

ISSUE
010

SPKC NEWSPAPER TEAM

THE EXPRESS

FIGHT FOR YOUR DREAM AND NEVER GIVE UP!



Featured Articles

- *The Athletics Meet*
- *Gospel Week*
- *Rockstar - A Great Big World*
- *Film Review: Frozen*

Special Articles

- *A Cultural 'Book Exchange' Between Hong Kong and Taiwan*
- *Social Issue: "The Monopoly" and "Taiwan Cross Strait Agreement"*

Katie Chow, 4 Faith

Lots of things happen every day in our life which are out of our expectation. You may feel okay with them but they may also lead you to feel unhappy for the rest of the day or even for a period of time! But keeping yourself in a bad mood for such a long time may affect your study, relationship with others or even your physical health. To help with this problem, I would like to share three methods which may help to lower your chances of being unhappy for too long:

1. Release your anger by a quick method.
2. Use your time wisely.
3. Be a volunteer to help people more often

The first is to release your anger if you really can't bear it. As the psychologists said, if people always accumulate their angry emotions, they will have a higher chance to have clinical depression. But if they try shouting out to release their anger, they will have a higher EQ and a more cheerful daily life. But make sure your methods of releasing your anger is appropriate and done at an appropriate time.

Second is to use your time wisely. I know many students, especially those in senior form, find it difficult to finish their homework after a whole day of school and hours of tutorial classes. They may do homework until late at night and feel tired on the next day. It will become a vicious cycle. To deal with this problem, we really need to learn how to manage our time wisely. For example, you can eat your dinner earlier, for example at 6pm, so you can have enough time to rest after a meal and finish your homework at once. You can also plan a timetable which suits you more to avoid the vicious cycle. So when you plan your time well, you can have enough time to rest. Sleep well and have enough energy everyday can lower your chance of becoming angry.

The third is to be a volunteer. You can go to visit the elderly person's home, visit the child who has been living in hospital for a long period of time, or help in a walkathon, etc. This may help us to buildup happiness inside our heart. When more happiness is stored inside our heart, it can help us to forgive others or easily overcome difficulties in our lives.

Hope you can find your way to be happy, not just simply wear a smile on your face, but have the kind of joy that comes from the bottom of your heart. For when this is the case, I believe you can then face and overcome the difficulties in your daily life or in your future easily and be at ease.

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A Cultural 'Book Exchange' Between Hong Kong and Taiwan

Brianna Wilson, 1 Joy

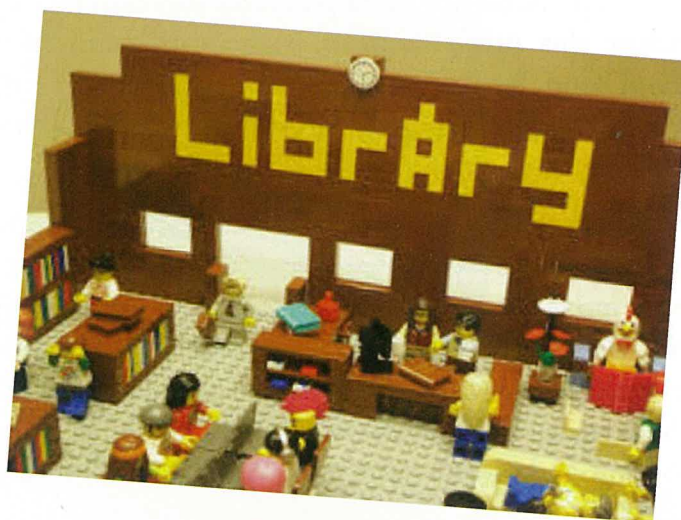
'A library may not be a student's favorite place, but with the help of our teachers and student librarians, it can become one of the most beloved places in the entire school.' This is a quote that I wrote myself, expressing what I felt when I heard about the exchange program that one of our teacher librarians had with a school in Taiwan.

