



S.K.H. St. Mary's Church Mok Hing Yiu College

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= My High-school Years



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Editors' Words

We feel honoured to have become editors of our school's first-ever English magazine. Being a good editor is no easy task. It requires patience, good communication skills and a strong sense of responsibility. Initially, it was hard for us to imagine that we had the competence in editing others' works like a teacher, not to mention editing all the entries of this first issue. Nevertheless, thanks to our English teachers' ample trust and unfailing support, we were able to complete this project with ease. Throughout these few months, we would not have accomplished such a big task if we had either given up or denied ourselves without giving it a try.

Reviewing the works with the writers was the most challenging element for newbies like us. We have learnt how to reach a consensus with our writers appropriately and maintain a close and harmonious relationship with them at the same time, since we know

the duty of an editor is assisting the writers rather than destroying their originality and confidence. Most importantly, it is partnership between us, our fellow writers and our dear teachers.

The English Editorial Board has been an excellent platform for authentic training for us in journalistic and literary careers. We hope it will become a well-founded and widely recognized culture in our school and more schoolmates will be given the opportunity to become either editors or writers and produce more amazing publications for our school!

Finally, it has been a wonderful experience for the five of us to work closely with our teachers and student-writers and we hope you will enjoy reading all the pieces in this initiation issue. See you next year!

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Heart

Cheong Chak Chuen Haneul (2M)

In this generation, many students try with all their strength to quit something bad such as over-playing games as it distracts them from their studies, but in vain. The major reason is that they fail to persist. They do not know their own heart precisely. Change in life does not necessarily come about through determination and labour. Instead, it is the heart that must be changed first.

A man called Julio moved to America when he was young. Julio became a drug addict when he was a student because drugs were easily accessible there. He had abused drugs for 20 years. He was poor because he spent all the money he got on drugs. He would even beg or steal to get money to buy them. When he was on drugs, he did not feel cold or hungry. One day, the drug wore off and he suddenly felt extremely hungry. He went to a rubbish bin to look for some food. He found a half-eaten hamburger and quickly put it into his mouth. After eating for a while, the hamburger started to taste weird. He realized that the burger had been rotten. In shock, he dropped the bread and thought to himself, 'What am I doing right now? Everyone buys fresh bread from the bakery but why am I eating a rotten piece of bread? Will I ever have my own car? Everyone else is married, with a house, a wife and beautiful children. My life will end up miserable with drugs!' He had never noticed this before because he was too addicted to drugs. A few days later, he was caught taking drugs again and put

on a drug rehabilitation programme for the THIRD time. When the instructor spoke to the addicts, Julio began to listen carefully to what the instructor was saying for the FIRST time. The ironical thing was that when he was there for the first and second times, he had not listened but messed around with the addicts. However, it was different this time. He discovered that drugs would kill him. His heart changed and he started to listen to the instructor attentively, taking his crucial advice and making a change to his life.

Through this story, you can see that when you think you are smart enough, you become unable to hear what others say. However, when you acknowledge how wrong you are, you can hear what others are saying.

That was the case with Julio - he saw how pitifully he might die and he became humble enough to take others' advice. Some people are addicted to activities like gaming. Although they want to get rid of the bad habits with their own effort, the majority of them cannot resist the temptation. This is because they do not know about what their heart is like. Changes in life do not only require determination and effort. True change is only possible when the heart changes first. I hope that we can have a better life by changing our heart.



The Burger King

Sin Cheuk Long Aiden (1M)

Once upon a time, there was a king called Ken. He loved to eat hamburgers because he thought that they were tasty. He ordered 3 dozen burgers every day for his breakfast, lunch, and dinner. That was the reason why he was as fat as a pig!

As the days went by, Ken started to feel bored eating burgers every day. Therefore, he asked his nutritionist, Justin, for some healthy advice. When Justin arrived at the castle to visit Ken, what Justin could see was Ken's STUPID FACE because he kept eating burgers. Afterwards, Justin instructed Ken to write a list of his favourite foods, for example, burgers, French fries, and Coca Cola. One of his favourite combinations was 3 dozen Colas, mixed with Sprite, Cream Soda and Fanta. When Justin heard that, he nearly had a heart attack. In order to save Ken's health and ... life, he decided to give Ken some good advice.



Justin suggested Ken try fresh fruit juice or tea instead of soft drinks. Moreover, he told Ken to eat more vegetables and fruit, such as tomatoes, broccoli, avocado and strawberries. He also reminded the king to drink at least 8 cups of water every day, and to strike a balance between eating and doing exercise.



In the end, Ken said, 'BURGERS ARE NO LONGER AVAILABLE IN THIS CITY because they are JUNK FOOD. ALL McDonald's shops have to close down as well.'

The village farmers felt elated since they could finally make more money from their vegetables and farming products.



The Old Man and His Red Sports Car

Su Chia Le Ericsson (1M)

An old man lived in a beautiful village called "The Peak". It was a very popular place for photo-taking, so many photographers liked to visit it to take pictures. The old man was a postman before and subsequently he retired and bought a new red sports car. However, most visitors did not like his car because the colour was too sharp. Besides, the car always appeared in their pictures.

One night someone who disliked his car damaged it on purpose. The next day, when the old man wanted to drive his car to a market nearby, he realised that the windscreen had been smashed, and the car seats were torn. The old man did not know what had happened and he started

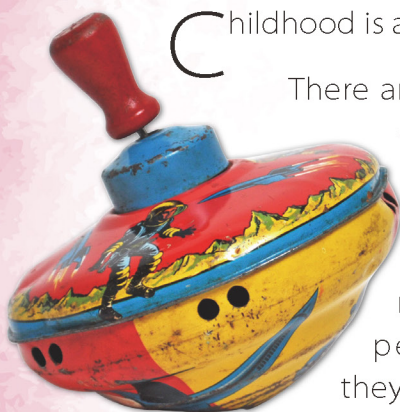
crying! Then, Tom, a journalist, saw the old man. He asked him why he was crying. The old man told Tom about his broken car. One week later, Tom reported the incident in the newspaper.

After reading the news, some charity teams wanted to help the old man. They drove 10 red sports cars to his village as gifts for the old man. In the end, the old man kept only one and gave out the rest of the sports cars to other families in the village as free gifts.



What makes a wonderful childhood?

