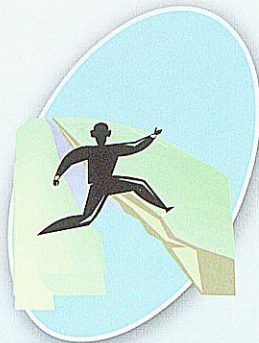
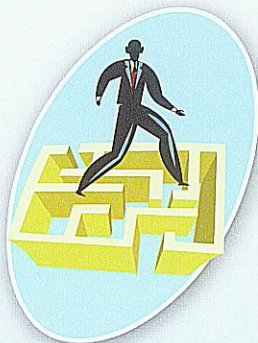
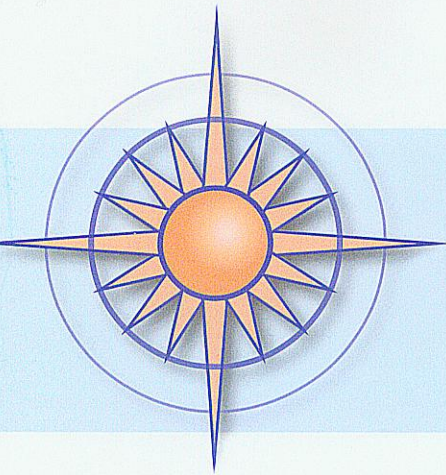
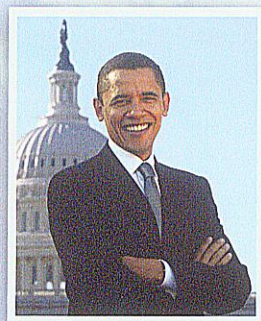


THE ENGLISH NAVIGATOR



EDITORIAL

At his announcement for president back in February 2007 in Springfield, Illinois, Mr. Barack Obama, the newly-elected U.S. president said,



'Each and every time, a new generation has risen up and done what's needed to be done. Today we are called once more - and it is time for our generation to answer that call.'

To expand on his words, what things should be done in this generation for their country and homeland has become a significant question for all local teenagers in Hong Kong. Under the present education system and the coming New Senior Secondary system, what will make students feel more positive in their studies and achievement might also be crucial in helping the society sketch another new framework for education development. We believe in CHANGE. It is like Mr. Obama's slogan for running his presidency. However, we should spend time reflecting on the changes we need and we can make the improvements for the arrival of the New Year 2009.

Cheung F.W., Frederick (Head of English Department)

Editorial
Team:

CHEUNG FU WAH, FREDERICK (*Chief Editor*)
TRISH STANDRING (*Native English-Speaking Teacher*)
CHEUNG MAN YEE (*English Teacher*)
YEUNG SAU YIN (*English Teacher*)
TAI MAN KI (*English Teacher*)

A Visit of Secretary for Education

On October 3, 2008, Mr. Michael M. Y. Suen, GBS, JP, Secretary For Education visited our school to hear more opinions and ideas from frontline teachers and students about the preparation for Liberal Studies in New Senior Secondary curriculum which is going to be implemented next year. During his visit, Mr. Suen



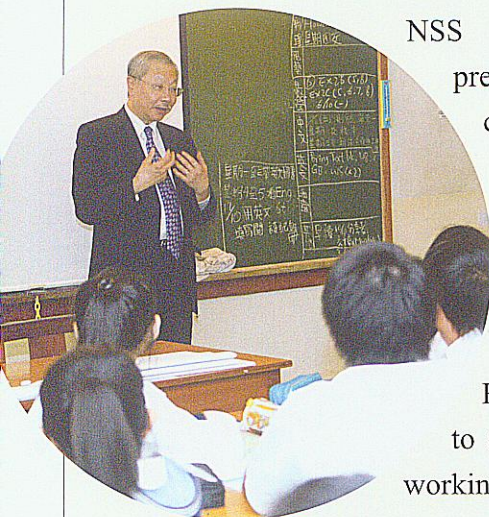
was introduced to the subject design and combination of our school's future

NSS system. Our school's present organized English curriculum and other well - t o - d o supplementary English-learning activities finely impressed Mr. Suen.

He showed his gratitude to all English teachers for working assiduously over the years to enhance the English proficiency of our students.

