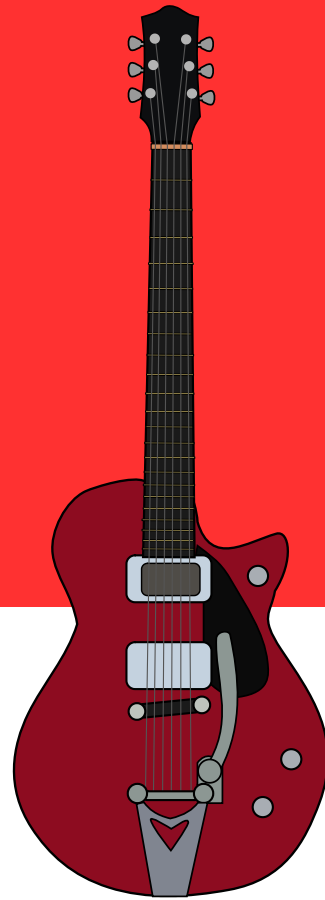
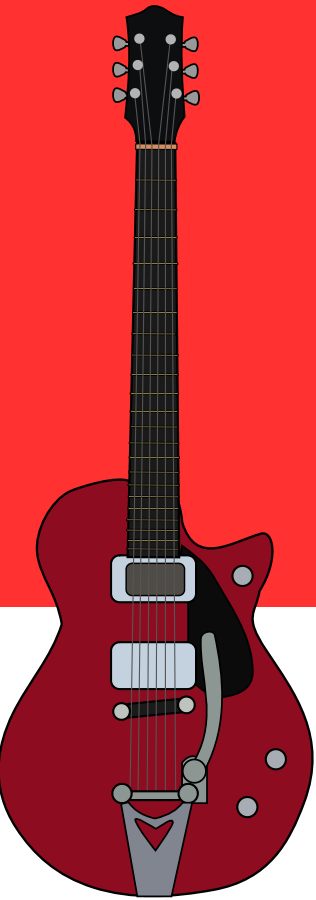


# THE CHIU CHOW POST



• STUDENT MAGAZINE •



## ROCK N' ROLL HIGH SCHOOL!

Hong Kong & Kowloon Chiu Chow Public Association  
Secondary School



Issue 15, February 2025



# THE 17<sup>th</sup> English Radio Drama Competition

## Topics:

- Junzi
- The Courage to Take Responsibility
- A Day Without Social Media
- Green Consumption
- Embracing Yourself

# 第17屆 「啟慧中國語文」 廣播劇創作暨演繹比賽

## 今年主題:

- 君子
- 承擔的勇氣
- 沒有社交媒體的一天
- 綠色消費
- 擁抱自己



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ON AIR

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# 76TH HONG KONG SCHOOLS SPEECH FESTIVAL

PRESENTED BY HONG KONG SCHOOLS MUSIC & SPEECH ASSOCIATION



## WU WEN KANG

### 3RD PLACE S.2 BOYS SOLO VERSE

“Thank you to Miss Lee because she taught me how to perfect the pronunciation and the expression. I am excited because this is my first award for a speech competition.”

**Teacher: Ms. Hidi Lee Ching**

## HONG KONG SPEECH FESTIVAL MERIT AWARD WINNERS

Lau Hei Yee S.1  
Tong Alex S.1  
Qiu Shing Ho S.1  
Chow Tin Yau S.1  
Ho Cheuk Nam S.1  
Li Yu Ying Janet S.1  
Ngan Siu Yau Yoyo S.2  
Cao Ziyue S.2  
He Yiqing S.2  
Lee Alan S.2  
Tong Raymond S.2

Lee Cheuk Yan S.2  
Chen Xiaoru S.3  
Cheung Nga Yin S.3  
Huang Lucy Yinuo S.3  
Huang Zi Qing S.3  
Lum Yi S.3  
Lyu Yaqi S.3  
Leung Yui Fung S.3  
Wong Lok Chun S.4  
Chan Pak Hong S.4  
Chau Shun Chi S.4

Chong Sze Wai S.5  
Ho Yuet Hei Polly S.5  
Zhang Chun Ming S.5  
Chan Tsz To S.5  
Chan Wing Fung S.5  
Huang Cheong Tai S.5  
Lui Russell Hoi Kit S.5  
Huang Qianxin S.5  
Hui Tsz Shan S.5  
Chu Ka Ling S.5



## LAM CHI HANG

### 3RD PLACE S.2 BOYS SOLO VERSE

“Performing on stage really gives me a thrill of a lifetime. I love the excitement of being in front of an audience. The Speech Festival gave me the opportunity to shine.”