Chan Ying Tung Tanya (1M)



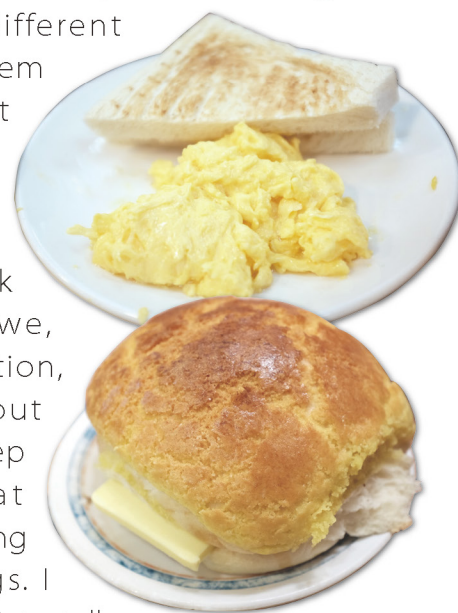
Childhood is a special time.

There are many kinds of toys for childhood of different ages. A long time ago, the living environment of most families was not very good. Most people were poor and they had to make some toys by themselves like paper dolls, rubber band strings, marble games and bean bags. Nowadays, most children like to buy new toys and play online video games with electronic products such as mobile phones, computers and tablets.

There are also different kinds of food eaten by children during different periods. In the past, choices were limited to simple meals due to a low standard of living. Days are different now when there are various options available for children of modern times. Instead of simple meals, rich food items seem to be a must for children in developed places like Hong Kong.



Actually, I like both types. The difference in foods is reflected by the living environment in different periods. Both of them have their different features. We should always remember and treasure the old things, so I think it is fun when we, the new generation, hear stories about history. I also keep some old toys at home, like a whipping top and bean bags. I hope I can hold a fair to tell people about my own history and what my childhood was like in the far future.



Childhood – What and Who?

Luk Hiu Ching Anna (1M)



Childhood is what everyone needs to go through. Maybe it was the happiest period for you, maybe not. However, nothing can be compared to it.

Children don't understand everything. In fact, many people just did stupid things when they were a child! For example, according to news in China, a singer said he was playing with a spider when he was a child. Don't you think that is scary? Have you ever touched the lightning rod on a building? Some people did it when they were a child! You may die if there is a thunderstorm!

Of course, childhood has not only scary memories, but also happy or boring memories. For example, some people say that when they were a child, they studied all the time and they had no time to meet friends. As a result, they could get high marks in their schoolwork. Although they could get a good result, they were bored in

their old school days!

Family plays an important role in one's childhood. When we were young, we didn't have too many friends. Therefore, we always played, talked, watched TV and did everything with our family! Family is important for our childhood and all other stages of life. If we don't have a family, we'll feel lonely and can't grow up properly, let alone a happy childhood, even though we might have friends. Family will always be here no matter whether we are children or grown-ups.

However, childhood will never come again once it's gone. Remember: throughout your childhood, your family, friends, and teachers will stay with you. You need to thank them, because all of them help make your childhood the purest period ever.



How much do we know about sports?

Lai Man Chiu Samuel (3M)

Sports and exercising play an important role in our life. Why are they important for us? What are the benefits of doing sports and exercising? When and where can we do sports and exercise? These are all important questions to many of us.

Types of sports

Sports can be divided into two groups, individual sports and team sports. An individual sport is a sport in which participants compete as individuals, such as boxing, long jump, high jump, javelin, discus, shot put, ... and many more. Team sports, instead, include two or more players that work together. Some of the typical examples are football, baseball, basketball and volleyball.

Advantages of sports and exercising

There are many benefits if you play sports. Determination and goal setting are a must for sports. Athletes will set a target when they are doing training. For example, they have to run 10 km every day although it is tough for them. They won't give up but try their best to finish it. We learn determination and goal setting from sports and extend them to schoolwork. Besides, we can learn to be a competent team player while we are playing team games. We fight

for some common goals and overcome the challenges together. Furthermore, exercising can reduce stress. We feel more relaxed after we finish exercising. Most importantly, doing exercise can maintain a healthy weight and increase our fitness.

When and where

After knowing some of the benefits of sports and exercising, I'm sure you are becoming more interested. So how can we do sports in our daily life? The pace of life in Hong Kong seems so fast that we can hardly find a right time and a right place for sports or exercise. However, nothing is impossible. We can do some simple sports at home such as yoga to relax. Just

a normal bed or mattress is enough for doing yoga. We can also go jogging around our housing estates. If you are students, you can join school teams, like football teams or basketball teams.

A good habit to keep

Lastly, we should exercise more regularly instead of staying at home most of the time. It could be easy and convenient to exercise if we don't miss what we have around us. It is recommended that we exercise for at least 30 minutes a day to maintain our physical and mental health.



So let's join hands to make Hong Kong a sports city!

Maintaining Good Health

Ling Jinhua Lincky (2M)

Health is one of the most important things in our lives. Health includes both physical health and mental health. How can we have a healthy life? Here are some suggestions for you.

For physical health, we need to live a disciplined life. We have to do the right thing at the right time. For example, we should sleep by 10 pm and wake up around 7 am. In this way, we will have enough time to sleep and can concentrate in class in the next day.

Besides, in order to maintain physical health, we need a healthy diet. We should follow the food pyramid to eat more vegetables and less meat. At the same time, we need to spend adequate time doing exercise. Running, jogging, swimming, and different ball games like football and basketball are all suitable for teenagers like us.

Mentally speaking, some of us feel dispirited or panic at

times when we are under pressure. Some of us don't know how to relieve our pressure. At that time, we can find someone for help. Don't just rely on ourselves. Very often, people's advice and help can make us feel much better. Nowadays, many people in Hong Kong suffer from psychological illnesses like depression. If we feel bad, we must find someone to talk to. We should never hide our sadness in our hearts but let people know what we're thinking about and make people understand us as one of the most effective ways to ensure a healthy state of mind.

Good health can make us feel powerful and hopeful. Also, we will have ample energy to do what we want and fulfil what we need. If any of our friends suffer from a bad mood, it's time for us to bring our happiness to them. Remember: health is a very important asset in our lives!



Leading a Healthy Lifestyle

Zhu Xin Ying Sandy (3R)

People are more health-conscious nowadays when they choose what to eat and what to do in their free time. However, as students, are we really following a healthy lifestyle?

To begin with, healthy eating is the first thing we should pay attention to. There are many types of food to choose from, but we always pick junk food for lunch and dinner. Although we know that junk food is harmful and will lead to obesity, many of us still eat at fast food restaurants and choose deep-fried food or junk food like fried chicken wings, French fries and hamburgers. Many snacks on the market are also bad for our body since there is often a lot of trans fat (trans-fatty acid in technical terms). If you want to be healthier, you should avoid eating snacks. At the same time, we should not only stay away from snacks, but eat more healthy food every day. Eating fruit and vegetables as our daily intake can help us maintain a balanced diet.

