

Lunchtime at LCD

How do you spend your lunchtime? Let's see what LCD students do during their mid-day break. Here are some snapshots of our schoolmates' lunchtime activities.



Some quiet time reading in the school library



A nice chat with friends



Reading Buddies



Table tennis practice



Delicious!



Mini Olympics - a test of teamwork



Senior students playing games with junior students



Fun corner - Myth of LCDMC

Q: Why is the school hall also called "Lion Hall"?

A: Well, the reason it's called the 'The Lion Hall' is because years ago a school which was under renovation had no space to keep two golden lion statues. So they left them in our school hall for a while until their renovation was finished. So that's why our hall on the 7th floor is called 'The Lion Hall'.

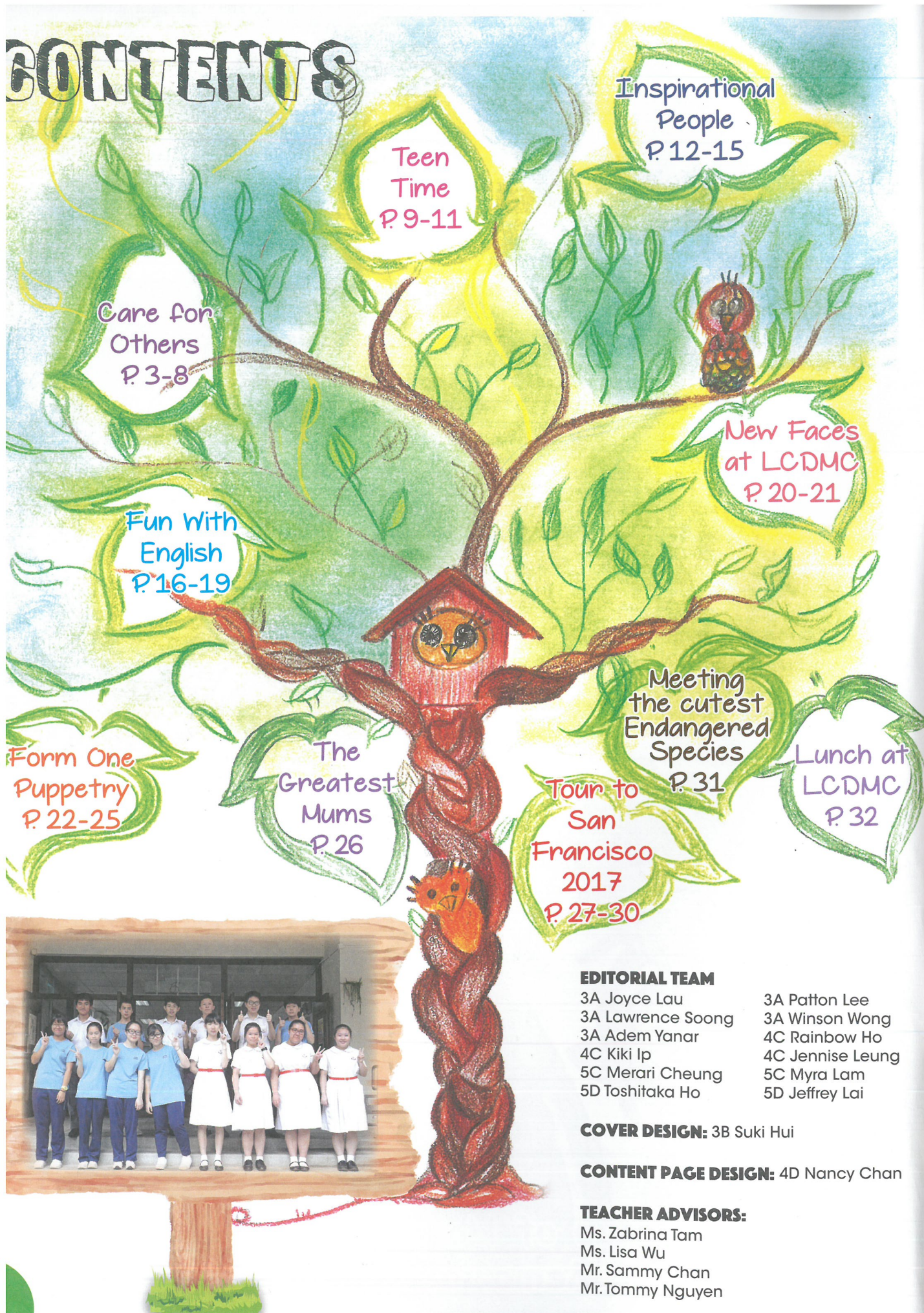


Aglow



Tung Wah Group of Hospitals
Lee Ching Dea Memorial College

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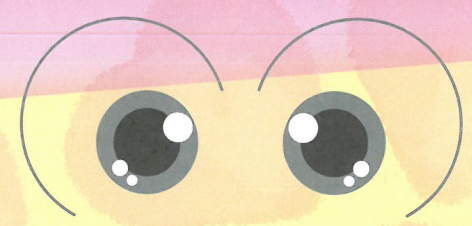
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CARE FOR OTHERS



Woof! Woof! We are your eyes

Aglow Magazine interviewed two users of guide dogs, Mr. Yip and Ms. Leung, from Hong Kong Guide Dogs Association, HKGDA, established in 2011, after they came to school to introduce and promote guide dog service to our students at the assembly.

Mr. Yip is a marathon runner. He is the first disabled runner who ran the whole race. He always does exercises to prepare for the marathon event. Ms. Leung is a housewife. Her daughter usually takes care of her. Both Mr. Yip and Ms. Leung have become blind when they were young. They started to use this guide-dog service about 2-3 years ago. They usually rely on guide dogs in their lives now. They shared their daily lives with the guide dogs, Rally and Gaga. Both guide dogs received a hard training in New York before they were sent to HKGDA, so they are professional guide dogs.

At first, Mr. Yip and Ms. Leung felt doubtful about relying on the dogs because they were afraid that it might cause accidents. They hesitated to apply for this service but they did not want to give pressure to their families. So they decided to try this service. Mr. Yip and Ms. Leung started to feel happy when they live with the guide dogs. They appreciated the professional jobs of Gaga and Rally. The two dogs are so adorable and clever. They are obedient to their masters. They listen to their masters' order and complete their daily duties. Sometimes they make some mistakes but Mr. Yip and Ms. Leung would improve their bad habits. Mr. Yip and Ms. Leung also need to take care of their health. If the guide dogs get sick, they take them to the vet for treatments. Therefore, the masters and the guide dogs need to help each other so that they could keep their good relationship.

Although Mr. Yip and Ms. Leung have faced some obstacles in their lives, they have not given up. They become enthusiastic to face their own difficulties. Gaga and Rally also support them and encourage them to solve their problems. Mr. Yip and Ms. Leung have their own future plans which they would like to achieve together with Gaga and Rally. Mr. Yip's new target is to run a marathon in Iceland. Ms. Leung's dream is to advocate guide dogs service to Hong Kong disabled people.

