



January
2019
ISSUE

20



TO SEEK TO SERVE TO STRIVE

Feature Story:

Terry Fox School Run Celebrates 10 Years of Hope and Support for Cancer Research





Holly Brown

COFFEE • GELATO



G/F, 22 Stanley Street, Central, Hong Kong
香港中環士丹利街22號地

G01, G/F, D2 Place Two,
15 Cheung Shun Street, Lai Chi Kok, Kowloon
九龍荔枝角長順街15號 D2第二期地下G01號



FIND AND TAG US ON INSTAGRAM!
@HOLLYBROWNCOFFEE
#HOLLYBROWN

Like us on Facebook



Holly Brown Coffee

www.hollybrowncoffee.com

From the Principal's Desk

Dear RCHK Family,

Happy Holidays!

We are delighted to bring this winter edition of RCHK World to you in time for the holidays especially since the theme of this issue is service and action.

Primary and Secondary students at RCHK have a faithful tradition to take action in the community to solve problems and provide service to people (and animals) most in need of care. They are devoted to a wide range of causes, both here in Hong Kong and abroad, to help alleviate suffering and provide hope for a healthier future.



For the past 10 years, one of the major sources of inspiration and courage at the College has been the annual Terry Fox Run (TFR) to promote awareness about cancer and to raise funds to finally cure this common and often deadly disease. The action and service involved in this project has included students in both phases but has also included members from the widest community in Hong Kong. Not only were there several hundred student runners at the school TFR, but we've hosted over 2,000 walkers and runners at the community TFR. Many of these participants hail from Terry's home country of Canada, but much like St. Patrick's Day when many people feel the luck of the Irish in their ancestry, everyone sports the Canadian Maple Leaf in honor of Terry and in recognition for his passion to find a cure for cancer in our lifetime.

You will also read in this issue further examples of service and action alive and well at RCHK. Whether it was Jie Jie day to credit the selfless devotion of domestic helpers or RAPT parents and student volunteers serving the elderly in Ma On Shan you will see photographs and read articles about our students taking literally the IB motto: "Think globally, act locally."

Best wishes and kind regards,

Dr. Harry Brown
Principal



3 NEWSMAKERS

**5 LEADERSHIP
AND SERVICE**

13 LEARNING 360

27 SPORTS

30 THE ARTS



23 FEATURE STORY



33 STUDENT ART GALLERIES

37 ALUMNI AND COMMUNITY

40 THE BIG PICTURE: EOTC SPOTLIGHT

EDITORS:

Elizabeth Ellis, Farina Shroff

DESIGNER:

Samuel Ng

PHOTO CREDITS:

Black Chambers, RCHK Students, RAPT, Faculty and Staff

CONTRIBUTORS:

Alco Chan, Megan Chan, Andrea Chow, Theodore Chow, Daniel Cheung, Taylor Chung, Samantha Dalglish, Bradley Davies, Elizabeth Ellis, Markus Fung, Sandra Gordon, Alvin Ho, Natalie Lai, Macy Lau, Ratna Lam, Molly Megan, Rachel Morgan, Lorraine Ng, Meagan Ng, Mini Thirumalai A., Sheryl Saw, Wilma Shen, Nick Sherriff-Smith, Concettina Ventura, Lynne Wilson, Tracy Wnek, RCHK Primary House Directors, RAPT

ALUMNI CONTRIBUTOR:

Shirmai Chung (Class of 2018)

BUSINESS MANAGER:

Samuel Hureau

RCHK World is published by Renaissance College
5 Hang Ming Street, Ma On Shan, New Territories, Hong Kong

Phone: 3556 3556 • Email: editor@rchk.edu.hk • www.rchk.edu.hk
Printed on recycled paper.



Newsmakers

Angus Yip

Year 9



Angus was honoured to be recommended as a Hong Kong representative to join the Asia-Pacific Electone Festival 2018, Junior Section 3 (12-14 Years Old) which was organised by Yamaha Corporation and held in Jakarta, Indonesia on Sunday 14 October 2018. He performed his own original composition "Dandelion in the Wind" using electone. He was excited and delighted to attend this international musical event and experienced a precious and unforgettable opportunity to meet his new friends, face the press to introduce himself and perform his own music outside of Hong Kong.

In addition, Angus attained the Champion Award of Open Junior Section 3 (12-14 Years Old) and First Runner-Up Award of Yamaha Children Music Ensemble at the Yamaha Electone Festival 2018 in Hong Kong this past spring. Hearty congratulations and keep up your good work, Angus. Your parents and the RCHK community are very proud of your efforts and achievements!

Aidan Ma

Year 7



Aidan is a well-balanced student who has achieved several major accomplishments this fall in music, sport and mathematics. On Friday 3 August 2018, Aidan being part of the Wind Instrument of Hong Kong delegation got a Silver Award in JSMA International Music Competition 2018 organized by the Joint School Music Association. He played "Alla Caccia" in French horn solo and competed with other contestants from Hong Kong, Macau and Beijing. Later that month on Friday 24 August, Aidan won the championship in Brass (Grade 7 & above) group of the 3rd Hong Kong Music Talent Music Competition. He was one of the youngest contestants and the only French horn player among other brass players including clarinet, flute, oboe, saxophone and trumpet. He was very honored to be invited to join with other group winners to perform in the Prize-winners' Concert in September.

Aidan also captained the Wong Tai Sin Basketball Team in the Hong Kong Basketball Association (HKBA) Boys (8-11 years old) Inter-Districts Tournament on Sunday 12 August 2018 - and led his team to win the championship! For his efforts, Aidan was awarded the Most Valuable Player (MVP) Award for this year's tournament.

For Mathematics, Aidan representing RCHK obtained the First Prize in Primary 6 group of the 2018 COMO Mathematical Olympiad Competition Final organized by both the Hong Kong Mathematical Olympiad Association and the Taiwan Mathematics Association; which took place on Sunday 23 September 2018.

Aidan is looking forward to representing RCHK in future competitions and continuing to contribute to the College community with his diverse talents.

Minhee made her musical debut playing the violin in New York City at none other than the famed Carnegie Hall on Friday 2 November 2018! She participated in the New York Golden Classical Music Awards International Competition that took place at Weill Hall. It was a much anticipated moment and something Minhee and her family had looked forward to for months. Despite a dramatic moment with Minhee's violin E string breaking a mere 15 minutes before the performance and a 100 meter dash involved in getting a replacement, the string was fixed with the help of her mother and the show went on flawlessly.

Minhee's example of calmness under pressure was rewarded when her moving performance of Bach's Violin Sonata No. 1, Adagio earned her first prize in the Junior Category of the competition. Congratulations to Minhee for so proudly representing RCHK overseas, and we are sure this is only the beginning of great things in store for you in your musical endeavors.

Minhee Ho

Year 8



Congratulations to Bardo who represented RCHK and Hong Kong in the Asia Electone Festival 2018 on Monday 15 October 2018 in Jakarta, Indonesia. Bardo got to participate with 23 contestants from all over Asia, including China, Malaysia, Singapore, Indonesia, Taiwan and Thailand. This is a precious and memorable experience to Bardo and also his first time to perform in the public out of Hong Kong. Apart from having the learning experience of performing on a large stage, he also met 23 contestants from other Asian countries. This is surely a great encouragement to continue his music journey.

In addition to this event, Bardo participated in Yamaha Electone Festival 2018 in May and won the champion in Junior Section for Age group 9-11 with performing his own original composition "Start of a New World". Well done Bardo; you make RCHK and your family proud! We look forward to your future original compositions and musical pursuits.

Bardo Tsa

Year 6



Leadership and Service

RCHK honors the domestic helper community with 8th Annual Jie Jie Day!

RCHK opened the doors of the Performing Arts Centre to over 300 members of our domestic helper community on Friday 21 September 2018. "Jie Jie" - which means "older sister" in Chinese, is a term of endearment to the hardworking women who leave their homes and families in Indonesia, Philippines and other places to come work in Hong Kong and care for families here. The women were greeted with roses at the front gate, handed out by Head of Primary, Dr. Jamie Schmitz, and Head of Secondary, Ms. Natasha Williams, before entering the PAC for a gourmet lunch catered by Chartwells and served by Secondary students. There were several performances by both Primary and Secondary students, as well as a dance-off competition and raffle prize giveaway.

Year 12 student Meagan Ng, who served as a member of the Jie Jie Day organising committee, shares her experience with the challenges and successes of planning and hosting this year's event.

