

SCOPE



Bishop **H**all **J**ubilee **S**chool



Forging Success

Stepping Out of the Comfort Zone


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Our Voice

Winnie Wong
Chairperson, School Magazine Society

This has been the third year since the School Magazine Society was established. It has really been a precious experience for our editorial board to work together and bring this magazine to our fellow readers.

Since the publication of the last issue, a wide range of school activities have been organised, the most exciting of which are covered in 'Our Moments'. I believe you still remember the Music and Dance Night, which was held last July. The cover story of this issue features that special night of all Jubileans. Let us recall the remarkable performance of students and the immense effort of all parties in this issue. If you love performance art, you must read the part about our Chinese Drama Club. Last Easter, our school organised four study tours. You can catch a glimpse of students' rewarding experiences outside their home city from our report. Joyce Yung from form 6C also shares with you her meaningful and memorable trip to Amazon during the summer holiday. In 'Our Pride', the life experiences of our alumni, Mr Chan Shut Wah and Mr Chim Sai Shing, are bound to edify you. Have

you ever tried 'postcrossing' or been nominated for the Ice Bucket Challenge? Take a look at 'Our Style' and you will get to know more about these crazes! You will also be able to know more about the new faces in our school from 'Our Friends'. We will introduce to you our new teachers and our exchange student who has joined the Jubilean family this year. It would be a must-read for you if you fancy knowing some unforgettable moments of our teachers! What is more, our aspiring writers and photographers showcase their works in 'Our Masterpieces'. Find the names of our prize winners in 'Our Cheers' and share their happiness! Last but not least, you can get yourself updated about our Student Union 'Utopia' and the Parent-Teacher Association from the 'SU & PTA News' on the last page.

Scope is a great place for Jubileans to share what they have learnt and enjoyed. We hope you will love it and appreciate what our editorial board has done. Please feel free to tell us your opinions. It would be great if we can hear from you and make improvement in the coming issues!



Our Friends

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Poon Hiu Tung, Tiffany 4D
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Our Masterpieces

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Editor: Bonnie Chan
Reporters: Anthony Liu, Rachel Chum
Photos: Photography Club

Music and Dance Night

On 4 July 2014, the Music and Dance Night was held in our school for the first time in order to showcase students' hard work. Our performers from the Dance Team, Junior Choir, Senior Mixed Choir, Senior Girls' Choir, Wind Band, Orchestra and Chinese Ensemble impressed everyone with their talents and efforts.

Mr Alston Ng, Advisor of School Choirs

Q: Did you encounter any difficulties organising the Music and Dance Night?

A: In order to bring a fresh feeling to the audience, we decided that performers would take turns to perform. Changing scenes was time consuming and we could not let the audience wait. It was challenging for backstage helpers to cooperate with the performers to speed up stage settings.

Picking songs was also a concern. Since the performers have spent a lot of time on practicing, I needed to choose the songs very carefully so that their best work could be shown to the audience.





6B Hayden Kwong, MC Team member

It was my first time ever to be an MC of a school show. I was no stranger to the stage as I have been an assembly officiant throughout the year. However, being an MC is a fresh experience for me. I had to prepare a script attractive enough to keep the audience's attention, as well as long enough for the stage to be set behind the curtain. My family watching the show that night offered tremendous support to me. I would like to take this opportunity to thank my family, teachers and all my friends.



5A Ada Chan, Dance Team Chairperson

I think we have delivered two spectacular performances despite the fact that the junior form students were a bit stressed. We hope the new members in our team have learnt a lot from this precious experience. It's really a great opportunity for them to gain more experience on stage.



Editor: Doris Wong
Reporters: Simon Kwong, Cathy Tong
Photos: Joyce Yung

Amazon



ADVENTURE



Visiting the Amazon Rainforest, which is claimed to be one of the most mysterious places in our planet, is surely an once-in-a-lifetime experience. Joyce Yung, who succeeded in being one of the few student ambassadors through the 'Yan Oi Tong Green Adventure,' grabbed the rare opportunity to experience the infamous rainforest on foot.

J: 6C Joyce Yung

S: Scope

S: Why did you join the competition in the first place?

J: I was drawn to the competition because it was such a rare opportunity to go to a place like the Amazon. What's more, going to the Amazon would allow me to gain substantial knowledge about biodiversity, which I have always been interested in, and the conservation of it.

S: What concerned you the most preparing for the adventure?

J: I have expected it to be tough as I knew that living in the Amazon, even for just a few days, would not be as easy and comfortable as in Hong Kong.

S: How about in the middle of the journey?

J: In spite of being fully prepared for the journey, I did have some difficulties fitting in the lifestyle there, especially with the food. I did not cope well with the local food. I could not sleep well either due to jet lag. However, all these difficulties did not prevent me from enjoying the journey.

S: We know that you have visited the Siona Indian Community of Puerto Bolivar, what is your impression of the indigenous village?

J: The locals there passionately shared their culture and lifestyle with us. They even taught us how to get food from the forest and how to take care of ourselves in the wild. They were nice and enthusiastic. They explained in a patient manner even though the language barrier between us was rather large.



S: What message do you want to share with our fellow Jubileans after such an exquisite experience in the Amazon?

J: Through the Amazon adventure, I have learnt that everything around us is indeed gifts from mother nature which we should make good use of. We should not take what we have now for granted.

To take food as an example, leftovers are very common to Hong Kongers as we are never short of food supply. However, to the indigenous people in the Amazon, every tiny thing in the rainforest is beneficial, or even vital, to their survival. For instance, a single tree can provide them with food, fuel and medicine. I have learnt to treasure and make good use of our planet's resources from the journey to the Amazon.

S: The high humidity in the rainforest was not a friendly environment for electronic gadgets, we are really curious about how you managed to protect yours from breaking down.

J: I had to bring along my electronic gadgets as student ambassadors were supposed to capture every moment, especially wild creatures we saw during the journey. It was easy for our cameras to get damaged when we were climbing steep and muddy slopes. The only thing I could do was to keep my electronic gadgets from the mud. Luckily, my gadgets were all safe throughout the journey, but some of my partners were less fortunate in that the filters of their cameras were damaged.



Editor: Doris Wong
Reporters: Valerie Ho, Yinok Hui
Photos: Photography Club

Christopher Ng

Swimming Gala

Teemed with Joy and Pride

The biennial Swimming Gala, which took place on 25 September 2014 at Kowloon Tsai Park, was a great success supported by every member of BHJS.

The overall champion, John Yeung of 5D, had made a remarkable achievement at the event by breaking our school record for the 100 metres Freestyle event. John began swimming at the age of four in order to tackle his asthma problem. Though he felt exhausted during practices, he never complained. Instead, he worked hard and overcame various challenges. Eleven years later, he won the overall champion in the school Swimming Gala.

3D's Christopher Ng, who had three medals dangling from his neck this year, was also striving for more success. Because of health issues, he was urged to attend swimming lessons unwillingly. His coach soon discovered his talent and persuaded him to join competitions. With every competitive experience, he enhanced his interest in swimming.

Maybe all successful sportsmen have their own unique stories, kindled with sweat and smiles; and most of all, their motto is: STRIVE TO BE BETTER.

