



THE ENGLISH NAVIGATOR

EDITORIAL

Education Reform has been conducted for more than a decade, in which our students have adopted new learning strategies and obtained practical learning experiences in different aspects to enrich their intellectual and emotional development.

However, students, especially secondary school students, have become busy with their studies or after school life. Their daily schedules are filled with academic and non-academic activities. According to a current survey, many of them have found themselves lost, and feel apprehensive in their lives. They find it difficult to fulfill their dreams and achieve what they personally want in this severely-competitive society other than to just fulfill their parents' expectations. Some criticize that it might be the result of advanced technological development. Our teenagers might depend too much on different electronic gadgets that bring them unrealistic or impractical ways of life in the cyber world.

Nevertheless, Generation X should take advantage of what their generation is given and be optimistic about their own possible chances of success without complaining about what might be unfavorable to them. They should keep striving for the best in their lives unceasingly. How they react to the challenges that befall them is always the key to success. As you read this volume, it is encouraging to read articles about what students' dreams are and how they work on them.

Dreams never die!

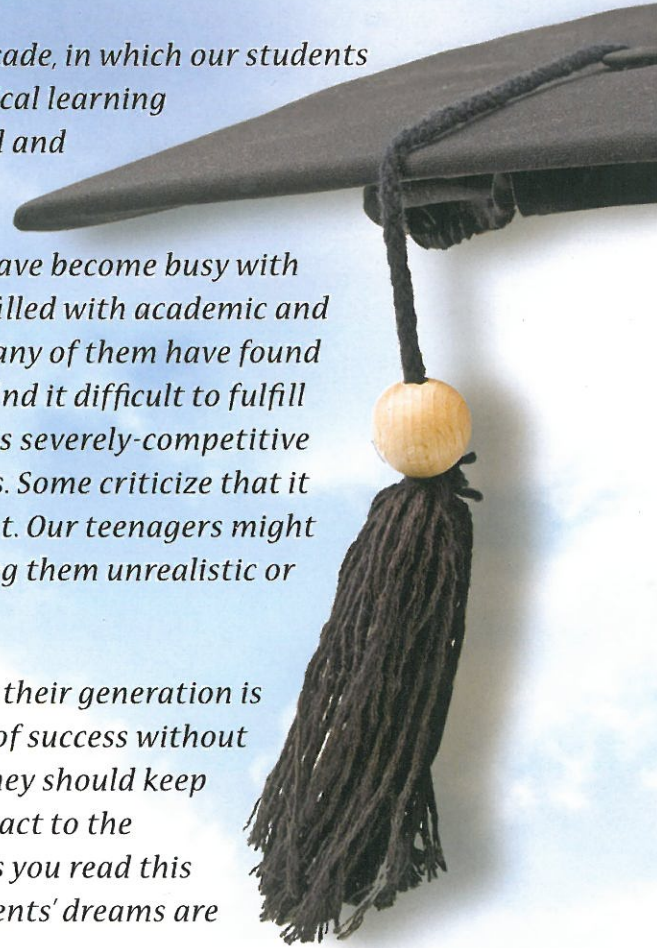
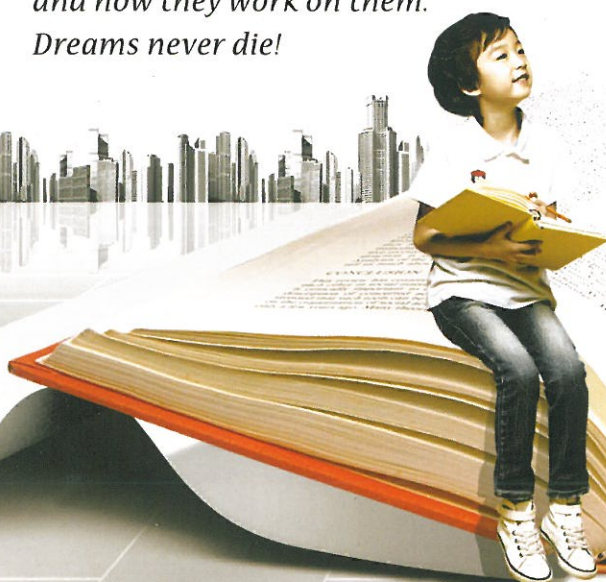
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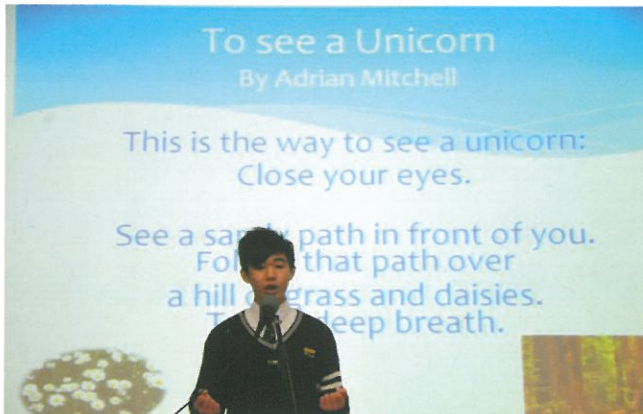




