



ISSUE 23

January 2022



TO SEEK

TO SERVE

TO STRIVE

Feature Story:

Cooking Sustainably
- RCHK Alumnus
presents some tasty
meat alternatives to MYP
students





HAPPY
15th
RCHK!

TO SEEK
TO SERVE
TO STRIVE

15 years of
exceeding
expectations



RENAISSANCE
COLLEGE

From the Principal's Desk

Dear RCHK Family,

Happy Holidays!

Please join us in celebrating the 15th anniversary of the opening of RCHK! Even with the pandemic-imposed restrictions, we have been able to host many special events on and off-campus to mark this important milestone which we trust you'll enjoy reading about and viewing in this latest edition of RCHK World.

The Big Picture photo gallery of our Alumni Reunion in August 2021 highlights the nostalgic and memorable reflections shared by our graduates from the earliest cohorts to the most recent. One of our members of the Class of 2013 writes passionately about her meaningful experience of returning to RCHK this fall for teaching training experience in our Leadership and Service section.



We were also thrilled to bring back the Primary Camping experience for students in Years 4-6. The camps were held during the day as opposed to overnight due to fears about Covid. However, it certainly didn't take anything away from the fun and joy of the adventures.

You'll recall that RCHK opened two new Food Labs last year. They got a personal kick-off this term thanks to an alum from the Class of 2011 that reconnected with us during the reunion, who presented to eager MYP students. In addition, the food spotlight shone brightly on a Year 11 student who has become a professional cake artist in her spare time. Year 12 students next year will have the option to select Foods as a DP course!

"Foxtober," or the annual Terry Fox Run to raise funds for cancer awareness and treatment, was again held virtually in October with substantial participation across the city thanks to the herculean efforts of RCHK and HK volunteers. That "can do" spirit extended to our sports programme which is back up and running—galloping actually—as you'll see in the success of the Black Kites Equestrian Team as told to us by a Year 9 student. Not to be outdone, the Sailing Team glided to victory following a 24-hour race.

Thank you for your continued support of the faculty and staff who work with you to make the learning experiences at RCHK the finest for your children and your young adults.

Best wishes and kind regards,

Dr. Harry Brown
Principal



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Newsmakers

Aidan Ma

Year 10

Taste of being a HKUer

I used to spend my summers in the US while joining the summer camps there; namely Lakers and UCLA basketball camps, and coding camps. Since the pandemic, 2021 was my second summer that I was stuck in Hong Kong. With relaxed physical distancing this year, I was able to join some local summer camps. After going through a competitive selection process, I was admitted as a member of HKU Academy for the Talented and represented RCHK in two flagship programmes, Collaborative Innovation Bootcamp and International Symposium on STEM Education 2021, provided for Secondary school students around the world.

It was an eye-opening experience attending the bootcamps. During the five-day programme, I was excited to attend lectures and workshops conducted by distinguished HKU professors and pitch our projects to professors and industry leaders such as PayPal and Microsoft. I met like-minded students who were also interested in STEM from various countries and were so creative and eager to learn, especially in Artificial Intelligence (AI). With diverse

cultural backgrounds, we were able to make a great Fintech project, which was an online donation platform to raise awareness on renewable energy. For the Collaborative Innovation Bootcamp, I had a taste of being a real-life entrepreneur and was mentored by HKU start-up founders. I was challenged to make a business proposal within five days and provide a solution to meet the needs for a start-up.

There were about 130 students divided into 12 groups in the International Symposium on STEM Education while 220 students were divided into 18 groups in the Collaborative Innovation Bootcamp. With a great combination of teamwork and my passion in STEM and entrepreneurship, my projects in both programmes were selected as the Best Project Awards. I was honoured to represent RCHK and receive scholarships in both programmes offered by the HKU Academy for the Talented. It was a life-changing experience to integrate myself into HKU programmes and inspire me to further explore my interest in STEM and entrepreneurship. In the midst of the COVID pandemic, I am so grateful that I could get such a valuable experience to attend college-level lectures, make connections with industry and gain the latest trends on Fintech and Artificial Intelligence. I hope I can further explore myself in dynamic and diverse university life with the two scholarships to attend other academic programmes offered by HKU Academy for the Talented.



International Symposium on STEM Education 2021
Group Photo on Zoom



My Start-up Mentor
Collaborative Innovation Bootcamp



Coco Yung

Year 9

Three cheers for Coco who has recently distinguished herself in both music and dancing. She joined the 73rd Hong Kong Schools Music Festival 2021 held by Hong Kong Schools Music and Speech Association earlier this year and received the Silver Award in Graded Piano Solo (Grade Two). She also joined the MF Music Competition 2021 held by MF Music & Art Promotional Association in April, participating in Piano H2 Class (Grade Two) and has attained the Silver Award. Last but not least, Coco was awarded as 1st RUNNER UP in the Group Street dance/ Hip Hop/ Funky competition of the 17th De Yi Shuang Xin Hong Kong Selection (德藝雙馨香港區賽), group P1-P2. The competition was held by China Artist Association HKSAR Secretariat (中國藝術家協會香港秘書處). K-Pop is her favorite dance style! Coco was also invited by Mr. Harry Ng (a Hong Kong's prolific composer and renowned producer) to have a group dance performance with a Cantopop dance group EO2 in his concert, which was held at the Star Hall of Kowloon Bay International Trade & Exhibition Centre on 16-17 October 2021. It was Coco's first time to dance with the professionals in such a large-scale concert which was widely reported in the local media. Undoubtedly she has earned so much invaluable experience and hopefully Coco can become a remarkable dancer in the future. RCHK is cheering you on as you dance your way to success!

Angus Yip

Year 12

2021 has been quite the year for Angus thus far! In March 2021, Angus was invited by Tom Lee Music Academy as a Hong Kong representative to rearrange and perform the German song, "Rain on a Pond" for joining "Welcome Back, Music" online event organised by Yamaha Corporation in Japan. His electone performing video was posted on the Instagram and Facebook of Tom Lee Music Academy as well as the official e-platforms of Yamaha Corporation. This isn't the first video featured by Yamaha - Angus's original electone performing video of "Jazz Serenade" performed in Junior Original Highlight Concert 2019 was selected by Yamaha Music Foundation in Japan and was uploaded on its website and official YouTube channel. This is the only selected piece chosen from Hong Kong as an outstanding piece at the moment. In May, Angus was awarded the Silver Awards by Hong Kong Schools Music and Speech Association at the 73rd Hong Kong Schools Music Festival 2021 in the category of Piano Solo - Composer of the Year and Clarinet Solo - Secondary School Senior.



In addition, as a junior composer of The Hong Kong Academy for Performing Arts, his composed piano repertoire, "Life's Emotions" led him to be awarded Honorable Mention Diploma in the Senior International Category of Golden Key Piano Composition Competition 2021. The participants of this competition came from different countries and regions in the world. His piece demonstrated the different emotions and state of minds of everyone. By means of music, Angus showed how a person could have the same identity whilst still having different emotions, varying from calm to intense. Angus was indeed very honoured to be invited to perform his own piano repertoire in the World Composers Recital at the Golden Key International Music Festival, on stage in Vienna, Austria during the award ceremony in July 2021.

In the same month, Angus also won the 1st Prize of Senior Age Category at 2021 International Youth Music Competition in Atlanta, USA by presenting his original composition "The Dreaded Place". This is a piece for solo cello and piano as the instrumentation. The use of dissonant intervals such as the minor second and the tritone creates the feeling of dreadfulness and discomfort. The low note clusters on the piano add to the sense of fear as the piece builds towards the climax with denser rhythms and increasing dynamics. Audience can listen to the irregular rhythms, the use of extended articulations on the cello and the full range of the piano from this piece. During the summer, Angus was very pleased to be offered by Boston University Tanglewood Institute the US and was awarded a full scholarship to study its Electroacoustic Composition Workshop. It was such a good experience for him to learn in a premier summer training programme with other young musicians to explore the vision in music composition internationally. Angus's original music can also be heard in the award-winning documentary short, "The Living Sea", directed and written by Ema Poposka in Year 9 - see the feature on this amazing collaborative production in The Arts section of this issue.

Well done, Angus! It has been a joy to follow your musical successes over the years. The RCHK community and your parents are very proud of your excellent work and we look forward to hearing more of your original compositions.

Leadership and Service

RCHK's Foxtober 2.0 carries on Terry Fox's Dream of Hope!

By James Schulz, Year 2 Teacher and Event Coordinator

This year's month-long celebration of Terry Fox was a massive success! Even though it was another year that we were unfortunately unable to have our physical run along the promenade, we were still able to create lots of activities that helped to raise awareness, engagement and funds. Among these were PE Challenges, House Thursdays, Morning Movement, and Stravathon, which used the Strava app to calculate how many kilometers each house was able to complete. And how could we forget our campus-wide obstacle course! Over the month of Foxtober, the RCHK community completed more than 3,000 kilometers and raised more than 100,000 Hong Kong dollars! While we had lots of fun, we still dedicated

time to learn about and discuss who Terry Fox was and how the selfless acts of one person were able to change the world. We learned how bravery, kindness, and perseverance can make an impossible dream become a reality. We sincerely thank each and every person who joined us in October 2021, no matter how much or little they were involved. Every step, every dollar, and every word helped us continue Terry's dream to one day find a cure for cancer.