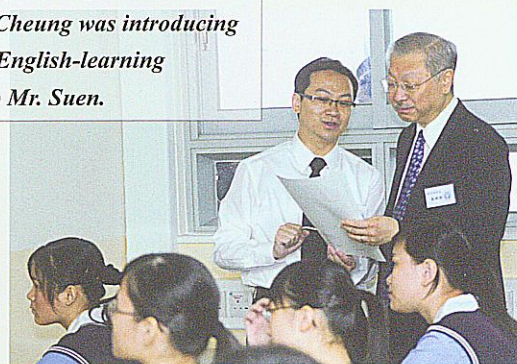
At the professional dialogue session, Mr. Suen shared his insights and concerns on the

present education system and the future implementation of New Senior Secondary policies. He treasured his time of sharing with our teachers and students. As a government official, Mr. Suen does not want to just focus on the government's policies without taking care of the actual needs of teachers and students. He showed his great concerns for the present workload of teachers and students as well. He understands that school, parents and students are all facing pressure from different aspects under the present and future education system but he is confident that well-prepared plans and effective allocation of resources can help the transition period to pass smoothly.



Mr. Ma, the principal and Mr. Suen were at the Liberal Studies' Class

Head of English Department, Frederick Cheung was introducing one of the English-learning activities to Mr. Suen.

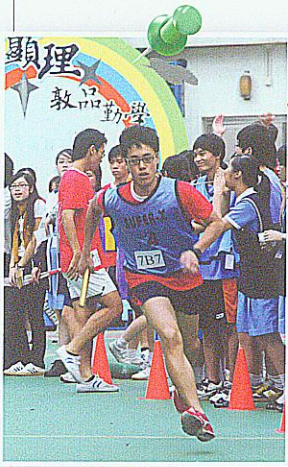


School Events



The 63rd Anniversary was celebrated on October 31, 2008. As an alumna and supervisor of the school, Rev. Lau Siu Hong encouraged students to walk with Christ.

Our school teaching ~ 'Faith, Love, Loyalty and Integrity' is depicted in the style of traditional Chinese calligraphy at the anniversary banquet.



Campus Charity Run was held on November 7, 2008. About 28 class-based teams participated in it. More than twelve thousand dollars was raised through the event. Money goes to students in need and some local charitable organizations. The winner of the team jersey this year was Form 7A.



The 'Environmentally-Friendly Assembly' was held in November. Teachers were invited to participate in the forum by role playing the heads of different countries to share their opinions on topics of global warming and energy saving. Not only were the issues interesting but also the teachers' act and appearance truly impressed all the audience in the school hall.



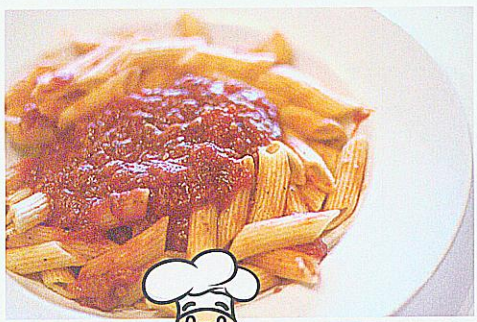
A 'hand-made' raft was carrying passengers ~ the participants in the camp held in Sai Keung for building self-confidence. All participants found the program at the camp useful in terms of helping them build up positive values of life and particularly eradicate their addiction to computer games.

Eateries Around Us

Have you ever been to Pizza and Pasta House, Chu Mei Kui or Korean Restaurant? Some senior form students would like to share their food reviews with you!

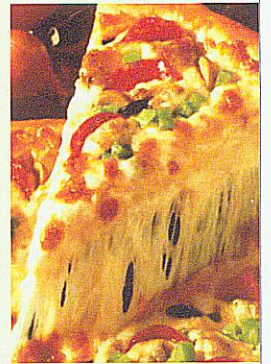


Pizza and Pasta House 心意屋 (Grace Wong, 4D)

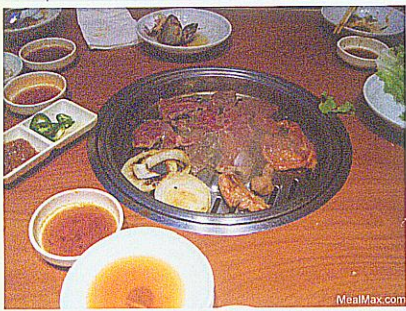


It is a new restaurant opposite our school. Small yet clean and modern, the cosy environment makes you feel like home. Pizza and Pasta House brings everyone the freshest and most innovative delicacies. Unique gourmet takes on European flavors that will thrill your taste buds and brighten your mood.

