



HONG KONG ADVENTIST ACADEMY

香港復臨學校

10 Tips on How to Have a Successful School Year



Breanna and Kelly pose for a photo on the first day of school

Chelsea Yau, Freshman

As the new school year kicks off at HKAA and you prepare for academic success, whether you are a freshman, sophomore, junior, or senior, here are 10 tips to help you make the most of the year ahead.

1) Set Clear Goals: Write down what you want to achieve, no matter

how small the results may be.

2) Stay Organized: Use planners or apps to note down assignments and deadlines.

3) Ask for Help: Do not hesitate to reach out to teachers when you're struggling.

4) Limit Distractions: Stay focused by setting aside any devices that might disrupt your revision time.

5) Take Breaks: Short breaks boost productivity and prevent frequent burnout.

6) Be Involved: Join extracurriculars or clubs to discover new interests and become more involved with the HKAA community!

7) Sleep Well: A well-rested brain processes information better. It is recommended that you sleep a minimum of seven to eight hours every night.

8) Eat Smart: Opt for nutritious meals instead of junk food. It provides better fuel, concentration, and energy.

9) Stay Positive: A healthy mindset helps you refocus and overcome obstacles.

10) Create a Study Routine: Consistency helps foster good habits and contributes to long term goals.

Principal's Message

Words of Guidance

Sekela Mwamakamba, Senior

At the beginning of each academic year, our school eagerly looks forward to hearing from the leader who guides and inspires us. This year, we had the privilege of sitting down with our principal, Mrs. Ola Hall, to hear her reflections, encouragement, and vision for the months ahead.

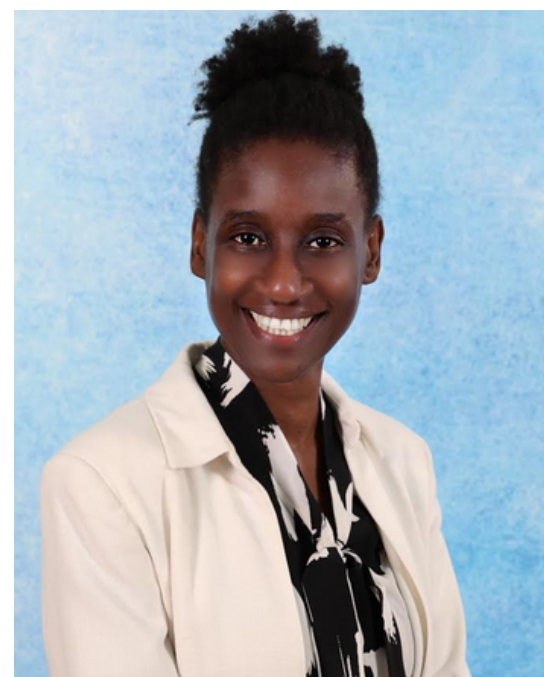
Speaking about the start of the new school year, Mrs. Hall revealed that it began months before the school doors opened when she had the opportunity to attend the General Conference of the Seventh-Day Adventist Church in Missouri. It was there, she explained, that she gained renewed clarity about her purpose as principal. "I found meaning as to why we are on planet Earth and why our school is still open—it is because God has a plan and purpose for us as a school," she reflected thoughtfully. With a light-hearted smile, Mrs. Hall admitted, "There are so many visions I have; I don't know which one to pick!" Yet, after a pause, she spoke with confidence: her vision is for

everyone—students, teachers, and staff alike—to experience true and lasting joy. She encouraged each student to seek Jesus, reminding them that getting to know Him is the key to genuine joy. For those who already walk with Him, she prompted, "Present Jesus in a bright light so that others will be drawn to experience this joy, too."

"...lift your eyes, embrace hope, and never 'settle for less than full joy.'"

Mrs. Hall also expressed her joy because she "graduated from the ground floor to the third floor," where she feels more connected and at home with the high school. Beyond the lovely view, the move has given her the benefit of being more connected to daily student life, observing their growth not only academically but also spiritually and personally.

Before concluding, Mrs. Hall left students with a powerful



Principal Ola Hall

challenge: "Find joy everywhere; look for it, dig for it, search for it, demand it; it's your right!" Her message reiterates the wisdom of Romans 12:12 (ICB): "Be joyful because you have hope. Be patient when trouble comes, and pray at all times."

As our conversation came to an end, it was clear that the principal saw education not only as a path to knowledge but also as a journey of joy, growth, and discovery. Her words serve as a strong encouragement to every student, teacher, and staff member: lift your eyes, embrace hope, and never "settle for less than full joy."

