



Welcome! This is the third edition of "The Luctonian". The whole magazine was designed by our team: Sue, Coco, Eurus, Cindy, Vincent, Bedivere and Ricardo. Every member put a lot effort for editing the entire magazine. Here, we have a variety of sections for you to read. For instance, articles from students, Q&A from teachers, photo competitions, favourite words and many more. We provide fascinating content and appealing topics. So, keep reading and enjoy!

During the whole process of editing the magazine, we had great fun! Every class, Vincent tried to smuggle snacks into the classroom. Most of the time Ms. Ezdani found out and confiscated it. When Miss didn't find out, Sue, Cindy and I would report Vincent for bringing snacks but if he shared snacks with us, we would ignore it. School Magazine Club has a relaxed and pleasing atmosphere. Join us, help us and you will have fun!!!

From editors, Sue and Coco

Lucton School Magazine Team

Chief Editor: Cindy Xiao (Busy bee)

Editors:

Sue Feng (Additional jobs: Mafia Boss 1/Entertainer)

Coco Pan (Additional jobs: Mafia Boss 2/Online shopper and beauty consultant)
Bedivere Ruan (Additional jobs: Internet browser and thoughtful human)
Ricardo Yin (Additional jobs: Game player and one article-per-term writer)

Eurus Li (Additional jobs: Hard worker and friendly colleague)

Vincent Gu (Additional jobs: Snack smacker and making-everyone-deaf-with-his-belly-laugh)

Supervising Editor: Ms. Ezdani/Snack detective/Proofreading even while sleeping

Additional note: This magazine has been a year in the making....but it's been a lesson in patience, and frustration. But the bottom line is HORMESIS! Also, CCA students will be receiving free tattoos of the magic word 'DEADLINE' on an area of their choice.

*A gazillion thanks from the bottom of our hearts to our old UNIME friends and new Luctonians who saved the day by being last-minute but quality designers: Ency Zhou, Chloe Min, Jane Cai and Helen Chen



-Editorial -Teacher Interviews -Star Student Spot

EDITOR SPECIALS

-Product Review
-In the World of Sport
-From the Luctonian Resident Journalist
Mental Health Insights

LUCTONIANS CONTRIBUTE
Creative Writing
Favourite Word
Photo Caption Competition



Can you Guess the Name of the Editor in the Baby Photo?



Name Bank

Cindy Xiao Vincent Gu Coco Pan Eurus Li Bedivere Ruan Ms. Ezdani Sue Feng

Vincent



It was a very beautiful day, after I took this photo, I went to take a delicious dinner in the building and I watch a football game at that night.



This is my most memorable photograph in 2019, because that was the last day of 2019 and I went to DisneyLand with sue and Cindy.



It was the first time I saw such beautiful snow.

-Coco



This is the most successful photo I've ever taken. Coco's arms were elongated, just like she had the super power to hit Cindy.

-Sue



This is the village I went to with my best friend last summer.

-Ricardo

Favorite Photo from Our Editors



This is one of my favorite photos which I took it on the first day of coming to Lucton. To be honest, I have never been to a full boarding school before, so I felt nervous at that time. But after coming to school, I have a hunch that I will have a good time here. So, I lifted up my little bear which has been with me since I was less than one year old, and took this photo for recording all the beautiful things at that time: the blue velvet sky, the white marshmallow-like cloud, the brick-red walls and the falling golden-waterfall sunlight, symbolizing the new life that we were about to start in Lucton.



We saw a statue in the Disney Land and we imitated that for fun.



-Cindy



Favourite photo: I'm a nature worshipper and go weak-kneed for a good sunset. So, this sudden onset of rich, dreamy colours bathing us all in an electric glow of evening glory was nothing short of sensational and I quickly jumped out of the sea to capture it.

Name: Ms. Wu

1. Tell us a little about your professional experiences.

When I was doing my Music Education degree in the UK, I used to work as a music teacher at Robinhood Primary School in south London for a module project. Meanwhile, I was a part-time volunteer at the London Symphony Orchestra Theater for helping with the arrangement of classical music education concert. After I came back to China, I began to offer part-time piano lessons, whilst working full-time at the Jazz at Lincoln Center in Shanghai as project coordinator. I have 5 years piano teaching experience until now. I am keen on British culture and I really enjoy working with students. That's why I'm now here at Lucton.

Q: 给我们讲讲你的职业经历吧

A: 我在英国攻读音乐教育学位时,曾在英国的Robin hood primary school担任一名音乐教师,并且负责一个单元项目。同时还在伦敦交响乐团剧院做兼职志愿者,帮助安排古典音乐教育音乐会啊之类的。在回到中国以后,我在业余时间还开始教人弹钢琴。而正式的全职工作则是在林肯中心的Jazz担任项目协调员。我有五年的钢琴教学经验并对英国文化深感兴趣,更重要的是我喜欢和学生们一起工作,这也是我来莱克顿的原因。

2. What would you do if you were not a teacher?

Have a band, become a Jazz pianist.

Q: 如果你不当老师的话你会想做什么样的工作?

A: 也许会组织一支乐队吧, 当一个爵士钢琴家。



3. What is the best and worse thing that can happen/has happened to you while you were in class.

I think the best thing is when students enjoyed my class. The worst thing is students are not understanding what I'm saying but when I asked them do you understand? They said yes... but to be honest, I can see they did not...

Q: 你认为课堂上可能会发生的最好和最坏的事情分别是什么

A: 我觉得最好的情况会是学生们懂得并且喜欢我在教什么吧,最坏的大概是他们明明什么都没弄清却不懂装懂......说实话我通常都看得出他们有多一头雾水。

4. Is it okay for a classroom to be noisy?

Yes, as long as they are studying.

Q: 你介意教室里很喧闹么?

A: 可以吧,只要他们在学习的话。

5. Who's your favourite singer/band?

Jay Zhou

Q: 你最喜欢的歌手或 者乐队是...? 6. What kind of student were you?

Well behaved, but always absentminded during the class...

Q: 你以前是个什么样的学生呢

A: 表现通常都不错但上课却很心不在

7. Where would you want to go if you could only travel to one place in your life? Please give us the reason.

Definitely London. The city is openness, innovation, and inclusiveness with its unique history and culture. People there are kind and polite. I love the literature, art, drama, fashion, and Harry Porter, Sherlock Holmes, Jane Austin...etc. I read the phrase "If you are tired of London, you are tired of life". The city taught me a lot and made me progress a lot.

Q: 如果你一生只能去一个地方旅行, 你想去哪里? 请告诉我们原因

A: 当然是伦敦啊。这是一个开放创新和包容的城市,有着独特的历史和文化以及善良礼貌的人民。我喜欢的事物都可以在那里找到,文学、艺术、戏剧、时装。这片土地上有哈利波特,夏洛克福尔摩斯,简奥斯汀……我读过这样一句话"如果你厌倦了伦敦,你也就厌倦了生活",这个城市曾让我受益良多。



8. What would you do if you won a million dollars? Go oversea to study jazz music.

Q: 如果你赢了一百万美元, 你会去做什么

A: 去国外学习爵士音乐吧

Ancient One from Doctor Strange.

9. Which superhero do you want to be and why? (Batman, Iron man, Wolverine, etc.)

Having magic is cool and better than a weapon.

Q: 如果有机会的话, 你想成为哪个超级英雄? (蝙蝠侠, 金刚狼等)

A: 我想我会选奇异博士里的古一? 拥有魔法可是比拥有武器要酷得多的一件事。

10. What strange food would you like to taste? I don't want to taste any strange food LOL.

Q: 你想吃什么奇怪的事物?

A: 我不想尝试任何奇怪的事物, 哈哈。

11. What is the craziest thing you have done? Had hotpot by myself?

Q: 迄今为止, 你做过最疯狂的一件事是什么?

A: 呃......一个人吃火锅?



Name: Ms. Xie

1. Tell us a little about your professional experiences.
I taught ESL in Edinburgh for a while. My students there were mostly adults from non-English speaking countries. They are motivated learners because they have to speak fluent English to get a job in the UK.

我在爱丁堡教过一段时间的英语第二语言。我的学生大 多是来自非英语国家的成年人。他们是积极的学生,因为他 们必须要有流利的英语才能在英国找到工作。



2. What would you do if you were not a teacher?
I would love to run a dog cafe.
我想经营一家狗狗咖啡馆。

3. What is the best and worst thing that can happen/has happened to you while you were in class?
Best: one student brought home-made cookies to the class.

Worst: one student brought nome-made cookies to the class. Worst: one aggressive student contradicted me all the time.