Getting adequate exercise is another effective way to live healthily. You can run before going to school or even just run to school as regular exercise. On holidays, instead of going shopping, you may go swimming with your friends. Many girls always have a misconception that eating less food can help them become slimmer.

However, it means they will get fewer nutrients at the same time. In fact, the key to a slim but healthy body shape is to have an adequate amount of exercise every day.

Being mentally healthy is as crucial as physical health when we aim at being a "whole" healthy person. Apart from the food we eat and the amount of exercise we do, we need to learn to deal with stress and take control of bad moods. If we are capable of handling stress-related problems arising from our studies and coping with difficulties in our lives, we will be able to enjoy good mental health and avoid physical problems at the same time. Therefore, we should try our best to stay happy and cheerful all the time.

To conclude, living a healthy life requires a lot of consistent work and attention. Take your first step and start planning what to eat and do today!



Time to Protect Wild Animals

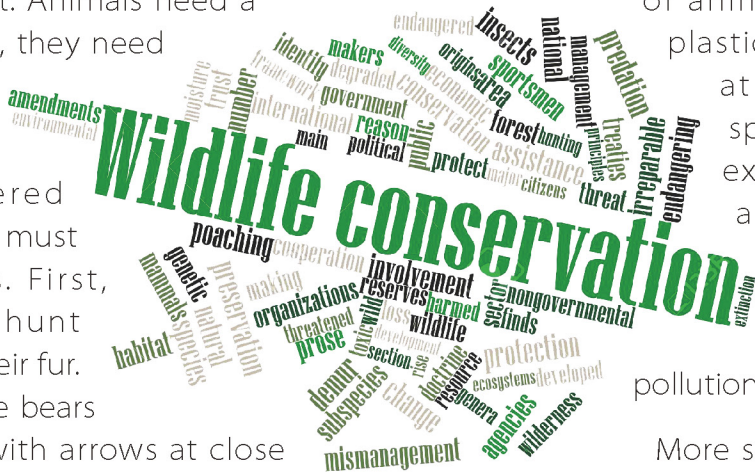
Leung Yuk Yu Kiki (2M)

Many people mistreat animals in many ways. For example, they are "skinned" to get their organs for making medicine. Some animals, such as bears and penguins, are going extinct. Animals need a safe place to live, they need our help.

One of the most endangered species on earth must be polar bears. First, people always hunt polar bears for their fur. Hunters spear the bears or shoot them with arrows at close range. Hunters use the fur for making trousers. Besides, the fat is used in food and as a fuel for lighting homes. Although there are some organisations to protect polar bears such as Polar Bears International and World Wildlife Fund Canada, their influence is very limited.

Pollution is also a major reason why some animals are going extinct. Some chemicals released in polluted areas are toxic and harmful, which may cause deaths of animals. For instance, plastic pollution affects at least 700 marine species, while some experts suggest that at least 100 million marine mammals die each year because of plastic pollution.

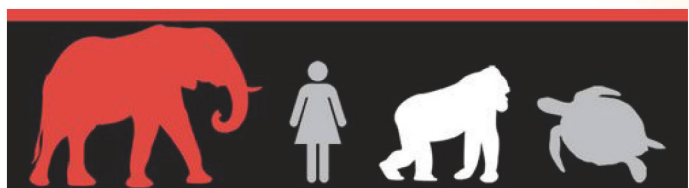
More species will become extinct if we do not take action to help them. They are poor and innocent. As their homes are destroyed by people, they need our help to be rescued. Starting from today, let us minimize pollution as a way to protect them.



**WILDLIFE
PROTECTION
SOLUTIONS**



WWF



Wildlife crime
is responsible for
MILLIONS OF DEATHS
each year



The Football World

Tso Chi Hin (1M)

Football is one of the most popular team sports in the world. A standard football game involves 11 members from each team, 10 players and 1 goalkeeper. Every year there are many national and international football matches like the English Premier League in England and La Liga in Spain.

Many strong football players want to win for themselves and their supporters. Football, in fact, is very important in England. Football is so popular a sport there that it brings people together and carries a great meaning for them. This is



the reason why Britons like it very much. However, it is becoming a sad truth that more and more ill-disciplined football fans cause trouble in football matches because they over-react to the opposite team's performance. Besides, gambling on football matches is common, destroying the true sportsmanship and team spirit while making many people lose a large amount of money or even their whole fortune!

Can 2018 FIFA World Cup Russia bring a new life to this sport? Wait and see.



Mouthwatering Desserts

Liu Wing Yee Vivian (1M)

Have you ever tried some special but delicious food? I have tried some that is both delicious and unique. Let me share my most memorable eating experience with you!

Baked Bananas

I think everyone has tried baked marshmallow. However, baked banana is different from baked marshmallow. Baked bananas have a taste that marshmallow does not have. They taste very sweet in a particular way. Its sweet flavour is unique. The bananas taste even sweeter after baking. If you have never tried baked bananas, you must give them a try! It is far better than you can imagine.



Crispy Durian Pastry

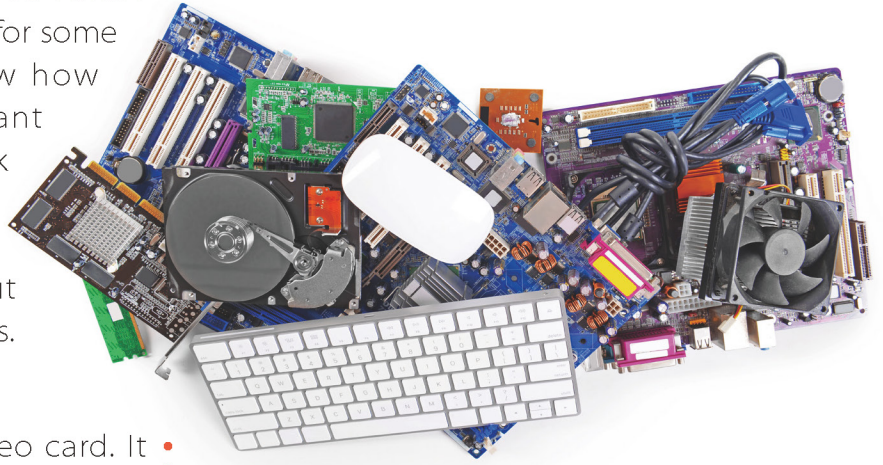
Do you like to eat durian? Maybe a lot of people will say no. But once you have your first bite, you will fall in love with it. Crispy durian pastry carries unbeatable charm for both gourmets and common eaters. When you eat a little, the durian will flow from the inside. It is very hot, so when you eat it, you must be careful, or you will be scalded by it.

Do you like the delicacies I suggest? Don't tell me now! Try either or both, and tell your friends how yummy it is or they are! Don't be selfish, spread my words to your friends!

