

2018/2019 Reading to Learn

English Articles for Junior Forms

Contents

Item	Learning Area/ Subject/ Committee	Title	
1	English	Kensie Maizels has set a new record for powerlifting, and she is only 8	
2	Mathematics	Mathematical Journeys: Carl Gauss and the Sum of an Arithmetic Series	
3	Liberal Studies	More dengue fever cases in Hong Kong threaten to shut Lion Rock Park	
4	Physics	Energy Facts	
5	Chemistry	It can be broken down into its initial building blocks and then reused	
6	Biology	Digestive System Facts	
7	Science	Thunderstorms	
8	Computer & Information Technology	What Is The Future of Information Technology?	
9	Business, Accounting & Financial Studies	8 Habits of Successful Students	
10a	History	F.1	Oh, No! Gladiators Go To School
10b		F.2	Get Geared up!
10c		F.3	Pearl Harbor
11	Tourism & Hospitality	Whale-watching tours bringing more visitors to Iceland	
12	Geography	About the Bay Area Overview	
13	Religious & Moral Education	The Good Samaritan	
14	Visual Arts	5 Ways Art Benefits Our Everyday Lives	
15	Music	Virtual Keyboard	
16	Physical Education	Sportsmanship and Rugby	
17	Religious, Moral & Civic Education Committee	Why Do Catholics Pray to Saints?	
18	Environment & Student Health Committee	The Ultimate home farming guide	

*** Form teachers please remind the whole class:**

1. to read English articles on -

- 25 October 2018
- 20 December 2018
- 31 January 2019
- 25 April 2019

Students may read articles more frequently

2. to finish related questions after reading

3. to write down the reading record in the Student Handbook

2018-2019 Reading to Learn 1

Form	Junior	✓
	Senior	

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject : English

Related Core Values :

Title : Kensie Maizels has set a new record for powerlifting,
and she is only 8

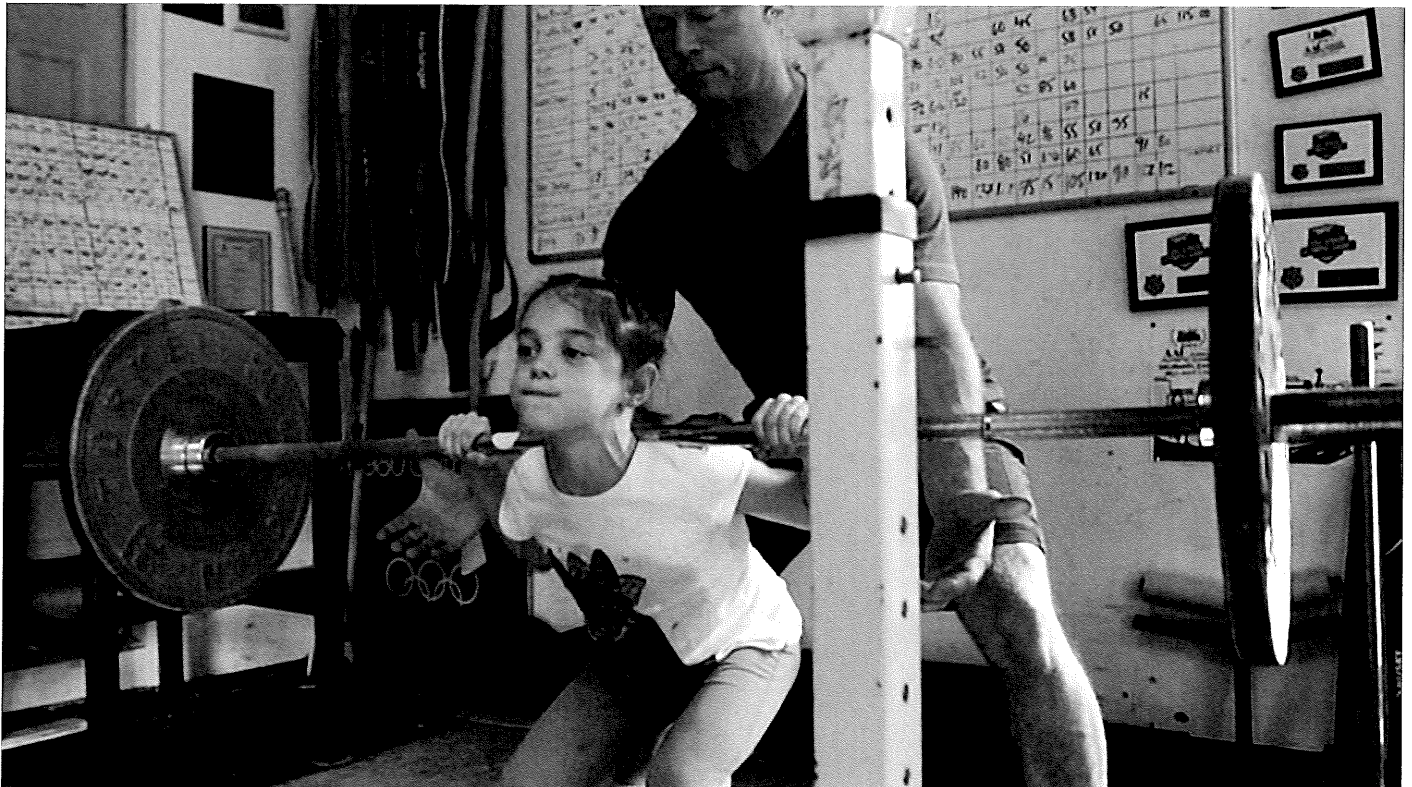
Truth ☐ Justice ☐ Love ☒ Life ☒ Family ☐

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
b To provide more background information of a particular topic	✓
c To enrich world knowledge	✓
d To develop deeper level of appreciation towards art work	
e To relate school learning with daily life experience	✓
f To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g To strengthen positive values and their daily application to analyse personal and social issues	✓

Source of article: Newsela

Kensie Maizels has set a new record for powerlifting, and she is only 8

By Baltimore Sun



Kensie Maizels, 8, does a back squat as her father, Patrick Maizels, spots her. Photo by Amy Davis/Baltimore Sun/TNS

In May, Kensington Darby Maizels stood under a bar with heavy weights. They weighed more than 100 pounds. That was almost two times as much as the 8-year-old weighs. People call Kensington "Kensie" for short.

Kensie was trying to win the USA Maryland Powerlifting Championship.

Kensie wore a pink T-shirt. She had rainbow socks on. She did not look like a powerlifter. Yet, she stood like one.

Tyler is her 19-year-old brother. He is a powerlifter too. Tyler said everyone watches Kensie. They love that she is so small, but so powerful.

The 55-pound Kensie lifted the weight onto her shoulders first. She took a few steps back. She bent her knees low. She then stood back up with the weights. This move is called a back squat. Fans cheered.

Setting New Records

Kensie had lifted 104.74 pounds. She set a new American record. She was the youngest girl to back-squat more than 100 pounds.

Patrick Maizels is Kensie's father. He is a powerlifter too. He has never seen a girl so small lift as much as Kensie. Dr. Maizels coaches Kensie. He owns Maizels Training Hall. The family lives in Parkton, Maryland.

Kensie is the fourth of six children. Kensie loves lifting as much as her father, older brothers and mother.

Mrs. Maizels said Kensie was doing chin-ups at a year old. Kensie began lifting weights at around 4 years old.

Her father noticed she was very strong. Her mom is strong too. Kensie did not start by using weights. She lifted a broomstick first. Her father was teaching her to move the right way. They added weights later.

Lifting Weights Is Safe For Kids

Kensie began lifting more and more. She started lifting enough to break American records. Still, her father is careful with how much Kensie lifts.

There have been worries about children lifting weights. Some people said children would hurt their growing. Studies have shown this is not true. Young weightlifters must still know how to lift weights properly. Kensie knows.

She hopes to break all of the family records. They are rooting for her, too. Kensie was asked how much she hopes to lift.

"Higher and higher," she said. "As high as I can."

Critical Thinking:

What can you learn from Kensie?

Have you ever created a goal for yourself? Why or why not?

2018-2019 Reading to Learn 2

Put a tick ☒ in the appropriate box (can be more than one)

Form	Junior	<input checked="" type="checkbox"/>
	Senior	<input type="checkbox"/>

Learning Area / Subject : Mathematics

Related Core Values :

Title : Mathematical Journeys: Carl Gauss and the Sum of an Arithmetic Series

Truth ☒ Justice ☐ Love ☐ Life ☐ Family ☐

Reading across the Curriculum (RaC) : Aims		(✓)
a	To arouse interest in studying a particular subject	<input checked="" type="checkbox"/>
b	To provide more background information of a particular topic	<input checked="" type="checkbox"/>
c	To enrich world knowledge	<input checked="" type="checkbox"/>
d	To develop deeper level of appreciation towards art work	<input type="checkbox"/>
e	To relate school learning with daily life experience	<input type="checkbox"/>
f	To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	<input type="checkbox"/>
g	To strengthen positive values and their daily application to analyse personal and social issues	<input checked="" type="checkbox"/>

Mathematical Journeys: Carl Gauss and the Sum of an Arithmetic Series

There's a famous (and probably apocryphal) story about the mathematician Carl Friedrich Gauss that goes something like this:

Gauss was 9 years old, and sitting in his math class. He was a genius even at this young age, and as such was incredibly bored in his class and would always goof off and get into trouble. One day his teacher wanted to punish him for goofing off, and told him that if he was so smart, why didn't he go sit in the corner and add up all the integers from 1 to 100? Gauss went and sat in the corner, but didn't pick up his pencil. The teacher confronted him, saying "Carl! Why aren't you working? I suppose you've figured it out already, have you?" Gauss responded with "Yes – it's 5,050." The teacher didn't believe him and spent the next ten minutes or so adding everything up by hand, only to find that Gauss was right!

So how did Gauss find the answer so fast? What did he see that his teacher didn't? The answer is simple, really – it's all about pattern recognition. Let's look at the problem more closely.

$$1 + 2 + 3 + 4 + 5 + \dots + 95 + 96 + 97 + 98 + 99 + 100 = ?$$

Now it's true that adding all that up by hand would take forever, but we don't really need to add it all up by hand. Look at this series from each end simultaneously instead of just left to right. You'll see that we can think of this series as a set of pairs of numbers, each of which adds up to 101:

$$1 + 2 + 3 + 4 + 5 + \dots + 95 + 96 + 97 + 98 + 99 + 100 = ?$$

$$1 + 100 = 101$$

$$2 + 99 = 101$$

$$3 + 98 = 101$$

$$4 + 97 = 101$$

$$5 + 96 = 101$$

and so on right through to the middle, where:

$$48 + 53 = 101$$

$$49 + 52 = 101$$

$$50 + 51 = 101$$

So we've got a total of 50 pairs, each of which adds up to 101. Since all our chunks are the same size, we can take a shortcut and simply multiply the size of the pair (101) by the number of pairs (50), which is really easy to do in your head, since it's just (100×50) plus (1×50) , or $5000 + 50 = 5,050$.

Question

Can you find the pattern of the above example and generalize the result to adding the first n positive integers, i.e. $1+2+3+\dots+n = ?$.

Form	Junior	✓
	Senior	

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject : LS

Related Core Values :

Title : More dengue fever cases in Hong Kong threaten to shut Lion Rock Park.

Truth ☐ Justice ☒ Love ☒ Life ☒ Family ☐

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
b To provide more background information of a particular topic	✓
c To enrich world knowledge	
d To develop deeper level of appreciation towards art work	
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g To strengthen positive values and their daily application to analyse personal and social issues	✓

Hong Kong health officials are thinking about closing Lion Rock Park after five of the seven people who are confirmed to have dengue fever reported visiting the area.

If this happens, it would be the first time a public park has been closed in Hong Kong to deal with the disease. Dengue fever is relatively new to Hong Kong. Until recently, the cases reported in Hong Kong had caught the disease somewhere else. But in 2016, Hong Kong recorded its very first case of locally-caught dengue.

