

# College Life

2019-2020 Issue 1

## Sports Day

5D (7) Elaine Fu  
5D (18) Audrey Wong

# Overcoming Hurdles

Our school's Sports Day was held exceptionally early this year, from the 11th to the 12th of September, 2019, at Kwai Chung Sports Ground. As a result, the weather was still pretty hot for the event. Even though it is not the most comfortable temperature for sweating, our schoolmates still strived for their best in the competitions -- one of them, Cheung Pui Yu from class 6B, even broke the record in the long-jump event by 4.37 meters!

Unlike last school year, when our 45th Anniversary Sports Day was swept away by the destructive typhoon Mangkhut, this year we were fortunate enough to be blessed with good weather and therefore able to have a smooth rundown for this year's Sports Day. Another critical factor for the successful Sports Day was also because of the collective effort of our Sports Day Committee members, who had started preparing for this grand event since mid-June. We have interviewed the Chairperson of the Committee, Mitzy Pun from 5B, to share her experience with us.

R: This year's Sports Day is unprecedently early, seeing as it was being held mid-September. Was it demanding for you and your team to prepare for the events in such a short time?

M: Frankly speaking, it was. We needed to communicate with various team units, as well as prepare the documents and other materials within a short period of time. Things were in a rush, and we felt stressed because we wanted to be well-prepared.

R: What challenges did your team face? How did you overcome them?

M: One of the biggest challenges should be communicating with different parties. Most of us were inexperienced, and not to mention we had to handle spontaneous issues that happened on Sports Day too! We needed to come up with solutions immediately, which gave us an experience of thinking on our feet quickly and to come up with solutions quickly.

R: Reporter

M: Mitzy

R: What are the valuable lessons you've learnt from organizing the event?

M: I learnt about the importance of teamwork. I want to thank my team members for helping me make better decisions and giving advice to me.

R: If you can, will you be part of the Sports Day Committee again next year?

M: Yes. Apart from reliving the joy of organizing events, I can also share my experience with next year's committee members. I am sure that this can help them prepare the event more smoothly.

As for our long-jump record-breaker, Cheung Pui Yu from class 6B, we have asked her about the story behind her extraordinary 4.37-meter jump ...

R: How do you feel about breaking a record?

R: Reporter

C: Cheung

C: I am so glad to break a record in the last year of my secondary school life. Actually, I'm quite nervous about that, for the reason that this was the last chance for me because I'm Form 6 now.

R: How long had you been training for the competition? What were the difficulties you had faced during that time?

C: I hadn't trained for it, and I hadn't run for a year. Also, I was exhausted at that time because of a lack of sleep due to an immense workload at school. Therefore I didn't have high expectations. However, when I knew I achieved 4.26 meters and my personal best record is 4.66 meters, I decided to give it a try, to see whether I can achieve a better result. I was overjoyed and surprised when I successfully attained it at last.

Cheung has broken the Girls' Grade A record achieved by Lam Ka Long in 2004 by 11 centimetres. She also holds the record of Girls' Grade B long jump with a remarkable 4.66 metres.



# A Glimpse of Clubs' Day -- A Day All about Your Interests

5D (8) Natalie Hau

The school bell finally rang. On a typical Wednesday, most students would leave immediately after a long, stressful day at school. But today, October 9th, was different. Students packed their bags and went to different classrooms to continue their day. Why? Well, the answer is simple -- it was the first Clubs' Day!

If you walked along the corridor of each floor, you would notice that there were about twenty clubs which held some activities in several classrooms.

I've always loved Clubs' Day as it is a precious chance to do something I enjoy with someone that shares the same interest. I am in the Movie Sharing Club this year and for the first Clubs' Day, the Movie Sharing Club showed one of the episodes of the sci-fi series "Black Mirror: Nosedive". It brought out the pros and cons of how a world would be if everyone is ranked out of five marks by their everyday behavior and posts on social media. Thought-provoking and enjoyable I say!

The Arts Club also had an amazing activity: They held a workshop teaching how to make a "Galaxy Bottle". You do this by filling a glass bottle with glitter and cotton balls soaked with different colours of water, and then add the finishing touch by wrapping the bottle with a ribbon and/or card. The final product is a stunning bottle of clouds and stars, just like the breathtaking sky itself. If you are an art enthusiast, the Arts Club is definitely a good choice for you to spend a lovely afternoon on Club's Day next year.

