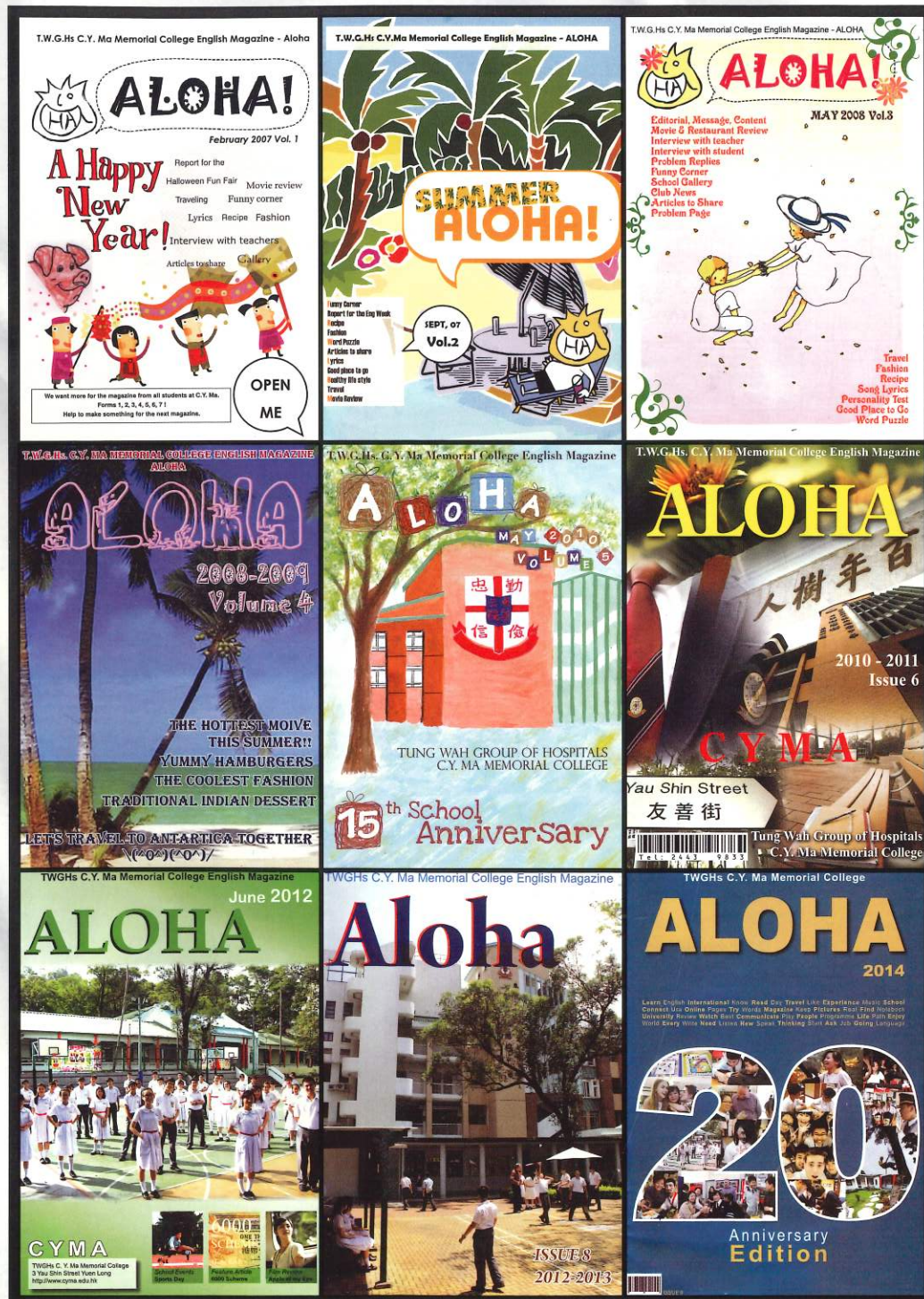


TWGHs C.Y. Ma Memorial College

ALOHA

2015



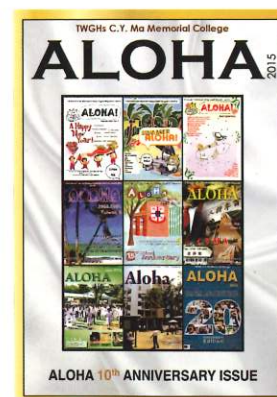
ALOHA 10th ANNIVERSARY ISSUE



You only need to spend a while each day in our attractive natural environment at school to lift your spirits and free up your mind.



