

SHATIN PUI YING POST

MATRIX

THE LITTLE THINGS IN LIFE

SCHOOL LIFE

English Fun Camp



ACADEMIC LIFE

"Little Things on Effective Studying"
"Tips on Stress Relief"



PERSONAL LIFE

"Tiny Things Do Matter"
"Stamps Once More"



CREATIVE LIFE

"Where"

We Cried,
We Sweated,
We Had Fun.

English
Fun Camp



ENGLISH FUN CAMP 2018



October 20 marked the end of English Fun Camp 2018.

The English Fun Camp has been a yearly anticipated event for more than a decade (16 years precisely). If you are “mature” enough, you may even spot some changes made over the years!

One of the most obvious changes is the color of the T-shirts. The T-shirts were originally in black, grey and navy. So a problem arose — these T-shirts looked deadly dull and were not consistent with Fun Camp’s core value—being fun. Therefore, teachers came up with a revolutionary idea — to replace the dark color scheme with red, sky blue and

yellow (as shown in the above photograph). This has drastically made our English Fun Camp look livelier.

The wheel of time keeps rolling, but some things never change. If you are observant enough, you will probably recognize the ice-breaking games, the slogan competition, the treasure hunt, the drama and all other little things in English Fun Camp. Apart from these, Fun Campers’ diligence and enthusiasm have also been passed on from generation to generation.

If you are interested in playing games with primary school kids and speaking English, please do not hesitate to tell us!



Group Leaders

The group leaders are instructing their Primary 6 students in the in-class activity.



Primary Six Students

It is always the most rewarding thing to see them getting involved in the activity.



Synchronization Errors

This group is showcasing their slogan in the slogan competition.



Hold That Pose!

Can you spot out the leaders from the P6 participants? =P



STORYHUNTER



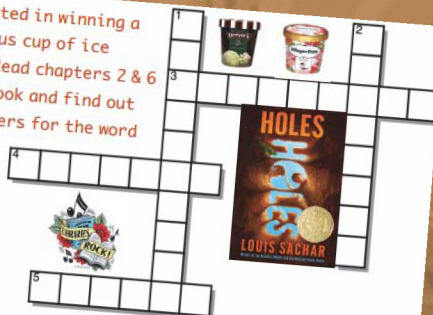
Attention, please!
 Junior form students!
 If you want some free ice-cream,
 here's your chance!

The English Department has now
 issued a new activity called "Story
 Hunter", where different games
 based on a recommended book
 will be introduced every 2 months.

You only have to finish the game
 and answer 1 question every time
 in order to win a chance of getting
 free ice cream! A collection box
 will be set up outside Staff Room 1
 every time a new round begins.

Don't miss the chance! Start
 reading and start hunting!

Interested in winning a
 delicious cup of ice
 cream? Read chapters 2 & 6
 of the book and find out
 the answers for the word
 puzzle!



ACROSS

- 3 The nickname of the famous baseball player
- 4 The boy who used to torment Stanley
- 5 The place where Stanley's notebook was dropped

DOWN

- 1 The judge's comment on Stanley's crime
- 2 The objects that Stanley stolen allegedly

English Story-hunting

Holes by Louis Sachar



Little Things on Effective Studying

5C—Kitty Cheng

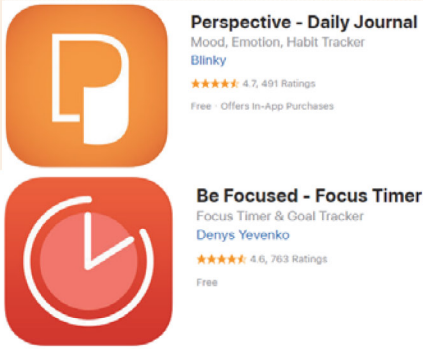
Nowadays, students are always facing different kinds of pressure in life. Heavy amounts of schoolwork, endless tests and exams, jam-packed extra-curricular activities; these all attribute to students' high stress level and a dearth of rest. As one of the students living under the exam-based education system, I know exactly how hopeless and depressing it is to bear the enormous workload. Surprisingly, there is a little tactic that we can do to increase our productivity, lower our stress level, yet still retain our time for leisure and play. Curious to know what it is? Then please continue reading! :)

