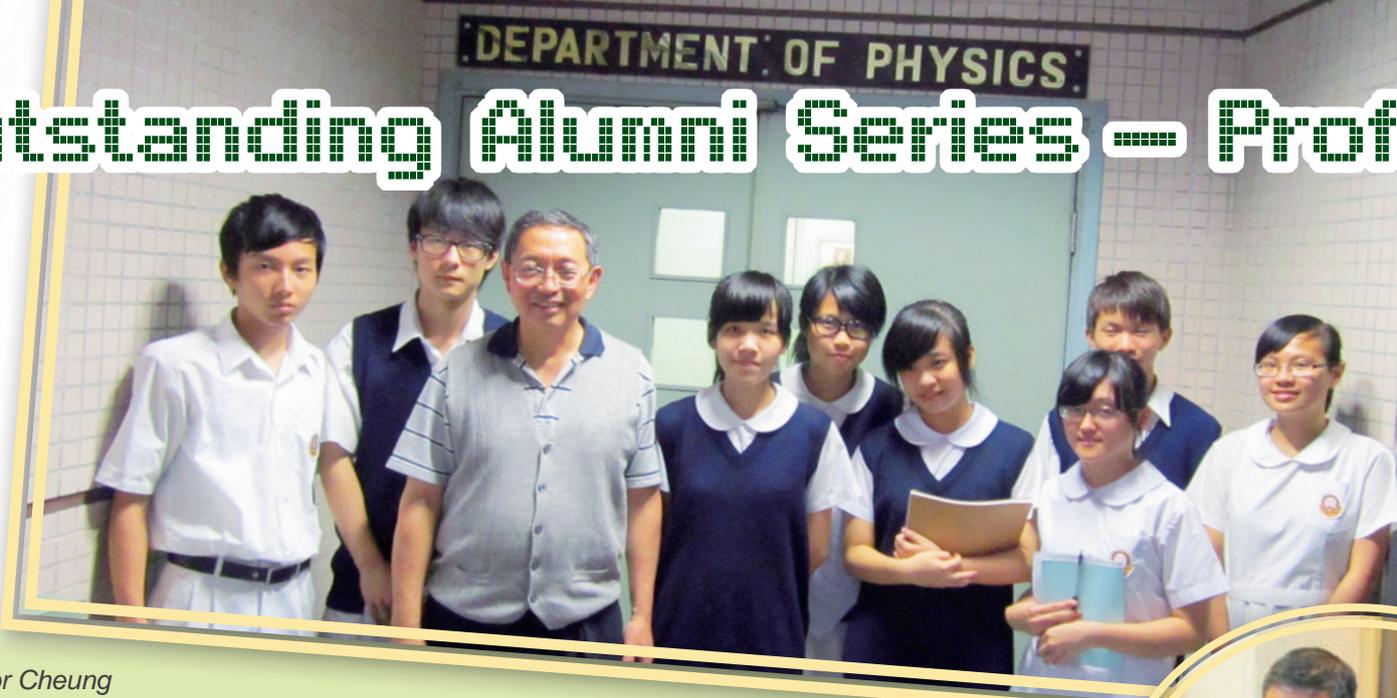
you'll be stuck. Every day that goes by without your asking for help makes it even harder for you to ask for help later in time because at the back of your mind, you'll think 'Why didn't I ask yesterday?'

What qualities and skills are important for teenagers to become successful individuals, especially under the New Academic Structure?

The word 'learn' means understanding why you need to learn, and enhance what you've learnt. Once you have the desire to know something, you have to create a plan on how to achieve your goal. For instance, the purpose of learning is not only to get into university but to realize the value of doing it. When you know something that others don't, then you are in an advanced position. 20 years ago, people could just memorize what was in the books and they could pass the exam. However, the world has changed; information and data are no longer the answer. In fact, it is so cheap and even free that you can google everything on the Internet nowadays. The key to learning now becomes how to filter so much information into something that is meaningful. So searching, analysing, filtering information into meaningful messages and arguments would be the key to learning successfully. It is very important that you know how to critically analyze the source of the information.



Outstanding Alumni Series — Prof



Professor Cheung has returned to Hong Kong and is now a Visiting Professor at the Baptist University. It was our great honour to have the chance to conduct an interview with Professor Cheung. Here is an excerpt of the conversation.

You graduated from Lai Chack Middle School in the 60s. We wonder how school life in Lai Chack was like back then. Did you have a great time?

I had a really great time. I came to Hong Kong after I finished my 8th grade in Shanghai. When I first came, Lai Chack was the only school that had a place for me on probation. I was very grateful to have this opportunity to study. I had never said enough thanks to Lai Chack Middle School and the many great teachers I met there.

What was the most unforgettable moment when you were in Lai Chack?

The most unforgettable was the English lesson during the first week. In Hong Kong, students started to learn English in the first grade, so other classmates were 9 years ahead of me. We had English dictation in the first week. I had only started learning English for 1 week, so I didn't know a word.

The policy of our English teacher was that for every spelling mistake, she would take off 3 points. In my very first test, I made 33 errors, so 99 marks were deducted. I scored 1 point in my very first test. I will never forget that.

After graduation, you studied Chemistry in UCLA and you have earned a doctoral degree in Chemistry. Later you joined the Rockwell International Science Center to do research. Why did you become a scientist?