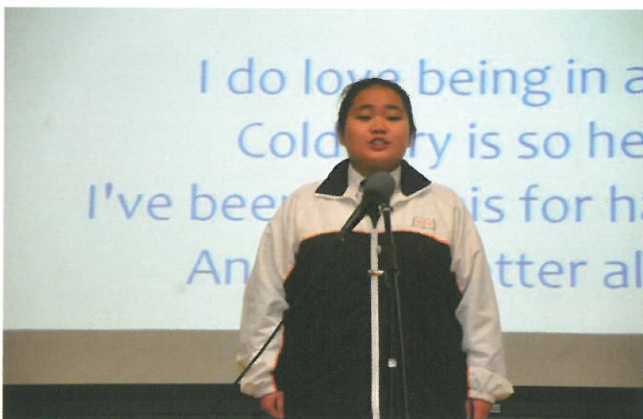
English Assembly 2013

English Assembly is one of the major activities organized by English Department every year.

To provide students with a sense of practicality for learning English, we invited teachers and students to conduct stage performances at the assembly. Students sang English songs not only to show their talent in singing but also their English speaking ability, leading the audience to sing together.



Students who participated in the Speech Festival and received high compliments from adjudicators at the competition were invited to perform their poetry-reading skills. Proper intonation and accurate pronunciation were demonstrated. They also shared their struggles with learning English and how they finally succeeded. Their invaluable experience truly encourages students to build their interest in English.



A sharing section about experiences in English-speaking Day, Summer Overseas Study Tour and other interesting English-learning

activities organized on the campus was introduced in a fun way to arouse students' interest in English.



An inspection team from the Education Bureau during the period of External School Review attended the assembly and praised our students' English ability and our school's effort in promoting English.

English Afternoon Delight



The English Afternoon Delight was held after the Easter holiday. This year, the theme was thanksgiving. As a Christian school, we would like our students to know that Jesus Christ has done great things for us. He has died for our transgressions and he has risen from the dead. He is also willing to save and protect us. Therefore, we should give thanks to Him.

Some senior form students sang a song called "There is none like You". While they were singing the song, each member of the audience was given a worksheet to do some gap filling exercises. After that, the teacher explained to them the meaning of the song and also checked the answers with the audience. The students were highly attentive and very responsive. One Form 2 student shared how Jesus Christ accompanied her when she was scared.



After listening to the modern hymn, some Form 2 students did a drama adapted from the Bible. The reasons the Form 2 students were invited were twofold. First, the audience would be encouraged to speak English as their classmates were doing what they considered to be the most difficult on the stage. In addition, the actors' confidence would be boosted as they could successfully do the performance. Their fear of speaking English in front of the public was highly reduced. Of course, doing a drama performance could help students understand the difficult concepts of the Bible. After viewing the drama, the teacher asked students some questions and explained the hidden meanings of the story.



