

Spkc

Stewards Pooi Kei College
Newsletter

JULY 2016

Featured Article:

You have pressure; I have pressure



Cover designed
by WONG Wai Yan Grace, 5 Love



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SPKC Gospel Camp

29 April 2016 - 30 April 2016

SPKC Gospel Camp 2016 was held successfully on 29th to 30th April. The camp was a collaborative effort between the school's Christian Education Team and the pastors of Abundant Grace Church. The camp was well-received by the students shown by the number of applicants exceeding the camp's capacity. There were a total of seventy-one students and ten teachers who joined the camp which was held in the SPKC campus.

The theme of the camp was "Lost" which was inspired by the three parables from the Gospel of Luke – the lost sheep, the lost coin and the story of the prodigal son. We wanted to spread the message that everyone is in the state of being "lost" until they could find their missing pieces. We hope the camp helped students to understand that one could only be complete when they meet Christ Jesus.



One of the highlights of the camp was a game called "Lost in Campus" (校園迷失事件簿). It was an orienteering game that required students to run around the campus to complete various tasks as quickly as possible. And they had to do it in the dark at night with only their torches. Students were very excited about this opportunity to explore the campus in a different way and they had a wonderful time in finding the checkpoints and completing the tasks with their teammates.

► Looking for clues in I.H. Room.



▲ Happy smiles after completing all the tasks!

▼ Fixing ropes for their teammates to lay on.



On the second day, we played another game which required one student to be carried by others using ropes. Students experienced what it was like to be paralyzed and to be carried around by others. The idea of the game stems from the story of the paralyzed man in the Gospel of Luke. It was hoped that the game could teach students about the need for having companions in life.

▼ Carrying a teammate through a series of obstacles.





Exchange Day

On 23rd March, 2016, SPKC was visited by a group of AFS exchange students from the AFS Inter-cultural Exchange Programme. These were friends of our own exchange students (Roland and Riikka). The AFS exchange students visited our school and entered several lessons in order to share about their culture, as well as to sit down and converse with our students. At lunchtime, the exchange students took a tour of our school led by our Student Union members. Then, they joined our A Grade Football team in a friendly yet competitive game of dodge ball. We thank them for this visit and their efforts in their sharing and wish that all the AFS exchange students in Hong Kong will have a wonderful conclusion to their 8 month journey in Hong Kong.

Mr. Li Chi Ho, Gerald
Head of Global Education team



Students also spent a lot of time bonding and getting to know each other. Each group went out for meals together and had some cell group time at the end of each day.

Finally, we participated in the Youth Service of Abundant Grace Church and experienced church life.

In conclusion, the camp was really fun and refreshing for students. Many of them renewed their friendships with their cell group members and learnt more about themselves.

Mr. Li Hao Ran, Timothy

▼ Worship time!



▼ Game time!



學生分享

這次是我第一次參加福音營，最初朋友們相繼邀約我去參加，當時的我也是以玩樂的心態去對待這個活動，認為去玩玩，輕鬆一下也沒什麼大礙，所以便答應了。在福音營的活動中，雖然大家也會因為遊戲上的阻滯，而變得焦急煩躁，繼而產生少許磨擦。但在遊戲結束後，大家竟然都為剛才的情緒不穩而互相道歉。以前大家那些「朋友理所當然要受自己的氣」的想法好像消失了，這是我感到驚訝的，我們的關係彷彿有了一點點的轉變。

直到晚上分享時，大家都終於願意敞開心扉，訴說自己的想法，把一直以來感到不快的事情說出來，不再隱瞞，本來在我們之間的隔閡也就消失於無形了。

這次的活動，讓本來迷失方向的我尋找到信仰。令我明白到身旁一直都有同行者陪伴我渡過難關，生活不再變得沒有寄託。但福音營只是我了解信仰的第一步，接下來的路還長呢！

4 Joy 黎凱程

English Drama 2015-16

It was certainly a very eventful year of Drama at SPKC. More than half the school participated in Drama in one form or another. F1, F4 and F5 spent a term engaged in NSS Drama rehearsals and performances early in the year, over 150 watched a professional theatre production in March, and the Drama Club performed for the first time at the Association of English Secondary Schools Drama Festival in April.

