



# THE HAROLD POST

Official Newsletter of Hong Kong Adventist Academy, Vol.1, No. 9, May/June 2025

HKAA is where students achieve academic excellence and find Jesus



## GUIDING HKAA WITH PURPOSE AND FAITH



Principal Hall and Doll Doll

**Doll Doll, the editor in chief of *The Harold Post* had a candid conversation with Principal Hall on leadership, student growth, and the spiritual heartbeat of HKAA.**

### 1. What is it like being the HKAA Principal? Anything memorable that you have experienced or learned?

Being the Principal is both fun - I get to talk to everyone in any office or classroom! - and hard work, because of the responsibility for the success of the school. Here at HKAA, I have learned that every student has a distinct gift from God that he or she is called to use at this school. One of our tasks as educators at HKAA is to develop that gift so that each young person can reach his or her full potential.

### 2. What makes HKAA different from other schools/ what is so special about HKAA?

HKAA is unique in that there are 30+ nationalities all in the same school!

### 3. What is your opinion on the Harold Post, which was newly introduced this year? What do you think about its progression throughout the school year?

The Harold Post has many plus points, and one of them is that it provides an ideal setting for developing introductory journalistic skills.

### 4. What impact has Harold Post made?

Now that we have the Harold Post, we have high expectations for all literature and

announcements sent out from the school. It has raised the bar for our English publications.

### 5. Any words for Grade 12 students who are going on their own paths?

Everyone will give advice and best wishes. That's nice, but you won't remember any of it, to be frank! There's too much going on in your life right now. You may read graduation congrats cards - maybe, but not likely. What will be significant is if you write yourself a letter and include 3 to 5 things or experiences you cherish and HOW each one has contributed to you becoming the person you know God has called you to be. Nothing else matters...because nothing else matters. Your future path is either leading you to God or away from God and there is nothing else that matters in this whole world. That's why our focus here at HKAA is finding Jesus, along with your academic achievements.

### 6. Anything you would like to share with to HKAA students and teachers as the school year is coming to an end?

Thank you for all the growth opportunities together.

### 7. Any warm messages to those who are returning next year

I can't wait to do more growing with you next year!

## STUDENT RECOGNITION

**Congratulations to Li Sen Hei Xenia  
2<sup>nd</sup> Runner Up, Most Innovated Solution Award Winner!**



At just 8 years old, Xenia has proudly represented Hong Kong Adventist Academy and earned recognition at the Global STEM Public Speaking Competition 2025! Her innovative project, Noah 2.0, is an AI-powered robot designed to rescue animals during tsunamis caused by earthquakes.

Despite her young age, Xenia's creativity, ambition, and heart for both science and compassion are truly inspiring. Congratulations, Xenia!

### Congratulations to Math Competition and Arts & Design Achievers



## Correction and Appreciation



**We want to extend our sincerest apologies for the omission of Dr. Divya Rai's photo in this year's yearbook.**

Dr. Rai is a valued and important part of our HKAA family, and we are truly grateful for her dedication and contributions throughout the school year.

Here is the photo we missed—and the appreciation you deserve, Dr. Rai!

Thank you for your understanding, and thank you, Dr. Rai, for being a part of our school's journey this year!

*Dr. Divya Rai*

**--Yearbook Team**

### Congratulations to the Achievers of 2024-2025 School Year



### Value of the Month-Resilience

Resilience is the ability to return to being happy again after something bad happened that has hugely affected and impacted you. If someone has taken away something that means a lot to you or has done something to you that you do not enjoy at all, this could easily ruin your day and affect your entire personality. However, it is always great to try and stay happy. To be resilient, you have to maintain being positive for the rest of the day. Resilience is one of the ways to help you develop more of your personality. **(Marcus G10)**



# SPOTLIGHT ON LEADERSHIP

## The Many Hats of Mr. Jerry Hall



**Mr. Jerry Hall**  
Registrar / Academic Coordinator

Interviewed by Ivan Tan

***‘My work here at HKAA is both challenging and rewarding.’***

### What is your role in HKAA?

I have three main roles at HKAA: registrar, teacher, and librarian. As the registrar, I create the school schedules, place students in the correct classes, produce the progress reports and report cards, and most importantly, ensure that each student's grades are recorded correctly on their transcripts. The two classes I teach are Physics and STEM Lab.