Many think that the food is too expensive and they are wrong. The chefs wholeheartedly make every bite an enjoyable experience which makes it well worth the price. I recommend the spaghetti with cream sauce. It consists of many mushrooms, flavorful sauce and creamy pasta. It's the cheapest student set there and it's of the finest quality.



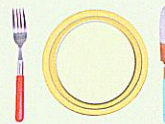
Korean Restaurant 高麗韓國餐廳 (Max Wong, 4D)



I love spending my lunchtime in Korean restaurant with my classmates. In that restaurant, many students prefer the Korean barbecue set lunch. Some may think that the dishes there are not particularly scrumptious; however, it is a place where we can enjoy our food leisurely. Being there, we can laugh as loudly as we want and cook the meat in any way we like. I like enjoying my time there with my friends so much because there is something special for us to do.



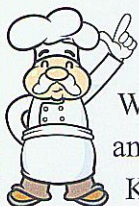
Chun Mei Kui 津味居 (Wilkins Lui, 7B)



It is not difficult to realise that myriads of students have their lunch in fast food restaurants such as Maxim's MX, Cafe De Coral and Yoshinoya. However, foods served there contain too much fat and cholesterol and these are unhealthy for us.

Thus, I recommend Chun Mei Kui to all of you. Most of its dishes are cooked with less oil, especially the noodles and the dumplings.

What makes the noodles of the shop special is that they are man-made and this traditional method is very rare now in Hong Kong. Chun Mei Kui can prove that healthy food can also be very tasty.





Oaxaca Radish Festival

What do you think radishes are for? Making radish cakes during the Lunar New Year? Stewing with beef? Have you thought of decorating your home with them? They can be unique ornaments in homes. If you want to get one, you must fly to Oaxaca, Mexico, during the Christmas holidays. On the night of 23rd December, the Mexicans celebrate the annual Night of the Radishes there.



www.flickr.com/photos/tomlafaver/2147076055/

The inconspicuous plants are transformed into saints, animals, revolutionary heroes and even magnificent architecture. The origins of this special festival are unclear, but it is said that in the 19th century, the vendors at the Christmas Eve markets carved tiny radish figures and adorned them with turnips, onions, lettuce and flowers. The housewives sought out the most unusual one for their Christmas tables. In 1987, the mayor of Oaxaca officially held the first exhibition of radish art. Since then, the Mexicans have celebrated this festival every year.

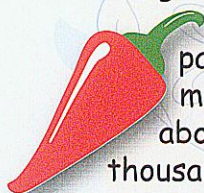


www.flickr.com/photos/tomlafaver/2147084843/



Fiery Food and BBQ Festival

Do you want to try the hottest chill sauce in the world? If yes, you definitely can't miss this festival. It is held for 3 days every March in the city of Albuquerque, New Mexico. Every year, more than 10,000 people, from different nationalities and ethnic groups, flood into this city. They all share the same addiction - eating food that is hot enough to burn your tongues, spin your heads and make your eyes water. During the festival, visitors and participants have a chance to sample the world's hottest sauces, mustards and dips. They can also watch cookery demonstrations about hot and spicy dishes. They can even try any one of the thousands of products displayed. Chilli lovers, this festival is for you!



www.flickr.com/photos/miyori/421924734/

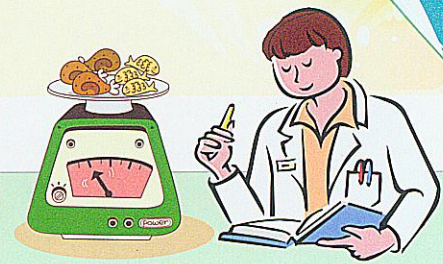
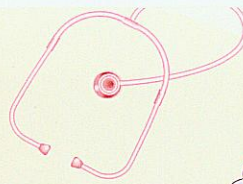
La Tomatina



On the last Wednesday of every August, there is the world's largest food fight - La Tomatina - in the Spanish town of Buñol. The festival lasts for a week, with the fierce tomato battle as the highlight of the week's events. In the morning, trucks of squishy tomatoes, around 50,000 kilograms, arrive and the crowd pelt at anyone or anything that can move, run or fight back. After the half-an-hour fight, everyone goes to the river to wash himself / herself. If you are stressed, why not join them and release your pressure! You will be refreshed after soaking in the tomato juice for a while.

www.spanishpropertyworld.com/

Letters to Food Doctor



Dear Food Doctor,

Hello! I am a F.5 student. I am very busy in preparing for my HKCEE. I am tense and under tremendous pressure. What should I do? Please give me some advice.

