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Our Lady's College

OUR
LADIAN

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Editor's Note

To all readers,

This year, our school has seen quite a number of changes, like the 6-day cycle system, new Form 3 subjects, new ECAs, etc. Thus, as the School Press Team, we have the duty to be the bridge between the school and the students, reporting to you how things came to be.

For the theme of this year, we have decided to write about Hispanic culture, since the school has added a new Spanish Club to our never-ending list of clubs. Moreover, the number of Hispanic people is huge among the world's population. In fact, the Spanish language is the third most-used and important language globally, along with Mandarin and English. Hence, if we learn more about Hispanic culture and language, we can give ourselves an advantage in the future.

Therefore, pull up a chair, get cozy and enjoy the 85th edition of Our Ladian.

Yours truly,

Fabiola Tsang, chief editor of the School Press Team



The Spanish Club

Fabiola Tsang 5A

As you all know, we have two new clubs in the school - STEM Club and Spanish Club. To echo the theme of this edition of Our Ladian, I would like to introduce the Spanish Club, to let you all understand more about it.

This club is divided into two groups, junior forms and senior forms. For the junior forms, Mr Ivan is the teacher, and the senior forms, Ms Carolina.

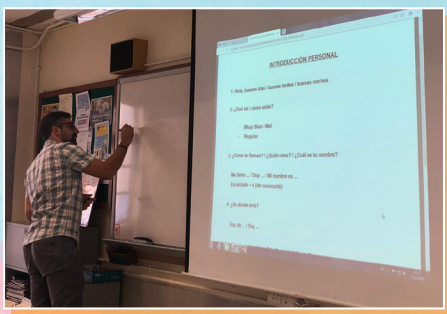
An Interview with the Spanish Club Teacher, Mr Ivan

Q: What do you think of the junior class?

A: Since the number of lessons is limited, we cannot make a very in-depth approach to the language. However, the experience so far is quite rewarding as the students are nice and very keen to learn this new language, but some are quite shy. Therefore, they may not try to pronounce some words. Nevertheless, in general, the students are willing to learn in general and are very self-disciplined.

Q: How is the pace of the class?

A: It is slower than planned but it is not a big problem. Since this is an extra-curricular activity, the students are tired after a whole day of learning, so the approach of this class is different to other classes in order to keep the students on board and not overburden them with homework and making it as if it were a lesson. We try to make it as a fun, relaxing hobby.



Mr Ivan teaching the junior form



Q: What is the approach of this class?

A: This class is not in curricular. For example, we don't use any textbooks, or have any exams. The main purpose of this class is to introduce the Spanish language to the students and provide an overview of the Spanish culture and language.

The Sit-in Lesson with the Students

Following the interview, I had the pleasure to attend a sit-in lesson in the senior form class. Overall, the lesson was quite enjoyable. Let me tell you all about it.

The first thing I noticed was that all the students had a name tag on their desks for the convenience of Ms Carolina, the teacher, to call on. They had a little recap before heading on into the lesson for around fifteen minutes. It was about the basics of Spanish such as hello, bye bye, what's your name, etc...

The lesson I attended was on the topic of Numbers. Everyone had a worksheet with numbers and the Spanish names on it were just like pictures. The students were asked to pair up to play some games regarding speaking numbers in Spanish. The students all participated actively with excitement. Ms Carolina then did a dictation with the class to check if they knew how to spell the numbers correctly or if they would be able to differentiate the different numbers. The lesson seemed shorter than expected as the atmosphere was warm and welcoming. The teacher and students had a great student-teacher relationship.

Nombre _____

NÚMEROS

0 cero	10 diez	20 veinte
1 uno	11 once	30 treinta
2 dos	12 doce	40 cuarenta
3 tres	13 trece	50 cincuenta
4 cuatro	14 catorce	60 sesenta
5 cinco	15 quince	70 setenta
6 seis	16 dieciséis	80 ochenta
7 siete	17 diecisiete	90 noventa
8 ocho	18 dieciocho	100 cien (ciento)
9 nueve	19 diecinueve	200 doscientos

20. veinte	21. veintiuno
22. veintidós	23. veintitrés
24. veinticuatro	31. treinta y uno
32. treinta y dos	41. cuarenta y uno
42. cuarenta y dos	55. cincuenta y cinco

Escribe los números con letra:

97: _____

64: _____

86: _____

53: _____

77: _____

49: _____

The worksheet about numbers used in that lesson



An Interview with the Students

When the lesson ended, I interviewed some students to find out why they joined this club. Some said that Spanish is becoming more and more well-known, as more than half of the world's population speaks that language. In fact, it is considered the world's third most-used language. Moreover, they thought that learning this new language would bring more job opportunities in the future and it would be useful to them when travelling to Spain or Central/South America. "I won't be tricked when I buy souvenirs in those countries now!" One student commented jokingly as she had been tricked before as a tourist.

The overall experience was quite memorable and useful as I now know all the numbers in Spanish, so when I go to any Spanish-speaking country on vacation, I will not be scammed as I know all the numbers in Spanish. If you have a chance next year, be sure to check this club out because it is truly worth it!



Ms Carolina inviting the students to speak in front of the class



Cultura de Hispanico en Hong Kong

(The Hispanic Culture in Hong Kong)

Fabiola Tsang 5A

You may have a question or two in your head: why is the title in Spanish? First of all, to fully express this article, the title has to capture the essence of it. I tried many different titles, trust me... and none of them were the "one". And hey, most of you don't even know Spanish. It is truly a win-win situation here.

Also, if you know what Hispanic means, then congratulations! You have an extensive English vocabulary. But for those who do not know what the word "Hispanic" means, here is the definition for your reference. (You're welcome.)



His·pan·nic (adjective):

of or relating to the people from Spain, Central America or South America



Música Hispanico en Hong Kong (Hispanic Music in Hong Kong)

Recent music trends in Hong Kong have often come from within Asia. In the early 1990s to 2000s, J-pop was all the rage among adolescents. Then, K-pop took over the music industry, not just in Hong Kong but all over the world. However, this article is not discussing any Asian pop. It is all about Hispanic pop. Yay!

