

# CHAN SUI KI (LA SALLE) COLLEGE 陳瑞祺（喇沙）書院 2024 - 2025



# NEWSLETTER

CELEBRATING THE 55<sup>TH</sup> ANNIVERSARY



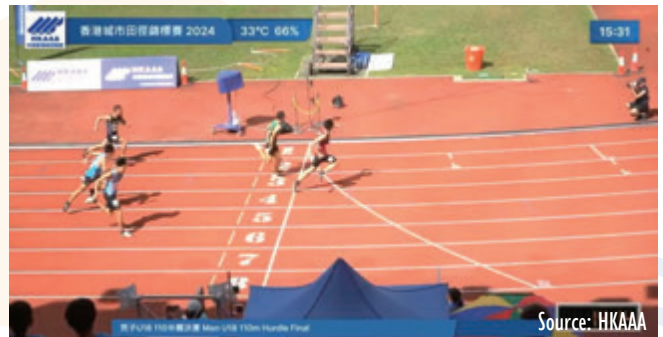
## Play Hard, Work Hard Unleash Students' Potential through Games and Studies

Lee Po Chu Fiona, Principal

In sports arenas, our students challenge themselves through perseverance and skills. With good emotional regulation, they manage to stay calm under pressure and surpass themselves. Last year, Lin Ming Fu (6D), achieved world-class level, being the first long-jumper in Hong Kong to qualify for the World Athletics U20 Championships field event finals. This year, Ma Ka Yin Jovi (5C) clinched Hong Kong's first medal of the 27<sup>th</sup> MWA Asian Tenpin Bowling Championships 2024. Another rising star, Leung Wai Kwan (5D), claimed victory in the Hong Kong Inter-City Athletics Championships 2024. Participation in sports can foster a growth mindset, where individuals believe in their ability to improve through effort and practice. In alignment with the school major concerns, this growth mindset is crucial for both athletic and academic success.

Board games also offer educational benefits, tapping into cognitive skills and social development. For instance, the board game called "Settlers of Catan" requires players to strategize, negotiate, and make decisions based on changing circumstances. This mirrors real-life problem-solving and critical thinking skills. On 9<sup>th</sup> May 2024, two teams of our students participated in Hong Kong Catan U18 Competition at Hong Kong Convention and Exhibition Centre and our Secondary Four students took the crown.

Apart from extra-curricular activities, CSK has been exploring the enchantment of "games" to motivate and engage students to learn in classrooms. The psychological principles of "games" rest with immediate feedbacks and rewards of success. These elements create a sense of achievement and motivate players to make progress. In



Source: HKAAA



*"Lead us in our games and studies. So that in the halls of fame,  
Now and in the life before us. We shall ring thy name."*

- Rev. Bro. Eugene (1976), 'School Song'

recent years, the school has incorporated e-learning into everyday classroom. The school has subscribed various learning apps to facilitate teaching and learning. These apps turn the learning process into exciting missions and interesting tasks. It is our school vision and mission to develop, among students, a love of learning. When students take control of their learning journey, they become self-directed learners, life-long and life-wide. The school strives to empower students with this quality by various means. One of the effective methods is spaced repetition. This powerful learning technique involves reviewing information at strategic intervals, combatting forgetting and strengthening long-term retention. Parents are encouraged to reinforce this habit with children at home. By scheduling revision using a spaced repetition system, learning will bear fruits and success will be right on the doorstep.



At CSK, students not only play hard but also work hard. It is a learning community where the potential of students is unleashed through games and studies. On 7<sup>th</sup> and 8<sup>th</sup> December 2024, the school will open its door to the public. Welcome to our 55<sup>th</sup> Anniversary Open Days where you could experience first-hand our school culture. The theme of the 55<sup>th</sup> Anniversary is "Embrace and Empower," with the former 'E' manifesting the school's readiness to adapt to changes, innovations, and improvements, and the latter 'E' delineating the school's mission to equip its students with knowledge, skills, and confidence they need for personal and academic growth. Please come and join us to take a glimpse of what our Open Days offer!