Issue 10 2014-2015



TWGHs C.Y. MA MEMORIAL COLLEGE

ALOHA

Welcome to the 10th Issue of Aloha, our school student English magazine. This year's front page of Aloha shows all the previous covers, including our school's 15th Anniversary edition and going all the way back to 2007. Now, in 2014-15, we have just celebrated C.Y. Ma's 20th Anniversary and it was wonderful to see how far our school has come.

As our school has progressed, so has 'Aloha'. We have had lots of fun pages over the years and try to include as many photos of students as we can. But we always need more students involved in Aloha. A student English magazine for students, but by students too. So, C.Y. Ma students, if you have read this far already – you can contribute! Sign up with our Form 4 Young Reporters.

In the meantime, our English Department wishes all our readers a positive, healthy and happy 2015-16 school year and we hope you enjoy this edition of Aloha.

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School 20th Anniversary Celebrations



Honourable guests at our school ceremony, 5th December 2014.



Leo from 3B on guitar with the school band.

This year, TWGHs C.Y. Ma Memorial College celebrated 20 years of growth and achievement. The impressive participation of our guests and the whole school community made marking this mile-stone in the journey of our school a great success. The climax of the festivities, held on the 5th and 6th of December were the busiest and the happiest of times, enjoyed by all of us as a wonderful experience which will be fondly remembered.



A gift presented from our sister school – Longgang Middle School, Shenzhen.

20th Anniversary Events

Speaking Contest

Primary School students from across the New Territories West and North were invited to C.Y. Ma to give self-written speeches on the topic: 'If I were a Superhero...'. The judges, from the NET Section and Polytechnic University, commended the creativity and delivery of the students. After such a super display of talent, our school will definitely hold more speaking contests in the coming years!



The winners of the English Speaking contest receive top recognition at the 20th Anniversary ceremony.



Inter-school Rowing Relay Race

Teams from local Secondary Schools flexed their muscles as they battled to win a rowing competition.

School Open Day

On Saturday 6th December, following the 20th Anniversary Ceremony, C.Y. Ma opened its gates again to welcome students, parents and teachers from the local community to find out more about our school and have fun with interactive games and activities.



Student helpers

Game booth puzzles



Science experiments



Learning needlework



English Room games



Making desserts



C.Y. Ma Annual Sports Games Day

Saturday 6th December was also the school Sports Games Day, with a huge number of students from New Territories schools competing in their school teams.

Table tennis



Playing chess



C.Y. Ma Archery Team



Inter-school football



Inter-school basketball



Happy participants



Tree Climbing

IN CELEBRATION OF

20th
ANNIVERSARY

TWGHs C.Y. MA
MEMORIAL COLLEGE
Friday 5 December 2014

JACKSON
AND THE
SINGING STONE

20th Anniversary English Musical

The highlight of the school's 20th Anniversary celebrations was a ceremony and English Musical show held at C.Y. Ma on Friday 5th December. 'Jackson and the Singing Stone', a school-scripted and directed production, was a spectacular success thanks to the dedication of 25 talented students, their English teachers and the support of Project WeCan. The school was honoured to welcome Mr. K.C. Leung, committee member of Project WeCan (pictured standing middle below), to join the kick-off of the celebration ceremony.



Jackson and the Singing Stone



Jackson becomes left on his own in the museum, and as if by magic (in fact, it is magic) a Phantom appears, bearing a gift. The gift is a 'Singing Stone'. If the Phantom (played by Steven Tsui) can sing, then so can Jackson! The statues in the background begin to eerily move as Jackson discovers the stone can turn him into a singing sensation.

The story starts with Jackson (played by Jervis Chan, front left) on a field trip to the 'Museum of Music'. His schoolmates are getting ready to compete in a singing contest at school, but Jackson has one big problem – he can't sing!



As the show progresses, Jackson reveals his secret to his schoolmates – Elizabeth (centre, played by Tansy Shum) and Harmony (left, played by Elly Chan).

The students argue and find they cannot control the power of the stone. In the singing competition, everything misfires.



