



Edition 1, Feb 2011

## Special points of interest:

- How healthy are we?
- Balancing health and work.
- Eat for your mind and body.

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## The Health Edition

### How do you maintain a balance between your heavy workload and your health?

Working is equivalent to everything in Hong Kong. We live in the hustle and bustle of a city when every day we need to face a heavy workload, not only for adults, but also for adolescents.

Students in Hong Kong have a myriad of homework and examinations, thus leading a hectic yet sedentary life-style in general. Rarely does a day go by without seeing them study in the library or the self-study room and therefore they become exhausted mentally, spiritually and physically.

which is unhealthy.

On the contrary, we should have a healthy diet by eating more vegetables and fruits, with vitamins and low calories, hence reducing the risk of developing diseases. Besides, under no circumstances should we skip a meal.

Drinking more water instead of soft drinks is also the key to staying alert so that we can yield



Despite the fact that hard work is crucial, we need to find some way to maintain a balance between our work load and our health. Here are some suggestions for you.

#### Working out

How many P.E. lessons do you have in one cycle? And how many hours in a week do you exercise besides P.E. lessons?

Not much, right? However, exercise is vital to our well-being, for the improvement of both our mental and

twice the result during study.

#### Take a rest

Hong Kong students are under a lot of pressure from the huge amount of homework and exams. In light of this, taking a rest is necessary. Whatever you do, just find something which relaxes you. For instance, listening to some music, especially classical music, can help you to release

physical health. Just take around 30 minutes per day to do exercise, such as running, skipping, playing basketball etc., you can have a strong body and it will not impact on your study time.

#### Healthy Diet

As we all know, Hong Kong is a fast-paced society. Fast food shops have been escalating in popularity due to their quick production of food and the delicious tastes they offer. In fact, those foods contain too much sugar and grease

heavy pressure.

In short, it is understandable that the health problem is becoming overwhelmingly serious as our lifestyle continues to menace our health. To be a sensible student, we should maintain both our health and our study. Don't hesitate, take action now!

By Sun Ka Man, Carmen (6A)



ADAM.

**“Setting a timetable is the most effective way to reduce workload.”**



**“A balance between workload, exercise and rest is important.”**

### Health is wealth

As a student, my workload is heavy and I feel tremendous pressure every day. The pressure comes in the form of homework, tests and exams. I always feel exhausted and anxious. However, I try to maintain a balance between my heavy workload and my health.

Setting a timetable is the most effective way to reduce my workload. I use it to prioritize my work like when to study, when to play and when to take a rest. I believe that a moderate amount of recreation can alleviate my the stress from my heavy workload, such as playing on the computer for a short time, listening to soft music or reading. I can thus restore my

energy mentally and physically with proper recreation and then continue my work.

In addition, sufficient rest is crucial to maintaining a balance between my heavy workload and my health. When I am tired and my work has not been completed, I will still take a rest immediately instead of continuing my work because I believe that nothing is more important than my health.

Since a healthy body depends on a balanced diet and enough exercise, I try to follow the food pyramid and eat more vegetables and less meat. I love eating snacks. I always eat fruit or even salad in place of potato chips, hamburgers, etc.

Additionally, I exercise regularly like jogging or playing badminton. Doing exercise can strengthen my body and keep me fit. Moreover, it offers an opportunity for me to relax myself and relieve any stress I may be feeling. I think it is worthwhile.

Other than my suggestions, there are many other ways to maintain a balance between your heavy workload and your health. Working is important, but health is more important. Health is wealth. We should enhance our health consciousness and maintain a healthy lifestyle.

By Lui Chi Ping, Jay (6A)

### The balancing act

People in Hong Kong are too busy. Having a heavy workload, they spend more time at work rather than exercising or resting. As a result, they can become physically weak. Therefore a balance between the workload and health is important.

Firstly, you can set a timetable to manage work and exercise. Although everybody understands the importance of exercise, the majority don't allocate enough time for it.

To deal with this problem, the most efficient solution is to decide on an appropriate timetable. For instance, you can spend at least 30 minutes exercising each day or you can set a target like doing 15 sit-ups before breakfast.