Also, there was an increase in student pairs participating in the Dramatic Duologue category of the 67th Annual English Speech Festival in December. Students and teachers were treated to a special after-school showcase for the first time, A Half Hour of Theatre Duologues that was performed by 4 pairs who reached the top 3 positions in the festival.

Another 'first' for the school was a Theatre visit by the Form 4s and Drama Club students on 2nd and 18th March. The students and teachers from F4 visited the Sai Wan Ho Civic Theatre to watch a play, "Les Miserables" that was staged by The Absolutely Fabulous Theatre Connection (AFTEC). The 90-minute play was an adaptation of the famous novel by Victor Hugo, performed by an international cast and directed by Dr. Vicky Ooi. After the show, some drama club students, amongst others, were called on-stage to participate in interactive drama activities while some were interviewed by the local media. It was an educational and fun experience for all.



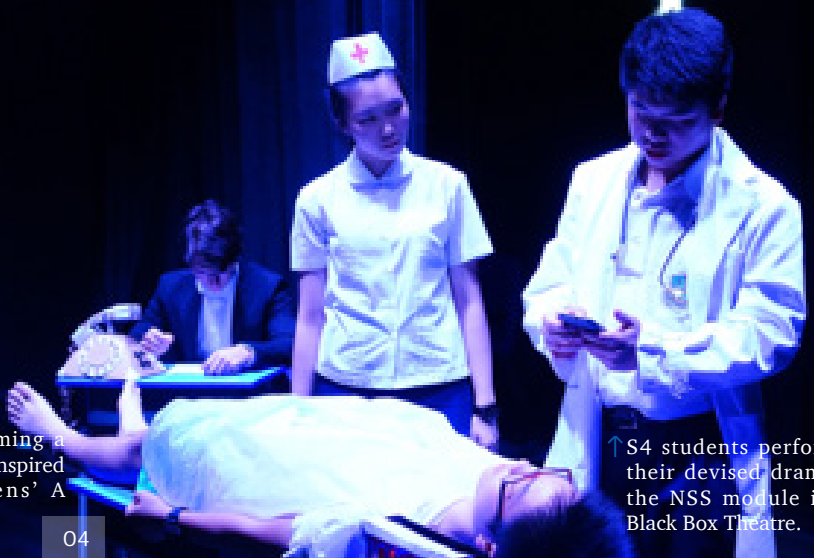
↑ Cherry Yeung (3L) and Hermes Cheung (3F). Champions in Dramatic Duologue at the 67th Annual English Speech Festival.



An instructor from The Royal Shakespeare Company coaching SPKC Drama Club students. ↓



↑ S1 students performing a short piece that was inspired by Charles Dickens' A Christmas Carol.



↑ S4 students performing their devised drama for the NSS module in the Black Box Theatre.

On 28th March, 10 Drama students attended Mapping Love: A Two Day Workshop Exploring Love and Identity. The workshop was held at Chai Wan Youth Square during the Easter break and was facilitated by leading Drama educators from the USA and England. They came from world renowned institutions like The London Academy of Music and Drama (LAMDA) and The Royal Shakespeare Company (RSC). The students took part in Theatre games and improvisational drama activities that were centred on characters created by William Shakespeare. It was truly a once in a lifetime experience for the SPKC students to be under the skilful guidance of world class Drama experts.

The Jockey Club "From Page to Stage" Programme 2016
「從文本到舞臺」賽馬會前曉劇場教育計劃2016

Les Misérables 孤星淚

NOT THE MUSICAL 經典話劇版

Presenter 主理

Executive Producer 國家國際編劇

Visiting Spectator 編導顧問



The Drama Club spent nearly 5 months rehearsing tirelessly for the Association of English Medium Secondary Schools Drama Festival. They performed at Shatin Tsung Tsin Secondary School on 18th April. The 15-minute performance, entitled Imagine, was an original story written by F3 student Brianna Wilson. The story takes place in a fictional world where creativity is banned and students are injected with a blue serum that controls their minds. The whole team worked very hard and results were pleasing; with awards for Outstanding Performance and Outstanding Performer.

Everyone was invited to perform again at the Prize-giving Ceremony at Heep Yunn school on 17th May. The grand event was organised by the Association of EMI Schools, the NET section of the Education Bureau, Theatre Noir, Chung Ying Theatre Company and The HK Academy for Performing Arts. CONGRATULATIONS to all English Drama participants this year and we look forward to more dramatic explorations in the future!