Our Computers

Chung Cheung Chit Matthew (3M)

We often use a computer to finish some homework or search for some information. But do you know how computers work? It is important to know how computers work and the different basic parts of a computer. If our computer breaks down, we can check out the problem and fix it by ourselves.



Monitor

A monitor works with a video card. It consists of LCDs or LEDs. It displays images and texts on the screen. That's why we can see them on the monitor. Over the past, monitors have been made using many cathode ray tubes that were larger and heavier. But nowadays, the monitor can be very thin and light.

Keyboard

A keyboard is the main way to talk to the computer. There are many different keyboards but they are very similar. The most common keyboard configuration that we often use is the 104 keys keyboard. There are 7 groups of keys, such as function keys, the number keypad and the escape key.

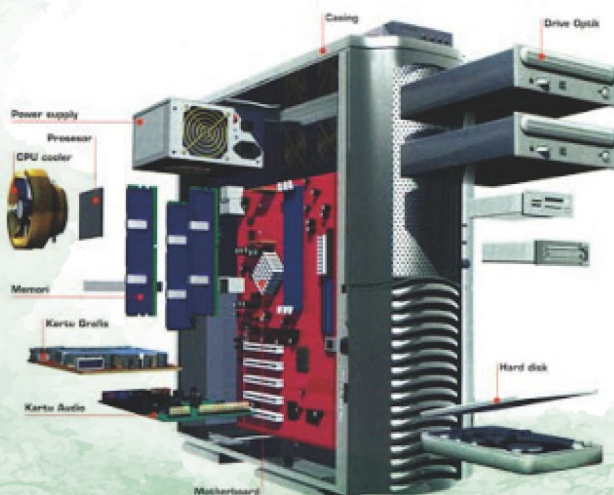
Mouse

A mouse is also important for talking to the computer. We use the mouse to control the arrow or cursor on the screen. There are also many types of mouse, like the trackball, wireless, touchpad and optical.

Computer Case

A computer case is the body of the computer. It contains the main components of the computer, the mother board, CPU and power supply. There are many different styles of computer case. My computer set up is also the same as this set up. But mine is more complex as I have an extra webcam and a speaker. I think the speaker is the most important element in a computer.

It is not very difficult to understand the parts. Therefore, make friends with your computer and understand how it works!



Book Review: Romeo and Juliet

Law Yu Sze Eunice (1M)

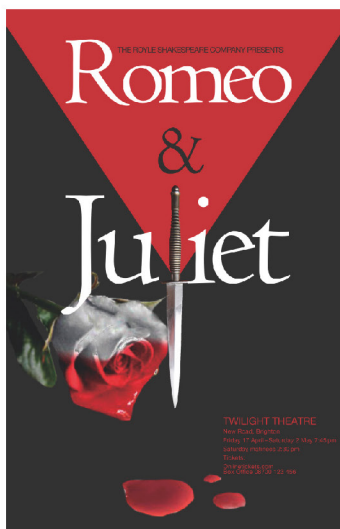
Recently, I read a story book. I am eager to introduce the story called 'Romeo and Juliet'. The author is William Shakespeare. It is published by The Commercial Press. The story is a romance. This is the storyline.

A long time ago, in the beautiful city of Verona, the Montagues and the Capulets families hated each other for hundreds of years. One day, the only son of the Montagues family, Romeo was unhappy. His cousin, Benvolio asked him why? Romeo told Benvolio that he loved a girl but she didn't love him.

Romeo had gone to a party with Benvolio. Romeo saw Juliet, the only daughter of the Capulet family for the first time and fell in love. They were upset because their families were decade-long enemies. They thought they could never get married.

Romeo and Juliet were very young but very much in love. Friar Laurence, Romeo's servant took them into his cell. Romeo and Juliet got married there.

Meanwhile, Tybalt, Juliet's cousin and Mercutio, Romeo's friend had an argument. At that moment, Romeo came back, Tybalt asked him to fight. Romeo didn't want to fight, so Mercutio thought



Romeo was a coward. Tybalt took the chance to kill Mercutio. Romeo lost his temper and killed Tybalt.

Juliet didn't want to marry Paris, someone she did not love at all, so Friar told her to drink a special poison so that her family would think she died. However, Romeo also thought Juliet had died, so he killed himself.

Juliet woke up and discovered Romeo was dead so she used Romeo's dagger to kill herself. The Montagues and the Capulets families understood that they should be friends after Romeo and Juliet died a tragic death.

My favourite characters are of course Romeo and Juliet because they are brave for love. They can do anything for love, sacrificing even their precious lives. I have learnt from the story that where there is true love, there is true sacrifice. I recommend this story to everyone.



MOVIE REVIEW: Scott Pilgrim vs. the World

Chan Cheuk Hei (3M)

I am here to introduce you to some movies that you may not know about. *Scott Pilgrim vs. the World* is a 2010 video game themed comedy film co-written and directed by Edgar Wright. It is based on the comic series, *Scott Pilgrim*, created by Bryan Lee O'Malley. This story is about a 22-year-old slacker musician, Scott Pilgrim, who falls in love with a mysterious girl, Ramona. But, in order to be with her, he must battle The League of Seven Evil Exes. The plot itself is ridiculous but hilarious.

The movie starts off with an intense and instrumental title card. Every sound is coordinated with eye-popping comic book style texts visually representing the intensity of the sound. It gives me chills every time when I watch it. One of my favourite parts of it is the Battles of The Bands. The bass battle is musically entertaining and no dialogue is needed at all. Still, your eyes won't want to miss a single frame of it. The funky music is blended perfectly with the story.

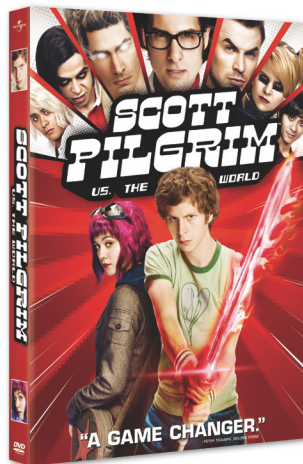
The director, Edgar Wright, is well-known for his genius and unique style of comedy. He is able to tell a story with just pictures. It is done perfectly without any exposition in dialogue. You might not have heard of his name before, but you might know his work. He wrote for the big Marvel movie *Ant Man* in 2015. His latest film,

Baby Driver, was released in 2017 and was nominated for 3 Oscar awards.

This movie is very popular around the world. People are amused by the witty humour and amazed by the visionary stunning effects. The whole movie is filled with action, music and comedy. The awesome action sequences are mixed with 8-bit video game style animation. The music created for the film is fantastic. It can enhance the intensity of the movie and hype you up at the same time. The comedy is done cleverly and never feels cheesy. None of the dialogue is unnecessary. There are a lot of visual comedies throughout the whole film. All of them fit into the movie perfectly.