I am inspired by this interview. First, we could see an important connection between humans and animals. Second, we could understand the feelings of disabled people. Some of them may feel isolated by others, feel lonely about no one staying with them. However, Mr. Yip and Ms. Leung have overcome these problems. They become confident and optimistic. Everyone should learn from them- we should have a positive attitude, never give up, be brave and always strive for our best.

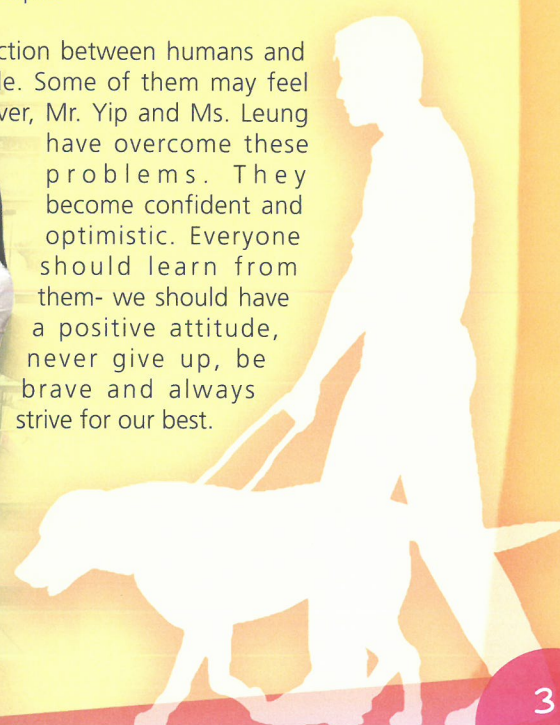
Mr. Yip

Ms. Leung



Gaga

Rally





VOLUNTARY WORK

It's better to give than to receive. Our students care about others and so quite a number of them have participated in different voluntary work. In this section, we will introduce some of the charities, the voluntary work they have done and how these volunteers felt and reflected on their daily lives.

I take action with Action Care

R: Reporter A: Action Care

R: I am also a regular volunteer for Action Care but can you tell me when it was established?

A: Action Care is a Hong Kong registered charitable organisation established in 2008.

R: What is the goal and vision of Action Care?

A: Our goal is to serve the needy community through acts of love and mercy. We perform more than charity work. Our vision is to transform life, family and community.

R: Who are your target groups?

A: We serve the homeless, scavengers, new immigrants, elderly, single parents and low-income families.

R: How do Action Care help the needy?

A: We serve the needy through aligning with different organisations with appropriate resource allocation, and by outreaching programmes to meet their needs.

R: I know that Action Care has many programmes. Can you name some of them?

A: Of course, like 'Fun Fun Carnival', 'Christmas Poon Choi Feast' and 'Tai Ping Shan Children Eye Care Program'.

R: What is Grace House?

A: Grace House is our service station in our community. It gathers generous donation from different sources. It creates an opportunity for our volunteers to interact with the neighbours.

R: Can you tell me some details about the 'Christmas Poon Choi Feast'?

A: Sure. The 'Christmas Poon Choi Feast' is our highlight event each year. 'Peace to each generation' was the theme for our ninth anniversary. Our goal was to offer a chance for family gatherings and to celebrate the Christmas season with our neighbours. Our entertaining programmes were for everyone.

R: At last, can you tell me about Teen Programmes?

A: There is a programme called 'Teen Transformer'. This programme aims to encourage more students to join voluntary work. They design their own programmes, the objectives and goals that they want to achieve.



LCD Angels worked in Food Angel

R: Reporter L: LCD Angels

R: I know that your team worked in Food Angel's kitchen in April. What is Food Angel?

L: Food Angel, according to their website, is a food rescue and food assistance programme launched in 2011 by Bo Charity Foundation. The mission is 'Waste not, hunger not, with love.' Some edible surplus food from different sectors of the food industry is rescued and prepared as nutritious hot meals following strict safety protocols. Then the meals are redistributed to serve the underprivileged in Hong Kong.

R: What did you do on the day you work in their kitchen in Chai Wan?

L: We were assigned with tasks like preparing different ingredients for cooking, carrying the ingredients to the store room and packing lunch boxes.

R: How did you feel about the voluntary work?

L: This activity was so meaningful. We helped prepare food for the needy, especially the elderly. There was a sense of accomplishment after we finished the work that day.

R: What have you learnt from the activity?

L: Our volunteer team learnt how to cooperate more effectively. We also learnt how to be more attentive. For example, when we cut vegetables and peeled the potato skins, we should pay attention or we may hurt ourselves easily. Most importantly, we learnt that volunteering is vital. When we offer help to others, we should reach out to them.

R: What do you think you can do further to offer help?

L: I hope we can go there with junior students and recruit them as volunteers.



LCD Caring Ambassadors

R: Reporter
C: Caring Ambassadors

R: What is the aim of Caring Ambassadors?
C: Our aim is to care for students and teachers and give them a rainbow life.

R: What do Caring Ambassadors do?
C: We think of some activities for students and teachers and promote "care" and "love".

R: Are there any promotion for your activities?
C: We promote our activities through morning assemblies, whole-school assemblies, announcements and posters.

R: What do you discuss in your meeting?
C: We talk about what events we should have and how to organise them.

R: How do you feel about being an ambassador?
C: I felt happy when I knew that I was chosen to be a caring ambassador. I think it is interesting that I can interact with different students.

R: What personalities do you think being a caring ambassador should have?
C: I think a caring ambassador should be energetic, responsible, considerate and sociable. The most important thing is you need to know how to show love and care for others.

R: Can you say something to encourage other students?

A: Try your best in your studies and please care for others! Be nice!



We were the delivery guys

R: Reporter W: Warming Heart 2.0

R: I know that Warming Heart 2.0 worked as volunteers in April for St. James Settlement. What is St. James Settlement?

W: It is a charity founded by the Rt. Rev. Bishop R. O. Hall of the Anglican Church in 1949. It offers various types of services, including youth services, education services, rehabilitation services, community centre services, charity services, continuing care, family and counselling services and corporate venture to help people in need.

R: What did you do on the day you worked as their volunteers?

W: On that day, we went to their kitchen in Kwun Tong to help with packing of lunch boxes and then we delivered the lunch boxes and soup to the elderly's homes in Kwun Tong and Lam Tin in small groups. When we arrived at the elderly's homes, we left the lunch boxes and soup there or help them put the dishes, rice and soup onto plates. We also helped some of the elderly measure their blood pressure and record it.

R: What did you think about the voluntary services?