Last year, a university from Taiwan sent a professor and some other teacher librarians from primary schools there to come to our school for a survey, as our school was recommended by someone else. They stayed for a couple of days, and Mr. Edmond Tsui, Ms Eva Yuen, librarians and Mr. Ether Ho offered talks and reading activities during their time here. But the teachers and librarians were not the only ones who had the chance to speak, students from the school were also free to give their opinions about the library. Surprisingly, though, no one had anything other than praise for the library at our school. The professor and the teacher librarians told Mr. Ho that they were very impressed by the politeness and words from him and the students of SPKC, as they told Mr. Ho, and invited him to Taiwan next year (which would be this year) to teach and give lectures on why the students of SPKC love their library so much.

This year, Mr. Ho along with our vice principal Mr. William Lee, went to Taiwan for a four-day visit. Mr. Ho taught the teacher librarians of more than forty secondary schools in Taiwan for four hours non-stop while Mr. Lee went to visit a university and a high school. As a result, Mr. Lee and Mr. Ho built relationship with the National Taiwan Normal University and its affiliated senior high school for future student exchange and further studies purposes. Mr. Ho said that it was a very memorable experience for him.

All thanks to the hard work of our teacher librarians and students, and of course the professor, the teacher librarians and the education board of Taiwan, that we could have such a great exchange program.

So if you want to be part of something great, why not consider joining the Librarian Team next year?





School Life **The Athletics Meet**

Elizabeth Tai, 2 Grace

The Athletics Meet was held successfully on 19th to 20th February. This year is a special year because this Athletics Meet is the 10th Anniversary Athletics Meet. After the march past of the school band, Red Cross, Scout, the oath-taking of the student representatives of the four houses, the Principal's speech, and the singing of the school song, the opening ceremony ended and the matches of the day began.

Every year, we can see 4 houses fight for their glory. Everyone tries their best to help their house in all possible ways. For example, house decorations, slogan cheering, dancing and more. All house members cheered for the members of their own house to show their support. But at the same time, also cheered for other house members. For me, the most exciting parts of the Athletics Meet were the dance by the cheering teams and the moments of record breaking. It showed the achievements of everyone who participated in the competition and also the team spirit. For the S6 brothers and sisters, this Athletics Meet is a very meaningful and unforgettable event for them because this is the last Athletics Meet in their secondary school life. They tried their best to finish the Graduation Class relay race together with their classmates and teachers. This year, to celebrate the 10th Anniversary, the Alumni were also invited to join the 10th Anniversary Cup Relay together with teachers and students. Everyone enjoyed this event very much.

In the closing ceremony, our school also invited Mr. Cheng King Leung, the coach of Hong Kong Beach Volleyball Team, to be the guest of the closing ceremony. He also shared a lot of useful information with us and presented a souvenir from the 16th Asian Games to the school.

Last but not least, I hope next year's Athletics Meet can be as unforgettable as this year's.

The Athletics Meet

Helen Au, 4 Love

This year, the Athletics Meet was held from 20th February to 21th February. "Beatttttttttt!" "The 10th Anniversary Athletic Meet now begins", said the principal Mr. Peter Yuen.

Everyone clapped and cheered. Excitement filled the air and a murmuring of voices could be heard. Everyone was talking non-stop about the coming sports event.

I participated in the long jump this time. Although I lost in the competition, I did not feel disappointed because I knew I had tried my very best. I believe that as long as I persevere and do not give up, I will succeed one day. At some point in my life I had once told myself I had to work hard to defeat the challenges in life. That there is nothing difficult and as long as I can persevere and hold on, I am the real hero.

I also learnt that the most important thing during the competition is not the result of the race, but your attitude during the competition. Showing sportsmanship and integrity is more important than the race itself. Even if you are competing against your friend in a race, we still need to keep the friendship always.

From the competition, I've learnt that we need to have a heart of perseverance. Don't think you that are worse than others. We need to keep trying our best and face the challenges. When we always give up while having difficulties, we will not be successful one day. We need to know that although we lost this time, it doesn't necessarily mean we will lose the next time. We need to build up our confidence in sports activities. Although we may suffer from failures, however, these will bring us success one day. Let us learn to have a never-give-up spirit, and understand the important thing during a competition is not the result, but your attitude during the competition and sportsmanship.



