



The English Navigator



EDITORIAL

Look around. One of ten people you see at work, at school, at the store, and wherever you go in your daily life is over stressed at any given moment. Stress and health are closely linked. It is well known that stress, either quick or constant, can induce risky body-mind disorders. In the long run it may also affect our immune, cardiovascular and nervous systems. Therefore, how to handle stress and pressure has become a practical issue to deal with on a daily basis not only for adults but also teenagers. We particularly focus on the importance of health and means of handling stress in this volume. Eliminating stress completely from your life is impossible. However, implementing some stress management skills can subdue some of its' harmful effects. Summer Holidays are coming. Hope you all enjoy them with happiness, joy, health and blessing.

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STRESS

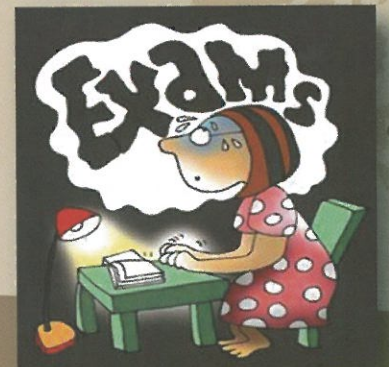
What does stress mean to you? Jessica Cheung Wai Lam, who is a high achiever in Form 6, makes a positive remark about stress.

SATISFACTION
REJOICING
SUPPORT
SUPERIORITY
TRIUMPH
EXCELLENCE

Having faced the public examination last year, Peter Li Hang (6B) has concluded the following tips on handling stress.

Tips for Reducing Stress

- Keep a positive attitude
- "Assert" your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive
- Learn and practise relaxation techniques
- Exercise regularly
- Eat healthy, well-balanced meals
- Get enough rest and sleep
- Don't rely on alcohol or drugs to reduce stress.
- Seek out social support.
- Learn to manage your time more effectively.



Facing the new curriculum, how do HSS students deal with their stress?

So Wilson (4521)

I'll find out where the stress comes from. If it is from my family, I'll tell them I'm going to fail so that they won't expect too much of me. If the stress is from myself, I'll take a nap. Then, I'll forget about the negative side and plan what I should do next.

Bruce Chan Cheuk Kwan (4501)

When I feel stressed, I'll take a rest or read comic books. If I have time, I'll go to a coffee shop nearby. Having a taste of a cup of hot cappuccino there and reading my comic book is enjoyable. I usually stay in the coffee shop for about 1 to 2 hours. After that, I will be completely energetic and forget the stress.

Gerald Lau Gik Ning (4513)

If I have lots of stress, I can play video games, consume a lot of food or even sleep on my favourite soft bed. And the most efficient way to relieve my stress is to go out and have a run. While running, I can feel my lively soul, my strong body and my mind. I can enjoy the beauty of nature like the blazing sun or the small birds. All of my stress is thrown away after the jog.

Pine Lo Pak Yau (4111)

I will do exercise every day because I can reduce my stress and become healthy. Another way to handle it is to talk to friends. Friends are always there to help and support you.

Hung Tak Chung (4105)

I can forget all the stress by reading History books or surfing the net. I will have a rest and surf the net. I can watch a lot of things like TVB drama or listen to music programme on youtube.

When you are under stress, will you eat a lot, hit a cushion or go somewhere?
Our young poets have something to share with you.

Food

Life is unpredictable
What we always face
Is something we dislike
Stress from tests, quizzes, of course
When you are stressed
And you can't cope with it
Eat some food that you like
Can give you great delight

Sy Heidee (4D)

Cushion

I am thrown because I am a cushion
I am hit because of his depression
I am hurt but he has satisfaction

I contain tears and scars
All made by his anger
Because I am not as strong as a tiger

I secretly hide myself
Quietly near the bookshelf

Alison Wong Ying Yi (4D)

