INTRODUCTION

Hello everybody, and welcome to the December edition of the ‘Po Chiu Times’. We are the editors, Carman Cheung of class 5A, and Tracy Chan of class 5A.

In this edition we will be dealing with the themes of Teen Problems, Poems, Activities, Travel and the Singing Contest. All the writers are Po Chiu students. We think the articles are meaningful and interesting. We very much hope you enjoy this newspaper. If you do, tell all your friends to read it too!
TEEN PROBLEMS

by Kiwi Cheng (2C)

The main problems among my schoolmates are too much homework and too many tests and exams. They have these problems because their maths teachers give them a lot of work.

I would like to suggest two ways to solve these problems. If we don’t understand some points, we can go and ask our teachers. The second way is to learn by asking our classmates.

TEEN PROBLEMS

by Kelly Leung (2C)

My schoolmates have many problems. For example, they have too much homework, too many tests and exams, not enough money and some are overweight. They have strict parents who just require them to study and never let them play. Maths teachers give too much homework and too many tests.

They do not have enough money because they buy too much food. Then they eat this food and this makes them overweight. It is difficult to think of solutions to these problems.
TEEN PROBLEMS
by Thomas Chan Ka Chun (4A)

As you know, some students always feel tired. Some of them play computer games until after midnight, but some may have too much homework or they have to study until very late to prepare for tests, dictations etc. I think that students feel tired during lessons because they did not have enough sleep the previous night. Maybe students would be more active if the teachers gave less homework and tests. In addition, I think that boredom in the lessons makes students feel sleepy. Teachers could design some special activities to stimulate the students.

How can we fix this tiredness problem as soon as possible? I think that starting school at 9 a.m. could be the solution. If we came to school later, we would not feel sleepy in the lessons because we would get more sleep. I believe that this could make students more active. In fact, every day when I come to school I feel like the walking dead. It is because I have to do homework and study until late every night.
Do you feel stressed out in your life? I think many teens will say yes, especially the teens in secondary school. We have many problems, both physical and mental. I would like to present three common teen problems and suggest solutions.

Firstly, one of the problems is students have too difficult lessons. When the students cannot follow what the teacher says, they cannot follow the lesson. Then they will get low marks or fail their tests and exams. They will have low self-esteem. However, students can do more exercises and find some time to ask their teachers question, such as at recess, lunchtime or after school. Normally, it can follow your lesson.

Secondly, students have many activities and they feel very tired. They don’t have time to study, do their homework and relax. Then students will feel stressed out and get very tired. They can’t focus on their lessons and may be punished by the teacher. Therefore, they will feel upset. To solve this problem, we can make a timetable to plan our activities. Making a timetable, you can know what it is important to do first and you will not miss it.
The last problem is too much homework, such as, students getting more than ten pieces of homework every day while the exams are coming. It makes students tired and stressed out. Perhaps there is no time to finish the homework. To solve this problem, we should know the homework deadline clearly so we can know what homework we should do first. Then we will finish it first and we can hand it in on time.
In meetings with SCAD students, our schoolmates took photos in the English Corner. These photos contained different people, such as PCCSS students, SCAD students, Po Chiu teachers and our NET. They went to McDonald’s to eat some food. They could make some SCAD friends.

F1 and F4 students played Upwords games on 8\textsuperscript{th} October 2015. The winners were 1C and 4A. On 19\textsuperscript{th} October 2015, F3 and F6 students played games too. The winners were 3A and 6C.
In the competition for most visits to the English Corner, the 1C E1 winner was Kelvin Lee. He collected fourteen stamps. The 2A E1 winners were Cherry and Kitty. They collected eleven stamps. 1C and 2A paid the most visits to the English Corner.

**ACTIVITIES**

by Ingrid Fok (2C)

On 19th October there was a prize presentation to commend the students and classes who had visited the English Corner the most. The winning class in form one was 1C with 145 visits. The student who visited the English Corner the most in form one was Kelvin Lee from 1C E1, with fourteen stamps. The best F2 class was 2A with 119 visits. The most visits to the English Corner by form two students were by Cherry from 2A E1, and Kitty from 2A E2 (with eleven stamps each).
On 8\textsuperscript{th} October, form one and form four students had an English Upwords game. On that day, many students from these forms attended the event. The competition was fierce. In the end, classes 1C and 4A won.

