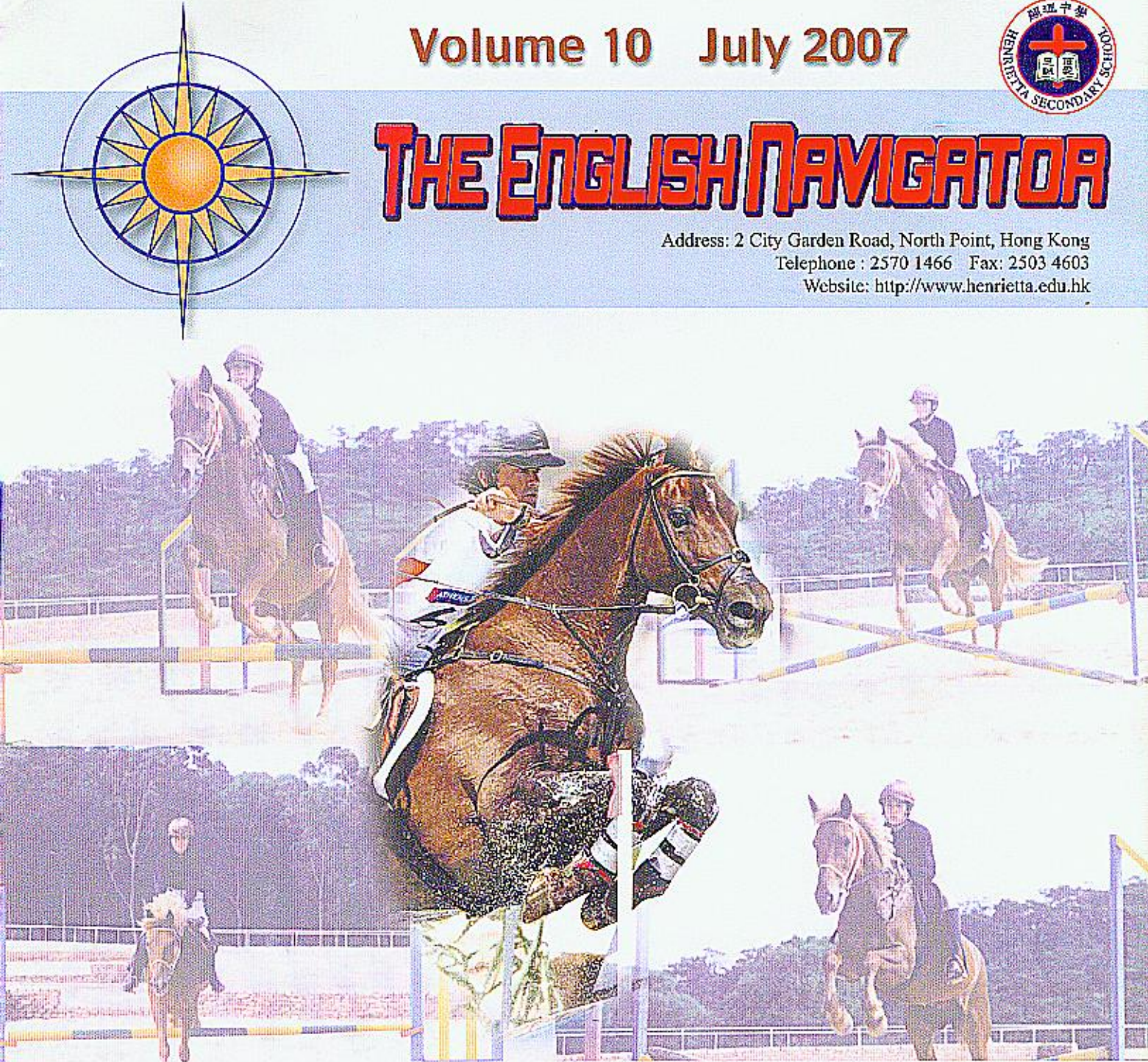


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THE ENGLISH NAVIGATOR

Address: 2 City Garden Road, North Point, Hong Kong
Telephone : 2570 1466 Fax: 2503 4603
Website: <http://www.henrietta.edu.hk>



Editoria

EDITORIAL TEAM:

Trish Standring (Native English-Speaking Teacher)
Cheung Tze Yan, Jessie (English Teacher)
Kee Siu Yin, Angie (English Teacher)

We are proud to celebrate the publication of Volume 10 of The English Navigator. Equestrian is one of the events of the Olympic Games to be held in Hong Kong next summer. To arouse your interest in it, one of our interesting articles introduces a girl who loves horses. She devotes herself to training as a good horse rider enthusiastically. More stories will cover how our students spend time and relax themselves from stress. Summer is coming. How will you plan to spend time wisely?