The dengue disease is spread by the *Aedes albopictus* mosquito, which is common in Hong Kong. Those infected usually have a high fever, very bad headache and muscle pain. The disease cannot be spread from person to person, only from person to mosquito and mosquito to person.



Closing the park would allow health officials to spray the area with poison to kill the mosquitoes. Workers would also clear water that is collected in puddles after the rains. Mosquitoes use stagnant water – water that is not in a running river or in the ocean – to breed.

Health officials have warned of a large outbreak of dengue fever after more cases were confirmed on Thursday. Since Tuesday, seven cases have been reported. Two of the cases announced on Tuesday and three on Thursday had visited Lion Rock Park.

The Centre for Health Protection advises people going outdoors to wear long sleeves and to use bug spray on all exposed parts of their skin. Cleaning up any stagnant water at home will also help.

Susan Ramsay

Question:

1. What should we do to prevent the spread of dengue disease ?

Form	Junior	✓
	Senior	

2018-2019 Reading to Learn 4

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject : Physics

Related Core Values :

Title : Energy Facts

Truth ☐ Justice ☐ Love ☐ Life ☒ Family ☐

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
b To provide more background information of a particular topic	✓
c To enrich world knowledge	✓
d To develop deeper level of appreciation towards art work	
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g To strengthen positive values and their daily application to analyse personal and social issues	✓

Source of article: <http://www.sciencekids.co.nz/sciencefacts/energy.html>

- The word energy comes from the Greek word *energeia*.
- Most types of energy are either a form of kinetic energy or potential energy.
- Common examples include heat energy, elastic potential energy, chemical energy, sound energy, nuclear energy, geothermal energy and gravitational potential energy.
- Kinetic energy refers to the energy an object has because of its movement. A car in motion has kinetic energy, as does a basketball when you pass or shoot it.
- Energy can be transformed from one form to another. In lightning, electric potential energy transforms into light, heat and sound energy.
- The law of conservation of energy states that energy can only be transformed, it can't be created or destroyed.
- You might have heard of Albert Einstein's famous formula $E = mc^2$ (energy equals mass multiplied by the speed of light squared).
- Food contains chemical energy which is used by living organisms such as animals to grow and reproduce. Food energy is usually measured in calories or joules.
- Wind farms contain large numbers of wind turbines which are used to transform wind energy into a useful energy such as electricity. The use of wind power to generate electricity doubled between the years 2005 and 2008. More wind energy facts.
- The USA's Mojave Desert is home to the world's largest solar power plant. More solar power facts.
- The Three Gorges Dam in China is the world's largest hydroelectric power station. More hydropower facts.
- Nuclear power produces around 13% of the world's electricity. More nuclear power facts.
- Plants use energy from sunlight during an important process called photosynthesis.
- A person standing on a diving board above a swimming pool has gravitational potential energy.
- During chemical reactions, chemical energy is often transformed into light or heat.
- Stretched rubber bands and compressed springs are examples of elastic potential energy.

Question:

(1) Which kind of energy is the most easily found in our daily life?

Form	Junior	✓
	Senior	

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject : Chemistry

Related Core Values :

Title : It can be broken down into its initial building blocks and then reused

Truth ☒ Justice ☐ Love ☐ Life ☒ Family ☐

Reading across the Curriculum (RaC) : Aims		(✓)
a	To arouse interest in studying a particular subject	✓
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Source: <https://www.sciencenewsforstudents.org/article/plastic-can-be-recycled-over-and-over-and-over>

It can be broken down into its initial building blocks and then reused

By Laurel Hamers

A new kind of plastic can break down into the same building blocks from which it was made. Like a child's plastic Lego bricks, the molecular blocks can link and detach again and again, a new study finds. And the material is more durable than earlier plastics designed to be recycled more than once.

Maybe you've learned to throw plastic bottles and containers into a recycling bin rather than the trash. News flash: Today, only about 10 percent of plastic ever gets recycled. That's according to a 2017 study in *Science Advances*. Most of the rest lingers in landfills or ends up floating in the ocean. But plastic is so cheap and useful that hundreds of millions of tons more of it are made each year.

Even plastic that does get recycled will likely reach the landfill before long. That's because most plastics today don't turn back into their starting material. Instead, they break down into molecules that can't be reused right away. Rather than pulling a Lego creation apart into its starting blocks, it might be more like smashing the structure into bits.

Transforming those bits, now, into something useable can take many chemical reactions. All that extra processing uses time, water and energy. Those steps make recycling not very efficient. And few recycled plastics are remade into the same type of object they were before. Instead, most get turned into items such as carpet, car parts and park benches — things that themselves are hard to recycle. But a plastic that could easily break down into its building blocks and be reused over and over? That could greatly help cut the global plastic-waste problem.

Michael Shaver is a chemist at the University of Edinburgh in Scotland. He studies plastics but wasn't part of the team that made the new material. Designing a reusable plastic is a balancing act, he says. That's because plastics are a type of polymer. Polymers are long chains of small molecules called monomers (MAH-nuh-merz). Those small starter molecules link together like beads on a string.

To be good for making polymers, the monomer building blocks should be fairly easy to connect. Monomers that need extreme temperatures or too much chemical coaxing to link up might not be practical. What's more, the end polymers can't be brittle or fall apart too easily, Shaver notes. They need to be stable at a high enough temperature to be used. Pouring a hot drink into a plastic cup? You don't want it to weaken the chains and melt the cup into a sticky puddle.

Rigid and reversible

Polymer chemist Jianbo Zhu and his colleagues set out to solve this challenge. They work at Colorado State University in Fort Collins. The team previously made a polymer that could be broken down into its starting molecules. But the resulting plastics weren't usable. They were too soft and temperature-sensitive.



This new type of plastic material can break down into its original building blocks more easily than current plastics. It has the consistency of a disposable plastic bottle.

Bill Cotton/Colorado State Univ.

This time, Zhu and his colleagues started with one of their previous creations. The monomer's atoms were arranged in a ring shape. Then they added a second ring of atoms in a way that braced the molecule into a rigid form. That rigidity helped the monomers link together. These quickly assembled into polymer chains at room temperature. And the chains were stable even when heated up. The team reported its results April 26 in *Science*.

Especially important, the process was reversible. Certain mild chemicals or really high heat broke the polymers apart. And they broke down into the same initial monomers. The researchers were able to repeat this cycle several times. Link, snap, link, snap. In theory, they say, the polymer could be infinitely recyclable.

The same chemical recipe can make either of two monomer shapes. Mixing the two monomers together created an even stronger plastic, reports Zhu.

"This is probably the best system out there," Shaver says.

Still, it's not perfect yet. Zhu and his colleagues plan to keep tinkering with the monomer's design. They want the resulting plastic to be a bit less brittle. Someday, they hope to have a product that can be sold.

Question:

1. What is recycling?
2. What are the costs of recycling?

Form	Junior	<input checked="" type="checkbox"/>
	Senior	<input type="checkbox"/>

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject : Biology

Related Core Values :

Title : Digestive System Facts

Truth ☒ Justice ☐ Love ☐ Life ☒ Family ☐

Reading across the Curriculum (RaC) : Aims	(✓)
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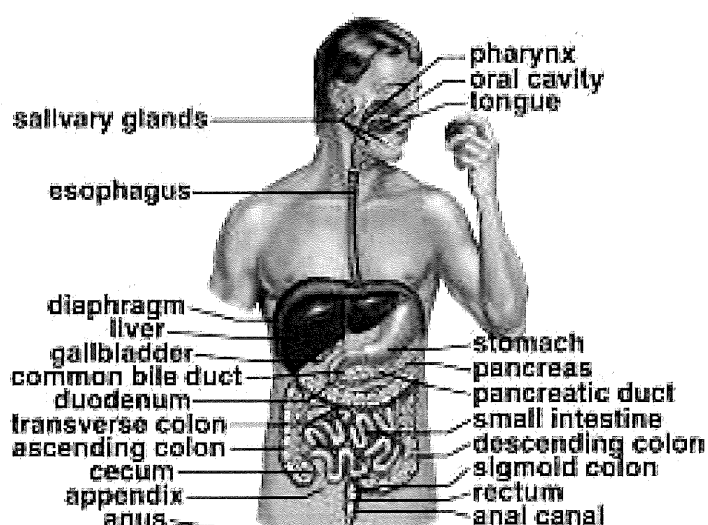
Digestive System Facts

Learn some interesting digestive system facts for kids. The digestive system of humans and other animals plays a vital role in how the body processes the food we eat.

There are many components of the digestive system from saliva and chewing food through to the stomach and intestines. Read on to find out how the digestive system works, why we get that grumbling sound in the pit of our stomachs and many other interesting facts.

- The digestive system is responsible for breaking down food we eat into smaller components so that nutrients can be easily absorbed by the body and the waste discarded.
- There are two types of digestion. Mechanical digestion is the physical breakdown of large pieces of food into smaller pieces through, chewing (mastication). While chemical digestion uses enzymes to break down this food mass further into small molecules which the body can separate and use.
- Saliva in our mouths plays a key role in initial digestion by moistening the food to help with the mechanical chewing and swallowing process. Saliva also contains an enzyme which starts the chemical digestion of starchy foods.
- Our salivary glands produce around 1.5 litres of saliva each day!
- Bolus is the name of the small round slurry mass produced for swallowing as a result of chewing and starch digestion.

Digestive system



- The pharynx, at the back of the throat, has a flap of tissue called the epiglottis that closes during swallowing to prevent food going down the trachea (windpipe).
- Once swallowed, bolus (food) travels down through the esophagus to the stomach, taking about 7 seconds to get there.
- Muscles in the esophagus tighten and relax to create a wave-like process called peristalsis which pushes food down the small tube, which is why your food never falls back out if you happen to be eating and swallowing upside down!
- Enzymes called proteases break down proteins within the stomach and small intestine. While in saliva, amylases break down carbohydrates and lipases break down fats.
- The adult stomach has a very small volume when empty but can expand to hold up to 1.5 litres of food when full.
- The inner wall of the stomach secretes hydrochloric acid to help kill bacteria and, along with proteases enzymes, aids in the digestion of food. To protect itself from the corrosive acid, the stomach lining must create a thick coating of mucus.
- Stomach rumblings (borborygmi) are caused by wave-like muscular contractions (peristalsis) at the walls of the stomach and small intestine. These are normal digestion movements, however the process is louder and more noticeable when the stomach is empty as the sound is not muffled.
- Some animals such as cows, giraffes and deer have stomachs with multiple compartments (not multiple stomachs as is commonly believed). While others like seahorses, lungfishes and platypuses have no stomachs at all.
- The small intestine is composed of a duodenum, jejunum, and ileum.
- Most of the digestion and absorption of food nutrients actually takes place in the small intestine. The stomach passes on a thick liquid called chyme and enzymes continue to break this down in the small intestine which absorbs the nutrients into the bloodstream.
- The pancreas secretes enzymes for use by the small intestine.
- On average, the human adult male's small intestine is 6.9 m (22 ft 6 in) long, and the female's 7.1 m (23 ft 4 in).
- The large intestine includes the cecum, appendix, colon, and rectum. It is the final part of the digestive system. It absorbs water from the remaining indigestible food matter, and passes any un-needed waste from the body.
- The large intestine is approximately 1.5 m (4.9 ft) long.
- The liver produces bile for the digestive system and processes the nutrients.
- The gall bladder stores the bile used to break down dietary fat.

Questions:

Why do we need a digestive system?

Form	Junior	✓
	Senior	

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject : Science

Related Core Values :

Title : Thunderstorms

Truth ☒ Justice ☐ Love ☐ Life ☒ Family ☐

Reading across the Curriculum (RaC) : Aims		(✓)
a	To arouse interest in studying a particular subject	✓
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What are "Thunderstorms"?

Thunderstorms occur mainly in spring and summer. They are characterized by flashes of lightning and rumbles of thunder.