Stressed Jack

Dear Jack,

Don't be upset! There are many different types of food to fight against stress. The most striking one is bananas. The substances inside can alleviate stress. After you study for an hour, eat some banana to boost up your energy and to refresh your mind. Also, you should eat food which is rich in vitamin B, like barley, wheat, oat, milk, pork and dark green leafy vegetables.

Food Doctor



Dear Food Doctor,

Hi! I am a secondary student. I have a problem concentrating on my study. What can I eat in order to have better concentration and memory?

Curious Ann

Dear Ann,

I think this is what students want to know as this will help their study. According to scientific research, salmon, sardines and tuna are good sources of DHA. If you have enough intake, you can concentrate better on your work and your memory ability can be empowered.

Food Doctor



Dear Food Doctor,

How are you? I am a mother of two daughters. My older daughter is 15 years old. She has a lot of pimples on her face. She is very unhappy and has very low self-esteem. She usually locks herself up in the bedroom. She seldom goes out with friends. I am afraid that if this persists, she will be isolated and her social interaction will be greatly affected. Could you recommend some ways to deal with it?

Anxious Mrs. Lee

Dear Mrs. Lee,

Don't worry! She is undergoing puberty, so it is very normal to have pimples. But, there are ways to reduce the appearance of them. First, you should avoid cooking hot and spicy food for her as this will result in more break-outs. Also, you should not allow her to eat pan-fried or deep-fried food as this will stimulate her skin to secrete more oil; consequently, pores will be clogged and more pimples appear. She should eat more fruit and vegetable, dishes with less oil and seasoning. At night, she can mash some bitter melon and put it on her face for 30 minutes. Bitter melon can kill the bacteria on her face and shrink the size of pimples. She has to do it every night for several weeks before she can see the results.

Food Doctor

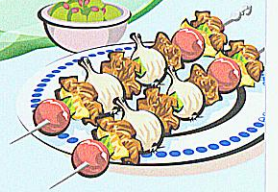


ALEX & LEO

Alex: Leo, where do you want to go for lunch?



Leo: How about the Korean Restaurant? I want to have Korean barbecue.



Alex: I'm afraid I can't have lunch there due to my dry cough.



Leo: Um... I think Congee Wonderland is suitable for you, isn't it?



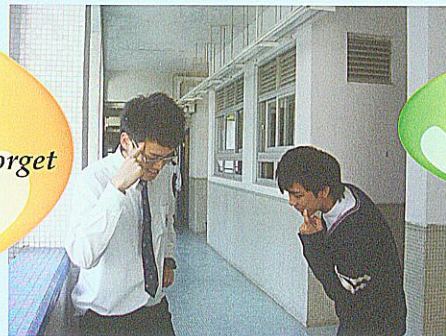
Alex: No, absolutely not! I had dinner there with my family all week. Thinking of the monotonous dishes drives me crazy.



Leo: Would you like to go to Mian Cafe which provides multifarious lunch sets?



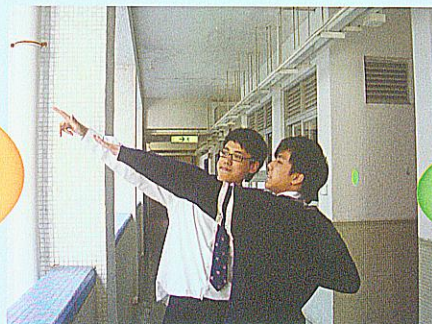
Alex: Well... I see your point but the speed of serving the dishes is unreasonably slow. It's time-consuming to wait for a long time. Don't you forget that we should return to school as soon as possible to study the up-coming test?



Leo: That's right. Any ideas?



Alex: I prefer the fast-food shop like Cafe De Coral as it's near our school and quite convenient.



Leo: Good. I'm starving to death. Let's go!

Chocolate Banana Shake



Feeling tired? Let's make *Chocolate Banana Shake* together. It can help you restore your energy.

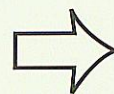


It's very easy
and it just takes
you 5 minutes.



Ingredients

- 375 g milk
- 1 banana (peeled and sliced)
- 5 tbsp chocolate powder



Preparation steps

- ★ Place all the ingredients into a blender (liquidizer), cover and blend until smooth.
- ★ Pour into two tall glasses. Serve immediately.