And though our Terry Fox School Run has come to an end for this year, we look forward to seeing everyone at our Terry Fox Community Run in the first quarter of 2022! Scan the QR code to visit the event Facebook page!



The student becomes the teacher: RCHK alumna takes on the role of educator in the classroom

By Kanishka Seth, Class of 2013

This academic year, I was honoured to be part of the RCHK faculty in the role of a teacher in training until the beginning of November 2021.. I'd never imagined myself being back, working with my own teachers. It has been quite the journey. I worked as an MYP Individuals and Societies and MYP English teacher. Like many other teachers, my professional goals are to inspire and to foster a passion for learning among my students. However, my side agenda was to garner a love for THIS school. Given that I've joined after the troubled academic year that was 2020-21, I hope that my love and appreciation for this community can spark a sense of connectedness to the school among the students.

RCHK has always been my happy place - since 2008, when I joined in Year 9. I strongly believe in the core values that RCHK's leadership, teachers and community stand for. Additionally, I have a great appreciation for the IB curriculum. Reflecting on my time here as a student, I am full of gratitude for my teachers who worked towards providing us with the best opportunities, resources and for being key role models in my life. This school, unlike many others, has always valued diversity, which is at the core of my teaching philosophy.

It has been a rather humbling and challenging experience, learning about the efforts that it takes to make things work behind the scenes. Being a student here was easy, compared to being a teacher of course, but working

with enthusiastic and inspiring colleagues and students made the job fun. The students here also reflect the RCHK values; confident and compassionate individuals who have a community outlook. As I am a training teacher, I am still learning lots of new things. Being back here as an educator has been deeply enriching in terms of professional development and also makes me feel like a student again, where I am constantly growing and pushing myself out of my comfort zone. The feeling of learning from my own role models is quite indescribable, and very nostalgic.

My short to medium term goals are to become an excellent INS and Business teacher, and learn as much as I can. In addition to Education, I am currently pursuing a Masters in IT at Hong Kong University, and I would love to become an education technology scientist one day. RCHK is easily one of the most tech-driven/forward schools in Hong Kong; it certainly was when I was a student here. During my time here as a teacher, I had the wonderful opportunity to play around with various instruments to make my lessons more engaging. Moreover, I envision myself consistently setting higher education goals and bringing this love for academia back to my classroom/students.

Class of 2022, my advice is to seize the opportunities you get. All experiences can teach you something. You are allowed to change your mind! And never underestimate the power of strong, deep networks and relationships you make on the way. People make things happen.

Photo on left: Kanishka with Dr. Brown, November 2021

Photo on right: Kanishka with Shobha Sanker, Math Teacher, Alumni Reunion 2019



Sibling team pitch in to help the elderly with J-Life Foundation

By Kaela Chow, Year 10 and Kai-El Chow, Year 8

During the mid-term break in the 2021-22 academic year, we participated in a two-part volunteer service event organised by the American Club Foundation, who were collaborating with J-Life Foundation. We participated in rice packaging as well as delivering and distributing ready-made food packages and supplies towards the elderly.

The J-Life Foundation is a NGO based in Hong Kong which aims to reduce cross-generational poverty in low income families in Hong Kong. They are situated in Sham Shui Po, which is one of the poorest districts in our city. In fact, 70 percent of the people living around the area live with food insecurity. They aim to provide and serve underprivileged families around the poverty lines by providing them with short-term food relief, education opportunities, and more, helping their lives for the better.

While participating in this volunteering event, we were asked to pack small 1kg of rice bags from larger 25kg rice packs. Do you know how many bowls of rice are in 1kg? It's eight, with each bowl only having 125g of rice. They had to be carefully measured and we spooned the rice into a small plastic bag where it was properly packaged; ready to be delivered and passed out to the elderly families. By doing so, it was easier for the elderly to carry, and the overall cost of the rice is cheaper.

The next day, we travelled to Sham Shui Po to work with the J-Life Foundation's team to hand out hot meals and daily necessities. There was a long line of elderly, waiting patiently and carrying multiple bags with them to store the supplies. During this experience, we listened to the foundation's founder Elli Fu as she talked about her experience in helping the elderly and underprivileged families and how J-Life has been doing other types of action to help this issue. There are only 200 hot meals prepared everyday to qualified HK citizens who have already registered for J-Life. After finishing this volunteer service, we felt extremely grateful and satisfied with what we were able to give back to the community. We felt very lucky to have these opportunities to help out people in need, and we hope we are able to contribute and help more in the future.

Right now, we are very privileged to be able to live with a roof over our heads, with food on the table everyday. It only seems fair to also help people who are in need. It is important to remind ourselves and others that we should help our community. If anyone else would like to give back to our local community, they can spend their time volunteering with J-Life Foundation, or donating some money, food, or time for this wonderful organisation. For more details, visit www.jlifefoundation.org.





From left to right: Facilities Manager Vivien Lai, Principal Dr. Harry Brown, Hitanshi Jain, Nathan Ng, Fei Fei Wong, Business Manager Samuel Hureau, and Head of Secondary Natasha Williams

The RCHK Sustainability Team brings LED lighting to RCHK classrooms

By Nathan Ng, Class of 2021, Hitanshi Jain, Year 12 and Fei Fei Wong, Year 10

When it comes to bright ideas, RCHK has it covered. This collaborative project, kicked off by our student-driven RCHK Sustainability Team has us beaming. Read the complete report below.

"BEAM Society Limited (BSL), in collaboration with Business Environment Council (BEC), Hong Kong Green Building Council (HKGBC) and Hong Kong Jockey Club (HKJC) is undergoing a new project named "Jockey Club BEAM Plus in Schools Project" which aims to reduce the carbon footprint and instil the concept of green buildings into our next generation.

Over the summer, the project supported us in replacing all the lights in all Primary and Secondary classrooms with LEDs that are more energy efficient. This is estimated to save around 70% of our energy usage for lights in those areas!

If you look up in the classrooms, you may see a green light on the side of the light fixtures, indicating the operation of the new LEDs! RCHK's campus will be reviewed for a BEAM Plus Existing Building certification. Please also keep an eye out for the upcoming educational portion of this project, which aims to teach students, parents and staff the importance of green buildings within the bigger picture of environmental sustainability.

RCHK's Sustainability Team is looking for more partnership opportunities with the Jockey Club BEAM Plus in Schools project in an attempt to make our campus more sustainable!"

Learning 360

Year 4 Camp

By Nathan Pither, Year 4 Leader

Year 4 enjoyed a fantastic two-day camp with elements of the forest school on Lantau Island and Yuen Long Farm during the first week of November 2021. Hiking, learning wilderness survival skills, and enjoying a nature walk near a local irrigation reservoir were just a few of the fun activities they enjoyed. Read some of our students' impressions of various camp activities below!

Year 4 Camp! by Coco Yung, 4NP

We didn't know if we would be able to go to camp this year because of the pandemic, but when we found out that we were going, we were so happy!! Camp was super fun because we got to play fun games and build rafts, play a water tower teamwork game, have egg and spoon races, and other running games like: bunny hops, jumping bags, running and backward running. The best thing was that we got to play on the beach and play games.

Beach Games by Hebe Lam, 4NP

Our day at the beach was very hot and everybody was looking at the cool water as we played in the hot sand. I liked the water tower game because we got to play in the ocean. The way to play the water tower game is to get some buckets that have some holes. Yes, people get very wet playing this game! Some people in your team need to get the water from the sea while the others need to cover the holes in the tall pipe tower. The aim of the game is to get a ping pong ball up to the top of the tall

tube tower. The trick is that it has some holes so you need teamwork to get people to cover the holes. Everyone who is filling the buckets and the people who are covering the holes get very wet! It was really fun!

Raft Building by Max Lai, 4NF

I liked the raft-building experience because we had to tie knots and ride the raft. The fun part was when we needed to paddle on the raft. It was very exciting. My team came second in the raft race but I had a lot of fun!!

Hike by Juan Ng, 4DS

I liked the hike because we looked at different insects, trees and flowers. I also raced with my friends and we had a lot of fun. We also learned how we collect rainwater in the mountains and how it runs into reservoirs for us to drink. There were nice mountains and it was great to be out in nature. There were also many insects! We had lots of fun together, We all enjoyed the camp and the hike.

Shelter and Cannonpult Building by Rhean Poon, 4NP

I liked the shelter and cannonpult building because it was so much fun. We learned to tie different knots, and how to construct different things from long bamboo poles. My favourite part was when we finished building the shelter because the teachers sprayed us with water on such a hot day. I was afraid of the bees and dragonflies, but I overcame my fear and tried not to be so scared. I was so tired. It was a relief when it was time to go home and I played with my friends on the bus!



Year 5 EOTC Day Camp in Sai Kung and Lantau

By Tina Thorn, Year 5 Leader

The Year 5 students and teachers were so lucky to be able to go to camp at the end of October. The weather was perfect: not too hot, not too cold, and no rain! Oceanic Sports HK designed some great activities that enabled the students to challenge themselves, test their resilience, perseverance and determination. Read on to find out more about some of their experiences, and what they learned from them.