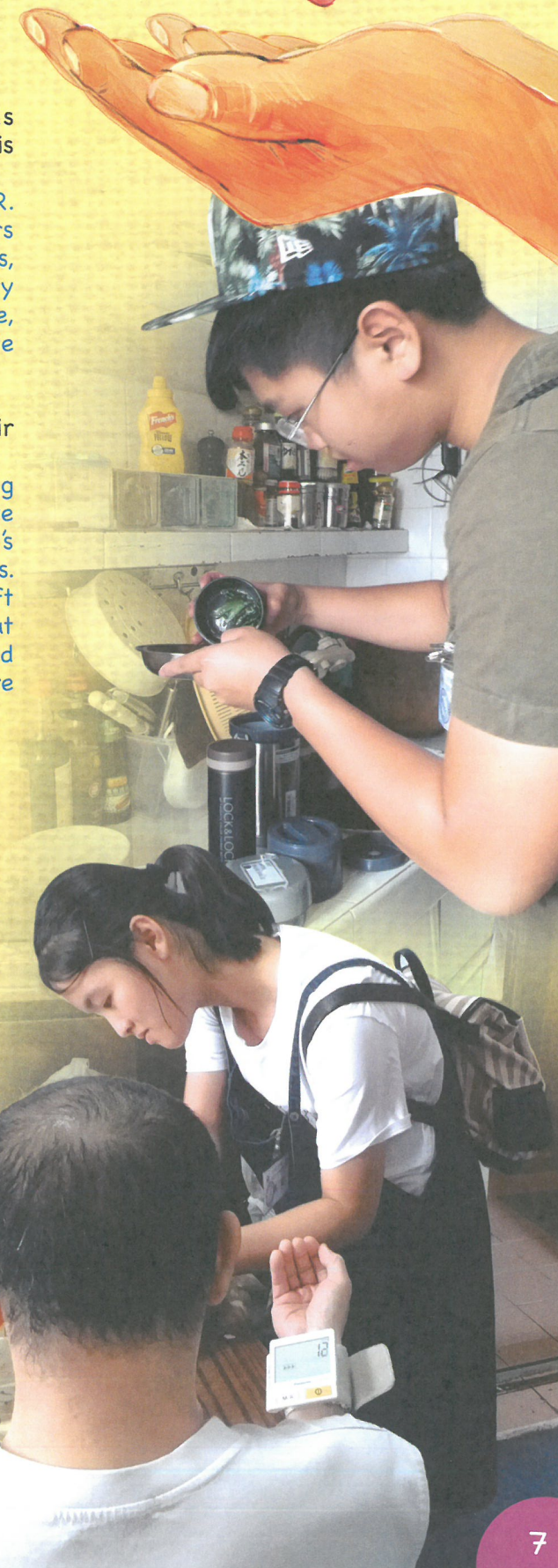
W: It was meaningful. This service provides meal delivery service at a low price to the elderly who mainly live on their own. Their families could not take care of their meals because of work and studies. Some meals were prepared for people with diabetes and special health needs. For example, some meals are blended into soup because the elderly cannot chew.

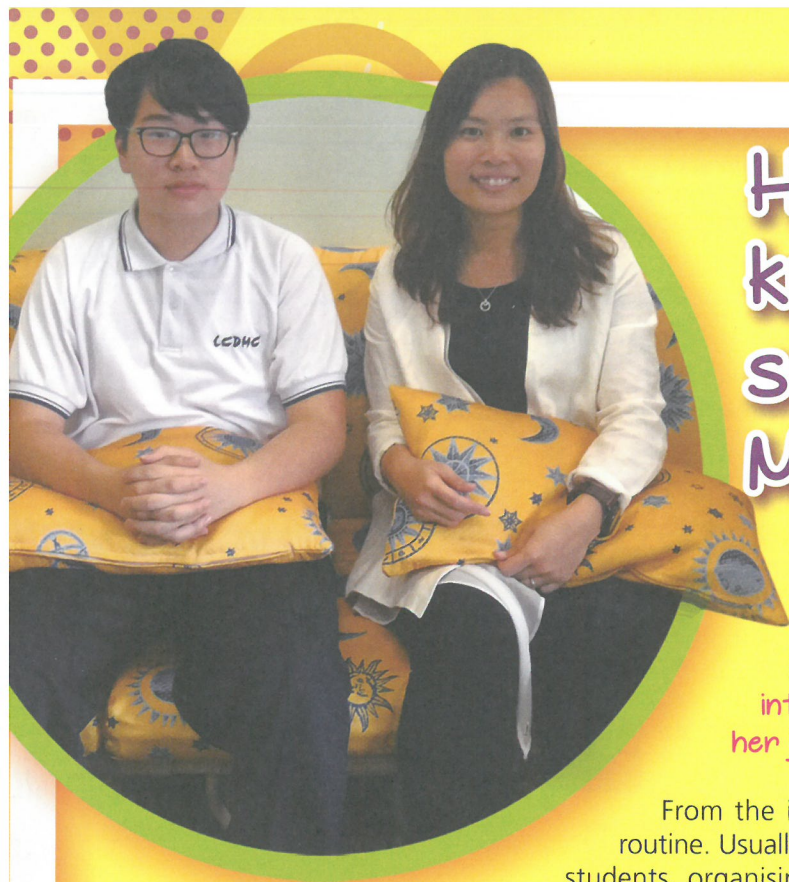
R: What have you learnt in the activity?

W: We learnt how to cooperate with the staff there when preparing lunch boxes. We also learnt how to communicate with the elderly when we delivered meals to them. We could send caring messages simply by talking to them and reminding them to wear more clothes in those few days when the weather was still cool.

R: What do you think you can do further to offer help?

W: I think we can make it a regular service of our students.





How much do you know about our social worker, Ms. Lam?

To understand more about our social worker, Ms. Lam, the English Society decided to have an interview with her to ask her about her job.

From the interview, we know about her working routine. Usually her duties include having meetings with students, organising some activities, handling some cases and counselling students, teachers and even parents. Besides, she trains students to be volunteers. She also contacts different organisations, teachers and parents.

After working in LCD for a few years, I believe Ms. Lam understands our students well. She thinks that most of us are nice and kind-hearted. Yet, she thinks that we are pessimistic sometimes as we say something negative about ourselves and others. In Ms. Lam's eyes, most LCD students are a bit passive because sometimes we need some encouragement to do things. She also has an impression that LCD students are... BUSY! It is because we always have to attend supplementary lessons or participate in activities when she wants to meet us. Do you agree with her?

Apart from her impression of LCD students, Ms. Lam also shared two interesting moments when she worked with students. Students wore some special costumes in order to feel how difficult it was to walk if they were elderly. It was interesting to see students pretending to be elderly. Another interesting moment was about selling flags. At that time, a student said that he would not leave until he finished selling all his flags. It was lovely to see a student who was so determined.