Registration Day



Ms. Astynnia and a parent on Registration Day

Kelly Yip, Sophomore

On August 10th, we held registration day, an event that marked the beginning of a new school year. The gymnasium was bustling with activity, filled with eager students and supportive parents. Many students experienced a mix of excitement and anxiety about returning to school after a prolonged summer break, as they prepared to reconnect with friends and settle into new routines. It felt great to see familiar faces from both students and teachers.

Students had the opportunity to reunite with friends they hadn't seen over the summer, strengthening their community bonds and fostering a sense of belonging. Teachers also used this time to welcome students warmly and set positive expectations for the year.

The importance of registration day cannot be overstated, as it serves as a vital milestone that sets the tone for the entire academic year. The classes students attend have a significant role in shaping their knowledge, interests, and future ambitions. The interactions and decisions made on registration day can influence students' motivation and enthusiasm for learning, impacting their overall school experience.



Ms. Astynnia and her class

Editorial

Forward!

Brogan Archer, Editor in Chief

First-day jitters are a feeling like no other. The unexplained nervousness mixed with fluttering excitement is only amplified by the one single guarantee of a new school year: change. This year, the sensation is as intense as ever. For the first time ever, freshmen enter their first year of high school, unsure of what is next. For the first time ever, seniors enter their last, determined to make the most of it. And for the first time ever, I am the Media & Publications Editor-in-Chief, equally thrilled and anxious. But this change is what connects us. We've already seen it in the flexibility shown through



Brogan Archer, Senior (Photo taken by Nicole Chan, Junior)

"We don't find strength in remaining rigid, but instead in learning to adapt and move with purpose."

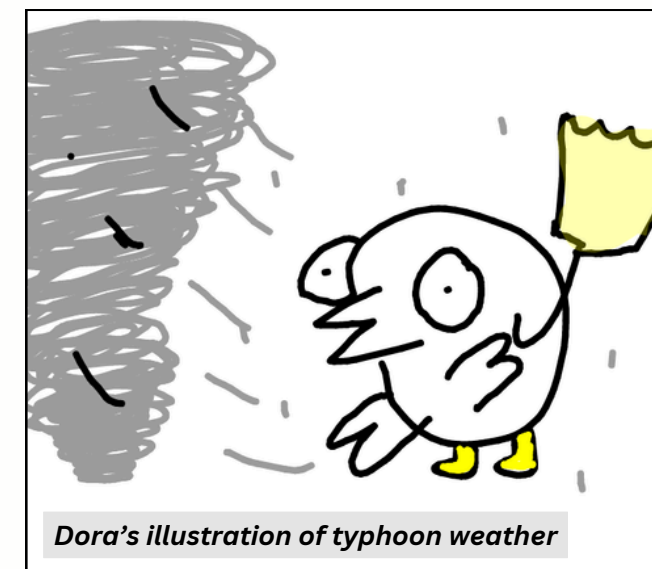
schedule adjustments and the fresh perspectives brought by new teachers who, like us, are navigating this journey together. We could merely decide to view this as instability, to stand our ground and be adamant –to refuse it. But I am here to propose a different

approach: to embrace change and keep moving forward. When I entered Mr Joy's classroom, my own detailed plans for roles, content, and overall organization immediately altered. What I feared would become a disaster became my first lesson: clinging to rigid plans is a fruitless and exhausting pursuit against dauntingly inevitable change. We don't find strength in remaining rigid, but instead in learning to adapt and move with purpose. The beginning of a new school year is the perfect time to establish this.

This is the perspective I want our publication to embody this year. Whether we encounter an error in our system or sudden breaking news, we will prevail. Our purpose, as the Newsletter and News Channel, is to discuss these changes, providing comfort and ease through thorough examinations and explanations. And so, it is crucial that we not only report on these changes but grow through them.

This year, let's choose to be curious. Let's choose to be flexible. Let's choose to seek change and embrace it.

The Hidden Dangers of Typhoons



Dora's illustration of typhoon weather

Samson Chan, Senior

Hong Kong's geographical location, lying on the coast of the South China Sea, makes it one of the world's most active tropical cyclone basins. In other words, Hong Kong is highly susceptible to typhoons and the associated dangers. For most people, the risks associated with typhoons do not affect them at all; however, many are exposed to high-risk situations, including low-lying residents, subdivided units, and rooftop houses.

The vast majority of people in Hong Kong are generally not exposed to the dangers of

typhoons. This is because we have government-run observatories that are responsible for monitoring and forecasting weather conditions, which issue warnings related to weather hazards beforehand. With the possibility of affecting infrastructure, typhoon signals of eight or above will result in the temporary suspension of transportation, and people are advised to stay indoors. For most, the extent of the effect is the suspension of school and work. A student noted that it allows an extra day for them to sleep and study more.