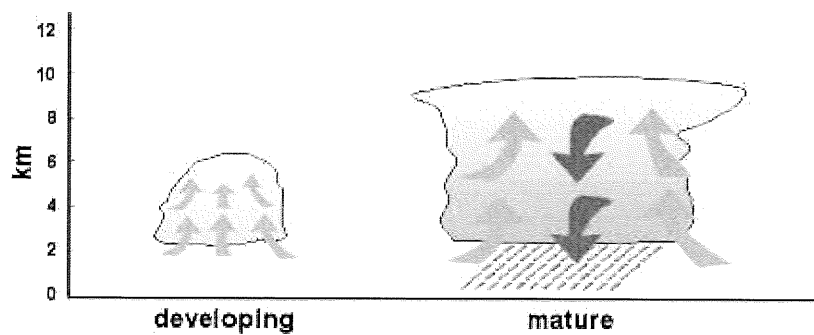
What are thunderstorms?

When bolts of lightning suddenly flashed across the sky, followed by rumbles of thunder, thunderstorms are said to have occurred. In Hong Kong, thunderstorms occur mainly in spring and summer.

How do they form?

Thunderstorms are formed by the uplifting of warm and humid air. There are many factors that lead to the uplifting of air, for example, solar heating; in the vicinity of low pressure troughs; when two different air streams meet; or when air is forced uphill.

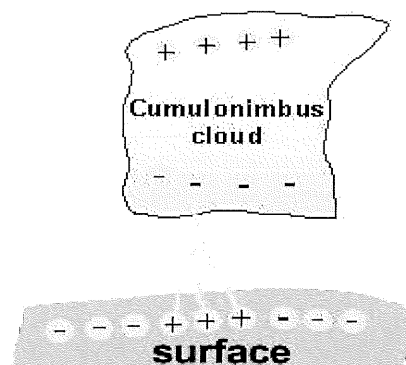
When humid air is lifted, it will be cooled and the moisture in the air will condense to form cloud. Upon further uplifting, the cloud will extend higher. Water droplets in the cloud continue to grow in size. As the cloud extends further upward, ice crystals may form because of low temperature there. A cumulonimbus cloud results when it grows to a height of 10 to 20 kilometres. Thunderstorms are produced by cumulonimbus clouds.



Development into a cumulonimbus cloud

How are lightning and thunder produced?

Because it is very turbulent inside a cumulonimbus cloud, the water droplets and ice crystals in it will break up and become electrically charged. Generally speaking, the upper portion of the cloud is positively charged, while the middle and lower portions are negatively charged. When the electric voltage between the positive and negative charges is large enough, discharges take place between clouds or between cloud and the earth's surface, and lightning is said to have occurred. The electric current in a lightning discharge generates a large amount of heat. This causes a very rapid expansion of the local air, resulting in rumbles of thunder.



Distribution of positive and negative charges inside a cumulonimbus cloud

Thunderstorms are sometimes preceded or accompanied by heavy rain and squalls. These arise when the water droplets in the cumulonimbus cloud can no longer be supported by the underlying air and fall down as rain. The downward rushing air produces squalls.

(Hong Kong Observatory-https://www.hko.gov.hk/education/article_e.htm?title=ele_00031)

Question:

1.How do "Thunderstorms" form?

Put a tick ☒ in the appropriate box (can be more than one)

Form	Junior	<input checked="" type="checkbox"/>
	Senior	<input type="checkbox"/>

Learning Area / Subject : Computer

Related Core Values :

Title : What Is The Future of Information Technology?

Truth ☐ Justice ☐ Love ☐ Life ☒ Family ☐

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	<input checked="" type="checkbox"/>
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What Is The Future of Information Technology?

Dec 15, 2017, 11:05pm Source: Forbes

What is the future of IT, and which technology is going to rule the IT industry? The question is answered by Jay Bazzinotti, a student studied at Framingham State University.

The biggest challenge to IT in the future is security. Security could negatively impact connectivity to public networks. If these problems cannot be successfully addressed, I envision a time of closed, private networks and less information sharing. The risks now are so great and getting worse every day that we even see foreign governments toppling superpowers the way Russia toppled the US and put its puppet in charge because of weak controls and poor security.

The biggest problem isn't the machines, it's the people involved at every level, inside and out. I worked in computer security for many years and I can see it's almost hopeless. In my last role I surveyed hospital security in the US. In many cases IT didn't even rescind authentication privileges of employees fired for as long as six months. The biggest threats are not from the outside - they are insider threats, both innocent and malicious. Even well meaning people in Government, for example, leave lap tops with classified information on buses by accident. People in the office find security too inconvenient and find ways to get around it. Malicious people shoulder-surf or use social engineering. In a previous job we had a "White Hat" hacker who socially-engineered himself into a secure control room of a nuclear power plant.

And this doesn't even take into account the plethora of tools being used by malicious individuals and governments to defeat security, steal money and information and set themselves up to blackmail businesses and other leaders. AI will not solve this problem because the biggest issue isn't the machines. The weakness is in the people. And unless we can find some way to eliminate or ameliorate that problem, then the future of IT, at least in the public domain, is going to change to a more locked-up state. I have even thought that devolution to something like SNA architecture is possible because at least air-gapped internal networks are harder to compromise and easier to secure from insider threats.

Question: In your opinion, what will be the biggest challenge to IT? Why?

Put a tick ☒ in the appropriate box (can be more than one)

Form	Junior	<input checked="" type="checkbox"/>
	Senior	<input type="checkbox"/>

Learning Area / Subject : BAFS

Related Core Values :

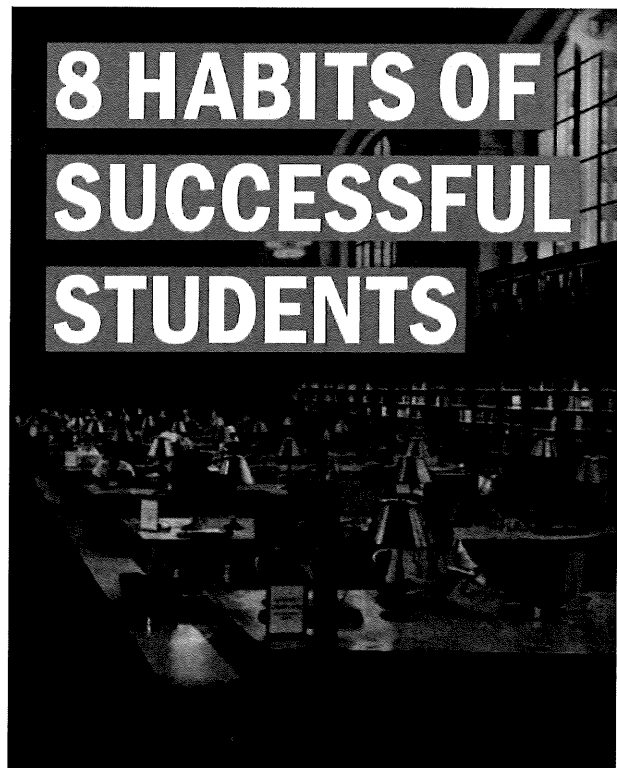
Title : 8 Habits of Successful Students

Truth ☒ Justice ☐ Love ☐ Life ☐ Family ☐

Reading across the Curriculum (RaC) : Aims		(✓)
a	To arouse interest in studying a particular subject	<input checked="" type="checkbox"/>
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Source of information: <https://collegeinfo geek.com/8-habits-highly-successful-students/>

8 Habits of Successful Students



1. Think Ahead

Successful students are forward thinkers.

For example, you can **create a reminder** in your calendar to sit down once a week and think:

What do I have coming up in the near future?

2. Move Bravely Towards Adulthood

Successful students don't let adulthood sneak up on them. Rather, they move deliberately towards it.

Every one of us is eventually going to have to face the challenges. Challenges like:

- Dealing with your own money
- Learning to iron a shirt or do your own laundry

3. Solution Finding

Successful students strive to be solution-finders.

When faced with a tough problem, solution-finders push through and figure out how to solve it.

4. Building relationships

Successful students work to actively build relationships with teachers and other faculty members at their school or university.

This habit has a couple of very good benefits:

1. You'll learn about opportunities you'd otherwise miss.
2. You'll have people who can write you recommendations for jobs and scholarships

5. Learning Outside of Class

Successful students are always trying to learn outside of class.

They read widely from a variety of different sources and branch out from their major. They take a more independent approach to learning.

6. Ears to the Ground

Successful students constantly keeping their ear to the ground for opportunities.

7. Stay Physically and Mentally Fit

Successful students put a lot of effort into keeping themselves both physically and mentally fit.

They make time for exercise, for making good, healthy meals and for getting enough sleep every single night.

8. Trying Before You're Ready

Finally, successful students try things before they think they're ready. You're often much more qualified than you think you are.

Thinking:

1. *Among the 8 habits above, which habits that you are strong in ? Explain with examples.*

2. *Which habits would you like to nurture and why?*

Form	Junior	✓F.1
	Senior	

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject : History

Title : Oh, No! Gladiators Go To School

Related Core Values :

Truth	<input checked="" type="checkbox"/>	Justice	<input type="checkbox"/>	Love	<input type="checkbox"/>	Life	<input checked="" type="checkbox"/>	Family	<input type="checkbox"/>
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Reading across the Curriculum (RaC) : Aims		(✓)
a	To arouse interest in studying a particular subject	✓
b	To provide more background information of a particular topic	✓
c	To enrich world knowledge	✓
d	To develop deeper level of appreciation towards art work	
e	To relate school learning with daily life experience	
f	To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g	To strengthen positive values and their daily application to analyse personal and social issues	✓

Source of article: Malam, John. (2013) You Wouldn't Want to Be a Roman Gladiator. US: Franklin Watts.

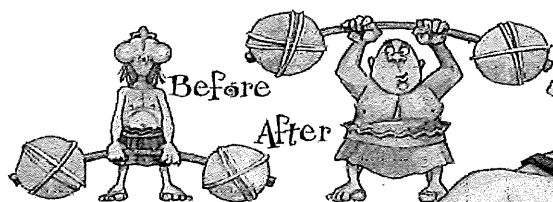
Oh, No! Gladiators Go to School

Are You Ready For This?

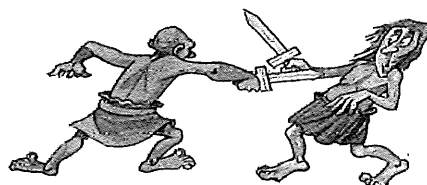


NEW ARRIVAL. Your owner will hand you over to a trainer — a tough man who will teach you how to be a gladiator.

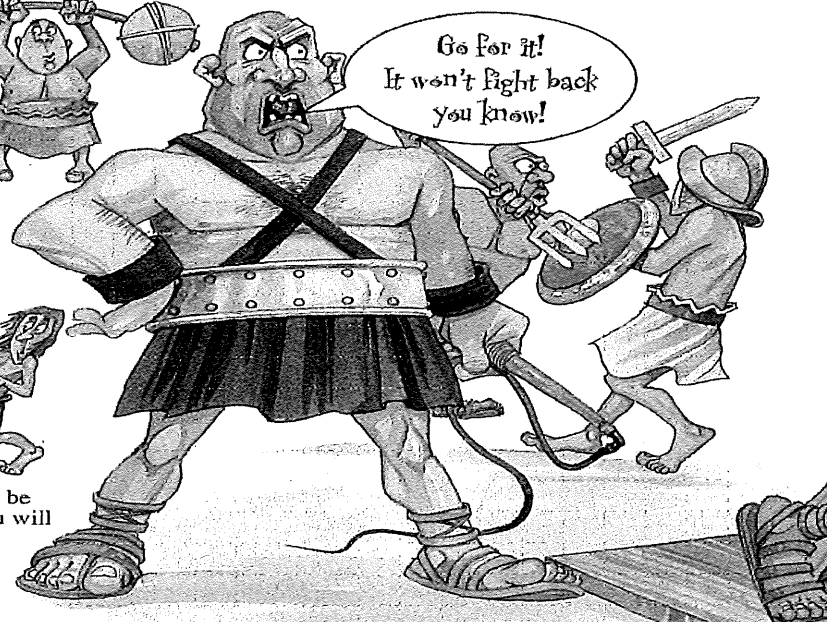
X YOU ARE NOW the property of a wealthy Roman citizen. He's decided you will be sent to a *ludus gladiatorius* — a school where slaves, criminals, and other wretches are trained to fight as gladiators. Once inside, the gates will be locked and there will be no escape. You'll be trained to fight by a *lanista*, or "butcher," an old gladiator whose fighting days are over.