I was interested in science when I was a child. It was almost automatic. The reason I took chemistry rather than physics or engineering was that in my freshman year, I had a very good teacher in chemistry. He was very influential to me in choosing my career. It was the same for graduate school. I had a really nice thesis adviser. He is a great man.

We know that you are an expert in origami too. What is so interesting and fascinating about paper folding? How does it help you with your career as a scientist?

I started paper folding when I just finished kindergarten. I was sick for about 1 semester and I stayed at home. My

mother's best friend came to visit me twice a week and taught me paper folding. When I resumed my schoolwork, I became very popular because I knew paper folding. I have been doing paper folding for almost 60 years. Paper folding helps me to see and visualize things. I can see through many steps without writing them down. I can do a mathematics equation just in my mind and I can design a machine from step one to end without a pen.

Now you have returned to Hong Kong and are a physics professor at Hong Kong Baptist University. What do you think about students in Hong Kong?

Students in Hong Kong are very attentive in the classroom. My class runs from 6:30 to 9:30p.m. It's just after dinner but they are always attentive. They never argue with me. The downside is they never ask questions. I know they have problems. I say if you have problems, my office is always open. Just come and see me. They never do so. I don't know why. They are very passive.

What would you like to say to all the Lai Chack students?

I'll tell you 5 things. First, you have to have very keen observation. Look around you all the time. See what's odd and ask yourself why. The second is curiosity. Now you have the iPhone, iPod Touch... so you can go online and find out the answers to your questions. This way, you can broaden your knowledge base. The third, which I think is the most important and most difficult, is association. You try to put different things together and argue that they are similar. When you do that, you can always breed new ideas and connect all the dots. The fourth is visualization. You have to be able to see through things and every step in your mind without actually doing it. When I try to figure out some paper folding, I do the folding in my mind. I can see the paper coming alive all by itself. When you can do these four things, finally do everything with passion. You have to fall for what you do. Passion can be contagious too. With a group of people, I can feed passion to you and back and forth. It will grow.



Professor Jeffrey Cheung

Prof. Cheung's Profile

Professor Jeffrey Cheung Tai-kin graduated from LCMS in 1964. He earned his PhD degree in Chemistry from Harvard University for the study of the molecular and atomic collision dynamics and is the owner of 25 US patents in materials science and energy harvesting technology.



Reporters

- Maya, Chan Yung-yung 4A1
- Can, Deng Yanqi 4A1
- Zoe, Ho Shuk-yee 4A1
- April, Lai Fong-nam 4A1
- Dysis, Pan Yuqing 4A1
- Philip, Lau Chun-lam 4A1
- Harry, Guo Xiaowei 4A1
- Henry, Wong Ka-shing 4A1

Professor Cheung shared with us some experiments that he has conducted using objects around us. They are easy but the scientific principles behind are surely not simple!



Experiment 1

Every time I fly on an airplane, I use a stopwatch to time how many seconds it needs to go into the air. Once I did that when I was in LA, a sea level city. It was a Boeing 737. It took 35 seconds. The other time, I was in Jiuzhaigou Valley. It was 42 seconds. It was the same model 737. The force that lifts the airplane is proportional to air density of the place times the square of velocity ($f \propto \rho v^2$). From very simple aerodynamics that since the two airplanes are the same, they have the same engine and same weight, so the force is the same. Velocity equals acceleration multiplied by time ($v = at$). Acceleration is the same for the same airplane, but time is different. When you put the two together, everything cancels out except the air density and the time. Since I know that one is 35 seconds at sea level LA and Jiuzhaigou Valley is 42 seconds, I know the air density of Jiuzhaigou Valley. Air density depends on how high a place is. From the formula, I can figure out the altitude of Jiuzhaigou Valley. When I tried it the first time with my calculator, the number I got was 2917m, and the actual height is 3100m.

So I measured the altitude of Jiuzhaigou Valley just with a stopwatch.



Experiment 2

I have a huge backyard in California with lots of fruits. The fruits are ready at the same time. We have hundreds of plums and peaches in one week, so I make wine. I used to be a chemist, right? One day, my wife asked me to measure the alcohol content of the wine. I tried to impress my wife. She asked me what equipment I needed. I said all I needed was a straw for the bubble milk tea. So I got the straw. On one end, I plugged in a slice of apple and some rice, so when I put the straw in my wine, it floated vertically and I marked it. Then I put it in water. Because water is heavier, it floated a little less. I marked it again. The ratio of the two markers is the ratio of the density of alcohol and water. Then, I know the density of the wine. From that I know the alcohol content. This experiment worked very well.



Embracing the Attainable Ideal of Lai Chack and Li Ze

Modern education stipulates that stepping out of campus to grip hand-on experience by witnessing what is going on and feeling what it is like in person is no less important than studying in the classroom. Lai Chack Middle School (LCMS) relishes the same idea. It is always seeking high and low to provide students with chances to learn beyond boundaries and broaden their horizons. Smooth implementation and successful conclusion of the exchange programme with Holy Innocents' High School in Singapore was a significant boost showing that the school was on

the right track and moving in the clear direction. While thinking of other settings for students to explore uncharted territories, we came across Li Ze Middle School Attached to Capital Normal University Beijing (Li Ze). Besides the namesake of one another (both bear the very same name in Chinese 麗澤), the schools have a lot about education in common and pursue the same mission. The conception of becoming like-minded partners and bonding fraternity was appealing.