John Yeung



Editor: Doris Wong
Reporters: Christy Cheung, Angel Chow
Photos: Four Houses

House Meeting Introduction to the Houses

The annual House Meeting, held on 3 October 2014, symbolised the beginning of the new terms of the house committees. Here are the messages from the new House Captains:

Green House

I think the responsibilities of being a house captain are to create a lively ambience to facilitate building up sense of belonging among members. It is important to let the members understand that they are a part of Green House. We also endeavour to discover the potential of our members through different house activities and help them find their true abilities and interests.



Red House

My greatest expectation this year as a House Captain is to keep the morale up and enhance their sense of belonging as a member of our Red House family. I also hope that the new event to be held this year, the House Talent Show, can help our members to unleash their undiscovered potential and talents. Always fight for our House. Your support is the greatest motivation for the fellow house members.



White House

Being a House Captain is never easy. After the House Meeting, we realised that opportunities need to be created. To bolster our morale, I want members to understand that if you want to succeed, you need to be devoted. The Athletics Meet is coming up. As leaders, We will try our best to persuade members to participate. We would like to deliver the message that trying is the first step to success.



Blue House

Blue House is talented. We have won a variety of inter-house competitions and have been the overall champion in the Athletics Meet for three consecutive years. Blue House has been getting a lot tougher in the previous years. It is really inspiring. However, there has been a lack of cohesion within our house. I believe that if we pushed the members a little bit, it would be a cinch to get flying colours again in the Athletics Meet.



Editor: Bonnie Chan
Reporters: Simon Kong, Cathy Tong
Photos: Mr Gordon Lee, Mr Yu Yiu Tong

F.4 Leadership Camp

In order to develop leadership qualities of our Form Four students in different aspects, a leadership camp was held in Cheung Chau this September. The activities require courage, team spirit and confidence to accomplish. Through this three day camp, students have gained a better understanding of their own strengths and weaknesses. The sweet memories will surely stay in their hearts for a long time.



Eunice Au 4D

In a bid to train us as independent people, we have tried different types of activities in the three day camp. Facing new classmates in 4D is also a new challenge for me. This camp was the perfect platform for us to build good relationships. I will keep it as a precious memory.



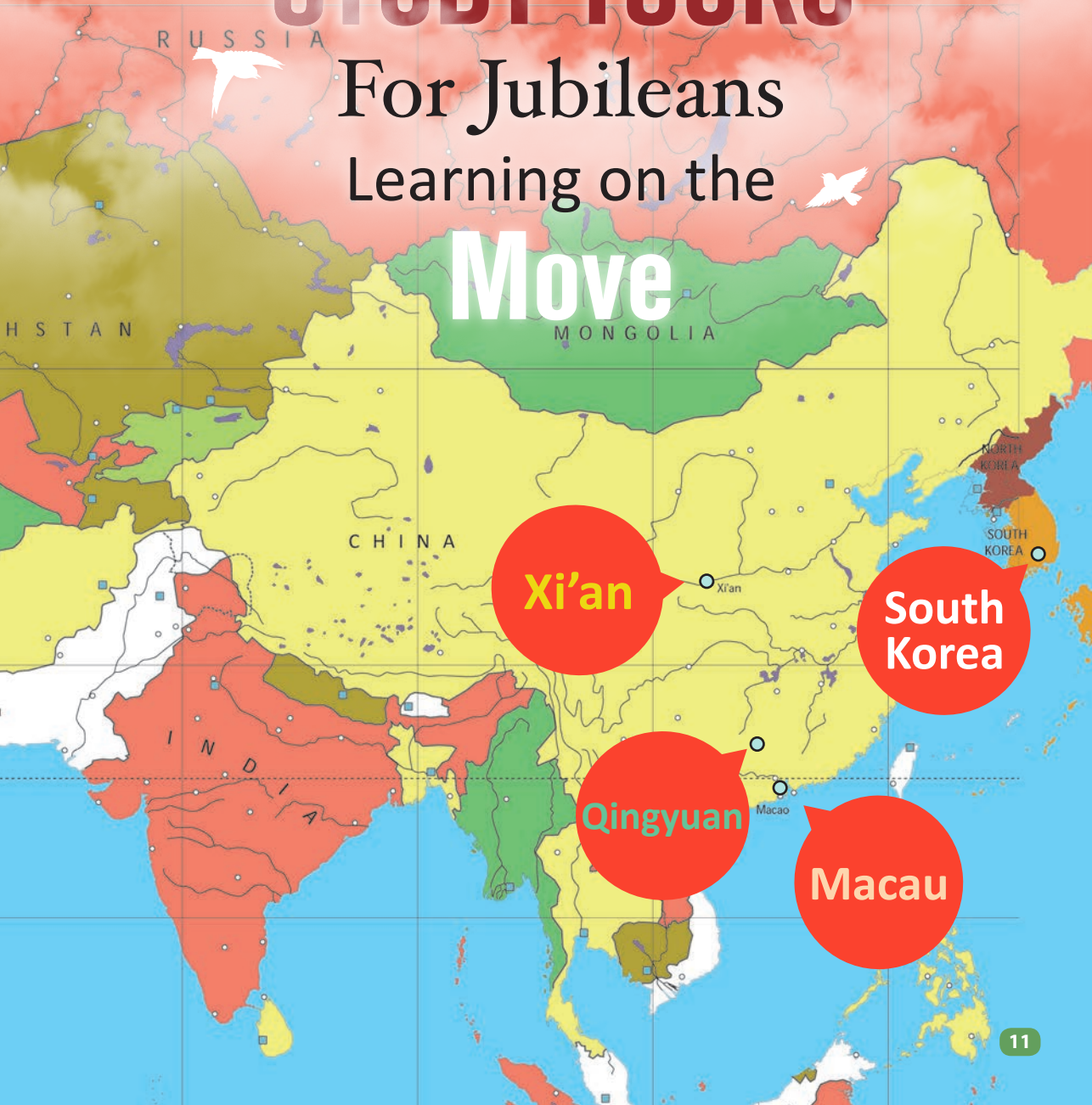
Frank Cheng 4E

Many of the activities held in the camp, such as climbing the rope net and having a night walk, were completely new to me. The camp has inspired me to be a good leader, and most importantly, a good person.



STUDY TOURS

For Jubileans
Learning on the
Move



A Pleasant Journey to Korea

TOUR ROUTE

START

12/4
Day 1

What's special today?

KOGAS (Korea Gas Corporation), the largest LNG import company in the world.



What's special today?

Namsangol Hanok Village, a traditional Korean village located in the centre of Seoul.

13/4
Day 2

What's special today?

Samsung D' light, an electronics showroom. D' light combines the meaning of digital and light, referring to 'The Light of the Digital World'.



14/4
Day 3

What's special today?

A tasty experience of barbecue in the Korean style at which people roast meat using built-in charcoal grills at the diners' table. The owner of the Korean cuisine was impressed by our smiling faces and appreciation, so he treated us free dishes!



15/4
Day 4

What's special today?

Dream Park, an environmentally friendly theme park conserved from a landfill site. It took the Sudokwon Landfill Site Management Corp four years to restore the natural habitat there. We appreciate that they would transform a landfill site into a cozy garden which would serve as an educational ground for environmental protection. HKSAR government should take this as a reference for sustainable development planning in our own city.