**Teacher: Mr. Fernando Linn**

# HONG KONG AND KOWLOON CHIU CHOW PUBLIC ASSOCIATION SECONDARY SCHOOL THE 2024-2025 INTER-CLASS PENMANSHIP COMPETITION



S.2

## S.1

Champion: Yu Lam Him 1A (16)  
1st runner-up: Xu Ziyu 1D (5)  
2nd runner-up: Tung Tsz Ching 1B (17)

## S.2

Champion: Mo Yuling 2B (11)  
1st runner-up: Ma Jia Min 2B (10)  
2nd runner-up: Li Lam Ka Man 2D (5)

## S.3

Champion: Lau Ho Yu 3A (8)  
1st runner-up: Tang Man Shan 3A (15)  
2nd runner-up: So Cheuk Wing 3C (9)



S.3

## S.4

Champion: Cheung Kai Kai 4A (2)  
1st runner-up: Zhou Caiying 4A (19)  
2nd runner-up: Xu Wing Shan 4A (16)



S.4

## S.5

Champion: Yang Xuexuan 5A (30)  
1st runner-up: Wu Wing Ying 5A (9)  
2nd runner-up: Shiu Wai Hang 5B (26)

## S.6

Champion: Tsoi Yu Sheung 6A (12)  
1st runner-up: Li Jianwen 6B (4)  
2nd runner-up: An Jiahao 6A (20)



S.5



S.6

# S.6 Writing Competition

## KUANG YUK PANG, JERRY 1ST PLACE

### EXPERIENCING LIFE IN SUBDIVIDED FLATS

As we all know, subdivided flats are ubiquitous in Hong Kong, often characterized by overcrowding, a lack of privacy, and inadequate facilities. Our social service club organized an eye-opening event titled, 'What is it like to be living in subdivided flats?' This initiative aimed to provide students with a firsthand experience of the challenges individuals face living in cramped conditions. I had set out on a mission to investigate the realities of these shoe-box flats to foster a deeper understanding among my peers regarding this pressing issue.

To create an authentic experience, we transformed one of our classrooms into a simulation of a tiny flat. The room was sparsely furnished with a small bed and a little table, so there was limited space for movement. Participants were asked to spend an hour in this condition, conducting daily activities like studying, eating, and socializing.

Chris Wong, a 16-year-old boy who was interviewed, said that he was not used to doing his homework while sitting on the floor. "I do it for several hours and when I'm tired, I crouch on the floor, and it makes my back hurt," he said. He also shared that he had a vague understanding of what subdivided flats were before this event, but the simulation made it so real for him. He could not believe how challenging it was to even find a place to sit down and study. Almost 80% of children living in subdivided flats or similar conditions have problems with their spines, according to a study jointly conducted by the *Society for Community Organization* and *Hong Kong Chiropractic College Foundation*. It is a stark reminder that many families live like this every day.

Mary Chan, a 17-year-old girl who was another person I had interviewed, said that she felt claustrophobic in the small area they were given. It made her think about how difficult it must be for families to live like this every day. She also mentioned, "I always thought of subdivided flats as just another housing option, but now I realize they come with so many hidden problems. I believe that many of us take our living conditions for granted." Mary's experience underscores the emotional toll of living in such confined spaces. She describes how the simulation made her feel anxious and overwhelmed, mirroring the stress that many residents of subdivided flats endure. She also said how the simulation made her reflect on the privileges many of us enjoy, such as space and privacy, which are often taken for granted.

In addition to the simulations, the club organized a role-playing activity where participants stepped into the shoes of families living in small cages. Each group was assigned a scenario, such as managing shared resources or navigating a lack of privacy during family time. This immersive experience prompted rich discussions about the daily struggles inherent in such living conditions, allowing students to gain a more nuanced perspective on the issue.

All in all, this event was not just an educational experience but a call to action. I believe that as a community, we have a responsibility to advocate for better living conditions for all. Let's continue to engage in conversations about these causes and work together to make a difference.

# S.6 Writing Competition

CHUNG NGA LOK, ELLA

2ND PLACE tie

## LIFE IN A BOX: EXPERIENCING SUBDIVIDED FLATS

A recent survey found that 10,000 people are living in subdivided flats. Last weekend, to understand how difficult life can be when living in a subdivided flat, our Social Service Club organized a meaningful event called “What is it like to be living in subdivided flats?” The event was a great success as participants gained insights into living in a small space.

The event mainly took place in Mong Kok and our school hall. Over 200 senior and junior form students who were eager to learn and experience the realities of living in subdivided flats participated. There were two main activities. They first started with a group tour. They visited a typical tiny subdivided flat in Mong Kok. When they went into the crowded flat, they saw that there were two bunk beds, which were actually all the living space available. Also, there was a girl who was doing her homework while sitting on the floor. She couldn't even have a proper desk and chair. When they left the subdivided flat, they also found that people were using the same public toilet. Also, there were many cockroaches and mice on the floor.

After the tour, all the participants returned to school and had a discussion session in the school hall. They shared what they saw in the subdivided flat and how difficult life can be for underprivileged individuals there. Most students originally had no idea about how people managed in such tiny subdivided flats. These activities successfully highlighted how difficult life can be when living in a subdivided flat. Feedback was overwhelmingly positive. A lot of participants said that it was challenging to survive in crowded subdivided flats. They expressed a desire to help the underprivileged.

To gain deeper insights into the event, I interviewed two of the participants. Chris Wong, a senior form student with a keen interest in social issues, felt nervous at the start of the guided tour. He was worried that the place would be so smelly. As he navigated the cramped subdivided flat, he learned that underprivileged individuals helped each other through small talk and support. He realized that even while living in a small place, there were still people who cared about one another.

