



CHEQUER

ST. TERESA SECONDARY SCHOOL

December 2018

Issue 1

Learn more about our **OUTSTANDING** students and new teachers

This year, six of our students had outstanding results in the DSE. We are proud of their hard work and achievements. We were delighted to have the opportunity to interview two of the high achievers, 6A Ivy Lau and 6A Wendy Tsang. They were happy to share their experiences and secrets to success with us. We hope that all our schoolmates will find some inspiration from their example.



Ivy Lau and Wendy Tsang really excelled in their studies at school. They were devoted to their studies and enthusiastic learners at school. Apart from school work, they also participated actively in extra-curricular activities.

One of these activities was an oral practice for students from Yaumati Catholic Primary School. They were student-teachers who helped the primary school students practise their speaking skills. They showed their love and care to those students and created a harmonious learning environment. Ivy was awarded an Outstanding Student Award (Kowloon City)



in 2017-2018 and Wendy was given a precious chance to join the Japan-East Asia Network of Exchange for Students and Youths (JENESYS) Programme in 2016.



Ivy Lau (I) and Wendy Tsang (W) were interviewed by reporters (Rs) Eva Chan (5A) and Francoise Li (5A)



Rs: Welcome, Ivy and Wendy.

I & W: Hi, Eva and Francoise.

Rs: Ivy and Wendy, we know that both of you had excellent results in the DSE this year. We think most of our schoolmates, especially those who are going to take the DSE in 2019, would like to know how you could get such good results.

I & W: It's our pleasure to share our experiences with others.

Rs: Which university are you studying at? And which course are you taking?

I: I'm taking the BBA in Professional Accountancy programme at the Chinese University of Hong Kong.

W: I'm studying for a Bachelor of Science in Nursing at the Hong Kong Polytechnic University.

Rs: Can you tell us the difference between studying in university and in secondary school?

I: When I was studying in secondary school, I had a fixed schedule. For example, I had to wake up at six and go to school. However, when I study at university, I have more



flexibility in setting my schedule. For instance, I have a day off on Wednesdays, so I can join more activities on that day.

W: For me, I think one major difference is the class size. In university, we have big classes. The relationship between lecturers and students is not as close as that we had with our teachers in secondary school. Also, students have to take the initiative to ask questions, we need to take more responsibility for our learning.

Rs: What extra-curricular activities did you join in secondary school?

I: I was a Girl Guide and I found that I learnt a lot from being one. I also made friends with schoolmates from different forms and we formed close relationships.

W: I was a member of the Social Service Society and I participated in different types of social services. It was a fruitful experience for me. I learnt more about the lives of the underprivileged.

Rs: Did you take up any posts in the past? And what did you learn?

I: I was the head prefect, chairlady of the Business Accounting Financial Studies Club and Girl Guides as well as the vice-chairlady of the English society. All these roles enhanced my communication and leadership skills as I had to organise different activities and communicate with other members.

W: I was the chairlady of the Social Service Society. I learnt responsibility, the importance of having team spirit and communication skills as we had to plan and organise different activities.

Rs: As both of you were active in school, how did you strike a balance between your studies and extra-curricular activities?

I: I would jot down what I needed to do in my schedule book. This helped me to manage my time well. For example, if I found that I had a lot of homework to do, I would try to finish it as soon as I could.

W: As I always joined some voluntary work at weekends, I had less time for my leisure as well as my studies. Therefore, I would sacrifice what time I had for leisure to ensure I had enough time for my studies.

Rs: What were the elective subjects that you took and which subject did you like most? Why?

I: I took BAFS and Economics. Of course, I liked Economics most because I did not need to memorise a lot and I could apply what I learned.

W: I took Chemistry and Biology. I liked Biology the most as I could explore more about our bodies, and it is a fascinating subject.





Rs: Which subject did you think was the most difficult? Why?

I: It was Chinese. I found it difficult to enhance my reading and writing skills because I seldom read Chinese books. I felt frustrated with my performance in Chinese since I always got low marks in tests or exams.



W: For me, English was the most difficult subject. When people speak quickly, it is not easy for me to keep track of what they are talking about.

Rs: When you had problems with your studies, what did you do?

I: I would sleep! After taking a break, I found it was easier for me to solve any problems.

W: I would watch videos on YouTube or listen to music to relax.

I: I also listened to music because it helped me forget all my troubles.

W: I would also hang out with my friends and do some exercise.

Rs: How did you feel when you knew that you could enter university?