Kayaking by Samaira Valakati, 5LJ

Kayaking was all about teamwork. For me, it was a bit challenging because the person at the back had to copy the way the person in the front was rowing. I thought that was the most challenging part. What I most enjoyed was when the teachers brought all the kayaks together and people had to walk from one kayak to the other. One of my friends actually fell in the water!

Gorge Walking By Anker Lee, 5TL

The weather was more than 20 degrees that day, and all the classes including my class were gorging on different days or hours. The place was somewhere on Lantau Island and it was very tiring. We climbed on steep rocks. It was very fun! During the gorge walking we had to face our fears and help others all the time. It was a very good experience.

Visiting a Mangrove Forest by Naffy Ko, 5RP

We walked through lots of trails in the forest, but we also had to have positive self-talk that we could go through the roads. It was hard because there was very sticky mud and lots of water. The best part was that we could catch crabs and other animals like mudskippers. We used perseverance, patience, and also communication skills to catch the crabs and mudskippers. We used teamwork by helping each other. No one was able to catch the mudskippers though from our class but we had a lot of fun!

Competitive Games by Abigail Bagshaw, 5CV

During camp we played two competitive games: easy hockey and dodgebee. In easy hockey, we had to use teamwork by passing the pad to each other and communication skills so we could score a goal. Dodgebee was really fun. We had to use communication skills to warn our teammates about when to fall back.

Shelter and Fire Making by Anders Chan, 5AC

We used teamwork when we had to create and drill out our fire, which was quite tiring. It also took a lot of patience to get our fire. We also had to use teamwork and communication skills, and some resilience to get our shelter done. It was quite stable and it could hold its weight. What I learned was teamwork, cooperation, resilience, patience, perseverance and some social skills. I was quite glad I learned all these skills because they turned out to be quite useful in the other activities that we did at camp.



Year 6 Sai Kung Camp 2021

By Year 6 Teachers

The excitement was palpable as the Year 6 students set off for Sai Kung camp on Tuesday 16 November for a 4-day experiential learning and outdoor camp run by 'Oceanic Sports Hong Kong Limited' at the Sai Kung Outdoor Training Camp. The program allows our Year 6 students the opportunity to experience a wide range of activities which provide them with challenges that enable them to move beyond their 'comfort zone' and help to support the upcoming transition from the PYP to MYP. It also allows students the chance to 'live' the IBO Learner Profile in an unfamiliar environment.

A group of 166 students, eight teachers and four EAs set off to Sai Kung in nearly perfect autumn Hong Kong weather! We started at the Pak Tam Chung BBQ site in the Sai Kung Country Park, where the students got to know their Oceanic instructors. There was great energy and team spirit amongst the students as they had to persevere through some challenging hiking trails. The views over Sai Kung were incredible as we headed downhill back towards the camp. Arriving back at the campsite the students were tired but filled with a sense of accomplishment.

With the focus on adventure, team building, and problem-solving skills, the students worked on developing their collaboration skills throughout camp.

The activities included problem-solving, sharing of ideas, dealing with challenges, listening to others, using perseverance skills and having a positive mindset. Divided into 12 groups, the students worked cooperatively and collaboratively to complete the many activities assigned to them.

Students were given the opportunity to build a Roman Cannon with bamboo and rope and thoroughly enjoyed the throwing and dodging of water balloons. Other big highlights of camp were the water sport activities at Sha Ha Beach in Sai Kung. The weather was absolutely perfect for being out on the water and all the groups were able to participate in the challenges of both dragon boating and kayaking.

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' 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'. 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, the teachers and EAs.



Primary EOTC Gallery





Secondary Students shine in first-ever ESF-Wide Virtual Computing Conference

By Year 8 students Ethan Wong, Timothy Law and Aayush Mehta

In September of this year, seven of our Secondary students represented RCHK in the first ESF-wide Computing Conference (CoCo). One of the main components of the two-day virtual event was a Hackathon competition with nearly 100 students competing and an e-sports tournament. RCHK team members and Year 8 students Aayush Mehta, Ethan Wong and Timothy Law won third place in Team 5 in the Junior Division, and Year 10 student Colin Chan and his team won second place in the Senior Division. Year 12 student Isaac Lim, Year 8 student Adrian Li, and Year 7 student Lucius Van Der Vliet also participated in the competition. All participants were gifted with a sleek and sustainable water bottle courtesy of Apple.

Read on for Ethan Wong's thoughtful reflection on being a part of this meaningful experience and what it has taught him and his teammates about the importance of today's technology.

"Technology is becoming increasingly more and more important; it's perhaps the most important tool that humanity has ever possessed. Never before have a few people's actions been seen and can affect millions in every corner of the world. The rate of advancements is overwhelming; just 50 years ago we were landing on the moon with a 'supercomputer' with less memory than a tiny box that can now fit in your pocket. The first computer, built nearly a hundred years ago, was the size of a room and looked like a mass of levers and switches - all it could do was some simple calculations. It is dwarfed by what we can collectively do today with so many devices that now surround us. The internet has now spread worldwide and is an incredible connection that allows us all to share our ideas.

There is no denying that technology has made the world what it is today. There are millions of things that simply aren't possible without technology, things that 50 years ago would have been thought impossible and a century

ago would be nothing short of magical. And yet, what a lot of people don't know is that everyone can access and be a part of this revolution that is changing the world. Things like AI, or Augmented Reality, are accessible and easily available in many places. I think that it's important for people to know as much as possible about technology. It's crucial for them to take this astounding tool and use it to make the world a better place for all of its inhabitants. Technology can be a double-edged sword, but when used correctly, it can reveal the wonders of the world that we have shaped.

That's why my teammates and I have decided to go on this incredible journey. We witnessed firsthand how many different uses of technology there are, and its inconceivable potential to change the world. Read some of my teammate's thoughts below:

Timothy: 'In this event, I found that I have learnt quite a lot of things from the workshops I have joined. I also particularly enjoyed the e-sports session on Saturday and Sunday. I felt like I worked with my groupmates pretty well too. Many issues can be solved with technology, and that's exactly what my group did. We implemented the knowledge we learnt from the workshops and put them into our project. Our plan was to create an App using the software Thinkable, and raise awareness on a global issue - Human Influence on Animals and Wildlife. Many problems would not have sprung up if humans had never existed. Our App would be a game that would show the audience our impact and how we are increasing the speed of global issues at an alarming rate. The game's main screen would have three buttons, leading to each of the most devastating global issues' games; Global Warming, Deforestation, and Ocean Pollution. My team hopes that this App can change the player's views towards global warming and hope we all start taking action.'

Aayush: 'In the CoCo, I learned quite a lot - I joined most of the sessions and learned many new things. I liked the Hackathon the best because I got to work with people I knew and make something we all care about.'





Making the most of the time: Student-led Arduino Coding Club still a massive success one year later

By Aidan Ma, Year 10

As we enter the 21 century, coding has become a new “language” that we should all learn, especially for the young generation. Coding can be beneficial for young learners as it can help them improve their problem-solving skills by learning how to do so in a logical and creative way. During the pandemic, after-school activities were suspended while most of the learning was done from home and unable to carry on as usual. Social distancing gave me more idle time at home. To fully utilize the idle time during the pandemic and avoid boredom, I further explored my interest in coding and tried to learn programming skills online via self-learning. Through my own personal experience, I realize that other students might have faced the same situation. To share my skills and experience in coding, I decided to run a coding club for Years 5 and 6 students. I chose this age group as I believed that these students would be able to understand the logic of coding with limited supervision. I designed my own teaching material for the 10-lesson course on Arduino to make good use of the long summer while staying home in 2020.

The first session was offered in September 2020. Since the club was very popular among the Primary students, there were two more sessions in January and September 2021. The club aims to teach basic Arduino circuits using an online circuit simulation called Tinkercad. During the lessons, the students learned how to make circuits with LEDs, GRB Light bulbs, buttons, potentiometers, piezo, LCDs, photoresistors, and micro servos. After this activity, the participants had a basic understanding of coding and circuits and could

further invest their interests in Arduino and coding in Secondary school.

I joined the Robotics and Coding Club in Secondary, as I have a great passion for these subjects. I am also actively engaged in coding courses outside of RCHK. I created the Arduino Club since I wanted to share what I have learned about the subject and contribute to our school community. As the only person running this club, there was a lot of administration and teaching to be done. However, I persevered and utilized my communication, mentoring and organisation skills to surpass all of the challenges. My effort was reflected in the overwhelming amount of responses to my signup survey for all three sessions and the positive feedback from my Arduino Club students in the two completed sessions. There were 78 responses to the survey in semester 1 and 24 in semester 2. I also created a survey for my students to give me some feedback on the club where I received positive and encouraging words from my students during both completed sessions. I was so glad that my hard work paid off with high satisfaction from the students.

