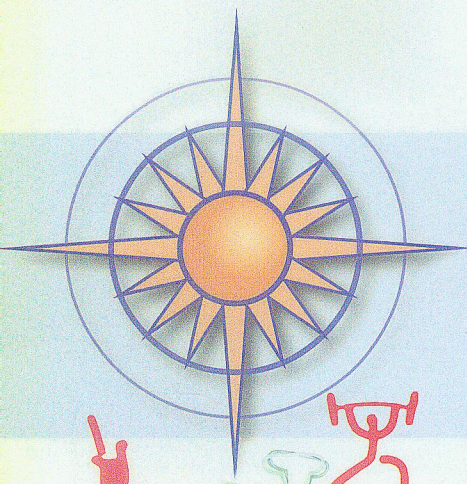
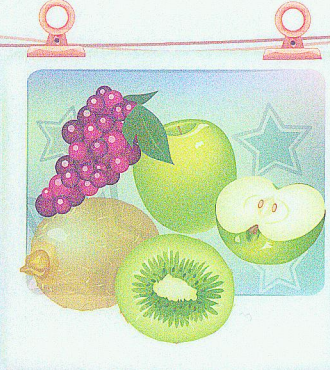


THE ENGLISH NAVIGATOR

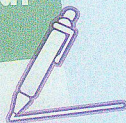


Olympics and Me



How to maintain a healthy lifestyle?

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Editorial

The implementation for the New Senior Secondary (NSS) curriculum has created a number of challenges for teachers in terms of integrating new learning content as well as a different curriculum. In preparation for the NSS curriculum, many schools are now adopting language arts activities. Henrietta Secondary School is one of those which has adopted different ways of addressing these concerns. To design a broader variety of English learning activities is one of the means to purposefully arouse students' interests in learning English and enhance students' language skills. Teachers' painstaking efforts and work have resulted in developing a more coherent school-based English Language curriculum in our school. It is believed that English teachers are playing a crucial and imperative role in this significant stage to lead students into the new era of learning.

Cheung Fu Wah, Frederick (English Panel Head)



The annual Easter Service was conducted on March 18 and 19 this year. Members of the Religious Department performed a drama for the suffering, crucifixion and resurrection of Christ to remember the greatest story which has ever been told in our human history.



The Inter-house Music Contest 2008 was held on March 14. Corinna Chamberlain, the guest performer of the contest, sang with her delightful and attractive voice that successfully captured the audience's attention. Corinna is an Australian but she can speak Cantonese as fluently as all local Hong Kongers.



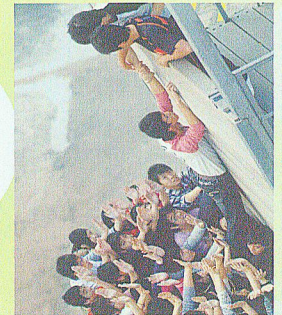
A group of Form 3 students formed a band to perform impressive and remarkable singing. It is no doubt that they won at the contest with a best group performance award.



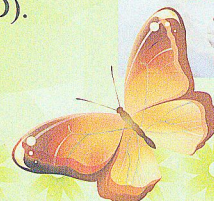
Green House is the Champion of the contest this year. Congratulations!



A Leadership Training Camp 2008 attracted more than seventy students from Student Union, Prefects and Houses to attend an interesting training course in Sai Kung. Students were provided with different training sessions for building their teamwork spirit and confidence to equip them as future leaders.



An annual Inner School Scrabble competition was held in May 2008. Scrabble enthusiasts spent their lunchtime participating in the game. The junior form champion is Law Yen Sum (F.3F) and the senior form champion is Esaias Tong (F.4D).





Have you ever heard about the popular musicals, such as ‘The Phantom of the Opera’, ‘Cats’, ‘High School Musical’, ‘The Sound of Music’, ‘Les Miserables’ and ‘Evita’?



On May 23, 2008, more than 200 students and teachers gathered in the school hall to enjoy the performance of the above all-the-rage classical musicals organized by the Yellow Castle ~ the English-learning programme in Henrietta.



