



Achievement is defined as something which has been accomplished; a successful completion...

Achievement is always taken as an evaluation to measure if a person or an association is successful according to what has been done. Achievement can serve as an incentive to lead people towards success but at the same time, it can make someone stress out. How we strike a balance between achievement and incentive is an art. Learning is a process to let learners enjoy the process. The ability to learn is one of the most outstanding human characteristics. Learning occurs continuously throughout a person's lifetime. To define learning, it is necessary to analyze what happens to the individual. For example, an individual's way of perceiving, thinking, feeling, and doing may change as a result of a learning experience. Thus, learning can be defined as a change in behavior as a result of experience.

Henrietta's students have a good reputation. They have gained awards in academic and non-academic areas. They might not be able to win many competitions but they have been recognized as active participants and real fighters. They always try their best. Any size of accomplishment carries with it this question: Who will get the credit? The answer is those who have devoted to try wholeheartedly at all games are already winners although they have not received an actual prize.

(by Cheung F.W. Frederick)

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2016-2017 English Assembly

A Senior English Assembly was held on November 16 this year. The theme was 'English can be learnt daily in an interesting way'. To allow students to demonstrate their hard work on speaking training for their future public competitions, they were invited to perform on the stage. A Choral Speaking Team formed by mainly junior form students performed on stage lively. A group of five senior form girls also performed on stage as they were demonstrating their synchronized poem reading.



Leung Wing Tung, Wong Man Lik, Maxwell and Yau Chun Fai finished HKDSE 2016 at Henrietta Secondary School. They returned as guest speakers to encourage students to learn English through daily activities. Although they were born locally, their English was remarkable. Their fluent speaking skills and organized presentation provided the audience with insightful ideas of how to improve English. Watching Youtube video clips in English and making interesting videos demonstrated how learning English can be fun.



Cathy Cheng, also performed a Katy Perry's song on stage which was a fabulous addition to the assembly.



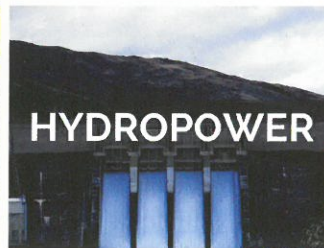
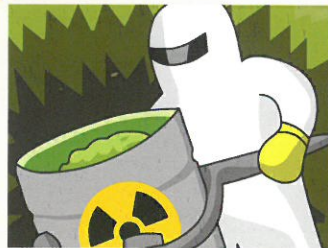
Mr. Simon Tham, a consultant of the English Department, also shared his ideas on learning English.

Our Students' Achievements

Some of our students took part in the Speaker 2017— an English Public Speaking Contest organized by RTHK Cultural and Education Unit. They were given a topic called “The World in 10 Years”. Let’s have a look at what our students could think of with this topic.

Nuclear energy - a future time bomb?

5C Ng Yuk Lam, Alan



There are currently 447 operable nuclear reactors around the globe, providing 19.5 percent of the world's electricity production. Nuclear energy is known as an efficient, reliable and clean energy source that helps solve the energy crisis in this day and age. Therefore, more and more nuclear power plants have been built in a bid to satisfy the surging energy consumption. Yet, what would happen if we kept nuclearizing our world? Would it be bliss or a curse? And how does that affect human beings in the future?

Nowadays, terrorism is rampant. Terrorists threaten the world by waging terror attacks such as bombing buildings or slaughtering people. However, in the near future, they might come up with a new strategy---destroying the nuclear power plants. As more and more plants are built near cities, wrecking them causes horrible damage to the citizens. If the plants are unfortunately destroyed, the effects would be catastrophic. After the protective shield is broken, the radioactive substances will be exposed to the air, polluting the land and the sea. Every creature would be killed, and those nearby are susceptible to fatal diseases like cancer. What is more serious is that the polluted water would flow into the sea, jeopardizing people all over the world.

