

CLOVER



ISSUE 22

ENGLISH ACTIVITIES COMMITTEE

Standing on the giants' shoulders

We are proud to unveil the cover design for this issue created by Chloe Yip, our talented S5 student.

Below, she shares the inspiration and meaning behind her powerful artwork.

"In this evocative cover image, a young girl stands triumphantly atop a towering stack of books, her silhouette framed against a horizon of endless possibility. The 'giant' beneath her is not a creature of myth, but a symbol—the collective knowledge of humanity, built from the wisdom of generations and the insights of countless minds. This intellectual colossus forms a steadfast foundation, elevating her above the ordinary. It is knowledge that brings color to our lives, transforming the mundane into the extraordinary. It anchors us in times of uncertainty, pulling us from the abyss of ignorance and lighting our path toward a future shaped by understanding and hope."

- Chloe Yip

Messages from the Editors

When I first became the editor of our school newspaper, I never imagined how the role would change me. What started as an extracurricular activity turned into a profound journey of self-discovery and growth. At first, I was afraid to take on the job; English was not my strong point, and I felt it was a huge responsibility. However, I soon realized that editing is not just about perfect grammar, but about amplifying students' voices and connecting hearts through words.

The creative process became my greatest teacher. Participating in English activities of all sizes, such as watching movies and TV shows and attending university exhibitions, broadened my horizons and increased my interest in the subject. This exposure allowed me to absorb various experiences and enrich my own creative space.

Of course, we made mistakes too, like simple typos that still make us laugh. However, the wisdom of our advisors guided us, and I learned that good editors don't avoid mistakes; they learn from them. Each misstep strengthens our team's cohesion and resilience.

As I pass the torch, I realize that the magazine's true legacy lies not in the printed pages, but in the skills we have gained: the empathy to understand different perspectives, the creativity to solve problems, and the courage to share real stories.

Joining the Clover Team is undoubtedly a unique, awe inspiring and splendid experience. A huge thank you goes out to our amazing magazine team for their dedication, creativity, and hard work! Let's keep creating something extraordinary together!

Abby Cheung 5B



Being a chief editor of Clover has been a fascinating eye-opener for me. Not only have I equipped myself with a vast array of writing techniques, but I have also learned what constitutes an exceptional leader.

Clover has been dedicated to offering students an intriguing way to enhance their language proficiency, and this is why I continue to be part of it. Owing to my past experiences, I have realised that learning English is not straightforward; it requires effort, resilience, and determination. I firmly believe that Clover can serve as a medium for us all to embrace the beauty of English.

In addition, Clover acts as a memoir for teachers and students alike to reflect on the academic year, including memorable events like our annual Arts in Action. These types of occasions shape the splendid 'scenery' of our school and create everlasting memories.

It's our job at Clover to highlight these functions for all to see.

When it comes to my key takeaways, teamwork would top the list without a doubt. I have learned the importance of unity, and with Abby and Natile by my side, I have become more confident in taking the initiative, more articulate, and more confident. My other key takeaway is the sense of euphoria I felt when visiting the history booth organized by the Chinese University of Hong Kong, and watching the renowned movie 'Four Trails.' These experiences have broadened my horizons, making me a more knowledgeable global citizen, which I am eternally grateful for.

Last but certainly not least, I would like to express my heartfelt gratitude to Ms. Leung and Mr. Middleton. Without their guidance and encouragement, Clover would not have been published so smoothly.

It is a bit saddening to say that this is the last year of my devotion to the team. The memories will definitely leave an indelible mark on my memory lane. Despite the fact that English is my second tongue, I enjoy every moment of using it from the bottom of my heart.

Enough rambling, I hope you find delight in reading this year's edition. Enjoy!

Emmy Law 5A

Principal's Message



As this academic year draws to an end, I want to share some thoughts on our guiding theme: Honor the Past, Persevere for the Future. These ideas remind us of the importance of our history and the strength we gain from it as we move forward. Honoring the past means recognizing the lessons learned from those who came before us. Their experiences, achievements, and even their challenges provide us with invaluable insights. By reflecting on their journeys, we can make informed choices that shape our own paths.

This also applies to the EAC slogan this year, as when we stand on the shoulders of giants, we give ourselves the opportunity to see further and aim higher. The visionaries who have contributed to our fields—be it in education, science, the arts, or leadership—have laid a foundation upon which we can build and have paved the way for us to achieve. Let their legacies inspire you to push boundaries and pursue your passions.

As we look to the future, I encourage each of you to persevere. Challenges are a natural part of growth, but with resilience and determination, we can overcome them. Whether it be joining the Debate Team, the Speech Festival, Battle of the Books, Toastmasters, Time to Talk, our annual musical or one

of the many other opportunities to learn and grow, embrace every chance to learn, adapt and grow stronger, and perhaps one day you will be a giant whose shoulders are relied upon by future generations.

Finally, I would like to express my heartfelt gratitude to our Clover team and the editors for their hard work and dedication. Your efforts in bringing our stories to life and showcasing our achievements play a vital role in fostering school spirit and connection. Together, let us honor our past, support one another, and strive for a future filled with hope and achievement.

Wishing you all a fantastic summer holiday and look forward to seeing you next year!

Warm regards,
Constance Cheung,
Principal

Standing on the Shoulders of Giants

This year, our theme is "Standing on the Shoulders of Giants", so we invited students to reflect and share their unique perspective on this powerful idea. How have the achievements, wisdom, and contributions of those who came before us inspired change in the world, driven innovation, or shaped our personal journeys? This is an opportunity to explore how building on the foundations laid by others allows us to see further, dream bigger, and reach greater heights. Let's dive into the

Bareerah Hameed 2A

One "giant" in the realm of scientific progress is Sir Isaac Newton. In 1643, a genius was born. Newton's contributions to classical mechanics influenced the scientific revolution. His seminal work, "Philosophiæ Naturalis Principia Mathematica", introduced the laws of motion and universal gravitation, significantly changing our understanding of the world. Now, isn't that fascinating, but just you wait.



Newton's insights weren't created in an instant; he built upon the work of earlier scientists like Galileo and Kepler. By studying their findings, he developed a framework that explained how objects move and interact. His mathematical approach and use of calculus allowed predictions and calculations.

The impact of Newton's work extends beyond physics; it paved the way for advancements in engineering, astronomy, and many other fields. Today, we continue to stand on his shoulders, using those very principles to explore the universe, develop technology, and expand our understanding of natural phenomenons. Newton's legacy is a sheer example of the power of building on past knowledge, inspiring us to innovate our ideas and further discover.

Candy Yeung 2A

The phrase "standing on the shoulders of giants" captures the idea that progress and innovation happen by learning from those who came before us. Throughout history, people have



achieved amazing things by building on the work of earlier thinkers. For example, Isaac Newton recognized the help he received from scientists before him, showing that knowledge is a team effort. In technology, devices like smartphones exist because of many improvements in communication, computing, and design that have developed over hundreds of years.

This idea also connects with my personal experiences. In my studies, I often feel inspired by authors and scientists whose work have shaped how I see the world. Learning from great writers has not only improved my writing but also encouraged me to share my own ideas.

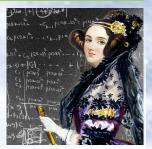
As we remember those who paved the way for us, let's appreciate their contributions and commit to keeping their legacy alive in our own work.

Tania Lee 2A

thoughts and ideas that celebrate the transformative power of standing on the shoulders of giants!

"The more I study, the more insatiable do I feel my genius for it to be."—Ada Lovelace

The intellectual desire from the above quote defined Ada Lovelace's extraordinary spirit. Picture this: a Victorian woman in corsets, scribbling mathematical formulas by candlelight, imagining a future



where machines could compose music. There's something fierce about her story - her deep wonder at mathematical beauty while fighting to be taken seriously in a man's world.

I often think about how she worked alongside Charles Babbage, the inventor with his "thinking machine" of gears. While others saw it as just a fancy calculator, Ada caught its full potential.