Unfortunately, Hispanic pop was unknown to the world until the late 1970s. Songs such as *Que Sera Sera (Whatever Will Be Will Be)* or *Quizas Quizas Quizas...* were well-known to people living in that decade, however, they are less well-known to younger generations.



*Ricky Martin performing
Livin' la Vida Loca, 2001*

But it wasn't until the 1990s that Hispanic pop became more significant in pop culture. Many new Latin singers rose to fame, like Ricky Martin, Shakira, and Jennifer Lopez. Nonetheless, it never really appealed to Hong Kong people. Some have said that it was because their music is too passionate or extroverted for traditional Hong Kong tastes.

That is, until one song that broke the Internet just last year. I am sure you already known what song it is. Yep, *Despacito*. Nearly everyone was singing this song, everywhere, all the time. It was sung so much. It haunts me now if anyone sings this song. No one really knows how this song has become so famous. Was it the melody? The rhythm? Or was it because of *Justin Bieber*? The latter seems very likely. Nonetheless, it *broke* the Internet. Many critics said that it is a modern representation of Latin American culture, others have said that it is very inappropriate and say that it should be monetized. If you are interested as to why this song is controversial, google translate the lyrics and you will never view this song the same way again.



*Luis Fonsi and Daddy Yankee
performing Despacito*

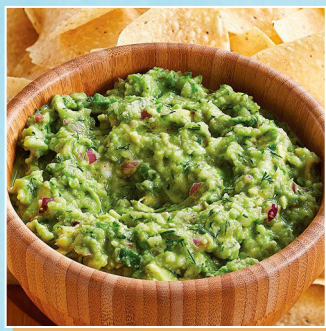
However, after the hype around *Despacito* died down, the interest in Hispanic music in Hong Kong "died" with it. Perhaps it is waiting for another hit single to rise from the ashes like a phoenix.

Comida Hispano en Hong Kong

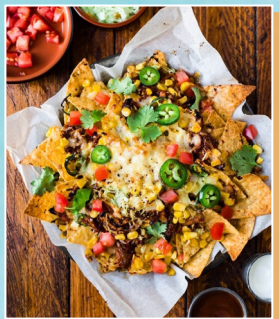
(Hispanic food in Hong Kong)

It is such a pity that Hispanic American food is not widely popular in Hong Kong. Hong Kong restaurants are dominated by Asian food. When you go to malls, it is either Japanese/Korean food or western food like burgers or pizzas. It is not very likely that you will find a Mexican or Spanish restaurant. It is truly a pity. Hong Kongers are missing out A LOT! Therefore, I will introduce these amazingly scrumptious dishes to you all.

There is a particular dip that you need to know as it is an amazingly popular Latin food. What is it you may ask? It is a particular sauce that is in almost all Latin dishes, guacamole. It is a very big word, isn't it? Guacamole is mashed avocados with some other condiments. Even though it looks very green and not so edible, it is extremely delicious, trust me!



Guacamole



Nachos

Do you like chips and cheese? If so, you will definitely like nachos. It consists of chips, cheese and some toppings, baked in an oven. The toppings can vary but usually there are kidney beans, sour cream, onions, jalapeños, salsa, and guacamole. Sounds appetising right? It is one of my favourite dishes ever. So, be sure to check it out in those restaurants, or better yet, try making them!

Next up we have *Tacos* - a corn wrap with a meat of your choice, usually chicken or beef, guacamole, tomatoes, onions, beans and salsa. Salsa is a tomato-based dip with onions and a generous lot of chilies. It is known to be the best street food in Mexico. So, if you ever stop by Mexico, you have to try tacos.



Tacos



The most instagramable paella

I am assuming that all my readers are Asians when I say that most if not all Asians love rice (even though it is quite stereotypical to say...). It is a very typical Asian food. Some consider it as a necessity during any meal. However, the Spanish take rice to a whole new level of deliciousness.

Paella, paella, you truly are a wonder! Paella usually is a tomato-sauce-based rice cooked in a pan, with seafood of all sorts and a variety of herbs. It is a widely celebrated dish in Spain, and is considered the “dim sum” of Spain. Moreover, it is totally Instagram-worthy. To all you foodies who love taking food photos, paella is the solution to your worries and strife.

La Comunidad Hispnica en Hong Kong (The Hispanic Community in Hong Kong)

For this, I interviewed Gigi, my very own mother, the lovely, beautiful and talented lady from Chile, a country from South America, and Monica, an Indian-Spanish woman who has lived here for 2 years.

Q: Why did you move to Hong Kong?

Gigi: I moved to Hong Kong because my family decided to move here.

Monica: I wanted to connect with the Hindi (the language which Indians speak) speaking community. Since Hong Kong is safer for a single girl than it is in India and my father used to live here, so I made the decision to move to Hong Kong.

Q: What challenges did you have when you first moved to Hong Kong?

G: It was mostly the food and the language. Hong Kong people eat rice for almost every meal but in Chile, we eat bread religiously. Also, Hong Kong people eat less meat than they do in Chile. It was very hard for me, as I



love bread and meat. However, the bread in Hong Kong is very different to bread in Chile. There are fewer choices in Hong Kong, as most Hong Kongers don't really consider bread as a full meal.

When I came to Hong Kong, the people spoke English to me but my English was not fluent. Thus, the language barrier was a very hard thing to deal with. Cantonese on the other hand is extremely difficult. It took me 2 years to fully speak Cantonese. And to this day, I have yet to learn how to write or read it because it is too complicated. There is no alphabet and I don't really need to learn as most if not all the signs in Hong Kong have an English translation underneath it.

M: For me, it was the culture shock. The food was different, the language is extremely different from that of Spanish, and Chinese parents are very strict. The hygiene is very different from that of Spain. Not that Hong Kong is dirty but we have different standards. For instance, Hong Kong buildings in the inner cities are decayed, the markets are very different from those in Spain. The list goes on...

Not to mention everything in Hong Kong is so expensive. The housing, the food, the clothes, everything! Even the transport - it is more expensive than that in Spain. I'm not surprised though, since Hong Kong is a cosmopolitan city, I suppose things are more expensive than it is in parts of Spain.

Q: What do you think of the culture and people of Hong Kong?