Chief Editor: Frederick Cheung
(Head of English Department)

Profile



Wong Wun Ting, Michelle, a lefthander, is Mr. Wong Lai Keung, Ronnie's daughter. She is now a first year student of Wellesly Women Liberal Arts College in Boston, America. She is a cellist in the Wellesley College Orchestra and Ensemble. She takes music as a media study. Besides, she also takes literature, International Affairs and Economics in the college. Horse-riding ~ equestrian has been her favorite sport since she was ten years old.



Have you ever wondered what it is like to work with an animal as a partner and teammate? Have you ever imagined how it feels like to run not with two legs, but four? What it is like to fly over a fence that is as tall as yourself?

Horse-riding is one of the best ways to answer these questions. Horse-riding has been my favorite sport since I was a child. I stopped riding almost two years ago, due to an injury in my hips in a bad fall. Yet I still miss the sensation of being on a horse, feeling its muscles and movement, listening to its breath. I miss knowing that I am working with a living thing that does not speak my language, but nonetheless can communicate with me.

What fascinates me most in horse riding is the non-verbal communication between human and horse. Apart from leg aids, the other main means of communication between horseman and horse is sound. Horses respond to both sound and leg aids, and with this common language, a human and horse can do so many amazing things together. The strength and build allows horses to do things that human beings can never do. However horses are more vulnerable than we can imagine. The legs that support the whole of the horse's weight are just bone without muscles. Therefore we often hear in the news that some horses have to be put to sleep because their legs are broken.



Horses are more timid than they appear to be too. They look majestic and brave when they fly over fences, sprint with all their might and perform graceful dance-like movements. Yet horses are not born to jump, compete or dance. They have done all these mesmerizing moves and activities just because the horseman, the human, has asked them to do so. The amount of trust horses place in men has always been what touches me most when it comes to horse-riding.

By Michelle Wong
May 2007 in Boston, America

Coping With Stress!

Many people say that stress plays an indispensable part of our modern life. Being an adult or a student, you might have to experience a lot of stress. However, are there any good ways to help us alleviate our stress? For the following interviews, our school social worker, a teacher and some students would like to share their experience with us.

(I) Interview with Mr Wong Hon Sze

Reporters: Queen Kwong (3D) and Eric Shek (3E)

Q: Can you define what "stress" is?

A: It's a person's reaction to increasing external pressures and internal pressures. In general, stimulation is necessary for a person for his or her normal functioning. However, once stimulation is beyond a limit, the performance of a person will decline.

Q: Frankly, you look stressed out sometimes. Can you tell us why?

A: Yes, I'm sometimes really stressed. It's the nature of my job, you know. A social worker is a professional who helps people handle difficulties and cope with problems. I usually face a lot of problems from others every day. Some of the problems are really serious which are related to life and death. I have to handle those with care.

Q: How do you cope with stress?

A: Very simple, just do something which can really cheer myself up such as eating (ice cream is my comfort food), shopping, hanging around with friends, talking to friends and seeing someone you love to see, doing exercises.

Q: Among the students you meet, are many of them under great stress? Can you give them some advice on how to tackle it?

A: Yes they are. They are usually under great stress because of family problems, peer relationship, study problems and love affairs. However, most of them do not realize it's "stress". Usually they only know that they are in a "blue mood" or they feel "unhappy". They should be very sensitive to it and seek help from social workers and teachers when under stress.

(II) Interview with Dickson Law (6B)

Reporters: Queen Kwong (3D) and Eric Shek (3E)

Q: Can you tell us your daily routine?

A: As usual, after finishing school on weekdays, I finish my homework first. Then after having dinner, I study until I go to bed. In fact, when I am tired, I will entertain myself by playing the piano and listening to songs.

Q: As a Form 6 student, you must have a busy school life. Tell us how busy you are.

