



On behalf of all members of the HFCCAA, we would like to convey our greatest gratitude to the committee members of 2012-2014, for their effort in organizing various activities for both alumnae and the school.

We are now happy to announce that 5 new members are joining our committee. Our 2014-2016 cabinet consists of 11 members, with details shown below.

| | |
|--------------------------|-------------------|
| Chairlady | Ms. Helen Hui |
| Immediate Past Chairlady | Ms. Heather Kwok |
| External Vice Chairlady | Ms. Martha Yeung |
| Internal Vice Chairlady | Ms. Zebbie Ng |
| Hon. Treasurer | Ms. Ada Liu |
| Hon. Secretary I | Ms. Aza Lau |
| Hon. Secretary II | Ms. Regina Poon |
| Web Administrator | Ms. Jacqueline Ng |
| Newsletter Editor | Ms. Frances Wong |
| Promotion Director | Ms. Emma Lau |
| Membership Director | Ms. Kristen Wong |
| Advisers | Mrs. K.P. Chan |
| | Ms. Anita Chan |

This year, we would continue to hold events for all alumnae. Please continue to support us!

With the support from the school and alumnae, HFCCAA is making steady progress. We shall continue to reinforce the connections among alumnae and live out our school motto -

United in LOVE.

OUTSTANDING ALL-ROUNDER SCHOLARSHIP 2014

A good number of applications were received for the Outstanding All-Rounder Scholarship 2014. We are glad to announce that three outstanding girls are selected to be our All-Rounder Merit Award recipients! Big hands for Chelsea Yeung (S.5C 2013-2014), Heidi Lui (S.6A 2013-2014) and Doris Lau (S.6E 2013-2014)!



From left to right: Chelsea Yeung, Heidi Lui, Doris Lau

Turn to the next page for the reflections of the merit award recipients

REFLECTIONS FROM ALL-ROUNDER MERIT AWARD RECIPIENTS

CHELSEA YEUNG

In my junior secondary school life, I only focused on my studies. I had never thought of joining in any extra-curricular activities or any clubs because I thought that was a waste of time. However, I started to be interested in different activities when I was in F4 and I began to serve the school since then. Unexpectedly, I became the chairlady of the Students' Association in F5 and I was given various opportunities.

Being able to apply for the All-rounder award seemed impossible for me at first. But the application actually reminds me that: as a student, we cannot only focus on studying, but also trying to make achievements in different developments. We can only be more confident and more competitive when we gain more experience. With more hard work and efforts, all-roundedness becomes easier to achieve. As the chairlady of the SA, I was given chances to slowly build up different life skills such as coping with adversity and learn the art of communication. With the balanced academic development, practicing all-roundedness becomes possible for me.

Practicing all-roundedness may seem difficult, it may seem to be an unachievable goal, but if we are willing to develop and pay effort in different aspects, and do it step by step, everyone can make it someday.

By the scholarship application, I am now equipped with more practical experience of interview and be able to handle my nervousness. However, I think there is still room for further improvements that I can be even more all-rounded if I can put more efforts in developing sports and arts. I hope that more schoolmates can try to equip themselves with more experience and thus develop the habit of practicing all-roundedness.

Being a recipient of the merit award of All-rounder Scholarship offered by the Alumnae Association is something I never thought of in previous years of my secondary school life. When I was listening to the sharing of the past awardees during morning assemblies, all those achievements were so distant to me. However, with the help of school teachers, workshop held by alumnae and schoolmates having the experience of applying the award, I realized there could be various ways for us to actualize potentials, accumulate experience and present ourselves. I am really grateful to them and receive the award from the Alumnae Association.

It is indispensable for us to find out our unique qualities to persuade the judges that we are the suitable candidate for the All-rounder award. Therefore, before composing my personal statement for the application and attending the interview, I reviewed thoroughly what I had accomplished in the past 5 years.

In junior secondary school life, I was active in different internal organizations such as the school orchestra, choir and sub-committee of the Students' Association. On the other hand, I became more proactive in joining external organizations as I was elected as the executive member and chairlady of the Students' Association. Also, I tried to take part in more competitions to broaden my horizons and my ability in the academic aspect.

After reorganizing my experience and achievements, I tried to present my best side to the judges using the skills taught by alumnae in the related workshop. In the interview, experienced alumnae assessed us by meeting us individually and observing our group discussion. This was an utterly valuable chance for me to revise the presentation skills used in interviews before attending the interview by universities.

Applying for the All-rounder Award organized by the Alumnae Association is a remarkable experience throughout my secondary school life. Once again, I would like to present my earnest gratitude to all alumnae and teachers for organizing this meaningful activity to enrich schoolmates' experience.

What do you immediately think of when you hear the word 'all-round'?

I first met this word when I was in Secondary 2. At that time, I participated in the Outstanding All Rounder Scholarship without thinking much. I did not understand the meaning of all-rounder at all. I thought all-rounders meant people being excellent and bright in every aspect that I would never become.

In the following years, I always struggled whether to join this competition again. When I was in Secondary 4, with the encouragement of my classmates and teachers, I once again participated in it. I still remember clearly that the adjudicator asked me a question in the interview - 'What do you think of when you hear the word "all-round"?'. Without hesitation, I gave the answer - 'To excel in every aspect like academic, sports, services, arts'.