16/4
Day 5



END

Editor: Zoe Li
Reporters: Amy Fung, Ivan Tsang
Photos: Dr. Cheng Sau Lan, Hayden Kwong

Xi'an Tour

STUDY

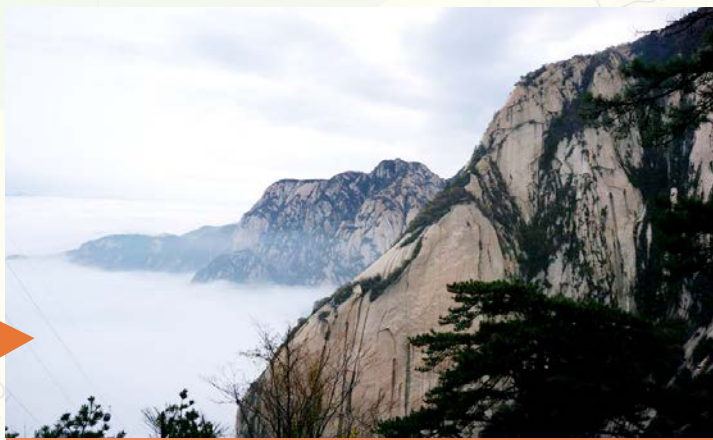
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KNOWLEDGE

+

EXPERIENCE

From 12 to 18 April, a cultural experiential study tour to Xi'an and Luoyang was organized by the Self-Directed Reading Scheme (SDRS) and Chinese history Subject. One of the objectives of the tour was to explore the correlation between reading and our real life experiences. When we read, we would learn certain fundamental knowledge. Then, we would try to apply the learnt knowledge in our real lives.



4E Adrian Wong,
committee member of SDRS

It's often believed that learning by experiencing the real world is more meaningful than just by sitting at your desk, reading books in a purely theoretical way. As a SDRS committee member, the Xi'an tour was an invaluable chance for me to gain insights into the ancient Chinese culture by both reading and experiencing it firsthand.

In the Xi'an tour, we were given some reading materials about the historical facts in Xi'an and some Chinese stories, therefore, during the tour, we could apply our knowledge and inspirations gained from reading to the real situation, and experience the world by our own senses, creating our own mindset about the world, which was probably a meaningful learning experience for all students.



Editor: Doris Wong
Reporters: Christy Cheung,
Angel Chow

During the Easter Holiday in 2014, some of our students joined the experiential tour to Qingyuan, Guangdong. The main purpose of this tour is to give Hong Kong students an opportunity to get a glimpse of a life of poverty.

In the three day trip, Jubileans have visited a primary school in the area. We acted as English teachers and taught the primary school students vocabulary. We also performed the Korean song 'Gangnam Style' which received applause from the students.

Another unforgettable experience was the visit to a secondary school. Unlike students in Hong Kong, students in Qingyuan were required to stay in the school dormitory and their lives were under strict control. They were only able to meet their families after a long period of time. The cultural shock we experienced was huge and hopefully, from now on, we would be able to treasure what we have.



Qingyuan Tour

to give is to receive



Editor: Zoe Li
Reporters: Yinok Hui, Amy Fung
Photos: Ms Lai Hung

Macau Tour

Through the three day tour to Macau, not only have Jubileans learnt more about the concept of Environmental Carrying Capacity (ECC), but we have also been inspired to compare the policies of the HKSAR and Macau governments toward cultural heritage preservation. 'It was a rare learning experience for students. Through this trip, we could experience what we have learnt in textbooks in a much different way.' said Ms Lai, one of the teachers in charge of the Macau tour. She also told us that she was very glad to see the learning outcome of the senior form students about how the cultural heritage turned Macau into a world famous tourist spot.



Christine Wu 5B

Throughout the trip, I think visiting traditional churches in Macau was definitely one of the highlights as it let us understand the cultural heritage of Macau in a more substantial way. The design of the old buildings caught our eyes because of their fragility. Moreover, we have visited the Ma Zu Temple where we were told interesting folk tales related to the old buildings in Macau. All these experiences helped me know much more about the heritage of this place where Hong Kongers must have visited, yet might never get the chance to take a deep look. It was a really great learning experience.



Editor: Bonnie Chan
Reporter: Ivan Tsang,
Rachel Chum
Photos: Ms Law Lai Ha

From left to right:
Julius Chung,
Samuel Lau,
Yannes Huang

Chinese Drama Club

Backstage

VS

Frontstage ?

The Unseen Heroes

For the past few years, the role of students in our Chinese Drama Club has gone through a drastic change. In the past, most of the backstage work was done by the tutor. But now, students have much more freedom to explore different fields of drama production. Backstage work has been a rather new concept for Jubileans, so let's go backstage and find out more!

4C's Julius Chung, 3D's Samuel Lau, 4A's Yannes Huang and 5B's William Ip, who are the team leaders of lighting, sound, costume and make up and props respectively, explained to Scope why they chose to be a backstage team member. All of them held a belief that attaining personal fame was not as important as creating a good drama production for the Chinese Drama Club. They hoped that the club would make a better team by contributing to the backstage work where they found themselves more comfortable than standing on the front stage.



守護天使——陳述華

你的夢，我的夢，他的夢，都是人生中不斷扶持我們走下去的動力。而他就是因兒時的夢，堅強的走上這守護生命的道路……人生中有什麼比實現夢想，守護他人生命更重要的事？生命就是那麼的脆弱，同時又是那麼的堅強。守護生命的故事，就是他——陳述華。



■ 萌芽茁壯

兒時的夢——無國界醫生，使陳述華一步步走上夢想之路……

在 2000 年中大醫學院畢業之後，陳述華投入了一年半急症醫生的工作。2002 年他受到無國界醫生的諮詢及師姐的啟蒙，於是萌生念頭決定投入無國界醫生的工作。為了解此行所需，他選擇了去英國修讀熱帶醫學的課程以及進行內部訓練。而在 2002 年，他更去了安哥拉服務和幫助了近 20 萬的難民。此行是他作為「仁醫」的開端。雖然他服務的醫院受到戰火的摧殘、子彈的沖擊，面臨生命受威脅，並沒有讓他退縮，更讓他化身為一位守護難民的天使……

■ 風雨阻擋

安全因素、親友的擔心，加上自己經驗不足都讓他對加入「無國界醫生」的行列有所顧忌。但經他一番查證後，得知每年「無國界醫生」的義工人命傷亡率很低，加上「無國界醫生」是一個龐大的組織，擁有先進的設備及醫療設施，這些都給予他很大的的安全感。

解決安全問題後，他又面對家人的抱怨。當時，倘若他不離開香港，而是安穩地在本港醫院接受訓練的話，便可在一段時間後獲升職加薪，家人因此而埋怨他的決定。然而，陳醫生在意的卻不是社經地位，而是自己的社交圈子，最重要的是能做自己嚮往的事。參加了「無國界醫生」後，他認識到愈來愈多志同道合的朋友，人際網絡也因而愈來愈廣。最令他愉悅的是，他們一直彼此扶持，一直努力去奮鬥，一直擁有著共同的信念！



故此，他願意將自己學到的專業知識，不求回報地幫助無助的難民，讓他們感覺到這個世界的溫暖、人性的可貴。風雨的阻擋根本不能阻止他服務人群的熱情火焰。表面上，他失去的是高薪厚職，得不到什麼實際物質，付出與收入並不成正比；實際上，他的堅持令他得到更多心靈上的滿足。因為他確信，人的一生，也許每人失去的總是比得到的多，而他贏得的心靈滿足（或許是病人康復後的笑容）就是最值得、最珍貴的。