"With this being my third year being a part of Jie Jie Day, it has been another eye-opening experience. While there were many positives that came out of this event (e.g. seeing all the Jie Jie's smiling faces, working with many talented and hardworking individuals), there were still some areas that lacked a bit, especially in the smaller details such as making sure that all the student and teacher volunteers had received some notification of what their role was going to be. Another challenge that we faced would be simply understanding the different protocols and steps to making sure this event could happen. Thankfully with guidance and help from the school community, we were able to ultimately pull together a successful event. I find being able to be a part of this wonderful event is an immense privilege, and I am extremely humbled by it. A lot of the things our Jie Jies do for us tend to be taken for granted all the time and hosting this event allows for the school community to come together and show them our gratitude."

Special thanks as well to our Year 13 student Bernice Tao and supervising teacher Sameera Pelham for coordinating this meaningful event.





Year 9 students participate in "Struggle for Survival Xperience"

On Wednesday 5 September 2018 our Year 9 Individual & Societies students participated in a simulation of poverty called "Struggle for Survival Xperience" in collaboration with the Crossroads Foundation, a Hong Kong-based nonprofit organisation serving global need. This corresponded with their unit about development and inequality called "Global Gap" and was an eye-opening experience for all. The Hong Kong chapter of Crossroads routinely runs these simulations reflecting global issues as a way to raise awareness about the struggles for basic needs such as water, sanitary living and working conditions and other conditions that many of us take for granted but are daily challenges for many people in the world. During this "Xperience"; RCHK students had to try to earn money by making paper bags out of newspaper and homemade glue. Their income from the bags would have to stretch to cover rent, food, sanitation, medical needs, and - if there is anything left over - education. Year 9 student Mini Thirumalai A. shares her impressions:

"The crossroads trip was highly informative and educational. It is very easy for us as students to study and discuss the issue of poverty, but not actually experience it. Through the simulation, we understood the topic of poverty better. Even though it was a simulation it still felt very authentic, as there was a lot of pressure while making the paper bags without any basic stationery such as scissors and glue. This activity made me realize how hard people work despite their living conditions. Often the understanding is that people are below the poverty line because they are lazy. However, the simulation made me realize that people in poverty often work harder than us, but it is far more difficult to attain the same success as we do, due to their current circumstances and living conditions."

As one can tell from the accompanying photo collage, this powerful event encouraged our students to step out of their comfort zones to broaden their perspective on the world and opportunities they can pursue to be global citizens and advocates for those in need.



RCHK gives back to the community with Sunshine Action Food Bags

By Lynne Wilson, CAS Coordinator, and Markus Fung, Year 10

The Sunshine Action team would like to express a HUGE thank you to everyone in the RCHK community for supporting our food drive once again this year. We received hundreds of food items and HK\$12,195 which all goes towards the long-term food support programme. Along with the fundraiser before the summer, that's a fantastic total of HK\$17,453 from RCHK.

The packing event on Saturday 8 September 2018 was a great success with a wonderful atmosphere of community spirit. We packed 2,078 bags which were distributed to people through 24 social welfare organisations and charities, as well as being hand delivered by members of our RCHK community on 15 and 22 of September. Our students have been meeting with the elderly, talking with them and learning about their life, their problems and their reality - a chance to reflect, and show gratitude. Read on to get the impressions of our Year 10 student Markus Fung below who was one of our Sunshine Ambassadors who helped deliver the food bags. We now have a total of 28 students acting as RCHK Sunshine Ambassadors, so our commitment to this cause continues!



Visiting the Elderly - a student's view

Representing Caritas Elderly Centre in Lai Kok, I was arranged into a group of four to donate fortune bags to five houses in the estate nearby.

We spent approximately 20 minutes chatting with every single elderly and took time to try and understand their emotions, feelings, health and living conditions. They were appreciative of our company, and we felt like we uplifted their mood that morning. This experience highlighted the need for me to be more respectful and patient. This group of elderly are about 60-90 years old, and they helped to build original Hong Kong from a small fishing village to the city we have now. We have the responsibility to give back to the elderly community with as much care and empathy as they have given us.



The primary objective of Sunshine Action is about giving to the poor, but we learnt about compassion, the sensitivity of the elderly, teamwork, project management and communication skills.

It took some time after the briefing to find the estate and get comfortable with talking to the elders, but with the help of the adult in the group to lead the conversation, I broke the unease and tried to connect with the elders' topics. They all had a similar mindset and routine that focused on being healthy and staying optimistic about things, and I found that sweet. I felt like they were spreading their wisdom while talking about past struggles and experiences.

This service was gratifying and worthwhile. I know more about Hong Kong's less privileged society and the significant impact of the poverty gap which worries me, but assisting and bringing happiness to hundreds of elderlies helps with that. I'd like to continue doing this.

Markus would like to thank the following Year 10 students who helped contribute to this article - Allison Wong, Jenna Chan, Cheryl Lai, Chelsi Law, Mako Kawada, Yau Yau Tsang, Yu Lam Yau and Joshua Tsang. Miss Wilson would like to thank the following students who ran the food drive and packing day - Justin Sin (Y12), Aryan Sethi (Y13), Justin Swinton Chung (Y12), Winkie Law (Y12), Mandy Lee (Y13), and Sheryl Saw (Y12).





One RCHK family gives a Cambodian school - and its students - a new lease on life

By Molly Megan, Year 13

Since I was in Year 6, my family has been visiting Siem Reap, Cambodia to help the Build Your Future Today (BFT) centre there. Over the years, we have received a lot of support from the RCHK community, and this has helped many children in poverty in rural Cambodia.

Last year, we visited the Sre Robong school about 120 km from Siem Reap. The school was filled with happy children, but we were shocked to see that it had no walls and only a roof over two small classrooms. We made it our goal to raise enough money to fund the construction of a new school, since we were worried that the wet season would affect the students' learning. By November 2017, with donations from RCHK families and other fundraising efforts, a new school was built.

In December of last year, we visited the new school, and we were able to meet the students again, who were very excited to see us. On the same visit however, the Principal told us that the students needed a breakfast programme. Many of the children had nothing to eat before arriving at school, and were unable to concentrate on their learning since they were starving. We were able to set up a programme where HK\$1

could pay for one child's breakfast, and it has been very successful! With our breakfast programme, we are able to feed all of the children every day, help them learn better, and help them to grow physically and mentally in the long term.

In July 2018, we returned to Sre Robong school. While there, we helped cover the school with new paint that would protect it from the harsh weather in the rainy season, taught the children, and saw our breakfast programme in action. I was able to help serve the food, and was delighted to see the children enjoying a meal that they would not have had before. Our breakfasts even allowed the students to have seconds, thirds, and I even saw one student come back five times! It was a very heartwarming experience. Since doctors are visiting the school often to check on the students, I hope that we can see them growing and becoming healthier!

Other than raising money for the breakfast programme, we received many different donations to give the children. One of them was a wheelchair donated by Jack Farmer; a former RCHK student who recently moved back to Edinburgh, Scotland with his family after recovering from Perthes; a childhood disease that affects the functioning of the hip. He decided that once he no longer needed his wheelchair, he wanted it to go to someone in need, so he kindly donated it to us. This summer, we were able to deliver the wheelchair to a boy living close to the Sre Robong school, who suffers from Polio. It was very sad to see the boy, who had been

living inside a small wooden shack, unable to move properly without the help of his family. Jack's wheelchair has given him a chance to go outside and move!

Since July 2018 we have already raised enough to provide the students of Sre Robong school with a new kitchen and a hygiene/hand washing facility. We hope to return to Cambodia next summer, but before then, we will continue our fundraising sustain the ongoing breakfast programme for the coming years. We hope that the RCHK community will continue their generous support because as of now we can say all of you have helped build a school and are currently helping sustain the students in it.

BFT's central motto is: Knowledge is Hope, Peace is Development. If you would like to know more about BFT, please visit their website at <http://www.buildyourfuturetoday.org/home.html>.

Molly is the Junior Chairperson of Friends of BFT Hong Kong. You can contact her at 17meganm1@rchk.edu.hk if you would like to know more about BFT or get involved in any of their activities.



SWISS 
BEAUTY EXPERT

Exclusive Offer to RCHK

Skin Rejuvenation Treatment

including the following 2 facial treatments:

IPL from the UK

- > Extravagance skin brightening results
- > Effectively even skin tone
- > Boots collagen production
- > Immediate and long lasting results



Stem Cell Treatment from Switzerland

A facial that will improve your skin dullness & dryness significantly: by using one of our best seller - Stem Cell Hydro Charge Cooling Mask.

Precious ingredients like opuntia ficus-indica stem cell extract, FicuCell Vita and glacier water from Switzerland pumping into your skin by the excellence facial massage techniques of our beauty therapists.

Book NOW
and start your beautiful journey.

