Prevention is always better than cure

China confirmed six new cases of human H7N9 avian influenza, including five in Zhejiang and one in Jiangsu. Among the 102 H7N9 cases reported in China, 12 H7N9 patients have been discharged from hospitals after receiving treatment, and the other 70 patients are being treated in designated hospitals. Among them, 20 have ended in death. It is quite a shocking number.

The HKSAR has established that many of the human cases of H7N9 appear to have a link with live bird markets. No human cases or animal infections have been detected on poultry farms or in the wild bird population. All age groups have been affected but elderly males appear to be more susceptible. So far, there do not seem to be any cases of human to human transmission.

What is H7N9?

H7N9 is a serotype of the species Influenza virus A. Most of the reported cases of human infection have resulted in severe respiratory illness like acute respiratory distress syndrome which is a life-threatening reaction to injuries or acute infection of the lungs.

Symptoms of infection:
1. Fever
2. Cough
3. Shortness of breath

What can we do to prevent being infected?

Have vaccination

The people who are lack immunity, vaccination is the most effective method of prevention of infectious diseases, is to receive appropriate protection from viruses.

Have a balanced diet

Daily intake of sufficient amounts of grains and cereals, milk, eggs, beans, meat and fish fats and oils and other foods, especially fruits and vegetables rich in vitamin A, C and minerals can enhance the body's immunity.

Do moderate exercise

Exercise can help relieve pressure, which can promote the healthy development of the immune system. In addition to the indoor activities, it is recommended to go outdoors in clear weather, to breathe fresh air, which can improve the resistance of the body to the virus.

Maintain personal hygiene

Wash hands before contact with your eyes, in order to avoid the transmission of viruses and bacteria. Also before eating wash hands to avoid the spread of germs.

Words from the Editorial Team

I am really glad that I could write some articles for The Bee and share my ideas with my fellow schoolmates. I think we can achieve even higher if there are more chances like this for us. Moreover, I gained a lot from being on the editorial committee of The Bee. I really want to say a big thank you to all the teachers and schoolmates who have helped me out. Without their help and suggestions, The Bee would not have been so successful. Wincy Chow 5D
29-4-2013

I have got something thrilling to share with you today. You guessed it right! It is the school English Week. As a vice-chairperson of the English Club, it is the week I had been longing for all year.

To start with, we gathered in the school hall in the morning for the opening ceremony of English Week. I was honoured to be the MC this morning with my friend Elaine. It was the longest script that I have ever had to present, so I felt more nervous than usual. I kept reminding myself to keep a smile on my face and to read the words clearly, but I think I failed to do so. I hope I can do better next time.

At luncheon, I had a quick lunch and joined the Song Dedication activity in the hall. I heard many meaningful messages and songs. It was lucky that they picked all my favorite songs to play!

It was really an exhausting day. Luckily, there was no activity after school so I could have time to prepare for tomorrow’s events.

30-4-2013

I was the MC at this morning’s assembly again. Sometimes I wonder if people will be fed up with my voice. I hope not!

At luncheon, we had a Treasure Hunt activity. We had one before so everyone was familiar with the game. We could get two chops for completing the missions. It was worth it! I am getting more chops for my English passport again. 30 plus chops, here I come!

1-5-2013

Today is a public holiday, so a good time for me to take a rest. I am looking forward to tomorrow. Can’t wait to see the singing performances by my friends.
2-5-2013

I had a fully packed schedule today. Busy but happy.

I joined the speaking activity 'What am I' in the afternoon and the singing contest Singvolution after school. All 5D girls were the helpers at lunchtime. We had a good time together organizing this popular event.

After school, I was surprised to see lots of enthusiastic schoolmates there. The 1D girls wore the same costumes on stage. I did not expect the form one students to be so well-prepared and united. It was followed by the performance by Crystallization, the band from 5C. Their performances were very energetic and they gave many positive messages to the audience as well.

2-5-2013

I can’t believe this is the end of English Week. Time really flies!