G: The culture in Hong Kong is quite different than that of Chile, but in a good way. Chinese people are very generous. I remember when I first moved here, my neighbours invited me to dinner. Chinese people, in my opinion, when they invite others for dinner or a meal, they serve the best for their guests. They are also very friendly people. They "open their homes" to many people. Moreover, to me, they are quite trustworthy, as they would very rarely break a promise. Although sometimes it is not convenient, they will still do the things they promised.

M: Hong Kong people have a very strong sense of culture because of their religion (Buddhism). Confucius is a very strong influence in Chinese culture too.



Q: What differences are there between your home country and Hong Kong?

G: Chileans love having big parties and singing and dancing as we are very passionate and fun people. But I rarely see any big parties in Hong Kong. I guess Hong Kong people are more reserved...

The international status of Hong Kong, however, is so much higher than that of Chile. Most people here have not even heard of Chile! It is truly a shame. In the last twenty years, Hong Kong's reputation has soared up! It is a good experience to see how Hong Kong's reputation has risen from a not so famous city to such a cosmopolitan city.

The food is different as I have mentioned before. The food they sell in the supermarkets of Hong Kong is not the same as it is in Chile. For instance, in Hong Kong they have such a wide variety of rice but there are only a small selection of bread, and in Chile it is vice versa.

The weather is the polar opposite. To illustrate, in Chile, the highest temperature in summer is just 24°C, but in Hong Kong, it is 10°C higher! Also, Hong Kong weather is so confusing - it is humid and it makes its winter seem colder than it is in Chile even though in reality, Chilean winter is only 3°C.

M: Spanish people, in my opinion, are more polite in speaking - they are less sarcastic than Hong Kong people when they speak.

Q: Finally, would you prefer Hong Kong or your home country?

G: Hong Kong! It is more convenient for everything. The transport system is almost perfect, and the food has a lot of choices.

M: If I had more money, I would definitely live in Hong Kong, haha.

Hispanic culture is a very rich culture and I cannot possibly summarize it all in one 6-page article, nor can I do it justice. So, readers, check out the extensive history of the Hispanic culture, you'll surely be amazed by its complexity.



Spanish ABC

Fabiola Tsang 5A

How are you?
¿Como estas?

What's your name?
¿Como te llamas?

Hello.
Hola.

See you later.
Hasta luego.

Bye bye.
Adios.

This is my friend.
Ella es mi amiga.

I am pleased to meet you.
Mucho gusto en conocerlo.

Where are you from?
¿De Donde es usted?

I live in Hong Kong.
Vivo en Hong Kong. (in which the H is silent)

I love you.
Te amo.

Good morning.
Buenos diaz.

If you are interested, you can scan this QR code or
join the Spanish Club next year.



Spanish 101



Our New English Panel Head - Ms Kassel Cheung

Kathy Cheung Moni Fok 5A

Q: Why are you fond of English teaching? Did you teach other subjects in your previous school?

A: There's no specific reason with which I can answer that question. It's more like let nature take its course. I taught Geography and English Literature before, but now I focus more on teaching English.

Q: Which classes are you teaching? Are there any different strategies in teaching these different classes?

A: I'm currently teaching both junior and senior forms, and also being the class teacher of 5A. Surely there're a lot more differences between teaching junior and senior forms. The attitude and levels are very different, so you have to change the teaching method to educate them better. For the junior forms, since they just came into this school and have not adapted to the environment yet, I have to make the class more interesting, putting more games into the lessons. But for the senior forms, they are almost getting ready for the HKDSE, so it's more exam-oriented. I prefer them doing more research and presentations so as to prepare for the exam.





Q: Of all the countries and places you have travelled, which one impressed you most and why?

A: I would say it's Singapore. Singapore is such a green city, like they have to include one-third of trees if they ever build anything. Besides this, they look into environmental issues a lot. They also respect and preserve animals a lot, and that's why Singapore impressed me the most.

Q: We know you have a lovely son. How old is he? Can you tell us his name? Does he talk to you in English? What do you do with him during your free time?

A: My son is now 8 years old. I named him Conan as I want him to be as smart as Conan (the anime character). Of course he talks to me in English. He excels in English yet he has problems understanding Cantonese as Cantonese is a very hard language. Thus I seldom talk to him in Cantonese. In our free time, we enjoy reading books, hiking, going to SuperPark or swimming... He is good at running, by the way.

Q: I know you enjoy watching movies and always mention Harry Potter and Marvel in class, do you like Harry Potter the most? Why are you so fond of these imaginative stories? Do you have any other movie recommendations?

A: Yes I love Harry Potter. I've watched it...like more than 10 times actually! The language used in Harry Potter is worth students learning it. When I first saw Harry Potter I was already working, so it sort of recalls my school life memories, such as a nostalgia when I was reading them. I enjoy watching these imaginative stories. As for a movie recommendation, I believe "Murder on the Orient Express" - a detective story, would be a great one. I really recommend it.

Q: Were there any interesting and unforgettable memories during your secondary or university school life you can tell us about?

A: Sports days maybe? I was quite sporty when I was young. I was in the swimming team and played tennis a lot. I was a house committee and a cheer-leading team member. Sports day was such a joyful event as everyone was participating and enjoying the day. I feel like sports day should involve more people. It shouldn't have any elimination as the core message of sports day is not only winning, but having opportunities to try doing sports and also creating memories.



Our New Business Lady – Ms Candy Wan

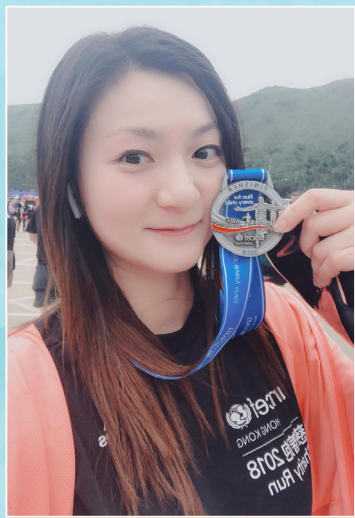
Kathy Cheung Moni Fok 5A

Q: Ms Wan, what did you study in university?

A: I studied the BBA program in HKUST, majoring in Finance and Economics.

Q: You have taught in a co-educational school, so what is the major difference between teaching at a girls' school and a co-ed school? And why did you leave your previous school?