最佳:一个学生带了自制的饼干到班上。

最差:一个好斗的学生总是反驳我。

5. Who's your favourite singer/band 谁是你最喜欢的乐队/歌手 Sandy Lam 林忆莲

6. What would you do if you won a million dollars?

如果你拿到了一百万美元你会拿它干什么? Run a dog cafe.

经营一家狗狗咖啡馆。

9. Which superhero do you want to be and why? (Batman, Iron man, Wolverine, etc.)

The Flash. So that I could run from one place to another to try different delicious food in one day.

闪电侠,这样我就可以在一天之内从一个 地方跑到另一个地方去尝试不同的美味食物。

10. What strange food would you like to t aste?

Roasted goat eyeball.

烤羊眼球

11. What is the craziest thing you have done?

It happened in Brussels, Belgium. When I felt I lost my phone, I trusted my guts and ran to the man who I believed had stolen it. I shouted at him and got my phone back. 它发生在比利时布鲁塞尔。当我觉得我的手机丢了的时候,我相信了自己的勇气,跑向那个我认为是偷手机的人。我冲他喊了一声,拿回了手机。

4. Is it okay for a classroom to be noisy?

你觉得课堂上吵闹是可以的吗? Definitely yes if students are talking in English.

如果他们用英文说话的话当然可以。

7. What kind of student were you? 你曾经是什么样子的学生呢? I loved being involved in all kinds of school activities.

我喜欢参加各种各样的学校活动。

8. Where would you want to go if you could only travel to one place in your life? Please give us the reason.

Egypt. There are so many mysteries waiting to be solved.

埃及。有好多未解之谜等着我们去解 开。

Mr. Sharp

1. Tell us a little about your professional experiences.

I have worked in quite a few schools. As you know I'm old lol but best professional experience was taking a group of disadvantaged pupils to Belgium to visit the war sites and war graves of the First World War, especially the Menino gate ceremony in Ypres in Belgium.

1. 谈谈你的工作经验吧

我在很多学校工作过。正如你所见,我老了(哈哈),但最好的专业经验是带一群处境不利的学生 去比利时参观第一次世界大战的战争遗址和战争坟墓,特别是在比利时伊普尔的梅宁门仪式。

2. What would you do if you were not a teacher?

Play football for my beloved Glasgow Celtic of course.

- 2. 如果你不是老师, 你会做什么? 我会为我心爱的格拉斯哥凯尔特人踢足球。
- 3. What is the best and worst thing that can happen/has happened to you while you were in class?

Best thing is watching pupils come out of an exam smiling as they were well prepared.

3. 你上课的时候可以/曾经发生过最好/最差的事是什么?

最好的事情就是看着学生因为复习好了而笑着走出 考场。

4.Is it okay for a classroom to be noisy?

Yes, absolutely, as long as learning is taking place.



4. 课堂上吵闹可以吗?

当然,只要学生们在学习。

5. Who's your favorite singer/band?

Rod Stewart/Elvis Presley

5. 你最喜欢的歌手/乐队是? 罗德·斯图尔特/艾维斯·普雷斯利

6. What kind of student were you?

Awful! What was school lol.

6.你曾经是什么样的学生?

非常糟糕!什么是学校。(哈哈)

7. What would you do if you won a million dollars?

Go on holiday then back to work.

7.如果你有一百万美元,你会干什么? 去度个假,然后回来工作。

8. Where would you want to go if you could only travel to one place in your life? Please give us the reason.

The moon, very few people have been there and I hear it has a great view.

如果你一生只能去一个地方旅行,你会选哪 里呢? 能告诉我们原因吗?

月球。因为很少人去过月球,而且我听说那 里风景很好。

Which superhero do you want to be and why? (Batman, Iron man, Wolverine, etc.)

Superman, he was only one we had back then ha ha

9. 你想成为哪个超级英雄? (蝙蝠侠,钢铁侠,金刚狼等)

超人,因为他是当时我们唯一有的一个,哈哈。

10. What strange food would you like to taste?

None. I like very plain food

10.你想吃一些什么奇怪的食物吗? 一个都不想。我喜欢清淡的食物。

11. What is the craziest thing you have done?

Swam with sharks in the waters off Bermuda and no I didn't know they were there.

11. 你曾经做过最疯狂的事情是什么? 在百慕大附近的水域和鲨鱼一起游泳。当时 我不知道它们在那里。

Teaching English is my profession.

- 1. 请告诉我们一些您的职业经历? 英语教学是我的职业。
- 2. What would you do if you were not a teacher?

Work in an international company.

2. 如果你不是老师, 你会做什么?

在一家国际公司工作。

3. What is the best and worst thing that can happen/has happened to you while you were in class?

Students learn with happiness, which should be the best thing; the worst thing that can happen to me is that I need to...

3. 你上课的时候可以/曾经发生过最好/最差

的事是什么?

学生带着快乐学习,这应该是最好的事情; 对我来说最糟糕的事情就是我需要

4. Is it okay for a classroom to be noisy?

Sometimes yes, especially speaking class, students need to talk in English.

4. 课堂上吵闹可以吗?

有时候可以,尤其是口语课,学生需要用英语交谈。

5. Who's your favorite singer/band?

I don't have any favourite ones, because I always listen to songs or music which are popular, but not from a certain person.

5. 你最喜欢的歌手/乐队是?

我没有最喜欢的,因为我总是听当下流行的歌曲或音 乐,不会来自于某个特定的歌手。

6. What kind of student were you?

I was energetic every day as a student and wanted to participate in many school activities.

6.你曾经是什么样的学生?

作为一名学生,我每天都精力充沛,想参加学校的许 多活动。

7. What would you do if you won a million dollars?

I would help poor kids.

7.如果你有一百万美元,你会干什么?

我会帮助贫穷的孩子。

8. Where would you want to go if you could only travel to one place in your life? Please give us the reason.

I will go to Northern Europe since I haven't been there before and the landscape is fabulous, which a good place to relax.

8. 如果你一生只能去一个地方, 你想去哪里? 请告诉我们原因。

我会去北欧,因为我以前没去过那里,那里 的风景非常好,是个放松的好地方。

Ms. Cao



9. What strange food would you like to taste?

I'd like to taste authentic Mexico food like Mexican tacos.

9.你想吃一些什么奇怪的食物吗?

我想尝尝地道的墨西哥食物,比如墨西哥玉 米卷

10. What is the craziest thing you have done?

I lived in a forest for several days with a camping group in Canada, which was scary since you might meet bears, mice and snakes there. Every night we could hear noises of biting from wild animals, but I usually wore earphones which made it easier to sleep in the tent.

我做的一件事可能听起来很疯狂。我和一个露营小组在加拿大的森林里住了几天,那里很可怕,因为你可能会遇到熊、老鼠和蛇。每天晚上我们都能听到野兽撕咬的声音,但我通常戴着耳机,这让我很容易就能睡在帐篷里。

I worked at an independent school in the UK last year as a musician in residence and that was my first proper full-time classroom teaching job. As most of you know, the school has a castle on the campus! Before becoming a classroom teacher, I used to teach one-to-one piano and theory lessons.

1. 请告诉我们一些您的职业经历?

去年,我在英国的一所私立学校工作,担任驻校作曲家,这是我的第一份适当的全职课堂教学工作。 众所周知,学校在校园里有一座城堡。 在成为课堂老师之前,我曾经教过一对一的钢琴和理论课.

2. What would you do if you were not a teacher?

Chocolate taster for sure! It is my dream job.

2. 如果你不是老师, 你会做什么?

当然是巧克力品尝师! 那是我的理想工作。

3. What is the best and worst thing that can happen/has happened to you while you were in class?

For the best thing, a student was very behind in in his A Level music course. He progressed quickly and he got an A for his A Level music and wanted to be a music teacher in the future.

As for the worse thing- luckily, I do not have any such worse things. Just that there were a few wasps in my classroom and I told the class not to worry-that they would be gone soon. But actually, I cannot stand bugs. Then, one of the wasps decided to approach me and I just screamed and the whole class went mad.

3. 你上课的时候可以/曾经发生过最好/最差的事是什么?

最好的是,一个学生的A Level音乐课程成绩非常落后。 他进步很快,他的A Level音乐获得了A,并且希望将来成为一名音乐老师。

幸运的是,对于最糟糕的事情,我的班上没有发生过任何更糟糕的事情。 我的教室里只有几只黄蜂,我告诉班级不要担心它们会很快消失。 但是我不能忍受虫子。 然后,一只黄蜂决定接近我,我尖叫着,整个班级都疯了。

4.Is it okay for a classroom to be noisy?

