



Congratulations to UNSW medal winners Frank He and Kelly Likui Wong.

SIS(HK) celebrates its UNSW achievements

This year once again SIS(HK) Primary participated in the University of New South Wales (UNSW) assessments which are carried out in schools across the Asia-Pacific region. The assessments in English, Writing, Maths and Science are used as a benchmark to compare our students to those in comparable Hong Kong schools. Our school once again affirmed our academic excellence, scoring above the Hong Kong average in all the tested subject areas. The school's English mark showed that the average P5 student was writing at a level equivalent to the average Hong Kong Form 2 student. We are also proud to announce that two of our students have been awarded medals for best mark in Hong Kong for P5 Maths (Frank He, 5C) and P5 Science (Kelly Likui Wong, 5L).

Julia Robinson Mathematics Festival@ SIS(HK)

by Mr Bernard Ng, Vice-principal

On 1 April 2017, our school held the first Julia Robinson Mathematics Festival (JRMF) in Hong Kong. Attended by over 250 students, the mission of JRMF - which originated from the US - is to inspire students to explore the richness and beauty of Mathematics by participating in activities that encourage collaborative problem solving. With 20 different activities set up in the classrooms and canteen, all participants had the freedom to move around to engage themselves in Maths puzzles and problems which interested them most. The festival had also brought together a diverse team of university students and faculty, school teachers and Maths lovers in the community who acted as facilitators for each station. We hope that, through bringing this festival to Hong Kong, we can broaden our society's appreciation and support of Mathematics and inspire other institutions to hold JRMF in their own schools to benefit more students.

Look out for the event next year and enjoy a short video of the event : <https://youtu.be/Lo5Hsl5cDiA>

Feedback from Students:

The atmosphere was great at the festival where many students were engaged in Mathematical activities. The event encouraged and inspired me to develop my interest in Mathematics with the variety of challenging problems. The thought-provoking questions intrigued me and my friends to cooperate in groups and develop problem solving skills. This was an enjoyable interactive event, which I hope can continue in the future!

(Cheng Yi Shien , 6C)

I have taken part in many Maths competitions before but the Julia Robinson Mathematics Festival is unique. There was a lot of fun and challenging problems and some of them were actually quite tricky. With quite a few attempts, I managed to finish three stations. I learnt that as long as you put effort in something, you can solve the problems.

(Christopher Zhang, 6Z)

Spirit Week 15 to 19 May 2017

by Andrew Wong P6Y and Tsoi Chi Ying P5L

Every year, the prefect committee will organise Spirit Week for the students leading up to exams. This is to help students relax and relieve their stress level. This is an activity loved by everyone, including the teachers. Spirit Week is a great way to let everyone show their school spirit and be part of the big community of SISHK. Let us review some great memories from this eventful week!

Spirit Week commenced with the well-loved Twins Day. We could see how friends grouped together and displayed their friendship as twins, triplets, quadruplets and more, even if they were not related! There were many great ideas, from people dressing up in the same sports jersey to some hilarious outfits, such as banana twins. That day truly showed school spirit, creativity, and cooperation. I believe no one was left out and everyone tried their best to participate.

Career Day was a brand new theme suggested by the P4 prefects. We saw the aspiration of the students through their outfits of choice such as professional athletes, doctors, fire-fighters, chefs and teachers. Some chose to give their recognition and respect to the careers of those less appreciated, such as dressing up as security guards or postmen. They looked really serious as they were bustling around the corridors. This day was exceptionally well received. In my opinion, this went successfully and really tested the creativity of the students.





Who would say no to Favourite Sports Day? The uniqueness of the day had everyone engaged and participated. We got to wear sport jerseys and favourite sports outfits. Although it is one of the recurring themes, the school still had fun! Both the teachers and students dressed in different sports outfits, such as those for martial arts, swimming, soccer and field hockey. I wore my badminton school team uniform, and so did my fellow players too! I loved Favourite Sports Day most because it was not just fun but also easy to dress up and convenient!

Pyjamas Day is a special day because we never wear pyjamas to school. Some, like myself, felt sleepy in class, but luckily, we didn't fall asleep! Many students brought their soft toys to school to play. We had lots of fun, and it was such a comfortable day and made us feel at home!

The last theme was Green Day! Even though Green Day happens monthly, we see that many made a conscious effort to dress up in green to show their school spirit! Many were enthusiastic and it was wonderful having so much "greenery" around the school, making us feel happy and relaxed! Before we knew it, Spirit Week had come to an end, leaving with us many good memories with SISHK!