Conclusively speaking, the whole activity was a great success. Students could learn English outside the classroom and their self-esteem could be raised.



Below is the comment from one of the participants.

In this activity, I have learnt that Jesus Christ is willing to forgive our sins if we have a pure heart. In addition, He can heal our diseases and even demons are afraid of Him. Although the Pharisees wanted to kill Him, He still died for them. Therefore, I think His love is the greatest.

2B CHOW Chuek Hin, Alex

Some interesting facts about dreams

Dreaming is one of the most mysterious and interesting experiences in our lives. But, what do we actually know about dreams?



1. You forget 90% of your dreams

Within 5 minutes of waking half of your dream is forgotten. Within 10, 90% is gone.

2. Blind people also dream

People who became blind after birth can see images in their dreams. People who are born blind do not see any images, but their dreams are equally vivid involving other senses of sound, smell, touch and emotion.

3. Everybody dreams

Every human being dreams. If you think you are not dreaming - you just forget your dreams.

4. In our dreams we only see faces that we already know

Our mind does not invent faces - in our dreams we see real faces of real people that we have seen during our life but may not know or remember.

5. Not everybody dreams in colour

Only a very small number of people (about 4.5%) dream exclusively in black and white. The majority of people dream in full colour.

6. Emotions

The most common emotion experienced in dreams is anxiety. Negative emotions are more common than positive ones.

7. You can have several dreams in one night

On average you can have four to seven dreams in one night.

8. Animals dream too

Studies have been done on many different animals, and they all show the same brain waves during dreaming as humans.



9. Dream incorporation

Our mind interprets the external stimuli when we are asleep and makes them a part of our dreams. For example, you may be dreaming that you are in a concert while your brother is playing the guitar during your sleep.

10. Men and women dream differently

Men tend to dream more about other men. Around 70% of the characters in a man's dream are other men. On the other hand, a woman's dream contains almost an equal number of men and women. Aside from that, men generally have more aggressive emotions in their dreams than women.



Nightmares

I sometimes dream about my life at school, especially during exams. In one dream, the exam paper was very long and difficult. I did not know how to answer the simplest question although I had studied for a long time the day before. Then I got my result. I was upset that I got the lowest mark. After I woke up, I was glad that it was just a dream. Why do I have these dreams? Perhaps it's the pressure of exams.



3E Jack Wong



I usually dream about drawing in different places. In my dreams, I often draw about nature with other painters. After we finish our art work, the things will move and grow in the picture. If I draw a kitty, it will become real and jump out from the picture. In my dreams, the world is grey except for the painters, pigments and me.

I recently dreamt about my lovely puppy. It was very hungry and barked at me to demand food. However, I was so tired because I had worked long hours with other painters. Then, we took a rest. When I woke up, I found that all the pigments had been eaten by my puppy. Unfortunately, it could not digest the pigments and finally passed away. I grieved and cried. I asked myself why I just focused on my drawing but ignored my puppy. I kept crying until my tears became a flood and I was immersed in it and could not breathe.

When I woke up and came back to reality, my pillow was soaked. I dreamt about my puppy because it had died and I felt deeply hurt.



3E Tiffany Lam

Sweet Dreams

Last time, I had a wonderful dream in which I went to heaven. In the dream, I went to a small town in America with my friends. There were a cozy beach, warm sunshine and a blue sky. We all felt relaxed and refreshed. We went swimming, sunbathing, had barbecues and met a lot of new friends. We enjoyed all these memorable moments. At night, we went to a pub. Unexpectedly, we met a renowned music group, Jayesslee!!! I was shocked at that time. They looked stunning! Finally, we took many photos with them. It was unbelievable. After that, we went home and went to bed. The next day when I woke up, I returned to my real home and I realized it was hell. 3E Natalie Cheng



I always have lots of lovely dreams. Once, I dreamt that I became a super girl. I could do different jobs at the same time. I was a chef at one moment but in the next second I became a designer and then a photographer, teacher, gardener etc. Although it seemed very tiring, I really enjoyed it. These jobs are all ones I want to try! I wish my dream could come true though I know this is impossible.