I: I was really excited. I couldn't believe I was accepted by the Chinese University of Hong Kong as the required admission score was very high.

W: I was also surprised as I thought I might not get enough marks to be admitted to the Polytechnic University.

Rs: Do you mind sharing your secrets to getting good grades in the HKDSE with us?

I: I think it is important to ask your teachers when you come across problems in your studies. Our teachers can help us solve our problems. Besides, doing past exam papers can help to consolidate what we have learnt.

W: Yes, I agree. Asking questions is important. Asking questions doesn't mean we are stupid. Instead, it helps us to become wiser.

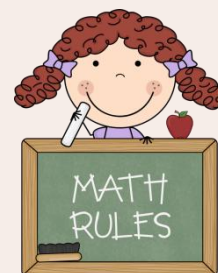
Rs: Could you give some advice to students who are going to sit for the HKDSE next year?

I: They need to plan their schedule and start revision as soon as possible. Also, they have to do past exam papers and find out what they are weak at.

W: Remember that teachers can provide a lot of help for us. Seek help from them when necessary. Besides, we should be prepared to sacrifice some of our leisure time.

Rs: Thanks for sharing your experiences with us. We've learnt a lot from you two. I hope you enjoy your lives at university and excel in your studies.

I & W: It was a pleasure to share our experiences with our schoolmates.



OUR NEW MEMBERS

Mr Ngai Tsz Fung (T) was interviewed by Christy Chau (4B) (S)

S: Mr Ngai, how long have you been a teacher? And can you share with us your other teaching experiences?

T: I have taught undergraduate students as a tutor on university courses for two years. Before coming to STSS, I worked in a few schools in Kowloon and the New Territories.

S: What subjects do you teach at our school? Why do you teach these subjects?

T: I teach History and Liberal Studies. Both subjects are intellectually inspiring and can help people understand more about the world. History enables students and me to examine the past together while Liberal Studies allows us to critically assess different current issues.

S: How do you feel about our schoolmates?

T: Students are cheerful and multi-talented. They like sharing thoughts about life with others and spreading positive messages. They also have remarkable achievements in sports, drawing, singing, dancing and many other areas.

S: Teachers are under great pressure, what do you do to relieve stress?

T: Praying is the best way to relieve stress. God always gives me strength, supports my teaching and helps me get through hard times.

S: Mr Ngai, thanks for your sharing.

T: You are welcome.



Ms Ada Chan (T) was interviewed by Isabella Li (5B) (S)

S: Miss Chan, what do you usually do when you're free?

T: I usually watch movies, go travelling or hang out with my daughter.

S: Do you enjoy your life now?

T: Yes, because I have a happy family and I love my daughter very much.

S: Why did you want to be a teacher?

T: Well, I was inspired by my secondary school teacher and I wanted to be like her.

S: Why did you choose to teach in our school?

T: I chose to teach in this school because I studied in a girls' school as well. So I think students here might behave well.

S: What is your impression of our schoolmates?

T: They behave well and are attentive but some of them are quite passive.

S: It's your first year in our school. What are your expectations?

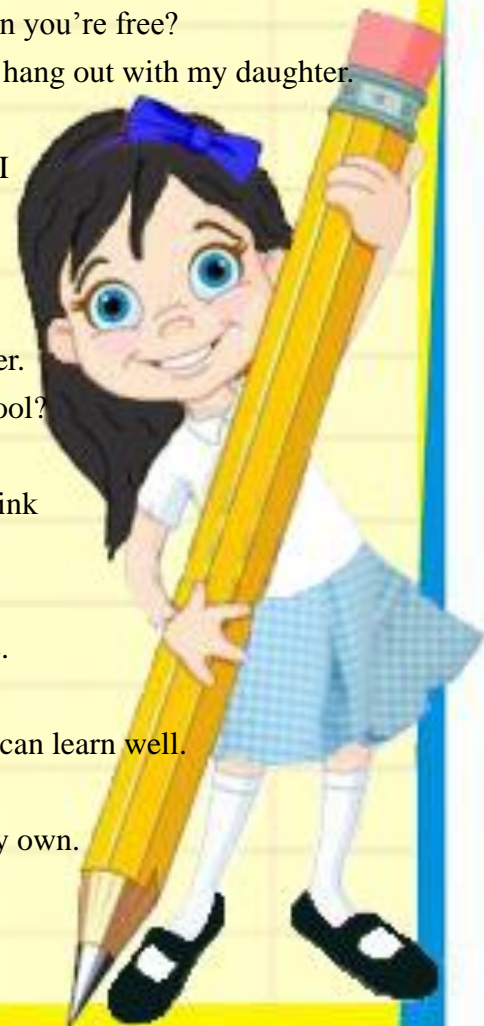
T: I expect to have a good relationship with my students and I hope they can learn well.