参观环保园

社会知识科 周雪老师

每年三年级社会知识科学习“废物处理”单元时，都会前往香港环保园参观，今年的日期是在五月五日。

在去环保园前的准备工作中，老师以实马高岛垃圾掩埋场为例，讲述新加坡的废物处理方式。学生要阅读有关资料，了解新加坡和香港在处理这个问题上的主要做法。同学们通过课堂学习，已经认识到新加坡和香港近年都面临废物不断增加的问题，节能减排、废物的循环再利用已经成为必然要求。

来到环保园，先听园内的工作人员介绍环保园建立的背景、目的、服务对象以及成果，指明环保园的设立对香港的循环再造业来说是至关重要的。接着，学生观看多媒体影片、垃圾堆填区实景以及知识互动区的展示，进一步了解到香港所面临的“垃圾围城”的严峻局面。最后，参与互动体验的方式，引导学生分清废物的种类，以及回收废物的处理方法，并带出废品处理的3R概念：“减废”、“再用”、“再造”。为了巩固3R概念，老师们又设计了一系列活动单，启发学生延伸思考怎样从个人以及社会的角度，处理废品的循环利用。

这次的参观活动，既有实地考察的体验，又与校内学习的理论知识相结合，令学生深入浅出地明白香港的废物处理实况，加深了对“节能减废、善用资源”这个概念的认识。





Prefect CIP- Visit to Society of Abandoned Animals

by Ethan Long, P5W

Every year, part of the proceeds from the Hot Chocolate and Ice Cream Sales are set aside for our visit to a charitable organisation. After the prefects suggested some charitable organisations, we finally decided on a visit to the Society of Abandoned Animals (SAA).

The Society of Abandoned Animals (SAA) is a charity organization that takes care of deserted animals, treats the animals, cares for them and, hopefully, finds a loving home for them. It was established in 1997 and is located in Yuen Long. We visited the SAA on 26th April 2017. We used the money set aside to buy towels for the abandoned animals as well as brought along used but clean towels. The objective of the visit was to spend some time with the animals and to learn about them.

At SAA, we were overwhelmed by the large number of cats and dogs we saw. We found out that SAA housed 160 dogs and 70 cats. The dogs were mostly big ones as the smaller dogs have already been adopted by families. The bigger dogs were still waiting for families to adopt them. We also went to a large room that housed 31 kittens. The kittens were absolutely adorable and we all had a fantastic time playing with them. The guides in SAA shared a lot about the cats and dogs such as the correct way to approach the animals to pet them.

The visit to SAA was truly meaningful because we were able to provide some warmth to the animals with our donated towels. We further understood that there is a lot of commitment and responsibility in owning a pet and we should think through carefully in owning a pet. We will help these animals by bringing awareness to the our fellow classmates to be kind to animals, to consider the responsibilities of owning an animal, as well as adopting rather than buying an animal.



NE Event 3 – Total Defence Day

by Miss Veni Vasanthakumar, Subject Head for Social Studies

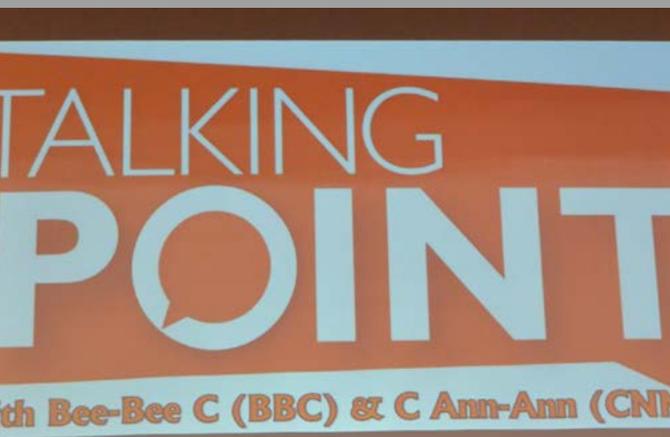
On Thursday, 6 April 2017, the third National Education event took place in SISHK. The theme for this year was “Together, we are strong!” Through the assembly, lunch time activities and in-class extension activities, the students had a chance to learn that there are 5 pillars of Total Defence, which are Social, Civil, Military, Psychological and Economic defence. These pillars are inter-dependent and work together to bring about Total Defence in a country. They also learnt that people should not take the peace, security and stability for granted and that when we each play our part, we help to strengthen the nation as well as ourselves.

During the assembly, two student presenters, Anna Chia and Caitlyn Tang of P4H, shared ideas about what total defence is and why it is important. They also explained why the concept of Total Defence started in Singapore and how Singaporeans have been working together to ensure that the five defences are always present. In addition, we had our own “TV hosts” named Bee-Bee-Cee (BBC) and Cee-Ann-Ann (CNN) who talked about important events that have happened in Hong Kong and even around the world, and how those countries have demonstrated the idea of Total Defence. Some student actors of P5M then brought us back to a school context and shared with the school on how Total Defence can be demonstrated in school. To make it more relatable, they highlighted the event earlier in the year whereby there was no drinking or flush water in school for two days and how the school management, teachers and facilities team coped with that issue.