↓ Our principal Mr. Peter Yuen accompanies the Drama Club in receiving the awards for Outstanding Performance and Outstanding Performer with Guest of Honour Ms. Betty Leung, (Chief School Development Officer, Language Learning Support Section, Education Bureau).



FANTASTIC YEAR FOR ENGLISH DEBATING



This school year has seen our English Debating Teams move up to an even higher level of performance with our teams competing in 21 debates and winning 17. Victories have included La Salle, DGS (twice) St Paul's Co-Ed (twice), St Paul's Convent (three times). The Senior team were Champions in the City University Challenge, reached the quarter-finals of the Sing Tao losing to Marymount and regained ranking as top 8 in Hong Kong. A combined Junior / Senior team were judged Best Team out of 18 teams in the Opening Tournament of the Evershed Cup using the challenging World Schools' style and were the only undefeated team. Two weeks later they reached the semis in the Finals Tournament losing to German / Swiss International School. Another combined team also came 2nd Runner Up in the New Territories British Parliamentary Debating Competition. The Senior team also were Champions in Division 1 (New Territories) of the Hong Schools Competition defeating St Paul's Convent in a close debate.

Our teams have shown they can compete with the best in Hong Kong and have learnt important skills for life: to think, respond, prepare, present with confidence and most importantly to work together and have fun. We, the coaches, are proud of such great students.

Mr. Tom Derbyshire
Ms. Eva Yuen
Mr. Gerald Li



We have an excellent tradition of photography in SPKC throughout these years. As cameras become more and more accessible, many students are interested in, or are able to develop photography as a hobby. This year, we were honored to invite a famous local photographer, Mr. SIU Wai Hang, as the instructor of our club. During the meetings, members of the club are excited to try a lot of photography activities, like black-hole camera making and photo-taking, blue print photography (a raw method of making a photo), dark room operation, and outdoor photo-taking, etc.

Come join us next year! I sincerely hope that photography can be an enjoyed by every student!

Mr. HO Chung Min, Sam
Teacher Advisor of Photography Club



校園專題

本學年至今已發生 22 宗學生自殺個案，社會一片譁然，引起了各方的熱烈討論。社會上出現這樣的現象，恰似警鐘敲響，使港人猛然察覺學生壓力的問題。我們相信，正在閱讀這篇文章的你，也正正面對著生活的各種壓力，被壓得喘不過氣。故此，我們想透過訪問培基師生面對壓力的經歷和態度，讓同學們明白，面對形形色色的生活壓力，其實是人生的必經之路，而與其逃避壓力、放棄生命，倒不如積極尋找出路；參考他人經歷，必定有助找出最適合自己的解壓方法。

根據訪問同學的結果，可知大部分的同学都認為培基學生壓力頗大。在學業方面，除了讀書上課，有不少同學還有各式各樣的課外活動，例如運動或是音樂團體，耗用了很多時間，使他們難以專心讀書，成績自然退步，繼而漸失方向，形成壓力。另外，家庭因素亦是同學的壓力來源，有同學表示平日參加許多補習班和課外活動之餘，還需抽出僅餘時間完成家課，十分忙碌。在這樣的情況下，晚歸可說是無可避免的，更別提與家人享受天倫之樂了。「那麼晚歸，是去了玩吧？怪不得成績越來越差！」有時候家人的不諒解更會引發爭執。又有同學坦承：「我真的很怕會被父母瞧不起。」她常擔心學業問題，怕讀書成績未符家人期望會令其失望並受到指責，甚至會招致同學輕視。可見，培基同學的壓力似乎多數來自於學業，而又繼而引起其他問題如與家人關係疏離等。

而面對壓力時，同學又有何方法應對呢？有同學指，他總會在平凡的生活裡抽出一點時間做些自己喜歡的事情，像是打打球、閱讀、游泳或是聽音樂等，皆能令其暫時忘卻壓力。亦有同學表示，她會找朋友傾訴、也會找機會發洩，像是打枕頭或打被單，甚至倒頭就哭，希望能盡情把內心的鬱怨都抒發出來。而也有同學認為獨處便能使壓力逐漸消減：「我會在忙碌的日程裡抽出獨處的時間，把工作課業擱一邊。我對那樣的時間珍而重之，因為那時我可以與自己好好對話，聽清楚自己內心的想法，令我可以安排好一切，作好準備面對難題，從而儘量消減壓力。」

