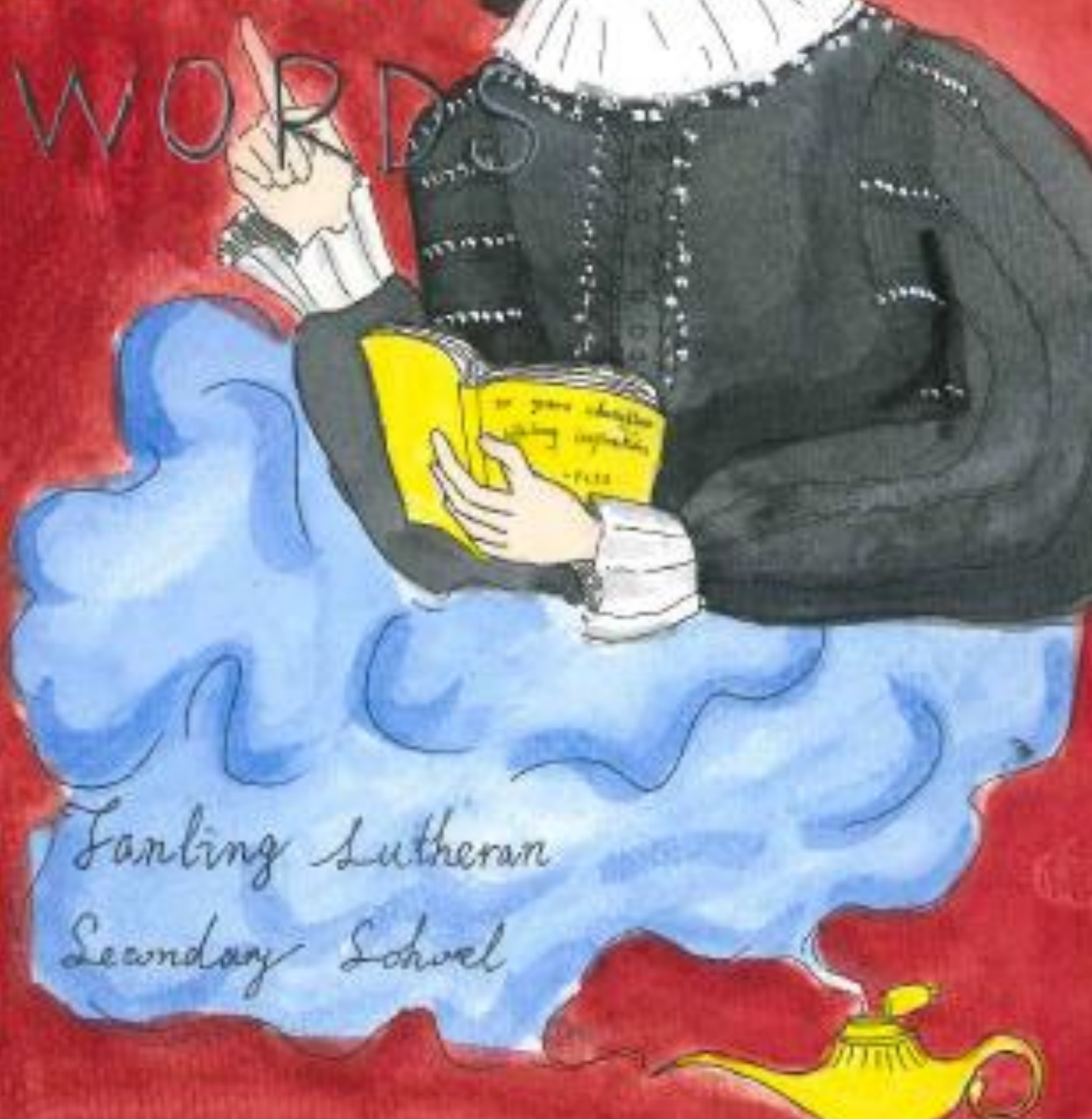


PRIDE
IN OUR
WORDS 2017



Farling Lutheran
Secondary School

Foreword and Acknowledgement

Pride In Our Words provides a superb platform for young writers in FLSS to showcase their talent in writing. On top of that, it is a golden opportunity for our schoolmates to share the joy of peer learning. All of these masterpieces are solid proofs of their effort in language learning as well as their flair for the English language. In addition to their high level of English proficiency, they have also demonstrated their creativity and originality in their works. Indeed, being a good writer is not easy, as it requires a lot of exposure before one can generate inspiration for writing. Yet, with unremitting perseverance, you can all be great writers!

Upon the production of this publication, we would like to express our heartfelt gratitude towards several parties for the active participation and unconditional support in course of preparation. First and foremost, we would like to extend our sincerest thanks to all the writers who have contributed their excellent writings to the publication. Without them, *Pride In Our Words* would never be successful. Apart from that, we would like to express our deepest gratitude to our English teachers who have provided their professional advice throughout. Thanks to their meticulousness and patience in polishing the writings, *Pride In Our Words* has been a huge success. Last but not least, we would like to express our most heartfelt gratitude to Mr. Mak, our principal, for his effort and support in this publication.

Finally, we would like to proudly present this year's *Pride In Our Words* to all of you. We hope that you will enjoy every piece of the works. FLSSers, do treasure this learning opportunity and learn from your peers! We look forward to reading your works in our next publication!

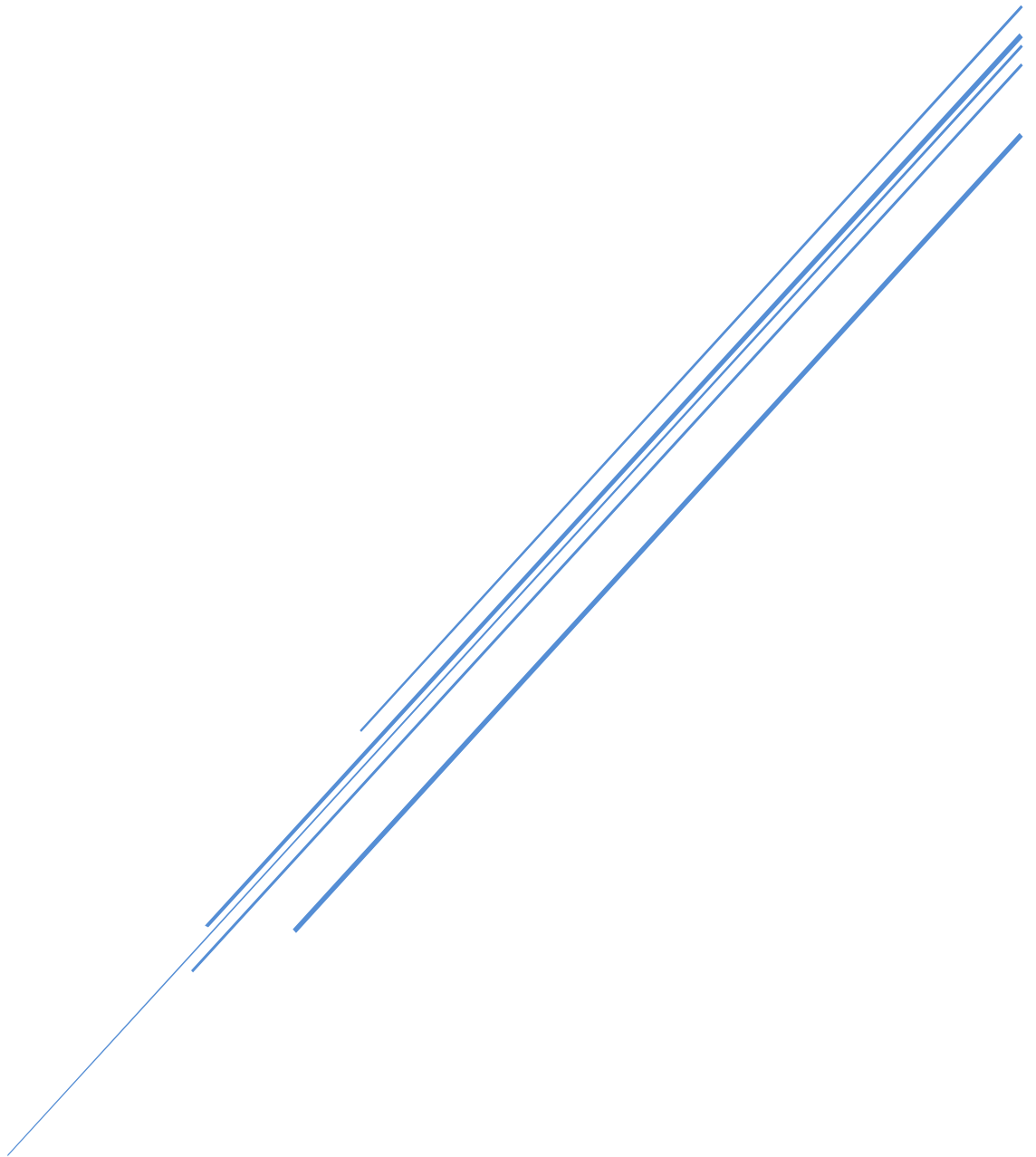
Read on!

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Special thanks to Chau Chin Ue (5A) for the cover design.

Writing Competition

Topic: If I Were the Principal



S.1 Champion

If I Were the Principal

1B Luo La, Laura

After a long time, I will have a special school in a secret place. All the students will be happy in my school.

If I were the principal, I would make a lot of different and useful lessons for the different types of students. The students could choose their favourite lessons and have fun. They could even have lessons with their parents!

If I were the principal, I would choose a sunny day to go out with all the students. We could go hiking, running, sailing and even go into the forest to have a special party with the cute animals. We could also talk about the nature and environment on the way.

If I were the principal, I would plan some activities for all the students and teachers to join in. Maybe we could make a big cake for someone's birthday or make a big book with everybody's words inside.

If I were the principal, my students would wear a smile on their face when they go to school.

S.1 First Runner-up

If I Were the Principal

1A Ng Wai Laam

If I were the principal, many things would change.
Our school would be fun, but something would be a bit strange.
I would keep deer in campus as pets.
Students would travel to Taiwan and learn to fly jets.

If I were the principal, I would encourage my students to make movies, and all
would become super stars.
In summer, we would surf in the ocean or even explore the ocean in submarines.

If I were the principal, I would let my students learn magical spells, to stink the
schoolyard with sickening smells.

Yes, if I were principal, those are what we would do.

S.1 Second Runner-up

Happy and Relaxing School Life

1A Li Wing Ying

If I were the principal, I would build more facilities. I would build a swimming pool so that my students could swim in the PE lessons. Students would then have more fun. Also, I would build a big playground. There would be athletics tracks, a basketball court, a volleyball court..... I would build a gymnasium too. If it rained in the PE lessons, students could go to the gymnasium to do the sports. I would build a mini-cinema so that students could watch movies clearly and be relaxed.

If I were the principal, I would have water tap installed in each classroom, so that the students did not run about for drinking water. There would be a small bookcase in each class. If my students felt bored, they could read the books easily. They could learn more by reading those books too.

If I were the principal, I would let my students relax and be happy in my school, so I would let them have more holidays and have less homework. I would let them play on the mobile phones at lunchtime and all Fridays would be no-lesson day. They could play or chat with their friends or go to our school's mini-cinema to watch a movie. Moreover, I would add more PE and music lessons. Also, I would open a new subject for students to choose – Photography. Students would have more fun in school.

I hope my students would like my school very much and have a happy and relaxing school life.

S.1 Best Writer

If I Were the Principal

1A Fan Wai Yin, Jessie

Today was a sunny day. Flowers were smiling, and birds were singing. What a good weather! When I arrived at school, I saw many students riding horses happily. I was glad that I made a good choice and I drank a cup of coffee to relax myself. I had some work to do. Luckily today I didn't need to do much, so I wanted to see how my students were learning. Although being the principal was hard, I wanted to see my students smile.

When the students were riding horses, I saw they were all very happy. Last year, I knew the students in Hong Kong were all very busy. They had much work to do and they seldom went to the nature, so I wanted my students to relax and go to nature as much as they could. I set up the school on the hill and there was a large piece of grassland. It was big enough for horses to gallop. My students could run and play games happily there, so that was what I intended to see!

S.1 Best Writer

If I Were the Principal

1B Kevin Li

If I were the principal,
I would make the school wonderful.
I would give all they needed,
So they would remember me.
We would build a magical bus,
And we would go to the Netherlands.
We would discover their bulb fields,
And visit their cool windmills.
We would go to the outer space,
The Venus, Mars and Jupiter.
We would go to every planet,
But only in less than a day.
If I were the principal,
I would make the school wonderful.
Even though it's not real,
I would still make it through.

S.1 Best Writer

If I Were the Principal

1C Cheung Hiu Yeuk

If I were the principal of my school
Then school would be cool
I would make every student happy
And tell them nothing to worry.

I would add many new rules and make them very fun
Every month we would go for a picnic to places of historic
We would keep our pets in our classroom which would never harm anyone
And we would do what other schools had never done.

I would ban Science because it was so boring
I would build a swimming pool and dance room
I would teach students how to swim and dance
And never make them feel lonely, not a chance.

I would help them to study
By making a home movie
Including theory and practical stuff
Helping them understand easily.

We would go to different countries for travel
Experience the cultural differences
And they could go to any places they want
Let them know the knowledge of different countries.

I would allow any hairstyle
And also a laptop computer or a smartphone
Students didn't need to bring any book
So their school bag weight would be reduced.

On every single day
Different new games we would play
Our school would be a little bit strange but you would feel happy
Only if I were the principal of my school

S.1 Best Writer

If I Were the Principal

1D Lee Pui Yee

If I were the principal, I would give students less homework. If teachers gave us less homework, we would be asked to write fewer words.

If I were the principal, I would add more activities. Let the students vote or suggest a few activities. Let the students join more activities.

If I were the principal, I would ask the students to go home early when the weather was not very good, because it would be safer.

If I were the principal, I would buy thin books for students. Sometimes when there were exams, students would take books home. Since thick books will make students' school bags very heavy, I believe that buying thin books could make students feel relaxed.

If I were the principal, I would allow all students to have their summer holiday early. So they could enjoy the summer more.

S.1 Best Writer

If I Were the Principal

1E Fung Wai Mei

If I were the principal, I would reduce the number of lessons, so that students would not be so tired. I would provide more interesting activities and extra-curricular activities. I would let students wear sports uniforms freely because wearing skirts is not convenient.

If I were the principal, I would let students have no homework and tests, but there must be an exam once a year. Although the students would not have any homework, they still needed to study hard because there would be an exam once a year.

If I were the principal, I would let students design the school uniform and vote for their favourite uniform. The uniform with the most votes would become their uniform.

If I were the principal, I would change the school's starting time, as I think 8 o'clock was too early, so I would let students go to school at 9 o'clock. If they were late, they would have extra homework to do.

If I were the principal, I would let students feel free and relaxed, but they wouldn't forget to study hard.

S.2 Champion

If I Were the Principal

2A Chan Cheuk Wing, Trany

If I were the principal,
The school would be different from now.
New rules would be created by me,
No one would disagree.

I would add some interesting subjects,
Swimming, space science, computer games and special projects.
Students could choose their own subjects to study,
To develop their talents.

I would allow any hairstyles,
Plaits, buns, ponytails any styles.
Students didn't need to wear school uniform,
Clothes could be worn in any form.

When students made mistakes,
There will be no punishment,
And they would be forgiven.

"Why do we have lots of homework every day?"
"We don't have enough time to play!"
Students would be annoyed.

Group reports instead of homework,
More cooperation and discussion.
Give them more time to do,
Therefore, they didn't need to redo.

One day,

If I were the principal,
I hope students can enjoy their school life,
Having more smile and happiness,
Study and play in this beautiful campus.

S.2 First Runner-up

If I Were the Principal

2B Ng Cheuk Yin

If I were the principal, I would do many things for my student and teachers.

First I would like to take care of the others of my school, because if my students did badly in the school like, smoking, bullying, destroying school facilities. If my students did something bad like this, primary school students did not choose my school, so the order of a school is important. Therefore, I would like to take care of the order of my school.

Then, I would like to teach them about courtesy, because courtesy is important. There would be many complaints if my students were impolite. Then the other people like parents and students wouldn't like my school and say 'The principal of this school doesn't teach his student.' Therefore courtesy is important too.

Next, I would like to build more school facilities in my school, like Faning Lutheran secondary school. If I built more facilities, the parents would think my school was good because there were many facilities for the students. So lots of students would want to learn in my school.

After that, I would like to upgrade my teachers' teaching ability. If my teachers taught my students well, my students' achievements would be good. They might go to the university, so my school could attract more students to come to study.

Finally, I would like to order my teachers not to give my students much homework, because the pressure of students is big now, so I would order my teachers not to give my students too much homework.

That's what I would do if I became a principal.

S.2 Second Runner-up

If I Were the Principal

2C Pang Lee Wan, Karen

If I were the principal, I would like to be a nice, friendly principal. Students might not like teachers who were scary or too strict. To be a trustworthy principal, the most important work is to make students feel relaxed and happy in the school.

First of all, I would encourage a lot of sports and extra-curricular activities like drama, swimming, photography, dancing, etc. This would keep students interested in coming to school and they would enjoy their long hours of stay in school. They could remain happy, which allowed them to absorb the knowledge from the most difficult subjects.

Our school starts in the morning with an assembly and much time is wasted there. If I became the principal, I would like to stop all those long lectures. I would encourage students to share their books or experience with their classmates and teachers could guide the students on what they could share with classmates.

As a principal, I would do my best to lead my school towards successes in sports, social and cultural activities.

S.2 Best Writer

If I Were the Principal

2A Hui Kwan Lok

Good morning everyone,

Today I am going to talk about “If I were the principal.”. To begin with, if I were the principal, I wanted to put forward some changes to the school, and the changes are outlined as follows: First, I would like to cancel all the exams because I don’t want the students to suffer from any pressure since stress may affect their health and appetite.

Apart from that, I would like to reduce the amount of homework to an acceptable level of coursework because I think coursework is better than homework. Besides, I would encourage teachers to assign more group projects. The format of group projects facilitates the friendship between students since they need to work together for a project. In this way, students could learn things from different perspectives.

Finally, I would like to cancel the rule of wearing school uniform so students could learn to be more independent. Students who chose their clothing each school day would learn to adapt to shifting social standards and contexts—skills that may serve them well as adults. When they prepare for their first job interviews, internships or promotion, they could need to know how to make appropriate choices but uniforms do not facilitate this.

If I were the principal, I would like to make the school a better place. This is the end of my speech. Thank you for listening.

S.2 Best Writer

If I Were the Principal

2B Man Ho Ming

If I were the principal

For the main goal was to let my students learn in a relaxing way

I would ensure that no students would feel unhappy about school

Wonderful would be the comment from parents of my school

Easy and happy should be the first feeling the students had

Rainbow would shine in the sky

Even it hadn't rained before

The school life shouldn't be hard, so

Homework would not exist in my school

Even test would not exist either

Playtime is needed for students

Room for playing is a nice idea

It will be great to have a lesson each week in the playroom

Nice and kind teachers were employed for my school

Caring and teaching was the only thing the teachers had to do, but

I think balance between play and study was important

Parents should feel that my school could excel

Anger would not be allowed in my school

Love and care prevail all over my school.

S.2 Best Writer

If I Were the Principal

2E Pavivan Prakit

Good morning everybody, today I will talk about 'If I were the principal...'

If I were the principal, I would build a large canteen. It's because our students could eat some food when they were hungry in the recess.

Also, I would build a big library because some students like reading books but they need to buy or go to a public library to borrow books. It's wasting time and money. Therefore, I want to build a library, so that students who love reading can borrow some books in school.

Apart from that, I would build a self-study room in the library. Some students want to study, but there may be a sea of students in the classroom and they make a lot of noise, which is not a good environment for studying. As a result, the students who want to study can go to the self-study room. There is one regulation only. 'Keep Quiet'.

Besides, I would build a sports stadium too. When students want to do sports in rainy days, they can still go to sports stadium to do sports.

A good environment is important for students' studies, so we need to have better facilities for studies.

It's the end of my presentation. Thank you.

S.2 Best Writer

If I Were the Principal

2A Lau Cheuk Ling, Fiona

Nowadays, students are very busy and exhausted about their studies in Hong Kong. Their parents think that school teachers assign too much homework and too many examinations to their children, so their children feel tired and start to hate their tests or quizzes. They need to spend a whole day on their school work, and so they do not have any free time to have any entertainment.

Therefore, if I were the principal, I would change some policies about my school. First, I think I would change the school timetable. The school would start at 9:00am. Then, the students would just need to have five lessons every day. Also, students could learn outside classroom, like Science, English and Maths lessons. Teachers would bring students outside to explore, because I believe only learning the knowledge of the textbook is not enough. We need to let them explore more. Next, students would leave school at 2:00pm every day except on Friday because on that day, we would have an assembly.

Second, I would add some new subjects to my students, such as psychology, driving and home economics. So they could broaden their horizons and have more chance to communicate with people around the world.

Finally, lots of students may worry about the assessment. If I were the principal, I think it is not feasible to have no exam because exam is to check how much knowledge you have learnt in a year. So there would only be one exam in one school term. Then I would stipulate the teachers to give two assignments to students every day so there would not be too much homework in one day. Finally I believe if I were the principal when I grow up, the students who study in my school would feel education is pleasurable.

S.2 Best Writer

If I Were the Principal

2B Lee Ngai Hang

If I were the principal,
I would do my best,
I would give a good environment to the students.

If I were the principal,
I would always ask their feelings,
I would make them happy.

If I were the principal,
I would cancel the TSA test,
I would teach them how to be a good student.

If I were the principal,
I hope they could learn a lot,
I hope they could love each other.

If I were the principal,
I would choose some kind and nice teachers,
I would give them time to do sport.

If I were the principal,
I would give them time to read,
I would give them chances to win a competition.

If I were the principal,
I hope I could help them find their dream and interest,
I hope I could help with their difficulties.

S.3 Champion

If I Were the Principal

3B Zhu Ting Ting

If I were the principal, I would construct the school on an island.

Far away from the city but surrounded by a wooden forest.

Island provides an independent, broad and pure environment.

Whoever saw this terrific school wanted to be one member.

Every student in this school only needed to attend classes before lunch time,

Reducing the pressure on students in the school. By the

End of the class, students and teachers could take a rest.

The grassland and the floating ship on the sea were good choices for them.

Hide-and-seek was also the way for students and teachers to relax.

Every weekend, I would lead my students to the city and discuss our new plans
with parents.

Patiently plan for the details and start a new task.

Right! That's planting trees in the forest altogether!

In recent years, global warming becomes more and more serious.

Night by night, day by day. Cars give out lots of exhaust gas which

Contains lots of toxic substances and can endanger people's health.

If I can, with my own strength,

Protect the environment and make my students happy,

All my efforts would be worthy.

Let me make these ideas come true if I really became a principal!

S.3 First Runner-up

If I Were the Principal

3B Lai Jing Young, Kiran

If I were the principal, that would be great.
I would wake up early, and never be late.
I would be a cool leader, hard-working and wise.
Out of the window were bullies and lies.

Every day, I would work with passion and care,
Treat students fair and square.
I'd practice being a true diplomat,
So teachers and I could have a real chat.

Some school rules I would change.
No more detention, wouldn't that be strange?
No copying lines, cause that was so boring.
Soon the students would all be snoring.

No stiff collars and clumsy shoes.
Gone is the tie and black belt too.
Trainers and sneakers, T-shirt and jeans.
Dressing down is the fashion of teens.

We would learn new subjects
That no one expected.
Wild life survival
Or riding a unicycle.

Wood & metal work, would be things we could do.
Don't worry now, if you don't have a clue.
From the skill of cooking to the art of gaming,
All-round knowledge is what we're aiming.

A 180° flip for the assembly.
Let us enjoy the morning happily.
Presented to your schoolmates, what you want to share.
Spread happiness and wonder into the air.

Recess is time to play whatever you like.
Phone, cards or even ride a bike.
Singing, dancing, playing ball games.
Whatever you do, don't call people names.
Don't gamble and never fight,
Or play with dangerous dynamite.

If I were the principal, my school would be cool.
Everyone would be friendly, and nobody would be cruel.
So if I were the principal, that's what I would do.
But everyone knows, it'd never come true!

S.3 Second Runner-up

The Worst Principal (Rap)

3E Hui Kwan Yu, Jason

If I were the principal,
I was gonna make the school invincible.
Yeah. This is a miracle, if I ever became the leader.
Maybe I would just be a random guy who'd get a job,
Then get money after all.
I was from the bottom, now I'd climb up to the top,
I could tell all the students my story every first day of the month.

Yeah. I'd be a bit wealthy. I'd be watching time going slowly.
Tick-tock. Tick-tock. The clock is working.
Oh no, time keeps on going.
I'd better go to work, before the School Management Committee fired me then I'd lose my work.

You could have holiday if you wanted to.
You wouldn't have to ask me, I'd just be gonna sit back,
And watch how you teach them.
Then you could get your pay.
I'd be gonna play when it was Sunday.
I would get my pay anyway.
I didn't care if I could stay chilled and do nothing.

You know how I like to relax.
You know how I'd be gonna flex.
Jump on the dance floor, screaming out.
"I'm the worst principal of all time".
Well, you might cry,
But I'm a good guy.
At least, I won't lie.

S.3 Best Writer

If I Were the Principal

3D Lai Wing Hei, Kathy

If I were the principal of my school,
I would build a swimming pool.
Students could swim in PE lessons,
In the hot sunny season.

Students would be happy,
Because they didn't have to worry.
Every day I would pray.
Show them what the right way was.