 **61697740**

\$480 only
(80% off original price)



Spokesperson
Joyce Cheng

SwissOBeauty.com

RCHK Students participate in Mooncake Making Workshop with the Elderly

By the Renaissance Association of Parents and Teachers Limited (RAPT)

On Saturday 22 September more than 20 RCHK families came together to make mooncakes and visit the elderly living in Ma On Shan. This event was organized by The Boys' & Girls' Club Association of Hong Kong, Ma On Shan East Children & Youth Integrated Services Centre and promoted by RAPT. Read on to hear some of the impressions the workshop had on our Primary and Secondary students!

"I thought that it would be very hard to make mooncakes, but they are actually pretty easy! The basic ingredients for the mooncakes include butter, flour and sweet potato paste. Once we finished making them, they were baked, batch by batch, in the oven for 15-20 minutes. The mooncakes were then packaged in nice boxes, ready to be given out. After each family got four Sunshine Action food and goodie bags, we set out to visit the elderly who live alone. Amongst all of the elderly we met, the one who impressed me the most was a 93-year-old lady. She was born in Malaysia, raised in China and came to Hong Kong in her 50s. When she was young, she was a great singer. Unlike many grannies, she was very well dressed and she was very educated as well. She talked to us in Mandarin and was able to read our name tags in English! We chatted with her for almost half an hour. On our way out, she was so nice that she gave each of us some cold chrysanthemum tea. It was a very humbling experience, and I recommend it to all of you if you have not participated in elderly home visits."

- Andrea Chow, Year 6



"This was my first time baking mooncakes, so it was hard at first, but slowly, I started to get the hang of it, and enjoyed making mooncake after mooncake. It was very different from my other cooking experiences, but enjoyable.

The mooncake making session lasted until early afternoon. Afterwards, we started to give out the mooncakes to elderly residents near the center. I was allocated to a team with a few other people to visit three residents. We were told to communicate with elderly residents to show we care by asking questions about their families, health and feelings when we gave out the mooncakes. At first, I was reluctant to do that, as I thought it would be dull and embarrassing. However, the elderly residents that we met all told amazing stories about their families, their hobbies, and hardships that they have gone through in the past. I was captivated by all their stories and it was enjoyable to listen to their fruitful tales and wise words.

There was one sweet old grandma whose life stories amazed me the most. She was 93 years old, but she could still communicate with people exceptionally well, which is a huge feat for someone at that age! When she was young, she would sing, and everyone at her school would compliment her every time she sang. She also talked about her children, their families and careers. I enjoyed listening to her stories. At the end of our conversation, the grandma advised me to spend more time with my family which is more important than electronic gadgets. I totally agree and truly appreciate her advice.

I would definitely recommend anyone to participate in elderly home visits if they have not done that before. After attending this event, it made me think about my own grandparents. I felt bad because over the last few months, I've seldom interacted with them. They definitely had a lot of interesting stories and memories to share with me. I vowed that I would visit my grandparents as soon as I could to show my care and love to them as I have done to elderly residents. Overall, this experience was a valuable life lesson. It reminds me of the importance of family, especially the elderly members."

- Daniel Cheung, Year 8





Refugees Find an Equal Footing Through Football

By Megan Chan, Year 9

Photo by Ivan Abreu
Instagram @ivanabr.eu

On Thursday 28 September 2018, All Black FC (ABFC) came to RCHK at the invitation of the school to share their experiences as refugees in Hong Kong. This visit included a coaching session with Year 10s, an interview with Year 9s, and a subsequent football match with RCHK teachers. With the events taking place throughout the day, this visit provided an opportunity for both students and teachers to further understand both the struggles and successes within their lives and what ABFC strives to achieve.

All Black FC's visit started on a high note with a football coaching session. Taking place in the morning, ABFC led a PE class for several Year 10 classes, working on areas such as fitness upskilling and agility upskilling as well as basic football skills. It was a great way for students to improve upon their athleticism, being led and mentored by professional-standard football players.

Year 9 students flooded into the PAC after lunch and were greeted with an upbeat performance of an African song. "We have arrived!" they sang, drumming a lively

rhythm as accompaniment. It didn't take long before they started encouraging the audience to clap and sing along, pulling out audience members to dance with them as the music continued. The 10 minutes that made up the beginning of the visit to RCHK was full of laughter with ABFC not only sharing the joy of music but also their infectious enthusiasm.

"They like African culture; they like the food, they like the animals. But they don't like the people. It's crazy!" Exclaimed a member of All Black Football Club (ABFC), a Hong Kong-based football team primarily made of refugees and ethnic minorities.

Things soon settled down as the interview began. We were introduced to the different members, learning where each of them came from as well as their favourite football teams. The founders of ABFC then shared their vision with us; "We want to spread a message of equality," they said, further detailing later about how they faced discrimination in Hong Kong due to their skin colour. They listed instances in their everyday lives, such as asking for directions, only to have locals hastily ignore them,

or having conversations with higher-ranked individuals come to a halt once they discover they're a refugee. The effect that their status and race had on the way people perceived them was prominent, and in any given circumstances, would make one feel uncomfortable and less confident.

They also told us of instances where some of the most well-known and professional HK football teams dropped out in the middle of the match after continually losing against ABFC, upset at the fact that they were losing to a football team made of refugees! It provided and restored a sense of pride for ABFC, to be able to beat supposedly superior local football teams despite their status as a refugee and skin color. Ultimately, their vision for ABFC was to provide a means of support for refugees and ethnic minorities in Hong Kong, as well as to bond over their love of football.

Being a football team, they also discussed their passions for football. "I didn't have anything to do," one member of ABFC had said. Refugees in Hong Kong are not allowed to work, meaning they only live on government subsidies. With all this free time, they decided to join ABFC to follow their passions for football. ABFC trains regularly and has a family-like bond with each other; there's a true sense of community within the group.

As for aspiring football players; ABFC gave the following advice: To be dedicated, to have passion, and to practice

every day. Nobody was born with talent nor skill; it is built up from practice.

A friendly match of football between ABFC and several teachers from RCHK took place after school. Although many students weren't able to watch it, for those who did, it was most certainly an entertaining match, and without a doubt was fun for the teachers, students and members of ABFC involved too. The teachers did struggle to keep up with the team's superior skills, and several complained of muscle pains the next day, but it was a still a highly enjoyable event nonetheless.

For those looking to help their cause, it's simple. For one, we can help fulfil ABFC's vision; to spread a message of racial equality, not only to others but ourselves as well. You can also help support and donate to various NGOs around Hong Kong that provide support for refugees, such as Christian Action or Amnesty International.

And last but not least, don't hesitate to visit All Black FC's Facebook page @allblackfchongkong and website at <http://all-black-fc.com/wp/> for more information.



Learning 360: EOTC Focus

China Camp 2018

By Ratna Lam, Year 6 Teacher

On Tuesday 30 October 2018, a group of 48 Year 6 students and three teachers left for Yangshuo, in the Guangxi Province in China. We were all very excited about what the camp experiences would hold for us even though we were a bit worried about leaving our families behind. It was a long journey to Yangshuo made up of three legs: bus to North Shenzhen Train Station, express train to Guilin and another bus to Yangshuo. The train ride was very comfortable and there were opportunities to chat and play with friends on board. From time to time we noticed the landscape changing through the windows; from urban city buildings, to farmhouses and farms, to the karst mountains of Guilin and Yangshuo. When we arrived at the hotel, we were ready for some fun and games. We got to know our group leaders and played a few games with them. Afterwards, we checked into our rooms and then headed to a nearby restaurant for a scrumptious, seven-course, banquet dinner. It was a delicious way to start our upcoming adventures!



On Day 2 and 3, students were split into their groups and took part in a wide range of activities including rock climbing, Chinese fan painting, the Amazing Race orienteering game and a visit to a local school. These activities provided opportunities to be open-minded, take risks to try something new, solve problems, and so much more!

Rock climbing was situated at one of the karst hills in the countryside so, after a short bus ride, we walked through paddy fields to reach the cliff side. Upon gazing upwards, we realised that this was no practice wall like the ones we have at school, it was the real thing and we were in

awe! Everyone was asked to set an individual climbing target height, and displayed great feats of courage in the execution of the climb. Whilst some reached their targets, others exceeded their own expectations from the experience, even though they did not reach their planned ascent height.

The Chinese fan painting was a unique experience. We were taken by bus to the neighbouring town of Fuli, to a workshop where a fan-making expert and watercolour artist worked. There we learnt the process of preparing the rice paper before the actual painting process and then painted our own fans, with designs of branches, cherry blossom flowers and buds. When we finished at the workshop, we then headed to a pagoda at the side of the Li River. There we learnt a bit of the history of Fuli town, as the group played games together with the camp leader and our teacher.