其實，不同時代不同年紀的人亦各自面對著、或曾面對各樣的壓力。我們訪問了幾位老師，希望能把他們的看法，與現今學生作一对照，讓同學參考參考。

談及同學的壓力，幾位老師都認為培基學生承受的壓力並不算大，但他們的確正在面對不同的壓力，像是初中的同學大多會為適應新環境而苦惱、緊張兮兮；反之高中的同學則大多受學習壓力所困，為文憑試而擔心，加上高中與初中課程程度不同，同學一時難以適應，構成學業壓力。

那麼在老師的中學時期，他們又面對這什麼樣的壓力呢？我們訪問了幾位老師。盤瑛媛老師告訴我們，她和大多數培基同學們相似，平時壓力不算太大，但在中七準備公開試時卻是整個中學時期壓力最大的一段日子。由於考試決定了能否上大學的命運，盤老師害怕自己未能發揮最好，擔心進不了理想的大學。她追憶當時在家作試前自修的日子是最緊張的：「害怕不夠時間溫習，而考試逼近又擔心自己未能發揮應有的水準。」而李浩然老師則認為自己中學時的學習壓力並不是很大，反之大多來自人際關係和社團活動，「會擔心一些社團活動搞不好」。然而，李老師亦認為中五時的會考帶給自己頗大的學習壓力，「因為有八科要溫習，怕會溫得不夠熟，又怕準備時間不夠充足。」至於楊小惠老師亦認為自己中學時期所面對的主要是學業壓力：「我那個年代讀書還沒有免費教育，許多學生讀過小學後，便不能再唸下去了。但是因為我自己是希望升學的，而父母亦讓我讀，我不願浪費了這個機會。」楊老師指出當時香港只有兩所大學——中文大學和香港大學，加上收生名額少之又少（像是中大當年只收了 1000 人左右）由此可見，當時的競爭十分大，學業壓力自然也隨之增加。楊老師記得自己中學時成績斐然，可算是名列前茅，但正因此，身邊的人，不論是老師還是同學都堅信她能進大學，這給了她莫大的壓力。

可是這些無形的痛苦不論如何都是得解決的，面對這些壓力，老師們當時又採取了什麼樣的態度和方法面對呢？盤老師告訴我們，面對高考的夢魘，她選擇與朋友互相勉勵，並希望在信仰中獲得心裡的平安。「我會找同路人一起互勉互勵，像是約好朋友去自修室溫習，一起努力。要是累了，就一起去吃飯、談談心，讓自己放鬆一下。可能因為身邊有同路人吧，大家都很明白彼此的處境，便能彼此分擔。而且

你有壓力

我會祈禱，因為始終有很多因素不是人能控制的，但是我相信天父掌管世間一切，亦掌管著我的前路，於是我便向天父祈求心裡能有平安。記得當時自己心裡有句話：“I do the best, God do the rest.” 我相信只要我自己盡力了，天父便會掌管我的前路。」

另一方面，李老師面對會考的壓逼感，就會選擇做些自己喜歡的事以紓緩壓力，例如彈琴、玩電腦遊戲等，「這樣可以分散注意力以減輕緊張感，讓我暫時忘記壓力。」反之，楊老師面對壓力則會哭出來，讓心中的壓力一次過抒發出來。當壓力大得無法承受時，哭上一場，心裡便會輕鬆許多。雖然壓力沒有立馬消失，但那股將心靈壓得彷彿無法呼吸的力道，似乎便能隨著淚水四散。「可是讀書的時候不能經常哭泣，我往往不會即時哭，反而會把壓力儲在心裡，像是在心裡放了個盒子般，將壓力儲蓄在裡面。平時封蓋著，哪天遇到了什麼大事，或是裡面的壓力大得再也承受不住時，便『哇』的一聲哭出來。將感情一次過宣洩出來，把盒子裡的壓力清理乾淨，這樣下次便又有地方存放新的壓力了。」

