



Puberty is a challenging yet important time in everyone's life. Supporting one another and embracing these natural changes can make the journey easier and more enjoyable. Who's walking this path with you? This issue of Flamma wants you to know: you're not alone!

## Dealing with Parent-Teen Arguments: Finding a Solution Together

Jayden Wong 1A

Do you often find yourself arguing with your parents? If so, you're not alone. Many teachers have gone through similar situations:

**Mr. Yip:** When I was a teenager, I frequently argued with my parents, about once every two weeks. These arguments usually revolved around my curfew—specifically, what time I needed to come home from school or other activities. My parents always insisted that I return home early, which I found quite annoying. However, deep down, I understood that they only wanted what was best for me.

**Miss Poppy:** I argued with my parents every single day. I craved freedom and personal space, so our disagreements typically centered on when and where I could go out. I never voiced my feelings, as I found their concerns completely irritating.



Mr Yip ▶

From the experiences of both Mr. Yip and Miss Poppy, we can see a common thread among teenagers: the desire for independence. Conversely, parents establish rules and ask questions to ensure their children's safety. This clash of beliefs often leads to conflict. So, how can we create a solution where both sides feel happy?



◀ Miss Poppy

### Tips for Better Communication

#### Share Your Feelings:

Talk to your parents about how you feel. For example, if they want you home by 6 PM but you think that's too early, discuss changing it to 7 PM. This way, both you and your parents can be satisfied.

#### Keep Them Updated:

When you plan to go out, let your parents know where you're going. This will help ease their worries. If something goes wrong, they'll know where to find you and how to help.

#### Keep Your Promises:

It's important to follow through on what you say you'll do. If you don't, you might lose their trust, making it harder to get permission for future activities.

By using these tips, you can create a better relationship with your parents, reducing arguments and misunderstandings.



## The Mystery of Your Changing Voice

Jacky Yeung 1B

Have you ever noticed how your voice seems to change unexpectedly as you grow up? One moment, you're singing in a high pitch, and the next, your voice has dropped deeper. What's really happening to your vocal cords during this time?

### My Personal Experience

I first noticed my voice changing about two years ago while chatting with my mom. As we talked, she suddenly remarked on how much deeper my voice had become. At that moment, I realized I was entering puberty. I felt a wave of anxiety wash over me. Fortunately, I soon

learned that it was just a natural part of growing up.

### Understanding Voice Changes

During puberty, your vocal cords become longer and thicker, while the cartilage in your larynx hardens, resulting in a deeper voice. Most teenagers start to notice these changes around ages 14.5 to 15, when testosterone production increases. As your voice deepens, you may feel it vibrating more in your throat, similar to that raspy feeling you get after being sick.

This transition can sometimes lead to a hoarse voice due to rapid

muscle growth in the voice box. Disorders related to thyroid mindful of vocal strain—like sand sex hormones can also trigger unexpected shifts. To keep your voice healthy, be shouting or excessive tension.

In conclusion, your voice will continue to evolve as you journey through life. While many may find the changes embarrassing, I see it as an incredible experience. Embracing a deeper voice makes me feel more mature and confident, almost like I've stepped into a new chapter of my life. So, celebrate the changes; they are a sign that you're growing up!

# Navigating Puberty

## Insights from Students

Felix Lam 3B and Jay Lo 1E

Puberty can bring many changes and challenges, leaving many of us feeling worried or frustrated. To better understand these feelings, I talked to several students about their experiences with puberty. Here's what they had to say:

### Brian (S3)

Brian struggles with acne, which affects his confidence. He shared, "I look in the mirror and see all these pimples. It makes me feel ugly and not confident." Like many, Brian thinks acne is just a part of growing up, but that doesn't make it easier to deal with.

### Rocky (S3)

Rocky has had a different experience. He is worried about his dropping grades and has started to talk to fewer people. "I don't talk to many people anymore. When I have a problem, I keep it to myself," he said. He feels that puberty has made him communicate less, which makes it harder to ask for help.

### Solutions to Boost Confidence

So, how can we handle these challenges together? Here are some simple solutions:

#### For Skin Concerns:

To deal with acne, regular skin care is important. Students should wash their faces every day with good products and try to eat less fried food, which can worsen skin problems.