The actors and actresses are one of the best parts of the movie. They are just fantastic and they all bring the characters to life from the comic books, including Chris Evans and Brie Larson, who play Captain America and Captain Marvel in the Marvel MCU. They are just phenomenal, and help deliver some of the greatest jokes in the film. The director also hides many Easter Eggs that are corresponding to the little details of the characters.

Comedy, action, music and romance are all in the movie. If you are tired of cliched comedy or you just want a movie to watch at the weekend, this movie will be the best choice.



My Getaway Car

Yam Ngo Yin Gemma (3M)

Everyone in the world has watched at least one movie, and most have a favourite. I feel choosing my favourite movie is one of the hardest choices in my life. It's like you're asking me to choose between The Beatles and Queen. Movies are really important to me. I take movies seriously. I do feel like I am with the characters sometimes. Like I'm literally in the movie with them. I know it might seem weird. But for me, it's my getaway car.

Books VS Movies / TV

I read books too, and I know that sometimes books are really better than movies. In the movies usually some parts from the books are cut. Yet there are some movies which do not originate from a book but vice versa, like Pitch Perfect. Sometimes, people tell me that I should go and watch the movie first before I read the book because the book is definitely better. And they are right, because if you read the book first, you will feel the movie is bad and lose your patience in watching till it ends. Yet, there are some movies that have done a great job, like Paper Towns. Although a lot from the book has been cut in the movie, it doesn't change its overall charm very much and I still both watched the movie and read the book. However, TV shows like 13 Reasons Why and Riverdale have looked a lot different from the original texts. I am not saying that I hate them. I still watch them. But if you have read 13 Reasons Why's book and Archie's comics, you'll understand. In



some episodes of 13 Reasons Why you will be like "Who?" because they changed the character and it is a lot different. In some episodes of Riverdale, you will also be so shocked as to say "No, Betty wouldn't do that" or "Why would Jughead do that? All he cares about is food." Sometimes the original is better. But still, both the original and adaptation are nice. When I read books, I personally will re-read the chapter just to make sure that I don't miss a thing, spending a lot more time than just watching a movie. Movies are just better sometimes if you're so busy. You don't have to think as much as you do while reading a book.

Our Beloved Actors and Actresses

People watch movies for a lot of reasons and I have a few of mine. I usually watch a movie because I know some actors or actresses who star in it. For example, I think Anna Kendrick is an absolutely goddess. She is an amazing actress, singer and dancer, who is also a very talented writer. I have "known" about her since 2008 from the

first movie of Twilight. She was so little back then, and ever since, I have watched every single movie that she has starred in, even if she just plays a small role in it. Another actress I follow is Brittany Snow. She is also a singer and actress, and one of the co-founders of the community where people work together to create a world where we all feel more connected and supported. My last example is Zac Efron. He is from Disney Channel original movie, High School Musical. He plays the lead character, Troy Bolton who is a basketball player. As a girl who doesn't watch sports, whenever people ask who your favourite basketball player is, I would say, Troy Bolton. You may say that I'm obsessed, maybe I am but I think we all are. This is just one of the reasons why I watch so many movies.



inspired by a real story which has attracted far more people's attention.

Music Magic

The music in a movie, or I should say soundtrack also plays a crucial role. Just imagine, if someone plays pop music during a classical music concert, how bad would that be? Pretty weird, right? Choosing the right music is quite a major issue, so a lot of movie directors and producers will choose to find songwriters to write original songs for them that are more suitable. For example, if you are watching a horror movie but no scary music is played in the background in the scariest scene, it will definitely affect how you react. The audience needs to feel tense and feel like they are in the movie with the characters. That for me makes a successful movie.

Stories of the Great Movies

The plot of a movie is really important too. I mean if my favourite actors are in a movie which is meaningless, would I watch it? Maybe, but I might turn it off before something funny comes up, although that doesn't often happen. A movie with a good plot is really important and that is why most movies are from a good, famous book which can attract people to watch it. For example, one of John Green's books, The Fault In Our Stars, has a really good plot. The story is about a 16-years-old girl who has cancer and is forced by her parents to attend a support group. She meets and falls in love with a 17-year-old ex-basketball player and amputee. It is a really good movie

Conclusion

As I said, movies are my getaway car. Whenever I watch movies, I feel comfortable, I feel like home. For a nerd like me, I am proud to say that I am a movie nerd. I could write a book solely for movie reviews. Also, movies are not only a great escape from life, but can really inspire you and me, like The Help which talks about black slaves during the 1960s and how white people treated them. A white girl, played by Emma Stone, helps the black slaves out. This movie also discusses feminism, and really encourages people to be open-minded about gender equality. Movies are like teachers to us, they can teach us about friendship, life, love... We can both enjoy and learn from movies, so let's hope for more great movies.

The Most Famous Local Street Snacks in Hong Kong

Heung Pui Yin Rex (3M)

Curry fish balls are one of the most popular street snacks in Hong Kong. They might be served boiled in a curry soup broth or deep fried in cooking oil. Curry fish balls began their history around the 1950s. When they first appeared, they were usually white and made of some useless fish or some fish that couldn't be sold. In the beginning, nobody thought it could be a popular choice. However, it has become one of the most favoured street snacks in the city. Some travellers come to Hong Kong just to eat them.

In Hong Kong, it is guessed that everyone has eaten it at least once and nearly everyone in Hong Kong loves them. Not only are they cheap, but they are also easy to find.

The process of making curry fish balls is not simple. First, you need to smash the fish until it becomes 'fish paste'. Then, you need to use a stick to beat it until it becomes soft. Next, you have to knead them to a ball shape. Lastly, you need to boil the fish balls in a large pot with a lot of curry sauce and wait at least one hour. Then the tasty, fragrant curry fish balls are ready to eat!



Bizarre Cultures around the World

Ha Tsz Ching Charmie (1M)

Every country has some strange customs. Do you know India's strange customs? People there often wear so many things on their body. For instance, they wear earrings and they would paint special patterns on their face and nose. This is not fashion; this is called 'culture'. The artwork on their face and nose is to distinguish whether the lady is married or not. If the girls are not married, they don't need any drawings on their face and nose or earrings. But if the females are going to get married or are already married,



they absolutely need to wear those 'decorations'. It also means respect for the girls who are getting married. They need to put one more earring on their ear every year.

In some areas of India, women need to pierce a hole on their nose and fill it with a pearl as decoration (just like the earrings on our ears). In South India, women wear a ring with a pearl decoration. They will put it on their toe. They will also put the pearl decoration on their nose and use a chain



to connect it to their earrings. If a female is already married but she is not wearing any earring, superstition may suggest that her husband will die early.