In late January 2011, after wide-ranging talks and candid discussions between the two sides, an agreement was inked by Mr Zang Furen, Principal of Li Ze and Mr Tsang Yau-shing, Principal of LCMS in Beijing. A three year programme for the initial phase was mapped out. Exchange on teaching methodologies, information and personnel would be carried out. Cooperation would be facilitated through advantage sharing.

Meticulous and thorough preparations which involved frequent and extensive correspondence between the two schools were made. Detailed operational plans were drawn up. Promising hopefuls were shortlisted for interview and screening in order to select qualified candidates for the exchange programme.

During Easter, thirty-one students and five teachers, bubbling with excitement and expectation, glowing with joy and pleasure, made their way to Beijing for a seven day stay. The hosts in Li Ze greeted the arrival of LCMS students and teachers with a broad and hearty welcome. The thirty-one inquisitive young minds and five curious mature hearts were wowed, astounded and astonished at the

Beijing Visit



Learning Beyond Boundaries Band Together

Hong Kong Visit



extensive facilities on the spacious campus. It is the envy of Hong Kong students, though Li Ze's grounds are of average size by local standard.

Lai Chack students were paired up with peers from Li Ze. They got into the classroom and learned the lessons the Beijing way. It was quite an experience. Seeing eye to eye on many aspects, having common topics, struggling for the same ideals and coping with identical stress in studies, the youngsters soon found that they hit it off. A spirit of intimate friendship developed.

No way would LCMS teachers, with a learning and unassuming mind, lag behind their students.

They made class visits to experience different and contrasting teaching. Chatting and sharing views with their counterparts in Li Ze presented fresh and even wider perspectives.

A trip to Beijing would never be complete and would be profound and lifelong regret without eyeing the world renowned spots. Wangfujing Street, Tian'anmen Square, Forbidden City, Summer Palace, Temple of Heaven, Badaling Great Wall, Bird's Nest - National Stadium, Water Cube - National Aquatics Centre and 798 Art District are all proof with footprints left by Lai Chack students and teachers as they took in the spectacular and panoramic views.

The exchange programme to Beijing has been imprinted on LCMS students' and teachers' minds and will retain a precious and affectionate memory. What they have brought back are different learning styles and hospitality extended by Li Ze. The trip has turned over a new leaf and symbolizes a major step forward and further for LCMS. It has pioneering and historic significance and deserves a chronicle. It personifies Lai Chack's aspiration to quench students' intense thirst for knowledge and gratify their passionate desire to learn beyond boundaries. Now possessing wider and comprehensive vision, LCMS students will ever and ever have a competitive edge in their studies, personal growth and character development. Having a more open and accommodating mind and attitude towards people and things around is the most prized asset they would highly value.



The successful completion of the two-year QEF-funded professional development and research project, promoting New Literacies in Hong Kong Schools, conducted by the Faculty of Education, The University of Hong Kong, has proved to be a fruitful experience for both junior form students and all English teachers. In 2010, we have moved to a new era of further developing our students and teachers through the participation of an action research conducted by Dr Jasmine Luk, also from the Faculty of Education, The University of Hong Kong. The research named *Integrating Culture and English Language Education at Senior Secondary Level in Hong Kong Through Popular Cultural Texts* aims to investigate the existing perceptions and practices of a group of native speakers (NETs) and local English teachers (LETs) towards integrating culture and English language education (ELE) through popular cultural texts; to examine any changes in the teachers' perceptions and practices as a result of increased understanding of methods to read texts critically and NET-LET collaboration; and to analyze the impact of culture-integrated text-mediated ELE on students' intercultural literacy practices and sense of global identities.



Collaboration Universities Integrating in the New



Many people think that learning a second language such as English is about learning its grammar, vocabulary and pronunciation. These are of course very important as they are the nuts and bolts we use to create utterances. However, we need knowledge beyond grammar, vocabulary and pronunciation to function effectively as a second language user which involves being able to make sense to, and of, other people that do not share our mother tongue. This knowledge can be generally labelled as cultural knowledge. For example, we need cultural knowledge to decide whether to address a new acquaintance by his/her first name or family name in order not to sound too intimate or too distant. Almost everybody knows the expression 'Thank you' but it takes subtle cultural knowledge and awareness to decide when, and when not to use it.

It is stated in the 2007 Curriculum and Assessment Guide for Senior Secondary English that a major aim for learning English is to enable students to extend their knowledge and experience of the cultures of other people. Here, we should note the plural form of the word cultures. We are not looking at just the English culture, or even English cultures, but cultures of the world through English. We rely on English to fulfil this essential task because English is, without doubt, still the most widely used language for international communication.





Collaboration with The University of Hong Kong: Culture and English Learning Senior Secondary Curriculum



*Dr. Jasmine Luk,
The University
of Hong Kong*

It is with great pleasure that the English teachers at Lai Chack, being well-versed in this global trend and curriculum orientation to put premium on developing students' intercultural awareness, have voluntarily participated in our project to investigate how English learning, intercultural awareness, and critical thinking skills could be developed by engaging students with analyzing the language and content of popular cultural texts such as advertisements, TV commercials, comics, and reviews. Popular cultural texts are used because of their high relevance to students' everyday lives. Students come into contact with all sorts of popular culture outside school every day, but they need professional guidance on how to be a sensible cultural consumer.



The project is funded by the University Grant Committee's General Research Grant. With enthusiastic support from the Principal and the English Panel Head, Ms Cherry Wong, we began data collection with Ms Fion Li and Miss Cheryl Ng in November, 2010. The project is expected to be carried on for at least one more year. I look forward to sharing with you interesting findings from the project later on.



