



# Rosian Wordsmiths

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*Designed by Ada So, Louise Chan, Martha Lee & Tara Tong*



St. Rose of Lima's College



# Rosian Wordsmiths

*Publication of the English and Literature in English Department*

## Message from the Editors

Twelve students from Forms 3 and 4 joined the "Get To Know Journalism" workshop organised by the *South China Morning Post* during the summer holiday in 2021. We have gained valuable experience and knowledge about journalism in the lectures given by the famous journalist, Miss Venus Yiu. We also visited the SCMP headquarter, which was a special opportunity to learn more about the working environment of journalists. During the workshop, we created this newsletter "Rosian Wordsmiths", which summarises the experiences we gained during the workshop. We are proud to present the newsletter to you and we hope you will have a great time reading it.

## Message from the Tutor – Miss Venus Yiu

It has always been an enjoyable time working along with Rosians, recognising all your dedications and contributions. Experiencing life as a journalist, doesn't only mean to report whatever is happening around us, but also refers to how we look at the same issue with a critical eye and different perspectives. In the world of "model answers", I am glad to witness how our students made the best endeavors to look for answers instead of waiting for them to come. Please keep up this spirit and apply this attitude in all your life aspects, and I believe that you are going to open up the path that is unique for you, and you only.

## Table of Contents

|  |                |
|--|----------------|
| <i>Get to Know about Journalism</i>                  | <i>P 3</i>     |
| <i>SCMP Visit</i>                                    | <i>P 4-5</i>   |
| <i>Education—Mental health</i>                       | <i>P 6-7</i>   |
| <i>Positivity</i>                                    | <i>P 8-9</i>   |
| <i>Environment—Pollution in the fashion industry</i> | <i>P 10</i>    |
| <i>Upcoming English Events</i>                       | <i>P 11-12</i> |



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# Get to Know about **JOURNALISM**



by Cherry Cheung, Francisca Chan and Sharon Leung

The four-day summer workshop gave participants an opportunity to be taught by a former journalist, Miss Venus Yiu, who once interviewed Paris Hilton before. During the lessons, participants learned how to start an essay with an attractive introduction and how to end it with a memorable conclusion. They also had a precious opportunity to visit the office of SCMP in Causeway Bay.



Cherry: This was a precious opportunity for us to learn reading and writing in an interesting and fun way! It changed my impression of writing. We are going to publish a school newsletter about this. I am very excited about it!



Sharon: When I first heard about this workshop, I was worried that I might not like it. Now that I have finished the workshop, I am happy that I've chosen to attend it as I've learnt so much more about improving my own writing and how to think like a journalist.



Francisca:  
I am so glad I had the chance to visit the SCMP office. It really was a once-in-a-lifetime experience! Not only does the workshop not only improve our critical thinking, but it also enhances our writing skills. I am looking forward to a similar workshop in the future!

“The more that you read,  
the more things you will know.  
The more that you learn,  
the more places you'll go.

~Dr. Seuss~



# SCMP VISIT

By Benedicta Chow and Florence Ng



## South China Morning Post Publishers Limited

*We are very thankful to have had the opportunity to visit the SCMP headquarters. During this one-hour visit, we were able to understand the history of the SCMP company. We were all astonished by the environment. It is not how we thought a newspaper company would look! The environment of the SCMP office is relaxing and casual.*