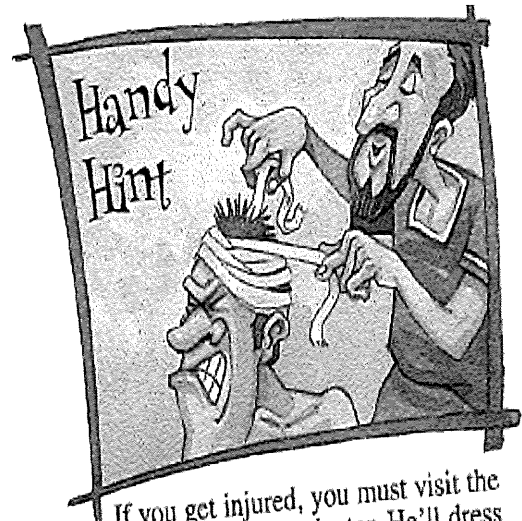
GET FIT. You'll exercise every day with weights to build up your body's strength.



FAKE SWORD. Until you can be trusted with a real weapon, you will practice with a wooden sword.



HOW TO FIGHT. You'll learn how to fight with a sword, practicing on a "man of straw." If you don't train hard enough, you'll feel the sting of a whip on your back.



Man of straw

Who's Who:

THE STAFF



Trainer

Owner

Guard

Mortician



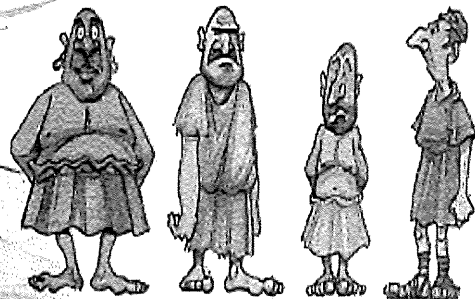
Accountant

Armorer

Cook

Doctor

THE PUPILS



Slave

Criminal

Condemned man

Bankrupt Roman

Get to know your place at the school. The staff members are the bossy Romans looking after you; the pupils are the dregs of society.

Reflective Question:

Do you want to be a Roman Gladiator? Why?

Form	Junior	✓F.2
	Senior	

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject : History

Title : Get Geared up!

Related Core Values :

Truth	<input checked="" type="checkbox"/>	Justice	<input type="checkbox"/>	Love	<input type="checkbox"/>	Life	<input checked="" type="checkbox"/>	Family	<input type="checkbox"/>
-------	-------------------------------------	---------	--------------------------	------	--------------------------	------	-------------------------------------	--------	--------------------------

Reading across the Curriculum (RaC) : Aims		(✓)
a	To arouse interest in studying a particular subject	✓
b	To provide more background information of a particular topic	✓
c	To enrich world knowledge	✓
d	To develop deeper level of appreciation towards art work	
e	To relate school learning with daily life experience	
f	To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g	To strengthen positive values and their daily application to analyse personal and social issues	✓

Source of article: Macdonald, Fiona. (2014) You Wouldn't Want to be a Medieval Knight. US: Franklin Watts.

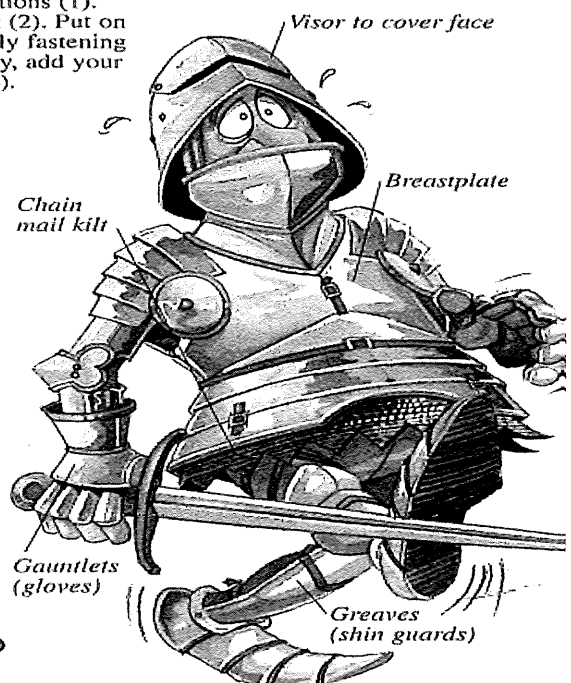
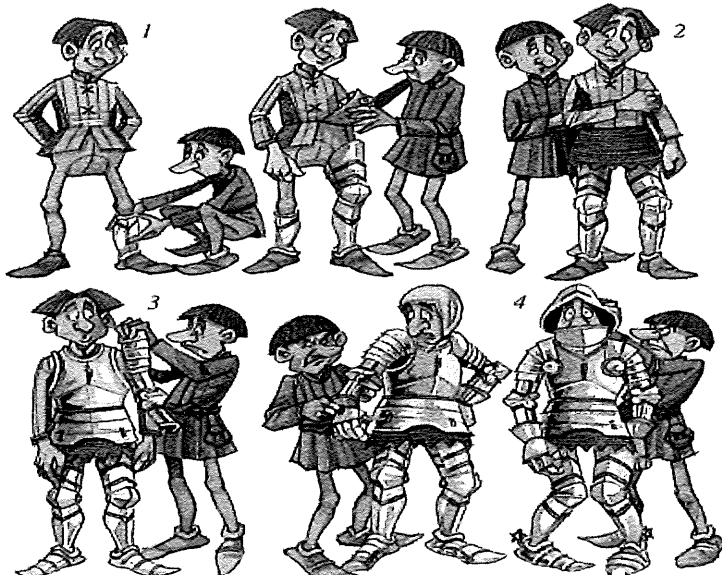
Get Geared Up

Compared to ordinary foot soldiers, knights are very fortunate. They have armor to protect them in battle. In the past, this was made of chain mail but it's now

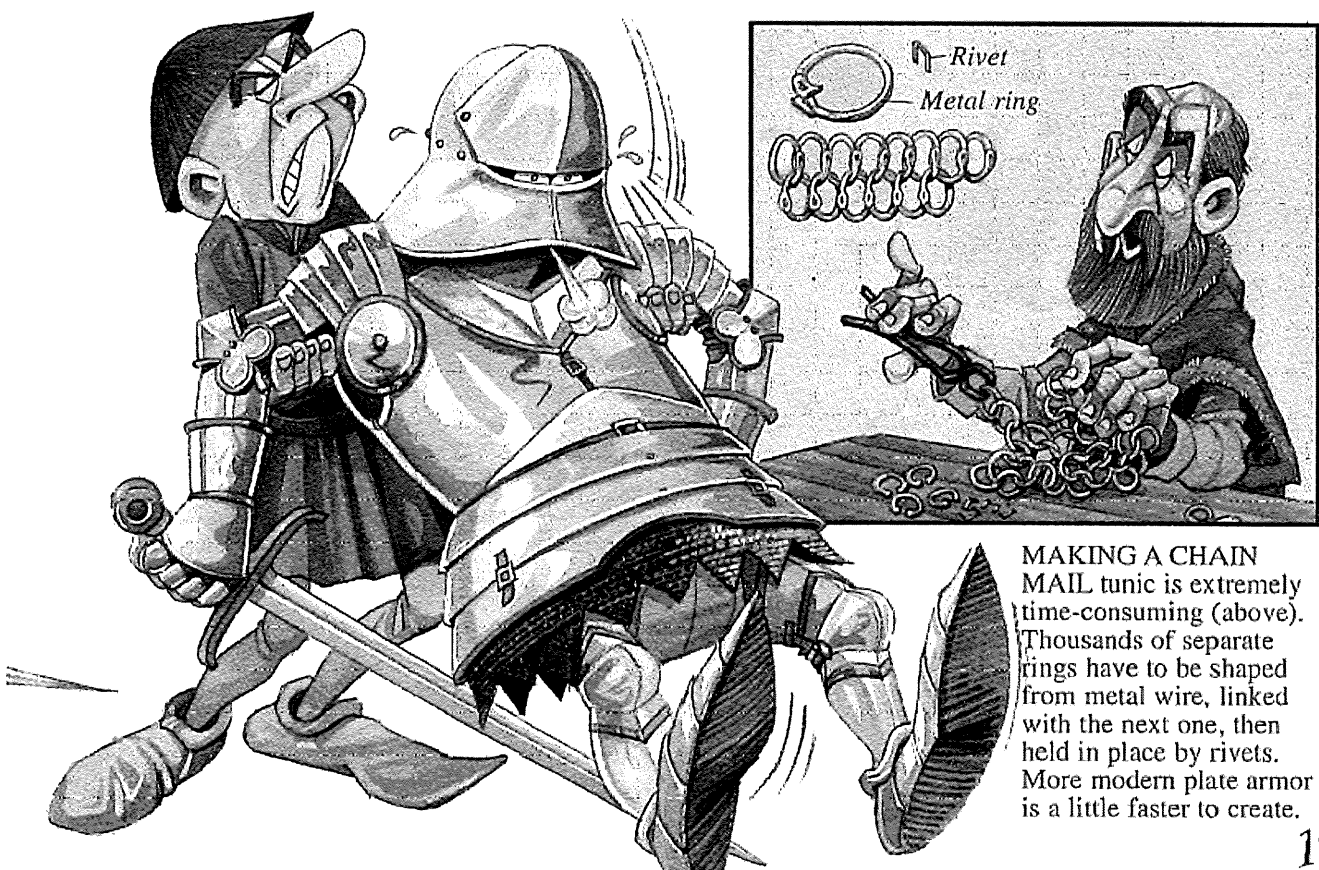
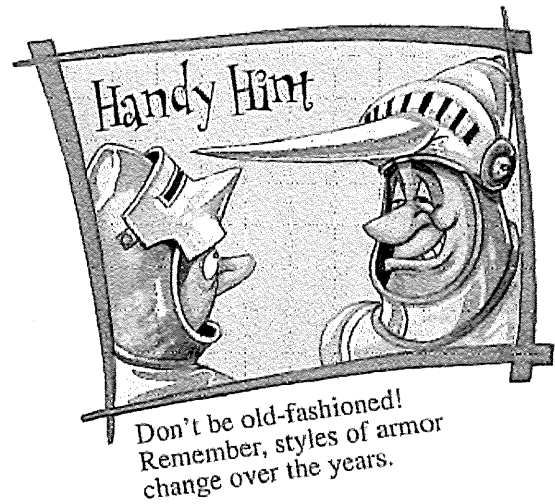
usually made of "plates", or shaped pieces of metal carefully joined together. This new armor looks very impressive, but it is extremely expensive. As a new knight, you'll probably have to make do with hand-me-downs from your family.

DRESSED TO KILL. You will need help from a squire to put on your armor, but it only takes about 15 minutes. Be careful to fasten all the separate pieces properly, otherwise the result could be disastrous! First

of all, put on a padded tunic which includes chain mail sections (1). Attach a chain mail kilt (2). Put on the plate armor, carefully fastening all the straps (3). Finally, add your helmet and gauntlets (4).



You could buy secondhand armor, or loot some from a dead knight during battle! Whether it's old or new, all armor clanks, creaks, and chafes. It's hot and heavy to wear and can slow you down, trip you, or get in the way of your weapons. Remember—even the best armor is not guaranteed to save you. In battle, you'll always have to fight for your life!



17

Reflective Question:

Do you want to be a Medieval Knight? Why?

