



Cognitio College (HK)

A trip to better English





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Preface

Every year that goes by brings us lots of memories that we will cherish for a lifetime and this year was no different. We watch each other grow up and learn new things, create new ideas and start to look forward to what is in store for our lives after secondary school. Some of us made new friends and tightened the bond with old friends. Teachers helped us in measureable and unmeasurable ways. Let's look back at what were some of the highlights of the 2016-2017 school year.

In this issue you will see that the English Society held a lot of activities such as:

- Fruit Day
- Ice Cream Tasting Day
- Speech Festival
- Halloween

There were also many other activities that took place around the school and some of those activities were:

- Teachers-vs-Students Basketball Competition
- S1 Making Pizza
- P6 Activity Day
- English Science Fair
- Saying good-bye to retiring teachers

Also in this issue, we can see that several students contributed to share their writings about various different topics. While every year there are many writings available, here we will only share but a few and hope that more students will want to share some of their creativity in the years to come.

All of us here at Cognitio College (HK) hope that you enjoy the magazine and we hope that everyone can help us to celebrate the 55th anniversary of our college.

Thank you!

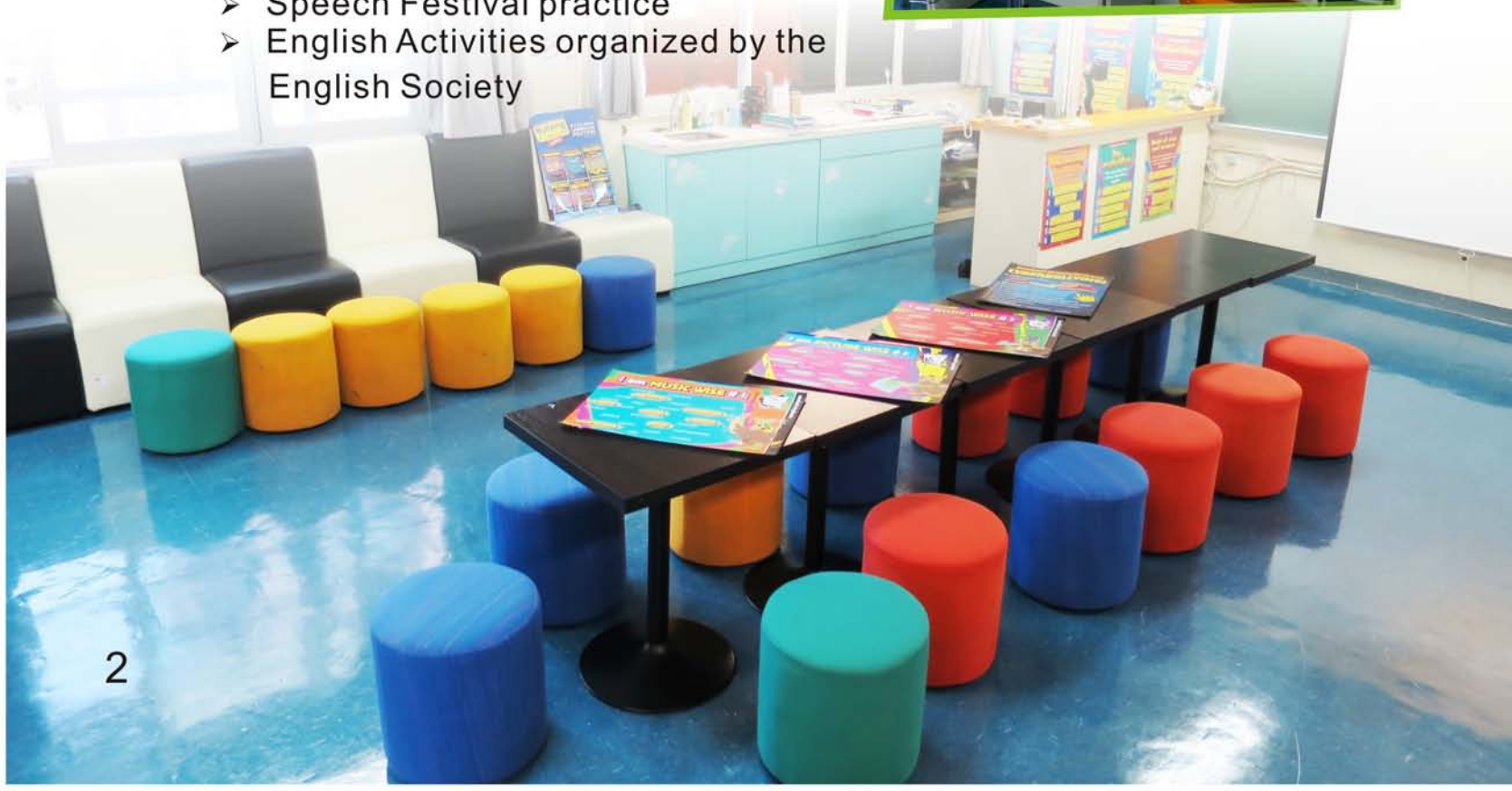


The English Centre

While the English Centre is tucked away up on the fourth floor (Room 401), it still is a very important place for students to come and try their hand at using more English.

Students this year were able to come to the English Centre and do things like:

- Play board games
- Watch English language films
- Listen to and watching English language music clips
- S1 phonics/reading lessons
- S5 oral exam practice/lessons
- S6 oral exam practice/lessons
- S4 reading and oral exam practice
- Drama classes taken by external providers
- Music performance practice
- English Club meetings
- Oral reading of poems and stories competition
- Speech Festival practice
- English Activities organized by the English Society





English Society 16-17



This year the English Society was led by Miss Wan and in her first year at Cognitio College (HK), she did an excellent job.
Some of the activities that were held were:



Fruit Day,
Science Fair,
Ice Cream Tasting,
Halloween Games Day





Fruit Day

This is an annual event at Cognitio College (HK). The school really wants to promote healthy living to the students. There were many games and activities for students to play.



Science Fair

