

GLITTER

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WINNING IN 'JETRACER'

On 12th December, 2021, 5A Yeung Lok Him and 5A Yung Wing Dou won the first STEM PLUS Interschool Formula Edge Race in the “JetRacer” category.

After 2 months of A.I. training, Team JR, one of our WYY representatives, was on its way to get qualified by the AsiaWorld-Expo.

On the first day, due to the poor Wi-Fi connection, the judge panel decided to call off the event after 12 hours as none of the 70 teams were able to boot up their devices. “It was pretty frustrating that FP1 (Free Practice Round 1) was cancelled,” said Yeung.

“We couldn’t do anything other than having our lunch and manually operating our RC car. We could only wait for the connection to be slightly better. But on the bright side, I met a lot of car enthusiasts in this competition, such as Mr. Go from Po Leung Kuk Choi Kai Yau School. His RC car, HiAce, is marvelous”.

After the chaos on the first day, the judges turned to a LAN wire connection on the second day. All the teams scrambled for their final practice and got ready for the qualifying test. Finally, Team JR won the short track race with the time of 16.70 seconds in 2 laps.

On the last day, the eight final contenders raced on a longer track, about the length of two small tracks connected together. “It looked really challenging,” Yung said. “Finally, we decided to go anti-clockwise. To be honest, it was already an honour getting into the finals, but I wanted to win given this great chance.”

With the modified TT-02 RC car, our A.I. ran the track for 3 laps, with the finishing time of 1:05 minutes. “Finally, we’re lucky to be one of the final champions, sharing the fame with St. Paul’s College,” Yeung rejoiced.

“What we just did was a miracle although we were very worried at the start, but amazingly, we made it! I have a lot of people to be thankful for.”

Yeung and Yung have received lots of attention from many other schools after the race. The principal of another Tung Wah secondary school even exclaimed, “We should hold a competition of our own similar to this race!”

Yeung said that he would compete in the next year’s Formula Edge. As for his tips for those who want to be a part of the race, Yeung said confidently, “Be passionate about it, then you will get there!”



"Be a Government Official for One Day"

6C Annie Cheung

I am grateful to share my experiences in the "Be a Government Official for One Day" programme with you all.

Last summer, I "shadowed" the Financial Secretary, Mr. Paul Chan Mo-Po and observed his responsibilities as a top-level government official. From this experience, I have learnt some important lessons about personal development.

The Key to Personal Developments

To begin with, daring to try is an excellent way of building confidence. In the past, I was afraid of failing and letting others down. Therefore, I was reluctant to participate in extracurricular activities or competitions. However, some WYY teachers encouraged me to explore my full potential by exposing myself to different challenges. Therefore, since Form Five I have attempted to follow their advice and step out of my comfort zone by entering off-campus competitions like the "Be a Government Official for One Day" programme.

To be honest, I hesitated numerous times before finally submitting the application for this programme. Standing out among a crowd of applicants seemed an unrealistic goal for me at that time. Thinking back, I have learnt a life tip – just put in your greatest effort, cast no doubt, and success will be waiting ahead.



Moreover, if we want to be appreciated, we have to stop underestimating our ability to succeed. In this competition, I felt intimidated competing against students from top-tier schools, fearing I was not competent enough to be as outstanding as they were. As a result, I was sometimes overcautious and hesitant to express my opinions.

Yet with more experience, my mind has changed. I now see that it is crucial to voice our opinions with others, especially in tasks requiring us to work together as a team. By voicing our opinions, we can confirm and improve our thinking through the feedback from others. When someone as successful as Mr. Chan Mo-Po agrees with my opinion, why should I doubt myself?



Word to the Wise

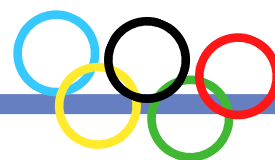
This got me thinking, do we underestimate ourselves because of our school’s so-called “banding”? From what I have observed, WYY students are as competent as students who study in elite schools. One’s real value lies not in name, but in the standards that one sets for oneself.