The Amazing Race was a modified version of the eponymous reality TV show. Working in small groups with a leader or teacher, students were required to find 20 checkpoints throughout the old town in Yangshuo. Those who utilised the use of their Putonghua language skills to ask locals for directions benefitted greatly as they were able to expedite the discovery of the specified checkpoints. The game provided opportunities to practice teamwork and leadership skills, while being open-minded, tolerant, taking risks and managing time. It was a challenging activity as many of us lacked experience in reading maps and the map we were given was not up to date. Nevertheless, it was also a lot of fun!

Our visit to a local school was a great opportunity for us to practice our Putonghua language and communication skills. We arrived at the school after another delectable lunch at a farmhouse on Day 3 and we were greeted by the local children who were just as curious about us as we were them. We were quite nervous at first, but a few of us overcame our nerves quickly to lead games and activities and this inspired the rest of us to interact with the local children. It was a very interesting time as we cooperated with each other to practice our language and communication skills with the local children.

On Day 4 we journeyed back to Hong Kong, exhausted from the two days of learning and fun. We really appreciate the opportunities given by our parents, to go on this trip as we grew to know ourselves more as learners and because we acquired new skills.



Year 5 Camp Explorations in Sai Kung and Mui Wo

By Tracy Wnek, Year 5 Leader

This year we were very fortunate to be able to have camp in two locations in Hong Kong but with very similar experiences. We set off on Monday 29 October 2018 all very excited about what lay ahead of us, although a little worried about leaving our families behind and not knowing exactly what camp was all about. However, were we in for a pleasant surprise. We were surrounded by very supportive team leaders and instructors from Dragonfly and the camp sites had everything we needed. The explorations we enjoyed the most were the canyoning and kayaking as we learnt new skills and we were challenged to take risks in a safe environment. We also had many opportunities to problem solve and find solutions that would help our teams to achieve our goals, especially when we focused on survival skills and making an A-frame. The first night we had a delicious BBQ with a variety of different foods to choose from and on another day we even made our own wraps. By Wednesday afternoon we were exhausted when we left and many of us fell asleep on the bus trip back to school. We are very thankful and grateful for such a rewarding and exciting opportunity that allowed us to be explorers, acquiring many new skills and finding out more about ourselves as learners. We can't wait for next year's camp in Year 6!



YEAR 6 EOTC 2018 – Sai Kung

By Concettina Ventura, Year 6 Teacher

As part of the holistic nature of our Primary Years Programme, we planned an Education Outside the Classroom (EOTC) experience for the Year 6 students in Sai Kung. This was a 3-night, 4-day experiential learning and outdoor camp run by 'Oceanic Sports Hong Kong Limited' at the Sai Kung Outdoor Training Camp, accompanied by a number of RCHK staff and led by me, Ms. Ventura. The main aim of the camp was for our Year 6 students to be given the opportunity to experience a wide range of activities that would provide them with challenges that would enable them to move beyond their 'comfort zone' and would support the transition from the PYP to MYP. It would also provide students with a chance to be able to demonstrate their ability to 'live' the IBO Learner Profile and Attitudes in what could be a very unfamiliar environment.

So from the 30th of October to the 2nd of November 2018, a group of 107 students and 10 teachers/EAs set off to Sai Kung in what only could be described as perfect weather! Before leaving school all the students made their own lunch to take with them on their hike. At Pak Tam Chung BBQ site in the Sai Kung Country Park, the students began their long and challenging hike. There was undoubtedly great team spirit among the groups and a sense of camaraderie as students encouraged one another to persevere through some of the challenging parts of the hike. Arriving back at the campsite, students were tired but happy, especially when given the option to buy an ice cream! There was definitely a sense of accomplishment among the students and this certainly set the tone for the rest of the camp.

With the focus on 'adventure' and 'team building' skills, students were able to develop both their personal and interpersonal skills such as problem-solving, sharing ideas, dealing with challenges, listening to others, using perseverance and having a positive mindset. Divided into 12 groups, students worked cooperatively and collaboratively to complete the many activities assigned to them over the next few days. Students were given the opportunity to build a Roman Cannon with bamboo and string and thoroughly enjoyed throwing water balloons at each other.

With the threat of a possible typhoon heading towards Hong Kong on Thursday, we decided to move all our 'water' activities to Wednesday. It was the right decision! It may have been windy which prevented the students from stand up paddling, but this did not deter anyone's enjoyment. The sun shone all day and all the groups were able to participate in the challenge of raft building and kayaking. Having lots of hot chocolate afterwards certainly brought a smile to everyone's faces.

Throughout the camp experience, students were encouraged to develop their 'thinking skills' to problem solve and use a variety of strategies during the team building games such as the 'marble transfer', 'speed number game', and 'octopus galaxy'. Team spirit and collaboration also came through as the students took an active role in the competitive games such as 'bubble soccer', 'easy hockey' and 'floor curling'.

There was great food during the camp (e.g. spaghetti, fried rice, noodles, chicken wings, fish and chips, etc), but the BBQ on the first night was a great success! Hot dogs and delicious smores for everyone!





During the camp, students were encouraged to 'reflect' on the new experiences they had been involved in, and a real sense of belonging and camaraderie developed among the students, camp leaders and the teachers/ EAs. Following on from the work being done in class on 'character strengths' and using a 'growth mindset', we also took the opportunity to use the camp experience as a way of integrating this during the day by asking students to reflect on which strengths they were using the most and how.

Our EOTC experience in Sai Kung proved to be a rewarding experience for all - a challenging hike, great water sports, a delicious BBQ, a talent show and lots of exciting and challenging activities. So how did we end our amazing camp? Well, with another challenge of course! This time it was a competitive game of 'dragon's tails' in the gym and across parts of the campsite in which all the students, teachers, EAs and camp leaders had to participate. There was an abundance of enthusiasm and energy as well as high spirits, not to mention some cheating (definitely not by the teachers!), and it was certainly a great way to end our adventure.

Do not just take it from me that the camp was thoroughly enjoyable and amazing. This is what some of the students had to say about their experience at the Sai Kung Camp:

"My feelings when I was on this camp was happiness because there was no time to think about home and we had a BBQ with smores which was very very super delicious and my favourite desert second to ice cream. My advice to younger students would be don't worry about anything because everything was super-duper FUN!"

-Samantha Dagleish

"This year's camp was extremely fun, because we got to kayak, hike, build a catapult, and bubble soccer! The most enjoyable moment for me in camp was the talent show because we get to perform as a group and we get to watch other groups perform too! Some of the group's talent show was extremely hilarious!"

- Natalie Lai

"I learnt that I could actually play bubble soccer really well. I learnt how to cooperate as a team better and I wasn't scared of trying new things because before this camp I sometimes hesitated to try something new."

-Lorraine Ng

"My favorite moment on camp was the dragon's tails on day 4 because it was very exciting. Even though we were the worst team with 52 points (-48) I still thought it was exciting and more strategic than I expected it would be. I found being a fighter (person at the front taking other teams' tails from their back) quite fun because we had to be sneaky so when the other two teams were screaming their heads off we would sneak behind a dragon and take their tail. From this activity, I learned that if you are the leader, don't take full control. Merge as a team to combine ideas. Collaboration in most cases is the most important thing you need to consider whilst working in a team and if you are a leader, let everyone have a chance to get involved."

-Alco Chan



Year 6 Laos CAS Trip 2018

By Bradley Davies and Rachel Morgan, Year 6 Teachers

This year 11 students took the opportunity to visit Laos as part of their YEAR 6 EOTC experience. This was the sixth year in which there has been a Year 6 camp option in Laos. In addition to the two teachers who led and facilitated the camp, each student was also accompanied by one of their parents.

The main objective of the camp was to have students develop a greater understanding of the Laotian culture and an awareness of non-governmental organisations (NGOs) operating in this developing country. It is also hoped that the students themselves will take further action in future to support these groups and their worthy projects.

Since the programme's inception, Renaissance College has been working in partnership with Community Learning International (CLI) and supporting its goal to provide educational opportunities for children living in rural areas. As a result of the Year 6 students' fundraising efforts, coupled with a donation from the Service Projects @ Renaissance College (SP@RC) fund, a total of HK\$ 50,000 was donated to CLI. The 10 families attending the camp also made their own donations to this worthy cause.

