



7 Things You Have to Do This Mid-Autumn Festival

Paula Lau, Freshman

Share Mooncakes

Mooncakes are known as one of the most famous symbols of the Mid-Autumn festival. Eating and sharing this special confection symbolises goodwill and togetherness during this significant time for everyone.

Have a Family Dinner

Families gather often during the Mid-Autumn festival as it unites everyone and honors the full moon. The meal is brought together as a communal meal to have a sense of unity, and is the typical setting for traditional families that are ethnically Chinese.

Enjoy Carnivals and Displays

Carnivals are where families go for a splendid experience that typically has lanterns for everyone to admire.

Watch the Tai Hang Fire Dragon Dance

The Tai Hang Fire Dance holds an ancient tradition and has been performed for over 140 years in Hong Kong. The “fire dragon” is an intricate design that involves

thousands of burning incense sticks that serve as fire, which also makes this very mesmerizing. The fire shines and casts an eerie glow for all to see while the performers dance to a rhythm like no other.

Go Moon-Gazing

The festival is celebrated under the full moon, which makes moon-gazing a tradition among families in Hong Kong and China, in general. The moon is the star of the whole festival that began as moon worship ceremonies during the Shang Dynasty, which then evolved. This activity shows longing for Chang’e and the loved ones who have passed.

Understand the Heritage

This festival is not just celebrated for the mooncakes and lanterns, but actually has special values and history that make up why it is celebrated in Chinese culture. The festival symbolises values such as gratitude, renewal, and hope. Based on these values, reflecting on what we are thankful for and what is to come is important to do during this momentous occasion.

Carry a Lantern

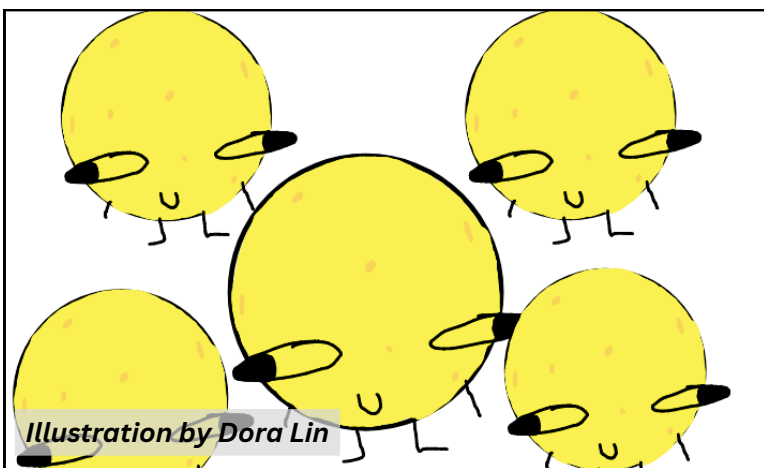
Lanterns are used to celebrate this festival



Students participating in the school's Mid-Autumn festivities

and are commonly given to children to play around with. During the Mid-Autumn Festival, children are seen running around holding the lanterns high in the air with families gathering to commemorate the special time under the full moon. Lanterns, in general are common additions to this festival to symbolise hope, happiness and the yearning for light.

The Legend of Hou Yi and Chang’e



Renae Yung, Junior

Every year, the Mid-Autumn Festival takes place on August 15th of the Chinese lunar calendar. During this time, people eat mooncakes and spend time with their friends and family. They also partake in many other traditions, including watching the moon and playing with lanterns or candles.

Spending the day with our family reminds us of the main theme of the Mid-Autumn Festival: reunion. It portrays this festival as a time for us to be with our family. This theme of reunion and togetherness comes from and is deeply rooted in the tale of Hou Yi and Chang’e. Hou Yi was a Chinese mythological character who was known for his archery skills. Long ago, there were ten suns in the sky.

However, the villagers were having trouble with their crops, so they asked Hou Yi to help them. He took out his arrows and shot down nine of the ten suns, saving the entire village. After God heard about this, he removed Hou Yi's and his wife's divine status, forcing them back into the human realm.

Not long after this, Hou Yi went to obtain a special medicine that could grant them eternal life. After he got home, he hid it so that his wife, Chang’e, would not find out about it. But then, one day, while Chang’e was looking around the house, she discovered the box of medicine. Out of curiosity, she ate it, and after a few minutes, she started to float uncontrollably, eventually reaching the moon.

On the moon, Chang’e was very lonely. There was no one to be with her, and she missed her husband dearly. While walking around, she found that certain rabbits lived on the moon, called moon rabbits. Chang’e asked them to help her create another medicine of the same kind that Hou Yi bought, so that she could return to him one day.

