Nowadays, no matter whether they are adults or teenagers in this busy city, people are facing tons of pressure. The pressure comes from different areas, for example, a heavy workload or study. However, pressure and stress affect our lives in a negative way. Thus we must not let them manipulate our well-being.

Firstly, stress brings harmful effects to our health. Stress can cause headaches, high blood pressure, aches and pains, nervousness, irritability, ulcers, and a weakened immune system. Besides, it also ruins our social circle. Due to the heavy pressure we face, we may develop a bad temper and resent others easily. Moreover, we cannot complete our tasks smoothly while under heavy stress. If we were in a bad mood, how can we work wholeheartedly? Thus, there is a need for us to find ways to vent our pressure.

**DO YOU KNOW?**

Once your body perceives a threat, your nervous system reacts by producing a deluge of tension endocrines that cause the feeling of stress.
Ways to Relieve Stress

Smiling Relieves Stress
Stress can really show up in our faces. Smiling helps to prevent us from looking tired, worn down, and overwhelmed. When you are stressed, take time to put on a smile. The stress will be reduced and you'll be better able to take action.

Exercise:
The other way to relax yourself is to do exercise. Exercise is beneficial for your health and also helps you to refresh yourself. However, many people have the misconception that doing exercise is a task that even makes you more tired. Instead, exercise can help stimulate our bodies to secrete a natural chemical called Endorphin which can give you a feeling of happiness and excitement. Therefore, do not be scared to get your body moving. All you need to do is to choose a type of exercise that suits you and do it when you feel tired or under stress.

Reading:
Under great pressure of study, if you do not want to waste a single second to take a rest or relax, 'Read to Relax' is recommended. 'Read to Relax' is all about reading when you are resting. No matter what the reading material is, a book that you're interested in, a newspaper, magazine or even a textbook can make you feel peaceful and comfortable. Seizing a moment of rest to read can help you gain more knowledge on academic or social issues or just some common sense. Just relax and read! It's easy.

Stay Positive:
Both the physical and mental health of students are very important. To stay mentally healthy, we should not put too much pressure on ourselves but keep our mind calm and positive. A positive mind can help to relax ourselves, as once we are feeling peaceful, we are able to deal with any problem.

My Way to Relax
4E Whitney Leung— I think the best way to relax is to play electronic games.
6B Tracy Yeung— My favourite way to relax is to listen to music.
6B Joey Wong— I think reading magazines or having a cold-water bath can help me to relax.
6A Venus Chan— The best way to relax is to eat snacks like potato chips and chocolate.
6B Sarah Lam— Watching TV helps me to relax because I don't have to think of anything when I am watching TV.
6B Bethany Fong— My way to relax is to sleep such as take a long nap in the afternoon.
2A Joyce Law— I think sleeping is the best way to relax.

Do You Know?
Q: What is a mood ring
A: A mood ring has a stone which changes color, supposedly according to the mood of the wearer. Mood rings were a fad in the 1970s.
The colour would reflect the mood of the wearer.
Video and computer games are a ubiquitous part of today’s world, being an immensely popular leisure choice for people. Many people believe that playing video and computer games has a negative impact on us. Are video and computer games ‘friend or foe’? It depends on how much time you spend on them. According to research conducted in USA, playing video and computer games for short periods each day not only helps to relieve low level stress, but also has positive effects on our mental and physical health.

First of all, playing video and computer games for 30 minutes per day can actually help to relieve low level stress. It will help you to concentrate your mind on something else that is less important. With this, you will be able to get your mind off the stressful issues. In reality, you may even forget the stressful day you went through in this short period of time. Moreover, researchers have discovered that video and computer games are invaluable in healthcare settings. Some mental health professionals point out that gamers can boost their self-confidence and self-esteem when they are able to master the games they play. Besides, it can help players to develop creativity, critical thinking and problem solving skills. For example, games like Sim City, Age of Mythology and so on, where gamers have to build houses, cities and develop war strategies, help them foster their decision-making, strategic thinking and logical skills. Furthermore, gamers’ hand to eye coordination can be improved and that means gamers can build faster reflexes. In conclusion, the above benefits of playing video and computer games can serve as a way to increase efficiency in your study.

From the above passage, we learn more about how to relax. All in all, although studying is very important for us, sometimes we still have to take a break to refresh our minds. Therefore, when we feel stressed, we should find a suitable way to relax ourselves. Then we can stay healthy in mind, body and spirit!

**DO YOU KNOW?**

Do you often feel sick for no reason?
Do you regularly lose your appetite?
Do you not sleep well at night?

If your answer to the above three questions is ‘Yes’, then you may suffer from the drawbacks of feeling stressed. Research has shown that if a person feels under pressure for a long time, they may always get sick, cannot eat as much as usual and cannot sleep well. Do not think that a low level of stress does not affect you. Studies show that no matter what the level of the stress is, once you’re under stress for a long period, your body and mind will have a negative response. What you need to do is to RELAX!
Recently, there was an enormous event at our school, English Week. The whole school was involved. I participated in the preparation of a video clip to make a short story. That was such a great way to learn English and a good experience. I really enjoyed the process of making a short story with the video clip. Firstly, we discussed the main idea of the story with our group members. And then we further developed it and conferred on the details, in order to make it a lot more interesting. Lastly, with the voiceover and the editing, our video was done. I learnt a lot from this event, such as skills for story writing, team spirit, and so on. All these cannot be learned in lessons. We can only gain knowledge through this unique experience and was very beneficial.

