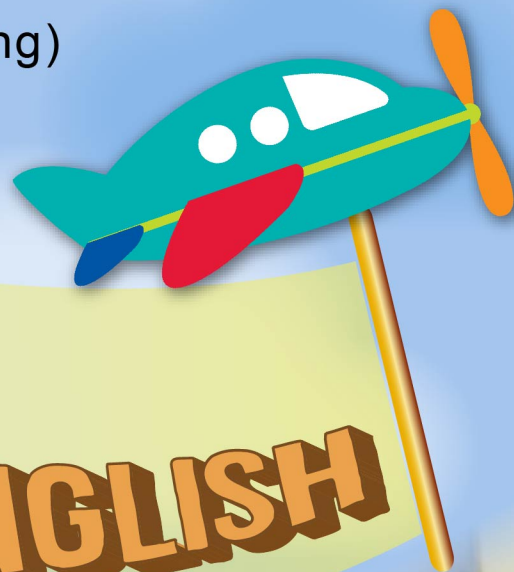




Cognitio College (Hong Kong)



# A TRIP TO BETTER ENGLISH







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# Preface

Every year we welcome a new round of fun and interesting activities for students and teachers to take part in and this year was no different.

This school year we had lots of fun and some new games and activities were introduced to our students that kept them all excitedly playing and using English in different and more challenging ways.

Some activities are some of the regular ones that we do most years as they are associated to various holidays and others are school favourites that students love participating in every year.

We hope that this year's Cognitio Magazine will give everyone a glimpse or a reminder as to what we have done over the year and we can all relive these wonderful memories that we have had.

Let's take a look at what we have done!

*Thank you!*



# The English Centre & English Society

The English Society every year tries to organize activities throughout the year in order to create fun games that students can play for prizes in order to increase exposure to English but to also see that English can be fun. Many of the activities are ones that can be played at home or with classmates after the activity is finished.

We hope that every year the English Society will help to encourage more students to take part in the many events and resources that are available to them all year long.

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



Join  
English  
activities

Play  
board  
games

S1 phonics/  
reading  
lessons

S5 & S6 oral  
exam practice/  
lessons

Watch  
English  
language  
films

S4 reading  
and oral exam  
practice

Oral reading  
of poems and  
story-telling  
competition

Listen to  
and watch  
English language  
music  
clips

Drama  
classes

Music  
performance  
practice

English Club  
meetings

Speech  
Festival  
practice





# Mid-Autumn Festival

Mid-Autumn Festival is one of Hong Kong's most treasured festivals and this year the English Society put together an amazing event that was enjoyed by all of the Form One students. The Hall was transformed into a labyrinth of games for students to play such as guessing riddles and ball rolling. Everyone also had an opportunity to try different kinds of moon cakes, from traditional tasting ones to new fresh flavours.



*Riddles were guessed and missed and everyone loved rolling balls like professional bowlers*



*Only smiles are allowed here*



*Aaron trying to guess the riddle*







# FRUIT DAY

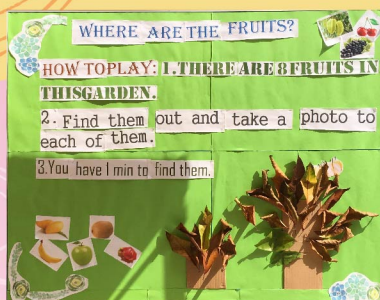
Fruit Day is an annual event students and teachers love that promotes diet awareness and helps students to get an added serving of fruit into their daily diet. All of the students were given fruit and taught more about some special fruits that are indigenous to different regions in the world.

Every year the Parent-Teacher Association sponsors Fruit Day. Here we can see lots of students playing games in order to win prizes. Our English teachers helped to make some great games for all of the students to play during their break after lunch.