There are only six years of secondary school life; missing out on chances to compete with others only undermines our personal development. Let’s make the best of our precious time and miss no chance to reach our full potential!





Mr Poon Kin Lui—the Coach and Mentor of Paralympics Medalist So Wah Wai

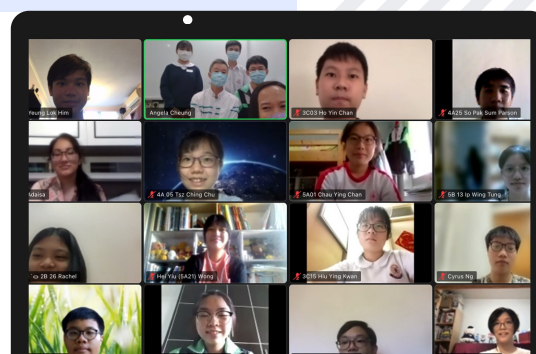


The Discovery of So Wah Wai's Talent by Coach Poon

Have you ever heard of So Wah Wai, the athlete with the nickname “The Magic Kid” that won 16 medals across five Paralympic Games, including six golds, three silvers and three bronzes? Some of us may remember him as the main character in the movie “Zero to Hero”(媽媽的神奇小子).

His enthusiasm for running was discovered by Coach Poon Kin Lui at the age of 10. From 1992 to 1996, Coach Poon worked closely with So Wah Wai to help him win Paralympics medals and set world records. Coach Poon was selected as the best coach in Hong Kong for three consecutive years in 1996, 1997 and 1998, respectively, and was named one of the winners of Ten Outstanding Young Persons in 2001.

Glitter members were honoured to have an opportunity to interview Coach Poon Kin Lui and learn much from him about the secrets to success and the essence of life. Due to the pandemic rules, only 3 members could meet Coach Poon face to face. Luckily, other members were able to join via Zoom.



The Secrets to Success

When we asked about the secrets to the success of So Wah Wai, Coach Poon stressed the significance of pure devotion of mental and physical energy to sports on top of innate abilities. Coach Poon pointed out that all successful athletes must set realistic goals targeting their own weaknesses and equipping themselves with an arsenal of effort, patience, and perseverance in order to constantly improve.

Talking about his most memorable experiences, Coach Poon mentioned that while moments of victory are undoubtedly on the list, his most impressive memories are about the sportsmanship of successful athletes. For instance, Coach Poon reminisced about a German athlete who accidentally pulled his leg muscles at the beginning of a 200M race and could barely walk. Despite his injuries, the athlete still managed to complete the race with a fourth or fifth position despite an injury that was so painful that he couldn't sleep for a few days afterwards.

In the film "Zero to Hero", we learnt that So Wah Wai had once considered quitting due to his need to make a living. Coach Poon told us that So had to take up a full-time job while training for 2008 Paralympic Games, which made him really exhausted. But it was So's back pain in 2017 that frustrated him most and broke his heart. According to So Wah Wai's report, Coach Poon didn't push him into training at all during that time and it was Coach Poon's patience that helped So relax and eventually recover slowly. Fortunately, So decided to give up the full-time job and devote his full efforts to preparing for the 2008 Beijing Paralympic Games in which he set a new world record in 200m of 24.65 in T36 – a record which still stands now. Despite his early retirement due to a chronic back pain, So's "never give up" attitude continues to inspire athletes today.

The journey of successful athletes is indeed long and tough with a lot of blood, sweat and tears throughout the process.