S: If you were not a teacher, what would you be doing?

T: I think I would be running my own business – like having a café of my own.

S: Miss Chan, thank you so much for your precious time.

T: You are welcome.



Mr Chan Man Yiu (T) was interviewed by Eva Chan (5A) and Francoise Li (5A) (Ss)



Ss: Mr Chan, what is your favourite food?

T: Um ... my favourite food is ice-cream.

Ss: What are your hobbies?

T: I like jogging and swimming.

Ss: Why did you want to be a teacher?

T: I wanted to pass on knowledge to my students.

Ss: How do you feel about teaching at STSS?

T: I think this is a good opportunity for me. There are a lot of teaching resources, especially for science subjects.

Ss: What is your impression of our schoolmates?

T: They are polite and like to ask questions. Also, they are quite attentive.



Ss: Can you share with us any unforgettable teaching experiences?

T: I remember that one of my students always asked questions. He was devoted to learning. I appreciated his learning attitude.

Ss: What do you do if you are under pressure?

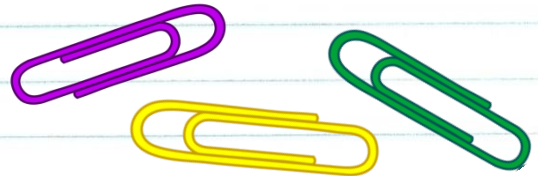
T: I'll go jogging.

Ss: How would you describe yourself as a student?

T: I was hard-working. I always prepared well for my lessons.

Ss: We have come to the end of our interview. Thanks for your time, Mr Chan.

T: You are welcome. I enjoyed talking to you!



Ms Kwok Siu Man (T) was interviewed by Isabella Li (5B) (S)

S: Miss Kwok, what do you usually do when you're free?

T: I take care of my children and cook new dishes.

S: Why did you want to be a teacher?

T: I was impressed by a teacher when I was young. Also, I thought that being a teacher was a meaningful job and I like teaching others very much.

S: What is your first impression of our schoolmates?

T: Students here are very nice and polite. They always listen to their teachers.

S: Why did you choose to teach in our school?

T: I like to teach at a single sex school, especially a girls' school because girls usually behave well. Also, I wanted to teach Technology and Living, which is offered as a subject here but it may not be offered in other schools.

S: Do you enjoy being a teacher?

T: Yes, although I have lots of work, I really enjoy teaching. Besides, if students can understand what I teach, I will have a sense of achievement.

S: If you were not a teacher, what would you like to be?

T: I would be a dietician.

S: Ms Kwok, thanks so much for your time.

T: Not at all.



Ms Yeung Lai Mei (T) was interviewed by Faustina Lau (5D) (S)

S: Miss Yeung, what is your hobby?

T: I love gardening.

S: Why did you want to be a teacher?

T: I like teaching. I have a sense of achievement when I teach my students.

S: What do you think of the learning atmosphere in our school?

T: I think it is good. Students work hard and hand in their homework on time.

S: What will you do when you come across a troubled student?

T: I will comfort her first and then find out what has happened to her. I will do my best to help her. Also, if she needs more help, I can take her to the social worker.

S: As the librarian teacher, can you recommend a book to us?

T: I would recommend *The Power of Giving: How giving enriches us all*. It is easy to read. It shows us that everyone has something to give. It can be money, time, knowledge, wisdom, skills, leadership, attention, touch, advice, hope, laughter, or love. Not only the receivers, but also the givers will benefit. You will learn that the more you give, the more you have, and the better your life will be.

S: Miss Yeung, thank you so much for your precious time.

T: You are welcome.



Ms Wong Man Sze (T) was interviewed by Yoyo Wong (4A) and Valerie Yip (4D) (Ss)

Ss: Miss Wong, can you tell us something about yourself?

T: I have been interested in playing basketball since I was in primary 5. I started to play basketball and joined the Junior National Team. Apart from basketball, I played other sports like handball and pitch ball.

Ss: What do you like to do during the holidays?

T: I like travelling and playing basketball.

Ss: Why did you choose to be a PE teacher?

T: When I was little, I was interested in playing sports. I also want to be engaged in sports.

Ss: How do you deal with stress?

T: I will work out or do something that I like after work.

Ss: Why did you choose to teach in our school?