3E Mataragnon Jasmine

Yesterday, I dreamed about my parents and we went to an amazing place. A lot of unbelievable characters were living there, such as Superman, Peter Pan and Baby Dragon. My parents and I were very excited when we saw all of them. They were friendly. But, suddenly, a pirate took my sister away. After that, Peter Pan and Superman gave me power to fight with the pirate. Finally, I won and saved my sister. I think I had this dream because my family always separates and it's an amazing place for me and my parents to be together. 3E Donald Lee



Dreams about family

I remember a dream that made me wake up and feel scared. In my dream, my relatives, my parents and I were shopping in the market, but they ignored me. They talked to each other happily, just like they had forgotten me and left me alone. I tried to talk with them, but no one answered me. It made me feel really upset. Suddenly a car separated my parents, relatives and me. When the car drove away, I found that they had disappeared. I tried to call them and I felt scared. I was just like an abandoned child. I cried, but no one could help me. Then, I woke up and I felt tears on my face.

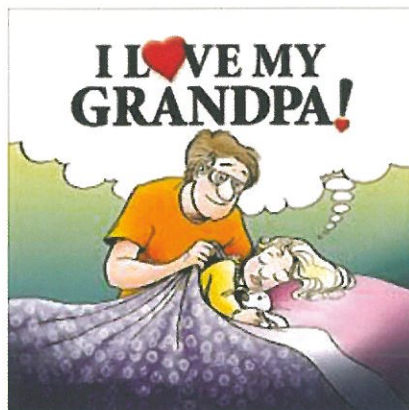


3E Mandy Ho



Last night, I dreamt about my grandfather who passed away a few years ago. I met him on the street and when I saw him, I was surprised and shocked. We went to lots of places and talked to each other. "Do you miss me?" he asked. "Yes, grandma and I miss you so much," I said. Then, we went to a restaurant which grandpa used to go to when he was still alive. We ate lots of dim sum. He usually let me eat more but he only ate very little. In the past, I thought it was natural. But now, I realized I was selfish. I never thought about him. When we went out of the restaurant, he said he had to go back to heaven. I really didn't want him to go, but he had to. "Will you come to see me again?" I asked. "Maybe," he said before he disappeared. I hope that you will be happy in heaven and I will miss you forever. Look forward to meeting you in my dream.

3E Heidi Lam



Time to say goodbye



The time has come for me to say goodbye - to Henrietta Secondary School, the staff and students, and to Hong Kong which has, over the years that I have been here, become my second home. In July, I head back to New Zealand and my family, after eight happy years teaching at this school.

I will miss you all. I have made some wonderful friends amongst the staff and the students, and it will be hard leaving. Leaving is always tinged with sadness, but it is time for me to move on and look ahead to the next stage in my life. I hope to do some teaching in New Zealand, but to also have more time for my family and for myself. I plan to spend holidays with my little grandsons in England and maybe travel to some of the places I have always wanted to visit. Life is full of constant change and each one of us must make change a positive experience - to have the ability to look back at the good times we have had but to embrace the future with determination and excitement.



I would like to leave you, the Henrietta students, with two thoughts.

- Make the most of all the wonderful opportunities that your school offers you and remember - you reap what you sow. The more time and effort you put into your school life, into your study, into your activities, into your friends and your teachers, the more you will gain. You are only young once - don't waste these precious years.
- Try to enjoy English. Read, write, listen to and speak in English as much as you can and don't be afraid of making mistakes - it is part of learning a language. English is important to your future, no matter what you do - study, work, travel - so use the opportunities you are given at school to develop your confidence and ability.

Maybe I will meet up with some of you again. I hope so. My home in New Zealand is open to you all. In France, when people leave, they say "*au revoir*" which means "goodbye for now, but I hope to see you again" - a much more fitting phrase for me to use than "*goodbye*".

So - "*Au revoir*". Thank you to everyone for making my time at Henrietta Secondary School such a positive experience. I will miss you all.