One night, Hou Yi missed his wife very much, so he went to their garden to walk around. While looking upon the moon, he saw a vague figure that looked just like Chang’e, so he set up different foods to offer for her, waiting for her return one day.

This ancient legend of love and separation symbolizes the true meaning of the Mid-Autumn Festival. The story of Hou Yi and Chang’e reminds us of how important our family is to us, calling us to always cherish our loved ones and spend time with them.

Mid-Autumn

Poetry

Jessie Lo, Sophomore

Mid-autumn is a time when families gather together
In their houses, to celebrate the moon.

Day comes first, then night follows.

-

A moon comes out with the night.

“Utopia” is what I imagine.

Through the mist of the clouds,

U can spot a bright, round

Moon; My thoughts narrated as it appeared:

Nature is such a beautiful thing.

Letters to the Editor

We want to hear from you!

Do you have an opinion on a recent article? Want to comment on an event? Your voice matters!

The Harold Post is now accepting Letters to the Editor.

Email: Send your letter to
hkaa-newsletter@hkaa.edu.hk

Word Limit: Under 250 words

Submission Deadline: November 17



Treasure the Fleeting

Editorial



Breanna with her family

Breanna Bautista, Sophomore

As the upcoming school break gives us time to celebrate the Mid-Autumn Festival, a festival that involves the gathering of loved ones, let's take the opportunity to connect with the people we love. We don't always have the chance to be with family—some relatives may live far away, and sometimes we are even separated by countries. Often, we're all occupied with our own lives and have little time to spare. However, when life brings us together with those we haven't seen in a while, we should cherish the limited time we have with them and make up for the time we lost.

We teenagers can be stubborn and blinded by our own lives, so we sometimes neglect the family that

loves us. At times, I can fail as a daughter, niece, and granddaughter. For me, family reunions only happen once in a while due to the distance between me and my extended family. Still, there are several times when I rush conversations on the phone with my grandparents, who just desire to catch up, or when I am in too much of a hurry to eat dinner, I forget that is the time to tell my parents about what went on throughout my day. I do this because I am too absorbed with what occurs in my life, too preoccupied to realize that I have relationships to maintain and strengthen. Because of this, I have most likely missed plenty of opportunities to connect and have meaningful conversations with my relatives.

Even if you do not participate in this holiday, take this chance to tell your family you love them by making time for them. Almost every holiday celebration, including this one, involves familial reunion and celebrating together. Christmas and Thanksgiving are two of the many holidays that give you time to be with family. However, there is never just one special occasion to show your loved ones appreciation. The opportunity to be a loving child, grandchild, etc., is present every day. Show them how much they mean to you by going out of your way to devote time to them. One way to do this is by helping your family with chores around the house. You can assist in cooking dinner or washing the dirty dishes. You can also show your love in the little things you do, like when you set your phone down when you're around your parents, and being attentive to the conversations happening in the dining room.

Everything in this world is fleeting. Thus, while life still allows us, we should seize the moment and spend time with the ones we love. Happy Mid-Autumn Festival!

More than Books: Inside HKAA's Library



Students studying in the library

Brogan Archer, Senior

Beneath its hushed and peaceful exterior, the library flourishes as a vibrant and essential part of HKAA. The person to thank for this is Mr. Daniel. As the head librarian, Mr. Daniel is responsible for organizing books and helping facilitate academic growth. Under his management, the library serves as a centre for intellectual and personal development within the school community.

On the surface, Mr. Daniel's day-to-day activities include maintaining library order, with everything kept in the right place. "I make sure that all books are in the shelves, allow students to borrow books, and remind students of return deadlines," he explained. However, he does far more than simply oversee the library's operations. For Mr. Daniel, the focus of the library is not the books, but the students who read them. When he looks at the library, he sees a key space for growth, emphasizing the power of reading. "It is important for students to read because it's a faster way to learn," Mr. Daniel said, revealing that the library is an especially crucial tool for non-native English speakers to improve their language skills.

Mr. Daniel's philosophy is practised daily, with the library acting as a shared hub for the entire school community. From opening to closing time, the library is filled with students working diligently or discovering their next favorite book. Some high school students are daily visitors, and younger classes are brought on a fixed schedule. Chinese teachers, in particular, leverage the library to enrich their lessons. In this way, the library fulfils HKAA's core mission as a safe place to grow.