Overall, creating this club is an unforgettable experience. I can now understand the challenges my teachers face when teaching students, especially during the pandemic. As such, I deeply appreciate their efforts in delivering quality teaching to us. This teaching experience also enriched the valuable skills that are not normally taught in the regular curriculum such as teaching, administrative, organizing and problem-solving skills. I was also able to develop and practice my communication skills and boost my confidence. Others may think I was the one who gave. To me, I am the one who gained the most. I am so grateful that I was given such a valuable opportunity to give.

FE MMI Sessions aid Class of 2022 with medical school preparation

By Grace Chong, Year 13

On Friday 10 September 2021, the FE office organised a practice MMI session for students hoping to study medicine, dentistry, or veterinary medicine. The MMI stands for multiple mini interviews and is often employed by various medical institutions around the world as a part of their admissions process. It consists of several booths - oftentimes, ranging from 6 to 10 - in which applicants are required to answer a wide variety of questions that allow the admissions officers to understand the way they think and react to different scenarios, while testing various skills such as communication, creativity, and critical thinking.

At the practice session, there were around 10 booths occupied by teacher volunteers who asked us a question each and then provided feedback once the session was over. Some of the questions included "What is empathy?", "Which has more value: creativity or knowledge?" and "Are you a leader or a follower?". There were also scenario-based questions about ethical choices, personal experience questions pertaining to work experience and more. Personally, although intimidated and nervous at first, I found this whole experience to be very enriching and thought-provoking.

Having to answer a wide variety of questions within a given and limited timeframe (four minutes) by applying my own knowledge and experience was a lot of pressure but useful and necessary practice. All in all, as someone preparing for medical school, the MMI was very enjoyable and helpful as it allowed me to gain insight on what to expect and look forward to.



Sports

Riding to victory: Oskar Boekhorst shares his passion being a part of the Black Kites Equestrian Team

By Elizabeth Ellis, Communications Manager

In the 2020-21 Season, the RCHK Black Kites Equestrian Team entered the Hong Kong Equestrian Federation (HKEF) Inter-School Equestrian Challenge and competed in showjumping and dressage. We are incredibly proud of our four team members Oskar Boekhorst (Year 9), Evie Sum (Year 9), Suzanne Hureau (Year 8) and former RCHK MYP student Denise Chu coming third overall out of a total of 54 riders across 12 schools! Currently, warmup competitions are continuing through 12 January of 2022 and results of those will be available soon, according to Black Kite Equestrian Coach and Year 3 teacher Trixi Kuballa. Oskar took some time to share with the RCHK Community what riding means to him.

RCHK: How long have you been riding?

Oskar: I started riding nine years ago, when I was 4. I started because my older cousin rode and I always admired her. I asked my mum if I could start too and after one lesson I fell in love with it all. From the thrill of cantering around to the calm cuddle time with your pony, every second at the stables I enjoyed. There were ups and downs in my riding career but nothing in the world could stop my love for the sport.

RCHK: What got you interested in joining the Black Kites Equestrian Team?

Oskar: When I was 10 I went to watch my cousin go to a competition for her school. I had been out to competitions before but this was different. I remember seeing the many different school teams and I was so fascinated in this sort of competition where you compete in teams and the ones with the best overall score go to a final where one team would shine the most and win. I asked my mum if there was a younger team at RCHK that I could join. After a little bit of time, I went to the trials and I was in.

RCHK: What do you like most about riding?

Oskar: It's very tough for me to pick what I like the most about riding. There are so many options like spending time with your pony, competing, lessons, spending time with the equestrian community, hacking out and doing stable work. But I think the one aspect that tops everything is the feeling of finishing an amazing cross country round and galloping through the finish line. The thrill and pure joy flooding over me in that moment makes it what I like most about riding.

RCHK: Do you have a favorite horse?

Oskar: At the moment I have a livery on a 14hh (hands) grey (she looks white) Connemara pony named Elsa. She

is a very friendly mare (female horse) who loves cuddles and carrots. She's the pony I ride at the moment. Elsa loves show jumping, cross country, and running really fast. I would say she is my favorite horse.

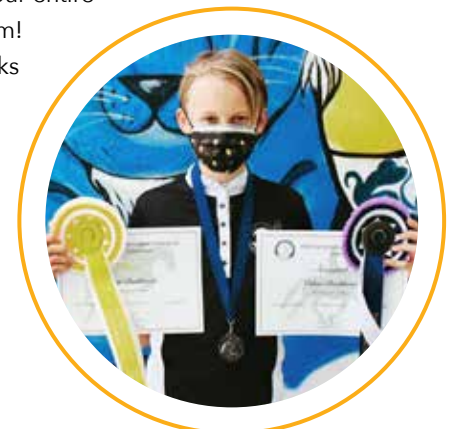
RCHK: How do you pick the horse to ride? What is the most challenging part of being a good rider?

Oskar: I don't get to pick a horse each time I ride. I have been fortunate to have a pony on livery, which means I get to ride and compete on the same pony each time. My first livery pony was Spiro, a 13.2hh gelding. He taught me how to stay in the saddle because he liked to buck for no reason in the middle of a jumping round. Then I moved on to Elsa, right at the beginning of the pandemic. All of a sudden I had to take care of my pony four times per week, more or less by myself. Instructors were not allowed to give lessons and we had to free-ride for nearly four months. This time created a great bond, because of the responsibility to make sure she gets adequate exercise, whilst the riding school was closed for lessons. That was a challenging experience, but it has turned me into a good rider and I was able to build skills on the ground and in the saddle all by myself.

RCHK: What are some of the most recent accomplishments that you are most proud of?

Oskar: I think I am most proud of coming 4th in the One Day Event (ODE) this past September. It was my first ODE with Elsa, and we had no idea that we even placed when we left the arena. The adrenalin from going double clear was enough to feel super excited. But coming fourth out of a field of about 18 riders, including instructors and adults, made my day! I also am very happy to have won twice in an 80cm showjumping competition in early November and, fresh off the press, I took home second place in the 90cm class at the end of November! But apart from rosettes and competitions, my biggest accomplishment is probably how well I have gotten to know Elsa and how much we have improved together over the last one and a half years. From a seemingly uncontrollable speedy pony to a balanced and controlled eventing pony - she is just amazing and I dread the day I will outgrow her.

Best wishes to Oskar and our entire Black Kites Equestrian Team! The RCHK Community looks forward to hearing about your future successes in the coming new year.



Black Kites Sports Report

By Nick Sheriff-Smith, Athletics Director

Finally, after an almost 18-month hiatus, the Black Kites sports programme was able to dip a proverbial toe in the water for a three-week temporary programme before the Easter holidays 2021. After successfully adjusting to some of the changes required, such as mask-wearing, an even more extensive programme was rolled out in the summer term. Sports that are not usually offered at this time of year, such as volleyball and basketball, were offered to make up for the absence of these earlier in the year. Not surprisingly, there were a few cobwebs to clear off but the students were champing at the bit and it made for the largest number of sports ever offered in season 4. The staff involved were very generous with their time and supported by a team of eager student coaches, so a big thank you to all.

In the current academic year, we have been able to offer the usual season 1 and 2 programmes. Unfortunately, the road to competitive fixtures in most sports has still not been cleared but to make up for the lack of inter school matches, many of our squads have hosted internal games or mini-tournaments. We have, however, been able to have a team of swimmers compete in the HKSSF championships. A number of our swimmers have performed well, winning gold in their respective events and showing the strength of the programme and their dedication, despite the challenges. The hope is that we will slowly be able to offer more and more as the year progresses. We will certainly be ready.

Swim Gala Update: In a COVID-necessitated adjustment to our usual Swim Gala at Ma On Shan Swimming Pool, a scaled-down swim version took place in the RCHK pool over three days in October. Handpicked elite swimmers from each house competed in a fierce paced series of events that took place concurrently with the terrestrially based and lighter-hearted alternative "The Land Gala" - as you can tell from our photo below, a lot of fun was had across Secondary!

It was fantastic to see our swimmers competing again and the atmosphere in each session became quite intense at times. Strict limits on the number of swimmers from each house led to some athletes taking part in eight events in 80 minutes. A lot of close races and the inclusion of medley races and relays contributed to the competitiveness and made the whole event a feat of endurance. Not surprisingly, the inter-House spirit was on full display and the students enjoyed the chance to finally participate at this level.

The balance in points overall shifted considerably over the three days with each house victorious in at least one-year group competition. Overall Qing took the gold medal after being the most consistent throughout. A big thank you to Swimming Coaches Chris Molnar, Hong Kam and the swimming pool staff for hosting the event and the Athletic Council for officiating and ensuring the smooth running of the races.



Fair winds for RCHK Sailing Team in 24-Hour Charity Dinghy Race

By Crystal Chan, Chinese Teacher and Scarlet-Grace Robertson, Year 9

The 24 hour Charity Dinghy Race 2021 was held at Hebe Haven Yacht Club, Sai Kung on 30 and 31 October 2021. We are so proud to tell you that the RCHK Sailing Team, consisting of both Primary and Secondary students, did a great job and we raised HK\$10,000 for charities such as Children's Cancer Foundation, Sailability HK, Sai Kung District community centre etc. It was really a good opportunity for our sailors to show their talents in their Pico sailboats. Leadership, collaboration, problem solving, and communication skills were perfectly demonstrated. Congratulations to our entire sailing team listed below!