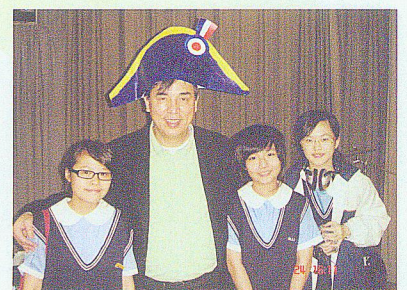
The audience was introduced to the theme-song of each of these musicals mentioned above. ‘Think of Me’ from ‘The Phantom of the Opera’ and ‘Castle on a Cloud’ from ‘Les Miserables’ unreservedly captured the souls of all attendants. Not only were the songs beautifully sung, but also the narration and illustration through the demo video clips could clearly instigate the understanding of musicals for each member of the audience. Some students claimed

that it was the first time for them to hear those songs or to be introduced to what musicals are. To them, after taking part in the activity, English musicals are no longer strange and unfamiliar but inspirational.

Mr. Wong Lai Keung, Ronnie, the person-in-charge of the Yellow Castle, claimed that the performance was one of the most successful activities ever organized in the past few years. ‘I did not expect that one of my colleagues, Mr. Chen Kwai Hing, was such a good singer, bravo!’, Mr. Cheung Fu Wah, Frederick, the English Department Head said. Mr. Cheung also added that such an activity could give students a unique experience towards language arts. This truly could provide students with more exposure to English through different means. It is believed that students’ involvement in the activity can positively encourage them in English learning.



To prepare students for the English curriculum of the New Senior Secondary system, such an interesting and effective English-learning programme definitely plays an indispensable role. It is indisputable to say that the establishment of an enriching English environment can undoubtedly help students learn English. This is what our English teachers are aiming for every day.



By Frederick @ 2008

HOW TO MAINTAIN A HEALTHY LIFESTYLE?

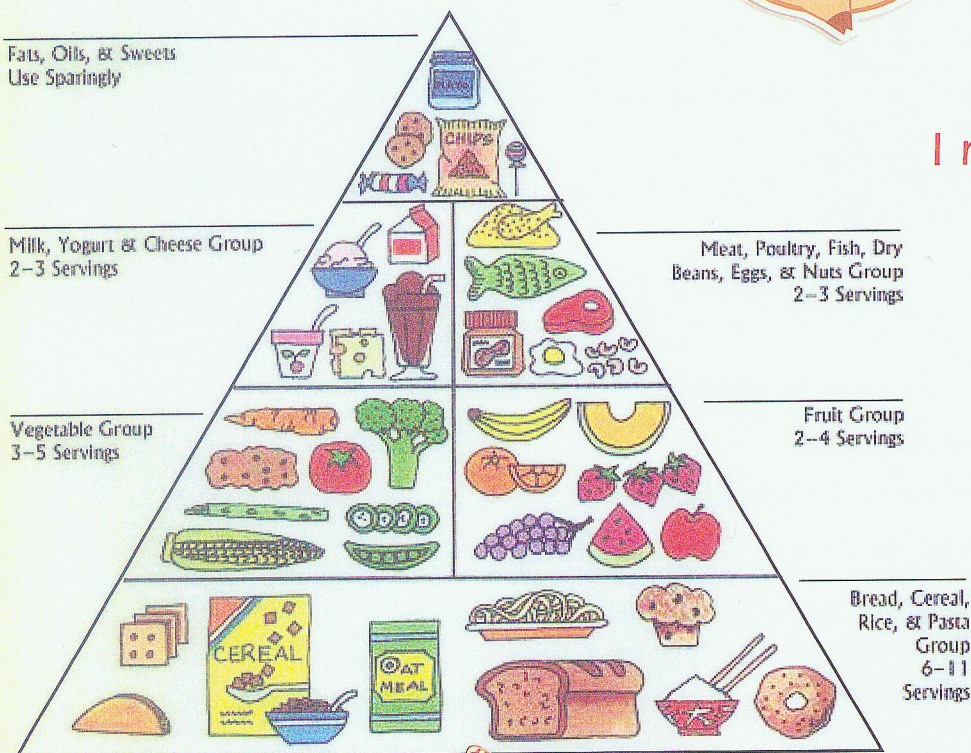
Many people say that teenagers in Hong Kong lead an unhealthy lifestyle, spending most of their time watching TV and playing computer games. Let's think back to the last couple of weeks; how much exercise have you done?

In fact, exercise can do us more good than harm. Studies have showed that exercise can help us reduce stress and strengthen our immune system so that we are less vulnerable to diseases and illnesses. Moreover, exercise can train our brain to think faster and react quicker so that we are much more capable of solving difficult problems when they arise. Every day we should have at least twenty to thirty minutes of exercise. It doesn't have to be heavy exercise like running or playing tennis, it can be as simple as walking to school or jogging in the park for twenty minutes as it can help improve our health and reduce the risk of heart disease and diabetes.