### Do you enjoy working at HKAA?

My work here at HKAA is both challenging and rewarding. I enjoy working with students who find my subjects difficult and the challenge of finding a way to help them understand. I am also strongly interested in data analysis, so analyzing and visualizing the school data to identify trends and issues is another area of my role that I enjoy.

### What is the difference between HKAA and where you worked before joining HKAA?

HKAA is different from most of the other schools I have worked in. My other schools cater mainly to secondary-age students. Having students from grade 1 in the school gives it a more familial and gentler feel, as the older students must always be mindful of the younger ones. Another big difference is that in HKAA, the teachers do not have any assigned duties in the dorm or on weekends.

7 I will praise you with an upright heart as I learn your righteous laws.

8 I will obey your decrees; do not utterly forsake me.

### As the school year ends, do you want to share a message with the students?

As we approach the end of the school year, you must remember that it is more important to strive to do your best rather than to be the best.

### Do you have any comments on the school Newsletter “The Harold Post”?

Keep up the good work at “The Harold Post” and I look forward to many more issues to come.

## LAST SENIOR MUSICAL EXPERIENCE



Photos By Dallas, G10

My musical experience was very memorable and emotional at the same time. It is going to be my last musical for a while, so it felt really exciting and sad at the same time. I auditioned in January without any high hopes, but I got a pretty significant role. Many may think that I have had a lot of big roles in musicals, but this was actually my first ever big role. It was scary. I wanted to do my best because I was passionate about it.

When I landed the role of Lisel, I was very happy, because I could relate to her character a lot. She is a year younger than I, so acting as her was like retouching with my youth. It has gotten hard to feel like a teenager with all the things I was busy with, so it felt nice getting to play a teenager and to just act and have fun like a kid. I will forever treasure this musical, and I was also so blessed and thankful for being able to work with my talented coactors as well! Also, Ms Arlene has been guiding me throughout my whole journey at HKAA. I hope you enjoyed HKAA's Sound of Music Jr.

Doll G12

母亲节是一个特别的日子，专门用来表达对母亲的感激和爱。每年的五月11日，世界各地的人们都会庆祝这个节日。在这一天，孩子们会用各种方式来感谢母亲的辛勤付出。许多人选择送花、贺卡或者小礼物，以表达心中的感激之情。有些家庭会一起享用特别的午餐或晚餐，增进亲情。而我的妈妈则远在北京，我于是写了一篇小作文用来感激我的妈妈。母亲节不仅是感谢母亲的机会，也是家庭团聚的时刻。母亲是我们生命中最重要的人之一，她们用无私的爱和支持陪伴我们成长。无论是生活中的点滴关怀，还是在我们遇到困难时的鼓励，母亲总是默默奉献。母亲节提醒我们珍惜与母亲的时光，表达我们的爱与敬意。在这个特别的日子里，让我们用行动和言语，向母亲传达我们的爱，感谢她们为我们所做的一切。

Carly G9

## Psalm 119, NIV

1. Blessed are those whose ways are blameless, who walk according to the law of the Lord.

2 Blessed are those who keep his statutes

and seek him with all their heart—

3 they do no wrong but follow his ways.

4 You have laid down precepts that are to be fully obeyed.

5 Oh, that my ways were steadfast in obeying your decrees!

6 Then I would not be put to shame when I consider all your commands.

## MAKING MEMORIES: BEHIND THE BANQUET TEAM

Every year, the Banquet Committee comes together to fund and organize the high school end-of-year banquet. This year's Social Vice President, Pansy Marjee, led out these activities as the head of the committee. As a team, they plan the budget, renting, decorations, catering, and overall program. This immense dedication and effort is put into the high school's banquet to facilitate an unforgettable and unique night for students, creating a

memorable experience to take with them for the rest of their lives.