If the timetable includes these suggestions, it can help you maintain the balance between

work and health. The important thing to remember here is to follow the timetable, otherwise it's pointless for you to set a timetable to begin with.

Secondly, taking a rest to relieve the stress from a heavy workload is important as well. Exercising regularly can help your body physically and mentally and taking a rest can also help your mind relax. You can listen to your favourite music, eat your favourite food or go out for a walk in order to release stress. If you don't relax and force yourself to complete work instead, regardless of how tired you are, your stress will increase. Eventually you can become physically ill. Therefore, taking a rest can rejuvenate your energy to work again and a balance between workload and health can be maintained.

In addition, having a body

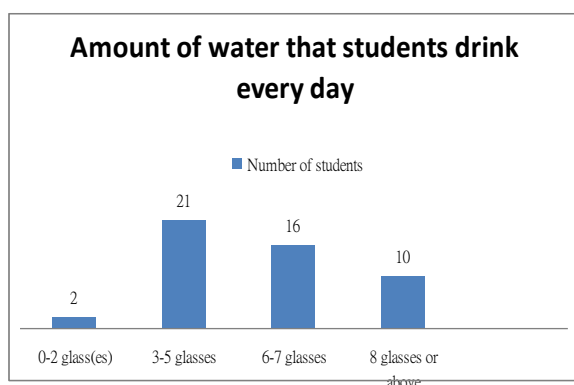
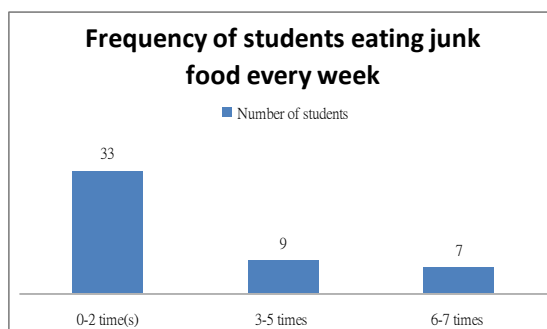
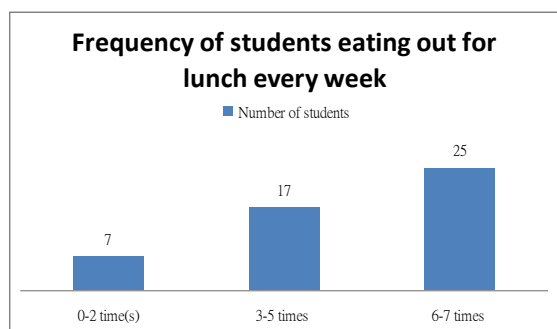
check regularly is important to maintaining your health. Unfortunately, people seldom spend time monitoring their health, especially people who have full time careers. Most of them focus on their career rather than health. I suggest people build a sense of both health and work being important in their lives. They can do this by visiting their doctor for a health check and following the advice from the doctor.

In short, I maintain the balance between health and work by setting a timetable, taking enough rest and having regular health checks. We need to distribute the time for work and health properly, otherwise, people will neglect their health.

By Pang Oi Lam, Jasmine (6A)

## How healthy are KYC students?

### Survey of students' eating habits



Littleabout.com

### What's the verdict?

At Kau Yan College, most of the students have a healthy diet. They have breakfast almost every day. The Hong Kong Department of Health shows that if students do not have breakfast, they will feel tired easily during class and even suffer from obesity. Moreover, they will have poor concentration.

We found that there is a large number of students eating out for lunch.

However, this is not good for them, because fast food contains a lot of fat and oil. Therefore, students will become overweight easily when they eat out constantly.

Students seldom eat junk food. We believe that this is because most of them know the disadvantages of eating junk food. In addition, they drink sufficient water and like eating vegetables.

These eating habits are very healthy. Water and vegetables can speed up peristalsis and prevent constipation. Having good eating habits is not difficult. When we have a balanced diet, we will be healthy. I hope that you can maintain good eating habits.

By Tsang Hiu Ming, Candy (6A)

**"Students drink sufficient water and like eating vegetables."**

Skiping breakfast  
will leave you feeling  
tired all morning.