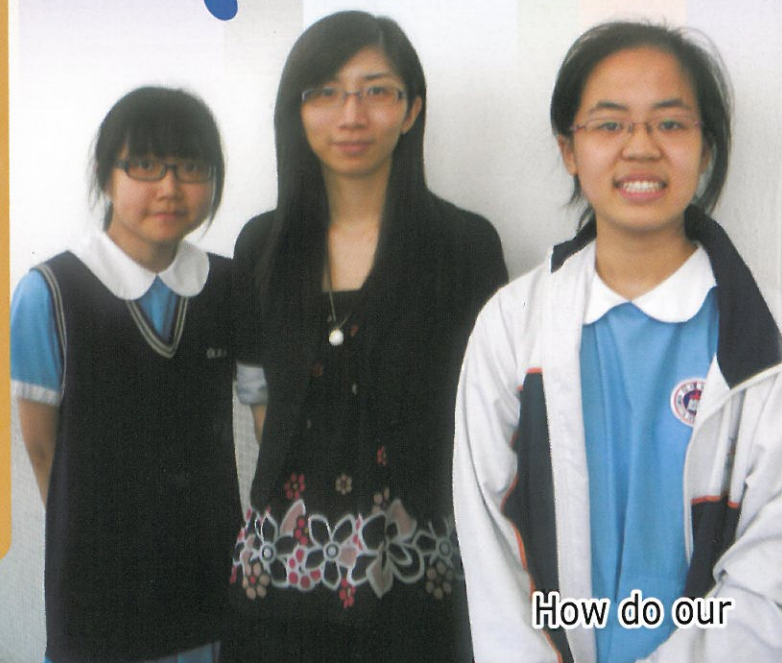
Running Machine

Staying in the fitness centre.
Seeing you running with your friends,
I want to be your mentor.

I want you to be much happier.
Anxiety is one of your straits.
Get rid of it and be a brave fighter!
Who am I? You want to guess?

Chatting with your friends,
Being a hopeful man,
Focus on the other things.
Then you can reduce...
STRESS!

Esther Yu Wing Man (4D)



How do our

How do our teachers manage stress? Our reporters (R) interviewed Miss Tam (T) and Mr Lee (L) to find out some effective ways to address the problem.

R: What are your sources of stress?

L: I feel stressed due to the expectation from other people. For example, the principal wants me to teach efficiently. Another source of stress is that I determine that I have to prepare the tests and lessons very well.

T: For me, it is the workload. I have lots of work to do and have to finish it on time. For example, I push myself to mark all students' writings within a time limit.



R: How do you know that you are under stress?

L: I can't sleep well. This happens especially when I've got lots of different duties and work.

T: Usually, I will feel very nervous and anxious. Before sleeping, I may think of what happened in the morning. And sometimes, I even dream of what happened.

R: How do you solve this problem?

L: I'll play basketball and have some gatherings with my friends. While playing sports, I won't think about my work as I'll focus on the match. Moreover, I'll sleep earlier.

T: I will resolve it as quickly as I can. For example, when I have lots of work, I will make a timetable in order to make sure I can finish my work on time. For things that cannot be managed immediately, I'll draw my attention to other things, such as doing exercise and dating my friends.

R: What are the effective methods to deal with the problem?

L: I think you must have great time management. Also, you can talk with your friends since they can give you some emotional support.

T: Being positive and optimistic and regarding stress as challenges. A better preparation can increase the possibility of resolving problems. Telling my problems to someone I trust also helps because they may provide me with some suitable methods.

Nowadays, we are all very aware of our physical fitness. We exercise and consume the right diet to keep ourselves fit. However, our psychological fitness is important as well. How can we keep ourselves psychologically fit?

Here is the tip.....

Sleep!!



Experts say that sleep is very important for our psychological well-being. Here is a table showing the amount of sleep required for people of different ages

Age and condition	Amount of sleep per day
Newborn	Up to 18 hours
1-12 months	14-18 hours
1-3 years	12-15 hours
3-5 years	11-13 hours
5-12 years	9-11 hours
Teenagers	9-10 hours
Adults, including elderly	7-8 hours
Pregnant women	8+ hours

Do you have enough sleep?

If you don't have enough sleep, it is going to have very bad effects upon you, especially for teenagers. Experts claim that our working memory will be badly affected, and we tend to make poor decisions.



Some information about sleep:

- Non-Rapid Eye Movement (NREM) Sleep
- There are 3 stages in NREM sleep: N1, N2, N3
- There is relatively little dream in NREM sleep
- Rapid Eye Movement (REM) Sleep
- Most memorable dreams occur in REM sleep
- A typical sleep cycle is as follows: N1 → N2 → N3 → N2 → REM



When we talk about fitness, most of us tend to think about physical fitness. In fact, psychological fitness is very important too. If we are not healthy psychologically, there are a lot of problems. Here are some common ones.

