



# THE ENGLISH NAVIGATOR



People always like staying young although they are becoming older. Unfortunately, our physical body does not allow us to disobey the natural law. However, staying young should not be limited by our physical look but our heart. For adults, playing different roles in life requires responsibilities. Sometimes these become burdens to them. That's why people like staying as teenagers because that is the happiest and most exciting and memorable part of life. Teenagers usually enjoy freedom, passion, dreams and enthusiasm in many things. Apart from being students, what roles can they play in life? It is believed that one of the main roles a teenager has in today's society is raising their expectations in life. Our feature articles for this volume focus on this topic. We hope you find them interesting and inspiring.

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## Feature Article

### *A "Kong Jei" Without Suitcases*

Ever since I was told to think of my dream job, I always dreamed of being a flight attendant (F.A.) one day when I grew up.

Having graduated from HSS, I pursued my studies and completed a bachelor's degree programme in Translation and Interpretation and graduated from one of the local universities.



Months after my graduation, I started my ever-experienced job hunting "games". After all those years of studies, I almost forgot my childhood dream of becoming an FA. Having encountered all the failures I had from job interviews, I clicked onto the Cathay Pacific's website and told myself, "why not give it a shot?"

That very decisive moment determined who I am today. I didn't make it as an FA to fly on the sky. Instead, I work in the airport as ground staff checking in passengers to and from around the globe. Witnessing the sad moments when people leave each other, and the tears and laughter when people are reunited, meeting the deadlines to catch the very last flight for something important, I feel that my job is far beyond the hectic repetition of work procedures. I have actually helped a lot of people to achieve their own significant stories.



People always call us, the ground staff, "Kong Jei" (空姐) as we are wearing the same uniform. And yes, our job nature is actually similar, just that we work on the ground without a suitcase, yet we still get enough chances to travel around the world with our staff benefits. This may not be exactly what I wanted to have in my dream, but I always believe that what we do is in God's plan. Therefore, if you ever have a dream, don't hesitate to chase it. I truly believe that there will always be a dream come true moment for everyone of us.

*The author graduated from JHenrietta Secondary School. She finished her university degree in Translation. She is working for one of the famous local airlines in Hong Kong. She likes traveling, making friends and writing. Her goal is to explore as many places as she is able to fly to.*

**K. Fan @ 2012**





# How stressed are you?



Answer all the questions with a yes or a no. Answer yes, even if only part of a question applies to you. Please be completely honest with your answers:



1. There are not enough hours in the day to do all the things that I must do.
2. I deny or ignore problems in the hope that they will go away.
3. I underestimate how long it takes to do things.
4. I feel that there are too many deadlines in my life that are difficult to meet.
5. My self confidence / self esteem is lower than I would like it to be.
6. I frequently have guilty feelings if I relax and do nothing.
7. I find myself thinking about problems even when I am supposed to be relaxing.
8. I feel fatigued or tired even when I wake after an adequate sleep.
9. I often nod or finish other peoples sentences for them when they speak slowly.
10. I have a tendency to eat, talk and walk quickly.
11. My appetite has changed, I may skip meals or eat a lot.
12. I become very frustrated at having to wait in a queue.
13. If something or someone really annoys me I will bottle up my feelings.
14. When I play sport or games, I really try to win against whoever I play.
15. I experience mood swings and have difficulty making decisions. My concentration and memory is impaired.
16. I find fault and criticise others, even if it is deserved rather than praising.
17. I seem to be listening even though I am preoccupied with my own thoughts.
18. I find myself grinding my teeth.
19. I experience an increase in muscular aches and pains especially in the neck, head, lower back, shoulders.
20. I don't have time for many interests / hobbies outside of schoolwork.