Since we know cancelling all examinations in the world or eradicating the whole education system will not be possible, our best bet to beat the system is through another trick — stealing time. Sounds confusing, right? To start with, you will need a pen and a notebook. As time is limited for all of us, using it wisely by appropriate separation and distribution is extremely crucial. The general time separation principle is 'URIM'. Now, draw out the following table on the first page of your notebook:

		Urgency	
		High	Low
Importance	High	Spending (65%)	Investing (20%)
	Low	Consuming (10%)	Wasting (5%)

Your daily events should be categorized according to their urgency and importance. In order to maximize your use of time, you can draw out to-do lists in different scales: daily, weekly and monthly. Then, you may color-code events using the above system. The (%) represents the most effective and ideal way to separate your time each week. By following the above system, you can organize your daily routine more efficiently and clearly, thereby helping you to recognize how much time you actually have and eliminate problems like dillydallying, regretting, or feeling stressful for being a “deadline fighter”. Apparently, with a clear plan, we tend to work faster than we regularly do when we don't have a plan. The time saved through planning can thus be our lengthened leisure time. Imagine having your online-game time doubled while maintaining high academic performance in daily life. It seems almost too good to be true!

Some of you might still think the above principle is too complicated. Not to worry, I will provide a 'Plan B' for you. First, equip your smartphone with two apps---- 'Be focused' and 'Perspective-Daily Journal'. The former is a timing



system and the latter is an online bullet journaling system. For the latter, you can simply record goals, to-do lists, and any other habits you want to track in the app. A well-developed goal tracker and habit tracker will be set for you. All you have to do is to stick to the plan. If sticking to plans is your weak spot, try out the other app. It times you by separating tasks into different working intervals with regular breaks. It also contains a separate bar-chart and a pie-

chart to keep records of your time usage. By using the two apps simultaneously, you can effectually allocate your "working hours" and spare genuinely stress-free playtime from your busy life.

The above two tips can both help enhance productivity and establish a less time-consuming working habit. However, apart from adopting helpful systems, creating a comfortable and relaxing working environment is also an essential element. The simplest step to start is to clear your desk and only place the useful materials on it. Psychologists have proved that visual views will directly affect one's emotion status and incentives to work. A messy environment messes up your thoughts or plans, while a tidy one increases your efficiency. Next, you should eliminate all disturbances in the workplace.



For instance, switch off all electronic devices or turn them to the 'Do not disturb' or 'Airplane' mode. This will make sure that you can stay focused during the studying process without any notifications or alarms that lure you towards the message box. Last but not least, regular breaks are essential. Reading books or playing word puzzles during breaks activates your brain and prepares your body for the following working session. Reading relaxing magazines or answering IQ questions provides the same effects as well. By doing these, not only can your efficiency be improved, but your mental state can also be stabilized and will become more stress-resistant in the long run.



As a disclaimer, all the above methods are just gathered from my personal experiences. It might not work for all of you, but I hope it will bring your attention to how tiny things in our regular schedule can play a significant role in helping us tackle our heavy school work. My final reminder is this: if you are really under constant stress, stop working immediately, regardless of its importance and urgency. Take a couple of minutes to stay away from the working environment. Listening to soft music or meditating can reduce your tensions during that specific period of time. One thing that you should always remember: your mental health is far more important than any academic task.