Form	Junior	✓F.3
	Senior	

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject : History

Related Core Values :

Title : Pearl Harbor

Truth



Justice



Love



Life



Family



Reading across the Curriculum (RaC) : Aims		(✓)
a	To arouse interest in studying a particular subject	✓
b	To provide more background information of a particular topic	✓
c	To enrich world knowledge	✓
d	To develop deeper level of appreciation towards art work	
e	To relate school learning with daily life experience	
f	To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g	To strengthen positive values and their daily application to analyse personal and social issues	✓

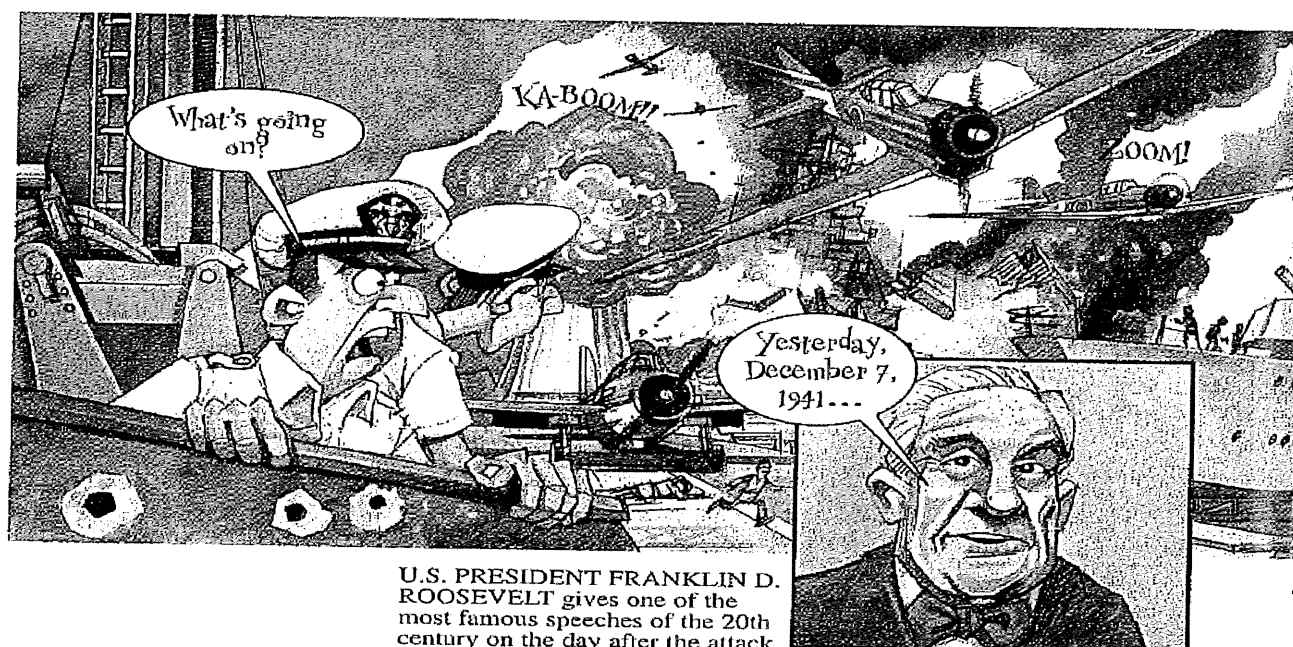
Source of article: Graham, Ian. (2009) You Wouldn't Want to Be a World War II Pilot. US: Franklin Watts.

Pearl Harbor

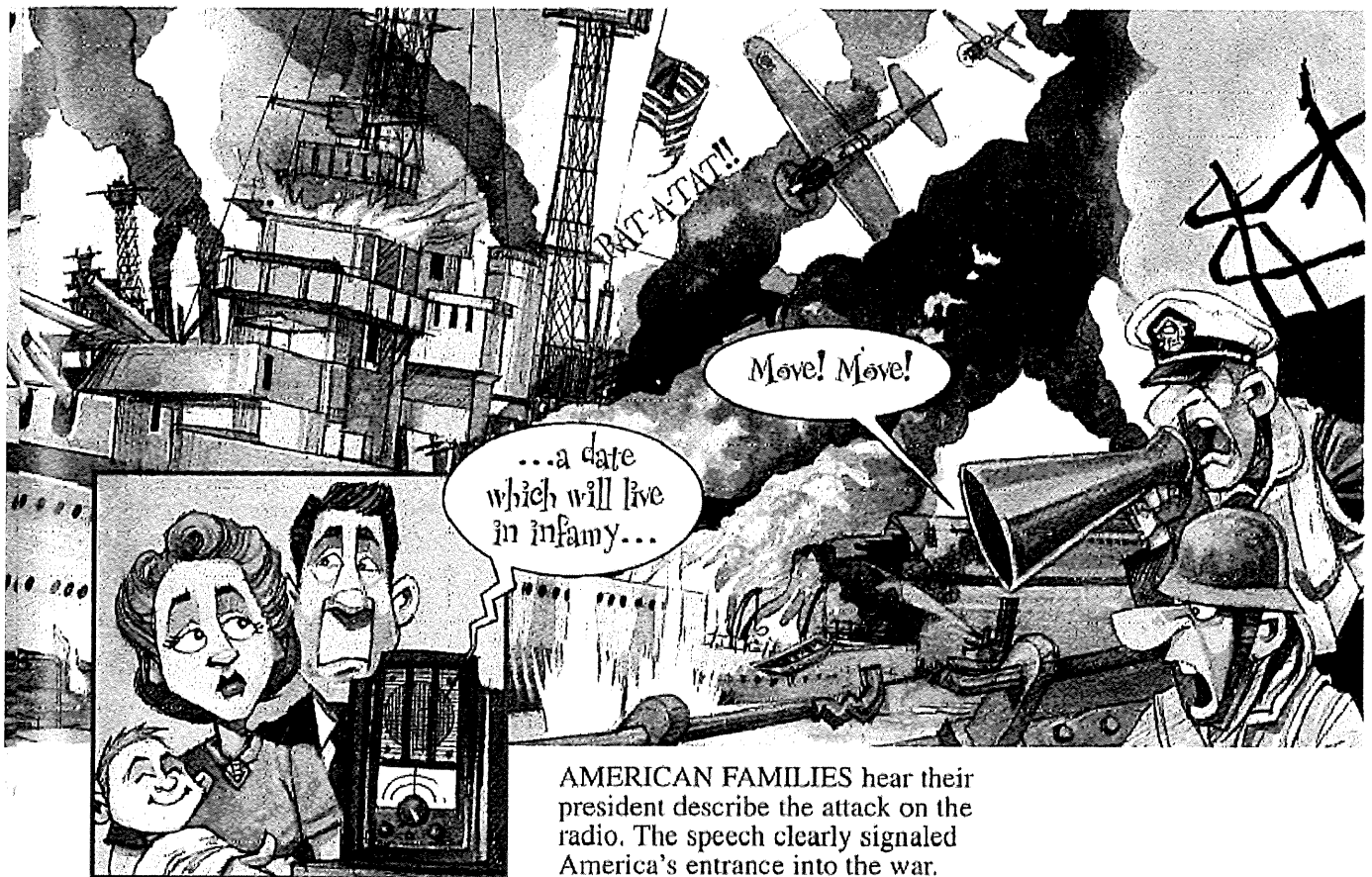
On December 7, 1941, Japanese forces launch a surprise attack on the U.S. Pacific Fleet at Pearl Harbor, Hawai'i.

More than 350 Japanese fighters, bombers, and torpedo planes attack in two waves. Five midget submarines join the attack.

Americans, who have not suffered a major attack on their home territory in living memory, are shocked. The next day, the United States declares war on Japan. Germany and Italy respond by declaring war on the United States. Now the United States will join the war in Europe as well as the war in the Pacific.



SOME AMERICAN PILOTS in the RAF ask the U.S. Embassy to transfer them to U.S. forces. They will get their wish, but not for another year.



AMERICAN FAMILIES hear their president describe the attack on the radio. The speech clearly signaled America's entrance into the war.

Reflective Question:

What was the historical significance of Japanese attack at Pearl Harbour in World War II?

Form	Junior	✓
	Senior	

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject : THS

Related Core Values :

Title : Whale-watching tours bringing more visitors to Iceland

Truth ☐ Justice ☒ Love ☒ Life ☒ Family ☐

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
b To provide more background information of a particular topic	✓
c To enrich world knowledge	✓
d To develop deeper level of appreciation towards art work	✓
e To relate school learning with daily life experience	✓
f To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g To strengthen positive values and their daily application to analyse personal and social issues	

Source of the article: Agence France-Presse, adapted by Newsela staff 31/10/2017

Whale-watching tours bringing more visitors to Iceland



Whale watchers on a boat off Iceland spot a humpback whale. Photo from Getty

Iceland's whales have often ended up as meat on a plate. Today, though times are changing.

Whales are now the stars of a strong tourism scene. Visitors have been going to the island country to see them, not to eat them.

Boats take groups of people out for whale watching. Sometimes, only part of a tail is visible. It is still enough to make people say "oooh" and "ahhh" in joy.

Joachim Holm is a visitor from Sweden. He said he wanted to look for whales. They do not get many chances to see live whales, he said.

Animal rights workers say that the boats bother the whales. Still, they say that it is better to bother them than to kill them.

Tradition Versus Green Tourism

Many people go to Iceland to watch whales. There are many more people doing that now than 10 years ago.

Minke whales are one kind of whale.

Iceland allows hunting of minke whales. They are not endangered, or close to dying out. The number of minkes is about 32,000.

Minke whales are hunted in Faxafloi Bay. It is happening in the same waters where the whale watchers go.

Iceland started whale hunting again in 2003. It went against a 1986 worldwide rule. Norway did this, too.

Japan also allows the hunting. Officially, the country says it hunts whales for science. Still, much of the whale meat is sold in stores.

Fin whales are another kind of whale. Iceland stopped fin whale hunting last year. The fin whale is listed as endangered. There are less than half as many as there used to be.

Whales On The Menu

Icelanders do not eat much whale meat anymore. The country's whale hunt is mainly for tourists. Many people are expected to visit the island this year.

Hunters have not gotten as many whales lately.

They blame poor weather and warmer waters. The whales are following mackerel fish, which are their main food. They are going closer to Greenland. The water is colder there.

The restaurant Thrir Frakkar serves whale meat.

Asian tourists enjoy it most. Stefan Ulfarsson is the cook at Thrir Frakkar. He said some Asian visitors are used to whale meat.

Reflection:

What can we do to keep the balance of the natural ecosystem and the development of tourism?

Form	Junior	✓
	Senior	

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject : Geography

Related Core Values :

Title : About the Bay Area Overview

Truth ☒ Justice ☒ Love ☐ Life ☐ Family ☐

Reading across the Curriculum (RaC) : Aims		(✓)
a	To arouse interest in studying a particular subject	✓
b	To provide more background information of a particular topic	✓
c	To enrich world knowledge	✓
d	To develop deeper level of appreciation towards art work	
e	To relate school learning with daily life experience	
f	To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	✓
g	To strengthen positive values and their daily application to analyse personal and social issues	✓

Source: <https://www.bayarea.gov.hk/en/about/overview.html>

About the Bay Area

Overview

The Guangdong-Hong Kong-Macao Greater Bay Area (Bay Area) comprises the two Special Administrative Regions of Hong Kong and Macao, and the nine municipalities of Guangzhou, Shenzhen, Zhuhai, Foshan, Huizhou, Dongguan, Zhongshan, Jiangmen and Zhaoqing in Guangdong Province.

The development of the Bay Area is accorded the status of key strategic planning in the country's development blueprint, having great significance in the country's implementation of innovation-driven development and commitment to reform and opening-up. The essence of the development of the Bay Area is to leverage the comparative advantages of every Bay Area city to the largest extent, deepen cooperation amongst Guangdong, Hong Kong and Macao, facilitate in-depth and organic regional integration, as well as drive coordinated regional economic development. By doing so, the Bay Area will become an international first-class bay area ideal for living, working and travelling.