*Written by Dr. Jasmine Luk, Assistant Professor,
Division of English Language Education, Faculty of
Education, The University of Hong Kong*

POP CULTURE – ADVERTISEMENT

The English Week 2011 took place from 1 March to 7 March 2011. To integrate elements of the New Senior Secondary (NSS) Curriculum into daily learning of LCMS students, the theme of this year was *Pop Culture – Advertisements and TV Commercials*. During the English Week, different activities related to advertising were held, including English Broadcast, Song Dedication, Game Counter and Brilliant Commercial Competition.

After in-depth exposure, students have learnt more about the advertising industry, like various types of advertisements; what crucial elements should be included in print advertisements and TV commercials; how to produce a print advertisement and TV commercials; and the impacts of advertising.



3A Flashback

The following advertisement is special for English week. Please give every advertisement producer applause.

3A Students

English week



4A2 Mirror Mirror on the Wall



5A1 Aloha Beauty



AND TV COMMERCIALS

The Brilliant Commercial Competition

One of the highlights of the English Week was *The Brilliant Commercial Competition*. It provided students with the invaluable opportunity to demonstrate their talents and enthusiasm in producing TV commercials. Students from various classes, both from junior and senior forms, turned their creative ideas into different humorous, compelling and innovative commercials. After thorough selection by the teachers, seven of these commercials were nominated to enter the final of the Brilliant Commercial Competition.

List of Winners

- The Limitless Potential Award – 2B
- The Impressive Graphic Award – 3A
- The Catchy Slogan Award – 4A1
- The Best Narrator Award – 4A2
- The Best Performance Award – 5A1
- The Best Creativity Award – 5A2
- The Vivid Description Award – 5C



Producer:
Wilson
Wong

Actor:
Calvin
Tang



5A1 Show in the Rain



THE BIRTH OF EAC AND ENGLISH DAY

The Rationale

In response to EDB's fine-tuning of the MOI policy, the English Department has taken up a leading role in promoting the teaching and learning of English Across Curriculum (EAC) in a school wide approach. English Across Curriculum refers to the practice through which the study and use of the English language take place throughout the curriculum. Its purpose is to maximize the exposure of junior form students to English both inside and outside the classroom, so as to facilitate their transition to senior secondary or post-secondary education.

Implementation

With the collaboration of teachers of various subject areas, an alignment of the curriculum is done on selected modules. Our goal of teaching EAC modules is to create more opportunities for students to use English to learn subject knowledge in a progressive manner that best suits their learning needs and ability, thus increasing their exposure to the English language. With a view to further sustaining students' interest in learning, EAC modules are supplemented to the "English Day" on which activities are all based on the same themes. Besides, students are given an "English Day Passport" for recording their progress and performance. They crowd around the stars of the day and enjoy chatting with teachers and students in English.



EAC Book Exhibition



*Our Science Star -
Mr Jim, Li Chun-yue*



*Our Maths Star -
Mr Chan Man-to*



*Our Christian Star -
Ms Lee Yuk-ching*



OUR PRINCIPAL'S SHARING

Since the first launch of the English Day, both students and teachers were impressed by the inspiring talk show on the air between our student hosts and our stars. One of the most memorable talks has to be the one on our first ever English Day – Lai Chack Adventure. To mark the milestone of the establishment of the EAC modules and English Day, our respectable Principal Mr Tsang was invited to be our first Star of the English Day. Here's an excerpt of the sharing by our Principal:

I've been listening to students talking on *Wish in English* for quite some time. They have done a great job helping to promote English learning in our school. I'm excited about having this chance to talk to you on the English Day. What an experience! I'm glad to see our students try hard in speaking English. A good beginning is half done! As you know, English is absolutely not something from the outer space that is distant. It's not just in our life; it's a great part of our life! There's no denying that English is an international language. It's

also one of the official languages in Hong Kong. In order to achieve a better command of English, students must have more exposure to the language. Listen to English and speak. Don't worry about making mistakes. We all make mistakes when we learn English. Another good and easy way to boost your English is to speak English among yourselves. Speak to your classmates and friends at school. You really can help each other. All of you can benefit from it. I'm always happy to have students speaking to me in English when we meet in school!



Get ready with our English passports



Science Module-Opaki
Plastic Production



Smiley faces at the Prize
Redemption Counter

Every month, the English Department collaborates with other subject teachers to consolidate and create a new and yet inspiring practice called “English Across Curriculum”. Every English Day, different teachers are interviewed by students based on a theme selected by our department. From this experience, students are delighted to discover new and interesting facts about their favourite teachers. Teachers share knowledge about their subjects and how they can help students relate it to their everyday life. The goal of the interview is to help strengthen students’ interest in English and more importantly to gain exposure of English across different subjects within our school.

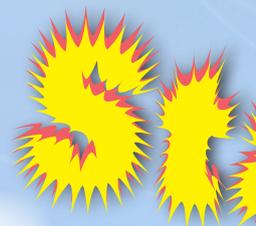
“Hi, I am Ms Lee Yuk-ching and head of the Biology Department. Today, I would like to share with you the importance of Christmas and why we all like celebrating it. Do you know that we are celebrating Jesus Christ’s birthday during Christmas but not Santa Claus?”



Ms Lee Yuk -ching
Star of Religious
Studies



“We are the



“Hi students! Science is extraordinary! You can learn many things about the world and how they come into theory. The world revolves around science!”