Although this may be true for the majority of people living in Hong Kong, low-lying residents and rooftop houses are not as fortunate and are exposed to the most dangerous effects of typhoons. These areas are vulnerable to flooding from heavy rainfall due to their low elevation and the tendency for water to pool on rooftops, causing extensive damage to properties inside houses. These underprivileged communities are also susceptible to structural damage from strong winds. Furthermore, flooding makes it difficult for residents to evacuate or receive emergency services when trapped in bodies of water.

Hence, even if the majority of people are not affected by typhoons, many unseen dangers have affected and devastated many underprivileged communities in Hong Kong.

An Ode to the Observatory

Jocelyn Tong, Junior

Sunday night, I watch the rain.
I check my phone again and again.
I need that buzz, that glorious sight,
The words that make our smiles bright.
A sudden flash! A chime I know!
The typhoon declares:

"School is cancelled tomorrow."

Word Search

F	R	E	S	H	M	A	N	A	T	I	L	R	E
I	H	W	A	E	F	N	T	N	R	C	R	S	C
O	R	L	L	O	G	Y	R	E	E	O	O	G	U
J	M	E	E	A	P	N	L	T	R	L	A	N	O
E	U	D	G	H	H	U	A	G	C	L	E	I	O
R	N	N	O	I	D	R	T	H	G	A	C	N	F
E	R	O	I	E	S	N	C	I	C	B	N	N	O
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S	E	N	I	O	R	S	N	L	T	T	U	B	R
R	S	O	P	H	O	M	O	R	E	I	G	S	D
A	R	T	H	E	N	T	E	U	W	O	O	R	H
N	H	S	E	G	A	I	N	E	I	N	F	N	I

Word Bank:

Collaboration	Schedule	Registration	Sophomore
Typhoon	Guidance	Forward	Junior
Change	Beginnings	Freshman	Senior

Self-Studying AP Classes

Makayla Wong, Senior

Signing up for Advanced Placement classes requires careful planning and effective communication, so students must be confident in themselves and unafraid to ask for help. When signing up to independently study these classes, students should

contact Mr. Steve as soon as possible to initiate the registration process. Students should also be reminded that the deadline to officially order AP exams is November 14. We wish all students success in their AP pursuits.

Stay tuned for the News Channel's take on self-studying AP classes, filled with advice and more!



Freshman Survival Guide

Breanna Bautista, Sophomore

Entering high school can be both exciting and scary. Managing new classes and a different schedule may seem daunting for ninth graders. If you find yourself facing these challenges in your first year, don't worry—you're not alone. Reflecting on his experience, David Kang shared five tips for high school freshmen that helped him and will help you build a strong foundation for your high school career.

1. Reach out to teachers

"It's very normal to have doubts or difficulties understanding things in class, so don't be afraid to seek guidance from teachers – they are there to help you," said David. They are also great to turn to for general advice, such as when considering which classes to take for your career path or how to develop good study skills. Creating a relationship with your teachers can especially come in handy when it's time to submit letters of recommendation for your college applications.

2. Use the internet

Whether you're struggling with a homework concept or studying for a test, the internet can be a valuable resource. You can find things like book summaries, practice problems, and flashcards to help you study. David, for example,

uses Khan Academy and Quizlet, but there are many more tools out there that you can explore.

3. Plan and manage your time

Use scheduling and task tracking software (such as Google Calendar) to plan out your time each day. Add items such as general reminders, test dates, project deadlines, or extracurricular commitments. If you have a longer assignment or project, consider breaking it down into smaller tasks. This will help you spend your time more efficiently.

4. Take good notes

If the teacher says something will come up on the test, don't listen to it passively. Taking notes will help you understand, remember, and organize information and can be easily referenced in the future. Taking notes requires actively condensing information, which is a valuable skill to develop and will be especially useful in college.

5. Have Fun with Friends

While working hard in your classes is important, don't forget to have fun. Your first year of high school often comes with the lightest workload compared to later years, so make the most of it. Build friendships with your classmates, as you'll be spending the next few years together. Maintaining



David Kang, Junior

connections outside your grade is valuable as well. Enjoying time with friends at school can help you avoid burnout by giving you a break from the pressures of keeping your grades high.

Starting high school isn't easy; all your sophomores, juniors, and seniors have been through the same process. That's why seeking help from teachers, not being afraid to use online resources, and building good habits like planning and taking notes are essential to surviving your freshman year. Even if high school feels overwhelming for you right now, you will one day look back and see how much you've grown from your freshman year!