I would make them the best.
Better than all the rest.

S.3 Best Writer

If I Were the Principal

3A Leung Maxine

What is a principal? Is that a job which students have been dreaming of to control the school? Whenever looking at our principal, you may think this is a simple job, but the truth is in fact the other way round, unlike what we have imagined. Like what Gross said, "If the school principal is strong, motivated and a good manager who clearly outlines expectations for staff and students, then the school tends to awake progress." This makes me wonder how it feels to become a principal one day, and how I would want my school to be. Would it be a school with high quality and discipline? Would people have high expectations on my school? All these questions loom on my mind. There seems to be no definite answer to these questions as they are debatable with different stances.

Speaking of imagining becoming a principal, it is my pleasure to lead the school, build up this small society to provide lots of benefits, and provide the best to our students whenever they need. As a secondary student, what we want is a place where not only teachers listen to our feelings and needs, but the principal, the leader of a school, also cares about everyone. No matter how we were born or how we are having different issues, we are always part of the school.

School is a place that not only lets students communicate with others, learning in the class, establishing close relationships with one another, but also acts as a platform for students to explore this society. Principal, have you ever thought of those questions in your mind and make some changes? We students are like seedling in the soil, transforming into a strong tree. Besides parents, friends are actually the hands, water and the sun for us, the trees. On top of that, we can never miss the effort of our teachers as they guide us in our learning journey and help us transform into a useful person for the society in the country. Here are my thoughts of what I would change or how I would improve this school, if I were the principal.

First and foremost, we should promote a greater degree of mutual interaction between the students and teachers, thus creating a friendly atmosphere in the classroom. It is a

must these days. Teachers would be friends with the students and this could help eradicate any fear that the students may have in their mind and turn to their teachers. Just like what Victoria Mechler said, 'Getting back into the swing of things is difficult for teacher and students. Here's a round-up that'll ease the back-to-school transition.' This again would improve the working and learning atmosphere in the school.

What's more, some educational systems allow students to develop their curiosity by which students can learn and obtain new knowledge autonomously. This seems to be supported by some educationalists and upheld as a core value in the education system. I am quite convinced by this idea, but but why not take it further and make more improvement? Whatever a student is interested in, dance or ancient history of complexity theories – Why not let students find out about what they love to do in future as they grow up? Ideally what they are researching should have to do with their 'One Great Thing' (to quote this every cool Johnnie Walker advert, of all things). Staff members would read to work out who is in the best position to assist and guide each student – perhaps even forming support teams. The purpose of such teacher mentors would be to co-learn whatever the students are learning, and to offer advice and suggestions as the years progress.

Collaboration versus competition, which one would win over the other? For me, I would do away with any 'academic' awards which are based on some students having better marks than others. This is one of the primary causes of students and parents believing that marks are more important than learning. It is not a 'wishy-washy' everyone-a-winner philosophy, but one that seeks to address the misguided thinking which encourages excellence through competition in learning. It is faulty to assume that those awards are solely about rewarding excellence. In fact, they are not. Yet, it is inappropriate to study just for the marks and awards, isn't it? Hence, rather giving the mark-harvesters an award, it might be an even better way to motivate those who have not received an award to try harder in order to get one next time. The logic used here is sound in many sports, but not in academics. The reason has to do with the fact that it encourages the wrong sort of behavior.

My next suggestion is to turn "thinking" into a legitimate subject. Very few schools teach students how to think. We expect they will know how to study and maximize their time in our classes by harnessing their particular bouquet of learning styles, but we never show them how to actually find out what these are and the purpose of it. We tell them to think carefully, outside the box about where they find their information and not to plagiarise, but we seldom equip them with the precise research and analytical skills

required to produce high-quality research assignments. I would also want them to explore theories to multiple intelligence and to develop the twin habits of reflection and metacognition. Learning how to think must always precedes any actual syllabus-related content at my school. I want students to realise that a good blend of subjects is vital towards becoming a more holistic thinker, because these subjects could improve their critical and logical thinking. They are the most important skills for them to face their future improvement of communication and cooperation with others. They are also some crucial skills of how to face challenges and difficulties. On top of that, developing compassion and a high emotional intelligence is as important as good cognitive abilities.

If wishes were horses, beggars would ride. I have a long way to go before I can actually become a principal but if I did become one, I would change my school completely. I am sure all would agree with me that our school would become a joyful place and students would find learning interesting, rather than boring and dull. Would this become true? How will you know if you do not give effort to it to make your dream come true? Or maybe only if I were the principal of my school, nothing would be impossible. If you had faith in this school, everything could be changed.

As Nelson Mandela mentioned, "Education is the most powerful weapon which you can use to change the world." I truly believe this can not only change everyone's view; but definitely amend learning in different circumstances. Education is the key to a new world. Education is a part of a human life. We learn to absorb knowledge, and become a better person. Not all people have the chance to receive education. That's why as a role model of this school, I would have to do the best for students. As what a Tibetan proverb said, "A child without education is like a bird without wings". What would it be if I were the principal...

S.3 Best Writer

If I Were the Principal

3C Yan Jiayin, Katerina

If I were the principal,
I would handle official business well.
I would often communicate with our school teachers,
Give a hand to them.

If I were the principal,
I would always say 'hi' to my students with a smile and talk to them as their
friends.
Help them overcome the difficulties, and they can relax themselves.

If I were the principal,
I would hold a lot of activities,
Not just learning in the classrooms
So that classes would become more interesting.

If I were the principal,
I would decrease the amount of homework,
Instead of increasing the burden of learning.
Students could choose what kinds of book they like.

If I were the principal,
I would always introspect
To find out our school's weaknesses.
In order to make the school better.

S.3 Best Writer

If I Were the Principal

3E Chan Hiu Yu

If I would be the principal,
I would not like the highhanded lion.
Raising my head loftily,
And stand on the land crankily.

I would walk in the school with a smiling face,
Lightly step like a beautiful dance.

If I were the principal,
I would not like the foolish frog,
Sitting in my office lazily,
And spending the whole day idly.

I would build some small gardens,
Enjoying the beautiful flowers with my lovely students.

If I were the principal,
I would not like the self-centered spider,
Sewing the miscellaneous system into a thick network,
And hold the students with it under the name of love.

I wish I were a blue sky,
Make them fly so high like birds.

S.3 Best Writer

If I Were the Principal

3E Li Si Si, Ceci

The frustration I will totally forget,
I will climb up step by step,
The sun rises in the east
When I pull out all the steps.

I'd never told anyone before,
I hide my wish in my heavy little shell.
Now I am an inconspicuous snail,
But one day I will climb up step by step.

I want to be the principal.
Shuuu!
It cannot be known by my mom.
Cause many parents want children to be doctors.

I'd like to be an educator in school.
I've designed a detailed blueprint,
But it might be broken by my own mom.
I've been feeling blue lately because of it.

If I were the principal,
I want anyone to make their own decision
I would tell them
--Don't mind what others have said because it's impossible
For you to gain everyone's comprehension.
Choose your road and keep walking.

Learn to fly on the edge of the steep cliff and
Leave your comfort zone

If you want to fly higher.

Let the wind dry the sweats and tears.

Believe me one day I will have my own sky!

S.4 Champion

If I Were the Principal

4C Ma Man Hei, Roxanne

“Hello Roxanne, are you interested in the assembly sharing?” Mr. Lau asked me.

“Of course! But the topic is.....?”

“The topic is ‘If I were the principal...’ So, if you were the principal, what would you do, Roxanne?”

“I have no idea now, may I submit the speech draft to you next Monday?”

“Yes, sure. Please feel free to approach me if you have any problem when you are writing the draft.”

After finishing my homework, I took a break, and I sat down in front of the desk again for 2 hours. Finally, my speech draft came out. Here is my speech draft:

Good afternoon, Mr. Yeung, teachers and my fellow schoolmates. I am Roxanne Ma from Class 4C. At today’s assembly, I will talk about what I would do if I were the principal.

To a large extent, I agree that students nowadays are under tremendous stress. They need to overcome tons of the examination preparatory work as they are instilled the thought of having to go to the university if they want to have a bright future. So, if I were the principal, I would like to write a letter to the Secretary for Education of the Education Bureau (EDB). At the beginning of 2017, there were already a spate of student suicide cases and the root of the issue is the immense study pressure. If the Secretary for Education of EDB could improve the education system, the mental health of the students would definitely be ameliorated. Therefore, writing a letter to the Secretary

for Education of EDB is necessary.

In addition, establishing a good rapport with students is extremely important. Being an outstanding principal should know what students usually do at school. In view of this, I would arrange a lunch gathering with my students. During the lunch gathering, I would ask about students' family background, hobbies and habits etc. Of course I would jot the information on my notebook seriously and neatly as I was afraid that I would forget that personal information of my students. Also, I would take my notebook with me to wherever I go so that I can refresh my memory regularly. With good teacher- student relationship, cases like bullying, or students having suicidal thoughts, could be found out relatively more easily. Therefore, principal and teachers could cope with the cases easily and tactfully. Furthermore, the students would feel more secured and protected because they think the school is another home and the teachers play the role as their parents.

Finally, promoting physical activity to my students is equally essential. Many students lead a sedentary lifestyle as they are busy on their studies. Even though they have time, they will choose to take a rest instead of doing sport. It is really harmful for their health, both physically and mentally. In terms of their physical health, they will be inflicted by obesity and cardiovascular diseases easily. As for their mental health, they may face anxiety, depression, phobia, insomnia, etc. When we do some physical activities, endorphin, a chemical substance that makes us feel relaxed, is released. Students will have one more chance to unwind themselves. So, I have decided to hold a 'Sports Day' twice a week. During each Sports Day, students could play their favorite sports with their friends and teachers. My school could excavate sport elites using the Sports Day as a pretext and improve school's sports results in inter-school sports competitions. Also, some introvert students could make more friends within or outside school and they could become more out-going.

To sum up, we can see that sports can improve their health and social development. Also, the improvement of education system and the relationship between students and teachers are both important.

This is the end of my sharing. Please feel free to contact me if you have any opinions. Thank you for listening.

I submitted my speech script to Mr. Lau and did some preparatory work before the assembly.

“Thank you for listening.” After I finished my sharing, the principal, Mr. Yeung, called my name and chatted with me.

“Your presentation was excellent. If you were a principal, you would make a great success.”

“Thank you Mr. Yeung.”

“Oh! One more thing!” Mr. Yeung took out a piece of yellow paper from his pocket. ‘Do you mind joining the Debating Team of our school? You have a silver tongue and have potential to become a debater!’ Mr. Yeung suggested.

“Of course! I am willing to become a debater!” I shouted.

“Welcome to the Debating Team.” Mr. Yeung shook hands with me.

S.4 First Runner-up

If I Were the Principal

4A Sung Ka Yu

As everyone knows, the principal plays a pivotal role at school and he is the manager, the leader and even the core of the school. We know that dedicating to the school is the basic duty of the principal. So in other words, the principal can also be a designer. In some sense, an excellent principal is equal to a splendid school. A so-called capable principal is supposed to show his noble character, extensive knowledge, the ability of innovation, and the enthusiasm to build a democratic atmosphere.

If I had a chance to become a principal, I would definitely choose to become a primary school principal. Just like the saying goes: ‘the elementary education establishes the foundation of a person’s development.’ It means that primary education is critical. Therefore, becoming a primary school principal is my final choice.

My educational aim is to allow the students to achieve complete development, so these are three things that I would have to do.

First and foremost, forming good habits is necessary. Nobody can deny that our habit determines the whole life and even one’s attitude towards life. In other words, the habits that the students have are more crucial than their academic performance. Instead, if they don’t develop a good habit, their academic result will be unsatisfactory. Therefore, I would take their habits seriously. For example, the reading habit is very important. All of us learn so much knowledge and some ways of life from books. Just like what Gorgy said, ‘Books are steps toward human progress.’ So, if I were the principal, I would add daily reading to school schedule. I believe that the students could find the fruits of the human cultures from the books and this reading habit would benefit them.

Last but not least, raising students’ awareness on current affairs is also

essential. As a world citizen, knowing how the society is developing is our duty and children are no exception. What can be done is to let the students become a junior journalist. Through interviewing other people from different walks of life, their sense of belonging to the society will be promoted.

I hope the above educational methods can not only enrich students' learning experience and broaden their horizons, but also perfect the educational system of our school. As a leader of the school, it is obvious that I had to self-improve continuously and set a good example to the students. Doubtlessly, I would be looking forward to working hard with my students and we would strive for progress.

S.4 Second Runner-up

If I Were the Principal

4A Yip Hau Wing, Aubrey

If I were the principal, I would like to create a friendly learning atmosphere that will let both teachers and students feel enthusiastic about going to school every day. A school should also be a place that everyone can learn and grow together.

Firstly, if I were the principal, I would fit two more P.E. lessons in each cycle as there are all sorts of benefits of doing sports. By increasing students' workout time, their immune system can be strengthened and they will be less likely to fall ill. While exercising, endorphin which can ease students' mind and make them feel relaxed is released. Therefore, exercising helps students become physically and mentally stronger and this helps them overcome everyday challenges.

Secondly, I would permit students to carry and use mobile phones at school. Nowadays smart phones have become a part of everyone's life as they bring us incredible versatility and capabilities through internet access. Students can make use of their phones fully by accessing the internet for research and referencing, which is an effective studying aid. It also makes study less boring and enhances students' learning motivation.

Thirdly, I would arrange more study tours in order to broaden students' horizons. Study tour is a great way for students to learn about different cultures and be aware of certain differences as well as similarities among them. Also, students can gain a whole new perspective on things, get inspired by other cultures, discover new interests and enhance existing passions. Besides, students can also build friendship and enhance their social skills. Spending time outside of the classroom is exciting and much more effective as the students are going to feel it for themselves, and experience the subject through the study tour.

As a principal, I would sincerely hope that not only students but also teachers would enjoy the school environment and have a great time together.

S.4 Best Writer

If I Were the Principal

4A Wong Kai Yuen, Jeff

There are many things to consider after being a principal. As you know, principal is the leader of an entire community within a school. If I were the principal, I would consider how I can provide a pleasant environment for teachers and students and establish harmonious atmosphere. To improve the academic results of the students, I would design creative new programs and restructure old ones. I would be an effective principal and manage the school well.

First of all, my first target has to do with the improvement of the environment in school. I like the green environment. I would like to grow plants like lily, orchid, and trees like mango trees which can let students find the environment comfortable and decent. Students can enjoy their lessons in a natural environment. Although Hong Kong is a hustle and bustle city, students can enjoy fresh air and tranquility in the school garden. I think that this pleasant environment can help students concentrate better in class and improve academic results.

To establish harmonious atmosphere, I think teachers play a pivotal role. They should establish good rapport with students so they know what is going on among the students. Also, teachers can instill proper values into students' minds that everyone needs to feel respected at school through daily teaching, sharing, talks, worships or seminars. With the education teachers provide, a harmonious atmosphere can be created.

Moreover, I would design creative new programmes and restructure old ones. I think some programmes can be kept, like various extra-curricular activities organised each week. However, I think that students should have fewer holidays because students may become lazy during holidays as they may not spend their time wisely on doing revision. So, having more school days may at least provide a chance for our students to be diligent and strive for better academic results.

If I were the principal, I would try my best to be an effective principal and handle the school work.

S.4 Best Writer

If I Were the Principal

4A Sung Mei Ching, Karen

If I were the principal, I will make some differences in our school to make students and teacher more willing to go to school.

To start with, it is necessary that everyone should have breakfast every day, especially teenagers. If I were the principal, I would provide some time for students and teachers to enjoy their breakfast in the morning at school. Most of them want to sleep more so they always don't have breakfast, which is very unhealthy for them. Breakfast is crucial for providing energy for daily activities. Eating breakfast in the morning can boost students' concentration level during the lessons and it can also improve students' performance at school. Therefore, if I were the principal of my school, I would provide thirty minutes for students and teachers to enjoy their breakfast at school every day. It can not only provide energy for long working and studying hours, but it can also boost their efficiency of working and learning.

Aside from the essential of having breakfast, having enough sleep also plays a pivotal role for students to maintain their health. If I were the principal, I would change the lag time from 8:00am to 9:30am, so students can have more time to sleep. A study shows that having a good sleep can improve learning and help our brain work properly. If students do not have enough sleep, they will likely fall asleep in the lesson and can't pay attention in class. It will affect their academic performance. Therefore, if I were the principal, I would postpone the class time to let students have more sleeping time.

Last but not least, if I were the principal, I would increase the frequency of PE lessons from once a cycle to three times a cycle. Hong Kong students often lead a sedentary lifestyle and they are seldom or never doing exercise. In fact, people who do a moderate level of exercise regularly are more robust and they are less likely to fall ill. In addition, students can ease their learning pressure by having PE lesson. In PE lessons, students can do all sort of exercise, such as running, ball games, yoga, etc. Therefore, if I were the principal, I would raise the frequency of PE lessons.

S.4 Best Writer

If I Were the Principal

4A Wong Po Yan, Jasmine

What is the criterion of being a principal? Everyone has their own standard. They might think the principal must have better qualifications. With more talents, the principal is more likely to get students' acceptance. But if I were the principal, I may not be that kind of principal.

If I were the principal, I would allow my students to wear their own clothes. In other words, they don't have to wear the same uniforms. Some students mentioned that they think the school uniform is ugly, especially the blazer which looks plump and awkward. Also, wearing unsuitable uniforms may restrict students' personality development. Since they wear the same uniforms, everyone looks dull and monotonous. Moreover, some students complained that the uniforms were poor-designed and outdated, which were often too big or too small. With all these reasons, I would abolish school uniform completely.

Next, I would continue to equip their life skills. By adding home economics courses, teenagers can learn how to deal with ingredients as well as become more independent. Besides core subjects, students also need to learn different home economics courses, such as cooking, sewing and repairing machine. Also, adding those lessons can broaden their horizons. They may know more about different cooking methods like roasting, smoking, steaming and baking. Apart from gaining knowledge, it is crucial for teenagers to take care of themselves. They may cook meal, clean the bedroom, do all the household chores by themselves. Never should we spoil teenagers because so many teens are labeled as Kong-kids.

Finally, I would also permit students to carry mobile phones to school without locking them as they have become a part of our lives now. They keep us connected with friends and parents. Parent's anxiety is also lessened because of these little wonders. The first advantage of carrying phones to school is it can

help students take notes. The class time is very limited so the teachers will write down the notes quickly on the blackboard, and then rub it. But for those who are not able to write fast when they jot down the notes, it is a good idea for them to use phones to take a picture, which is faster and more efficient than hand-writing. However, another benefit of carrying phones is it can give them much convenience to keep in touch with their family and friends. In this case, parents can know whether their children are safe. Every coin has two sides, students should use their smartphones wisely.

Am I a good principal? Some parents may think I shouldn't draw up these three regulations which do not help improve their children's schoolwork. Anyway, I believe that they will enjoy the harmonious atmosphere at school.

S.4 Best Writer

If I Were the Principal

4A Wang Yinan, Elaine

If I were the principal,
I would be a friend of my students;
I would not only care about their grades,
But understand their sorrow and happiness.
Let them feel how much I concern about them.

If I were the principal,
I would not ask students to do much homework,
But allow them to have diversified development,
Let them become individuals with a more meaningful life!

If I were the principal,
I would not be serious all day long;
But smile to everyone day by day,
Let them learn to face their life optimistically.

If I were the principal,
I would not only build teaching blocks,
But also build a big library with various books,
Let them become good people full of knowledge,
Become good students after all!

S.4 Best Writer

If I Were the Principal

4D Yip Yat Ming

Principal is an icon of the school. He is important as he is the head of school. He needs to lead all the teachers and students to go for the right direction. I have dreamed about becoming the principal of my school. I believe that there would be a lot of differences after I became the principal as I would bring changes to my school.

If I were the principal, I would firstly have the reformation of the school uniform. During summer time, all the students are required to bring along their PE uniforms to the school. It is so messy to bring a lot of things together with their textbooks. Basically, the toilet or changing rooms will be crowded before PE lessons as there will be almost 40 students gathering in changing rooms at one time for changing the uniforms. As a principal, I would allow the students to wear school track suits directly during the day of PE lessons.

Second, I would plan to delete Day 6. Instead, I will roll-out a lot of different extracurricular activities for the whole day for the students to participate in in order to develop their interest and explore their potentials, other than the academic results. This will lower the students' pressure to a certain extent and can provide all-round personal development.

Last but not least, I would launch a little teacher programme. Students will be chosen to build up their relevant talents. It is also effective to further strengthen their communication skills. Of course, the 'real teachers' will act as the tutors of those little teacher'.

Being a principal is really challenging but interesting. I will try to study hard and 'being a principal' will come true one day.

S.5 Champion

If I Were the Principal

5E Luo Jinhong, Jack

Like most of the ordinary schools, the school where I study in values academic results of the students more than anything and has nurtured many 'elites'. Under the illustrious achievements our school has reached, there are countless students studying around the clock at the cost of happiness. In some extreme cases, our students suffer from mental illnesses like anxiety, depression and some even have suicidal tendency because of the tremendous pressure. If I were the principal, I would never let this happen in my school.

Probably the first idea popping into my mind is that I would organize a movie appreciation day every week which helps release their stress as well as inspire them. As they say '*life is a movie*', a movie could be someone's life so we could always get some inspirations from a movie. '*Life is beautiful*' teaches us to be optimistic in a predicament. '*Hunger Game*' shows us the importance of freedom. When we are drawn to a story, we will forget our work momentarily and escape from the real world for a while. With this in mind, organizing this activity could kill two birds with one stone.

Also, I would set up an 'Advice Box' which allows students to express their opinions about our school's policies or teachers' teaching methods. This would be beneficial to both our teachers and students as teachers might be able to find out their shortcomings from students' advice and this improves their teaching quality. The policy embodies the fundamental principles of democracy which is of essential importance to our students as it allows students to express their opinions or resentments without restrictions. In my school where this kind of box is not set up, many students take exception to the policy that all form 6 students are not permitted to participate in any kind of extra-curricular activities on the ground of allowing students to be concentrated on studying. This policy, however, would only add insult to injury considering students' tremendous pressure, but not boost their study efficiency. Students have no

bravery to speak to teachers in person, nor have the chance to write a letter to express their oppositions which eventually results in disharmony between teachers and students, as school officials could not react to the defects of the policy. Judging from this, setting up an 'Advice Box' could bridge communication and understanding between teachers and students.

Lastly, it is equally important to inculcate students with more values and sense of responsibility. I would, therefore, establish a moral lesson twice a week if I were the principal. Adolescence is one of the most vital stages to cultivate one's personality and moral values. Teenagers are very impressionable and schools are responsible for nurturing their moral values and helping them distinguish right from wrong. Thus having a field trip to clean the rubbish on the beach or paying visits to grass-roots children can make them realize that there are many people of their ages living below the breadline and they should not take their material comfort for granted. A moral lesson will broaden their horizons and cultivate their senses of responsibility and moral values, making our students a whole person instead of an exam machine.

If I were the principal I would.....there are not too many things I want to do. What I want is a school where students could develop their own interests with a democratic system and the campus is full of harmony and love. My dream will ultimately 'come true' under this exam-oriented educational system, won't it?

S.5 First Runner-up

If I Were the Principal

5E Wu Chi Hong

(A) Introduction

In consideration of several phenomena including the setback of academic performance of senior form students and boredom of students throughout the school, several campaigns will be organized to solve the aforementioned problems. This proposal aims at explaining how these upcoming campaigns can be helpful on uplifting the spirit of teachers and students in school.

(B) Setting up elite classes on each grade.

The setback of atmosphere throughout each grade and subject not only deteriorates study culture in each-and –every class, but it also heightens the difficulties of teachers to cater the needs of students with different ability on studying. Setting up elite class system which groups students with similar ability together would be the best antidote to this problem. For students who excel outstandingly in academic performance, they can focus on studying since there is no disturbance from other counterparts. They can even exchange ideas and resolutions with each other related to their school work. In other words, they can concentrate more on preparing for their public exam. For students who are less sophisticated in books, they can study without the pressure of comparing or competing with more achievable students. For teachers, it would be a more handful task since students are assigned into groups according to their respective ability. Teachers can monitor and follow up progress of different students and decide what to teach. In short, this arrangement will be of beneficial to both students and teachers.

(C) Re-emphasizing inter-house competitions

In many cases, students find it boring and reluctant to attend school because of ossified and old-fashioned school life. That explains why some students do not feel they are belonged to this school but choose to run away from it. In view of this, it is strongly encouraged to put more emphasis on inter-house competitions. There are various events that can be used as inter-house tournaments, ranging from ball games to

off-round races; from swimming gala to sport day; from academic results to awards from students' extra-curricular activities. All of these can be calculated into house points. Holding inter-house competitions can emphasize the spirit of concerted efforts and contribution to students' respective houses. In other words, everyone will be responsible for gaining points for their houses. This can indeed establish a facilitative game sense of belonging and team-work spirit, making them feel like a part of the huge family.

(D) Conclusion

It is my firm belief that the proposed campaigns can heighten students' academic performances and their sense of belonging. With the above suggestions, it is hoped that the foregoing concerns can be addressed.

S.5 Second Runner-up

If I Were the Principal

5E Liu Chun But

What a principal wants is to let students learn new things with fun. If I were the principal, I would provide an all-rounded but recreational education to the schoolmates.

To start with, no matter how rambling the students are, they are required to hand in all homework on time, in spite of any specific cases. It is important to think about how teachers and I could make students hand in all homework as they get so many excuses. The first thing that we should do is to set up rules and penalties if students hand in their work late, such as they have to see teachers after school or at lunchtime to finish their expired work. The heavier the penalty is, the easier it is to let students follow the rule. Lazy students will only hand in homework on time as if they are afraid of the punishment or penalty.