Year 5: Adrian Tang

Year 6: Bono Vaid, Stephen Donahue

Year 7: Lucius van der Vliet

Year 8: Ankit Seitz, Monty Jackson, Jesper Liauw

Year 9: Kacie Ma; Ema Poposka, Edward Savagar, Leonardo Martinello, Scarlet-Grace Robertson

Year 10: Luke Forer, Celeste Kwan, Euan McCann

Year 11: Maddy Tidball, Faber Liauw

Parent Volunteers: Brian Tang, Ada Lam

on being a part of this momentous event.

"This is my first year sailing in the 24 Hour Race with Black Kites. This race has been going on for 19 years now and this year was very fun even with all the new rules put in place due to Covid. We had a slow start with little-to-no wind only getting in one lap but that's okay. Ema and I then jumped in the boat and the wind picked up a little, and this gave us a chance to catch up on all the other teams. Making six laps in under two hours, we started to catch up to the other Picos. Next, we had Celeste and Faber sailing off fast and quick, speeding around the laps. Graveyard [almost no wind] started very early on in the race, earlier than we wanted, but that's okay we made do with it; laps were very slow for all teams.

There were a few of us who stayed overnight at Hebe Haven, we had tents set up in the garden bar where some people slept for a few hours but had to wake up for the multiple night shift rotations.

Overall we came sixth out of eight Picos. It was a really fun experience even during the pandemic. Speaking on behalf of the team, I want to say thank you to everyone who participated in this race, all the organizers at Hebe, and to Ms. Chan and the chaperones for making it all happen."

Read on for our RCHK Black Kites sailor Scarlet's reflection



Sports Gallery



The Arts



Young RCHK filmmaker's winning streak at international film festivals

Ema Poposka, Year 9 student and RCHK scholar, has had her film *The Living Sea* shown at a dozen international film festivals and is already winning awards. Ema is the founder of the Making Waves Club, which was selected by Kids4Kids Action for a Cause Programme to receive financial support in organising the first Hong Kong International Student Ocean Film Festival in 2022.

Ema's film is a documentary short called "The Living Sea" and it is in the Official Selection of 12 film festivals, in Los Angeles, Hawaii, London, and other places. The film has been awarded the Audience Choice Award for Student Film age 11-17 at the Friday Harbor Film Festival in Washington (USA), Best Student Film at the Giffoni Macedonia Youth Film Festival in North Macedonia, and Outstanding Achievement Award for Student Film at the World Film Carnival in Singapore.

Ema's aim of the film is to raise awareness about the uniqueness of Hong Kong corals, the need to start taking care of our city's special corals, and how we can do this in our everyday life. The 15-minute documentary was made by a crew of twelve 15-year-old students from several schools in Hong Kong, led by Ema, who was the film's director and scriptwriter. The original music score was composed by Angus Yip in Year 12 and the film's poster was designed by Lianne Lee in Year 10.

As a young scuba diver, Ema believes that if people could see the beauty of the ocean and the corals, they would change their minds about sea protection. This inspired her to join Kids4Kids Action for a Cause to produce a documentary film about Hong Kong corals. Great work Ema raising awareness about this important local natural resource! You make us RCHK proud!

Scan the QR code to watch "The Living Sea" official film trailer.





Music and Theatre

ESF Virtual International Evening proves ESF's strength is through diversity!

By Shobha Sanker, Math Teacher and Event Founder

We are proud to say this event successfully promoted international mindedness and cultural diversity and brought the ESF community together - we had over 200 participants tune in live and 800+ views of the completed Livestream to-date - scan the QR code below to relive the magic! Thank you all for your continuous support towards this year's ESF International Evening, and gratitude towards teachers and students from Discovery College, King George V, Sha Tin College, South Island School, West Island School and Renaissance College for your participation. We were able to raise HK\$15,490 for NGO Hong Kong Unison; a local charity dedicated to supporting ethnic minorities in Hong Kong.

This event would not have happened without the full support of ESF CEO Mrs. Belinda Greer; who gave an inspiring opening speech to kick off the evening.

The International Evening team would also like to thank the following people who played an important role behind the scenes: ESFC Director of Communications Mr. Sam Taylor and Internal Communications Manager Ms. Jakki Phillips, Vice Principal of Discovery College Ms. Ange Molony for

her dedication and unique contribution to the event, RCHK Business Manager Mr. Samuel Hureau, RCHK Communication Managers Ms. Elizabeth Ellis and Ms. Marta Drzewakowska, RCHK Learning Technology team members Mr. Jørgen Mortensen and Mr. Scott Lee and Ms. Lynne Wilson, RCHK Math teacher and CAS coordinator.

Special thanks to RCHK leadership team Principal Dr. Harry Brown, Head of Secondary Mrs. Natasha Williams, Secondary Vice Principals Mr. Geoff Wheeler, Mrs. Jess Davey-Peel, Mrs. Brandy Stern, and Learning Technologies Vice Principal Ms. Ania Zielinska as well as Acting Head of Primary Mr. Jason Doucette and Primary Vice Principal Mrs. Tracy Wnek.

Let's unite under one ESF community and make it better and bigger next year!

Nurse's Office gets a fresh look thanks to Year 11 student's Personal Project

By Sofia Leung, Year 11

Families on campus may have noticed the fun and colorful murals that have recently appeared outside of the Nurse's Office that are thanks to the creative vision of Year 11 student Sofia Leung that incorporates her art as well as designs submitted by students College-wide. Read on to learn more about the project and its colourful realisation from start to finish!

"I have always enjoyed and had a great passion for Visual Arts throughout my life. Therefore, I have decided to utilize this passion for my Personal Project, which all Year 11 students do in their final year of MYP, exploring an area of personal interest over an extended period of time. For my Personal Project, I decided to explore and learn more about mural painting - another medium within the Visual Arts field, because this is a mechanism that I am interested in and will be challenging yet enjoyable to explore through the period carrying out this project.

All students must create a final product to demonstrate skills and new knowledge learned throughout this project. For me, I have chosen to create murals on the walls outside the nurse's office, which relates to the theme of "nurse" and "wellbeing," and aim to give a better indication of the location of the Nurse's Office for newcomers and parents to the school, since many of them shared with me that they couldn't locate this important area of the school. I have created two murals in total - the first is the nurse's hat on top of the door to the office. Another is a school community mural where I have combined students' designs contributed College-wide onto fruits inside the gashapon



machine (Japanese name of "toy capsule machine/bubblegum machine"). Using this gashapon machine and the style of cartoon and graphic-like, it provides a friendly feeling and gives a cheerful touch to the school environment.

I have chosen to go for the inclusive idea that other students can contribute to this art piece because it's much more meaningful and creates a more significant impact since it feels like everyone in the school took part in this piece of artwork. It also helps emphasize the idea of "co-operating/working as a team" to the audience, one of the strengths that I value and am proud of the most within the RCHK community!

See if you guys can spot your design within the gashapon machine, and I hope you like the murals outside the Nurse's Office!



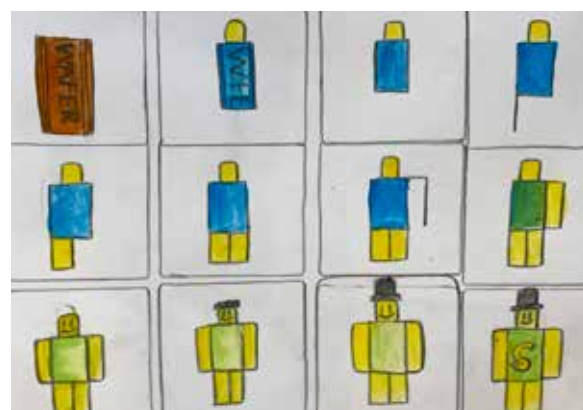
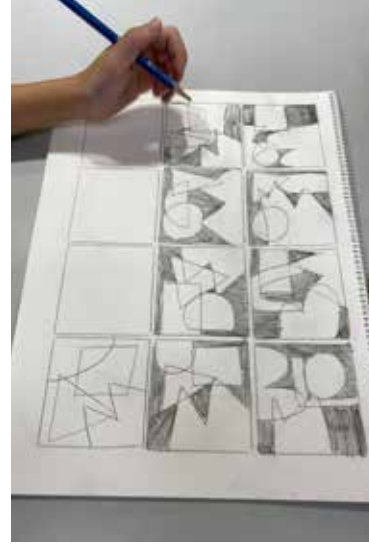
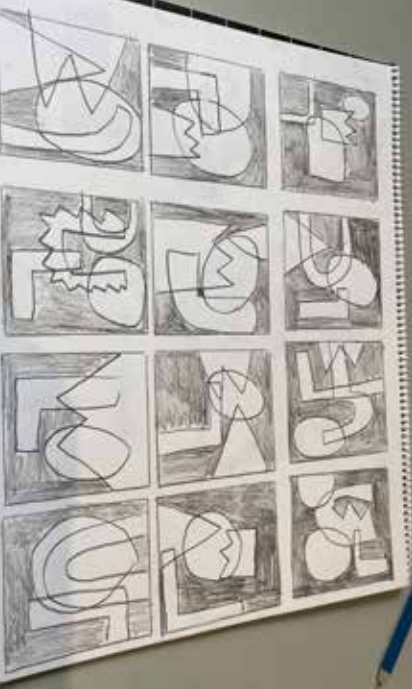
Years 1-3 artwork - fresh off the press!