The biggest event of the English Week---Galaxy Fashion Parade was successfully held at lunchtime today. Although my friends and I were a bit late for the parade, we enjoyed the event very much. Many of our schoolmates stood at the back and at the sides of the hall as there were not enough seats for all of us. I was also running around to fetch the voting papers but actually there were not enough for everyone. Diary, you were not there at that time, but can you imagine how many people joined the event today? Afterwards, I helped with the counting of votes and I found out that about 500 students had participated. Oh, 500! I just couldn’t believe it.

Each team gave a brief presentation of their costume and talked about their designs and the materials they had used. The models had a catwalk and the audience passionately applauded them. They all looked very attractive and gorgeous. I was impressed by their creative imaginations. What a pity I did not join the competition.

This was a terrific end to English week this year, but learning English never ends. I’m still passionate about it.
Finding a job here in Hong Kong is not easy at all, even when you are a Hong Konger. In this international city, there are many people with different cultures. Many of them are born and raised in Hong Kong. However, people still see them differently. What kind of problems will people from different races face when they are seeking jobs in Hong Kong? Will they choose to leave Hong Kong because of this situation? I interviewed schoolmates Kiran Gill from 5B and her sister Ramen Gill from 4A, who are Indian Hong Kongers, and asked them some questions.

K: Kiran  R: Ramen  A: Reporter Angel

A: What do you think is the most difficult challenge living in Hong Kong?
K: Studying the Chinese subject at school. We are able to read and communicate in Chinese; however, we both rarely pass the subject year after year!
A: Do you think that will affect you a lot when you are looking for jobs after graduation?
R: Of course! Even though we are Indian Hong Kongers, with such unsatisfactory results in Chinese language, it will be very difficult for employers to accept and hire us. Although we know how to speak and write in Chinese, they still prefer people with a much stronger Chinese culture background.
A: Will you then consider going to India to find a job after graduation?
K: No. I might have Indian blood running through my body, but my heart and loyally lie with Hong Kong as I was born and raised here. There are many aspects compelling me to stay here. One of them is that Hong Kong is safe and well - structured politically, while India is often dangerous and disordered. Also, Hong Kong people are very nice and all of my friends are here in Hong Kong! The most important reason and the most surprising one is that I can't read and write in Hindi at all. So I will definitely stay in Hong Kong no matter what!
R: Being born and raised in Hong Kong means that I have a very strong sentimental attachment to this place. I know that living and working in Hong Kong might be very difficult for me, but I will stick to my plan! I'm very lucky that the teachers at school are very nice. As I have mentioned my poor Chinese results, teachers work hard to teach me and help me to improve my Chinese language skills. I really hope I succeed in the future and make them proud!
A: Thank you very much for your time.

Kiran and Ramen know that it's going to be a tough road. Nevertheless, they choose to stay in Hong Kong and work even harder than other students for their future. I admire their courage and hope everything will go well for them!

Crossword Puzzle

ACROSS
1. (noun) a highly contagious viral infection of the respiratory passages causing fever, severe aching, and coughing, and often occurring in epidemics
3. (noun) to maintaining health and preventing disease, especially through cleanliness
4. (noun) a physical or mental feature which is regarded as indicating a condition of disease, particularly such a feature that is apparent to the patient
5. (noun) a serologically distinguishable strain of a microorganism
6. (noun) to treat with a vaccine to produce immunity against a disease; inoculate
7. (noun) the ability of an organism to resist a particular infection or toxin by the action of specific antibodies or sensitized white blood cells
8. (noun) the flesh of chickens and other domestic fowl as food
9. (noun) a measure taken in advance to prevent something dangerous, unpleasant, or inconvenient from happening
10. (noun) the action or process of transmitting something or the state of being transmitted

DOWN
1. (noun) an infective agent that typically consists of a nucleic acid molecule in a protein coat, is too small to be seen by light microscopy, and is able to multiply only within the living cells of a host
2. (adjective) (especially of an illness or injury) potentially fatal
3. (verb) closely in one's arms, especially as a sign of affection
4. (noun) a highly contagious viral infection of the respiratory passages causing fever, severe aching, and coughing, and often occurring in epidemics
5. (noun) a physical or mental feature which is regarded as indicating a condition of disease, particularly such a feature that is apparent to the patient
6. (noun) the ability of an organism to resist a particular infection or toxin by the action of specific antibodies or sensitized white blood cells

Editors:
5C Christy Lui
5C Lee Sarah Yee
5C Angel Lee
5D Wincy Chow
5D Ashley Lai
5D Katie Leung

Answers on page 5
The final examination is coming up. I believe that most of you have started preparing for it. You might feel a lot of stress. A little stress can be a motivation for you. However, if you can't find the right way to deal with the pressure, you might end up suffering from depression, which is a serious problem. So, what should we do to avoid too much stress from studying?