I thought my answer was perfect. Nonetheless, she frowned, smiled and continued to say, 'Your answer was nearly perfect. Yet, you missed out one important criteria - attitude. Beyond doubt, an all-rounder needs to be good in different aspects but more essentially, be willing to try and learn from every failure. Prizes and records only mean some sweeteners for real learners. Success does not go to you if you do not step out and work hard. I am glad that you come to this interview and have your first step. Keep in mind that an all-rounder means a person who is willing to try and capture every learning opportunity in life.'

In the next two years of secondary school life, I kept on participating in different activities so as to broaden my horizons and learn more new things. I always remind myself of what an all-rounder means. The experience of joining the Outstanding All Rounder Scholarship not only teaches me how to deal with interviews, but it also enlightens me up with the appropriate attitude in learning. I am glad and honored to be one of the merits this year. This competition has given me a lot and I am sure that my learning journey will never end.

Dear Holy Familians, don't hesitate and capture the opportunity to be one of the all-rounders!

EVENT 1: Athletics Meet

Thanks all for participating hard in the relay event and here's the result. GOOD JOB GIRLS!



| Pos. | Members |
|---------------------------------|---|
| Champion | Cindy Yuen, Emily Chan, Victoria Wong, Amber Tsang |
| 1st runner up | Regine Cheung, Coco On, Queenie Chan, Pinky Ho |
| 2nd runner up | Donis Fung, Sandy To, Gloria Sze (S.6), Lisa Fung |

EVENT 2: Mentorship Programme



The 1st meeting for mentors and mentees was successfully held with the generous help of 20 alumnae on Dec 6, 2014. The atmosphere was filled with love and fun, with students and alumnae sharing their daily living with each other.

Hereby we'd like to express our sincere thanks to the alumnae who joined us as mentors, they are:

| | | | |
|-----------------|----------------|---------------|---------------|
| Louise Poon | Benita Wut | Hazel Chan | Patricia Lee |
| Kathy Li | Fatima Lam | Janisa Hui | Connie Kung |
| Sara Lam | Cynthia Choi | Angela Chan | Lily Lin |
| Dr. Garland Liu | Caroline Chow | Shirley Leung | Christy Leung |
| Bettina Chow | Margaret Szeto | Charlotte Yen | Carmen Leung |



EVENT 3: Mock Interview

Co-organized with school's Career Team, this year's Mock Interview event was smoothly run with the help of 40 keen alumnae on Dec 20, 2014. It is thankful to have our old girls to share their valuable experiences to our S.6 students.



The goal of holding the interview is to improve S.6 students' interview skills when applying for universities. Before the event, a briefing session was held for the enrolled students. Exco members, Zebbie Ng, Regina Poon and Emma Lau gave a talk on Dos and Don'ts in an interview.

On the interview day, students were divided into different streams, according to their preference on university programmes, and attended an individual and a group interview. Students reflected that the experience was practical and useful in improving their interview skills while interviewers appreciated the great effort the young girls had made, and their eagerness to learn about their imperfections.

We would love to send our greatest gratitude to the below alumnae again for giving a hand hereby, and hope you will also be able to join us next year!

| | | | | |
|-----------------|--------------|-------------|--------------|-------------------|
| Cherry Lam | Amanda So | Teresa Chan | Benita Wut | Anne Anita Cheung |
| Melissa Yick | Karanda Lam | Florence Ng | Sara Yuen | Laura Auyeung |
| Carrie Chan | Candy Yeung | Flora Mak | Becky Lam | Emily Shum |
| Viggy Wong | Monie Sum | Venny Chan | Karen Chan | Erica Lai |
| Scarlet Ho | Alice Chan | Kenie Wong | Janice Chin | Stephanie Adams |
| Catherine Yeung | Libby Lam | Kathy Fok | Teresa Yeung | Gigi Wong |
| Dr. Garland Liu | Iris Choi | Esther Ho | Janice Ho | Candy Wan |
| Fatima Chan | Antonia Kwan | Jamie Lam | Jenny Chan | Aza Lau |

EVENT 4: All-Rounder Award Briefing

Thank you Janisa Hui for giving a sharing to our All-Rounder participants on Jan 24.

This year there are totally 11 applicants successfully entered the All-Rounder Award scheme, we wish our young girls all the best on their final interview in March!



!!! Upcoming Event !!!

Do you miss our **PINKY** school campus?

Do you miss the good old days in the **library**, **art room**, **classroom**, and **changing room**?

Do you miss playing **ball games** in the playground?

Do you miss **singing hymns** and **school song** with your beloved friends?

HFCCAA Presents:

Home Coming Day 15'



Home Coming

What are you waiting for! Come visit our schools for the great changes and enjoy an afternoon with alumnae!!!

Date: 14 March 2015 (Sat)

Time: 12:00 to 16:00

Venue: HFCC

Activities: School Tour, Sport Competition, AGM, Tea Reception ...

Please Check our Facebook for Latest Information!



For Latest Information, please visit our Facebook page

(Click [HERE](#) or search: Holy Family Canossian College Alumnae Association).

We are now looking for athletes for the **Basketball game** and **Rugby game**!

Please kindly send us email or facebook message if you want to join the exciting matches!

Team applications and **individual** applications are both accepted!

Hope to see you all on March 14 (Saturday)!

Not yet a registered AA member?

Apply NOW at

<http://hfccaa.org.hk/about.html#navmembership>

Failed to receive AA emails?

Update your information

via [our google form](#).