Trish Standring (NET)



Do you have some special dreams? Two Form One girls are going to tell you their unforgettable dreams.

Wan Wing Yu, Winky (1C)

I can never forget a dream because it repeatedly appears in my mind.

I dreamed of a big, big candy castle. The castle was so attractive that I wanted to go inside immediately to see what could be found there. I rushed to the castle but I couldn't enter. The door was too high. No matter how high I jumped I still couldn't touch the door lock. To my surprise, the door opened automatically. I walked around the building for a long time as it was such a huge castle. Suddenly, I was very sleepy, so I ran into a bedroom that was full of desserts. While I was enjoying myself on the sweet bed, I was woken up by my alarm clock. 'It's time to go to school,' said my mom.

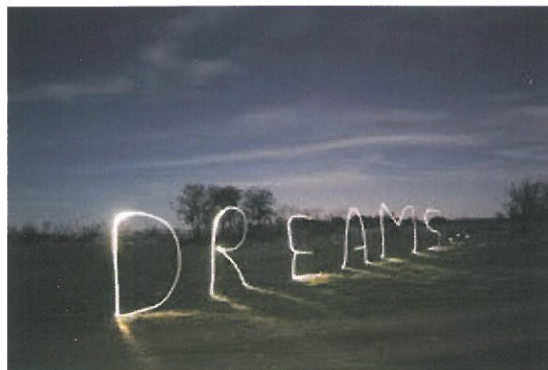
I was so disappointed because I had no chance to visit the castle. Facing reality is hard, isn't it? But, I'm waiting for another sweet dream tonight!



See En Yan, Cheyane (1C)

The recess bell rang. Without hesitation, all of us ran out of the classroom. A famous director invited me and my two friends to act in an action film. All of us shouted, 'Yes!'

The setting of the film was in a battlefield, but all the roles were played by children. I saw my old friends there too. This was so amazing! The director gave us a place to rest. What a pleasure! I was the General's assistant. At the beginning, we fought with another army. That was a long fight as it lasted for two days. We fought bravely, but at last we still lost. We were all captured and brought to the enemy's city and prepared to knock on death's door. We were all about to be burnt to death but the show stopped suddenly. After the film, all of us were paid with a sum of money. I was so happy about that. When I was thinking of how to spend my salary, I heard a woman's voice. I opened my eyes and found my mum was standing in front of me. I said to myself, "Oh, it was just a dream. But how come I am so exhausted?"



Do you think your dream will come true?

Ip Ka Man, Carmen (5C)

Do you have a dream? What have you done to make your dream come true?

A 47-year-old Scottish woman had a dream. She never thought that her dream could finally come true. She achieved her goal by singing a song 'I Dreamed a Dream' on the well-known TV programme, *Britain's Got Talent*. She has now become a famous celebrity in the world. She is Susan Magdalane Boyle.

Susan was born in a poor family with seven siblings. She had learning difficulties and was bullied at school during her childhood. However, Susan didn't blame anyone, even God. She was even teased by her friends. However, those miserable memories didn't prevent her from chasing her dream. Although she was already middle aged, she dared to tell the world that she wanted to be a professional singer. Right before she started singing, the judges and audience didn't have any good comments about her as they just considered her image. Their comments were entirely different after they had heard her astonishing voice. Her performance impressed the whole world. She, since then, has become a well-known artist and no one ridicules her anymore.

Compared with Susan, we are luckier because we have more resources. Our valuable resources are our time and energy as we are still young.

Young people like to dream. They are full of dreams, no matter whether they are realistic or not. They like challenges, changes, uncertainty, obstructions and excitements. They smile when sweat runs on their faces. Facing difficulty, they can bravely confront and overcome it. Sometimes, they may fail or be hurt, but instead of giving up, they like to try again, like tumblers with an eager flame never-fading inside their hearts.

Time stops for no one and it slips away in every moment. How many decades do people have? Chances are gone and enthusiasm is lost. So, teens, please grab your chances and cherish your time to do what you really dream of. Otherwise, a dream is only a dream, a dream only appears in your dream.