During their six day stay in Luang Prabang, with the support of CLI, the Year 6 group visited two rural learning centres. Students participated in games, music performances and art activities with Lao children. There were also opportunities to engage with other NGOs operating in the area, including the 'Laos Unexploded Ordinance Centre' (UXO), the 'Laos Friends Hospital for Children', the 'Free the Bears' rehabilitation centre and the 'Living Land Organic Farm'. Visits were also made to local artisans where students practiced traditional Hmong weaving of toys, created Saa paper and paper lanterns. The group particularly enjoyed exploring the Kuang Si Waterfalls, where they navigated a fast flowing river and really tested their swimming skills!

Having returned to Hong Kong, the Year 6 students are eager to continue taking action. At the time of this publication, they presented at a school assembly and created display boards to raise awareness of the NGOs which are trying to make a positive difference in Laos. They also sold Lao handicraft items at the School Fair on Saturday 1 December 2018 to raise further funds and awareness for the organisations which they have pledged to continue supporting.





Learning 360: Service and Action

The Role of the Primary House System: Helping A Big School Feel Small

By the RCHK Primary House Directors

At RCHK, the House System is one way we try to help make a big school feel small. While remaining true to its vision of promoting a sense of pride and belonging in the RCHK Community through a variety of fun opportunities and activities, the role of House in the Primary Department at RCHK has continued to evolve, particularly these last several years. There are four Houses at RCHK, Song (yellow), Tang (red), Ming (blue) and Qing (green). Every teacher and student in the school is assigned to a House.

Reaching the Community

The House System in the Primary Department reaches and connects with the RCHK community in a variety of ways throughout the year. These include:

- House Captains greeting new Primary students to RCHK and showing them around
- Hosting House Spirit Day
- Regular House Wednesday events: students come together to participate in a shared interest activity
- Organizing Upper and Lower Primary Housefest
- Maintaining a website for all the families in the Primary Department to keep up to date with House events
- Publishing a House Video Bulletin each quarter, with important school events and updates
- Providing leadership training for interested students in Year 5.

House Directors

Primary House Directors are teachers from the Primary Department. There is one House Director for each House in Primary. They work collaboratively to build a sense of belonging and community at RCHK as well as create opportunities for the House Captains to develop as student leaders.

House Captains

House Captains are student leaders in Years 5 and 6 who are elected to the position by their peers in the Primary School. The position is for one year, with elections every Easter. House Captains receive regular leadership training throughout their time in the position. They are also provided with opportunities to put this training into practice, including:

- Supporting school events like Primary Sports Day, House Wednesday and House Fest
- Running large group events such as Primary assembly
- Coordinating and running tours for our new Primary students, introducing House to the Year 1 students and their own House Wednesday event.

At RCHK, we understand the value of students knowing they are an important part of our school community. Our House system is one way we try to make this happen, whether it be by creating opportunities for a shared experience or allowing for students to learn about and practise leadership. If you would like to speak to a House leader or simply just want to see the cool things we do, please do check out our website at <http://housespirit.rchk.edu.hk> (password: primaryrchk)



STEAM

POWERED KIDS

Science. Technology. Engineering. Art. Maths

IMAGINATIVE
CREATIVE
INSPIRING
FUN.



As a local educational toy design and manufacturing company, 4M not only promote the STEM educational philosophy prevalent in many countries, but for decades we have also been advocating the integration of Science, Technology, Engineering, Arts & Creativity, and Maths (STEAM).



Retailers: ToysRUs 4M創意教育玩具



School and educational organization enquiries are welcome.
WWW.4M-IND.com
Tel : (852)35898200



香港最著名
HONG KONG
PREMIER BRAND

4M_International

4MHongKong

4M創意教育玩具



Chef KK Tam's Seasonal Menu

Our Executive Chinese Chef, KK Tam, has crafted an exceptional seasonal menu that combines luxurious ingredients and authentic Chinese recipes. Enjoy the culinary delights at the elegant Presidential Suite with family and elevate your dining experience to new heights.

譚師傅秋冬嗜心細味饗宴

中菜行政總廚譚師傅將經典粵菜結合珍貴材料推出全新秋冬菜單，與親友於優雅的總統套房用餐，享受一個獨一無二的餐飲體驗。

Exclusive Offer

Complimentary one bottle of Red or White Wine for booking of 6 or more persons

凡預訂6位或以上，即可享免費紅酒或白酒一瓶

每位港幣HK\$1,198*/PERSON

For enquiry 查詢請致電 +852 3940 8819

COURTYARD
Marriott.

HONG KONG SHA TIN
香港沙田萬怡酒店

*Subject to 10% service charge
須另加一服務費
*Minimum 6 persons are required
最少6位起
*Minimum charge applies
設最低消費

*Valid Student ID must be presented upon booking
預訂時需出示有效學生證
*Exclusive for Presidential Suite
只供總統套房使用

Courtyard by Marriott Hong Kong Sha Tin reserves the right of final decision on any dispute
如有任何爭議香港沙田萬怡酒店保留最終決定權



RCHK represents at UBS Hong Kong Community and Philanthropy Forum & Fair

By Daniel Cheung, Year 8 and Taylor Chung, Year 11

On Friday 12 October 2018, several RCHK students attended the UBS Hong Kong Community and Philanthropy Forum & Fair at the Central Harbourfront, where they had the opportunity to meet and learn from 30 NGOs and social enterprises. Some of these organisations included ChickenSoup Foundation, Po Leung Kuk, and Teach4HK. The students that attended included Taylor Chung, Justine Leung and Iza Koo from Year 11, Markandeya Karthik from Year 10, Mini Thirumalai A., Serena Ng, Tanush Agarwal, Harsha Madhu from Year 9, Daniel Cheung from Year 8, Adele Lau, Alta Wan, Janice Wan, and Carmen Tsai from Year 7.

"This was an experience that was both exhilarating and full of fun. I was honored to be invited to the UBS conference, which was an event where we not only visited various NGO booths and learnt about what they do, but also participated in the Guinness World Records largest coloring book. The visit opened me to a world of new NGOs and more opportunities to give back to the HK community," says Daniel Cheung.

The 16th Senior Schools Debating Competition

By Theodore Chow, Year 12

On Saturday 22 September 2018, Jane Chan (Year 12), Maisha Maryam (Year 12), Theodore Chow (Year 12), Markandeya Karthik (Year 10), Nicole Cheung (Year 11), Justine Leung (Year 11) and Chloe Lam (Year 9) participated in the 16th Senior Schools Debating Competition at Renaissance College. After five rounds of intensive debate, with four wins, one of the RCHK teams (Jane, Maisha, Theodore and Mark) managed to rank fourth out of the 32 teams, less than 10 points away from championship. Maisha and Theodore both tied for the sixth best speaker out of 160 speakers, with an average score of 72.25.

Throughout the 12-hour day, teams had to debate on various topical issues from around the world, which included whether foreign domestic workers should be given the right to vote, whether the One Belt One Road initiative has done more harm than good, whether the poor should be punished for stealing, whether the on-demand economy has done more harm than good; and whether ethnic-centric films should be celebrated. The first round was a prepared motion on the topic of foreign domestic

workers. Teams were given a week to prepare. The RCHK team prepared intensively to ensure that we were able to refute all points of contention. The second, fourth and fifth rounds were impromptu, where teams were given the motion and sides only 45 minutes prior to the debate. Refutation and consistent, coherent logical links were key strategies employed by the team. The third round was a semi-prepared motion on the One Belt One Road initiative. Teams knew the motion a week in advance, but were unaware of which side they would be supporting. The RCHK team prepared thoroughly for both sides of the motion.



workers. Teams were given a week to prepare. The RCHK team prepared intensively to ensure that we were able to refute all points of contention. The second, fourth and fifth rounds were impromptu, where teams were given the motion and sides only 45 minutes prior to the debate. Refutation and consistent, coherent logical links were key strategies employed by the team. The third round was a semi-prepared motion on the One Belt One Road initiative. Teams knew the motion a week in advance, but were unaware of which side they would be supporting. The RCHK team prepared thoroughly for both sides of the motion.

"Although semi-prepared motions require a ton of preparation, they're one of my favourite because I get to learn so much about an issue that I otherwise wouldn't have known about!" says Markandeya. This is echoed by the rest of the RCHK Debate team, who all stated that prepared and semi-prepared motions require extensive preparation.

Special thanks must be given to Ms. Shobha Sanker, the head of debate at RCHK, who helped organize this event and for the tremendous support that she gives to the team. The 16th Senior Schools Debating Competition is one of the first competitions of this academic year and our team is looking forward to another fruitful year of debating!