Serving Number: 2


Nutritional values per serving


Energy (Kj)	995.25
Energy (Kcal)	237.58
Carbohydrate (g)	34.56
Fats (g)	7.99
Protein (g)	7.66


Ice cream test

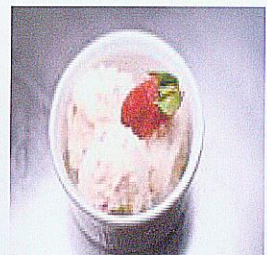
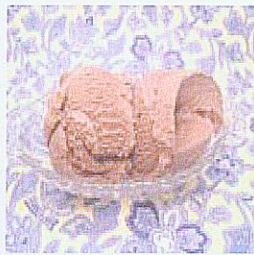
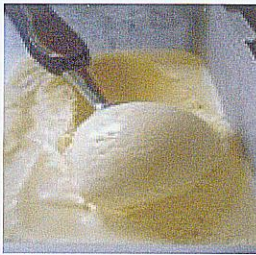
Pick your favorite ice-cream flavour and find out more about your personality.

 1. Vanilla

 2. Chocolate

 3. Banana

 4. Strawberry



Vanilla

If you like vanilla, you are a perfectionist. You are expressive and you also enjoy close family relationships.

Chocolate

If you like chocolate, you are creative and enthusiastic. You love adventures and can become bored with usual routines.

Banana

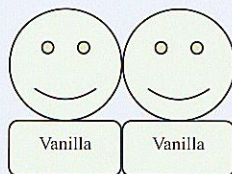
If you like banana, you are easy going, generous, honest and kind.

Strawberry

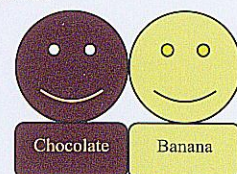
If you like strawberry, you are an introvert. You are quite pessimistic and have rather low self-esteem.

COMPATIBILITY CHART

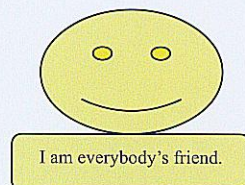
Vanilla -- You are most likely to be compatible with someone whose favourite flavour is also vanilla.



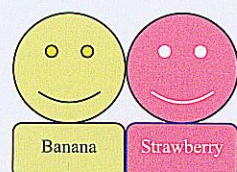
Chocolate -- Chocolate lovers are most likely to be compatible with someone whose favourite flavour is banana.



Banana -- You are compatible with all flavours.



Strawberry -- You are most likely to be compatible with banana lovers.

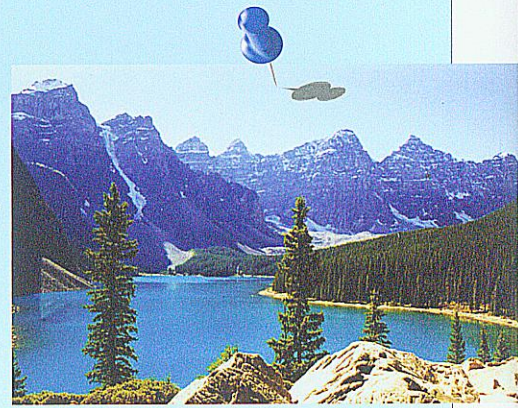


Summer Canada Tour 2008



Based on the previous overseas learning experience and exposure provided to students, Mr.

Cheung Fu Wah took a group of students to Vancouver, Canada last summer to let them explore the distinctive seaside community ~



Picture taken on Canada Day

White Rock -- for two full weeks. With a population of 18,250, White Rock is located in the southwest corner of the Lower Mainland, forty-five kilometres from Vancouver and only five minutes to the Canada/US border. It is an exciting seaside community clustered around an eight kilometre sandy beach and the warm shallow waters of Semiahmoo Bay.



A Welcome party at Peace Arch Park

Funny ice-skating activity in Burnaby



Students from Hong Kong, Mexico, Canada and Spain got along with each other at the summer school

Visiting the City Hall and taking pictures with the Mayor, Ms. Judy Forster





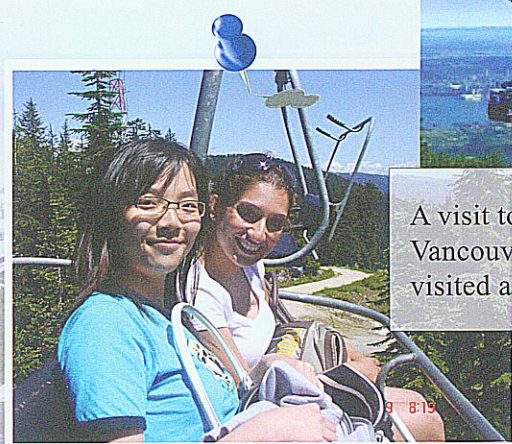
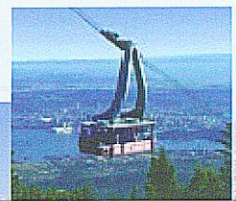
Tony, Jimmy, Richy and totem poles at Stanley Park, Vancouver