Another junior form student named Nico Lin initially felt extremely worried. During the discussion session, she said that she was inspired by the stories shared by the tenants. One young girl shared that she was used to doing her homework while sitting on the floor. Nico recognized that some poor students were not affected by their environment and would study hard. Also, they make good use of their limited space to study and increase their knowledge.

In conclusion, understanding the challenges faced by those living in subdivided flats is crucial for fostering empathy within our community. I strongly encourage everyone to consider how you can contribute to social awareness and support for affected communities. The Social Service Club plans to hold this event again in the future. We invite all students to join us in our efforts to make a difference.

# S.6 Writing Competition

NICHOLAS ZHANG JIAWEI

2ND PLACE tie

## VICTIMS IN CELLS

Recently, the school's social club just launched an event called 'What is it like to be living in subdivided flats?' to facilitate students' learning experience. Initially, our main purpose was to enrich our students' knowledge of living in subdivided flats so as to arouse empathy amongst them. Ultimately, it turned out to be far more educational.

Members of the club paid a visit to subdivided flats. With us were voluntary interior designers who were meant to optimize the living space through using different storage strategies. We first visited a shoe-box flat located in Diamond Hill. The father of the household suffered from a disability so the family solely depended on the mother. We could barely step through the door shoulder by shoulder since the room, or I should say the cell, was packed with an assortment of clutter to its capacity. Plenty of folded clothes were on the moldy bunk bed while the father laid on the other bed with a bitter smile.

The son, seemingly a secondary school student who was the same age as us, sat on a sofa whose surface had burst, staring at us. "I....." said Peter at a loss for words afterwards in the interview. I could totally identify myself with him in a single-parent family, living in a subdivided flat as well. It must be awkward to show one's weakness in his family though being grateful to our effort in helping the public increase knowledge of the socially-disadvantaged.

We then went to another subdivided flat in Mong Kok. The tenants were also in a dire condition. The father was a worker on the construction site so he could only afford a subdivided flat. Though the room was not as cozy as the first one, the family treated us warmly with drinks. We found out that the tap in the kitchen couldn't work. We then asked them why. "Well, the landlord priced \$600 for fixing the tap, but we can't afford it. I think it is fine to use the water in the bathroom as long as we boil it," said Ms. Young, who usually turned off the air-conditioner even in summer to save money.

"Before the visit, I didn't think it was going to be hard living in a tiny but cozy unit, but now I see that not only the flat itself is unacceptable but other tiny things like that!" said Josh, a member of our club. It seemed to be a happy ending that the flats were refurbished, thanks to the interior designers' hard work, but none of us was pleased. Helping others to better fit in a coffin itself was unsettling. Were people born with guilt so that they have to live in a cell flat where they cannot stretch their body? We asked the son from the first family if it would be more comfortable to live after the renovation. He said yes but how about the future? Will he live in the shoe-box in the future? He just shrugged.

# S.6 Writing Competition

JANET CHAN CHEUK WOON

3RD PLACE

## LIVING IN COFFIN UNITS

The subdivided flat situation has been deplorable nowadays. According to a study, almost 80% of children living in subdivided flats or similar conditions have problems with their spines. Consequently, our school held an event called 'what is it like to be living in subdivided flats' in order to develop students' empathy and raise their awareness of the social problems which are faced by our citizens.

During the event, students were required to stay in the cage home for one day in a group of 2 to 3 people. They had to live in a place with no desks, no comfortable furniture and no air conditioners. At the same time, pupils had to finish their assignments and take care of their meals by themselves with a limited amount of money. This event provided students an opportunity to experience how difficult life can be when living in a tiny apartment.

We have interviewed two student participants about how they felt after experiencing one day in the butchered room. One of the students reflected that the living conditions were terrible. "We squeezed into a crowded area and we sat on the floor to finish our homework, which was extremely hard." The student felt uncomfortable while she was staying in that flat and she found that it was difficult to concentrate while studying under the poor environment in the subdivided flat.

Another participant said that it was intolerable to live in an unhygienic area. "The wall had turned moldy. As the place was too small, we had to wash our food in the bathroom!" It is obvious that subdivided flats are not livable. Our student believed that the adverse circumstances of subdivided flats would lead to negative impact on dwellers' both mental and physical well-being. For the adults, they may feel stressed as they are unable to improve their living environment. From the older generation and teenagers' perspective, they may have a higher risk of getting sick.