Inspiring Words from Coach Poon

When paving the way for the success of So Wah Wai, Coach Poon placed much emphasis on constant assessment, mutual communication, self-reflection and adaptation throughout the years. So Wai Wah regards Coach Poon as a friend and sometimes as a father and they still have gatherings at times now. Retired in 2014, Coach Poon can now enjoy more time with his family. He has no regrets about his early retirement as a coach. Coach Poon is a devoted Christian. So he stressed the importance of humbling ourselves before God and giving all our worries over to Him because He cares for us. During his sharing, Coach Poon cited a Bible verse several times, "Love the Lord your God with all your heart, with all your soul, and with all your mind".





Race to Success: An Interview with Olympian Alumni Jessica Ching



Last year, we had the opportunity to interview our alumna Jessica Ching, a race walker who participated in the Tokyo 2020 Olympics.



The First Encounter with Race Walking

In 2007, on the recommendation of our former PE teacher Mr. Shek, Jessica Ching enrolled in the MTR Race Walking Competition without even knowing what race walking was. She relied on the competition pamphlet and Internet videos for instruction, yet earned Second Runner-up in the end. She was then mentored by coach Bill Purves and has been involved with this sport ever since.

Ambitions

Jessica was promoted to an American university and acquired three degrees, including a master's degree, while doing race walking training every morning. You may presume she must be brilliant and confident, but actually before graduating from secondary school she was worried about her ability to study abroad especially due to her English proficiency. She told us secretly that she did not get high grades in many subjects, particularly English. However, she memorized and practiced English skills daily by listening to news and radio after moving to America and became as fluent as a native speaker in a short time. Jessica also found that she became more confident and effervescent during her college life.



Preparations for the Olympics

Jessica's typical training starts at 6 a.m, and lasts from Monday to Saturday each week. She runs up to 35km each day to maintain her stamina. Unlike others of her age, Jessica sleeps at 8 p.m. sharp every day to maintain a healthy lifestyle and to provide energy for the next day's training. With such a hardcore schedule, most of us would give up on chasing our dreams. Yet Jessica said, "The pain only lasts for a moment, while the results last forever". Her persistence impressed us.

The Effects of the Pandemic

The COVID-19 pandemic has had major implications for athletes like Jessica, such as restricted travel and canceled events. Because of COVID-19, the Tokyo Olympics was postponed from 2020 to 2021, which messed up Jessica's preparation plans. In order to continue chasing her dreams, Jessica flew to Japan for special training at the end of 2020 to secure her Tokyo 2021 qualification. "It was stressful, but I tried not to worry too much. I just kept going and continued my training."

With her positive thinking, Jessica managed to qualify. Ranked 55th in the world, Jessica had earned a ticket to compete in the Olympics!

During the Olympics

Unlike other contestants, Jessica didn't feel a scent of nervousness. Instead, she was fearless and excited. Both mentally and physically prepared, she finished the women's 20km race in 1 hour, 37 minutes and 53 seconds, finally becoming a true 'Olympian'.



Words For Students

'Don't Be Shy! Just Try!'

Many students participate in extracurricular activities just for academic reasons, not for personal interest or realising their full potential. However, life is like a box of chocolates. You will never know what you are going to get. In this case, Jessica found her talent in race walking by chance through school activities. So she told us not to be afraid of failure and to seize all opportunities to test our limits and expand our potential as sustained self-belief and hard work inevitably result in success.



Mr. Shek and Ms. Lee- the Mentors of Jessica Ching



As a guest speaker sharing her inspiring experiences with us in an assembly, our alumna Jessica Ching, who took part in 2021 Tokyo Olympics, expressed her greatest gratitude to Mr. Shek and Ms. Lee for their unfailing guidance and support while she was studying at our school. We are fortunate to have interviewed her two mentors via Zoom.

Ms. Lee, who was a Biology/Science teacher and the Teacher-in-charge of the Extra-Curricular Activities Unit at our school, is now a vet working in Mong Kok. While she was at WYY, she taught Jessica Biology and introduced her to various projects and volunteer work. She also accompanied and cheered for Jessica in her competitions. Ms. Lee left WYY some years ago to study abroad in veterinary medicine because she loves pets and wanted to step out of her comfort zone and chase her dream of being a vet.