This was an exciting day as many students got to try some great science projects and see how things work. The projects were fun and interactive for everyone to try and to use their brains to understand the concepts of the science being shown.



Hey, things look funny with these glasses on.

I love science is what these faces say.

Ice Cream Tasting



Ice cream tasting is an annual event that everyone enjoys. Students play learning games and are rewarded with ice cream.

I scream,
you scream,
we all scream
for ice cream.



Mr.

Yip loves to talk about

Halloween Games Day

Halloween is always a fun festival and students get to dress up and play some Halloween themed games and activities.

The English Society did an amazing job to help everyone to have fun while learning English.



ENGLISH

Kung-fu

WITH JEFF



In the first term of the year, some S1 students took part in English Kung-fu. They all had a great time training their inner Bruce Lee. Wahhhhhh!



S1 Reading Aloud Competition



The guitar club played well.

This year we held a S1 Reading Aloud Competition in the English Centre. The competition was quite interesting and between different sessions there were some performances from some senior students that included a guitar performance and even a tongue twister activity that teachers and students took part in.



Everyone did very well

And the winner is Xaiver from 1C.





S1 students were given a great treat and a much enjoyed break to their lesson by being able to make chocolate brownies and pizza on two different occasions. Something about eating that just makes everyone happy.



The girls are only listening to Jeff because there is chocolate. It tasted better than it looked.

When Jeff told Daniel that it was going to be a pizza he got excited. And look at those smiling faces.



Speech Festival

Speech Festival is a fascinating event. It's a great experience to practise English and bond with your classmates. 1C did a great job and brought back a Merit Certificate. Every one had a great time.



Interview with Jeff, our new NET

This time I feel grateful that I have a chance to interview Jeff. As we all know Jeff is a new teacher in our school.



Reporter: Kenny Yeung

KY:

Interviewee: Jeff Welch

JW:

KY: Where do you come from?

JW: I come from America and my home city is Washington D.C..

KY: How long have you been in Hong Kong?

JW: I came to Hong Kong in 2002 so that would be 15 years.

KY: Wow, you've been here for such a long time. What are your feelings of living in Hong Kong?

JW: Hong Kong is an amazing place, because Hong Kong people are very nice. Hong Kong is a city that is very safe, so Hong Kong is one of the best cities in the world.