過去四年的中學生涯，幾乎整個初中都是在疫情底下渡過。許多活動被取消，「中學生活」這四個字對於我來說只是在字典中的詞彙，缺乏親身感受。隨著疫情逐漸退去，校園生活也復常，我十分感謝師兄為大家的貢獻，復辦了很多活動。班際比賽讓我感受到自己也是班級的一分子，水運會和陸運會時呼喊口號的熱血，讓我明白了什麼是歸屬感。「喇沙會聯校學生會交換生計劃」更是令我成長許多，學會如何走出舒適圈，走出那個內向的我。

今年，我很榮幸擔任學生會會長，適逢今年是我校五十五周年校慶，有幸參與籌辦多項校慶活動，貢獻自己的一分力回報學校。作為會長，經常被其他人詢問我為何請纓。真正打動我想成為學生會一員的原因，是其他師兄們的無私奉獻。他們即使學業繁忙，仍然利用自己的休閒時間去服務同學。我不曾疑惑過他們為什麼要這樣做，或許是想變得更好的執着，或許是對這個地方的歸屬感。無論如何，他們的無私付出深深打動了我，啟發我也要像他們一樣服務同學，用自己的綿薄之力，為同學建立豐富美滿的一年。



Renacido: 再創高峰

中五丙 23 岑家樂





二零二四年九月八日，我踏足在第四屆全港1vs1演辯之星挑戰賽的決賽台板，並成功衛冕，奪得冠軍。

演辯之星是一個結合了辯論和演講的個人比賽。而且，比起傳統的辯論比賽會邀請專業人士作為評判，演辯之星更注重辯員說服公眾的能力，因此由初賽到決賽，投下決選票的評判都是由公眾擔任。這個相對特別的賽制也使我在比賽過程中有許多得着，例如要懂得如何抓緊評判的目光，在他們心目中留下特別的印象，亦要懂得如何化繁為簡，利用精準的發言展現個人演辯技巧。

除了技巧以外，在這個橫跨了八個月的比賽過程中，我的信念也是支持我走到決賽台板的重要一環。我總習慣把每一場比賽當作最後一場比賽來處理，繼而傾盡所能，希望自己不留遺憾，搏盡無悔。

在整個比賽的路途上，不時傳來質疑和迷惘，不理解我為何要為辯論這個相對冷門的興趣消耗大量的時間和精力。或許在旁人眼中我是個「患者」，但我總相信天道酬勤。念念不忘，終有迴響，我這個「患者」一路跌跌撞撞，最終亦如願得到了屬於我的「世界」。我希望藉此勉勵身邊的同學、朋友，如果有想做而不敢做的事，放膽去嘗試一次吧！

我亦希望藉此機會感謝一路上支持我的家人、朋友、老師、師兄、隊友。感謝我的家人給予我無條件的支持和信任；感謝我的朋友不論是否接觸過辯論，得知我踏上決賽台板時，毫不猶豫地選擇了到場支持；感謝我的老師支持我參加不同比賽累積經驗，亦在我決賽時為我提供意見，指明方向；感謝我的師兄為我費盡思量，甚至於比賽前夕與我一同準備比賽，開會到凌晨兩點；感謝我的隊友在每場比賽都出謀獻策，伴我一同準備。是身邊各位的支持才造就了我奪得冠軍。

最後，作為瑞祺中辯的隊長，在此亦盼望瑞祺中辯能再創佳績。未來的路還有很長，只要懷着謙卑受教的態度和不屈不撓的信念，我深信瑞祺中辯必會再創輝煌！



演辯之星冠軍的患者之旅

中五甲 19 黃文家



相片來源：專業溝通協會



## Our Journey in the Robomaster Competition 6D 04 Cheng Wai Chun

Time flies. It has been two years since we began participating in the RoboMaster Contest. First and foremost, we would like to express our deepest gratitude to our fellow teammates and teachers for their unwavering support.