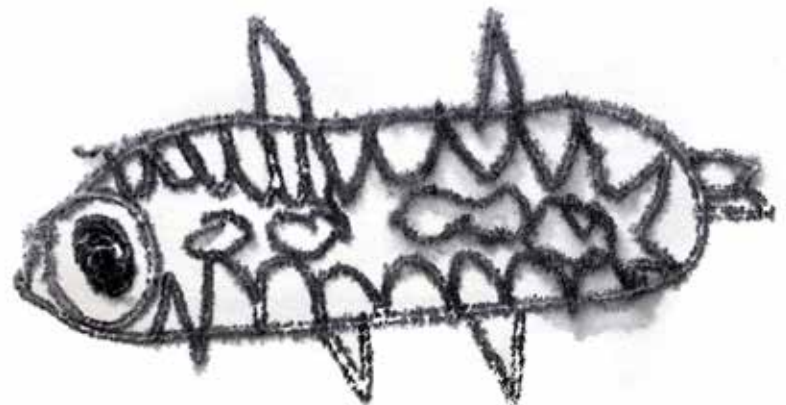
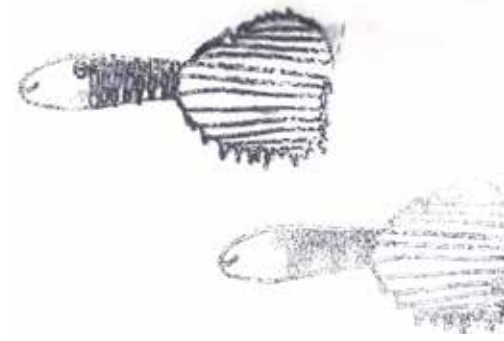
By Susannah Psillides, Primary Visual Arts Teacher

Our students have been exploring this fall semester what printmaking is. We've been answering the question posed by a student, "Is there more than one way to print?" They have been researching patterns and shapes in sea creatures to create one type of print. They have also been exploring textures and patterns with Gelli printing and considering the amount of ink that is needed to create successful art pieces in this medium when printing with found objects like lego, pegs and other objects found in the Art Room.

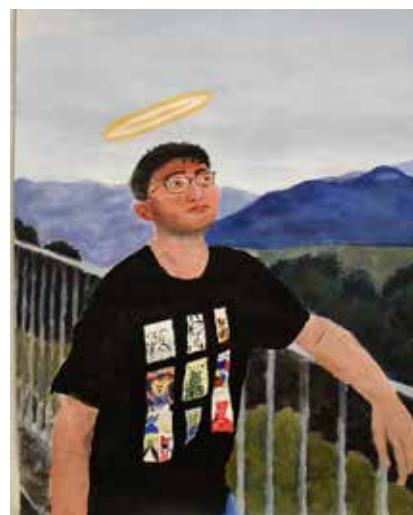


Primary Art Gallery

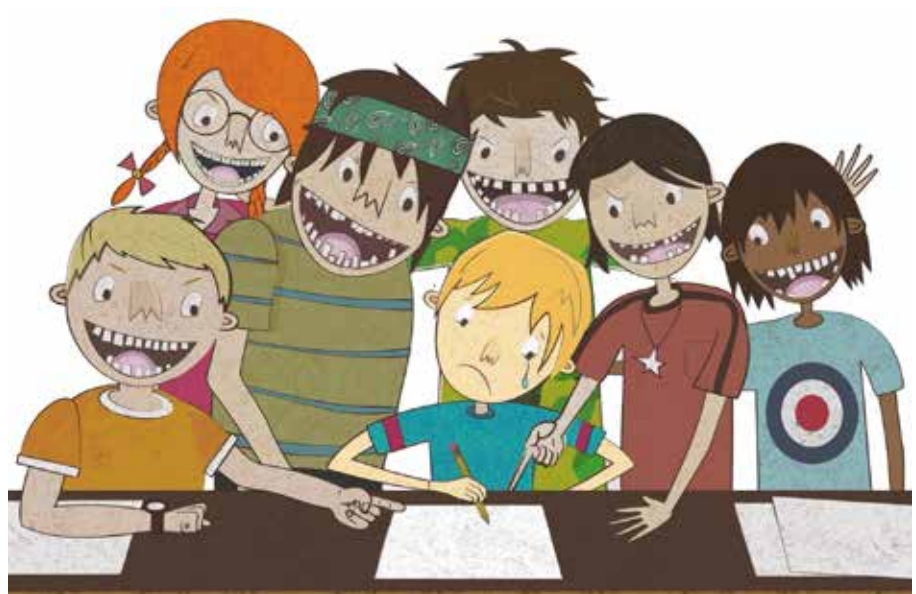




Secondary Art Gallery



Staff Art Gallery





Taking the Cake

By Elizabeth Ellis, Communications Manager



Year 11 student Megan Leung has another life outside of RCHK - as Meg the Cake Artist, whose incredible multifaceted cake designs have earned her 500-plus followers on Instagram since she started her side hustle - with support from her family - in 2018. From tiny fondant ladybugs to frolicking Chinese lions, no detail escapes Megan's discerning eye.

"I learned how to bake when I was six years old," says Megan. "My Mom brought me into a baking studio where the tutors taught me how to bake. Once I tried baking, I liked it a lot."

Vicky Lam, Megan's mother, says every year after that, they would go back to the studio to bake a cake - four or five times a year.

"In 2018 we started our own Instagram (@megthecakeartist) to record all the cakes she made and afterwards, some of my husbands' friends said, 'Oh Megan, your cakes are really pretty - can we buy a cake from you?' So that is how we started her side job, and that is how she has been saving her own money."

Vicky says Megan's father has also been very supportive of the business by helping deliver cakes to clients, who are mostly family and friends. As academics come first, Megan saves her baking for the weekend, sometimes working on Friday nights after school for bigger projects. She usually produces three to four cakes per month, but sometimes as many as five in a busy month. Right now, her business is limited to close friends and family due to her limited schedule.

"Most cakes take about five to six hours," says Megan. "A few months ago, I created a company event cake - a two-tier cake that had cupcakes to go with it, and the color theme was a blue, green and yellow. I created the cake and around 200 cupcakes for their soft opening and it took more than 10 hours."

Megan says that she gets her inspiration from Pinterest for her decorations and her signature 3D style, as well as keeping her up-to-date on current design trends. Most cakes start with a basic chocolate rice krispie base, followed by a sponge cake and cream frosting made from scratch with whipping cream that gets layered on before the process of setting up the intricate decorations begins.

"The most common one we do is original flavour, which is kind of like vanilla sponge cake, and sometimes we do chocolate," says Megan. "We also have other options like mousse cake so clients can choose what kind of mousse they want, such as green tea and chocolate."

The most popular by far however, is the mixed fruits cake, which is original flavour with cream icing and fruits such as mango, strawberry and blueberry. Baking materials and equipment come from local shops and decorations are mostly ordered online. Megan also takes inspiration from online "how-to" videos, and has recently been experimenting with different tools to create different cake icing textures.

"I have learned that different customers have different queries about the cakes such as design, size, shape and theme. Throughout the process, I try to meet their requests in a short amount of time," says Megan. "I try to make a unique cake for each customer/client. At the same time, my Mom teaches me how to calculate the cost of the cake like ingredients, packaging, and transportation costs."

Vicky says that the positive feedback she gets on her Instagram posts with comments such as "masterpiece", "not too sweet", "my son/daughter loved the details" etc. helps Megan to keep on creating and pursuing her passion as a baking artist.

"It has definitely gained my confidence a bit," says Megan. "It lets me know customers are happy with what I am doing right now."

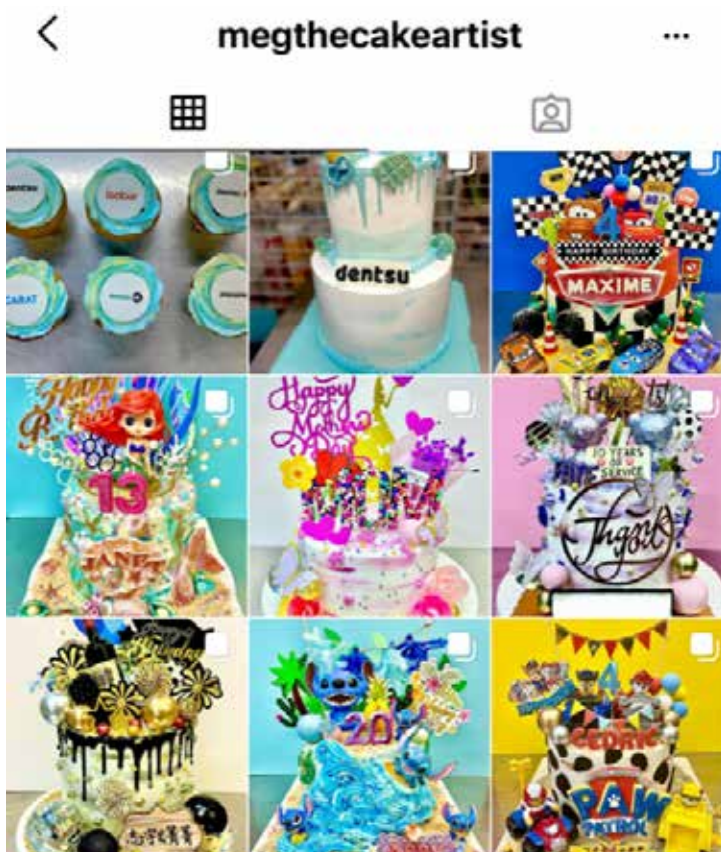
"I always encourage her to use her whole heart, to put effort into this," says Vicky. "The most important thing is to keep on going, keep on creating."