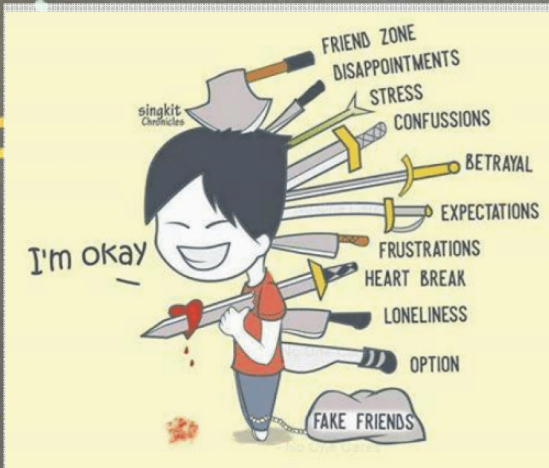
Hope all of you can eventually live your lives in the most productive way!

*Here is a URIM table where you can try to draft your tasks for the week!
See if it can help you with your studies :)*

<div style="text-align: right;">Urgency</div> <div style="text-align: left;">Importance</div>	High	Low
High	Spending (65%)	Investing (20%)
Low	Consuming (10%)	Wasting (5%)

Tips on Stress Relief

5C—Tiffany Lau



Nowadays, many teenagers are facing different difficulties in their daily life, which mostly come from their studies, parents, peers and even societal expectations. Teenagers are also in the stage of having lots of worries and uncertainties, as most of them are still confused about their future. Therefore, I would like to suggest some tips to help you, and see how

we, as teenagers, can possibly stay away from stress for a little while.

First of all, gaining support from your friends is really important, because they face problems similar to yours after all. Some simple actions will do, such as encourage your friends by saying 'Hang in there!' or just simply tap your friends' shoulders and give him or her a big smile. Besides, meaningful conversations can really help too. Don't be shy to express your worries and the thoughts deep down inside your mind. Sometimes, you don't really need to get any reply, but you just need someone who can listen to you. Try to be a sincere listener and be confident to speak up to your friends!



Next, it helps to start a new hobby, or simply, do something you like. Put aside your work and reserve probably 30 minutes for your hobbies, like playing sports, listening to relaxing music, painting, watching TV, or anything else you like really. This is because engaging in a hobby you like can divert your attention (at least

Tiny Things do Matter

5C—Valerie Young

Speaking of happiness, the scenes of receiving career commitment awards, winning competitions, or achieving outstanding academic results would probably conjure up in our heads. All these indeed make us feel satisfied and even overwhelmed. After all, these bulk achievements are just creating fleeting moments of happiness. To reach the consistent state of contentment, we have to pay more attention to the little things happening in our lives.



When you pay attention to tiny decent events, your mood can be altered, and hence keep you contented. For instance, events as minor as having a coffee shop barista spelling your name correctly can enhance your humour for the day (since they often misspell customers' names). It is significant to have gratitude towards every tiny fortune and appreciate the small details happening in your everyday life that you often take for granted. Besides, misfortunes in life are inevitable, yet a positive mind-set can be developed to help you look at the unpleasant affairs while focusing on the brighter side. With positivity and thankfulness developed, you will rarely consider yourself as hapless; it can definitely help you regulate your emotions.



You might wonder: What can be done to create pleasant moments in life? Here are some little actions I would take to gain a sense of satisfaction which improves my state of mind. I would try to go to bed at least half an hour earlier than my usual schedule from time to time. Once I finish my work of the day, I would try my best to fit into the ideal bedtime schedule. If I succeed, I will feel so

refreshed and satisfied the next morning. Notably for school days, I'll feel energetic and be motivated to study harder.

In addition, another seemingly minor yet essential procedure is to have breakfast. It isn't necessary to be a substantial one, but having a small bun or a few spoons of congee is already adequate enough to become a mental support. It makes me feel that I can acquire knowledge more effectively in lessons. These little tips mentioned above are just procedures that are effortless to do, yet they can make me so contented eventually. They are very worth doing.



