

Cohesion

Munsang College

66th Student Association

Proposed Cabinet

[PROPOSAL]

This proposal contains the information about the activities brought by Cohesion in 2015-2016. We, Cohesion, aim to improve the relationships between students, enhance the sense of belonging, as well as to celebrate the 90th anniversary. Details can be found in the following document.

Content

Wall of Munsang	2
Awakening.....	4
Red-And-White Battle (90 th anniversary celebration)	8
Breakaway	9
Teacher & Student Tournament.....	11
Singing Contest.....	14
Overnight Camp (Cross GPA).....	18
Joint School Christmas Ball	23
Joint School Oral Practice.....	24
Welfare	25
Service.....	26

Wall of Munsang

1. Objectives:

- i. To consolidate the relations between school and students by ensure students' rights to express their opinions and making responses publicly
- ii. To arouse students' concerns on issues related to society/school issues
- iii. To build a harmonious munsang family and connection
- iv. To strengthen the understanding between different stakeholders

2. General Rules:

- i. Writers' names will be shown on the wall.
- ii. No foul language, articles directly against a particular student/teacher, personal attacks, violence, sexual content and crime.
- iii. Stamp of "Like" will be provided near the wall to encourage echoes from students or teachers.

Application form:

1. Google form
2. Application forms outside SA room

Procedures

For articles on hot issues

1. Students name, class and class number should be provided together with the articles.
 2. Articles should be stuck on the wall. Stapler, papers and pens will be provided next to the wall.
 3. Members of our cabinet will check and take away the ones which violate the rules above regularly after school/ during lunch.
-

For articles on school issues

1. Articles should be submitted with the application form provided next to the wall and put it into the wall box.
 2. Any inappropriate content found will be reported to the writer to make amendment together.
 3. Approved articles will be posted once a week by Cohesion.
-

Remarks

- i. Rights to make the final decision is reserved by Cohesion.
- ii. Teachers may express opinions on different issues through the Wall of Munsang so as to facilitate communication between teachers and students.

Awakening

1. Objectives
 - i. To emphasize the sportsmanship – Never Give Up
 - ii. To improve the student’s ability to analyze
 - iii. To emphasize the importance of careful decision making
 - iv. To spread the idea of ‘ Every step counts and every decision you made will shape a different ending ‘
2. Target: All students
3. Quota: 36 (6 in a group. 6 groups in total)
4. Duration: 09:00 – 17:00
5. Date: May
6. Promotion period: April
7. Promotion method:
 - i. Update status on Instagram and Facebook
 - ii. Compose iMail through eClass
 - iii. In-class promotion by writing on blackboard
 - iv. Announcement in morning broadcast
 - v. Video clip to be uploaded on YouTube and TV around the campus
8. Introduction:

There is a group of journalists who entered a hospital to investigate the strange things happened inside, such as missing of patients without reasons and emission of strange noises at night. They need to find as much clues as they can to rearrange the whole incident and to find the real murderer in order to complete the mission from the beginning.

9. Rundown:

1000-1030	30 mins	Roll call & Briefing
1030-1115	45 mins	Mini-game(1)
1115-1200	45 mins	Mini-game(2)
1200-1300	60 mins	Lunch
1300-1315	15 mins	Roll call
1315-1355	40 mins	Mini-game(3)
1355-1400	5 mins	Announcement of Scores
1400-1600	120 mins	Detective game (Phase I)
1600-1630	30 mins	Detective game (Phase II)
1630-1700	30 mins	End

10. Instructions:

Mini-game (1)

Location: Block H

- 1 Each group will first arrange 5 students into 5 floors
- 2 The 6th (remaining student) shall be located at the 5th floor, on the other side of the 5th student
- 3 The first student located at the foyer area will receive some instructions about a certain action
- 4 He/she then proceeds to the second floor and tell the student there using hand gestures non-verbally. The second student tells the third. So on and so forth
- 5 Once the 6th acknowledges the instructions of the action, he/she then proceeds to the sports-ground and performs the action in front of the PIC of the Mini-game (1)
- 6 Marks allocation