Yes, as long as they are discussing the content we talked about in class. If the room is too quiet, it would be weird, wouldn't it?

4. 课堂上吵闹可以吗?

是的,只要他们正在讨论我们在课堂上讨论的内容。 如果房间太安静,那会很奇怪,不是吗?

Ms. Leung

5. Who's your favorite singer/band?

I could not tell a favourite one because I have loads in my head and it changes from time to time. At the moment, Avril Lavigne and Coldplay

5. 你最喜欢的歌手/乐队是?

我无法说出最喜欢的,因为我的脑袋里有很多答案,并且它会不时地变化。 此刻,艾薇儿·拉维尼和酷玩乐队。

6. What kind of student were you?

I loved going to school as I loved meeting my friends and learning new things. But in class, I was a bit naughty and lazy. Loved learning things but not doing homework-haha!

6.你曾经是什么样的学生?

我喜欢上学,因为我喜欢结识朋友并学习新事物。 但是在课堂上我有点调皮和懒惰。 喜欢学习事物但不做家庭作业哈哈

7. What would you do if you won a million dollars?

Retirement, and then travel around the world and taste different dishes around the world.

7.如果你有一百万美元,你会干什么?

辞职然后环游世界,品尝世界各地的不同菜肴。

8. What strange food would you like to taste?

Will not taste anything I think is strange or I do not trust.

8.你想吃一些什么奇怪的食物吗?

不会品尝任何我认为其奇怪或我不信任的东西。

9. What is the craziest thing you have done?

Went on a turbo drop 12 times consecutively just to count how many seconds we had to wait at the top before it drops. The result is there is no fixed time because the controller on the ground makes the decisions, so the time is not fixed.

9. 你曾经做过最疯狂的事情是什么?

连续12次连续加速下降,只是为了计算下降之前我们必须在顶部等待多少秒。 结果是没有算出固定的时间,因为地面上的控制器做出了决定,所以时间不是固定的。



I have worked both as a teacher and design engineer in Kenya and China. I have five years' experience teaching mainly high school physics and some maths.

1. 谈谈你的工作经验吧

我曾经在肯尼亚和中国担任设计工程师和教师。我 有五年教高中物理和部分数学的经验。

2. What would you do if you were not a teacher?

I would be a practising energy engineer or a pastor in a church.

2. 如果你不是老师, 你会做什么?

我会想要成为一名执业的能源工程师或者教堂的牧师。

3. What is the best and worst thing that can happen/has happened to you while you were in class?

Failure of an experiment to work out and give desired results

3. 你上课的时候可以/曾经发生过最好/最差的事是什么?

实验的失败,没有得出预期的结果。

4.Is it okay for a classroom to be noisy?

No, I don't like a noisy class!

4. 课堂上吵闹可以吗?

不,我可不喜欢吵闹的课堂。

5. Who's your favorite singer/band?

Singer: William McDowell.

5. 你最喜欢的歌手/乐队是?

威廉道客麦尔

6. What kind of student were you?

Hardworking, obedient and honest

6.你曾经是什么样的学生?

勤奋, 听话, 诚实。

Mr. Okochi



7. What would you do if you won a million dollars?

Invest in business and open an orphanage.

7.如果你有一百万美元,你会干什么? 投资经商,开办孤儿院。

8. Where would you want to go if you could only travel to one place in your life? Please give us the reason

Israel. I want to see some historic and religious sights like Bethlehem where Jesus was born.

8. 如果你一生只能去一个地方旅行,你会选哪里呢?能告诉我们原因吗?

以色列,我想看一些历史和宗教景点,比如说耶 稣出生的伯利恒。

9. Which superhero do you want to be and why? (Batman, Iron man, Wolverine, etc.)

None

9. 你想成为哪个超级英雄? (蝙蝠侠,钢

铁侠,金刚狼等)

哪个都不想。

10. What strange food would you like to taste?

Frog

10.你想吃一些什么奇怪的食物吗? 青蛙。

11. What is the craziest thing you have done?

I can never be crazy in my own sight!

11. 你曾经做过最疯狂的事情是什么? 在我看来,我可永远都不会发疯!



I have completed a Bachelor's degree in Mathematics and a Master's degree in Management. Then I worked for one year as a programmer in a software company. After that, I moved to Australia and completed my Master of Teaching (Secondary) at the University of Melbourne. During that period, I worked in three secondary schools in Melbourne (including two public schools and one independent school) and later at one international school in Guangzhou. I also hold a Certificate of Teacher Registration in New Zealand.

1. 请告诉我们一些您的职业经历?

我拿到了数学的学士学位和管理学的硕士学位。然后在一家软件公司当了一年的程序猿。再然后,我移居澳大利亚,在墨尔本大学完成了教学硕士(中级)学位。在此期间,我在三个墨尔本的初中(包括两家公立初中以及一家私立初中)和一家在广州的国际学校任职。我还持有新西兰教师注册证书。

2. What would you do if you were not a teacher?

Work in an international company.

2. 如果你不是老师, 你会做什么?

在一家国际公司工作。

3. What is the best and worst thing that can happen/has happened to you while you were in class?

Everybody was engaged and motivated and worked hard. They respected each other.

A student hid in the cabinet in the classroom and I couldn't find him.

3. 你上课的时候可以/曾经发生过最好/最差的事是什么?

每个人都(在课上)有所收获,充满动力并且刻苦学习。他们 能够互相尊重。

一个学生把自己藏在教师的柜子里然后我找不到他。

4.Is it okay for a classroom to be noisy?

Yes, as long as students are discussing the relevant content.

However, while I

am talking, I hope students listen to me.

4. 课堂上吵闹可以吗?

可以,只要学生们在讨论与课堂内容相关的就行。然而在我讲话时,我希望学生们能够听我讲。

Ms. Zheng

5. Who's your favorite singer/band?

Jay Chou.

5. 你最喜欢的歌手/乐队是?

周杰伦

6. What kind of student were you?

Well-behaved, hard-working and respectful of others. 6.你曾经是什么样的学生?

行为良好,努力学习,尊重他人的学生。

7. What would you do if you won a million dollars?

Never thought about it because the probability is less than 0.000001%.

7.如果你有一百万美元,你会干什么?

从来没想过因为概率小于0.000001%。

8. What strange food would you like to taste?

Blue cheese.

8.你想吃一些什么奇怪的食物吗? 蓝纹奶酪。

9. What is the craziest thing you have done?

Become a teacher.

9. 你曾经做过最疯狂的事情是什么?

成为一个老师



Ms. Dong

1. Tell us a little about your professional experiences.

I have a Bachelor's degree in Japanese and Master's Degree in TESOL & LOTE (language other than English). I achieved my Master's degree in the United States. I have undergone a full-time language teacher internship in public schools in New York and have worked as a Japanese and Chinese teacher in language institutes.

我有日语学士学位和英语以外的语言硕士学 位。我在美国取得了硕士学位。我曾在纽约公 立学校接受过全职语言教师实习,并在语言学 院担任过日语和汉语教师。

2. What would you do if you were not a teacher?

I love studying foreign languages and always wanted to choose it as my career. I have considered being a translator and interpreter, but I do not think any of those can bring me the fulfillment and sense of satisfaction that being a language teacher can.

我喜欢学习外语,一直想把它作为我的职业。 我曾经考虑过做一名翻译,但我认为这些都不 能给我带来语言教师所能带来的

3. What is the best and the worst thing that can happen/has happened to you while you were in class?

Nothing can be better than all the students being fully engaged in class activities and were excited to obtain new knowledge. Meanwhile, the worst thing might be having students with bad classroom behavior, keep interrupting the lesson and other students.

没有什么比所有的学生都全神贯注地参加课堂活动,兴奋地获取新知识更好的了。同时,最糟糕的事情可能是让学生有不良的课堂行为,比如不断地打断课堂和其他学生。

4. Is it okay for a classroom to be noisy?

It depends on different situations. It is definitely not acceptable when students are not allowed to discuss or shout out. But if it is for an interesting class activity, like a game, or a group discussion or debate, then it is okay to be noisy so long as all the students are engaged in the lesson and everything they talked is about the lesson content.

这取决于不同的情况。当学生不被允许讨论或 大声叫喊时,这是绝对不能接受的。但是如果 是为了一个有趣的课堂活动,比如一个游戏, 或者一个小组讨论或辩论,那么只要所有的学 生都在上课,并且他们所说的一切都是关于课 程内容的,那么吵闹是可以的。

5. Who's your favourite singer/band? My favorite singer is Shawn Mendes. Not only because he is good looking, but also he is very kind to everyone and has a very positive attitude towards all the problems he has met so far.