The learning did not stop at the assembly. During lunchtime that day, the Social Studies teachers ran 3 booths for students to learn more about Civil Defence, teaching students what they can do in times of an emergency. In the first booth, students had a chance to learn about what to pack in a ‘Ready Bag’ through an iPad game. In the second booth, they learnt some first aid skills, ie how to tie a bandage for someone who is hurt. Finally in the third booth, students had a chance to try out blindfold walking, where their only instructions came from their friend or a teacher. They had to learn how to work together and trust each other.

In the following Social Studies classes, the students learnt about more events that had happened around the world and what other countries are doing to show defence. To conclude, they had to write a pledge or letter to talk about how we can all play a part in Total Defence.

Through these activities, the students learnt about how we can all play a part in defending ourselves and our communities from a variety of natural and manmade threats.





国民教育主题四—国际友谊日

小学华文部 林和美主任

今年学校国际友谊日的庆祝活动在六月十九日展开。我校的学生来自二十个不同的国家，学校希望透过国际友谊日的活动，让学生认识更多的国家与文化，学习彼此间的合作，更学会欣赏和感谢朋友间的情谊。今年适逢东南亚国家联盟（东盟）成立 50 周年。新加坡是东盟成员国之一，我们有责任让学生知道世界各地的事件会直接或间接地影响着每个人的生活。东南亚国家成立国际性组织，可以维护国际和平、促进经济发展以及东南亚地区的稳定性。

在主题集会上，每个班级或载歌载舞、或制作简报、或拍摄短片，以生动活泼的形式依次向全校展示东盟国家的歌舞、食物、语言、服饰、历史等，令大家欣赏到各国的传统艺术与民族风格，别具特色的呈现方式令大家耳目一新，掌声、喝彩声连续不断。最后，P1J、P2E、P3L、P4C、P5P、P6Y 这六个班级的表演获得了各年级组的第一名。

学生积极参与这次的主题活动，热情投入到表演、展示以及游戏中，并从中深刻体验到每一个人都是世界公民，我们必须彼此尊重，并且相互了解。



第十九屆全港中小學普通話演講比賽2017



参赛成果汇报

小学华文部 林羨霖主任

本年度，小学五、六年级学生参加了《2016-17 全国青少年语文知识大赛》。这次比赛，本校共 55 名学生投稿，在现场作文比赛的初赛、晋级赛中成绩优异，有 21 位同学进入总决赛。同学们远赴深圳，与中国内地、澳门及香港的其他代表进行了现场比试。杨君和同学荣获高小组的状元奖（冠军），并有 3 位同学获一等奖、5 位同学获二等奖、6 位同学获三等奖、4 位同学获优异奖。

除此之外，小学部还参加了《第十九届全港中小学普通话演讲比赛》，荣获“最杰出参与学校”奖，是 215 所参赛小学中初赛时获得最高分的十所小学之一。同学们的表现更胜去年，丁释宁同学、徐静怡同学分别在中小组及高小组荣获香港区金奖，有 9 位同学获优异星奖，3 位同学获优异奖。同学们的参赛表现出色，成绩斐然，可喜可贺！

六年级 C 班 郑屹钦

每次一笔一划地写下比赛文章，我心中都无比紧张；每次等待比赛结果，我都是胆战心惊；每次取得胜利，我都仿佛初尝成功滋味的孩子般激动又满足。这次作文比赛我连中三元，其中的过程有惊无险，更让我明白人外有人，天外有天的道理。

六年级 Z 班 王康妮

回忆中，老师跟我们说要参加一个作文比赛。我心想：比赛正好可以挑战一下自己是否能运用老师教授的写作方法。经过激烈的比赛后，成绩出来了，我不敢相信自己竟然获得了一等奖！我兴奋极了！那时我才亲身体会到要相信自己的实力，只要赛前做好充分的准备，现场作文对我们来说也是一种享受和乐趣。

五年级 W 班 徐静怡

我非常荣幸能参加此次的演讲比赛。在比赛的过程中，我发现香港有很多学生的中文都说得非常流利，为什么他们的中文会这么棒呢？后来我才知道，虽然一些本地学校每天只上一堂普通话课，但参赛者凭着坚持与努力，才能有如今的好成绩，这也让我更加确信只要你努力了，没有什么事情是做不到的。非常感谢林老师给我这次机会让我成长，并获取宝贵的经验。