What moves me most was her hunger for brilliance. She called mathematics "the language of unseen relations," chasing that thrill we all feel when connecting dots no one else sees. When someone codes, I imagine her looking over their shoulders, delighted by what her "poetical science" has become.

Ada teaches us that innovation isn't just cold logic, it's a daring dream while others dismiss you. Her work shows how one mind, standing on the shoulders of giants, can light paths for future generations to uncover and discover. Her legacy lives every time someone looks at existing technology and asks, "But what if we could...?"

Myrelle Chan 2A

Improvement is achieved upon the knowledge and the discovery of those who came before us. For example, Thomas Alva Edison, a famous inventor. He conducted thousands of experiments in his quest to invent electric light bulbs. He tested over 6000 different materials for filaments. Finally, he succeeded. Through his invention, we have



now invented more environmentally friendly versions, like LED light bulbs. They can reduce greenhouse gas emissions and lower energy consumption. If we didn't have the original invention from Thomas Alva Edison, we would never have invented LED light bulbs. The historical figure, his groundbreaking ideas, and his transformative advancements have played a great role in how we live our lives today.

FOUR TRAILS: Beyond the Finish Line

An exploration of endurance, identity, and inspiration through Hong Kong's toughest ultra-challenge.

Four Trails has taken the film world by storm, grabbing attention with its powerful story and amazing visuals. The movie documents the HK Four Trails Ultra Challenge, an annual event held during the Lunar New Year. The Four Trails is a hallmark event in the mountain running world. The director captures the journey of each participant, referred to as survivors, as they attempt to hike approximately 298 kilometers in 72 hours. The survivors must traverse the HK Four Trails Challenge entirely on their own, meticulously planning their route and completing it within the designated time frame. Hiking enthusiasts from diverse



nationalities and backgrounds come together to take on this extreme challenge. Throughout the process, they endure both physical and mental struggles, with hidden injuries and stress gradually emerging. The Four Trails is not just a competition against others, but also a profound battle within oneself. In this article, we dive into what students and teachers are saying about the movie.

"It's Not the Destination" – Emmy Law 5A

Four Trails isn't just a film about running; it's a journey filled with inspiring, eye-opening, and thought-provoking messages. With a cast of passionate runners tackling challenging trials, the movie offers insights that resonate far beyond the sport.

One of the key takeaways is the importance of enjoying the journey rather than fixating on the result. In a memorable scene, Salomon, a talented and ambitious runner, considers quitting when his performance doesn't meet his high expectations. As a perfectionist, Salomon

> struggles when things don't go according to plan. However, with support from his wife, family, and friends, he realizes that perfection isn't the goal—it's about fighting for the people he loves. This scene made me reflect on my own life as a student. Is achieving top grades everything? I realized that the true reward lies in the learning journey

itself. The perseverance, resilience, and positive mindset I develop through education are invaluable.

The film also emphasizes the importance of persistence. Jacky Leung, an underestimated runner, completes the trail in 50 hours, despite the spotlight initially being on top runners like Stone and Salomon. Jacky's determination and perseverance are truly inspiring. When I face challenges, I often doubt myself instead of pushing through. Jacky's story reminds me to pursue my goals with courage and confidence, no matter how tough things get. Success requires perseverance and determination, and I am committed to putting in the effort.

Moreover, the movie highlights the loneliness that can accompany the journey to success. Many scenes show participants running alone at night, symbolizing the solitary nature of personal challenges. This mirrors my own experiences with studying. No one fully understands my struggles or accompanies me through every high and low. Whether I'm chasing goals, facing hardships, or dealing with difficult emotions, I often have to rely on my own strength. The film encourages me to be strong and bold in my journey.

In conclusion, Four Trails is more than just entertainment. It offers invaluable insights into life's challenges and triumphs. I firmly believe that watching this film can help anyone grow and mature in their own journey.



My favorite character is Salomon. He is one of the runners who wants to challenge himself to complete the four trails in under 50 hours. However, he realizes halfway through that he has failed to follow the original plan, and he thinks about giving up as he knows that a small deviation may affect the final result. Luckily, he gets an abundance

of support from his family and friends, which gives him enough courage to finish the remaining trails. I know how difficult the Four Trails Challenge is through this movie, so I can understand what it must take to choose to finish it again. Although he failed to complete it, I appreciate his perseverance and the effort he put in.

"The Power of the Unexpected" - Natalie Lam 5B

Jacky Leung is one of my favorite characters in the film, embodying the true spirit of Hong Kong. He joined the Four Trails Ultra Challenge as a last-minute replacement, with no prior interviews or training footage featured. Even the crew initially overlooked him and focused on other prominent runners. Yet against all odds, he became the first runner to shatter the 50-hour barrier, rewriting history in the process. His story taught me that ordinary people can achieve extraordinary things through quiet

perseverance, and we should never surrender too easily. At the start of the film, no one predicted his success and so no expectations were placed upon him, he relied purely on his willpower to complete the challenge. In the end, he achieved what was once deemed impossible. His victory is a powerful reminder that life is unpredictable—we should always give our best effort, as no one can foresee the outcome.

"Push Your Boundaries" - Ms Tracy Leung

Four Trails reminded me of my own life journey. It taught me that resilience isn't something you're born with—it's something you build through experience, failure, and persistence. The hikers in the movie displayed an extraordinary level of grit and determination, and their stories inspired me to reflect on my own growth. While I may never accomplish something as monumental as completing the Four Trails in 50 hours, I've learned that the real victory lies in not giving up and continuing to push your boundaries.

Trail Trivia: Did You Know?

Maclehose Trail

The first and the longest of the four trails is the Maclehose Trail. Starting in the West and ending in the East. The Maclehose Trail is 100km in length and roughly 4,800m of vertical elevation change. Runners must complete the trail in under 18 hours to get their ticket to start the Wilson Trail.

Wilson Trail

The absolute crux of the challenge is trail number two, the Wilson Trail. This 78km trail traverses all the way from the northern to the southern tip of Hong Kong Island. Runners must navigate technical trails, relentless concrete catch water, including a short but complicated ride on Hong Kong's underground trains before finishing over 1,000 meters worth of steps in the last 10km.

Director's Triumph

Robin Lee, director of Four Trails, was recognized with the Best New Director award at the 2025 Hong Kong Film Awards. His emotionally resonant storytelling and cinematic eye captured not only the landscapes of Hong Kong but also the inner landscapes of the human soul.

"Walk At Your Own Pace" - Ms Cissy Yiu

I am far from an avid hiker, but Four Trails has motivated me to boost my stamina through this kind of outdoor activity. The film features different hikers tackling a grueling 300km trek. While some completed the trails and persevered through fatigue and injury, some succumbed and dropped out. On top of their unwavering tenacity that struck me most, they have also taught me an invaluable life lesson - the importance of walking at your own pace. Would you call the 'drop-outs' and the 'non-finishers' failures? Have you ever called yourself a 'loser'? In real life, we are constantly thrown into the tracks of competition and are expected to follow the trajectory of success. However, their stories have reminded me to honor and embrace my strengths and weaknesses and allowed me to grow.

Hong Kong Trail

The next trail is the Hong Kong Trail, 50km long and considered the "easiest" of the Four Trails. However, on this trail runners enter their second sleepless night and a seemingly simple trail becomes increasingly difficult to navigate with hallucinations really beginning to set in.

Lantau Trail

The fourth and final trail of the challenge is the 70km Lantau trail. Arguably one of the hardest as it is home to two of the largest mountains in Hong Kong and runners are on the limit of what is physically possible. Exhaustion is extreme and only those with iron wills are able to finish this epic challenge.





香港電影金像獎 Hong Kong Film Awards



the world of Inside Out 2!

Dealing with change as you grow up is unavoidable.

How does Riley deal with this change?