Only the Phantom can save the day. The stone is shown to be just that – only a stone. The gift of song and music comes from within.



The show must go on, and with new-found confidence, the students erupt into a spectacular finale.



Behind the Scenes



C.Y. Ma students plan the story plot with Polytechnic University students.



The cast with their teachers and tutors before the show.

Many thanks to Project WeCan, Polytechnic University and Theatre Noir for their professional support for the school musical. The school is now planning ways of extending drama training in future years.

Student Interviews

Let's meet some of our students and find out what they like at school.

Caleb Xiong, 5A

Hello! At school, I love combined science and study well on my own, without others to disturb me. I especially like biology and appreciate the beautiful environment at school, with the birds and trees. I'm sociable and like my friendly class and also joining activities outside school, like English camp. I feel C.Y. Ma has made me a happy person.... all I have to worry about now is my exam results!



Smile Shi, 3A

The ways to study at school are good – not too much pressure, but it's made me smarter. English is challenging, but if I do well I feel successful. I like doing English exercises and reading books. I like the teachers at school. The funniest one is the one who sings in the school hall – I don't know his name (I've only been at C.Y. Ma for a short time). He looks funny and wears glasses. I like playing the piano and performing.



Handsome Yip, 2B

I like Maths because it is interesting and can help me in my life. The schoolmates and teachers help me to study and create a good atmosphere. C.Y. Ma has made me more outgoing. When I'm not at school, I practise singing at home – I want to be a singer, something like doctor of singing – a singing professional!



Carmen Li, 4A

The best way for me to study is self-study. I like going to the library. My favourite subject is Economics because of the maths part and business knowledge is interesting. I like English and join in English Speaking Day activities. C.Y. Ma is good for scholarships for extra-curricular activities.



Ivy Cheung, 3A

My favourite subject is English and I'm quite good at speaking. I like English Speaking Day at school and always listen to English music. This year I went to the English Camp. The food was vegetarian and it was delicious.



Oscar Chan, 3B

I like learning English because it's useful for daily life. I think C.Y. Ma has a good study atmosphere around the school, but I always feel happiest on Friday after school – because I'm free! Then I'll play games and hang out with my friends.



Joy Wen, 5A

I'm not so good at English and want to be more confident. My favourite subject is Economics and Business because it's interesting and easy to learn. My favourite time of year is the summer holiday – I feel happy when I can relax, especially with friends. Friendships are strong in my class and I like the teachers – they care about their teaching.



Howard Leung, 1A

I like Maths because I'm OK at it. I like my class too, there are some nice guys. I liked being a statue in the English musical, but I don't know why.



Do you really like working?