Meet the 2025-2026 Yearbook Team



Photo taken by Dallas Chan, Junior

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A Warm Welcome to Our New Teachers & Staff



Photo taken by Kyle Kim, Junior

Front row, left to right: Ms. Chikoko Hamwene, Ms. Linlin Feng, Ms. Louisa Chu, Ms. Yuqi Lin, & Ms. Priscilla Wong

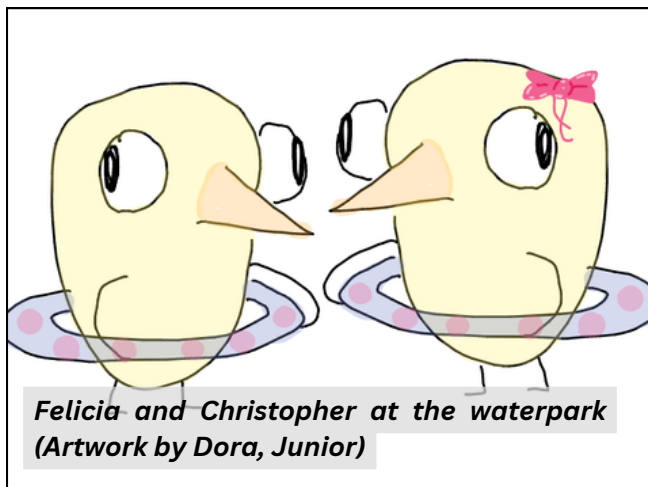
Back row, left to right: Mr. Che Man Cheung, Mr. Brandon Chu, Mr. Barnedo Ahiezer & Mr. Zhuoran Liu

On behalf of the Newsletter and News Channel team, we wish all our new teachers and staff members a warm welcome to the Hong Kong Adventist Academy community!



Short Story

Summer Vacation



Felicia and Christopher at the waterpark
(Artwork by Dora, Junior)

Renae Yung, Junior

This story can connect to our edition's theme, embracing changes and entering the new school year, as all the sweet and small moments from our summer come to an end after school has started.

During the summer, Felicia and her family visited their grandparents. On the way there, her mom, Lina, got a text message from her brother, Lewis:

"Hey, Lina. I just found out that mom and dad went on a holiday to New York. How about we change our destination to the waterpark? That way, the kids can have fun too!"

Seeing the message, Lina screamed at Peter, her husband, "WAIT!! We need to turn back!"

Peter stepped on the brakes, while gasping for air, "You didn't have to scream like that..."

Leaving a trail of tire marks on the road, they set off to the waterpark once again.

At the water park, Felicia and Christopher, her brother, rushed to Uncle Lewis. "Uncle

Lewis! We missed you so much! Where're our cousins, Sky and Sana?" they exclaimed.

"They are in the changing room with your aunt," Uncle Lewis said.

"Okay then... Mom! Can we go to the pool now?" Felicia whined.

"Okay, be careful, and Christopher, take care of your sister!" Her mom said.

"Yes, Ma'am!" Christopher said while saluting.

After a while, Sky and Sana came out and rushed to the pool to look for Felicia. "Let's go to the waterslide!" They said, while jumping up and down after seeing how short the line was.

"Let's go!" Sana exclaimed.

As they got ready to go down the slide, their parents were right at the end. They took out their phones and started filming the kids as they came down. "Yay!" Felicia and Christopher went down the slide.

Christopher screamed, "Aaaaa! This was a bad idea!"

As they went near the end, Christopher started crying. "I'm never going on that slide ever again!" he said while wiping away tears covered in pool water. Everyone laughed, and Lina picked up Christopher and walked over to the restaurant.

Uncle Lewis ordered food for everyone, and after having a long chat and playing games at the carnival nearby, the families prepared to go back home with bags full of merchandise and plushies for the kids.

Value of the Month: Collaboration

Berlynn Bautista, Grade 8



Meet the 2025-2026 Newsletter and News Channel Team



Photo taken by Kyle Kim, Junior

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News Channel Reporters: Carina, Henry, Agnes

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Poetry

Change

Jocelyn Tong, Junior

Change is a tide I cannot command,
That pulls the anchor I still hold fast
A stubborn weight of familiar sand,
Crucial evidence of the past.

I plant new roots in this foreign land,
A bitter chore that must be done.
Stepping away from the tree of the past,
I carry its seed, warmed by the sun.

The salt wind speaks to me softly,
Telling of a future I haven't heard.
In a new language that's strange to me,
I must learn to embrace each word
To find a home in the unknown,
And let a new story unfold.

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