六年级 C 班 冯志恺

我很幸运能代表学校参加比赛。在比赛训练中，我学到了如何正面地接纳老师与同学的意见与建议；也学到了如何鼓励一起比赛的同伴；更从演讲的篇章中，学到了重要的人生道理。作为学生，我感谢学校鼓励同学们参加校外比赛，让我们有机会向其他学校的学生学习，扩展自己的视野。



Fall in New Haven



Valerie with another of our alumni, Junette Yu (who is currently studying at Duke University)



Valerie (second from right) at a formal college event

Feature on Alumni

by Valerie Wong, Class of 2016

Valerie Wong, one of our alumni (Class of 2016), shares her reminiscence of her days in SISHK and offers words of advice for her juniors. She is currently a freshman at Yale University.

1. Tell us more about yourself.

I started studying in SISHK all the way back in 2004. I started from Primary 1, so I haven't been here since the VERY beginning, but it was early enough to form very close bonds with the people in my grade. I was involved in a number of activities in my primary and secondary school years, but the main one by far was gymnastics. I was introduced to gymnastics when my parents forced me to join SISHK's gymnastics CCA. Flash forward a couple of years, I was on the Hong Kong Rhythmic Gymnastics team. I trained for about 20 hours a week in the Hong Kong Sports Institute, and represented Hong Kong in many international competitions. I was also in the Executive Committee of the Student Council, part of the founding team of EQUINOX, on the main committee of the Human Rights Club, and the main committee of the Nanning CAS Trip.

2. What do you like best about SISHK?

As cheesy as it sounds, my favorite thing about SISHK was the people. I miss eating lunch on the Plaza steps together, finding solace in each other not completing that day's homework (sorry, teachers), placing cups of water in front of the staffroom for prank day, busking on the IFC bridge to fundraise for our CAS trip, and all of the silly mischief my grade got up to.

3. What is your most memorable experience in SISHK?

My most memorable experience was our grade's haunted house that we put on to fundraise for our CAS trip. It was the first time we came together as a grade to organize an event, and almost everyone volunteered to stay back and hang toilet paper from the ceilings of the dance room, splash red paint on notice boards, print out creepy photos of our classmates' faces, and cover the windows with newspaper to make the room sufficiently dark. I think the fact that this never happened again is testament to our grade's ridiculousness, but also to our will to work as a whole and make things happen.

4. Share with us one thing that is exciting about the city that you are living in?

Tragically, the first thing that comes to mind is that I receive biweekly emails from the New Haven Police Chief that there has been a burglary/shooting a block away from where I live. In all seriousness, there really isn't anything exciting about New Haven - there are few cities in the world that compare to Hong Kong. I guess we were named the city in America with the best pizza?

5. If you are to give your juniors in SISHK a piece of advice, what would it be?

Make the most out of your time at SISHK. Don't let days pass by just waiting for school to end, followed by finishing the assignments piled upon assignments. Get actively involved in school activities. Build relationships with your teachers. But most importantly, cherish the time with the friends you've grown up with since day one. Before you know it, you'll find yourself standing on stage in a graduation gown, throwing your cap in the air. You guys will all go to university in different corners of the Earth, and it'll never be the same again.

S2 WoW Trip to Kerala

by Clare Tso, S2S, and Spencer Chan, S2S

Namaste (Hello in Hindi). This was the first word we were taught during our memorable trip to Kochi, India.

We eventually landed at our destination after an afternoon of flying. As we boarded the tour bus, we were greeted with welcoming smiles and were each presented with a necklace of fragrant flowers to hang around our necks. That was when the tour guide started the introduction to the hidden wonders of Kerala, which marked the beginning of a truly unforgettable journey.

The Radisson Blu Hotel was our first accommodation for the trip. This was followed by the Eastend Munnar, located away from the bustling city and the scorching heat and up in the cooler region of the hills with numerous shops selling goods made in Kerala. Our next stop was Poetree, yet another amazing hotel featuring breathtaking views of faraway tea plantations and an infinity swimming pool. Last but not least was the Backwater Ripple, a hotel situated right next to a tranquil lake, where you can view the sun setting into the ocean. All four hotels provided us with top quality dishes that allowed us to delve further into the Indian cuisine and savour a plethora of different spices. The hotels had provided us with comfort and exceeded our expectations, making sure to cater to all of our needs.

On Day 2, we had visited many temples throughout the city, experiencing the culture firsthand and admiring the intricate details of church decorations. The cultural show we attended captivated us with the unique face painting and skillful

performances. Traditional fishing was also a main part of Kerala's lifestyle. We observed their methods of fishing up close.