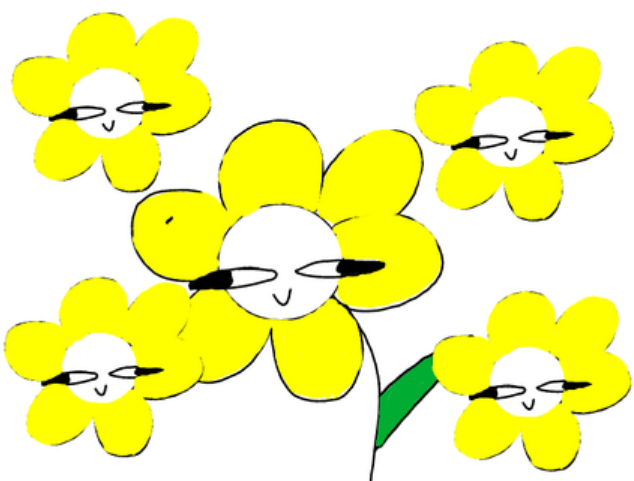
Even within the committee, students foster remarkable moments and skills. They learn the significance of planning, from scripts to communication, cultivating responsibility and adaptability. Though their work is primarily behind the scenes, their produced results and their ultimate importance are undeniable. **(Brogan, G11)**

Mother's Day is a special occasion that celebrates motherhood and maternal bonds. Mother's Day is a time to show appreciation, love, care, and guidance from your mothers. Some people celebrate Mother's Day by buying gifts, making cards, and spending time with family. Mother's Day is really important, because our mothers work hard to raise us and teach us. Mothers can also be celebrated beyond biological mothers. Mother's Day also recognizes stepmothers, grandmothers, adoptive mothers, and any woman who has played a nurturing role in someone's life.

Mother's Day first arose in the 1900s by Anna Jarvis, daughter of Ann Reeves Jarvis. Wanting to honor her mother's death, Anna Jarvis conceived Mother's Day as a way of honoring the sacrifices mothers make for their children. By 1912, many states, towns, and churches had adopted.

Kelly Yip G9

## MOTHER'S DAY



Artwork By Dora Lin





Class of 2025

## Farewell, Class of 2025: The New Journey Begins

High school is one of the most memorable and special experiences of everyone's lives. Yet, after all the daunting exams and lengthy assignments, the four years have flown by.

"Anticipate failure and hardship, because that is when you will truly progress towards your goals," James said. High school is like a mini journey, preparing you for the bigger one in the real world. The things you learn here, inside and outside the classroom, stay with you long after you walk out the school gates.

Looking back, it is incredible to see how much everyone has grown. When asked about her most memorable experience, Crystal said: "Trying out challenging academic courses and

some of the best people." The friendships forged, the failures embraced, and the successes celebrated all shape the person we become. No one leaves the same person they were when they first walked these halls.

As the graduating class of 2025 step forward, they carry their resilience, compassion, and excellence. "If I could tell my freshman self one thing," Andrew reflected, "It would be to make the most out of your high school experience; try new things, talk to people, socialize, and be ambitious." When one chapter closes, a new one opens.

Cherishing the past and ready for the future, we wish the best of luck to our graduating class on their next steps in life.

Brogan, G11

## WELCOME THE NEW SA(2025-2026)



Siddharth Narayan G11, the newly elected SA treasurer, interviewed by Ivan Tan

### 1. What inspired you to apply for the Treasurer position?

As I mentioned in my speech, I am not the most comfortable speaking in front of an audience; as a treasurer, I would be doing most of my work behind the scenes. I also seek to gain more experience with budgeting, and working with numbers is a skill I excel at.

### 2. I'd love to hear about any specific goals you hope to achieve with the Student Association (SA).

We, as a group, haven't discussed specifics about our goals next year, but like every SA body, we also want to implement something new and interesting.

### 3. As the Treasurer for the 2025-2026 SA, how will you keep track of the association's finances?

In previous years, different bodies have used different methods, such as notebooks and spreadsheets. Using spreadsheets is probably the most convenient and effective way to keep track, and that is what we will continue with.