Activity boards are ready to help introduce and to educate everyone

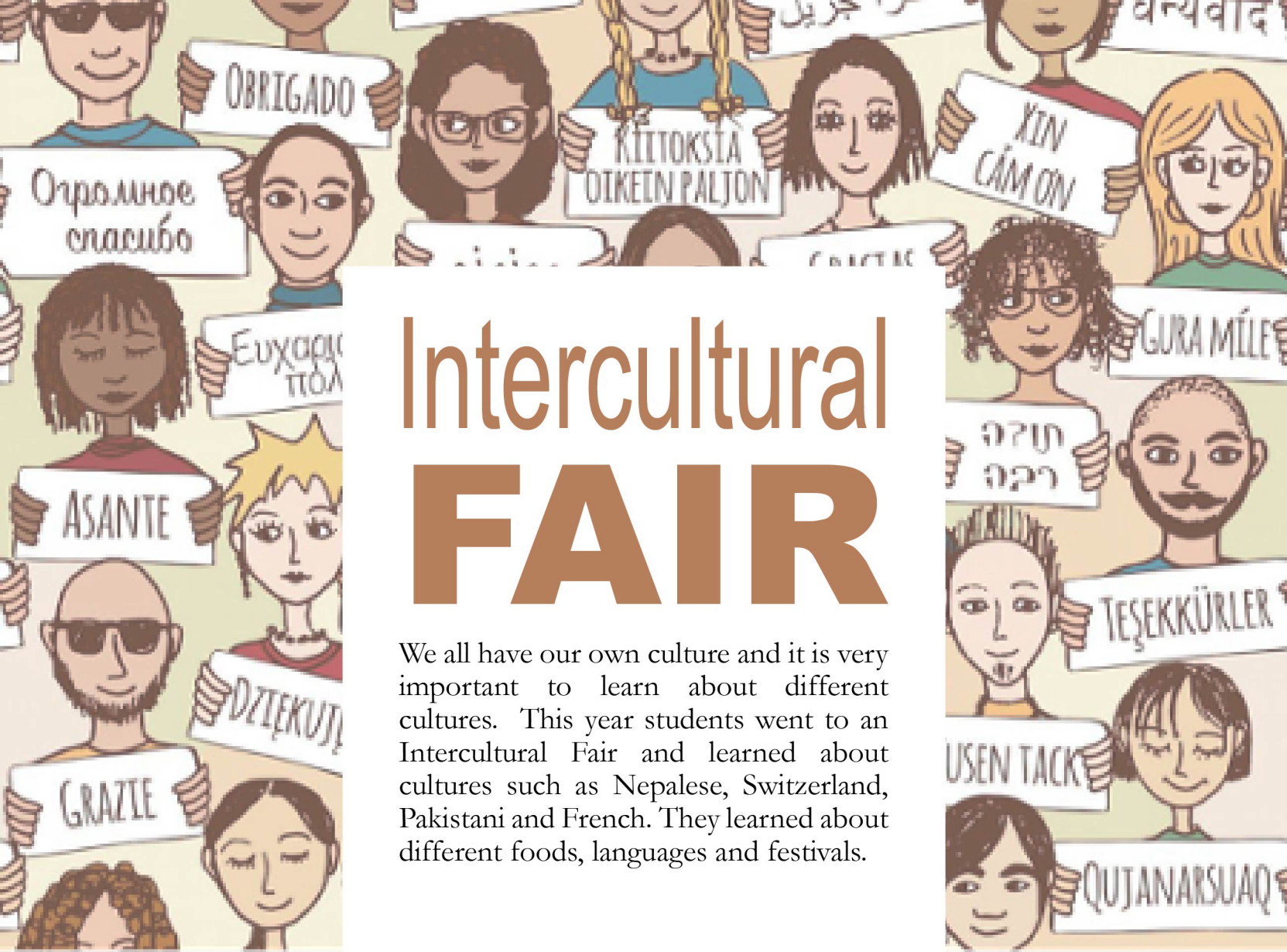
Be careful! The fruit tower is about to fall



We can see the hard work that the students go through to get the games ready and decorated

