



2024-2025

# English Newsletter

2<sup>nd</sup> Issue



## The 76<sup>th</sup> Hong Kong Schools Speech Festival Solo Verse Speaking

## 第 76 屆朗誦節

## 英文獨誦

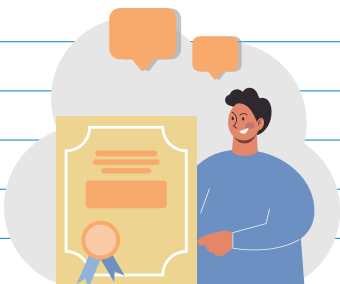
The Speech Festival was an impactful event! Students trained with their subject teachers, practised at home diligently and performed their best on stage with competitors from other schools. Students improved their English skills, especially speaking with fluency and perfecting their pronunciation. Joining outside school competitions like this is important, as it allows students to practise their English in real situations, build their confidence and become better communicators.

*Congratulations to our best performer,*

**2A Chan Ching Man**

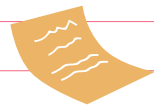
### Merit

- 1A Yuen Katie Tsz Kiu
- 2B Cheng Yuji Hugo
- 2C Pun Wai Lok
- 3A Wong Sum Yu
- 3A Choi Wai Bing
- 3A Wang Yin Sum
- 3B Lai Tsz Kei
- 3B Cheng Tsun Ting Maurice
- 3B Wong Tai Yin
- 4B Yeung Pui Yin



### Proficiency

- 1B Sun Wing Yan Wing
- 1B Li Jiayi
- 3B Lai Wan Yiu Vincy
- 4B Wong Nga Ying



**Thanks all for your participations this year!**



# ENGLISH WEEK

英文週活動

English Week was held from 6<sup>th</sup> to 10<sup>th</sup> January this year. Every day, there were fun and engaging activities being held during English Week. To start the special event, there were interactive activities iSpy and Charades as well as Songs Dedication and Movie Appreciation. Following the whole school activities, there were form activities that included Kahoot and Tongue Twister Challenge. It was wonderful to see so many students join, since participation in extracurricular activities is so crucial to student's development in English language learning.



S1



S2

S3



S4

S5



S6



IC Johnny Au

I enjoyed playing the games. They helped sharpen my English skills. I really thank all the teachers for organizing this wonderful event.



6B Priscilla Ng

My classmates and I loved the 30-second quick response task. We had prepared very well for our sharing.



# Anti-smoking writing competition

## 反吸煙寫作比賽

This year, many of our students from each form submitted compositions for the Anti-smoking Writing Competition. There were so many outstanding entries, it was very challenging for teachers to choose the best written pieces. This successful competition was a great way for students to express their stance on a social issue while improving their writing abilities.



The six winners of the competition are (from left to right) 2D Samuel Tsang, 1B Alan Choy, 6A Carson Chan, 4A Harry Zhang, 3B Vincy Lai and 5A Ayaka Horii.

### Your voice



**HORII AYAKA**  
5A Sim Mei Kee  
Secondary School

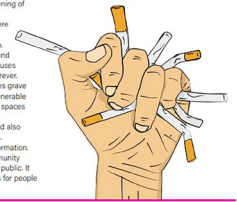
### Tackling smoking



Scan this QR code to submit your letters

Smoking has a detrimental effect on you, your loved ones and society as a whole. These adverse effects are not confined to a person's physical health, extending deeper into your mental health and stress. It cannot be overstated how bad smoking is for you. The health risks and complications include and are not limited to lung cancer, heart attacks and strokes. When you smoke, you expose almost all of your vital organs to harmful toxins, leading to a range of diseases, often chronic. The habit threatens your life expectancy and general quality of life. Drug misuse also affects more than your body. Loved ones, like children and family, witness and experience the second-hand effects of substance abuse and addiction. The strain in relationships can contribute to anxiety, depression and worsening of personal relationships. Convalescent arguments plague families where a member struggles with addiction, and children are likely to worry and struggle, too. This results in stress, emotional turmoil and resentment. The bitterness that smoking causes is real, lasting for a long time, sometimes forever. On a wider scale, secondary smoke poses grave health risks to non-smokers, particularly vulnerable and immunocompromised people in public spaces who are involuntarily subjected to fumes. We need to help people quit smoking and also prevent them from starting in the first place. One way is through smoking-related information. Schools, universities, workplaces and community centres have a role to play in educating the public. It is also necessary to create support systems for people

who are trying to stop smoking. This can include counselling services, support groups and hotlines for advice and encouragement. In addition, promoting healthy habits – like physical activity, a balanced diet and stress management – could deter people from looking to smoking as an outlet. Funding Hong Kong's sports, art and cultural sectors could give people options for hobbies and activities that can substitute for the urge to smoke. A few more ways we can reduce the smoking rate include enforcing bans on smoking in public places, raising tobacco product prices or putting restrictions on product advertising. This might also discourage non-smokers from picking up smoking. Together, we can tackle smoking in Hong Kong.



## Thoughts from participants



**1B Alan Choy**

I am so glad that I can win the prize. Thanks to my English teacher!



**5A Ayaka Horii**

Winning the competition and the entry being published on Young Post have boosted my confidence. It taught me the power of writing to advocate for important causes, inspiring me to continue creating impactful work.

The work of 5A Ayaka Horii has been published in Young Post SCMP dated 27 January 2025.