### 4. In your view, what is the biggest challenge of being the SA Treasurer?

I wouldn't say there is one big challenge but several different ones, such as keeping everything organized and updated, which, like I mentioned before, becomes easier with the use of spreadsheets; but also making sure that when we do events, they need to be impactful towards the funds.

## FAREWELL TO THE SA 2024-2025

Reflection by SA President Crystal Cen

Serving as the president of the Student Association this school year has been a great pleasure and honor, especially as a graduating senior. I had the privilege of working with a group of diligent and proactive student leaders- Pansy, Sekela, David, and Ernest- all of whom inspire me to become a more resilient and visionary leader. In addition to that, the warm engagement and interaction from the student body this year have greatly stimulated our enjoyment of serving the school and community.

Every time we see smiles and waves of laughter in the hallways and from participants of our events, we become more than proud of the superb spirit of our close-knit student body. While there were unpredictable challenges and obstacles throughout the administrative year, I am very pleased with the adaptability and flexible approaches of the SA team- the officers were able to develop quick thinking-on-feet skills and introduce many refreshing ideas in fostering involvement of the school community. Likewise, there were also a significant number of students who demonstrated leadership qualities and have been assisting and supporting SA during the school year by kind encouragement and lending a hand during our busy events; these collaborations are a great witness to the countless talents, kind souls, and future leaders within the students of HKAA.

As the President, my gratification of the role derives from directly observing growth in our student body and community. Watching the school grow and expand has been a motivating force as a student leader, and I have also walked along with the development



SA officers with Ms. Whitley and Ms. Genevieve

through my engagement as an SA member for the past three years. From being a secretary to the VP and then as the President, I have enjoyed watching my growth these past years and the potential, creativity, and innovative thoughts of future student leaders. These accomplishments could not have been possible without the tremendous support and guidance from the friendly and inspiring students of HKAA and all the incredibly humble and kind-hearted mentors I have encountered. Signing off my last term in SA, I have accumulated immense growth, positivity, support, and inspiration- major shoutout to the hard work and productivity from the SA officers this year, it's my honor to work with you all! Stay confident, genuine, and kind-hearted always!

## FAREWELL BUT NOT GOODBYE: MR NORHEIM



Norheim's First Hadilao Meal With The Seniors of The Class of 25'

Four years ago, my wife and I moved across the world, braving three weeks of hotel quarantine with three small kids, for a life unknown in HK- all because God was stirring our hearts. And I can wholeheartedly say it's been such a blessing for us. We have learned and grown so much here. I'm excited for the next chapter in my life, but it is also with some sadness that I'm moving away. Sadness because of the friendships made with both colleagues and students. But a colleague also reminded me that I shouldn't feel too bad about

leaving students, since all students will leave me eventually anyway!

Highlight moments include Bible studies, football, table tennis, badminton, running, hikes, deep conversations and all the other things we did outside of class time. Henry's running commentary in class. Everything said in AP Calc. The Norway trip with its food, snow ball fights and skiing.

The Sweden trip and other Sweden jokes. "Tiiichaaaa!" Both Faith camps. The hide and seek in the dark. The three mission trips, of

course. And for those that get the reference: Polar Bear, Brown Bear and Mama Bear.

I want to thank all of you for helping make my days here so meaningful and so fun. Dare to be your crazy selves. It's more fun for everyone!

Mr. Benjamin Norheim

**"The Lord bless you and keep you; the Lord make His face shine upon you and be gracious to you; the Lord turn His face toward you and give you peace."**

- Numbers 6:24-26 (NIV)





# FARE THEE WELL



**Mr. Joy Kuttappan**  
**Grade 11 Advisor /**  
**English 9A & B**  
**Yearbook & Newsletter**  
**Sponsor**

***“We believe that one idea—backed by a team—can truly bring transformation.”***

## One Idea That Transformed HKAA: *The Harold Post's Journey*

Josh Linkner, author and entrepreneur, once said, “One idea can be transformative. One idea can change your career, your life, your community, your family, and even the world.” This statement rings true when we reflect on the creation and growth of *The Harold Post*.