RCHK hosts fourth annual Math Race

By Sheryl Saw, Year 12

Every year, the RCHK Math Race is run by a group of enthusiastic Year 12 students and supervised by Ms. Shobha Sanker. This year Vivian Qi, Michael Tsao, Sheryl Saw and Julie Choi were responsible for organising the event. The students aim to make a change in the College Community by encouraging young students to enjoy and become more engaged in the subject of mathematics.

The fourth annual Math Race, held on Saturday 6 October 2018, was a great success. With over 35 teams joining, the classrooms were filled with joyous students who were extremely intrigued in the unique mathematical activities. The day started off with the Year 7 and 8 competition with an active "Dragon Math" round. In this event, students had to run from their designated tables to the front of the hall in order to receive their questions and by the end, the students' spirits were flying high. The competition then moved on to our new innovative round, the "Escape Room." Students fought against an opposing team and tried their best to step pass "bombs" to reach the middle of the classroom by answering math riddles.

The final round for the Year 7 and 8 math race was the buzzer round. Here students had to use their quick math skills as well as their quick reflexes in order to reach the buzzer first. Huge congratulations to the Year 8 Team Daniel Cheung, Minhee Ho and Heer Jhaveri for winning the overall Year 7 and 8 RCHK Math Race.

Then came the more challenging half, the Year 9 and 10 Math Race. Here the team had to come up with intriguing yet unique math questions which would hopefully develop the maturing student's interest in the subject. The Year 9/10 had the escape room round with a difference where students were "locked" in a classroom and had to find clues in order to escape. Finally, there was a station round which involved 3D shapes making and tangram puzzles, this required students to collaborate effectively with their team members. Congratulations to the Year 9 Team James Tsang, Tanush Agarwal and Cavis Chan for winning the overall Year 9 and 10 RCHK Math Race.

Overall, the RCHK Math Race Team would like to thank everyone for participating and hope that everyone enjoyed it! We look forward to seeing everyone again next year!



Feature Story



Terry Fox School Run celebrates 10 Years of Hope and Support for Cancer Research

By Elizabeth Ellis, RCHK Communications Manager

When Terry Fox first started his Marathon of Hope across Canada in 1980, little did he know that his dream would continue today, reaching far across the world to Hong Kong.

Cancer is currently responsible for a third of the deaths in Hong Kong each year, and this number continues to increase. But thanks to the dedicated efforts of people like Year 5 teacher Bradley Davies and volunteers Macy Lau and her husband, Jack Ng, they are keeping Terry Fox's dream of finding a cure for cancer alive and well.

The Terry Fox school run is celebrating 10 years and is currently the largest fundraising event hosted at RCHK. In conjunction with the community run that started in 2012, this event has raised over 2 million Hong Kong dollars to benefit local cancer research projects in Hong Kong.

"It is important for people to know that we take no costs from the fundraising that has been given to us," says Davies. "It goes directly to researchers whose projects have been reviewed and approved by the Terry Fox Research Institute."

As a cancer survivor, the search for a cure is something Davies is passionate about. When he was 18 years old in Canada he was diagnosed with Rhabdomyosarcoma, a form of cancer that affects the soft tissue, in his left jaw and sinus cavity. He was treated quickly by oncologist and surgeon Dr. Frank Wong who, coincidentally, happened to be from Hong Kong. However, Davies had several recurrences that required further surgery, chemotherapy and radiation.

"I spent a year in the hospital," says Davies. "Though I was treated quickly, it was a lengthy battle. But by the end of it I was told that my chances were good it would not return and I responded very well to treatments. Luckily, I have been clear since then."

Davies says after he left the cancer ward, he wanted an opportunity to give back and help others to help pay forward the kindness he was shown during his treatment and recovery. He got involved in different aspects of volunteering while studying as a university student in Halifax, Nova Scotia, and was presented with the Terry Fox Humanitarian Award.

"The Terry Fox Foundation approached me and asked if I would like to get involved in the Run - an event completely separate from the award - and I said sure," says Davies. "They initially wanted me to volunteer, but I suggested organizing a Terry Fox Run in my own community in Belfast, Prince Edward."

Davies says it became a very successful community run that was held for several years. When he came to Hong Kong in 2006 to begin teaching at RCHK, he realised there wasn't currently a Terry Fox Run at the school - although it had existed in previous years when the school was known as Phoenix International and Canadian Overseas College. He rediscovered his passion for the cause when a student in his class during his second year at RCHK compared herself with a character in a book they had been reading who had lost a parent. The cause of death was cancer.

"I could see that she and her family considered her father's battle with cancer to be a dark part of their experience, and it wasn't something to be mentioned - something to be kept private, and that is so different from my own perspective," says Davies. "It's pretty obvious I have a connection with cancer in my appearance and I look a little different so I tell kids about that at the beginning of the year and I am very open about it."

Davies says that he approached the student and her mother about it and it inspired him to consider pitching the idea of the Terry Fox Run as a scenario for a musical the students were going to be doing as part of their unit of inquiry in early 2008.

"The idea was to have aliens come to Earth and learn more about life here. During the performance, our class

The birth of the Community Run

Enter Macy Lau and her husband Jack Ng, who are alumni of Simon Fraser University (SFU) where Terry Fox attended before he passed away. Lau grew up doing Terry Fox Runs in both elementary and high school in Vancouver. Davies recalls getting an email from the Terry Fox Foundation in 2012 that Lau was interested in attending a run.

"She came and really liked how we organized it and appreciated the clear principles that needed to be followed," says Davies. "After seeing what we'd done; she asked 'Can we try this with the community?'"

Lau says this cause has been important to her and her husband for a long time because it has deeply impacted their family; and at the time there were no Terry Fox Runs available to the general public to get involved locally.

"Three of my four grandparents passed away from cancer and eight years ago, Jack's mother was diagnosed with stage 4 terminal cancer," says Lau. "Having so many friends and family passing away from this terrible disease, we wanted to do something positive to support them (in Hong Kong)."

Soon, Lau, Ng, and Davies were working together along with a dedicated team of volunteers and the support of RCHK - much like they are today - to host the first community Terry Fox Run in conjunction with the school run in 2013.

Id them to a Terry Fox Run to find out who [Terry] was," says Davies. "The students loved it and did all their own research on it."

The highlight of the event was the students doing a mini Terry Fox Run through the PAC in the middle of the show. Davies asked the students if they would like this event to actually happen at RCHK; and they were very enthusiastic about it. By September of 2008, students in Years 5 and 6 hosted a successful run true to the spirit of Terry Fox and the rules he laid out - which specifically included no corporate sponsors.

"Next year we offered it to Year 4 and then Years 1-3 said "What about us?" and it quickly became a whole Primary school event," says Davies. "Now (the school Terry Fox Run) is an open event where Secondary students and teachers can join too."



"We had the School Run in the day, a celebration in the PAC, and then back out for a nighttime run," says Davies. "It was a pretty full day!"

Lau says in subsequent years it became more of what it has become today - a separate run held on a Saturday so participants could bring their families along.

"Now, the tradition is that it is held on the first Saturday in November," says Lau. "Our community run has close ties with the school run. Most of the logistical planning is now done together, such as ordering of banners, posters and corporate supporters. Our signages are used for both events and we also raise money to donate to the same research projects."

Supporting local Cancer Research

Davies says that for the first few years of the school run, all donations raised were sent back to Canada, but now all of the proceeds go directly to support cancer research efforts right here in Hong Kong.

When Dr. Victor Ling, president and scientific director of the Terry Fox Research Institute (TFRI) visited Hong Kong in 2010, Davies says he attended a meeting of oncologists and met Dr. Stephen Chan from Chinese University of Hong Kong.

"[Ling] convinced him to make a cancer research proposal to TFRI in Canada; and it was that that gave us a new goal to work towards; where our fundraising could go," says Davies.

"We are passionate about finding a cure for cancer research, until that day comes, we will continue our efforts yearly to raise money here. We share the same dream as Terry."

Since then, Dr. Chan has conducted several cancer research projects focusing on liver cancer - as well as caring for members of the RCHK community directly. Davies says two years later a second opportunity arose to fund research that Dr. David Lam from Hong Kong University was conducting on lung cancer screening and

looking and environmental factors that could be involved.

"This project is neat because it not only has Hong Kong participants, but also in Canada, Australia, and China,"

says Davies. "Both of these researchers have said to us they consider cancer research badly underfunded and needing further support, especially as a leading cause of death in Hong Kong."



Keeping Terry's Dream Alive

It takes a village of volunteers to bring together both of these events successfully, and it is not always a smooth process - especially as it becomes more popular. Lau shares that it can be difficult to manage volunteers and account for everything.

"Our biggest challenge is to organise event logistics for the run date," says Lau. "Our committee is comprised 100% from volunteers and we're not trained to organise events."