*Anyone for a cup of coffee?*

IN THIS ARTICLE

WORKING  
ENVIRONMENT

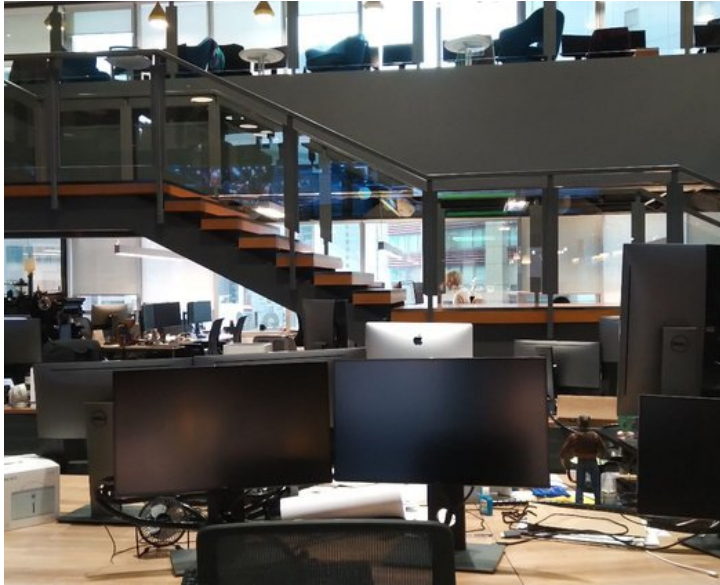
SOCIAL HUBS

STUDIO



# SCMP VISIT

*By Benedicta Chow and Florence Ng*



## WORKING ENVIRONMENT

*Have you ever imagined the office of a well-known newspaper company to be so open and comfy? People working in the office can sit in different places every day and work with people from other departments. Doesn't it sound interesting? I think this working environment can really enhance communication among colleagues, which might allow their news to be more objective and beneficial to the readers.*

## SOCIAL HUBS

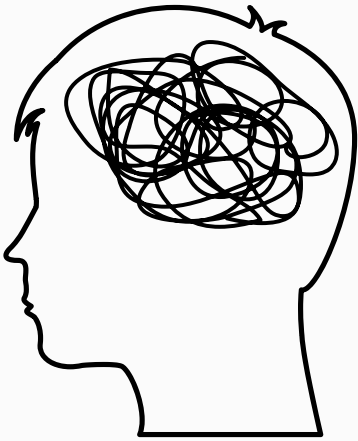
*Can you imagine how relaxing it is to work in an office with social hubs? They caught my eye because there are different themes on each floor. The staff members told us that they had something called "Happy Friday" during which they can drink beer together! Isn't it awesome? Apart from that, we could buy cheap snacks there. A can of cola costs only \$2! I hope to work in such a cozy environment one day!*



## STUDIO

*This was the first time I've visited a studio, where news reporters work every day. It is not as big as I thought it'd be. It turns out to be a small room that has three different purposes; one is for interviewing and the others are for news reporting! The whole setting is very eye-catching to me because I finally learnt how reporters report news on TV; they read from a teleprompter which gives presenters visual access to the article while they keep eye contact with the audience!*

# Education — Mental health



## Mental Health, A Taboo?

Written by Tara Tong

Designed by Ada So & Ariel Wong

Picture this, the girl next to you at school or at work smiles all the time. She has a bright personality and seems to be cheerful no matter what. However, she wears long sleeves throughout the year. What if I told you that under the long sleeves there are numerous scars from self harm? What if I told you the seemingly genuine smile she wears is only a facade to hide her pain and misery? Mental health issues aren't talked about enough. 61% of Hong Kong adults currently suffer from poor mental well-being. It's obvious that the society has to deal with the underlying causes of this grave situation.

First of all, in order to tackle this problem, we must understand why it is treated as a taboo subject. There are many stereotypes about mental health issues. They are deemed as something abnormal and irregular, and we all know how society deals with things like that, don't we? It shuns them. People often disregard or dismiss mental health issues. For example, I have a friend who suffers from insomnia and anxiety attacks brought about by anxiety disorder. Yet, whenever she speaks to her parents about her symptoms, not only do they not provide the help that she needs, they accuse her of lying and making excuses instead. The problems that children and teenagers face and their cries of help are often regarded as childish whims and whines. The adults around them often discourage them from opening up about their emotions and difficulties they face. Besides that, it is also very difficult for a person to accept that they have mental illnesses and need help. As mentioned above, society views mental issues as something uncommon, weird and fake. This causes people to not want to accept the truth, much less seek help from others. Agonising over why you feel this way, why you are a 'freak', etc. can cause much more pain than you would expect.



