

## Elsa High School's 2016-2017

## Weekly Daf



Mazel Tov to Mr and Mrs Junger on the birth of a baby daughter.

Mazel Tov to the Kanevsky family on the occasion of Jamie's Barmitzvah.

Mazel Tov to the Fischer family on the occasion of Eitan's Barmitzvah in Israel.

## Dvar Torah: Vayekal-Pkudey

This shabbat is unique as we combine two parashot together: Vayekal and Pkudey. This week's parashot revolve around the Mishkan, also known as the Tabernacle. The Mishkan was in essence the portable Temple, which the Jews carried with them before settling in the land of Israel. The parashot consist of Moses describing the assembly of the tabernacle, and saying in great detail who and what was needed in order to build the Mishkan. The parashot basically repeat what has been said in the previous parashot, Teruma and Tetzaveh. The repetition of the numerous details and rules of the Mishkan come to show us the importance of the Mishkan.

Although the Mishkan was only a temporary and portable home for G-d, it is no less significant than the Great Temple. The importance of the Mishkan teaches us the pride and relevance of our Jewish identity. Like with the Mishkan, we carry our Jewish identity wherever we go. Our Jewish identity



does not remain in Israel, in Synagogue or in our homes, but is with us in our everyday lives.

This lesson is extremely relevant to us here in Hong Kong in this day and age. Here, sometimes we may have to be reminded of our Jewish Identity. Living so far from Israel in a small Jewish community in an extremely cosmopolitan city we must remember that we are Jews no matter where we are, and we should be proud of our shared identity.

Shabbat Shalom!

Arya Idan-Cummins - G9

# An Update from Mr Julian



## Sports Day 2016-17

Sports Day this year was another huge success at Elsa High School. It was fantastic to see students take part throughout the day in their chosen track and field events, and scoring points for their Houses.

This year there were 41 new records set by individuals, which underlines our students' ability to perform above and beyond in competitive situations, and to attain great results and personal achievements.

Results from Sports Day for the last two years can be found [HERE](#)

Sports Day is always team event and I would like especially to thank Mr Alan Chan (Yvette Chan's father) for taking time out to document the day with his camera. Thank you, too, to the PTA for the coffee and tea on the day; but most of all, I want to thank the staff from both Elsa High School and Carmel Elementary, who marshalled, scored and supported in many various ways throughout the day.

The pressure is on for next year as we continue to see rising stars come through from the Elementary!

## ISSFHK Track and Field Championships 2017

Well done to everyone that represented Carmel in the International Schools Sports Federation of Hong Kong (ISSFHK) Track and Field Championships this year. We had 29 students from Grades 5 to 10 take part against 25 other international schools and over 700 competitors. Massive congratulations to Charlie Allard for qualifying for the 200m and 400m finals, to Marco for getting into the 100m final, and for coming 7th overall in the under-14 long jump, to our Grade 7 and 8 boys, who got into the 4 x 100m final, and especially to Jeffrey Yao, for his achievement in coming 3rd in the under-16 boys high jump.

Mr Julian



# Elsa High School Sports Day

Sports Day 2017 was a thrilling and entertaining day for the entire of Elsa High School. A multitude of records were broken and many new events, such as javelin, were introduced and enthusiastically attempted.

Along with everybody else, I had a great time, and I was very pleased with my results and new records while representing my House, Jerusalem. I competed in the 200, 400, and 800 metre races, as well as discus, high jump, and long jump. I received gold for all my track races, and also broke school records in each event. I also achieved silver in both long jump and high jump, winning six medals in total.

Although it was probably my hardest and longest race, the 800m was my favourite, as I had never tried it before, and it was a challenging but rewarding first-time attempt. Next year, I will train more, and aim for even longer distances, and I will keep pushing myself.

Also, this year's Sports Day was really coordinated and organised, with each event flowing smoothly into the next. All in all, it was a great, fun day for me, and hopefully for everyone else who competed. Many thanks to Mr Julian for putting together the day.

Charlie Allard - G8



Sports Day was very successful for me this year, because I broke many records, showing that I improved from last year. My favorite event was the 100m sprint because I enjoy sprinting and I am pretty good at it and have definitely developed in sprinting from last year.