Worse still, the consequences of nuclear leakage may stay for years. Take 1986 Chernobyl disaster as an example. Until now, the radiation level is enormously higher than the acceptable level.

In view of the threat mentioned above, we should not look at it with folded arms. Below are some of the things we should do:

First, the change of energy patterns helps reduce the consumption of nuclear energy. In fact, there are other energy sources such as solar energy, hydropower or wind energy which could be used to generate electricity. If scientists could devote more resources to the research and development of the renewable energy, the limitations of such energy could be revamped and it could become the mainstream. Eventually, Nuclear energy could be replaced.


Second, if there is no choice but to use nuclear energy, we need to reinforce the security of the power plants. Setting up underground nuclear power plants may be a good way to prevent them from the terrorists' attacks and natural disasters. Moreover, we need to make sure that the power plants are built far from the city.

In fact, there is an overuse of energy. It is the main reason of the surging energy consumption. We should try to save energy as much as possible. We could take public transport, use fans instead of air-conditioners or replace traditional light bulbs with LED lights. If everyone takes a small step to save energy, we would not need nuclear power to generate electricity.

In a nutshell, provided that we tackle the problem seriously and come up with some preventative measures, we could live in a better and safer world.

How will racial discrimination affect our world in 10 years?

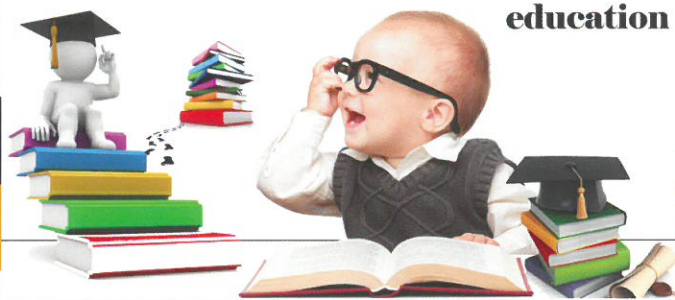
5D Lam Lok Hang, Ryan



Just two weeks ago, a black man was shot by an American white policeman. He did not carry any weapons and just stopped in the street because of his broken down car.

This incident has stirred up a storm of controversy. A multitude of people believe that the white policeman should be prosecuted and arrested. Meanwhile, one thing has stolen the limelight - racial discrimination. Racial discrimination means that someone is prejudiced against others or treats them differently because of their race. If these racists do not change their mind, what will happen in the next decade?

Racial harmony will be destroyed. In the wake of rising cases of racial discrimination, the tension between the racists and the discriminated will continue to increase. It will be hard for them to live together in peace and more and more arguments and conflicts will happen. The result could be catastrophic. It could even trigger an outbreak of war and kill a host of innocent people. Worse still, after the war, we would have to put more money and effort into rebuilding the country. Residents would be coerced into doing hard labor to repair the city and there would not be enough money for them to support their daily life, let alone dressing them warmly and giving them enough food.



Let me give a concrete example. In the American Civil War, which was fighting for the liberty of blacks, almost 150,000 people died in this campaign.

To prevent such grievous repercussion, it is time for us to put an end to racial discrimination.

First of all, for those who are discriminated against, their social status should be elevated. Our society should allow different races to engage in all sorts of social classes, especially in the political aspect. Because they know the feeling of those who are discriminated against, once they take part in parliament and government, they would change and lay down new policies and subsidies in order to benefit those who have been discriminated against. The more contribution they would make, the more people would support them and change the inherent impression on their race. From prejudice to respect.

Other than rising social status, education is another momentous part that should not be neglected. Ideology decides our behavior. Also, our ideologies depend on the education that we have received. Education is the only way-out to settle the problem at its roots. So we can establish racial class in the primary and secondary schools to instill in juveniles correct values; they should not treat others unfairly because of their skin color and race.

Everyone is equal in this world. Respect is the key to this problem. Only when we change our mindset of racial discrimination, in the next ten years, may we completely eliminate this problem.