On 9\textsuperscript{th} October, the F6 students had an English competition. The competition was very vigorous, and in the end the winner was class 6C.
In October, there were Upwords games in the English Corner for all classes. A lot of students went there to support their classmates. It was amazing to me that our schoolmates could make such difficult words.

There was an English Society Halloween Party in the English Corner on 29th October. There were some scary videos and people dressed in Halloween costumes, but there were too many students there and I felt rather uncomfortable.
During the summer holidays, I took part in a recitation competition organized by the Hong Kong Girl Guides. It took place in Shanghai. Participants came from different places such as Taipei, Shanghai, Hong Kong, and Macau. They were very talented competitors. For myself, I spent the whole summer training myself for this competition.

On the first day, we arrived in Shanghai and went to a five star hotel. Then we had lunch. However, we arrived late, so many people had already finished their lunch. We had to eat the leftovers. In the evening we attended a welcome banquet. I was number two in the lottery competition so I was sad, and I simply did not eat anything for dinner. I went back to the room to practice my recitation.

The recitation contest was held the next day. I was watching the contest of the primary school group, and kept praying that I wouldn’t be nervous. However, I felt very scared during the preparation time. When I went up onto the stage I could not perform as well as before.

On the third day, we went to visit families in Shanghai. This event was very enjoyable. There was a 5-year-old boy who kept annoying me. He was very talented. I liked him very much.

On the night before we returned to Hong Kong, we had our team contest and we won the Best Group Award. I even took the Silver Bauhinia Award, Hong Kong's Bauhinia flower, as I was the second among the Hong Kong representatives. Through participating in the recitation competition, I met a lot people who were fun. It was hard to say goodbye to each other. We exchanged our contact numbers and will try to keep in touch.
Travel
Summer Exchange Tour with the Sea Cadet Corps

Cheung Lok Ki  F.6C

From 17 July to 4 August 2015, I represented the Hong Kong Sea Cadet Corps in participating in the international exchange held in Canada, which comprised of the international cadets from Australia, Canada, Sweden, the UK and the USA.

Honestly, this was the first time that I had left Hong Kong for such a long time and embarked on my journey without my parents.

During the exchange, I visited some local tourist attractions like the Capilano Suspension Bridge Park and Stanley Park. The scenery at the park, abounding with towering primeval trees, was amazing and the view around there was so beautiful. I felt so relaxed while I was visiting those beautiful places.

After a few days, we started our long journey to HMCS Quadra on Vancouver Island by a huge ferry for about two hours, and then we arrived. HMCS Quadra is a campsite which provides lots of training courses for teenagers to inspire their potential, such as marching courses, confidence courses, small craft training, whaler sailing, and rifle shooting. Those activities greatly help teenagers to learn to be more confident and self-disciplined. I took part in some myself. Let me share some of them with you!
I learned Canadian-style marching, as well as marching with a heavy gun in tandem with others in formation, and I had a try at air rifle shooting. It was such a new experience for me! Besides, in the confidence course, we had to go through a series of obstacle challenges by crawling, climbing and swinging on a rope. Then came the abandon ship drill, where all the participants had to jump from the jetty and gather in a circle about 30 m away. I found a lot of fun in this course as I love to challenge myself.

One more thing that I think was a special and memorable occasion was the Ceremony of the Flags Parade in which I participated. We needed to hold a heavy gun and walk about 3 km in marching formation along the main roads in Victoria. Before the parade we all worked very hard and tried with great determination. I am honoured that I did it with all those international cadets and I realized what power teamwork brings.