**A yes answer score = 1 (one), and a no answer score = 0 (zero).**

## RESULTS

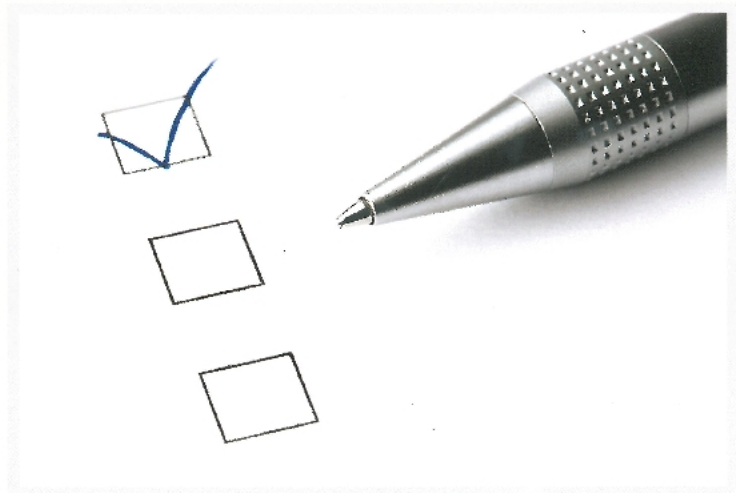
### Your score:

Most of us can manage varying amounts of pressure without feeling stressed. However too much or excessive pressure, often created by our own thinking patterns and life experiences, can overstretch our ability to cope and then stress is experienced.

**4 points or less:** You are least likely to suffer from stress-related illness.

**5 - 10 points:** You are more likely to experience stress related ill health either mental, physical or both.

**11 points or more:** You are the most prone to stress showing a great number of traits or characteristics that are creating unhealthy behaviours. This means that you are also more likely to experience stress & stress-related illness e.g. diabetes, irritable bowel, migraine, back and neck pain, high blood pressure, heart disease/strokes, mental ill health (depression, anxiety & stress). It is important to seek professional help.





## How do some students deal with stress?

I find my gadgets very useful in helping me to relax



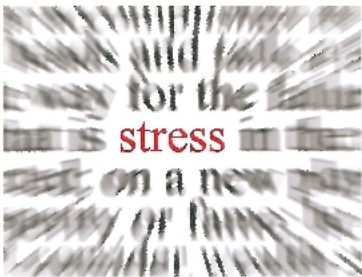
Hey, are you feeling stressed?



I am not stressed because I eat only healthy food.



Doing exercise helps me to reduce stress.



My favourite gadget is my 3DS. Its full name is Nintendo 3D duel screen. I bought it in 2011. The most special feature is that it contains a wonderful 3D world. It is very interesting. I use it to play games. It is a game console but it has more functions, for example, playing music. We can take 3D photos with it too.

3D Eddie Ma



My favourite gadget is my ipad 2. It is black. It is a birthday present from my mother. I use it to surf the Internet, listen to my idol s songs, watch music videos, use webcam with my family and friends and download many games through the Apple Store. I can even play the guitar there. I always surf the xinlang weibo website. It is because I can share photos and songs with my friends.

**3D Carrie Li**

My favourite gadget is my PSP. My father bought it for me because my exam result was better than before. I use it to listen to music when I am on the bus. I can get online using Wifi. I can use it to log onto Facebook or search for something. Also, I can watch videos and cartoons. I like it because it can help me pass the time when I am bored. Also, it is convenient to carry around.

**3B Tim Yu**

My favourite gadget is my iphone 4. When I was 14 years old, my mother bought it for me. I was surprised and ecstatic. I am crazy about my iphone. I use it to send messages and whatsApp my friends and classmates. In my spare time, I use it to listen to music to relax. I like it because it is useful, convenient and attractive. I love my iphone very much.

**3B Zoe Lam**

In Hong Kong, people just know how to work and earn money. They make their life boring. They should enjoy life, such as doing more exercise, going hiking or camping and eating adequate healthy food. They will be healthy and happy when they do that.

**3D Henry Shum**

If you want to be healthy, you may eat less junk food, eat more healthy food, talk more with your family and your friends, and do more exercise. Then your life will be happier and healthier.

**3B Yan Cheung**



## Are you under stress?

Sometimes stress is beneficial as it can push us to do our best but other times it can leave us feeling downhearted. Stress is almost inevitable in our hectic lives. As a student, one of the sources of stress comes from examinations. Are you one of the victims of stress? Find out by taking the 60-second stress test below.