The Athirapally Waterfall and the tea plantations on Days 3 and 4 brought out a sense of serenity and beauty to the wonders of Kerala. Countless rows of tealeaves planted over hills, covering every inch and spanning over a wide expanse of land, creating a magnificent and slightly overwhelming view. We explored the tea production factory and left with a lingering bittersweet fragrance. Athirapally Waterfall, or The Niagara of India, showcased the beauty of nature as we were greeted with not only a spectacular sight but also spotted wildlife such as monkeys. We got to do a haiku describing the wonderful scenery - conveying such an overwhelming sight into a mere three lines.

On Days 5 and 6, we were driven to agriculture plantations to look at the various food and spices commonly grown in Kerala while experiencing the lives of farming families as they showed us the skills used in their normal day to day lives, that have been perfected over years of practice. It was truly inspiring and eye-opening.

The last day was spent relaxing on a Houseboat, cruising down the peaceful river, eating a home-cooked meal, playing games, simply reflecting on the week and cherishing our last moments in Kerala. We left feeling heavy-hearted. Kerala will always remain in our minds as a surreal and blissful memory. The trip was definitely worthwhile and memorable.



Sports Day 2017

by Florence Lee, S1S, and Megan Sahmet, DP1A

28 March 2017 was a day that the school looked forward to - SISHK's annual Sports Day. Athletes Florence Lee (S1S) and Megan Sahmet (DP1A) share their perspectives and experiences as participants.

As a Junior Sportsperson

Sports Day this year was an amazing experience for me and was probably the best event yet throughout the school year. Although I didn't win a lot of medals, I still enjoyed every single bit of it as I got much support from my house and friends.

Taking part in Sports Day also meant myself and others could learn and show house spirit. I believe this is done by showing dedication and wanting to support my house by taking part in different events. Even if these events are not my strongest I still wanted to challenge myself and earn extra valuable points.

Overall, Sports Day was a competitive environment where I had the chance of trying new events and experiencing failure. The failure only motivated me to persevere more in other events and try harder. It was a pleasure to be a part of the winning house, Said, as we all showed our desire to win through hard work from the heats, to Sports Day events and even the house chants and banners.

The whole experience was incredible and probably the best day ever!

Florence Lee (S1S)

As a Senior Sportsperson

Being an official during Sports Day is definitely not easy. Standing under the sun for the whole morning while requiring complete concentration and focus, this experience made me appreciate all the teachers and other student volunteers stationed throughout to ensure the events ran smoothly. My role for both the heats and the day itself was to be one of the eight race timers. Timing plays a very important role in determining the runner's placings and therefore was important that errors were minimized. We all had to work together to ensure everyone was on task and ready for the next race and even had backup timers on standby in case one of us started late or had any problems with our timers. It was difficult to distinguish the placings initially, but it ultimately gets easier with experience and collaborative decision-making.

Besides officiating, I also participated in various events including long-jump, discus, 200m and 400m. I have always been actively participating in Sports Day, to support my house and enjoy the high spirited day. My mindset towards Sports Day has completely changed over the years. I used to be so focused on placing to win medals, feeling defeated like a failure if I didn't. But now at DP1, I realized that the most important thing is to support others, to participate and to enjoy myself. It is very inspiring to see how much effort some of the runners put into their races. The evident look of determination on their faces, pushing themselves past their limits to do their best. I clearly remember one of the runners fell closely after starting a 100m race. At that point, it was clear that she wasn't going to win or place, but instead of giving up, she quickly picked herself off the floor and continued to complete her race. Everyone admired her determination, and began cheering for her instantly. On many occasions, the runners fought hard against tiredness and persevering in such events as 800m. Despite the results, many of the runners congratulated each other with high fives and hugs, displaying their sportsmanship. It was really nice to see the loving and caring community of SISHK.

As a House Leader like all the other DP students, we were handed the task of leading our respective house chants. We practiced for weeks for this moment, going over the words and actions countless times until everyone knew it. During the chanting competition, each house attempted to be louder than the last, while everyone gave it their absolute all, chanting as loud as possible. There was more house spirit than ever before, as everyone tried their very best to win this aspect of sports day. Although my house, LKY, was not able to keep the title as the champions of Sports Day, it was still a great success for all of us. Congratulation to Said house for winning sports day this year.

This wouldn't have been possible without the teachers and students volunteering as officials or the enthusiasm of the participants. The next Sports Day will be my last at SISHK, and I hope it will be able to top this year's!