#### Building Connections:

Joining clubs or playing sports is a great way to meet new people and make friends. Getting involved in activities you enjoy can help you connect with others who have similar interests, making it easier to form friendships.

#### Academic Support:

Finding a study buddy can help improve your grades and make studying more enjoyable. Plus, when you work together, you can share ideas and motivate each other. And don't forget, if you need extra help, teachers are always willing to support you in your academic journey!

## MEN SKINCARE ROUTINE



## Insights from Teachers

Ayden Lo 1D

Have you ever wondered how teachers experienced their own physical changes during puberty? I've interviewed a few teachers to share their personal stories. Here's what they had to say:

### Mr. Leo So

Mr. So remembers feeling anxious about growing facial hair during S2 and 3. It was a new and somewhat frightening experience for him. Unsure how to handle it, he turned to his dad for advice and started buying shaving supplies. Over time, he got used to this new routine, and shaving became just another part of his daily life.

### Mr. Yim Cheuk Lun

For Mr. Yim, the onset of acne in S1 was a real challenge. He described it as a "disaster" and sought guidance from older students, family, and friends on how to manage it. To combat his acne, he made it a habit to wash his face immediately after sports or any activity that made him sweat. This proactive approach helped him feel more in control of the situation.



### Mr. Chan Yu Hong

Mr. Chan's journey was a bit different. He wasn't always the tallest student in class; in fact, he often sat in the front row during S1 due to his modest height. However, his passion for swimming contributed to a significant growth spurt later on. Although being tall had its advantages, it also came with challenges, especially when it came to finding the right trousers!

These stories highlight the common ground we share as we all navigate the ups and downs of puberty. I hope this glimpse into your teachers' experiences inspires you to embrace your own changes with confidence.



## Teachers Promoted, What Are Their Feelings?

Aeron Lee 5E

This year, quite a number of teachers have been promoted to a new position. In this section of the article, we interviewed Mr Chan, VP Chow and VP Lee, who have just been promoted recently.

**Q1: What did you expect when you first got promoted to the rank?**

**Chow:** Our school has existed for over 70 years, so it has instilled a long list of old traditions created over the years, making it hard to change. Despite this, I hope to make the school a better and safer place for everyone.

**Lee:** I was the Junior Form Discipline Panel Chairperson. When I got promoted there, I also had to deal with counselling and school activities related to student growth and emotional health, in addition to disciplining students. I believe that the position is allocated to me by God.

**Q2: What is the most unforgettable experience you've encountered in the new seated position?**

**Chan:** The most unforgettable ones would probably be dealing with extreme cases (which I can't disclose) and different parties. Sometimes, problems would occur between students and teachers, so I have to communicate with the teachers and the parents afterwards.



**Chow:** It would most definitely be the most notorious '1-in-1000 years' heavy rain that heavily flooded our school. The damaged facilities had to be fixed in a short period to let students go to school safely. Also, a lot of behind the scenes things have to be tackled even after the safe conditions. Our school library and the slope near the playground took literally half a year to fix thanks to the flood.



**Q3: Would you feel exhausted if you're doing the work of a teacher alongside your current position?**

**Chan:** I would say, it's a great opportunity to summon up the courage and take up new challenges. Like, even if things get hectic and tiring, like sometimes I have to stay until past 7, seeing improvements in students' behavioural aspects can really remind me of the importance of my duties.

**Lee:** The workload is certainly large. Before, I would interact with students a lot more whether as a discipline panel chairperson or a teacher. Now, I would face external parties like EDB members and organisations, as well as panel chairpersons from each department in the school. Ultimately, we hope these things can help students grow as a person outside of academics, such as being kind and helpful to other people, and more importantly, help them find ways to solve personal problems.

## Primary News: Changing from a Boys' school to a Co-ed school

Patrick Yan 1A

Our primary school is facing one of the biggest changes in its history in the next school year. We have interviewed some current students who are also old boys from primary school for their thoughts. Let's see how it tallies up.



**Is it a good idea?**

**Wilson Chan:** I'm not sure. From how I see it, changing to a co-ed school will muddle our impression as a reputable boys school in the Eastern District.

**Augustine Yeung:** I welcome the change because it can attract a broader base of students to join our family in Salesian School. More youth can get to know about Saint Bosco's history and its teachings.