不同年代的人有不同年代的壓力，除學業和家庭壓力外，政治、經濟等因素也可能會帶給學生不同的壓力，而今天的學生面對壓力的態度和採取的舒壓方法卻又有甚麼不同呢？盤老師道：「當面對壓力時，現今的學生似乎多了種逃避的心態，可能因為我們年代的壓力還沒把學生壓得呼吸不了的地步吧。學生很多時找不到正確的紓解方法，便抱著一種自暴自棄的態度，例如厭倦上學、不交作業等。」李老師則認為從前沒有智能手機，學生若是想紓解壓力，會用些較為傳統的方法，像是和朋友出外玩樂、逛街，或是談談天。可是隨著科技發展，現時不少學生會用智能手機減壓，如上載相片分享感受或是上網觀看

影片等，與以往的年輕人所不同。至於楊老師認為最大的不同之處是在於學生、人們對讀書、大學的看法。楊老師憶述自己年代裡，人們對於是否能進大學並不像現在的學生那般執著，亦不會瞧不起沒有讀過大學的人，許多沒能讀書的孩子便一早出來社會工作掙錢，各自努力，照樣生活得好好的。然而，現在的學生似乎視讀書

為唯一的出路，很多時候更忘記了生活的本質。

或許是因為社會的快速發展加上學位貶值的現象，香港中學生大多受學業壓力所困擾，從上述訪問中，我們可知培基同學也並無二致。然而面對壓力，或許比之上一代會多了份逃避的心態，不願去面對問題、不願面對壓力、不願面對自己，從而孳生了不少社會問題，學生自殺潮更是大家最不想看見的後果。但是，壓力擺在眼前我們並不能置之不理，逃避亦是無用，來到世間一遭，尚未感受到人間的樂趣，便因學業壓力而放棄生命，未免太不值得！所以，與其逃避壓力、放棄生命，同學們大可以參考他人的舒壓方法，試試看，說不定有效。最後，希望大家不論在大小事上都以一種曠達的態度面對，紓解自己的壓力之餘，亦能有所成長。

路邊攤作品。

(「You are not alone 一人一畫擁抱孩子行動」fb專頁)



Daryl Cheung 作品。

(「You are not alone 一人一畫擁抱孩子行動」fb專頁)



洋子作品。

(「You are not alone 一人一畫擁抱孩子行動」fb專頁)



我有壓力

學生記者： 4 Love 馮純一
4 Love 江欣妍





The 2015-16 International Awareness Week was held from April 11th to 15th. We had workshops by instructors from more than 10 countries covering a variety of subjects (L.S. History, I.H., PSSE, P.E. Eng Lit., English). The workshops were designed to supplement students' curriculum with first hand information presented by speakers of foreign cultures. Students were also able to connect with the guests through discussions and activities to enhance their learning about current global issues. Topics ranged from protests and police action, revolutions, poems and literature from different cultures, to racial harmony. This year, 25 different classes participated in the in-class portion of the International Awareness Week. For the first time, PSSE and I.H. students joined in on the activities. Students were also treated to lunch time activities like Archery Tag, Henna hand painting, Global Village and more.



Music Talent Week 2016

Student reporters: LI Sze Ngai, 3 Faith
SIU King Sum, 3 Faith
KWAN Hau Tung Summer, 3 Peace



We feel that many of our schoolmates have a hidden talent in playing music. Sadly, besides the singing contest, it seems that they do not have enough opportunity to share their talent with their schoolmates and teachers. So we thought that the Music Association should provide a platform for students to perform in a bid to improve the music atmosphere in SPKC. This was the birth of 'Music Talent Week'. We had to make sure we had a number of performances each day. We also had to make sure the equipment needed

for the performance and contingency plan for bad weather were ready. At first, we worried that there would be not enough participants as this activity was held for the first time in SPKC. To boost the popularity of the Music Talent Week, a lot of promotion was needed. The show started at 12:50 each day and before that, seven of us were busy setting up and did not have time for lunch. We had to carry snacks with us and eat a full breakfast each day. We were so glad that the Music Talent Week could be held successfully with the support from our schoolmates and teachers. We would like to thank Mr. Lui and Ms. Yeung sincerely for their guidance and massive support.



BASS Christine Wing On, 5 Faith
Chairperson of Music Association



▲ Tim Yu performing with his band



Alice Yu and Anson So performing "小幸運" ▶

Interview with Participants

Harry Yan, 5 Faith

Q : How long did you spend for preparation?