By: Ruby Chow, 5A



Work-life balance

From a promotional video by Steven Tsui, 5A

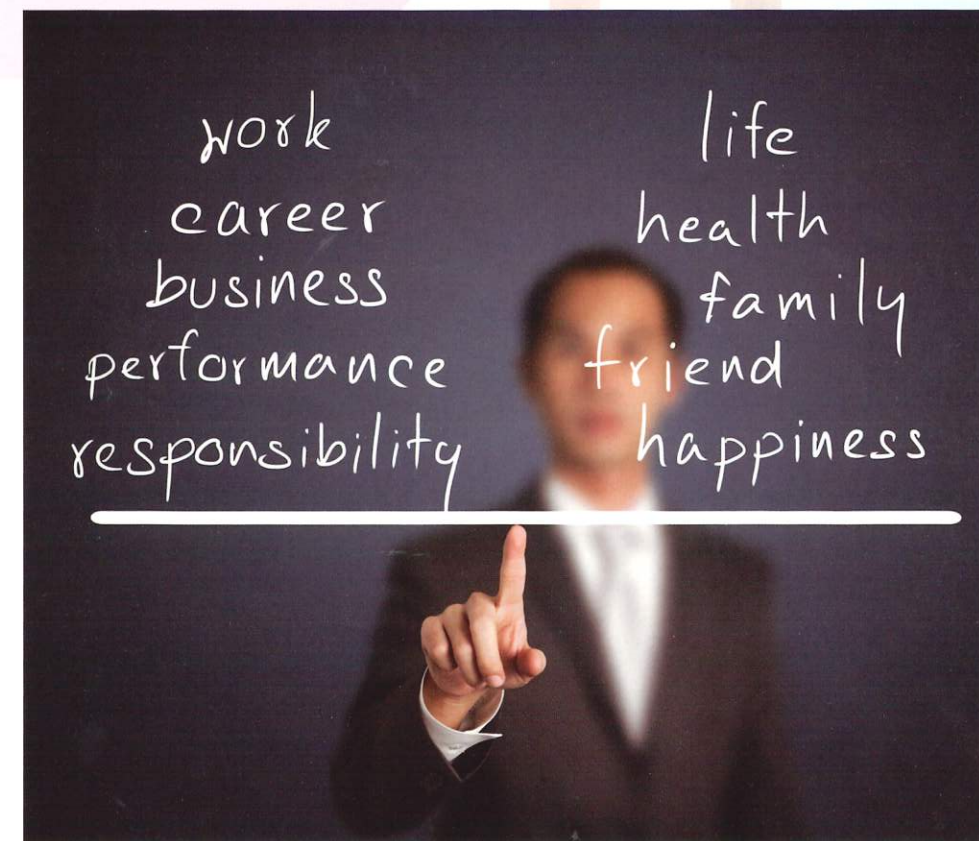
- For a good work-life balance, you need to keep fit and healthy. Do some exercise like jogging, swimming and hiking.
- You also need to spend time with friends and family. Hang out with your friends, and you can have a family day every week.
- You can do some relaxing pastimes, like reading, listening to music or watching a movie.
- Travelling is a good way to relieve your stress. You can change the environment and enjoy beautiful scenery.
- I love to have a perfect meal. Find your own way to enjoy your life.

In Hong Kong, many young people are leaving the office very late. It does not mean people like working. Maybe some of them enjoy their work. Nevertheless, a lot of them are discontented with their circumstances. Thus, why are the employees often leaving the office very late?

People leaving the office very late is not because of their "love" for their job. They may have too many responsibilities or too much work every day. This can make people nurse a grievance and lead to arguments. Working with many arguments will not solve any problems. The employers will still give them a lot of work. Another reason why people overwork is that buying a property is very expensive in Hong Kong. People overwork to get a chance of promotion. Promotion is a way to help them get good money. Through understanding the situation of overwork, we can build understanding between the employers and employees and help to take action to solve the problem. Otherwise, it may cause some negative effects.

A bad work-life balance affects both sides, the employers and the employees. Neither side wins. For some companies, they may like their employees always leaving the office very late. Overtime work means the employees work more for the company. Actually, more work does not equal to better work. There may not be any benefit when working longer without rest leads to a drop in the quality of work. In addition, longer hours can put the employees at risk of getting sick. This will affect the company's overall productivity, since employees will have to take time off work to recover. Also, employees may quit a company because of the harsh working hours. For the company, overwork is not a good situation. To avoid this negative situation, both employers and employees can take action.

If companies treat employees well, they will have more motivation to work. The first thing to do is promote a healthy and happy work-life balance. More rest time will improve the work incentive. Employers should recognise that overwork leads to stress and can be dangerous. They can relieve the situation of people leaving the office very late. Each company should have standard working hours, with accurate times to get off work. Also, the company can organise some entertainment activities to help the employees get rid of stress. Fit, healthy and happy employees will improve work situations. If we really take action, the workplace will be better.



W₄ O₁ R₁ K₅ L₁ I₁ F₄ E₁

ENGLISH SPEAKING DAYS 2014-15

English activities are held throughout the year during every Wednesday lunch-time. Learning English shouldn't be confined to the classroom – the year-round activities encourage natural use of English in a fun way around the school campus. As English is spoken at all of the activities, students get used to conversing in English and confidence improves.

A Year in Pictures

Here, we look back at some of the highlights of an eventful year.

September



Board Games

A relaxing lunch-time activity at the beginning of the school year.

October



Darts

The Darts Challenge requires the highest points without popping the balloons!

November



Student Achievement Party

Teachers selected students who could attend, based on progress or contribution at school.



December



The Christmas Voice

An annual singing contest to celebrate the festive season.



January



Chinese Tea Tasting

The Chinese Department served a selection of different teas.



February



Teacher Appreciation Party

Including guests from TWGHs Kwok Yat Wai College.



Cup-cake Café

Fantastic colourful cup-cakes made by Form 1 and Form 3 students for everyone to share.