Witnessing the Growth of Jessica Ching

Mr. Shek was our Physical Education Panel Head during Jessica's years at WYY and he coached the Athletics Team for over 30 years until his retirement. He is currently a coach at the Recreation & Sports Association. He was the Champion of the AVOHK Reservoir Series in 2013 and 2018. In addition, he was Champion and First-runner-up in the open triathlon competitions in 2015 and 2016, respectively. While Jessica was studying at WYY, Mr. Shek recognized her talents at race walking as he noticed Jessica's exceptionally brisk walking speed during a hiking activity. He then encouraged Jessica to join the Long Distance Running Team and take part in open competitions.

In the interview Mr. Shek and Ms. Lee described Jessica as a serious, self-disciplined and persevering student who always had full devotion to her study, training and projects. Ms. Lee fondly recalled how Jessica would chase after her for prompt feedback of assessment papers. Both Mr. Shek and Ms. Lee mentioned that Jessica never stopped her training even in poor weather conditions. During her study in America, Jessica had daily outdoor strenuous training even in cold snowy winter wearing merely ordinary sports shoes for running. However, Mr. Shek and Ms. Lee never worried about Jessica's health as they knew she would always take good care of herself. Jessica always embraces challenges and strives for her best towards her goals. She is indeed a good role model for every one of us, according to Mr. Shek and Ms. Lee.

Personality Traits of Jessica as a Successful Athlete

DEALING WITH FAILURES

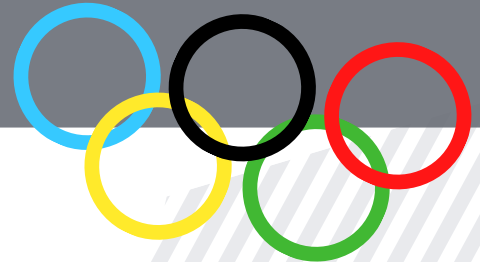
Failure is one of the best tools in the learning process. Unfortunately, many people are so overwhelmed by the pain of failure that they are unable to step back and learn from this experience. Jessica, on the other hand, always keeps a positive attitude. She is devoted to learning from mistakes and continually improving herself rather than blaming others or situations for random reasons.

SETTING GOALS

Having both short-term and long-term goals can help us reach our desired outcome successfully. Short-term goals enable us to move closer to our long-term goals. A short-term goal simply might be finishing an assignment with care and hard work, thereby moving one step closer to our long-term goal of getting an A for the semester. Jessica always keeps sustainable short-term goals and stays focused until reaching her long-term targets.

BEING DILIGENT

Jessica is a diligent learner. Being diligent means developing a daily routine of spending extra hours at night working on assignments, doing revisions and preparing for her coming lessons. In short, she stays away from laziness and excuses.



How Mr. Shek and Ms. Lee Influenced Jessica's Career

In Jessica's school days, Mr. Shek and Ms. Lee played an important role in nurturing her to be an outstanding race walking athlete. When Jessica met difficulties, Mr. Shek and Ms. Lee always comforted her and encouraged her to face her challenges bravely. They also advised her to improve her skills and learn how to overcome hardships in order to become a prominent race walker. Jessica has now matured into a committed, resilient and professional athlete who always works hard towards her targets. Through their support, Mr. Shek and Ms. Lee helped mentor Jessica not only during her study in our school, but also in her life. We are fortunate to have the chance to learn about our alumna Jessica from them and we can see from Jessica's story that there are no short cuts on the road to success!



Award-Winner: Tung Wah Student of the Year 6C Fiona Ma

Who am I?

Hi everyone! I am Fiona Ma from 6C. I was honoured to be awarded the Tung Wah Student of the Year Award (All-round). I'd like to share with you some thoughts on my course of study and how to exercise diligence and perseverance in difficult times. Most importantly, I would first express my deepest thanks to all the people who have guided me and helped me to become who I am now.