Meanwhile, this is not just about controlling the students. If they hand in homework on time, they can also enjoy mesmerizing school life. If I were the principal, I would not make students' school life so dull and typical. I would instead provide numerous extra-curricular activities to them, such as acting lessons, painting classes, singing classes, etc. This would be compulsory and students may choose any kinds of activities based on their past times. Whatever they choose, this will add colors to their school life, won't it?

Also, to follow up the new trend, I would collect students' opinions every few months to see if there are any programmes or functions that they would like to have. Then, I can hold various events which would satisfy their taste such that I don't have to worry about students feeling bored in school. To be a good principal, I think I have to know what students are thinking and what they want. This may help me to become a brilliant principal.

S.5 Best Writer

If I Were the Principal

5A Lau Yuk Wa

Principal is one of the most important shareholders of a school. So a good principal can guide students to lead an efficient study life, and even give teachers an interesting working life. Therefore, if I were the principal, I would do the best for the school.

If I were the principal, I would reduce students' homework. Reducing homework can relieve students' stress and ease teachers' burden. Homework is necessary to consolidate students' knowledge but if there is excessive homework; students will feel wearisome and tired. Then, homework isn't useful to students. Conversely, appropriate amount of homework can help students study effectively and efficiently. Also, they don't need to sacrifice their sleep time and become a zombie the next day.

If I were the principal, I would invite the best designer to design the school uniform. As I know, the school uniform is very important to every student. The school uniform can tell whether students are happy or not. Beautiful school uniforms will make students like going to school. In contrast, ugly school uniforms will make students reject it. I would invite a young but famous designer to design the most beautiful uniform for my students.

If I were the principal, I would be friends of my students. For students, we need a friend more than a stranger. Very often, I want to talk with the principal like friends but there is a gap between us. Therefore, if I were the principal, I would talk to my students proactively. I would know their life and ask for their opinions and suggestions. Children are the future of the world, we should respect them. Lots of students are very scared of their principal as they think he is strict and terrible. If I were the principal, I would break the traditional thought. Though children's opinion may be immature, it's worth listening to them.

If I were the principal, I would do my best for students and teachers. To the principal, the most important duty is to make sure every student is having a happy school life.

S.5 Best Writer

If I Were the Principal

5E Au Hoi Hei

Just take a trip down to the memory lane to visit your wonderful primary and secondary school life, you will find that a man must get involved in -- the honorable principal. The principal is directly pertaining to how fun and happy your school life is. As a quixotic person, I would like to ventilate my dream to the limelight here -- being the principal. Will it become the reality in future? This question is quite difficult, if not impossible, to answer. Well, just don't be too serious about that! Let's think about what I should do if I were a principal. For this, I have a magnificent and gigantic plan!

For the languages to learn in the school, English must be learnt because it is a vitally important way to communicate with people around the world. In light of this, I will make great effort to make students work hard in English. We can force students to hand in compositions every week to ensure that there is an upsurge in the number of sentence patterns used in writing. In the same token, we should only allow some students who get extremely low mark in English exam to have a chance to study science-related subjects in Chinese. Some people may say that learning these subjects in English will impede their dream to get a high mark in the exam as it is not difficult to work out the concept in these subjects. Why do they think that language is the only barrier to learn? Why do they show bias against students who learn these subjects in English? That is definitely unfair! I had seen the students who got high marks in English exam getting a low grade in the exam in these subjects. What we should blame for the poor result is the way students comprehend the correct concept, instead of the languages used. In the same manner, some Chinese words in science are formidable to remember, encompassing DNA, elements 'name' words of circular motion. If I were the principal, I would be strict when students asking to study science subjects in Chinese.

Old facilities do not matter, but faulty and unusable facilities do! Some faulty equipment may bring gigantic inconvenience and more serious consequences to the students, comprising unstable school building structure, non-flushable toilet bowl and more. If I were the principal, I will refurbish these objects to ensure the cleanness and safety of

the facilities. If there is an issue about it, we would replace the old objects or facilities with the new ones. Some people worry that some old facilities which are of historical value will be lost. As a sensible principal, I would make wise judgement by listening to the opinions of different stakeholders before replacing or renovating old buildings or facilities.

Finally, the concentration for both teachers and students is crucial to ensure a friendly and good learning environment; so, there is penalty for both students and teachers who sleep in class. Teachers will feel not respected when the students sleep in class. The students also miss some crucial information and invaluable knowledge when sleeping. In the same manner, the teacher sleeping in class is even more disastrous in the learning process. To avoid it, teachers should not use the computer to play video for the whole lesson. I would set up a time limit for teachers to use PowerPoint and videos. They should sometimes explain the knowledge with handwriting on blackboard. In the same way, if the students sleep, he will be receive punishment like doing extra homework.

I hope that my school will have a bright future, and the school's success is in the immediate vicinity. Most importantly, every graduate would have great memory about their school life.

S.5 Best Writer

If I Were the Principal

5E Wong Po Yi, Bella

Everyone was once a student, we all thought of different ways to break the rules or got teachers mad. And we often imagine what we would do when we could be the school principal, like no school uniforms, no exams, or no homework. If I were lucky enough to be the principal of my school, I would bring about many changes in the system of running the school.

To begin with, the old, boring and monotonous regulations need to be removed or changed. For example, the school usually starts in the morning with assembly and much time is wasted there. It is nice and refreshing to calm ourselves down before an all-day-long class, but is it worth spending 40 minutes on it? If I became the school principal, I would stop all this long lectures about discipline and hard work. I would encourage students to share their thoughts and experience with classmates and teachers, so that the teachers could guide students with more uncrate comments. Telling students some short stories or meaningful experiences could turn out to be much more inspiring than those tedious lectures.

Second I would hold a lot of sports and extra-curricular activities, like drama, music, painting, photography, horse riding, dancing etc. Not only would they keep students interested in coming to school, but also help students cultivate interests in certain things. They may find their talents or aspirations. All-around development is crucial. When there are so many attractive activities for students to choose from, they remain happy and ambitious and their mind will be able to absorb more. They would know more about team work when they play team sport; they would find peace when they are painting; they would all find confidence, meanings and motivations when they go to school.

Last but not least, promoting a greater degree of personal interaction between students and teachers is a must these days. Teaching them how to interact and

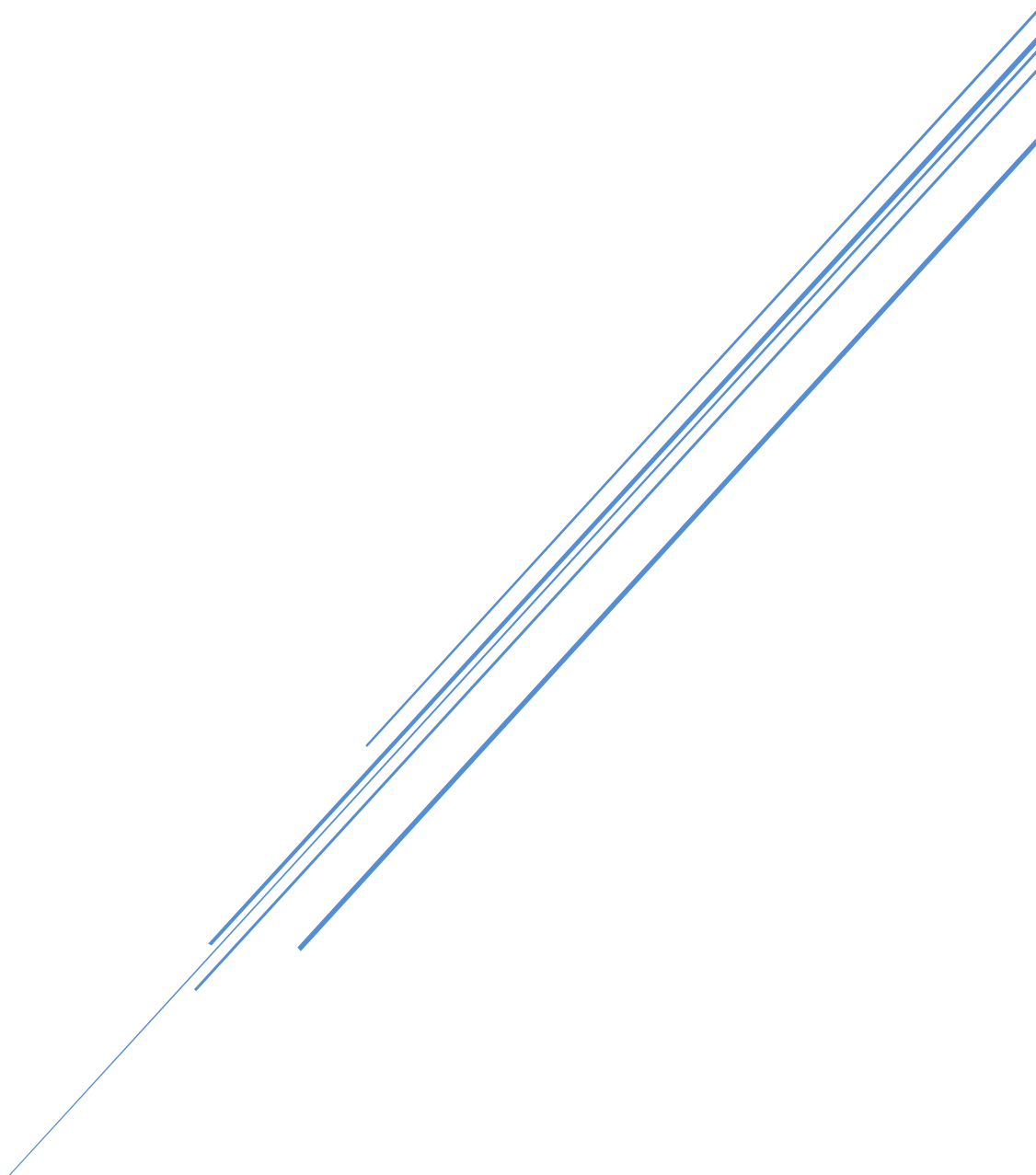
talk to others is vital. Teachers would be friends with students and students would become closer to one another. This can help students with some communication skills, equipping them well for their future needs. More importantly, this would improve the proactive learning culture in school and increase students' sense of belonging to the school.

If I were the principal, I would do my best to lead my school towards honors in academics, sports and social activities, and more important, the happiness of our students and teachers.

Young Poet Competition

Acrostic Poem

Theme: Country / Place



S.1 Champion

Australia

1A Grace Ng

An amazing place filled with joy and happiness

Unique features and great places for family memories

Superb beaches with luscious waters and sparkling sand

Terrific and friendly people

**Rainforests, deserts and mountains make up Australia's wonderful
nature**

A variety of native animals like the Koala, Kangaroo and emu

Lovely people from all different cultures

It is special because it's a good country

A country you will want to come to again and again and again

S.1 First Runner-up

Switzerland

1C Chung Cheuk Ying

Switzerland is a national country.

Winter, it will snow in Switzerland.

I want to go there and shop for a lot of souvenirs.

There are a lot of famous brands in Switzerland.

“Zoom Zoom” the express train has arrived.

Everyone will love this country when you have been there.

“Ru Ru” the sound comes from the river.

Long mountains in Alps are amazing.

Architecture in Switzerland is great and spacious.

Natural scenery is beautiful and charming.

Do you want to go there for a nice trip?

S.1 Second Runner-up

Japan

1D Lee Pui Yee

Japan is a beautiful country

At there, Mount Fuji is an important national symbol.

Parents like eating Japanese food.

And then, cherry blossom is very beautiful

Now, my parents and I like Japan very much.

S.1 Best Writer

Korea

1C Li Sze Kai Elaine

Korea is my favourite country.

Only in Korea I can eat the most authentic delicious fried rice cake.

Remember the super delicious spicy Korean rice cake, though really
spicy.

Eating kimchi is a Korean tradition.

Amazingly, there are a lot of nice clothes and bags.

S.1 Best Writer

Japan

1C Wong Wai Ching, Hebe

Japan's capital is Tokyo.

A yummy food in Japan is sushi.

Population of Japan is around 127 million.

Acid rain, earthquakes and typhoons are common natural disasters.

Not uncommon to eat rice with every meal!

S.1 Best Writer

France

1D Deng Wai San

France is a nice country.

Read French literature can improve your literary accomplishment.

All people in France enjoy watching the football game.

Neighboring country – Britain is also good at playing football.

Can the players be better?

Eating the breakfast in France will make you more energized.

S.1 Best Writer

China

1D Liu Wing Kei, Ricky

China is a country, which is also my hometown. Many people are kind and friendly.

Our tea is the best of the world. Many people like to drink Chinese tea.

Unknown challenges, all Chinese need to face and get united.

Nowadays, China has many places which are beautiful.

Top dim sum we have as well, they are very delicious, I think.

Remember to visit Beijing, because this is the capital of China.

You must be in love with China if you have visited it already.

S.1 Best Writer

France

1E Ip Chi Ying, Joyce

France is a pretty country,

Reading the books, you will find more information

About this country.

Nowadays, the French cuisine has become anew. This Country is,

Cool and interesting.

Every French and foreigner loves France!

S.2 Champion

Fanling

2B Leung Shing Ming

Fanling is far away from high-rise landscape.

A beautiful countryside comes to my sight.

North District is my home!

Lengthy cycling track stretches across the district.

Interconnects the scattered villages.

North District is our home.

Grateful if you could come and look.

S.2 First Runner-up

England

2A Lau Cheuk Ling, Fiona

Everyone is extrovert and friendly in England.

Nice place to travel and study.

Great place to be a popular tourist attraction.

Landscape is really pretty, having an excellent view.

And England is a famous location to study abroad.

Never miss the opportunity to visit England.

Don't forget to take a photo with the London Eye.

S.2 Second Runner-up

Egypt

2D Lo Man Ying

Egyptian respects the

Greatness of the gods and goddesses

Yellow sand in the big desert,

Pyramids were found there.

The Nile flows through Egypt.

S.2 Best Writer

Brazil

2D Mak Tsz Yiu

Big, spacious and very exciting

Rio carnivals are the best

Awesome beaches and places to visit

Zillions of people go there every year

Interesting cultures and stuff to do

Limas come from there too.

S.2 Best Writer

Sheung Shui

2B Song Man Chit

Sheung Shui is fun and good.

Having lots of parks and food.

Even it's crowded and small

U are gonna like it for its charm.

No excuse.

Get your gear and come.

Something amazing is going to happen.

Hope you like this amazing district.

Unlimited surprise is waiting for you.

I love Sheung Shui. Sheung Shui is my home.

S.2 Best Writer

North District

2B Cheung Chun Long, Rex

North District is my home.

Oh, North District my sweet home.

Ready to enjoy such casual but modern place.

Tall buildings are everywhere.

Here really is a wonderful place!

Dad says he was born here.

I really like this place!

Sadness goes away here.

The wild is fresh.

Raining makes

It even

Cooler!

Thankfully, I live here.

S.2 Best Writer

Russia

2A Tsui Chun Kat

Russia is the biggest country. Everyone
Understands it, but the population density is very
Small. It is a beautiful country. Formerly,
Soviet Union was the country name before Russia.
In Russia, army is very powerful, just like
A lot of big elephants.

S.2 Best Writer

Japan

2E Lau Yan Hei

Japan is my favourite country.

A lot of animations to watch.

People can visit places of interest in Japan.

Atract a lot of tourists.

Now I want to go to Japan.

S.3 Champion

Iceland

3E Cheung Ping Chi, Jeff

Iceland is filled with icebergs and glaciers.

Caves with crystals and volcanic eruptions.

Every place is filled with snow.

Large areas are deserted.

Although it's very isolated,

No one can resist the blue lagoon.

Did God make this majestic place?

S.3 First Runner-up

Australia

3D Tang Ka Yiu

A country I went to last summer.

Unforgettable, its weather.

Sydney Opera House is full of elegance.

Travel there with my fragrance.

Relax myself and my soul.

Accommodation is not too old.

Luxurious souvenirs are what I've got.

It's a gorgeous memory near a port.

And I had this amazing trip with my dog.

S.3 Second Runner-up

My Dream Country

3B Lai Jing Young, Kiran

Union Jack, red, white and blue.

Nation that loves football, cricket and rugby.

Iconic landmark, Big Ben, London Bridge and Buckingham Palace.

TV Programmes, entertaining Mr. Bean, Marvellous Doctor Who and
Hilarious Top Gear.

England, Scotland, Ireland and Wales make up the UK.

Delicious fish and chips, cream teas and scones.

Kingdom of culture and creativity.

Intelligent people, Newton, Darwin and Shakespeare.

Numerous sandy beaches all along the coast, green fields in the
countryside.

Getting around is easy by the underground, black cabs and red
double decker buses.

Damp, rain and foggy weather.

Oh! How much I wish I could go there.

My unique and fabulous dream land.

S.3 Best Writer

France

3A Man Nok Him, Lawrence

France is a wonderful place, with pretty girls walking towards me.

Romantic couples are sitting under

An apple tree, you see!

No one can stop me from enjoying a glass of wine as it

Can match with a grandeur rose for me to dine, and near a lake is my
life in France!

Enjoying fantastic views.

S.3 Best Writer

America

3A Leung Maxine

A place with fifty states, where

Many people from all around the world like to go there

Every state has its own state capital, so

Ready to learn about different states?

Immigration is common there, and

Christopher Columbus discovered there. Well, it is

A strong country named America.

S.3 Best Writer

France

3B Chun Nga Ting

France is a romantic country.

Rivers flow through the factories.

A worker works round the clock.

No sleep, no food.

Care about them if you are kind.

Excel to let them earn more money.

S.3 Best Writer

America

3D Lau Lik Man, Christine

America is a place full of fun.

Making everybody enjoy the sun.

Enjoying different places with zest.

Reaching the Hollywood studios is the best.

I'm going to visit the Statue of Liberty

Climb up to the top and take photos happily.

Ah, what a pleasant trip it would be!

S.3 Best Writer

Japan

3E Li Si Si, Ceci

Japan, a lovely Asian country.

A country which is good at protecting the environment.

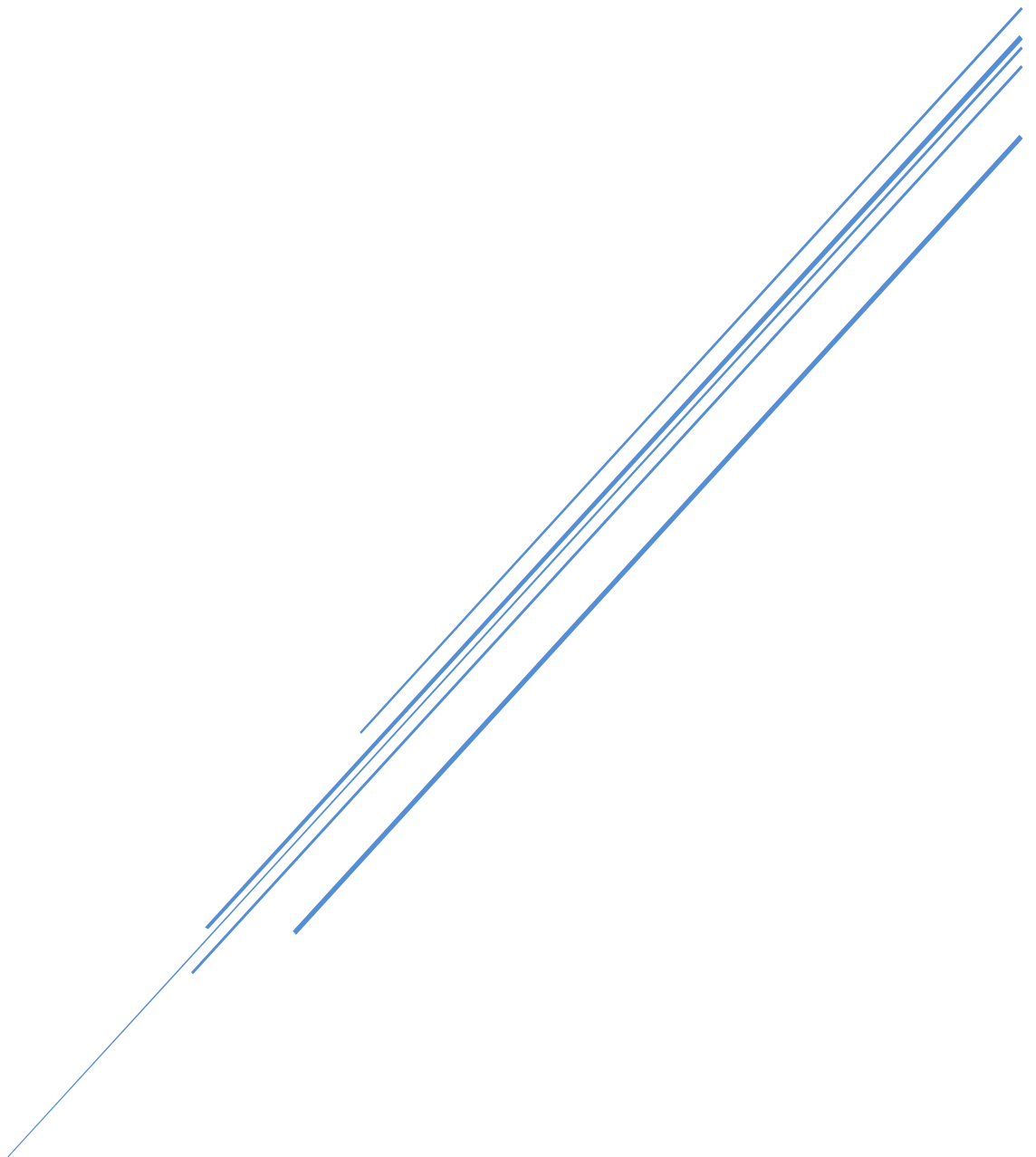
Peak Mount Fuji is 3776 meters above the sea level.

A rigid code of etiquette, Japanese have.

No wonder many Hongkongers want to live in there.

MASTERPIECES

Secondary One



A Letter to Cindy

1B Chan Dik Man

17th November, 2016

Dear Cindy,

Thank you for your letter. It sounds like you are really enjoying your new school!

I want to tell you about my school. My school has a canteen. We can buy and eat yummy food there. Like many other schools in Hong Kong, we have a hall, but my school's hall is very big. We can play basketball and badminton there. Every morning, we need to go there and have morning assemblies. Also, we have a library, where we can read books and do homework there.

There are a lot of clubs and extra-curricular activities at my school. We have a skipping team. We can skip with friends. We have a basketball team. We can play basketball happily. I have joined the Skipping class. I think it is interesting because I can learn how to skip well in the class.

It's great to hear from you. I hope you enjoy the rest of the team!

Yours,
Angel

A Letter to Cindy

1B Chan Kin Nok, Matthew

17th November, 2016

Dear Cindy

Thank you for your letter. It sounds like you are really enjoying your new school!

I want to tell you about my school. My school is big and marvelous. There is a big hall called Hall D. We can play sports, have exams and morning assemblies there. My school also has a huge library. There are a lot of good books. We can borrow them. Home Economics Room is also a wonderful place in my school. There are a lot of electrical appliances there like refrigerators and microwave ovens. I like hall D most because I am a sporty student. I like playing badminton in hall D.

There are a lot of clubs and extra-curricular activities at my school too. The Music Club is very good. We can play music in the Music Club like Tuba.

Moreover, we can play and act in the Drama Club, guess what club I joined? I joined the Drama club because it is interesting. It can make me clever and I can act better.

It is great to hear from you. I hope you enjoy the rest of the term. May God bless you.

Love,
Matthew

An Unforgettable Running Competition

1B Chan Yin Hei, Candy

Last month, I had an unforgettable running competition. When I recalled what happened, I am still very scared.

We had a long-distance running competition at Tai Tong Country Park. We were excited before the competition. When we arrived at the Tai Tong Country Park, we did warm-up exercise.

Then, we started the race. We ran for a moment. Suddenly some bees stung us. Some schoolmates were stung by bees. Some schoolmates were scared away. I was stung by bees too. Some schoolmates helped me so I could finish this long-distance running competition. I thought 'A friend in need is a friend indeed'. After the running competition, the warm-hearted S6 schoolmate supported me and went down the hill. Some schoolmates were sent to North District Hospital. I still fell scared now.

An Unforgettable Running Competition

1B Lee Man Ching, Jade

Our school held a long-distance running competition in Tai Tong Country Park in October. However, all of the form.1 students hadn't known that there would be a very special 'surprise' for us.

Before we run, we had a very simple but important thing to do. That was the warm-up exercise. We felt excited.

After the warm-up exercise, we were ready to run. The boy ran first. But when we thought the whole thing would go on smoothly, we found that we were wrong. There was a gardener who was mowing the lawn. But there was a beehive nearby. Then the bees started to sting us. All of the students screamed and ran away very fast. Although I used my towel to cover my head, a bee still stung me.

After the incident, more than a dozen people got stung by bees. But only few of them went to the hospital. In this incident, I know that we should keep calm in emergency.

A Disappointing Theft

1B Li Kevin

One day, a boy called Peter had no money and he had not eaten anything for a long time. He wondered if he robbed an old man or woman who had a lot of money in his or her bag, he could buy a lot of food. So he waited behind a tree.

After a while, an old lady just turned around the corner. She was holding a bag. Peter thought that she had a lot of money. So when the old lady walked along the road, Peter jumped out, waved a knife at her and shouted, 'Give me your bag or I will kill you!' So the old lady threw the bag at Peter and shouted, 'Help! There's a robber!'