The appearance of new emotions for Riley is quite chaotic; not only does Anxiety push her original emotions into a journey to retrieve Riley's "sense of self", she completely takes over the headquarters, dominating all emotions. It is important to know that our emotions are always valid, no matter if we are feeling anger, fear or anxiety. Our behavior is what we should control, and we should avoid suppressing our emotions and locking them in a glass jar, like Anxiety does. From this, I learned the importance of coping with new and old emotions, I learned never to suppress my emotions, and I learned we should

manage our behaviour no matter how we feel.

In addition, all emotions have their value. Anxiety, for example, can prevent mistakes we might make in the future. For me, Anxiety is my motivation to study. Having Anxiety that I might fail my exams has pushed me to buckle down and focus on my studies, allowing me to achieve good results.

As Riley loses her sense of self, Anxiety forces her to change in order to "fit in" at hockey camp. This change causes Riley to ignore her best friends, believing that they are traitors just because they are going to a different high school. Her freak out and Anxiety makes her lie about where she is from and pretend to like food that tastes like cardboard, all just to fit in with new people. We should never change ourselves to impress others, we are who we are, we shouldn't try to be somebody else. If we do, then there can be consequences, like losing our best friends and being uncomfortable with this fake version of ourselves. We can never truly grow like this. If we want to fit in, we must be ourselves! Everything will be just fine!

invited students to share their thoughts through movie critiques and character analysis. Their reflections offer fresh perspectives on the film's themes, characters, and storytelling, showcasing their creativity and critical thinking. Let's explore their insights in

In our teenage years, we all are trying to figure out

who we are because of change. Family island shrinks massively and friendship island experiences rapid growth. Many other changes will appear in our teenage years, but it is important to have a strong sense of self. It is bounded by our experience as a human and our reaction to everything that has happened to us. Our sense of self allows us to determine what is right and wrong, what emotions we feel and how we react to things. Never change who you are. Self-love and self-acceptance must be a priority, especially for young people.

HAKE BOOM FOR REW ENDTONS.

Elise Yee 5B

ANXIETY

Do you feel anxious sometimes? Well, there are many factors in life that can make us feel that way. After watching the movie 'Inside-Out 2', I found myself relating to the character Anxiety the most. I tend to create a clear plan for things that I need to do in my daily life, however, if I can't finish everything on the list, a sense of nervousness will pop inside my head and I'll eventually start panicking. Just like Anxiety at the start of the movie, she pushes Riley too hard and



eventually, everything goes wrong. Stress can actually be a motivation for us, however, excess stress and anxiety leads to negative outcomes and creates problems.

Fortunately, I have learnt to let go of the unnecessary worries that I have in my mind, just like Anxiety did at the end of the movie. I try my best not to overthink things and keep some perspective.

Kara Ng 5B

ENVY

After the release of the "Inside Out 2" trailer, I was captivated by the appearance of "Envy". She is an emotional character with blinking aquamarine eyes and a manufactured purple dress. Before watching the movie, I thought Envy was adorable. Nevertheless, after watching

it, I realized that Envy had a dreadful personality.

In the scene where Riley hangs out with the older girls she admires, her best friends join their gathering. Envy becomes upset because of the disturbance caused by her friends. She forces Riley to give her friends the cold

shoulder, which ruins their friendship and compels Riley to go with the flow.

No doubt, imitating someone I begrudged would distort our images and create temporary self-confidence. However, I would feel depressed due to the disparity between the person I admired and myself.

I once felt envious of a girl who was universally loved. Subsequently, I copied her dress code, but I was loathed by my peers. I then realized that imitation was not the way to become popular, so I began to focus on honing my own skills and appearance.

Thus, in striving to emulate others, we can lose our own identity or even ruin our friendships, which is why I indelibly imprinted André Gide's motto "Be faithful to that which exists within yourself".

Constance Chan 5B

JOY

In Inside Out 2, Joy stands out as my favorite character. As the core driving force of the story, she captivates the audience with her infectious optimism, becoming the brightest presence in the film. Her character not only entertains but also inspires, embodying the essence of hope and resilience.

Joy is like a little sun that never stops shining. Her bright smile and abundant energy light up everything around her, creating an ambiance of positivity. Even as Riley navigates the tumultuous journey of puberty, facing new emotions like anxiety and envy, Joy remains steadfast in her mission to protect the happy memories. Her optimism is not a reflection of naivety; rather, it is a conscious choice to believe in hope amidst chaos. This spirit resonates deeply with the audience, encouraging them to draw courage from her unwavering positivity.

Moreover, Joy's optimism is grounded in wisdom and adaptability. She has learned from her experiences that happiness does not need to monopolize the stage; instead, it can coexist with other emotions, such as Sadness. When

Riley's brain headquarters becomes overwhelmed by "Anxiety", Joy demonstrates remarkable resilience by seeking cooperation rather than retreating. This proactive attitude exemplifies the quality many aspire to possess—the ability to "light a lamp in the darkness" and move forward with a smile, even under pressure.

In summary, Joy's charm lies in her embodiment of happiness, resilience, and wisdom. Her journey teaches us that true optimism does

not ignore difficulties but rather chooses to find sunshine amid storms. She is a warm light in the hearts of the audience, illuminating everyone's path of growth. Through her story, we are reminded of the transformative power of optimism and the importance of nurturing our inner joy, no matter the challenges we face.



Abby Cheung 5B

ENGLISH ACTIVITIES COMMITTEE



The English Activities Committee has been devoted to creating a vibrant and enriching English environment for our students. Through a variety of engaging activities, the committee aims to enhance language proficiency and foster a love for English among students.

This year, we organized a range of events designed to encourage learning, creativity, and collaboration. From interactive workshops to thought-provoking competitions, each activity provided students with opportunities to grow their skills and confidence when using English.

In this feature, we'll share the reflections of our dedicated chairladies as they look back on the year's journey, along with highlights from the memorable events organized by the committee. Let's take a closer look at the impactful and exciting initiatives from this year!



EAC Chairladies

Over this academic year, I feel sincerely thankful to be in this position for the second year running. I have gained a lot of experience during the process of assisting with different EAC events, like the S.1 Info-Day, the LAC Fair, and of course Sports Day and the Swimming Gala. I'm not sure if this is weird, but I enjoyed giving a speech using English in front of everyone in our school, as I have already overcome my nervousness of being on stage. It is all thanks to teachers who gave me a chance to be in this position once again.

To begin with, the most cherished moment of being an EAC chairlady this year was definitely being the announcer on both the Sports Day and at the Swimming Gala. It was my honour to be a part of both events, and I gained invaluable experience when announcing various races and instructions to the rest of the stadium. My other "take-away" is learning how to work as a team with the other two chairladies, the skills gained will be extremely useful in the future. In addition to the sports event, I also had some memorable moments in the LAC Fair. We set up a game booth for the "Guess the Moral" game, and my

teammates were lacking in confidence to speak English. It reminded me of a time when I felt the same, anxious and nervous to speak to others, especially in English, but now I'm confident enough, so I walked towards them and encouraged them to speak in English naturally. It's ok to make mistakes, as that's the way to further improve your English.

Speaking of improving English, I guess the best way to enhance our skills in both speaking and expanding our vocabulary is to watch different genres of content in English, whether it is a movie or simply a YouTube video, it is up to you. I watch YouTube videos of two British people trying food around the world, and whenever I have words I don't understand, I just search them online for the meaning, and there you go! You've learnt a new word just like that! It's not that hard, right? I hope everyone can eventually find their own method to learn English in a more leisurely way.

I'd like to thank everyone who has supported me over these two years. I'm more than grateful to have been in this role, it's been an amazing journey. Remember to stand on the shoulders of giants in order to persevere for the future!





Sir Isaac Newton once said, "If I have seen further, it is by standing on the shoulders of giants". This doesn't literally mean standing on them, but building our accomplishments upon the work and knowledge of those who came before us. This phrase resonates with me as it reminds me of the importance of achieving a greater understanding by building on the work of "giants".