**“Obesity is caused by excessive calorie intake.”**

**Are our teachers healthy eaters?**

### Lead a healthy and positive life

According to a survey conducted by the Census and Statistics Department, there is one person suffering from obesity in every ten Hong Kong citizens.

I want to suggest solutions for the problem. To help fight against obesity, we have to understand the cause of it first. Obesity is caused by excessive calorie intake. Therefore, if an

obese person can seek advice from dieticians and develop a good, controlled eating habit, they can lose weight. Normally, there are different types of vegetables and fruits in nutritive menus. It is so important to have a balanced diet if we want to be fit.

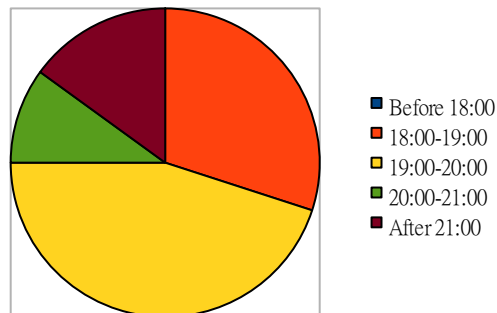
Obese people usually have low self-esteem. They see themselves as losers. They do not feel that people

would like to make friends with them. This is a false belief. True friends do not just look at your outer beauty. Also if people do not even like themselves, others will not like them either. They need to be confident.

Here is my best advice to people who are overweight: Keep fit or else there will be a lot of health problems ahead. I hope everyone can stay fit and healthy!

### Survey of teachers' eating habits

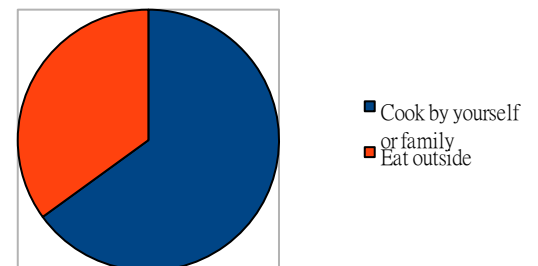
What time do you eat dinner?



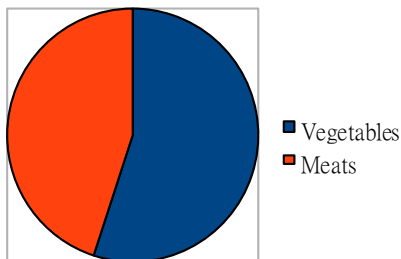
Students interviewed teachers at KYC on their eating habits. Look at the results on the pie charts.



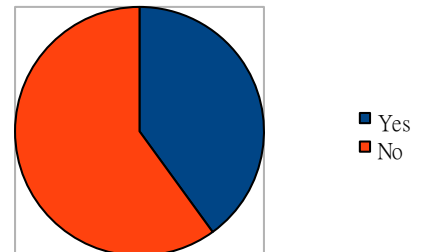
Do you prefer cooking for yourself or eating at a restaurant?



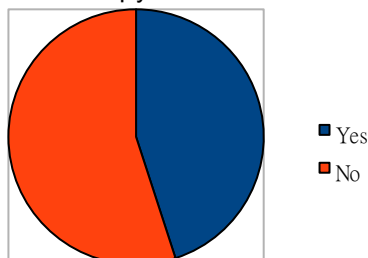
Do you prefer vegetables or meat?



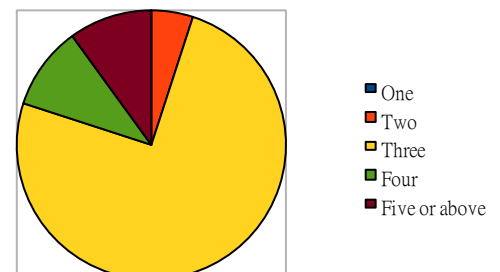
Do you eat snacks before having meals?