Megan Sahmet (DP1A)



开阔阅读的天空

S4S 刘明畅 (CCC 会长)

S4R 刘乐岚 (CCC 部长)

S4L 饶子健 (CCC 部长)

今年 4-6 月, CCC 中文学会在华文老师的支持下, 开展了第二次“阅读树”活动。一片书香似芳菲, “阅读树”作为中文学会一年一度的传统, 意在让同学们享受阅读的乐趣, 从而影响校园的阅读风气和氛围。通过把阅读感言粘贴在四楼广场, 同学们可以自由地与他人分享阅读的收获和心得。阅读, 是一个心灵的狂欢, 通过阅读, 我们可以自由放飞想象力; 阅读是一泓甘甜的泉水, 通过阅读, 我们可以滋润心灵, 丰富自身涵养; 阅读也是连接古今中外的桥梁, 通过阅读, 我们可以增长知识。为了展现不同的创意, 使“阅读树”能够带来令人“眼前一亮”的新鲜感, 我们今年别出心裁地构思了“阅读的天空”这一主题。借此, 我们希望能比去年更进一步, 从扎根的“树”逐步蜕变为放飞梦想的“云朵”。下面, 就让我们走近 CCC 第二棵“阅读树”。

为什么 CCC 开展了第二次“阅读树”活动?

在今年 3 月, CCC 阅读部面向全校做了一次阅读调查, 旨在了解同学们的华文阅读习惯和兴趣。在收到的 82 份回复当中, 我们惊喜地看到同学们的华文阅读兴趣颇高, 且读的书十分多元化, 除了青春校园类小说, 历史、科幻、武侠类的书也是同学们呼声较高的。开展阅读树活动, 能给喜爱阅读的同学一个展现和互相交流的平台, 同时也鼓励同学开展更加多元化的阅读, 拓宽阅读面进而提升文学素养。同学们用心写就的一朵朵“云彩”, 也正在代表了他们对阅读的热爱及对“阅读树”活动的肯定。

CCC 在“阅读树”活动中有没有遇到一些困难或挑战?

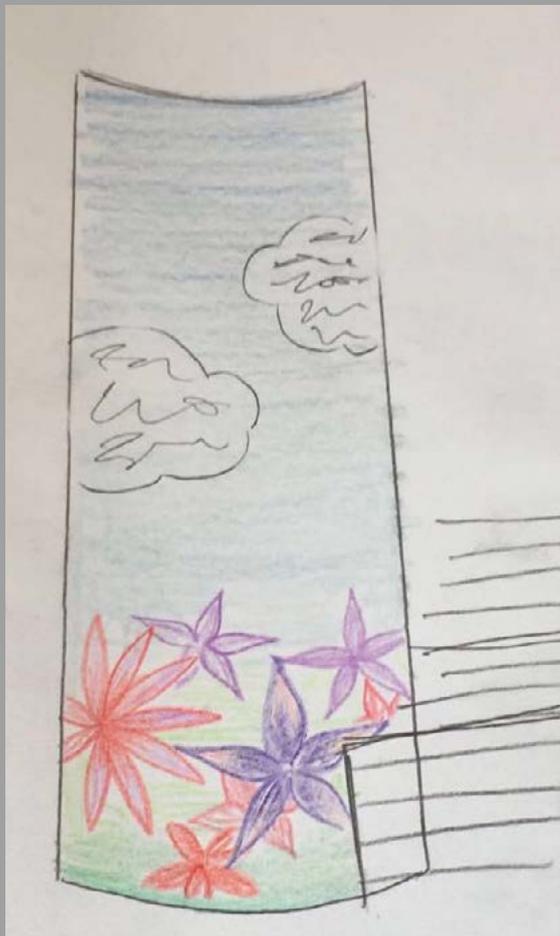
在阅读调查结果的基础上, CCC 活动部当仁不让地成为了策划和制作“阅读树”的主力。尽管做了充足的准备, 在具体策划和制作“阅读树”的过程中我们仍遇到了一些困难。首先, 因为力求完美, 如何展现“阅读树”迟迟没有定论。在与中文学会的老师和同学再三商讨外观设计的细节后, 我们终于敲定了设计方案, 但制作阅读树的时间所剩不多。雪上加霜的是, 负责此次活动的是中四的同学, 同一时间需要应对 IGCSE 考试, 这使本来就不够的时间变得更加紧迫。为了能使“阅读树”按时完成, CCC 考虑了多方面的渠道的支援: 一方面, CCC 结合华文部的课程时间, 请华文老师收集了 500 多张阅读“云”; 另一方面, CCC 邀请了不同年级的同学以及 3 位艺术学生帮忙, 解决了人手不足的问题。最终, 集合同学们阅读心得的“阅读树”, 比预期的更加令人赏心悦目、吸引眼球。

回顾整个“阅读树”活动, 有什么感想?