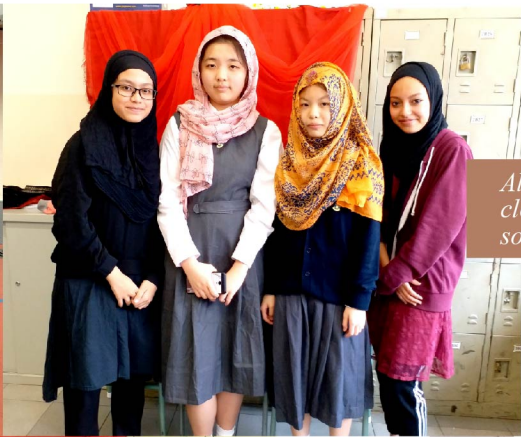
Students are having a great time solving the fruit riddles





# Intercultural FAIR

We all have our own culture and it is very important to learn about different cultures. This year students went to an Intercultural Fair and learned about cultures such as Nepalese, Switzerland, Pakistani and French. They learned about different foods, languages and festivals.



Along with wearing traditional clothes, they also got to make some new friends



Students got to try on clothes from the different cultures



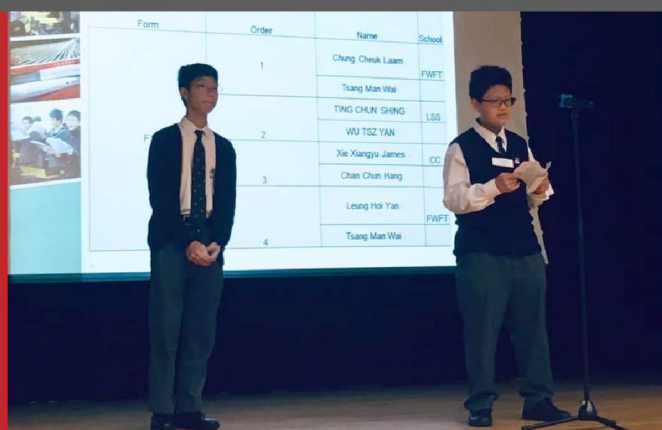




# Budding Public Speakers Showcase

Public speaking is one of the most difficult things for people to learn and our students have started to conquer the fears of public speaking that can build confidence for the rest of their lives.

*Often it begins with the first experience into a life of public speaking*



*All of the students had a great time on stage and performed very well*





# Ambassador GAME Booth

The Ambassador Program helps students learn how to organize activities and to run game booths. These skills can be used to learn valuable social and organizational skills that can be helpful later in life's pursuits.

*We can see students eager to help others to learn how to play different games*



*Teachers and students enjoying the day's activities*



*During an intermission of the activities, Mr. Lee and the Guitar Club entertained the whole school.*





# Cognitio NBA

With many students loving to watch and follow the NBA, we decided to organize a program that could help students to practise their English while watching live NBA games. On some days it seemed that there were many students trying to get in to see their favourite NBA star.



Everyone loving every moment of watching NBA live

## S1 TONGUE TWISTER Competition

Peter picked a pack of peppers. The pack of peppers..... Tongue twisters are always a lot of fun to say but also really fun to hear people say them. This year's Tongue Twister Competition was a smashing success. Form 1 students really enjoyed hearing their classmates fumble the words in hopes that someone would win.



Confidence and courage are some of the most important attributes to have in life



Ms. Yu helping to show that everyone can give it a try



Lots of smiles and laughter helps in learning something new





# MACARONI MADNESS

Basic cooking skills are something that everyone should have and our students need these skills too. So, this year we got some Form 2 students together to teach them how to make something simple yet delicious.



*Although it comes in a box, it can taste really good with a few tweaks*

*Andrew and the others were working hard to make the best Mac-N-Cheese*



*You can see how good it was from Fermi's expression*







# PANCAKE FUN



They say that breakfast is the most important meal of the day. Well, you have to know how to prepare a good breakfast in the morning and pancakes were on the menu this morning. Everyone loves pancakes!