Gospel week

Stephanie Tse & Chan Yuet Ting, 4 Peace

The Gospel Week this year seems quite similar to last year's. But this year, there were more events that can let us know more about our God. For example, thanks tags, the worship in morning assemblies, and the lunch time worships. The Gospel Café is a very special event that has been held for the past several years for teachers and students to interact with each other and know more about God. Teachers would share their own experiences of knowing God. This can inspire students and let them know that God's love is great.

Other than the Gospel Café, the worship in the weekly assembly was also fantastic. Gospel songs were sung by students to show us the love of God. There was also an alumnus who shared about his past of knowing God and how he first believed God. That was impressive and it warmed my heart. Every time I hear about others' experiences with God, I would reflect whether I am being or acting like a Christian or not. I would think about my relationship with God and try to improve it by being closer to God. So every year's Gospel Week I can really gain a lot no matter if it's the friendship among my Christian friends or my own relationship with God. I feel great and refreshed after this special week dedicated to God.

In the book fair, there were so many different kinds of books that are related to our Christian life. I bought a Christian book which is about "how can a woman make herself beautiful", because I believe almost all girls love to become beautiful. But in the book, it tells me that as a Christian, one is simply beautiful! So this book can really help me out a lot.

Lastly, the lunchtime concert is also one of my favourite activities during Gospel Week. At first, there were only a few students singing. But gradually, more and more students and teachers joined in. We sang Christian songs together.

It was really a heart-warming moment. I can feel the support among Christians and I also believe that God was really happy at the time when we praised him.



Social Issue **The Monopoly**

Thomas Ho, 4 Peace

Everyone has our own decisions for buying things in every democratic society. Shops are places that we can make good use of this freedom. However, have you ever heard or thought that the shops nearby are becoming more and more similar? Mannings, 759 stores, PARKnSHOP, I.T., 7-Eleven, McDonald... Almost all the malls nowadays include these shops. But have you ever thought about the importance of this trend?

First, the monopoly means there is less competition in the market. However, having healthy competition is beneficial for the markets as it would bring more 'merchandise' with better qualities to the citizens. Therefore, a monopoly would bring no improvement to the market and we can't enjoy the 'merchandise' with better qualities. Having "no surprise" for the merchandise would make fewer people want to buy things, thus having less demand and a decline in the selling market. It would denigrate the reputation of "Shopping Paradise" of Hong Kong and negatively affect the future development of Hong Kong.

Second, this phenomenon would also make the price of the merchandise increase and indirectly lead to inflation easily. It is because the merchants have continuous power so they can control the price without having an economic loss. Then, they would mark a higher price for each merchandise. The increase of the merchandise price would increase the economic pressure for us, the Hongkongers. It would increase the negative

emotions towards the rich, affects Hong Kong's development, as well as our daily lives.

Third, the trend of having more chain stores in Hong Kong would make the whole market have less choices. Since the chain stores could attract many customers within a short period of time, the rent for the stores would increase as the renters of the chain stores would not "go away". As a result, the "small shops" would easily go out of business because their profits could not cover the price of rent. Finally, it made the creation of new shops become more difficult and thus more difficult for Hongkongers to become rich by selling.

To conclude, this phenomenon is not good for us. To face these problems, the government plays a vital role. The government should reduce the power of the rich merchants by increasing the profit tax after a certain amount of profit so that the situation of Hong Kong would become more stable for the long term. Also, the government should regulate the prices of the merchandise strictly to prevent the occurrence of serious inflation in Hong Kong. Finally, I hope the Hong Kong government will notice the seriousness of this trend and take action immediately. I am looking forward to it.