Serving my schoolmates as one of the chairladies has been a gratifying experience. Last year, I could never have imagined being able to lead a massive group of students. Now, here I am, organizing different activities and booths from the S.1 Information Day to the LAC Fair, allowing us to spark lively conversations that discuss the art of the English language and let us stand on the shoulders of giants.

Being one of the announcers on Sports Day and at the Swimming Gala was truly enlightening. I learned how important collaboration and communication are, and I really understood how far thorough preparation goes, it's not easy to give instructions unless you're prepared. Until I had the opportunity to be the emcee in Arts In Action, not being able to hold the script on stage felt like mission impossible, just like Tom Cruise climbing the Burj Khalifa with only a

pair of gloves. As I stood on the stage and saw the large crowd of people, I couldn't help but feel apprehensive. However, my friends and teachers were all by my side and supported me whenever I felt lost. It gave me the strength needed and enabled me to truly enjoy the stage. Witnessing my schoolmates expressing themselves freely and exploring their potential on the stage was rewarding, not only did we contribute a vibrant tapestry of experiences that enriches our school community, we also stood on the shoulders of the creative giants that inspired us.

I am truly grateful for the opportunity to serve my fellow students and it has deepened my appreciation for the English language. Throughout these experiences, I have learned the important values of commitment and connection. These events strengthened the idea that our experiences shape a collective narrative, building on the accomplishments of those who came before us.

I encourage all of you to seize as many opportunities for learning English as possible, whether through reading or participating in discussions, every effort counts! Let us continue to support and inspire our community through the use of words.

Kelly Chan 5A

"Standing on the shoulders of giants" means to honour the people who came before us, and draw inspiration from their insights to shape our own vision.

Reflecting on my years participating in the English Activities Committee, I am filled with gratitude! Not only for the recognition and appreciation received from my schoolmates and teachers, but also for the personal growth I have achieved.

In my second year as a chairlady, I have further developed my motto "With great power comes great responsibility". This guiding principle has been a constant reminder for me that leadership is not about authority. Instead, it's about serving and uplifting those around me. I have always tried to strive to honor the giants who have paved the way, ensuring that I support my peers in their journeys as well.

With a blink of an eye, I still remember the fear that gripped me before stepping onto the stage as a performer in the annual musical show. Despite my calm demeanour, I was terrified. My hands shook, my heart raced. However, this time, as I took an entirely different role as one of the MCs of Arts in Action, I realised I was standing not just in front of the audience, but on the shoulders of giants. I reflected on my teachers who have inspired me, the performers who came before me, and the lessons I have learnt from them.

To navigate my fear, I spent countless hours practicing. Not only did I receive support from my peers, but I also felt the excitement of sharing this moment with everyone. They definitely turned my anxiety into energy, allowing me to truly shine in my role as a leader.

To my schoolmates, I urge you to dare to step out of your comfort zones. Embracing new challenges is where true growth happens. Remember that every giant was once a beginner, and by taking steps, you can honor their legacy. Each of you has the potential to inspire others, just as those before you have inspired us. So, let's support one another and make things happen!



Time to Talk

Round 1

Every year in the S3 EXCEL class, 8 teams pick a song of their choice and deliver a 3-4 minute presentation (with a PPT) based on its key message. After much consideration, the judges decided the winning team was May Luk, Hazel Luen & Liz Leung for their presentation on 'Surface Pressure'. Using props such as umbrellas and balloons, their creativity impressed and ultimately conquered.

The Final

After an exciting Round 1, two teams were entered into The Final, organised by the EDB NET Section and CDI, which put the teams up against other schools. Arriving at the EDB offices in Kowloon Tong, you could feel the excitement in the air. The standard was exceptionally high, with each of the 14 teams doing their best to connect with the audience and steal the limelight. Both teams did exceptionally well, and we would like to congratulate Rosabelle Chan, Sonia Tam and Charlie Tam for their epic presentation on the song 'Titanium', using the lyrics of the song to show how being strong like the metal titanium can help us to ignore the haters and achieve our goals. The judges were impressed and awarded them with a merit trophy!





Battle of the Books

Logic, analytical skills, memory retention, critical thinking, time spent reading, communication skills, teamwork and a strategic mind are just some of the things needed for a successful Battle of the Books (BOB) team. It's a lot more than just reading, it's a chance to challenge your mind, your books are your weapons, it's where readers can become champions!

But what is it? Well, 12 books, 2 teams of 6, a score keeper, a timer, a question master and as many questions as you wish are what you need for an authentic BOB competition, which is exactly what we had this year as we hosted our first 'PTMS Annual Invitational Battle of the Books Competition', in which we invited four other schools to join us in battle. We hope to continue this legacy and expand to more schools next year.

We'd also like to congratulate Clara Wong, Bareerah





Exhibition Express

"Lost and Found in Hong Kong. The Unsung Chinese Heroes at D-Day" was an exhibition pertaining to a soldier's experience, Mr.Lam, during D-day.

In the exhibition, visitors could have a glimpse at his diary, which encompassed his journey and feelings of being part of the military.

Upon visiting, I gained more insight into the history of World War II and how cruel the world was. The more I read his diary, the more sorrowful I felt. I could hardly imagine how tough the war was. Not only did the diary depict his journey, but it also shone a light on human nature, including excitement, frustration, jealousy and love amid the war.

This exhibition made me feel a sense of respect for all those who defended the country. They were courageous, bold and audacious. After visiting this exhibition, I am eternally grateful for growing up and living in such a safe and peaceful place.

Emmy Law 5A







Hameed, Tania Lee, Karina Chan, Boey Leung and Alex Pun for their victory on 3 March at the Leung Sing Tak College BOB Competition. Also, a well-done to Vivi Chui, Cherie Lee, Sabrina Chin, Heather Kwong, Hoi Ching Lau and Hayley Leung for finishing in 3rd Place!

This year was also our team's first entrance into the EMI section of the Hong Kong Battle of the Books Competition. Our semi-final, which was hosted at our school, was a highly anticipated encounter between five competitive teams. Our girls competed at an extraordinarily high level, coming in 2nd place, just behind Wah Yan College, who went on to win the competition. It was a memorable occasion, and we can't wait for more book based fun next year!





Deep in a faraway swamp, a grumpy but lovable ogre named Shrek enjoys a life of solitude.

However, his "Big Bright Beautiful World" is turned upside down when a group of wacky fairytale creatures comes knocking at his door after being banished by the power-hungry Lord Farquaad!

Determined to reclaim his swamp, Shrek makes a deal with Farquaad: he'll rescue the fiery Princess Fiona from a dragon-guarded tower in exchange for peace and tranquillity. Joined by his loyal (and endlessly chatty) sidekick Donkey, Shrek embarks on an epic adventure full of unexpected friendship, surprising secrets, and plenty of laughs.

Shrek the Musical Jr. reminds us that heroes come in all shapes and sizes, and that true happiness lies in embracing who you really are.







"Shrek the Musical" is about acceptance of oneself and others. The story emphasizes the importance of looking past external appearances to appreciate the inner qualities that define us. The friendship that blossoms between Shrek and Donkey exemplifies loyalty and support, reinforcing the idea that true companionship can come from the most unexpected places.

4B Ailsa Leung - Shrek

What the cast thought

Shrek the Musical highlights the importance of embracing diversity. From the moment Donkey meets Shrek, they embark on an exciting journey filled with challenges and unique characters, showing that true beauty lies in our differences. By encouraging understanding and acceptance, we can build a more harmonious society. This musical not only brings laughter but also emphasizes important themes of friendship, courage, and self-acceptance, inspiring every audience member to be their true selves and appreciate the unique qualities of those around them.

3A Esther Tse - Donkey

Shrek the musical highlights the importance of self-acceptance. In the story, princess Flora is cursed to become an ogre each night. After being rescued, fearing rejection, she hides her secret from Shrek. However, at the end of the musical, when it is revealed that Flora's true form is an ogre, Shrek still loves her unconditionally and Fiona finally realises that true love isn't about perfection, but rather being who you are and accepting oneself.