Megan says certain things have gotten easier over the years, such as remembering the cake recipes, but never stops challenging herself to make each and every cake its own unique, edible art piece.

"I love eating desserts and cakes as well as making them so I get to enjoy myself a little bit," says Megan. "It's very rare that we make a dessert for ourselves, usually it is for the clients, but sometimes we make cakes for someone within our family."

Megan said she would like to continue pursuing this passion after RCHK, and is looking into the brand new Food Technology DP programme that is currently on offer as she heads into Year 12. Whatever Megan decides to do, when it comes to cake making, the RCHK Community is very confident she will nail it!

To see more of Megan's art, visit her Instagram [@megthecakeartist](https://www.instagram.com/megthecakeartist)



Alumni and Community



Shirley Lu

Harvard Business School Assistant Professor,
Class of 2010

Reflecting on where I am today, I always appreciate the education environment at RCHK that promotes critical thinking and encourages students to take creative paths. I still remember the TOK lesson where we question our perceptions, that what we see may be distorted in certain scenarios. We learn by actively searching for knowledge, such as by gathering facts to write reports on why Malthus' theory did not apply to the growth in Mauritius in our humanities class.

Being a relatively new school at the time, we were also encouraged to create. We formed a Chinese Debate Team and participated in ESF competitions, where in the subsequent year we switched roles to become the competition coordinators. We established the foundation to the first student union, and designed a platform to gather students' voices. We organized a Fu Mission trip to teach in a farmer's children's school in Fujian, China, and raised money to donate a library to the school.

I believe these experiences shape my worldview and who I am today. After college and working briefly at a big four accounting firm, I returned to a university to pursue research. Research involves gathering information and analyzing data, except different from the humanities assignment, the answers are unknown yet. In the first year of my PhD studies, I began exploring corporate sustainability

reports, which contain colorful designs, personal stories and company statistics that go up to 200 pages. Many questions emerge: Why are firms spending resources to create these lengthy reports? Who reads these reports? Are they truly reflecting corporate social responsibility? Can we exploit the richness of these reports to compare across firms?

I spent most of my PhD days exploring these questions. In a recent report with the Rustandy Center at the University of Chicago Booth School of Business (see QR Code link below), we share our findings on the most commonly-disclosed metrics in these sustainability reports for fiscal 2017. In the environmental dimension, 182 S&P 500 firms disclose greenhouse gas (GHG) emissions that align with the GHG Protocol, and there is more disclosure in industries with higher GHG emissions. More questions emerge: should all firms be required to disclose these metrics? How should ratings be created based on selective disclosure?

This July, I joined Harvard Business School as an assistant professor to continue studying these questions. I hope to continue applying the critical thinking hats and creating paths in these uncharted waters.



Portia Chan

Product Growth Analyst at WhatsApp, Class of 2010

Several years ago I went back to RCHK for a visit, and I was invited to talk to a group of Year 12 students about why I picked my major. I recall I just finished the first semester of my senior year at NYU then. A student asked me, "What kind of jobs are you going to do with a Maths degree?" and I replied, "I don't know." It was an honest answer. I really didn't know. But now that I am a few years into my career, I would like to take this opportunity to give a better response.

Flashback to when I was in Year 12 at RCHK, some of my classmates already knew what they wanted to study for college, but I had no idea what I wanted to do for the longest time. So I landed on the simplest method by asking myself, "What subject am I going to miss the most if I don't get to study it everyday?" - and it was Maths.

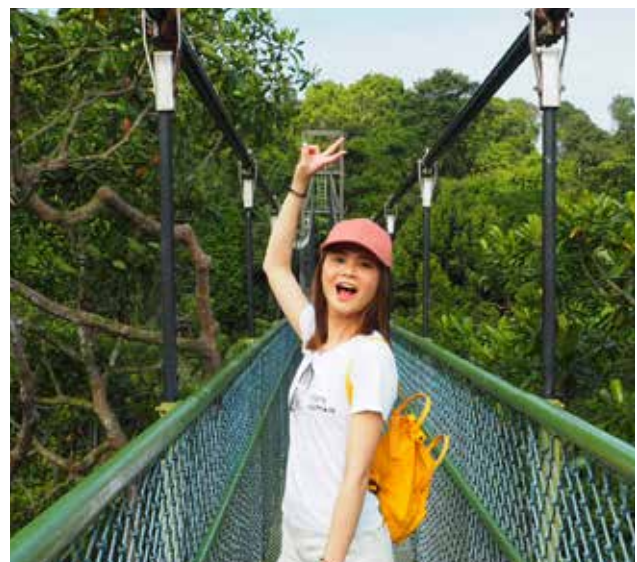
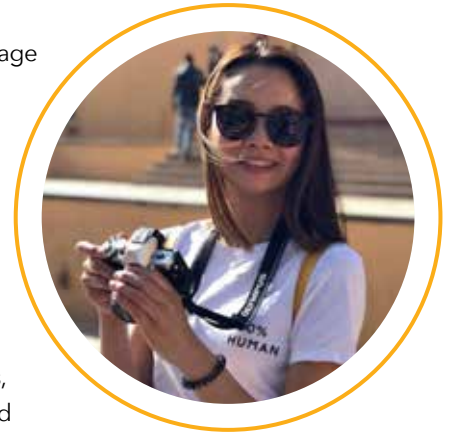
Since students are allowed to choose any major independent of their high school grades, I started at Boston University studying Economics and Mathematics in 2011. Time management was a lot easier in college with only four courses per semester as opposed to six subjects plus TOK. As a result, I boosted my grades and transferred to New York University (NYU) three semesters later with the same majors due to the outstanding mathematics programme and research opportunities. After graduation, most of my classmates went to work in finance as investment bankers and risk analysts, but I moved to the west coast to gain a different perspective on how to apply my quantitative skills in the industry. Meanwhile I worked on my Masters degree at University of California, Berkeley studying Industrial Engineering and Operations Research.

After graduating from my Masters, I looked for opportunities to help businesses make better decisions using data. I worked at a boutique consulting firm that specializes in using optimization models to help consumer packaged

goods companies manage their trade funds. As a fresh graduate, I was able to earn a seat at the client's executive level table as I added value through a data driven perspective. Two years later, I joined Postmates, a logistics company, and I proposed product ideas that helped optimize the food delivery process. After Postmates was acquired by Uber, I moved to Meta (formerly known as Facebook) to work on the WhatsApp Business app. I continue to enjoy forming strategies and telling stories with data to influence leadership decisions and guide the direction of the team. The most rewarding part is knowing that 120 million businesses in the world operate using features that I've worked on, especially during this difficult time of the pandemic.

As we all rely more and more on technology, from our laptops to smart phones to driving in autopilot mode, the need for quantitative and analytical expertise continue to increase. We will need more people to build databases, manipulate and visualize the data, identify opportunities for improvements, write models to make predictions and write code to build software. This need does not only apply within the tech industry, but also in renewable energy, automobile, academia, entertainment, pharmaceutical industries and many more. I would encourage all students to consider studying STEM (Science, Technology, Engineering, Mathematics) and build a strong quantitative background to contribute to our fast growing world.

If you were to ask me again, "what kind of jobs are you going to do with a maths degree?" I'll respond "A LOT!" without a doubt.



Nicole Ma

Class of 2018

More than just a pretty face - RCHK alumna breaks down the highs and lows of being Miss Hong Kong finalist

Growing up, the annual Miss HK beauty pageant was a running joke in the family. We'd often joke that I should apply. So when my mum suggested one day that I should, I brushed it off as another joke. As June rolled around and TVB began advertising applications for Miss HK, my mum looked at me and said: "So, you've submitted your application, right?"

Without any job prospects back in the UK where I earned my Bachelors, I applied thinking it would be at most a two-week process. I'm naturally tanned and boyish in personality, not what most people have in mind when they think of the pageant. In the first interview, I saw a myriad of women of all shapes, looks and personalities. However, by the second interview all the women were extremely slim with pearly white skin; stereotypical Miss HK. The judges asked me whether I felt disadvantaged because I "looked Filipino". Feeling cheeky, I retorted saying the Philippines have plenty of Miss Universes who were just as tanned as I was, so I didn't believe so. A day later, I was shortlisted into the final 28.