Taiwan Cross Strait Agreement

Anthony Wong, 4 Peace & Catherine Law, 2 Peace

Aung San Suu Kyi has once said: 'Even if you don't care about politics, it will find you'. Recently, Taiwanese students and people from all over the world, even for those who do not usually bother about politics, were demonstrating about the Cross-Strait Service Trade Agreement. They realize that politics may ruin their living, therefore, they start to stand up and fight against it. According to a survey conducted in Taiwan, it shows that 55% and 23% of respondents oppose and support the agreement respectively. To fight against it, 100,000 people protested against it. These protestors are concerned that the agreement will cause economic and social problems such as an increase in unemployment rate in Taiwan. Originally, the protocol was promoted for liberalizing trade in services between Taiwan and mainland China's economy. However, why does it cause numerous complaints and raise the resentments between Taiwan and China?

Under the terms of the treaty, service industries such as banking, healthcare, tourism, film making, telecommunications, and publishing would be opened up for investment. Businessmen would be able to obtain renewable visas of the other territory infinitely. It would be easier for firms to set up offices and branches in the other territory and for large stakes in businesses to be sold to the other party's investors. It sounds ostensibly beneficial for both mainland China and Taiwan that can lead to a win-win situation. Indeed, concerns are emerging that it may cause nothing but harm to Taiwan.

Philippe Maystadt, who is the former President of the European Investment Bank had written, "the competition of Chinese banks is clear. They don't bother about social or human rights conditions". But this is not only for banks. The Taiwanese think Chinese are notorious for their negative image on undergoing developments and transactions. It would only benefit large companies but to devastate small and medium-sized Taiwanese businesses. Chinese investments on the publishing, mass media and film industry would also threaten the freedom of speech in Taiwan. Eventually, Taiwan and China may be politically unified.

As a conclusion, the conflicts among the Taiwanese themselves and their conflicts with China regarding the Cross-Strait Service Trade Agreement must be solved, as this is just one of the existing problems. It would be nice if everyone could have a serious attitude towards the ongoing political problems and face them squarely to find the best solutions as soon as possible.



Never be Engulfed by the Stereotypical Education System!

Iain Lam, 4 Faith

The education system in Hong Kong, with its stereotypical heavy academic workload and mounting pressure to students, often hampers our development of creativity. Yet, life with creativity can be much more stunning and fascinating with less scorn and frustration.

While a life immersed with creativity may be full of obstacles, miracles can also happen. Indeed, creativity is the basic means for us to achieve success. Hence, in a bid to let our potential to be fully utilized, creativity is of utmost and paramount importance in this competitive and brutal reality of Hong Kong.

In fact, the prerequisite to achieve success through being "inspirational" and "mind-blowing" in the traditional education system could be utterly simple --- just think more and be eager to learn more. Let's witness the importance of creativity in our daily life. Utilize your cerebrum properly! Make great use of your talent and don't let your cerebrum remain idle!

"Who Knows"? "Who Knows? WE KNOW!!!!!!!"

Brianna Wilson, 1Joy



**Whether it's about school, friendship or other such things,
"Who Knows?" is the place for you**

Getting Along: Bullying:

Bullying is a very serious issue.

No matter if it physically, verbally or online, as long as you do something continuously that hurts another person's feeling it is called bullying.

How do you deal with a bully?

Here is a common solution:

Try talking to an adult that you trust or a social worker. These people can help you deal with all the drama that is upsetting you.

If you don't want to make a deal out of the situation, try talking to a friend about it. It may help you out and make you feel better about talking to an adult about the problem.

If you see anyone being bullied, don't hesitate to run over there and stand up for the person whose being bullied. (Unless, you know, you're in class or something.)

Who knows, maybe the bully will back down and that person will thank you!



Religion (Not Christian?):

It's ok to feel a little uncomfortable about not being of the same religion or even not having one at all! But try not to pretend to believe just because your friends believe. Believe because you truly do.

If you want to try becoming a Christian, why don't you go to the weekly fellowship with your friends or classmates or go to the local church? Who knows? Maybe you'll actually start believing!

May God always be with you!