Being the most open and international city in the Bay Area, Hong Kong is known for being international financial, transportation and trade centres with renowned professional services. Enjoying the dual advantages of "one country, two systems",

Hong Kong plays an important role in the Bay Area Development. On the one hand, Hong Kong provides support for regional economic development and enhances the role and function of the Bay Area in the country's two-way opening-up; on the other hand, through facilitating the development of industries in which Hong Kong's strengths lie into the Bay Area market can expand their scope of development, thereby contributing to the development of the Bay Area.

The Hong Kong Special Administrative Region Government will work closely with central authorities, the Guangdong Provincial Government and the Macao Special Administrative Region Government, under the principles of innovation, coordinated development, sustainable development, mutual benefits and livelihood improvement, to refine, deepen and improve concrete cooperation items, and proactively take forward the development of the Bay Area, with a view to bringing invaluable new development opportunities to different sectors of the community, especially young people, in Hong Kong.

Question:

1. What does the Bay Area comprise?
2. What are the advantages of the development of "The Guangdong-Hong Kong-Macao Greater Bay Area" in Hong Kong?

Form	Junior	✓
	Senior	

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject : Religious and Moral Education

Related Core Values :

Title : The Good Samaritan

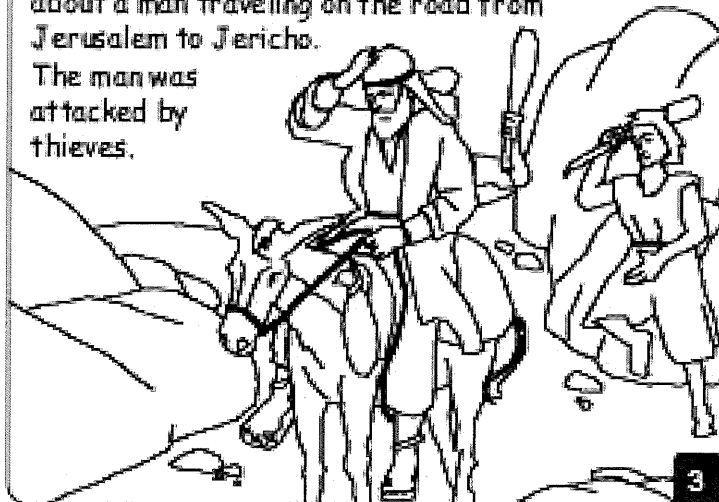
Truth	<input checked="" type="checkbox"/>	Justice	<input checked="" type="checkbox"/>	Love	<input checked="" type="checkbox"/>	Life	<input checked="" type="checkbox"/>	Family	<input checked="" type="checkbox"/>
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Reading across the Curriculum (RaC) : Aims		(✓)
a	To arouse interest in studying a particular subject	✓
b	To provide more background information of a particular topic	✓
c	To enrich world knowledge	✓
d	To develop deeper level of appreciation towards art work	✓
e	To relate school learning with daily life experience	✓
f	To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	✓
g	To strengthen positive values and their daily application to analyse personal and social issues	✓

The Good Samaritan

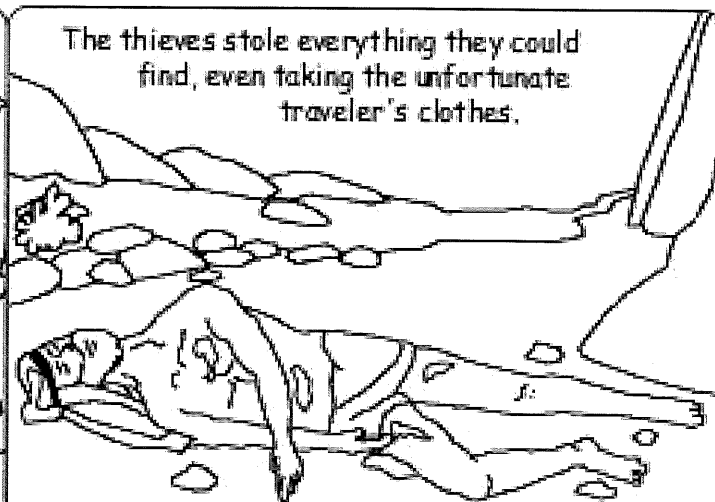


To answer the man's question, Jesus told a story about a man traveling on the road from Jerusalem to Jericho. The man was attacked by thieves.



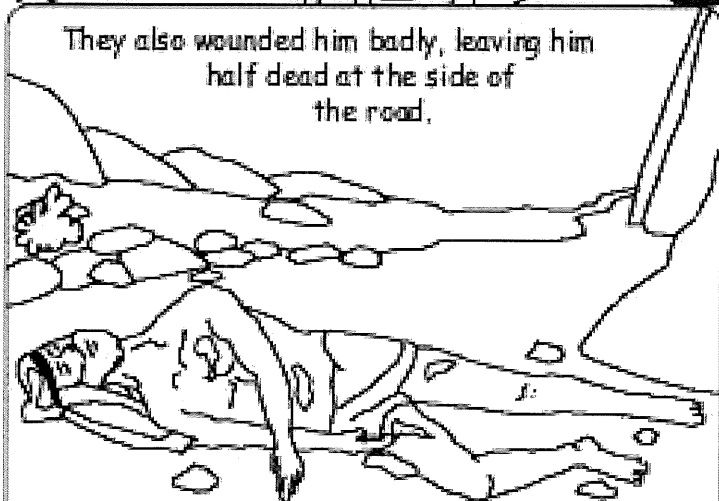
3

The thieves stole everything they could find, even taking the unfortunate traveler's clothes.



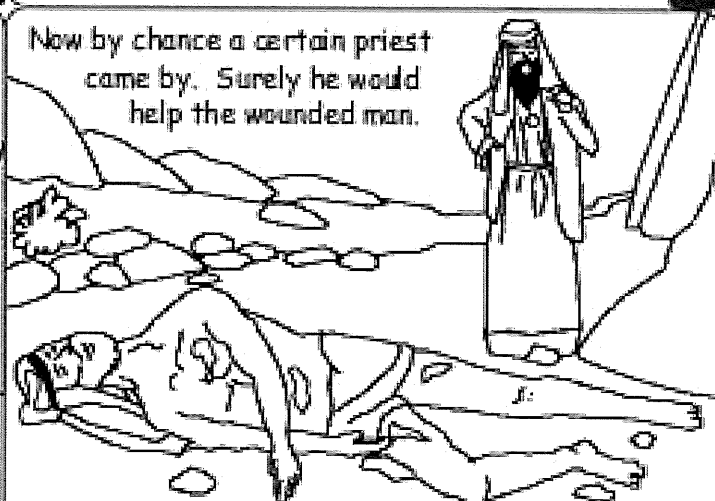
4

They also wounded him badly, leaving him half dead at the side of the road.



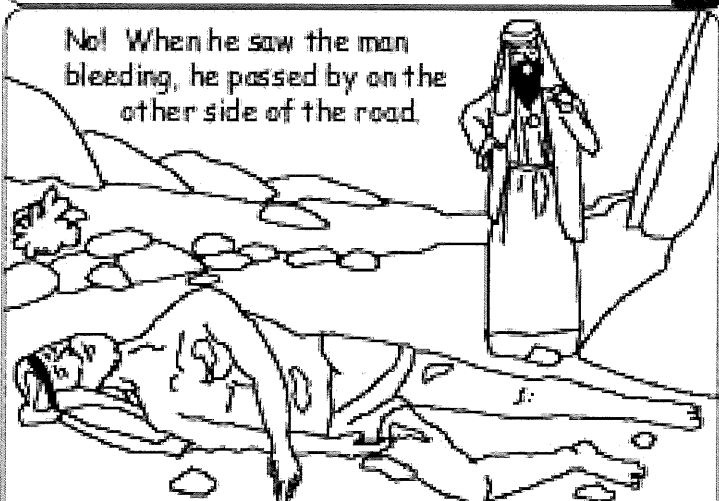
5

Now by chance a certain priest came by. Surely he would help the wounded man.



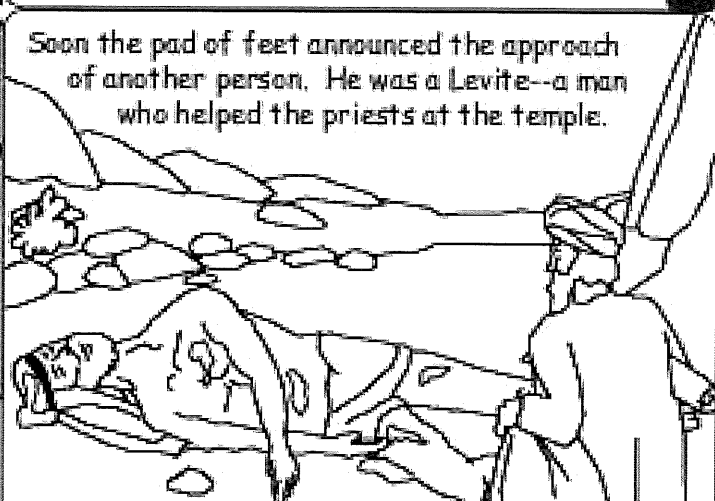
6

No! When he saw the man bleeding, he passed by on the other side of the road.



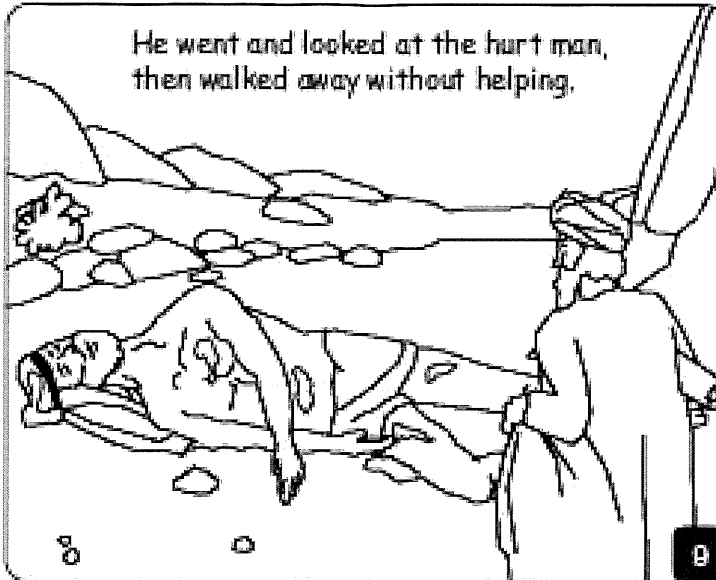
7

Soon the pad of feet announced the approach of another person. He was a Levite--a man who helped the priests at the temple.



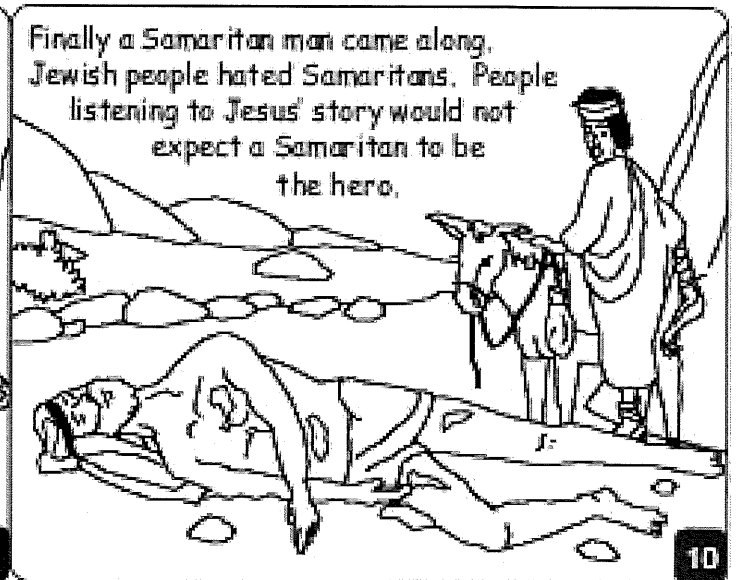
8

He went and looked at the hurt man,
then walked away without helping.