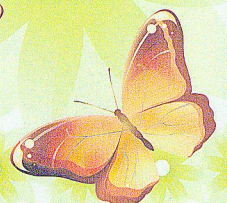
Other than exercising more frequently, we should also be cautious about the food that we eat. We should eat three portions of vegetables and two portions of meat. Also, we should eat regularly. Some people especially teenagers have a habit of skipping breakfast. If you are one of those people, I urge you to stop, as breakfast is the most important meal of the day. It gives you all the nutrition you need for the day. However, having a good eating habit is not enough. To live a healthy life, we should also sleep regularly which means having at least seven to eight hours of sleep every day. If we have enough sleep, we are less likely to make mistakes and are able to work much more efficiently.



If you follow the tips I've suggested to you here, it is easy to maintain healthy lifestyle.



I need to be healthy!

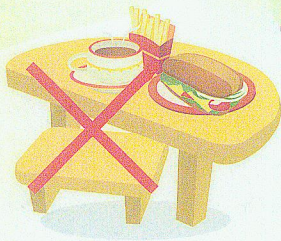
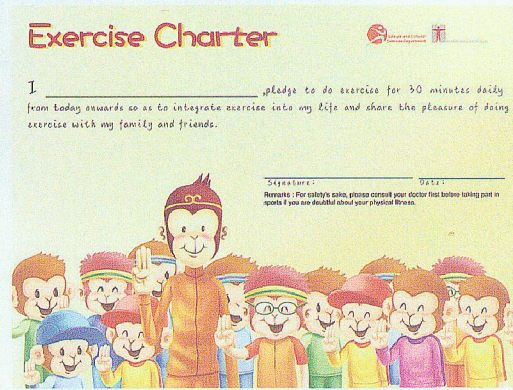


Wilson Tsang, 2B

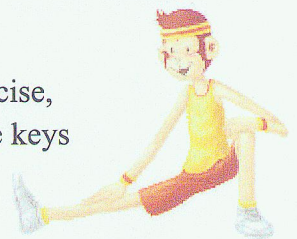
Do you know how to maintain a healthy lifestyle? If you don't know, let me tell you now.



If we want to lead a healthy lifestyle, we should have a balanced diet and do more exercise. We should drink at least 6-8 glasses of water daily and not eat too many snacks, fast food and food which contains monosodium glutamate (MSG). We should eat vegetables, fruit, and healthy food as much as possible. Most importantly, we should eat breakfast, lunch and dinner regularly and also not smoke and drink too much wine as it is bad for our health. Moreover, we should sleep and get up early, and avoid staying up late to do work or play games.



To conclude, we should have a balanced diet, do more exercise, drink more water and have enough sleep as these are the keys to maintain a healthy lifestyle.



Jasmine Lee, 2B

Health is very important to us, so in order to maintain good health, we should be aware of the following things.



We should eat more vegetables and fruit. For example, as suggested by doctors, we should eat three servings of vegetables and two servings of fruit every day. We should eat less sugar or salty and oily food. Don't forget to drink eight glasses of water a day.

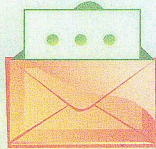
Do you do exercise every day? If so, how often do you do exercise? You should do exercise regularly as it is good for your health. If not, you should do exercise starting from today. Exercise helps blood circulation which carries more oxygen to your brain so you can become smarter.

Last but not least, smiling can bring us good health. Do you know why? If you smile, you think everything is good so you'll feel much more relaxed and happy and you can work more efficiently. You won't feel angry easily.



These are the ways to maintain a healthy lifestyle.

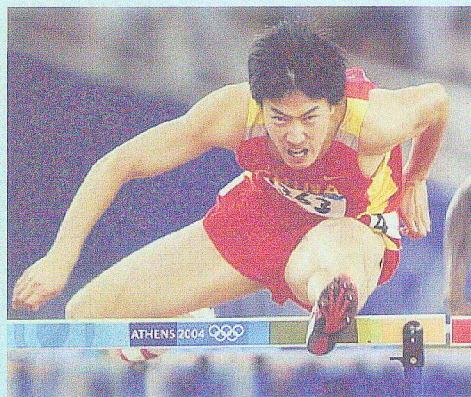




My favourite sport (by Kenneth Yu, 2D)

My favourite sport is 110m hurdles. I think this sport is cool. I love it because when you jump over the hurdles, you feel free and happy. I love this feeling very much.