我最喜欢的歌手是肖恩·蒙德兹。不仅因为他 长得好看,而且他对每个人都很好,对他迄今 遇到的所有问题都有着非常积极的态度。

6. What kind of student were you?

Persistent. I used to spend all day in a library practicing all the skills and questions for TOEFL test, 30 days in a row.

坚持不懈。我曾经花了一整天在图书馆练习托福考试的所有技巧和问题,连续**30**天。

7. What would you do if you won a million dollars?

Buy a fancy house and travel around the world.

买一栋豪华的房子,环游世界。

8. Which superhero do you want to be and why? (Batman, Iron man, Wolverine, etc.)

I want to be Wonder Woman because she is brave and tough.

我想成为神奇女侠, 因为她勇敢而坚强。



9. Where would you want to go if you could only travel to one place in your life? Please give us the reason.

I would never be able to pick that one place if I could only travel to there in my life. Based on everywhere I have travelled so far, Japan is my favorite place, because the environment is very neat and I love all the food and snacks in Japan, which is the biggest temptation.

如果我一生只能去一个地方旅行的话,我永远也选不出来。从我到目前为止旅行过的每一个地方来 看,日本是我最喜欢的地方,因为那里的环境非常整洁,我喜欢日本所有的食物和小吃,这是最大的诱惑。

10. What strange food would you like to taste?

If it is strange, I would choose not to have a try.

如果很奇怪,我会选择不去尝试。

11. What is the craziest thing you have done?

The craziest thing I have ever done is applying for a graduate school in America, 6 months before the admission. Before I have made that decision, I have never thought of and prepared for overseas study. 6 months were all I had to prepare and take all the tests, choosing schools, interviewing, getting visa, looking for accommodation and flew right there. 我做过的最疯狂的事就是在入学前6个月申请美国的研究生院。在我做出这个决定之前,我从来没有想过也没有为出国留学做好准备。我只有六个月的时间准备和参加所有的考试,选择学校,面试,签证,找住处,然后就飞到了那里。



告诉我们一些你的职业经验。

Well...past is past. Let's talk about the future.

嗯...过去是过去。让我们来谈谈未来。

2. What would you do if you were not a teacher?

如果你不是老师, 你会做什么?

There would be tons of options, but as soon as I became a teacher, I realized I had passed the point of no return.

那会有很多选择,但当我成为老师的那一刻,我就意识到我已经没有回头路了。

3. What is the best and worst thing that can happen/has happened to you while you were in class?

当你上课时(或者曾经在上课时),发生过什么好的或者糟糕的事情?

Best thing: I can feel the chemistry between students and I in the air. Everyone enjoys what he or she is doing, including myself.

最好的事情:我能感觉到学生和我在空中的 化学反应。每个人都喜欢他 或她正在做的事情,包括我 自己。

Worst thing: All markers in my classroom sadly dried out.

最糟糕的是:教室里所有的马克笔都没水了。

4. Is it okay for a classroom to be noisy?

你能接受课室比较吵闹吗?

It depends. In theory, I don't mind if the classroom is crazily raucous as long as it is productive, though I doubt this would usually happen in reality.

Ms. Hu

5. Who's your favourite singer/band?

你有喜欢的歌手/乐队吗?

I don't have a favorite one. My taste in music changes rapidly.

我没有最喜欢的。我对音乐的爱好变化得很 快。

6. What kind of student were you? 你是什么样的学生?

Not a bad one.

不错的学生。

7. What would you do if you won a million dollars?

如果你赢了一百万美元, 你会做什么?

Sorry to disappoint you. I never buy lottery tickets as I have no luck with money.

很抱歉让你失望了。我从来不买彩票因为我 没有中彩票的运气。

8. Where would you want to go if you could only travel to one place in your life?
Please give us the reason.

如果你只能去你生命中的一个地方, 你想去哪里? 请告诉我们原因。

Outer space. I am always mesmerized by the universe.

外层空间。我总是对宇宙着迷。

视情况而定。从理论上讲,我不介意课堂上 的喧闹是否疯狂,只要它是有成效的,尽管 我对这通常会发生在现实中表示怀疑。



9. Which superhero do you want to be and why? (Batman, Iron man, Wolverine, etc.)

你想成为哪个超级英雄,为什么? (蝙蝠侠、钢铁侠、金刚狼等)

Nobody. The word 'superhero' sounds too American. I am comfortable being myself.

没。"超级英雄"这个词听起来太像美国人说的了。我觉得我做我自己就挺好的。

10. What strange food would you like to taste?

你想尝什么奇怪的食物?

Food for thought. I will never get tired of it.

精神食粮。我永远不会厌倦它。

11. What is the craziest thing you have done?

你做过的最疯狂的事是什么?

I spent one night at LaGuardia airport in New York. Street scavengers snored so loudly that I couldn't fall asleep.

我在纽约拉瓜迪亚机场住了一晚。街头拾荒者鼾声很大,以至于我睡不着觉。

Star Student Spot: Bruce Ma Awarded the best Physics student in China in the Oxford AQA IGCSE 2019

• How do you study for exams? Are there any special ways that you have?

When it is time for examination, follow the teacher's rhythm, and you also would want to do more questions. And then you can also actually try to teach other students what you have learned, because when you teach other people, you can review a little bit better. A lot of people come to me every time I take an exam and ask me to teach them. As a result, I learn very well and I feel like I earn a lot.

一般考试的时候,跟着老师的节奏走,就是你要多做题。然后剩下 其实你可以试着去把自己学的东西教给别人,因为你在教别人的时 候你自己会复习的会更好一点,像我每次考试的时候会有很多人来 请教我然后教他们然后我就学的很好,我感觉我很赚。

Tell us the history of your relationship with physics.

At the start, I didn't know if I could learn physics so well; maybe part of is because of luck. It started when I was in primary school. For the first time in the house of my neighbor, it was very interesting. I saw a book named A Brief History of Quantum Physics on the shelf. When I got to about one tenth of the book. I was completely puzzled, so it aroused my interest in physics. By the way, I want to recommend God Dice - A Brief History of Quantum Physics. It's very good.

一开始我也不知道我能学这么好,可能一部分也是运气。我当时从小学时候就开始,第一次在邻居家,真的就挺好玩的,在邻居家书架上看见一本《量子物理简史》。然后就开始翻开始看,翻到大概十分之一的地方我就完全看不懂了,就这样激起了我对物理的兴趣。在这里顺便推荐一下:上帝掷骰子吗——量子物理简史,很好看的。

••• Who will ultimately win the Sean Xu vs. Bruce Ma playful rivalry?!

For me, I think that Sean Xu and I are focusing on two different fields, so there would be no winner or loser and both of us will win. We will serve as technicians from different angles in the student union; although the student union does not need us, but we have the ability and we will do it

对我来说,我认为我和徐翔专注于两个不同的领域,所以不会有所谓的赢家或输家,只有这样我们才能双赢。我们会在学生会担任不一样角度的技术员尽管学生会不需要, 但是我们有这个能力我们就会当的

Do you take any tutor class outside school during holiday?

Not for school lessons but some extra course; for example, I would take IELTS lessons and saxophone lessons.

不是学校的课,但是有上一些额外的课程,比如上雅思课,还有萨克斯 课.

How do you think you achieved this accomplishment and how did it make you feel?

An integral part of it, I think, is the help from god, and of course, I have my own hard work and I feel proud of myself, but that's all something in the past. I should not stay in the IGCSE level but focus on A level. Although I want to keep my record, I think it will be quite hard to do it though I will do my best.

其中不可分割的一部分,我认为,要靠上帝的帮助。还有,当然我自己也有学习的比较辛苦吧。然后,我为自己感到骄傲,但那都是过去的事了。我不应该停留在IGCSE水平和A level水平,虽然我想保持我的记录,但我认为这将是相当困难的,不过我会尽我最大的努力。



 Tell us about your expectations for your future (major, job and dream life).

I haven't really decided yet, but physics is definitely going to be a major field of study. However, there are a lot of different branches of physics. I might be doing pure physical research. It is my personal preference, but it depends.

我其实还没定好 物理是肯定要作为一个主要专业方向的,但物理也有很多分支,比如说我有可能去搞,那种纯物理研究。我个人更偏向一些研究吧,但是主要还是看情况

Physics or computer science, which one do you prefer?

There is not anything like prefer or not, because as soon as I choose these two subjects I have the responsibility to study them very seriously and achieve my best.

