Fung Kai Liu Man Shek Tong Secondary School

Our school's Sports Days took place on October 3 and 10, with track and field events. Students could compete through their house, as an individual or for their class.

The competitions were exciting and dramatic. Tensions were high in the inter-house 4x100-metre relay race. The first runner for Red House was very fast, but when he gave the relay baton to the second runner, it fell on the ground. This gave the other runners a chance to overtake. Finally, Red House lost. Everybody was surprised.

At the closing ceremony, the total marks of each house were announced. Purple House were named the champions, with a score of more than 1,000 points. Purple House were also awarded the Best Cheering Squad prize. One of the judges, Mr Tam, said Purple House deserved the cheering award, because their performance showed more creativity, co-operation and better visual effects.

Purple House were big winners this year's competition, but we hope other houses will not give up. We are looking forward to more excitement next year.

Abrams Cheuk Ka-shing, Form 4C

Members of Purple House celebrate their victory.

Tak Nga Secondary School

A large crowd of teachers, parents and classmates cheered on the 212 competitors at last month's successful school swimming gala at Kowloon Tsui Swimming Pool.

Cherry Hung, of 4A, won the A-grade individual title, while Emily Yiu, of 2A, was named the B-grade individual champion. Yellow House won the A-grade team title, Green House the B-grade team title, and Red House the overall team title.

Green House students also won the award for Best Cheering Team. Despite the best efforts of all the swimmers, none of the existing records was broken during the gala.

As a Secondary Six student, this was the last swimming gala that I, and many other students, would attend.

We really enjoyed watching all the swimmers competing. I also think the house committees put in a lot of work to design their cheering teams' costumes. The teams gave great support to the participants.

Helen Tong, chairman of the school's alumni association, gave an inspirational speech to students at the closing ceremony.

She encouraged every student to find a hobby, such as painting or playing sports, to help them develop their talents and potential in life.

Carey Chung, Form 6A

Helen Tong presents the overall champions award to Red House.

Letters from the dorm

Rise to life's tough

Isabel Lai,
Durham University, Britain

Two weeks ago, I stood before a class of 20 students at my exchange university, Sciences Po Paris, and gave a presentation on the Euro zone debt crisis. I was really nervous at having to speak in French for 15 minutes.

I had explicit instructions not to read out a block of text from a piece of paper, so it meant I pretty much had to speak off the top of my head. I'm an intermediate French speaker, so felt out of my depth.

Suddenly, I was transported back to my ultimate disaster, aged 10, in the first few weeks of settling into life at a British boarding school. We'd been told to prepare a 10-minute presentation on any topic; I chose Hong Kong because it would offer an interesting contrast to my classmates' themes.

Given that I'd never done any public speaking before, I didn't know what to expect. One thing for sure, English wasn't my forte. Imagine a Chinese girl of 10 standing in front of a roomful of native-English speakers (including the teacher), trying to get a message across in their language. It really was a scary experience.

I did some research, thought about some anecdotes and gathered the information. I thought I was ready.

On the day, I hid behind my sheet of notes, which I'd mostly compiled from the internet. I repeated every word, more than twice. A sense of failure crept in. I didn't save me do my first presentation.

So you of this pair be 10 years old. I did a 1於 exchange. She corrected word. Do of fail. Let's. There's a deep love for the English language. I still get nervous, but I try to focus on the positive aspects.

Exercise for the right

The mainland's Undergraduates' Physical Fitness Test has become a hot topic of discussion on campus. It's important all students take the test; otherwise, they won't get credits, or they may even fail their degrees.

The fitness of university students has been getting worse. In the past, there have been reports about some students dying while taking part in long-distance runs. This led the Education Bureau to enhance its supervision of university PE classes and introduce the test.

More undergraduates now exercise regularly to prepare for the test. Chen Shan, a second-year student, started running around her campus regularly after hearing about the test.

"Running has become a habit for me and I really enjoy it," she says. "I'm very confident that I will pass."

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