■ 生死的瞬間

有病癒者的欣愉，亦有死傷者的悲痛。醫生每天，甚至每分、每秒，都要面對死亡，甚至與死神交手。本該將生死看淡的醫生，也會因為在不同地方，體驗不同的故事而再生感動與悲痛。

在他經歷過的事件中，其中有兩件讓他印象深刻。第一件事是有一個小孩走了十幾公里的路，嚴重脫水，而且快要進入昏迷狀態，其後更出現吐血的情況，看見她痛不欲生。面對當地醫療用品嚴重不足的情況，陳醫生卻是束手無策，看見病人母親的眼淚，亦只能無能為力地站在一旁。而第二個件事，則是面對一個三歲小朋友突然哮喘發作。而因為當地的氧氣站與醫療站有著一段距離，他抱着小孩狂奔，就在他抱著這病重孩子跑向氧氣站途中，孩子就在他懷中斷了氣，讓他心中充滿了憐惜與自責。作為一個醫者，有什麼事比生命在你手中流走，更顯自己的無力感呢？

■ 領悟

這次出國令他明白到在戰線後，醫療的資源嚴重缺乏正是一大問題。出發前，他認為所以有需要的病人都應得到資源，但當地（安哥拉）資源緊張，即使是有需要的病人，也要重新劃分治療的先後次序。根據病情應要立即輸血的病人在當地也未必可以立刻得到救援，這無疑是挑戰陳醫生職業道德的底綫，嚴重影響作醫生救人的原則，就是在這生死的瞬間，讓醫生對病人的選擇艱難了幾千倍……

■ 與銀禧的聯繫

在銀禧的生涯裏面，老師讓他重拾做人的希望。當年，他的初中成績不算很理想，但因為老師給予他的教導及影響，令他重拾信心，加強學習動力。學校讓他由一個認為自己沒有潛力的人，成為一個相信自己有潛力的人。銀禧給他的是一個信念，一個基礎，一個希望。即使



▲ 醫治病童



守護天使



陳述華

1993 年畢業生

2000 年中文大學醫學院畢業

2002 年加入無國界醫生，遠赴非洲安哥拉

2003 年返港 (SARS 爆發)

2005 年加入香港衛生防護中心

現在於青山醫院擔任成人精神科醫生

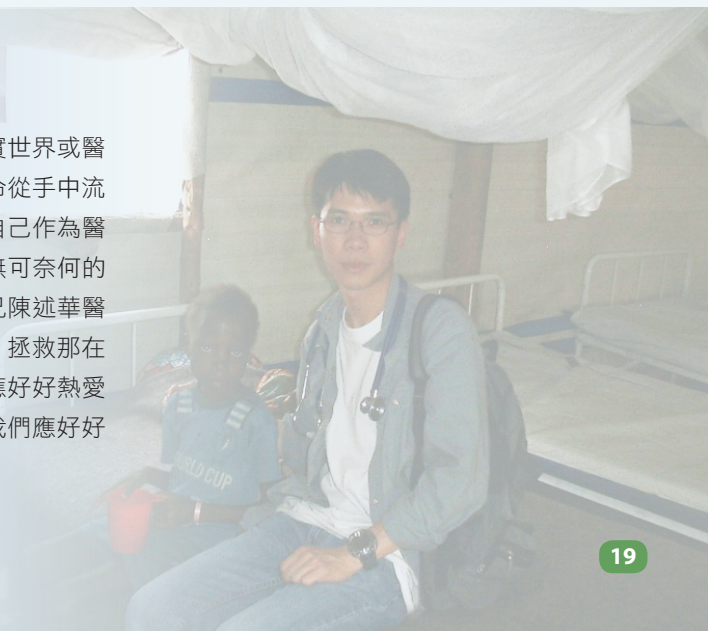
到了醫學院學習，他也不會再看低自己，而是信任自己。

更因為老師和同學的鼓勵，銀禧老師不會放棄每一個學生，不管是成績好的還是壞的，都會照顧關心所有學生的需要。這樣的老師賦予自己希望，他相信，這就是銀禧最特別的地方。

■ 與夢雛形

自大學開始，他能夠選擇不同的選修課，但自己冥冥中就選擇了醫學院。漸漸地，他對無國界開始產生了興趣，而最終他可以完成這夢想，滿足自己的心願。而這夢想更帶給他無數的感觸，生命往往是命中注定，不是有一張嘴一對手就可以逆轉，更要好好運用擁有的資源，有時更會愧疚自己不能把手中的病人救活。但是能成為醫生，已經令他很感恩，因為病人的生命是由他們守護、搶救，即使工作再辛苦也無悔，亦是值得的，因為他們就是白衣天使，守護我們生命的天使……

即使生命有時也不如人意，醫生在殘酷的現實世界或醫療物質缺乏下，有時也只能眼睜睜地看著生命從手中流走。不管有多麼的不捨，或多麼心痛、自責自己作為醫生卻未能挽回生命。但生命總是無常，且有無可奈何的時候。在現實面前，我們往往只有低頭。學兄陳述華醫生能做的只有盡自己最大的努力去拯救生命，拯救那在陽光下的生命。而我們作為學弟、學妹，也應好好熱愛珍貴的生命，燃亮自己、照耀他人。此刻，我們應好好學習，他日才可有能力貢獻世界。





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攝影：梁捷坤、吳昌穎

像素欠佳

踏進異地 突破自己—— 詹世承的 Working Holiday

近年來，「Working Holiday」逐漸取代「環遊世界」，成為這代青年的共同夢想。在利益至上的社會中，Working Holiday 似乎象徵著一種成熟，獨立，浪漫，追求自由的生活方式。

「參加 Working Holiday 就好像進入一個不一樣的世界。」快將三十歲的師兄詹世承（阿詹），大學畢業後毅然和兩位好友踏上 Working Holiday 之路。如今回想起當初的經歷，那半年的時光，成為他一段美好而獨特的回憶。

▲ 農場工人工作的情形：
工人蹲在農地上把蔥拔
出來

起行——不一樣的旅程

大學畢業後，阿詹與三兩知己商討「Grad Trip」的去向。不過一般的旅程時間有限，他們又想嘗試在外地工作，碰巧在網上看見 Working Holiday 的簡介，正中他們下懷。

Working——農地與「聯合國」

三人先是在悉尼打一個月工，再到墨爾本，接著在布里斯本逗留三個月，繼而到中部，最後返回悉尼，剛好環繞澳洲一週。

初到異境，第一件事自然是找份工作賺取旅費。阿詹指出原來在像香港這般大城市的悉尼，其實是難以找到工作，又不甘於唐人街當侍應生，碰巧所住的公寓正在聘請臨時的清潔工，三人便做了一個月清潔工作兼職。

後來他們來到布里斯本，在那裏先後找到兩份農場的工作。在農場工作不容易，每天凌晨四、五點就要起床，而且需要很大的體力勞動。

阿詹在香港從未有過這樣的經歷，因此要花上一段時間適應。他初到步，只獲分派一些相對輕鬆、工錢較低的工作如摘蔥，因此他亦曾擔憂出現入不敷支的情況，幸好他其後有機會收割西蘭花以得到更多收入，維持生計。雖然這份工作相當吃力，但阿詹一點也不介意，也沒想過放棄。

