The most constant thing about life is change. In the midst of this ever-present change, we seek peace and happiness by using our skills to adapt and to survive. Having the same rights as all others makes a society free and this helps individuals realise their quest for happiness.

On 10 December 2014, Malala Yousafzai (17) of Pakistan accepted the Nobel Peace Prize together with Kailash Satyarthi (60) of India in Oslo, Norway. They have been recognised for the work they are doing for those without a voice.

5 December 2014 was exactly a year since Nelson Mandela passed away at the age of 95. He was instrumental in fighting apartheid and installing democracy in South Africa, my country. He was the first ‘black’ president of South Africa. Nelson Mandela received the Nobel Peace Prize in 1993 together with Frederik Willem de Klerk, the last ‘white’ president of my country, for peacefully ending apartheid and laying the foundations for a new democratic South Africa.

It seems education, change, self-actualisation and peace all go hand in hand.

Some inspiring quotes:

'’The greatest glory in living lies not in never falling, but in rising every time we fall.’ - Nelson Mandela

‘Education is the great engine of personal development. It is what we make out of what we have, not what we are given, that separates one person from another.’- Nelson Mandela

‘One child, one teacher, one book, and one pen, can change the world.’ - Malala

Enticing! Mouthwatering! A Christmas Recipe by Lam Yuen Ting Catherine (5F)

Tired of boring picnic food? Had enough sausage with pineapple and tuna sandwiches for your picnic and Christmas party? Why not try something new?

You may be afraid of being clumsy when having food during parties. Therefore, bites are relatively more popular as they are convenient to eat. The following snack is easy to make. No cooking skills required and no expensive ingredients too. Most importantly, it is a delicious bite recipe which everyone will love!

**Chicken Garlic Bites**

*Preparation Time: 30 mins  
Cooking Time: 10 mins  
Servings: 16 pieces*

**Ingredients:**

- 2 boneless, skinless chicken breasts cut into bite size pieces
- 1/2 cup olive oil
- 4 cloves garlic, minced
- 1/4 teaspoon black pepper
- 1/2 cup breadcrumbs
- 1/4 teaspoon cayenne pepper

**Directions:**

- Place chicken in shallow dish.
- In small bowl, mix olive oil, garlic and black pepper.
- Pour over chicken.
- Cover and marinate for 30 mins.
- Preheat oven to 475°F (245°C).
- Mix bread crumbs and cayenne.
- Coat chicken.
- Arrange in a single layer on cookie sheet.
- Bake for 10 minutes until brown.

Enjoy ☺
For its unique culture and wonderful countryside, Britain has long been an appealing place to most for travel and study. Last summer holiday, a schoolmate, Kitty Ho, went on an overseas study tour to England, organised by the TWGHs schools.

There is no doubt about the benefit of improving English through interactions with foreigners. The English immersion enabled her to improve her communication skills and boosted her confidence in speaking English. Yet a study tour is more than that. Kitty said the vivid images of England still remain in her mind. Britain has countless eye-catching attractions such as Big Ben, the British Museum, cathedrals and museums, etc. However, of all, the Seven Sisters Country Park was Kitty’s favourite.

‘The Seven Sisters Country Park had a spirit of relaxation and the landscape was impressive beyond compare,’ said Kitty. ‘The blue sky, the rolling hills, the sheep, the ducks all formed a congenial environment for everyone visiting to have a precious chance to fully relax.’

Being like a fish out of water in Britain, Kitty was exceptionally grateful to her host family who made her feel at home. When it came to the host family, the first thing she remembered was the delicious dishes they cooked.

As the UK is a blend of cultures, so are the dishes there. Kitty was fortunate to have a ‘gourmet chef’ as her host mother. Her ‘mum’ cooked a variety of foods for her. She remembered to always pay compliments after satisfying her appetite. Good manners, Kitty ☺

What is success? by Li Yuk Fai (3B)

What a difficult question to answer! According to the dictionary, success is ‘achieving a desired purpose or result’.

Success does not mean to be perfect. No one can be successful and perfect!

I think success means the result of us trying hard to get somewhere, whether the outcome is good or not.

It should not be necessary to care too much about the marks. It is more important to enjoy learning. Learning can be boring, but it will become more exciting when you become interested in something. Then you will enjoy gaining new knowledge, and not feel learning is a prison.