Friendships with local Canadians

Our students attended the summer school organized by the local education centre ~ White Rock Christian Academy. Students did not only go through the course of English but also spent time exploring different places around the area of Greater Vancouver. They

were able to learn the North American culture and particularly the diversified but unique Canadian way of life. The trip has successfully enriched participants' multi-cultural overseas experience and provided them with more understanding about and insights into English learning.



A visit to Grouse Mountain, Vancouver's most visited attraction

Experience of a lifetime *by Shea Wai Yip, Richy (F.7B)*



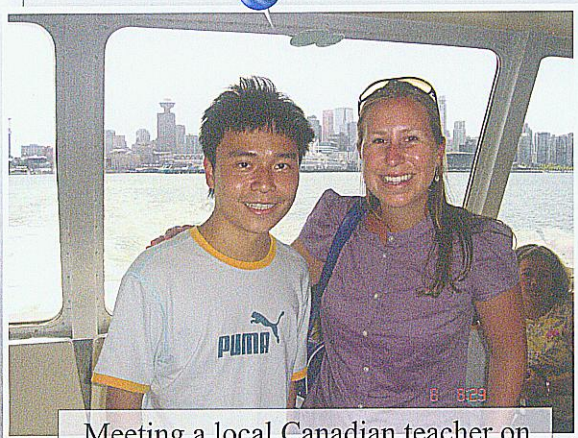
It is often said that learning English should not be a spectator sport. It is true. In fact having opportunities to apply your English knowledge is crucial. Thankfully our school organized an overseas study tour to Canada, which gave me a golden chance to practise speaking English and an experience of a lifetime.



On Canada Day at Peace Arch Park



This tour enabled me to gain an insight into the Canadian culture, lifestyle, history and customs. I could get a real taste of what it is like to live in Canada by staying with a host family on my own. Since my host family is originally from Mexico, I could try so much authentic and quintessential Mexican food which I had never tried before in my entire life like tortilla, and taco. Yummy!

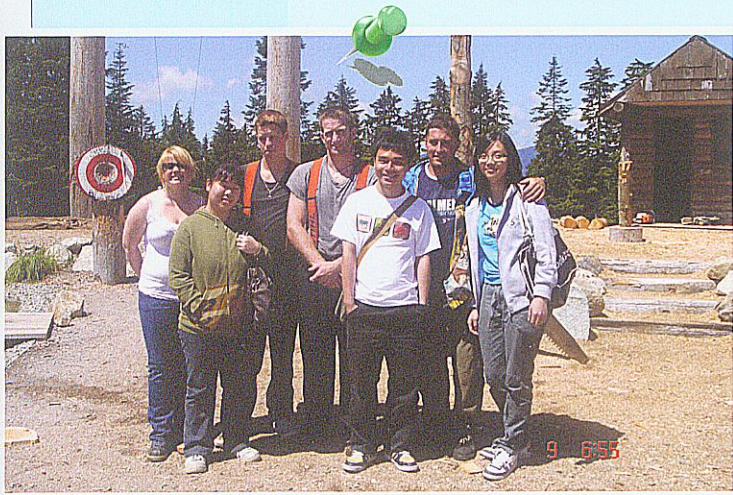
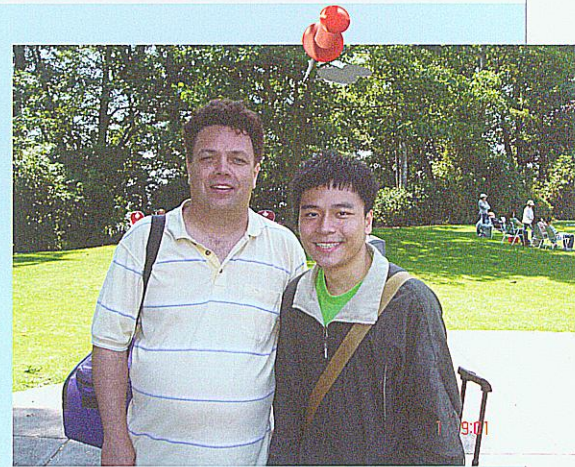


Meeting a local Canadian teacher on a Sea-bus

During my stay with my host family, they were invited to a wedding ceremony which was held alfresco. It was followed by a wedding banquet staged in a chapel. What a phenomenal experience! This study tour also enabled me to experience so many other things that I don't have a chance to experience in Hong Kong like visiting a fire station where the firefighters gave us a tour, shared with us what their responsibilities were and answered the questions we asked (patiently). We also visited a city hall where we met the mayor who shared with us how to govern a community in an organized way. We got a chance to shake her hand and have her posing with us for pictures.