March



English Book Café

Picking up a book and enjoying a snack and drink.



April



Book Report Competition

Students reviewed each other's reports and chose the best ones.



Ping Pong Panic

An energetic game, demanding quick wits as well as top table-tennis skills.



May

Make your own Sundae Party

More food....and guaranteed to get a high turn-out at the start of summer.

June

Art and Craft

A relaxing way to wind-down towards the end of the school year.

PROBLEM PAGE

Dear Aloha

LETTER

Dear Aloha,

I have a problem. I am a Form 2 student. My problem is I can't get full. I eat breakfast at home, then I buy snacks at recess, then I eat a lot at lunch-time, but I still feel hungry. I can't fill my stomach. Can you help me?

Yours, Form 2 student.

Dear Form 2 student,

We know your problem. This is a good question! We suggest you eat more at breakfast. You can try some different food, like milk and bread. You can eat a big breakfast so that you are not hungry every day. Also, you need to eat healthy food, not junk food. If you still have this problem, you can tell us again or go to see a doctor.

Yours, Aloha

ANSWER

Dear Aloha,

I am a Form 4 student and I have a problem about my dreams and goals. It seems that I am walking in a maze without direction or support to lead me. I am not interested in any industry for my future. I want to be interested in choices for my future, in fact this will make me study hard. Do you have any suggestions for me?

Yours, Form 4 student

Dear Form 4 student,

You say you do not have a direction for your future. You shouldn't worry. You can be happy every day and your dreams and goals will come to you. Also, you can ask a friend or teacher for help to find out what you are interested in and get support for planning your life. We hope you will be positive about your future.

Yours, Aloha

Dear Aloha,

I am a Form 1 student, and I have a problem. My problem is I look too attractive. The students in C.Y. Ma always come to my classroom and ask me to take photos with them and post on Facebook / Instagram etc.

I think it is troublesome and I don't want to be a celebrity in C.Y. Ma. I just want to live a normal life. I hope you can help me.

Yours, Form 1 student

Dear Form 1 student,

We have a suggestion to help you. You can take some photos of yourself and sign your autograph. You can put them in an envelope on the classroom door and then students can take them. Then they will stop bothering you.

Yours, Aloha

LETTER

Dear Aloha,

I am a Form 5 student and I have a problem.

My problem is created by noise pollution. There is construction noise and noise in the classroom but I like to study quietly. It is difficult to pay attention. If I can study quietly, my mind can work quickly and I can learn more. Is there anything I can do?

Yours, Form 5 student

Dear Aloha,

I have a problem. My problem is how to be polite. I want to be polite because other people should be nice to me. Sometimes my classmates are not polite to me. How can I be polite to them? If everyone is polite, I think that is a good idea.

Yours, Form 1 student

Dear Aloha,

I have a problem. I am a Form 5 student. My problem is my future and too much pressure. If I have a lot of homework, I cannot study any more. Besides, I worry about the Form 6 DSE and this is a weight on my thinking. I feel great pressure in studying. What can I do? Please provide me with some advice.

Yours, Form 5 student

Dear Form 5 student,

Now you are getting ready for the DSE and you want to study quietly. Hong Kong has too much noise pollution, but it is not everywhere. You can find a quiet place to study, like the library or computer room. You can make a habit of going somewhere quiet. Besides, you can talk to your teachers if your class is too noisy and they can help.

Yours, Aloha

Dear Form 1 student,

It is a pleasure to hear that you want to be polite. First, you should know that you should be polite not only so that other people are polite to you. You can be an example for your classmates. Remember to talk in a polite way and understand the feelings of other people. If you are polite, you will be a nice person.

Yours, Aloha

Dear Form 5 student,

We are sorry to hear that. If you feel too much pressure, you will not study well. The way to solve this problem is to manage your time properly. You can plan when you study and when you relax. Also, you can plan your study and do it quickly so you do not feel the pressure. If you still find it too difficult, your teachers can give you advice.

Yours, Aloha

ANSWER

Halloween Fashion Show

Watch out! Once again, 'Halloween guests' put on a show to surprise everyone in the school hall!



Students from each class put in a serious effort to be the best with their group entries.



This year, we made ourselves into two funny clowns. Our classmates were so creative to use recyclable things to make our costumes, for example, plastic bags, and reusable cardboards and a colourful wig.