Take more pleasure in learning, then your success will become reality. Everyone is imperfect, but everyone can be successful.
From Nepal to Hong Kong by Mangil Ghale (1A) & Ukesh Gurung (1A)

We have been in Hong Kong for four years.

Mangil Ghale:
I was born in Hong Kong and grew up in Nepal. I was excited to return to Hong Kong and be with my mum and dad again. I had not seen them for 7 years! I was shocked to see that our flat was so small because in Nepal everyone has their own bedroom.

I was nervous on my first day at school. It was hard for me at first, but some senior students said I was cute and handsome, so I felt more confident.

In Nepal, kindergarten, primary and secondary students are all in one school. It was sad graduating from primary school. I miss my teachers and classmates. We had many memorable and happy experiences.

It was hard for me coming to this school because I can only speak a little Chinese, but now I have lots of friends who help me with my Chinese and other stuff. I am glad to be here and to have this new opportunity.

Ukesh Gurung:
I was born in Nepal and lived there for 10 years. When I arrived in Hong Kong, I was pretty surprised to see the big airport and many tall buildings. When I got home, I was very unhappy because my room was too small. In Nepal I had my own bedroom and didn’t need to share with anyone.

After a month or two, my parents found me a school with mostly Non-Chinese students. At that time, my English was very poor. I could not communicate in Chinese either. After a couple of years, my English improved. All the teachers were very helpful. There were 3 Non-Chinese teachers and they helped me a lot.

When I first went to primary school, I was quite nervous. When I was in P5, I studied hard in order to get into a good secondary school. At the end of P6, I got a place at this school. I am very happy to be here. Although this is a very tough school, I do like it here.

Learning and Preparing for Exams by Lam Yat To Anson (3B)

Achieving good results in an examination is not easy. If you want to secure a good result, you need to work hard. Here are some tips to help you get the best result in an examination:

Firstly, you need to pay attention during lessons. Teachers teach you important things and test your skills and knowledge in the exams. You must listen to the advice that teachers give you.

Secondly, you need to study the materials teachers have taught you. It is important to go over what teachers taught you because you can consolidate your learning after the lessons.

Thirdly, you need to take rests when you are tired or after you have done revision. Taking enough breaks can make your brain work better and more clearly. Don’t think that studying 3-4 hours is good for you. Studying too much will overload your brain. Taking sufficient rest will help your brain manage what you have just learnt.

Finally, you have to read more books, do more exercises and ask more about the things that you don’t know.

The Hunger Games - by Tsoi Oi Lam Sammi (3B)

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Josh Hutcherson and Jennifer Lawrence play the roles of Peeta and Katniss respectively. They are very convincing actors. I could feel their love in the film, especially when they are willing to do everything to save each others’ life and fight against The Capitol.

This story made me think a lot. It shows the darkness inside our hearts. Humans have their selfish, bad nature. This is a meaningful story. This is a good film for us to watch as the content, music, stunts and acting are worthwhile. It is exciting and meaningful.
The word philosophy comes from Greek meaning love of knowledge; from phile meaning love and sophia meaning knowledge.

Philosophy was born when man started asking questions and wondering about himself and his surroundings. There are two main types of philosophy: Oriental and Occidental.

Occidental philosophy believes every consequence has a cause. Oriental philosophy contemplates the present.

The Occident believes in the principle that only causes produce consequences.

In Chinese philosophy yin cannot exist without yang and vice versa. They control and affect each other aiming to find a perfect balance.

While the West is more concerned with the individual, Oriental philosophy is about collectivism: a human being is just a part of the universe and every person is fundamentally connected with others.

Regarding development, Orientals have a cyclic development; hence improvement is a never ending journey without limits. In the occidental way of thinking, development is linear and stops when the goal is reached.

Generally, occidentals think by analysing: If I can understand passions and emotions, I can control them. The Oriental point of view is that through meditation a man can separate his mind from his emotions and hence control them. That’s why meditation is an important aspect in Oriental thought.

Yin and Yang represent harmony, the perfect balance between day and night, dark and light, sickness and health, death and life. They represent the belief that everything in the universe exists in two opposite but complementary forces.

These philosophies have always been different from each other but almost always influence each other.

In spite of these philosophies, people tend to be predictable and usually lead their lives as they always did.