## Making Pancakes

### Steps

1. Pour some pancake mix into a bowl
2. Add some water ---- not too much --
3. Mix and stir until there are no lumps
4. When mixture is nice and smooth.....stir some more
5. Heat some oil on your frying pan
6. When the pan is hot--- pour a small amount of pancake mix into the frying pan --- not too much
7. Wait for some bubbles to appear on the pancake
8. Flip your pancake
9. Cook for maybe 1 minute
10. Take out of the pan and put it onto a plate
11. Repeat this process for as many pancakes as you want



*First you start with the ingredients and then some instructions from Jeff*



*Making it the right way from the beginning will give a lifetime of a full tummy*



# Board Games Fever



Playing board games is something that we all have done and brings back memories of playing with family or friends. This year we had a day of just trying different types of board games. Some old favourites and some never seen before. Let's learn and let's play.



LET'S LEARN AND LET'S PLAY



LOTS OF SMILES WHEN DOING SOMETHING FUN





# TALENT QUEST

This year's Talent Quest had an amazing performance by 5C's Noddy, Leung Lok Hin. He was the last performer and while everyone else had also turned in great performances, he stopped the show with an English song that was like listening to a professional singer. We were all moved by the wonderful performance.





## My Favourite Family Member

# My brother



S1 Gomez Tyrell James

My favourite family member is my brother Tristan. He is 17 years old. He is tall. He has short hair and brown eyes. He is very fit and sometimes wears glasses.

My brother has a lot of personalities. When he is in a good mood, he is cheerful, funny, and talkative, but when he is in a bad mood, he is not talkative, grumpy, and gets mad easily. Well not everyone in the world is like that when they are in a bad mood! But I like him when he is in a good mood.

His hobbies are jogging and slow running. He sometimes plays board games and computer games with me. He studies and reads a lot more than I can think of. In school, he always helps his teacher and classmates. He has good marks in tests and is going to college next year. I am so happy for him and for all the hard-work he has done for me and my family. Let me tell you more about him. His favourite food is Kim Chi. He likes K-pop songs. And he helps me with my studies too. And that's why my favourite family member is my brother Tristan.

## All About Me and My New School

S1 Janice, Chong Hiu Lam

Dear Emily,  
How's everything going?

Let me tell you something about my new school.

It is located in Chai Wan. It is called Cognitio College (Hong Kong). There are many facilities in my school, such as library, cookery room and tuckshop. There is a lot of delicious food sold at the tuckshop. I like eating fishballs most. There are many school clubs and school teams. I have joined the Basketball Team and the Music Club. They're fun!

My favourite subjects are English, Music and Art. I like English because I think it is interesting. I can communicate with English speaking people and understand their culture. I like Music because I am good at playing different musical instruments and I like Art because I like painting. I think it can help me release my stress. During recess, I always stay in the classroom with my friends. We do our homework and prepare for quizzes and dictations together but sometimes we go to the tuckshop to eat.

One thing I don't like about my school is that there is no Chinese Orchestra.

What's your school like? How is your school life?

Cheers,  
Henry





# WE CAN SAVE OUR WORLD

2C Mohammad Bibi Fatma

There are lots of endangered animals in the world e.g black rhinos, polar bears, snow leopards, sea turtles etc. In this article I am going to talk about giant pandas.

Giant pandas live in Sichuan, China. They are very lovely and unique animals. We can find them in forests and in mountains. Pandas live on bamboo. They are big eaters. They could eat 12-38 kilograms of bamboo a day.

Unfortunately, they are going to become extinct soon. The number of giant pandas is declining. The biggest threat to the survival of giant pandas is cutting down trees and climate change. They are losing their habitat. People keep on cutting down trees for land. It is mean for us to do that. Giant pandas are precious animals. People keep on burning fossil fuels that emit carbon dioxide (CO<sub>2</sub>). If people do not do anything to help them, giant pandas will become extinct sooner or later.