在阿詹工作的農場附近有一個由澳洲人組成的教會，不問回報地幫助外來的背包客適應當地環境。每個星期，教會都會舉辦英文班，並邀請背包客參與星期日的聚會。阿詹直言，「他們很熱心，在香港很難遇見。」

阿詹也在工作中認識了不少來自其他國家的旅行者，包括台灣、日本、韓國……彷彿一個小型的聯合國。他笑道，「在空餘時間會和他們聊天交流……更學會日文的『我愛你』，回港後可以跟女朋友說。」

阿詹發現，原來生活可以這般簡單：日出而作，日落而息，定期參與聚會；但工作也並非想像般容易，他坦言，「平日也沒有留意享用美食的背後是經過這麼多人的努力。」要真正了解工作的辛勞，看來還需要親身的體驗。

■ Holiday——作死不離三兄弟

既然是 Working Holiday，除工作以外，遊玩也當然是旅程的重要部分。在澳洲走了一圈，他發覺單是自然景物，就已值得大書特書。除最常見的袋鼠外，絢麗的天象也在他心中留下了印象。天空上會有銀河出現，他亦不時見到彩虹，有一次還見到雙彩虹呢！

旅途經過的不同地方，都有自己的特色：悉尼自不必說；墨爾本是類似香港的大都會；中部的愛麗絲泉市是澳洲土著的聚居地。他最愛的地方是黃金海岸附近的一個海灘，海灘擁有着非常原始的景色，就如世外桃源般。而在大堡礁參加的浮潛和極限活動，如激流、降落傘等，均訓練了他的膽量。



▲「聯合國」的「方桌會議」。在這一張桌上，沒有所謂的不同國籍。



▲星夜籠罩下，平安深邃的夜，蘊藏著深厚的友情。



說到兩個朋友，阿詹和他們自一開始就沒有分開過，工作、玩樂都「作死不離三兄弟」。三人在途中互相扶持，一同進發。他展示的幾張照片，好幾張都是三人的合影；餐桌旁、小屋外、星夜下，都能看見「三劍俠」的深厚情誼。



詹世承

2005 年畢業生

英國土木工程師學會註冊工程師

香港工程師學會註冊工程師

香港科技大學土木工程系

何明華會督銀禧中學數學隊隊員

何明華會督銀禧中學數學學會會長

得著——轉變，成長，記憶

在外獨自生活半年，「獨立」是最重要的詞彙。獨自烹飪，獨自找工作，「叫天不應，叫地不聞」看來就是最好的形容。阿詹說，「要調整自己的心態，將來有很多事要靠自己去面對，不應奢望凡事也會有人幫助。」

除了心態上的轉變，Working Holiday 也為他帶來性格上的轉變。阿詹坦言，在銀禧就讀時，他是個內向的學生，很多時都不敢與人交流。在 Working Holiday 的旅程中，卻要主動說話，與人交談才能生存。要和僱主打交道，又要和說著不同語言的新朋友交流，他的性格自然而然地變得外向而積極。

在改變心態和性格之餘，阿詹也在旅程當中大大擴闊了自己的見識。澳洲優美的自然景象，簡樸的農家生活，熱情的待客之道，全都給他留下深刻的印象。他這樣總結自己的旅程：「感覺到自己慢慢轉變、成長。」

後記——突破自己，衝破牢籠

採訪當天，阿詹身穿黑白間條恤衫，灰色長褲，帶一副 Ray-ban 黑框眼鏡，緩緩向我們走來。一個樣貌儒雅，溫和友善的年輕人——這是我對他的第一印象。但他似乎不像我們想像中的受訪者——去過 Working Holiday 的人，應該樣貌粗獷，不修邊幅才對。

顯然，我們將自己困在印象的囚籠中。第一眼，典型形象，這些印象構成了我們認知世界的方式。我們每天憑這些淺薄的認知，自以為掌握了世界，卻不去作真實的探索，認識世界真正運作的方式。

Working holiday，正是讓我們突破囚籠，突破自己的方式。正如阿詹所說，「參加 Working Holiday 會接觸到一個不同的世界」。只有親身經歷過這個「不同的世界」，才可真正感覺到世界之大，實非自己的牢籠可比。

打開牢籠的鑰匙，一直在我們的身邊。阿詹便選擇了 Working holiday 這條鑰匙。在這社會中，要拾起鑰匙突破自己，抑或繼續蝸居斗室不問世事，向來都由你自己選擇！

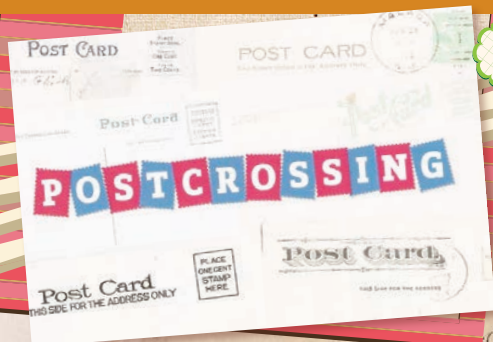


Editor: Karen Tong
Reporter: Henry Chang, Sia Shiu, Alice Ching

Postcrossing

Indulge in the art of sharing postcards

Clogging up their lives with tightly-packed schedules, keeping their noses constantly on the grindstone, people nowadays tend to chase a materialistic life. Additionally, with the advancement of technology, we seem to have lost our desires to send a printed-letter to our friends. A Portuguese, Paulo Magalhães, who took great delight in receiving postcards from friends and family, then came up with the creative idea of Postcrossing, which is a newly-founded platform that connects people of different nationalities and cultures with postcards.



POST CARD

FOR CORRESPONDENCE

FOR ADDRESS ONLY

How does Postcrossing work?

The project's tag line is "send a postcard and receive a postcard back from a random person somewhere in the world!". Here are the steps to join:

Step 1: Register at the official website and request an address of another registered Postcrosser through email.

Step 2: Mail a postcard to the given address with the ID generated by the Postcrossing system written on it.

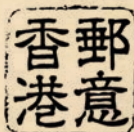
Step 3: Upon receiving the postcard, the recipient will register at the official website the postcard received using the Postcard ID on it.

Step 4: The sender will now be eligible for receiving a postcard from another member at random, which is a surprise!

Members can choose to exchange postcards with people from their own or another country. However, the same two members are allowed to exchange postcards only once by the system.



Collect your exotically
designed postcards from
around the globe



設計・明信片・文化
PostCollectionhk



A collection of local-flavoured postcards are
available for postcrossing-enthusiasts to
choose

POST CARD

Postcrossing in Hong Kong

No doubt, it is a great idea to participate in Postcrossing to come into contact with people across the globe, regardless of their locations, age, gender, race or beliefs. This way, you can expose yourself to the outside world, thus learning more about the customs and traditions of different regions. If you are a Postcrossing enthusiast, you may have already heard of Post Collection.



Post Collection is a local consignment shop which aims at promoting the Postcrossing culture. You can find displays of stamps and postcards collected from all over the world. The shop owner also invites different local designers to come up with postcards with local flavour. Meetings are organised for Postcrossers to share their intriguing experiences with each other.



Editor: Christie Chin
Reporters: Cyanea Lam,
Macy Xiao, Kelly Yung



Nomination Trend



SCOPE Home



SCOPE

Edit profile

FAVORITES

- Welcome
- News Feed
- Messages
- Events
- Find Friends

LISTS

- Close Friends
- Subscriptions
- Family
- The Lixin Institute of ...