Suddenly, a policeman appeared and chased Peter. The old lady was so frightened that her hands and legs were shaking. Peter ran and ran but the policeman chased and chased. Until Peter jumped down to the train track and escaped from the policeman. Then he got back to his small and shabby house. All the furniture was stolen from an abandoned house. When he opened the bag, there were only a few coins. He looked inside the bag and it was empty. He felt disappointed and never wanted to rob old people but younger ones.

A Letter to Cindy

1B Liu Yiu Sing, Ricky

17 November, 2016

Dear Cindy,

Thank you for your letter. It sounds like you are really enjoying your new school!

I want to tell you about my new school. It's called the Fanling Lutheran Secondary School. There are nearly 40 students in each class. There are so many facilities here. We have a volleyball court. It is an outdoor facility. It can also be a badminton court. Also, there is an art room. There are so many art works made by my schoolmates. My favourite facility is the science lab. There are so many apparatus and chemicals. I like this place very much because I can do some interesting experiments in it.

There are a lot of clubs and extra-curricular activities at my school. There is the Robotics Club. I have joined the orchestra too. It is interesting because I can play music with my friends. It is always fun.

It's great to hear from you. I hope you enjoy the rest of the term!

Best wishes,
Ricky

An Unforgettable Running Competition

1B Luo La, Laura

All S.1 students in my school had a long-distance running competition at Tai Tong Country Park on 28th October. I had an unforgettable experience.

We first climbed up the hill. The scenery was absolutely beautiful! Then we did some warm-up exercises and all S.1 students were ready for our first running competition in our secondary school life.

But when we were running, I heard someone say, "There are bees in front of us!" After that, I heard more and more students talking about the bees. I did not quite believe it until I saw many bees just right in front of me. But I couldn't stop my feet so I just looked down and rushed. Luckily, I was fine. But some students were stung by bees on the way. Some of them sat on the floor. Some were helped by other classmates.

After we all came back to school, some students were sent to North District Hospital. This running competition was so exciting and I think we have valuable experience from this running competition.

I feel very sad to those injured students though and hope that they don't be angry with bees. They just wanted to protect their home.

I Have a Pet Dinosaur

1C Li Lai Ying

I have a pet dinosaur. Her name is Katie. She is 17 years old. She is chubby and tiny. Although she looks violent, she is nice to me. I love playing with her.

One day, I took Katie out to the swimming pool nearby. It was a sunny Sunday morning. There were only a few people there. Therefore I let Katie come out from my bag quietly. However, Katie caught so much attention from all passers-by. Some were very shocked that they ran away immediately. Some shouted out loud. Some were frightened that they felt dizzy. I left with Katie quickly and since people were scared. Finally no one was left behind the swimming pool. I had fun with Katie that morning

I hope that people will treat Katie as an ordinary pet. Dinosaurs are not scary, but they are nice and cute.

Children's Favorite Dinosaur

1C Li Sze Kai, Elaine

It was a sunny morning. I went to primary school with my pet- a dinosaur. Its name is Sugar. It looks very lovely, but it is a disobedient pet.

It is very greedy. It can eat all the food in the house. It is very selfish. It never does anything that is not good for itself. It likes to own things that it does not have.

When we got to school, the children were surprised at the beginning. But soon they got angry because Sugar ate their food and took away their toys. They began to hate it. Only a little girl still liked it. She gave it food and toys. Sugar liked her, too.

After a while, a fire broke out in the school. Everybody was scared. Then, the teachers helped students to escape. We all ran out, but some students were inside, including the little girl. The fire was getting bigger and bigger, they were in danger.

At that time, Sugar flew into the school and saved the students. We all surprised and thanked to it. The students also said "Sugar is a hero!"

Since then, Sugar becomes a nice dinosaur which never bullies others. Of course, it has also become the children's favourite dinosaur.

My Birthday

1C Wong Wai Ching, Hebe

18th March, 2017 Rainy

Today was my 12th birthday. I was excited about that. When I got up, I got out of my bed fast and went to the toilet. I brushed my teeth and thought, “Has dad decorated the living room? Has mum made delicious food for the party?” I closed my eyes and opened the door of the bedroom slowly. I counted one... two... three... in my mind and opened my eyes. But the living room was not as good as I expected. There wasn’t any food on the dining table. The living room wasn’t beautiful. I felt disappointed. Then, I went to my mum and dad’s bedroom. They weren’t at home. At the moment, my heart was “broken”.

After a while, I cheered up. There was only one birthday every year. I couldn’t waste my time. So I decorated the living room by myself. I felt bored but I would not give up.

At six o’clock, my doorbell rang. I thought it might be my parents. I felt excited. I opened the door. My friends and parents came. I felt glad. My mum put my birthday cake on the dining table. My friends put a large gift on the floor. After we ate the birthday cake, my friend, Tracy said, “Come on! We’ve prepared a gift for you. Come and open it.” I was very curious. I opened the box. A dog jumped out. I was astonished. That was my dream gift. I was touched. My mum asked, “Guess where did we take it?” I answered fast, “That’s an easy question. The answer must be a pet shop.” But my mum shook her head. My dad said, “Let me tell you. We got it from the SPCA. This puppy is newborn. Its mother died when it gave birth to it .” I said, “That means we saved a puppy,” my friends said loudly, “Of course! Yes!” I felt pleased that I saved a puppy and my dream came true.

This was the most unforgettable and meaningful birthday for me. I would take good care of it.

Good Job, Bennett!

1C Wong Wai Ching, Hebe

I have a pet dinosaur. It has a cool name. Its name is Bennett. It is young. It is just 10 years old. It is handsome. It has big, round eyes and it is plump. It has good character. It is helpful, cheerful, brave and outgoing. It likes helping people and playing exciting games. I usually take it to play at the theme park and gardens.

It was a warm Sunday morning. I took Bennett to Ocean Park because Bennett behaved well this month. We went there by MTR. That was relaxing so that we would have more energy to play the games.

When we arrived at Ocean Park, we ran into it fast. It was because we were very excited and delighted. Some people were surprised. Some people were scared. Some people were excited. First, we played some of the exciting games. When I went to the toilet, I told Bennett to wait for me for a few minutes. When I went out from the toilet, Bennett wasn't there. I felt very helpless and confused. 'Where could Bennett go?' I thought patiently.

I found Bennett for an hour. I saw lots of people. Suddenly, I spotted Bennett. I shouted loudly, 'Bennett! Where did you go?' But it couldn't hear. I ran behind it. I saw that it stopped in front of the first aid station. I knew that Bennett saved a little boy. This boy fell over. He couldn't walk. So Bennett ran away from the toilet. I was a little unhappy. But I was pleased that Bennett could help people.

At last, Bennett and I went home. Today was an unforgettable day for Bennett and me.

A Successful Person

1D Cheng Wing Lam, Venus

Lee Lai Shan was regarded as the most famous windsurfing athlete in Hong Kong. She has a great influence on Hong Kong. She won an Olympic gold medal for Hong Kong in 1996.

She was born in 1970 in Hong Kong. She was a very hard-working student. In 1989, she became a member of the Hong Kong Windsurfing Team. She joined many competitions and won many gold medals. She always won gold medals because she was very hard-working. She always practised windsurfing. She won a silver medal at the Asian Games in Beijing. She had a total of 16 medals. So she is a very successful person. I regard her as my role model.

A Personal Letter

1D Lee Pui Yee

Hi Jason,

How are you? I'm writing to tell you about my school life.

I like my new school very much. The school is big. When I first came to my new school. I got lost here. The teachers are kind and friendly. There are also a big library and a basketball court.

I'm in Class 1D. There are 41 students in my class. Our class teacher is Mr. Bruce Chow. I've made some friends in my class. Let me introduce some of them to you.

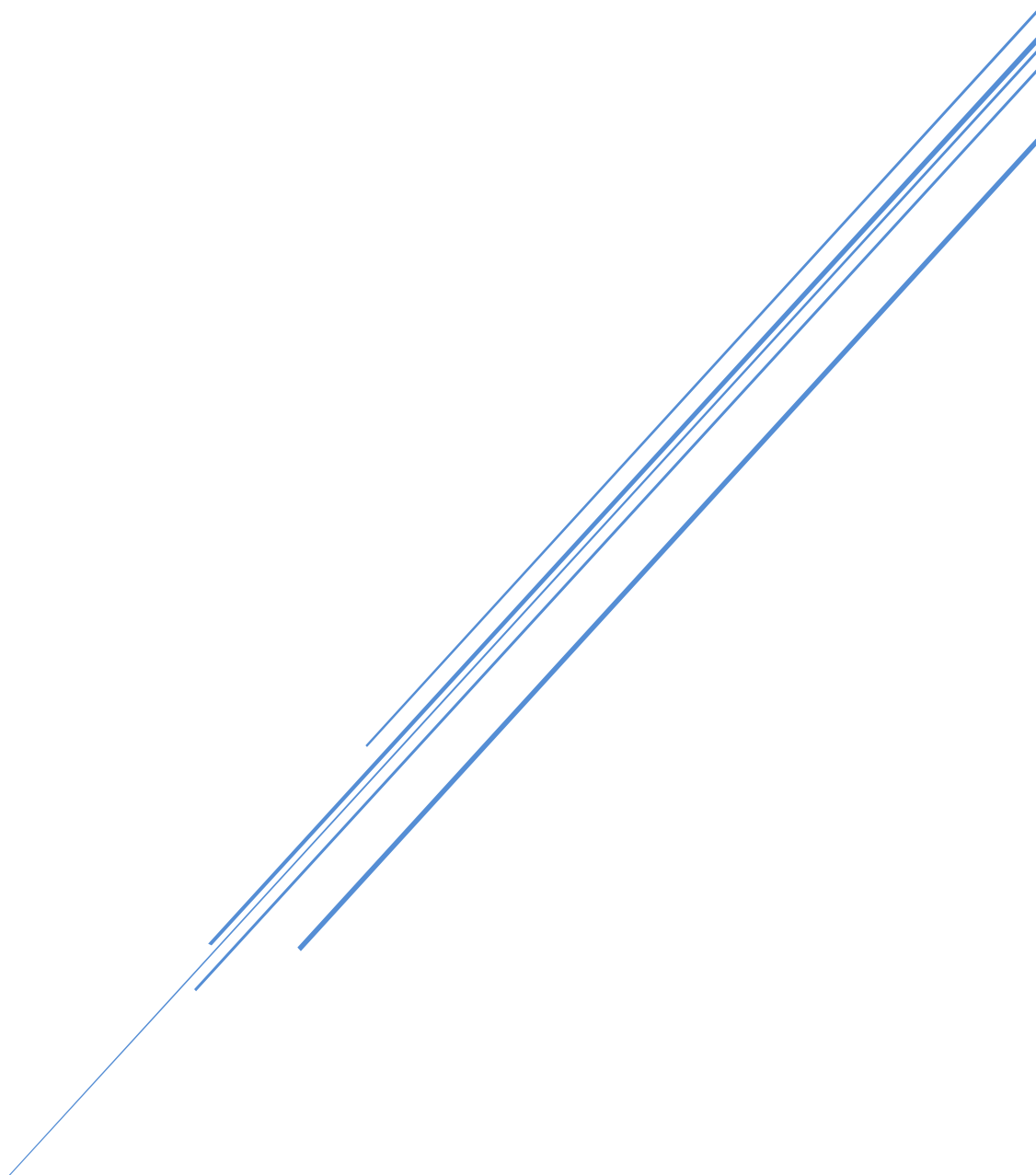
Bobo, Pammie and Venus are my best friends. We are in the same class. They are helpful. If I don't know how to do anything, they will tell me. We always chat with each other during recess.

Do you have any new friends at school? Can you tell me about your school life? Please write back soon.

Love,
Tiffany

MASTERPIECES

Secondary Two



An Old Job in Hong Kong

2A Chan Cheuk Wing, Tranny

She was an ordinary hawker. Her name was Mary Chan, and most people called her “Aunt Smile”, because she always wore a smile even when she was cooking.

For 20 years, she woke up at dawn to get ready for work and quickly set up her stall in Mongkok. A lot of people went to Mongkok deliberately since the street food she cooked was very delicious. As a result, it attracted people to come and eat the street food. While she was cooking the food, some people were talking to her actively. There were full of memories here.

Nowadays, Hong Kong has become a prosperous international financial centre. It was a favorable environment to businesses. Mary Chan was aware that her job couldn't allow her to make much money at present because of heavy fines. The government penalizes hawkers who set up their stalls illegally. In fact, she couldn't afford to pay the heavy fines. Therefore, she decided to retire and ended her work. She felt despaired and helpless about that.

It is true that Hong Kong is changing every day. If we don't want to lose some things which are important and special to us, we should cherish everything in our life because something valuable may lose one day.

My Role Model

2A Ching Wing Han, Amy

Lady Gaga, a famous American singer, is my idol. I am not only fascinated by her forever-changing outfit, but also her unique style of singing. She loves singing and is very hard-working although she did not graduate from university.

I think there is a lot for me to learn from her. What I admire about Lady Gaga is that she doesn't care about what other people think. She is herself. She is original, but not a copy of anything. I find lots of strength in that. I know a lot of people think she is weird. I understand that she is different but that's why I love her. I hate it when people curse her. I like the fun, originality and unexpected surprises she brings. You will never really know what to expect from her but it blows my mind. So Lady Gaga is my idol because I like the songs she sings, for example, Just Dance, Poker Face, Born This Way, Black Romance, and so on.

An Old Job in Hong Kong

2A Lau Cheuk Ling, Fiona

Nowadays, we do many things using technology. For instance, we usually move from one place to another place by public transport. However, people in the past could only take rickshaw for transportation, so there was a job called rickshaw driver. I remember a rickshaw driver called “Uncle Liu”. Uncle Liu was very old and he was eighty-seven years old. He was a hard-working and kind person. When he smiled, there were wrinkles on his face. Although he was old, he worked every day no matter how bad the weather was.

Uncle Liu was my grandfather’s friend. I remembered that Uncle Liu was carrying a rickshaw to our home to visit us in the village. Sometimes, I saw him work so hard. Uncle Liu always worked early every day. Actually, he sometimes wanted to rest, but he wanted to earn as much money as he could. This was the most unforgettable scene to me.

I didn’t like him at first because he came to our home every time with stinky sweat. I could already sense the disgusting smell. Afterwards, I knew that he worked so hard to make a living for his family. If he gave up this job, his family wouldn’t have enough money to buy food. Therefore, I didn’t hate him from that moment onwards. Every time he came, I welcomed him. However, after a few years, technology advanced. So, there were fewer and fewer rickshaw drivers. Uncle Liu’s salary decreased gradually. Also, the government was not helping much either.

Finally, Uncle Liu was forced to change his job eventually and he went to another country with his family. Henceforth, we didn’t see him. We were so disappointed and upset.

I think Hong Kong is changing every day. I only hope we can cherish what we have and I hope some old jobs can stay. Otherwise, lots of precious things will be forgotten by people.

My Days as a Hawker

2B Cheung Chun Long, Rex

I was still 13 years old when I became a hawker. I decided to be a hawker because I wanted to help my father and make some money of course. Although it was tough, those days were fun.

I sold some snacks like potatoes chips, chocolate and ice-cream. Also, I sold drinks, such as cola, iced water and juice. I usually worked outside schools because more young people liked snacks.

One thing I liked about being a hawker was that I could make people happy. When they are sad, they eat some snacks and then they smile cheerfully again. When they feel hot, they drink some cold water and then they feel cool again. One of the difficulties I faced was that it was very hot in summer and cold in winter, which made it very tough to work outdoors.

An unforgettable experience? There's one thing I'll never forget. One day, a child and his mother came by. The child said that he wanted to drink cola. It was summer at that time, and it was very hot. But his mother said she didn't have much money and couldn't buy him a cola. The child cried sadly and the mother didn't know what to do. At last, I gave them a cola and said it was free. The child stopped crying. They drank the cola together sweetly and I was very happy.

My child, when you grow up, you shouldn't just look for money. You should also look for happiness by helping people gently.

A Sales Presentation for the Spambot Program

2B Cheung Chun Long, Rex

Ladies and gentlemen, welcome to this sales presentation. My name is Chris Wong.

Today, I'm going to introduce you the Spambot V.3.2. It'll take you just a few minutes.

It is a very useful program if you're a slow typer and always make typo mistakes. It can auto type messages or spams very quickly. You can change the spamming speed, enter key inputs, or read your previous setting preferences. You can start it or stop it anytime you want. You won't type more slowly than any of your friends, trust me!

It is very user-friendly and easy to use. Just configure your preference and click the "start" button! If you're feeling bored to set many things up before you work, then use the "Read previous record from directory" option! It will automatically apply your old settings. It is very convenient, isn't it?

Now, I have a very special offer for you. It is free just for now! Get your own one on [www.github.ocm/repository/EarthPeople123 /programming](http://www.github.ocm/repository/EarthPeople123/programming) now!

Thanks for your listening. Have a nice day and enjoy our product!

Tommy's Money

2B Cheung Chun Long, Rex

Today was a lovely day. Tommy and her girlfriend, Mary, had met each other for a long time. Tommy loved her very much, so he decided to marry her. Perhaps she would accept it.

He went to an automatic teller machine excitedly. While he was clicking buttons on the machine, he was thinking about the procedures of the marriage, from, 'oh! I love you, please marry me!' To, 'I'll accept Miss Mary as my wife, and take care of her no matter what.' How imaginative.

After clicking buttons on the machine, several banknotes popped out from the slot of the machine. But he forgot to take the money carelessly. Later, on his way to the jewellery store, he realized that he hadn't taken the money from the machine yet! So he rushed back to the automatic teller machine, only to discover that a man had taken away his money.

Tommy chased after him, a patrolling policeman saw that scene, so he immediately shouted, 'freeze!' The man stopped running as the police shouted, to make himself not as suspicious as people thought. Tommy claimed that the money was his. But of course, the man said the same, too. So, the police asked them, 'how much did you get from the machine?' Tommy answered clearly, 'six thousand dollars.' But the man didn't know that, so he only gave an unclear answer, 'uhm, uh, uhh, about several thousand dollars? Uhh, I guess?' The policeman counted the stack of money, and obviously, Tommy was right.

The greedy man admitted that he took away Tommy's money. So, he was arrested. Tommy used that money to buy a diamond ring for Mary. She liked it very much. Such a happy ending!

The Nature in School

2B Cheung Chun Long, Rex

There are virtues and venoms in the wilds,
if you know where to look.
The nature has two sides,
each repelling each other.
Seeking your trust and accept.

Plants are standing on the bed of dirt,
they opened a gate for us,
Yet, we cut ourselves off the ancestors,
we abandoned their living ways,
their nature, their most precious gift.
Still, school merges us back together.

We built high buildings,
massive cities.
Yet, we are still a seedling here.
We gain pride and power every day,
neglecting what we've promised to the nature.
Who gave us birth?
We stepped on the grass with our feet,
we were the ascendant.

The black storms struck,
descending us from the North,
Unnatural tempests of rage and hatred,
lashing our backs,
tearing our 'masterpieces'.
The rain is shot with acid,
wither our crops, sickens our livestock.
The wind carried melancholy and madness.
Those were the things nature told us.

Thanks to our school, it always reminds us of the nature around us,
therefore, we were never affected.

We cherished this gift,
therefore, we were protected,
in a womb of comfort green,
letting us touch the nature with our bare hands.

Every ascendant suffered.
It speaks the law of nature.
It punishes those greeds.
Let's keep our promises.
We all will be pleased,
and they, will remember our glory.

A Letter of Advice to Pat

2B Ho Yan Yat

Dear Pat,

How are you! I know you are very upset about your problems. You said that you have been gaining a lot of weight recently. As a result, your classmates bully you because of your appearance. You are really upset about it, so you wanted to buy pills to help lose weight. I hope those suggestions can help you.

First, to be honest, your weight is too heavy and you are too fat. I also gained much weight before. I felt very upset about it. Therefore, I asked my teacher what I should do. My teacher said that I should eat more vegetables. So I eat vegetables for my dinner every day. I usually eat carrots or corns. I think they are yummy! You can do more sports too, such as swimming or rope-skipping. It is fun and it can make you strong. After that, I think you will lose some weight!

You said that you want to buy the slimming pills to help lose weight. I think this way is not good, since slimming pills have side effects. People will always want to go to toilet and do not have appetite. It is bad for our health. Therefore, I suggest you not take slimming pills.

Next, you said that you have peer pressure in class. Your classmates always laugh at you about your appearance. I think you should be more talkative and sociable. You can take the initiative to talk to your classmates. I think your classmates will like playing with you more. Also, you should not be afraid of meeting other people. After you do that, I think you will be a sociable person!

I hope my advice can help you. If you have any question or you still feel unhappy, you can write back, since I will always stay with you and support you!

Love,
Chris Wong

On the Aeroplane

2B Ho Yan Yat

Travelling by aeroplane makes me feel comfortable.

Delicious aeroplane meals are so enjoyable.

Flying in the sky is extremely exciting.

Looking through the window is silver lining.

Exploring the world always gives you surprises.

Take you from city to countryside.

A Letter of Complaint about Our School

2B Leung Hoi Kiu

Dear Mr. Mak,

I am Chris Wong from S.2B and I am writing to complain about our school.

First of all, I want to talk about our school timetable. I think our school timetable is too long. The students have to wake up early but go home late. Therefore, the students feel tired in lessons. They cannot learn things when they are tired, so I suggest making the school timetable shorter.

My next complaint concerns homework. I think students have too much homework to do and the time for them to rest is not enough. I suggest students do some homework in the lessons, so if students have any difficulties, they can ask the teachers. It will help students much.

My last complaint concerns the lessons. I think the lessons are too boring. Many teachers just read the books to students. Why don't they do some games or activities and make the lessons more interesting? I think students can learn more effectively in funny ways.

Mr. Mak, I hope you will take action to solve these problems.

Yours sincerely,
Chris Wong

About Myself

2B Zheng Daniel

Dear Miss Ma,

My name is Daniel Zheng. I am 14 years old. My birthday is on 7th November. I'm a humorous guy. I love to tell jokes to others. I'm also a positive person. I always think positively no matter what. I am a sociable person too. I always meet some new friends.

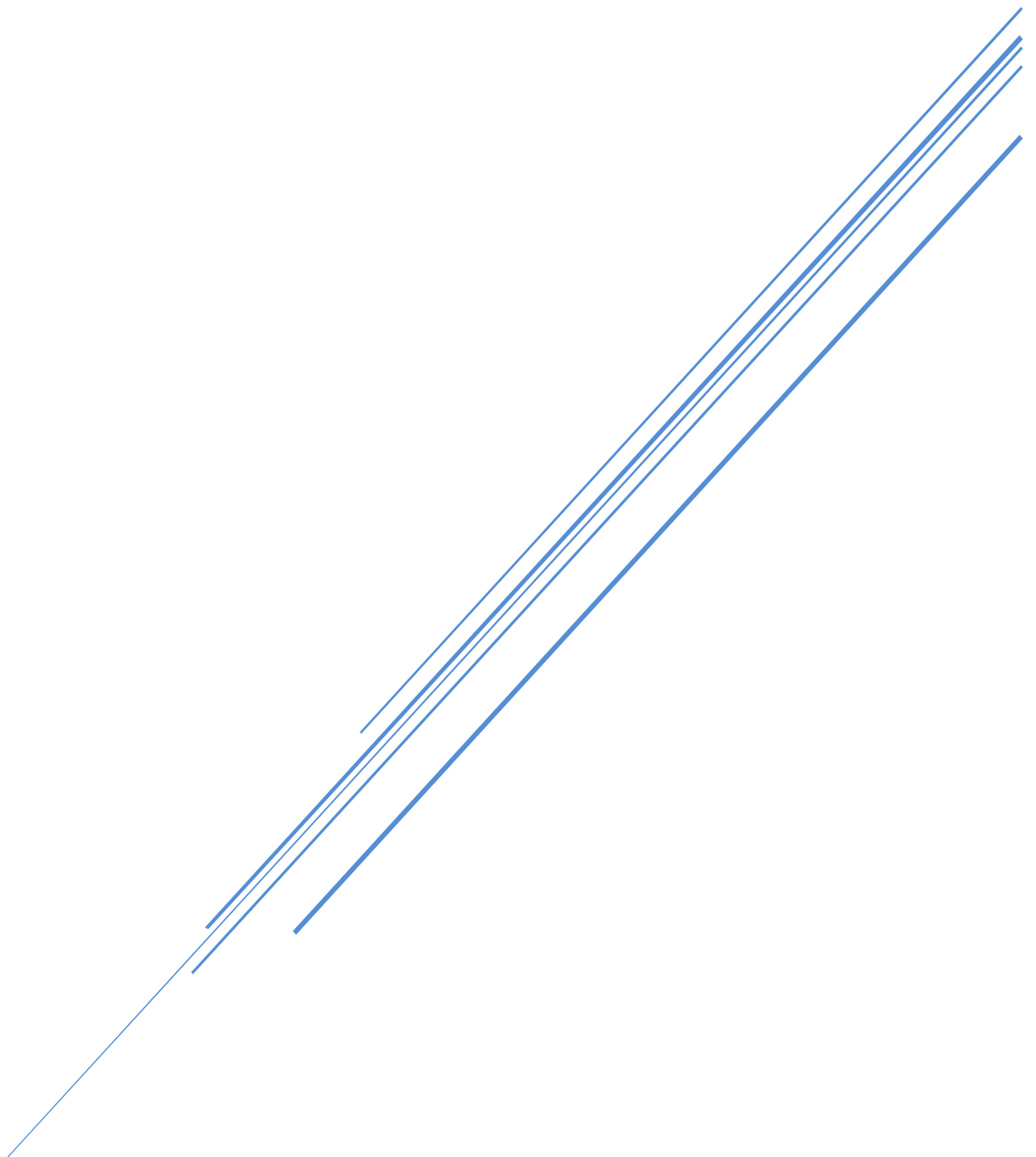
I like playing basketball with my friends. I started playing the sport about 6 months ago. One of my classmates taught me how to play basketball during a PE lesson. And that was when I started to play basketball. I love basketball now and I play at least 3 to 4 times a week. I also like to play trading card games. Sometimes I save up money to buy some packs of cards. If I have got something I need, I can keep it and use it to play the game. If I have got some cards I don't need, I can trade with my friends or post it online and sell them to get some pocket money. The food that I don't like are cheese and mushrooms. I don't like the smell and the taste of mushrooms. I'll feel ill and want to throw up whenever I smell and eat a mushroom. One time during lunchtime in my kindergarten, my teacher forced me to finish my mushrooms for not wasting food. I refused but she wouldn't let me do it. So I ate it and accidentally threw up on her. It was unforgettable. I can't accept the smell and the taste of cheese either. But the funny thing is I love pizza even though it has cheese on it. It is so weird, isn't it?