A: For me, I am busy all the time. Although we only study five subjects in the A level syllabus, most of my classmates, including myself, are chairpersons or committee members to organise or liaise some extra-curricular activities at school. For example, before the sports day, we need to organise many things to ensure the smooth running of the sports day.

Q: Do you think you can manage time properly? How can you do that?

A: I think I can manage time properly. After I know what I need to do, I will set a timetable to organise which thing I should do first and do it within the time limit, so that I can finish everything.



"Sze Sir" in Yufusin, Kyushu, Japan

(II) Interview with Dickson Law (6B)

Reporters: Queen Kwong (3D) and Eric Shek (3E)

Q: Are you stressed out sometimes? What do you do about it?

A: Of course. I guess many students are always stressed out, not just me, and the most important thing is that we need to release our pressure properly. Whenever a test or an exam is coming, I study hard to prepare for it, so I am always stressed out at that time. At that time, after studying for a period of time, I will do something to relax such as doing physical exercises or sleeping for a while.



Our reporters Queen and Eric with Dickson Law in the English Self-access Learning Centre

Q: Can you give some advice to your fellow students on how to cope with stress?

A: I think students may face lots of pressure in their study, so we need to cope with stress properly to prevent emotional problems. Whenever you have pressure, you can find a way to relax by playing games, sports, listening to music or even eating. Try to make yourself relaxed and don't put pressure on yourself anymore.

(III) Interview with Mr Raymond Chan

Reporters: Queen Kwong (3D) and Eric Shek (3E)

Q: We've heard that teachers nowadays have loads of work to do. Is it true?

A: In my opinion, teachers are facing more stress than before. The EMB has carried out many reforms recently. Teachers have to react to those new changes frequently.

Q: Do you think they are under a lot of stress?

A: In fact, I think everyone of us needs to meet the requirements from different parties. Every employee, including myself, has to fulfill such responsibilities. If the workload is beyond the acceptable level, stress may appear.

Q: What do teachers usually do to reduce the stress?

A: I observe that many of us talk with others such as our colleagues or our friends or family members. Having good time management and social activities are very important. Traveling, playing ball games, listening to music and seeing films are quite good stress-reducing activities.

Q: And what do you do?

A: I like swimming, sunbathing and seeing films. Going to church and sharing with others are also important to me. I think that praying to God and relying on Him are important as in fact things don't always go the way we want. Everything is in God's hands.

Q: Do you think students are also stressed?

A: Maybe because some of the students are in fact quite lazy, I don't think they have much stress. A serious person may feel stressed more easily and those who are not working hard only think they are facing stress during the exam. In fact they should change their attitude and bad habits.

Q: What do you think they can do on weekdays and at weekends to relax?

A: The most important thing to remember is to do their work early and prepare everything before it is too late and if their time management is ok it is preferable to go out and meet their friends, maybe for half a day during weekends. Different people like different stress-reducing activities. Some of us may like reading books that they are interested in or go to do some physical exercise and I think having enough rest and sleep is also very important.



"Raymond Sir" with his wife in Hokitika, New Zealand

Do you find it hard to study? Would you like to do better in your exams?

We asked 4 Form 6 students who passed HKCEE in 2006 for some tips on how to study successfully and still lead a balanced life. Read their suggestions - maybe their ideas will help you to be more successful at school.

Be a Successful Student (Lo Yuen Yung 6B)

Recently, a student who got 8 'A's' was invited by TVB to share his study method. 'Understanding all topics completely' is his motto. He advised students to do enough preparation, concentrate on the lessons, revise work at home and ask for help if they have any problems.

Everybody knows that these are not easy tasks. The real picture is that students often sleep in lessons and spend all their time playing video games. In fact, it's better for you to play after finishing your work than give up your studies. Also, you need to manage your time well so that you can have adequate sleeping time.

The other important thing is that you should have enough relaxation, not just study all the time. The 8 'A' student is the chairman of his school students' union and Sha Tin Student Union. He also plays sport in his spare time. Joining activities can help you relieve your stress and perform well in the exams.

Being successful or not depends on your attitude, self-discipline, good time management and a healthy body. Qualifications are crucial for having better prospects. Is your future fascinating or bleak? Nobody knows but you!