没有喜欢或不喜欢之类的,因为只要我选择了这两门 课,我就有责任非常认真地学习它们,并取得最好的成 绩。

What are your interests besides studying?

When I have no homework or no review, I might play some computer games and saxophone. I think you heard me play saxophone before in school, right?

当我没有作业或没有复习的时候,我可能会玩一些电脑游戏,我也会吹萨克斯,我想你以前在学校听过我吹萨克斯,对吧?

E D I T O R



GOOD PRODUCT REVIEW



Gentle Monster: Sunglasses

- · Variety of design style
 - Fashionable
- Can wear during rowing, so it helps to block the sun
 - · Price: 1600-2000rmb
- Co-branded with HUAWEI and many luxury brands



Jo Malone Bluebell

FOR GIRLS!!!

- · The flavor is very pure and fresh
 - · 30ml/600rmb

Mediheal: hydrating mask

- · everyone can use
- · mask paper: natural cotton
 - · very hydrating
 - · high cost performance
- about 10-15rmb each piece



Bleu De Chanel

FOR BOYS!!!

- It does not smell like the stimulus of various fragrances
 - Grace, fortitude and mystery for describing the flavor
 - 50ml/520rmb





Orihiro 日本蒟蒻果冻 (jelly)

- No additive (healthy)
 - Only 13-16Kcal
- · The juice content is very high
 - Taste is great
 - Easy to carry
- Fashionable and attractive



PHILIPS: Electric Toothbrush

- · Many styles/modes
- · Very useful (contains travel pack)
- Better than other brands (Recommended by many dentists)
- Very high tech (charge it using the bottle, can connect to the mobile phone with Bluetooth)
 - In 2014, the 61st iF design gold award winning works
 - · Price: 179-2300rmb

Pilot 百乐: Juice

- · smooth
- · not easy to break the ink
- · will not penetrate the paper
 - · cheap



Kobayashi Pharmaceutical 小林制药: Liquid Band-aid

- · very useful
- · can be better than normal band-aid
 - · prevents wound infection
- provides more complete protection for the wound
 - · will not feed water
 - · easy to carry
 - · about 50rmb





Atelier rebul: Green Tea Aromatherapy

绿茶味香薰

- Tea fragrance
- · Will not be pungent
 - · Very durable
- The fragrance lasts for two to three months
 - · About 200rmb

L'OCCITANE欧舒丹:

Hand Cream

· many scents can be chosen

· moisturizes your hand

· many sizes

90 RMB for 30ml

Apple: AirPods Pro

- · Convenient to take
- · With noise reduction function
 - · High technique
- · It will not fall out of your ears
 - · 2000+rmb



GOOD PRODUCT REVIEW

Luctonians' Favourite Sports Star- A Surprise

And the author answers if the surprise is reasonable

By: Vincent Gu

With raves coming in from universities, bars and schools, an E-sport club called IG (Invictus gaming) won the first world championship of League of Legend for Chinese clubs on 2018/11/3. It raised the attention of E-sports in China. More and more students play League of legend and parents get to know about this new type of sport, so it is not surprising that boys in Lucton like



an E-sports legend and consider him their favourte sportsman. He is the g.o.a.t (greatest of all time), a legend, a champion and a man who stands on the top of the mountain in League of Legend. His name is Faker, a Korean professional player in League of Legend. He is the only player who won 2 world championships for his team-SKT T1. He is called the Lord of League of Legend.





The effort Faker had put in behind all the honors he got is tremendous. There was a TV program in Korea called "THE CHASE". Through the program I got to know that what Faker had achieved is not a coincidence, although Faker is a genius, his



talent is no means by the whole story, his hardwork is an important factor. Speaking to his family on the show, Faker said he never goes to bed before three a.m. and trains until around four a.m. every day.

His father said he had hardly been home for years, staying at the club every day. It was the first time he had been home after playing professionally for four years.

So, I think it is suitable to give an introduction about Faker: a hardworking genius; in one aspect, it can cater to the students and it may stimulate them to work harder. On the other hand, it can dispel the prejudice of against E-sport-a new, special type of sport.

Mental Health: What is it? What we can do about it?

By Bedivere Ruan

Mental health, and lots of them do not pay attention to that. But actually, it is very important to everyone. So today I am going to talk about that, and give you a basic understanding of mental health.

What is mental health?

Mental health includes the emotional and social well-being. It affects how we think, feel and act.

If you do not feel good about your mental health and ignore it, it will become more and more serious, and even affect your family and life.

Perhaps you don't know much about the physical manifestations of mental health problems:

- 1. Eating or sleeping too much or too little
- 2. Inability to perform daily tasks
- 3. Having unexplained aches and pains
- 4. Self-mutilation



What should we do?

- One of the most direct way is trying to control your emotions. If you keep feeding yourself with negativity all day long, then it's pretty obvious that you're going to be feeling negative as well. So, try to think of happy things or those positive memories when you realize your negative thoughts.
- Also, the change in your language can also help to change how you think and act. For example, if you always say 'awful', "the cake is awful", "the music is awful", and "the Wi-Fi is awful", then you will find that everything is awful. So, try to use more positive adjectives can help you a lot about thinking positively.
- And last, I will say that music and sports are the best 'medicines' of mental health problems. We all have our favorite music or sports, and these can help us drive away from those negative emotions. So, when you are feeling down and negative, try to listen to your favorite music or just go out to play basketball with your friends, that will make you much better.

That's all I want to share with you, and I hope this article is helpful to you.

心理健康问题不是洪水猛兽

心理健康问题是什么? 我们对此能做什么?

作者: 阮隽辰

在学校的日常生活中,我发现许多学生对心理健康缺乏一定的了解,他们之中许多人并没有对此加以重视。但是实际上,这对每个人都很重要。因此,今天我将要讨论这一点,并让您对心理健康有一个基本的了解。

什么是心理健康?

心理健康包括情感和社会福祉。它影响我们的思维,感觉和行为。如果您对自己的心理健康 没有一个良好的感觉,并且忽略了它们,那将变得越来越严重,甚至会影响您的家庭和生活。

也许您对心理健康问题的身体表现了解不多:

- 1.饮食过多或过少
- 2.无法完成日常任务
- 3.有无法解释的疼痛和痛苦
- 4.有自残的行为

我们应该做什么?

- 最直接的方法之一就是尝试控制自己的情绪。如果您整天都充斥着消极的情绪,那么很明显您会感到消极。因此,当您意识到自己的消极想法时,尝试思考快乐的事情或那些积极的回忆。
- 同样,语言的改变也可以帮助您改变思维方式。例如,如果您总是说"糟糕","蛋糕太糟糕了","音乐太糟糕了"和"Wi-Fi 太糟糕了",那么您会发现一切都非常糟糕。因此,尝试使用更多积极的形容词,这也可以帮助您积极地思考。
- 最后,我要说的是,音乐和运动是心理健康问题的"良药"。我们都有自己喜欢的音乐或运动,这些可以帮助我们摆脱那些负面情绪。因此,当您情绪低落和消极时,尝试听自己喜欢的音乐或是和朋友一起打篮球,这会让您感觉好些。

这就是我想与您分享的全部,希望本文对您有所帮助。



LUCTONIANS



CONTRIBUTE

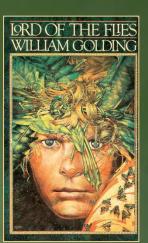
Review of Lord of the Flies

Lord of the Flies is a 1954 novel by Nobel Prize—winning British author William Golding.

How is the changed environment the boys find themselves

in on the island reflected in the themes and story?

The overarching theme of 'Lord of the Flies' is the dark side of the human nature. The savagery side of people would only present base on the impact of environment. The English boys in 'Lord of the Flies' are typical examples of environmental impact, which leads them to the point of savagery.



The boys are very civilized at the beginning of the story. "Some were naked and carrying their clothes; others half-naked, or more or less dressed, in school uniforms, grey, blue, fawn, jacketed, or jerseyed. There were badges, mottoes even, stripes of color in stockings and pullovers," shows that the boys are still keeping the way of life in the civilized society. The boys still remember they are people who live in the civilized society. "We're English, and the English are best at everything. So, we've got to do the right things." The boys try to keep doing the right things because they trust where they live and who they are is the best. They still have self-control.





The boys slowly start to become rude. But they are still conditioned by the civilization. "Round the squatting child was the protection of parents and school and policemen and the law," indicates that the environment starts to change the boys into barbarian. But the boys are still remembering the laws they used to learn in the civilized society.