Do you like our design? Let's celebrate Halloween together and have some fun!

5C



The presenters from each class describe the design and highlight the special features of the costumes.



Congratulations to all the winners and see you again next time!



The show is always one of the most popular whole-school English activities of the year. You need to come early to the School Hall to guarantee a seat!



It is always difficult to decide the results, isn't it? Are you interested in interacting with our 'guests'?

Results

Junior Forms:

- 3A – Funniest costume
- 1C – Scariest costume
- 3B – Best 20th Anniversary costume
- 2C – Best PowerPoint
- 2B – Best Presenter

Senior Forms:

- 5A – Funniest costume
- 5B – Scariest costume
- 5A – Best PowerPoint
- 4A – Best Presenter

There Once was a Witch

There once was a witch,
Believe it if you can!
She tapped on the window,
And she ran, ran, ran,
With her toes in the air,
Cornstalks flying from the witch's hair.
Swish goes the broomstick;
Meow, goes the cat;
Plop goes the toad
Sitting on her hat.
Whee! Chuckle I,
What fun, what fun!
Halloween night when
the witches run!

IF I HAD A SUPERPOWER....

Have you ever wished that you had a superpower? Of course you have. What kind of super ability would you want? What would you do if you had one? It's fun to imagine how different life would be if we had superpowers. Let's see if we can get some ideas on the best superpowers to have from our Form 5 students.

Time Freezing

I would want to make time become static. I must have enough time to do all the things I want. If I'm going to be late, I can freeze time and walk gently to the destination. Imagine, in a crowded space, I can stop time and walk through the crowd! I'd also have lots of time to do exam revision and have more time to complete exam papers too!

Tang Wai Yi

Teleportation

I wish I could go anywhere I want. If I want to go to the North Pole, it would just take me one second. I would travel all around the world and if I was in danger, I could use my superpower to escape and go to another place!

Chow Tsz Ching

Super Language Skills

I'd understand different language like English, Japanese, German and any language in the world. I'd travel to different countries, make friends and find a job as an interpreter.

Chui Yuen Ching

Super Speed

My special superpower would be moving to places quickly. You can use less time instead of the actual time, for example when you're at home you can go to school and avoid slow traffic. You would never be late for school and have more time to do the things you like. But I would use this superpower carefully.

Wong Ka Yee

Gravity Control

If I can control gravity, I could change the weight of anything. I could raise a truck if it's in an accident. I could change my own weight and become like a feather and fly with the wind.

Tsui Wei Man

Super Memory

I would not forget anything. I wouldn't need a schedule book, am I right? Now, I always forget something, like stationary or bringing books to school or important dates. I will be able to remember everything and my study would be perfect, because what I have seen I would never forget. That would be amazing!

Lau Tsz Hei

Telepathy

I want to be able to read the thoughts and feelings of others. If I could know their next move, I would know what they want to do. If I know what people are thinking, I would know how to escape unhappiness as I could help them easily. That's a great ability. There would be no more discrimination or misunderstanding. Also, I could understand what my teachers are thinking about when I have no idea.

Cheung Tsz Kit

Foreknowledge

I would be able to see the good and bad things in my life and avoid trouble. I would know which days good and bad things will happen and then prepare myself for them. I could use my foreknowledge to help others too. We would have an amazing future life.

Hui Pui Shan

Which superpower would you like?

Make your own Cup Cakes

Home-made cup cakes are much better than cup cakes from a shop, which will either be stale or have loads of preservatives in them. As long as you have an oven, they're simple enough to make in a short time at home or school. Get creative with your own designs and eat them fresh!

Here is Class 1A's Recipe

Ingredients (makes 15 cup cakes)

265g self-raising flour
165g unsalted butter (room temp.)
135g caster sugar
4 eggs (room temp.)
Pinch of salt
1-2 teaspoons vanilla extract
3 tablespoons of milk

For icing:

Icing sugar
A little bit of warm water
Any food colouring / decorations

METHOD

1. Cream the butter and sugar (slowly, using a wooden spoon).



2. Beat in eggs (fast, using a whisk).



3. Blend in sifted flour (slowly, don't over-mix as you want to keep in the air).



4. Add pinch of salt, vanilla extract, milk to the mixture.

5. Fill cup cake cases 2/3 full (they will rise).



6. Bake in the oven at 190c for 15-20 minutes.

7. Allow to cool before icing.



DECORATING

For the icing, you only need to use a tiny amount of food colouring and a very small amount of water. Plan how you want your cup cakes to look and experiment with the design. You could have a theme (e.g. flowers, hearts, animals, faces) or just go crazy with something abstract.