T: It is because I like teaching girls as they are nice and gentle.

Ss: What did you want to be when you were younger?

T: I have always wanted to be a teacher and a professional athlete since I was young.

Ss: If you weren't a teacher, what do you think your life would be like?

T: Um ... I think I would be a basketball coach.

Ss: Miss Wong, that is the end of the interview. Thanks for your sharing.

T: It was my pleasure.





Ms Poon Mei Ling (T) was interviewed by Eva Chan (5A) and Francoise Li (5A) (Ss)

Ss: Miss Poon, what are your hobbies?

T: I love playing badminton because it is an exciting sport. When I am playing badminton, I just need to focus on my movements and I can forget my worries. This helps me relieve my stress.

Ss: What is your favourite food?

T: I love Japanese food, especially sushi. I think Japanese food is light and fresh. I can eat a lot without worrying about the calories. Also, I appreciate the effort Japanese chefs make when they are making Japanese dishes because they are very professional and pay attention to the details in the presentation.

Ss: Why did you want to be a teacher?

T: I think it is a very meaningful job and I think it is a really good platform to make good use of what I have learnt.

Ss: Do you enjoy being a teacher?

T: Yes, I do. I love helping students learn new things and seeing students' improvement gives me a sense of satisfaction.

Ss: How did you feel when you first become a teacher?

T: I thought it was quite challenging because things were very different from my expectations. I thought teaching would be smooth and easy. However, there are a lot of challenges in an actual classroom.

Ss: How do you feel about teaching at STSS?

T: It takes time to get used to the new environment and working style at STSS but I have enjoyed teaching here so far.

Ss: What is your impression of students at STSS?

T: Students at STSS are very friendly and lovely.

Ss: Do you have any unforgettable teaching experiences?

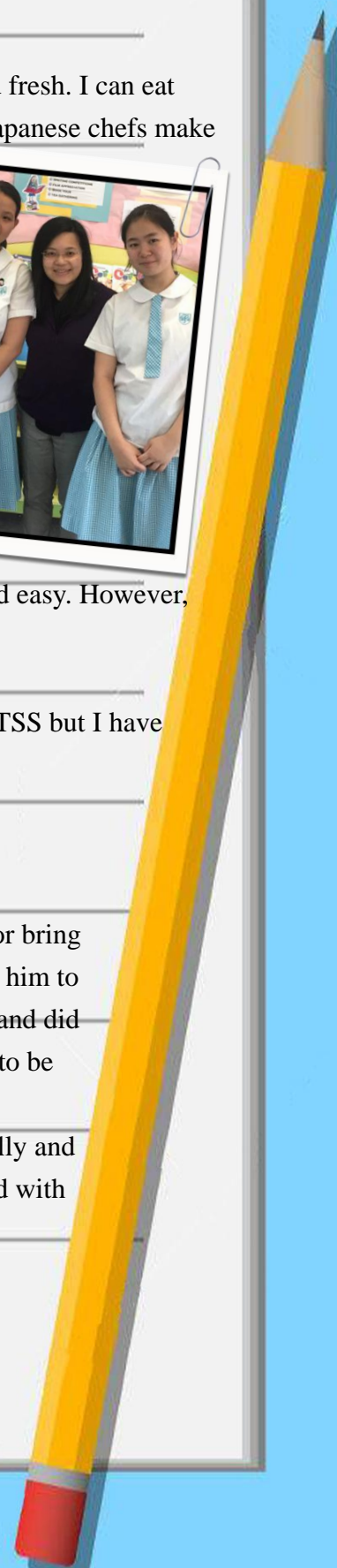
T: I remember one of my students always forgot to hand in his handwork or bring his books. He was labelled as a lazy student by others. One day, I asked him to stay after school for revision and he cried as he felt that he was useless and did not know what to do and how to improve. Then, I told him it was good to be aware of his own problems because it was a really important step for improvement. After talking to him for a while, he became better gradually and improved a lot. He told me that he was happy because no one had talked with him like that before.

Ss: How do you cope with pressure?

T: I will listen to music and I will feel a lot better. I will also talk with my friends and family and share my worries with them.

S: Miss Poon, that's all the questions we have. Thank you for your time!

T: It was my pleasure.



Mr Li Yik Hong (T) was interviewed by Chloe Hui (4A) and Yoyo Wong (4A) (Ss)

Ss: How long have you been teaching?

T: I have been teaching for 8-9 years.

Ss: What do you like to do during the holidays?

T: I like visiting different places and taking photos.