During English Week, I also seized the chance to practice and learn English. The Scrabble competition was the activity that I enjoyed most. It was exciting and educational. In the game, we had to remember all the vocabulary that we had learnt before and try to spell words with the letters given, to gain scores. I think this game can really help me to improve my English. For example, it helped me to organize, rebuild and enrich my vocabulary bank. As a result, I hope in the English Week next year, I could play this game again.

Angela Lin(4D)
There were plenty of activities during the English Week. Which one was your favorite? Mine was the singing contest, which was held on Tuesday after school.

My friends and I were so excited that evening. As soon as we had finished our lesson, we rushed to the hall and tried to find a place where we could see the stage clearly. Unfortunately, there were already crowds sitting in the hall. Therefore, we could only try to squeeze between our schoolmates at the back of the hall. We were quite disappointed that we could not see the stage clearly, but still felt delighted as we were able to enjoy the marvelous performances.

Finally, the singing contest began. Lots and lots of melodious songs were sung. The most unforgettable song was "You raise me up". The song was originally presented by Westlife, which is a band of five young boys. The tune is a perfect match for a strong vocal sound. However, the contestant sang as sweetly and beautifully as Becky Taylor and Celtic Women did. I was amazed by her talent. With no surprise, she won the competition amongst numerous quality performers. And of course, there were also lots of dulcet songs being sung. I never knew that there were so many gifted singers in our school!
4E Whitney Leung

English Week has ended for another year. The English activities were all very attractive which made many students participate in them. First, I want to praise those F.1 students who performed on the stage. Their drama impressed me a lot. They introduced themselves on the stage in front of a large audience. They are so young and lack experience. However, they did a great job. It needed much courage to stand on the stage and speak in front of so many schoolmates. Their confident performance amazed me very much.
The Scrabble competition was well organized too but the time for playing the game was too short. The game was interesting and it helped students to increase their vocabulary bank. Learning in a fun way is more effective. I hope that this activity can be held again next year.
The great success of the English Week depends on the hard work of the English Club, the help of the teachers and the enthusiastic supports from students. I am looking forward to the English Week next year.

4E Theresa Cheng
Short Interview with...
Chairpersons of Chinese Society and English Club

CHINESE SOCIETY - CHAIRPERSON: 6B BETHANY FONG
Q: People nowadays tend to develop their English and sometimes they neglect the importance of Chinese Language. What do you think can help our students to develop their Chinese Language?
   I think they can read more Chinese book since childhood and enhance their sense of belonging by telling them more about Chinese History when they are small to increase their interest in Chinese Language.

ENGLISH CLUB - CHAIRPERSON: 6B KONNIE LEE
Q: This year, English Club activities were slightly different from those in the past. What do you think about this transformation? Do you think that similar activities are worth holding next academic year?
   I think that this year's activities have a larger variety and are certainly much more interesting than those in the past which only included English Speaking Days. I absolutely think that similar activities are worth holding as students will be very interested in taking part in them.

CATHOLIC SOCIETY - CHAIRPERSON: 6B JOEY WONG
Q: What is the most memorable thing about managing the Catholic Society?
   I think the most memorable thing was to organize and participate in the Caritas Bazaar. With the help of the advisor - Ms Chang Ka Man and the committee members of the Catholic Society, all things went smoothly. I was satisfied with the running of the Caritas Bazaar.
Q: Do you think that your faith help can help and support you when you face problems or plight? Can you tell us how?
   Yes. When I face problems or plight, I usually pray more than usual as I want to have a calm and clear mind to help me cope with the problems and plight that I'm facing.

MESSAGE TO F.5 STUDENTS:
School is the second home for us. As students, we spend years here to learn, gaining knowledge, for a better future. Besides knowledge, what do we gain here? We learn communicating skills, how to cooperate with others; we make friends here, we have difference experiences in our school life.
Five years is not a long period but already long enough for us to develop our personality, to learn how to cope with different kinds of difficulties.
Dear Form 5 graduates:
The end of secondary school life doesn't mean the end of your life. There is still a long way to go. Whether your results in the HKCEE are as good as you would like or not, stay positive. Just move on your way with passion and optimism. May our Lord bless you all and have a wonderful future.

A NOTE FROM THE EDITORS:
In this issue, we will introduce some ways to reduce stress for our schoolmates. Since we have to face tremendous pressure in our studies, we sincerely hope that these relaxation methods can really help students to cope with stress so they can be more relaxed during term-time.
This is the last issue of 'The Bee' for this academic year. In these two issues, we have learnt a lot of things. Not only have we learnt new vocabulary, we have also polished our writing skills. Besides, we have learnt to collaborate with each other to work as a team and we fully understand the importance of a division of labour. Last but not least, we would like to thank the students and teachers who have participated in the making of the newspaper. We would also like to say a big thank you to our advisors, Miss Sefton and Miss Li for their guidance and support. Hope you all enjoy reading this issue!