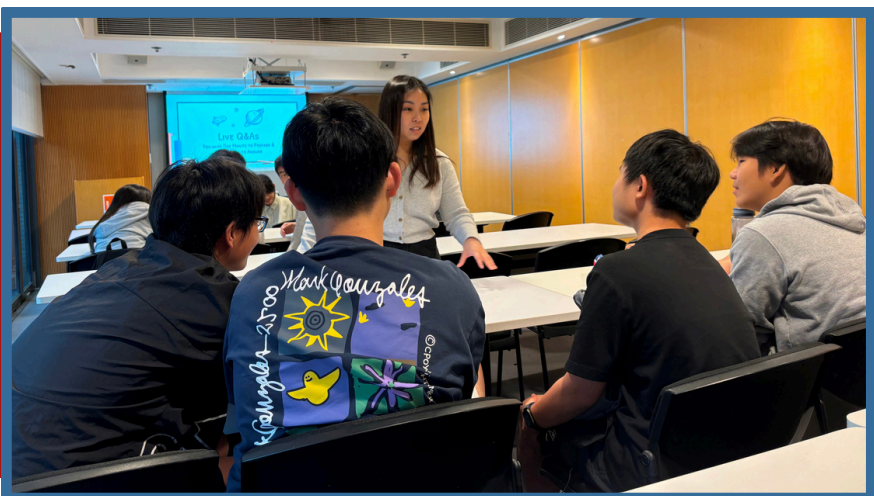
In conclusion, it was a meaningful event as it helped students to gain a deeper understanding on the living environment of the underprivileged and learn to be thankful to their parents as their living condition is much better than the poor. The poor situation of them should not be neglected. Our government should not turn a blind eye to it as housing plays a pivotal role in citizens' daily lives. It is hoped that this problem could be solved as soon as possible.



# HKFYG'S 'GEN-Z COMMUNICATION STUDIO': PUBLIC SPEAKING ENHANCEMENT TRAINING WORKSHOP



Six Form 4 students participated in the English Public Speaking Enhancement Training Workshop organized by The Hong Kong Federation of Youth Groups (HKFYG) over three Saturdays in October 2024. They developed valuable skills in effective communication and gained confidence in conveying their messages clearly. Throughout the workshop, they also practiced various techniques to effectively engage their audience. **Teacher: Mr. Lawrence Cheong Chin To**



## GEN-Z COMMUNICATION STUDIO

The Studio is organised by the HKFYG Leadership Institute, supported by the Standing Committee on Language Education and Research (SCOLAR) and funded by the Language Fund. Since its inception in 2021, the Studio has sparked more than 2,500 students' interest in English language and improved their ability to communicate in English, enabling their personal growth and paving the way for their future success.



NET SECTION, CDI, EDB

# *Speak Up - Act Out*

*Drama Competition  
2024/25*



**IMPROVISE TO DEVISE**



# THE 18TH AFS INTERCULTURAL FAIR



The 18th AFS Intercultural Fair on November 16th, 2024 at AD&FD POHL Leung Sing Tak College offered our S4 students a vibrant opportunity to discover diverse cultures. They engaged with foreign exchange students from Colombia, Spain, Turkey, Switzerland, Italy, Germany and France, who led interactive activities including dance, singing and games. This event not only enriched students' understanding of different traditions and languages but also fostered meaningful connections with peers from around the world.

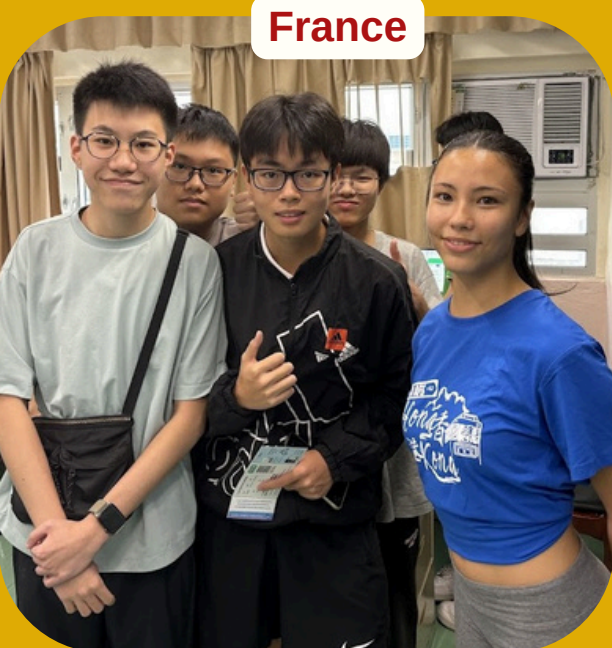
Teacher: Mr. Lawrence Cheong Chin To



Turkey



Germany



France



Spain

Italy



Switzerland



# S.5 Writing Competition

**DEBBIE TSANG SIU TIE**

**1ST PLACE**

## BENEFITS OF IMPOSING THE LEVY

In Hong Kong, single-use plastic products are one of the largest sources of waste in Hong Kong. The plastic waste includes plastic containers, bottles and cutlery. To reduce the number of plastic bottles and containers being used, the government is considering imposing a levy of HK\$1 on all plastic bottles and containers. It is my sincere belief that imposing the levy can efficiently cut down the use of plastic containers and bottles. The aim is to lower the number of plastic waste in Hong Kong and imposing a levy on all plastic containers and bottles is the first step to reach the goal.