KY: It seems that you enjoy living in Hong Kong. Can you tell us about something that you've learned recently?

JW: Yeah, I am just trying to learn how to be healthier, like living a balanced life with a good diet and exercise and to be a better teacher for the students here at Cognitio College.

KY: I hope you can fulfil those goals. What do you think is the way to be successful in life?

JW: The most important thing that I have learned about being successful in life is persistence. Persistence means you have to keep doing what you want to do to become you and who you want to be. The term "never give up" isn't something to just say. You must truly never give up on your goals.

KY: Why did you want to be a teacher? I am quite interested in becoming a teacher too.



JW: Well, I never thought that I would become a teacher because I was a very bad student in school, but I started teaching part-time when I first came to Hong Kong.

And then I just started falling in love with being a teacher. Being a teacher is not just teaching students English but also teaching moral education to students like how to be a good person and how to be successful in life.

KY: That sounds great and you love education because you want to help students with diversified development. You seemed to have integrated with our schoolmates quickly. Is there a magic trick or what?

JW: I think the important thing is to always be oneself. Students like my personality and character and that helps people to be comfortable with me.

KY: What a positive and young mindset! Do you have any words of advice to give to the students?

JW: Always follow your dreams no matter what. Just work on what brings you happiness. Be a positive person and take care of your responsibilities.

KY: Talking with you, I have gained a lot. Whether it is about life experience or having a positive mindset. I hope everyone will find time to talk to Jeff and get to know more about him.

Teachers vs Students

Basketball Competition



Okay guys! Let's show the students how to play basketball! Teamwork on 3 – 1-2-3 TEAMWORK!

As a tribute to Mr. Ho, the teachers organized a basketball game against the students. While the students are young and energetic, the teachers' wisdom and patience helped them to come away with the win. Maybe next year the students will do better.



Saying Good-bye to retiring teachers

This year was a year that we all had to say good-bye to a few teachers that are retiring after having served as a teacher and mentor to so many students over the years here at Cognitio College (HK). We all have fond memories of our teachers and we are so happy to have had these wonderful teachers with us for so long.



Mr Ho Kwok Leung cherishes his last Sports Day.



Mr Yip Yee Shun enjoying and reflecting on the many years of being at Cognitio College (HK).



Mr Yim Hoi Chi dedicated many years to teaching from the heart for Cognitio.

My Favourite Thing

by Ng Ka Leung, Felix S4

Have you ridden on a bus? I think you must have ridden on one before. Do you think Hong Kong's buses are more special than in other countries? One very special thing is the double-decker bus. There are only a few places in the world that use double-decker buses for commuting. Some of those places are, Hong Kong, the United Kingdom, Singapore, Canada, just to name a few.

I love Hong Kong's buses the most, because I take a bus every day. I live in Siu Sai Wan and buses are the only public transportation that is available near my home. I can only take a bus or a minibus to go to other places. Buses are the most important public transport in Siu Sai Wan.

My favourite bus model is CTB Dennis Dragon 12m with a Duple MetSec body. CTB has always sent it to Eastern District for commuters, especially the Island Eastern Corridor lines, such as, 780, 788 and 789. CTB's Dragons are the collective memory of many Hong Kong Island residents. Between 1994-1998, CTB introduced 80 12m air-conditioned Dennis Dragons. All of the CTB Dennis Dragons were retired in May 2015. There was a special feature in the compartment of these buses. The left second row of the upper deck had an ultra wide seat. You cannot find the same kind of seat in other bus models; you can only find it on this model.

I always take photos with buses and take some free bus rides when I have free time. You can see my favourite bus photos below. The one on the left is a NWFB Dennis Trident 12m (#1186). It was on route 2A heading towards Yiu Tung Estate. It was retired on 18 July. Dennis Trident is a 'Founding God' of NWFB. He helped NWFB a lot too. And the one on the right is a KMB Dennis Dragon 12m with Alexander bodywork (#3AD170). It was on route 89X heading towards Sha Tin Railway Station. It was retired in 2016.

Sometimes, I will spend more than 8 hours in free bus rides if I am free that day. I hope you can learn more about buses from this essay.