Jack is the first boy on the island who becomes the uncourteous. Because of the environment, he paints his face to liberate himself from shame. "He capered toward Bill, and the mask was a thing on its own, behind which Jack hid, liberated from shame and self-consciousness," symbolizes that the mask is the thing that liberate the boys from self-discipline and social civilization.





The environment changes a part of the boys after Jack's transformation. But Simon is the one who finds the truth. "Maybe there is a beast," and "Maybe it's only us," makes the theme of the book clear. They are the animals. The only monster on the island are them—the boys.

A few days later, almost all the boys become animals. "The sow collapsed under them and they were heavy and fulfilled upon her," hints at that the boys kill the monster which they are afraid all the time, but nobody knows that they are the real monster.

Ralph becomes the only one to symbolize law and kindness. "'Kill the beast! Cut his throat! Spill his blood!' The tribe was dancing," and "Samneric were savages like the rest; Piggy was dead, and the conch smashed to powder," emphasize that Ralph is the only one who has not been changed. It emphasizes the theme of the book again: people are hiding the dark side of themselves at the same time when they are act like human being animals



From English schoolboys to the wild animals in the forest, all they need is just an island without rules and laws. The environment has enough power to stimulate the dark side of people and make them become the beast.

I didn't move my eyes from her for almost one full minute the first time I saw her. Her long flaxen hair with a little curl at the bottom, her thick bangs which undoubtedly represented the style of almost a decade ago, her big sparkling eyes focusing on the dulcimer, her red lips making her more charming, her wispy floral dress which I didn't know, at the time, that would illuminate my entire summer, my entire childhood, my youth, actually.

She showed up in my life, that woman, my dulcimer teacher for eight years from there up to now...Suddenly, smoothly, simply. At that time, since I was too young, I just regarded her as one of my teachers but couldn't imagine how important she was to be to me in my following life, which she actually became and still is.

That was my first dulcimer class; it began with curiousness, with novelty, but more importantly, with her. She was standing, like, about five meters away from me by the blackboard in the front of the classroom, introducing us to some basic knowledge about the dulcimer and how to hold the bamboo hammers (tools we use in order to play it). Yet I was six or seven, jaunty and hyperactive, apparently not that kind of quiet girl who can focus on one thing or a long time. Also, because I wasn't that forceful with the bamboo hammers, I didn't do well in the first class like others. She came straight to me at once as she noticed my mistakes, directly held my hands and adjusted my wrong posture patiently until like a hundred mistakes, I finally triumphed! Eight years have passed since then but the same scene still clearly comes up in my mind like something that happened yesterday...

She never gets angry with me. At the age of ten, I failed the level test once because of my laziness and lack of practice. Unsurprisingly, my parents scolded me severely, saying how deeply I had let them down and let the teacher down. But she didn't. She didn't even mention my failure when she came to me after the results were announced, but instead taught me higher-level songs. "Keep on moving ahead in the following years!" She never gave up on me! I bawled until I was hoarse, and decisively decided, that, I would never, ever, let her down anymore.

And I surely didn't! I achieved the highest level with her help. The last time I saw her, she said that she hadn't got anything left to teach me, that I was already a 'master' of the dulcimer. She kept on praising me with such eloquence. I can't recall any of the complimentary words right now. Because I wasn't listening. I was gazing straight to her. What I saw was not only that beautiful graceful woman standing by the blackboard in the front of the classroom, but also my childhood, my youth, my eight-years' lifetime with her engagement—I saw her bringing me delicately packed gifts, mostly souvenirs every time she went on a trip; her taking me to go to the concert of the pop idol that we both liked; I saw her joking with me, saying that I should be on a diet right away or else she wouldn't like me anymore but then giving me a huge, warm hug with all the love I could feel from this world; I saw me crying with her complaining about my annoying parents during my rebellious adolescence and she sincerely comforting me saying that all these would soon pass away, everyone has to experience this period as a growing up phase; I saw, I saw, I saw me from her.

Her WeChat ID is HANA, which means 'flower' in Japanese. Yes, but my eternal flower of life shall never fade.

n i a n t P e r S 0 n n e

B

y

T

f

a

n

y

Z

h

A Friend of Mine

By Eurus Li

Do you have a friend who can trust you just like how a dehydrated man trusts the bottomless well? Do you have a friend who can trust you just like how a lost man trusts the sparkling Polaris? Do you have a friend who can trust you just like a blind man trusts his old cane? I have a friend like that, who is my best friend, Fiona. She is intelligent, pretty, amiable, and the most important is, she can utterly trust me.

你有没有一个朋友可以信任你,就像一个脱水的人信任无底洞一样? 你有没有一个朋友可以信任你,就像一个迷路的人信任闪闪发光的北极星一样?你有没有一个朋友可以像盲人信任他的旧拐杖一样信任你?我有一个这样的朋友,他是我最好的朋友,菲奥娜。她聪明,漂亮,和蔼可亲,最重要的是,她能完全信任我。

Once a time, when malice came upon me as an unstoppable tsunami, as if I was an unpardonable sinner, I felt like a little poor penguin who lives in the frosty Antarctica without any of my own kind, except Fiona. She is the only person who told me "You said you did nothing, then you did nothing. Remember, don't be deceived by the accusations from others,

believe in yourself just as a person in the dark believes in the only light, the one who always believes in you."

曾经有一次,当恶意降临到我身上,就像一场无法阻挡的海啸,好像 我是一个不可原谅的罪人一样,我觉得自己就像一只可怜的企鹅,生 活在冰冷的南极洲,除了我自己,没有菲奥娜。她是唯一一个告诉我 "你说你什么都没做,然后你什么也没做的人。记住,不要被别人的 指责所欺骗,要相信自己,就像一个在黑暗中的人相信唯一的光明, 那个永远相信你的人。"

Things started from a misunderstanding. Shelly thought I looked down on her and was very contemptuous of her, because when she told me that I made a mistake in one of the questions, I only thanked her and didn't correct it, so she cried. I went to find Fiona. Her words were like a warm hand that pulled me up when I was being pushed down the cliff of villainy. She said, "People like to stand on the moral high ground to blame others, and so they can have the feeling of superiority. There's nothing wrong with you; take it easy." Until now, I can remember the worry in her eyes and the most beautiful face clearly, which was a little comical because she tried extremely hard

to relax her facial expressions that she thinks can affect me too.

事情是从误会开始的。雪莉认为我看不起她, 非常鄙视她, 因为当她 告诉我,我在一个问题上犯了错误,我只感谢她,没有改正,所以她 哭了。我去找菲奥娜。她的话就像一只温暖的手,把我从邪恶的悬崖 上推下去。她说,"人们喜欢站在道德高地上责怪别人,这样才能有 优越感。到现在为止, 我还清楚地记得她眼中的忧虑和最美丽的脸, 这有点滑稽, 因为她非常努力地放松自己认为也会影响我的面部表情。 She is like the soft wind on a rainy day, the sunshine on a cloudy day, the sugar in the bitter tea, that blows the worries away, bring the lights down, bowls the sweet in. She looks so normal, but also so different from others; two eyes, a nose, a mouth, two ears, so normal, but the worry in her eyes, the words from her mouth, so special for me. She gives me all of her trust, and so do I. She is my real best friend, and I will always hope that our friendship can last forever.

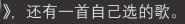
她像雨天的微风,阴天的阳光,苦茶里的糖,把烦恼吹散,把灯吹灭,把甜味盛进碗里。她看起来那么正常,但也和别人有那么大的不同;两只眼睛,一只鼻子,一张嘴,两只耳朵,那么正常,但是她眼中的忧虑,她嘴里的话,对我来说是那么特别。她给了我她所有的信任,我也一样。她是我真正最好的朋友,我永远希望我们的友谊能够永远。



Talking about the most impressive activity in 2019 for students of Lucton Shanghai, it would doubtlessly be the hard core of the Lucton Winter Concert "melody of Lucton". It was a chorus competition including every single student and even their tutor teachers. It was planned by the Boarding Department and the Student Council. Every class had sung one compulsory song——which was <Yesterday Once More>, and one song chosen by themselves.

说到 2019 年上海卢顿学生印象最深刻的一次活动,这无疑将是卢顿冬季音乐会 "Lucton 旋律"的核心部分。这是一个合唱比赛,包括每个学生,甚至他们的导师

老师。这是寄宿部和学生会策划的。每个班都唱了一首必选歌曲——《昨天又来









My Fencing Story by Steven Li

I started fencing when I was only 8 years old. My first coach, an eloquent British man, told me that fencing is not just about strength and muscle, it is also about how to communicate with others and how to deal with your own failure.

