



Sir Ellis Kadoorie Secondary School (West Kowloon)

Episodes

School Sports Day

The 2003 SEKSS Sports Day was a resounding success, the happiness evident in staff and students alike over the two-day carnival. The opening ceremony on Friday 10 October was well-received by all Houses, the students turning after roll-call to watch the School's Air Cadet Corps raise the School flag and sing proudly the School song. All Houses then completed a march around the Sham Shui Po Sports Ground, before the competition finally commenced.

Many students gained personal best achievements as they ran, jumped or threw in the various Sports Day events. The highlight of the day was certainly the relays at the conclusion of the programme. Teachers and students represented Houses, with other key staff, including the Principal Mr Tse, making up a fast staff team. The cheers were loud and the spirit electric as Blue House ran away with the victory, congratulations going to all competitors.

Thursday 16th October was the Finals and as the previous week, all students competed with passion and high regard for their fellow competitors. The support from the grandstand



became more vocal as the competition to be the winning House became very close, the points margin between the four Houses being very slight.

The Cheering competition was the final event for the Carnival and redirected the students back to House loyalty after the Invitational Relay race. Blue House put on a fine display of

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the finale to their piece quite memorable. Red House, the leaders of the overall competition at this stage, performed an inspiring piece, the inclusion of other House members in their display a unique feature. Yellow House also performed well, however were unable to surpass Red House and Blue House.

Special guest, Mr Clarence To, District Commander, Mongkok District of the Hong Kong Police Force,

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was warmly welcomed by the School community as he presented the final awards to the Cheerleading teams and successful Houses in each category. The biggest award was saved till last, with the Captains from Yellow House proudly receiving the trophy as the Overall Champions for the Inter-House Sports Day. The Principal, Mr Tse, addressed the School community and commented on the fine performances from all the athletes, as well as praising the wonderful spirit of competition that was evident amongst all staff and students. All left the grounds weary but excitedly planning for another successful Sports Day in 2004.

Visit by the Royal Nepalese Consulate General

On Thursday 23rd October 2003, the Royal Nepalese Consulate General, Mr Madhav P. Ghimire, paid a visit to the school and attended the school assembly. In that particular assembly, the Guidance teachers prepared a power-point presentation on "Enjoyable School Life", showing some of the voluntary services our students offered to society in the summer vacation. They took part in flag selling, Temple Street



Festival and some other voluntary services. Mr Madhav P. Ghimire was then invited to present some prizes and certificates of appreciation to these

students. Afterwards, he gave a short talk to all the students, introducing to them the beautiful country of Nepal.

It was a happy time for the Nepalese students to meet their consulate general, and it was also good for the consulate general to understand more about the school life of the Nepalese students.

Salute! SARS Heroes!

In the midst of the hectic days from March to May, no signs of fear were found among the paramedical staff, nurses and doctors of Hong Kong, despite the fact that the Severe Acute Respiratory Syndrome is a highly contagious disease. None of them sneaked off. Instead everyone vigilantly performed their duties, though they were also in consternation. Some medical staff even volunteered to look after the SARS patients. Their courage and self-sacrifice not only gained our respect but also touched our souls.



In succession to the 'Love & Care Action' taken last June, our students continued to show their concern to the SARS heroes this school year. With the support of the Community Chest of Hong Kong Operation United Fund, the Guidance and Counselling Committee and Hong Kong Playground Association have jointly organized the 3-phased 'Salute! SARS Heroes Caring Action', aiming to further raise the consciousness and concern of our students to the society and support the medical staff who have been fighting against the disease. The cultivation phase has already been carried out on 21st October,



when **Dr. Raymond Wong**, who contracted the disease upon his volunteered duties but luckily and blessedly recovered, came to our school and kindly

shared his experience with our students. The second phase of the programme will be carried out from November to mid December. Fifteen S3 to S5 students will receive training and become leaders. They will guide junior students to do some services and caring actions to the medical staff in the third phase. The caring actions will include sending medical staff handicrafts, scarves, cards and stars made by our students. Performances by our students will be taped and sent to them, hoping to offer them some entertainment and our love and support in their difficult times. We do care about you, SARS Heroes!

“ We Shall Overcome ”

On 14th October 2003, a special careers talk “We Shall Overcome” was organized for the S.4 and S.5 students by the Careers teachers with the help of the Unison Hong Kong – for Ethnic Equality.

Three speakers were invited to share their experiences with the students. They were Mr Azir Khan, a Pakistani; Miss Samantha de Guzman, a Filipino, and Miss Kaur Karamjit Sandhu, an Indian. All the three students did not hide the fact that they did not do well when they took the HKCE Exam for the first time. But they did not give up.



Instead, they attempted the exam again the second time. It was not easy; they had to work extra hard and one of them had to take up a part time job in the daytime to earn the school fees for the evening course. Moreover, they had to overcome the difficulties of the language barrier as Cantonese is the main means of communication on many occasions and there were not sufficient resources for ethnic minorities.

However, with greater effort, they obtained good results. Azir Khan is now studying computer programming in S.K.H. Lady MacLese

Centre; Samantha is studying for her Bachelor's degree in Communication at the Hong Kong City University, while Karamjit has just completed her Master's Degree dissertation in Sociology at Hong Kong Baptist University. Miss Fermi WONG, the social worker from Unison, purposely arranged to have speakers from three different nationalities to show our students that no matter where they come from, as long as they have the will, they have the way.