Book Sharing: 'Apple Cider Vinegar for Health'

by Ng Ka Wai S5

This book is about how we can use the apple cider vinegar to be healthier. This book has two topics that it covers and they are on health and beauty.

"An apple a day keeps the doctor away" I think apple cider vinegar (ACV) is the same to that expression. It keeps the doctor away and makes the body stronger. One of the most renowned home remedies -- vinegar has always been praised for its powerful antioxidants and incredible antiseptic power.

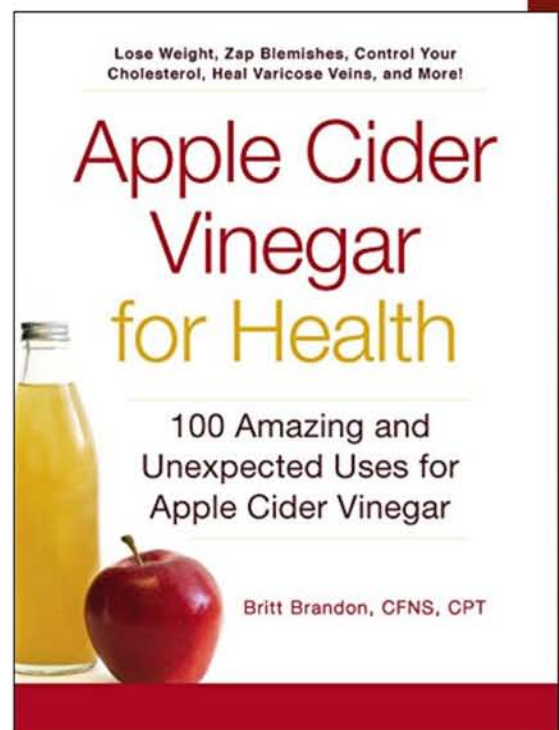
Every year lots of consumers spend billions of dollars on health products that focus on diet. These products which are promising to help people lose weight or build muscle, "Apple Cider Vinegar can help control cholesterol and boost weight loss, relieve daily aches and pains, from muscle soreness to chronic headaches." (Apple Cider Vinegar For Health p.14)

Another benefit that the book mentions is about the total wellness of ACV. ACV has lots of vitamins, minerals, and protective elements. Using ACV can help you take control of your health by yourself. It is very easy to use and it is very commonly found.

When talking about beauty, first let us mention your skin. If you drink apple cider vinegar, it can help you in skin care, to tone your skin, alleviate foot fungus and even whiten your teeth.

The last thing that is mentioned is the benefits to your hair. No one will use ACV to wash their hair but using ACV to wash your hair can actually make your hair to be healthier and help you if your hair is thinning and it can also kill and prevent head lice.

I learned a lot from reading this book and I hope that you will pick it up to learn something new too.



My Unlucky Day

by Sze Hiu Ping, Krystal S3

12th January, 2017

Thursday

Cloudy

Today was an unlucky day. I woke up and I was going to be late for school. I dressed quickly and went to the MTR station. I rushed onto the train at the last moment. But carelessly I dropped my mobile phone on the floor! I wanted to pick it up but the train door was closing. I looked through the door and said goodbye to my phone. I was so worried another passenger would pick up my phone. The train stopped at the next stop and I walked out of the train and waited for the next train to go back to look for my phone. The train was coming and I was so nervous. When the train stopped, I rushed out and started to search for my phone on the platform. After 5 minutes of walking along the platform, I still couldn't find my mobile phone. Then I went to ask the MTR staff and she said she had not seen the mobile phone. I felt sad about it. Another passenger



I told my dad and mum that my mobile phone was lost. They said they would buy me a new one if I got a good result in the exam. I think I should start preparing my exam tonight!

In our modern world, we have a lot of technological devices to improve our living style, for example: TVs, computers, tablets and microwaves etc. However, I think the mobile phone is the best of all technological inventions. Now I will explain it below.

Modern Mobile Phones

Lam King Tsun S3

Mobile phones have taken over our world and there are many reasons. First, modern mobile phones enable us to surf on the Internet. Therefore, we don't need to bring our big and heavy laptop with us. It is clumsy. We just need to bring our tiny smartphone and can surf the Internet anywhere. When we are surfing the Internet, we can also read news or check the weather.