◆ Depression



Example:

Linda feels tired all the time but is not able to sleep. Her mother asks her what's wrong, and she just feels like crying. She doesn't understand why, as nothing particularly bad has happened. She doesn't want to study, and her mother is very angry about her laziness.



Facts:

Linda may not realize it, but she is depressed. Depression is very common and affects as many as 1 in 8 people in their teen years. Depression affects people of every race, economic status, or age; however, it does seem to affect more girls than boys.

◆ Anxiety



Example:

Amy cares about her son, Tom very much. Whenever Tom is late arriving home from school, Amy is so worried that she can't concentrate on her work at all. She looks at the clock, worries and imagines the worst; that Tom might be injured or dead in a car accident. When Tom arrives home, Amy can then relax.

Facts:

Whenever a person feels danger or threat, anxiety takes place. It is a natural mind-body reaction. It serves as an alarm function, so that the person can "fight" or "flight".



■ Causes:

While it is normal to be slightly anxious and depressed at times, the onset of serious anxiety and depression is partly due to chemical imbalance in the brain (nature) and flawed thinking pattern (nurture).

What should we do to keep ourselves psychologically healthy ?

- ★ Stay physically healthy; have a balanced diet and exercise regularly
- ★ Think positively
- ★ Share with your friends and family
- ★ If problems persist and your daily life is seriously affected, seek professional help



How do we prevent ourselves from getting sick?

When we get sick, we go to see a doctor and take medication. While the medication is effective in curing the disease, there are always a lot of side effects, and they could be harmful to our health.



Nowadays, a lot of people seek different alternatives, instead of Western medicine, to cure minor illness, and to promote the overall physical well-being of individuals.

◆ *Chinese Medicine*

Traditional Chinese medicine is based on Yin and Yang and the Five Elements: Wood, Fire, Earth, Metal and Water. The occurrence of illness is the result of the imbalance of Yin and Yang and the Five Elements in the human body.



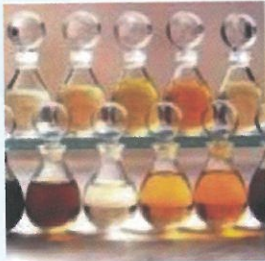
Traditional Chinese medicines are mostly made from plants and herbs. Some of them could be highly toxic. It is suggested that you should visit a registered Chinese medicine practitioner rather than buying them over the counter.

Recently, the value of Chinese medicines in preventing and curing diseases is appreciated and assured in the Western medical field.



◆ Aromatherapy

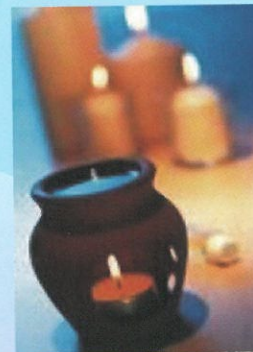
Aromatherapy is a form of alternative medicine. It is aimed at improving a person's mind and mood, so that one's health could also be improved.



Aromatherapy uses different plant materials, known as essential oils to deal with different ailments of the mind and body. There are two main modes of application:

~ Direct inhalation:
for respiratory disinfection, psychological effects

~ Topical application:
for general massage, baths, therapeutic skin care



Some commonly used essential oils

Essential oils	Effects
Jasmine	Anti Depressant
Lavender	Pain Relief
Rosemary	Indigestion
Tea Tree	Anti Bacterial

How many calories should a teenager have each day?



Caloric requirements of teenagers differ according to gender and age.

9- to 13-year-old girls should consume 1,600 to 2,200 calories daily while 14- to 18-year-old girls should get 1,800 to 2,400 calories each day.



9- to 13-year-old boys need to eat 1,800 to 2,600 calories daily whereas 14- to 18-year-old boys should get 2,200 to 3,200 calories every day.