What really impressed me most about this trip is undoubtedly the school where I went to every week day. It was packed with students from different countries. The same goal that they share is to master English. Though some of them might not be able to express themselves in English fluently and spontaneously, they were more than willing to try. I made quite a number of new friends there with whom I still stay in touch. Though many of the people that I met there don't speak the same language



as I do, I had no difficulty communicating with them since the lingua franca, English, broke down the language barrier that divided us.

Undoubtedly this study tour has opened my eyes to another part of the world that I had never seen before. It has further cultivated my interest in both the English language and the



western culture. Learning English is not just for taking exams, it gives us a chance to understand this world better.

With a good command of English, we can explore this world and “the world will be your oyster”. This trip was a veritable scrumptious experience which will be engraved in my mind forever and ever.

Finally I would like to offer my gratitude to Mr. Cheung Fu Wah, our English teacher, who organized this trip for us. During the trip he shared with me a great deal about Canada where he used to study. Without a doubt he is not only a great English teacher but also a mentor with global knowledge.

English Drama

'Congratulations, your Majesty!'.... a line read by all audience in the hall.

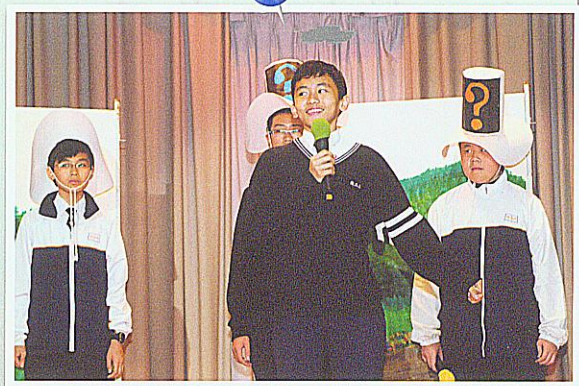
On December 2-3, 2008, the English Department organized an English drama, adapted from the classic story titled, '**THE THREE QUESTIONS**' by Leo Tolstoy at the school assemblies. Ms. Trish Standing and Mr. Wong Lai Keung worked behind the scene as directors and editors. With the participation of

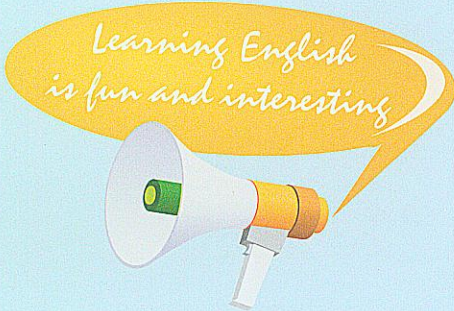


students from different forms, the stage performance was greatly appreciated by the audience. The story was simple but meaningful in which three questions were asked,

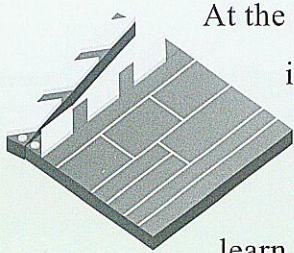
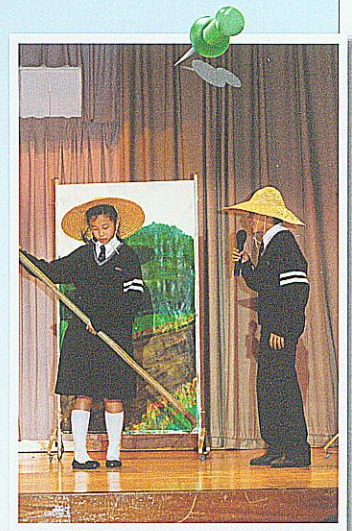
*When is the best time to do each thing?,'
'Who is the most important person to me?' and
'What is the most important thing to do?'*

Students put a lot of effort in making the performance impressive. They were articulate and devoted to playing in their roles. One characteristic of the adapted drama is that the whole process was very interactive. The audience, the actors and actresses on the stage participated closely with each other.