Second, we can communicate without barriers. Maybe long time ago, we could just write letters to friends to keep in touch but now we can use Messenger to text friends and make phone calls or video calls with our small convenient mobile phone. It improves our social life and makes it wonderful.

Although mobile phones have a lot of good functions, it will become bad if we get addicted to it. Using mobile phone for long hours may cause neck pain. As our necks would take so much pressure if we always look down. It is just one of the problems. There are other problems too. For example, we may develop eyesight problems and/or wrist pain. Therefore, please use mobile phones with care and self-control is important!

Overprotective

by Ng Sze Ying S5

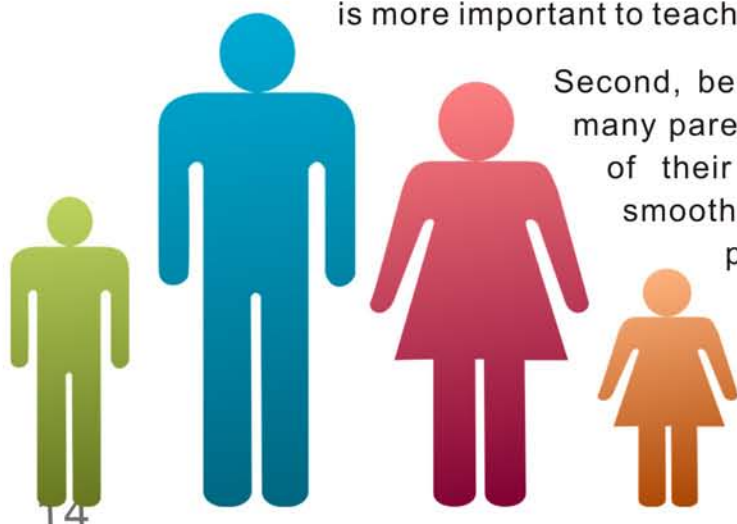
Dear Editor,

I am writing to talk about over-protective parents in Hong Kong. It is a common saying that teenagers are the pillars of our future society. Though over-protective parents are the by-product of a rapidly developing society, this situation is at a terrifying stage in Hong Kong. The government and citizens should all pay attention to this phenomenon.

First, the present education system has received heavy criticism as cramming and examination-oriented. It leads many parents to only focus on developing academic achievements and ignore the children's hobbies. Many parents want their children to have a high-salaried job and be able to contribute to the society. They will push children to the extreme. For example, they will teach children that merely studying is the most important thing. As a result, a study in Hong Kong pointed out that 10% of children thought about committing suicide due to study pressure. Moreover, they will limit children's play time or rest time. They believe it can ensure they will have good marks in exams. The over-protective parents will help their kids choose their friends. For instance, they will tell their children not to make friends with some students who are less capable in learning. One of the negative effects is it will damage the relationship between children and their friends. Also, it ignores the children's feelings and increases their pressure, making them unmotivated to go to school.

Due to this situation, I think parents should give children more freedom. For example, they can choose what they want to learn or who can be their friends. It can help them to strengthen the problem-solving skills and they will not feel nervous and have too much pressure. Also, children are able to tell their parents more about their daily lives and share their happiness with them. It can improve the relationship and parents can be a friend to their children. In addition, school should not only teach students knowledge, it is more important to teach students how to befriend with others.

Second, because of the increasing affluence of society, many parents can manage to have a helper to take care of their children. They want students to have a smoother path. When they face some difficulties, the parents or helpers will help them to solve the dilemmas, like a helicopter or monster parent. They just need to focus on study. They do not need to do the housework at all. As a result, it causes the news once mentioned that a university student did not



Parenting??



know he needed to open the package of noodles before cooking. This news hit the headlines and many people feel shocked about it. Sometimes, some parents or helpers will buy fruit for their children. However, when the teachers ask the children what the colour of a banana or an apple is, all of the students replied 'it is white in colour.' It seems that the parents or helpers take too much care of them. It causes them to have no idea of some common or simple things. So, they earned a nickname of 'Hong Kong Children'.