Did you know one person dies by suicide every 40 seconds? In order to prevent that, we must seek help. Mental health issues affect our daily life. Our performance at work or at school can be greatly affected too. Have you ever felt exhausted and frustrated even though you've done nothing yet? Have you ever suddenly felt nervous and worried but there is nothing for you to worry about and you have no idea why you're feeling this way? These could be symptoms of mental disorders like depression and anxiety disorder. The symptoms might not seem to be very severe but the illnesses are no laughing matter. If you do not seek help, they are very likely to worsen to the point where you cannot eat, cannot sleep, cannot get out of bed, have panic or anxiety attacks and a brain full of suicidal thoughts. You might think that such cases are very uncommon and unlikely to happen but the truth is someone at your workplace or school is likely to be suffering from such symptoms. Without a doubt, mental illnesses must not be overlooked.



# Education — Mental health

As Kristen Bell once said, “Anyone can be affected [by mental illness] despite their level of success or their place on the food chain. In fact, there is a good chance you know someone who is struggling with it since nearly 20% of American adults face some form of mental illness in their lifetime.” It is not shameful to seek help when you need it. Many people, like students, adults and even celebrities do too. It is all so that we do not let mental illnesses take control of our lives.

There are many ways to seek help. You can meditate, confide in your friends and family, see a therapist, etc. You just have to look for a way that works for you. Some people find talking to the therapist about their day effective, some keep a diary as it makes them feel more comfortable and organised. Doing what makes you comfortable and having positive people who will support you at your lowest can definitely help you battle mental issues too.

It doesn't matter which method you find more effective as long as you can convey your feelings and express yourself in a healthy way. Bottling up your emotions and negativity does not make them go away. Moreover, you don't have to wait until you have serious problems to see the therapist. We have health checkups for our physical health from time to time right? We can see the therapist for the same reason. There is nothing shameful about wanting to keep your emotions in check and making sure you're healthy. Kate Middleton too has said, **“Mental health is just as important as... physical health and deserves the same quality of support.”**



Demi Lovato said before, ***“It doesn’t have to take over your life, it doesn’t have to define you as a person, it’s just important that you ask for help. It’s not a sign of weakness.”*** Society has kept quiet about mental health long enough, it is time we paid more attention to our mental well-being.

# POSITIVITY

Grace Ip



## How to rouse with optimism

Every day your alarm clock rings and you wake up sighing. Another day for problematic relationships and mountains of work. Is that really what you want to begin your day with depression? The morning sunlight and birds chirping tell you that you can rouse with optimism. Let me show you how you can do it.

First of all, you need perseverance. It is different from optimism. It is determination and grit fuelled with faith in the face of negativity. When times of adversity lie before you, instead of groaning about your fate, you should believe that you can persevere and move on. Complaining is useless, perseverance gives you motivation. Quoting the White Queen from *Alice In Wonderland*, we should believe in as many as “six impossible things before breakfast”. It is not making you dispirited by thinking about impossible challenges with tiny odds, conversely starting your day believing that even the wildest dreams are possible, creating positivity. Perseverance makes the seemingly insurmountable odds more probable. Try using this tip - if you believe in those crazy things, you can rouse with strong determination every morning. This mindset can charge you up with motivation.



The second element of the concoction is confidence. Believing in yourself is important, you need it in order to achieve greatness. "I can" is the most powerful statement in existence. When you feel what's coming is gloomy, say "I can do this." several times and uncertainty fades, with faith settling in. Confidence builds up cumulatively, you should start by appreciating your strengths and accepting your shortcomings. No one is perfect, but any confident person knows his ability well. Develop your capacities and overcome your weaknesses. If you achieve that, you will believe every day is a great day for you to accomplish more. In addition, body language also affects your confidence. Studies have shown practising "power-posing" - standing a confident posture - can affect your mentality and make you feel more assertive. Keep your head high and don't slouch, use more hand gestures to present your opinions. This isn't arrogance, it is affirming yourself. Confidence can motivate you to achieve your full potential.

Last but not least, the final ingredient you need for a wonderful morning is life planning. It is about making plans to pursue your heart's desire. A huge fortune, luxurious cars and enormous mansions seem appealing, but circumstances should not be what we care most about in life. Sure, you may feel like you are in Xanadu with the things mentioned above, yet the feeling comes and goes. Recent studies show that our possessions only account for 10 percent of our long-term happiness. Life planning is about being satisfied with life. Explore different possibilities and pursue those that catch your heart. For example, if you want to become an award-winning author, go ahead and try to follow your dreams. It might start with little things, such as writing a good piece of composition. Then you try creating your own stories for leisure, and eventually you succeed in your goal. In this way, you can start your day believing that there is something that you can strive for, something that gives you hope to live on.