Food Calorie Table

Eggs	Calories	Dairy	Calortes
1 Egg (medium)	75	250ml fresh milk	163
1 Egg white	15	250ml skim milk	88
1 Egg yolk	60	1 tsp. evaporated milk	8
1 fried egg	105	1 tsp. sweetened condensed milk	23
Cereal		Fat	
180g rice	263	30g butter	216
100g egg noodle (raw)	372	30g margarine	216
100g egg noodle (cooked)	120	30g cheese	96
100g rice noodle (raw)	360	30g lard	270
100g ho fun	203	30g vegetable oil	265
100g macaroni (raw)	368	30g peanut oil	265
Meat		Pastries & Snack	
100g minced beef (lean)	150	90g apple pie (1 pcs)	294
100g minced beef (fatty)	260	88g Hot dog	255
100g steak	304	105g Hamburger	235
100g corned beef	240	109g French fries	350
100g fried pork chop	451	154g fried chicken thighs	344
100g luncheon meat	335	60g ice cream	109
100g sausage	326	Beverage	
100g fried bacon	674	240ml soda	80
100g ham	389	240ml champagne	190
100g chicken	198	240ml fresh orange juice	108
100g fried chicken	195	240ml beer	95
100g lobster	100	290ml chocolate shake	364
100g crab meat	90	290ml strawberry shake	345
100g shrimp	90	290ml vanilla milk shake	323

Ways to burn calories



Below is a calorie burning chart that shows some different activities. You can see how many calories you will burn while doing them:

Activity	Calories burnt (per hour)
Sleeping	60
Playing with your dog	115
Walking	130
Shopping	135
Eating	140
Household chores (e.g. vacuuming)	225
Ice-skating	275
Volleyball	340
Hiking	390
Playing Basketball	460
Tennis	510
Swimming	520
Running	700



Note that this table only gives estimates. The actual number of calories you burn may be slightly higher or lower, depending on your body composition and activity level.



Interesting Food Facts

Ketchup was sold in the 1830s as medicine.



If you add half a glass of **lemonade** to a vase of flowers, the bubbles can prolong the life of the flowers for up to a week.



Blueberry juice boosts memory.



TO BURN OFF ONE PLAIN M&M CANDY, YOU NEED TO WALK THE FULL LENGTH OF A FOOTBALL FIELD.



Strawberries have more vitamin C than oranges.

Apples are more efficient than caffeine at waking you up in the morning.



Here are the top five fat-burning foods:



1. Oats



2. Walnut



3. Green Tea



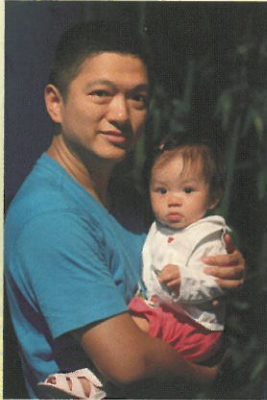
4. Citrus Fruits



5. Soybean



An interview with Mr. Law Kit Yau



Cheung: Hi Mr. Law. I have heard that you had been to London before, right?

Law: Yes. That was long before. Actually that was a business trip.

Cheung: Oh! Really? Would you tell us more about that?

Law: Sure! That was almost 10 years ago. At that time I was still working in an IT company. On that trip, I visited London for 2 weeks with my colleagues. Unfortunately British people don't work at weekends. That's why I got that unexpected paid holiday in London.

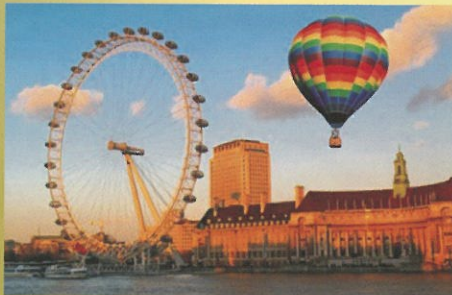
Cheung: That's wonderful. So did you find anything special in London?

Law: The London underground is the oldest urban underground transport system and it is sometimes known as the TUBE. I traveled a lot in weekends by that transportation network to many places. When you see the map of the tube, you can hardly count the total number of stations.

Cheung: I've heard of that before. So do you want to introduce any special place to us?

Law: Yes, The Tower Bridge. It was a great fortune that I could see a ship going through a raised bridge as I was there. It is so amazing to see this as a foreign visitor.

Cheung: Alright. Anymore places?



Law: There is another place called London Eye, which is a Big wheel for sightseeing. Since you need to pay before you can take the ride, I chose to stay on the ground. Another one is the British museum and the natural museum. I heard of that long before and finally could visit there. British museum is not just big but HUGE and there are a lot of treasures from Asia and Africa stored there. I even found a mummy from Egypt lying there. At that time, the movie Mummy was not yet out.