The Origin of Harold the Mascot

Vani Yim, Freshman

Harold, HKAA's beloved mascot, has been part of the school family for quite some time now and has since taken over. Whether in hallway posters, staircases, sports team shirts, or on students' backpacks, he can easily be spotted around the school. But where did he come from in the first place?

Harold didn't just come with the school in a package deal; he actually has a backstory. A few years ago, Mr. Brondo, one of the teachers of the music department, made an unusual discovery on our campus. Following a typhoon that swept through the area, he found an owl stuck in one of our trees.

This unique encounter led the school to consider the possibility of having an owl as a school mascot during the 2020-2021 school year. Ms Sarah Sykora, a previous staff member, collaborated with the students to decide on different aspects of the owl.

This discovery of the owl took place during the pandemic, when students took their lessons online. Here, the school hosted a vote for students to select the owl's name, and "Harold" was the winner.

However, Harold isn't only a mascot to enhance the school's image; he also stands to represent our core values: compassion, respectfulness, integrity, excellence, collaboration, reflection, and adaptability,



The original Harold owl

further encouraging students to embrace them. Over the years, Harold has added to HKAA's reputation and school spirit, and his origin story is definitely part of the school's history. Harold is more than a mascot. He is a crucial member of the HKAA family who symbolizes all the values that make HKAA special.



HKAA Participates in the Interschool Swimming Competition for the Second Year



Kyle's 50 meter freestyle (Photo taken by Ms. Gonzalez)

Renae Yung, Junior

On October 13, our school had the honor of participating in the interschool swimming competition for the second consecutive year. This year, five students competed in the event: Kyle Kim, Reidy, Jayden Yip, Ricky, and Dora. Teachers Ms. Gonzalez and Mr. Brandon, accompanied them to the competition. As per the invitation, Mr Brandon became one of the official judges in the event.

As Dora witnessed, just before the relay competition, someone had a cramp in the pool. Luckily, Mr Brandon acted fast and threw the lifebuoy for the boy.

The relay competition was “very challenging,” Reidy said. Ricky also mentioned that he “couldn’t jump from the swim block,” because he was too “nervous.” Dora said that she felt very proud of her teammates, since this was

their first time attending the competition, and they had tried their best to achieve a top 20 ranking. During the second half of the competition day, individual races took place. Kyle competed in the boys' 50-meter freestyle, Reidy in the breaststroke boys' 50-meter, and Dora in both 50-meter freestyle and breaststroke for girls.

This event marks a milestone for both the school and the students, with HKAA ranking 15th overall! All of the students did very well in the competition; hopefully, the school can participate again next year with even more students.



HKAA Football Club Plays Interschool Competition Against Local Schools

Jessie Lo, Sophomore

Our classmates from the HKAA Football Club recently had the opportunity to showcase their excellent talent at an inter-school competition match with Lok Sin Tong Yong Ko Hsiao Lin Secondary School. The team first played against them on September 25th, and unfortunately lost 0:3. Throughout the game, every member of the team got a chance to show off their football skills; even though they lost, they still managed to show their enthusiasm for the game. Reidy, the team’s left back, revealed: “In the first half of the game, we were not at our best, but in the second half, we started to pick up the pace and defend better.” He said that this was his first time in a local school competition, and it was not easy for the team. Still, he expressed that although they were going through a tough time, it



The High School Football Team

was a good experience for them to prepare for the upcoming game.

Then, on October 14, the team received another opportunity to play against a local school. They competed against Mrs Fung Wong Fung Ting College and lost 0:2. Meod, a Midfielder, recalled: “We played well, but we barely attacked.” The team tried their best to score, but instead of attacking, they defended. Kyle Kim, the team’s captain and centerback, commented that “it was definitely better than the last game,” which was a reference to the previous match. “We made a few mistakes, but there is definitely room for improvement,” both Meod and Kyle agreed.

In these games, the football team had an amazing chance to showcase their talents, and even though they lost, they still carried on positively and viewed it as an opportunity to do better in their next game.

Decarbonization: The Way to a Greener Future

Quincy Lau, Sophomore

What is Decarbonization? Decarbonization is the process of reducing carbon dioxide emissions, which are a major contributor to climate change. In simple terms, it means finding ways to produce energy and carry out activities without releasing large amounts of CO₂ into the atmosphere. This often involves using renewable energy sources like wind, solar, and hydropower instead of fossil fuels.

Decarbonization strategies involve transitioning from nonrenewable energy sources—such as coal, oil, and natural gas—to renewable energy sources like solar, wind, hydroelectric, geothermal, and biomass. Another effective tactic is improving energy efficiency. Using electricity from clean sources and adopting innovative technologies can further help reduce carbon emissions.