Ss: What was your major when you were at university?

T: I was majored in Biology and Values Education.

Ss: What is your favourite book and movie?

T: My favourite book is *What Money Can't Buy* and *Justice*. Both of them are written by Michael Sandel. My favourite movies are *The Life of Pi* and *The Terminal*.

Ss: What inspired you to be a teacher?

T: I am interested in educating the younger generation.

Ss: What is the best part of your job?

T: I can get along with teenagers and it is a very stable job.

Ss: What would you like to be other than being a teacher?

T: I would like to be a tour guide or a DJ for a late night show.

Ss: What is your impression of the students in our school?

T: Students are quite gentle and they try their best in their studies.

Ss: What are your targets this year?

T: I want to have some achievements for the Environmental Protection Society.

Ss: Mr Li, that's all our questions. Thanks a lot.

T: It was my pleasure.

Ms Li Wai Hong (T) was interviewed by Natasha Tam (4A) (S)

S: Which subjects do you teach?

T: I teach Mathematics and ICT.

S: Do you like teaching in our school?

T: Of course, yes. Because we have a lot of support and students have a good learning attitude.

S: Why do you like teaching?

T: I can apply the knowledge I gained in my daily life.

S: How do you feel while teaching others?

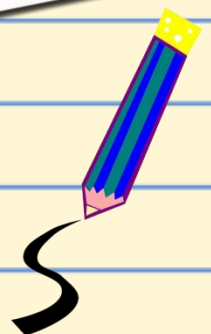
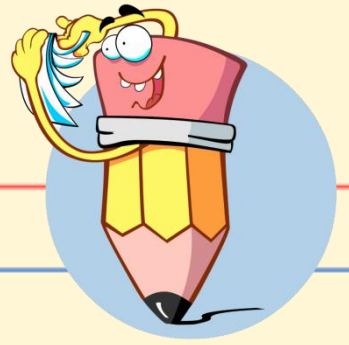
T: Teaching is quite tough but I enjoy having interaction with students.

S: Would you like to teach other subjects?

T: Absolutely. I would like to teach Integrated Science and Physics as well.

S: That's all of our questions. Thank you so much.

T: It was my pleasure.



Ms Miranda Cheng (T) was interviewed by Chloe Hui (4A) and Valerie Yip (4D) (Ss)

Ss: Miss Cheng, can you tell us something about yourself?

T: I gave birth to a baby boy last year, and right now I am a part-time mother as I have to work. After work, I will go home and take care of my son.

Ss: Why did you decide to be a teacher?

T: I believed it would be rewarding. I also find myself staying young and energetic while having interactions with teenagers.

Ss: What inspired you to be an English teacher?

T: It was probably my secondary school English teacher. My English was not really good when I went to secondary school. Everything was in English and I couldn't handle it well. But then I met my English teacher when I was in Secondary 3. She told us that English was not a subject but a way for us to explore the world. What she said inspired me a lot and I finally found lovable moments when learning English. I'm in love with it. I chose to be an English teacher because I found the beauty of the language and its usefulness.

Ss: Apart from English, do you know other languages?

T: I'm quite interested in learning languages, so I studied German and Japanese before. As I have not practised German much recently, I've forgotten most of it. But for Japanese, because I like going to Japan, I practise it from time to time. I still can understand it a bit.

Ss: What do you think about our schoolmates?

T: Academically, they might not be as strong as other Band 1 schools but one advantage of the students here is they are willing to learn. I see the potential in them, especially in English. In fact, a lot of students speak good English. They only lack opportunities to practise and they are not too confident in speaking. If they try, I believe that they can improve a lot.

Ss: What has been the most satisfying moment in your teaching career?

T: I taught in a lower band school and the boys and girls were not too good at English. I remember once when I coached them in the speech festival, one of them got the second runner up and another was the champion. The judge was very shocked since they were not from a famous school and they were very happy and proud of themselves. Other moments would be my past students coming back to visit me. They tell me about the good things they are doing and that they miss lessons a lot and have finally found the importance of English. I find that satisfying too.

Ss: How do you relieve stress?

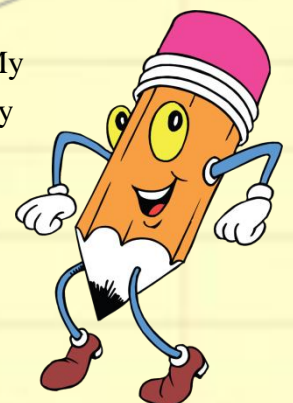
T: I'm quite a carefree person. I don't put too much stress on myself. If I am under stress, I can still handle it. I can just do something I like and my stress will be gone. Besides, whenever I see my son smile, all my stress will go away, and a cup of simple coffee can also help me handle my stress.