By imposing the tax, citizens may prefer bringing their own reusable bottles and containers so as to avoid paying HK\$1. To the general public, paying HK\$1 for a single-use bottle or container is not worth it. They would rather save up dollar by dollar than spend HK\$1 on something that they will use only once. The public may contemplate purchasing their own personal reusable bottles and containers in order to save money. After a period of time, the number of plastic waste, especially plastic bottles and containers will decrease according to plan. Not only is the natural environment protected, but citizens are also assisted to develop the habit of bringing their own reusable containers and items. Consequently, society gets closer to the goal of reducing plastic waste in Hong Kong.

Another benefit of imposing a levy of HK\$1 on plastic containers and bottles is that the government can make money from the tax. With the money earned from the tax, the government may form a group of professionals to figure out a way to cut down plastic waste or even discover alternate materials to replace plastic. Also, the government may use the money earned from the tax to promote the importance of protecting the environment. With the extra money, the government may even subsidize the recycling industry, providing what the recycling industry needs so as to help recycling the waste produced by the public.

However, society seems to dislike the idea of imposing tax on plastic containers and bottles. It is believed by the public that imposing the levy will only put an extra burden on the business of the food and beverage industry, because containers and bottles made out of alternative materials are costly. Although imposing the tax may be an issue to some of us in society, the future generation may avoid living in an awfully polluted city. Hong Kong may be changed from a bustling city to a city filled with plastic waste. Undoubtedly, we just need to change our habit from using single-use plastic containers and bottles to using reusable ones. The simple gesture may save our future generation from suffering the consequence, the 'mess' that our generation might leave behind.

To summarize, imposing the tax is good for the environment and the society. Not just the present generation but even the future generation will be under the influence of using less plastic containers and bottles. By following the policy of imposing a levy of HK\$1 on all plastic bottles and containers, we will be a step closer to lowering the number of plastic waste in Hong Kong.

# S.5 Writing Competition

LUO MINQI ROSA

2ND PLACE **tie**

## IMPOSING A LEVY OF HK\$1 ON ALL PLASTIC CONTAINERS

In recent years, it is widely acknowledged that plastic pollution is the pressing issue of the world as well as in Hong Kong. To tackle this problem, the government has proposed to impose a levy of HK\$1 on all plastic bottles and containers.

According to the *Environmental Protection Department* data, about ninety-one percent of plastic waste goes to our landfills and only nine per cent of plastic has even been recycled. Also, plastic pollution has caused impacts on our environment. First, plastic waste accelerates climate changes by emitting greenhouse gas. Second, plastic litter endangers marine life. For example, people found some dead whale's stomachs jam-packed with plastic bags. If plastics are not managed well, it will enter the human food chain in the end. It is hazardous to human health. The impact of plastic pollution on society is bad as well. Hong Kong people will have an extra financial burden to manage plastic waste if there is excessive plastic. Therefore, it is necessary to implement this policy to reduce plastic waste.

One of the advantages of imposing the levy is to encourage people to adopt more eco-friendly alternatives, which means to change their behavioral habits. People can use other materials to replace plastic. Take straws as an example: we can use paper straws to drink milk tea instead of plastic straws. Both of them are useful, but paper ones are easier to recycle, and because of the HK\$1 levy, paper straws are cheaper than plastic straws. Germany is a country which has successfully implemented a similar levy. In 2003, it implemented a deposit return scheme. This scheme required customers to pay a 25 cents deposit on every single-use plastic bottle. As a result, almost ninety-one per cent of the country's plastic bottles were recycled. It illustrates that imposing a levy on plastic products is an effective way to reduce plastic waste.

There is no doubt that levies imposed by the government will be used to fund environment initiatives and waste management, especially sorting rubbish, recycling waste, and setting up recycling stations. This funding supports environmental education.

Moreover, imposing a levy of HK\$1 plays a pivotal role in promoting sustainable alternatives. Levying a tax on plastic products may impose a financial burden on low-income households, so they prefer other products. Reusable products will become a good choice. For enterprises, it is good to promote eco-friendly products and they need to reduce packaging. For instance, in Germany, a 'Single-Use Plastic levy' for single-use plastic was released on the market. Producers are responsible for waste management and recycling.

Although some families, especially low-income families cannot afford the costs. The truth is that imposing a levy of HK\$1 is an effective way to protect the environment. This tax is actually compensation for the negative impact of plastic bags on our society.

In conclusion, the advantages of this proposal are behavioral habit change, collection of environmental education funding and encouragement of sustainable alternatives. This is a call to action for government and community support for the proposal, because reducing plastic pollution and protecting the environment are collective responsibilities.

# S.5 Writing Competition

LI HONG YU, KELVIN

2ND PLACE **tie**

## A LEVY ON PLASTIC BOTTLES AND CONTAINERS

For decades, landfills in Hong Kong are getting filled up. The major sources of trash are plastic waste, such as single-use cutlery, plastic food containers, and plastic cups. Aiming to reduce the use of disposable plastic tableware and maintain sustainable development, the Hong Kong government is considering rolling out a levy of HK\$1 on all plastic bottles and containers, which I strongly appreciate and support. But why?

First, there is no doubt that launching the levy will bring numerous advantages to the government. The tax will generate revenue for the government, which can be allocated towards environmental initiatives, waste management, and other sustainable projects. For example, solar panels can be widely established to generate electricity from the energy of the sun, an environmentally friendly energy source, rather than burning fossil fuels. Consequently, with a substantial budget, the government can allocate resources to public facilities for the betterment of society, such as upgrading hospitals, the metro system, parks, etc., resulting in greater convenience for the general public.