This year, we are honored to receive the Teenage Engineer Award (青少年工程師獎) from the organizers, recognizing our skills in modifying robots for the competition. Throughout this journey, we have learned various skills that are not covered in the syllabus. From soldering to coding systems for the robot, it has been a pleasure to learn from the process.

Not only have we acquired knowledge about customizing and assembling parts, but we have also embraced team spirit. This contest relies heavily on communication and coordination during the game. We developed a system to facilitate better information flow within the team—something we could hardly learn from books.

Moreover, we made numerous friends during the preparation process. We organized friendly matches with Christian Alliance Cheng Wing Gee College, La Salle College, Kowloon True Light School, and others. Through these interactions, we forged connections and gained insights into different school cultures. Sharing ideas, exchanging knowledge, and learning from each other's strengths and weaknesses have made these friendships truly inspiring.

One of the challenges we faced was managing disputes within the team. There were multiple misunderstandings during our communication, but we found ways to calm ourselves and continue working collaboratively. As the Boys in Red, we are eager to improve and hope to innovate even more impressive robot designs next year.

Finally, we would like to extend a heartfelt "thank you" to everyone who has supported us during this journey, including our friends from Christian Alliance Cheng Wing Gee College! We are incredibly grateful for the opportunities and experiences this journey has provided, and we look forward to the challenges and successes that lie ahead.







6D Lau Tsz Lun (2023-2024 Graduate)

The call from my former class teacher, Ms. SY Hung, inviting me to write a newsletter article gave me a chance to recall my school life in CSK, where I acquired knowledge and built friendships with my teachers and classmates.

I am Lau Tsz Lun, a 2023-2024 graduate and I am now studying in the Chinese University of Hong Kong, majoring in medicine. I would like to express my heartfelt gratitude to the teachers who assisted me to become a well-rounded individual and develop a sense of belonging to CSK.

During my six years at CSK, my teachers made an unrelenting effort to educate me and my classmates. In particular, my science and mathematics teachers played an important role in arousing my interests in different topics and guiding me when I had problems, which helped me unleash my potential. Furthermore, they provided ample support to me and my classmates when we faced struggles during school examinations and the HKDSE. They were eager to respond to our questions and always encouraged us to study, which motivated me to strive for perfection. Together we surmounted all the insurmountable barriers.

Additionally, I would like to thank Mr. YL Wong for teaching me important values and critical thinking skills in the Citizenship and Social Development lessons, which played a crucial role in helping me form my beliefs. He inspired me to become a doctor to contribute to society in the future. All the teachers who taught me eventually helped me develop holistically. If I had not attended CSK, I would have lost the precious opportunities to encounter them, and I would not have entered the Faculty of Medicine of CUHK.



The vibrant and dynamic atmosphere in CSK is definitely what I miss the most after I left CSK. I made friends with the students from my class and they were an indispensable part of my secondary school life. They were always eager to share their solutions to questions that I did not understand with me. We also had many entertaining activities together, such as bowling and table tennis. But now, we seldom have a chance to even have lunch together or chat since we can hardly gather together. Apart from my classmates, the teachers are also one of the most memorable parts of my social life in CSK. In my senior years, the teachers became closer to us. They were nice to us in their lessons, which made us feel that we were in close proximity to them and we could successfully develop not only teacher-student relationships but also friendships. I can never forget the joy and laughter in the numerous recesses and lunch breaks, and the interactive atmosphere in the lessons. The school is like a family to me, with my schoolmates as my brothers and the teachers as my parents. Ever since I left CSK, I have been looking forward to having a reunion with my teachers and my friends.



6C Kwok Hau Tak, Terry (2023-2024 Graduate)

Greetings, everyone. I am Titus, formerly known as Terry. I am a graduate of the class of 2024 and am currently majoring in English at university.