We all know that we are welcome to go to the counselling room to play board games, have lunch and chat with schoolmates or social workers. The purpose of the counselling room is to provide a comfortable, relaxing and safe area for the social worker to help our students. In order to achieve this, Ms. Lam listens to students' problems. Next, she gives some advice and information to them. If that still cannot solve the students' problems, she will see the students again for additional counselling. After that, she will give the students some advice, until the students can solve their problems. To encourage us, Ms. Lam tells us to believe in ourselves.

The social workers are always there to help but they face some difficulties too. Can you guess Ms. Lam's difficulty? Let me tell you, SPACE! When she wants to hold activities at school, sometimes she cannot find a suitable venue to do so.

ON AIR

TEEN TIME

"Teen Time" is a radio programme of RTHK designed to promote the learning and use of English among secondary school students. Our S4 students participated in the Open Space segment in which they shared their views on the topic of "Hong Kong Kids" Phenomenon. The programme was aired on 12th June on RTHK Radio 3.





Emily Au Yang (4A)

In my opinion, what causes the "Hong Kong Kids" phenomenon is the stressful lifestyle of Hong Kong which affects the attitude of parents and the domestic helpers.

As you all know, the living standard in Hong Kong is very high. It is common for both parents to work full-time to make ends meet. Therefore, working mothers don't have time to take care of or educate their kids and they usually hire domestic helpers to look after their children. However, the domestic helpers are not responsible for teaching the kids the correct moral values or social behavior. These domestic helpers always spoil them with toys and food. Some are extremely tolerant with the children's misbehavior. This is how Hong Kong Kids phenomenon came about. Hong Kong parents are too dependent on the domestic helpers for educating their children.

Kiki Ip (4C)

"Kong Kids" refer to children or teenagers who are emotional, self-centered, short tempered and lack problem-solving skills. I remember when I was in F.1, some of my classmates were typical Kong Kids. For example, one of my classmates had a really short temper. She expected everyone to follow her ideas. When someone disagreed, she would lose her temper and became too emotional. She would yell at everyone and banged her desk. There were boys who easily got into fights out of small misunderstandings. When we grow older, we become more mature and skillful in dealing with problems. We also become more understanding. In my opinion, what brings about the change is that the school offers plenty of opportunities for us to participate in different extra-curricular activities. Take myself as an example, I was elected to be the Vice Head Prefect, Vice Chairperson of the Student Union and Chairperson of Mathematics Club. These are not just titles, I have learned a lot through organizing different activities. My organizational skills, problem-solving skills and communication skills have been enriched. In short, I don't think growing teenagers should be given such a derogatory title.

Ronald Wong (4A)

The media always blames parents for the Hong Kong Kids phenomenon. They even nicknamed them "Monster Parents" or the "Helicopter Parents".

But in my opinion, parents should not be blamed. As you all know, it is natural that parents love and care about their children.

Take the London airport incident that happened in 2011 as an example. Many Hong Kong students were trapped at London Heaththrow Airport as a result of a severe snowstorm. Many parents demanded the airport to have better arrangements and accommodation for their kids. The media blamed the parents to be over-protective. I don't think parents should be blamed, because these students had no such experience before. It is reasonable for the parents to worry about their children and make requests for better arrangements from the airport authority. In fact, it shows how valuable a parent-and-child relationship is and the love of parents.

Hammond Lee (4D)

In my opinion, the Hong Kong Kids phenomenon is a negative term. Some of my friends may not be positive enough in their attitude. It is not totally their fault. They are a bit negative because they don't have enough encouragement. They are often ignored without being cared for by their families or trusted adults. Many of them think they are right since no one tells them they are wrong. So I think the government should take the initiative, for example raising public awareness about the needs and interests of young adults. Parents should be given education on proper ways to raise their children. In addition, I think more social workers should be available at schools and community centres to help promote positive life values. Moreover, there should be some courses or activities for adolescents to learn self-discipline, basic life skills like washing dishes, washing clothes, cleaning the windows, tidying up their beds, etc... Therefore, I think the government should provide more support and encouragement to youngsters.





Those other Heroes behind the Scene in LCDMC

A school is a miniature version of society. Like our society, many people work hard to contribute in our school in different ways. Besides teachers and janitors whom we can always meet in school, there are many heroes who strive hard to serve in our school too. Let's know more about these heroes behind the scene.

The Principal – Mr. Tang

Everyone may know that the school principal is the most important leader of a school. However, do you know what actual duties a school principal do? How does Mr. Tang view responsibility? What is his secret of success? Let's find out!

My job duties ...

Not many students really know what duties a principal carry out. They may see a Principal "patrol" the campus and have lots of meetings with different people in and outside of school. In fact, these are only part of the duties of a school principal. Basically, a principal has to ensure the school is a safe and comfortable learning environment where students can study happily. Besides, the principal should formulate school policies to lead the school to move forward. Making decisions is never easy.

Responsibility means ...

When you have a task or challenge, you have to try your utmost to get the best possible outcome. It is

always crucial to be a responsible person. If you are irresponsible, you will have a lot of problems and you will also create troubles for others. Here are some tips on how we can be responsible:

Tip 1: Always try your best in everything. If you never try, you will never know the results.

Tip 2: Try to take up as many duties as you can. If you keep trying to do more, it will soon be a developed habit. You will become wiser and grow up faster than others as you learn more from different experiences. So, don't be afraid of taking up extra duties.

My secret of success ...

Always stay positive. We always come across all sorts of problems and they are unpredictable. If problems are unavoidable, why don't we face and solve the problems positively?



General Office Supervisor – Miss Bonita Yu

Miss Yu works in our school general office. She takes good care of everything in the general office. She mainly supervises and supports all the general office staff and janitors. Something you may not know – she's also our alumni, too!

My job duties ...

Students may not know that there are actually six general office staff and all of us are responsible for one of the different areas: students' affairs or administration and finance. Sometimes, we may need to share our duties. Each of us is very important to ensure the smooth operation of the school. My main job duties involve office supervision, school accounts and payroll as well as the general administration.

Responsibility means...

We all have various duties to carry out. Therefore, we must complete our tasks on time and do our best all the time. Like doing homework, it is the students' own responsibility. We must get them done properly on time.

My secret of success...

I think the key to success is good communication. With effective communication with your colleagues, your work can be done smoothly and efficiently. Another main point is, I have to concentrate on my work all the time to avoid mistakes. Last but not least, I have to work very hard. Life is busy but it can be enjoyable and worthy.

Mr. Lee works in our school's I.T. Resource Room 502. He is one of the school I.T. technicians. You may see him around the campus supporting teachers and students on technical issues every day.

My job duties ...

My responsibility is mainly ensuring all the audio and visual equipment or appliances are in working order. In addition, I also help my colleagues in updating the latest information on our school website. Sometimes, I also assist with the borrowing and returning of iPads for teachers and students.

Responsibility means ...