Clubs' Day provides a wonderful opportunity for you to explore and develop your interests as well as make new friends. There are about twenty clubs for Form 2 to Form 5 students to join. If you've missed them out this year, be sure to keep your eyes open for next year's Club Selection Day, which is usually held in the first two weeks of September. With the wide variety of clubs to choose from, you are guaranteed to find one that suits you most. But if there really isn't one that you like, why not consider organizing a new club? You are eligible to organize one if you are a Form 3 or 4 student. The steps couldn't be simpler: Just reply to an email concerning the organizing of clubs at the end of this school year with a simple proposal, and voila, it's done!

# Dress Casual Day

5D (27) Peter Ng

Dress Casual Day is an annual event held by the local charity organization, the Community Chest of Hong Kong, which allows students who have donated money to wear their own clothes to school instead of the school uniform. This programme which raises funds for the needy usually gains huge popularity among schoolmates. This year our school held Dress Casual Day on 10th October, 2019.

It is widely believed that peer recognition and appearance rank high in teenagers' list of priorities. Yet, more and more schoolmates no longer care about changing their outfit on Dress Casual Day. Some when asked why, one answered "Because the main focus is to help raise money for the needy. Plus I don't need to fuss over what to wear".

# The Yearly Tradition

Our school's annual Gospel Week was successfully held from the 20th to the 22nd of November, 2019. It was a great chance for CNECCC students to experience and learn about Jesus's miracles.

Gospel Cafe was held after school as previous years on the 20th of November. Teachers and students sat together, either sharing how their school life was, why they were determined to become a Christian or something else about themselves.

Besides, there was also an activity called "Life Library". For this event, four "books" (aka alumni of the school) in this "library" (our school), were invited to share their own stories of their lives before and after becoming a Christian. Every student could choose two of the "books" to "read" (meaning listening to the alumnus's sharing), and had 30 minutes for each one. When time was up, a teacher would ring a bell outside the classroom to remind students to go for another "book". Students who have taken part in the "Life Library" thought that it was really fascinating to know more about the lives of their seniors.

Our school also invited Professor Yip to share his testimony during the assembly on Friday. The most impressive sentence he had said during his sharing was, "Even a successful person needs God -- so what are you waiting for?"

Concerts were held during lunchtime on these few days too. Teachers and colleagues from CNECCC Chapel sang hymns and praised the Lord. Some classes also sent representatives to sing in front of other schoolmates. We enjoyed our lunch while listening to their amazing voices.

We hope this tradition can be retained over the years. We are looking forward to the next Gospel Week!



# Lunchtime Concert

5D (13) Eunice Leung

"I've been waiting for this for days!" Do you know why our schoolmate was that excited when interviewed? It was because of the Lunchtime Concert! The concert was held at 12:55-13:30 during lunchtime on the 6<sup>th</sup> of November, 2019, which was a few days after the First Uniform Test.

Walking into our school hall, I was shocked by the number of schoolmates there. Almost no empty chairs could be found! One can imagine how greatly anticipated the event was. According to the hosts, five pieces of music will be played by several students.

First, Lam Sze Hin from class 6A performed the first movement of Beethoven's Sonata No.18 in E Flat major, Op.31, No.3, which has the nickname of "Hunt".

Then Chen Chun Hei from class 2A came next and performed the first movement of Beethoven's Sonata No.21 in C major, Op.53, which is also known as "Waldstein". It was completed in 1804 and is also considered as one of Beethoven's greatest and most technically challenging sonatas.

Following Chen, Lam Sze Hin from class 6A brought another amazing piece to us, which was Chopin's Etude in e minor, Op.25, No.5. It was written with a series of quick, dissonant minor sessions, which gave it the nickname "Wrong Note".

The concert continued with Ng Chi Nok from class 5D leading us into the wonderful musical world of Chopin by performing Chopin's Ballade No.2 in F Major, Op.38. This piece was said to be inspired by Adam Mickiewicz's poem Switezianka, "The Lake of Willis".

The last performance was a piece of piano four hands: Francis Poulenc's Sonata for Piano Four Hands, FP8, of which the second and third movements were performed by Ng Chi Nok and Lam Sze Hin. They played the piano really well -- no wonder both of them are the pianists of our school's Mixed Voice Choir! The composer of the music, Poulenc, was a member of "Les Six" and he finished composing this stunning piece against the heavy Romanticism at that time when he was only 19 years old. Throughout the concert, performers immersed themselves in the music while schoolmates were spellbound by these relaxing piano pieces. They were also busy jotting down notes for their concert reports.

All in all, the Lunchtime Concert was a success and it created good memories for all participants. In fact, research has shown that music can help us to feel relaxed and relieved. Moreover, listening to music can also help us to be less anxious e.g. the results of the Uniform Tests! So next time when you're feeling nervous, treat yourself to a dose of music to get you back on your feet again!