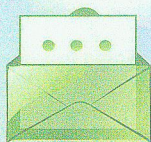
This sport can make me healthy since it can build up my muscles and develop my figure. Apart from this advantage, it can also enhance my friendship. When I have a competition, I can meet many other new friends who love doing hurdles. They are friendly and we often talk about how to improve our postures and run faster and faster in 110m hurdles. It is really joyful and wonderful.



Liu Xiang

World Record Holder for 110m hurdles

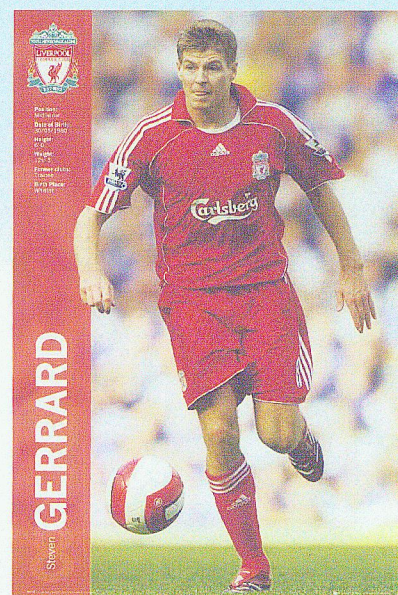
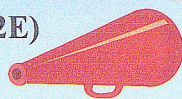
As a hurdles' runner, how could I not treat Liu Xiang as my favourite athlete? I have kept a lot of video clips about him and always watch them to learn from him. I think he has become the most popular Chinese athlete since his triumph in the Athens Olympics 2004. From that moment, he has become my idol. I wish him all the best and another great victory in the Beijing Olympics this summer.



I love football (by David Chan, 2E)

My favourite sport for leisure is playing football. I like playing football when I have free time because it is exciting and interesting. Moreover, it can make me become stronger and keep me healthy. The first time I came across this sport was when I was six years old.

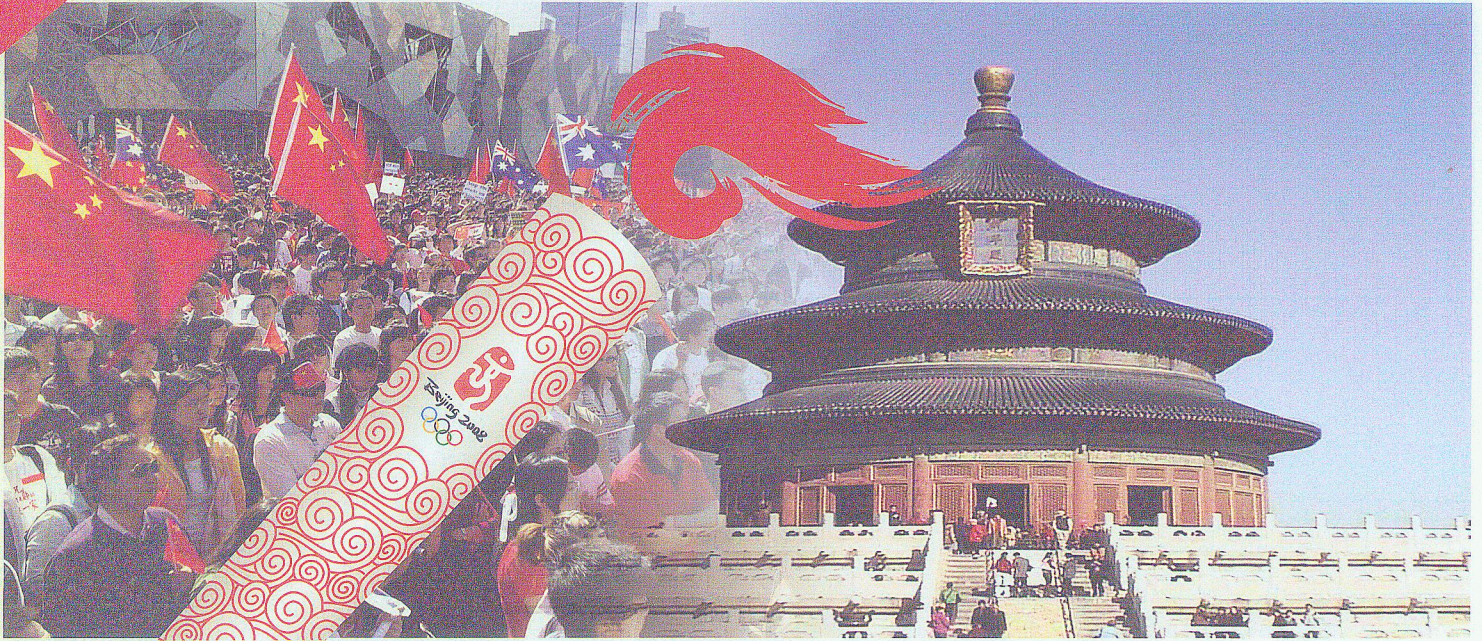
Do you know who my favourite football player is? He is Steven Gerrard, who is an English footballer. He plays for the Liverpool Football Club. He is also the captain of this famous and popular football team. He is very hard-working and professional. I hope that I can play football as skilfully as him.