My highlight was when I was announced as the fastest girl runner in school — I think it is a brilliant achievement.

I also made sure to cheer everyone in my House who was competing because I know that the feeling of team members cheering you gives you the power to go on.

In order to improve again next year, I will aim to improve my technique in the shot put event.

Gili Shtoser - G9

# Elsa High School Sports Day

Last week Thursday was the Elsa High Sports Day. It was a fun and exciting day, and there were a lot of records broken. In the morning, we took the bus to the Tseung Kwan O Sports Ground, where Mr Julian had already been busy setting up the day.

After warming up, we started off with the 1500m, 800m and the 400m races. Afterwards were the long jump and high jump events. Whilst there was no record broken for high jump, there were many new records in the long jump.

In the Grade 6 boys category, Joseph Rabinowitz jumped 3.95m; in Grade 7 and 8 boys, Marco broke the record, jumping 4.8m; In Grade 9 and 10 boys, Ohad broke the record with 4.55m; and in the Grade 11 and 12 boys, Ofir got 4.2m.

And a surprise result: in the female teachers versus students 4x100 relay, the teachers won!

Congratulations also to Alex Li, who had only been at Elsa for less than one week, and won a gold for the 100m sprint in his age group.

Here I want to thank Mr Julian for organizing this event, and the teachers for helping with the scores and running events. We had a lot of fun, and I am looking forward to the Sports Day next year!

Yvette Chan - G7



Sports Day is always a great experience at Elsa High School. There is the perfect amount of competitiveness to give you a thrill, while at the same time, all students support and cheer one another regardless of their House.

Overall I believe I performed pretty well in Sports Day. I was able to break my previous record in the 1500m and, frankly, it was my lifetime personal best. I was also able to set a record for the javelin throw, which is always fun, because who doesn't enjoy feeling like a Spartan?

There was a lot of development from last year, both for various individuals and for the school as a whole. Many individuals were able to set a higher standards, and raise the physical capabilities of the school; for example, some individuals in Grade 6 were able to sprint faster than many students in older Grades. As a school, I believe Sports Day has become a much more fun experience for both teachers and students.

Sports Day is great motivation to continue to push one's physical capabilities further.

Ofir Razon - G11

## ISSFHK Track and Field Championship



On Tuesday this week, Elsa High School took a team of 29 students to Siu Sai Wan to compete in the International Schools Sports Federation of Hong Kong (ISSFHK) track and field championship.

There were 25 different schools and over 700 students competing across all competitions. The events that I took part in were the 100m sprint and the 4 x 100m relay. After a tough heat in the 100m, I succeeded in qualifying for the finals; and in an extremely close final race, I managed to finish 4th place by 0.01 of a second, nearly earning a bronze medal.

My team in the 4 x 100m relay was Charlie, Ohad, David and I. We placed 3rd in the heats and qualified for the finals. Some of the schools we competed against in this race were Kellet, CDNIS and HKA and several more.

Additionally, Charlie qualified for the 400m finals, and Jeffrey finished 3rd in the Under-16 high jump.

Thank you to Mr Julian and Ms Town for taking us to the ISSFHK track and field championship. It was a great experience.

Marco Caviglia



## Hong Kong Young Writers Award



On Wednesday 22 March, Sarah Cohen, Arya Idan-Cummins and I went to the Hong Kong Young Writers Award (HKYWA) Ceremony in Cyberport.

At Elsa High School, a total of ten people were chosen to compete — two people from each Grade. And out of nearly 1,000 entries from schools in Macau, China and Hong Kong, four Elsa students were chosen to be shortlisted for the Awards Ceremony (Ben Fischer, the other finalist, was in Israel); in addition to this, both Mia Apelbaum and Rachamim Zamek received honourable mentions.

After arriving, we looked at the cover art on display and enjoyed the refreshments. Then we took our seats and waited for the ceremony to start. The event began with speeches from the organisers, and from author Nury Vittachi. After the speeches, students were called up in their categories (age groups and genres) and the winners were announced. At the end of the ceremony, they chose one overall winners — except this year was unique since they couldn't agree on a winner and chose two people.