Mr Jim, Li Chun-yue
Star of Science
Module



“Good afternoon students! I am not only a Mathematics teacher but also the Counselling Master at Lai Chack Middle School. I like eating a lot! In my spare time, I often like to cook and search for new recipes. Cooking is my hobby!”

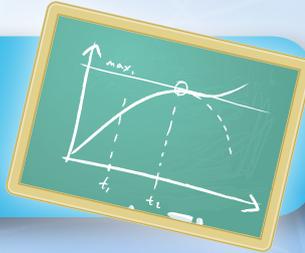


Mr Stanley, Chung Chi-yuen
Star of Home Economics





Mr Chan Man-to
Star of
Mathematics



“Is learning Mathematics difficult? Of course not! If you pay attention in class, follow your Maths teacher’s instructions and finish your homework on time, you can learn a lot!”

“Good afternoon! Liberal Studies is a challenging subject. You need to have the background knowledge of all subjects and learn how to apply it to your life. In your spare time, you need to update your life from time to time. I would strongly advise students to read newspaper.”



Ms Tang See-kay
Star of Liberal
Studies



Stars of the Day!



Mr Law Kam-cheun
Star of Physical
Education



“If you want to know how important sport is to us, just do it. If you are just trying to maintain good health, you can do 30 minutes of light exercise, such as jogging, 3 times a week. If you are trying to build muscle, go to the gym and lift weights at least 3 times a week. Be sure to have a protein rich diet too.”



ENGLISH CAMP 2011

During the summer holiday, students learnt to appreciate the foundations of theatre performances and components held by Hong Kong Arts Centre. Students learnt to communicate and use English effectively through speech and body language. The vision of this year's English camp was to help students improve their leadership, team-building and self-confidence skills in English through modern drama. Students expressed themselves linguistically through meaningful activities and presentation. Among their discovery, a native English teacher shared her experiences with our students and carried out different activities for our students to help them experience western-cultivated drama collaboratively. Towards the end of the camp, students were asked to recite the stage techniques they had acquired and perform a variety of different scenes from movies such as *Titanic*.

WORKPLACE COMMUNICATION PROGRAMME

As a continuum of last year's Public Speaking and Debating Workshop, the Diversity Learning Grant we received this year provides our S4 and S5 students an opportunity to participate in a new course named Workplace Communication Programme. The programme served as a direct consolidation of their knowledge

gained in one of the NSS electives, Learning English through Workplace Communication. Besides, it has improved students' oral and communication skills, especially in English. The learning process was dynamic and focused that helped to build up students' confidence and improve their examination skills.



STUDENTS' ACHIEVEMENTS

Over 80 students took the chance to show their excellent public speaking skills in the 62nd Speech Festival. Their hard work and talents were recognized with the achievement of 29 merits awards and 15 proficiency awards. Among all, William, Li Yu of S.5A1 was awarded the third prize. The S1 choral speaking team also continued the success of their senior

fellow students last year and received the merit award in our second attempt in the category of mixed voices (choral speaking). In addition, in the English Writing Contest 2011 organized by the Australia Education Link, 14 students captured the judges' nod with their sharing on an unforgettable experience. Their eloquence won them each an acceptance award. Congratulations go to Dysis, Pan Yuqing of 4A1 whose work was chosen as one of the 200 finalists.



English Writing Contest 2011



Junior Form Choral Speaking



Junior Form Speech Festival



Senior Form Speech Festival



Our Cover Designer

Our cover designer, Cheung Wing-sum from 3A, is a talented young artist who has actively participated in public art competitions and events. Recently, she has been invited to share her award winning drawing on TVB. Most of all, she has received an award at the Indian Embassy in Hong Kong. At school, she has participated in numerous English events. She is the narrator of 3A's advertising video at The Brilliant Commercial Competition in English Week and a student helper of English Day activities.



62nd Speech Festival

English Solo-Verse Speaking

5A1 William, Li Yu	3rd Prize
1C Leung, Hok-kiu	Merit
1C Ng Yin-leung	Merit
2A Miku, Chau Tsz-lam	Merit
2A Autin, Chung Ching-yi	Merit
3A Becky, Tang Man-ting	Merit
3A Sherma, Leung Ka-yi	Merit
3A Wesley, Lee Tsz-ching	Merit
3B Rice, Lam Yuk-shan	Merit
3B Phoebe, Wang Hant-ting	Merit
3B Santos, Chan Chi-hang	Merit
4A1 Anita, Ip Nga-lai	Merit
4A1 Dysis, Pan Yuqing	Merit
4A1 Michelle, Lee Hoi-mei	Merit
4A1 Kelly, Chan Ching-kit	Merit
4A1 Maya, Chan Yung-yung	Merit
4A1 Mandy, Kwok Yin-man	Merit
4A1 Cass, Tang Tsz-kwan	Merit
4A1 Moon, Cheung Kar-wai	Merit
4A2 Rainky, Yeung Chuk-kwan	Merit
4A2 Chloe, To Chui-yi	Merit
4A2 Arienne, Si Ka-wai	Merit
5A1 Cody, Li Chuiqiong	Merit
5A1 Karenna, Lee Wing-yee	Merit
5A1 Joanna, Tsoi Hung-sze	Merit
5A1 Billy, Lo Chun-wai	Merit
5A2 Kristy, Cheng Suet-ching	Merit
5A2 Zoe, So Sze-man	Merit
5B Selina, Tong Yin	Merit
1C Adam, Tang Ho-long	Proficiency
2A Winnie, Lei Meng-wai	Proficiency
2B Tsang Sze-ho	Proficiency
2B Ng Ka-yuk	Proficiency
3A Yan, Chan Po-yan	Proficiency
3A Ann, Chan To	Proficiency
3A Dick, Chong Tsun-ho	Proficiency
3B Alfred, Cheung Ying-hong	Proficiency
3C Wu Ka-man	Proficiency
4A1 Miki, Lung Sui-shan	Proficiency
4A2 Natalie, Lu Shu-miao	Proficiency
5A2 Miaka, Yau Sai-nam	Proficiency
5A2 Moon, Wong Hing-wun	Proficiency
5B Pinky, Pat Hoi-wing	Proficiency
5B Amy, Tsao Chia-chien	Proficiency