GROUPS

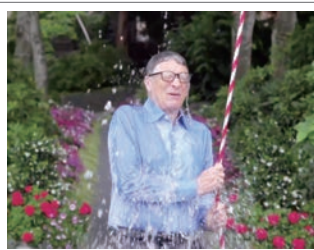
- Create Group...
- Opening
- GROVPS
- Our Style
- Our Moments
- Our Friends
- Our Pride
- Our Masterpieces

Update Status Add Photos/Video Ask Question

Have you ever performed the Ice Bucket Challenge? In fact, many similar challenges requesting nominations with donation purposes have gained immense popularity in recent months. Let us take a closer look at these nomination trends.

Ice Bucket Challenge

Ice bucket challenge is an activity involving the dumping of a bucket of ice water on someone's head to raise awareness of the disease Amyotrophic Lateral Sclerosis (ALS) and encourage donations. Participants are expected to finish it within 24 hours upon nomination and nominate three other people to do the same.



Many local and foreign celebrities have taken part in the challenge. Take Bill Gates, the CEO of Microsoft for example. He has accepted the challenge from Facebook CEO Mark Zuckerberg. He even created a 'Gate' way, which allowed him to douse himself by simply pulling a rope.

Like · Comment · Share

No Make-Up Selfie



Apart from the Ice Bucket Challenge, there is another nomination craze which is called 'No Make-Up Selfie'. Girls are nominated to take a selfie without any make-up, in support of breast cancer patients. Initially, the idea was to text 'BEAT' to 70099 and donate £3 to Cancer Research

and spread the message by the selfies.

Like · Comment · Share

Recent Post

Students' views

4D Tiffany Poon

I have accepted the challenge. It did freeze me to the bone when I got doused by the ice water. The campaign has drawn my attention to the patients who suffer from the horrible disease.

4D Vanessa Liu

Thanks to the Ice Bucket Challenge, I have learnt that ALS is indeed a devastating and fatal disease. Besides the videos with people dousing themselves, however, I hope people would watch the touching video by Anthony Carbajal, in which he reveals his agony as an ALS patient.



Neknomination

100,000,000



SMS

1000 0

Rice Bucket Challenge

Inspired by the Ice Bucket Challenge, Manju Kalanidhi, a 38-year-old journalist from Hyderabad, India has launched a campaign to give out rice to others.

Its aim is to stop hunger and encourage donation for the poor in India. Participants just need to snap a photo of giving a bucket of rice to a person in need. Then, share the photo online and nominate friends to take part. For those who want to help more people at a time, they can directly donate to a food charity.

[Like](#) • [Comment](#) • [Share](#)

Rice Bucket Challenge VS Neknomination

Neknomination is an internet drinking craze which hit the headlines in early 2014. Thought to have originated in Australia, it involves someone drinking often large quantities of alcohol. Then, participants have to post their drinking video to Facebook or Youtube and simply nominate someone else to go next.

So far, at least five men aged under 30 have died after drinking deadly cocktails in Neknomination. Health professionals are warning young people of the risks of consuming large amounts of alcohol in a short time.

[Like](#) • [Comment](#) • [Share](#)


Conclusion

➡ Criticism

While advocates applaud these nomination trends as worthy causes, there are skeptics who suggest otherwise. Take the Ice Bucket Challenge for example. There are vigorous criticisms accusing the participants of only focusing on the fun and forgetting to share the aim of this activity. Apart from this, environmentalists also accuse them of wasting water.

➡ Celebrity and bandwagon effects

One of reasons contributing to the success of the nomination craze is celebrity involvement. The general public, especially teenagers, tend to jump on the bandwagon then. Lamentably, many participants just blindly followed their friends and celebrities. Some even refused to donate after enjoying the fun. Actually, we should always exercise independent thinking, not simply follow others out of a herd mentality.



Let's Welcome Our Friend from Iceland



Name: Eidur Snaer Unnarsson

Profile

Chinese name: 繆卓文

(It was created by my host family in Hong Kong.)

Class: F.4E

Home country: Iceland

My connection with an exchange experience

My father was once an exchange student to the States. I have been told loads of stories about his exchange experiences since my childhood years, which largely motivated me to continue his practice.

My life in Hong Kong

In Hong Kong, I often go to different places with friends. I like McDonald's, especially, because we don't have McDonald's in Iceland. It's really interesting when I figured out the popularity of the golden arches throughout the world.

It was hard to get used to the boiling weather as it is freezing in my hometown. I did not get used to this kind of heat at first, so I was really sick when I reached Hong Kong.

Impression of BHJS and Jubileans

I have been studying in this school for months now and I have already fallen in love with the school and my schoolmates. It is quite different from where I used to study, but I would just treat it as an adventure.





Editor: Tiffany Poon, Nicole Lau,
Reporters: Ruby Zhang, Helga Ng, Valerie Au,
Annie Ng, Stephanie Chan, Adrian Wong

Hail to the

I am interested in...

I chose to come to BHJS because...

I hope that Jubileans...



I am interested in watching movies and shopping. I chose to be a teacher in BHJS because I have heard that the morale of BHJS is good. I hope that Jubileans can be more industrious in terms of studying.

... **Mr Frankie Chan**

I am interested in watching TV because it helps me to relax. I also like to observe and discover different characteristics among people. I was once a student here in BHJS and I received a lot from my teachers. That's why I feel thankful and want to give back to the school. I hope that Jubileans will cherish your learning opportunities.

... **Mr Choi Kam Yuen**



I graduated from BHJS and want to contribute to my alma mater. I think the most distinctive difference between my generation and the current one is the attitude of Jubileans. But still, the spirit of BHJS never changes. I hope that the learning atmosphere here will be further enhanced so as to maintain our reputation as a Jubilean.

... **Ms Kwok Shuk Ying**

I think that most Jubileans are diligent and I would like to motivate them to be more positive, no matter in their daily lives or in learning. I believe in Jesus Christ who has always been the light of my life.

... **Ms Fong Sui Ki**



I chose to teach in BHJS, which is near my home, so that I can spend more time to take care of my child. I believe that Jubileans are capable of understanding difficult concepts. However, I do hope that you will have higher motivation to work on practical problems.

... **Ms Fung Hiu Tong**

I am interested in reading and going to church gatherings. I left my previous school because I wanted to spend more time on taking care of my children. It is fortunate of me to have the chance to work part time in BHJS while still having the time to take care of my family.

... **Ms Lam Siu Mui**





Freshmen of BHJS!!



I am interested in studying and researching new computer software because I think it is challenging. My duty here in BHJS is to assist teachers and staff on technical issues.

... Ben

I believe that a good teacher can have a strong positive influence on his students. I think that some of the Jubileans lack confidence despite their academic ability. I particularly hope that my F.6 students can attain satisfactory results in the HKDSE exam.

... Mr Leung Cheuk Man



I think that Jubileans are well-behaved. I hope that through giving my students exciting and enjoyable lessons, my students can develop a sense of belonging to our school. As a teacher in the careers team, I also want to help students find a clear path in their future.

... Ms Susana Lee

I came to teach in BHJS because I have been a teacher in a CMI school for ten years, so I would like to have a change and try to teach in an EMI school. I have found that Jubileans are all lovely. I hope that Jubileans will travel as much as possible as it will benefit you more than mere learning in the classroom.

... Ms Kelly Morgan



My motto is 'attitude is altitude', which determines how high we can fly instead of our innate ability. Besides, I think that we should be responsible for every decision we have made.