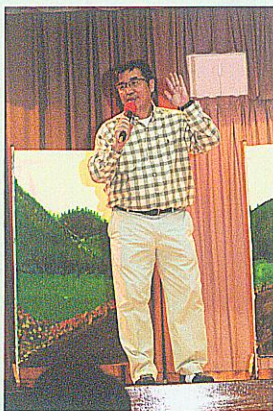




Through the performance, students could learn how to organize a drama show and practise their English effectively. ‘Speaking before a few hundred in the audience is not easy for many junior form students but they made it’, Mr. Cheung Fu Wah, head of English Department said. ‘Although it takes a lot of time doing the rehearsal and preparation, it’s worth it as it provides students with more exposure to English and some sort of appreciation of language arts’, said Mr. Wong Lai Keung, the director and script editor of ‘The Three Questions’. Students and teachers enjoyed the show very much. They were all impressed. A form 7 student, Shea Wai Yip, the M.C. of the show, also added that ‘once you have a chance of linking up the use of language with daily life, you will find learning English is fun and interesting’.



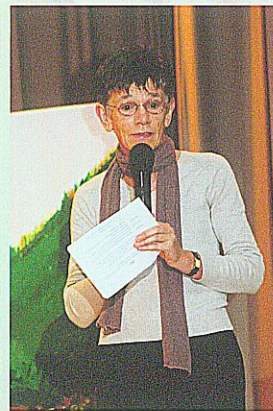
At the end of the story, the main character, The King, finally realized that ‘*NOW*’ is the best answer for the three questions. We should learn to treasure people and things around us at the present time. Students should apply this message to their learning. They should cherish what they possess and learn how to appreciate life as well.



MR. WONG LAI KEUNG
Director & Editor



MR. CHEUNG FU WAH
Speaker of the Show



MS. TRISH STANDRING
Director



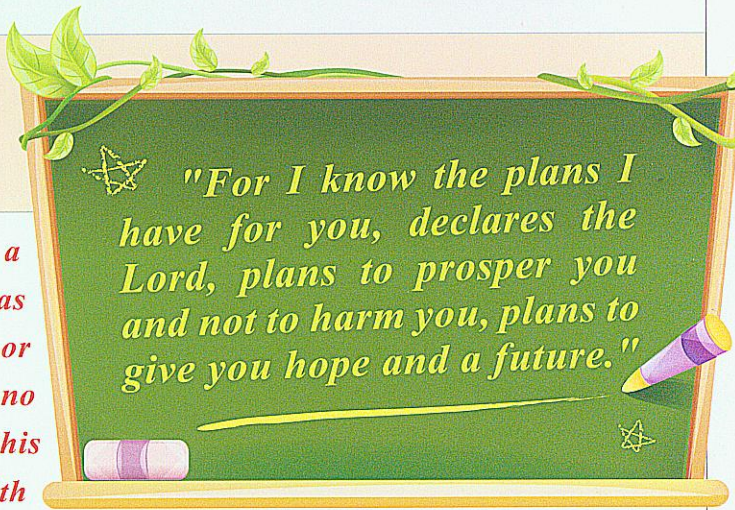
**M.C. of the show,
SHEA WAI YIP**
From 7B

Be Encouraged



Nick Vujicic, a 25 year old man, was born without arms or legs and given no medical reason for this condition. Faced with

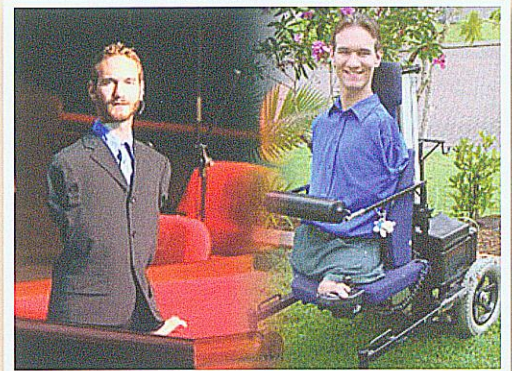
countless challenges and obstacles, God has given him the strength to surmount what others might call impossible. Along with that, the Lord has placed within him an unquenchable passion to share this same hope and genuine love that he has personally experienced with more than two million people all over the globe.



"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future."

Nick encourages us today as we read this promise from the Lord found in Jeremiah 29:11 of the Bible, "For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." He visited Hong

Kong with his team for ministry last November. Many thousands turned out to hear the word of God in AsiaWorld-Expo. What can we learn from him? The simple but heart-pondering question ~ Give up or Get up?



*Give up or
Get up?*