My job is sometimes a bit monotonous as I face the computer and equipment most of the time. However, it doesn't mean that I should not do my best. I enjoy my work as I can provide technical support for teachers and students. In addition, it is my responsibility to keep an eye on and maintain the order of all the valuable school I.T. equipment. Therefore, I have to carry out my duty properly so that the school will not suffer any loss.

My secret of success ...

Always be prepared! You never know when people need your help. Therefore, we have to be ready and prepared all the time. You can provide the best support when people need your help.

I.T. Technician – Mr. Peter Lee



LEDME Key Opinion Leaders (KOL)

Different people have different talents. We have interviewed some talents who specialize in different areas to share about their opinions and their secret of success as a leader in our school.

Joyce Lau (3A) – Leader of the Percussion Group

To develop students' talent in music, our school has formed a percussion group. Students who are interested in playing musical instruments, especially percussion, can join the group. Joyce Lau is the group leader of the percussion group. Here's her sharing:

Q1. What do you do as a group leader of the percussion group?

I teach other group members how to use and play the instruments such as xylophone, snare drum, bass drum and glockenspiel. Also, I lead the group to play the instruments together so that they can play it in the same beat simultaneously as a group.

Q2. Being the group leader, what are some important qualities?

As the leader of the team, I have to be patient. As the learning pace and ability of the group members are different, I may need to spend more time on teaching them to catch up. More importantly, I have to be responsible because I need to help my teachers to take attendance at each practice.

Q3. What's your secret of success?

I think the key to success is always be helpful and active in different school activities. I always help teachers to collect homework. I also actively participate in different school activities such as prefect and choir. Through taking up these duties, I learn to be more responsible and caring.

Q4. Who should join the percussion group?

I think music lovers who are hardworking should join the group. Learning an instrument is not easy. You need to devote your time in practising.

Q5. What's your future plan in the group?

My future plan is to lead our group to participate in the Inter-school Music Festival and win an award. Also, I hope more students can learn more about percussion.



Tommy Lui (5D) – Athletics Team Leader

If you are interested in sports, you may pay attention to our school's Athletics Team. It's a professional sport team with all sport lovers working hard together. The athletics team meet every week to practise. Here's the sharing of the team leader, Tommy Lui (5D):

Q1. What's your responsibility as the chairperson of the Athletics Team?

To be a professional athlete, I think the most important thing is your passion and enthusiasm in sports. Athletes usually set targets for themselves to achieve. As the chairperson of the Athletic Team, my responsibility is to raise our team spirit and lead the team members to reach their targets.

Q2. Which area(s) in athletics are you good at?

I mainly focus on track events. I love running so much so that I will try my best to improve myself and break the records in different events.



Q3. How often do you spend on your practice?

About 3 to 4 days a week, about 3 hours for each practice. I have been practising in athletics for 11 years.

Q4. Have you ever come across any moment of regret?

Not at all. I have already done my best in my training and competitions.

Q5. What's your future plan?

Next year will be my last year to join the HKSSF and the Joint Tung Wah Schools Athletics Meet. I hope everything will go smoothly and I want to have a "happy ending" with the best results. I think I will miss the training time here even when I graduate.

Regan Poon (5C) – Chairperson of the Art Club

Q1. What do you and Art Club members do?

As the chairperson, I organize some D.I.Y. workshops to teach club members or schoolmates who are interested in visual arts to do some art and craft works. In addition, all club members will participate in different art competitions. On 16th March, some of our club members joined a drawing competition in the flower show in the Victoria Park. Last year, some of the club members joined 'Breath in the Nature Land Art Camp' conducted by Art Together and Hong Kong Arts Development Council. We had a great time in these activities.

Q2. In your opinion, what are some important qualities as a chairperson?

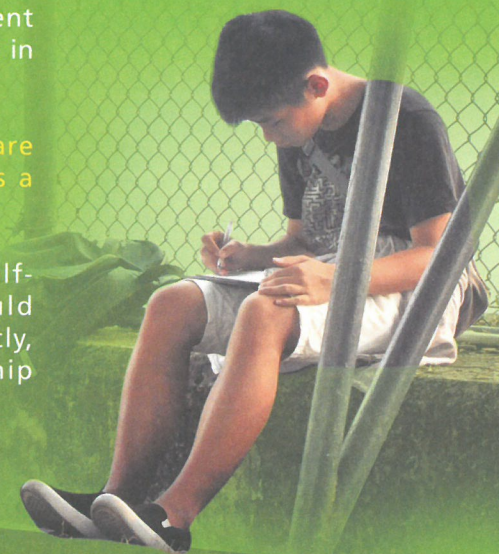
A chairperson has to be self-disciplined. Also, he should be creative. Most importantly, he should possess leadership potential.

Q3. What's your secret of success?

I think I'm passionate and enthusiastic in all the activities and events. If you have passion in what you are doing, you will naturally devote yourself to the work.

Q4. What is your future plan?

I hope all schoolmates can actively participate in more art club activities and competitions in the future to develop their potential in art.



Fun With English - Learning English Through Activities At LCDMC

One effective way to learn English is to participate in a variety of English activities. Let's recapture some the events we had this year. See if you can find yourself in the pictures.

Halloween Party



A great way to celebrate Halloween and learn about the festival through fun and games

Christmas Activity



Christmas stocking making and Japanese Haiku poetry workshop with our NET

English Classes for F.1 and F.2



Enhancing English proficiency of F.1 and F.2 students

English Reading Buddies Programme



Boosting students' interest of reading and the spirit of senior students helping junior students



Drama Activities for F.2

Pre-show workshop and watching the play "Dr Jekyll and Mr. Hyde" at Sai Wan Ho Civic Centre



Choral Speaking Team (Students of 2A and 2B)



The team attained the second place in the 69th Hong Kong Schools Speech Festival

Information Day

ROALD DAHL'S STORY



Stall game for P.6 students



Fun With English - Learning English Through Activities At LCDMC

English Fun Fair



Game stalls and display boards about Popular Culture



LAC Project - Hong Kong through "My Eyes"



A cross-curricular project co-organized with Tourism & Hospitality Studies



"Speak Out- Act Up"



Improvised English Drama Competition organized by NET Section of EDB



5C Merari Cheung Winner of "Speak Out! Star Award"

Chinese New Year

• Do you know that food can bring you lots of luck during the Chinese New Year?