A: I left my previous school because I wanted to have a change of my working environment. As for the difference between teaching at a co-ed school and a girls' school, I think teaching girls takes more time to grasp their attention, and I need to give them more love and care than those in a co-educational school.



Q: Are there any strategies in teaching different forms or subjects?

A: Of course, I think that the S.3 students might not have a clear concept or any ideas on BAFS and Economics, so I would teach the subject to them as an introductory overview. But as for S.4 and S.5 students, I would have to try using more real life examples to link the concepts they learn. Especially for S.5s, they are going to take the DSE soon, so I would try to get them more familiar by using more examples and help them prepare well for the DSE.



Q: Which part of working in OLC gives you the most satisfaction?

A: I like being the class teacher of 4C a lot as they are active learners and they are always cheerful which makes me happy. Moreover, our vice-class teacher, Ms WY Chan, is very kind, friendly, sincere and supportive to me. She helps me a lot with the class affairs. I'm very glad to have her as my partner.

Q: How do you relax yourself when you are stressed?

A: I like to have some good food to reward myself after a long day of work. For me, doing sports is also a way to release stress. My personal favourites are running, hiking and yoga. Actually, I have run a half marathon before! For hiking, I would recommend beginners hiking in Por Lo Shan in Tuen Mun as the scenery there is absolutely stunning and it is easy to hike there. Lastly, I like watching movies like Marvel movies, and I listen to different genres of music to relax myself.

Q: Any suggestions for travelling or can you share the most unforgettable place that you have been?

A: Greece is actually a good choice for students who would like to see some gorgeous scenery. There are many islands in Greece and each of them has its own characteristics. When you travel to Greece, they provide adequate support. Most importantly they have a lot of delicious foods. As for the most unforgettable country I have visited, it is probably Ukraine. Although it is very poor there, they still cherish what they have and be as optimistic as they can. This is definitely something we Hong Kong people should learn from.

Q: Can you give some words of encouragement to the students?

A: Be positive, and don't be afraid when facing challenges and failures, but work as hard as you can. Improvements take time; for example, I used to finish 1 km in 8 minutes, but after hard work and long practice, it now takes me only 6 minutes to finish 1 km. We aren't superheroes. We don't have any superpower, but the only thing we can do is try step by step in hopes of improving ourselves. You can't rush yourselves.



Our New Religious Teacher – Ms Shirley Cheung

Kathy Cheung Moni Fok 5A

Q: Can you tell us the schools that you have taught at before joining Our Lady's College?

A: I have taught in three schools before joining Our Lady's College. They are all Catholic schools.

Q: What are the reasons for leaving your previous school and joining our school?

A: I don't have any specific reasons for leaving my previous school or joining Our Lady's College. I saw the advertisement in a newspaper and I chose to apply after some consideration. The reason why I chose this school is not quite related to the banding, but because this is a Catholic school, and I am a Catholic. Working in a Catholic school is joyful for me as working with faith makes me feel satisfied.



Q: From your experiences, what are the differences between the students of Our Lady's College and those of the other schools you have taught in? How will these differences in learning styles affect our learning effectiveness?

A: Students from other schools are usually quite confident or maybe a little bit arrogant, but as for Our Lady's College, students are surprisingly pure. Thus, they are more respectful to teachers than the other schools' students, and they are willing to learn with a modest heart. So I think Our Lady's College students are quite nice actually.



Q: Being the class teacher of S.1A, how do you help the girls adapt to secondary school life?

A: There's quite a number of OLPS students in our class 1A. Even though some of them weren't from OLPS, they do not have problems adapting to Our Lady's College. And stepping in to our school and starting secondary school life is also a symbol of freedom. But they have not grown up yet and don't know how to handle their freedom. They don't know how to manage their time with their studies. So we need to teach them that.

Q: Can you give us some advice on improving our English?

A: To improve your English, you have to love reading first. If you don't like reading, then it will be hard to improve your English. Indeed watching English TV programs can improve your English, particularly listening skills, but it can't improve your reading and grammar quite as much. So I would say reading books is the most effective way to improve your English.

Q: What are your favourite pastimes?

A: I read books, watch movies, dramas and music concerts when I'm free. Even if I'm not quite free, I will still read books like those written by Steven King when I'm waiting for the bus because I think reading books is a kind of consolidation of knowledge, so I have to read from time to time to keep my knowledge updated.

Q: How old is your adorable son? What do you do with your son when you have free time?

A: My son is now two and a half years old, his name is Francis. Most families may go to Ocean Park or Disneyland with their children, but we like to go outside the urban areas to have fun because I want my son to get closer to nature, breathe some fresh air, rather than just sitting in some classes learning something he might not want to learn.

Q: Any words of encouragement for our students?

A: I think they are willing to learn, yet they don't spend enough time on their studies. I believe they have the ability to enhance their academic performance; however, they don't have a clear goal. So of course, "add oil", don't give up easily, keep a pure heart and be yourself.



新老師訪問-

Ms Kathy Cheng

3A 尹衍穎 5B 何咏淇

Q：為甚麼你會選擇成為一位老師？

A：其實跟我的信仰有關係。在一次天主教的信仰活動中，我領悟到一個人品格之形成大多數是取決於少時在學校的學習經歷和體會，當中包括了同學和老師的愛護。因此我在想：我可否擔任學生們在成長階段中的陪伴者，給予他們支持與鼓勵？我可否將這份愛和他們分享、與他們一同成長，這便是我選擇成為老師的契機。



Q：你對聖母書院的印象？

A：我是在這一區長大的，所以我年少時已得悉聖母書院是一所校風良好的學校，但可惜我當時並沒有機會升上這所學校吧！現在對聖母書院的印象仍是一間十分傳統的學校，而且這兒的女孩子都很乖巧。

Q：可以分享一下你的興趣嗎？

A：我的嗜好是做手工藝作品。別看我上課時的畫功十分「抽象」，我可是很喜歡針綉的，尤其是製作一些玩偶！你們在家政課的作品，也是我平常喜歡製作的類型呢！

Q：你對聖母書院學生的期望？

A：我認為比起成績，更重要的是個人的品德修養。所以我期望聖母書院的學生是品高德重的。即使將來投身在社會時遭受不公平、不合理的對待，她們也不會違背道德，堅持成為一個善良的人。