What about people in Europe? Spanish people ring a bell at 12:00 on

New Year's Eve. They think that on every bell ring, they need to eat a grape. If they can eat 12 grapes, they will have good luck for the whole year. In Denmark, people think that if they break a plate outside their friends' house, their friendship will last forever. However, people in China believe that if they break a plate outside their friends' house, they won't be friends any more.



*Every country has its own customs.
Let's explore them and have fun!*

Top 10 Tips to Academic Success

Cheong Chak Chuen Haneul (2M)

It is never too late or too early to start studying so you should begin right now! Here are some tips for you on studying:



1. Pick a place and time

When it comes to study, everyone has their own preferences - whether it is in the school library or at home, whether it is in the early morning or evening. You can find a place and time that work for you and stick with them.

2. Study every day

Studying what you have learnt today is much better than studying everything in one day. If you study a little bit every day, you are constantly reviewing things in your mind and this can reduce last-minute cramming. Most importantly, you can remember better.

3. Plan your time

Planning your time is essential. For example, set aside an adequate amount of time for revising different subjects. I suggest marking the dates of your tests.

4. Study in the way that you think is the most effective

Like place and time, we all have different preferences concerning learning methods. You should find the one that fits you most. For example, some may prefer learning Science by doing experiments while some may prefer reading Science books.

5. Review and revise

Very often, although we have done revision, we may forget what has been revised after a week. Doing a quick review and recalling your memory by doing quizzes help. You may ask your friends or family members to help ask you about the subject.

6. Take breaks

Taking breaks is also important. Working for too long actually would negatively affect study performance. Feel free to take breaks when you feel tired. Taking a break will improve your concentration and motivation.

7. Ask for help

When you read the textbooks, there should be something you don't understand. You can always seek help from others - whether it is your teachers, friends or family members. It's better to ask than never know why.

8. Set a goal

It is essential to set goals while studying so that you can keep yourself motivated. For example, my goal is to become a doctor because I want to help the people in need. Therefore, I know I should study harder in order to succeed.

9. Choose and use effective and appropriate apps

Technology helps improve our lives and we can even use that in our studies. There are a lot of apps like Photo Math that can help you with your studies, so go ahead and use them.

10. Look after yourself

You'll study better if you take care of yourself. Get adequate quality sleep and healthy food. Don't have too much junk food or stay up late at night. Drink more water and do exercise regularly, so that you will have a stronger immune system and won't feel sick easily. Without any absence from school, you won't miss any class. This is the best way to achieve an academic success.

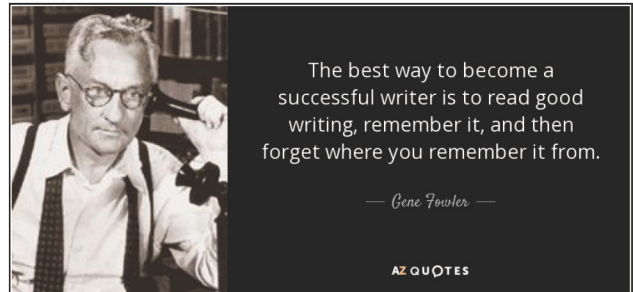
I hope my tips can help all of you become a better learner.



My Dream Job

Tsang Ka Ching (3M)

Have you ever thought about your dream job? I have and I want to be a writer. Being a writer is very difficult as I need to have rich imagination so that I can think of a lot of details about the story and decide on the most appealing topic I am going to write on.



When I was young, I wrote a lot of stories, such as horror stories or even love stories. Now because of my studies, I have no time to write so I have forgotten how to write a



tell them not to be so depressed when they feel they cannot overcome their challenges, because everything will have a way out. My dream is to become the most popular writer in

good story. When I was a Secondary one student, I did not want to become a writer. At that time, I wanted to be a teacher more than a writer because I thought I could not be a good writer and I could not write a good story either. However, when I met him, everything had changed...

He is Ray Leung, who is my favourite writer. He is a Hong Kong writer and I love to read his books, and I also bought a lot of his works. When I first read a book written by Ray, I found that it was the best book I had ever read. Therefore, I want to write a book that is better than his. He has changed my mind and has made me want to write a story again.

I have a goal. I want to write a book that all readers will like. I want to be a prose writer to give accounts of people's feelings when they face challenges. Also, I want to

Hong Kong, but I know this dream is not easy to realise.

I have found my dream, but have you found yours? If you have found yours, try your best to fulfil it. If you haven't, think about what you like to do in future.



Running is my life

Lau Ka Yan Sophy (3M)

Do you know why I say running is my life? Running has been my favourite since I was a primary student. Nevertheless, I didn't join the school athletics team in Primary 3 because I failed the test designed by my school PE teachers. The test was really hard for me and many students and my friends failed that time. I was so disappointed when I knew that I couldn't join the athletics team that I gave up the idea for two years.

You may ask why I had given up when I didn't want to give up. So I was back, practising very hard in Primary 5 because I really wanted to join the athletics team. I wanted the teachers to see my effort. I practised running every day till the school closed. I just wanted to be a super powerful athlete. At that time, I only thought of one thing, 'I want to be an athlete', and dreams do come true. Finally, my teacher was touched by my effort and the spirit of not giving up. He invited me to join the athletics team. I was really happy when I heard this big news! My teacher finally knew that I was really talented in running. I won many prizes in different competitions in Primary 5 and 6 respectively. I kept showing my passion for running throughout the days in the track and field team.

Now I have turned into a secondary student! Although I left primary school, my passion for running lasts forever. I told myself I must join the athletics team! Mr. Chen and Miss Leung, who are both the PE teachers and athletics team coaches, said that I am a really talented athlete, especially in 400m and 800m events. They think I can get a good result in the Inter-School Athletics Competition and other district ones. I do think so. I didn't want them to feel disappointed with me, so I started a training course named 'Hell-type training', which is extremely hard training every Tuesday and Friday. I must try to become a super-powerful athlete in a few months until February when the competition started. I was very afraid of facing many strong athletes, but my teammates always encouraged me not to be afraid and not to give up.



When the competition came, it had been my third time to join the competition since I was a Secondary 1 student. Now I am in Secondary 3. Although I encountered many difficulties, I had never given up. I even beat my own best results (Personal Best) although my 400m and 800m results were finally not good enough to make it to the finals. Nevertheless, our school's Grade B 4x400m team could join the finals! I was one of the team! I had never been to the finals and was very excited about this too! I really wanted to be in top 3! We prayed for this. Before the finals started, we prayed that God would help us. How much is returned for how much we pay. Our team did a great job! During the heat, we made the record of 4 minutes and 47 seconds. During the finals, our record was broken at 4 minutes and 42 seconds. We got into top 3! We were the second runner-up! It proved our efforts had not been wasted. Thanks for supporting us! Our team came fifth overall in the competition!