A whole-school assembly celebrating the New Year of the Dog

Mentor and Mentee Programme (M & M Programme)



A mentoring programme encouraging fraternity and academic excellence

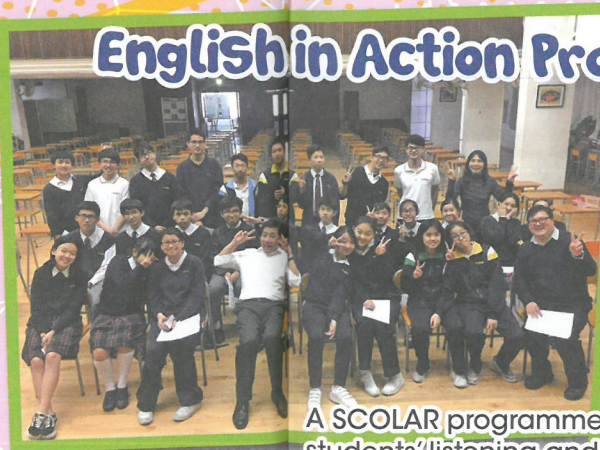
Inter-House English Quiz 2018



An exciting competition testing students' language proficiency and general knowledge



English in Action Programme



A SCOLAR programme sharpening students' listening and speaking skills



New Faces at LCDMC

Two new teachers, Ms. Choi Mei Fung and Ms. Hung Ka Man, joined us this year. Let's find out more about them.

What subjects do you teach?

Chinese Language and Chinese History

What are your hobbies?

I like reading. In the past, I often read prose and books about philosophy, but I prefer reading novels now.

What's your favourite food?

Fruit, especially strawberries

What's your horoscope?

Taurus

Who's your role model?

My mum. She is a serious and responsible person and I learn these qualities from her.

Why do you want to be a teacher?

I want to be teacher because I can have interaction with people. Being a teacher doesn't involve too much politics or complicated interpersonal relationships.

If you could start again, would you still choose to be a teacher?

I would still choose to be a teacher. I like children and teenagers. I think they are



Ms. Choi Mei Fung

pure and simple. Also, I love the sense of satisfaction that I get from teaching.

Do you have a dream?

I sometimes dream of opening a cafe after I've retired. I can read and enjoy a cup of coffee in my spare time. Meanwhile, I can earn money to support my family too.

What is your impression of LCDMC students?

Most of them are lively and well-behaved.

Please share some effective learning and study skills with us.

Note-taking is an important study skill. Students shouldn't only copy what the teachers have prepared for them. They need to make their own notes.

There are some tips for students who are afraid of English. They should keep trying and keep using the language whenever they can. They shouldn't be afraid of making mistakes. Even speaking a few sentences a day will make a big difference. They will become more confident in using the language.

What subjects do you teach?

English Language and Life Education

What are your hobbies?

Shopping and reading. I sometimes shop online because I don't have to step out of my home. I like reading Chinese books when I was a child, but after I entered university, I started to read more English books because my major was English. Detective stories and romance novels are my favourites.

What's your favourite food?

I've got a sweet tooth so I love desserts.

What's your horoscope?

Virgo

Why do you want to be a teacher?

I think one of the reasons is I like getting along with students. Most of them are straightforward and lovely.



If you could start again, would you still choose to be a teacher?

It's a hard question to answer. Many new jobs appear in recent years. Maybe I would try other jobs like being a tour guide or a travel blogger.

Do you have a dream?

I would like to be a pastry chef. When I'm free, I make different kinds of desserts to sharpen my skills.

Can you tell me your impression of LCDMC students?

I find them lively, though some might be a bit naughty.

Can you share one memorable event at LCDMC?

I guess it was a lunch activity called "The Mini Olympics" when teachers and students could play games and have fun together.

Please share some effective learning and studying skills with us.

I think paying attention in class is one of the key ways to learn effectively. Students are easily distracted during lessons because of chatting with classmates or daydreaming. Try to focus yourself during lessons. This indeed saves time when you do revision.

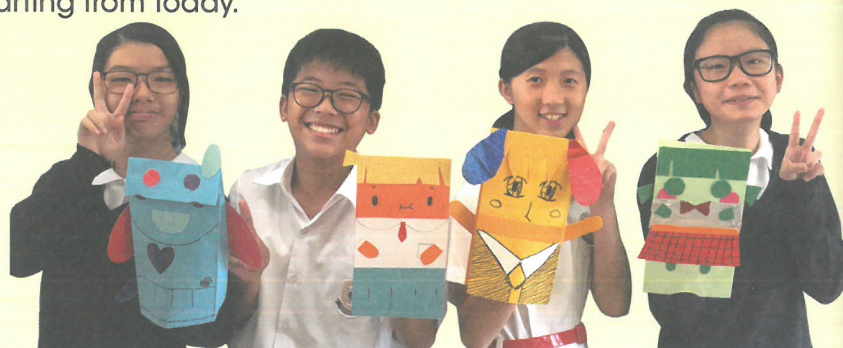
Ms. Hung Ka Man

FORM ONE PUPPETRY

Brandon Sin **Joey Tong**
Cherry Lee **Nicole Chung**

1A

Joe : Hey guys, let's play basketball.
Amy : Good idea!
Linda : Great!
Tim : I don't want to play. I can't run fast like you guys and I get tired easily. I don't like to exercise. I'm hungry. Let's eat our snacks. What did you bring today?
Joe : I have an apple, an orange and some water.
Amy : I brought some carrot sticks, cherry tomatoes and some water.
Linda : I have some nuts, dried fruits and some milk. What do you have Tim?
Tim : Yuck! I hate fruits and vegetables!! I have chips, cookies, gummy bears, mango pudding and 2 cans of Coke.
Amy : Wow! You have so much junk food!
Linda : Do you know that junk food is bad for you?
Joe : And do you know chips, cookies, candies and sodas are high in sugar and calories? That's why you're overweight, you can't run fast and tired all the time.
Tim : I like these snacks because they taste good and they are good for me.
Linda : Processed foods like chips, cup noodles and candies contain lots of unhealthy chemicals and ingredients.
Amy : And junk food makes you fat easily.
Tim : Then what should I eat? And what can I do to lose weight?
Joe : You should eat healthy snacks such as fresh fruits because they are rich in vitamin C. They are also low in calories.
Linda : Yes, of course, eating healthily is very important.
Amy : Potato chips and candies are bad for you. Also, doing exercise is very important.
Joe : Jumping jacks are great! Also, lifting weight or simply running laps are good. These easy exercises can help you burn calories fast.
Linda : You must resist the urge to eat junk food though! Junk food is unhealthy because they are high in calories and salt.
Amy : We will help you go through this! We will eat healthily and exercise together with you.
Tim : Thanks guys! I will eat healthy food and do more exercise starting from today.



Huzefa Shan **Justin Cheung**
Ryan Sung **Tom Ng**

1B

Joe : Hey guys, let's play basketball.
Amy : Good idea!
Linda : Great!
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Linda : Processed foods like chips, cup noodles and candies contain lots of unhealthy chemicals and ingredients.
Amy : And junk food makes you fat easily.
Tim : Then what should I eat? And what can I do to lose weight?
Joe : You should eat more fruits and vegetables. They are rich in fibre and vitamins. They are good for your health.
Linda : Fruits and vegetables can give you more power and energy too!
Amy : Yeah! You should try to eat more healthy food. Also, you need to avoid unhealthy food like potato chips and deep-fried food.
Joe : You should play sports like football and basketball. Doing more sports helps you keep fit and stay healthy.
Linda : Yeah! It's good for your health!
Amy : Eat more healthy food and do more exercises from now on, Tim.
Tim : Thanks guys! I will eat healthy food and do more exercise starting from today.