The negative effects of living with over-protective parents are that the children depend too much on their parents and they cannot make decisions by themselves. They only follow the opinions of their parents. I think children should pursue independence and critical thinking, hence they will become more knowledgeable not just in academics. Otherwise, they will become 'high-mark idiots' and lack of resistance and problem-solving skills. On the other hand, parents should take children out to let them know more about the world. Don't just let them sit in front of the bookshelf.

Third, the shrinking family size has caused parents to pay more attention to their children. Many parents have high expectations for their kids. They want to protect them and not to let them be hurt. They will worry about their kids becoming bad or doing some wrong things such as taking drugs, smoking or shoplifting. These are very common wrongdoings done by teens in society. Therefore, they will prepare the best for their kids. When they have arguments, they will also forgive them and spoil them.

Many children have their own smartphones. When the children have any requests, parents will also satisfy their kids. It causes many children unable to understand how to get along with their peers. They do not respect others and are not considerate. It leads many teenagers not to know how to handle personal relationships and control their emotions. Their parents always spoil them and allow them to lose control. Also, some parents will use GPS to check where their children are or what they are doing now. It makes children feel angry and annoyed and they will run away from home. I think parents should seek advice from some social workers to deal with children's potential runaway problem. Also, parents should not excessively spoil their children so as to avoid having them from becoming a 'Hong Kong Child'.

Last but not least, I think this situation in Hong Kong is very serious and there is a heated debate about it. It makes many people feel hesitant to say 'children are the pillars of our future society'.

Yours faithfully,
Chris Wong



by Wong Tsz Li, Queenie S5

What do you think about good deeds? Do you have some special experience? Do you think that you will become more positive after you help somebody?

In recent years, many people are willing to take the initiative to help the needy, even though there is no return. For example, when you pick up a lost article on the street or help the elderly cross the road, these are good deeds. I remember my teacher, Miss Tina, who donated a lot of money to help rural children.

Miss Tina was a teacher in a government school and she always spent her wages on buying some new clothes or daily necessities to help poor children. They did not know Miss Tina and would not give her anything in return, but Miss Tina did not care. She just thought that when she had the ability to help others, she must try her very best to help them. She believed that this could infuse positive energy into society, thus fostering social cohesion and promoting care, mutual help and solidarity in the community. She was my favourite teacher and she always shared her experience with me. When she was young, her mother told her, "No matter whether you are rich or poor, don't forget that a little act of kindness can help to change a person's life." Therefore, she always packed the unwanted clothes, toys and books and gave them away to the rural children. She made me understand how kind one could be.

Apart from this, she always visited the rural area. The rural children studied in a harsh environment and had poor quality of living, compared with the children living in the urban areas. They were more sensible and cherished all the things around them. Not every teacher was like Miss Tina who always paid attention to these children and donated money to them regularly.

I remembered once Miss Tina told me something unforgettable. The children wore old and tattered clothes and they were skinny and weak as they did not have enough to eat. She felt sad. We all lived in the same place but their living environment was very harsh. Many people wasted resources and they did not know how poor the rural children were. They did not have enough food, clothes and pocket money to buy what they like, that was why Miss Tina would like to help them to have a better life.

Many people around Miss Tina became more aware of these children. They often visited the rural area to help the poor children and they had the opportunity to learn from her. Also, she always shared the experience with others because she believed that if more people could help, the world would be better. It was the most touching thing which made me feel ashamed. The rural children are pure and they were not really good at communicating with others, compared with us. Miss Tina had been a teacher for a long time. She could easily communicate with the rural children and would not make them feel inferior. She understood that their living environment was very poor but she still volunteered to teach them.

If everyone can act like Miss Tina, we can help the children to have a better environment to study. No matter you are an officer, a cleaner or a student, you can do some good deeds by offering help. This is “good people, good deeds”. A person can make a difference simply by showing love, appreciation and kindness to people around them.

In this world, many people need our help. Some people are very enthusiastic to offer help but some care less. I think a positive act can move others. Helping others means helping ourselves.





Cognitio College(HK) 文理書院(香港)
Address: 4 Sui Man Road, Chai Wan, H.K.
Tel:2556 7413 Fax:2897 7177
E-mail:cognitiohk@cognitiohk.edu.hk
Websams:<http://www.cognitiohk.edu.hk>