I really love running! I have won many medals in the past few years but I really want to improve my skills and win more medals in different competitions. Thanks to my teammates! If they hadn't supported me and given me ample energy, I wouldn't have got the good results and the medals. I am very proud of my teammates! I will not give up running, just because running is my life forever.

Reading Day

Cheong Wai Sum Bada (2M)

Nowadays, students seldom spend time on reading books but are highly immersed in electronic gadgets, playing with their mobile phones or computers for several hours a day. That is why our school organized Reading Day on 19th December 2017 in order to encourage students of all forms to build a better reading atmosphere and culture for reading more English and Chinese books by means of playing mini-games in different booths in addition to attending fun-filled reading workshops, so that we could develop a stronger interest in reading. On Reading Day, students had

the opportunity to visit various booths organised by different subject teachers and schoolmates and buy their favourite books in the book fairs.

As a student reporter, I interviewed some participants. I asked them if they liked to read books and surprisingly they mostly answered that they did. I was amazed to hear that they did because

people these days don't really read books as a habit. Most of the participants also said that they read books around 3 to 5 times a week, which is a good sign to see. Some of the participants like to read long novels while some of them prefer short real stories in life.



Secondary 4 Learning Camp

Lai Hei Yau (3M), Lau Pui Shan (3M) & Liu Kit Yu (3M)

Background

Our school organized the first Learning Camp for S4 students that lasted 3 days and 2 nights from 25 till 27 January at Wu Kai Sha Youth Village. The goal of the S4 Learning Camp was to help Secondary 4 students to set common goals for the HKDSE, master effective study skills and get hold of crucial information of different subjects in the HKDSE. The students gained more different learning skills in the camp to improve their overall competence and confidence to deal with their worry and stress arising from the public exam. This learning camp was a great opportunity to reflect on their studies in the first term and better prepare themselves in the next two years.

Activities

On the first day, there was an activity about data analysis. It could help the schoolmates to predict their DSE results in two years. They were informed that if they couldn't go to university, they would have other choices. At night, Maggie Ho, one of the committed students in the camp said that they had an activity with some of our alumni sharing precious study tips with their juniors from Secondary 4 and introduced what university life is like. After that, some schoolmates chatted with them in more detail and learnt how to deal with pressure associated with their studies.



The next day, there was a time management and goal-setting game in the morning. Students had to use newspaper, adhesive tape and rubber bands to make a model that will not break when thrown from a high place. Maggie said that they learnt some strategies for time allocation, such as drawing up a practical time-table. After lunch, they had Chinese and English seminars on DSE Exam Skills. At night, they had a lecture about career aspiration and pursuit.

On the last day, they had their last activities about finding suitable ways to study and improve note-taking skills.

Maggie Ho's sharing

After joining this learning camp, she thought that it was useful for facing the DSE. In the camp, she learnt a lot of skills in preparation for DSE. For example, she learnt how to use her free time effectively. In some talks, suitable study methods and note-taking skills were illustrated by our teachers, which could help our schoolmates study more efficiently. She particularly liked the part when our alumni shared their experiences with us and gave us some tips on dealing with the subjects that they had never studied and the stress while doing revision. After their sharing, she understood better about how to face the HKDSE with thorough preparation. She now feels more relaxed and has more confidence in herself.

A Great Week for English

Ng Ching Yi Hailey (2M), Yang Peifeng Penny (2M) & Lee Hei Man Winnie (2A)

This year, our school's English Week started on March 5 and ended on March 9. In that week, many schoolmates took part in different activities such as Kahoot Cup, Pictionary competitions, penmanship competitions and the Language Arts Festival. These activities increased our interest in English. My favourite activity was the Language Arts Festival. It bore some similarity to previous programmes, for example, English plays and the singing contest. All participants were outstanding as they were brave to use and speak English loudly in front of a huge audience.

Charmie Ha's role in Language Art Festival!

We interviewed Charmie Ha from 1M. She joined as the main actress in one of the plays because she thought it could help her to learn drama skills and become braver to perform on the stage. Charmie joined the singing contest with other two classmates, too. She sang 'Marry you' with Kylie Lai and Naomi Choi from 1M. They practised for half a month to improve their singing skills, moves and cooperation before the first round so that they weren't afraid when they were on the stage. The drama team had a lot of training sessions. She shared some interesting experiences with us. She said



they always forgot the dialogues when they practised so there were a lot of 'NG's. Fortunately, Ms. Domingo was very patient and she spent extra time teaching them. She said she would join the Language Arts Festival next year again because most of the actors and actresses were their peers from Secondary 1 and Secondary 2. She feels a strong sense of belonging!

Winnie Lee's sharing about her participation in English Week

This year, our English teachers prepared a lot of fun activities for junior secondary schoolmates. "For me, I joined the Kahoot Cup. Maybe you won't know what the Kahoot Cup is. Kahoot Cup is a quiz game which requires players to answer quizzes on a tablet computer. Teachers set up a 'virtual room' for all the teams and there is a code for the teams to enter and join the game. With a code, you can also join the game with your own mobile phone or your tablet."



"As I'm a Secondary 2 student, the questions were about daily English and American or British culture. I remember that the first question was about our school and we only had 20 seconds to answer each question. Only 7 teams got it right. I think we can acquire knowledge in a fun way by playing Kahoot Cup in the future. It is a good way to learn English. I'm sure that there will be a more challenging Kahoot Cup in the next English Week. I will definitely join the activities next year again."

Exploring Tsim Sha Tsui in a Brand-new Way

Chow Ka Lok Jacky (5Y)

People usually go to Tsim Sha Tsui for shopping but we, Secondary 5 students, explored this world-famous neighbourhood in a completely new manner at the beginning of March. Instead of window shopping, we spent two hours interviewing foreign tourists in English. Harry, Alvina, Cathy and I had a lot of fun in this OLE (Other Learning Experience) activity.



Selina, who is a model from France. Selina is a beautiful young lady. When I had trouble understanding what she said, she suddenly spoke to me in Putonghua. I felt embarrassed at first but I gathered my courage to complete the interview in English. To be honest, I was a bit shocked by her very fluent Putonghua. After the interview, she did not leave immediately but stayed and had a long conversation with us about the culture here in Hong Kong. When she left, she even left her phone number so that we could contact her in the future.