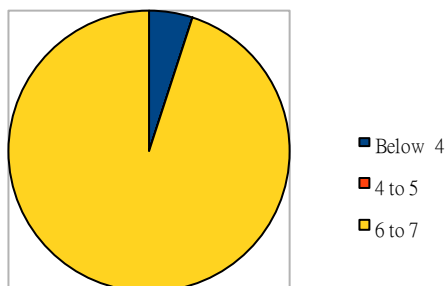
Do you eat according to the food pyramid?



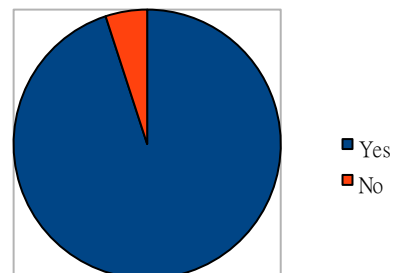
How many meals do you eat per day?



How often do you have breakfast every week?



Are any vegetables included in your meals every day?



## Are our teachers healthy?

The results of the survey show that 70 percent of KYC teachers eat three meals per day. How healthy our teachers are! No one chooses to eat only one meal per day. 95 percent of the teachers have breakfast six to seven days per week. Only 5 percent of the teachers have breakfast less than four times every week.

Almost all the teachers have dinner at around seven o'clock to eight o'clock. Only 15 percent of them have dinner after nine o'clock.

Most of the teachers have dinners cooked by their families or cook for themselves. The remaining 32 percent eat out. I think some teachers may not have enough time to cook so they have to eat out. But I think we should encourage them to eat at home because it is healthier than eating out.

94 percent include vegetables in their meals every day, which is a very good eating habit. 50 percent of the teachers prefer vegetables to meat.

Half of the teachers do not eat snacks

between meals but some teachers do. One of the teachers said that if he is hungry, he will eat some snacks. Less than half of the teachers eat according to the food pyramid.

By Siu Lok Man, Manna (4B)  
So Tsz Yan (4B)  
Mok Siu Chun, Ice (6A)  
Cheung Mei Yee, Regina (6A)



## Healthy body, healthy mind

Have you heard the English saying 'Healthy body, healthy mind'? It's a phrase that is often repeated when people neglect their physical health and well-being. Why is our physical health so important? Well, if you have good health, then your mind will also be healthy. This means you are more likely to be emotionally happy and your ability to concentrate at school or work will be much greater.

Sounds great, doesn't it? So, how can you ensure that you have a healthy lifestyle? The first thing to consider is exercise! Yes, the word that some people dislike immensely – exercise. Exercise is essential as it helps to maintain a healthy weight and it can aid in the prevention of illnesses.

Exercise is also linked to happiness as it reduces stress and makes people feel better

about themselves and their lives.

Getting regular exercise can be as simple as walking to school or going for a short run after school or work. If running is not your cup of tea, then why not try cycling, swimming, dancing or one of the many team sports that are played around Hong Kong. The options are endless; it's just a matter of finding an activity you enjoy. But, take note KYC students, computer games do not qualify as exercise! So, step away from the computer and play a physically active game instead.

The next thing to consider for a healthy lifestyle is your diet. Health experts suggest a balanced diet of all food groups. Look at the food pyramid to see the recommended daily servings of food. A balanced diet includes greater consumption of the

foods at the bottom of the pyramid and less consumption of foods at the top of the pyramid.

Think about what you eat in a day, would it reflect recommendations in the food pyramid?