1 st place	100
2 nd place	80
3 rd place	50
4 th place	30
5 th place	20
6 th place	0

Mini game (2)

Location: Sports-ground

- 1 The students will receive some instructions
- 2 They have to follow those instructions to act some difficult poses
- 3 Once the students finished their poses, they need to take a photo by themselves.
- 4 The fastest grou will be the winner.
- 5 Marks allocation

1 st place	100
2 nd place	80
3 rd place	50
4 th place	30
5 th place	20
6 th place	0

Mini game(3)

Location: D210-D211

- 1 One of the students in each group has to be blindfolded and others have to give the instructions to let the blindfolded one get the specific balloons that PIC asks them to get.
- 2 The fastest and most accurate group will be the winner.
- 3 Mark calculation

1 st place	100
2 nd place	80
3 rd place	50
4 th place	30
5 th place	20
6 th place	0

*10 marks will be deducted if they get the wrong balloon.

Detective game

1. Pre-Phase I

- i. Each group will be given a certain amount of medicine according to their ranking and a file consists of basic information.

Ranking	Number of medicine
1 st	3
2 nd	3
3 rd	3
4 th	2
5 th	2
6 th	1

2. Phase I

- 1 Each group has to find different clues from different locations. Clues may be witnesses, paper strips, etc. All group members must be present when finding clues or entering any room .
- 2 Students may encounter monsters on their journeys. Once a student encounters a physical contact with a monster, the student will become “unconscious”. If a student is “unconscious”, he/she will be brought to a certain room and locked up.
- 3 His groupmate may complete a series of tasks to retrieve him.
- 4 A medicine is used to bring a body from “unconscious” to “conscious”.

3. Phase II

- i. Each group has to answer the questions given in the file.
- ii. Each group has to approach the suspected murderer and arrest him.
- iii. One suspected murderer can only be arrested by one group.
- iv. The group who has arrested the murderer and with the most accurate evidences wins the game.

Red-And-White Battle (90th anniversary celebration)

1 Objectives

- i. To celebrate the 90th anniversary of Munsang College
- ii. To strengthen the bonding between students of Munsang College and Island Munsang College
- iii. To provide a opportunity for students to perform on stage
- iv. To spread the idea of 'The process and the lesson we got are more precious than the result'

2 Target: All Munsang students

3 Quota: 10 groups of performers, regardless of nature of performance

4 Date: Post-Final-Exam Period

5 Promotion period: May-June

6 Promotion method:

- i. Update on status on Instagram and Facebook
- ii. Compose iMail through eClass
- iii. In-class promotion by writing on blackboard
- iv. Announcement in morning broadcast

7 Introduction:

Noticing this is the 90th anniversary of Munsang College, we would like to organize this show with another Munsang College, the IMSC ,as a birthday present to Munsang College .Performers from both schools are split into two teams, namely Red Team and White Team. They show their own skills to gain the most votes from the audience. So as to strengthen the bonding between the both schools and to spread the idea of 'The process and the lesson we got are more precious than the result'.

8 Suggested performance:

- i. Singing
- ii. Dancing
- iii. Drama
- iv. Anything that is creative

9 Instructions:

- i. Respect must be shown by performers
- ii. Participants must follow the instructions given by staff
- iii. There is no limitation on the nature of performance
- iv. Offensive performance is strictly prohibited.
- v. Applicants must apply the contest on the google form.