The 70th Anniversary English Musical – Fame was played successfully



Last year was the 70th School Anniversary. Some students took part in the English musical and they staged the show in the Youth Square in July 2016. It was their first attempt to perform such a difficult yet meaningful task. Let's have a look at their feelings towards the show.



Zendra: What difficulties did you come across during the training and how did you overcome them?

Natalie: It is hard to understand the character that you play when you can't find any similarities between you and the character. I have learnt a precious lesson that I should always put myself in others' shoes and understand how people feel because everyone has their own stories.

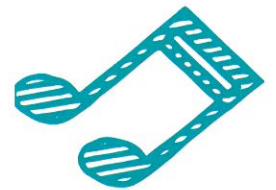
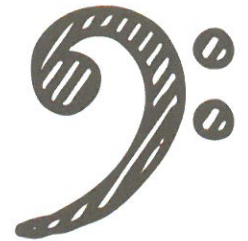


Zendra: Why were you interested in joining the musical?

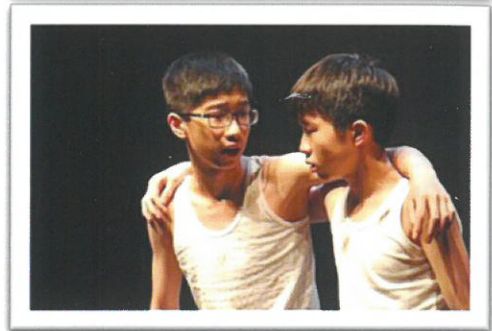
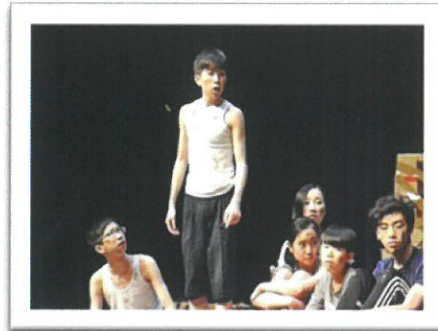
Chiu Ching Tong: Well...it sounds a little bit weird and naive, but one of the main reasons for me to join the musical is a movie I watched when I was 9 years old. It was called 'High School Musical'. The plot and the songs had quite an impact on me, giving me a strong desire to stand on stage.

Zendra: Will you recommend other students to join it next time?

Chiu Ching Tong: A definite yes. This kind of experience is rare and invaluable. It helps develop our full potential. Apart from that, I want all of you to know: We are the flashlight in darkness. We can influence the world. We can make every day count. Being an adolescent, we are the luckiest ones. We have time. Let's live lives to the fullest. We can change the world. Lastly, the following lyrics is all I want to say: Tonight, we are young, so let's set the world on fire, then we can burn brighter than the sun.



Our students also took part in the Young Post Reporters Programme 2016. Below is one of the reporters who wrote about his feeling towards drama in his life.



Drama - a guide to our life

4D Watamura Keito

I have been doing drama since primary school. I was forced to take part in it and found no interest in it. I hated it very much. After talking to my teacher, I tried to enjoy it and let it become a part of my daily life. Still, at that time, I just considered it as any leisure activity that I did to kill time.

When I went to secondary school, I thought that the Drama Club was the same as the one in my primary school. Soon, I realized that I was wrong. It was much more demanding than I thought. In the first two years, my role was not as important as others. I was so upset because I used to be the leading role in primary school. As time went by, the teacher finally told me the reason why he did not select me as the main character was that I was not mature enough. I needed to respect my role even though it was just a supporting one. This was just like a wake-up call to me. I was not humble enough and that was why I missed some opportunities. I felt ashamed and I started to make a change.