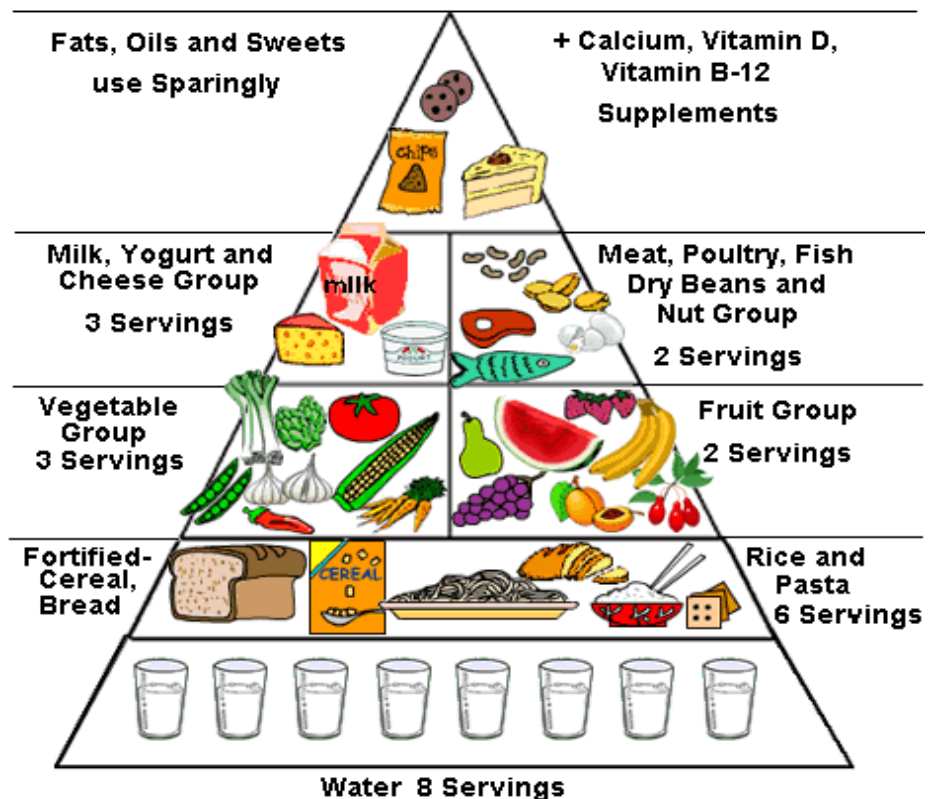
Now that you are on your way to having a healthy body, you are more likely to be alert in class and more consistently happy, which leads to a positive outlook on life.

Of course there are many other things you can do to lead a positive life such as being active in family, school and community events. As another English saying goes 'you only get out what you put in'. The more we are positively engaged in our lives, the more happiness we will feel.

So stay healthy and happy!

By Ms. Lane

**"Exercise is essential as it helps to maintain a healthy weight and it can aid in the prevention of illnesses."**



**Bean salad with yogurt dressing****Serving size:** 3-4**Ingredients:**

75g/3 oz/3/4 cup of penne or other dried pasta shapes

2 tomatoes

200g/7 oz of red kidney beans, drained

200g/7 oz of cannellini beans, drained

200g/7 oz of chick-peas, drained

1 green pepper, seeded and diced

45ml/3tbsp of natural yogurt

15ml/1tbsp of sunflower oil

Grated rind of 1/2 of a lemon

5ml/1tbsp of wholegrain mustard

5ml/1tbsp of chopped fresh oregano salt

freshly ground black pepper

**Method:**

1. First, bring a large pan of salted water to the boil. Add the pasta and cook for 10-12 minutes until just tender. Drain. Cool under cold water and drain again.
2. Using a small, sharp knife, cut a cross in each of the tomatoes. Plunge them into a bowl of boiling water for 30 seconds. Remove with a slotted spoon or spatula. Run them under cold water and peel away the skins. Cut the tomatoes into segments.
3. Drain the canned beans and chick-peas in a colander. Rinse them under cold water and drain again. Tip them into a bowl and leave them. Add the tomato segments, green pepper and pasta.
4. Whisk the yogurt until smooth. Gradually whisk in the oil, lemon rind and mustard. Stir in the oregano and add a little salt and pepper to taste.
5. Pour the dressing over the salad and toss well. ENJOY!

By Chung Wai Han, Emily (2A)

**Crunchy high-fibre apricot and apple bars****Makes 16 bars****Method:****Ingredients:**

175g dried apricots

2 apples

120ml apple juice

225g butter

75g soft brown sugar

175g wholemeal flour

200g porridge oats

1. Preheat the oven to 180°C. Very lightly oil a shallow baking tray measuring 31 x 21cm.
2. Chop the apricots and peel, core and finely chop the apples. Place in a pan with the apple juice and simmer for 10 minutes.
3. Allow the mixture to cool slightly, then blend in a food processor until smooth.
4. In a bowl, beat together the butter and sugar until creamy, then fold in the flour and oats.
5. Spread half of the flour and oat mixture in the baking tray. Spoon over the apricot and apple mixture and spread out evenly. Spread the remaining flour and oat mixture on top and press down lightly.
6. Bake for 30 minutes, until light and golden. Cut into 16 bars while in the tray, and leave to cool before removing. Store in an airtight container.