In a nutshell, the ultimate recipe for a good morning is perseverance, confidence and life planning. As English philosopher Bernard Williams said, "There was never a night or a problem that could defeat sunrise or hope." Now as you slumber tonight, remember that tomorrow will be great. The hardships in life cannot deter your belief — optimism and hope come from inside you and the morning will remind you of that.



"There was never a night or  
a problem that could defeat  
sunrise or hope."

— Bernard Williams

# ENVIRONMENT

## Problem: Pollution in Fashion industry

Editor: Grace Ip and Kimura Yuuka

Did you know that globally 20% of textiles are recycled, meaning the other 80% are dumped in landfills? Many clothes nowadays end up going to landfill because of our bad habits and the fast fashion trend. The founder of Redress encourages people to donate old clothes and restyle them into “new” ones.

### Francisca: fashion is about change

I believe that sustainable fashion is essential all around the world. The pollution caused by the fashion industry is unacceptable and this matter should be treated seriously. Everyone is responsible for the cause of the pollution, so we should definitely start protecting the environment before it is too late for us to save it.

I agree with Redress that we all have a big role to play in cleaning up fashion. Raising awareness on how we make, use and discard our clothes can remind us to think carefully before we buy any new clothes, or before we dump our old clothes in the rubbish bins. Donating or recycling clothes are some brilliant ways to make our unwanted clothes live on forever. Restyling or repairing our own clothes are also some very helpful methods to help protect the environment.

Nonetheless, Anna Wintour, editor-in-chief of American Vogue, once said, ‘Fashion is about change, this is what the industry is.’ I agree that fashion changes constantly over time. During fashion weeks, lots of new clothes are introduced to the public and this greatly influences the fashion trend. Some people throw away their ‘outdated’ clothes and replace them with new ones in order to make themselves up-to-date in the fashion world. When most of us are used to the culture of fast fashion, is it possible for circular fashion to survive in this world?



### Benedicta: good idea but not viable

First of all, it is impossible for all citizens. Although most readers might be impressed by the action of Redress, I don't think it's persuasive enough. No one can guarantee that every citizen will take action since it is more affordable to buy new clothes. Most importantly, citizens don't have time to restyle their clothes. It is mentioned in the news article that people can always upcycle their clothes into a towel for kitchen use, but how many of you can do this? Wouldn't you rather go to a convenience store and buy a pretty one?

Moreover, don't you think that launching these kinds of restyling activities requires more money than making a new one? If it's untrue, why don't companies restyle old clothes? We all know we have to first break down unwanted clothes so as to make new ones. It already involves more steps to make a new one! Companies still have to earn profits to continue working, right? If the restyling fee is more expensive than the price of the clothes we buy in retail stores, I'm sure most consumers would probably choose to buy new clothes.

Last but not least, I looked for some videos about restyling clothes, but I ended up giving up since it is very time-consuming and the cost of materials for restyling old clothes is the same or even more expensive than buying new clothes.

# UPCOMING ENGLISH EVENTS YOU SHOULD KNOW ABOUT!!!

Written and designed by Louise and Martha

**IN THIS ACADEMIC YEAR, THERE WILL BE SOME DELIGHTFUL EVENTS COMING UP IN STORE FOR EVERY ROSIAN. KEEP YOUR EYES PEELED FOR A WONDROUS SURPRISE!**

## ◦ STREAM READERS ◦

I'm sure most of you enjoyed reading science magazines in primary school. So why not consider picking this habit up once again, on a more advanced level? We have purchased a set of STREAM readers and congratulations to Forms 1 & 2 students because they will be kept in your class libraries. Do spend your recesses immersing yourself in these readers!