Successful study (Lee Wai Chung 6B)

Do you always feel frustrated when you are not satisfied with your results at school? Do you always feel bored during lessons? I would like to tell you some useful ways to overcome these feelings and to make a success of studying.

Firstly, students should prepare for lessons beforehand. Some students always feel bored or confused because they do not know what teachers are talking about. In fact, they can prepare for lessons so they will understand more. Also, listening carefully to teachers can make it easier to remember things.

Secondly, students should constantly revise their lessons. No one can make a success of studying without working hard. Consolidating knowledge is important and helps students remember what they have learned.

Thirdly, practice makes perfect. Practice helps students do their exams well as it can increase their confidence. Try to do this as often as possible.

Lastly, I would like to say that cultivating interest in studying is the most important thing and can help students enjoy studying and be more motivated.



Success in Study (Queenie Kwong Sin Hang)

I think all students want to succeed at study, so there are some things they need to know. The most important is that students should find interest and pleasure in study. Then, they need to set a goal for themselves. Students also need to have confidence and be responsible for themselves. Finally, they need to find a balance between study and entertainment.

I believe that most students have their own study methods. However, I would like to introduce SQ3R to you. SQ3R is a useful method by Robinson (1970) for fully absorbing written information.

Firstly, **Survey**: Read chapter outlines, chapter headings, recaps and objectives.

Secondly, **Question**: Formulate questions you believe will be addressed in reading.

Thirdly, **Read**: Read the material quickly but carefully and try to answer your previously formulated questions.

Fourthly, **Recite**: Explain aloud to yourself what you have read, use a study guide and answer questions at the end of the chapter.

Finally, **Review**: That means go back over what you have learned, use your study guide, reread and recap the summary of each chapter.

Last but not least, nothing is impossible. If you really work hard, you will succeed.

How to study well (Michael Cheung 6B)

Nowadays, many students don't know how to study. They waste time and are inefficient. Therefore, they need to develop a good study method to get better results in the final exam.

Here are two important elements of successful study.

To start with, self-discipline is one of the elements of studying well. If you do not control yourself, you will be distracted by lots of entertainment, such as playing online games and watching TV. Before you begin studying, you can make a revision schedule and follow it frequently. There is no doubt that it is easy to cultivate self discipline.

A healthy sleeping habit is a major thing as well. Having good sleep can give you the impetus to cope with exams. Exams are very exhausting. Consequently, you need to sleep well.

To draw a conclusion, there are two things which can help you study well; being self disciplined and sleeping well. I hope that all of Henrietta Secondary School students can pass the final exam with ease and have a fabulous future.



CULTURAL ACTIVITIES

Most of you may think that cultural activities are boring and pricey. Well, you may have to change your mind after participating in the following activities this summer!

1. International Arts Carnival 2007

It is an annual summer festival for the young people and the families. The IAC will bring you fabulous and entertaining programmes - music, dance, drama, puppetry, acrobatics, clowning, film and theatrical arts. The Carnival also provides a series of participatory activities such as workshops, exhibitions, guided tours of cultural venues and fun days. Among all the programmes, the following interactive show is one of the highlights this year.

Children Cheering Carpet - The Japanese Garden

Together with your younger brothers, sisters, cousins or nieces, you may take part in this multimedia workshop equipped with a technological device, an interactive carpet, which enables the spectator to come into direct contact with images and digital sound, modify them, navigate through them and become acquainted with them in an itinerary of learning through play. You will be fascinated by the seasonal changes of nature by taking a magic carpet ride into a miniature Japanese garden. It is a fantastic journey of wonders that you will never forget!

Date: 27 July - 5 August Venue: Exhibition Hall, Hong Kong City Hall

For details, go to: http://www.tpo.it/html/produzioni/cccl/cccl_ing.htm



2. Arts & Crafts Fair

Organised by the Leisure and Cultural Services Department (LCSD), the fair provides a platform for arts practitioners to show their works and share their creativity with visitors. The fair is divided into 3 parts: photography services, painting/sketching/silhouette cutting/body painting services, and arts and crafts stalls. It is held on Sundays and public holidays from 2 p.m. to 7 p.m. outside the Hong Kong Cultural Centre. You can probably enrich your artistic experience during the visit. Most importantly, no entrance fee is needed!