Sports Day 2014-15

Sports Day is the most glorious event in the school calendar, this time taking place on the 4th and 5th February. Do you still remember the excitement at the sportsground?



Students prepare themselves in anticipation of proving they have what it takes to push up against their own physical and mental limits.

TRACK



The pressure is on in the relay races, where every team member counts.

and FIELD



Skill, dexterity and effort!



Cheering from the stands.



The uniformed groups have grown over the years, coming to exemplify the spirit of service and dedication.



It seems the biggest cheers are actually for when the house cheering teams put on a performance.



The Champions



Sports Day is all about taking part, but it's the winning that matters too.

If you didn't win this time.... do more training and don't give up!



TRAVEL

Hello! Here are some photos for you to enjoy of a memorable trip I made to Australia. I spent eight months there in 2013-2014. I worked and travelled, including to Melbourne, Adelaide, and right along the coast, and that was a wonderful way to experience a culture so different to Hong Kong. I had a really fantastic time and recommend travelling to Australia to all of our students!

Australia

Miss Carmen Lam

Aussie food



Fresh oysters



Delicious seafood



Australian barbecue

Aussie animals



Kangaroo and joey (baby)



Tropical fish



Cute koala

Aussie people



Host father at the barbie



This is me!



A fantastic boat trip

Nature



View of the harbour



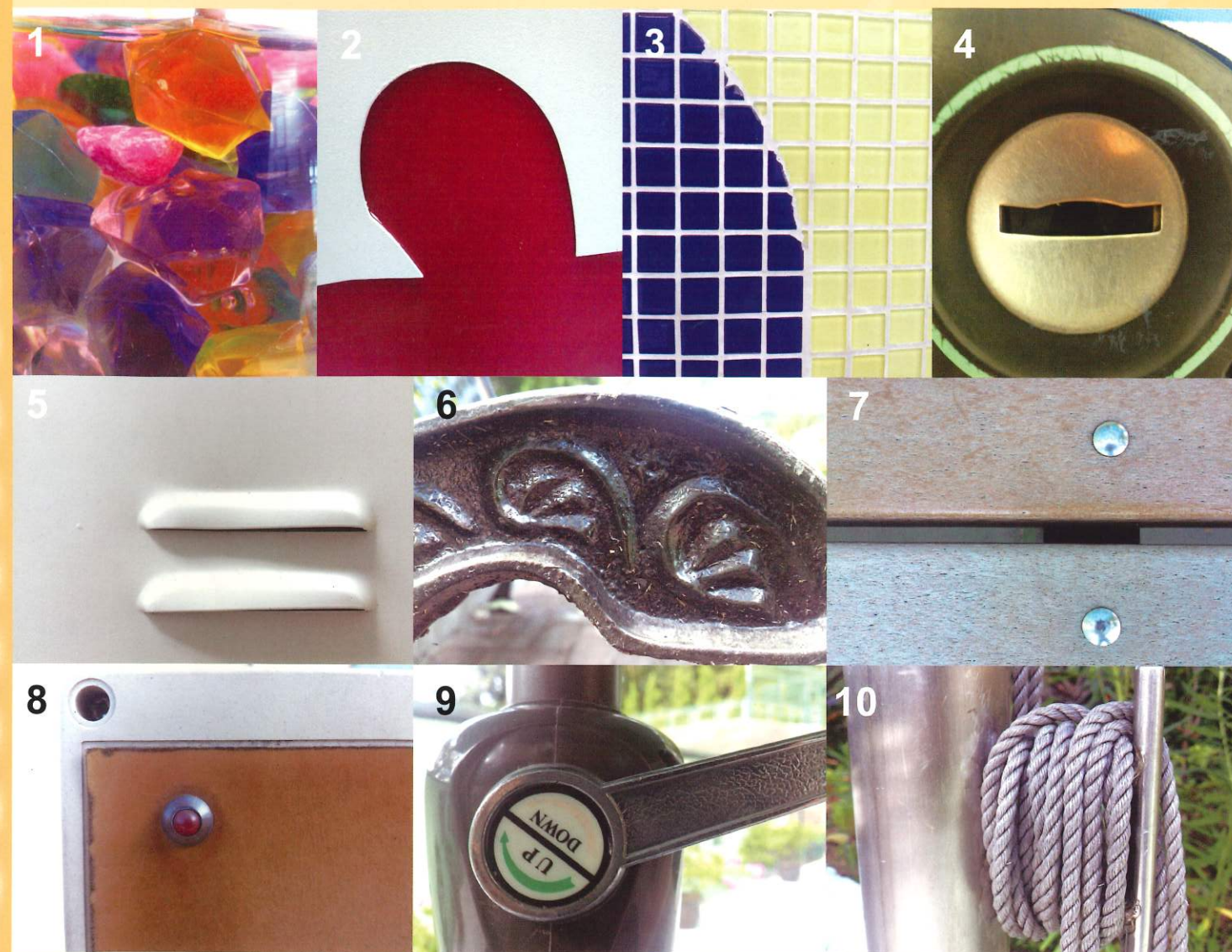
Stunning coastline



The great outdoors

Zoom In... Zoom Out

How well do you really know our school?