So what keeps the dream team coming back year in and year out? Hope, says Davies.

"I think it is important to support each other and have hope; and to celebrate that there are advances in research happening," says Davies. "People wear a red shirt at the events now to show they are survivors who have overcome cancer - we're brave and we're here because people have supported us - now we want to support others."

And by having people like Alison Yu, a Hong Kong Paralympic Fencing World Champion come and share her story of fighting the disease has only added to opening up the dialogue of support and hope that is a major foundation of the Terry Fox Run.

"We are passionate about finding a cure for cancer research, says Lau. "Until that day comes, we will continue our efforts yearly to raise money here. We share the same dream as Terry."



Sports

Black Kites Season 1: Mid-season Report

By Nick Sherriff-Smith, Athletics Director

Volleyball

The volleyball season has been in full flow this term with six teams competing in the ISSFHK leagues. All teams have had success with a total of 35 wins to 15 loses overall, at the time of writing. The U20 and U14 girls both remain unbeaten (the U14s haven't dropped a set) and have been looking strong all season. The Black Kites volleyball players are working hard in preparation for their matches and this is reflected in the performances. Well done to all. Our U20 teams also entered the ACAMIS red division championships at Singapore International School, Suzhou in October. Both teams performed superbly against generally a higher standard of competition than they were used to. The boys narrowly lost out in the semis and finished with a bronze medal, whilst the Girls were again victorious, capping off an Invicta season.

Rugby

The rugby season has been hit by some adverse weather and elevated pollution levels which has considerably limited the number of games. The U19s, who have combined forces with Kellet and Shatin to create a 15 a side team this year have not been able to secure a win so far this season but despite hampered by the inability to train together they have battled hard and created some quality passages of play. The U14s, who also combine with Shatin, have similarly been affected by cancellations with only three matches under their belts so far. Their record very evenly stands at 1 win 1 draw and 1 loss.

Football

The Under 14 boys As have had a dominating start to the season winning all four of their matches so far with a goal difference of +20. The U14 girls burst out of the blocks with a win in their initial fixture but have gone down in three close matches since. The U14 boys B team have also had a couple of run outs and have made good progress.

Swimming

The junior and senior swimming teams have enjoyed success in the pool so far this season entering mini meets at Sai Kung, Harrow and Discovery College. Read our accompanying reports on the Primary and Secondary Swim Galas in this section. The teams also have the Feeding Frenzy competition in Bangkok too look forward to in December.

Netball

Netball fixtures have begun with training well under way and one tournament in the books. Huge numbers of participants have been attending training with over 50 girls involved. There have been some good internal competitive games and matches versus Creative Secondary School, West Island, Shatin and Harrow on the horizon.





Secondary House Swim Gala Report

By Nick Sherriff-Smith, Athletics Director

After two days recovering from the effects of typhoon Mangkhut, the Secondary MYP students returned to school on Wednesday 19 September 2018 for the first big house sporting event of the school year. The Swim Gala was held at nearby Ma On Shan swimming pool, where the sun made a prominent and very welcome appearance and we saw a rainbow of House colours decorate the stands. As the first swimmers readied themselves at the starting blocks it was looking like a perfect day.

The event kicked off with the more traditional, freestyle, breaststroke, backstroke and butterfly events over a 50m distance. This was a chance for the top swimmers to gain some points for their Houses, showcasing some exciting head-to-head matchups and close finishes. This section finished off with freestyle relays, where the competitive atmosphere revved up as double points were available and a bit of teamwork was required.

The lane ropes were then swiftly switched around 90° to create some 25m lanes and the rest of the students were invited to jump in and take part in the conveyer belt swim. This involved a steady stream of students taking the plunge, one after another, and swimming 25m across the pool, using whatever floatation device they liked for assistance if needed. Most had time to make it back to the start a few times and jump back in for another go. It was a great way to encourage many of our reluctant swimmers

to get involved and gave them a great opportunity to cool off in the heat. Some teachers even took the opportunity to swim a lap or two!

Our resident DJ/MC, Mr. Cameron Otto added to the carnival atmosphere, calling the countdown for the races and providing a selection of modern hits, with some classic oldies to please the staff!

We then moved on to the novelty events that included groups from each House transporting a large inflatable mascot across the pool as many times as possible and then a treasure hunt in which a variety of floating and submersible objects were retrieved from the middle of the pool by teams of swimmers in the available time.

All the points were tallied up and the results calculated. Ming was victorious in the junior and senior competitions but denied the clean sweep by Song, who won the Intermediate competition.

In the overall competition the results were as follows:

- 1st - Ming
- 2nd - Tang
- 3rd - Song
- 4th - Qing

A huge thank you to the PE staff, house directors, house captains, athletics council and all the other teachers and students that were involved in the organisation and running of the day.

Sports

Year 5 and Year 6 Swim Gala 2018

By Sandra Gordon, Primary PE & Sports Coordinator

On Friday 28 September our upper Primary students participated in our annual Swim Gala here on campus. It was a great day filled with team spirit and enthusiasm and all our swimmers performed exceptionally well. Below are the results of our championship races.

Year 5 Boys

Several students distinguished themselves. Will Law took first place in the Freestyle, while Jason Lau took second in Freestyle, first in Breaststroke, and second in Butterfly. Ambrose Wong placed in all four categories with third in Freestyle, second in Backstroke, second in Breaststroke, and first in Butterfly. Rico Leung took first in Backstroke, Kal-el Chow took third in Backstroke, with Alex Brown taking third in Breaststroke, and Marcus Chau taking third in Butterfly.

Year 5 Girls

Hailey Leung placed in all four categories with second in Freestyle and Backstroke, first in Breaststroke, and third in Butterfly. Bernice Au also placed in each category, taking first in Freestyle and Backstroke, third in Breaststroke and second in Butterfly. Valentina Marin took second in Breaststroke and first in Butterfly, with Robyn Bain taking third in Freestyle and Lisa De Bever taking third in Backstroke.

Year 6 Boys

Nicholas Kwan swept up first place in each category of the Swim Gala, with Yannick Yeung taking second in Freestyle, Backstroke, and Butterfly. Ryan Sum placed third in Freestyle and Butterfly but moved up to second in Breaststroke. Finally, Axel Wong placed third in Backstroke and Breaststroke.

Year 6 Girls

Leanne Tse also made a clean sweep of first place, followed closely by Aspen Kwan who took second in all four categories. Leanne Leung took third in Freestyle, Third place went to Emma Davies in Backstroke, Scarlet-grace Robertson in Breaststroke and Audrey Lau in Butterfly.

House Relay Race Results

In Year 5 Boys, Tang came in first place, followed by Song, Ming and Qing.

In Year 5 Girls, Qing came in first place, followed by Song, Ming and Tang.

In Year 6 Boys, Tang came in first place, followed by Song, Qing and Ming.

In Year 6 Girls, Qing came in first place, followed by Song, Ming and Tang.

Overall Tang House were the champions with 170 points, Qing and Song tied in second place with 154 points each, followed by Ming with 118 points.

A big congratulations to all our Year 5 and Year 6 students. Well done!



The Arts



Art for Action Secondary Team - Decor for a Cause

By Alvin Ho, Year 11

Art for Action aims to celebrate diversity, creativity and imagination through decorations that have been displayed in numerous events and locations such as The School Fair and Jie Jie Day. Moreover, it is an activity that encourages collaboration through the creation of decorations showcased at many school events, and promotes the Visual Arts within the RCHK community, allowing for our team to grow as visual artists themselves. In addition, it hopes to bring smiles to the faces in the community when they see these creations on display, providing our community with positivity and excitement. This programme has been heavily involved in creating beautiful decorations for school events and the three most recent projects include:

College Fair 2017

With the theme of "The Power of Positivity", the Art for Action team was encouraged by RAPT to create a range of dream-catcher displays that would emphasise the theme of the fair and wow our visitors with our fantastical decorations. In addition, our team created a variety of paintings that shared the same theme. These paintings could be seen hung around the front entrance and in front of the PAC stage that were created using recycled canvases, emphasising upon our goal

of sustainability through the upcycling of materials. A stage backdrop was also painted and hung behind the outdoor stage, with our school name bolded in the middle of the cardboard pieces and colorful doodles (such as cartoons or quotes) adorned around the letters.



Jie Jie Day 2018

In order to show our gratitude and appreciation towards our loving domestic helpers within the RCHK community, the Art for Action team went for a minimalistic aesthetic for this year's decorations, creating a fully white space that was created using scrap paper flowers and an assortment of different sized fans. With the addition of a runway to the stage, the team was able to play with the arrangement of these decoration pieces and in the end, created a stunning masterpiece that wowed the Jie Jies as they entered the PAC hall. With Ms. Lucy Draper involved in the decoration creation process, the team was able to experiment with and use their knowledge on balloon art to create stunning centerpieces and an organic balloon arch to welcome the Jie Jies as they arrived.