Shrek the musical follows the grumpy ogre Shrek, who sets out to rescue Princess Fiona for Lord Farquaad. With humor and heart, the story celebrates embracing who you are, as Fiona's secret leads to a beautiful lesson in acceptance. Bringing Fiona's vulnerable spirit to life taught me so much about love. I will be forever grateful for this dream role!

Shrek is an inspiring musical that conveys the importance of accepting our imperfections, and embracing individuality.

Each character has their quirks, yet they find strength in their

differences. The story reminds us that our uniqueness is what

3B Cherie Lee - Lord Farquaad

makes us special, and encourages us to be confident.

What the audience thought



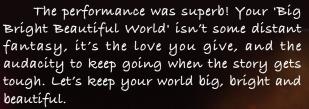
Shrek is a true hero, he shows that being different is awesome. Also, the friendship between the devoted Donkey and Shrek created a bond that proves friendship can blossom in the most unexpected places. The songs are catchy, the jokes are hilarious, and the story is so heartwarming!

43 Emma Yi

In our lives, we will love, seek love, and be loved. If that love is true, follow your heart—never judge someone by their appearance. Have faith that they will cherish the real you, just as Shrek has shown us!

4B Natalie Lam 5B

This year's Arts in Action was so incredibly fascinating. All of the performances were impressive, superb, and awe-inspiring! Never will I forget the Chinese drum performance, with the potent beating of the drum, together with the textural noises, creating an imposing atmosphere. What made the performance even more unforgettable was that the performers hit the drums in sync and with extreme power, making my hairs stand on end. Playing the Chinese drum sounds easy, however, the students on stage had to combine movement while focusing on playing the drums without messing up, which was more complicated than I had thought! It made me appreciate Chinese drums, which I originally thought were dull. I can't wait for next year's Arts in Action!



4A Suri Luo



get to know each other, work on expressing yourselves, and have the courage to face your own feelings. This is the story of Shrek, which highlights that people often have inherent impressions and are unwilling to face their own feelings. I am always amazed at the power of a musical, which in this case perfectly shows both love and courage. Of course, I am more proud of my friends as performers, seeing them play their roles in their own way and bringing to life the fantasy world for the audience to see.

4A Hailey Yeung

After watching Shrek the Musical, I felt a joyous blend of laughter and warmth. The story of Shrek's quest to rescue Princess Fiona highlights themes of friendship and self-acceptance, leaving viewers inspired and connected to the vibrant characters and their journeys.

Zita Poon 4B



The line from Shrek "I'm green. I'm mean. Get used to it," has become one of my mottos. It conveys the idea of self-acceptance. No matter how people judge you, your physical appearance or maybe your work, being confident is essential. Remember, everyone has their own value!

5B Chloe Fan

The performance was superb! Your 'Big Bright Beautiful World' isn't some distant fantasy, it's the love you give, and the audacity to keep going when the story gets tough. Let's keep your world big, bright and beautiful.

4A Suri Luo

Life may not always be a fairy tale. We don't always get to choose our character, and Prince Charming might not come our way. But no matter who we are—tall or short, big or small—what truly matters is embracing ourselves and giving our best performance. Love the role you've been given, because every character has its own unique magic to share. May our freak flags fly high!





Our students rocked the swamp in Shrek the Musical! With infectious energy and captivating performances, these young stars reminded us that our differences deserve celebration, not concealment. We hope each performer carries this lesson forward, creating their own "Big Bright Beautiful World" wherever life leads them. Ogresized congratulations to everyone who brought this magical fairytale to life!

Ms. Raine Na

Life is full of unexpected encounters, and doesn't always have a fairytale ending. Despite our differences, the most incredible superpower we all possess is the ability to fully accept our unique gifts and limitations. Instead of viewing our obstacles as limits, let's embrace them as opportunities for breakthroughs!

Ms. Percy Ho



School-based English Learning Activities

Our school is committed to providing a dynamic and engaging English learning environment through a variety of school-based activities. These programmes are designed to enhance students' language proficiency, creativity, and confidence, while also fostering collaboration and critical thinking. Below are some of the highlights from our English learning activities this year.

Pre-S1 Summer Induction Programme

Incoming students enjoyed an exciting summer induction programme where they learned drama in groups led by native English speakers. Through interactive games and role-playing, students developed their communication skills and built new friendships. The fun and immersive environment helped ease their transition into secondary school while boosting their confidence in using English.









S1 Drama Programme

Our Secondary One students took part in an inter-class drama competition, performing scenes from the beloved play "Matilda". This programme encouraged teamwork, creativity, and expressive language use. Students not only improved their spoken English but also gained valuable experience in stage performance and public speaking, making the event both educational and memorable.







S2 Poetry Programme

Secondary Two students participated in a poetry programme that included choral speaking and poetry recitals. Working together, they explored the rhythm and emotion of English poetry, enhancing their pronunciation and intonation. The experience fostered a deeper appreciation for literature and allowed students to express themselves creatively in front of their peers.









S3 STEM Project

In collaboration with the Life Planning Team, our Secondary Three students embarked on a STEM project to explore future career possibilities in science, technology, engineering, and mathematics. Through hands-on activities and research, students learned about various STEM professions and developed essential skills such as problem-solving, teamwork, and effective communication in English.







S3 Significant Moments in History

As part of their history curriculum, S3 students created mini videos depicting significant events from World War I and World War II. This project allowed them to research historical moments, script narratives, and present their findings in English. The activity not only improved their language skills but also deepened their understanding of global history.

BEST OVERALL

GROUP

Paris
Berlin
Sarajevo
London

S3 PID

S6 Joint School Oral Practice

This year, our school hosted an S6 Joint School Oral Practice in the school hall, collaborating with Holy Family Canossian College, TWGHs Wong Fut Nam College, and Bishop Hall Jubilee School. Students engaged in stimulating discussions and oral exercises, benefiting from diverse perspectives. The event strengthened their speaking skills and built confidence in preparation for public examinations.







Learning English through Debating

grown who are from an CI extended to

Debating offers students much more than just a platform for competition—it is a journey of growth, teamwork, and self-discovery. Under the guidance of our teacher advisor, Ms Joanne Wong, members of our debate team have developed their English proficiency, critical thinking,

and confidence through research, practice, and collaboration. This year, students from different forms came together to tackle challenging topics, support one another, and overcome personal hurdles. In the reflections below, Chairlady Clara, Team Captain Bareerah, and team member Avenla share their unique experiences: from learning the importance of communication and leadership, to building confidence and finding joy in advocacy.

Chairlady

As the chairperson for this year's debate team, I have learned a great deal. I joined the Debate Team in S2, but I wasn't able to participate in any matches since the English debate team was competing in senior form competitions. Instead, I observed.

This year, as Chairlady, I had to take on more responsibilities while still participating in competitions. A key aspect of my role was maintaining good communication with the other team members, as well as with Miss Wong and our coach, Ace. Many messages and tasks were conveyed via texting, which included coordinating schedules for hosting debates, ensuring all members attended sessions, organizing spar matches, and confirming dates for online sessions. In this context, communication is truly key; although a few misunderstandings arose, we managed to resolve them eventually. Initially, it was challenging to handle all of this, as it seemed like a hefty responsibility. However, over time, I learned to manage everything effectively while balancing my normal debating duties.

Lastly, my teammates and I could not have improved so much or accomplished as much without the support of our coach, Ace, and Ms. Wong. I extend my heartfelt gratitude for their unwavering quidance and advice.

Debate is a valuable experience from which one can learn a lot and develop an interest. So, don't hesitate to give it a shot and try debating to sharpen your mind and skills!

Clara Wong, 3B

Team Captain

I am incredibly grateful to have been a part of the debate team this year. My teammates and I have progressed from knowing nothing to reaching the Grand Finals of this year's UNDSGs Debating Competition organized by the UNESCO Hong Kong Association! Surprisingly, I've also won the Best Speaker award several times in various rounds, including the Grand Final match.

