

COVID-19 – My Take

Clive Chan

Three years on, The Covid-19 pandemic is still raging. Three years ago, we were saddened, terrified and even devastated. Now after some prolonged social distancing measures, intermittent lockdowns, and seemingly never ending mandatory antigen tests, many of us have got tired, bored and even agitated, ready to take out our frustrations on anyone who steps on our toes.

It's definitely difficult to stay upbeat in a restrictive environment caused by something beyond our control but I have long decided not to be subdued by the pandemic by staying patient and positive and adhering to a few good habits.

Do Something Different

Unlike some people who find it hard to work from home, I am used to spending time at home, but being grounded can still cause dullness, and that's when we need to have something different to spice up our life. Being health conscious, I have always cooked my own breakfast every morning. Even though my breakfast may look similar every day, I will add a bit of variety to my meals lest I should feel bored. For example, I rarely have the same style of eggs two days in a row, fried, sunny side up, over easy, over medium, over well, poached, boiled, hot spring, and even Benedict, and that's fun. What's more, come to my kitchen and you will find many different kinds of coffee and tea that I enjoy in turn every day.

Stay Active

Many of my friends who are regular gym goers grumble that they have gained weight as they couldn't do any exercise. But there are surely many different ways to stay active. I dislike jogging but I love walking, and as an EMDR therapist (don't bother if you don't know what it is), I can tell you walking is great bilateral stimulation for the brain, calming us down and making us feel happier. I have also bought a stepper, and by leaving it in the living room, I can always have a go whenever I watch news on TV or listen to music. The

most effective way to keep fit, however, is to do household chores myself. I have lived without a domestic helper for the past 11 years, and always find myself standing and walking for at least an hour from the moment I get up, cooking breakfast, making the bed, watering the plant, dusting and mopping the floor. Slowly, the chores aren't chores anymore but my daily enjoyment.

Be Mindful

It is far easier to stay physically rather than mentally fit, however, when you are bombarded by news of the pandemic every day. That's why I have neither followed the daily reports of the number of infections and deaths nor watched the daily press conference hosted by the authorities. When I have my cup of coffee, I take time to smell the aroma, feel the warmth of the cup and figure out the different tastes rather than wander off in my mind thinking what protective clothing and how many masks I am going to wear when I go out. We can't increase even one second of our life by fretting but we can definitely enjoy every second of it if we make an effort to be mindful by first fine tuning our senses.

Be Connected

A lot of our boredom stems from a sense of loneliness and disconnection from our friends as a result of the strict social distancing measures imposed by the authorities. Though not perfect, I have found meeting my friends for breakfast, tea or drinks on Zoom a wonderful way to stay connected with them. That way, I can even rekindle relationships with longstanding friends who are a few thousand miles away.

I have always wondered why people engage in so much work to stay negative for the COVID antigen test, but have done so little to rid themselves of their negative sentiments towards the pandemic. Life is too short to waste on worries. The pandemic may still linger for a while, but let's stay positive and beat it, at least emotionally.

Every Cloud Has a Silver Lining

Ms Michelle

Three years ago, we first encountered the unprecedented, everlasting pandemic that no one expected to have lasted so long. And yet, a quarter of decade has passed, and surgical masks are still the first things we pick up when we leave our home for errands. But despite all the inconvenience, fear and hardship, something good has come from these difficult times.

With Hong Kong's semi-lockdowns, same as most residents here, I spent my days at home. Not having to commute to work, I got to do things I thought I would never be able to do well. Over the years before the pandemic started, I had tried growing plants which gardeners would consider the beginners' plants, but I failed multiple times. I suspected it was due to the lack of understanding on how to care for them. But in between the couple of periods of working from home, I attempted gardening again. This time, I succeeded. My spinach and carrots grew nicely, and we now have great meals with our homegrown vegetables. Now, my mini garden has a selection of cucumber, Swiss chard, pineapple and corn. I came to understand that nothing is impossible if you put your mind and time to it.