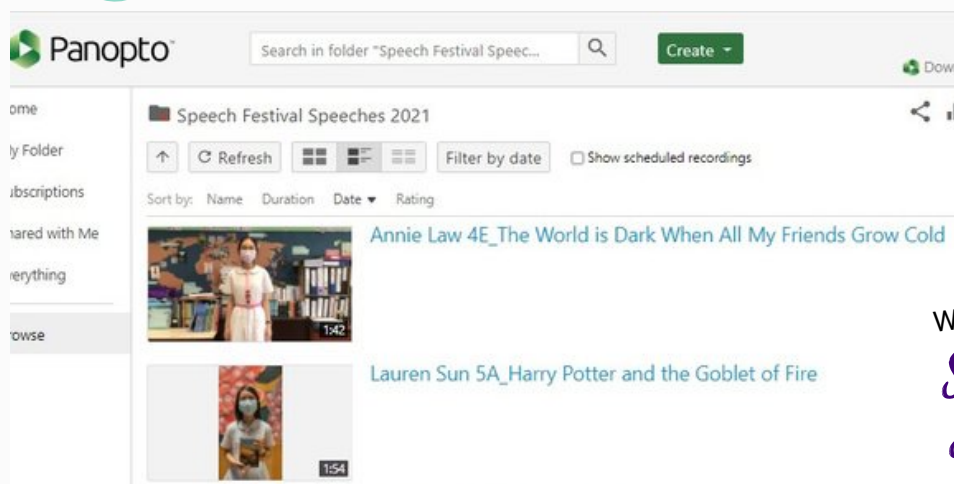


## ◦ ABOUT YOUNGPOST ◦

The SCMP has always been our everyday companion. However, from this year onwards, the Young Post will only be published every Monday. Nevertheless, 24 pages of the Young Post will be distributed to you instead of the usual 8 or 10 pages, so you will never have to complain about your boredom anymore!

# youngpost

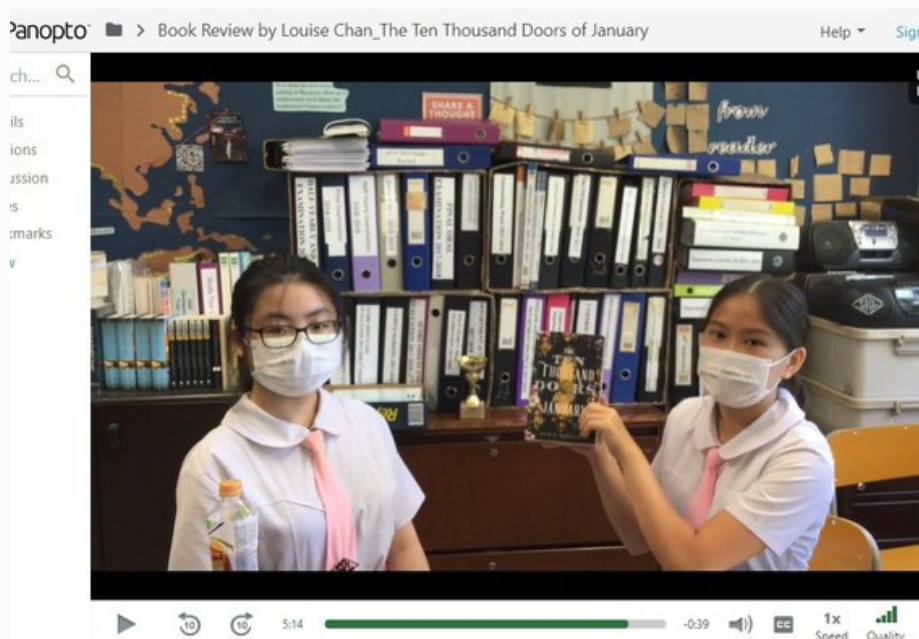




PANOPTO

Website: [hksrl.ap.panopto.com](https://hksrl.ap.panopto.com)

*Sign in to Panopto with your School Google Account!*



Have you ever heard about a video-sharing platform called Panopto? During the last couple of months, students have been sharing their favourite books and music and discussing other interesting topics on our brand-new English channel. Our former NET teacher Mr. Paul Bolter has even made a few videos about English idioms for you to watch in your free time. Despite the ongoing pandemic, some enthusiastic students eager to share their passions, like Louise and Tara, have made some entertaining videos, certain to make you burst out laughing. You wouldn't want to miss out on such hilarious content! Visit the "English Channel" Folder now!

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