... Ms Ma Yin Ha

I am interested in reading and travelling. I chose to come back to BHJS because I believe that money is not the most important thing when it comes to teaching. I hope that all Jubileans will do well in the HKDSE exam, but being a person who has life targets and knows how to plan for the future is even more important.

... Mr Max Tsang



I like reading alone in café. I think that Jubileans are well-behaved, genuine and hardworking. I would like to aspire Jubileans to be more active and be more courageous.

... Ms Sy Fei Yi



Editor: Nicole Lau
Reporters: Annie Ng, Helga Ng, Ruby Zhang

Unforgettable Moments



Mr Ng Wai Cheung

The unforgettable moment in Mr Ng's life was military training. He recalled himself as a naughty boy in his childhood, but his personality changed tremendously after going into the military.

He went to Taiwan after he finished his secondary education. According to Taiwan's policy, it is mandatory for male adults to undergo military training. Although Mr Ng was a foreigner, he still needed to serve in the army for six weeks. During the training, it was possible for anyone to be scolded by the senior officers. Mr Ng said that he had become more mature and more stable emotionally after the military experience.

Students in Hong Kong may not have the chance to serve in the army, but Mr Ng encouraged students to join this kind of training designed for teenagers because it is beneficial to personal growth.



Mr Choi Yeuk Lam

The unforgettable moment in Mr Choi's life was getting the hard copy of a school magazine edited by him.

He recalled it being the first time for him to be a magazine editor. When he was an F.6 student, they had to produce a school magazine, which represented the image of the school, by themselves within ten months. He remembered that he needed to learn how to typeset by using MAC system. The team of the school magazine got full autonomy for organizing materials, typesetting and proofreading, etc. He learnt to be spontaneous, to concentrate and to be attentive to details from the experience. Allocation of work is another task he learnt to handle.



Our Masterpieces Photography

Non-existence Only tragic shadows and coldness are revealed. Neither my digital nor film photos reveal the bright side of the dazzling sea of lights. As a photographer I find no dignity or respect from others. The thought might antagonise people's, but that's what I've felt at school and in the society, perception.

Jackson Leung
The Chairperson of Photography Club

The hallow foundation
A building without
its foundation falling
in no time

Hide and seek
Where are you? Come out so
we can have a bit of fun!

Daniel Chan
Vice-chairman of
photography club

Our Masterpieces Photography



My pixel escape



Bryan Li



Our vision often deceives us. Look deeper. Think deeper.

Boris Ng



Art work

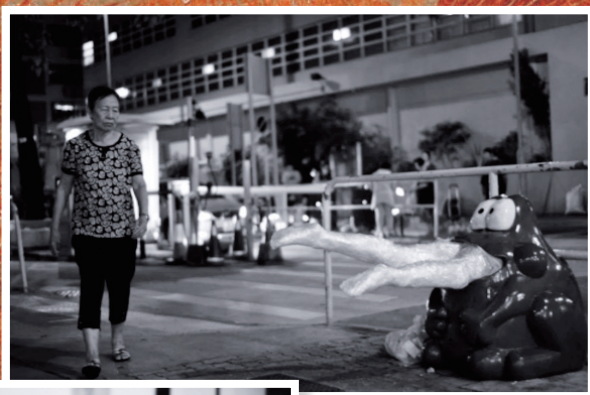
Escape (sculpture)

Marcus Chow 6A

One day, Marcus Chow realised that in the process of every city's development, something absurd must be created. When the problem keeps growing, more and more people will wake up to the truth. They may act in different ways to pretend nothing has happened. This disheartening phenomenon inspired him to create this art work 'Escape', where those three men who are in a bad dilemma wish to escape from reality.

Marcus:

From this art work, I hope to show that we can escape from one or two ridiculous things but not from reality. If we are satisfied with the status quo without facing reality, we will eventually suffer. Escape is just a superficial act.



From Harmony to Heartbreak

The Superstar's Battle with Anorexia Nervosa

by Hayden Kwong

She was once a singing sensation of her generation. Her voice dominated the airwaves and her songs topped the charts in the 70s. To date, more than a hundred million copies of her and her sibling's music have been sold. Being one of the biggest-selling American musical acts of all time, the Carpenters crafted the finest music. However, behind this 'melodic, tuneful and distinctive' voice lies a tragic story.

Picking up the Drumsticks

Four years younger than Richard, her sole sibling, Karen Carpenter was born on 2nd March, 1950. During her secondary education, Karen found her interest in beating the drum. It was rare for girls to play the drums in the 60s, but she was the drummer of the Jazz band, the Richard Carpenter Trio. That was how she started as 'the drummer who sang'.



As they released '(They Long to be) Close to You' as the second single in 1970, it marked a breakthrough in their career. This song topped the chart of the Hot 100 in two months' time. The Carpenters then continued to

From College Star to Pop Star

Karen and Richard Carpenter made their first public appearance on the Your All-American College Show. Their interpretation of the song 'Dancing in the Street' stunned the audience. They were soon spotted by A&M Records, and were signed as the 'Carpenters' in 1969, when they released their debut album "Offering".

produce more and more tuneful melodies, including well-known ones like 'Top of the World', 'Yesterday Once More', 'We've Only Just Begun' and 'Only Yesterday'. Not only did they gain enormous success in the States, the Carpenters' songs conquered the charts across the globe, in the UK, Holland, Japan, Hong Kong, etc.

Starvation behind the Sweet Harmonies

The Carpenters produced some of the sweetest tunes of the generation, yet Karen's health was not as good as their record sales.

'Well, I'm just going to get down to around 105' said Karen one day. That was the first time Richard started to consider whether his sister's diet had gone too far. She appeared to be extremely skinny and fans started to wonder whether she was suffering from any severe disease. In 1975, her weight was down to only 90 pounds.

After years of searching, Karen Carpenter finally tied the knot in 1980. Unfortunately, there was white lace, but broken promises. Problems appeared one by one in her marriage. Her health issue further worsened in such circumstances and she finally sought help from a therapist in 1981. She was suffering from the slimmer's disease, anorexia nervosa.

Top of the World to End of the World

4th February, 1983 was the date which shocked the Carpenter family and the world. The iconic superstar was found unconscious at her parents' home and was pronounced dead twenty minutes upon her arrival at hospital. The cause of her death was 'heartbeat irregularities brought on by chemical imbalances associated with anorexia nervosa'.

The very main reason for Karen's death was, perhaps, her starvation of love and understanding.



'Anorexia' became a household term after her death. Karen made our eyes open to the seriousness of the disease. What she has left us is not only her velvet voice and the catchy tunes, but also her tragic story.

A Lesson to be Learned, a Page Should have Turned

Today, anorexia nervosa has become increasingly common amongst teens and young adults. It is immensely prevalent for adolescent girls, actresses and ballerinas. However, this is not a 'women's disease', with 10% to 15% of the sufferers being men. This disease is alarming since it is the third most common long-term illness for teenagers. Eating disorders have the highest mortality rate of any mental disorder.

One of the main reasons behind the disease is depression. Sufferers may be facing mounting pressure from work, study or relationship. Besides, adolescents usually get to be highly concerned about their appearance, with some extreme cases plagued with eating disorder eventually. It is beyond doubt that people, regardless of gender and age, should think twice before going on a diet lest the tragedy of Karen Carpenter should be repeated.