Daily life (Books):

Books can be used in many ways, such as for reading and learning, or being used as tennis rackets...(this last one I read about FROM A BOOK, so don't attempt to do it) Books can actually increase your vocabulary skills depending on the language it is used in and your creativity too! If you know someone who doesn't have a thing for reading, maybe trying sharing one of your favorites with him or her and if you're on friendlier terms with them, try dragging them down to the library with you!

Who knows? Maybe they'll start liking books!



School(CCAs):

Do you ever think that sometimes your extra-curricular activities are taking up too much of your revision time at home? It's ok if you think that way. If you're wondering if it takes up too much of your revision time, try to make studying a daily habit or do so whenever you are free. If you say that you are too busy, try studying while you're on the bus or waiting for the train or study with a buddy during recess?

Who knows? Maybe you'll do better in those pop quizzes that teachers always like to give...



I don't know whether you have ever been living in fear in your life, but somebody might have been. In Disney's 2013 animated feature film "Frozen", Elsa, as the next in line to be the queen of a kingdom called Arendelle, is born with a secret power --- the power to create ice and snow. It is beautiful but also dangerous. And because of this special power, she stayed in fear and isolated herself. Until one day, finally, she could "let it go".

"Let it go" is an original song in the movie Frozen with music and lyrics composed by Kristen Anderson-Lopez and Robert Lopez. It won the Academy Award for Best Original Song at the 86th Academy Awards, where the song was performed live by American actress and singer Idina Menzel. It is the first song from a Disney animated musical to reach the top ten of the Billboard Hot 100 since 1995.

After Elsa ran away from her own coronation, she brought eternal winter upon Arendelle. Up in the mountains, she realized she no longer needed to hide her power. She released her emotions into the cold air and yearned to forget the past. As the lyrics said, "I'm never going back, the past is in the past!"

The song has 2 versions. One is in G# major which is the original theme, and the other is in G major which is a cover by Demi Lovato. It is told that Lovato was chosen because of the singer's own personal life. She has struggled through and surpassed expectations of an average Disney star. But amidst her growth, she remembered her roots enough to return for a collaboration.

In my opinion, I rather prefer the original version than the cover one, because the singer's voice soars and glides across the notes with ease. Backed by a sympathetic orchestra, you can hear the emotional surge in personal strength through Idina Menzel's glorious voice. Also, the lyrics are powerful and inspirational. It has a brisk, snowy feel to the arrangement with words like "frozen fractals". The overall emotional performance will warm any but the coldest heart. It tells people "not to fear, break the limit, and challenge yourself!" The song further characterizes Elsa as the Snow Queen, as the scene depicts her choice to "let go" of her fear of using her powers and be herself.

I would like to inspire the world with this song because it has a message which tells people not to hide their talents and discover the possibilities of humans! "Let it go" is very meaningful song. If you are interested, please go buy the CD in the CD shop nearby!

Word Puzzle

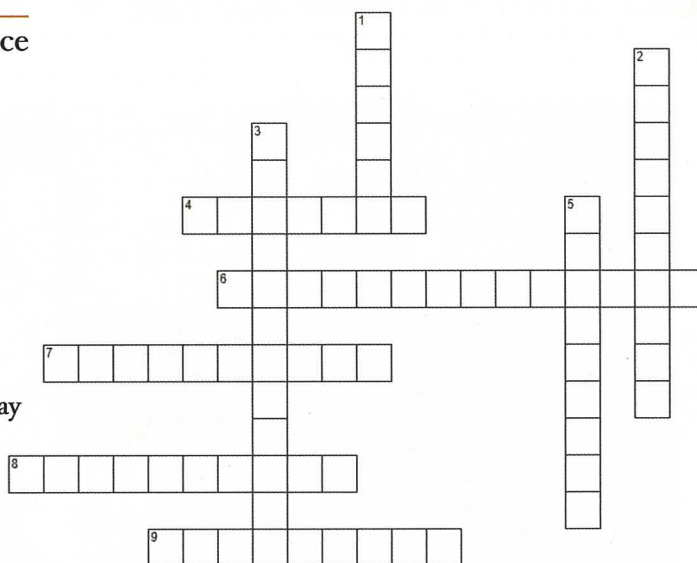
Sylvia Au, 4 Peace

ACROSS

- 4 Live or work together without fighting or arguments
6 The duties that one has to take up
7 The ability of how well one can do things
8 Belief in oneself and one's powers or abilities
9 The quality of being honest and having strong moral and ethical principles