新老師訪問-Ms Nicky Chin

3A 尹衍穎 5B 何咏淇

Q: 有否在其他學校任教過？曾任教過的中學與聖母書院有何分別？

A: 有。首先，我任教過不同程度的學校，面對不同學習程度及能力的學生，教學方法也要有所調整。另外，聖母書院是一所女子中學，由於我自小就讀和任教的學校均是男女校，任教後發現原來女校的氣氛是截然不同的，女孩子對情感的領悟比他人容易，不論是在寫作還是文章內的情意。這是最要適應的地方。



Q: 在聖母書院任教期間有發生過什麼趣事嗎？

A: 有趣的事情就是，我曾任教過的學生原來與聖母書院的同學是認識的，說起的時候也不禁覺得有趣，發現原來世界真是細小！

Q: 學生時代有遇過一些老師令你決定投身教師行業？

A: 我選擇當中文老師的原因是，我學生時代遇過的中文老師全都是悉心栽培學生。他們的教學態度和風度，非常吸引我專心上課和回答問題，從而令我喜歡中文，並且在大學修讀中文學系，從而投身教授中文的工作。

第二個影響我成為一位老師的，是我的地理老師，因為她的教學態度十分認真，她所有的筆記內容充實，教學準備充足和嚴謹。最令我印象深刻的就是她教了我六年的地理課，她竟從沒有缺過一節課！還記得有一次她沒有上班，同學們都顯得雀躍，因為大家終於不用上地理課了。但在課堂中段，她帶病走進來課室，令我們十分感動，感嘆她的敬業樂業的精神。縱使她身體如此抱恙，仍然堅持回來上課，這件事情我至今難以忘懷。

Q: 你有沒有什麼閒時活動呢？

A: 我在有空的時候會去行山和野餐。



新老師訪問-Ms Krystal Siu

3A 尹衍穎 5B 何咏淇

Q: 為何會投身教師行業？

A: 最主要我認為校園的環境令人心情舒暢，另外我十分喜歡學校充滿活力的氛圍，不會死氣沉沉的。

第二、我喜歡說話。我是一位健談的人，我並不喜歡做純文書的工作，我希望有人可以聆聽我所說的，或是給我說話的機會。

第三、我非常喜歡生物科，我想將自己喜歡的跟他人分享。



Q: 有什麼閒時活動嗎？

A: 我喜歡做運動，因為可以減壓。閒時我會外出跑步，有時候也會打球。因為平日上班十分忙碌，運動可以使我舒緩身心的壓力。

另外我也喜歡追看不同的劇集，不過要在非常有空的時候才能抽空看一下。這令我暫時逃離一下現實生活，放鬆一下。

Q: 喜歡聖母書院的同學嗎？對她們的印象如何？

A: 我覺得聖母書院的同學帶是十分有活力的，因為午膳的時候看到很多同學都在打球、跑來跑或聊天。

還有，他們很喜歡笑和說話。當然，這些只是我看到的片面畫面，我覺得大家都很喜欢跟人們溝通、性格爽朗（笑），所以我覺得聖母書院同學的都是挺好的。



Q: 學生時期有遇到什麼深刻的事情可以跟大家分享一下嗎？

A: 最深刻的事情應該是跟朋友一起為公開試奮鬥。那時，我會在凌晨四五點的時候，打電話叫我的朋友一起起床複習，不過你們就千萬不要借用這方法來溫習！

然後，我們回到學校溫習就會在抽屜裡面放上小禮物、或者是寫紙條給對方，從而鼓勵大家繼續努力下去。

對於這些我卻十分深刻，因為準備公開試的時候真的十分辛苦，所以能收到這些鼓勵也是挺感動及窩心的。

Q: 有一些有效的學習方法能教授給聖母書院的同學嗎？

A: 有的。

第一、上課時必定要專心，不要睡覺！我認為上課專心能節省很多回家從頭看一次的時間。所以上課專心是十分重要的！有老師解釋教學內容，會容易理解一點。

此外，不要只在考試前溫習，要盡量早些開始溫習。因為你們會發現溫習一次是不會記得任何內容的，你會忘記所有的東西。但是大部分也是下一次考試要重複考核的內容，所以同學們就早一點溫習吧！

然後空閒的時候可以跟朋友一起溫習或者以互相提問的方式去溫習。假設你懂得這條問題，你就向其他同學提問然後再解釋一下，這能使你腦內再一次組織知識內容，而且從交流知識的過程中，大家可能也能發掘更多「漏網之魚」，自己也能學懂一些東西。



IT鐵三角

5A 霍皓堃 5B 何咏淇

相信大家也知道學校總是有三位男子在學校的講座、早會，甚至在課室中，不辭勞苦地替我們修理電子影音器材。但是，同學大概不太清楚他們平時的工作或是他們的另一面吧！所以，這次小記們便潛入富有神秘感的電腦室，打探一下有關他們三位的情報，以解答同學們的各種「迷思」。

我們先來到新校舍的電腦室，邀請其中兩位電腦技術支援人員進行訪問，分別是阿Chris和Eric。

我們首先邀請了Chris來接受訪問：

1. 可以簡介一下你平時的工作？

我主要是負責校園電視台及學校的影音設備。校園電視台的影片製作、照片拍攝等都是我主要的工作。同時我亦負責管理禮堂的設施，例如電腦、咪高峰、投影機，和一些老師需要使用的器材等，以確保它們運作暢順。

2. 你認為工作中最困難的事情是甚麼？在聖母書院工作有何樂趣？

我覺得最困難的事就是要重新適應新的工作環境吧！因為我是今年才來到這裡工作的，這兒各方面的作風都與以前工作的學校有點不同，而且禮堂的設備比較多。我以前比較少處理禮堂的設備，故此這也是十分具挑戰性的，但我會盡力嘗試的！在這裡工作，最大的樂趣便是「教班」。這也是由於我以前沒有接觸過的事情。加上我對這方面的工作亦滿有興趣，因此也很樂意投身其中，努力工作。

3. 為什麼會選擇這份工作/投身IT行業？

我理想的工作是成為一名導師，因為我想以「教授他人」作為我工作的中心。我選擇這份工作是希望能從中獲取不同的經驗、履歷等，通過接觸不同年齡階層的人，以便我將來更清楚如何教導不同年齡的學生。