The other one is the Natural Museum. There is a skeleton of a dinosaur and a big blue whale. Amazing!

Cheung: It is really an eye-opening visit.

Law: Another famous scene is the marching of soldiers from the palace. I planned to be there before 5 o'clock in the afternoon. Because of the traffic jam, I was late and missed the most important part. So boys and girls, being punctual is very important no matter if it is in school or on a trip.

Cheung: It is a very good reminder to all of us.

Law: The last place I want to show you is the Big Ben and the Methodist Central Hall. Those are really nice places.

Cheung: Wow! You went to so many places within two weeks!

Law: Yeah! It's because that was a paid holiday. Since it was very hot those days, away of the camera, I always had an ice-cream with me.

Cheung: LOL! Thanks for sharing your trip to London.

Law: You are welcome.



My Travel Experience

I love Japanese culture very much. Hence, I have been to Japan five times. The country is fascinating to me. Firstly, the country is a great shopping paradise. In Ginza(銀座), you can buy a lot of high quality luxury goods. Besides, the food is very delicious, I still can remember that the seafood and ice-cream are far more tasty than that in Hong Kong. Thirdly, Japan is good at preserving the culture and environment. I am very impressed by the huge forest in the Northern part of Honshu. Fourthly, the people there are very polite and kind to the tourist. Japan is worth travelling to. I plan to travel to Okinawa this summer.

By Mr. Ip Sau Hong



MY DESIRABLE SPEAKER FOR AN ASSEMBLY

Hong Kong has long been recognized as an international metropolis in terms of its blossoming economic growth. On the other hand, Hong Kong has been criticized because of its negligent attitude of upholding indigenous culture. For secondary students, they are well-trained to be enslaved by the exam-oriented education system. Sadly, their creativity and artistic achievements, which are integral parts of students' intrinsic talent, play an obscure role alongside the main-stream education system. Thus, I would like to seize this opportunity to invite one of the major designers of the West Kowloon Cultural District, Norman Foster, to give a talk to students.

Norman Foster, a famous British architect and designer, is the director of the development of West Kowloon Cultural District (WKCD). From modern architecture to green belt, artistic infrastructure to distinctive stadium, public transport systems to pedestrian areas, the WKCD is designated to become the beacon of regional cultural hub, debunking the notorious name of 'cultural desert'. Since Norman Foster may encounter miscellaneous difficulties to deliver visible results of the current plan, his sharing must be very evocative and meaningful to students. Especially when the pertinent plan has been shelved for more than two years, the ever-more-divided public opinions and umbrageous criticism from the Legislative Council are the most prodigious problem to deal with. This kind of problem-solving process is an exemplar of future work place, irrespective of careers.

In response to the rapidly changing social needs, the WKCD is the cutting edge emblem embodying how indigenous cultural asset and sustainability development are to be valued. Our society, cemented together by sole economic growth in the past, is becoming increasingly fragmented. Gone are the days when academic achievements and graduation certificate are significant criteria to distinguish outstanding people to fill vacancies. Students' idiosyncratic perspectives such as music talent, sports achievements and artistic sense now receive a balanced evaluation. Disseminating the anticipation of holistic educational approach, Norman Foster's talk may provide an imaginative view of sustainable mechanism to the 'pillars of tomorrow'.

After all, students' insight towards complicated social issues can be widened, as are their creativity and peculiarity by gaining a brief knowledge of sustainable development scenario. To these students, who are one of the beneficiaries of the WKCD, the inspiration of Norman Foster's talk will conduce to a multi-dimensional spectrum of innovative ideas for future development.

By Form 7A (Ho Ying Yi)



School Events



With a view to providing students with more exposure to English, the English Department held two cross-curricular activities for the junior and senior assemblies respectively. In the activities, students who participated in the Summer Overseas Study Tour to England last summer were invited to share their overseas learning experience during their stay in Isle of Wight and London.

Some non-English teachers were also invited to speak on

the stage through introducing their overseas traveling experience in English. Mr. Law Kit Yiu (a Mathematics teacher), Mr. Ip Sau Hong (a History teacher) and Mr. Chan Wai Man (a Computer teacher) shared their memorable and interesting experiences with the audience about their visits to different overseas countries. Their lively and vivacious presentations successfully impressed the audience with the message of the importance of learning English.