To have more gratitude towards minute life issues, you can spend five to ten minutes before bed to recall every small moment or action you tried to take. You are also advised to write a gratitude journal. You can type it out on a gratitude journal app or diary app to record details of the day if you find writing on conventional diaries time-consuming. You will gradually realise there are many minute events in life that seem to be negligible, but in fact, they matter a whole lot more than you think. It will be gratifying to read all the small issues accumulated.

To conclude, little things in life may sound trivial and inessential, this cannot be farther from the truth. You should bear this in mind: tiny events can still bring you to the paramount of contentment. If you often find yourself in dismay, this might be a good method to get rid of frustration.

What is something tiny you can change in your life that would make a big difference?

- Always thank people
- Be positive
- Change my schedule

- Discipline my sleeping time
- Eat breakfast regularly
- Five-ten minutes of reflection time

Stamps Once More

5C—Renee Yip

One piece, two pieces... These shiny, little things are never tiresome. They are so attractive that neither photographs nor paintings can beat them. They are the smallest pictures in the world — stamps.



I love collecting all kinds of stamps, because of two reasons: first, they have charisma. They are made in different shapes (like triangles or circles), patterns, sizes and colors. Once I receive a letter, I can know more about the sender by observing the stamp's style. This is the power of stamps that photographs and paintings don't have.

The most amazing part is, though they might be tiny and insignificant, they are printed with photos of various great scenic spots and features, allowing people to know more about different cultures in places. For example, in the past, Hong Kong used stamps with a picture of Queen Victoria, which tells the story of the colonial times under Britain.



Stamps are of different postage prices. To put it simply, they are the limbs of the letters; without them, the envelopes can never arrive at the destinations. However, things have changed.

The rapid development of online communication nowadays makes stamps unnecessary for our generation, which prefers to use 'wings' when sending messages. Some may ask, 'Why don't we use wings instead of



limbs to reach others? They are safer and quicker.' This inevitable evolution of our communication system makes it clear that stamps are no longer essential in our daily lives. It's true that online communication is much more convenient, but what culture can you learn? What can you feel about the letters? They seem to contain nothing more than cold words, with no cultures or characteristics at all.

Watching my tiny old friends being forgotten, I feel the world is under the gadgets' control. We use gadgets like computers and smartphones too often, gradually causing us to forget the good old times — when people were sharing and caring with their own heart, and not typing on a frosty keyboard. To make it warmer for everyone, why don't we try to ask our little friends to help us mail our Christmas cards to our real friends this year? I'm sure the recipients would be very surprised and thrilled to revisit this old (and now rare) tradition! :)



Please use stamps once more to refresh our sensation. Feel the special power of stamps, and give more credit to these tiny little pieces of treasure.





While most of us have heard of superheroes like Batman, Iron Man and Captain America, do we all know where they come from? Some smarter students may recognize they in fact originate from American comic books; but what exactly are American comic books? Is it just some kind of leisure reading? Don't worry, after reading this article, you will know much more about these comic books, and maybe, you will be interested in them just like I am.

If we were to talk about American comics now, most of you may immediately think of DC or MARVEL. Although both companies design American comic books, I must emphasize that these 2 companies are 2 separate individuals. They own their unique characters and I know some people, especially girls, are confused about these two individuals. Just take McDonald's and KFC as an example. You won't order a Big Mac at KFC and you will probably never be able to eat mushroom rice at McDonald's.



But before either of these companies were founded, American comic books had already been created in a different format. Starting in the late 19th century, comic books were published with only printed media and journalism. Comics were not very

popular at that time, and the swoon only came in the mid to late 20th century, where comics became a medium of sarcasm against the current social issues.

Even in the early 20th century, comic books were not yet popular. The story plot and features of the comics were rather basic. Most of the things happened on earth and the characters were modelled as ordinary human-beings. They could be rich, poor, born with superpowers, or even trained to be a hero. The story plots were mainly reflecting social issues caused by the happening of WWI in the early 20th century. Hence, most of the characters were described as patriots in order to raise the sense of belonging among the people.