Breakaway

1. Objectives
 1. To examine students' ability to observe and deduce
 2. To strengthen bonding between teammates through close collaboration in the game
 3. To testify students' capacity to think calmly in tense situations
2. Target: All students
3. Quota: 8 groups, 5 students in a group
4. Duration: 16:00-18:00 (after school)
5. Date: Early February
6. Promotion period: December - January
7. Promotion method:
 - i. Update status on Instagram and Facebook
 - ii. Compose iMail through eClass
 - iii. In-class promotion by writing on blackboard
 - iv. Announcement in morning broadcast
 - v. Video clip to be uploaded on YouTube and TV around the campus
8. Introduction: 8 rooms with 2 distinct themes will be provided. Students in groups will have to follow instructions and find codes or keys to escape from the designated rooms in limited time. Clear and calm mind is required in order to break the codes. Themes are as follows:
 - Jail Break : You are wronged and jailed by the judge. You want to escape from the jail and clear up the misunderstanding and set yourself free.
 - The Mad Scientist : You and your colleagues are inventing the newest medicine. You need to get out from the laboratory and spread this breaking news as fast as you can to surpass others in the Cohesion Medical Prize.

9. Rundown:

1600-1630	30 mins	Roll call & Briefing
1630-1730	60 mins	Room Escape
1730-1800	30 mins	Prize presentaion & debriefing
1800	/	End

10. Instructions:

- All things in the designated rooms are utilizable by participants for decoding or finding clues.
- Participating groups should aim to escape from the rooms and arrive the original gathering point as fast as they can within limited time to compete for the champion.

The fastest group in each theme will win the game and get the prize.

Teacher & Student Tournament

1. Objectives
 - i. To enhance the relationships between teachers and students
 - ii. To emphasize the team spirits that they share with each other
 - iii. To encourage good sportsmanship
2. Target: students and teachers in Munsang College
3. Quota:48 (8 in a group, 6 people per group)
4. Duration: 1615-1800 (1600 roll call)
5. Date: Mid October
6. Promotion period: September- early October
7. Promotion method:
 - i. Update on status on Instagram and Facebook
 - ii. Compose iMail through eClass
 - iii. In-class promotion by writing on blackboard
 - iv. Poster
 - v. Announcement in morning broadcast
 - vi. Video clip to be uploaded on YouTube and TV around the campus
8. Introduction: The Teacher and Student Tournament has been a traditional activity of Munsang College. Within the tournament , students and teachers can enjoy a stress-free and rememberable time and to create different memories together. Thus the bonding between teachers and students will be enhanced and they enjoy times together in Munsang .
9. Rundown:

1600-1615	15 mins	roll call
1615-1645	30 mins	mini game (1)
1645-1715	30 mins	mini game (2)
1715-1800	45 mins	mini game (3)
1800-1815	15 mins	Prize presentation

10. Instructions:

Mini game (1) - blind treasure hunt

Location: Sportground

- 1 Each group will need to find a representative to blindfold his/her eyes
- 2 The other five members need to guide their representative to walk on the designated route by shouting the specific codes of direction
- 3 The representatives need to find 3 specific objects on the designated route
- 4 After finding the 3 objects, they need to search the last object in the treasure box to end the game

Marks allocation

1 st place	100
2 nd place	80
3 rd place	50
4 th place	30
5 th place	20
6 th place	0

Mini game (2) - Munsang Tag

- 1 Everyone needs to wear the rain coat provided by Cohesion
- 2 Everyone takes turns to answer the questions (mainly about Munsang) asked by the Emcees
- 3 The people who answer the questions wrongly will receive the punishment (eg cream attack/ wasabi)

Marks allocation

1 st place	100
2 nd place	80
3 rd place	50
4 th place	30
5 th place	20
6 th place	0

Mini game (3) - Obstacle race (200 m)

1 Every group needs to complete the designated route with different obstacles and complete different missions throughout the game

2 Mission

i. 2 people 3 feet 2.0 (at 50 m)

- Groups of participants are asked to walk using specific numbers of limbs

ii. Ping Pong on the spoon (at 100 m)

- Each group needs to transfer the ping pong ball using spoons held in their mouths

iii. Dizzy walk(at 150 m)

- Each group needs to turn around for ten times then hop to the goal

Marks allocation

1 st place	100
2 nd place	80
3 rd place	50
4 th place	30
5 th place	20
6 th place	0

The group with the highest marks wins the tournament.