1. Do you feel sudden strong emotion because of everything you have to do?
2. Does your mind sometimes race and you cannot control it?
3. Do you feel irritable or upset?
4. Are your shoulders hunched, or your back or neck tense or painful?
5. Does your stomach feel like it's in a knot or do you have heartburn?
6. Use the following stress scale, rate the amount of stress you are feeling right now:
  - A. Absolutely no stress
  - B. Maybe a little stress
  - C. Moderately stressed
  - D. Very stressed
  - E. Extremely stressed



If you answer "yes" to any of the above questions, you may be under pressure physically and psychologically. One of the simplest ways of measuring stress is to ask yourself "How much stress am I feeling?" Of course, your stress level depends on what you are doing and what problems you are facing. Stop and measure your stress level several times a day. In a few days, you will have a better understanding of your source of stress.





The Form 6 students this year are the second batch of students taking the HKDSE. This public exam is a cutthroat competition, which may affect students' career prospects. To say they are pressurized is no exaggeration. However, what makes feel them under pressure and how do they tackle it? Let's read on and find out.



Students nowadays are suffering from unprecedented levels of exam stress, as we all need to sit for the one-off public examination. We have to endeavor to get the best grades because outstanding academic performance is the prerequisite in this keen competition. Therefore, we will do lots of things to achieve our goals, such as burning the midnight oil and attending tutorial schools. More importantly is that we do not know what we can do if we fail in this uphill battle. In view of this, we are under tremendous pressure.

**6C YEUNG Kai Yin, Jason**



Due to the introduction of the new academic structure, I am always told to put all my effort into studies. This is especially true when I need to compete with other candidates to get a place at university. However, apart from doing my best to prepare for the exam, there are other factors which may affect my chance to go to university, such as, the ever-changing university entrance requirements and the popularity of the programmes I choose. Feeling uncertain and worried is the root of pressure. It is easy for me to question myself. All these make me feel tense.

**6C PANG Lok Sum, Embo**



As a Form 6 student, I am really scared, confused and frustrated because I do not have any experience in taking the public exam. In order to boost our academic performance, our teachers will give us innumerable quizzes and mock tests, not to mention the supplementary classes after school and during long holidays. Nevertheless, we may not perform well every time. Because of this, the numerous tests are the sources of pressure and they weigh heavily on me both physically and emotionally.

**6D LAU Cheung Kin, Raymond**





Time flies and the public exam is getting close. The countdown of the last teaching day is definitely making me very nervous. However, I have two tips to share that help me when I am stressed. Listening to music definitely alleviates my pressure, especially during my revision. Apart from this, I also like going to the countryside to enjoy the magnificent view of nature. The mountains, the fresh air, and the sunshine magically bring me a sense of relief. It helps me relax and puts me at ease.

**6C WONG Hin Lai, Bobby**



In this day and age, students are under immense exam pressure because of the high expectations from parents. To help relieve my exam stress, I will do sports with my friends. Playing football can help me forget my pressure temporarily. When I play football, I will not have time to think about my studies, so I can solely enjoy the game and the pleasure of being with my friends. Although I will feel very fatigued after playing football, I still enjoy this precious moment.

**6C WONG Ho Ming, Ming**

To reduce anxiety and nervousness due to study pressure, I will talk to senior form students or those who are now studying at university as they have gone through lots of examinations before. They will know what we are worrying about and understand how we feel. Also, they can share their experience of studying with us. Their successful experience is so valuable that it may prevent us from doing something meaningless and ineffective.

**6A TSANG Hung Hing, Michael**







Do you sometimes feel a bit frustrated when you have piles of reference books to read? Do you still remember that there is someone who is always praying for us? Yes, He is our Father in heaven.

The 2013 HKDSE is really stressful. It is a really big obstacle for me. I am totally freaked out. Sometimes, I feel tired and sometimes I even want to give up. When I feel downhearted, I will pray because I know God cares about me and He never forsakes me. Jesus said, "Come unto me, all of you who labor and are forced to bear burden, and I shall give you rest." (Matthew 11:28). If you feel uneasy and stressed, pray to Him for he will bring you peace.

6C TANG Wing Chun, MJ



From the students' responses, we can see that they feel nervous about their performance in the HKDSE and they have numerous channels to alleviate their pressure. However, as Christians, we learn that our Father in Heaven never turns a blind eye to our predicaments. He knows our weaknesses. He knows the trials we are facing and the burden we are shouldering.