That's all about me, Miss Ma. Hope we can keep a good relationship till the end of the year.

Yours,
Daniel

MASTERPIECES

Secondary Three



An Application Letter Applying for a Summer Job

3A Man Nok Him, Lawrence

Dear Ms Smith,

I am writing in response to the advertisement in ABC Daily inviting applications for peer workers.

First and foremost, I would like to briefly introduce myself. I am Alex Chan from FRGKL Secondary School and I am currently in Secondary 3. I am interested in this position because it can benefit me academically and financially. I am a diligent and amiable peer worker at school and I have a certificate in junior peer counselling. Moreover, I would like to earn some money so as to support my senior secondary study. I am able to speak English and Putonghua fluently. With the above reasons, I believe I am a best-fit for your centre.

I would like to put emphasis on why I am suitable for this position. There are two reasons. Since I have a distinction in my academic transcript and I am one of the top ten students at school, I can assist students with their holiday assignments. Obviously, I have the ability to deal with students' academic problems. Also, I am patient when I help them.

Notwithstanding, I am a Form 3 student who received a black belt in Taekwondo and I have strong passion in it. I can run a series of Taekwondo classes which teach students how to protect themselves. I am interested in exploring the nature and learn about history. Therefore, I can organize trips to historical sites for students to understand our history better.

With the above qualification and experience, I will serve as a helpful peer worker at your centre. If my application is considered, I would be grateful to have an interview. Thank you very much and I look forward to receiving your reply.

Yours sincerely,
Alex Chan

Inside the Envelope

3B Chan Hoi Ching, Heidi

3B Zhu Ting Ting, Kelly

Are you a warmhearted person? Do you want to use your ability to improve the life of the poor? If you are eager to do so, why don't you join the activity *Inside the Envelop* held by the school Social Service Team?

Inside the Envelop is a fundraising activity to raise fund for the people in need such as low-income families and children who live in the rural areas. All schoolmates are welcomed to take part in this meaningful activity as the more students join us, the more money we can raise. If we can join hands to help others, the people in need will feel cared and loved.

You may wonder where and how you can join this activity. It is very easy and convenient. There are two parts in our activity. In the first part of it, teachers and students can donate things that they do not want anymore. For example, you can give out books you no longer read, toys you no longer play or clothes you no longer need. After collecting all these unwanted stuff, we will set up counters in Hall D to sell these second-hand materials.

The second part of *Inside the Envelop* will be held in Hall D as it is large enough to accommodate lots of participants. All you need to do is to bring one or more red packets you got during the Chinese New Year, then use them to buy what you want from the counters there. All the money raised will be donated to the Community Chest.

There are many benefits of joining this activity. For the participants, you can buy what you like with your red packets. Meanwhile, you are supporting a good cause! For the people in need, they can feel our support and care. It can improve their livelihood. It is also good to the environment as we do not need to throw away things that can be re-used!

“It's more blessed to give than to take”. Do come and join us! Go to the School Notice Board or our website for more details!

Morning Assembly Speech – My Summer Job Experience

3B Lai Jing Young, Kiran

Good morning principle, teachers and schoolmates. I'm Kiran Lai from Class 6X. Today I'm sharing about my experience of being a costumed character performer.

Last summer, as a summer job, I chose to be a costumed character performer at Disneyland. It was really fun, I could be my favourite character – Stitch. I enjoyed the job a lot because I could meet different people from all around the world. Most of them were very friendly – because I was a cartoon character.

Even though it was fun, there were also some bad experiences. First, it was torturous wearing an extremely heavy and thick costume under the burning flaming sun. Also, you have absolutely no break other than your lunch break. You can't even go to the bathroom which made me hate this job.

If you ask me whether I think summer job is a good idea or not, I would say that it depends. If you're adventurous, cautious and not afraid of hard work, summer jobs suit you because you could gain a lot of memorable experiences. Also, it's a good way to meet interesting people. If you're really afraid of being tricked or doing hard work, summer jobs are not for you. Sometimes, summer jobs can be traps or tough. People might be trying to fool you and cheat you for your money, so think clearly before you apply for a summer job.

This is the end of my sharing. I hope you all enjoy it, thank you.

TO PE or NOT TO PE

3B Lai Jing Young, Kiran

Recently our schoolmates have been discussing whether secondary school students should have PE lessons or not, so today I'm going to express my views. Even though PE lessons can be tough and tiring, I still think PE lessons are necessary and essential.

First of all, PE lessons keep us healthy and fit. As we all know, most students don't enjoy doing sports, hence, they won't do it regularly on their own. With PE lessons, students are forced to do sports. Students can maintain their flexibility by doing warm up and stretching. Also, once students start a healthy life style, they will carry it over to adult life.

Besides, PE lessons can help us relieve stress. As we all know, when we're doing exercise, our brain generates endorphin which makes us happy. Also, doing exercise helps us relax. We'll feel invigorated. Through this effect, we'll feel refreshed and we can keep studying.

Moreover, PE lessons teach us what team spirit means. In PE lessons, we'll do team activities such as football and basketball. By doing these sports, we can learn how to co-operate with others and understand the true meaning of team spirit. Other than that, we can get used to working with others and how to argue less, which will really help us to become successful at work in the future.

Last but not least, PE lesson allows us to try out things we don't usually get to try, such as rugby and archery. This could even discover students' talent, interest or hidden potential, we might even discover a future Olympic champion too!

In conclusion, through PE lessons, we can make new friends, get healthy or even relieve stress. We can also learn a lot, such as never give up, sportsmanship, respecting others or the true meaning of team spirit. PE lessons give good balance to school life, teach you lessons which cannot be replaced by textbooks, so I strongly believe secondary school students should have PE lessons.

A Short Story

3B Zhu Ting Ting

“Hey mom! Look! It is snowing now. Can I go swimming?” “Swim? Tommy, are you crazy? It is freezing cold now. Can you take care of your body?” said mom. “Don’t worry! If I don’t try it, I don’t know how exciting it is!” As soon as Tommy said this, he ran out the house as fast as he could.

When he walked down the street, there was no one there. “Wow, it is the coldest I’ve ever experienced!” Tommy said in a trembling voice. After 5 minutes, he reached the river. After he did some warm-up exercise, he jumped into the cold water. Frozen, Tommy used his greatest voice to yelp for help, ‘Any one here? Help me please...’ Then he fainted.

After a period of time, he woke up and found that it stopped snowing. “Are you okay?” a sweet voice asked. Tommy glanced left and right, there was no one. “I’m fine, but where are you?” “I’m here, in the water.” Tommy looked down, there was a girl swimming in the cold water. “Wow! You are the most beautiful girl I have ever seen! But....why are you here? It’s so cold.” “Just exercising.” “Can I swim with you together?” “Sure.”

Soon they became good friends. Tommy suggested a swimming race. It was strange that the beautiful girl was always faster than Tommy. Tommy was so tired. “May, why’re you fast?” “I don’t know.” May looked very excited. While May was laughing, Tommy felt something was pulling his leg. A slippery tail!

“Can you feel something under the water? It’s so dangerous! Run, May!” May thought for a moment and said slowly, “It’s my tail, I’m not a person. I’m a mermaid, sorry.” Tommy felt shocked. “Do mermaids really exist?” he asked himself repeatedly.

“Don’t worry, I won’t hurt you. Can you listen to my story?” May asked. Tommy didn’t say anything, just watched her quietly. “3 years ago, I was a normal person just like you. Then I fell in love with an intelligent boy. I loved him very much. We promised to get married after graduation. But at last, my

boyfriend broke the promise of marriage. I was so hopeless. I gave him all my love! The next day, as cold as today, I went here and decided to end my life. Just like you, I fainted for a moment. After I woke up, I saw that my leg became a tail and I was still alive. After I became a mermaid, I decided to live in the cold water joyously.”

Touched by her story, Tommy said, “You are right, May. You shouldn’t end your life easily. If you passed away 3 years ago, we wouldn’t have met and become good friends! It’s too late, I should go back home. I will play with you every weekend. Wait for me, May!” Tommy ran home in his fastest pace.

“Mom, I’m back!”

“I’m so worried about you! Today is very cold!”

“Cold? Certainly not! It’s very warm in the water!”

Students Should Not Be Allowed To Use Their Mobile Phones in Lessons

3D Lai Wing Hei, Kathy

Someone says that students should be allowed to use their mobile phones as they facilitate learning, for example checking information from the Internet and using the dictionary to look up the meaning of new words. However, they can also cause some troubles in lessons.

First, students cannot control themselves. Not everyone is self-disciplined and keen on learning. When they feel bored during lessons, they will start playing games. Nowadays, applications (apps) on the phones are too fancy and interesting. Even adults cannot resist the temptation of mobile phones and become addicted to them. As a result, students give up their valuable chance to learn at school.

Second, a lot of unnecessary disturbance may appear, for example, someone forgets to turn their mobile phone to silent mode and its ringtone disturbs the whole class and they can't focus on the lesson. Moreover, instant messages become prevalent. Students can chat with each other without being noticed by the teacher.

Third, this will cause unnecessary comparison among students. Students who cannot afford to buy the latest mobile phones may feel inferior to their classmates and their confidence is likely to decline. As different phones have different functions, it may be difficult for everyone to get access to the same resources, which creates unfairness.

In conclusion, as the disadvantages outweigh the benefits, so I believe students should not be allowed to use mobile phone during lessons.

Students Can Use Mobile Phones in Lessons

3D Lau Lik Man, Christine

Mobile phone is a convenient and interesting gadget. It has become an important part of people's life. We can use it to call others, send emails, surf the Internet, play games and so on. However, there is still debate about whether or not it should be used in schools.

As far as I am concerned, students can use mobile phone in lessons. The reasons are as follows.

First of all, mobile phone is a very useful tool in learning. We can use it to surf the Internet for information. When we are at school, we may meet different kinds of problems in studying. Then we can use mobile phones to find the answer easily. It's really convenient to solve the problems with mobile phones because you just need to take a photo and send it to the Internet. However, you may say "Why don't you ask your teacher?" Teachers cannot be available all the time. Also, teachers may not know the answer. It's impossible for them to know everything!

Second, it's easier to take notes in class. Sometimes, when taking notes in lessons, the teacher has to stop to wait for students. And it's tiring to write so many words. But if we use the mobile phone to take photos of the notes, it saves plenty of time in class. And the learning result is likely to be better.

In addition, students can handle Maths with the mobile phones. Most mobile phones are equipped with calculators. So students can go to school without a calculator.

Last but not least, students are independent. They know what they should do. So it's unnecessary to worry about they may play games in lessons.

In a word, students can use mobile phone in lessons. It is very useful to them and it can promote learning.

Mothers Should Stay At Home With Their Kids

3D Li Tsoi Chun, Jenny

Good morning everybody. Today I'm going to talk about whether mothers should stay at home with their kids.

Mothers are the first teacher for kids. Mothers' teaching is very important. Kids need somebody to teach them, so mothers should stay at home with their kids.

Nowadays, a lot of mothers need to work. Their kids often stay at home alone. They stay at home without mothers. Maybe they will feel very unhappy. Kids need their mothers to accompany them. Mothers can work at home. Some work like typists and novelists can be done at home.

Next, kids always need to go to school. Mothers don't need a lot of time with their kids. They just need to spend as much time as possible to stay at home and accompany their kids.

Then, some kids are so young. They don't know a lot of things. They need their mothers to help them. I always hear my friends say that their mothers did not come back home. They were feeling upset about it. When I was a little kid, my mother did not stay at home either. She played mahjong all the time and sometimes neglected us. Therefore, I hope more mothers can stay at home with their kids.

After that, some mothers will let other people take care of their kids, but mothers are the closest ones to their children. Other people can't replace mothers. Mothers think their kids are old enough. They don't need to stay at home. However, no matter young kids or older kids, they always need their mother. They want their mother to love them and care about them.

In a nutshell, mothers' accompany can make their kids feel loved and make their kids love their mothers more. So, mothers should stay at home with their kids.

Keep Your Mom Off Facebook

3D To Yee Kei, Kitty

Ladies and gentlemen, today, it's my pleasure to stand here and share the topic called "Keep your mom off Facebook" with you.

Is your mom on Facebook? It is horrible. They see everything you put and make you question yourself if you should put something on there that they might not approve of. You can't block them because they look at your page every two hours. My mom is on Facebook and I know how embarrassing it could be. Every day, she tags me in heart-warming pictures of how much she loves me. So here is what you do to prevent this tragedy from happening.

At first, I think there are certain privacy settings that we can use to avoid our mom from tagging us in photos.

Then, I will tell her that she is in breach of my privacy and her behavior is simply weird. Next, I will tell her if she wants to be added, she needs to follow a few rules. After that, I will block a couple of things, videos and photos she could see.

Also, I will tell her not to post any pictures of me or give comments on my friends' posts because it will make me embarrassed and annoyed.

If all the above do not work, you can get her phone when she isn't around. Get on her Facebook and change her passwords and then log out. You will probably have to do this multiple times until she finally understands that she shouldn't have a Facebook account.

Mothers Should Stay At Home With Their Kids

3D Tsui Wai Ho, Garry

Good morning, everybody.

Today, I am going to share something with you. Mothers should stay at home with their kids. Is it right? Let me tell you what I think.

First of all, I think mothers should stay at home with their kids. Because kids don't have the ability to care about themselves. Moreover, kids may play with fire if their mothers are not at home. It is very dangerous! However, mothers can leave their kids at home if they are older than 12 years old. If not, I think mothers must stay at home with them. Besides, because kids are too young, they can't do many things, such as cooking, boiling water when they are thirsty ...

Furthermore, mothers can teach their kids to do homework if they stay at home. The homework is too difficult for kids in recent years. If their mothers are not at home, they will not finish their homework fast or maybe they are still doing homework at midnight. Therefore, mothers stay at home with their kids that can help their kids a lot. In addition to this, some kids will play computer games excessively. If their mothers are near, kids will not play computer games too often because their mothers will look after them. To have a healthy life, kids are young, they don't know a lot of things. Therefore, mothers should stay at home with their kids, to teach them how to do different things.

At last, I want to tell you. No matter you are a father or a mother, both of you should not leave your kids alone at home. You should stay with them and teach them to do right thing. Then, you will be the best parents in the world. Thank you!

A Letter of Advice to Kate

3E Ho Wing Yiu, Tiffany

Dear Kate,

Thank you for your letter. I am sorry to hear about your problems. I'm going to give you some advice.

First, you should do some regular exercise to improve your sleep. Also, you can listen to soft music, take a hot shower, drink some hot milk or honey before you sleep. These are useful ways that can help you sleep better. I think you have a lot of pressure about your homework, exam marks, etc. You need to de-stress yourself first.

Next, you can consult the teachers about her academic work. Because I think you may fell asleep in your lessons, you cannot learn anything in the lessons. Therefore, you need to consult your teachers to teach you one more time. I think after you consult your teachers, your tests will surely become better.

Finally, you cannot take sleeping pills. Sleeping pills are very dangerous because you may rely on the pills all the time. After you take it one time, you will take it second time, third time and more. It could be very dangerous if you are addicted to them, so don't try to take any sleeping pills.

I hope my advice will help you. Do write back and let me know how things turn out. Good luck.

Cheers,
Chris

A Letter of Complaint to a Restaurant

3E Ho Wing Yiu, Tiffany

Dear Sir/Madam,

I am writing to complain about the poor service of your waiters and my unpleasant dining experience.

Today my friend and I went to your restaurant and had dinner here. When we wanted to order food, the waiter ignored the customers and gave us a nasty look. The waiter was chatting with another waiter while he was pouring the water into my glass and made my pants wet. I wanted to scold this waiter, but I did not. It was because my friend was here and I wanted to have dinner with her happily. Therefore, I tried very hard to calm myself down.

When the food was delivered, my friend told the waiter that the food was not what she ordered. The waiter should have arranged changes for us politely. However, the waiter was very rude and he even questioned the customer's order. The waiter refused to change the wrong dish.

When we were still eating, the waiter quickly took away the food that we had not finished. I think this is a big problem of your waiters. Your waiters are impolite to the customers and did not want to serve us at all.

After we finished our dinner and paid for the dinner, the waiter was angry that he got no tips. We felt that the dinner was very unpleasant and so your waiters deserved no tips.

I think more staff training is needed and courses should be given to teach them how to be polite to customers. Also, you may consider giving a warning letter to this waiter, who had done these impolite things to us. I think he should apologize to us. Thank you for your attention.

Yours faithfully,
Sam Hui

A Letter of Advice to Kate

3E Li Si Si, Ceci

Dear Kate,

Thank you for your letter. I feel sorry about the problems you are experiencing. Maybe I can give you a few suitable proposals and things will get better soon.

First of all, insomnia is a gross trouble for every person suffering from it. In fact, insomnia can be caused by psychiatric and medical conditions, unhealthy sleep habits, specific substances, and certain biological factors. Considering your sleeping trouble, you had better review your health with your health care provider to check on the condition. Suppose you are a coffee drinker, please stop drinking it before you go to bed. Instead, you can drink some warm milk or honey water to help you sleep with nice-smelling drinks. Certainly, you could listen to soft music such as *Castle in the Sky*, *Fly, My Soul* and so on. I am sure you will feel better.

Owing to the first problem, your second trouble is your tests. Don't be anxious with your study. All things are difficult before they are easy. You could relieve the pressure by working out regularly. In the meantime, you must review every chapter after class.

Of course, you can ask teachers about your queries at school. You can try to ask them via WhatsApp or WeChat. The teachers will explain everything as long as they are free. It is a more convenient way to reach them.

It never rains but pours. Seeing the side effects of sleeping pills, no one should try any of them. A sleeping pill may be effective at ending your sleep problems in short term. They are usually not recommended for long-term treatment and you may rely on the pills all the time.

Hope my advice works. Write back to me and let me know how things turn out. If you have further problems, you can also write to me again.

Kind regards,
Chris

Speech – Staying Healthy

3E Li Si Si, Ceci

Hey, guys! How is everything going?

Nowadays, people in Hong Kong tend to be overweight as a result of unhealthy lives. According to World Health Organization (WHO) that there is one billion overweight population and 30 million obese people in the world, at least 2.6 million people die of related diseases every year.

People always say that prevention is better than cure. Today, I'd like to tell you different methods to stay healthy.

First and foremost, you must cultivate some good habits such as washing hands before eating and after egesting, going to bed early especially before you study or work and so forth. Furthermore, doing some regular exercise is also a healthy habit for you. You could ride bikes or take a walk with your dogs. Maybe some of you are planning to take part in a marathon, you'd better know that Rome was not built in a day. Don't be too harsh on yourselves.

What's more? You know, eating is the most vital part of our lives. What we eat impact how we perform. As students, of course you should have meals on time. And you should eat much more healthy food like vegetables and fruits. Don't eat too much fried food anymore.

I hope you will be a healthier man. This is the end of my presentation, thanks for listening.

A Letter of Advice to Kate

3E Wong Wing Sum, Yui

Dear Kate,

Thank you for your letter. I'm sorry to hear your problems. Don't worry, I'm going to give you some advice and you will be fine after trying it.

Firstly, I want to talk about your insomnia. I think the main reason of insomnia is your pressure from your schoolwork, peers or the expectation from your parents and yourself. I think you should de-stress by having activities with your friends to relax yourself. Also, you may do some relatively strenuous exercise after dinner. It makes you feel a bit tired but easier to sleep. Listening to soft music before going to bed can relax your mind. I would drink some hot milk before sleep if I were you. There are two substances that can let people fall asleep without any side effects.

Next, it is about your tests. I recommend you to consult the teachers about your academic work. You will not be afraid of tests provided that you have enough revision.

Please don't take sleeping pills. It's not a good method to improve your insomnia. Taking sleeping pills is a way to evade the problem. Eventually, you may get used to taking them and rely on them all the time. So, don't take any sleeping pills. Never!

I hope my suggestions can help. If you try all these but still can't resolve your problems, please consult a doctor. Do write back and let me know how things turn out. Good luck!

Best regards,
Chris

A Letter of Advice to Kate

3E Wu Chit Tsut, Billy

Dear Kate,

I'm sorry to hear about your problems. I hope my advice will help you.

First, doing exercises is a good way to help you sleep better. It is because physical exhaustion actually helps you fall asleep quickly. Also, you can try to listen to soft music before going to bed or maybe you can take a hot bath. These are some really helpful tips to sleep better.

Resting is crucial before tests besides of being hard-working. You must get enough rest before the test in order to get your mind clear. If you have any questions, don't be afraid to ask. Being confident to face the tests is also the key to success.

Don't even think about taking sleeping pills to help you fall asleep. It might make you rely too much on them and you'll get sick if you take too many. It is not good for your health and it is a waste of money.

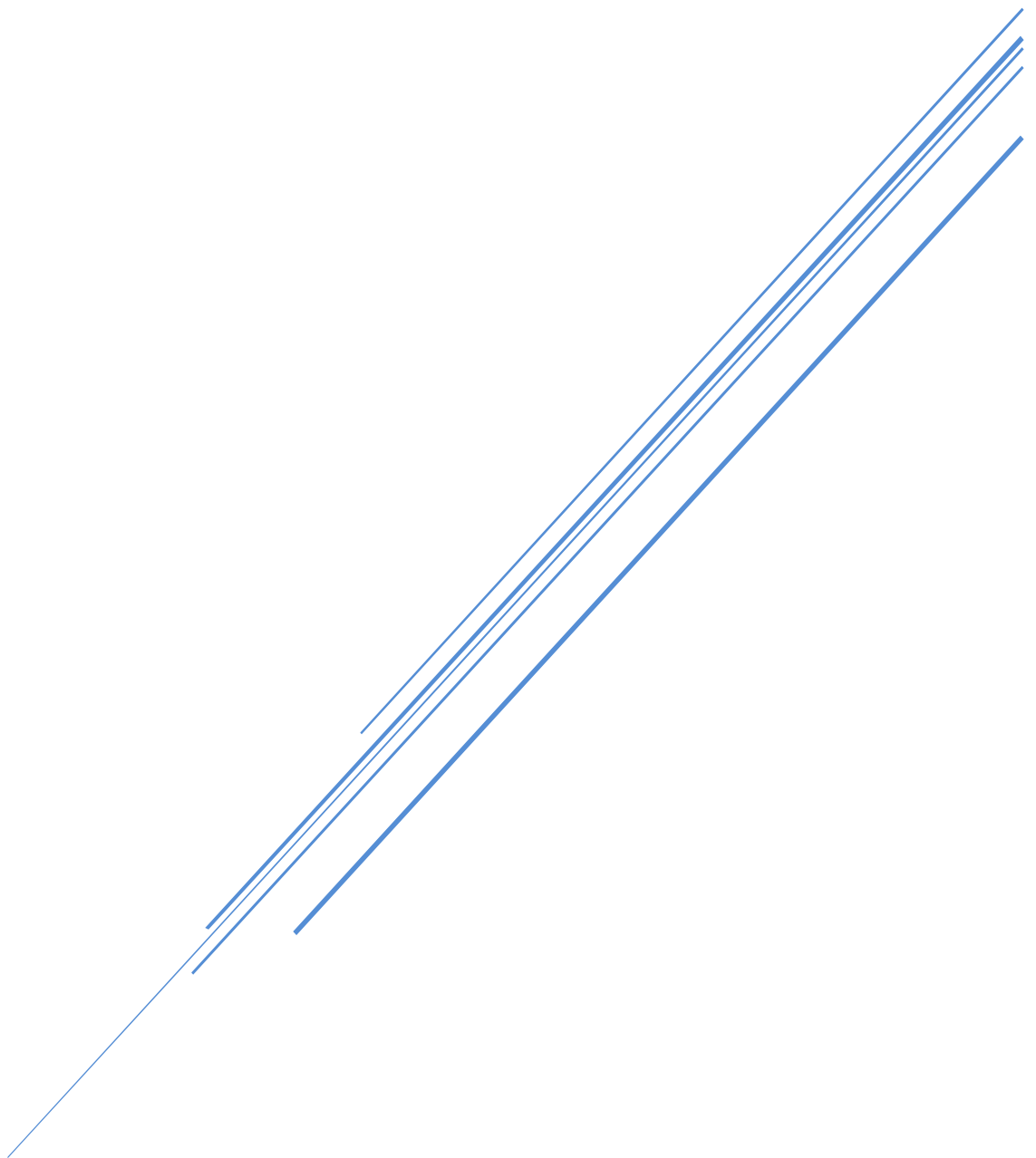
Follow my advice and you should be okay. Remember, don't try to take sleeping pills.