### Elite Athletes

Chan Chin Fung, Jacky and Ho Wing Chi share their experiences on what it's like to be an elite athlete.

Chan Ching Fung, Jacky

#### 1. When did you start the habit of doing regular exercise?

I started doing gymnastics when I was five.

#### 2. What makes you continue practicing?

Thanks to the support and encouragement of my parents, I keep playing gymnastics and it has developed into my life-long goal.

#### 3. On average how many hours do you spend on exercise every week? What kinds of exercise do you do?

Every week, I spend about thirteen hours on gymnastics practice.

"I do gymnastics for relaxation and reducing pressure."



doing regular exercise, but also improve our quality of study as we are in good physical condition. Therefore, for someone who has started the habit of regular exercise, just keep going; for someone who hasn't, let's start from now on!

Ho Wing Chi

#### 1. When did you start the habit of doing regular exercise?

I started doing regular exercise when I was five. I swim and run every week. This habit has been maintained till now since I think it really helps keep me healthy.

#### 2. What makes you continue practicing?

It's not easy to continue practice. My parents' support and encouragement helps me to continue; we always exercise together. Perseverance, proper time management and a willingness to bear the tough moments are all factors that force me to keep going.

#### 3. On average how many hours do you spend on exercise every week?

"We should learn to manage time properly and make time for doing sports. It really benefits our psychological and physical health."

#### 4. How can we benefit from a physical workout?

I do gymnastics for relaxation and reducing pressure. Besides, what I gain from gymnastics is a group of close friends who share the same goal with me. We compete together and support each other, striving for our best in every competition.

#### 5. As a sportsperson, can you share with us an unforgettable experience?

One of my shoulders has been injured, that forced me to stop all gymnastics practice. During that hard time, however, I never gave up my goal, not even for a moment. I insisted on strengthening muscles other than those in the shoulder, in order to keep myself in condition.

#### 6. How can you strike a balance between sport and study?

I am refreshed after gymnastics

practice, so that I can better utilize the rest of the time for study. Therefore, I never consider doing gymnastics a burden but something that helps me go further in study.

#### 7. Have you ever given up playing sport because of your studies or anything else?

No, I have not.

#### 8. Finally, do you have anything to say to encourage students to do exercise regularly?

Many people think that doing exercise is a waste of time. However, I can tell you that regular exercise brings me a strong body and a tenacious will, both of which are very important for us if we want to deal with daily tasks with great efficiency.

#### Conclusion:

From the interview with Chan Chin Fung, we understand that not only can we stay healthy by

#### What kinds of exercise do you do?

I do 12 hours of exercise per week. This includes swimming and running and sometimes I do gyms as well.

#### 4. How can we benefit from a physical workout?

It makes me stronger and helps release pressure, I feel relaxed and energetic after doing exercise. What's more, I can make friends who share the same interests; we still keep in touch afterward.

#### 5. How can you strike a balance between sport and study?

Honestly, study carries a heavier weight. Yet, I do sport for relaxation and stress release from my busy life.

#### 6. Have you ever given up playing sport because of your studies or anything else?

Once, I got the chance to join the Hong Kong team, but because of the wrong timing and long training schedule that would have affected my stud-

ies, I decided to give it up.

#### 7. At last, do you have anything to say to encourage students to do exercise regularly?

Don't use excuses like 'it is a waste of time' to escape from doing exercise. We should learn to manage time properly and make time for doing sports. It really benefits our psychological and physical health.

#### Conclusion

Granted, keeping a regular exercising habit is good for us both in body health and releasing pressure. Ho Wing Chi has shown this to us. Such excuses like 'it wastes time' would mean nothing once you begin exercising regularly; you will find out how it improves your health and study. Just for relaxation and yourselves, why not start doing regular exercise?