Second, for those who argue that the levy only disadvantages citizens, you might have to eat your words. The levy urges individuals to be conscious of their plastic consumption and promotes the use of reusable alternatives. Recently, a group of scientists revealed that PET plastic, the primary material used in bottles, may contain BPA, a hormone-altering chemical. BPA can dissolve into your bottle of water, harming your health and causing multiple health problems, such as cancers. As a result, you may opt to purchase a BPA-free water bottle, which poses no harm to your health and can save you money on buying bottled water. Moreover, using a reusable water bottle helps protect the environment as it does not produce plastic waste like bottled water does. The more bottled water you consume, the more waste you produce.

Third, it is believed that the levy will benefit companies by stimulating the development of eco-friendly alternatives and innovative solutions in packaging and waste management. Companies will be required to use more green, sustainable materials to replace plastics, such as providing a wooden spoon instead of a plastic one. Wood is more environmentally friendly compared to plastic, reducing the damage to the Earth.

Lastly, there are those who argue that carrying your own water bottle and cutlery is inconvenient. The truth is that there are numerous water refill stations throughout the MTR, parks, and sports courts, widely spread across the city where you can refill your water bottle.

Furthermore, for those who believe that recycling plastic bottles is a solution, I have to burst your bubble. According to a survey, only 20% of people recycle their bottles, with most of them dumping them in random trash cans, resulting in the inefficiency of the recycling industry in the long run.

In conclusion, the levy brings a lot of benefits to different stakeholders. As a result, I am in favor of this proposal. We should protect our Earth as it is our mother. We have a responsibility to maintain a sustainable environment. The levy will raise awareness about the impact of plastic waste on the environment and foster a sense of responsibility towards sustainable living practices. As the environment deteriorates, shouldn't we take this problem seriously?

# S.5 Writing Competition

**YUNG WING YEE**  
**3RD PLACE**

## IMPOSING A LEVY OF HK\$1 ON ALL PLASTIC CONTAINERS

In recent years, it is widely acknowledged that excessive plastic waste is detrimental to the environment. The problem of plastic pollution is alarming. To tackle this problem, the government is considering releasing a policy – imposing a levy of HK\$1 on all plastic bottles and containers. Imposing this levy is an effective way to reduce plastic consumption and encourage people to adopt more eco-friendly alternatives. The plastic pollution puts significant pressure on the Hong Kong environment. According to EDP, about 2000 tons of plastic go to our landfills every day and only 9 percent of plastic has ever been recycled.

Excessive plastic waste adversely affects the environment. For example, dead whales' stomachs are jam-packed with plastic bags. When plastic ends up in oceans, plastic particles may be eaten by marine life. Plastic is impossible to disintegrate and the plastic in marine animals' stomachs occupy a large amount of space. It causes their death due to malnutrition. Apart from sea animals, plastic enters the human food chain. If people eat fish, the plastic particles will stay in the bodies of human beings.

The policy of reducing plastic consumption imposes a financial burden on the consumers. They are required to spend more money on buying drinks in plastic bottles. Some people bring their own water bottles instead of using disposable plastic bottles. It helps slow down the landfill saturation. In Germany, a deposit return scheme was introduced in 2003 where consumers pay a 25 per cent deposit on every single-use plastic bottle, resulting in 99% plastic bottles being recycled. Producers will be responsible for waste management and recycling, cleaning of public areas, education and consumer awareness. Thus, changing people's behavioral habits can reduce the use of plastics.

Also, the policy provides funding for environmental initiatives. Plastic bottles are cheap to produce but expensive to manage. The government can use funds from the levy for managing waste and recycling waste. For example, sorting rubbish can increase the recycling rate. Besides sorting rubbish, setting up recycling stations to collect waste is conducive to protecting the environment. It is beneficial to reduce plastic pollution that contaminates soil and water. The tax can be used for environmental education that raises the public awareness about environmental protection. Hong Kong can imitate what it has done to impose the taxes on business to produce items with less packaging and promote eco-friendly products. Imposing taxes can protect our environment.

Some people acknowledge concerns about additional cost for consumers. The people who are under the poverty line can't afford the spending. For some, the policy increases the burden on low-income families; for others, it is a way to protect the environment. For low-income families, the government can provide subsidies for them. For example, the low-income families can be subsidized with HK\$500 per year to reduce the financial burden.

All in all, the HK\$1 levy on plastic bottles and containers can reduce plastic consumption and raise money for environment initiatives. It is suggested that the government and community support the proposal to bear collective responsibility.



NET SECTION, CDI, EDUCATION BUREAU PRESENTS:

# FILMIT 2025

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TO SCREEN

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Empowerment

Appreciation

Delight

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THE HANG SENG UNIVERSITY  
OF HONG KONG

# VOICES OF THE SILVER SCREEN

## ONLINE ENGLISH SINGING CONTEST

We are excited to announce the launch of Voices of the Silver Screen, a music video competition, designed to engage you in both music and English language learning. This competition is a fantastic opportunity to express your creativity while enhancing your English skills through music.