In fact, there were different periods of comic books, namely the Golden Age, Silver Age, Bronze Age, Dark Age and Modern Age. The Golden Age was the first period to start the culture of comics. During WWI & WWII, there was a boom in the development of heroism in the society. At that time, the comics mainly described the environment of the inter-war period and it was an excellent timing to promote patriotism to people in order to spread hope and peace. Yet soon after the wars, many people started suffering from the destruction; many social issues arose, the Golden Age declined.

In 1954, the Comics Code Authority was formed. It helped control the contents of the comic books and stopped companies from giving out excessive information. Companies changed its strategy on selling comics, and even designed a few famous characters like the Flash and the Green Lantern to attract new readers. They started to introduce the origins of different characters in a more scientific way rather than explaining them to readers mythically. Characters started to develop their own personalities and thoughts, and promoting patriotism was no longer the priority. Despite such change in focus, some scholars still regard Silver Age as “an old content with a new package”, because it was still not as complex.



In 1973, social issues and political problems were introduced to the readers and the contents of the comics during the Bronze Age were mainly reflective to the reality. Non-heroic characters emerged to be mainstream characters during the Bronze Age. Law-breaker or illegal executioner like one of the famous characters in Marvel Universe, Deadpool, was also introduced. Characters were no longer one-sidedly

heroic and champ, but most of the characters in the Bronze Age had more sides added to them — including involving in complicated relationships and sexual confusions.



Famous comic publisher DC also introduced 2 brand new series—“Batman: The Dark Knight” and “Watchmen”. They began to discuss the dark side of heroes and the

sarcasm towards society and human nature were even magnified. The corruption of the society and political system as well as the irrationality of humankind merged, causing the plots to become darker and bloodier. The famous death of the DC universe, the Death of Robin Hood, became an icon of the Dark Age.

As we reach the 21st century, we approach the Modern Age. In 2011, DC published a new series called “Flashpoint” and it restarted the universe of DC. In the same year, it published a brand new series called “New 52” to explain and remake the origins of each superhero in order to attract more new readers. However, some old readers did not support the “New 52” since they thought DC had ruined some of the heroes they have worshipped for so long, and some complained about the messiness of the new plots. To regain the favour of fans, DC remade another series in 2016 called “DC Universe: Rebirth”, featuring heroes like Wonder Woman and Superman.



After reading all of these facts, I'm sure some of you might still do not understand the reason behind reading comic books and why some people are so attracted by them. Well for me, I start reading comic books because I wanted to chase down the history and the background of my favorite character, Spiderman. I was confused by different movie adaptations, and I couldn't decide whether the Tobey Maguire or the Andrew Garfield version is better. That was when I started reading the original comics, and it was then I realized the comic version allows me to understand the essence of each adaptation, making the comic the hands down winner.



Which one have you seen, and which version do you think is better? (Left: Toney Maguire; Right: Andrew Garfield)

Scrolling down Facebook, you might see caricatures of political candidates or celebrities every now and then; while you may sometimes find it funny, you may even more easily dismiss it as a casual joke. Next time, think again. These comics are more important than you might think. These political cartoons don't just symbolize the person being mocked, but often represent how the artist feels about the person or a particular event. What we don't realize is that people's perspectives alter our



perception of things and people, and we sometimes take what they perceive so naturally as the truth. I do encourage all of you to not only give comic books or comic strips more credit, but also try to read them during your leisure time. Who knows? Maybe these little pictures can bring a big change to your life too!

Where?

5C - HENRY CHU

— Inspired by a Cantonese song for kids

This is Hong Kong, a bustling city. Being one of the richest cities in Asia, what could it possibly lack?

Jade was excited today; it was the first day of her primary school life. ‘I’m going to learn lots of lots of lots of new things!’ She chirped enthusiastically to her parents.