Although no-one from Elsa won a category, we are all very proud of our achievements and for how far we got in the competition — and that our writing is published in the HKYWA anthology. Thanks to the English Department for their help with our submissions, and to Mr Webber for accompanying us to the event.

Hannah Davidson - G6

# Hong Kong Model United Nations



Hong Kong Model United Nations is an opportunity for students from all over Hong Kong to put their debating and critical thinking skills to the test, and to address difficult issues and crises facing our world.

The conference lasted for three days and began with an opening ceremony where the honorable chairs were presented with their gavels. Once the conference officially opened with the banging of the gavel, the delegates were in a rush to get to their committees. It was a room full of almost two hundred kids briskly walking to the Security Council, ECSOC, the African Union and many more. We set to work presenting our countries' views, strategies and opinions on a series of topics ranging from the sustainable use of resources through technology to the battle of Mosul. By the day's end, we were presenting our resolutions to try to tackle our committee's topics.

On day two we jumped right back into the action — the action being making amendment after amendment to compromise on resolutions. It became a test of mental endurance and whether your



attention span was long enough to listen to the almost never-ending amount of sub-clauses. It was soon midday, though, which meant the delegates all rushed off for lunch, creating a line that twisted and turned down the long halls of Science Park. Soon after we returned to our rooms and began voting procedures to decide whose resolution would fail and whose would succeed.

Now the third day seemed like more of the same except for the awards ceremony at the end, where the greatest delegates to hold their placards were honored.

However, something else special stuck out that day: a guest speaker, Peter Dalglish, urged us to use opportunities like MUN to grow, mature and help forge a path to the future, combating the crises we see today. His speech can be perfectly summed up into three inspirational words "they need you."

Many thanks to Mr Livingston, Mr J Wilson and Mr Russell for accompanying us across the three days — it was a great experience.

Rachamim Zamek - G9

# MYP Personal Project Exhibition

On Thursday the Grade 10 Personal Project Exhibition, Creativity, Activity, Service (CAS) and Service as Action (SaA) Exhibition took place in a transformed Elsa High Auditorium.

The Personal Project exhibition is a chance for Grade 10 students to present and explain their work to students, teachers and parents; it is also a requirement of the process from the Middle Years Programme (MYP).

This year, there were 14 Personal Project displays, together with several CAS displays (for Grade 11) and SaA displays (with representatives from all Grades of the school).

The breadth and depth of the projects on display was impressive, with projects ranging from promoting women's rights in Bhutan, to designing dresses based on the four elements, and from creating an unbiased information booklet on the Arab-Israeli conflict, to basketball shooting technique. For me, it was an opportunity to formally display my black and white photographs inspired by different works of philosophy.

Many parents, teachers, students and other supportive members of the community came to enjoy the event and the students' work, all of which was of a high standard.

All in all I think that the event demonstrated the quality and hard work of the students at Elsa, and taught me many different things. The process and of viewing the different projects was very informative.

Many thanks to Ms. Then for her help and support throughout the year, to Mr Ford and Ms. Then for their assistance with the final displays, and to all the supervisors for their feedback and support over the course of the projects.

Ian Lyons - G10



# Oxbridge Academic Programmes

After a representative from Oxbridge Academic Programmes visited Elsa High School recently, I applied for an Academic Achievement Scholarship to attend one of the summer programmes. As I was only aware of the fast-approaching deadline one week prior, the application process proceeded quickly so that my forms could reach New York in time.

The courses I selected are literature and psychology as a major, and critical thinking as a minor. Studying literature has always been a great passion of mine, and in particular, exploring how emotions are so elegantly expressed in language. Not long ago, I was exposed to the field of psychology in my humanities class, which I found remarkably fascinating. At the same time, critical thinking has an all-round importance that is

beneficial for any subject. When I received an email from the scholarship committee awarding me an Exceptional Merit Scholarship, I was beyond overjoyed, as many outstanding students applied from all around the world — making it a very strong competition.

As I will be moving forward to the Diploma Programme at Elsa High School next year, I believe that taking part in these courses is a great opportunity for me to prepare myself in a university environment.

I would like to express my sincere gratitude and appreciation to Mr Ford and Mr Swart for assisting me. I look forward to a summer full of discovery and amazing experiences.

Andrea Au - G10

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