通过今年的“阅读树”活动, 参与的同学都获益匪浅。对于活动部的同学来讲, 策划和制作“阅读树”教会了我们许多道理, 例如做事情要精益求精, 一丝不苟, 要学会根据实际情况灵活安排时间等。而同学们也通过分享阅读感言, 感受到了书籍的美好和阅读的乐趣。在此, 我们想感谢所有参与的同学, 感谢华文老师们对此次活动的大力支持, 感谢帮助我们的每一个人! 让我们共同努力, 将阅读融入到每一位同学的生活中吧!



在阅读的天空中翱翔



阅读树设计图 (S3R 朱明宁)



Reading Week 2017

by Andrea Lam, S3L

For this year's Reading Week organised by the English Department, the students of SISHK participated in various events, including book quizzes, house activities and a dress-up day, which made the week an extremely fun-filled one.

Every day we enjoyed "DEAR" (Drop Everything And Read) time, where we literally dropped everything and read for a short period of time as a school, regardless of what lesson/activity we were doing. This gave us all a short break away from our studies and learning to purely read for pleasure. This was especially appreciated as it gave us some time to de-stress and take a break from working. We were even able to purchase new books with the two-day book sale located in the Plaza.

There were class and house level activities organised as well, including an in-class quiz related to reading of texts, some even linked with the set texts we read in class! Another was the inter-house trivia game "Readinglectics", a combination

of testing our reading knowledge and physical challenges. Each house cheered their team of four which comprises representatives from each year group. Those in the audience participated in another trivia game, which allowed us to gain more house points.

The week ended with the school community participating in Dress Up Day, being able to come to school dressed as our favourite book character / book title. My friends and I dressed up with a "Harry Potter" theme, which gained us quite a few house points. Student representatives were chosen to take part in the recess parade, and prizes were awarded to the best dressed. Some teachers also participated as well!

Overall, Reading Week not only encouraged many of us to read new books, but also provided opportunities to engage in more reading activities as a class and a house. We can't wait for next year's activities!





Visiting Author - Tom Lutz

by Alex Yu, S3S, and Maeve Wong, S3L

Monday, 9 November, 2016 had been a date long awaited among the S3 cohort. Meeting a published, established author, like Tom Lutz, in person was met with such excitement, that a hush fell over the crowd as he stood up. In his hand he clutched his latest book, his latest work of art, a book he introduced to us - "And the Monkey Learned Nothing". To start off the session, he explained, he would read us an excerpt from this very book, to give us a taste of his writing style, and what a writer does.

He used words like a painter. His eyes skimming the pages of the book, words flowed confidently from his lips, painting a riveting scene. The words were used carefully like brushstrokes, and with each word uttered, a scene of mischievous monkeys irking tourists in the fragrant Bali unfolded before our very eyes. To say the very least, the way that Mr Lutz wrote was simply artistic.

Unlike all the other author meets, Mr Lutz was much more down-to-earth and friendly, with a hint of aloofness. After reading out the excerpt, he spent the session teaching the students his craft - the art of creative writing. Instead of sugar-coating his words and experiences, he provided the students with the truth and thorough insight on the writing world. Whilst many others would prefer to entice the students into creative writing with carefully chosen words, he spoke honestly. It was a refreshing experience having listened to him speak with such vigour about the life of a writer.

Armed with ample amounts of advice and encouragement, he wielded his words gracefully - a sword that broke through all stereotypes based around authors. Effortlessly, he managed to motivate the entire cohort to become better writers. Hopefully, he will continue on his venture to inspire writer's big and small around the world. This, without a doubt, has been an experience the S3 cohort has cherished, and will remember for years to come!

Perspectives of a Senior and a Junior Netball Player

by Megan Sahmet, DP1A, and Chloe Long, S2R

This year, netball at SISHK has continued to be one of the most popular CCAs. Megan Sahmet (DP1A) and Chloe Long (S2R) share some of their highlights of their netball journey this academic year.

As a Senior Netballer

In order to further progress our netball knowledge and skills, some of the DPs became student coaches in the U14 and U16 netball CCA this year. We would help the coach with demonstrations, planning drills and leading warm-ups for our juniors. Being a student coach was definitely not as easy as I have expected, and I learnt that it required a lot of patience, encouragement and enthusiasm. Initially, the juniors seemed quite intimidated by our presence and were not willing to seek help from us. But throughout the year, as we tried different approaches and interacted more with them, the juniors grew increasingly comfortable around us and were very appreciative of our help.

Besides coaching, we would also umpire the inter-school competitions. As we were only newly qualified in the beginning of the year, umpiring the first few games was quite a nerve-racking experience. Umpiring requires quick and critical decision-making under pressure, while keeping up with the pace of the game. After playing for our school for four years, it was important for me return back to the CCA to share my knowledge and experience with the juniors.