You are not alone! You can write me again if there are any problems.

Best regards,
Chris

MASTERPIECES

Secondary Four



If I Were the Principal

4A Chan Sze Lok Charlotte

If I were the principal, all things would change.
I would change the school rule,
or make a new exciting rule.
Our school would be fun and a little bit strange.

I can make the classroom more exciting,
so that students would not feel bored.
We would fish in the classroom,
and let the cat play with mushrooms.

We would never wear uniform,
and act cosplay, be more comfortable.
We take photos and post them onto Facebook,
and invite more people to take a look.

We would not submit assignment,
and students live without assessment.
We only need to sleep, play and eat,
or rock and roll in the beat.

If I were the principal, all things would change.
But I notice so many things that need to change.
I do not want to be a principal again.
I only want a relaxing life again!

If I Were the Principal

4A Chow Ling Chit, Icy

If I were the principal, then the school would be cool.
I would make every student jolly,
and tell them nothing to worry.

I would do what other schools have never done,
and add more new rules for fun.
Every week, we just need to go to school for
three days.

I would allow any hairstyle,
and also a laptop computer or a smartphone.
I would make every student healthy,
with no alcohol, drugs, cigarettes or cigars.

Every year, we could go for a trip or a camp,
and learn the skills of communication,
and the way we get along with our schoolmates.

If I were the principal, then the school would be lively,
and no one will refuse to go to school.

Say “NO!” to Shark Fin Soups

4A Chow Ling Chit, Icy

Shark finning is a contentious issue nowadays. Some environmentalists have been asking for a ban on shark fin soup to be served in Chinese restaurants. I agree with the ban of shark fin soup.

First and foremost, as making a bowl of shark fin soup requires shark fins, shark finning is needed. Nevertheless, shark finning upsets the marine ecosystem. There are about one hundred million sharks which are killed each year in commercial fisheries. The whole food web becomes messed up when we keep taking out the top-level predators. Top predators act as the caretakers of their environment picking off the weak and sick of smaller species, helping to ensure strong, healthy populations and a balanced ecosystem. Thus, shark finning will destroy ecosystem certainly.

Moreover, shark fins do not contain any nutrition as it contains only gelatin. They provide no flavor or benefit. Even more, it has been shown to contain dangerous levels of mercury, which will absolutely harm our health. Shark finning is not only an intensely wasteful and harmful practice, it is also essentially pointless since shark fins have no nutritional or medicinal value.

Besides, some people claim that shark fins in soup is a traditional cuisine, a manifestation of face and the best dish to serve relatives at normal Lunar New Year meals. But the way fins are removed from sharks is inhumane. In addition, shark finning is a cruel and merciless process. Shark fins are collected by catching the sharks, pulling them into a boat, then taking a knife and slicing the fins off while the shark is still alive. The sharks are then dumped back into the ocean where they either sink to the bottom and drown because they cannot swim to keep breathing or they are attacked by other predators. Cutting off their fins causes them extreme pain. Imagine having your legs or hands and being left all alone. How could you do? There would be nothing you can do if you were a shark!

There are a few solutions to the abovementioned problems. To commence with,

we can find substitutes to replace the shark fins, such as artificial shark fin soup, chicken or other dishes. In addition, we can have a promotional campaign, exhibition, talks and seminars to arouse the eco-consciousness of the universal public. The government can assign some professional people to hold talks in some schools and let students get a better grasp of the gravity of shark finning problems.

Consequently, I believe that we should ban the shark fin soup which is served in Chinese restaurants. If everyone does a little bit to protect our environment, the Earth will become more beautiful and healthy.

Should we cancel PE lessons?

4A Lau Ka Lee, Kimberley

Obesity is becoming more of a problem all over the world. As moving around becomes less necessary, and meanwhile, unhealthy fast food becomes more accessible, children's lives are increasingly at risk. Also, obesity implies higher risks of heart disease and a malfunctioning circulatory system. However, it is difficult to legally deny people junk food. Therefore, we must focus on exercise and PE lessons can keep us healthy if they are conducted regularly and properly. In my opinion, I think we should not cancel PE lesson.

First and foremost, PE lesson can enhance students' social skills as sports activities always involve teamwork. For instance, playing football, basketball and volleyball allow students to establish good relationship with their teammates and show respect to their opponents. Moreover, I believe that knowledge is surely not the sole thing the students should acquire in school. For example, teamwork, interpersonal and communication skills are as crucial as knowledge itself. Plus, the teamwork and the interpersonal skills developed through playing sports are beneficial to students. Also, they can enhance their confidence during PE lessons since they need to cooperate with their partners or classmates and communicate with them. In short, students can learn a lot of useful social skills in PE lesson, so it should not be cancelled.

PE lesson brings about an array of benefits to students. To commence with, it improves health. In today's examination-oriented society, a host of students focus only on the academic results. Nowadays, many students have too much stress on their daily life. They cannot squeeze time for doing sports. Many schools have only one PE lesson a week, while others have even scrapped the lessons completely. This means fewer children have the time to exercise. Undoubtedly, PE lessons are very important to the students for relaxation. It is not uncommon for students to become sick because of the mundane school life, and PE lessons come into play as a break from both mental and physical boredom. Absolutely, this temporary switch from academic brain work to physical movements can help relieve stress and increase efficiency. Students can learn how to maintain a healthy lifestyle and develop an interest in sport and

fitness. Furthermore, PE teachers can inculcate students with knowledge on healthy diets in PE lessons, on top of strengthening students' physical abilities. In view of that, we should not cancel PE lessons.

People claim that cancelling PE lessons helps students be more concentrated on their study. What's more, some people think that most teenagers today lead a sedentary lifestyle. They watch TV and play computer games all day long. Also, they purported that PE lessons are ineffective for students' studies.

Yet, I believe that PE lessons can help students in all aspects. As far as I am concerned, a good education system should be comprehensive, not focusing merely on academic studies. It should also be on mental and physical well-being. As we can see, sport is indispensable and imperative to students in physical, psychological and social aspects. Moreover, PE is more than just learning how to play different sports. It offers an all-round education. It helps improve physical and social skills, which is far more than what most academic subjects achieve. Thus, PE lessons have a lot of benefits for students and they can learn more things in these lessons, so we should not cancel them,

To sum up, I firmly believe that PE lessons can ensure students develop lifelong fitness habits, which in turn protect their health. After all, a healthy body equals a healthy mind. By analogy, if we cancel PE lesson, the students will not have a healthy mind and information. Therefore, I think we should not cancel PE lesson.

The Ban of Shark Fin Soup

4A Lau Siu Fung, Kase

Eating shark fin soup was originated in ancient China, as people believed the soup symbolized a sign of wealth. So, they started to hunt for sharks in a very cruel way. Right now, there are a couple of organizations requesting a stop to provide shark fin soup in banquets or other restaurants. In view of the gravity of the problem, I am totally in favour with this.

To start with, there is a common mistake made by people that shark fins provide a lot of nutrients which are good for us. However, that is not true. According to a research, shark fins mainly contain protein and some other unessential nutrients. Indeed, this misconception has resulted in many people consuming shark fin soup.

Also, at this day and age, shark fins actually contain quite a lot of harmful substances because the problem of water pollution is very serious now. Sharks may be contaminated by a lot of pollutants in the sea. Children, the elderly or those with a weaker immune system may be inflicted with food poisoning after the intake of shark fin soup.

Furthermore, shark fins are tasteless. They are in fact not delicious. The main taste you can savour in the stew is actually from the additives and other seasoning of the soup, but not from the fin itself. Master Chef Gordon Ramsay has once been to Taiwan and tasted some shark fins. He commented that shark fins are just like noodle, without much taste. He criticized that he saw no reason why people love shark fin soup so much. Normally, a chef will need to taste different dishes over the globe, so they should be able to bear different food culture. Yet, Gordon, as an internationally well-known chef, cannot stand this dish. It is thereby obvious to us that shark fin soup is actually not a tasty dish. It is not worth a try at the expense of the sharks' well-being.

In addition to it, shark fins soup originated from the ancient China. It is a stewed soup and is a luxury item for the Chinese. Yet, do we actually need shark fins today?

Shark fin soup has been a symbol of wealth all the way as Chinese culture grows. That is what the naysayers claimed, but I do not agree with that. Today, as the technology advances, people have started to understand why eco-system is so important for us. We also understand what will happen if the eco-system collapses. Hunting for shark fins is a very cruel action we did to the system. We cut sharks' fins then put the finless sharks back to the sea. Yet, since the sharks do not have fins, they will simply drown. It causes real damage not only to the food chain, but also to us. We will not have much time if the system does collapse. Even money could not help at that time. This is why we have to ban shark fins right now before we create any more damage.

Personally, I have a way to let people realize how selfish we have been, so the following measures could be taken into account. In the globalized society, we will need to reveal to everyone how terrible shark finning is. The governments all around the globe should also be summoned up and have a summit conference on the ban of shark finning. Also, it is advisable for the HKSAR Government to have some propaganda to enlighten people that we should stop this right away.

All in all, I am in favour of the ban of shark fins. It is incompatible with today's society, as we need to protect the eco-system. Indeed, the consumption of shark fins gives us no benefits at all, but the disadvantage is all on the table right now. We need to ban it in order to save these endangered species.

Improving My School

4A Ngai Ming Tung, Vivian

I have a dream to be the school principal. If I were the principal, my students would never say “Good morning, principal” forcibly. If I were the principal, my students would never feel pressured like now.

To begin with, students respect me. If I were the principal, I hope my students can respect me but not by saying “Good morning, principal” forcibly. There are two main reasons why I cannot forcefully ask students to say “Good morning” to me. First, students do not say “Good morning” not because they are not polite, but because they do not want to respect this person. In this situation, we must know the reason why the students do not want to respect me. If I do not understand the situation first, and forcefully demand my students, they would hate me more and do not respect me further.

Second, being polite should not be mandatory. In Confucianism, respecting teachers is very important but respect cannot be made mandatorily. It should come from your heart. Otherwise, the meaning of respect would be distorted.

Last but not least, students should study in a pressure-free environment, for a school should consider students’ health, be it mental health or physical health. According to the newspaper, there are many students who commit suicide because of academic pressure. To avoid this situation, if I were the principal, I would extend the recess time. I would give more time for students to do what they want, such as having breakfast, reading a page of a book, etc. I would never set the recess time as 10 minutes as it is too short. Students cannot even go to toilet. Furthermore, I would improve on school’s facilities. If I were the principal, I would give my students a good learning environment.

To conclude, being a school principal is not easy. That’s all I would do if I were the school principal.

Never Should Drug Testing Be Compulsory

4A Sung Mei Ching, Karen

Without a doubt, drug testing allows schools for early detection and tackle the ever-worsening drug abuse problem at the earliest possible time. However, is it the best way to address the issue by introducing compulsory drug testing at schools? In fact, because of the students' personal privacy, resentment atmosphere created and the ineffectiveness of drug testing, it is not a judicious choice to implement drug testing at school.

The first reason why compulsory drug testing should not be introduced in Hong Kong is that it violates students' privacy. Drug testing usually involves collecting urine, hair, blood samples to test for drugs. However, these testing materials involve students' personal privacy. Schools have no right to collect these samples from students. In addition, when drug testing is carried out, students are like being treated as 'prisoners' or 'criminals' because it is only them who need to supply samples like these to the authority. If students also need to do so, they will feel they are disrespected. Therefore, being forced to undergo drug testing at school is ruining students' privacy.

Another reason why it is injudicious to implement compulsory drug testing is that this policy will make students develop hostility and resentment to the authority and schools. Everyone is chosen to do drug testing randomly. Yet, if those who do not take drugs are chosen, they might feel offended when they have to undergo the test. They will think the school makes trouble out of nothing and they are innocent. If students develop hatred to school, they will lose their motivation to go to school. They will think the school does not trust them and respect them. Therefore, it is better not to implement compulsory drug testing.

Lastly, compulsory drug testing is ineffective. It is argued that compulsory drug testing can identify whether or not students have taken drugs earlier and tackle the problem promptly. However, students can avoid the test by playing truant. If a student actually has taken drugs and wants to cheat the drug test, they may

bring in someone's urine or turn to other drug that will not show up on the test. They must find a way to hide if they have abused drugs. Therefore, it is not effective enough to resolve the drug abuse problem.

All in all, schools should not introduce mandatory drug testing because it invades students' privacy, creates hostility to schools and is ineffective. The government may consider using another means to solve the problem.

Compulsory Drug Testing is a Must

4A Yip Hau Wing, Aubrey

It is out of the question that drug abuse among Hong Kong teenagers remains a severe problem in both secondary schools and universities. Despite all the publicity of the dangers of taking drugs, some youngsters are still tempted to take drugs by peer pressure and curiosity. This has triggered both society and the government to consider implementing compulsory drug testing in schools as the ultimate solution to solve this imminent problem. This idea aroused much controversy, and many think that it is unwise to introduce the test in Hong Kong, as the measure does have many drawbacks after all. However, in my opinion, compulsory drug testing is a judicious choice as it can stop the drug abuse problem from worsening, serve strong deterrent effect and protect our youngsters and their future.

First and foremost, introducing compulsory drug testing in Hong Kong can tackle the ever-worsening drug abuse problem. A few years ago, the Hong Kong government introduced a program named "Healthy School Program". In 2009, a trial scheme on school drug testing was carried out in Tai Po district schools. Since then, schools in Hong Kong have been invited to take part in the scheme voluntarily. Yet, only about 25% of Hong Kong secondary schools are willing to participate in the scheme, which is far from satisfactory. On the contrary, once compulsory drug testing is implemented, most students in Hong Kong who take drugs will be spotted out. Professional help can then be provided to the targeted students in order to treat their addiction. As a result, drug problem among teenagers should be resolved effectively and thoroughly.

It is advisable to adopt mandatory drug testing as it can serve strong deterrent effect too. In truth, many teenage drug addicts remain hidden. It is rather hard to identify them unless they seek help themselves. Sadly, a survey of drug use among students in 2015 revealed that 81% of the drug-taking students reported that they had never sought help from others, which further suggested the hidden nature of drug abuse. By adopting mandatory drug testing, students who take drugs should be more alert in order to avoid being discovered. Hence, they will be more likely to stop taking drugs. After all, taking drugs is illegal and criminal

charges might be resulted. This could have detrimental consequences to their future. I, therefore, strongly believe that compulsory drug testing is the best solution to deter youngsters from abusing drugs.

It is argued that the problem juvenile drug addiction is not as severe as imagined. Indeed, in other western countries, this problem is far more serious than it is in Hong Kong. However, if we do not take prompt action to deal with this issue, it will only grow. As aforementioned, drug abuse shows no early symptoms. Teachers or even parents can hardly notice if their students or children are taking drugs. There is no doubt that teens are future pillars of our society, the government should emphasize the health and prospect of these juveniles. Employing very possible way to reduce drug taking among them is therefore imperative.

All in all, the implementation of compulsory drug testing in schools in Hong Kong is a feasible method to solve drug taking problem among teens. It is a proactive, and effectual approach to reduce drug addiction and raises students' awareness of the drug abuse issue.

Daydreaming About Being A Principal

4B Cheung Chi Long, Jimmy

If I were the principal,
I will make the school more beautiful,
a place that students like to go.

To do this,
I would like to add some holidays,
to let the students have a rest.
Homework,
not too much, and not too little,
just a point that students can manage.

Every student can do what they want,
except hurting anyone.

I would like to make a few thrill rides,
which can let students play at lunchtime.
It can relax their mind and reduce their pressure.

I would like to make a big garden,
which plant lots of flowers and trees,
to let the students learn more about the nature.

I would like to make some dorm rooms,
so that students don't have to take a long way to school,
and can have energy for learning.

But I'm sure that I will get fired immediately,
because all people may think I have got crazy.

A Letter to Mary

4B Man Ho Ching, Joey

Dear Mary,

I've just received your letter. I'm fine. I miss you very much too. I'm so happy and excited that you're going to visit Hong Kong. Hong Kong is such a lovely place. There are a lot of amazing tourist attractions and yummy food. You must love them.

Firstly, I highly recommend that you go to Ladies' Market. It is one of the most famous places in Hong Kong. It gets its name from the huge amount of clothing and accessories on sale for women of all ages. There are over 100 stalls. You can buy watches, cosmetics at bargain prices. It is also a good place to practise your haggling skills. I am sure it will be an interesting shopping experience to you. Do try it!

Ocean Park is also a wonderful attraction. It is one of the most popular theme parks in Hong Kong. It has exciting thrill rides such as roller coasters. I think Ocean Park is more interesting than Disneyland because there are not only thrill rides, but also many animal exhibits. You can see many lovely marine animals such as sea lions, jellyfish and sharks. The dolphin show is also absolutely fantastic. You are an animal lover, aren't you? You must love the park very much.

Hong Kong is definitely a food paradise. Firstly, you must try egg tarts. Egg tarts originated from English custard cakes. The pastry-crust is filled with egg custard. You can eat it at tea time. It is scrumptious. Moreover, you could try sweet and sour pork, which is the most famous Cantonese dish among tourists. Many foreigners like the special sauce. I think you'll like it too. White sugar cake is an interesting local snack that you can't miss. It is made from rice flour and it is usually purchased as a mini triangle. The taste is sweet. Like most Chinese cakes, it is steamed, giving it a moist, soft, and fluffy texture which is very special. You must eat it when you come to Hong Kong.

I hope my recommendations are useful to you. Please send my best regards to your parents. I look forward to seeing you in December.

Best wishes,
Chris

If I Were the Principal

4B Wong Chak Ki, Shawn

If I were the principal, a lot of things would change. First, I would add more physical education lessons, because in school, the students only care about their homework, dictations and exams. They do not do exercise once a week. If I added more PE lessons, it could help students keep fit and make more friends. The most important is that it could help students relieve stress.

Next, I would build computer rooms for students to study and spend their leisure time. At lunchtime or students' spare time, they could go to the computer rooms and use the computer to find some information for their homework. If the students feel bored, they can use the computer to listen to music or play some games.

Finally, if I were the principal, I would talk with the students more. I think students will have a lot of problems from different aspects. If I talk with students more, I think they can solve their problems easily. I can teach them homework or how to plan for their future. I hope they can get a good job and earn more money so that they can enjoy a better life.

At last, if I were the Principal, I would make a lot of good changes for my students. I hope they will not feel sad but enjoy going to school.

If I Were the Principal

4B Zhou Peiyan, Mandy

With the dream of becoming a principal, I have worked hard for countless years. Now, I am the principal of my alma mater, one of the most important persons who can control the students.

It was an extremely hot afternoon which made people mad. I saw a senior form student bullying a schoolmate who was much weaker than him. If I had not stopped the incident in time, the consequence would have been worse. No sooner had I reached the scene than the student who was bullied cried loudly, "Help me! Help me! Don't beat me please! Oh!" I just noticed the student in black T-shirt bullying him, as violent as a wild animal. "Why are you bullying your classmates?" I stopped him before running away. "Follow me to my office." "How unlucky today is" he said in an angry voice.

I have told my students to learn how to respect others for a hundred times, but it seemed that this student did not listen to me. So I used other ways instead of punishing him. I reminded him of being bullied in the past, when he was as weak as the victim. Only by this way could he recall the feeling of being bullied.

Suddenly, I saw a bright thing coming through his eyes.

"I realize what a terrible thing I have done. I will say sorry for him and correct my mistake." His mood was calming down. Just like a mother, I patted him on the shoulder with a satisfied smile. I thought he would no longer bully his schoolmates.

Solving a terrible problem, the weather was not as hot as just now. I walked my home in soft steps.

Say “NO!” to Shark Fin Soups

4C Lam Wing Yee, Colby

Nowadays, sharks are an endangered animal. Aside from sharks, there are also many endangered animals in the world, such as polar bears, elephants, pandas and crocodiles. If we keep eating shark fin soup, more and more sharks will be killed and finally it will be extinct. In my opinion, I support the environmentalists to ban shark fin soup from being served in Chinese restaurants.

First and foremost, a ban on shark fin soup will raise people’s awareness of how shark fin soup can cause extinction to sharks. Statistically, almost 80 per cent of HongKongers find it acceptable to leave shark's fin soup off the menu for wedding banquet. Some even do not mind holding or going to wedding banquets which do not serve shark fin soup. More encouragingly, two-thirds of the respondents of a survey said they were uncomfortable with eating endangered fish, so they support a ban on the shark's fin imports.

In addition, shark finning is not only cruel, but also harms the ecosystems of the ocean. The practice of cutting the fins off living sharks and dumping them back in the ocean is terrible. This way to remove shark fin is inhumane. Cutting off the fins causes them extreme pain. A shark without its fin cannot swim and soon drowns. For instance, imagine having your legs or hands cut off and being left all alone. What could you do? And what do you feel? Shark’s fin soup is tasty but is not essential. We should not eat it just to satisfy meaningless wants. Sharks need their fins, but we don’t. We have no reasons to kill them.

Some people claim that the tradition of eating shark fin soup is important to Chinese restaurants. If shark's fin soup is banned, it will destroy the tradition of China. In fact, people think that if no shark fin soup is served to guests, hosts will be considered impolite. However, time has changed. The data mentioned above also tells that shark fin soup is unnecessary. Thus, we should reject shark fin soup.

To make people change their minds, and stop people from eating shark's fin soup, the following measures could be taken into account. In the first place, the

wedding could use other food ingredients instead of shark's fin soup such as bird's nest soup. It is also a special soup for Chinese people. It is no cheap food, so people don't need to worry about losing face.

In the second place, Greenpeace suggests people change their attitude to help the planet. We can ask restaurants to stop serving shark's fin soup and also encourage friends and relatives to stop consuming it and urge others to protect endangered species like sharks. If everyone does a little bit to protect our environment, the Earth will become more beautiful and healthy.

All in all, I support banning the shark fin soup to be served in Chinese restaurant. Sharks are endangered and on the verge of extinction. People have already killed a lot of sharks, so we should do something to save them.

If I Were the Principal

4D Chan Yu Man

If I were the principal, I can do lots of things that I never did before.

The first thing I want to do is to adjust the time of going to school from 8:00am to 9:00am. The reason is that some students might get tired because of studying at night, so if I set the time at 9:00, then students can focus on the lesson.

The next thing I want to do is to make lessons more relaxing, like only one piece of homework a week. This is a good idea, because it can get students out of the study pressure, and teachers can have less workload as well. It is good for them.

The third thing I want to do is to set Friday to be a holiday. In that way, we just have to go to school for 4 days a week. Students can have more time to study and rest.

The fourth thing is students can use their smartphones at lunchtime. Smartphones are a very important item for us. It can help us do many things. If we can use our smartphones at lunchtime at school, that could be really helpful.

If I Were the Principal

4D Kwan Tsz Him, Sam

If I were the principal, I would say “Good Morning” to every student whenever they come back to school and at the morning assembly. I think it is essential. Students can learn to be more polite too.

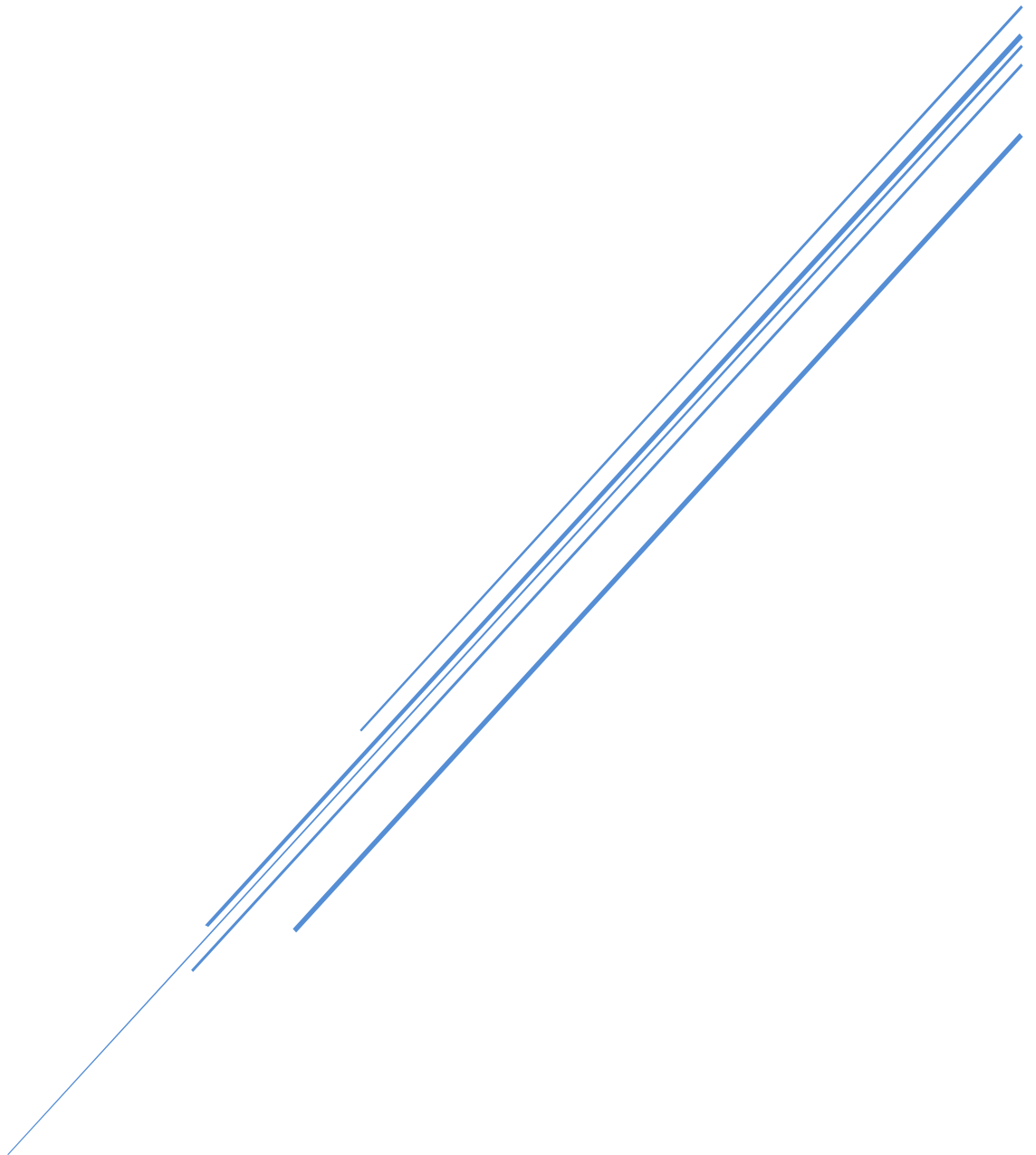
Then I would try to promote a greater degree of personal interaction between students and teachers, thus creating a friendly atmosphere in the classroom, which is a must these days. They can get on more easily and teachers would be friends with the students and this could help to eradicate any fear that the students may have in their mind with regard to their teachers. I think it would help to improve the working and learning atmosphere at school.