Hitting Rock Bottom

To be honest, my road to study has not been a smooth ride. During the class suspension following the virus breakout, the unprecedented freedom and easy accessibility to gadgets drove me to indulge in the virtual world, immersing myself in meaningless websites and videos until it eventually paralyzed me. Worst of all, I started to lose all my passion and purpose in studying. The situation deteriorated until my aunt warned me, 'You could be risking your opportunity to study at university.'

Her warning woke me up like a slap in the face and dragged me out of a dark abyss. A picture of a bad future appeared in my brain and my inner self told me that I needed to make a change immediately.

From that day on, I strove hard to catch up with all the revisions that I had missed by waking up earlier and even doing revision on the bus. Fortunately, my hard work paid off and my ranking in Biology shot up from thirty-third to second in my form within a year.

As you may see, missteps are part and parcel of growing up. And those 'bad' experiences can actually make us realise our weaknesses. So, don't be engulfed by yesterday's faults!



The Key to Striving Hard

Have you ever set up a study plan but given it up at the first hurdle? The hidden reason may be a lack of passion. Actually, our dreams push us to go the extra mile. They enable us to focus on our missions even when we meet resistance and distractions. Contrarily, we can be easily lured into the trick of instant gratification. So, below are some tips for reminding ourselves about the importance of realizing our dreams.

First, it is useful to plaster a picture of an idol who has made prominent achievements in our study space. For instance, my friend plastered a picture of Lei Jun, who is the CEO of Xiaomi, in his bedroom as he wanted to become an entrepreneur in the future. Comparing ourselves to those professionals can help us stay motivated to pursue our dreams. Also, it encourages us to fine-tune our blueprints into short-term goals since we can get continuous satisfaction by finishing each of our short-term goals in order; this motivates us to keep moving forward.

Apart from that, another way to get rid of distractions is simply studying in the library as the comfortable environment of our homes can distract us from focusing on schoolwork. A quiet public environment can help us to concentrate better on our tasks.



Coping with Stress

For sure, life is not a bed of roses. It is worrying that there is an increasing tide of schoolmates studying only with an eye to gaining marks, which makes them feel stressed out and suffocated. Frankly speaking, I always perceive those tests as just an assessment of my knowledge and not as a score that defines my potential. Also, I alleviate my stress by going to a cozy hideout and chatting with my friends in order to escape from the daily grind. This practice recharges my mind and spirit.

Making a Bold Move

Apart from being industrious, stepping out of our comfort zone is always healthy. So I have participated in various competitions related to Biotechnology, Mathematics, History, Geography, etc. Empowered with bravery, you can surely expose yourself to a new environment by joining a wide range of activities; you can not only explore your interests, but also enlarge your social circle and meet kindred spirits! I understand that you may feel anxious about joining extracurricular activities, but just give it a try. There's a first time for everything!

Ending Words

It is stating the obvious to say that studying is mentally draining, but it is necessary for success. So, it is important to seize the day. I don't want to sound preachy and long-winded, so I'll just end with a saying of Steve Jobs, 'You can't connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future.' I wish you all a jovial and rewarding school life!



MY WRITING JOURNEY

~How I Learnt to Enjoy Writing 6C Jacqueline Wong

“English is so boring!” “Another English composition? Come on, I hate that...” Do these sentences remind you of the complaints of your classmates? I am not here to force you to love English writing. Instead, I hope to share with you my story about how I learnt to enjoy learning writing in English and how this enjoyment led me to success in English language writing competitions.