Teacher's Day 2011



Teacher's Day was celebrated on January 20, 2011. Lina Tze, the Chairperson of the Student Union presented flowers to Mr. Wong Kam Kai, a representative of the teachers in order to show love and respect to teachers. The Parent and Teacher Association (P.T.A.) also presented their support and care to teachers through their speech and gifts to teachers.



Message of being hardworking



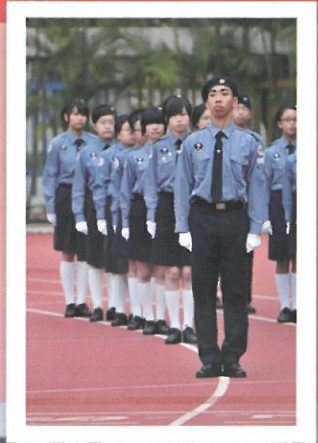
Mr. Chan Wai Kwong, the former vice-principal of Henrietta and a famous Chinese calligraphy writer, donated his calligraphic work to the school at the presentation ceremony. The message of encouraging students to work hard and to pursuit excellence in their studies was well-written by Mr. Chan with his beautiful calligraphic work.



SPORTS DAYS 2011



On January 28, 2011 and February 1, 2011, teachers, parents and students had a wonderful time on the 32nd Sports Days. All track and field events were organized under the effective collaboration of different units. Athletes were in tip-top form. Noise from cheer crowds and eager spectators filled the air of Siu Sai Wan Sports Ground. Students' active participation in them and commitment to all activities truly demonstrated the goal and spirit of the Sports Days. The Red House Chairman triumphantly raised the trophy in the air for winning the Inter-house Competition at the event. Congratulations!



MUSIC CONTEST 2011

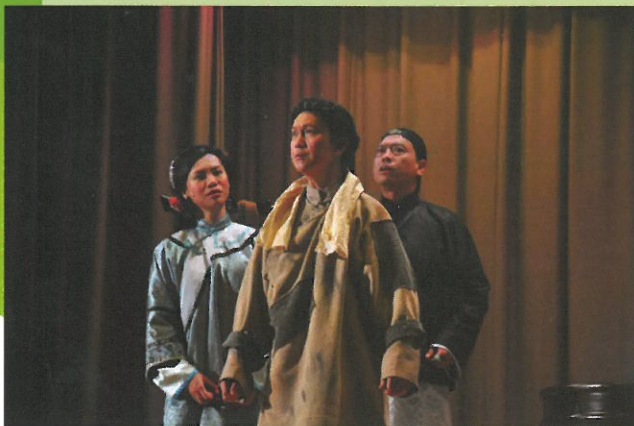
On April 15, 2011, the annual Music Contest was held. All singers performed with their best effort to bring to the audience their wonderful voices. They also displayed their talent of playing musical instruments and creating the good mood of the show. The Inter-house Championship went to Blue House



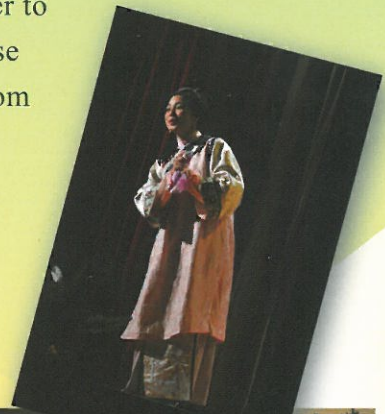


DRAMA

To commemorate 1911 Chinese Revolution, a school-based drama tour, Amity Drama performed a Chinese drama, named ‘風雨橫斜’ in our school in April. The drama was educational and enlightening. It truly helped the audience to



recall the important part of the Chinese history and stimulated them about their understanding of their identity as a Chinese. After the show, students could meet the organizer and the performers in order to achieve the purpose of outside classroom learning and exchange.





The Science Club organized an interesting and educational activity in the hall in April. Through designing the paper aircraft by themselves, students could learn some principles of physics and aerodynamics and put them into practice. Science teachers would like to promote the fun of applying science into daily life through a variety of activities organized during the Science week. Maybe, more future pilots and flight engineers could be found among the students.



3M (The Most Memorable Moment) was held again by the Counseling Department in March this year following the great success last year. Each class was invited to go on the stage and perform through their team work. The purpose of the activity is to build a strong connection between students and teachers.