As we do not have enough members to form a team at DP, I decided to participate in the Hong Kong Ladies Netball League to continue playing at a competitive level. Playing in a newly formed team, we certainly faced many difficulties. Therefore, after every game, our team would come together to discuss our strengths, areas of improvement and planning set plays for the next game.

I was also selected into the Hong Kong U16's and Youth team, providing me with the opportunity to play in the Asian Youth Netball Championships held this May in Jeonju, Korea. The Asian Youth Netball Championship was my first official international level competition, and was not like any of the overseas friendly games I played before. Each country had their own unique playing styles, each time testing our limits, teamwork and own personal abilities. After eight days of competition, Hong Kong ended in 3rd place and our team was extremely proud of our performance.

Megan Sahmet (DP1A)

As a Junior Netballer

This year, I have had a fruitful experience, thanks to HKSSF netball competitions and other tournaments, as well as the training at HKNA U14 Regional Academy Squad.

The school netball team worked hard together, getting prepared for the upcoming competitions. During HKSSF competitions and other matches, we faced many stronger, more experienced teams causing us to feel anxious and pressurised. We stayed focused and encouraged each other so that we could, as a team, put up a fight and persevered to the end. When we lost matches, we were definitely disappointed, but we all knew that we gained valuable experience. We worked together as a team, felt united as a team and, above all, became closer as a team.

In addition to playing for the school netball team, I was very fortunate to be selected for the Hong Kong Netball Association U14 Regional Academy Squad. This is my first year trying for the HKNA U14 squad, and I am grateful that I am one of the handful, out of the 100 at the trials, that made it to the final squad.

Training was tough and tiring as expectations from the coaches were high. The training was extremely rewarding as I not only learnt new skills and strategies, I had the chance to play different positions that I would normally not play, for example, Goal Defence, and learnt skills as a defender. This experience allowed me to anticipate defenders movements when I play my regular Centre and Wing Attack positions since I now understand the possible techniques and strategies employed by a defender, thus enabling me to be an even better player.

Chloe Long (S2R)





Athletic Council's Year-End Report

by Chloe Long, S2R, Adrian Hui, S2M, and Luke Seow, DP1A

AC Members' Sharing

This year, the Athletic Council's (AC) main goal was to increase the sporting culture within the school, which stemmed from an assembly where Mr Wong, HOD of Physical Education and CCA, asked all students who thought SISHK had a sporting culture to raise their hands. When only a few students did so hesitantly, so we knew we had work to do in order to change the hearts and minds of the students. As the school year has come to an end, we'd like to believe that we have succeeded in this goal. As the AC, our mission is to organise sporting activities and events within the SISHK community, highlighting the importance of sportsmanship and a balanced lifestyle. This year, by giving more ownership of events to each individual year group, we have hoped to allow for events to be more specific to the needs and wants of the different year groups, thus increasing participation rate and the sporting culture.

In order to achieve our goal of increasing sporting culture, we both stuck to tradition and ventured out into trying new things. Besides our normal events like volleyball and mixed football, we once again hosted our annual Christmas event, this time running events organized and executed by the various year levels, and then a full school house event. Additionally, at the end of the year, we organized a bubble football tournament, allowing for an enjoyable and stress-relieving experience for students and teachers alike.

In collaboration with the Community Council (CC), we jointly launched our charity football game, where the funds raised would go towards future events for both councils. The match was played between the best student footballers and teachers, ending in a 1-1 draw. With teachers willing to dress up when we reached fundraising milestones, this generated plenty of buzz and excitement, and ultimately we were able to raise several thousand dollars.

Chloe Long (S2R) & Adrian Hui (S2M)

A Note from the AC President

Since the AC was founded a few years ago, it has undoubtedly grown by leaps and bounds. This year, I am proud and honoured to have been given the opportunity to lead a group of talented and committed leaders, who are dedicated and willing to give up their precious time and energy to improving their school community. While there is always a lot of room for improvement, I feel as if we have made significant progress on our goals of increasing sporting culture, as well as increasing involvement of all AC members within our council. I'm looking forward to seeing how future AC iterations build upon what has been done this year.

I'd like to extend a special thank you to my vice-presidents, Alison and Nelson, Kaitlyn and Iris, who stepped up and acted as vice-presidents during the S4 Study Break, and Mr Cheung, the teacher-in-charge of the AC. Without these individuals, there is no way we would have been able to achieve what we as a council did, and I am very grateful to them. Lastly, to all students and teachers reading this, thank you for all your support and time over the past year, and here's to an even better one next year.

Luke Seow (DP1A)