3rd Prize William Li

Mixed Voice Choral Speaking

1A Joyce, Chan Ho-yi	Merit
1A Cathy, Cheung Tan-ying	
1A Albee, Ho Hong-yi	
1A Annie, Lam On-ni	
1A Katrina, Leung Tsz-ki	
1A Yanie, Mok Ki-shan	
1A Olivia, Ng Chee-yan	
1A Macy, Xu Yang-lan	
1A Wendy, Ye Jiawen	
1A Sun, Yuen Fung-yee	
1A Tiger, Ma Tiege	
1A Manton, Sin Man-fung	
1A Alan, Wong Ka-fai	
1A Kurt, Wong Lap-kit	
1A Andy, Yau Ka-chuen	
1A Aaron, Zhou Jianchao	
1B Zita, Fung Yan-tung	
1B Helen, Cheng	
1B Kelly, Lam Ka-lee	
1B Miki, Lau Mei-ki	
1B Sally, Yeung Nga-lai	
1B Jack, Kwong Ka-kit	
1B Luke, Luk Siu-yung	
1B Gary, Yung Man-tai	
1B Yoyo, Wong Chun-sang	
1B Peter, Lui Yiu-wai	
1B Jared, Lam Shun-nang	
1B Tommy, Poon Kwong-wai	
1B Ken, So Chi-fung	
1B Jackit, Ip Pei-kit	
1B Kenneth, Pang Kam-to	

English Writing Contest 2011 by the Australia Education Link

Senior Group Merit Award

4A1 Dysis, Pan Yuqing

Junior Group Acceptance Award

1A Wendy, Yip Ka-man

1A Annie, Lam On-ni

1A Albee, Ho Hong-yi

3A Echo, Wu Xin-xuan

3A Cecilia, Tse Oi-sze

3A Becky, Tang Man-ying

Senior Group Acceptance Award

4A1 Maya, Chan Yung-yung

4A1 June, Gan Junjun

4A1 Can, Deng Yanqi

5A1 Charlene, Mak Ka-yan

5A1 Dennis, Kan Kam-shing

5A1 Joanna, Tsoi Hung-sze

5A1 Smith, Leung Tung-chiu

5B Selina, Tong Yin

Students' Writing

Chapter 8

Students' Writing

A Diary Entry

Annie, Lam On-ni 1A

Dear Diary,

Today I woke up at 6:30. My mum bought me a cake for breakfast, but it wasn't enough because I am growing up. Before I left home, I watched TV and listened to music for a while and then, I went to school at 7:30 by MTR.

I went to Langham Place after school. There were many Christmas decorations. They looked very beautiful and wonderful. I wanted to stay there forever. Haha. At last, I took many photos there.

In the evening, I ate Japanese food with my parents. It was very delicious! We ate some sashimi and sushi. I didn't know how much this meal cost, but I thought it must be very expensive.

But today is a bad day for me too. I am very upset. I don't feel very well now because I have a stomachache. I don't know the reason. Maybe I have eaten something dirty. I think I need to see a doctor. Oh no! I'm so sad! :-(

At last, I hope I will feel better soon and I can sleep well tonight.

It's time for bed. Good night, dear diary!

Annie



The Most Regretful Thing I Have Done

Cammi, Tang Tsz-tan 2A

In my life, I have done the most regretful thing. It happened when I was ten years old. That year, my father sent me a beautiful pen as a birthday present. I was happy and excited. The next day, I went to school and showed it to my classmates, and also my best friend—Lily. All of them loved the pen and they envied me. They also asked me where they could buy it, but I did not tell them.

Unfortunately, a few days later, I lost my pen at school. I was upset. When I was doing homework in class, I discovered that Lily was using a pen. It looked like mine. 'No! It's MY pen!' I thought. I asked her why she took my pen, but she said that the pen was not mine. Her aunt bought it for her. But I thought she was lying and I did not talk to her anymore.

A year later, when I was cleaning my bedroom, I found my lost pen. It was lying in a corner of my bedroom. At that time, I felt very regretful for I did not trust Lily, my best friend. I wanted to say sorry to her, but it was too late. She had moved to another place two months ago.

I would not forgive myself and it would be the most regretful thing in my life. But, after that, I've learnt to trust my friends.

My Inspiration From 'The Cove'

Have you ever seen the documentary called *The Cove*? Have you noticed that the newspapers are filled with news about animal abuse? And what do you think after reading them? Don't you think it is essential to let people pay more attention to this issue?