Competitions are always nerve-wracking, and I'd be lying if I said I didn't feel the pressure. Deep breaths are essential, and I focus on the many people who would be proud to see me here, the support I have, and what it means to them for me to perform confidently and at my best. That motivation keeps me going. My motto is "Just do it." You must unleash your full potential when you step up to speak. If not you, then who? You can only compete once, so immerse yourself in the opportunity. As my coach likes to say, "Debating is like a dramatic drama."

Debate should never feel uptight. Enjoy delivering your speech, and remember that emotions are key! Trust me, after a long day, the adjudicator doesn't want to hear a monotonous speech. Draw their attention to you. To me, the title of "Best Speaker" isn't just about performing well; it's about captivating everyone's attention. You could be talking nonsense, but once you've got someone's attention, they will keep listening.

Finally, I would like to thank Ms. Joanne Wong for recognizing my potential and inviting me to join the debate team. Without her, I wouldn't be here today.

Bareerah Hameed, 2A

Team Member

Joining the debate team was one of the most transformative experiences of my Secondary One journey. Initially, I was nervous about speaking in front of others, but I quickly learned that debate is not just about speaking; it's about critical thinking, research, and teamwork.

Our preparation involved extensive research on various topics, ranging from current events to philosophical questions. I remember one intense day when we debated the role of non-native bees. Gathering data, analyzing arguments, and anticipating counterarguments taught me the importance of being well-informed. This process not only boosted my confidence, but also heightened my awareness of environmental impacts.

During practices, we often simulated debates, which helped us refine our speaking skills. I was fortunate to have supportive teammates who provided constructive feedback. Their encouragement helped me overcome my fear of public speaking, allowing me to articulate my thoughts clearly and persuasively—skills that have proven invaluable in other areas of my life.

Competing in tournaments was exhilarating. The adrenaline rush before each debate was unlike anything I had experienced. Each round taught me to think on my feet and adapt my arguments based on the opposing team's points. Even when we faced tough opponents, the camaraderie within our team kept our spirits high.

Ultimately, being part of the Debate Team enhanced my communication skills and instilled a passion for advocacy. I emerged more confident and equipped with the ability to engage in meaningful discussions, which I believe will serve me well in the future.

Avenla Leung, 1A









Public speaking is more than just standing in front of an audience—it's about finding your voice, overcoming nerves, and connecting with others. With the encouragement and guidance of our teacher advisor, Mr. Louis Yeung, students in the Toastmasters programme have taken bold steps to improve their English and presentation skills. From lively Saturday sessions to national competitions, Coco and Rosabelle share how Toastmasters has helped them grow in confidence, resilience, and self-expression. Their journeys remind us that every speech is a chance to learn, laugh, and discover new strengths.

3A Rosabelle Chan

Have you ever imagined standing on a national stage as a teenager representing Hong Kong in a speaking competition? Let me share my experience!

Starting as a beginner Toastmaster, I was shy and afraid of speaking in public. As the training progressed day by day, I noticed my improvement. On the last day of class, our instructor, Mr. Wilson, asked me if I would be willing to compete in a national competition for the Hong Kong region. I didn't think I was ready. Miraculously, I passed the first round! However, I knew my speech

wasn't good enough to win nationals. I trained harder than ever. This was a once-in-a-lifetime experience—I couldn't lose!

After returning from a school trip to Shaoxing, I hopped on a high-speed rail late Friday night and went straight to Guangzhou, my script half-memorized and my nerves frayed.

When competition day arrived, I panicked: I AM NOT READY! Trying to

calm myself, I whispered, "I can do this," I chanted silently, fists clenched. I stepped onto the stage with fake confidence, unaware of what was coming.

For the first few paragraphs, passion carried me. Then, my mind went blank. Silence filled the room. I improvised, trying to sound natural until I reached the next section. Then I realized I was repeating myself. I was doomed. Holding back tears, I walked offstage and cried as quietly as I could. All those hours of practice... gone.

But here's the twist: I won bronze. Not gold, not glory—just a humble medal and a humbler lesson. Progress isn't linear. Victory isn't perfection. That night, I learned to redefine success: I didn't win in their way, but I won in mine. I still have so much to learn. I don't regret joining the competition. I didn't win their way—I won in my way. To anyone chasing a dream: Stumble. Improvise. Repeat yourself. But never let fear write your ending. Let's begin our journey in the Toastmasters programme next year!

4A Coco Leung

This year, I was the Chairlady of the Toastmasters. I always have a lot of fun and feel exhilarated during our very special weekly Saturdays meet-ups. We started our sessions with a typical "Table Topics" segment, where we were not supposed to prepare any scripts. While presenting, people called "Ah Counters" and "Timers" would count our filler words (like "ah" or "um") and time our speeches respectively. Wasn't it exciting? It's a great step for us to improve our public speaking skills, and it can make a big difference in our future!

I'll admit, when I first stepped into the role of MC earlier this year, my hands trembled, even in front of a small group. However, as I got used to public speaking in English, I became much more confident! English can be fun and easy to learn, and Toastmasters is a wonderful place for students to practice different speaking methods.

In this course, I always sat with Alka when she was there. We listened to and focused on each speaker as they presented. I have been a member of Toastmasters for two years now, and I have enjoyed the moments with Alka very much over the past year. To my fellow Pooi To students: Yes, sacrificing Saturday mornings might seem tough, but the rewards are immense. Imagine expanding your vocabulary, forging new friendships, and gaining skills that will shine in classrooms, job interviews, and beyond. Toastmasters isn't

just about speaking it's about discovering your voice. Why not give it a try? Here's to many more Saturdays of growth and laughter!



Proud Pooi To Girls

At Pooi To, we are always inspired by the achievements of our fellow students. This year, many of us have worked hard and reached new heights in various competitions, from speech festivals to writing contests and academic awards. These successes are not just individual triumphs—they show the dedication, teamwork, and school spirit that make us proud to be Pooi To girls. Here are some of the highlights from this year's achievements.

76th Hong Kong Schools Speech Festival

Our students once again demonstrated their exceptional talent and dedication in the 76th Hong Kong Schools Speech Festival, achieving remarkable results across multiple categories. Alex Poon (1B) earned Second Place in Solo Verse Speaking, while Lily Sum (6B) secured Third Place in Solo Prose Reading. In Public Speaking, Elizabeth Wong (5C) achieved Second Place, impressing judges with her rhetorical skills. Our Choral Speaking teams also shone, with Class 2D winning First Place and Class 2A taking Second Place. Additionally, 35 students received Certificates of Merit for their commendable performances.









3rd Little Golden Bell Speaking Competition for Hong Kong

Rosabelle Chan (3A) was awarded the Bronze Medal in the 3rd Little Golden Bell Speaking Competition for Hong Kong, further highlighting the breadth of our students' oratorical talents. This achievement is a testament to her perseverance, diligence, and passion for English language learning.



Harvard Book Prize 2025

S5 students Dewanna Tong, Elsie Ye, and Sybil Leung were honoured with the prestigious Harvard Book Prize. This award recognises outstanding Hong Kong secondary school students who have demonstrated academic excellence, exceptional personal qualities, and significant contributions to their school or community.



3rd Hong Kong Junior English Penmanship Competition

Our S1 students also achieved impressive results in the 3rd Hong Kong Junior English Penmanship Competition. Among them, 14 received Bronze Awards, 6 earned Silver Awards, 3 attained Gold Awards, and 1 student was named First Runner-up. These accomplishments reflect our students' commitment to excellence in all areas of English learning.





Melbourne Study Tour 202

After years of anticipation, the English Department study tour finally made its exciting return last summer! From 27 June to 10 July 2024, 20 students from Forms 3 to 5 embarked on a two-week adventure to Melbourne, for a journey filled with learning, exploration, and unforgettable experiences.