我8岁的时候就开始练击剑了。我的第一位教练是一位口才出众的英国人,他 告诉我击剑不仅仅是力量和肌肉,更重要的是如何与他人交流,以及如何应对自 己的失败。

Over the years, I have travelled to different parts of China and other countries for fencing competitions. I learned from both triumph and defeat. My score was nearly zero the first time I went to Suzhou for the national competition. I clearly remembered that it was the summer of 2013 and I was crying outside of the hall after the game. Instead of criticizing and shouting at me, my parents took me and a fellow fencer to a very good local restaurant, and there we "celebrated" our failure together.

多年来,我到中国各地和其他国家参加击剑比赛。我从胜利和失败中吸取教训。第一次去苏州参加全国比赛时,我的分数几乎为零。我清楚地记得那是 2013 年的夏天,赛后我在大厅外哭泣。我的父母没有批评我,也没有对我大喊大叫,而是把我和一个击剑手同伴和一当地一家非常好的餐馆,在那里我们一起"庆祝"了我们的失败。

My dad took a lot of black and white photos for us with his Leica camera that day. He said this event in Suzhou should be remembered as a milestone, for anything better than that in the future is an achievement. In fact, my dad has never shown up with his camera again, even when I won shining metals in national level competitions.

那天我爸爸用他的莱卡相机给我们拍了很多黑白照片。他说,苏州的这一事件应该被当作一个里程碑来纪念,因为未来任何比这更好的事情都是一种成就。事实上,我父亲再也没有带着他的相机出现过,即使我在国家级比赛中赢得了闪光金属奖。

Now, I have fought my way into the best rankings of China Fencing Association (CFA). If by any chance someone asks me how I have benefited the most from fencing, the answer will be the skills to communicate and learn proper self-expression. The way fencers communicate with referees when there is a dispute or the way they speak with their teammates in the team events does help develop communication skills. I guess it improves the daily communication skills for you to communicate with anyone!

现在,我已经进入了中国击剑协会(CFA)的最佳排名。如果有人问我如何从击剑中受益最大,答案是如何与人交流和学会恰当的自我表达。击剑运动员在比赛

中与裁判发生争执时与裁判员沟通的方式,或是在团队比赛中与队友交谈的方式, 确实有助于培养沟通技巧。我想它可以提高你与任何人的日常沟通能力!

Friendship, of course, it one of the bigger benefits of fencing apart from winning competitions and getting recognition in the fencing community. Through the sports events, I have made friends from the US, UK, Germany, Poland, Russia, Israel, and other countries.

当然,友谊是击剑运动最大的好处之一,除了赢得比赛和获得击剑界的认可。通 过体育赛事,我结交了来自美国、英国、德国、波兰、俄罗斯、以色列等国的朋 友。

These achievements of mine would never been possible without the support I received from my family, words of encouragement from my friends, the support from my coach and the patience from my girlfriend. I still treasure the memory of their keen support in which my family cheers for me during competitions, and my girlfriend who always come and accompanies me after a long day of intensive training. I firmly believe that all my achievements should be dedicated to them. 没有家人的支持,没有朋友的鼓励,没有教练的支持和女朋友的耐心,我的这些成就是不可能实现的。我仍然记得他们的热情支持,在比赛中,我的家人为我欢呼,还有我的女朋友,她总是在经过一天长时间的强化训练后来陪我。我坚信我所有的成就都应该献给他们。

I am currently developing a small fencing community here at Lucton School Shanghai and I hope more people can benefit from this amazing sport. I will end here with my favorite quote by the legendary fencer, Sergei Golubiskey: "We apply all our qualities—we apply ourselves—through the weapon."

我目前正在上海卢顿学校发展一个小型击剑社团,我希望更多的人能从这项令人惊叹的运动中受益。最后,我要用传奇击剑手谢尔盖·戈鲁布斯基最喜欢的一句话来结束这段话:"我们运用我们所有的品质,我们通过武器来运用我们自己。"



"Things are not always what they seem to be"

By Sophie Xu

"Things are not always what they seem to be" was the motto of the best metal — taster in town; Sam Mcgoodtongue. He could use his gifted tongue to tell that the "pure gold" necklace that a husband gave his wife was not so pure, and he could also tell that the seemingly worthless old watch that the truck-driver got from his old grandpa was actually made of highly-valuable metal.

One night, when he was about to close up his store, a tall man in a black coat and massive sunglasses squeezed into his tiny store.

"I am Dr. Phalange, and I'd like you to taste my metal. I'll come and pick it up tomorrow." Said a coarse voice from behind the high collars of his coat while Dr. Phalange presented a huge golden block which was so glorious and perfect that Sam almost dropped his jaw. Dr. Phalange dropped his metal on the counter and squeezed out of the door and disappeared in the night, learning the metal shining golden glaze in the little store.

Sam picked it up with both hands. It was quite heavy, and it had a smooth surface like a baby's skin. Sam placed it carefully into a drawer and went to brush his tongue for the testing. I need to be careful with this metal, thought Sam. That Dr. Phalange looked like an important person, that metal could be very valuable.

When his tongue was clean enough for any odd-tasting metal, he sat back behind the counter and took out that metal block. He opened his mouth, reached out his tongue, and carefully licked on its surface. A wonderful taste blossomed on the tip of his tongue ----- it was like chocolate a butter, but only sweeter, warmer, and tastier. He couldn't help taking another bite, but a corner of the block was actually bitten own. That part of the block melted in his mouth that the thickest, sweetest drink and streamed down his throat...... He finished the whole block without realize what was happening.

He was terrified. What had I done?! He thought in misery. Not only did I made that block disappear (Dr. Phalange would never believe that I ate it), I would not even tell what it was! I'm done. He is going to sue me and put me into jail. He sat through the night, thinking of all the possible consequences that could happen.

Dr. Phalange showed up very early the next day. In fact, he was the first customer. He was dressed the same as yesterday, but he came with a smile on his face.

Sam was in agony, but he decided to tell the poor man the truth: "Sorry Dr. Phalange, I...I ate up your metal..."

To his astonishment, the smile expanded: "Oh yeah? How was it?"

Sam was puzzled: "It was great... perfect, actually. I 've never had anything so delicious my entire life."

"Thank you, thank you, young man." The coarse voice said merrily. He left two huge gold coins on the counter and left --- real gold this time.

Sam was completely confused but very grateful that the stranger did not get angry. Two weeks later, the local newspaper announced that Dr. Phalange, the genius of snack-inventing business, successfully created a kind of butter-chocolate that looks like a gold block - "Golden Chocolate"!

And, of course, Sam Mcgoodtongue became one of the biggest fans of this snack.





A Meeting with a Stranger by SophieXu



So, she's here! My heart started racing and just when I was looking around, I noticed a pale young man staring at me with a suspicious look on his face. He was pacing around my table, his eyes shifting between the window and the row of tables beside it. When he finally stopped fidgeting, he took out his phone and started texting. Two seconds later, the special ringtone that I had set for Gabrielle rang. "Seriously, Glen. Where are you??? Just hold up your arm so I can see you."

So I did. Then I noticed the pale young man dropped his phone (and perhaps his chin, too). We stared at each other for half a minute, until he finally bent down for his phone and stumbled to the seat that I had reserved for "Gabrielle".

"Glen?" His voice was quivering like he was ready to cry any second soon. Those four letters hit me ten times harder than the slap my ex-wife gave me. I tried to hold my anger and bitterness down and asked him as politely as possible: "Why the hell would you name yourself Gabrielle? That's a GIRL'S NAME!!!"

I am sitting at table 13 at the corner of the bustling room with a huge window to my right that has "Pizzarella" (the name of this pizza place) on it. My whole body was half-hidden by the gigantic "i", so I told her via a text message that I was behind a certain letter from "Pizzarella". She replied with a cute laughing sticker and told me that she should be here in about 5 minutes.

I imagined her to be petite and dainty. A lovely brunette girl, perhaps, for I have always pictured a brown-haired girl, about 5 feet tall in her Mary Jane flats, with the name "Gabrielle". It's such a sweet name, just like her. When we meet, I'd call her "Gabby", like I did when we were only texting. Now it is so much more than that. Things will be so wonderful after this first off-line date. She said she loved the ocean so perhaps I'll take her to......

My sweet visions for Gabby and I was put to a pause by another new message from my sweetheart. "Trying to figure out which letter. Haha."