Singing Contest

1. Objectives
 - i. To strengthen students' courage by providing chances to perform on stage
 - ii. To strengthen the bonding between classes and their class teachers
 - iii. To enhance students' ability talents on composing songs and choreography by gaining experience on stage
2. Target: All students
3. Quota: solo (unlimited for heat/ 6 for final)
small group (unlimited for heat/ 6 for final)
live music (10 for heat/ 4 for final)
class (unlimited)
4. Duration: heat(2-3days)
final(1day)
5. Date: heat(mid-April)
final(post-exam period)
6. Promotion period: Mid May
7. Promotion method:
 - i. Update on status on Instagram and Facebook
 - ii. Compose iMail through eClass
 - iii. In-class promotion by writing on blackboard
 - iv. Poster
 - v. Announcement in morning broadcast
8. Introduction: Singing contest is a remarkable activity which is held annually. Taking reference from previous years, the contest will be divided into four sections, solo, group, live music and class. This year, we hope to add more quotas, especially the class section to enter the final so as to create a more harmonious atmosphere between classes and teachers

9. Rundown:

Heat

-solo

1545-1600	15mins	roll call
1600-1730	90mins	solo(3mins@,~20participants), including Emcees
1730-1740	10mins	dismissal

-Small group

1545-1600	15mins	roll call
1600-1700	60mins	group(3mins@,~15groups), including Emcees
1700-1710	10mins	dismissal

-Live music

1545-1600	15mins	roll call
1600-1730	90mins	live music(10mins@,~10groups), including Emcees
1730-1740	10mins	dismissal

Final

Rundown

0845-0900	15mins	roll call & enter hall
0900-0905	5mins	introduction
0905-0935	30mins	solo(5mins@,6participants)
0935-1000	25mins	live music(5mins@,4participants)
1000-1020	20mins	break
1020-1050	30mins	small groups(5mins@,6participants)
1050-1130	40mins	Inter-house dancing competition (7mins@,6houses)
1130-1140	10mins	game section
1140-1200	20mins	judge's comments & prize presentation
1200-1210	10mins	dismissal

10.Instructions:

Heat

General rules-

- 1 There is no limitation on the language of the songs.
- 2 Offensive lyrics are strictly prohibited.
- 3 Each applicant can join 2 sections mostly, excluding class section.
- 4 The adjudicator may stop the performance by pressing an alarm.
- 5 Applicants must apply the contest on the google form.
- 6 After filling the form, Cohesion members will send a confirmation mail to the applicants. They must reply the mail within 3 days. Otherwise there will be a mark penalty.

Solo-

- 1 MMO should be used as the singing background.
- 2 There should be only one person performing.

Small group-

- 1 MMO should be used as the singing background.
- 2 There should be two or more people performing.

Live music-

- 1 Musical instruments should be played throughout the performance.

Class section-

- 1 There is no restriction on usage of MMO and musical instruments.
- 2 Teachers' participation are warmly welcomed.
- 3 A video of the performance to be submitted to Cohesion for voting purposes.

Overnight Camp (Cross GPA)

1. Objectives
 - i. To improve students' sense of belonging in Munsang College
 - ii. To cultivate students' life skills and responsibility
 - iii. To enhance students' sportsmanship
2. Target: All students
3. Quota: 48 (8 in a group in daytime activities; 4 in a group at night)
4. Duration: 3 days 2 nights
5. Date: Late July
6. Promotion period: Mid May
7. Promotion Method:
 - i. Update on status on Instagram and Facebook
 - ii. Compose iMail through eClass
 - iii. In-class promotion by writing on blackboard
 - iv. Poster
 - v. Announcement in morning broadcast
 - vi. Video clip to be uploaded on YouTube and TV around the campus
8. Introduction: During the Lunar holiday, we plan to hold an overnight camp. We will engage participants in different activities to enhance their relationship, communication and teamwork skills. Seeing that there has not been a SA overnight camp for years, we hope that by hosting this and other new and novel activities, we can attract more students' active participation.
9. Rundown:
 - i. First day: Ice breaking mini games; first night:
Second day: Sim City; night: pajamas party or mask ball
Third day: treasure hunt
 - ii. Lunch: Breakfast and dinner arranged by GPA
Lunch decided by the winning team to choose what everyone eats
 - iii. Prize presentation: The team who got the highest points accumulated in Sim City and Treasure hunt will win