‘Good for you, Jade,’ Mum said. ‘Tell us what you’ve learnt when you come back!’

‘Of course I will!’

And so she went to school.

About 8 hours later, at around 4:30 pm, Jade returned home happily, almost skipping.

‘Mum! I’m home!’

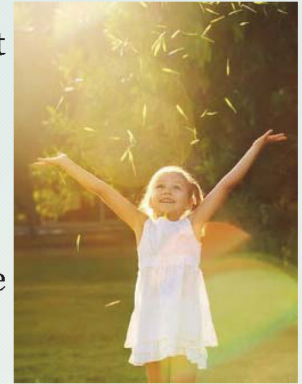
‘Hi dear! What did you learn today?’

‘I learnt so much during lessons today, Mum,’ Jade started to introduce. ‘And I really want to see what the teachers talked about!’

‘Wow! Tell me what your teachers said then!’

‘My class teacher, Ms Wong, told us that there are many farms out there, where hardworking farmers plant rice and vegetables! She had been to one, and she really enjoyed it; I thought farms must be a very beautiful thing to see! Mum, where can I visit one of those farms in Hong Kong? There’s bound to be one in Sha Tin, right?’

What? Farms in Hong Kong? Mum really came to her wit’s end at this moment. She found it difficult to fulfil this wish of her daughter, and she knew she had to give a good reason. ‘My dear, I don’t know where the farms in Hong Kong are.’ she said. ‘Because Hong Kong is a city, it might be hard to find one.’



‘Oh... that’s disappointing... but never mind, I can look forward to seeing a rainbow. My Science teacher told me that when it stops raining, a seven-colour bridge called rainbow will appear! ’

‘Indeed, Jade,’ Mum said. ‘But I haven’t seen one in a long time — let’s see if you are lucky enough to see one the next time it rains.’

Night fell onto the city. It was time for everyone to go to bed, but Jade was still unable to sleep.



‘Stars...’ Jade mumbled, probing her eyes eagerly into the clear night sky through the window in her room. ‘Where are all the stars? My Science teacher told me that there are countless stars shining in the night sky, but where are they?’

The night sky in Hong Kong, unfortunately, was pitch-black except for a few cirrus clouds drifting by like fog.

Six years soon passed, and Jade was now a Form 1 student. The academic train had led her to continuously gain progress in studies, and of course, it played an important role in her life. She also took it very seriously. She wouldn’t want to accommodate a small failure on her journey to a bright future. Therefore, her progress was great — even better than her companions. But in the past six years, several questions still echoed in her head every now and then— ‘Where are all the farms? Where are all the rainbows? Where are all the stars?’ She has not yet seen one of these with her own eyes. Nonetheless, their voices grew softer and softer, gradually being silenced by a sound that said “Because Hong Kong is a city.”



The school bell rang, and pupils swarmed out of the gates. Jade seemed a little bit grumpy on this particular day, because she was not happy about the test results she just got back from her teacher.

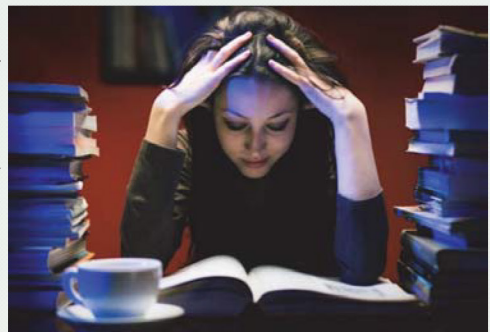


As she trod on the path back home, she thought of how miserable her day was. But that wasn't the worst. A few drops started falling from the sky onto the top of Jade's head, and soon enough rain started to pour from the skies. Originally, this should be good news for Jade, because rainbows might appear! But at that moment, this thought could no longer cheer her up — for it had completely vanished in Jade's mind. It was because she could only think of how unlucky and angry she was, and how she had carelessly forgotten to take her umbrella to school that day.