A : We prepared for the Music Talent Week for about three weeks. At the beginning, we practised separately, then we decided to practise together. Although there were a lot of technical problems at that time, we tried to figure out where the problems were, and tried to fix it by repeating the song. We believe that this can help us to understand more about the song!

Q : How do you feel after the activity?

A : Although we enjoyed performing the song a lot, we felt a little bit disappointed because we could not perform in the Red Brick area but in the Black Box Theatre, which reduced the size of the audiences. However, the atmosphere was great at that time!

Q : Will you join the activity next year?

A : If we could attempt the activity again, we would like to, however, we are taking the DSE next year, so we probably cannot join this interesting activity again.





◀ One of the Music team-String performing

Janice Chan, 3 Joy & Rachel Lin, 3 Faith

Q : Why did you participate in this activity?

A : Because we love singing and we want to let more people listen to our voices. Also, it will be the ideal preparation for our upcoming Singing Contest!

Q : Which song did you choose and why?

A : We chose 'Love Yourself' because we loved the lively rhythm; it suits our style and personalities. Also, we added harmonies and made a new arrangement to the song to make the song different compared with the original.

Aaron chow, 5 peace

Q : Why did you participate in this activity?

A : Because I want to share my music to my schoolmates. And Music Talent Week is the best place for me to achieve this target!

Q : Which song did you choose and why?

A : I chose to perform the music from the movie 'Departures' (禮儀師). Because the level of this song is suitable for me. Also, this song comes from a Japanese movie which I love very much.

Q : How do you feel after the activity?

A : This activity cleansed my soul and freed my mind. I have enjoyed it thoroughly. It's great to have people supporting music therefore I think the people were supporting me!

Q : Will you join the activity next year?

A : I would like to join it again since many schoolmates want me to join it again. I was thrilled. I think this has encouraged me a lot and it makes me have more confidence.



The Music Association 2015-16 ▶





In the section of “Class Participation”, students answered the questions actively and enthusiastically.



1 Faith (left) and 1 Love (right) were awarded 2nd and 1st runner-up of the competition respectively. Awards were presented by Ms Miranda Tang.

Integrated Humanities Department: S1 Current Affairs Competition 2015-16

S1 I.H. Current Affairs Competition was held successfully on 25th January, 2016. Our Vice-principal, Mr William LEE and Liberal Studies Panel Head, Ms Miranda TANG, were invited to be our honourable guests of the competition.

It was a valuable educational occasion for all S1 Pooikeians to take part in this challenging current affairs competition as students were capable of acquiring up-to-date and pivotal local and global current issues ranging from History, Geography, Economics, political, public affairs to international news.

This competition consisted of 3 major sections including “Compulsory Questions”, “Quick Response Questions” and “Class Participation” in which it provided an interactive and amusing learning atmosphere to strengthen their learning motivation.

To reinforce the competitiveness and preparation for the challenging competition, all contestants studied their I.H. textbooks and read newspapers to grasp the latest local and global current affairs in a comprehensive manner.

15 Contestants from each S1 class participated in the competition enthusiastically as they tried their best to respond to the questions efficiently. Contestants of 1 Peace (Leung Ka Ho, Charlotte Ngai & Rocky Wong) attained Champions of the I.H. Current Affairs Competition as they showed their eminent perspectives in all-round current affairs.

More importantly, the overall atmosphere of the competition was very positive since a majority of Pooikeians performed well throughout the competition and responded actively in the “Class Participation” section. This competition also enhanced the learning motivation and unity among S1 Pooikeians. The result was very significant as it was a part of the assessment in “We are the Best Class Award 2015-16”.

All in all, this competition was effective to motivate our S1 Pooikeians to perform their global citizenship and broaden their global vision significantly. This competition can effectively help nurture our Pooikeians’ essential quality of global vision to echo one of our school’s missions to “prepare tomorrow’s leaders with character and intelligence”.

Mr. William LEE
Vice-Principal and Head of Integrated Humanities Department

The overall atmosphere of the quiz competition was very good among all contestants and S1 students.