10. Instructions

First day: Icebreaking games

1 Chocolate ball jump jump ball

2 Throw towel

3 The purchase man

*Remarks: Remaining programmes of first day will be confirmed

Second day: Sim City

1 Identity card will be distributed to everyone with original EXP(100) and money(\$1000)

2 They need to go to different booths to boost their EXP and money(eg studying, working, lucky draw)

3 Different groups will act as different families,while their positions are accorded to the EXP and money they gained.

Occupations: (* = by cohesion members or helper/ # = not a booth)

Posts	What to do	EXP	\$\$
-------	------------	-----	------

*Schools	Provide simple exercises for students to do and test their ability to go on universites/ IVE/ retake	+30	-\$200
Teachers	(cooperate with students)	-200	+\$50 per student
*Universities(must finish schools first)	Do mini tasks which gain more life value	+80	-\$400
*IVE(must finish schools first)	Do mini task which gain less life value	+30	-\$300

lawyers	Part of the stockmarket, hear different cases	-350	+\$1500
doctors	Heal patients	-300	+\$1500
performers	Sing, dance, others(need provide time slot)	-100	+\$120
artists	Draw pictures,make artworks(people can buy)	-100	+\$120
*#illgal casino	people can gamble and have large amount of interest, have risk to have penalty and go into jail	/	depends
shopkeepers	sell goods, have chance to go on stockmarket	-150	+\$130
*stockmarket	people can gain money in a illgal way while they have risk to lose money	/	depends
*jail	deduct their money, requires them to do energy-consuming work	-500	-\$ (half of their money)
*#Government	announce special scenario(e,g SARS, financial tsunami)	/	/
*#Police	arrest people	/	/

#Drug sellers	sell 'drugs' or ask people to carry drug, large interest	/	+\$3000
---------------	--	---	---------

Marks allocation

1 st place	100
2 nd place	80
3 rd place	50
4 th place	30
5 th place	20
6 th place	0

Second night: cohesion party

Games-

- 1 Blindfolded hide-and-seek
- 2 two people three feet
- 3 Flashlights and adhesive tapes tower

Third day: Treasure hunt

- 1 Starting orders will be arranged by lucky draw
- 2 Students need to find different checkpoints using clue cards and complete tasks at different destinations, checkpoints and repetitive missions are as follows:

- Hexagonal area- human chain
- Gymnasium- big tv
- Back door- body words
- Tuck shop- people standing on newspaper
- Garden- transferring water using cups
- Block H floor- transferring volleyball
- Outside laboratory- lowering sticks
- Outside music room- transferring ping pong ball using newspaper tubes
- Outside H701- crossing river (carpet)

Marks allocation

1 st place	100
2 nd place	80
3 rd place	50
4 th place	30
5 th place	20
6 th place	0

Joint School Christmas Ball

1. Objectives

- i. To celebrate Christmas with Munsang students and students from different schools
- ii. To emphasize a harmonious atmosphere between students from Munsang and other schools
- iii. To learn how to socialize with different individuals, social manners and etiquette

2. Target: F.3-F.6

3. Quota: 300(include joint-schools' students)

4. Duration: 4 hours (1800-2200)

5. Date: late December

6. Promotion period: November - December

7. Promotion method:

- i. Update on status on Instagram and Facebook
- ii. Compose iMail through eClass
- iii. In-class promotion by writing on blackboard
- iv. Poster
- v. Announcement in morning broadcast
- vi. Video clip to be uploaded on YouTube and TV around the campus

8. Introduction:

We plan to host a Christmas Ball to celebrate Christmas, form connections with peers from other schools and improve our interpersonal skills. Seeing the success and positive feedback received when Phantasy hosted the Ball last year, we have decided to hold the Christmas Ball again, but with new elements this time.