Last year, the school hired a new teacher to teach us drama. Although he knew that we received training before, he taught us something very basic again. I was so serious to learn and I did not want to miss anything. After that, we wrote the story called 'The City of Mud'. It is about humanity in a disaster. This story changed my life. In the past, I thought that if I was rich, I could do everything. However, after I did the drama, I changed my mind. I realized that wealth cannot satisfy me because a human's desire can be endless. The real way to enrich our life is to understand the true meaning of life and stay true to our heart.

Drama has entirely changed my life. Many people just consider it as an extra-curricular activity since they think it is not as important as other academic subjects. I am here to tell you that drama can change your attitude towards life and I am living proof.

What stresses you out about school?

According to Lycoris Chung and Grace Ho, two students of HSS, the most common sources of teenage stress are as follows:

- Friendship problems (e.g. peer pressure to act in a certain way, misunderstandings, being isolated)
- High but unrealistic parental expectations
- Conflicts with parents
- Study pressure (e.g. too much homework, too many quizzes and tests)
- Not having enough time to sleep
- Poor self-esteem
- Puberty



School – A Place to Learn and Grow

By Hayden Chau

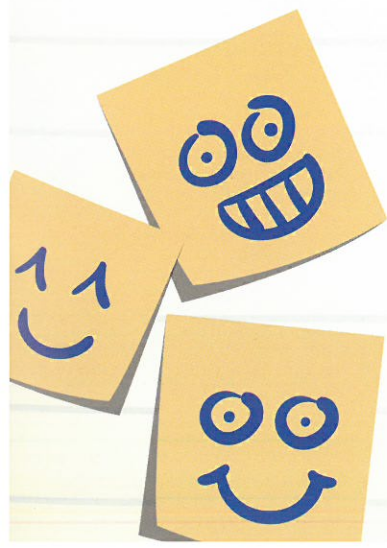
School --- What is the first thing that pops into your mind when you come across the word, homework, strict teachers, or exams? Many friends of mine moan about going to school and imagine how good life would be if they didn't need to go to school. However, have you thought of how your life could be without school?

Is there anything that drives you to wake up every morning and get up for school? For me, one of the most important things is to see my friends. I'm sure almost all of you feel the same. Staying at home with my parents and my three-year-old brother doesn't work in my favor. At school, I can get along with people at my age, who usually think and like the same things as I do. School is one of the most important places we learn our social skills and improve our communication skills. This is what staying at home can't help us with.

Another common thing that many students complain about is homework. However, do you know why homework is assigned to us? It's simply for the sake of our learning. Every assignment, test and exam help us get closer to the finishing line, and it is our hard work and dedication that determine our results. School is somewhere we can learn. It is a place to train us for a better future and to sharpen our swords for the coming battles in the real world.

Last but not least, school is where you can find yourself. It is a place where you get to explore every inch of you that you've never seen before. With the support you get from your teachers and friends, you have hope and courage to move on.

School is not necessarily a source of stress. Look on the bright side. It is not such a boring place as you think. It is in fact a much better place than we know.



✦ The Most Memorable Moment ✦

6C Leung Sui Wah

There are different stages of life. My days at secondary school would be one of the best parts of my life. When it comes to my most memorable moment at Henrietta, it's probably my life as a junior form student.

Back to those days, my friends and I usually had a very quick lunch and we then rushed to the playground to play basketball. Once we got the ball, we went crazy. We ran in the playground, screaming, laughing and even crying. That was my junior school life.

Actually, I was not good at playing basketball but I really enjoyed the time with my friends in the basketball court. We did not really follow the rules but maybe that's why we could enjoy the game freely with lots of laughter and cheers. This is so far the best time of my life --- my most memorable moment at Henrietta.

6D Cheung Yee Man

It's really a blessing that I've made some life-time friends during these years at HSS. Though we are not all in the same class, our hearts are always together. We experience ups and downs. We learn to give and forgive. We are forever friends.



Thinking Points

Where do you have lunch? What food/ drinks can be added to the tuck shop's menu? Which fictional character do you want to have lunch with?