I would like to share my inspiration after watching this documentary. *The Cove* is about the killing of dolphins and whales in Japan for sashimi and other money making purposes. I was about to jump out of my skin when I saw the scenes in *The Cove* as they were so bloody. I couldn't believe the cruel fact! How beautiful the cove was and yet, behind the nice scenery, it was full of merciless killing and blood! In fact, we must realize that these dolphin and whale killing activities do not only happen in Japan; they happen even around us. Sometimes we can see some videos of people making fun of animals on the Internet. They are really selfish and they abuse animals for fun. Some of these people even think that animals look cute with their maltreatment, such as pressing the animals' small bodies into bottles! I remember there was a sentence said by Rick O'Barry, "A dolphin's smile is nature's greatest deception; it creates

the illusion they're always happy". I think this applies to other animals as well.

We should take action instead of just speaking our mind. For governments, they can set up laws to punish the abusers, such as putting them in jail. In schools, we can teach students the importance of protecting animals. Besides, we can spread more propagandas about animal protection to let other people know the seriousness of the issue. Last but not least, all of us must understand that all lives are equally precious and keep the statement by Jane Goodall in mind, "Only if we understand, can we care. Only if we care, will we help. Only if we help, shall we be saved". So what are you waiting for? Let's take action!

Echo, Wu Xin-xuan 3A



My Unforgettable Learning Experience

Joanna, Tsoi Hung-size 5A1

There are so many days that are worth remembering in my life. One of those worth recalling experiences is joining a summer English programme.

This year, I joined the same English programme for the second time. We spoke English all the time and enjoyed doing cheers with other 180 students and teachers who came from different countries. I learnt to pay respect to people and not to laugh at them when they made mistakes. Besides, I learnt to be brave when I spoke English in front of a huge audience. Moreover, I tried to cooperate with other students to achieve some specific missions in the tasks given. Through a wide variety of collaborative games and lessons, students and teachers became friends. We shouted cheerfully, showed our spirit energetically and we did cheers insanely! Of course, we cried sadly when we bid farewell.

Recalling the first time I joined the programme a few years ago, I was very afraid of speaking

English. The teachers encouraged and treated me like a friend. When I was confused due to language barriers, they explained to me patiently and clearly. It was a heartwarming experience and it built my confidence to be an active learner in English!

This year, my English has improved to a great extent day after day and the friendship between the teachers and me has been strengthened. Also, I have found out more about the culture of other countries. What an unforgettable experience! Time flies and the programme came to an end after one joyful month. Not only did we have fun, but we also burst into tears as we could not bring ourselves to finish the wonderful programme and wanted to spend some more fun learning time together.

It wasn't easy to say goodbye to the familiar faces and learning activities. There had been sunshine and rain, laughter and tears, and they still exist in every corner of my mind and heart, filled with all the sweet memories.

Animal Conservation

Charlene, Mak Ka-yan 5A1

Nowadays, it is not uncommon to see a lot of terrible and heartbreaking news about human demolishing the natural habitats of animals for profit making. Some of the news reports further reveal that innocent animals are hunted cruelly by some cold-blooded illegal hunters just because they want to earn more money. It is really a serious problem and society should pay special attention to what we have to learn – animal conservation.

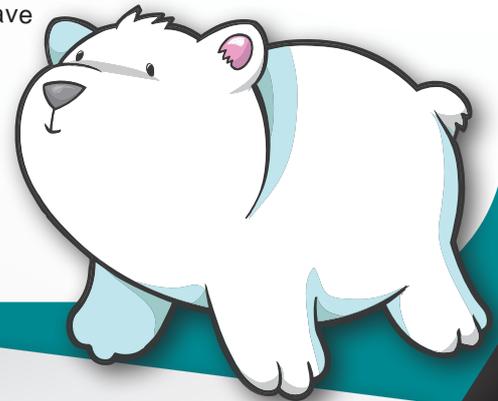
In my opinion, I agree we should take immediate action on animal conservation. My reason is, first of all, we should make a balance on the rights and needs between animals and human beings, with regards to the food chain. Secondly, I am sure that all lives are dependent and human cannot live normally without the existence of other creatures. Moreover, it is extremely heartbreaking to see these lovely animals hunted by illegal hunters. Therefore, it is a must for us to conserve animals through actions. Actions speak louder than words. Here are some of my solutions of helping the beloved animals through the cooperation of the government and individuals.

Let me separate my suggestions into two parts, namely ourselves and the government. First of all, I think we should join some organizations and participate in activities that advocate animal conservation. These can educate people and increase their consciousness of conservation within a short time. For instance, they will be more aware of the concept by visiting exhibitions or reading books about conservation. In addition, if they have the ability to

donate money, I will encourage them to donate money to some charitable organizations that promote animal conservation. I think it's one of the ways to help animals.

Furthermore, I think the government of developed countries should cooperate and set up laws that forbid illegal poaching and arrest illegal poachers. Stricter measures may then decrease the frequency of illegal poaching. Moreover, a humane and wealthy government can also set a specific amount of donation in the tax system to contribute to world-leading conservation organizations such as WWF and Green Peace. They aim to protect the future of nature and they are willing to protect the natural areas and wild species of plants and animals, including endangered animals. Hopefully, animals all over the world would benefit a lot from this.

Last but not least, it is indubitably important for human beings to save the earth by supporting animal conservation as the first step. It is not just about saving the precious lives of animals but most importantly, we should take the responsibility of protecting animals as animals have already sacrificed a lot because of the selfish actions of human activities.