Throughout my secondary school years, I was in class C, where I experienced a highly competitive academic environment, as everyone strived to improve themselves. After school, some classmates would meet in groups or pairs, heading to tuition centres or studying by themselves in cafes or study rooms. I want to express my gratitude to all my teachers, especially Mr. KY Chan,

Ms. WY Tang, Mr. MK Lau, and Ms. YL Tse. If they hadn't encouraged me to study diligently and complete more assignments, I wouldn't have been in the comfortable position I am in now.

I have made many friends during my time here, and I have maintained contact with my closer friends although we attend different universities. I found my friends through shared interests; for example, my best friend and I both love playing badminton, and we could spend all day discussing rackets and our favourite players and matches. This shows that you don't need to go out of your way to make friends; if you have similar interests, they will naturally come to you.

I have also participated in various extracurricular activities and school teams, including the junior English debate team, the badminton team, and serving as chairman of the English Society.

During my five-year tenure at CSK, the school has provided numerous opportunities and support that have facilitated the growth and development of my skills and abilities. These experiences have been instrumental in fostering my capabilities in ways that textbooks, homework, and quizzes alone could not.

In the first few months as Head Prefect and while participating in various school events, I have come to recognize the significance of communication and problem-solving skills, along with a strong sense of responsibility. These abilities not only determine one's competence but also shape how reliable and trustworthy others perceive us to be.

The role of Head Prefect requires a high level of responsibility, extending not only to my fellow prefects but also to the school principal, teachers, fellow students, and the entire campus community. Therefore, it is essential for me to develop the skills needed to address interpersonal and practical problems. This is important not only because of my role but also because these skills will serve me well when I face future challenges.

In addition to being the Head Prefect, the school has provided me with the opportunity to participate in several external competitions. These experiences have been the most impressive aspect of my school years, and the most significant lesson I have learned is how to deal with setbacks and failure.

In preparation for RoboMaster 2024, our team invested months in programming and modifying our robot. Throughout this period, we consistently demonstrated dedication and commitment, often working late into the night to achieve our shared objective. We swept through the play-in round and remained undefeated until the quarter-finals. We had the potential to progress to the semi-finals and secure third place by winning just one more game. However, communication issues and a minor misstep led to our downfall.

In that moment, we were all taken aback and disheartened. It was difficult to accept that we had been eliminated from the quarter-finals, as this outcome fell far below our expectations. Nevertheless, we were ultimately honored with the Outstanding Engineer Award, recognizing our exemplary performance in programming and modification. Our efforts were duly rewarded.

Through these activities, I have developed essential skills for the future, such as leadership and quick thinking. I was also Chief Prefect and a committee member of the former Student Association, Resonance, where I learned how to lead a team in completing tasks. Additionally, I learned to cooperate with different individuals to accomplish complex tasks successfully.

At CSK, I have developed a more mature mindset as I have learned important values that foster appreciation—like helping a classmate with a simple task and maintaining patience when facing small obstacles. This approach can help others feel comfortable approaching you and provide opportunities to expand your social circle.

To the S6 students, I wish you all the best in your DSE exams. To my fellow schoolmates, work hard, but remember to take adequate rest after your tasks. Your hard work will pay off.

I would like to take this opportunity to remind everyone that it is important not to ignore mistakes, shortcomings, or failures, as these are the building blocks of progress. However, it is equally crucial to recognize and celebrate our achievements rather than deny or downplay our accomplishments. I believe that CSK is a place where students are provided with numerous opportunities to explore their potential and pursue their aspirations. Therefore, it is my hope that we will all endeavor to enhance our school experience and create even more memorable moments on our campus.





My first step to success was at the 23<sup>rd</sup> Asian Junior Tenpin Bowling Championships, which was held in Malaysia. I was selected as the team captain and shared the stage with my teammates whom I've known for several years. Throughout the tournament, we've gone through our ups and downs by cheering on loudly for each other. Pressure was piling up on me as I was the only person on the team who made it to the finals. During the finals, my teammates supported me in the spectator's stands. Halfway through the match, I told myself not to fight for results but to show my best performance to calm my nerves. Despite finishing 1<sup>st</sup> in the semifinals, I was able to finish 2<sup>nd</sup> in the finals, winning a medal for Hong Kong.