Every day, having lunch with friends is what most students look forward to. Indeed, lunch is a very important meal for students to gain energy back. What do you eat for lunch on a school day? For those who are **looking for a little lunch inspiration**, you may consider the following recommendations made by our senior form students.

Taiwan Kitchen is the restaurant that I highly recommend to my friends. It is located in the Provident Centre. Every time when I visit the restaurant, I order "Sliced Beef Noodles" because the beef is tender and the soup tastes a bit spicy. Besides the food, the tranquil atmosphere allows the customers to enjoy their meals in a relaxing way. What's more, the waiters are polite and helpful. Therefore, Taiwan Kitchen is worth trying!
(Elsely Wong, 5D)



At lunchtime, I always go to **Hong Kong Canteen** for its delicious food, efficient service and friendly staff. Having lunch here is a great choice for students because the dishes are served fast, which saves us time! The dish I recommend is "Meat Pie with Salted fish" which costs about \$40!
(Winnie Chui, 5B)

Yummy



Super Super Congee & Noodles is a subsidiary company of Café de Coral. It serves congee and Chinese noodles. Most of the meals are around \$30 so it is affordable for students. My favourite dish is wonton noodles. The cosy and quiet environment is suitable for a bit of chitchat over lunch with friends. (Sam Wong, 5D)



My recommendation is **Better Mian!** As a student, I can order the meal set at around \$35 which includes an appetizer, a bowl of stirred noodles and a drink. I love the spicy noodles and efficient service. Usually, I only need to wait for 2 minutes for my dish and my favourite one is "Stewed Pork with Stirred Noodles." (Yalie Wong, 5D)



Sweet

There are many restaurants nearby but my favourite place to go for lunch is **MeokBang Korean BBQ & BAR.** My recommended dish is the rice omelet with chicken fillet because of its reasonable price and big portion. The restaurant offers side dishes for every order and a discount for students. The environment is tidy and comfortable. (Winnie Li, 5B)



So Good

Awesome



The restaurant I recommend is called **Thai Cuisine**, which is located in City Garden. The dishes are delicious, especially Pad Thai. It has some shelled peanuts, tofu and chicken meat. It is usually served with spicy Thai sauce. (Shirley Cheung S.Y., 5D)



Tasty

My favourite nearby restaurant is **CA-TU-YA**, which is opposite the Electric Road Municipal Services Building. The dishes cost about \$40-\$70 plus 10% service charge but it offers 10% discount and a free drink for students. Although the service and environment are just so so, the food is really delicious. My favourite dish is deep-fried chicken cutlet and egg bowl. (Derek Or, 5A)



I highly recommend an Italian restaurant called **Saizeriya**, which serves pizza, pasta and desserts. The environment is comfortable and the staff are friendly. My favourite dish is the mouthwatering carbonara which costs \$30 only! (Flora Na, 5A)



Delicious

Even though there are many restaurants nearby, sometimes students are too busy to go out for a quick lunch or they just want to grab some snacks during recess or after school. However, have you ever had the experience that you want to buy some snacks from the tuck shop but feel fed up with the choices available? On top of potato wedges, curry fish balls and steamed dumplings, some junior form students suggested that **more food/drinks should be sold at our Tuck Shop**. Which of the following items do you like?



I want to have **iced pineapple slices**! It is great to eat it in summer because it is cold and tasty. I love pineapple very much whether it be pineapple pie, juice or ice-cream. The taste of pineapple gives me a sense of comfort and the energy to finish the tasks. (Terry Ng, 1D)

I hope that the tuck shop can provide some Chinese snacks like **'ding ding candy', 'dragon's beard candy' and 'traditional candy & coconut wrap'** so that more students can not only know about the names but also the taste of these traditional snacks. (Michelle Leung, 1D)



I think the tuck shop should sell egg tarts, salad and milk tea. First, egg tarts are the local food in Hong Kong. They are delicious and tasty. Next, salad is a healthy choice for lunch. Then, milk tea is actually very popular among students and teachers. When teachers work overtime, they can buy a cup of milk tea to refresh themselves!

