

COLLEGE LIFE

Reporters: Chan Ho Ching 5D (1) Fu Yee Lam 5D (7)

2019-2020 Issue 2

SOCIAL COVID-19— The Killer Virus

▪ How did the coronavirus start?

The deadly coronavirus was first reported in the central Chinese city of Wuhan on December 31, 2019. As coronaviruses (e.g. SARS) are mainly circulated among animals, it was suspected that it was passed on from an animal to humans, causing some to believe that this was the cause of the new coronavirus outbreak.

Coronavirus
What's in a name? A lot apparently:

'COVID-19'

- 'CO' stands for corona
- 'VI' for virus
- 'D' for disease
- '19' for 2019 - the year it was first identified

Source: World Health Organization

▪ Check out for the latest news here!



Local news - Local
Situation Dashboard
by HKSAR government



International news -
COVID-19 statistics
by WHO

▪ Coronavirus control moves adopted by countries and cities

Control points as well as quarantine stations inside airports etc. were set up to make sure suspected imported cases were found and quarantined. Later, cities went into lockdown where no one was allowed in or out. School classes were suspended and gatherings were not encouraged/permitted.

For those who were confirmed to have caught COVID-19 or were closely in touch with COVID-19 patients, hospital quarantine and household quarantine were adopted to prevent further outbreak of the virus. Social distancing was required to prevent people from gathering or being at risk of exposure to the virus. Demand for protective gears sky-rocketed. For example, surgical masks and protective clothing were highly sought after.

▪ How does the virus spread?

The virus is usually spread via respiratory droplets through coughing, similar to how the common cold and influenza are spread. It most likely happens when you come into close contact with an infected person, who is about 2-3 meters of an infected patient.

There is no vaccine for this infectious disease at the moment. Therefore, prevention is always better than cure. The most useful way is to wash hands with

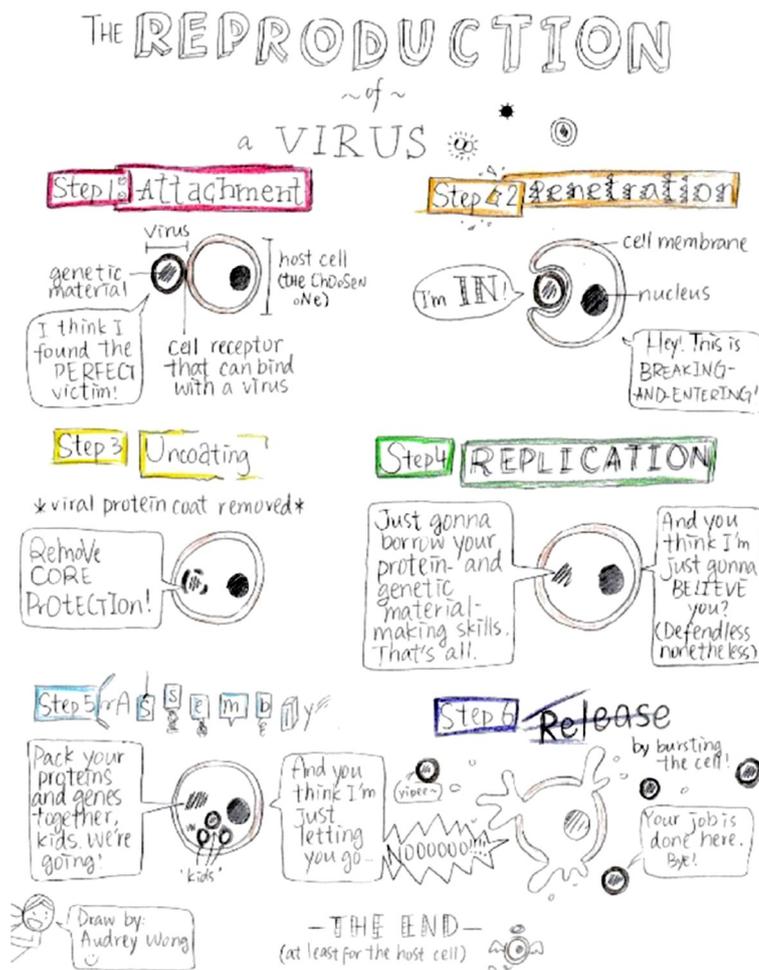
liquid soap and water, and rub for at least 20 seconds. And don't forget to put the toilet lid down before flushing to avoid spreading germs after using the toilet.

Reporter: Audrey Wong 5D (18)

SCIENCE Virus in a Nutshell

▪ The reproduction of a virus

Since the virus is the main topic of this issue of College Life, why don't we take the chance to scrutinize it under the microscope? Have you ever wondered how viruses get into our bodies?



▪ How viruses affect us

Viruses cause diseases by interfering with normal cellular functions, like the synthesis of nucleic acids (which make up DNA and RNA) and proteins. They can also damage the cell membrane of those cells, kill them, and therefore affecting the body to be sick or even be the cause of death.

▪ Diseases caused by these pesky invaders

Most of the diseases we know are actually induced by viruses, e.g. the common cold, influenza, etc. SARS and COVID-19 are all caused by coronaviruses. While they sound horrifying, don't worry: existing vaccines are enough to protect us from most virus-provoked diseases. Scientists are also trying their best to develop a vaccine for COVID-19.