Notwithstanding the fierce public examination, God will give us strength to overcome all the difficulties. How does our God do so? He has told us the solution long ago. "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus." (Philippians 4:6, NIV) So, next time when you feel stressed out, besides taking advice from your teachers and friends, don't forget to pray to the Lord for the joy of the Lord is our strength.



## School Events

A mentorship program was launched last October. The main purpose of the program is to help students grow. Mentors' roles are to help shape students' characters and provide them with guidelines for their development of future career.

Mentors can share their life experiences with mentees in order to let them set their life goals more clearly. The mentor's team includes some professionals who can also provide students with updated and current information about the present job market. The mentorship program has just started. It is expected that there will be more participants join it in the future.

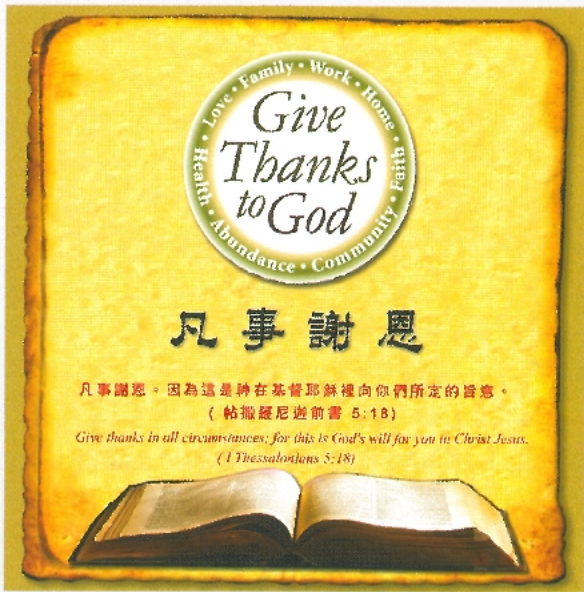


The School Choir sang at the Thanksgiving Ceremony of our school's 67<sup>th</sup> anniversary on October 26, 2012. Their voices brought the audience a message of the importance of having a thankful heart and acknowledging the grace God has given to Henrietta Secondary School for the past years.

An election debate for Student Union was conducted last September. After a series of propaganda and promoting activities, Galaxy became the new party to serve students in this academic year.







## Thanksgiving Week

To collaborate with the yearly theme of the Evangelical Week conducted last October, a series of thanksgiving activities was held. Teachers and students participated in different interesting activities to give thanks with their grateful heart to people around them on the campus. A handcraft, 'Thanksgiving Bird' was popular

to help spread the message of 'Be Thankful Always'.



At the Gospel Rally, 120 students from different forms made their decision to turn to Christ. They set their goals to follow Jesus and let HIM become their Lord. Praise and thank God!



More than 160 students performed the feature 'Thanksgiving Dance' in the school hall to push the spirit to the pinnacle at the end of the week.





# CAMPUS CHARITY RUN 2012



The 2012 Campus Charity Run was organized on November 2, 2012. Participants ran for their classes not only to win the title but also to raise money for charities. Students' enthusiasm, excitement and dedication to the relay-race turned the whole campus upside down that afternoon. Cheer groups from different classes screamed with their

thunderous voice. The best jersey teams from each level also bought encouraging messages with their special and unique design of their T-shirts for the race. This traditional and meaningful activity has become one of the most enjoyable and popular activities on the campus of Henrietta every year.

## Results of 2012 Campus Charity Run

Best Jersey Teams	F.2D, F.4E & F.6D
Best Slogan	F.5B
Champion for Forms 5-6	F.6D
Champion for Forms 1 3-4	F.3D
Champion for Form 2	F.2D
Champion for Form 1	F.1D





## English Speaking Day

On November 16, an English Speaking Day was held at our school.

The aim of the day was to encourage students and teachers to use English as much as possible throughout the day in a relaxed and enjoyable way. It was also to help students realize that speaking English and understanding others is not as difficult as they may think, and can even be fun!



A number of students were invited to be English ambassadors for the day, and wore a badge. Their job was to move around the school and encourage students to take part and to speak English.



The day began with a welcome in English from Mr Ma. This was followed by the usual Friday notices, but this time of course given in English.