The government can set up laws to protect giant pandas. We can also support the WWF an organization that protects endangered animals. The government can also protect the habitat of giant pandas. We can do something to help:

- a) Stop using disposable products;
- b) Bring a shopping bag along when we go shopping;
- c) Reuse and recycle cans, newspaper, plastic bottles;
- d) Turn off the lights when we leave the room.

We can do lots of things to help. It is important for us to protect giant pandas. Help them before it is too late.

## Junk Food-Hit Delete

Dear Harris,

S3 Cecelia, Fung Sze Lok

Thank you for your email and at the same time, I'm sorry to hear that you have a problem of eating junk food.

First, I'm going to talk about the disadvantages of eating junk food. If I were you, I would not eat too much junk food because it is not good for your health. Also, eating too much junk food will make you obese. If you eat junk food for a long time, you will have some serious health problems such as heart disease as well as high blood sugar level. Junk food contains a lot of salt, oil and sugar. They will make you unable to take in other nutrients such as carbs, vitamins, minerals or fibre. Because of it, you may suffer from constipation or other diseases.

Instead of eating junk food, you should start eating healthy food and eat the food according to the food pyramid. It's a good idea to follow the food pyramid so as to stay away from diseases. Actually, the food in the food pyramid contains many types of nutrients. For example, fibre can prevent constipation while vitamin C can lower your blood sugar level. Also, eating less oil, salt and sugar can keep your blood pressure steady.

Remember that there are no unsolvable problems in the world. Eating junk food is not a good way to solve your problems. If you have any problems, feel free to call me and I can offer advice to you.

Best Wishes,  
Chris



# Christopher Robin

## –A Touching Comedy

S4 Tiffany, Fan Ho Ching



The movie “Christopher Robin” is a comedy that takes place at the Hundred Acre Wood and London. This movie mainly talks about Christopher Robin, a businessman, now an adult, met his old friend Winne the Pooh. Winne the Pooh is a bear that lives in the Hundred Acre Wood. The movie is about how Christopher Robin helps Pooh and his friends, and how Pooh helps Christopher Robin in return. Also the story is about how Pooh changes Christopher’s life.

All the characters in this movie have different characteristics that we can learn from, but the character I like most is Winne the Pooh. He is sometimes innocent and sometimes mature. Being naive makes his world simple and carefree, while his thoughtful character enables him to comfort and help others in need. These are things that we lack, and we should learn from.

Although this movie is known as a comedy, there are in fact many touching scenes. The most impressive one for me must be when Christopher left hurriedly and Pooh looked disappointed and depressed. He also didn’t know when he would meet this long-lost friend again. It is so sentimental and touched me the most.

I would recommend this heartwarming, family-friendly film to everyone. This movie brings out many positive messages such as we must care more about our family which is also a reminder to busy parents. It reminds them to put down their work and spend more time with their children. Not just positive messages, Pooh’s quotes are also inspiring, such as ‘doing nothing often leads to the very best of something.’ When you do nothing, your body refreshes, your mind can relax, and some of the greatest ideas can be found. Therefore, this entertaining, lighthearted family comedy can teach you a lot about staying positive and I’d recommend it to everyone.



# Preparation is the **Key** to Success

Dear Mary,

How are you recently? I have heard that you are going to prepare for a job interview for the position of 'Customer Service Officer'. I am so proud of you that you are embarking on the journey pursuing your dream. Nevertheless, thank you for your trust. I know you are quite nervous and anxious right now. I hope my suggestions can soothe your frustration and sway away your gloomy clouds ahead.

First and foremost, you have to have a brief, if not thorough, understanding of the company's background information such as their motto, the name of their Chief Executive Officer, and the likes. In a bid to have all-rounded understanding of their company, visiting their webpage is preferred. If time allows, please read all the information thoroughly in order to know the company's target customers and customers' needs as you are applying for the position of 'Customer Service Officer.' Thus, based on the information on the webpage, preparing for the questions interviewers may ask is of utmost importance. For instance, how does our company work? Why do you choose our company? Give me a reason why I need to choose you to be our Customer Service Officer instead of others. Rarely would a company recruit a staff with no basic understanding of their company. After finishing all of the steps above, you will not be so nervous but calm, and it helps you to stand out from the other candidates.