The Shining Pearl

Chole, To Chui-yi 4A2

The light shining inside the dark
As bright as day time
The dawn leaves you a hug
Seems to have something to say

The lullaby of different countries
Written in dissimilar languages
Brings you to different cities
To see distinct images

The fog blurs the blue sky
But the salty wind brings it back to your life
This is the Lady called Victoria
Who wears sapphire beauties

When you are feeling lonely
Or you wanna spend some money
Come to this sleepless city
Which shines with pearl glory

Our Michelin Guide

The restaurants that appear in *The Michelin Guide* always have first-class quality: from superlative ingredients, distinctive dishes to exceptional cuisine. However, as students, we do not think those are the places that we would like to go. Having studied in Lai Chack Middle School for several years, we search for nice restaurants to have lunch day in and day out. After a series of research and discussion, here comes our own Michelin Guide – a handbook of recommended food shops in the neighbourhood of our school.

Guess Where?

Look at the photos below. Can you guess what restaurants they are?

01



02



03



04



05



Our Gourmet Review

01

Name: Australia Dairy Company

Address: 47 – 49 Parkes Street, Jordan

Recommended dishes: scramble egg, BBQ pork macaroni

Spending per head: \$40

Gourmet Review:

This is a very traditional 'cha chang tan' offering customers only a few choices of food. However, this is a must go restaurant as its signature dish is very delicious and it is set at a reasonable price. The silk-like scramble egg is fluffy and buttery. The bread is mildly sweet with a slightly firm texture. Together with the BBQ pork macaroni and the Hong Kong style milk tea, you will feel refreshed after the meal. It is definitely a thumbs up!

Taste: ★★★★★

Environment: ★★★☆☆

Service: ★★★☆☆

Hygiene: ★★★☆☆

Value for money: ★★★★★



02



Name: King Lam Chinese Noodle Restaurant

Recommended dish: Sichuan rice noodles

Gourmet Review:

If you like spicy food, this is the restaurant you cannot miss. The soup is hot in Sichuan style and it is best to go with rice noodles. They offer a variety of meat and vegetables, and six degrees of peppery hot for you to choose from. Each topping costs \$4-\$6 only. The best combination would be chicken slices, squid balls and dried bean curd sticks rice noodles with chili broth. The service is quick and courteous. A good place to enjoy spicy noodles!

Taste: ★★★★★

Environment: ★★★☆☆

Service: ★★★★★

Hygiene: ★★★★★

Value for money: ★★★★★

Address: 17 Parkes Street, Jordan

Spending per head: \$40

Name: Tsim Chai Kee Noodle

Address: 277 Temple Street, Jordan

Recommended dish: wonton noodles

Spending per head: \$30

Gourmet Review:

They only have three choices of food: beef balls, fish balls and wontons. Since this restaurant is famous for its wonton, almost every customer likes to order one when he/she comes in. Each bowl of noodles comes with three wontons. The filling is made of pork and shrimp, and the portion is huge – each the size of a ping pong. The broth is good and not too salty. The food is inexpensive. Overall, it is a nice place to have hot bowls of noodles and good wontons.

Taste: ★★★★★

Environment: ★★★☆☆

Service: ★★★★★

Hygiene: ★★★☆☆

Value for money: ★★★★★



03

04



Name: Sangria Steak House

Recommended dish: steak, fries

Gourmet Review:

You will like this restaurant if you are a meat-lover. They offer juicy steak and tenderloin with good quality and affordable price. The sweetness of the meat is very appetizing. The fries are tasty and crispy. The chowder soup of the set lunch is always creamy and the borsch is rich in flavour. Something different from other restaurants is that Sangria Steak house plays very nice background music, making the atmosphere cozy and relaxing.

Taste: ★★★★★

Environment: ★★★★★

Service: ★★★★★

Hygiene: ★★★☆☆

Value for money: ★★★☆☆

Address: 163 Woosung Street, Jordan

Spending per head: \$50

Name: 8-way Dumplings

Address: 30A Jordan Road

Recommended dish: fried dumplings, boiled dumplings

Spending per head: \$30

Gourmet Review:

There is a set meal which consists of 10 dumplings of one flavour and a bowl of soup. The sweet corn soup is rich and creamy, with bits of ham and egg. The curry fried dumplings are great. The curry sauce is still in the dumplings after being fried. This restaurant is very famous in Taiwan. We can now enjoy some real Taiwanese food at a relatively low price. It is a good place to have a light lunch.

Taste: ★★★★★

Environment: ★★★★★

Service: ★★★☆☆

Hygiene: ★★★★★

Value for money: ★★★★★



05

EDITORIAL TEAM

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Mr Vincent, Lo Kiu-shun
Ms Sue, Wong Ka-suen
Ms Helen, Hui Man-wa
Ms Yoong Po-wah
Ms Helena, Lui Hung-heung
Ms Mandy, Li Yuen-man
Ms Maggie, Li Kit-sum
Mr Kwok Ming-chi
Mr Henry, Wu Fung-wah
Ms Anna, Lee Hoi-tung

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Annie, Lam On-ni 1A
Cammi, Tang Tsz-tan 2A
Echo, Wu Xin-xuan 3A
Can, Deng Yanqi 4A1
Zoe, Ho Shuk-yee 4A1
April, Lai Fong-nam 4A1
Dysis, Pan Yuqing 4A1
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Harry, Guo Xiaowei 4A1
Henry, Wong Ka-shing 4A1
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Emily, Cheung Wai-chun 5A1
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Dennis, Kan Kam-shing 5A1
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