Several activities were planned throughout the day. Students were all issued with a card, on which to collect stamps. They were encouraged to find teachers during



the break times and lunch hour and ask them simple questions, for which they could earn a stamp. During the lunch hour, two stalls with tongue twisters and animal idioms were set up in the covered playground, and the English ambassadors who looked after these stalls were kept busy with students trying to say the tongue twisters and guess what the idioms meant - and earn another stamp. From the amount of noise and laughter heard in the playground, many of them had a lot of fun. The principal and teachers were also kept busy all day with students lining up to ask questions and earn as many stamps as they could.



At the end of the day, students were able to exchange their stamps for rewards - snacks and sweets.

Everyone who got involved really enjoyed the day. Students were rewarded for speaking in English, and many of them realized that it wasn't as difficult as they expected and was actually fun. Another English Speaking Day is planned for Term 2 - so start practising now! Maybe you would even like to be an ambassador next time.



## Reflections on my time as a NET at Henrietta Secondary School

I arrived at Henrietta Secondary School in 2005, expecting to stay for two or three years. 7 years later I am still here, but sadly for me, it is my last year. In July, I will be returning home, first to UK and then to New Zealand, to spend more time with my family.



There are many things about HSS I will miss - the students, the staff, and the wonderful group of English teachers I have worked with. There will be things about Hong Kong I will miss - the buzz of the city, the country parks, the ferry ride I take each day to come to school. However, it is time for me to go and pick up my life in NZ again.

In many ways, it is challenging being a NET in Hong Kong. The language barrier is always there for me, even at school. I have (rather shamefully) learned little Cantonese, and have to rely on others to let me know what is happening. The education system is quite different from New Zealand, and I do believe that teachers here work considerably harder than their counterparts in Western countries. I have been away from my family for a long time, and that has been very difficult at times. However, the positives have continued to outweigh the negatives, which is why I am still here.

There have been some changes in education over the twelve years I have taught in Hong Kong. It is good to see that the majority of students can now stay at secondary school for 6 years. Maybe in time a wider variety of programmes will be offered, to cater to the diverse range of needs and abilities, and future aspirations of students. I have been surprised how reluctant some students are to learn English, despite its importance for future study. That is something else I would like to see change.



I am not leaving for another 6 months - but I am already thinking about how much I will miss you all!