Participants are invited to create and submit a music video featuring a song from an English-language film. Below are the details regarding the competition:

### How to Enter:

1. **Select a Song:** Choose a song from any English-language film.
2. **Create a Music Video:** Record a performance of the selected song, showcasing your individual style.
3. **Video Introduction:** Introduce the movie and the song briefly, explaining the meaning of the song and why you chose it.

### Important Dates

**Submission Deadline: February 28, 2025**

**Winners Announcement: Mid-March**

### Awards

The contest offers champion, 1st runner-up, 2nd runner-up, and Merit awards for primary school and secondary school groups.

### Prizes

**Champion:** HK\$ 500 book voucher, award certificate and souvenirs

**1st Runner-Up:** HK\$300 book voucher, award certificate and souvenirs

**2nd Runner-Up:** HK\$200 book voucher, award certificate and souvenirs

**Merit Awards:** Award certificate and souvenirs

\*All participants will be given a certificate of participation.

### Submission Process:

Please submit your video entries via MS form:  
<https://forms.office.com/r/ZEdC4gUQVQ>



### Participation Options:

- Solo Entries
- Pair Entries
- Group Entries:  
Teams of up to 5 members can work together on an ensemble performance.

### Video Submission Criteria:

- **Video Length:** Submissions should be between 2 and 7 minutes long.
- **Format:** Videos must be submitted in MP4 format.
- **Quality:** Ensure high audio and visual quality; use a stable recording device.
- **Content:** All submissions must be suitable for all audiences.

### Judging Criteria:

Entries will be evaluated based on the following criteria:

- **Vocal Performance (25%):** Pitch accuracy, overall singing technique, and vocal expression.
- **Pronunciation and Expression of Lyrics (25%):** Clarity and accuracy of pronunciation, and the ability to convey the meaning and emotion of the lyrics
- **Creativity and Originality (25%):** Unique interpretation of the song and creative visual presentation
- **Song Introduction (25%):** Effectiveness of the song introduction, including clarity of speech, presentation style, and the ability to explain the song meaning and choice.

# S.4 Writing Competition

QIAN YUTONG, RITA

1ST PLACE

Dear Amy,

Hi! How's it going? I'm sorry to hear that you are currently under a lot of pressure due to the upcoming four exams. I know how tough it can be to deal with exam stress and memorize a lot of information. But I want you to know that you are not alone in this.

I have also experienced similar feelings before. Last month, I had a significant academic exam related to my future studies. I felt like I hadn't reviewed everything well, so I was constantly tired and worried about the exam results. However, my family noticed and encouraged me. I made a time plan and took breaks which helped me manage my exam stress.

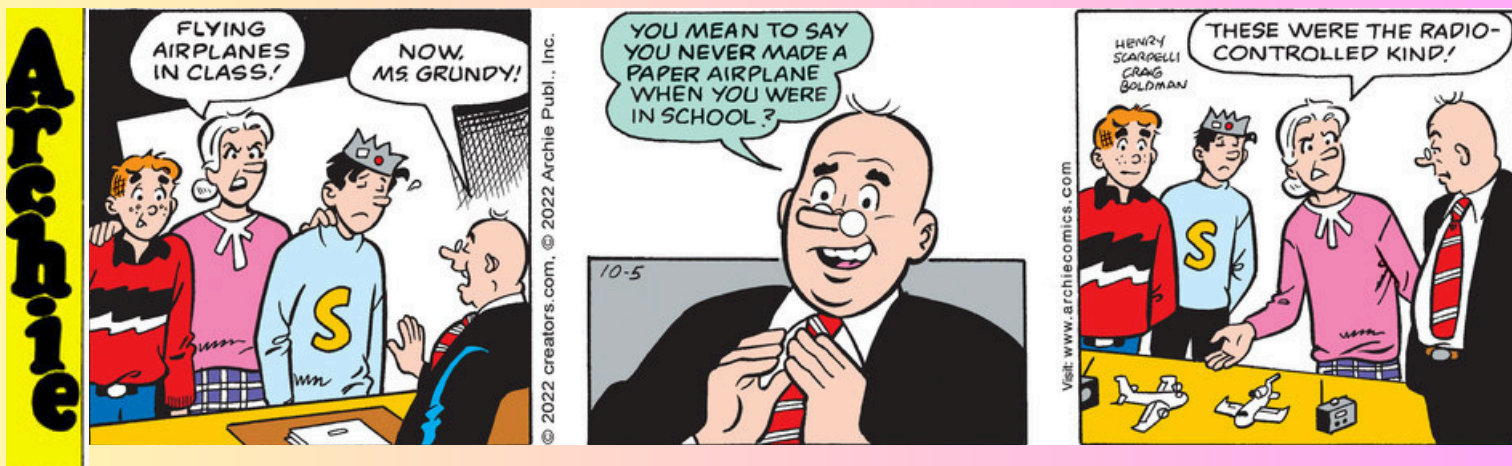
I would like to offer you some tips that may help you perform better on your tests. Firstly, it is advisable to study and memorize information in the morning. Your memory retention tends to be better at this time of day, making learning more efficient. Utilize the time you spend traveling from home to school to revise. This way, I am confident that you can remember everything before the exams.