Takeaways 3

Witnessing our twenty Secondary 3-5 girls fully embrace their Melbourne homestays was profoundly rewarding. Their eagerness to immerse themselves in authentic English-speaking family life went far beyond accommodation; they confidently engaged in dinner conversations, actively helped prepare meals alongside host parents and children, and participated in household routines. This deliberate immersion built genuine connections and cultural understanding, demonstrating remarkable maturity and open-mindedness as they stepped outside their comfort zones.

Their adventurous spirits shone throughout the tour. They found delight in Melbourne's cuisine, devouring oysters with infectious enthusiasm at many fine establishments, including Queen Victoria Market. Their collective joy was also captured on The Puffing Billy Railway. They sat there with their feet swinging freely and faces alight with exhilaration as the steam train traversed the Dandenong Ranges. Remarkably, the consistently rainy and dull weather never once dampened their curiosity or enthusiasm; they explored, laughed, and soaked in every experience, proving positivity conquers all.

Observing these young ladies navigate the fortnight with such energy, adaptability, resilience, and unflagging positivity fills me with immense confidence for their futures. They didn't just visit; they actively engaged, sought new experiences, connected across cultures, and gained invaluable confidence in their abilities. This global perspective, combined with their demonstrated zest, open-

mindedness, and inherent

capability, assures me they are exceptionally well-equipped to embrace future challenges and thrive as true global citizens.

Every morning, our girls took public transport to class without supervision. Simple enough, right? Well, not always. Some quickly discovered that buses in Melbourne don't always run on the same schedule, especially on weekends. Cue a moment of panic at the bus stop...but only for a second. Armed with their phones and plenty of determination, they Googled their way to alternative routes and arrived safely. Moments like these proved that they didn't just survive, they thrived.

What impressed me even more was how the girls used their free time to explore. Unafraid to venture off the itinerary, some students visited places like Phillip Island and St. Kilda Beach, where they stumbled upon breathtaking sunsets and struck up small conversations with locals. They shared stories of discovering hidden gems like a cosy cafe, a scenic view, or even an interesting fact about Aussie life. These unscripted adventures taught them that the best experiences come when you embrace the unexpected.

For students who had spent much of their teenage years in the shadow of the pandemic, this trip wasn't just about improving their English - it's about learning to adapt to challenges and find joy in exploring the unknown. Watching them grow into confident and independent young women was not only inspiring but also a reminder of how much they're capable of when given the chance to spread their wings.





SS



The "Melbourne Study Tour" was not just about sightseeing—it also included study time. Every Monday to Friday, from 9 a.m. to noon, we attended morning English lessons.

Our tutor, Mr. Collin, was exceptionally warm and supportive. His lessons were engaging and fun as he introduced us to Aussie slang and entertained us with humorous phrases. Knowing that many of us were visiting Australia for the first time, he even provided a map of the country, pointing out where sharks and other wildlife could be found.

Mr. Collin made learning enjoyable by encouraging us to share our school experiences in Hong Kong, describe our uniforms, and discuss our feelings about them. His classes felt more casual than formal lessons, and we had the opportunity to engage in meaningful conversations. I'm truly grateful for the wonderful experiences we had with him.

Hailey Ho

Excursion Highlights

As part of our study tour, we visited many iconic sites in Melbourne, including Fitzroy Gardens, Captain Cook's Cottage, the University of Melbourne, the State Library Victoria, and the Melbourne Aquarium.

Among all these, the Melbourne Skydeck was one of the most memorable experiences. We took the elevator to the 88th floor and were greeted by breathtaking panoramic views of the city. The cool breeze outside made the experience even more refreshing, lifting all of the stress off my shoulders.

Another highlight was the ride on the Puffing Billy Railway. Despite the rainy weather, we sat on the carriage sills of the steam train with our legs dangling out. It felt like a roller coaster, but much safer and more comfortable. The experience was so unique and different from anything we've done in Hong Kong that it became truly unforgettable.

Hana Poon

Homestay Experience



Sarah & Sophia

Unlike the typical tourist experience of staying in hotels, the homestay during our Melbourne trip gave us a deeper connection to local life.

One of the most memorable aspects was commuting to the city by tram every day. This daily routine made me feel like a local, immersed in the culture and atmosphere of Melbourne.

Living in a homestay also taught me independence. My housemate and I were responsible for taking care of ourselves and even helped with simple house chores, such as doing laundry and washing dishes. While these may seem like simple tasks, they felt more challenging in a completely new environment.

This experience enriched my journey, helped me grow, and provided invaluable lessons about life in a foreign country.

Sarah Chow



Sarah & Ivana

Happy Moments

There were so many happy moments during the tour, but the most unforgettable one was our free day on Sunday. My partner and I planned an entire day's schedule, including where to go, how to get there, and how long to stay at each place.

With the help of Google Maps and train schedules, we successfully visited every spot without getting lost or injured. We even managed to see both the sunrise and sunset at St. Kilda Beach, which was absolutely stunning. The fresh air and historical buildings made me never want to leave.

What struck me most was the kindness of the locals. One memorable moment was when my partner and I, drawn by the smell of coffee from a bakery, decided to buy a coffee bun. When we realized the shop didn't accept cash, a kind lady paid for us. It was such a warm gesture that left a lasting impression

on me. Australia truly is a country full of kindness, and I enjoyed every bit of this trip.



Renee & lily

Reasons Why You Should Join the Study Tour

The study tour takes you to many of Melbourne's popular spots, such as Chinatown, Melbourne Zoo, churches, Queen Victoria Market, and much more. These places give you a glimpse into the vibrant culture of the city.

Melbourne is also rich in history, and visits to local museums and the Old Melbourne Gaol helped us learn about the city's fascinating past and development. The experience broadened my horizons and made me appreciate the city even more.

Emma Yip

Adventures

The study tour gave us the opportunity to go on adventures and step out of our comfort zones. Exploring another country with friends is so much more exciting than going with family.

One unforgettable experience was our visit to Phillip Island, where we witnessed breathtaking sights and unique wildlife that we could never see in Hong Kong. This tour truly taught us to embrace adventure and try new things.

Jasmine Chau

Exploring New Places

One of the best parts of the study tour is the chance to explore new places and learn beyond the classroom. You'll immerse yourself in different cultures, connect with your schoolmates, and create unforgettable memories with your host family.

It's also a great way to make new friends in Melbourne and exchange experiences with them. Don't miss the chance to expand your horizons while having fun and learning at the same time!

Linge Luo

Relaxing Atmosphere

The study tour allowed us to experience a completely different atmosphere from Hong Kong. Melbourne's environment is stress-free and relaxing.

For example, outside the State Library Victoria, we saw people playing chess in the afternoon—a simple yet enjoyable pastime. It's so different from the constant studying we're used to back home.

Moments like these made me appreciate the laid-back lifestyle of Melbourne. To truly feel the difference, you have to experience it for yourself. I highly recommend giving it a try-you won't regret it!

Vianna Chau





Hana & Emma



Yan & Anthea

Five trivia facts about Melbourne

Yarra River:

Melbourne is built around the Yarra River, which flows through the city and into Port Phillip Bay. The river is a key feature of Melbourne's geography, offering picturesque views and recreational activities like rowing and cycling along its banks.

Volcanic Plains:

The city sits on the Victorian Volcanic Plain, one of the world's largest lava plains. This geological formation contributes to the fertile soil in the region, supporting agriculture and lush parklands.

Weather Variability:

Melbourne is famous for its highly variable weather, often experiencing "four seasons in one day." This is due to its geographical location and the influence of surrounding weather systems, making it a unique and sometimes unpredictable climate.

Coastal City:

Melbourne is located on the southeastern coast of Australia, bordering Port Phillip Bay. This coastal location provides the city with beautiful beaches and a bustling waterfront, popular for sailing and other water sports.

Dandenong Ranges:

Just east of Melbourne, the Dandenong Ranges offer a lush, mountainous escape from the city. These ranges are part of the Great Dividing Range and are known for their cool climate, dense forests, and diverse wildlife.