The sharing of the speakers made the students think about how they were going to face their difficulties and how to prepare for their future. The students showed good response, being well convinced by their predecessors who have taken a similar path they are taking now.

Parents' Night

This year, the Parents' Night was held on 3rd October 2003 (Friday). Parents of all students were invited. That evening, around 120 students and parents attended and it was a success.

After

Mr TSE Sik Yan, the Principal, had delivered his welcoming speech, the School Social Worker, Miss Joanne Tsoi, gave a short talk on some basic



parenting skills. The highlight of the evening was a talk/workshop on the topic “Parenting your adolescents in the knowledge-based,



information-driven and creativity-oriented Hong Kong Society” by Mrs YU KU Siu Yin, Helen, Assistant Professor, Department of Applied Social Sciences

of the Hong Kong Polytechnic University. The workshop was interactive and parents found the topic very appropriate and the talk inspiring. Parents asked questions enthusiastically during the Q & A session that followed. Immediately after the Q & A session, parents met class teachers and assistant class teachers in the classrooms. Both parties learnt a lot more about their children and students respectively while enjoying snacks and drinks prepared by the school.

Orientation Day for S1-S4 New Students (2003-2004)

To welcome the new students, a special orientation day was organized for them on 28th August 2003 before the new school term. Around 150 students (S1 –



S4) and their parents came.

After the welcoming speech by Mr TSE Sik Yan, the Principal, there was some general information for the students and their parents by the assistant principals, followed by the introduction of the policy on discipline, school guidance and counselling, the school social work service, and the Parents'-Teachers' Association. The day ended after the parents' meeting with the class

teachers of their children.

The new students went home happily looking forward to coming to school on 1st September 2003.



Special Events / Activities

Events	Organizers	Date	Students
Talk on Students' Health Services	Health Education Committee and Health Department (HKSAR)	11.09.03	S1-S3
Temple Street Festival Carnival 2003	Guidance & Counselling Committee	7, 12, 13, 14 & 18.09.03	S5
Yau Tsim Mong District Nationalities Fraternity Dance Show	Yau Tsim Mong Nationalities Fraternity	14.09.03	S2-S5
Adventure Ship training	Adventure Ship and Discipline Committee	23.09.03	S2-S5
Flag Selling for Hong Kong Playground Association	Discipline Committee, Community Youth Club, Guidance & Counselling Committee and HK Playground Association	27.09.03	S2-S5
Parents' Night	Teacher i/c of Parents' Night	03.10.03	Parents of S1-S5 students
Talk on Yoga	ECA and Mrs. Manisha Prasad	06.10.03	S1-S5
Racial Harmony Promotion Project	Guidance & Counselling Committee	08.10.03 - 28.12.03	S4
HK Age Group Athletic Meet and Open Meet 2003	Hong Kong Amateur Athletic Association and PE Department	11 & 12.10.03	S2-S3
Careers Talk – 'We shall Overcome'	The Unison Hong Kong and Careers Committee	14.10.03	S4-S5
Love & Care Action: "Salute! SARS Heroes"	Guidance & Counselling Committee and Hong Kong Playground Association	21.10.03	S1-S5
"Flyover Ethnic Differences - Volunteer Alliance" Project	Buddhist Hung Sin Chau Memorial Secondary School, Unison HK and Discipline Committee	Oct 03 - July 04	S2-S4

The After-School Programme for Secondary 1

This year, to enable Secondary one students to enjoy more of their school life, special after-school programmes have been planned for them every Tuesday and Thursday. The specially designed activities aim at enabling the students to learn outside the classroom and make full use of the school facilities.

In the first term, the various activities include helping the new students to adapt to secondary school life,

disciplinary issues in school, social skills, study skills, and revision skills of Mathematics and second languages. Teachers in charge of the programmes make sure that the themes will be useful and practical to the students who have just started secondary school life. Besides, there have been four sessions of cheering team practice for the students to give support to their Houses on the Sports Day. This is to build up

their team spirit and sense of belonging to their Houses. There are also extra-curricular activities particularly designed for them, and these include information technology, art and craft, board games, and ball games as well.

There will be other activities focused on different themes in the second term for the S.1 students. The great variety of activities will surely help the students to enjoy secondary school life and help them in their personal growth.

Yoga

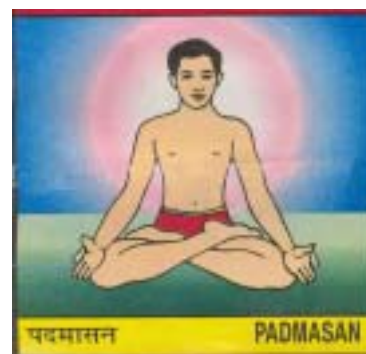
The Extra-curricular Activities Committee organized a very interesting talk for the students to arouse their interest in Yoga. The speaker was Mrs Prasad, the wife of Mr Kumar Prasad, our Hindi teacher.

Mrs Kumar introduced Yoga in a very simple way. Yoga is a system of physical exercise in India. It has been practised by ancient sages for 5000 years. The word yoga is derived from the Sanskrit word



“YUJ”, which means the union of our will with God's will. Yoga is the basic science of life and it helps to clear all the impurities of a person's body, mind and soul. In other words, it helps achieve perfect health physically, mentally, emotionally and spiritually through CONCENTRATION and MEDITATION.

Mrs Prasad is giving the interested students a short course of 10 sessions. Students who would like to practise Yoga can give their names to the ECA Master. And we would like to take this opportunity to thank Mrs Manisha Prasad for her interesting talk and tuition for the students.



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