College Fair 2018

With a new theme of "12 Olympians: Unity with Diversity", the team busily generated ideas for this year's RAPT-sponsored College Fair held on 1 December 2018. They found ways to combine their own art styles with the theme of the year. Drawing inspiration from Greek gods and goddesses such as Athena, Poseidon and Zeus, cascading olive leaves along a wire vine and gilded white flowers have been popular ideas that were incorporated within this year's display.



Behind the Scenes

The Art for Action team is comprised of a range of highly committed and passionate RCHK Secondary students from Years 7-11. These are the creators of all the aforementioned decorations, and the driving force that makes this programme the success it is today. The team meets every week to work on future school decorations and uses their imagination to create innovative design ideas and bring them to life through sculptures, paintings and ornaments.

Commitment to Sustainability

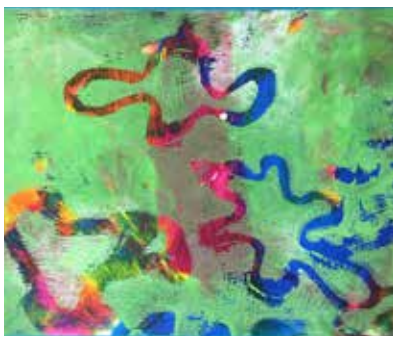
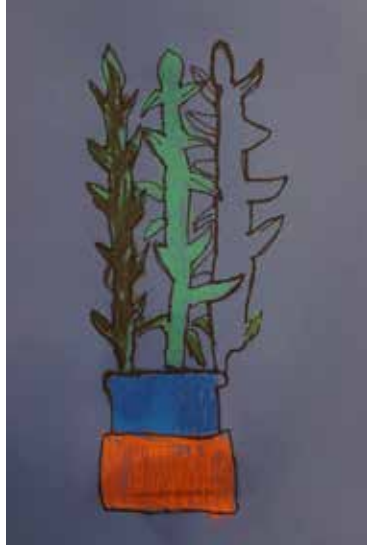
The Art for Action team highly values creating a sustainable future for the RCHK community, and this can be reflected through the creation of the decorations that we have worked on in the past year. Using upcycled materials, scrap paper and unwanted items, the team uses their creativity to their advantage in order to create a brighter future for our school and the wider Hong Kong community.

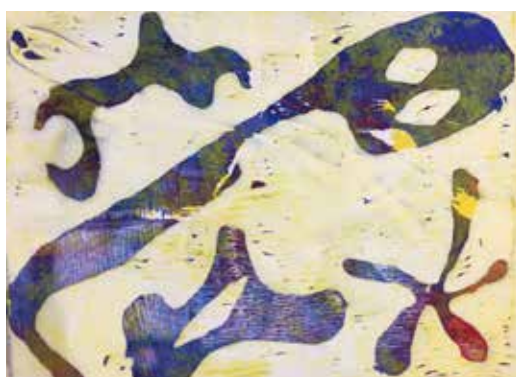
A photograph of a man and a woman standing outdoors in winter clothing. The man is wearing a dark blue coat with a fur collar, a light blue shirt, and a dark tie. He is holding a set of keys in his right hand. The woman is wearing a grey turtleneck sweater and a grey fur hat. They are both smiling and looking towards the camera.

RIVER WOODS
NORTH-EASTERN SUPPLIERS

WINTER COLLECTION
www.riverwoods.net
www.riverwoodscn.com

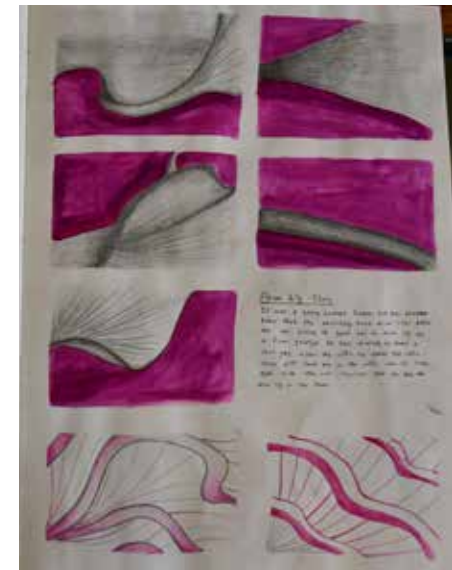
Primary Art Gallery





Secondary Art Gallery





Alumni and Community



RCHK August Alumni Reunion proves a big hit with over 80 in attendance

By Wilma Shen, Career-related Programme Coordinator, Career Counsellor and Scholarships Manager

On a sunny Saturday 25 August 2018, RCHK hosted a Hong Kong Alumni Reunion in the new Specialist Centre's elegant multipurpose room; with over 80 alumni from the Class of 2013 all the way to the most recent Class of 2018 in attendance! It was great to see a few faces that we haven't seen for quite a long time, and to catch up on their latest development. The earlier graduating cohorts have now moved on to a variety of career paths, and it's fantastic news that they are interested in coming back to school to share their career knowledge, expertise, entrepreneurial journey and host master classes with our current students. A few of them even offered to provide work experience internships to our Year 11 students as they recognise the need to nurture and mentor young talents, as well as reconnect with their former high school that will always remain a fond memory of their young adult life.





JNKorea

Taekwondo Academy

한국전남태권도장 / 韓國全南跆拳道場

Free trial lesson with Native Korean Masters 韓國教練授課免費試堂

**Any Inquiry, please call at 2409 9902 Or,
WhatsApp at 5139 1325**

ShekMun Center

- Address: Kings Wing Plaza 1, 6/F, Office K (MTR Shek Mun Station Exit C)
- Tel: 2409 9902 • Mobile: 5139-1325(WhatsApp)

新界沙田石門安群街3號京瑞廣場1期6樓K室

Shatin City Center

- Address: Unit Nos 1302-1303. Level 13, Tower1, Grand Central Plaza
138 Shatin Rural Committee Road, Shatin
{SHATIN STATION EXIT B(East Rail Line)}
- Tel: 2567 7577 • Mobile: 5139 1325(WhatsApp)

沙田鄉事會路138號新城市中央廣場第一座13樓1302至1303室

Alumni and Community



Shirmai Chung

Class of 2018

Greetings from Connecticut! I am currently a Freeman Asian Scholar at Wesleyan University - A liberal arts college located in New England, Connecticut USA. Though I am currently undeclared under a liberal arts education, I intend on majoring in Environmental Studies and Government, with a minor in East Asian Studies. When I graduate, I hope to eventually return to Hong Kong, to advise environmental policies for sustainable development, and tackle the balance between ethical values with fiscal stability for the Hong Kong Government.

One thing I appreciate about a liberal arts education, especially at Wesleyan, is the breadth and flexibility in the academic disciplines you're allowed to pursue. For this semester, I am taking a wide-range of courses, from Korean Drumming to a course about how humans have brought infectious disease to themselves. Outside of class, I am part of Wesleyan's Committee of Investor Responsibility, developing ethical framework for endowment investing. I am also assisting my local area, Middletown, in the renewal of their Plan of Conservation and Development amendment. It is so exciting to see how easy it is to get involved with the college and the local community so early on in the semester. Hopefully, these involvements on campus will translate into useful skill sets necessary for the career path I wish to pursue.

Looking back at my high school journey, I am very grateful for RCHK's support, which brought me to where I am today. Without RCHK's offer of the Youth Empowerment Scheme (YES) Scholarship when I transferred two years ago, I wouldn't be where I am today. Through this scholarship, I was financially able to complete my IB education and gain access to the school's support system, from university counselors that pushed me to bring the best of me in my university applications to teachers that made themselves a resource

to help me succeed academically and personally. All of this support translated into my grit and determination, which gained me a full scholarship at the university I am at now!

To those who are now going through the college application season - do not fret! Applying for colleges is a very challenging time where you question your needs, identity and your abilities. One thing that really helped me in my college applications was having a balanced support system, with peers that reminded me of qualities that make me unique, while having others that challenged me to think beyond perspectives that I have been comfortable with. At the time, my support system consisted of a teacher from my Business class, my supervisor from one of my extracurricular activities, to friends that I met in RCHK. So really, anyone could be part of your support system! Do not be afraid, and reach out. Do not shy from your talents and abilities, and let them shine in your application. This season will be challenging, but it will also be a very fruitful process, to unlearn many things about the world, and learn so much more about yourself.

The Big Picture