The 47-year-old woman has finally reached her dream. What have you done to reach your own dream?

A Dream comes true

Wushu Athlete at our school

Name: Lam Hiu Leung

Class: F.4B

Why I chose Wushu?

When I was studying in primary four, I started to learn 'North Shaolin Kung Fu'. Our team is called 'Fatewushu'. I participated in this sport because I wanted to be healthier and stronger. Since then, my life has become challenging.

More about Wushu

Whatever sports you learn, you should start with the most fundamental skill. This can also be applied to Wushu. I started with some basic kungfu, such as bow stance, virtual step, horse-riding stance. Then, I learnt the fist principles. Though these are all elementary skills, you can defeat an adult if you have enough practice. Next, I learnt the elementary grade and traditional bare-handed skills and those using weapons. Now, I am learning the advanced level. Having learnt Wushu for six years, I have overcome some difficulties and got achievements.

Awards

2012-2013 All Hong Kong Open New Talent Wushu Championship (Group):

Five Stance Fist principles champion

- Long Fist champion

- Nan quan champion

- Broad-sword play champion

- Chinese Sword champion

- Shaolin Staff champion

- Spear play champion

2012-2013 All Hong Kong Open New Talent Wushu Championships (Single)

- Long Fist (number six)

- Broad-Sword play (1st runner up)

2011-2012 All Hong Kong Open New Talent Wushu Championship (group):

- Five Stance Fist principles (number 4)

- Long Fist champion

- Nan quan champion

- Broad-sword play champion

- Chinese Sword champion

- Shaolin staff champion

- Spear play champion

2011-2012 All Hong Kong Open New Talent Wushu Championship (group):

- Long Fist (number 5)
- Shaolin Staff (2nd runner up)

Soundbite

“Not every sport is easy. If you put in more effort, you can overcome difficulties. In Wushu, the motions are not easy to manage. I’m glad that I can handle it and have got many awards. My dream has come true.”



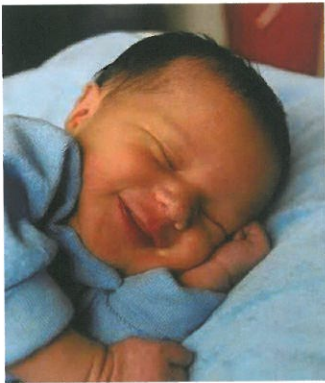


DREAMS



Have you ever had a dream?

A dream is an imaginary series of events that you experience in your mind when you are asleep.



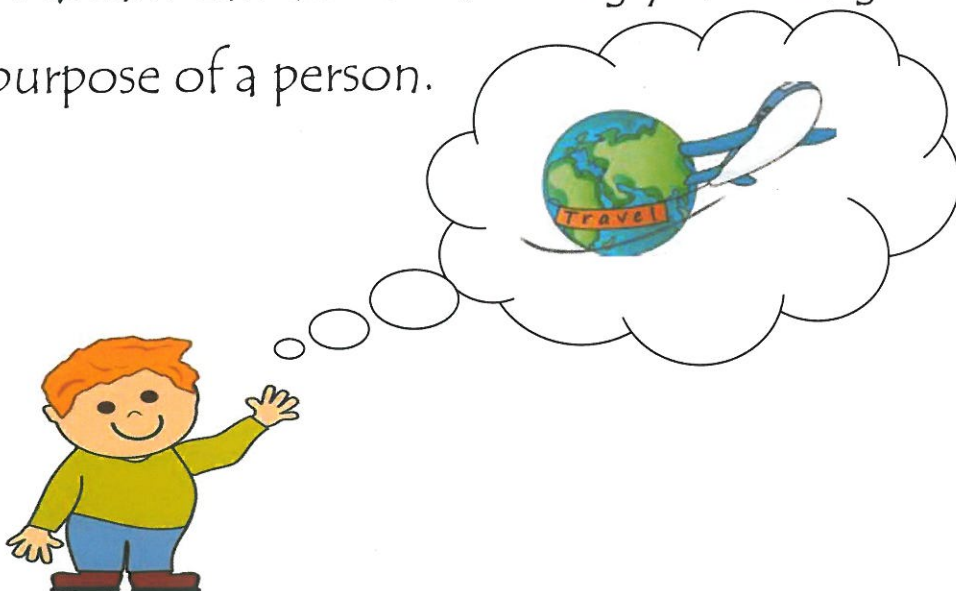
Sweet dreams



Nightmares

Do you have a dream?