3. agnès b.'s LIBRAIRIE GALERIE

Do you know that "agnès b", a popular French designer label, does not only create stylish fashion? Apart from being a designer that follows her instinct, agnès is also a passionate photographer, a film producer, an avid collector and a supporter of the arts. This gallery opened in 2001 is the first gallery outside Paris. agnès has been supportive of new artists and the theme of the gallery changes from time to time. You can just pop in, enjoy the exhibits and let inspiration grip your heart!

Opening hours: 11:30 - 20:00 (closed on public holidays)

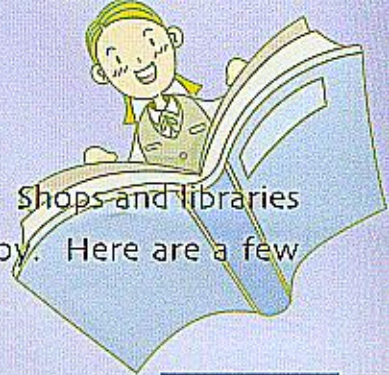
Venue: 1/F, 18 Wing Fung Street, Wan Chai, Hong Kong



There are always different ways to spend your holidays. Why not add something artistic to the coming summer holiday by taking part in more cultural activities?

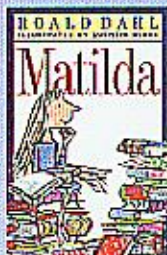
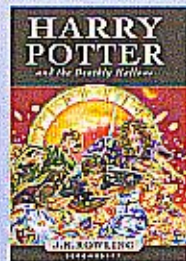
Summer Reading Ideas

The summer holidays are almost here so make some time for reading! Shops and libraries have a good range of English books for teenagers that you will enjoy. Here are a few suggestions of books to look out for.



Harry Potter and the Deathly Harrows by J K Rowling

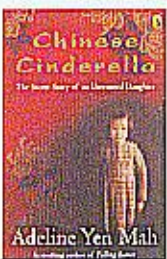
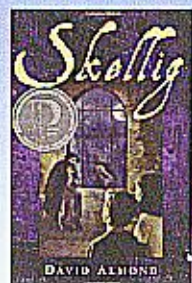
This is the final book in the series, where Harry completes his task of finding and destroying Voldemort's remaining Horcruxes. "There are deaths" says the author. Who is going to die? This book is in the shops on July 21.



Matilda by **Roald Dahl** Matilda is a very clever little girl, but her family doesn't appreciate her. However, she discovers that she has special magical powers, which she uses against her family and her dreadful headmistress at school. Luckily, she has very special teacher, Miss Honey. This is a very funny book.

Skellig by David Almond

This is the story of a boy who finds an arthritic angel in the garage of his new house. Skellig is a mystery, adventure and family story which is very popular with young people.

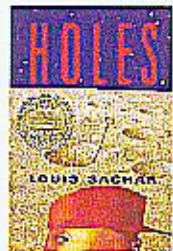


Chinese Cinderella by Adeline Yen Mah

Specially written for teenagers, this is the moving story of an unwanted daughter in China. It is actually the story of the author's childhood in China during the Second World War. It is based on the adult book, *Falling Leaves*, which senior students may prefer to read.