Ceci & Katie



ok Gifti npe

Our S3 students took part in the "Promoting Positive Values and Attitudes through English Sayings of Wisdom 2024/25" campaign by entering the Book Gifting Competition organised by the CDI, EDB. They each chose a book that had a wise saying and wrote a heartfelt letter to a loved one that would be suitable to accompany the book as a gift. Using the meaningful message from the book as inspiration, they encouraged their chosen friend or family member to get through their tough time. In order to further convey the saying of wisdom, they created a 2D artwork as a visual representation of the message. Here are some of our entries.

Charlie Tam, 3A

Dear Cousin,

I hope this letter finds you well. As you progress towards your ambitious goals, you may be obstructed by challenges, especially at school. There will be inevitable changes in your path, with academic failure being one of them. Hopefully I can uplift you during these gloomy days.

In order to do this, I have handpicked a timeless gift for you for when you are wallowing in sadness— 'Who Moved My Cheese' by Dr. Spencer Johnson. Like a roadmap, this book helps you adapt to changes. As the little human Haw said:

'The quicker you let go of old cheese, the sooner you find new cheese.'

I know that you studied diligently for an exam that you ended up failing, and that it deprived you of motivation to continue. It's okay to ponder about what went wrong, but at the same time, never lose sight of yourself and your goals by overthinking. I encourage you to read this simple book to help you deal with such a drastic point in life so that you can open new doors, just like Haw!

In the past I have been stuck in the same hole as you, so I totally understand how you feel. I pray that this book ignites your fire to enable you to move on from that exam. Remember, nothing is long-lasting. Keep looking

for your new cheese and enjoy the journey!



With love, Charlie

Donmily Jong, 3A

Dear Friend.

After receiving your exam results, I could feel that you felt quite stressed. As an S3 student, I really understand how you feel and what you are thinking. Therefore, today I'm here to share a book with you, and may it be the spark that ignites your wanderlust to embrace every adventure that comes your way. It is 'The Gifts of Imperfection' by Brene Brown.

This book encourages readers to embrace their own imperfection and cultivate a sense of worthiness, which is helpful for those dealing with stress. This book is split into three parts, starting with self-compassion. Brown emphasises the importance of being kind to oneself. We only come into the world once, why would you be stressed by tiny matters and not enjoy life's journey? Another key value is the strength in vulnerability, helping readers



understand that it's okay to ask for help. It isn't a weakness, instead it represents bravery. Brown's final tip is embracing mindfulness and living in the moment, which helps to ground us.

This book tells us not to strive for perfection, and that acknowledging our feelings is the first step towards healing. This perspective can be beneficial for you, helping you to feel less isolated in your struggles and more empowered to manage stress. Please remember that I'll always be here by your side, and remember that you are unique, we all are!

> With piece of mind and love, **Donmily**



Dear Cousin,

I know you have been diligently preparing for the upcoming DSE. You once told me that watching others who are better than you makes you feel depressed and less confident, which affects your academic performance. I'm sure there have been times when you have been irritated, especially as your parents make comparisons between you and your classmates. Keep in mind that I've faith in you. Don't give up! I have no doubt you can succeed.

With this in mind, I want to suggest a book which I have recently read 'The Boy, the Mole, the Fox and the Horse', by Charlie Mackesy. It's incredible. On one page, the Boy asks the Mole:

"What do you think is the biggest waste of time?"

The Mole replies:

"Comparing yourself to others."

This remark struck a deep chord with me and I hope it will do the same with you too. After reading this book, I have realized comparing myself with others is a waste of time. Instead, make good use of this period to concentrate on your studies. It can reduce some of your stress. Do not waste a minute

Charlene, you've come so far already. There are a few months left. I guarantee you'll feel so much lighter once because of someone else. Every minute matters!

you stop comparing yourself with others. I believe you'll pass the exam if you try your best, and you'll get a good All the best, grade after understanding what I've told you.

Jamie



Dear Sister,

Miya Cheung, 3A I know you will start school again, and you have put a lot of time and energy into preparing for the interview and exam. I know you always avoid telling mum and I the problems you are facing, answering us with "It's OK, I can handle it, don't worry." This makes me very worried. I know you need some help from us, but you never open up. Because of your attitude when facing difficulties, I have been thinking about a line in the book 'The Boy, the Mole, the Fox and the Horse', which is written by Charlie Mackesy.

"What is the bravest thing you've ever said?" the Boy asked.

"Help" said the Horse.

I want to tell you that asking for help isn't a sign of weakness, on the contrary, it is brave. Also, you don't need to worry that we would mind you asking for help. I would be elated if you found me for help, so don't be shy or worried. Just ask. I really hope you can get some time to give this book a read and hopefully it can help to offer some perspective.

You have faced lots of difficulties in your life, and you have always overcome them, but remember that there are many people supporting you who are ready to lend a hand when needed. I hope

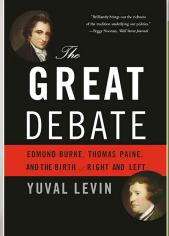
you can have an incredible school life. Feel free to ask us for help!

With endless patience and love, Miya





Book recommendations



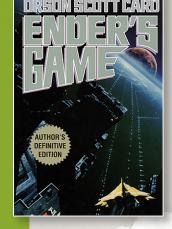
In *The Great Debate*, Yuval Levin explores the roots of the left/right political divide in America by examining the views of the men who best represented each side at its origin: Edmund Burke and Thomas Paine. Striving to forge a new political path in the tumultuous age of the American and French revolutions, these two ideological titans sparred over moral and philosophical questions about the nature of political life and the best approach to social change: radical and swift, or gradual and incremental. The division they articulated continues to shape our political life today.

This insightful book explores the foundational ideas of conservatism, which emphasizes tradition, stability, and the importance of established institutions, and radicalism, which advocates for significant, often swift, social change and the transformation of societal structures. It highlights the importance of dialogue in shaping our society. Let's learn from the past to inspire our future!

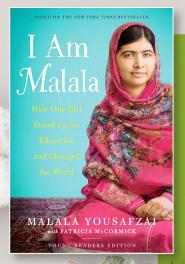
Ms. Tracy Leung

Ender's Game tells the story of Ender Wiggin, a young boy with exceptional strategic skills, who is recruited into a military training program to fight against the Formics, an alien race that has been waging war against humanity for a century. Ender's journey through Battle School and beyond explores themes of friendship, leadership, morality, and the psychological toll of war, ultimately questioning the nature of conflict and the price of victory. It's easy to see why it won the Nebula Award, Hugo Award and Science Fiction Chronicle Award for best novel!

Studied in high schools all over the USA and being required reading for many officers in the army and marines, Ender's Game is very well-known around the world for its compelling storytelling, thought-provoking themes and appeal to different age groups and demographics. The author digs deep into the beauty of thinking outside of the box, young minds VS adult minds, psychology, and how to lead effectively. What's more, if you really enjoy it, you can continue on Ender's journey with 7 more books in the series and a total of 18 books in the Enderverse!



Mr. Martin Middleton



I Am Malala is the autobiography of Malala Yousafzai, the youngest Nobel Peace Prize winner. The book recounts her childhood in Pakistan's Swat Valley, where she defied the Taliban's ban on girls' education by speaking out—first through a secret BBC diary, then through public activism. In 2012, she was shot by the Taliban at the age of 15 but survived and became a global advocate for education and women's rights. The story highlights her courage, her family's support, and her belief that "one child, one teacher, one book, and one pen can change the world."

One girl, one voice, one bullet— and an unbreakable fight for education. At 15, Malala was shot by the Taliban for going to school. She survived, spoke louder and won a Nobel Prize. She proved that one teenage girl can shake the world. Now, it's your turn! I believe her words will grant you courage and shield you against any fears. Read it and let each page you turn become your inspiration for bravery to embrace the future.

Ms. Celia Chiu



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ISSUE 22