Out of all the tournaments I've attended, I felt the most fulfilled in the 7<sup>th</sup> U22 Bowling Championship, which was held in Fukuoka Japan. I went from being placed 128<sup>th</sup> last year to 2<sup>nd</sup> this year by maintaining a positive mindset. After the first 12 games, I placed 12<sup>th</sup>, barely making the cut. The format of this competition was a one-game elimination match, emphasising the importance of performing well each match. I also was drawn against the top qualifier, who had averaged a score of 240 out of 300.

All these factors put immense pressure on me. However, being a seasoned bowler, I was no stranger to one-game elimination matches and had beaten the top qualifiers with ease. After 3 more elimination matches, I was 2<sup>nd</sup> with an overall score of 185-227 in the final match, once again bringing home a medal.

There was an immense difference between last year's and this year's performance, and I couldn't be prouder of myself for the accomplishments I've achieved. My biggest achievement was at the 27<sup>th</sup> Asian Bowling Championships, where I won two bronze medals in both the trios and teams of five. This was my first time representing a team in an adult tournament. At first, it took some time to warm up to my teammates and synergize with one another. However, within a day, I was able to get along with them and we bonded quickly. While competing in the competition, we cheered on and supported each other, showcasing our team spirit. In the end, I brought home two bronze medals in the trios and teams of five categories. It was an honour and a dream come true to participate in this tournament. I never imagined I would qualify, let alone winning a medal in such a prestigious international event where many strong competitors reigned.



Source: ABF



Jovi Ma, the new bowling star

5C 19 Ma Ka Yin, Jovi



Source: Cathay Pacific

People have wanted to explore the skies since even before Icarus put on a pair of homemade wings. But Icarus didn't have to deal with buildings, smog, and mountains the way Hong Kongers do nowadays. Hong Kong is not the easiest place to learn how to fly, which is why Cathay Pacific sends their trainee pilots to the quiet city of Adelaide, Australia, where the skies aren't clogged with skyscrapers or pollution.

This summer, I, along with 29 other outstanding applicants, had a dream-like opportunity to spend a week at Flight Training Adelaide (FTA) as part of Cathay Pacific's I Can Fly 2023 program. Once paused due to the pandemic, the program has finally resumed, which is why I registered without hesitation. I knew that once this event concludes, it's time to channel my energy fully into my studies, turning that youthful drive into the courage to face new challenges. I was prepared to carry my dreams forward, weaving them into every written word and letting hard work lead my path ahead.

It has all been about trying new things and pursuing goals with friends who share a common interest. In the first round, 300 participants were selected to complete a social service project, which we then presented to the CEOs and heads of more than ten companies in the aviation industry. I was quite nervous, but thanks to the support and experience I've built up daily at school, I managed to succeed and eventually be selected as one of the applicants to fly to Australia.



Source: Cathay Pacific

During my stay at FTA, I visited the control tower, saw the Australian wildlife up close, tested my nerves at a high-wire adventure park, and got a feel for what living on FTA's campus and studying at the center would be like.

But by far, the highlight of the week was getting to fly a plane—a Diamond DA40 Diamond Star—with an FTA instructor. When all of us were waiting inside the hangar for approval from the departure center, I hoped I would be the first to take off. Fortunately, I was! Take-offs can be turbulent in Australia's wet and windy winter, so once we were high enough, the instructor allowed me to take over and steer. During the flight, not only did I get to fly through cumulonimbus clouds and feel the raw power of the world, but I also had the chance to try landing on my own—thanks, of course, to the instructor's trust.

I'm not sure if I'll ever have another chance like this, but the feeling of cruising through the boundless sky, with a sense of endless possibilities, will stay with me. Just as Chief Executive John Lee said at the graduation ceremony, we must be willing to learn and pursue our dreams. This experience has taught me that no dream is too big if we're prepared to chase for it, and I know the support and skills I've gained at school and from this program will guide me on this journey.



I Can Fly

6D 29 Xiao Shing Chit