Holes by Luis Sachar

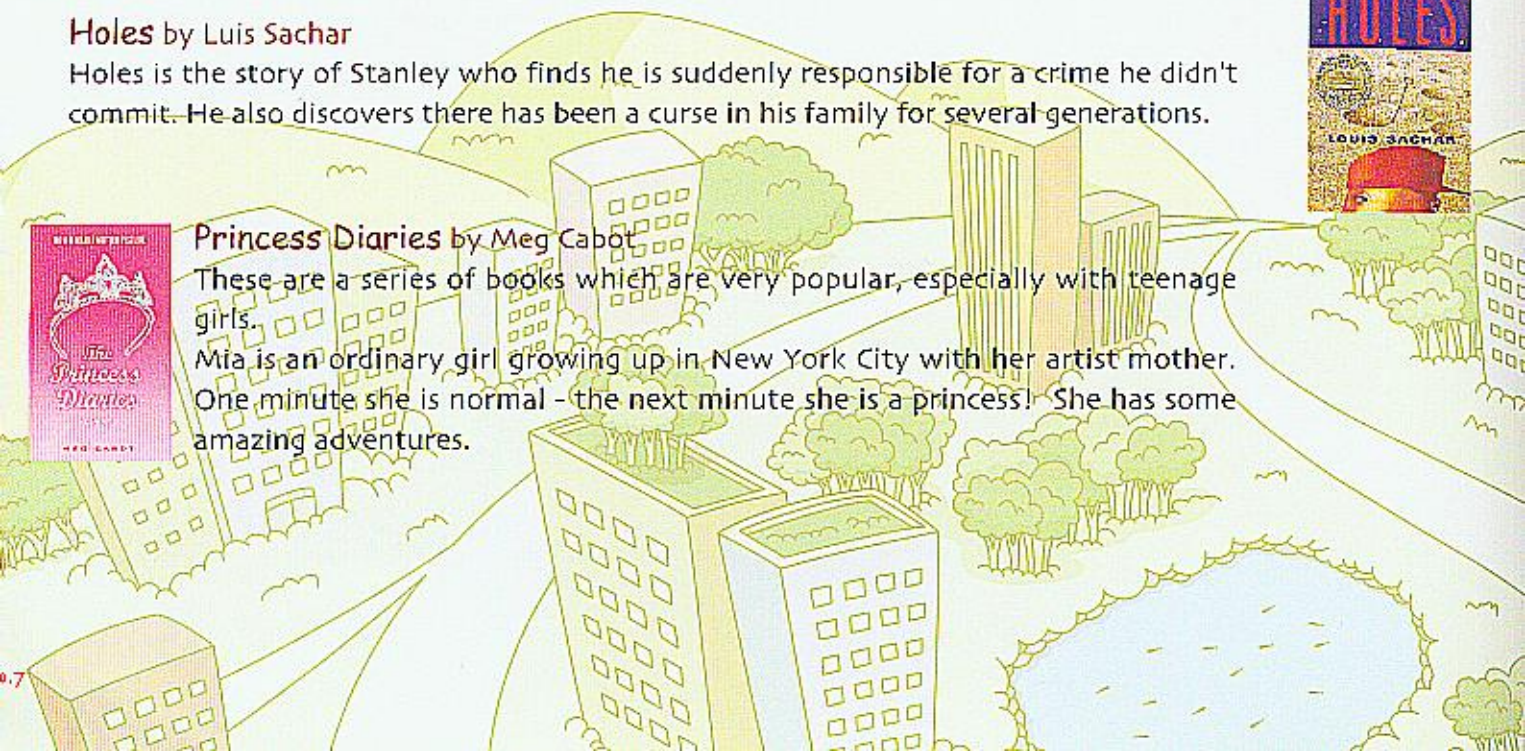
Holes is the story of Stanley who finds he is suddenly responsible for a crime he didn't commit. He also discovers there has been a curse in his family for several generations.



Princess Diaries by Meg Cabot

These are a series of books which are very popular, especially with teenage girls.

Mia is an ordinary girl growing up in New York City with her artist mother. One minute she is normal - the next minute she is a princess! She has some amazing adventures.



School Events



Yellow Castle, the English-learning Programme invited Ms. Cheung Tze Yan and Chan Sai Ching, scout leaders in the school, to conduct an English-speaking demonstration for the footdrill and flag-raising.



To farewell Form 5 students, the Religious Department holds a music concert at the big tree in the campus every year in March. For the past 12 years, thousands of graduates and teachers from the Christian Fellowship have joined this memorable activity to share their favorite Christian songs and witness in the love of God.



A school choir singing at the Pass-it-on Ceremony on April 4 brought a message of love to all Form 5 graduates. The Supervisor, Rev. Lau Siu Hong also gave his speech at the Ceremony to encourage all graduates to shine for the Lord.



English Online Reading Program has been adopted as one of the English-learning activities since 2004. Top students on the list were awarded with certificates.



Scrabble is a popular English-learning game in Henrietta. English teachers organized a competition for the avid adherents of the game. Participants benefited not only from learning new vocabulary but also using the words in practical situations. Currently our students have joined an inter-school Scrabble competition.



Blue House is the Champion of the Music Contest 2007. Participants demonstrated their best performance in singing to heat up the exhilarating atmosphere in the school hall.