On the other hand, I would try to arrange the teachers to give less homework to the students. I think there is too much pressure for students if they have too much homework. So, they can have more time and pressure could be reduced. I think this can benefit both teachers and students. Teachers can mark less homework and students can do less homework. It is definitely a ‘win-win’ for both.

In conclusion, if I were the principal, I would do the things that help students do better.

MASTERPIECES

Secondary Five



A Casino on Lantau

5A Au Hoi Hei

Dear Editor,

Casino on Lantau: a 'curse' for both Hong Kong and Macau

As a regular reader of your column, I am writing to state my stance about a controversial issue in Hong Kong – building a magnificent casino on the Lantau Island. I firmly believe that this act will bring Hong Kong a multitude of dire consequences. Therefore, I am strongly opposed to such a plan.

The stance that I disagree with the proposal is grounded by several reasons, with the increase in opportunities of getting loans and resulting in family tragedies being the manifest. In recent years, there is an upsurge of Hong Kong residents traveling to Macau, hoping to get more money by gambling. However, what tragic is that only a small minority of them can even get a dollar in the casinos. Somebody left hundreds, thousands or even millions dollars. Insofar as this situation, many people in Hong Kong lose all daily expenses in just a few rounds of games, and a host of them will resort to suicide after this plight. If Hong Kong proposes a casino on Lantau Island, it will only add fuel to the deplorable phenomenon shown above due to the great convenience for the Hong Kong people to gamble. The more convenient it is, the higher the number of people getting hooked on this seduction of gambling will be. So, building a casino on Lantau will only make matters worse.

Besides the impacts of gambling, the interest of Lantau Island on its own needs to be taken into account as well. The development of the Chek Lap Kok Airport, Disneyland and Ngong Ping 360 is already tainting the natural beauty of the environment on Lantau Island. The further development comprising the gigantic casino, roads and hotels may bring the island a disastrous effect. The only few remaining natural resources will disappear as well. Instead of being a lovely getaway destination for families or school picnics, Lantau Island will be full of gamblers and different forms of advertisements encouraging greed.

Hence, in a bid to protect the peace of this lovely island, a casino should not be built.

Some may say that the proposal may create job opportunities. Granted, it is true. But with this logic, is it sensible to open a restaurant selling dog meat in order to create job opportunities? Why do some people ignore all the bad and serious consequences, but just think about money? Is money the most vitally important object on earth? That is the thing that I feel questioned about. You can build other attractions, encompassing a zoo, a water park, a botanical garden, a museum, all of which can create job opportunities. Why don't the people consider them, instead of a casino which poisons our city? That is really a definitely strange idea.

In view of the reasons above, it is my conviction that under no circumstances should the proposal be put into practice, although there are benefits brought by it. For the sake of Hongkongers' well-being, no casino should be built in this metropolis.

Yours faithfully,
Chris Wong

Fun Food Festival

5A Lau Yuk Wa

Do you like eating yummy food? Do you like eating traditional cuisines of different countries? Do you like cooking? If you do, this is something very suitable for you – Fun Food Festival! We also like eating tasty food and cooking different dishes like you. Fun Food festival is a traditional and popular festival of our school. Lots of students and teachers get to know more about each other through the festival and have an enjoyable time together. Apart from that, there are some professional chefs who will share their unique cooking skills with you/ Fun Food festival is coming, hurry up and take part in!

When and where—and what!

Fun Food festival will be held in hall D of our school, which is big enough for all participants. This event will start from 12 June to 19 June and the time is 3:30p.m. to 6:00p.m. every day.

Fun Food festival is organized by the cookery club of school. If you're interested in cooking and food, it will be a great place for you. Fun Food festival is consisted of two parts: Eat You Want and Mr. Smith's Talk.

About Eat You Want, we will showcase different kinds of cuisines which are from different countries and you can taste each dish. The cuisines are cooked by professional chef, Mr. Smith, a well-known chef from England. You will have a chance to eat different dishes at their finest. You'll definitely be blown away by how delicious they are.

About Mr. Smith's Talk, we invited Mr. Smith to come our school to share his cooking experience and skills. If you want to learn how to cook a delicious dish, you must come here. This is a very special opportunity for you to get more useful skills in cooking.

How to join in

If you want to take part in Eat You Want and Mr. Smith's Talk, do the following:

First, you can go to Cookery Club's room to find me and other committee members, tell us you want to join this event. I think it's not difficult to you.

Second, if you are a shy boy and girl, you don't dare tell us face-to-face, you can send message to us, our number is 7890 1235. Also, you can send an email to cookeryclub@gmail.com.

If you want to join in, Hurry Up!

Waiting for you

Eating and cooking are very interesting and fun things. We can get lots of inspiration and happiness through them.

Nowadays, Hong Kong people are busy at work and study so we are used to eating fast food. In fact, fast food is very unhealthy to our body and bring diseases to us. Compared with fast food, why don't we choose to cook by ourselves? We cook what we need, we eat what we want and we live the way we like. Fun Food festival can absolutely give you a different feeling and teaches you how to have a healthy diet.

An English Teacher or a Fashion Model?

5B Kwong Tsz Ching, Gisele

Dear Pat,

Hey! What's up? It has been a while since we met each other and I miss you so much! Please tell me when you're free so we can hang out and go shopping!

I know the struggle you have when having to choose one job between the two jobs you equally like. Pat, let me tell you some pros and cons of these two jobs so you'll have a better ideas which job to take!

I know you very well, Pat. I think you're actually more into a fashion model because you love being taken photos. Shall we first jump into the pros of it first?

Being a fashion model may enables you to travel to different countries and widen your horizons. You like travelling and this job may take you to different countries when there're special events such as New York Fashion Week! It gives you a chance to show your beautiful face and angelic body with fashionable and valuable clothes to everyone on a runway. Also, you can do your shopping in different countries! I believe it could help you gain new fashion sense.

Also, being a fashion model may allow you more freedom than being an English teacher. You don't need to work in an office or schools for at least six to eight hours. If you don't have any photo taking that day, then you're free for a whole day! You're an energetic person and I'm sure you'll love the taste of flexible working hours and you can do whatever you like on the rest of the day.

If there are good things, bad things must exist as well, just like Jesus and Satan!

Let me tell you the cons of being a fashion model. You were born in a single-parent family and you have a kind of serious economic problem so this job may not help you solve the problems with money. As the job of a fashion

model is kinda free and flexible, the salary of it is not stable as a result. If you don't get famous, you won't earn a lot of money. Just a few of photo taking won't help a lot for yourself and your family.

Being beautiful and young is always a rule of being a fashion model. That means you can't do this job for the rest of your life. A lot of companies won't accept models over 25 years old. In other words, your career may be done when you're 25. Of course, if you're as popular as Victoria Beckham, it'll be totally different. However Pat, I think this is risky because there are tons of fashion models in the world. It's not easy to be famous. I remember you've been No.1 in English subject for the past six years in the secondary school and you got 5** at the DSE, right? Being an English teacher is not that bad. Let me tell you why!

Being an English teacher can lead you to a higher quality of life because the salary of it is kinda high and stable. Your mom has taken care of you for years with lots of love and I think it's time to give her back a better and a comfortable life. I know you're saving money and you want to buy a new apartment for your mom. This job will probably help you to save more money and make your wish come true! Also, you can buy few more clothes, haha!

Another thing is, learning is a life-long thing. You can learn a lot while you're teaching at the same time. You can study the things like grammar, sentence patterns, prepositions and more through teaching your students. It will help you to keep remembering everything you've learnt. Therefore, when you have your own children in the future, you don't need to waste any money to let them have any extra English lessons and you can teach them by yourself.

However, there're two cons I think you should be concerned about.

You'll be really busy if you choose to be an English teacher and you may even have to do your work at home. You teach for about eight hours a day and that hasn't included the time for setting exam papers and marking your students' homework. After eight hours of teaching it will be at about five to six o'clock and the school may probably close at about seven. So you only have one more hour to go through your papers. But I believe that you won't be only teaching a class, maybe you have to handle three to four classes and that means you'll have at least a hundred to two hundreds of papers and homework for you to go through. You won't have enough time to deal with all those things in an hour and you

gotta bring back home and continue. I know you hate doing this kind of things, I'm sure you'll get crazy if you mark papers repeatedly. You should probably think more about it.

We used to be a student as well. We sometimes won't show any respect to some teachers we hate. Pat you're a person who gets angry easily. There're a lot of naughty students around you if you're a teacher and they may make jokes and tease you. Just like us! Do you remember we played an 'ice-bucket challenge' to our teacher Miss Mo? Her face turned red in a second at that time and it's really funny, haha! You may also be treated like Miss Mo as well so you gotta expect similar situations happening to you one day.

Pat, as I've said, a coin has both sides. Both jobs carry different advantages and disadvantages. In my opinion, you love freedom, fashion, travelling and being taken pictures, fashion model will be more suitable for you. However, I want you and your family have a better life as well. Therefore, I'll suggest you take up the job as an English teacher so you don't need to go to the other countries and you'll have more time to spend with your mom and me! Being a teacher may be difficult for you but I'm sure you'll survive. I'm always willing to listen to your complaints about the naughty students.

I hope my suggestions could help you. It's late now, I gotta cook dinner for my mom. Please write to me as soon as possible and please tell me your schedule! I really want to hang out with you for fun!

Cheers,
Mary.

Fun Food Festival

5B Kwong Tsz Ching, Gisele

Do you like to eat good food? Then here is your right choice! Our Cookery Club is going to hold an amazing Fun Food Festival.

In this festival, you will have a chance to taste the dishes from several countries such as Thailand, Korea, Japan and also our Hong Kong cultural food! Eating these kinds of food outside may be expensive but they're all free here for you!

I do believe that you may want to learn how to cook these cuisines so you don't have to pay a lot for just a tiny dish. Therefore our Cookery Club has invited a really famous chef, James, to teach you some tips on how to cook some dishes like the upscale restaurants. It helps you to be a master chef in just a little moment and everyone will be in love with your food.

When and where – and what!

This Fun Food Festival will be held on 27 January in a private kitchen at Flat 3, 6/F, Maple Court, Sheung Shui.

You'll be provided with some delicious dishes and some cooking tips from the chef. Also, our Cookery Club is going to give out our recipe books to you if you join our Fun Food Festival. The most exciting part would be a lucky draw! We're going to give out 13 cupcakes from a Four Seasons Hotel, which are really valuable and yummy. We'll also give out a set of cooking equipment which costs about \$10000! Everyone who joins our event will enter the luck draw. You should come and try to win these goods!

There are some games in our events as well and they're all about cooking! As you can notice, the date of the event is on 27 January, so Chinese New Year is approaching. We would like people to be grouped into two and cook a dish or just even make a dessert about Chinese New Year, for example, a red-pocket cake. A group who make the best dish will be awarded with a big prize!

How to join in

It's very easy to join our Fun Food Festival. Just email to cookcookcooking@yahoo.com and type 'Ding! I'm in!' then you will join it successfully and it's all free!

However, the private kitchen is a little bit small. We only can accommodate about 14 people. Therefore please join us as fast as possible or you'll regret for a year!

If you don't have an email account, you can also send messages through our Cookery Club's Instagram and Facebook, Cookery Club Home.

If you have any questions, we're willing to listen it and you can call 61125889. We'll try our best to answer and help you with your questions.

Don't hesitate to join it!

Is Fun Food Festival good?

I'm Chris Wong. I've joined the Fun Food Festival for the past three years and they were all amazing. It could make me taste a lot of good food from different countries, even from Syria! This even could really help me widen my horizons about food.

My wife is so busy that she can't cook dinner for our family so I'm the one who took this responsibility. However, my wife and our children always complained that the dishes taste terrible and they would rather have dinner in the restaurant. Luckily I've found Fun Food Festival and I've joined it without doubts. The chef has taught me a lot of tips about how to cook better. Complaints from them have stopped and they're totally in love with my dishes.

If you're a terrible cook, I do really recommend you to join the Fun Food Festival. There're a lot of useful tips to help you. Even you're a good cook, you can taste special food for free!

Fun Food Festival

5D Chiu Hing Man, Kobi

Hello our fellow schoolmate! Welcome to the Cookery Club. As the most popular club in our school, we organize different kinds of cookery-related activities in the past few years, such as cooking competition, cooking lesson and flavor test. This year, we would like to hold a fun event – Food Festival. It is a traditional festival originated from Russia. People will celebrate the great harvests to thank the Mother Nature’s blessing. They will have a feast and a variety of ceremonies during the festival. We will celebrate in our own way too. If you are a lover of food, you should not miss it!

When and where---and what!

We know you must be thrilled by the Food Festival! The festival will begin on 13rd October and last until 15th October. As for the venue, it will be celebrated all around our school. We will set up 9 counters at different sites inside our school. 9 of them have various themes but all about food. In these 9 counters, you will participate in a quiz related to food from the whole world, cake decoration trial, new food tasting, and so on. There is also a counter selling cookery books. If you participate in all 9 activities, you may get a chance to win a big prize.

How to join in

To join the Food Festival, what you need to do is only to get a stamp collection card and queue in any counters for the games. Food Festival is open to all schoolmates, so everybody can share the fun and joy when celebrating Food Festival.

Related activities afterwards

After the celebration, our cookery teacher Mrs. Chau will give a talk to us. It’s about her experience of celebrating this traditional festival in Russia and the history of Food Festival. Schoolmates can listen to this talk at the coming assembly. Moreover, Mrs. Chau will also teach us to cook Russian cuisines in the cookery lesson. It is a rare chance for you to taste Russian food, so don’t miss it.

Hope you enjoy the Food Festival and know more about the history of eating and food in our world. Gain a brand-new experience with food. We are looking forward to your participation!

Should Shark Fin Soup be Banned in Hong Kong?

5E Luo Jinhong, Jack

Since centuries ago, shark fin soup has always been an indispensable cuisine in celebrations and banquets among emperors and royals. It is considered one of the four “treasures” of Chinese cuisine, along with abalones, fish maws and sea cucumbers. While Hongkongers are becoming wealthier, the demand for shark fin is increasing year by year. Seeing the worsening situation, environmentalists pleaded for a ban in shark fin soup, which has recently become the talk of the town as well. I whole-heartedly embrace this idea.

First of all, shark finning is brutal, inhumane and barbaric. Shark fin, as its name implies, is cut from a shark while it is alive, and the living shark is tossed back overboard to drown or bleed to death. After the shark fins are cut off, they are thrown back into the ocean where it can take days to die, which is without a doubt agonizing. Some sharks starve to death, others are slowly eaten by other fish, and some drowned because sharks need to keep moving to force water through their gills for oxygen. Therefore, Hong Kong should ban the shark fin soup.

In the meantime, shark finning also severely upset the oceanic ecosystem. Sharks are not only natural predators, they are critical partners, cleaning and balancing agents in our surrounding water. To put it bluntly, shark populations have been decimated globally. Tens of millions of sharks are slaughtered every year to satisfy the demand for shark fin soup. Twenty species of sharks are listed as endangered by World Conservation Union. In a few years, many species of shark could become extinct if action is not taken immediately. Populations of many shark species have fallen by over 90 percent. The consequences of the decline in shark populations on ocean life are immense. The large shark species are “apex” predators, they are ecological stabilizers. Once they are gone, the ecological balance of the ocean will be upset. For example, in the US East Coast alone, large sharks have been virtually eliminated. As a result, there have been declines in shell fish numbers and a reduction in

water quality. Therefore, if we remove apex predator from an ecosystem, the result is the same as removing the foundations from a building—total collapse.

Surely, some people think that it is important to serve guests with shark fin soup to show respect. It is a tradition in Chinese communities. However, many hosts serve shark fin soup at wedding banquets so that they can impress their guests. To achieve that purpose, the hosts can simply serve the guests with other cuisines such as bird's nest soup or ginseng soup. Apart from that, according to a survey, over 70 percent of the respondents expressed that it is acceptable that the hosts don't serve shark fin soups in banquets or celebrations. Therefore, shark fin soups can be replaced by other "treasures" to show the respect.

Shark fin soup is just not integral to us. Never have I tried shark fin soup and never will I try it, either because of the cost of shark finning, the brutality and barbarism of this practice. Let's stop consuming shark fin soup, for the sake of sharks, our environment and our future!

A Working Week

5E Luo Jinhong, Jack

Many of you might not believe that being a teacher has always been one of my dreams since I was a kid. I have always perceived a teacher as being a knowledgeable, kind and virtuous character. Besides being a teacher, many of them even become friends of mine, guide me when I'm lost, comfort me when I'm sad, encourage me when I'm scared. As a matter of fact, I always consider that certain traits of mine and moral values are influenced by some of my teachers, I guess that the reason why I desire to be a teacher is to change people, even just one person.

The 'Working Week' my school recently conducted gave me the opportunity to fulfill my dream—being a kindergarten teacher for a week. The children are so innocent and adorable. I have spent great times with them.

On the first day of my 'teaching career', under the lead of a regular kindergarten teacher, I was brought to a class to start teaching. As I walked into the class, I felt my heartbeat quicken. More than 30 pairs of eye were staring at me. Despite their young ages and adorable faces, I still felt kind of nervous. I then started thinking. They were so innocent. They wouldn't be mean to me. I began to introduce myself and told them why I wanted to be a teacher although they looked so confused, haha. Being an English teacher, I started by teaching them vocabulary and rewarded the students who could spell words. Time flew. My first lesson was over. However, the interesting part began after class, these little angels took out their precious toys and started playing with one another. The scene reminded me of so many happy memories.

After school, parents lined up at the gate of the kindergarten to pick up their children. As a teacher, I was responsible for keeping order and staying with the students. Students were leaving one by one. Half of hour later, every student left but one—Lily, a little girl with a broken schoolbag, who wore a pair of socks with a hole. Apparently, this girl's family lives straitened lives. She seemed sad after waiting for such a long time but still sat there quietly. I approached her and tried to cheer her up. Unfortunately, I failed to do so, but after a short conversation

(Basically, she was just answering the questions I asked), I've learned that she came from a single-parent family. Her mother was a cleaner and was off duty later than our school. Another 30 minutes later, Lily's mother finally showed up. She looked tired and took Lily away quickly after saying thanks to me.

I had been thinking about Lily all night after I went home. It made me sad looking at her. She was so quiet and well-behaved in the class, but also, she was melancholic. I paid more attention to her since then, she looked different among the class, especially after school. I asked about her from the teacher. It was coincidental that my last day of being a teacher was Lily's birthday. I decided to give her a surprise.

Few days later, here came my last teaching day and we had a great time as usual. After school, students were picked up by their parents. Lily was alone in the classroom again. While she was waiting at her seat, to her surprise, I asked all the students who were actually still at the school to bring their little gifts into the class. Lily's eyes and mouth opened wide. Then a teacher held a birthday cake into the class while the students were singing the birthday song. Finally, Lily couldn't help herself anymore and started crying. That might be her first birthday cake. Seeing her cry, the tear started to well up in my eyes too.

I guess I start to realize the meaning of being a teacher now. It is not only about transmitting knowledge, but also about helping, changing and influencing the students with our heart. It is about helping the students with problems, it is about making a difference in students, developing them to be a more caring and more responsible person. This 'Working Week' taught me an invaluable lesson.

Fun Food Festival

5E Wong Po Yi, Bella

Have you ever thought of trying different kinds of food all in one place? Can you imagine you can actually try it in our school? This is no longer a matter of imagination, our school's Cookery Club will hold a Fun Food Festival!

The Cookery Club managed to collaborate with different famous restaurants and food brands, like Pressjuice, Healthy Food Co., Vita Ltd, etc. Not only will there be some big companies, but there will also be our students cooking for you! They will be setting up their own stalls providing different types of snacks, a variety of lunch ideas and some special cooking methods. You can try out some new food and learn how to cook!

When and where--and what!

The Food Festival will be held on Mar 13 Wednesday, from 1:00pm to 7:00pm in the school hall. Students, teachers and parents are all welcome to the festival!

Famous food brand, Healthy Food Co. will provide you some healthy snacks ideas and teach you how to make healthy green smoothies at home! And also the international eatery, EatItAll will give out free meals, coupons and their chefs will teach you how to cook well and some special techniques.

What's more, there will also be cooking workshops on how to make mooncakes and cupcakes, the most symbolic dessert of the Western and Eastern!

Another highlight of the festival is that the famous nutritionist, Mr Samuel Wong, will hold a talk in the school hall from 2:00pm to 3:00pm. He will give you all some healthy breakfast, lunch, dinner and snacks ideas. And how having a balanced diet will actually help you get a better grade in exams! All I can think of is tomato, cheese and spinach with bagel right now!

How to join in

If you want to join the festival, you can go to the school Cookery Room on 3/F and buy the

entrance tickets. And the tickets will include some coupons for you and your family! You can also contact any one of our committee members and reserve or buy tickets. Don't be desperate if you can't buy tickets on time! There will also be some walk-in tickets. What's more, students enjoy 10% off discount on buying 4 tickets or more!

If you are interested in joining the Cookery Club, feel free to contact Miss Chan, the teacher-in-charge. We would be delighted as your support means a world to us.

My message to you all

Attracted by the food? Interested in the workshops? Want to know more about healthy diet? Don't hesitate and come to join the festival and be part of our club.

I bet you are bored with those monotonous lunches and breakfasts, tired of eating fast food and processed food every day. Come and join us and you will never run out of ideas or spending hours decide what to eat or cook!

If you are not able to participate in the festival, you can still show your support by donation, as we are also cooperating with a charity, which helps children all around the world. You can help us by decorating the school hall too!

Your participation and support are curial to us. Should you have any enquiries, feel free to contact me Chris Wong 5E. Stay tuned to our latest updates on Facebook and Instagram.

A Two-sided Essay on mobile games

5E Wu Chi Hong Kelvin

Dear Editor,

I am writing to express my concern over playing mobile games. Recently, there have been numerous ones sweeping around the globe. It boils down to questions and debates like whether this electronic obsession is appropriate. It is high time we probe into both pros and cons of this type of portable entertainment.

In this era of technology, there is no denying that we are benefited a lot from it. One of the benefits of having mobile games is that it promotes health among players physically. Some of the new, heated games are becoming more physically-demanding. Pokémon Go, as a case in point, has refuted the proposition that gaming is nothing but unhealthy entertainment. Throughout the virtual adventure, players are strongly encouraged to pick up their smartphones and explore the external world. During trainers' journeys, they will encounter various types of Pokémon from hectic metropolis or even the damped jungles. Apart from collecting different species of these elusive creatures, trainers will also gain Pokémon eggs. In order to hatch them, players will have to walk miles long to get their newly bred Pokémon. Others like Geo-catchers also encourage explorers to spend their days on wandering outdoors. In fact, players are gaining more opportunities to expose themselves to the external world with sweats draining out their bodies. Who wouldn't find chasing mythical creatures and gathering treasures interesting? It is not hard for us to realize that this type of gaming is actually offering golden opportunities for players to exercise, rather than simply hunching over their devices. Jogging along the pedestrians, climbing up hills, chasing in parks are not only strategies of mastering the game, but also exhausting aerobics. Studies have shown that participating in these exercises is undoubtedly facilitating heart beats and breathing rates, which burns undesirable calories and lowers the risk of having cardiovascular diseases. These new approaches of "working out" are definitely improving physical health of players.

Besides enhancing their health standard, mobile games nowadays are also prompting social well-being of players. Gone were the days when “Tamagochi” was merely raising virtual, digital pets without any instant interactions. People were more introvert as they were not able to share the joyfulness of playing games with others. Instead, they were spending their time solitarily. But today, with the aid of the internet and GPS, we are stepping out of our comfort zones and starting to socialize with other players. When opening the state-of-the-art created by Nintendo, our locations are quickly tracked in the game. We can battle or even become allies with nearby players around the neighborhood. Sometimes, when rare Pokémons are on sight, players are all gathering in one spot. Trainers are able to exchange ideas and tactics of mastering the game. Apart from interacting with our neighbors, our sense of belonging could be promoted too since landmarks are set to be Poké stops and Gyms. Most importantly, mobile games are establishing bridges between family members through bringing common topics between generations. Youngsters teach their parents to learn the fun of gaming thus lessening the “technology tension” between older folks and kids. It is therefore evident that mobile gaming is actually fostering social well-being of the community.