**Kelvin Chau:** I think it's also a good idea. Our school could use some new blood.

**What are your feelings?**

**Wilson Chan:** I'm worried for the new students because the girls might find it hard to get used to the previously all-boys environment.

**Kasso But:** I am a bit concerned because the new girls as a minority might be treated differently, both positively or negatively.

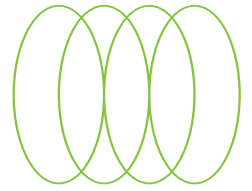
**Augustine Yeung:** I feel excited because they get to experience the Salesian culture and the living environment there.

**What should we do to welcome the girls?**

- Be caring and generous to help them when they need it.
- Host a welcoming party for them.
- Respect students all the same regardless of their sex.
- Talk and communicate with them respectfully.



# HOW TO BE A GOOD STUDENT IN A TEACHER'S EYE?



Hayden Yap 1E



**Mr. Peter Tse**

I think that diligence is one of the most important qualities of a student because a hard working student can always motivate themselves and does not need us to remind them to do their work.

The next quality is to be polite. When you have polite students in your class, it makes you feel better and respected in class. It also brings joy to us and it makes going an extra mile for you way easier!

Then I would say to be gentle because if you're a gentle student, it makes us think that you're more willing to talk and to be open to what we want to tell you.

**Mr. Gary Chan**

I think that hardworking students are the best kinds of students because they always don't disappoint in their grades or during their class performances.

Second is self discipline because when you have self discipline, it's a sign that you really start to grow up and not do silly things. Students with self discipline don't really get in trouble because they know what's wrong and what's right and can act accordingly.

Then I like honest students because when they get in trouble, they will tell the truth. It makes my job easier because I can then make better decisions quickly and decide on the best course of action.

We are always told to be a good student, but how exactly? I asked our Vice Principal Mr. Tse and Mr. Chan from the Discipline Team for more specific advice.



## Teachers-in-charge

Mr Kevin Chau  
Ms Bernice Cheng  
Ms Ann Wong

## Editors

5E Aeron Lee (Chief)  
3A Ebenezer Ho  
3B Felix Lam  
2A Callum Chau  
2A Heyden Ma  
2A Salaroli Gianpaolo Cameron  
1A Jayden Wong  
1A Patrick Yan  
1B Jacky Yeung  
1D Ayden Lo  
1E Jay Lo  
1E Hayden Yap

## New Teachers: Q&A

Callum Chau 2A and Salaroli Gianpaolo Cameron 2A

This year we welcome two new English teachers Ms Cheng and Ms Poppy. As usual, we know our curious readers are very keen to learn more about them. So worry no more - we interviewed them for you.



### Ms Poppy

**Q: Have you experienced any difficulties in teaching so far?**

A: Teaching a class for the first time made me realize it's difficult to manage the level and range of students' learning ability. To make sure everyone can learn at their best capacity, I have to keep finding different methods to motivate the students. I cannot stick with the same method all the time. Yet, I still fear some of the boys for being too playful. Those troublemakers keep giving me a headache!

**Q: Why did you choose education as your career?**

A: I come from a family of teachers. Naturally I was influenced by them and decided I wanted to join them. Believe it or not, I enjoy marking papers too. It shows me how well students learned and what kind of help they need next. Last but not least, I feel young when I'm always surrounded by students. Not only are they learning from me, but I'm also learning from them.

**Q: Who's your role model teacher?**

A: All of the teachers in the English Department! Everyday I see them put in lots of effort into teaching and taking care of students. I learned a lot from each and every one of them by observing and talking with them.

### Ms Cheng

**Q: What were your expectations for the students?**

A: I've heard of how brilliant Hong Kong students are before I come here. So, I have high expectations of all of you and I'm glad to say, after a few months here, you guys did not disappoint! I also worried a bit that students might be too cool to chat with me. Luckily, that's just something in my head. I enjoy seeing all your friendly faces here!

**Q: Have you experienced any difficulties in teaching so far?**

A: Yeah. I don't have too much prior experience in teaching before this, so once in a while I feel like some students might not be respecting me as much as other teachers. But as I worked longer, I found myself more and more comfortable in school.

**Q: Who's your role model teacher?**

A: Pretty much all of the English Department. They are very helpful and always help me and the students to learn new skills. I always admire how personal and empathetic they are towards their students. I want to be like them.