By Chan Wing Yiu (2A), Ip Mau Him, Vincent (2A), Shek Ho Wing, Alan (2A) Chan Tsz Chung, Tonki (4A) Yin Lian Zhu, Charlotte (6A), Li Chung Ching, Jack (6A)



## Sports Day

Students in Hong Kong are always lacking in exercise. They live stressfully under the pressure of examinations and homework. Luckily, students at Kau Yan College have a golden opportunity to play sports. This year, our school launched the sports day on October 7-8, 2010. This was an event which enhanced students' interests in sports and it was a great success.

During these two days, all the members of Kau Yan College enjoyed themselves. Students from different forms joined various kinds

of sports competitions, such as running, long jump and javelin. All of them strove for their houses' glory. I think the running race of the graduating classes, students of Form 7, was the most exciting and memorable part. It showed the unity of those participating classes. After the two-day competition, the House of Faithfulness became the winner this year.

Sports day is a really good chance for students and teachers to play sports. It not only strengthens their body and health, but also

helps improve the relationship between teachers and students.

I think we should enjoy sports every day, but not only on Sports Day! Let's lead a healthy and positive life together.

By Lai Wing Sze (6A)



Teachers and students enjoy the Sports Days.



## It's all about teamwork

This year we have the theme 'lead a positive and healthy life'. When I first saw the theme, I immediately thought of Sports Day. Of course sports leads to a healthy life, but how does it lead to a positive life?

On sports day I found much joy. Although I didn't join in many competitions, I still felt the special atmosphere: the lively and positive attitude of my schoolmates.

From my point of view, a

healthy life does not only include the physical health, but also the health of the spirit. For example, in the relay races we learnt how we should cooperate with our teammates.

On the sports day, the relay races impressed me so much. There are four teammates and the person who runs first stays at the end line to support his or her teammate by screaming "Add oil! Add oil!"

This really surprised me as I am

a person who always works alone; seldom do I work with others. I think learning how to cooperate with other people is very important for a healthy spirit.

When you have a healthy body and healthy spirit, you will also have a positive life!

By Chan Kin Cheung, Skary (4A)



## KYC Post: A student Publication

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Lai Wing Sze, Cherie (6A)	Lee Hok Yan, Vanessa (1C)

**Editors:** Ms. Lane, Ms. Leung and Mr. Choi.

### Ten one-line poems about sport

#### Golf

That white moon in the blue sky, orbiting.

#### Cricket

Long late- afternoon shadows as the bowler runs.

#### Basketball

The clock runs down slower than the players.

#### Swimmers

Moment of stillness before the start: water- mirror.

#### Snooker

The giant's necklace broke and the beads fell onto the grass.

#### Football

This net's for catching slippery goalfish!

#### Marathon

Last metre: the best and the worst.

#### Rugby

Flying Easter egg under the H

#### High Jump

The air holds me like a hand, then lets me go.

#### Cycling

Here comes the fastest paper boys and girls in the world.

By Ian McMillan

### Playing with the stars

Early this month we (1C) were lucky enough to go to Victoria Tennis Courts to meet renowned tennis players, such as Li Na.

Nine students from our class got to meet these well known athletes. The tennis super-stars gave a demonstration. They had some great shots. They hit the ball very high and it was difficult to see because of the sun.

Then we were lucky to be able to play with the famous tennis players. They even gave us some signed tennis balls!

It was a great experience.

By Lee Hok Yan, Vanessa (1C)



Tennis ace Li Na gives Wong Ka Yee, Karen (above and left) and Cheung Ka Sin, Kathy (right) some hitting tips.



Left: KYC Students from S1 and students from other schools, who attended the tennis demonstration.

Back row: Chan Wai Yiu, Sam; Wong Ka Yee, Karen and Chu Lai Suet, Jenny.

Front row: Cheung Ka Sin, Kathy; Chan Pui Ting, Ally; Kong Siu Lam, Annie and Yau Ting Leung, Peter.