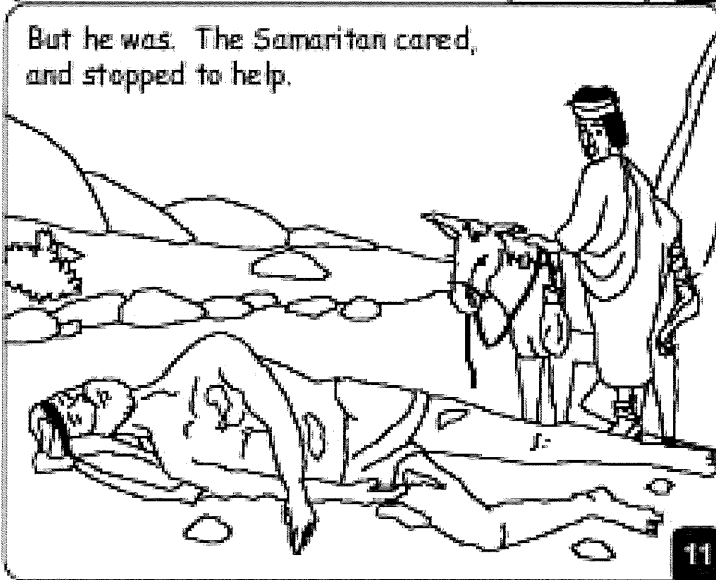
9

Finally a Samaritan man came along.
Jewish people hated Samaritans. People
listening to Jesus' story would not
expect a Samaritan to be
the hero.



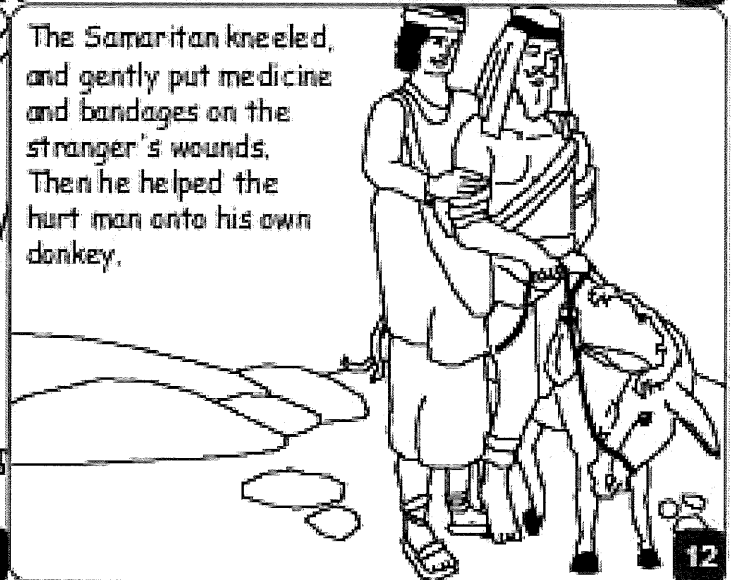
10

But he was. The Samaritan cared,
and stopped to help.



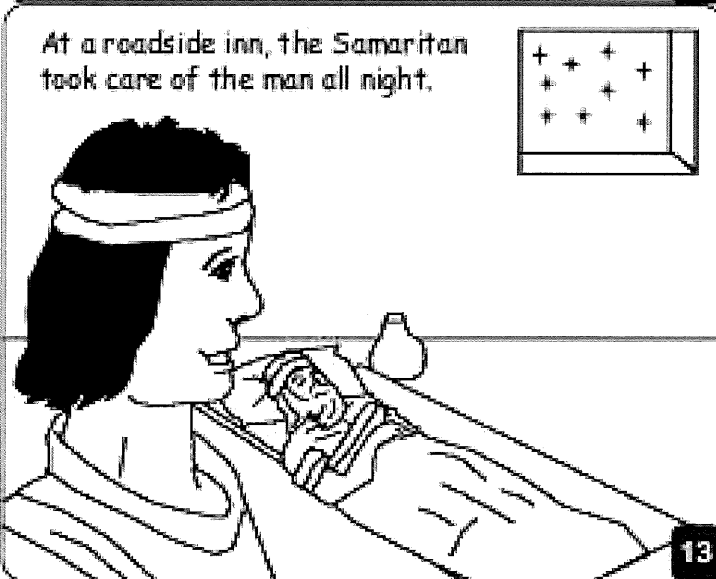
11

The Samaritan knelt,
and gently put medicine
and bandages on the
stranger's wounds.
Then he helped the
hurt man onto his own
donkey.



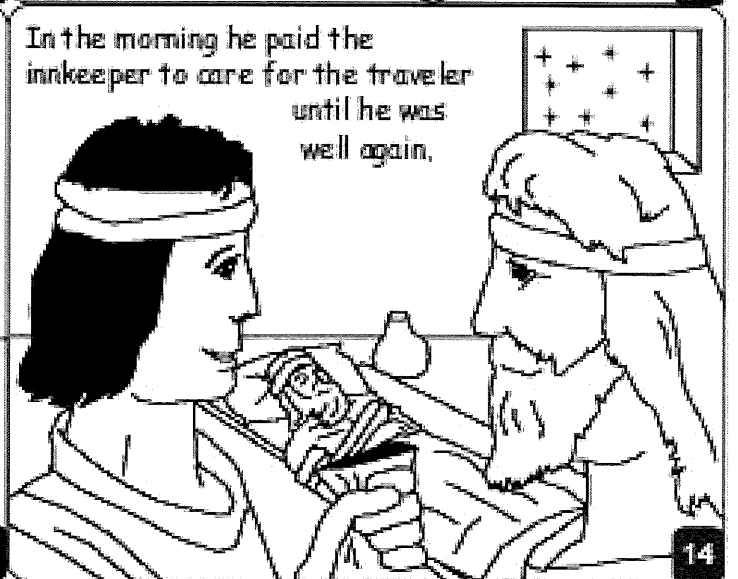
12

At a roadside inn, the Samaritan
took care of the man all night.



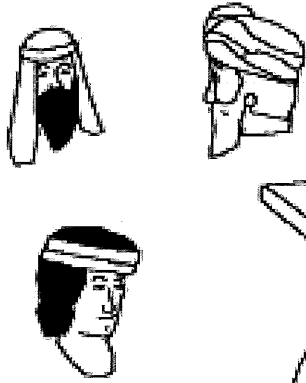
13

In the morning he paid the
innkeeper to care for the traveler
until he was
well again.

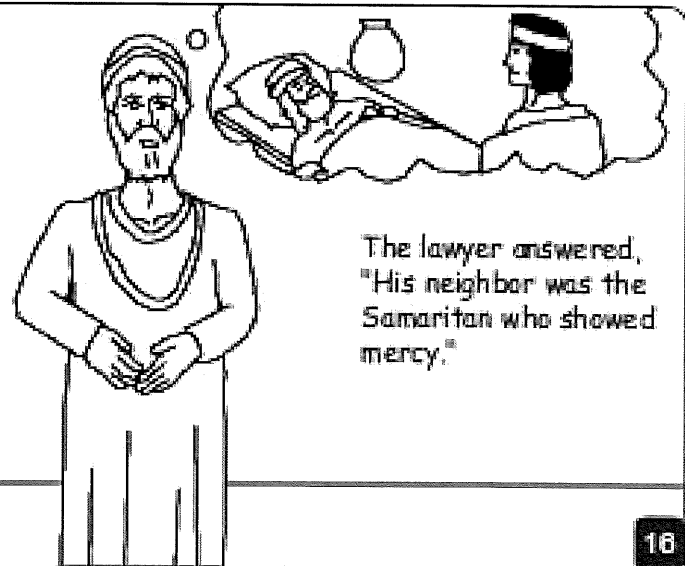


14

The story ended. Jesus asked, "Who was neighbor to the hurt man?"



15



The lawyer answered, "His neighbor was the Samaritan who showed mercy."

16

"Go, and do likewise," Jesus said. A neighbor is anybody in need. We can show love by helping people in need. That pleases God.



17

The Good Samaritan

A story from God's Word, the Bible,
is found in
Luke 10

"The entrance of Your Words gives light."
Psalm 119:130

18

God knows we have done bad things, which He calls sin. The penalty for sin is death. God loves us so much He sent His Son, Jesus, to die on a Cross and pay our penalty. Jesus came alive and went back to Heaven! Now God can forgive our sins.

If you want to turn from your sins, say this to God: Dear God, I believe Jesus died for me and now lives again. Please come into my life and forgive my sins, so I can have new life now, and then be with You forever. Help me live for You as Your child. Amen. John 3:16

Read the Bible and talk to God every day!

Question:

Who is the neighbour of the man?

Form	Junior	✓
	Senior	

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject : Visual Arts

Related Core Values :

Title : 5 Ways Art Benefits Our Everyday Lives

Truth

☒

Justice

☐

Love

☒

Life

☒

Family

☐

Reading across the Curriculum (RaC) : Aims	(✓)
a To arouse interest in studying a particular subject	✓
b To provide more background information of a particular topic	✓
c To enrich world knowledge	✓
d To develop deeper level of appreciation towards art work	✓
e To relate school learning with daily life experience	✓
f To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g To strengthen positive values and their daily application to analyse personal and social issues	✓

Source: Jennifer Bornschein, Feb 1, 2016 <https://www.theodysseyonline.com/why-art-important>

5 Ways Art Benefits Our Everyday Lives

How art benefits all of us.

People usually have one of these two popular opinions about art: either it's a great thing and everyone should do some kind of art or art has no point other than a hobby and isn't worth anyone's time. Art is actually very important and beneficial for individuals as well as societies as a whole.

1. Art is therapeutic

The recent popularity in adult coloring books is just one example of how art can be therapeutic. Anyone can use these books to wind down and relax after a hard day and see art therapy in action. Art therapy is also used for mental escapes from illnesses, treatment of post-traumatic stress disorder, depression, and dyslexia.



2. Art comes from many forms.

Because art has such a wide range of forms, often people can find some kind that they enjoy. Art can be things like drawing or painting, computer art, sculpture, crafts, or photography. There are many more types, these are just a few.

3. Art teaches us about history.

You've probably studied art in a history or foreign language class. Historical art shows up how people looked, what was going on, and how people felt about certain situations at the time. Political cartoons show us the opinions of those who don't approve of something, while paintings from the Renaissance show us how religious people were in that period. Cave paintings taught us how the very early humans lived. Without art we wouldn't know as much about the history of ourselves and other groups.



4. Art gives people a different way to communicate.

People can express themselves many ways, including the way they dress, through writing, and how they present themselves on social media. Art is different because it can be so abstract or very representational when wanted. Art gives people the ability to communicate their thoughts or feelings in a way that is different from any other kind of communication.

5. Art helps us see other perspectives.

Artists often use their work to show people their own views. Being able to see different views through art helps us broaden our own perspective and understand other points of view.