DOWN

- 1 The act or power of anticipating that which will or may come to be
2 The ability to make decisions or take action without waiting for others to tell one to do so
3 To not give up and have continued effort and determination in a course of action
5 Constant and earnest effort to accomplish what in undertaken



*See last page for answers

Recipe Chocolate Cookies

Chan Yuet Ting, 4 Faith



I believe that almost every person I know loves chocolate cookies. Chocolate cookies must be a part of many people's childhood memory. Let me show you how to make these soft and chewy chocolate cookies today.

Chocolate Cookies

- 2¼ cups all-purpose flour
- ½ cup teaspoon baking soda
- 1 cup (2 sticks) unsalted butter (room temp.)
- ½ cup granulated sugar
- 1 cup packed light-brown sugar
- 1 teaspoon salt
- 2 teaspoons pure vanilla extract
- 2 large eggs
- 2 cups of milk chocolate chips

Step 1: Preheat oven to 350 degrees. In a small bowl, whisk together the flour and baking soda; set aside. In the bowl of an electric mixer fitted with the paddle attachment, combine both sugars, beat on at medium speed until fluffy. Reduce speed to low; add salt, vanilla extract and eggs. Beat for about 1 minute until well mixed. Add flour mixture; mix until combined then stir in the chocolate chips.

Step 2: Place heaped tablespoon size balls of dough about 2 inches apart on baking sheets lined with parchment paper.

Step 3: Bake for 8 to 10 minutes until the cookies are golden around the edges, but still soft in the centre. Remove from oven. Let them cool down for 1 to 2 minutes. Store cookies at airtight container at room temperature and they are good for up to one week!

ROCKSTAR – A Great Big World

Joyce Jiang, 2 Faith



I wonder if anyone has heard of one of the newest groups in the US called 'A Great Big World'.

A Great Big World is an American two-member musical group from New York made up of singers and songwriters Ian Axel and Chad Vaccarino and signed to Epic Records. We may know them as their most famous song "Say Something" went up to the top of the billboard in America just a few days after it was released.

Yet, today I'm not here to share the song Say Something as I believe everyone knows the song super well. I'm actually here to share another song from this group called "Rockstar".

Rockstar uses love as a run through, and the dream to be a rock star as the theme. The two main lines that keep repeating in the song are: "Singin', Ah ha ha, I just wanna be a rockstar" and "Singin', Ah ha ha, I was born to be a rockstar!".

Rockstar was also one of the representing work of the new group even though it is not as famous as "Say Something". Its own lyrics and rhythm doesn't lose it at all.

As I was listening to this song, I was actually touched by the line, 'I was born to be a rock star'. It isn't about the way the singer sings it, but about the lyrics as the sentence shows a dream of somebody. It seems that the song is telling us no matter how little a chance you may get, just as long as you stay with your dreams, then you will succeed.

Try to link it to our life. Think of this: "do you ever still uphold your dreams even when you face difficulties?" or "have you ever thought of what is your dream?". Nowadays, teenagers always don't have or even don't want to have a dream as a target to fight for. For me, in my view, I think that is mostly because teenagers don't want to start their tiring journey of fighting to reach their targets or they may not even want to start thinking about what they are good at to start to figure what maybe or are their dreams. No one has really thought that we may be born to be a star that shines brightly in the society.

Why would teenagers nowadays be so negative in thinking? Why don't they give it a try? Why don't they set a target for themselves? Why don't we think this way, 'we are born to be a rock star. A rock star who steals the show with his or her own brightness. Give some confidence to yourself and fight for your dreams!!!

Lastly, I'd like to call on everyone that everyone of us is born to be a rock star. We all have our own strengths and now just start with setting your dreams to make yourself a star to shine bright!