Vice Principal, Mr William Lee, presented the prize to 1 Peace contestants who obtained the Champions of S1 I.H. Current Affairs Quiz Competition



Geography Department

Geography Environmental Talk

by Professor Lam Chiu Ying (10th March, 2016)

我們都是氣候恐怖份子 -400 ppm 後的新世界

Academic Insight



To enhance environmental awareness of Pooikeians and geographical knowledge on global climatic change, a Geography environmental talk was held successfully on 10th March, 2016 in our school.

It was our honour to invite the guest speaker, Professor LAM Chiu Ying who was the former Director of the Hong Kong Observatory and currently the adjunct Professor of Geography and Resources Management in the Chinese University of Hong Kong. Since he has expertise in meteorology, he has a strong passion in giving a lecture about global climatic change with our Pooikeians.

The environmental talk was educational and enriching owing to the myriad resourceful information and data about global warming including temperature anomaly and higher concentration of carbon dioxide (ppm) from the 20th century. He also demonstrated and explained how human activities such as burning of fossil fuels, industrialization, urbanization, deforestation, garbage treatment and modern agriculture have led to soaring carbon emission and rising global temperatures.

It was a valuable learning opportunity for Pooikeians to meet Professor Lam. His lecture was very insightful and inspiring to us since abundant Geographical knowledge was gained from his talk ranging from global climatic change, overusing fossil fuels, energy consumption, adverse impacts of global warming, green lifestyle and the importance of sustainable development in a “global” context”.

Not only did this environmental talk enhance Pooikeians’ environmental awareness, but it also broadened their global vision to understand the global climatic problem thoroughly. As a global citizen, Pooikeians uphold the civic responsibility and global citizenship to reduce carbon emissions and have a low carbon lifestyle so that global warming would be relieved.



“Orochen - China's Last Nomadic Hunters”

by Mr CHAO Sih Hing (26th April, 2016)

Mr. CHAO Sih Hing, an expert on Chinese minority cultures, delivered a talk on Orochen to Pooikeians on 26th April, 2016 in our school hall. A visiting lecturer of Hong Kong Polytechnic University, Mr. CHAO specializes in research of endangered minority cultures, ethnohistory and Chinese martial studies.

Enriching and educational talk

In the talk, Mr Chao described his 20 years of research into the Orochen, the last great Chinese tribe of nomadic hunters. The Orochen continues practicing subsistence hunting in the Khingan Mountains, which rings China’s north-eastern frontier with Russia across Inner Mongolia and Heilongjiang province, almost unknown to outsiders. Today, the Orochen are one of 56 official nationalities recognized in China, but few are aware of their extraordinary history, territory and culture, which is in danger of being lost due to modernization and lack of research of their history.

Furthermore, he demonstrated a number of photos he took during his field trips of visiting Orochen in previous few years. He also described and explained the characteristics of their conventional livelihood, customs, languages and way of life. A traditional song sung by Orochen was played during the talk which caught students' interest.

It was a precious learning opportunity for Pooikeians to have a better understanding of this conventional but endangered tribe. His talk was very fruitful and educational to us as much geographical knowledge was gained from his talk ranging from subsistence farming and hunting, nomadic herding, deforestation, urban encroachment to environmental pollution. Indeed, this lecture also enhanced students’ awareness on the importance of nature conservation and preservation of endangered tribes in China.

Mr. HON Kwok Ming, Ray (Panel Head of Geography Department)

CAREER EXPO 2016

Career Expo 2016 was held from 25 April to 29 April 2016 successfully. A variety of activities ranging from card games to visits to institutes have helped students to understand themselves and their world around them so that informed choices can be made in life planning.

On the first day of Career Expo, all the students received a career passport which they could use to collect stamp or teacher's signature upon completion of the activities. Students were motivated to join the activities through the rewarding scheme of praising records as recognition of their active participation.

Here are some photos sharing the highlights of Career Expo:

► Board Display about Dream Career

▼ Career Book Exhibition

► Communication and Journalism broadcast studio in HKBUCIE

► Sharing of NSS Electives for S.3 students

► Visit to HKBU College of International Education

► Students' Dream Career

► Visit to Joint Professional Development Sharing Day

► Career Talk

Other activities such as a Career Card Game, Career Video Sharing, Career Lessons and Career Talks were also been held. Over 300 students joined the Career Expo activities and around 70 of them even obtained a praising record for their active participation in different activities