The sun continued to rise and set, but as years went by, Jane was no longer set to sleep when night fell. Every other night, another voice would tell her, 'There are two more tests tomorrow; must grasp time to revise!' She grumbled deep inside, still bitter about her worsening results. Tonight, Jade revised even later than usual, but she still continued to flip one page after another, regardless of how many extra laps her brain had run already.

'How... how come I can't memorize this stupid chapter!'

Jade threw herself onto the bed in frustration. At the same time, she briefly glanced outside the window, as if she could breathe in a bit more fresh air to enhance her brain capacity, but it didn't. As she turned back to her huge pile of books and notes, she neglected to see that the sky that night was filled with the bright twinkling stars she once so longed for. To her, everything resolved to a blur.



Some time later, Jade was told there was an opportunity to visit a village in Mainland China, where students could experience what the countryside and village life were like. Maybe it was her childhood calling to visit a farm, or maybe it was just an urge to take a break from everything

in reality, but somehow the word ‘countryside’ seemed exceptionally appealing to Jade, so she signed up for it.

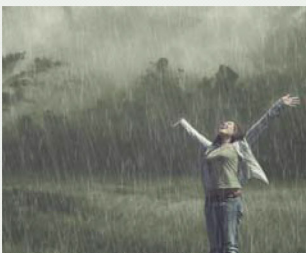
A few days after that, as the team of participants alighted from the high-speed train, Jade could already see lush green from all sides of the bus platform. Jade soon realized that she was able to see so much green for the first time because there were few infrastructures to block her view. She couldn’t help but gasp silently at the serenity and — it bore no similarity to her hometown at all! She looked a bit farther as the car dutifully drove on: there were several farmlands neatly queuing alongside the river, the lively heartbeat of this region, which so loyally irrigated the endless rice patties stretching into the horizon. At that moment, Jade felt a part of her soul just elevated into thin air, taking away with it a rock that she had carried for years. What a gorgeous sight this was!



As the bus came to a halt, the participants set their feet on the muddy ground. Jade resisted the temptation to take a 360-degree turn to admire the beauty of nature surrounding her; instead, she took a long, deep breath — how relieving and refreshing it was! This was the farmland she had longed for so long deep inside her heart!

As Jade followed the guide’s footsteps, Ms Wong’s sharing years ago gradually came back to her bit by bit, and supplemented by the local explanation, Jade could finally understand why — why spending time in the countryside, near the fields, was the best getaway from the stressful life in the city. ‘I see it now,’ Jade told herself.

Funnily enough, as Jade lifted her head to the sky, a few drops of gentle rain once again fell like snowflakes on her face. Like last time, Jade had forgotten to bring an umbrella, but this time, the rain did not ruin Jade’s mood. She carelessly brushed away the raindrops and continued to stare at the sky, hoping to see the miracle she had longed for all these years.



‘There it is!’ she exclaimed in delight. ‘It’s my seven-color bridge!’

Jade’s classmates looked at her weirdly, ‘What’s so special about a rainbow?’ one muttered. But Jade did not reply. She didn’t care. ‘They won’t understand what it means to me,’ Jade thought. ‘They won’t understand how long I have been waiting for this!’ She then continued to gaze fixedly at the natural wonder, beaming brightly as she trod on.



‘This’, Jade thought, ‘is unbeatable’.



Soon, night fell on the quiet lands. Jade settled down in her room — still in the countryside. As she switched off the lights, she glanced at the window, and found that the night sky is filled with shimmering stars.

‘Wow, so many stars! I wonder why I didn’t see any of it back at home.’

As she lay down on her bed, she had her eyes fixated on the beautiful night sky, slowly counting, ‘One, two, three, four...’ As her eyes became heavier and heavier, Jade couldn’t help dreaming about the world she had yet to witness in Hong Kong.

‘Would it be possible... that one day, I can see the farm, rainbow, and stars... in our own city...?’

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