Our school newsletter wasn't just another idea—it was a transformative one. *The Harold Post* changed the way HKAA viewed school events, shared ideas, and celebrated experiences throughout the 2024–2025 school year. What began with just a few hands quickly grew into a collaborative effort involving many. At the center of this transformation was the newsletter team itself. Among them, **Doll Doll** stood out as an exceptional leader and editor-in-chief. As a high schooler with little prior experience, she took on the challenge with courage and commitment, guiding the team to success. Her leadership deserves special recognition.

Credit also goes to the rest of the team:

- **Brogan Archer**, our reliable copyeditor, who will be stepping up as next year's editor-in-chief.
- **Ivan Tan**, whose creativity shaped the design of each issue, with support from **Carly Hu**.
- Our dedicated reporters: **Marcus Lee, Kelly Yip, Amy Peng, and Dora Lin**.
- And **Kyle Chan**, our go-to photographer who captured the moments that brought our stories to life.

My heartfelt thanks to each of them for making this journey so memorable.

We're also deeply grateful to the school leadership, teachers, and staff for your unwavering support. As we step into a new school year with fresh ideas and a new team, we ask for your continued encouragement.

We believe that one idea—backed by a team—can truly bring transformation



## FAREWELL MESSAGES FROM THE HAROLD POST TEAM MEMBERS

This year has really been an amazing year. It was really a memorable year for me. This class really helped me improved my writing skills a lot. It was really fun working with the newsletter team. I am so grateful to be a part of this journey. (Dora, G10)

Being part of the Newsletter Team has been an unforgettable experience. It wasn't just a class—it was a journey filled with hard work, challenges, and growth. I'm truly grateful for the opportunity to work alongside such a dedicated team. Thank you all for your incredible effort and commitment. (Marcus, G10)

The Newsletter Team has provided me with some of the most integral skills I needed, from the importance of collaboration to how to write in a journalistic style. I am truly grateful to have been a part of this team for the 2025-2026 academic year. (Brogan, G11)

时光如白驹过隙，转瞬即逝。时光匆匆而过，哈罗月刊马上就要结束这一学年了。我们记录了学校每个月发生的趣事和活动，不知不觉马上结尾了。我感到很开心和荣幸能和哈罗月刊的成员们一起完成每个月的月刊，我们一起为学校以月刊的形式保留下了很多珍贵又美好的回忆。无论是运动会还是任何演出，我们都记录在月刊里一同庆祝。我们互相学习到了很多东西，哈罗月刊给我的高中生活增添了一分色彩，还有无数个记忆犹新的往事。(Amy, G9)

During this academic year of newsletter learning, I was responsible for some of the design and writing of articles for the school newsletter. I learned a lot, such as how to communicate with classmates and improve the quality of my writing. (Carly, G10)

As the Head Layout of “The Harold Post,” I warmly encourage all students interested in joining the Layout team for Next year's yearbook or the newsletter / media team to take the plunge! I've been working with the yearbook and newsletter teams since 2022, and this experience has been incredibly rewarding. Leading our talented Layout group as an officer in the newsletter team fills me with pride and joy. (Ivan G11)

This is Kyle, the photographer for the newsletter team, “The Harold Post.” I am currently in grade 9. First of all, I hope you have been enjoying the 2024-2025 newsletter. As the school year is almost coming to an end in June. I want to express my thanks for all the excellent support towards me and my team. Your support is one of the essentials to us. (Kyle G9)

This year has been truly amazing! I can hardly believe it's already coming to an end. Being involved in the newsletter has become one of my most treasured experiences. During this time, I've gained knowledge about our school and had a fantastic chance to improve my writing skills. Covering school events has been excellent.