4. 你有什麼興趣？閒時喜歡做什麼？

其實閒時我也是挺悶的！除了學校的工作，喜歡製作影片的我，在校外也是一位導演。除此以外，我也喜歡拍攝照片。在高中時代雖然有彈過木結他和低音電結他，但我是沒有真正考過級的。



5. 學生時代的你是怎樣的？

學生時代的我…讓我花點時間想一想。學生時代的我大概是一位較乖巧和寧靜的人吧！以前的我無論在考試、溫習中也沒有清晰目標，也沒想好自己將來想做什麼，對前路只有二字——「迷惘」。幸好，在中四、五的時候遇到了一些好老師，在他們的支持下，我便開始了解和知道自己想做的事。

原來Chris除了影片製作以外，還想投身教育工作，小記們實在也想不到呢！接著，我們邀請了在聖母書院工作多年的Eric接受訪問。

1. 為甚麼會選擇這份工作？

我想，大概是因為聖母書院願意「收留」我吧！

2. 你認為工作中最棘手或困難的事情是甚麼？

電腦有著不同種類的疑難雜症，但要說什麼事情最為棘手，其實也很難回答。不過我也可算是曾經遇上過既奇怪又詭異的「電腦問題」便是——「朝七晚六」的上班時間和星期六日的加班時間；我縱使怎樣努力也好，也找不到「解決」的方法……真的叫人沮喪呢！適逢這些時候，我腦海中總會萌生這麼一個念頭——「不如我立刻去銀行提款，給學校補回一個月的薪水，一走了之好了」。雖然困難重重，但我相信只需再花點時間耐心處理，什麼問題都能一一解決！皆因我的動力，是冷酷無情的——「窮」啊！

3. 習慣CAL ROOM多一位同事與你一同工作嗎？你與他相處的情況如何？

這個我倒不會不習慣啊。我認為一個人坐，是「恩賜」，一班人坐，是「日常」。至於詳情就請參考一下教員室吧。

4. 有同學指出有時到處不見你的蹤影，請問你到了哪兒？

嗯…如無意外我應該不會無故「消失」的。我喜歡在電腦室工作時，喝口咖啡，聽點歌，吃塊巧克力，薯片等零食放鬆自己，使自己不會因工作而過度疲勞。如果在電腦室或附近看不到我的蹤影的話，可能是因為我被「召喚」了吧！這亦代表同一時間在不同地方有多部電腦要修理吧……

5. 在聖母書院工作了多年，你有甚麼感想？

哈哈，我在這裡工作也真是有好一段的時間了，沒甚麼感想可言，只是自己快要由飲用「牛欄牌」轉為「安怡」了。

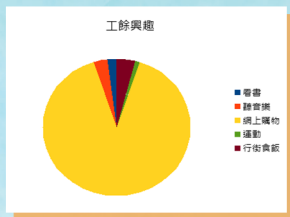
6. 可以形容一下學生時代的你？

在中學就讀時，我如「角落生物」般存在吧。還記得在畢業後的兩個月，我在街上偶遇了班主任，我便向他打了個招呼，卻只換來了一句：「你是誰？」。

7. 聽聞你十分喜歡喝咖啡，為什麼呢？你喜歡怎樣的咖啡？

對我而言，咖啡可謂是我的「必需品」呢！喝咖啡可是我每天的指定動作。上班前，午飯後也必須喝杯咖啡才行；皆因我既收了學校的薪水，不能容許自己在上班時間打瞌睡呢！另外，我喜歡味道不會過分濃郁的咖啡，既帶一丁兒苦澀，又帶些少酸味，喝完後更有回甘的味道，有戀愛的感覺呢！哈哈！

除了喝咖啡以外，小記在Eric工作的空間觀察到不少銀魂的周邊，看來Eric十分喜歡這齣動漫！同樣喜歡銀魂的同學不妨和他交流一下，互相分享一下彼此的心得。



Eric還貼心的以圖表方式令小記更清楚了解他的興趣



《銀魂》中的角色

至於最後一位，他是一位富有神秘感而「有性格」，人稱「阿Nick」的電腦技術人員則由於時間關係，我們未能親自詢問他。不過綜合小記們暗中的觀察和同學們對他的評價，我們得悉「阿Nick」是一位樂於助人的男士。除了一些電腦運作上的問題以外，他是曾幫助同學進行影印、掃描的工作，協同學使用電腦等，可見他還真熱心呢！除此以外，別看阿Nick平時一聲不吭，總是默不作聲的，其實聽說他是一位相當健談、風趣的人。

不知道各位同學對他們的了解有沒有更加深入呢？希望同學們平時看見他們的身影，不妨向他們說聲「謝謝你」，以感謝他們默默的付出。

The 6-day Cycle System

Phoebe Wong 4C Fabiola Tsang 5A

It may have come as a shock when it was announced that a new 6-day cycle system was to be implemented in the new school year. Who else is better to interview than our lovely principal, Sister Lim. She kindly accepted our interview and her reply is as follows.

Why did we change from a 5-day week system to a 6-day cycle system?



A cycle system is not an entirely new policy as many other schools have already adopted it. In fact, our school had already implemented such a system in the early 2000s. However, concerning the change this year, the main reason for making such a big change is that it can allow a bigger framework as it would be more flexible to allocate the lesson times.

Let me explain further. For example, the junior forms had 1.5 lessons for History, Geography, EPA, Science and Chinese History subjects before. It had been noted that it was quite complicated, as the lessons changed alternately as each week passed. Students needed to check whether the week was an odd or even week. However, now it is easier as there is no odd or even week, and there are comparatively more lessons than the old system.

Moreover, in the junior forms, there was often a problem as there was not enough time to teach everything in the tight syllabus or that there was not enough lessons in the week system, so the History, Geography, EPA, Science and Chinese History subjects have expanded



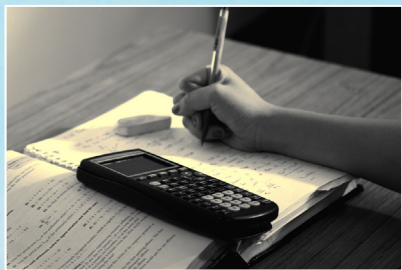


from 1.5 lessons per week to 2 lessons per cycle. Thus, there would be a greater number of lessons. This would improve the pace of the class, so the students would not feel rushed during their lessons.