**Trish Standing**





*English & Music Cross-curricular  
Activity  
Lunch Time Concert*

**23/11/2012**

1. Wind Ensemble "Think of me"

4D Lin Hoi Yan  
3A Lee Lok Yee  
3E Lee Yee Lam Lilian

2. Liuyeqin solo "木棉花開"

4B Chan Ching Man Christy

3. Violin Solo "Thai's Meditation"

4D Fong Tsz Ching

4. Pipa Duet "送我一支玫瑰花"

2D Chiu Ching Tong Ophelia  
3A Wong Wing Kwan Christine

5. Piano Solo "Sonata in b minor Op. 27"

3E So Man Ling Estella

6. Erhu Solo "Little drum"

4E Yam Wei Chong Brian

7. Piano Solo "Sonata in C Major"

3A Wong Yu Lam Hugo

8. Guitar Solo "Romance de amour"

4D Lin Hoi Yan

9. Pipa Solo "Folk dance"

4A Chan Tsz Ying Christy



**Lo Pak Yau, Pine (6A), Ng Kwan Chak, Jack (5C), Ma Sen Hei, Queenie (5C)**

- J: Good afternoon teachers and fellow students.  
Welcome to our lunch time concert. Our concert would be starting shortly.  
Please kindly find a seat and prepare yourself for the concert.
- P: Today, you will have an opportunity to listen to the performances of both Chinese and Western instruments performed by our students. Now, please welcome our first team of performers Lin Hoi Yan (from 4D), Lee Lok Yee (from 3A) and Lilian Lee (from 3E). They're going to play a Wind Ensemble "Think of me".  
*(perform)*
- Q: Thank you. The second repertoire is a Liuyeqin Solo “木棉花開”, performed by 4B Christy Chan.  
*(perform)*
- J: Thanks Christy. The third repertoire is a Violin Solo "Thai's Meditation", performed by 4D Tszching Fong (from 4D).  
*(perform)*
- P: Thanks Tszching. The next performance is a Pipa Duet “送我一支玫瑰花”, performed by Ophelia Chiu (from 2D) and Christine Wong (From 3A).  
*(perform)*
- J: The next performance is a Piano Solo "Sonata in b minor kp. 27", performed by Estella So (from 3E).  
*(perform)*
- Q: Thanks Estella. The next performance is an Erhu Solo "Little drum", performed by Brian Yam (from 4E).  
*(perform)*
- P: Thanks Brian. The next performance is a Piano Solo "Sonata in C Major", performed by Hugo Wong (from 3A).  
*(perform)*
- P: Thanks Hugo. The next one is a Guitar Solo "Romance de amour", performed by Lin Hoi Yan (from 4D).  
*(perform)*
- Q: Thanks Lin Hoi Yan. The last performance of today's lunch time concert is a Pipa Solo "Folk dance", performed by Christy Chan (from 4A).  
*(perform)*
- J: Thanks Christy. All the performances of today's lunch time concert have finished. Thanks for coming. We hope you all enjoy the show. See you next time!





## Do you know him?

### Reading Comprehension

Read the following news article and answer the questions.



## UN Chief Ban Ki-moon jokes he's "bit jealous" of fellow Korean Psy

*'I'm a bit jealous. Until two days ago someone told me I am the most famous Korean in the world.'* - UN Secretary General Ban Ki-moon

It was bound to happen. Two powerhouses of South Korea met on Tuesday in New York for the first time.

United Nations Secretary General Ban Ki-moon and rapper PSY lavished praise on one another during a photo opportunity at UN headquarters.

The South Korean pop singer, whose smash video for his song *Gangnam Style* has gone viral, was quick to joke with reporters about the encounter.



"So now you have the first and second most famous Koreans in the same building," PSY said.

Ban joked that he now feels overshadowed by the star, whose video has scored more than half a billion hits on YouTube.

The UN chief even risked a few of PSY's trademark dance moves from the video, prompting peals of laughter from the singer.

PSY told reporters he was touched that Ban had watched his video. He called the meeting a momentous occasion for him - even better than when *Gangnam Style* hit No. 2 on the Billboard Top 100 chart.



The UN chief said the Korean pop star was "cool" and "energetic."

"He's so energetic he can help to end the energy crisis," he said.





Ban's office said the encounter was arranged because the two men were mutually interested in meeting one another. His spokesman, Martin Nesirky, told reporters that although the secretary general usually deals with weighty issues involving conflicts and wars, he also thinks it's important to engage other parts of society.

Ban joked that he was envious of the South Korean rapper.

"I'm a bit jealous. Until two days ago someone told me I am the most famous Korean in the world. Now I have to relinquish this. I have no regrets," Ban said.

### Answer the following questions

- (1) Where did they meet?
  - a. New York
  - b. Seoul
  - c. Hong Kong
  
- (2) Who is Ban Ki-moon?
  - a. a famous singer
  - b. United Nations Secretary General
  - c. a reporter
  
- (3) What is the popular song of the South Korean pop singer, Psy?
  - a. Sorry Sorry
  - b. Gangnam Style
  - c. Wonderful Tonight
  
- (4) Why did Ban joke that he felt overshadowed by the star?
  - a. Psy is funnier than him.
  - b. Psy can dance better than him.
  - c. Psy's video has scored more than half a billion hits on YouTube.
  
- (5) What did Ban do to make Psy laugh at the meeting?
  - a. Ban tried a few of Psy's trademark dance moves.
  - b. Ban told a lot of jokes and took photos with Psy.
  - c. Ban sang a few lines of Psy's popular song.
  
- (6) What did Ban suggest that Psy can do as he is so energetic?
  - a. make more new songs and dance
  - b. help to end the energy crisis
  - c. do more exercise to keep fit







Psy is a popular singer. However, he is not only a singer but also he tries to use his fame to help other people. For example, he had a meeting with the United Nations Secretary General because he thought he could be an ambassador to bring peace to chaotic places and countries in the world.

In Hong Kong, we also have some public figures who are philanthropists. They use their fame to do charity in order to help people in need. By doing so, they set become good role models to the teenagers in Hong Kong.