A dream can also be a strongly desired goal or purpose of a person.



Do you remember him?



He is **Ho Man Lok**, an ex-student of HSS. He gave us a speech at the closing ceremony of our Sports Day in April. He is now a student of the Department of Sports Science and Physical Education at the Chinese University of Hong Kong, and was one of the representatives of Hong Kong taking part in the London Olympics 2012.



When he was a child, he had a dream.



When he was here at HSS, he was trying to achieve his dream, striving to become a professional athlete one day.



Now, his dream has begun to come true. He is still working on it, with his determination, persistence and passion!



Ho's Biography



Height: 177cm


Weight: 67kg

Sport Association: Hong Kong Amateur Athletic Association


Performance:

Record of International Competitions (2009-2012)

(Ranked 1st – 8th of World Championships / Asian Championships)

Date	Country / City	Name of Competitions	Events	Results / Ranking
1-4/7/2010	Vietnam	14th Asian Junior Athletics Championships	Men's 4x100m	40.51s / 2nd
1-4/7/2010	Vietnam	14th Asian Junior Athletics Championships	Men's 100m	10.97s / 6th
21/8/2011	Shenzhen	 Universiade Shenzhen 2011	Men's 4x100m	39.44s / 3rd

Hong Kong Record and Results (2009-2012)

Date	Country / City	Name of Competitions	Events	Results / Ranking
12/4/2012	Zhaoqing	4x100m Relay Invitation Meet	Men's 4x100m	39.15s / 2 nd
14/4/2012	Zhaoqing	 4x100m Relay Invitation Meet	Men's 4x100m	39.02s / 2 nd
11/5/2012	Kanchanaburi	Asian Grand Prix 2011	Men's 4x100m	38.71s / 2nd

World / Asian Ranking (2009-2012)

Ranking Date	World / Asian Ranking	Events	Results
2010	6th Asian Ranking	Men's 4x100m	39.41s
2010	40th Asian Ranking	Men's 100m	10.46s
2011	48th Asian Ranking	Men's 200m	21.32s

Some photos of Ho 📷 🎞️ ⭐️ 🔭

having long, hard training every day



taking part in different athletic meets



short run



Some photos of Ho    



relay



DREAM QUOTES



I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character.



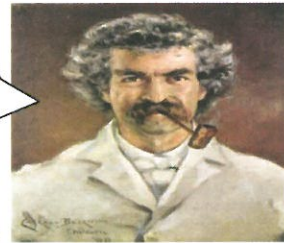
Martin Luther King, Jr.

The problems of the world cannot possibly be solved by skeptics or cynics whose horizons are limited by the obvious realities. We need men who can dream of things that never were.



John F. Kennedy

Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do...
Explore. Dream. Discover.



Mark Twain

All our dreams can come true, if we have the courage to pursue them.



Walt Disney

Singing for Fun!

On 26th April, 2013, the HSS English Department held the second English Day for all teachers and students to enjoy using English Language to communicate with each other. One of the activities of the day was 'Singing for Fun'. During lunchtime, an open stage was set up inside the School Hall. Students from different forms showed off their talent and love for singing English pop songs by singing their favorite songs on stage. A crowd of about 60 students were present. They joyfully appreciated their schoolmates' great talent. I was really pleased to have the chance to act as one of the hosts for the event and helped students to prepare for the event. Let's hope all the students and staff in HSS will continue to admire English songs and improve their English through listening to them.

Mr. Wong Yu Man Damon