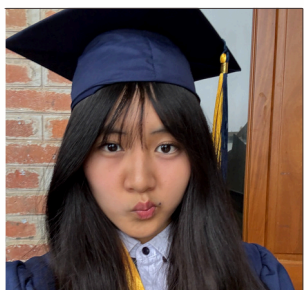
### Editorial

## CLOSING THE CHAPTER

I wish everyone all the best! Since I won't be returning next year, I want to say how much this experience has meant to me. Being part of the newsletter team even made me seriously consider pursuing journalism in university.

I love that we get to share our stories with others and learn to grow with others. All the best for next school year, Newsletter team, students and teachers.

I can not believe time flies so fast, and it is finally the last editorial I am writing. The newsletter has become an amazing opportunity for me to write and share my thoughts. It also allowed me to interact with others and get to know their talents and thoughts. It has taught me how to be a good leader. That is not as easy as I once thought, but I have learned so much meaning along the way. I wish the best for all my Newsletter members, as it would not have been possible without them. I am also grateful to Mr. Joy, as he was a helpful and inspiring sponsor. I hope the newsletter thrives next year, and it will continue to be a collaborative and wonderful experience.



**DOLL DOLL DAI**  
**CHIEF EDITOR,**

## Meet the New Editors for 2025–2026



**Newsletter & News broadcast**  
**Editor in Chief**  
**Brogan Archer**



**Yearbook**  
**Editor in Chief**  
**Tiffany Mak**

***“The difference between the right word and the almost right word is the difference between lightning and a lightning bug.”***

– Mark Twain

## THE HAROLD POST TEAM

**Chief Editor**  
**Doll Doll Dai**

**Copy Editor**  
**Brogan Archer**

**Layout Team**  
**Ivan Tan**  
**Carly Hu**

**Reporters**  
**Marcus Lee**  
**Dora Lin**  
**Amy Peng**  
**Kelly Yip**

**Photographer**  
**Kyle Chan**

**Newsletter Sponsor**  
**Mr. Joy Kuttappan**

**Advisors:**  
**Principal Ola Hall**  
**Mr. Steve Gudavalli**  
**Mrs. Zailab Torres**  
**Mr. Romaine Smith**  
**Ms. Diane Whitley**  
**Ms. Kitty Pang**  
**Ms. Jane Zhang**

**Finance & Marketing**  
**Mrs. Lee Han**



***“Therefore, as the elect of God, holy and beloved, put on tender mercies, kindness, humility, meekness, longsuffering;”***  
**Colossians 3:12**





# REFLECTION ON THE AP EXAMS

Ernest Yip, G10

Typically, we expect AP exams to be harder year after year, but this year’s AP exams, including AP CSP, Chinese, and Micro, felt small (and comedic) compared to last year’s single AP Human Geography exam. It was quite odd to me coming to the AP CSP test room, being completely relaxed, to a point where I felt guilty taking such an easy course.

Mridul, on the other hand, was screeching for breaths of air in the same room, even though he was clearly superior in computer science to me. In stark contrast, Sarang did it on the next level; the night before the AP Microeconomics exam, he had just finished learning (not reviewing) the course, messaging David at around 3 a.m., announcing he had crammed the entire AP course in a week; astonishing feats.

# A sneak peek into the Jewish community in Hong Kong and its history

Reported by Lau Po Lam Paula

On May 9, the Grade 8 students were taken on a field trip to Mid-Levels for the day to explore the rich history of Jews in Hong Kong. We visited the Ohel Leah Synagogue, which dates back to 1901 when it was originally built. This trip to the synagogue was led by Erica Lyons, who is a part of the Jewish community and had previously visited HKAA.

In a wrap of what was said on the tour, were the key elements of being Jewish, such as the traditions, history, laws that are involved in being apart of the Jewish community, and especially the historical background of the synagogue itself.

Something that they and most of us can relate to is their calendar; they also follow a similar one to the Chinese calendar called the Lunisolar, which means Lunar Calendar.

This trip helped enrich the understanding of how Jews came to Hong Kong, how their religion connects back to history itself, and most importantly, the knowledge of the Jewish community.

All in all, this trip to the Ohel Leah Synagogue will be kept in memory as we learn more about it in school and as well as how we see the religion itself.

# SIGN OUR 2024-2025 NEWSLETTER