(Cherry Leong, 1D)

I think the tuck shop should offer sushi. It is yummy and popular. Also, I want to have watermelon juice. When the weather is hot, drinking a glass of iced watermelon juice can cool me down. (William Ng, 1D)

Many students think that the tuck shop is the most important school facility for them – so do I! Therefore, I think more choices of food or drinks should be provided for students. I suggest having more new food, snacks and drinks. For example, salad, congee and vegetarian dishes are healthier than fried food and steamed dumplings. In winter, I always feel very cold so it is good to have some hot drinks like soy milk, coffee, milk and green tea. Also, many students also like to have egg tarts, egg waffles and bubble tea to be sold at the tuck shop. I really want to add them all to the menu and I hope the manager can consider my suggestions. (Jack Lam, 1D)

Once in a while, you may need to have lunch alone. If you feel bored, why not think about the question we asked our students in this issue: If you could have lunch with a fictional character, who would it be and what would you eat?

Read along and have some fun!

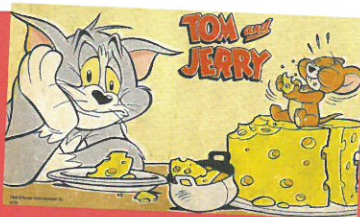
If I could have lunch with a fictional character, I would eat with Alice, who is the main character in **Alice in Wonderland**, because I want to go to a magical world. I would make a potion myself and then explore the wonderland with Alice. Besides that, I would have a tea party with Alice and her adorable, whimsical friends! (Miko Li, 2D)



It would have to be **Mario** from Super Mario Run and Super Mario Kart. I love playing these games and Mario is my favourite character. Since Mario always kills the moving mushrooms and eats the magical mushrooms, it is interesting for us to have mushrooms as the main course for lunch. We can have grilled mushrooms and magical mushrooms. After eating them, we may become giants who destroy the buildings, or become dwarfs who jump and walk along a tiny road. I really want to have such a meal with Mario! (Ko Chit, 2D)

If I could really have lunch with any fictional character, I'd choose Jerry from the cartoon **Tom & Jerry**. Jerry would do anything for a piece of cheese and he is very clever but cunning. We can eat cheese together. If Tom bothers us, I'm sure Jerry has a lot of tricks up his sleeve. He can tell me about his experiences and tactics while we eat. He will definitely have a lot to share. I wonder what kind of cheese he likes the most!

(Hayden Chau, 2D)



If I could have lunch with a fictional character, I would choose **Dr. Zoidberg** from the television series Futurama. Actually, I first met this character in The Simpsons Game. Dr. Zoidberg is a Decapodian, a lobster-esque alien working as the staff doctor for Planet Express. I would eat fish with him because you know, lobsters like to eat fish – so does he! (Jarib Lau, 2D)



All in all, students are supposed to gain energy back after lunch. Therefore, make sure you have an enjoyable lunch and have the energy to pay attention in class – instead of being hit by the food coma!



The 68th Hong Kong Schools Speech Festival

This year, forty Form One students from different classes were selected to take part in the 68th Hong Kong Schools Speech Festival. With the advice given by Simon Tham, the consultant of the English Department, teacher's training and students' hard work, our school attained second place in the choral speaking competition. There were altogether sixteen schools which joined the competition. Our school was the last to perform. Even though the students watched some impressive performances, when they heard the adjudicator calling their school name, they plucked up their courage and walked like an army to the stage. The students were totally into the poem and they pulled out all the stops for performing it. When they heard the result, they couldn't believe their ears. Their hard work had not been in vain.

On top of that, Mung Nga Yee (F.5D) got third place in the solo verse speaking competition. She spent lots of time doing practice after school. With the advice from the teacher, she outperformed other rivals and attained a good result in the competition.