All of these photos are taken at C.Y. Ma.
Can you guess where? Use the tips to help!



- | | |
|--|-----------------------------|
| 1. For growing a plant | 6. Relax in the garden |
| 2. Loyalty, Diligence, Trustfulness, Frugality | 7. Time out from basketball |
| 3. Not for Girls | 8. Doot! |
| 4. I'm thirsty! | 9. Come rain or shine |
| 5. Keep everything tidy | 10. Friday mornings |

Zoom In... Zoom Out

Answers



- 1. Pot plant in the school office
- 2. School motto written near the tuck shop
- 3. Male toilet in the covered playground
- 4. Drinks machine at the tuck shop
- 5. Classroom locker
- 6. Bench in the garden
- 7. Bench in the playground
- 8. Octopus card swiper in the playground
- 9. Umbrella outside the tuck shop
- 10. Flag pole in the playground

Show-Time!

Can you find all the words?

W	P	F	S	B	P	T	Q	T	R	E	F	T	S	W	W	L	C
F	G	Q	W	C	Y	O	H	M	C	E	R	E	O	T	F	U	D
G	B	C	N	T	Z	K	V	N	S	A	T	H	B	Q	A	X	D
R	E	M	R	O	F	R	E	P	G	W	S	C	D	R	O	G	D
V	V	T	Z	G	I	I	U	E	W	T	H	E	A	T	R	E	E
M	O	O	S	N	D	T	D	Y	E	X	K	M	F	R	O	H	D
U	I	L	A	U	M	Y	C	T	X	L	A	W	A	A	A	A	O
S	C	P	A	R	S	P	S	A	O	R	O	M	S	S	N	H	S
I	E	D	W	H	N	H	Y	S	D	N	M	R	O	C	L	U	C
C	L	L	T	G	I	D	D	H	P	V	J	C	E	B	C	W	W
A	D	W	W	W	A	W	E	R	Q	P	T	V	U	Q	N	C	S
L	C	B	V	Y	T	R	M	V	K	P	S	T	H	G	I	L	O
H	V	T	Z	M	R	S	O	I	O	T	X	Y	L	J	U	O	G
G	H	S	R	P	U	W	C	W	A	D	D	Q	J	M	I	M	S
Z	O	Y	C	E	C	U	I	K	V	K	F	T	X	E	E	A	Q
I	T	N	V	Z	S	P	A	S	O	J	G	P	O	W	S	M	F
G	T	A	V	R	R	S	U	D	D	K	Q	W	M	D	L	R	U
L	A	C	T	O	R	B	Y	A	L	P	G	X	O	N	V	K	S

DRAMA
THEATRE
ACTOR
ACTRESS
PLAY

STAGE
MUSICAL
VOICE
CURTAINS
LIGHTS

PERFORMER
ROLE
ACTION
AUDIENCE
DANCE

CHARACTER
COMEDY
TRAGEDY
PLOT
SHOW



This is our **10th** **Issue**

See you again, Aloha!