There are many ways you can contribute to decarbonization. You may adopt sustainable transportation. The key is to reduce the use of fossil fuels.

Instead of using cars, you can walk, go cycling, or even take public transportation. Reducing consumption and waste is a way to decarbonize. This can be achieved by avoiding food waste, recycling, and making sure you shift to reusable products like utensils. To reduce energy use, you can simply turn off electronics and lights when they are not in use. If you want to go out of your way to help the earth, you may contribute to planting new forests to help produce more oxygen for our environment. Additionally, supporting organizations that prioritize sustainability and protect our environment can contribute to the cause.

The Environmental Club’s goal is to spread awareness about environmental issues. You may join us in implementing projects that aid in reducing carbon footprint and promoting eco-friendly practices. Together, we can save our environment!

Environmental Club Column

DECARBONIZATION

What is Decarbonization?

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- This can involve using renewable energy sources like wind, solar, and hydro power instead of fossil fuels.

Decarbonization strategies

- transitioning to renewable energy
- improving energy efficiency
- electrification
- innovative technologies

We need Global effort

How can I contribute to decarbonization?

- Adopt sustainable transportation
- reduce consumption and waste
- contribute to planting new forests
- Reusing items
- Invest in and support organizations that prioritize sustainability
- reduce energy use
- keep (indoor) plants that reduce CO₂ (good for you and the environment)

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Hong Kong Celebrates National Day

Samson Chan, Senior

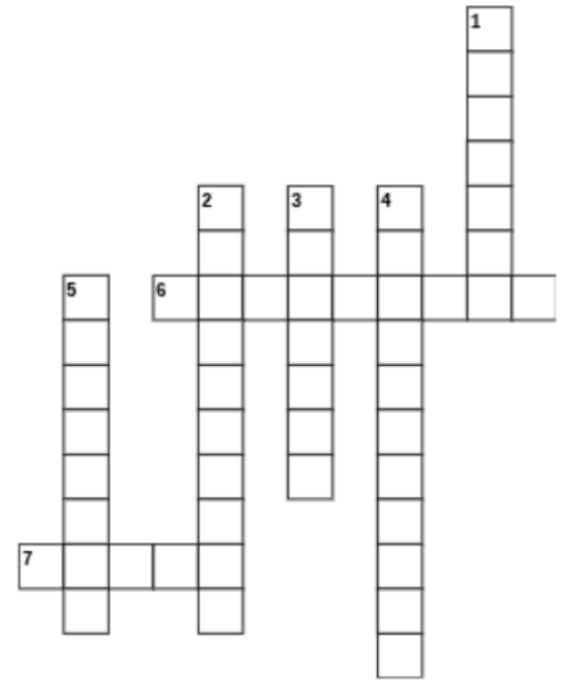
Annually, on October 1st, Hong Kong celebrates its National Holiday. People come together to commemorate the establishment of the People's Republic of China in 1949. Numerous events are held throughout Hong Kong, including fireworks displays, drone shows, and flag-raising ceremonies. Additionally, various cultural activities are hosted to promote Chinese culture and heritage, including performances, parades, and exhibitions. Hong Kong has been honoring this celebration since 1997, the year of the handover of territory from British to Chinese control. It is a public holiday for people to spend time enjoying the festivals with family and friends.

The national day is not a celebration enjoyed only by the locals; instead, everyone living in Hong Kong is welcome to participate in this joyous event. Locals are encouraged to come as it is a source of belonging, shared heritage, and culture. At



the same time, others are encouraged to participate as an opportunity to understand and embrace a new culture. This acknowledgement is not only remembered in textbooks but is also commemorated through this unique festival.

Crossword



Across

6. We eat this during the Mid-Autumn Festival
7. He shot down 9 suns

Down

1. The lady that lives on the moon
2. Lives on the moon with Chang'e
3. Kids play with these at night
4. A performance done during the festival
5. The main theme of the festival

Value of the Month: Excellence

Berlynn Bautista, Grade 8



For Those Who are Away from Home

Poetry

Jessie Lo, Sophomore

Those who are away from home,
Will come back tonight.
Those who are home,
Will stay for the night.

Mothers began baking fresh moon cakes
For their hungry children to eat,
Fathers started decorating their houses
With lanterns and all.

Once the sun steps down
And the moon comes up,
The Mid-Autumn will begin,
With the gathering of friends and family.

With the lanterns lit up
And the smell of fresh mooncakes fills the streets.
Families gather around the table,
To watch the beautiful round moon waving at them.

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