[Link to the Carpenters' performance](#)



5D Nancy Li

If You Can't Get a Miracle, Become One

Life is unfair, isn't it? Hard times and tough circumstances are a dime a dozen to be seen everywhere. But remember: Adversity cannot kill us and we should deflect adversity.

When you are facing challenges, keep hanging on to hope. Hope is a catalyst. It can even move obstacles that seem immovable. When you keep pushing, refusing to give up, you create momentum. Hope creates opportunities you never would have anticipated. Doors are opened. Paths are cleared.

Remember: Action brings reaction. When you are tempted to abandon your dreams because of the obstacles in front of you, push yourself to continue one more day, one more week, one more month, or one more year. You will be amazed at what happens when you refuse to quit. Whenever you want to give up, try to remember why you have started.

However, to wish for changes will change nothing. To make decisions and take actions right now will change everything. As I have said before: Action brings reaction. You cannot just lie in your bed and wish to get good results in your exams. We all need to sow before we reap. However desperate your life may seem, there is hope. As bad as circumstances can be, there are better days ahead. The old saying goes "A rainbow appears after the pouring rain." We can't always control what happens to us. There



Photos from <http://paulsohn.org/>

are some happenings in life that are beyond our control. The choice we have is either to give up or to keep on striving for a better life. Perhaps you lose your job. A relationship may not work out. Maybe bills are piling up. Don't put your life on hold so that you dwell on the unfairness of past hurts. Look instead for ways to move



Try to search "No arms, no legs, no worries" on YouTube!

forward. Maybe there is a better job awaiting you that will be more fulfilling and rewarding. Your relationship may have needed a shake-up. Perhaps your financial challenges will inspire you to find new creative ways to save and build wealth.

Nick Vujicic, who was born without any limbs, once said,

'If you can't get a miracle, become one.' He became a miracle. Even though he has no arms or legs, he lives an amazing life which has inspired hundreds and thousands of people. He is an animated witness that everyone can become a miracle. No matter how dire your circumstances may appear, you can rise above them. Just look at Nick, a model for us.

OUR CHEERS



Prize-winners in various speech and arts competitions (inclusive of Mandarin and English events at the Schools Speech Festival) have been congratulated in previous issues.

Academic & Speech Awards

2013-2014 第六十五屆香港學校朗誦節（中文粵語組）

中三級女子粵語散文獨誦	3B 歐陽順暉	冠軍
中四級女子粵語散文獨誦	4D 李翎詩	冠軍
中三、中四級粵語二人朗誦	4A 洪慧儀、4D 李翎詩	冠軍

2014 哈佛大學香港校友會哈佛書獎

5B 鄭哲熙	哈佛書獎
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2013-2014 中國語文菁英計劃

全港中國語文菁英競賽（中學組）	3E 梁嘉宁	菁英銅獎
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2013-2014 中國中學生作文大賽

香港賽區	6A 張榮光	文學之星
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65th Hong Kong Schools Speech Festival 2013-14

F.3 Girls Solo	3C Chan Hoi Wah	The First
Public Speaking	4D Tse Yik Ting	The First

2014 Asia International Mathematical Olympiad Open Contest and Hong Kong & Macao Mathematical Olympiad Open Contest

4C Leung Ho Yin Brian 4D Chang Caleb Yan Chi 4D Leung Sun Kai 5D So Hei Yu 5D Yu Wun Man	Gold
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Inter-School Mathematics Contest 2014

(Senior Individual Event)	4D Leung Sun Kai	Champion
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HKSFF & Other Sports Competition

Inter-School Athletics Championships- Division Three (Area One) Boys C Grade (4X400M Relay)	1E Luk Wai Tak 2A Hui Hang Wai 2B Chan Ho Jun 2B Li Ho Chun Alvin	Champion
A.S. Watson Group Hong Kong Student Sports Awards 2013-2014	5D Chan Ho Ching	Sports Award

Arts and Other Performance

學校戲劇節 2014	中文話劇組	傑出合作獎
	中文話劇組	傑出舞台效果獎
	5C 楊泳珊 4B 張瑋妮 4E 鄧鈺怡	傑出演員獎
English Drama Fest 2014	3D Tam Yi Ling	Outstanding Performer

The 42 nd Open Dance Contest		
Group Dance	School Dance Team	Gold Award
Duo Dance	5B Ng Ching Wa 5B Wong Hiu Shan	Gold Award

Weather observation and Weather Photos Competition 2014		
1-minute Video	5A Wun Tsz Ching 5B Li Yik Ching	Champion
Project Report	5C Tang Hei Man 5C Wong Heung Yan	1 st Runner-up

中學生視覺藝術創作展	6B 謝子昕	金獎
全港學界書畫大賽西畫（中學組）	4E 陳境朗	一等獎

We take pride in announcing that there is a longer list of winners awarded second and third places as well as certificates of merit in various competitions.

Best HKDSE Results



Congratulations to the following students who achieved outstanding results in the 2014 HKDSE.

6E	Yeung Hoi Yu	楊凱愉	Five Level 5**, One Level 5*
6E	Tan Lok Him	陳樂謙	Three Level 5**, One Level 5*
6E	Xu Yat Ming	徐一鳴	Two Level 5**, Three Level 5*
6C	Au Yeung Tsz Lam	歐陽芷琳	Two Level 5**, Two Level 5*
6C	Lam Yuen Ying	林苑盈	One Level 5**, Three Level 5*
6D	Choi Pui Shuen	蔡珮璇	One Level 5**, Three Level 5*
6D	Kwong Pak Hung	鄭柏鴻	One Level 5**, Three Level 5*
6D	Yim Chi Kiu	嚴志僑	One Level 5**, Three Level 5*
6B	Chan Sum Yee	陳心儀	One Level 5**, Two Level 5*
6B	Phen Hok Hei	彭學熙	One Level 5**, Two Level 5*

Utopia

Hi, this is *Utopia*, your Student Union this school year. All Utopians bear in our minds the need to put ourselves in your shoes and to make real our imagination. We are proud to present a lot of events this year. Outlined below are the events proposed for the upcoming months until March 2015. The school has endorsed the mufti day, and preparation work is now on the go. Another highlight is 師說 - a publication akin to the \$1 'Black Sheet' available at 7-11, featuring exclusive interviews with revered teachers.

Dec	Jan	Feb	Mar
Watermelon Competition	Singing Contest First Round- Group	Past papers Service for Second Term Exam	Exchange Student Programme
Singing Contest First Round-Solo	*Mufti day 便服日 *		Singing Contest semi-final
* 師說 No.1*	師說 No.2		
Joint School Oral Practice			

We *Utopians* pledge to render the best possible service to you. While we assure you of our best, we expect your kind and constructive comments to bring our services closer to perfection. Please have our guarantee that your comments will be handled promptly as they reach us. We *Utopians* are here to bridge you with the *Utopia* that we all share.

Parent-Teacher Association news

The PTA Committee 2014-16 was elected in November, 2014.

Committee members are as follows:



主席	郭文鳳女士
副主席	梁志聲老師
司庫	梁家寶女士
司庫助理	梁灼文老師
秘書	林逸之老師
委員	陳鳳雯女士
	廖金強先生
	朱穎儀女士
	黃希敏女士
	何敏珊女士
	梁康民先生
	葉影霞老師

I was not
born to *myself*
alone.



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