How the Journey Began

My journey from writing my first English essay to winning my first English writing competition was a long one. Starting as a junior form student in WYY, I had never thought that I could experience any joy in writing compositions or dreamt of actually winning an open writing competition. So, what brought such a difference? Well, first my attitude changed. I committed myself to striving for my best. This was a crucial first step. It did not mean that I always got all As. (I didn't!) Instead, I always showed passion and ambition in my work. After some improvements in my performance, teachers began recommending me for various programmes and contests related to English. I tried to demonstrate my enthusiasm toward these activities and took leading roles in English activities to challenge myself.



Grasp Your Opportunities!

Never let any opportunity slip through your fingers. Once you get an opportunity, grab it tightly and get as much as you can from the experience. Before participating in English writing competitions, I did not know what I was capable of. For instance, writing contests granted me a chance to explore a range of topics that we rarely write about in school, such as climate change and wildlife conservation, which are relevant to our daily life. Entering these competitions has broadened my horizons. I found that writing is an interesting and challenging mental exercise. With effort and fortune, I began winning writing contests, which helped further build up my self-confidence and motivation.

Embracing Challenges

What if I lose a writing competition? Does that mean that my effort was worthless? Certainly not! How do I know this? Every step one takes and every decision one makes helps one to grow. Our past experiences do not define us, but are simply a part of who we are. They are stepping stones to success. So, never lose faith in yourself. Just take a step forward and seize every golden chance you get. As the adage goes, “Be the light that shines”!

LET'S MEET THE ALUMNUS WHO HAS BECOME OUR NEW PE TEACHER!

Why Mr. Chan Chose to Become a PE Teacher

When Mr. Caleb Chan was a student, he did not plan on becoming a teacher. As a strong athlete, however, he knew he wanted to engage in a career related to sports.

After he decided to become a PE teacher in university, Mr. Chan chose to return to WYY because this school is his alma mater and shares his teaching philosophy, which emphasizes the importance of sports and fitness in our daily life. "Even if you never become a professional athlete," said Mr. Chan. "Developing the habit of regular exercise will help you live a healthier and happier life."



Why Mr. Chan Chose to Become a PE Teacher

Mr. Chan's biggest challenge as a PE Teacher is that some students lack a positive attitude toward PE and have no incentive to exercise. For such students, Mr. Chan tries to promote sports that can be played with friends, such as football. "Everyone enjoys playing with their friends," explained Mr. Chan. "Playing a sport like football fosters friendships while teaching us important skills like teamwork. Success in a football match does not rely on individual physical strength; rather, it requires us to work together."

Mr. Chan is also eager to introduce new sports to generate interest in reluctant students. He shared with us a new sport called Zwift. Zwift is an app used with an indoor bike for training and competing with others in a virtual world. Mr. Chan would like to organise a competition with other schools online. "I hope that Zwift can increase our students' interest in doing exercise," stated Mr. Chan.



Mr. Chan's Goals

"I want to maintain WYY's tradition of great results in athletics," said Mr. Chan. He mentioned that during his school years in WYY, our school was one of the very best in athletics in the entire Kwai Tsing District. So maintaining excellent athletic results and motivating all students to develop a habit of regular exercise are the goals that Mr. Chan strives to achieve each day.

Mr. Chan's Advice

Here's some advice from Mr. Chan for students: "Don't think of sports as something painful. It is an activity that can bring a lot of fun during the process and give you physical and mental benefits afterwards!"





Editor's Words

Glitter is an exceptional school magazine created by our concerted efforts, with thematic contents and eye-catching images. Behind this wonderful masterpiece were endless nights of hard work by our reporters, editors, graphic designers and teacher-advisors. It is our mission to spread gleeful and rewarding experiences around our campus by interviewing schoolmates, teachers, alumni and guests, and creating collective memories. We hope you will be absorbed into our colorful school life while reading Glitter.

It is a great honour and a golden opportunity for me to be the Chief Editor of Glitter this year. I am also grateful to work with a cooperative team amid the pandemic. Even in tough moments, our teamwork was impeccable. We hope that you share our joy with this edition of Glitter and “open your eyes, reach the sky”.

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