▪ Further learning



(for the nerdy ones)
Video 1: Amoeba Sisters
(Call about viruses)



Video 2: TED-Ed (Cells VS. viruses)

Reporters: 4CC1DLo Wai Lam 4CC9Leung Evelyn

EDUCATION Learning Without School

Due to the Coronavirus, classes have been delayed. Many of us have never thought that school would be suspended for such a long period. So, how teachers and students could continue their teaching and learning was a question that all pondered about.

Despite the grim situation, students and teachers knew that learning should not stop. Therefore, different kinds of platforms were used to upload learning materials and teaching videos for students to study at home.



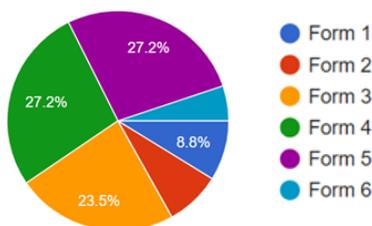
Some teachers said they have become Youtubers as they have shot and edited many videos. Soon, teachers gradually started “zooming”: conducting online lessons. “Zooming” allows students to respond immediately and teachers can monitor students’ attention during the lesson. Some students mentioned that it was quite difficult to adapt because more attention was needed for online lessons. Having discussed the pros and cons, we could definitely say that a breakthrough has definitely been made in terms of online teaching.



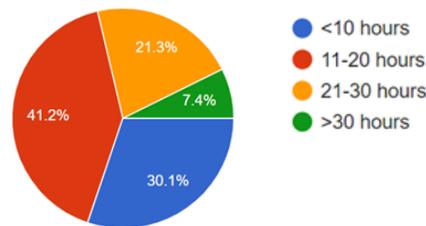
Students have experienced very different lifestyles or events as well. Some had a lot more extra time to get along with their families and even more time to relax. For the 2020 DSE candidates, some were glad to have more time to prepare for the DSE exam. Yet on the downside, they missed the very important “last day” of their whole secondary school life. Departing school without the “last day” is definitely a life-long missed opportunity.

We have conducted a survey during the school suspension and asked how students felt about learning online. Please see 136 schoolmates’ response below:

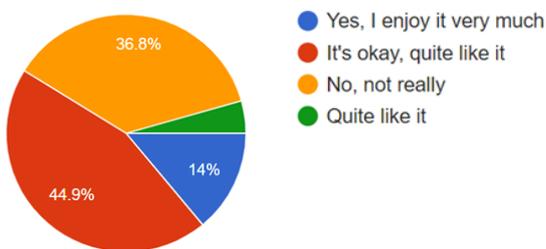
1. Which form are you in?



2. How many hours do you spend on learning online per week during the school suspension?



3. Do you enjoy learning at home?



4. What is the biggest advantage of learning online at home?



5. Please share one of your most interesting learning online experiences. (Some responses)

- “Some teachers will share their daily life with us during the online lessons.”
- “Nearly missed the lesson because I forgot to set my alarm.”
- “When I was having my lesson, my mom came in ...”
- “Finally being able to see my classmates!”
- “Seeing my classmates wearing adorable clothes (pyjamas) made me laugh so hard!”
- “Having zoom lessons, we can get to chat with teachers like we were at school.”
- “Forgot to wake up.”
- “Someone sang songs without muting his microphone while having Zoom lessons LMAO!”
- “Playing ‘Who Wants to Be a Millionaire’ in LS lesson.”
- “The teacher’s mom scolded him and asked him to mop the floor in the background during a Zoom lesson.”

No matter what, having friends beside us in the classroom is better than sitting in front of our electronic devices at home. Let's pray that everything will be over soon!

With the deadly coronavirus around us, we can still be happy!

Entertainment Column

Reporters:

Hau Yan Tung 5D (8)

Leung Tsz Wan 5D (13)



Staying at home most of the time during troubled times can be stressful. That's why we have to try and look for ways to entertain ourselves. As they all say, laughter is the best medicine. So let's check out some ways to do so.

First of all, as we all know, it is very risky to go outside these days, so why not watch some movies about viruses! The amazing movie *Contagion* is one such movie and you can also learn about pandemics at the same time!

The movie is based on a deadly virus, MEV-1, which spreads around the world in a matter of days. The virus is airborne. As the fast-moving epidemic grows, the worldwide medical community races to find a cure and control the fear of the world from spreading faster than the virus. Check it out! You'll definitely learn something!



Other than movies, books are also our good friends during these days. What do you think the book *The Secrets of Happiness* is about? It's actually about two step-sisters Rachel and Becca. Rachel is happily married with three children and lives in a big house, while Becca is less successful, has already given up on love and doesn't have a stable job. They aren't close, but when Rachel goes missing one night, Becca is called in to help, and discovers something about Rachel ... The perfect detective story! You can borrow it from the school library if you are interested. You will love the story as well as the fact that this book tells us that

ultimately no one is perfect and happiness can come from the most unexpected places.

Outdoor activities anyone? Hiking is definitely one of the most suitable open-air activities! In Hong Kong, there are numerous hiking trails which have stunning views and fresh air, for example, the Po Toi Country Trail, which is a challenging multistage trail that passes through the beautiful landscape of Hong Kong's southernmost island. Picnicking is also a great choice. One great location for picnicking is the Victoria Peak Gardens. At the very roof of Hong Kong, you can definitely enjoy a lovely, quiet picnic with some friends and family.



So there you have it! We hope you all find it helpful, and do remember to stay healthy and take some breaks even while you're working hard!

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COLLEGE LIFE ON THE SCHOOL'S WEBSITE!

<https://www.cnecc.edu.hk/collegelife-2/>