Lam Yee Man Wei Ying Na
Yang Tsz Ying Zheng Hui

1c

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Linda : Processed foods like chips, cup noodles and candies contain lots of unhealthy chemicals and ingredients.
Amy : And junk food makes you fat easily.
Tim : Then what should I eat? And what can I do to lose weight?
Joe : You should eat more vegetables and fruits.
Linda : That's right. Fruits contain lots of vitamins. They help you to stay healthy. For example, mango is rich in vitamin C and vitamin A.
Amy : Yes, it's delicious too. And vegetables are high in fibre. It helps you to feel full. Then you will eat less junk food. You could eat carrots and tomatoes. Carrots are rich in vitamin A and tomatoes are rich in vitamin C.
Joe : Moreover, you should do more exercise to lose weight. You should go jogging for about 30 minutes every day.
Linda : You could also play basketball or table-tennis at school during lunchtime.
Amy : Or you could go swimming after school. This is a very good exercise in summer.
Tim : Thanks guys! I will eat healthy food and do more exercise starting from today.



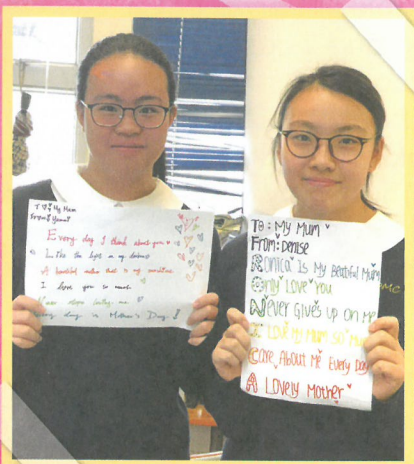
Lyra Cheung Kelly Lo
Miki Ngan Alice Yung

1d

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Linda : Processed foods like chips, cup noodles and candies contain lots of unhealthy chemicals and ingredients.
Amy : And junk food makes you fat easily.
Tim : Then what should I eat? And what can I do to lose weight?
Joe : You should eat healthy food like apples, bananas and oranges. They are rich in vitamins and fibre.
Linda : You should also drink healthily. For example, you can drink high-calcium low-fat milk, juice and plenty of water.
Amy : I think you should not eat too much junk food such as potato chips, fried chicken wings and hamburgers because they are oily and they make you fat.
Joe : You should do more sports. I think we can do some team sports together.
Linda : Right! We can play tennis, basketball, football, volleyball and table tennis together.
Amy : Good idea! In this way, we can keep fit together with you, Tim. You will lose weight quickly.
Tim : Thanks guys! I will eat healthy food and do more exercise starting from today.



The Greatest Mums



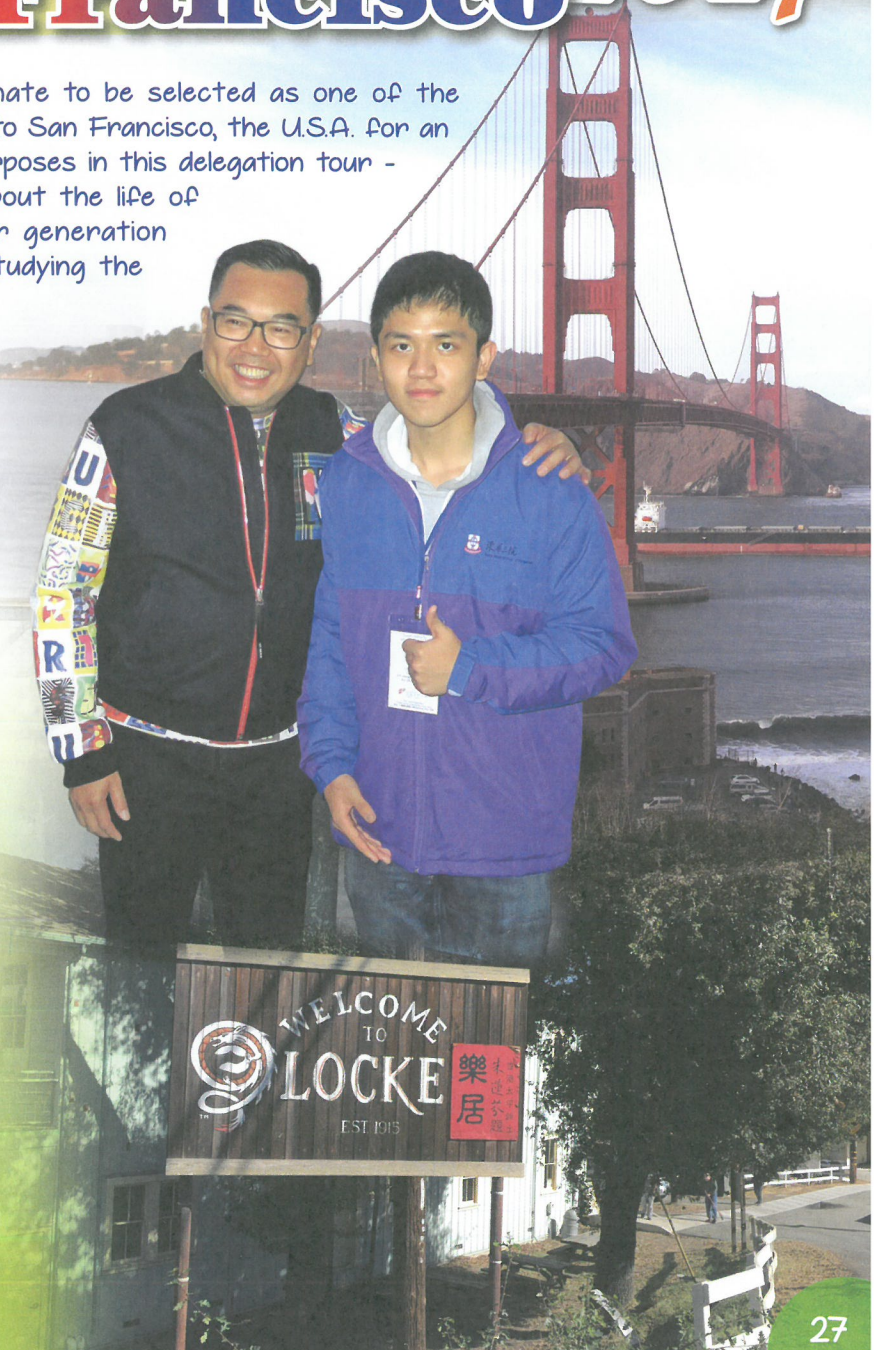
T.W.G.Hs. Student Ambassadors Tour to San Francisco 2017

This year, Andy Cheung (5A) was fortunate to be selected as one of the Student Ambassadors of Tung Wah to go to San Francisco, the U.S.A. for an ambassador tour. There are four main purposes in this delegation tour - understanding America, exploring more about the life of the overseas Chinese, nurturing younger generation to contribute more to our society and studying the history of overseas Chinese as well.