*Several Form 4 students were invited to share their views about celebrities doing charity work and what they can learn from them.*

By Wong Chung kiu (4405)

Hocc Charity Fund



### Hong Kong artists doing charity work

Nowadays, many Hong Kong artists care about our society and do a lot of charity work. I am going to introduce an artist who does charity work sincerely.

Denise Ho, a very famous pop-singer, not only focuses on her singing performance and making money, she has also established a charity foundation called "Hocc Charity Fund" in 2007. The aim is to provide support and care for all those in need, like the elderly, the sick, the poor and the disabled. She is doing her share for a happier and kinder world. She hopes that all her fans can join the foundation.

She has set a good example for us: that we should care more about our society, especially the poor.





By Sy Hiu Yin, Emily (4428)

## Charity Work

Doing charity work is quite common in Hong Kong. It is because there are many philanthropists across the city. They adopt different ways to show their support to the people in need.

One of the philanthropists is Yen Chi Tan, Donnie. He is a famous stuntman. Surely, you have already become acquainted with him in many kung fu movies. But do you know that he always assists those in need during weekends?



27<sup>th</sup> July is his birthday. However, this year, he did not celebrate his birthday. Instead, he did something meaningful on that day. He visited the underprivileged senior citizens who lived in Sham Shui Po. In the very hot weather, he carried eight kilograms of rice and walked up the stairs to visit the down-and-out. Besides, he encouraged his wife and his children to show their care to the disadvantaged people. He thinks that people should share their love with each other.

After I read his meaningful acts, I appreciate his efforts in doing charity work. He educates us that we should stay in touch with our society and care about the people in need. Would you like to do the same? Will you take action soon?





By Chan Wing Yee (4409)

## Celebrities doing charity, setting examples

There are many celebrities around the world, who do a lot of charity work. Besides earning their fame and money, they also join some charitable organizations to support the poor people in the world.

### The Avril Lavigne Foundation

CONTRIBUTE



Avril Lavigne from Canada is a famous singer-songwriter and she does a lot of charity work. She recorded a song of John Lennon in a CD to raise funds for Amnesty International. She also supports other charitable organizations such as the Make-A-Noise Foundation. She also established The Avril Lavigne Foundation to support the sick and disabled children.

All I know about her is her wild rock style on stage. I'm surprised to find out that she also uses her fame to help others. She is a good role model, encouraging me to contribute more to society. For example, I can donate money.





# New Zealand Study Tour 2012



## What a Wonderful Study Tour!

In this photo, I am standing in the campus of Albany Junior High School and waiting for HSS students to finish their lessons with their kiwi buddies. They are taking different classes in the "MAKOMAKO", one of the four academic buildings of the school. The experiences of visiting a local school in New Zealand and having cultural exchange activities with the teachers and students were memorable and invaluable. What I am holding are the Yearbook of the school and the Cookbook with all the pictures and recipes designed by the teachers and students there. Well, maybe I should try to cook something kiwi during the holiday!

*(Ms Kee Siu Yin, English Teacher)*



## Time for Morning Tea!



## Time to say goodbye!





## Precious Moments

One of the highlights of the study tour - having an animal lesson with the kiwi buddies! AJHS students are sharing with our students how they look after their pets - rabbits, parrots and guinea pigs.



## Delightful, Meaningful, Wonderful!

It was a thrilling experience for me to accompany 14 enthusiastic students with Ms Kee and the escort leader to visit New Zealand, known as *Aotearoa* in Maori referring to "land of the long white cloud". Thanks to the warm hospitality of the local Albany Junior High School, all of us enjoyed a precious and memorable school visit. Witnessing our students getting well along with the kiwi buddies, conversing with them proactively and developing international friendship, we as teachers were satisfied and pleased. Their interaction and learning have clearly demonstrated the main purposes of the study tour - cultural exchange and broadening their horizons. I sincerely hope that our students would feel grateful to their parents that they had such a golden chance to explore a beautiful and peaceful country while at the same time being able to make friends, enjoy homestay, practise English and appreciate the beauty of nature. For anyone who would also like to gain such an experience, don't hesitate to join our study tour in the future.

(Mr. Chen Kwai Hing, English Teacher)