Although the weather was not good that day, we were very lucky to meet many tourists from different countries along the waterfront near Star Ferry Pier. Our group successfully interviewed tourists from Australia, Italy, France and Republic of the Congo. All of them were so nice that they showed a friendly smile throughout the interview. The most memorable interview I had was when I talked with

When I recall our encounter with Selina, I realise that we can communicate with others quite well in English. There is nothing to fear. Putonghua is not Selina's mother tongue, but she can speak this second language very fluently. I promised myself, "So can I!"



Visiting the VTC Campus was truly an Eyeopener

Rachel Ho (3Y)

6th March was the most fruitful OLE (Other Learning Experience) Day ever as I learnt a lot about things that I would not learn at school!

Our class was divided into three groups and we visited three different VTC campuses. I chose to go to the campus in Kwai Fong because the campus there offers programmes about hair styling and makeup styling.



The hairstyling section was the first stop on our campus tour. We were surprised by the professional equipment and products on display. Apart from demonstrations of basic hair styling and hair extension, the tutors told us the career path of a hairstylist. She told us that being a hairstylist is harder than we thought. On average, a junior hairstylist / trainee needs to work for more than a year in a hair salon before becoming a real hairstylist. We saw many gorgeous hairstyling samples created by the current students there. Since I love doing my hair, I was obsessed by all the things I saw there. To be honest, I had never thought that being a hairstylist was so difficult.



Next, we went to a place for teaching how to put on makeup. I was amazed to realise that most makeup artists are males! The tutors told us the truth that there are really a lot more male students than female students! I always thought that girls should know more makeup skills than boys, but I was wrong. In the 30-minute workshop, my classmates and I learned some make-up skills that were very useful to us.



The last place that we went to was the gym room. Lots of medals were found on the wall. It was just like a golden wall! The coach told us that being a professional coach was not only about how much sports knowledge you have, but also about how well you can convey your messages to your athletes.



On this campus tour, I got to see a lot of amazing things which can hardly be found in school. This tour has really broadened my horizons. If I had not joined the campus tour, I would have thought that everything was easy to achieve.

Interview with Ms. Sy

Bantawa Christina (2M) & Cheong Wai Sum Bada (2M)

Christina and I interviewed Ms. Sy, an English teacher in our school.

Firstly, we asked some questions about her being a teacher.

- Bada:** What inspired you to be a teacher?
- Ms. Sy:** All of my friends are teachers so I wanted to try to be one.
- Christina:** Why have you chosen to teach English?
- Ms. Sy:** It's because I have an English degree.
- Bada:** How long have you been teaching?
- Ms. Sy:** Wow, I've been teaching ... yes, for more than 5 years but less than ten.
- Christina:** What is the best part of your job?
- Ms. Sy:** The best part is seeing a student grow up and interacting with students.
- Bada:** Then what is the worst part about your job?
- Ms. Sy:** The worst part is doing administrative work. It's really tiring.
- Christina:** What do you hope to achieve by being a teacher?
- Ms. Sy:** I hope to make my students become a good person with a good heart instead of simply making them clever.

We also asked some other questions about her life.



- Bada:** What was your childhood dream?
- Ms. Sy:** My childhood dream was to be a traveller. You know, I really love travelling.
- Christina:** What do you do during holidays?
- Ms. Sy:** Of course, I go travelling with my friends and family.
- Bada:** Why do you like to travel?
- Ms. Sy:** Because I like to experience different cultures and explore new things.
- Christina:** Have you ever thought about taking up a different career? If so, what is it?
- Ms. Sy:** Yes, I did. I am interested in being a PR (Public Relations) officer because it's a fun and creative job.
- Bada:** Thank you so much for your time!

We've learnt so much from Ms. Sy and we enjoyed the interview with her.

Advice from The Agony Aunt

Dear Agony Aunt

I am a Secondary 3 student. One of my best friends has changed a lot. I think he has become a selfish person. Since he found his own "role model" last month, he began to admire him for his "wealth and fame". He started to dress like him and became rude to people around him. He always shouted at me and other classmates. Therefore, many classmates are upset and a little heart-broken. Sometimes we are angry with him, but we don't know what to do. I want my friend back, what should I do? Hope you can give me some advice.

Thomas



Dear Thomas,

Thank you for your letter. I'm sorry to hear that a best friend of yours has turned selfish, annoying you very much. If you are a real friend to him, I think you should be honest with him and tell him what's wrong.

Your friend's highly admiring his "role model's wealth, fame as well as appearance". Obviously, I think it isn't really a good model to learn from. What we pursue in our life should not only be something on the surface or too materialistic.

Please try to persuade him that in life we need to pursue inner beauty and admirable qualities such as kindness, optimism and gentleness. A correct role model will make your life more fulfilling and proactive rather than making it worse than before. Please write a little note with your classmates to encourage your friend to come back. It could be great support for him.

Agony Aunt

Dear Agony Aunt

I'm having a hard time fitting in. Part of me thinks that it's okay to be different and be left alone, but another part of me thinks that I need to be loved by others. What should I do? People think that I'm annoying and weird and I somehow feel the same. Also, I'm too busy with some activities that I don't have enough time to rest. I can't quit because my teams need me. Can you help me? I need help badly. I don't know what I can do!

Annoying weirdo



Dear 'Annoying weirdo',

When I received your letter, I thought of myself. Everyone has their own difficult times. You think you are annoying and weird with few friends, but you may have neglected people who have been encouraging you and supporting you all these years. We all live a different life. Sometimes we need to work hard but sometimes we need to take a break from something so as to strike a balance in life. What are the things you love to do most?

Agony Aunt

Dear Agony Aunt

I'm in Secondary 5 and my exams are coming soon. I'm really stressed about it all. I can't sleep and I feel sick every day before I go to school. My father really wants me to get good results but I know I'm going to fail. I just feel so useless. Can you help me?

Worried Winnie



Dear 'Worried Winnie',

Take a deep breath. Nearly every Secondary 5 student has this problem. Being worried about exams is normal. I know studying for exams is important but don't put yourself in a hard situation. Don't tell yourself that you will fail the exams. You have to trust yourself. You will never succeed if you don't even trust yourself. Be confident! Even if you fail, your father will know you've tried your best.

Agony Aunt

Dear Agony Aunt

My bro and his mates have started smoking. I saw them in the playground last week but they didn't know I saw them. I'm worried about his health and I know my parents will go mad if they find out. Should I say something?

Sensible Sis



Dear Sensible Sis,

Families won't put their families into a dangerous position. Not even friends. You should tell your brother and his mates to stop smoking. If they don't listen to you, you could tell them about the serious damage smoking can do to them. They might get lung problems and even die. If they still don't listen to you, try to tell your parents about his problems. Don't be scared that your parents will get mad. You are helping your brother to get back on the right track.

Agony Aunt





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