Another main reason for the change is to ease the transition from Form 3 to Form 4. With a 6-day cycle system, we can allocate time to put in new subjects that are taught in Form 4, such as LS, Economics and BAFS. Now, with LS, Econ and Business being added into the syllabus of Form 3, they can have a taste of senior form subjects before actually entering senior forms. This can hopefully be a help when they choose their electives to study in Form 4.

Now the added LS in Form 3 mainly teaches students “project learning” and they are required to submit a group project at the end of the school year. Before this, the “project learning” lessons were conducted on Activity Days. This reduced the chances for them to gain knowledge beyond the curriculum on the Activity Days, the purpose of which is to allow students to learn in a more relaxed way during their hectic school life. Therefore, adding LS to the syllabus allows students to do other relaxing activities on the Activity Days and to acquire “project learning” skills in structured lessons.

You mentioned that the new system will be especially beneficial to our Form 3 students, how is it so?



Carrying out this new cycle system allows the number of lessons for different subjects to be better balanced. This is especially crucial for our Form 3 students, as they are having many more subjects than other forms, like Physics, Economics and Business, Chemistry... Therefore, the students can have a taste of the elective subjects, allowing them to have an understanding of those subjects when they are choosing electives in the future. In addition, students used to comment that they were unfamiliar with subjects like Economics and BAFS. Hence, in hopes of adding these subjects, they can make a better decision when choosing their senior form electives.



On the other hand, Liberal Studies, a core subject in HKDSE, has been added into the Form 3 curriculum. Though the syllabus is not the same as that for DSE, the lessons will focus on teaching “project learning” skills, which in fact can provide Form 3 students a glimpse of what the LS DSE is like.

What are your expectations from the new 6-day cycle system?

We are expecting quite a lot from this new system. With the change of the timetable, there will be an increased amount of teaching hours. As I have mentioned, this helps ease the tight and hectic syllabus when teaching. Teachers can explain things in more detail as there is an average increase in the amount of lessons. We hope this new system can improve students’ learning experience and academic performance.

To conclude, the old system had its benefits; however, trying a new system to learn is a nice way to expand our learning experience. In implementing the new policy, there were many meetings to decide on which policy best suits our school and students. So, we hope you understand our new 6-day cycle system better now.



The 9-period Day

Kathy Cheung Moni Fok SA

Our school has implemented many new policies this year. One of them is the 9-period day. Last year, we had 9 periods from Tuesday to Thursday but 8 periods on Mondays and Fridays. Students may have many queries concerning this policy so we have interviewed our vice principal, Ms Rosanna Lo, to explain this new policy.

Interview with Ms Rosanna Lo

Why has this policy been implemented?

The most important reason is to meet the requirements from the EDB (Education Bureau) which requires every school to have a certain amount of lesson time. Besides this, 9 periods over the whole week can enhance the students' learning experience and can create more flexible timetable for them. The 9-period days along with the cycle system can increase the number of lessons from 43 to 56. It can really benefit students in different forms. For example, F3 students have three new subjects to help them choose their electives more wisely next year. When they have more lessons, they can learn more about the subject, which can help them get more familiar with the electives.

Will the ECAs Be Affected?

It seems the most concerning thing for the students is whether the ECAs will be affected. Students can start their ECA much earlier on Monday and Friday before, but now they need to start about 40 minutes later. After weighing the pros and cons for the new policy, more lesson time is really needed for students and this choice was seriously considered by the teachers-in-charge of the ECA. Also, we had 1 hour and 15 minutes for the ECA last year, but now it has been cut down to 1 hour which can let students have a longer break before the ECA starts because it really is tiring to have 9 lessons every school day.



Pros and Cons of this Policy

We have asked some teachers about this new policy. Most of them think that the policy can let them have more lesson time and the lesson time is more flexible. Teachers had to finish the syllabus quickly before with less lesson time, and now they can spend more time on teaching students which can help them to understand the new concepts more easily. Also, teachers can use the extra time to introduce new question types which can let students answer the question in a more accurate way. Some teachers may have less lesson time, such as Music. Before, we had comparatively more Music lessons, however, to adapt this new policy, the syllabus has changed to a less demanding one.

This policy can enhance students' performance in core subjects like Chinese or English. However, teachers are worried about the students' condition since they need to have 9 lessons a day and have their ECA immediately after. If students can have a longer break, it will be better for them to have one more lesson. Students have less leisure time, so they need to set a more effective timetable to do their work, develop their interests, and get adequate rest.

Suggestions for Adapting to this New Policy

As the School Press Team, we are going to give some tips and tricks on planning your own timetable. We need to strike a balance between doing school work and having leisure activities. Time for a break is very important especially when you are having tests or exams because we cannot memorize everything at once. The most significant thing is that after planning your timetable, you must promise that you will try your best to do your homework and revision in a serious way; otherwise it is just wasting your time. We suggest doing work for 1 hour and taking a break for 15 minutes. Adequate sleep is also important for us to have better concentration in class, and thus we should go to bed before 11pm

All policies have their pros and cons, and of course, the school wants the best for all students and teachers. Hence, we should try our best to have an open mind and adapt to this new policy.



STEM Club

5B 潘卓琳 4C 黃碧嵐

S · T · E · M

Science (科學), Technology (技術), Engineering (工程),
Mathematics (數學)

近年來，香港致力推行和發展STEM教育。STEM是結合了不同的科技以教導學生。本校也隨着STEM的迅速發展，於今年設辦了STEM 學會。我們很榮幸請來了STEM 學會的負責老師 Mr.Sin來為我們簡介一下新成立的STEM 學會。

學會成立目的

由於全球對STEM的發展十分關注，在未來的前景，科技即將會取代大部分勞動人口，故此科技也會以頻繁的步伐發展。STEM的普及化是這個世界的大趨勢，我們也要緊貼STEM的發展，為學生創造更多不同的學習機遇，使她們能夠適應這個科技化的時代。而科技發展中的社會也正正需要一些擁有與STEM相關技能及知識的人才，所以我們希望通過讓學生參與不同的STEM課程，有助她們日後升學或就業。