In addition to my success with plants, I got to meet our neighbors whom we never talked to and some we never met. Since everyone remained home, we finally got the chance to interact with them. Some of them have become good friends of ours. These are all good outcomes from something as terrible as the pandemic on a personal level.

It is always during hardship that we see kindness in people. Across the globe, people have lent out their helping hands to whoever in need, even to strangers they did not know. I have read numerous touching stories on how volunteers are tirelessly sending help to the homeless and those who are less fortunate.

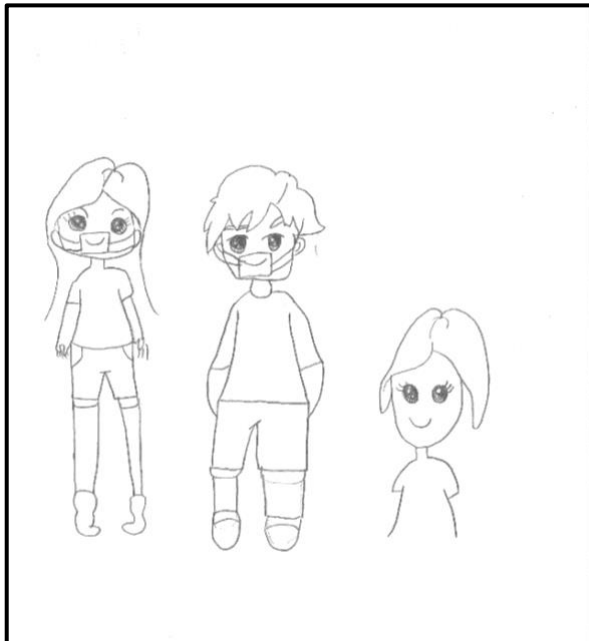
The pandemic surely is difficult. The lockdowns brought us a lot of inconvenience and a range of negative emotions. It has changed our lives tremendously, some for the better but some worse. We can complain about all the negatives it

The World Has Changed, But We Are Strong

By Miss Josephine

Something terrible happened to the world today.
A horrible virus called Covid came to visit us all.
We do not welcome it and wish it would go away.
But how, this is a question we all may ask.
We really hope this virus will end one day.
Although Covid continues to last,
We are hopeful and our minds are strong.
If we follow the rules and not do anything wrong,
We know we will fight this horrible virus and we will survive.
This is all we can do to stay alive.
Life was not the same when I had to work from home.
But I knew I couldn't moan and groan.
I know that I am very lucky
That my family and I managed to stay healthy.
I also have more time to spend with my family.
I'm hopeful that Covid will eventually end
And the world will be happy and back to normal again.

Other than our headmaster and teachers, we have asked our students to share their thoughts on the pandemic. Thank you **Anson Law** and **Stacy Hui** for your contributions.



COVID-19 PANDEMIC Stacy Hui

Firstly, a lot of people started panic buying masks. There were only a few masks, so it was too hard to buy the masks.

Secondly, we are very afraid to go to Penny's Bay to home quarantine. There is nothing there. It's too boring.

Thirdly, we use a COVID antigen rapid testing kit every day. It can tell us our negative or positive results.

Fourthly, the Government announces we need to be vaccinated quickly.

At last, my parents always work from home in 2022! We also can't go to school. It's too boring at home.

Law Kai Jun, Anson

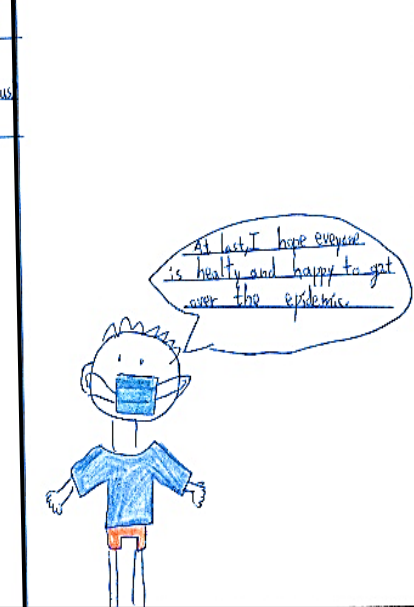
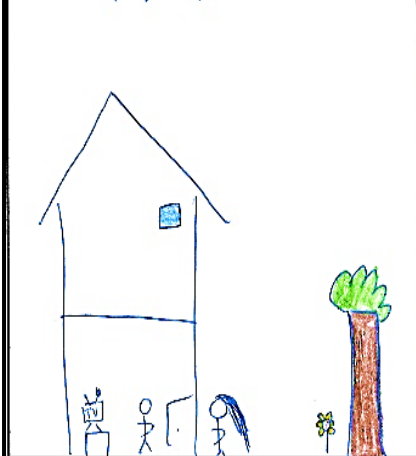
Last month, I saw a news in the television.