When I was ready to set foot in America, my emotions were mixed, both equally excited and nervous since it was my first time to take a long-distance flight. In this tour, we went to several places, like Exploratorium, Golden Gate Bridge, Angel Island and so on. The first station was Asian Art Museum, which was full of the elements of Buddhism. The ambience was solemn. While we were viewing those Buddha sculptures, we felt like they were staring at us. It was a bit frightening. The curator was kind and had a great command of Asian religion, but we had never predicted the person who introduced the history of Asian religion to us would be a foreigner. We were all surprised.

The next station was the Golden Gate Bridge, a tourist spot, famous for its glamorous view. The air was so fresh and the bridge was majestic. Walking on the bridge, I could clearly hear the sound from the tide. It was my first time to experience such an impressive scenery that I have never seen in Hong Kong before.

The itinerary was compact. The following spot we went to was Locke Village - one of the hubs of American Chinese during the period of the gold rush. They were marginalised by Native Americans and had nowhere else to entertain. When they were bored and had nothing to do, gambling was the only option.





Also, we visited Sacramento Railroad Museum and China Camp State Park to know more about how the American Chinese were treated and their working environment. At that time, their social status was quite low, even lower than black Americans. Many Native Americans looked down on them. They could only work as miners and most of them died of industrial accidents. They truly believed, regardless of suffering from their ordeals, they could still survive. Owing to their perseverance, they ended up successfully building their own business- shrimping, in China Camp. They exported a large quantity of shrimps to China every year. Nonetheless, this activity was abolished by the 1960s as a result of water pollution and diversion.

In addition, we visited Angel Island, where many Chinese once stayed for the approval of working in America. Due to the restrictive law to Chinese Americans, a lot of them were jailed on this island for inspection. The hygiene was atrocious and the environment was crowded. Most of them died of diseases throughout the inspection. When we were in that house, which used to jail the Chinese Americans, it was clearly visible to see the poetry they carved on the wall, conveying their strong nostalgia to their mother country. The daily essentials they used were still conserved in the original appearance, which I could truly feel how messy and dirty the environment was.



Chinese Culture Centre



Asian Art Museum

Afterwards, we participated in a workshop held by an artist- Miss Summer Lee, to see her creation. The concept of her creation was all associated with the idea of Bone repatriation- one of the services that Tung Wah has been providing. When we entered the Museum of Art, the whole environment was dark and all the images were obscure. We were like a miner with a flashlight, searching for a gold in a cave. Throughout the searching process, we could see many stories being portrayed on the wall. For example, how the Chinese Americans were discriminated and marginalised when they first arrived in America. One thing did impress me. While visiting, I saw an interesting box. According to the description, it was once used to hold the ashes of Chinese workers, who died of industrial accidents and diseases. After they were put into the box, they would be sent to China by Tung Wah and other philanthropic organizations. These organizations aimed to accomplish their strong wish- being buried in their mother country.



Lee Family Association of USA

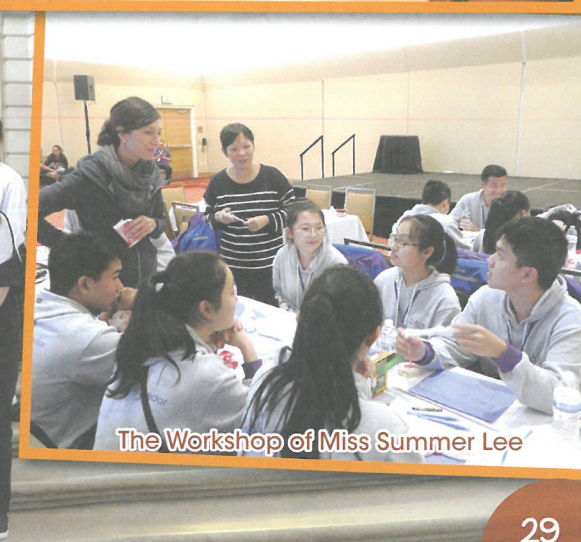
To pay respect to ancestors, we visited the Lee Family Association of USA. Then we went to the San Francisco City Hall to meet with the Supervisor, Miss Katy Tang, discussing how to cope with the problems of discrimination and conflicts. Fortunately, we were able to see how they discuss a policy. The venue was quite similar with the Legislative Council of Hong Kong.



Stanford University



San Francisco City Hall



The Workshop of Miss Summer Lee



Hong Kong Economic and Trade Office San Francisco

On the last day of the tour, we went to Stanford University for sightseeing. The church's design was stunning and exquisite, and the statues were grand. I would say... the whole environment was like a palace. We also interacted with the undergraduates to understand more about their school lives and culture.

Then we went to the headquarters of Google, the working environment was enviable. They could do sports or take a rest whenever they want, unlike the working culture in Hong Kong. They were like working in a haven.

At night, our performance was successfully great. There were not any mistakes in sand painting or a cappella. As one of the main members of the a cappella team, my performance was more stable than before. Now I won't sing out of tune.

This trip was full of challenges as I always had to get out of my comfort zone, like handling extemporaneous jobs and leading the whole team. Sometimes I would feel SUPER distressed and helpless, but I kept requiring myself to stay encouraged, not to give up. Now I have become more confident than before. My ability of handling stress is also ameliorated as I believe the only way to rule out depression is having an optimistic mindset. Apart from personal growth, my horizons have also been widened. More importantly, I have gained more knowledge about Chinese Americans and how they faced their difficulties.



Google



Meeting the Cutest Endangered Species

In mid-May, F.2 and some students of other forms had a special learning experience organized by our school English Department and Environmental Protection Group. They had their lessons on the sea in Tung Chung to meet the Chinese White Dolphins. Despite the hot weather, participants were excited. They paid attention to the briefing from the staff of the Ocean Park Marine Mammal Breeding and Research Center. Let's see if they can meet the cutest sea mammal or not.



Messages to ...

A message to Hong Kong citizens Crystal Chan (2A)

I felt sad that there were a lot of rubbish such as plastic bottles and aluminum cans in the sea. Because of these, the beautiful blue sea has been seriously polluted. Please stop throwing rubbish into the sea!

A message to students Steven Yip (3A)

I hope all of you can save the Chinese White Dolphins. Join some green clubs and let's protect our precious marine mammals!

A message to Hong Kong citizens Wong Chun Fung (2D)

Stop polluting the sea! Let's protect the endangered species!

A message to the conservationists and teachers Wong Hiu Chun (2D)

Thank you for organizing this trip. I have learnt the importance of protecting the sea and endangered animals.



On the boat



Group photo