That young man blushed and stammered until he finally managed to squeeze out a whole sentence: "I merely added 'le' to my real name but..." He paused, looking truly hurt and indignant, "at least I am 21 as I told you, you stinking old man! HOW COULD YOU TELL ME THAT YOU WERE 25???"
"IS IT MY FAULT THAT I FEEL YOUNG?" As soon as that yelp of desperation came out of me, a feeling of irony and gloominess loomed over me. Just when you were starting to believe in true love...... Such a slap in the face.

Gabriel there was sobbing a smidge when the cheese pizza with extra mozzarella that I had ordered before he arrived, because we both love it so much was brought to our table. He stopped sobbing.

I sighed and gestured for him to help himself. He took a piece shyly and we started sharing the one thing that was any good about this meeting.

Have you ever looked into a crowd and thought, "When am I going to bump into my Prince Charming?". Perhaps that's just me, but I'm just waiting for my special someone to come and swoop me off the ground. What if I told you that that actually happened to me? However, not exactly how I imagined it.

One day, I was heading out to Starbucks. I must drink my daily coffee. I ordered two coffees that day...I might've had a bit too much to drink. So, the result was that...I was hyper. I left Starbucks and skipped across the road. It was a green light, of course. I wasn't looking at where I was going, and then I bumped into someone. Maybe my time has come? I thought to myself. I bumped into a muscular build. Thank goodness it isn't a child this time. Last time, that child dropped their ice cream on my brandnew white shoes! I looked up and saw the one. It was love at first sight. He smiled at me and said, "Oh, I'm so sorry, are you Google because you're everything I've been searching for." He hit me with a pick-up line?! I couldn't hold it in, so I laughed. I decided to hit him back with, "Are you French? Because Eiffel for you. Literally." Suddenly, we heard a loud honk, and I realized that the green light had turned into a red light. We hurried off the street and onto the sidewalk.

"My name's Woody, what's yours?" I couldn't believe what I heard. "Woody? Like the cowboy from Toy Story?" "Yes! It's my favourite movie!", he replied. Alright, this is getting quite weird. I hope I'm not about to go on a date with Woody from "Toy Story". I forced a smile, and replied, "My name is Buzz Lightyear." It was silent, and then we both died with laughter. He said, "Wood you please give me your number?" I said, "I wood be delighted to." We exchanged our numbers and went on our way.

A Meeting with a Stranger By Maggie Wang



That night, I got home and checked my messages. I got a message from "xxxxxx-xxx". I suppose this is Woody? He sent me a link to a You Tube video titled "Hitting on random girls on the street (PRANKED)". I watched the video, and I was in it. This video has 10 MILLION VIEWS! Today, I cannot go outside and not be recognized as "that Buzz Lightyear girl".

Where I'm From

I'm from watching and playing
Kamen rider and Pokemon
I'm from dribbling and passing
on the school playground
I'm from searching and looking
for the old books still not found
I'm from crying and screaming
Little baby surely makes great sounds
I'm from anger and fights
The quarrel between my dad and mom
I'm from packing and moving
So don't be surprised if I am gone

The friends and mates
The enemies I hate
The promise I made
The dog of whom I was afraid
And the debts paid
But day after day
It all fades away

By Year 9 Sean Shen

Where I'm From

I'm from the narrow path with maple leaves
From father's care and mother's songs
Every night's gentle 'good night' and the love
I'm from the pink convenient store
down the street

The fancy stationery and the colorful sweets

I'm from the playground in the park

Elder's talk and dogs bark

I'm from laughter of my friends

And the 'Goodbye' when the day ends

I'm from the school bell every day after class

Peeking our scores from outside

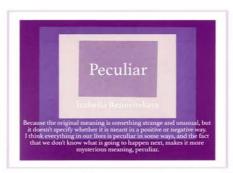
teachers' office glass

I'm from all these moments in my childhood
Until I moved to another school—
I remember all my friends' faces
And I believe I'll see them again
Someday in the future.

By Michelle Lu

Favorite word



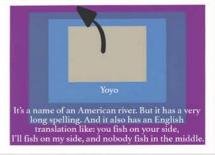




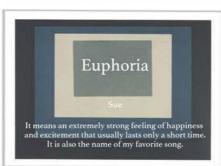
Changoggagoggman changgagoggchaubun agungamaugg



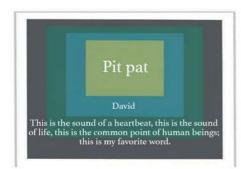




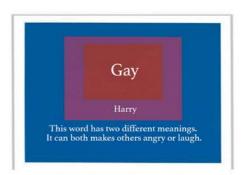




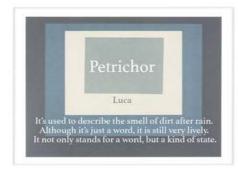


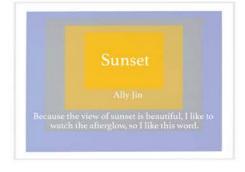


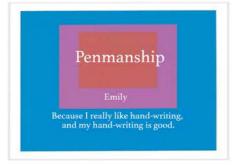




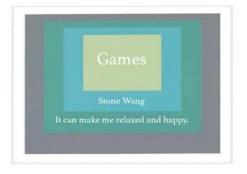








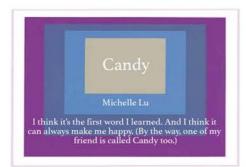


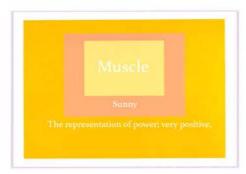


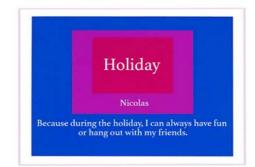




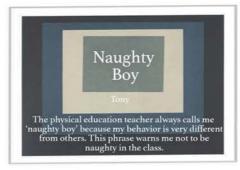




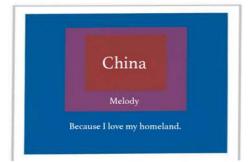




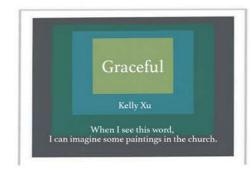




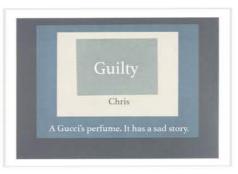




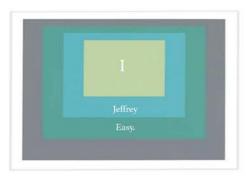
















Favorite word

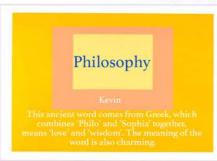
Favorite word

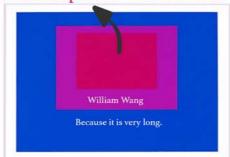


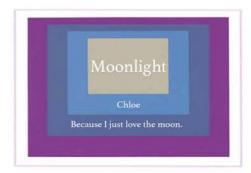




Pneumonoultramicroscopicilicowlcanoconiosis









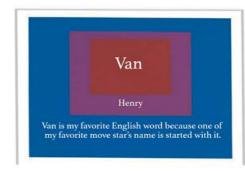




Pneumonoultramicroscopicilicowlcanoconiosis



















Emily:

A focused photographer of insects.

Photo Caption Contest Entries

This is how a sniper takes photos.

Izabella:

I woke up with a stiff back this morning, I had to go to work, so I had no choice but to pretend I'm picking the right angle for the groom and bride wedding Photoshoot.

maggie:

Vincent:

Just doing my daily ab workouts. Daily life of a Photographer.

Luca Zhao:

He takes Pictures like drinking water.

Sophie:

Good stretching.

Doing my morning stretch and taking a photo of an abnormally normal stone while I'm at it.

PNotographer doing splits. Kiwi:

peter:

FOCUS.

Amelia:

The perfect combination of New Year greetings and photography.



Olivia Zhao:

Ligament injury.

Taking a photo a of a fish Joyce Liu: jumping out of the water!

Tiffany:

"Honey, is this the one? You look perfectly charming in this photo!" "Nope. Far away from my expectations. Let's take another one."

David:

The photographer left everything that includes dignity behind in order to have the best viewpoint for the photo.

 B_{owen}

Photo fish.

Keelan:

So far so good.

Bedivere:

How to take a Photo for a short person.

Olivia Qian:

Morning physical exercise and photography practice.

cindy:

Desperate for pictures.

Yisa:

I call it 'froggy Photography'!



ne wang:

many of my brothers are nder a Photographer.

Nathan:

cheese!

Amy:

The amazing thing is that you have to have a dance foundation to get a good shot.

Bobby:

A loyal fan of photography has been trying to capture a moment in a weird pose

Rita:

The photographer with hair like dried grass melts down the floor like a huge gummy bear.