The newspaper said 'In Hong Kong, there have so many virus in the air. We got out must wear the mask and wash the hand frequently otherwise we will infect virus.'



Then, Mum got to home, I told her 'You must to get a bath because outside have many virus'. She said 'Okay, I got to get a bath now.'



Stars of the Month

- Chan Hiu Wai, Regina IEK8B Sat 10:00-11:00
- Chan Hiu Wai, Regina IEK8B Sat 10:00-11:00
- Chan Yan Tung, Elizabeth WTE6A Sat 11:00-12:00
- Chan Yuen Tung, Cherry WTE8A Sat 10:00-11:00
- Cheuk Wing Yee, Hannah WTE2B Sat 3:00-4:00
- Cheung Ho Kwan, Charles GWF2B Sat 1:00-2:00
- Cheung Pak Hei, Markus WTE8B Mon 6:30-7:30
- Choi Ho Chung, Ethan WTE4B Sat 11:00-12:00
- Fung Lap Yin, Elvis WTE2A Tues 4:30-5:30
- Ho Hiu Yan, Tiffany WTE4A Sat 4:00-5:00
- Ho Kwun Wai, Wayne WTE2B Sat 11:00-12:00
- Ho Nok Yu, Rianna IEK2A Sat 2:00-3:00
- Huang For Ho, Timothy PTWP3 Sat 12:00-1:00
- Ko Sum Yee, Yuki PTWR Sat 10:00-11:00
- Ko Tin Chi, Ryan IEK10B Sat 9:00-10:00
- Lai Nga Laam, Alana WTE4B Fri 6:30-7:30
- Lam Hui Ting, Jayden PTWP3 Mon 3:30-4:30
- Lau Yuet Ching, Connie PTWE3 Fri 4:30-5:30
- Lee Ho Fung, Kelvin IEK6B Sat 11:00-12:00
- Leong Wai Man, Raymond WTE2A Sat 3:00-4:00
- Leung Chung Hee, Marcus WTE4B Sat 2:00-3:00
- Leung Yat Him, Lucas GWF4A Sat 3:00-4:00
- Liu Yi Qi, Yuki IEKKA Sat 9:00-10:00
- Lo Wan Ting, Ernest WTE4B Thur 4:30-5:30
- Luis Viseu WTE6B Tues 5:30-6:30
- Ma Pok Ho, Alvin IEK2B Tues 5:30-6:30
- Man Kin Ching, Lester IEK4B Sat 9:00-10:00
- Ng Cheuk Lam, Jolie WTE6B Sat 11:00-12:00
- Shek Wan Hei, Hudson IEK6A Sat 9:00-10:00
- Tsui Hei Tung, Aiden WTE2A Sat 3:00-4:00
- Wong Ching Ting, Esther WTE6B Wed 4:30-5:30
- Wong Ho Chun, Declan PTWP1 Thur 5:30-6:30
- Wong Sze Wing, Wing WTE2A Wed 5:30-6:30
- Yeung Cheuk Yin, Chase WTE1 Sat 12:00-1:00
- Yeung Ching Hei PTWE2 Mon 5:30-6:30
- Yu Jun Jin, Ada WTE10B Sat 12:00-1:00
- Yu Wing Yan, Venus WTE1 Fri 5:30-6:30