# Sudoku



Chen Chun Hei from class 2A

	8		7		1		3	
4		9						
	5			6		4	1	8
7					9			
8			6	1		5		
	3	5					2	9
	6		4		7		9	
1					8			4
	2			5			7	

## Solution

3	7	8	6	5	1	4	2	9
4	5	9	8	9	2	3	7	1
1	9	2	7	3	4	8	6	5
9	2	1	4	7	8	5	3	6
7	4	5	3	6	1	2	9	8
6	3	8	9	2	5	1	4	7
8	9	3	2	9	5	1	4	7
3	5	7	2	6	7	7	5	3
4	1	9	3	8	5	7	6	2
2	8	6	7	4	1	9	3	5

On the silent night of Christmas Eve, I invited my friend to stroll on the promenade together.

'Hey, do you still remember our school picnic day?' My friend suddenly asked sorrowfully.

'Of course, that was just a month ago, how could I forget?' I replied.

Kadoorie Beach, which was our destination, was relatively tiny compared to the beaches nearby like Castle Peak Bay and Cafe-teria Old Beach. It was just big enough for us to play freely without much care about hurting others. The beach was sheltered by tall trees, and in front of it, the beach connected to the calm sea which stretched out as far as the eye could see. We could just spot the promenade on the right side of the Castle Peak Bay.

Lying on the beach, listening to the splashing waves. It soothed my nerves and made my worries fade away.

'Well, that's really an awesome place, and it's full of good memories.' I continued. 'Yeah! Remember the golden mushroom cheese beef rolls from that picnic?' 'Oh definitely!' exclaimed my friend.

Nearly finished with our barbeque meal, we decided to make good use of the leftovers to make something creative. We tore the cheese into strips and used it to wrap up a bunch of golden mushrooms, then bound them together with the leftover slices of beef. We then wrapped the bundle with foil and heated it, not expecting how it will turn out. When the timing felt right, we unfolded the foil and was hit by a pleasant puff of steam that instantly made us drool! Looking at the well-done glazed beef with melted cheese inside made us hungry all over again! First bite, the melted cheese was squished out immediately. Second bite, we could feel the tender beef with the chewy golden mushroom. It was not bland because of the cheese, and the balance of the ingredients made it perfect! New Master Chefs were born that day!

'I can still taste it!' My friend sighed.  
'Oh and not to mention the game we played too.' I added.

After filling our stomachs, it was time for some fun on the beach. It was 'number ball' time! Basically what happens is that each person has a number. Then one person will throw a ball up into the sky and shout out a number simultaneously. The player of that number needs to catch the ball and hit the other players with it.

Simple as it may be, we had an awesome time playing it! Sand was scattered everywhere as everyone sprinted away from each other to avoid getting hit by the ball. Some even hid behind others, using them as "human shields"! Screams were mixed with laughter. Revenges were made! Hands, feet, hair, the ball flew everywhere! The most surprising thing was that our class teacher joined in to play with us, who unfortunately became the most popular target.

And then came the time when it was me who held the ball. There I stood, in the midst of the battle. Everyone stared at me. Some trembled (with excitement). Some grinned and taunted me. Some started to pray that they wouldn't get called. I chose my target carefully. I leaped like a panther towards my nearest target with 3 giant steps. I dug my feet into the sand. Aimed. And thrust the ball with all my might! "Bang"! Yay! I didn't miss! "Oh no!" came the next thought because I hit my target in the chest instead of the legs! Luckily no harm was made and I apologized quickly. I will definitely not make that mistake again next time!

School picnic day was one of those days when the whole class could put down their school bags, run on the beach, enjoy the food and games, laugh as loud as they could, and forget about homework and tests for a while. It was like we were going on a vacation of our own class.

'But frankly speaking, why did you bring up that day?' I asked abruptly.  
'Yeah about that: Did you pay for the food that day?' My friend replied.  
"Umm ..."



My Class (4D)

## Our Team

**Teacher-in-charge:**  
Ms. Natalie Leung

**Chief Editors:**  
5D (7) Elaine Fu  
5D (18) Audrey Wong

**Reporters:**  
4C (9) Evelyn Leung  
4C (11) Eunice Lo  
4D (22) Heigen Lam  
5D (8) Natalie Hau  
5D (13) Eunice Leung  
5D (27) Peter Ng

**Layout designers:**  
4D (20) Kenny Kwok (Pages 3-4)  
4D (28) Vincent Tong (Pages 1-2)