Question:

1. Do you think we need Art in our lives? Why?

Form	Junior	✓
	Senior	

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject : Music

Related Core Values :

Title : Virtual Keyboard

Truth ☒ Justice ☐ Love ☒ Life ☒ Family ☐

Reading across the Curriculum (RaC) : Aims		(✓)
a	To arouse interest in studying a particular subject	✓
b	To provide more background information of a particular topic	✓
c	To enrich world knowledge	✓
d	To develop deeper level of appreciation towards art work	✓
e	To relate school learning with daily life experience	✓
f	To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g	To strengthen positive values and their daily application to analyse personal and social issues	

Source of the article: https://en.wikipedia.org/wiki/Virtual_keyboard

Virtual Keyboard

A **virtual keyboard** is a software component that allows the input of characters without the need for physical keys.^[1] The interaction with the virtual keyboard happens mostly via a touchscreen interface, but can also take place in a different form in virtual or augmented reality

Types

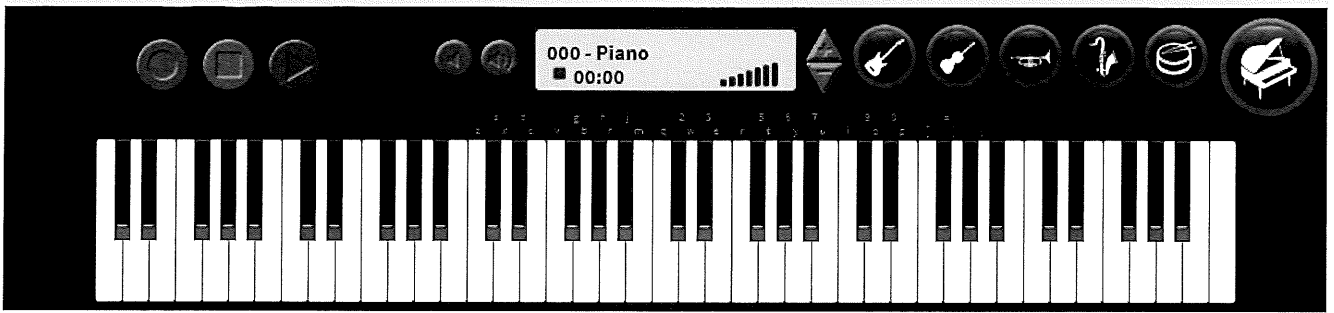
On a desktop computer, a virtual keyboard might provide an alternative input mechanism for users with disabilities who cannot use a conventional keyboard, or for bi- or multi-lingual users who switch frequently between different character sets or alphabets, which may be confusing over time. Although hardware keyboards are available with dual keyboard layouts (e.g. Cyrillic/Latin letters in various national layouts), the on-screen keyboard provides a handy substitute while working at different stations or on laptops, which seldom come with dual layouts.

Virtual keyboards can be categorized by the following aspects:

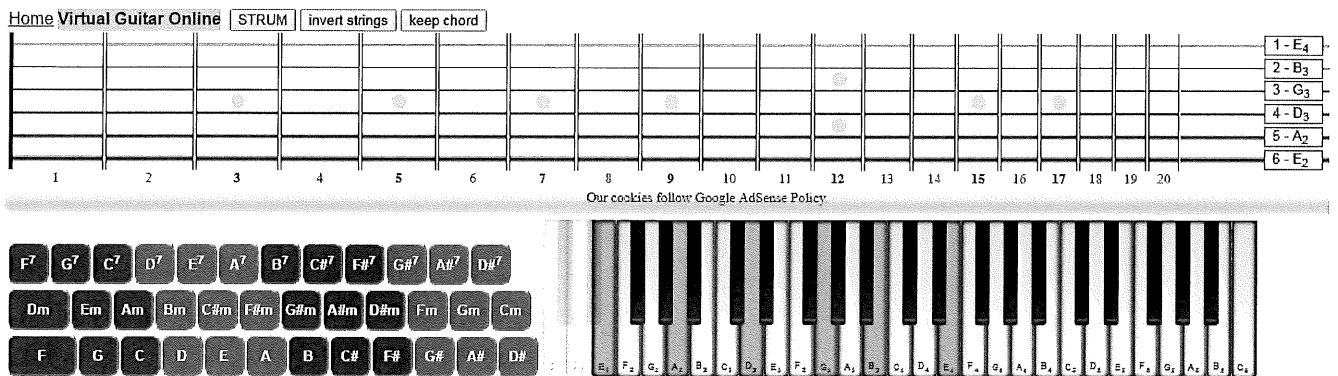
- Virtual keyboards with touchscreen keyboard layouts or sensing areas
- Optically projected keyboard layouts or similar arrangements of "keys" or sensing areas
- Optically detected human hand and finger motions
- Online virtual keyboards for multiple languages that don't require OS settings change
- Depending on which device the keyboard is used (desktop / mobile / virtual reality / augmented reality)

On the Internet, various JavaScript virtual keyboards have been created, allowing users to type their own languages on foreign keyboards, particularly in Internet cafes. Multi touch screens allow the possibility to create virtual chorded keyboards for tablet computers, touchscreens, touchpads and wired gloves. Online

Virtual MIDI Keyboard : <http://www.caseyrule.com/projects/piano/>



Virtual Guitar Online : <https://www.apronus.com/music/onlineguitar.htm>



1. Would you like to make your own music by your desktop computer? Why?

Form	Junior	✓
	Senior	

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject : PE

Related Core Values :

Title : Sportsmanship and Rugby

Truth	<input checked="" type="checkbox"/>	Justice	<input checked="" type="checkbox"/>	Love	<input type="checkbox"/>	Life	<input checked="" type="checkbox"/>	Family	<input type="checkbox"/>
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Reading across the Curriculum (RaC) : Aims		(✓)
a	To arouse interest in studying a particular subject	✓
b	To provide more background information of a particular topic	✓
c	To enrich world knowledge	✓
d	To develop deeper level of appreciation towards art work	✓
e	To relate school learning with daily life experience	✓
f	To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g	To strengthen positive values and their daily application to analyse personal and social issues	✓

Source: <http://www.livestrong.com/article/500227-the-five-basic-skills-of-basketball>

SPORTSMANSHIP AND RUGBY

In rugby sportsmanship is everything. In youth rugby it's more important than winning. Players address the referee as either sir or mam, and never talk back to the referee. Coaches and spectators never openly question a referee's decision, and remain calm on the sidelines.

The team always thanks the referee and shakes their hand, and both teams thank each other for the game, because any game of rugby is a good game. The game is more important than any individual or winning and after a game we host the visiting team(s) to lunch or dinner. It's the rugby way, always has been and we continue the tradition in San Clemente. We applaud good play from all teams because good rugby is good rugby and it's beautiful to watch.

Rugby is a team sport and the best player is usually the one who puts their team-mate over to score, putting the team first. We encourage our players to play their game to their ability and reward effort not results. Bad losers and bad winners have no place in rugby. Rugby is a tough sport, but it's a fair sport, and a safe sport. This makes rugby a fun and exciting sport to play and watch and most families who are new to the sport are pleasantly surprised.

Question:

1. What is rugby sportsmanship? How should we apply in our studies?

Form	Junior	✓
	Senior	

2018-2019 Reading to Learn

17

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject / Committee :

Religious, Moral and Civic Education
Committee

Related Core Values :

Title : Why Do Catholics Pray to
Saints?

Truth ☒ Justice ☒ Love ☐ Life ☒ Family ☐

Reading across the Curriculum (RaC) : Aims		(✓)
a	To arouse interest in studying a particular subject	✓
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g	To strengthen positive values and their daily application to analyse personal and social issues	✓

Why Do Catholics Pray to Saints?

Asking Our Fellow Christians in Heaven For Help

by Scott P. Richert



Like all Christians, Catholics believe in life after death. But unlike some Christians who believe that the divide between our life here on earth and the life of those who have died and gone to Heaven is unbridgeable, Catholics believe that our relationship with our fellow Christians does not end with death. Catholic prayer to saints is a recognition of this continuing communion.

The Communion of Saints

As Catholics, we believe that our life doesn't end at death but simply changes. Those who have lived good lives and died in the faith of Christ will, as the Bible tells us, share in His Resurrection.

While we live together on earth as Christians, we are in communion, or unity, with one another. But that communion doesn't end when one of us dies. We believe that the saints, the Christians in heaven, remain in communion with those of us on earth. We call this the Communion of Saints, and it's an article of faith in every Christian creed from the Apostles' Creed on.

Why Do Catholics Pray to Saints?

But what does the Communion of Saints have to do with praying to saints? Everything. When we run into trouble in our lives, we frequently ask friends or family members to pray for us. That doesn't mean, of course, that we can't pray for ourselves. We ask them for their prayers even though we're praying, too, because we believe in the power of prayer. We know that God hears their prayers as well as ours, and we want as many voices as possible asking Him to help us in our time of need.

But the saints and angels in Heaven stand before God and offer Him their prayers, too. And since we believe in the Communion of Saints, we can ask the saints to pray for us, just as we ask our friends and family to do so. And when we make such a request for their intercession, we make it in the form of a prayer.

Should Catholics Pray to Saints?

This is where people begin to have a little trouble understanding what Catholics are doing when we pray to saints. Many non-Catholic Christians believe that it is wrong to pray to the saints, claiming that all prayers should be directed to God alone. Some Catholics, responding to this criticism and not understanding what prayer really means, declare that we Catholics do not pray to the saints; we only pray with them. Yet the traditional language of the Church has always been that Catholics pray to the saints, and with good reason—prayer is simply a form of communication. A prayer is simply a request for help. Older usage in English reflects this: We've all heard lines from, say, Shakespeare, in which one person says to another "Pray thee . . ." (or "Prithee," a contraction of "Pray thee") and then makes a request.

That's all we're doing when we pray to saints.

What Is the Difference Between Prayer and Worship?

So why the confusion, among both non-Catholics and some Catholics, about what prayer to the saints really means? It arises because both groups confuse prayer with worship.

True worship (as opposed to veneration or honor) does indeed belong to God alone, and we should never worship man or any other creature, but only God. But while worship may take the form of prayer, as in the Mass and the other liturgies of the Church, not all prayer is worship. When we pray to the saints, we're simply asking the saints to help us, by praying to God on our behalf—just like we ask our friends and family to do so—or thanking the saints for having already done so.

Question:

Who is your favourite saints? What do you want to learn from him/her?

Form	Junior	✓
	Senior	

Put a tick ☒ in the appropriate box (can be more than one)

Learning Area / Subject / Committee :

Environmental and Student Health

Related Core Values :

Title : **The ultimate home farming guide**

Truth ☐ Justice ☐ Love ☐ Life ☒ Family ☒

Reading across the Curriculum (RaC) : Aims	
a To arouse interest in studying a particular subject	(✓)
b To provide more background information of a particular topic	✓
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f To develop deeper understanding and appreciation towards Chinese Culture and its core values as well as universal core values	
g To strengthen positive values and their daily application to analyse personal and social issues	✓

The ultimate home farming guide

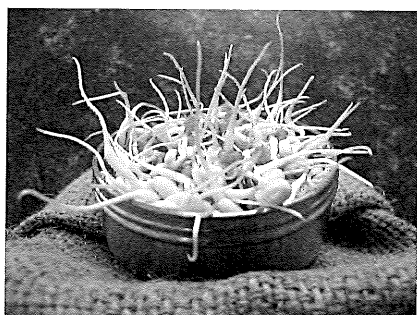
More Hong Kong people are growing their own food at home. You can do it too! Read on to find expert tips on creating an organic farm so you can grow your own vegetables and herbs for dinner.

GROWING your own food brings your home to life with splashes of colour and fresh flavour. It connects us to the Earth and the environment around us, and provides us with a release from the stress and strains of modern everyday life.

Depending on how much space and sunlight you have, you could plant a range of **edible** plants from lettuce, tomatoes and cucumbers, to sprouts and even edible flowers (yes, some flowers are edible!).

If you have limited sunlight at home...

DO not worry; growing food at home is still possible. Try sprouting! Growing sprouts is easy, fun and **economical**. Sprouting seeds, water, a jar and a cover for the jar – these are what you need to enjoy sprouting fun. Choices of seeds for sprouting include red bean, green bean, soya bean, black bean, kidney bean, mustard, radish, sunflower, broccoli, and many others. Sprouts are delicious and highly **nutritious** additions to a vegetarian, vegan or raw food diet.



VOCABULARY

1. flavour (n) 味道

Meaning: the taste of a food or drink

Example: Which **flavour** do you like: strawberry or green tea?

2. edible (adj) 可以食用的

M: that can be eaten

E: Do not touch these mushrooms. They are not **edible**.

3. economical (adj) 經濟的

M: not wasting money

	<p>E: Mum is an expert in economical shopping. She makes use of every penny to its fullest</p> <p>4. nutritious (adj) 有營養的</p> <p>M: full of nutrients</p> <p>E: The athlete eats a nutritious meal every morning.</p>
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(202 words)

(Source: published in “Junior Standard” on 19th Mar., 2015)

Reflection: Besides home farming, can you think of another “go green” family activity? Why do you choose this activity?