Firstly, you should give yourself enough rest. Maybe you think that you should spend every second on studying when exams are approaching. However, I can tell you that this is not correct. Instead, you should take a little break from time to time. Maybe you could leave your desk to drink some water every half an hour, or maybe you can eat some snacks. A little rest can help you concentrate better than just staring at the book blankly for ten hours.

Secondly, you can do some physical exercise before you start studying. Don't think that doing physical exercise is wasting time as it can help you to become less tense. You don't have to do much. You can simply walk around a park for about half an hour. And when you are walking, you should think of something else other than studying. You should think of something more relaxing or listen to music. I guarantee that after doing exercise, you'll be more awake and you'll definitely do better than sitting there all day long looking at the textbook without moving.

Last but not least, there's one more thing you can do. You cannot change the fact that you have to study hard for the final exam, but you can change your thinking. When you feel really hopeless and you start blaming the teacher for not teaching well enough, you should tell yourself that everyone has to do the same thing you are doing now. Instead of blaming this and blaming that, you should try your best to study. If you get a better academic result than before, I'm sure that the people around you would be impressed. In this way, you will definitely have greater motivation to study well.

Remember, staying happy is always the most important. Never give yourself too much stress.

Crossword Answers:
3.) influenza
1.) virus
12.) precaution
13.) transmission
4.) hygiene
6.) symptoms
5.) embrace
9.) vaccination
7.) immunity
11.) poultry
8.) serotype
10.) treatment
2.) life-threatening
Most secondary students are confused about this. Many of them don’t know what they want to do in the future.

Firstly, having a dream is important. You can find out more about your skills and passions through school life. You will have many opportunities to explore a number of interests in the classroom and through extra-curricular activities. Students who are in junior forms, you should participate in different kinds of extracurricular activities such as joining a club or finding a job as a volunteer. If you are in senior forms, you should try to link what you have learnt with your future career options. To identify your goals, you can use the K-W-L method, which is to find out what you already know, what else you want to know and afterwards, what you have learnt about your interest, study options and possible career.

Secondly, once you find out what your goal is, you should start doing something right away. Do research on your goal, put more effort into your study, not to mention keeping a positive attitude. Remember to follow your heart, focus on the journey and let your dream shape your goals.

Planning early for post-secondary education and future careers can have great rewards for your increased self-awareness, greater understanding of career options and clearer goals. The payoff is greater than you think.

"If you believe you can, you probably can. If you believe you won’t, you most assuredly won’t."

Belief is the ignition switch that gets you off the launching pad."

Denis Whitley

Social Worker I want to help the needy! I have the passion to learn more about society! 5D Ivy Cheung

Writer I think I am creative. I want to share my ideas and happiness with others. 5D Chui Wing Yan

Social Worker There are many social problems in Hong Kong. I want to help teenagers. 5D Josie Lo

Forensic Scientist I want to find out the truth about death. 5D Edna Wong

Translator I want to learn more about language as I have a great interest in it! 5D Angela Fung

Housewife I want to marry a rich guy. 5D Tracy Kwan

Traveller I want to see the sun in different places. 5D Joy Siu

I had to tell them what I was actually writing and I had to submit my article before the deadline so I learned a lot of different things while working with my team. I have really learned a lot of different skills which I could never learn if I kept working on my own. So, it was a really precious experience to work as an editor of The Bee.

This is the first and last chance I have to work on The Bee. Next year, I am sure that I will be pretty busy preparing for my DSE exam. My job is done and I must pass my job to other schoolmates. But before I do that, there is one last thing I wanted to say: thank you to all who have supported me all along. 5D Katie Leung