The next two months felt almost like a fever dream, so let me break it down by confirming and busting some common beauty pageant stereotypes.

We were constantly berated about our weight, and dieting was rampant. Journalists will call you fat and ugly, picking out your insecurities or even giving you new ones. They will twist your words to make you sound arrogant, pick the worst-looking photos to publish; I distinctly remember almost breaking down over a photo, thinking my face looked "too fat".

Yes, there is definitely a handful of mean girls, but I also made some amazing friends for life. I also became great friends with the crew too. The makeup artists, hair stylists

and TVB crew all kept me sane during the show and their experience in the industry meant that I was given a lot of valuable advice.

Contrary to popular opinion we don't just stand there and look pretty. During filming, we got on average only three to five hours of sleep. We'd film various challenges during the day such as catwalk training, dragon boating, underwater photoshoots; and by night, usually we'd practice our dance routine or do another round of filming at the hotel until 2am. There were many times I thought about quitting, as I was so sleep deprived, homesick and barely saw any friends. Mentally, it was definitely a low point for me as I felt almost like a prisoner, stuck in the hotel for most days and barely saw the outside world.

All of these added together created an exhausting experience, but one that I was grateful for. I gained so much resilience and confidence in front of the camera. Even though I was eliminated, I now work for TVB's Marketing Department after rejecting an artist contract. Although I enjoyed the experience, my ultimate goal is to save up and go back to the UK (artists are obliged to stay in Hong Kong long-term). So, to the Class of 2022, this is my advice to you: there are certain experiences that you can only do at a certain age. When a unique opportunity presents itself, say yes, while you're still free from the inevitable responsibilities of adult life.



Ellie Castillo Siu

Custom Jewelry Designer, Class of 2011

French artist Edgar Degas once said "Art is not what you see, but what you make others see." I was fascinated by the magic of art and design from a young age. I think when a piece of artwork evokes a certain emotion is when it intrigues me the most. I want to make people feel something when they look at my designs. Upon graduating from RCHK I went on to study Jewellery Design at Central Saint Martins in London. During my time there I have sharpened my designing skills as well as jewellery making skills. We were able to work with renowned jewellery companies to gain real life experience. After returning back to Hong Kong, I landed my very first job - and still my current job! - at Forms Jewellery Designs in Central.

At Forms, we design bespoke jewellery pieces for our clients - some include royal families and celebrities around the world. I think what I enjoy the most about my job is creating a piece that is unorthodox and new. I like to push the boundaries of jewellery design with the use of new technology. For example we are 3D printing non-precious metal pieces for our precious gemstones. We are introducing new metals into high-end jewellery, because it creates so much more possibilities.

A piece that I am particularly proud of is a ring that I have made for my mother pictured alongside this article. She is a woman of particular taste and I wanted to make something truly special for her. I purchased a very rare pearl called the "Conch Pearl" from my company's collection. This natural pink pearl cannot be cultured or farmed and is only found in the Caribbean. I chose to use mother of pearl as the background for this piece to compliment the luster of the

conch pearl in the center. The four stones pointing inward represent our family members pointing towards a warm pink pearl personified as a motherly figure.

I think my words of advice for the class of 2022 would be to find your voice in whatever you choose to pursue and to do what you are truly passionate about. After all, we regret more about the things we didn't do than the things we did.





Cooking Sustainably - RCHK Alumnus presents some tasty meat alternatives to MYP students

By Elizabeth Ellis, RCHK Communications Manager

Good ideas - in addition to tasty treats - have been brewing in RCHK's new Food Lab! Josh Ng, Class of 2011 and Co-Founder of Good Food Technologies did two presentations in October and November of 2021 for our MYP students. Josh recently reconnected with RCHK during our Alumni Reunion held this August. Fun fact - he and fellow classmate Ellie Castillo Siu, featured below, designed our iconic Qing and Ming logos, respectively!

Josh's first presentation with his colleagues was an introduction to his company, which specialises in plant-based meat and sustainable food production practices, and the second was an interactive cooking class where Year 10 students had the opportunity to make their own meat-free dumplings. Josh was kind enough to answer some of our burning questions.



RCHK: What was it like coming back to RCHK and being on the other side of the classroom as a teacher and instructor?

Grateful and proud! Grateful that RCHK welcomed GOOD FOOD to share our entrepreneurial experiences on campus with students. Dr. Brown and Ms. Phoebe King (RCHK Design Teacher) have been more than encouraging with providing this opportunity.

Proud that RCHK is pioneering food-related curriculums in Secondary education and involving students in key Food Tech projects such as the design of its state-of-the-art Food Lab on campus.

RCHK: What were the key takeaways you were hoping students would walk away from in both presentations?

Josh: We hope the students remember two things: Eating meat is more disruptive than you think. Substantial resources are required to support traditional meat industry, from crop agriculture to factory farming to global frozen logistics. This is depleting the planet. We hope they remember any one of the following facts:

Meat industry generates more emissions than all transportation combined.

80 percent of all antibiotics sold are used for livestock.
70 percent of Amazon rainforest is deforested to grow crops to feed livestock.

Secondly, you do not need to be a master chef to cook tasty plant-based meat dishes. Students got the chance to make their own GOOD PORK & chive dumpling. Dumplings of all shapes and sizes. No special flavouring, no special cooking steps. Same old recipe, same old amazing taste.

RCHK: What elements about alternative meat production were you hoping to highlight the most?

Josh: Hyper resource efficiency. We love using the example of a typical factory farm pig. These pigs are typically raised for 28 weeks from baby to slaughter. The pig eats, drinks, and poos every day. By the end of these 28 weeks, the pig weighs around 130kg with only 75kg (57 percent) considered edible cuts. Not to mention the antibiotics and hormones needed to prevent infections and ensure physical growth.

With our plant-based approach, we can produce the same amount of meat (75kg) in less than an hour with one tenth of the resources. Albeit our current products are mostly basic forms of meat, we believe more sophisticated meat forms are certainly possible in the future.

RCHK: How did you go about constructing your presentations for the students? Were there any questions you were asked that were surprising to you?

Josh: In presenting to students, we think product tech is less important versus the bigger picture. So, we focus on providing context around the issues of traditional meat production, diving into Hong Kong's plant-based meat scene, and sharing what we think are important factors for Asia market.

Students today are considerably more health conscious than I was at their age. I love the fact that they are curious about product details (e.g., choice of plant protein, health trade-offs; etc). I need to be accurate and precise with everything I say because students can now Google fact check on the spot.

RCHK: What got you into this particular field? What do you enjoy most about your job?

Josh: I've always been a foodie throughout my life. As a student at RCHK, I was nicknamed "Fishball" because I loved good food and was round like a fishball. I've also been passionate about sustainability, having worked on renewable energy race cars and smart cities.

Foodtech provides the perfect combination of my passions (food and sustainability). My co-Founder Andrew provided the technical angle necessary to turn this into a reality.

I've tried all the products we launch at least 100 times. My favorite part so far is the journey of shaping others' belief that plant-based is a viable alternative to animal-based by having them taste (our) genuinely tasty products. We love seeing people wide-eyed in disbelief - wow this is plant-based?

RCHK: What future careers can be made from Food Technologies and the alternate meat industry? Do you see it as an up-and-coming product in this part of the world?

Josh: Foodtech / alternative meat industry unlocks many careers. Essentially every function required to support the development of a new food category - R&D, production, quality assurance, distribution, recipe development, sales & marketing etc. More innovative companies will have extra emphasis upstream, with focus on areas such as raw material research, flavour and product formulation, and process engineering. I believe plant-based is an up-and-coming product category in Asia. However, compared to the West, consumers are less likely to compromise on taste despite health and sustainability reasons, reiterating the importance for companies to develop truly tasty and



affordable products.

Read what our students had to say about this unique experience!

"On November 11 2021, I had the pleasure of being able to participate in the Good Foods cooking course in the Food Lab! In the course we made chive dumplings with meat free pork. Although there were a few hiccups with the course, like having to wait for the frozen pork to thaw, it was really fun. After Josh mixed all the ingredients for the filling he gave each pair a large amount of filling to wrap our dumplings. Each group wrapped 10 dumplings. Then we either fried or boiled them. We cleaned up our cooking stations by washing the dishes thoroughly and wiping the tables with disinfectant. Then we went downstairs for break time and tasted the delicious dumplings that we prepared...and let me tell you, they tasted great! And being meat-free was another bonus."

Jacob Prohaska, Year 10

"During the lesson with Good Food Technologies we got to learn about another meat alternative in Hong Kong that suited everyone's taste without having to use actual pork to achieve it. My key takeaways were that there is always another option for people who have different diets and needs. This experience showed that Hong Kong is becoming more open to the idea of animal substitutes because I remember before there weren't many choices for animal free products. (Most of the options available at the time didn't really taste like meat and tasted bad). I also learnt how to make the filling for a basic dumpling recipe. For example, what ratio of meat the vegetable to use and how much seasoning to put in for every kilo of filling. We also got to fold and cook the dumplings, which was a new experience for most of us and I really enjoyed how we all got to use our own folding technique instead of following just one type."

Vicki Cheung, Year 10



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