Moreover, it's essential not to spend all your time studying. Take breaks daily and try relaxation techniques like deep breathing, meditation, or yoga to alleviate stress. These methods are all beneficial for maintaining a balanced mindset.

Remember, exams are just one aspect of your life. They do not define your worth or potential. Don't worry too much about them. You are capable and prepared for this challenge. Stay confident, believe in yourself, and I hope you can go through this tough time with these suggestions!

Good luck!

Chris



# S.4 Writing Competition

## CHEN KIN CHI, KINCHI

2ND PLACE

Hi Amy,

I hope this email finds you in good spirits. From your email, I know that currently you are worried about the exam and don't know how to form a good study habit. I completely understand how stressful it can be to have many exams coming up, especially when there are a lot of things to study. Don't worry. Let me tell you about my experience and some tips that can help you solve the problem.

Last term, I once tried taking 4 tests a day. I was anxious and didn't fully prepare for the exams. I created a study schedule and stuck to it, dividing what I needed to review into many small parts. Finally, I managed to review a lot of material before taking the 4 tests.

Here are some ways to help you solve the problem. Firstly, taking short breaks during your studies is very helpful. It allows your brain to rest and recharge. More importantly, after taking short breaks, it will be easier for you to refocus on your studies. I can teach you two methods for taking short breaks: deep breathing and meditation. These two actions can calm your mind and reduce feelings of anxiety.

Another way to handle exam stress is to create a study schedule. By breaking down what you need to revise, you'll feel more organized and less overwhelmed. This way, you will know exactly what to focus on each day, which helps reduce anxiety and stress.

I hope these tips are helpful for you. Anyway, I'm here for you if you need any additional support or encouragement.

Cheers!

Chris



# S.4 Writing Competition

TAM TSZ CHIU, RAYMOND

3RD PLACE

tie

Dear Amy,

Thanks for your email. How are you? You are suffering from the stress of the exams next month. I'm sorry to hear that. Don't worry! I'll help you.

I have had a similar situation to yours. Last year, I had an exam, and I also had to prepare for two events on sports day. I had to balance both studying and training well at the same time. I felt nervous and anxious, worrying about whether I would fail the exam or the competitions. I asked my parents and friends for advice. My father told me, "Don't worry anymore! What you should do is to try your best." I followed his suggestions and took regular breaks to avoid getting too tired. After studying or training, I often played badminton with my friends, which is my favorite sport. I succeeded in relieving my stress and got good results in both the exam and the competitions.

To relieve stress, I think the most important thing is to have regular breaks. You can make a timetable to plan your study time and time for breaks. It's effective for recharging your energy. You should also get enough sleep. Getting enough sleep will help you do better in all areas. Managing your time is very important.

Secondly, I suggest that you join some school clubs or engage in some activities you enjoy. Apart from studying and preparing for the exam, you should find things you like to do and pursue them. For example, I like playing badminton, so I play it every day to relieve stress. If I were you, I would listen to music. It's relaxing to listen to music that you like. Just do what you enjoy.

Lastly, I hope that my suggestions can help you overcome your difficulties. If you have any more problems, just write to me. I am glad to help you.

Best,  
Chris



# S.4 Writing Competition

XU WING SHAN, ALLYSON

3RD PLACE tie

Dear Amy,

Thanks for your email. I'm so sorry to hear that you are feeling stressed about your exam. I can totally feel your stress and understand your feelings from your email. Anyway, don't worry! I'm here to help!

Two months ago, I had many exams in one week. There were so many things that I had to remember, so I was worried and felt anxious. Then I asked my mom to give me some advice. She told me that I should make a study schedule. After that, I made a schedule that included when I should take breaks. Finally, I passed all my exams, and I didn't feel stressed anymore. This helped me feel more in control and less stressed.

For your situation, I have some advice that I hope will help. First, I advise you to create a study schedule just like what I did. This may help you stay organized, focused, and feel less stressed. For example, you can study for 25 minutes. Then, take a 5-minute break. After four rounds, take a longer break. The most important thing is that you should include enough breaks to rest and recharge so your brain will work at its best.

If you're stressed, you can share your feelings with your family and friends. This way, you'll feel less alone during stressful times. Also, you can seek advice from the school social workers. They're great at offering support for someone dealing with stress and anxiety, especially during the exam season. I think it's good for you if you talk to someone who understands you. It can make a huge difference.

I really hope these tips help you feel less stressed about your exam. Don't be afraid. You're not alone. I'll always support you.

Best wishes,  
Chris



# AROUND CAMPUS



Band Performance



Group Activities



English Teachers



Principal Chan



Ms. Jasmine & Ms. Wong



S.2 Students



Ice-cream Truck

# AROUND CAMPUS



Sports Day



Mural Creation



Chinese Culture Workshop



Handcraft Class



Sung Dynasty Market Experience



Handcraft Artist



Christmas Fun Bakery



Star Students



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