我們亦希望藉着STEM 學會，為同學提供一個多元化學習體驗的機會予以學生，讓學生可以走出課室，在生活中尋找答案。我們期望在各種不同的活動，讓學生親自動手、親身體驗，令她們可以深入探究及瞭解自己的生活，同時亦培育了她們的好奇心以及批判性思考，讓她們更熱愛學習，成為一個主動學習者。

學會的學習重點

STEM 是由不同的範疇所構成的。當中科學(Science)和科技(Technology)是我們首要的學習目標。大家可能會對STEM 學會有些誤



解，以為我們只是著手於組裝機械人或一些有形的活動，其實我們是着重於控制科技上。現今人們總是講求智能科技，日新月異的科技使我們進步，AI (Artificial Intelligence) 智能便是一個很好的例子。故在其基礎上，我們首先要學會的是運用科技，瞭解它是如何操作。專注於控制科技上是因為我們可以透過控制科技，而達至真正操縱科技發展的效果。所以，我們打算要在編程上，建立智能科技的基礎。因為學會編程可以令一切變得有彈性，創作一切想要做的事情。

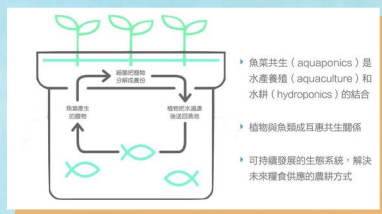
實踐的方法

我們打算透過不同的計劃令同學能夠實踐和探索。先前提到，我們希望學生從生活中尋找答案，我們生態會先從環境入手，因此「魚菜共生」便成為了我們今年的研討對象。

魚菜共生，是魚、植物及微生物的自然生態系統。魚的糞便會經由微生物分解，產生化學作用，令阿摩尼亞(Ammonia)變成植物生長的肥料硝酸鹽(Nitrate)，植物的根部會吸收那些肥料，把水淨化後供給魚類生長。魚類得以生長在被植物淨化的水中，植物也毋須額外人手施肥及淋水，形成了一個循環的自然生態系統。

在接下來的課程，我們打算要透過編程，實現魚菜共生所具備的條件。例如用編程調節水溫或酸鹼度。

不久，魚菜共生這個計畫將會在學校進行。



遇到的困難，阻礙

在發展STEM的時候，需要的資金少不免比傳統課外活動的為多，因此在落實發展某些項目的時候，會遇到資金不足的問題。

在另一方面，發展STEM的資源也較為短缺。由於這是STEM Club創辦的第一年，故本校STEM的技術和人手尚未成熟。我們還需要更多有科學知識的人以幫助STEM Club發展。以魚菜共生為例，我們需要有關酸



驗度或其他生態循環的科學知識，才能讓學生學習到更多、更為精準。所以我們更需要和有關方面作出調和。

在編程方面，還有許多未成熟的技術，在教授同學的時候有一定的困難，我們有必要從外面請來專業的人員來授課。

而在時間上，我們也沒有足夠的節數去進行企劃，這方面會在未來作出相關調整。

期望

創辦STEM 學會的原意本就是希望同學們能接觸多一些不同的科技，以擴闊她們的眼界，從活動中有所獲益。我們不單是希望對同學的學業有所幫助，或是拿取更多的獎項，更重要的是對她們性格的培養及人生的啟發。發展STEM一直是我們的心願，我們會一直努力，不斷地作出改變和進步，使我們能有規模地發展STEM。我們也希望全校的師生能配合，幫助我們。即使這一路上有不少困難。只要有你們的支持，STEM 學會仍可繼續走下去。

The PAT

Moni Fok 5A

Q: What is PAT? What does PAT do?

A: PAT stands for Performing Arts Team. We joined the Hong Kong Speech Festival for the thematic group speaking.

Q: Why did you create this team?

A: It is because we don't have a PAT in Our Lady's College, I did train a PAT previously in my old schools, and I believe it's good to have it here as well, as PAT does bring advantages like better pronunciation and learning lines for daily use. So, why don't we have PAT in Our Lady's College? So, that's why I created this team here.



Q: Why is PAT not in ECA?

A: This is because the PAT only joins one competition per year, and it ends in the first half of the year, so it's technically not a yearly activity, so it is not in ECA.

Q: Is PAT currently joining any competitions? Have you had any achievements in PAT before?

A: Yes, the PAT is going to have a competition on 8th December. And we were the champion every year as we did put hard work and effort into it, and did our very best on the stage.



Q: What does the PAT perform? Settings? Character?

A: As I've mentioned we are doing the thematic group speaking, combining poetry, duologue, script, singing, and dancing to present the theme. And the theme for this year is "Temptation". We will be combining song lyrics, poems and actions to present the theme. We will be acting like fairies as it is a fantasy poem.

Q: What do you think of your PAT members? Are they competitive enough?

A: I personally think that they are not competitive enough. As PAT members are all from F.1 to F.3, each form of students have different attitudes. For Form 3, they might have experiences from drama club and they know what they should be doing. But for Form 1, they don't quite know what they should be doing and think it is an activity that they dance and sing and move around; they don't realize that this is a deal. For Form 2, it's like a half and half? You have to tell them this is a competition, and we are representing the school to join this Speech Festival, and we have to be serious about it. If they can speak up more and be more confident, it would be awesome.



Q: Are there any requirements to be a PAT member?

A: You have to be confident and articulate to be a PAT member. And also you have to be willing to speak up loudly, no shyness allowed, able to sing the song and have clear pronunciation.



Q: Any difficulties running the PAT?

A: We do have time clashes often. It's quite hard to have everybody train together actually. And some of them do not articulate enough; they usually forgot to say the last sound of the word like "d" or "t". It's super important to make it clear as it is a Speech Festival. Your pronunciation matters very much.

Q: Any expectations for the PAT members?

A: I do hope they can bring the trophy back to our school, and get red honour certificates (getting above ninety marks). Even though we won every year, we can't take it for granted. We need to have faith because these all require hard work — hard work will lead you to success.

Teacher Advisors and Student Committee List

Teachers Advisors:

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羅秀雲老師 Ms. Lisa Lo

李福麗老師 Ms. Joy Lee

楊詠琛老師 Ms. Aleydis Yeung

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