Steven Gerrard, Captain of Liverpool Football Club



Olympics and Me



2008 Summer Olympics will be held on August 8 in Beijing. Fiona Fok, a form six student, has talked to some teachers in our school about their favourite events in the Olympics.

1) F: Fiona/ L: Mr. Leung Chi Sum (Geography Teacher)

F: What is your favourite Olympic sport?

L: Definitely swimming.

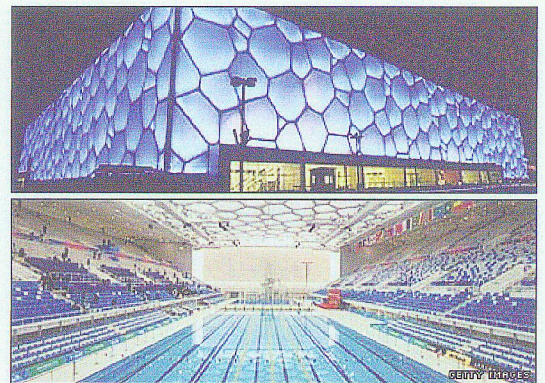
F: Then are you planning to attend the Olympic Games in Beijing?

L: No, I'm afraid not.

F: So that means you will relax and watch the Games on T.V., right?

L: Yes, I think I will specially keep an eye on the aquatics and gymnastics events.

F: Um...That's all, thank you.



The Water Cube

2) F: Fiona/ SY: Miss Fung Siu Yin (Chinese Teacher)

F: What is your favourite Olympic sport?

SY: Oh, I love gymnastics very much; I love both artistic gymnastics and rhythmic gymnastics.

F: So are you planning to attend the Olympic Games in Beijing?

SY: Maybe. I might go to watch the game in Beijing, because the Olympic Games are an international grand occasion; it must be fun. Moreover, this time it will be held in Beijing, our homeland and it is so close to Hong Kong. It will definitely be a good time to enrich my experience.

3) F : Fiona / W: Miss Wong Wai Ye (English Teacher)

F : What sport would you like to watch in the Olympic Games?

W: I like watching the 100 meters race and volleyball.

F : So are you planning to attend the Olympic Games in Beijing? Why?

W: No, probably not because it is quite difficult to find the tickets now.

Besides, accommodation is another problem that you need to deal with. I think all of the hotels are fully booked. Unless you've got a friend who lives in Beijing, there is no chance that you can find a place to stay. On the other hand, I'm not so keen on sports, so I do not have the desire to watch them.

4) F: Fiona / T: Miss Tam Wai Wan (Chinese Teacher)

F: What is your favourite Olympic sport?

T: My favourite Olympic sports are gymnastics and diving.

F: Judging from your answer, it seems to me that both of the sports that you like are the strengths of China. Are there any reasons why you like these sports – is it because you want to support China?

T: Um....That is one of the reasons that I like gymnastics and diving. The second reason is that I think both sports have an aesthetic feeling and a performance of power. I really love them.

F: So are you planning to attend the Olympic Games in Beijing? Why?

T: No, I think it will be too crowded at that time.

F: How about the equestrian events that will be held in Hong Kong?

T: Yes, I think so. I think it is a good opportunity for me to broaden my horizons.

北京
Beijing 2008



Bird's Nest Stadium



Summer Overseas Tour 2008

A group of students from Henrietta will participate in the overseas tour to Vancouver, Canada in July this summer organized by the English Department. Please read the next The English Navigator to find out more about their exotic experience.