Ss: What would you like to be other than a teacher?

T: I want to be a full-time mother so that I can spend more time with my family. My family is one of the most important things for me. Also, I don't want to miss any single moment in the growth of my son.

Ss: Miss Cheng, thanks so much for your time.

T: You're welcome.



Ms Tong Mei Ting (T) was interviewed by Faustina Lau (5D) (S)

S: Miss Tong, what are your hobbies?

T: I like watching movies. I like to spend some time in the gym room too.



S: Who is your idol and why?

T: My idol is Eason Chan. When I was in primary school, I always listened to the radio. At that time, Eason Chan's songs were the most popular on the radio, so I started paying attention to his songs. He is very humorous. I appreciate his passion for music very much.



S: How many years have you been teaching?

T: It's been almost ten years.

S: Why did you want to be a teacher?

T: I was inspired by my Chinese teacher. She made me love Chinese and that is why I am a Chinese teacher now. I think a good teacher can change students' attitudes. So, I hope I can be a teacher who is as good as my Chinese teacher.

S: What do you think about the learning atmosphere and our schoolmates?

T: The learning atmosphere of STSS is good. The students take the initiative to learn. They are nice and enthusiastic.

S: What will you do when you come across 'troublesome students'?

T: I will try to understand what is happening and talk with them patiently. Nowadays, most students are under great pressure because of their studies. I will help them if they have problems.

S: Miss Tong, thank you for your sharing.

T: It was my pleasure.





Travelling with an emotional support animal

Many of you have travelled on an aeroplane before. But have you ever travelled with an animal? There are people who are afraid of flying and they need an animal to help them keep calm.



There are people who are afraid of flying and who get stressed easily and they need an animal to help them keep calm.

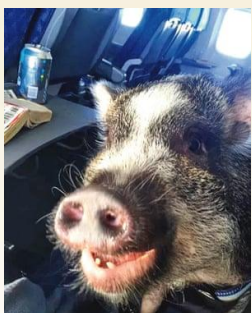
Earlier this year, you may have been shocked to hear about an American college student who flushed her hamster down the toilet after being told that she could not take the animal on board her flight. She said that the airline had told her the pet was allowed, but at the airport the animal was denied passage. She claims an airline employee told her to: “flush the animal or let it loose outside”. Unfortunately, she decided to flush her pet down the toilet.

have been shocked to hear about an American college student who flushed her hamster down the toilet after being told that she could not take the animal on board her flight.

An **emotional support animal (ESA)** is an animal (pet) that a medical professional says gives some benefit to people with emotional or mental health problems. Most support animals are dogs, but any animal that gives support and comfort to a person may be regarded as an *ESA*.

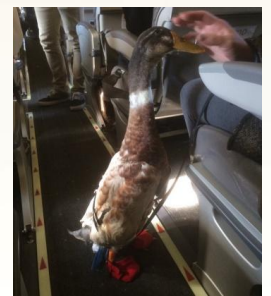


People who have *ESAs* are allowed to take them on aeroplanes, but they must have a letter from a medical professional. Some rules state that *ESAs* must be a ‘common’ type of pet, and not, for example, a snake or a spider. But this hasn’t stopped some travellers flying with a duck, pig or turkey. Some passengers have been accused of trying to avoid extra baggage fees by falsely claiming a need for an *ESA*. Moreover, many people buy fake certificates from websites to support their claim since bona fide *ESAs* can travel free of charge. Recently, a woman tried to bring her peacock on board, but was denied permission – even though she had bought a ticket for her bird.



Flight attendants and passengers have been bitten by dogs and scratched by cats. In addition, there have been complaints about allergic reactions to animals, strong smells and animal droppings. (One of the sources for the smells!) Since there has been an increase in the number of *ESAs* travelling, airlines have tightened up their rules. It should also be noted that not all airlines recognize *ESAs*.

The main problem seems to be whether the rights of people with emotional disabilities affect the rights of passengers who are allergic to those animals or who would rather not be seated next to them. While the concept of *ESAs* is a popular one, scientists say there is a lack of scientific evidence to show that *ESAs* provide a significant benefit to those who say need them.



Whatever your opinion, don’t be too surprised to find yourself sitting next to a hairy, furry, feathered or scaly ‘passenger’ the next time you fly!