Going forward, you could not overlook the significance of your appearance. Of all the reasons why you should dress formally, none are as salient as to leave a good impression on the interviewers. Wearing a suit is preferred because it makes you look more formal. As a saying goes, 'Dress for Success'; this is an essential step before going to an interview. Moreover, preparing the documents needed is also appreciated, say results of the public exam, proof of your past working experience and any certificates that can prove your qualification. Making some photocopies is preferred to show the interviewers that you are a responsible individual and are well-prepared for the interview.

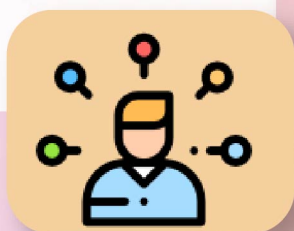
Apart from this, I am going to remind you that you have to check all the routes going to the company with estimated time to avoid being late. Being late will be a menacing threat to your career path and ultimately leave a notorious reputation towards all the employers as that shows you lack responsibility so nobody would regard your application. If there is a group interview, remember do not argue with others if you have group discussion sessions, just calm down and listen carefully to what every candidate has said and respond to them with confidence. Arriving at the company at least 20 minutes in advance is also preferred as that can show your passion and patience to the interviewers and prove to them that you are better than other candidates at the point of being punctual. This is the key to success.

All in all, make sure that all the preparation steps are done before the interview like the dress code and the transport to take. You are already one step ahead. I believe you can shine shimmeringly in your own sky. Opportunity only favours the prepared mind.

I look forward to your good news.

Best Wishes,

Chris







# *A STEP TOWARDS REALIZING MY DREAM OF BECOMING A FILMMAKER*

S6 Richard, Wang Wing Chak

Hello! Last weekend, I made a short film with my friends and it was posted on a video-sharing website. If you are interested, you are welcome to watch it. Besides, don't forget to give us a like if you feel it is excellent. Now, I want to describe our experiences about making this film and share opinions with you on how online video sharing can help young filmmakers.

Firstly, this movie is based on 'secondary school life'. My friends and I are form six students. We are going to graduate soon. We will miss our six years of school life very much. Therefore, we decided to make a film about it. Although the HKDSE is coming soon, we still wanted to make the film during our leisure time.

After talking about the purpose of making this short movie, let's move on to our production process. There is no doubt this is a difficult process. On weekdays, the free time we had is only after school. When other classmates were free preparing for the HKDSE, we gave up our revision time for the film. We always had a discussion until 9:00 p.m. and after we got home, we still had lots of homework to finish. So we often stayed up all night to do our homework and did not have enough energy the next day. Sometimes I wanted to give up. But my dream of becoming a filmmaker pushed me to keep going and not to give up.

We spent about three months making this movie. We felt very tired but contented. Fortunately, I have enthusiastic friends. I couldn't have finished this movie without their help. For example, I was not good at using the computer and it was hard for me to add some music and sound effects into the film. What's more, when I wanted to make a video at recess, my classmates would cooperate with me. So, I am very grateful to them.

Now, I will turn to another more important part-how online video sharing can help young filmmakers. First of all, online video sharing creates more opportunities for young filmmakers to develop their talents. For example, when filmmakers finish their movies, they can post them on some video sharing websites to let others watch them. If there is a famous director who sees your movie, you may be invited to help him to make a film. So, online video sharing is a good way to demonstrate your skills.

Secondly, online video sharing provides a platform for young filmmakers to learn from each other. If filmmakers see some mistakes when watching other filmmakers' work, they can give advice to each other. What's more, if you see an excellent movie, you can learn how to film it and improve your skills.

In conclusion, online video sharing is very important for young filmmakers, including me. I will post movies on film-sharing websites and try my best to achieve my dream – becoming a film maker.





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