9. Instructions:

- i. Formal dress code is required.
- ii. The use of alcohol, drugs, tobacco and/or any other controlled substance before, during, or after the ball is strictly prohibited by law as well as school policy.
- iii. Participants with any improper behaviour will be driven away from the ball immediately.
- iv. Participants must not go off the designated area of the ball.

Joint School Oral Practice

1. Objectives
 - i. To provide students chance to practise their speaking skills for DSE
 - ii. To strengthen students' courage by speaking with students from other schools and gaining experience
 - iii. To let students reflect upon their performance to pursue for better results in the future
2. Target: F5-F6 students
3. Quota: 70
4. Duration: 1600-1730
5. Date: November
6. Promotion period: October
7. Promotion method:
 - i. Update on status on Instagram and Facebook
 - ii. Compose iMail through eClass
 - iii. In-class promotion by writing on blackboard
 - iv. Announcement in morning broadcast
8. Introduction: Facing unfamiliar students in the DSE oral exams, Munsang students may have hesitation to speak bravely or take an active role to express our opinions. We believe that practice makes perfect, in which students can have more mature speaking skills and gain confidence. During the practice, students can also learn from other students' strengths and beware of any mistakes or weaknesses in order to reflect themselves and strive for excellence in public exams.

9. Rundown:

1600-1630	30mins	Roll Call
1630-1615	15mins	Question paper distribution
1615-1645	30 mins	Oral practice
1645-1700	15 mins	Thank you speech

Welfare

Students can receive discounts from the following shops upon declaration of the student ID card

1. 小方糖
 - i. 九折優惠
2. 田園果汁
 - i. 第一杯原價，第二杯九折
3. 皇室甜品
 - i. 九折優惠
4. 光雅文具
 - i. 買滿\$10 貨品文具，可享有文具優惠九折(特價貨品除外)
5. 糖佰府
 - i. 九折優惠
6. 歇腳亭
 - i. 優惠期內(只限星期一至五，公眾假期除外)，必須身穿校服，出示學生證，購買大杯飲品，並使用八達通付款，可獲九折優惠
7. 昌記校服
 - i. 所有貨品正價減\$5
8. 糖街(旺街)
 - i. 所有糖果、零食可享九折

Instagram shop:

ahoha_home	aytdessert	bam_bi_room	blackcred	blingsomething
blknwtee	candiesy	chucklinghk	handmadeship	hei_lovedessert
hey_accessory	hks.shop	inbudget_printing	insta_camerasss	leathology
littlelittwo	mikan_store	moreover_online	mystarrygarden	namangarden_shop
nic_station	obsession_20	patternslover	pinklittlethg	pupilstore
reeeewow	sticktoyou	superwomenshop	sweet_garden	wai_bestshop

There are over 200 Instagram shop. The above are just some examples. Besides, we have joined Joint School Association of Student Union for free discount

Service

1. Lending football and basketball
2. Lending chess, including but not limited to:
 - i. Chinese Chess (中國象棋)
 - ii. Aeroplane Chess (飛行棋)
 - iii. Chinese Checkers (波子棋)
 - iv. Monopoly (大富翁)
3. Lending Umbrellas
4. Lending graduation gown for F.6 students
5. Selling Socks
 - i. Only on rainy days, sells to those to the school specification and wet socks
 - ii. Only sells one pair of socks per purchaser
6. Selling warm bags
7. Selling stationeries
8. Selling towels
9. Selling locks
10. Selling mosquito repellent stickers
11. Provide opportunity for social service