Honestly, at the beginning I was doubtful that I could overcome all the challenges that might crop up out of the blue. Now I can totally tell myself: 'Yes, I can!' Through this exchange, I have gained more confidence in myself. I have come to know what my strengths are, and what abilities I have. It has really pushed me beyond my limits. Besides, although the language I speak is different from that spoken by the international cadets, I still tried my best to talk with them. Luckily, they never told us off and even taught us how to speak English in a more natural way. How friendly they are! I don't think that we had any gaps between countries. Our friendships are still being kept up. To conclude, the trip totally enriched my life experience and broadened my horizons. It was such a meaningful programme!
Q. Do you think your performance in the singing contest was successful?
A. Yes.

Q. How did you feel about the contest?
A. I felt so nervous at that time because I really cared about what the audience thought. When I finished my performance, I was so relieved and excited.

Q. Was there anything you felt you should have done better?
A. Yes. I think I should have controlled my voice better. It would have been good for my intonation and pitch. Also I need to learn how to relax. Then I won't be nervous and I will perform better in contests.

Q. Do you have any tips on singing for our schoolmates?
A. Sure. First you need to pay attention to your breathing. Then you should learn how to protect your voice, for example by drinking some water with honey, and not eating deep fried food. Next you have to match your voice with the mood of the song. You can listen to your singing and see if it catches the mood you want to express to the audience.

Q. What kind of attitude should we have if we want to sing well?
A. You need to be serious and concentrate when you are singing.
AN INTERVIEW WITH A PO CHIU SINGING STAR

by Thomas Chan (4A), Wilson Cho (4C) and Simon Cheung (4C)

We have recently done an interview with Cyan Lo, who won the recent Po Chiu New Star singing contest. She said that she had spent six months practising before this contest. She had many problems when she was practising, such as having less time for homework and studying for the DSE. She thought that she did not have any special singing talent. She also said that she protected her voice by never drinking anything too cold.

She said she thought that her rivals were great, and that some of them had previous experience in other singing contests. Before she won the prize she said that she had not felt confident, and she had been aware that being overconfident might have made her complacent.

She told us that she felt very happy after winning the contest following such a lot of training. She said that her motto was, "No pain, no gain!" As for the future, she told as that she would continue singing after graduating from Po Chiu. She said that maybe she would study junior education at the VTC, so that she could use her singing skills in a kindergarten. That would certainly be a wonderful way to use her talent!
Interview with 6B Class Representatives
By Candy Ho, Jessica Ma, Mimi Cheung (F.4C)

Q: Who proposed entering the singing contest?
A: All of our classmates. There were some who looked for songs and some who looked for the steps.

Q: Why did you enter the singing contest?
A: We wanted to have good memories before we graduate.

Q: How long had you trained before the singing contest?
A: We trained for two weeks, for three hours each Wednesday.

Q: Did the training affect your studies?
A: No, because the training time was very short.

Q: Did you have any problems during the contest?
A: Yes, because there were different views in the class and we had to vote to make decisions.

Q: How did you feel about winning the contest?
A: We felt very excited and surprised because we just thought about winning the Award for The Most Potential but did not think we could be second runners-up with Heiyazi.

Q: Did you have a celebration after winning?
A: Yes, some students went but there were other students who did not go, and there was a gift for students
Poems

by Tommy Ngai (2A)

Animals
I can see a lot of bees.
Bees will come to sting me.
I can feed my turtle.
I can’t feed my beetle.

A Green Turtle.
We have a small green turtle.
It usually gets some rest.
It will find some beetles.
The green turtle is the best.

Stars
I want to touch the stars,
but they are very far.

Zenith Ahkash F.2A
My Brother

My name is Nekash, and my brother is Ahkash. He likes food, but he is not good.

Bottle
By Tommy Ngai
Kelly Wong (2C)

Ingrid Fok (2C)
TO GO WITH OUR HOLIDAY TRAVEL THEME, CAN YOU FIND FIVE DIFFERENCES BETWEEN THE TWO SUITCASES?
If you can find all answers, bring your ‘Po Chiu Times’ to tell Mr. Russell and win some candy!

The Po Chiu Times December 2015
Editors: Carmen (5A), Tracy Chan (5A).
Supervisors: Mr. Russell and Miss Choi