While mobile gaming seems to be beneficial on many aspects, it is also worth exploring the cons of such virtual trend.

What makes mobile games despicable is that it contributes to online addiction, which bounds to bring several side-effects that are detrimental to the well-being of players. Through topping the ranks in virtual world, players might find it satisfying as it builds up their confidence. They may simply spend most, if not all, of their holidays on browsing servers on the phone, indulging themselves in the engrossing conversations with animated characters and attacking the towers of their enemies in the virtual world. In the worst case, they might even sign up for credit cards and start pumping cash into their online ambitions. For adults who are employed, it may be acceptable as they are able to earn income for their online fantasy. But for teenagers who are still studying, given that they are still financially dependent, they might end up committing crimes such as using their parents’ credit cards without permission, getting loans that worsen the burden of their parents and cultivating habits of poor financial management.

Another concerning traits of mobile games is that it can be invading privacy of users and the others. When registering an account, a message box usually pops

up and starts requesting your email address. It sounds familiar, doesn't it? But once you are done filling up your address, you are nothing but a prey to these unscrupulous businessmen as email is a key to other invaluable personal information like phone number, credit card, bank account, identity card, passport etc. Gaming companies have gained access to these personal data and made deals with other business counterparts by retailing your personal details. Moreover, it is also worth noticing that players' time-to-time locations are closely tracked by some game servers like Pokémon Go's. These aforementioned cases have indeed posed jeopardy to our priceless privacy.

It is true that mobile gaming will continue to be a popular entertainment option. Taking different aspects into consideration, there is no definite answer whether it is conducive or detrimental to players. After all, it depends on the mindset of players. Only if they adopt a wise gaming attitude could they play with safety and wisdom. I hope these facts can arouse the attention of your readers towards mobile gaming itself.

Yours faithfully,
Chris Wong

Proposal for “Be Part of It”

5E Wu Chi Hong, Kelvin

(1) Introduction

In consideration of the phenomenon that students nowadays lack the initiative to care about the society, we, the campus TV network “The Latest”, would like to film and broadcast a new TV series, namely “Be Part of it” in order to raise the awareness of our students towards poverty. This proposal aims to offer ideas for the show, explain how would the show be popular and describe measures could be taken to make the show appealing to its audience.

(2) Ideas for the show

2.1 Rationale

The negligence of teenagers to the widening financial gap can be attributed to the lack of hands-on experiences. Most, if not all, of the affluent group of students have no clear pictures of the plight and struggles faced by the underprivileged. The indifference to social issues such as poverty could be the aftermath of this.

In light of this, gaining face-to-face living experiences for students would be the rationale of this series. It is hoped that students could have a clearer image of poverty and hold a heightened concern towards this worrying problem. Details and rundown of the production will be given as follows.

2.2 Details of the show

2.2.1 The tasks and participants

As far as students’ participation of the show is concerned, in each episode, we would like to have different contestants finishing different tasks. 5 students would be drawn randomly from different grades in our school to complete a wide range of tasks that resemble the daily life of the grass-roots. These challenges take various forms, ranging from running business as flea market hawkers to carrying heavy cardboards for selling; from frying chestnuts and sweet potatoes with enormous stove of rocks and shovel to spending a night out distributing meals to the homeless under the footbridge. The reality show would take place in low-income regions like Shum Shui Po, Sheung Shui, Fanling etc.

Cameramen with cameras would be designated next to the participants to record closely the candidates' actions, emotions, reactions and feedbacks. It is expected that the content of each episode would cater for the interest of our target viewers ----students.

2.2.2 Details of broadcasting the series

The duration of each episode would be approximately 20 minutes and a total of 8 episodes will be broadcast every Friday during an hour of lunch break. If the production and reactions go well, the first season will be aired for around 2 months from February to April. We would be grateful to spread these invaluable messages to our audience within these 2 months.

(3) Reason why this would be popular

We have faith that this production would be favorable for students throughout the campus. One of the reasons that strengthens our belief is that familiar faces could arouse the interest of students. Since contestants in the each episode are students from our school, their schoolmates, acquainted or not, will be intrigued and interested in watching them conquer tasks and encounter unprecedented difficulties throughout different scenarios. Not only can the audience see their fellow schoolmates on TV, but they can also be chosen to get engaged in the show. All students share equal opportunity to be drawn and participate in any one of the episodes. It is reasonable for them to feel excited to find out who would be next reality star of the show when our production crew announces the list of participants of the next episode. Therefore, it is foreseeable that this bold and brand new attempt would definitely go viral among our students.

(4) Measures for advertising the first episode

Since it is, indeed, a pioneer approach that has never been tried in the past, students may be unfamiliar with the show regarding its contents and purposes. The following methods would be adopted to promote the show.

(4.1) A Lecture Given by Commission on Poverty

The representative of Commission on Poverty would be invited as a distinguished guest to give lecture concerning wealth gap. It is arranged in a bid to further equip students with more related knowledge and latest information about financial and social environment currently in Hong Kong from the aspect of government. For students who are not familiar with these topics, they can ask questions and address their uncertainty by receiving our guests' point of view.

For students who have basic knowledge about this issue, they can exchange ideas and concepts with members of the bureaucracy; they could analyze and understand the issue in a more in-depth way. For all, a lecture could be an effective way for further enhancing their awareness and understanding of the social topic that our show is related to--- poverty in Hong Kong. We could also ask our guest to promote our reality TV show at the end of the talk.

(4.2) An Open Forum

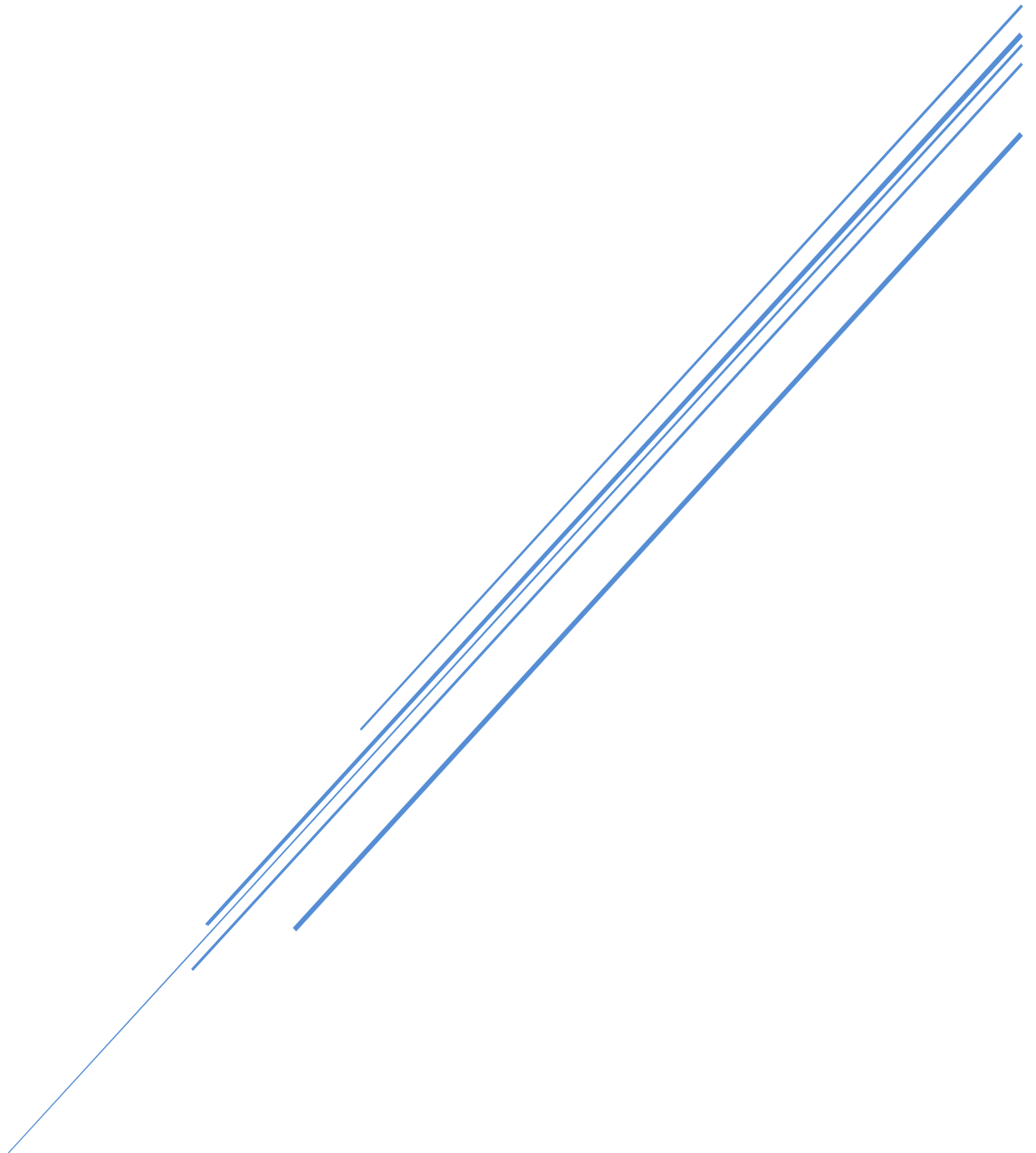
Open forum would be a common platform for students to express their concerns over the new production. It is arguable that whether this attempt is educational or recreational; whether it is appropriate for production crew to create a reality show with such harsh issue; whether it is practical for students to complete the assigned tasks without follow-up discussions; whether it is safe for participants. It is absolutely understandable for students to hold a cloud of questions for the show. Therefore, with a view to tackle most, if not all, of the worries and concerns of our audience, regardless of students or teachers, an open forum in which our crew would be there to answer questions related to the methodology and content of the production would be organized.

(5) Conclusion

As we are dedicated in kindling students' attention towards the underprivileged, we sincerely hope these suggestions will be taken into serious consideration.

MASTERPIECES

Secondary Six



A Letter to the Editor on Problematic Parenting

6A Chan Lok Tung

Dear Editor,

I am writing to express my points of view on the issue related to the parenting problem which is prevalent in today's society. Many youngsters nowadays have been criticized that they are egocentric, rebellious, materialistic and inconsiderate, a negative term "Kong Kids" is used to describe them. However, it is not all their faults since that their parents' parenting styles may directly affect their development of personal traits. In other words, this problem is also resulted from the wrong parenting styles children's parents adopt.

First of all, one of the common mistakes today's parents make in raising their children is that they are being overprotective and keep claiming that it is for the sake of their children's safety and development., which is totally not the truth. The phrase "helicopter parenting" is one of the evidence showing the wrong parenting style, it is used to describe parents who hover over their kids at all times, ready to step in at a moment's notice to keep their children safe and solve all the problems for their children. They wrongly believe that always offering their children a help hand and solving all problems for them is the best way to protect them. However, it by no means benefits children's growth. Children who experience this kind of parenting style may lack independence and self-management skills since they are rarely given chances to make decisions and bear the responsibility for their own decision, and their parents always make decision for them, for example, they tend to choose a school for their children, elect electives which they think are suitable for their children. As a result, the youth may fail to be independent and be able to make their own choices. When they grow up, they will easily be upset if they cannot overcome obstacles because they have never tried to face difficulties on their own under the "helicopter parenting" style.

In addition, another frequent mistake is that many parents wrongly believe that

satisfying children's materialistic needs is the best way to show their love to their children. Many parents at present are officer workers, they have to work all day long every day. Thus, they always go home late and miss out on the communication with their children. To make compensation, they tend to satisfy all materialistic desires of their children, they give them a large amount of money to their children to purchase all the things they want such as the latest models, brand-named handbags , luxurious products, etc. It seems that these parents try to use money or luxurious items to compensate for their lack of time to spend with their children. In fact, it is not a good way to do so because what they are doing is instilling twisted values to their children. The youngsters may misunderstand that they can get what they want by making requests to their parents without paying a price. As a result, the wrong parenting style will make them more materialistic—they would believe that the more luxurious items they own, more happier they are, which is not the fact. Also, the parents who try to use that way to replace the time getting along with their children are ignoring the psychological need because their children cannot feel any parental love, which jeopardizes the youngsters' personal growth.

To prevent this situation from getting worse, it is time for parents to make a difference on their parenting style. Parents should offer them more freedom and give more chances to their children on facing obstacles by themselves because a number of parents are overprotective. They even solve the problems in advance for their children and make the lives of their kids suffocating. If more chances are given, teens may learn how to make decision on their own and take the responsibility for their choices, they will be more independent and responsible for the things they have done. Also, it is important for parents to spare more time for their children. Many children always complain that their parents spend too little time staying with them. Hence, their relationship starts deteriorating. What parents need to do is to spend more time communicating with their children. Through communication, they can know the real needs of their children, so the parents can get to know more about their children and narrow the gap among them and their children. Last but not least, parents have to play a good role to them in order to convey positive messages to them. For instance, parents should tell them luxuries are not necessities but endless material desire, the most important thing is the proper value like love and trust. As a result, their children may follow their steps and become trustworthy, friendly and generous people.

It is genuinely hoped that the common mistakes on parents' parenting style can be avoided and the children can be brought up in families with love, forgiveness and trust.

Yours faithfully,
Chris Wong

A Debate Speech on Whether Voluntary Service Should Be Made Compulsory

6A Lai Ka Wing

Good morning ladies and gentlemen,

When people think of volunteering, they may think that they're the activities that help people who are underprivileged and thus help them to alleviate the financial burden. It seems that providing voluntary services is merely beneficial to the poor who are in need. Is it true? The motion for today's debate is 'Voluntary service should be made compulsory for senior secondary school students.' Our team is in full support of making voluntary service compulsory for senior secondary school students for three major reasons. First, students can acquire skills which are essential for their future career. Second, it can broaden student's horizons from getting golden experience of being a volunteer. Third, students can realize their responsibility of contributing to society.

Let me explain my argument in detail. First, being a volunteer gives you advantages for your future career. The experiences you get could enrich your CV and hone your skills. Several job skills such as communication skills and problem-solving skills can be obtained by students from being a volunteer. Hong Kong adopts an exam-oriented education. Most of you bury your head in the textbooks. A lot of Hong Kong students probably don't know how to establish or get into communication. However, taking part in voluntary activities provides you a platform to interact with the underprivileged who are willing to share their anecdotes with you. In addition, it helps you to develop your problem-solving skills. Voluntary services are not only caring about the grassroots but also giving a hand with housework such as changing the light bulbs. This can enhance your ability to solve problems. Therefore, for those who lack essential skills, taking part in voluntary activities is a great way to obtain and practise your social skills which are the requirements of your future jobs.

Second, doing charitable work widens your horizons. You're able to interact with the poor and get to know them from diverse backgrounds through volunteering.

It also provides you an opportunity to see that they live in the extremely inadequate subdivided flats. Students will understand how serious the income inequality is and how society is going on, especially those who live under a rock. Take visiting slums as an example. You can understand that how awful the living environment is. If you regularly go to those places and visit the poor, you can keep abreast of the issue of poverty and realize the current affairs that raise your awareness of the importance of the issue. Now, do you agree that doing voluntary work helps broaden your outlook on life?

The opposition side may persuade you that mandatory volunteerism is completely self-contradictory so doing charity should be voluntary rather than compulsory for senior secondary school students. However, as a Hong Kong citizen, do we have responsibilities to lend a hand with the needy? The major reason for providing voluntary services is contributing to society. Other reasons for it are developing our sense of social responsibility and building a better community. If the voluntary services are made voluntary and everyone is reluctant to do the charity work, how many people can find volunteering valuable experiences? How many people would take the initiative to help the underprivileged? Making compulsory volunteering for senior secondary school students paves their way to become responsible. Hence, it should be compulsory.

To sum up, our team believes that voluntary service should be made compulsory for senior secondary school students because of sharpening skills and widening your horizons. Therefore, the motion for today's debate must stand.

Pros and Cons of Smartphones for Teenagers

6A Lai Ka Wing

To many of us, smartphones have become an essential part of our daily life. Smartphones bring people tremendous convenience and efficiency as they provide us with various functions such as camera, messaging, music, internet, etc. Also, users can download applications for learning, contacting with others or accessing information. Indeed, smartphones have improved our life as they provide students with entertainment and help their studies. However, there are also concerns about the negative impacts of health and relationships on teenagers. To judge whether smartphones are a boon or a bane, it is important to look into the positive and negative impacts they have on teenagers.

The first advantage of using smartphones is that they help teenagers' learning. Teens often grumble that reading the text books for revision is boring. However, the applications in the smartphones allow them to learn in an alternative way. For instance, 'BBC learning English' and 'RTHK News' are the apps which can arouse their interest because students can build up their vocabulary from reading news or listening to the podcasts. In the meantime, they can keep abreast of the current affairs and get to know what is happening in the world. Also, if the news are thought-provoking, these apps can consolidate their critical thinking. Hence, it improves their academic results in subjects, particularly in English and Liberal Studies. In addition, some apps help students to create mind maps or organize the study notes which help them efficiently memorize things. These apps in smartphones as the auxiliaries are helpful in learning. Therefore, using smartphones facilitates teenagers' learning.

Another advantage is using smartphone for entertainment. Hong Kong adopts an exam-oriented education system so students always immerse themselves in studying as well as preparing for public examination, which exert an immense pressure on teenagers. However, the diversified games in smartphones as entertainment apps allow them to relax and release stress. For example, 'Candy Crush' is a game which is popular among teens. Such games enable them to

relieve their boredom on studies or even gain a sense of satisfaction. Moreover, other entertainment apps other than games are used to listen to music and watch videos. The apps are excellent for relaxation and while away the time in a meaningful way. Thus, using smartphones makes them feel entertained.

Despite the above advantages, we should never overlook the negative impacts on teenagers. The health problems after using electronic gadgets become the social concerns. The excessive use of smartphones may be detrimental to the physical health. The more time they spend on digital devices, the more chances of shortsightedness they have. If teenagers use smartphones without self-control, they are likely to have adverse effects on teens' health such as eyes and spines. Also, keeping using the smartphone for a long time would make their brain feel fatigued and so it cannot function efficiently and effectively. Even worse, using them enduringly would keep the brain stimulated and teenagers cannot fall asleep soundly so they may not feel awake on the next day. Therefore, smartphones have the drawbacks on physical health.

What is more, there are worries that the relationships among teenagers would be damaged. Teenagers tend to connect with others through texting nowadays so they have become too dependent on their smartphones. They rely on text messages to stay connection rather than meeting or talking to their friends in person. As a result, it would weaken their communication skill because they lack face-to-face communication. It is obvious that using smartphones excessively reduces the quality and quantity of their interaction. That would adversely affect their interpersonal relationships.

In my opinion, the advantages of smartphones outweigh the disadvantages. Smartphones are the great and useful electronic gadgets and are helpful in teenagers' learning. As long as teenagers are self-controlled and self-disciplined on using them, the health problems can be avoided. Also, our life will be easier and more convenient.

A Letter to the Editor on Helicopter Parenting

6A Lo Pui Sang

Dear Editor,

I am writing to express my views on parenting nowadays. “Helicopter parents”, “Tiger Moms” seem to have aroused public concerns about parenting styles nowadays. It seems that the reason engendering the aforementioned parenting styles is related to the parents’ misconceptions, which leads to the unhealthy parenting. While those parenting styles have raised society’s awareness, it is wise to delve into the common mistakes and misconceptions of parents.

The most prevalent mistake that parents make is not trusting their child, and not giving enough freedom to them. Both Helicopter parents and Tiger moms are vivid examples at that. Helicopter parents are referred to parents who hover over their children, while tiger moms mean mothers who are as strict as tigers, both having huge control over their children’s lives. They make every decision for their kids, hoping to pave the “perfect” way for them, and eventually get into prominent schools and get good grades, which is a kind of success that they perceive. They believe having everything planned and having a stringent life could lead to a bright future, so very often, their child possesses little freedom, some, but not all, even possess no autonomy. Under such circumstances, the child may grow up being reliant on others, and unable to develop independence. While someday the child would need to live on their own and become independent, this would be a hard time for him/her in the process. Apart from growing up dependently, the kid may also be rebellious when they grow up. Since they are raised differently from others, they may feel bizarre among others, and become rebellious so as to vent their frustration and dissatisfaction. As a result, not trusting their kids is a common mistake parents make, and this could bring about negative impacts.

Conversely, another typical mistake parents make is spending too little time on their kids, giving them unrestricted freedom. There are a lot of overworked

parents who work around the clock to provide a better life and growing condition for their minors. However, sarcastically, the most important part for a healthy growing condition is a good parent-child relationship. When parents come home from work, it is often very late and the parent himself/herself is already fatigue. It is unlikely that parents would want to chat with their kids but to rest. The insufficient time of communication and interaction could cause deterioration in the relationship, since two parties may feel distant and disconnected. In worse cases, due to the lack of interaction, kids may be rebellious and even go astray in order to seek attention from his/her parents. They may also resort to extreme behaviours, such as running away from home, joining triads and taking drugs, so as to gain peer recognition.

To rectify the mistake, it would be sensible if parents could strike a balance between the two parenting styles—giving children enough freedom and attention—so the child can grow up under a healthy environment. Parents ought to spend adequate time on their minors and have sufficient communication so they could exchange their ideas and attain mutual agreement by compromising with each other. Through communication, mutual trust could also be strengthened as both parties are willing to share their thoughts and understand what they desire. Under this situation, the child would be more likely to open up their hearts to the parents, meaning that there should be less conflicts and less misunderstanding between each other, contributing to a healthy parent-child relationship.

After all, parent-child relationship is two-sided, it is not only about how parents think, children's thoughts matter as well. It is advisable for parents to adjust the parenting style according to the child's personality and traits, with mutual trust as a foundation.

Yours faithfully,
Chris Wong

A Debate Speech on Whether Voluntary Service Should Be Made Compulsory

6A Lo Pui Sang

Good afternoon ladies and gentlemen.

Students' life has always come under the spotlight, be they academically-related, physically-related or socially-related. Recently, public's concerns regarding contributions of students to society have been aroused, leading to today's debate motion "Voluntary service should be made compulsory for senior secondary school students." After thorough consideration, our team is in full support of this motion.

There are several reasons why our team supports this motion. First and foremost, making voluntary service mandatory could better students' personality, contributing to their spiritual growth. Nowadays, teens are often regarded as Kong Kids, which means they are arrogant, egocentric and inconsiderate. As the old saying goes, "sharing is caring", participating in voluntary service allows students to be more caring and considerate. Take visiting homeless people as an example, students would be able to chat with the homeless, know their needs and see things from their perspective. Understanding their difficulties, students may put themselves into their shoes and become more attentive and tender. As suggested by Confucian philosophies, we, human beings should have an obligation of humaneness for other individuals, and doing community service is a way to achieve so, isn't it? Instead of being selfish, students would be virtuous and altruistic after taking part in voluntary service, which is the personality that we should strive for. As a result, making voluntary service mandatory for students promotes better personality.

What comes next should be that making voluntary service compulsory could benefit the students' future. Aside from the virtue I mentioned, students would also acquire various essential skills, which are advantageous to the students, both for the present and future. In most cases, voluntary services are carried out in groups. Students are often assigned into groups. This could help students

develop leadership skills and sharpen their interpersonal skills when interacting with teammates. The skills allow them to be more adaptable in the future workplace. Apart from gaining skills, students could also explore their potentials when doing voluntary services, which is beneficial to their future. For instance, students may be asked to visit kindergartens and give out lessons to kids, they may find interest in early childhood education afterwards, which may alter their future career path, giving them a better insight of what they want to pursue in the future. How can this not be auspicious for students?

Our opponent may persuade you by saying that making voluntary service obligatory for senior secondary students is a waste of time. They believe that senior form students should spend more time on studying and focus solely on their exams. Indeed, we cannot deny that carrying out voluntary service takes time. It can be time-consuming, since students may need to plan activities and prepare materials for the service. However, is this really a waste of time? Certainly not. Our team do not deny the fact that senior form students should concentrate on their studies. Yet, we believe that students should not merely strive for academic excellence, but develop holistically. Aside from being a student, teens also play a role of a citizen. They ought to serve the community and get more involved in it in order to be a responsible citizen. This is also an essential life lesson for pupils to learn. Therefore, the saying of “making community service obligatory is a waste of time” is absurd.

All in all, our team still insist on supporting the motion, as it is beneficial to the students and the community. The school plays a pivotal role in the students’ life. Having a huge influence in their students’ life, schools should pave ways that are helpful for students. After all, why shouldn’t we pass a green light on this motion?

Thank You!

An Information Poster to Promote an Annual Walkathon

6B Chow Hau Ying, Heidi

Annual Walkathon for *Walk to Build*

Sunday 18 March 2012

Help to raise money to build schools in China

Why take part?

Three days ago, due to Sichuan Earthquake, a vast array of schools in China was demolished. As a matter of fact, it was just the tip of an iceberg. In many poverty-stricken areas in China, including Qinghai and Sichuan, schools are remote from children's homes. They have to walk for a few hours to the nearest schools for the sake of learning. Some cannot even attend school because of such inconvenience. In short, our school is going to put our hands together with these children. We will hold the above event in order to raise money and help the children. The event can give them an equal opportunity to learn in an attempt to enhance their competitiveness.

The route of the walk

The route of the walk is approximately 2km, which is the same as last year. The starting point will be our school covered playground. To be precise, we will walk along the Victoria Harbour, Harbour City, Nathan Road and 1881 Heritage.

On the way to the finishing point, Mong Kok Station, you will be able to see a 17-floor building called Chungking Mansions. Even though you don't have a chance to visit the poor in China, paying a visit to Chungking Mansions may give you a taste of how they live. This building is well-known as nearly the cheapest accommodation in Hong Kong. A lot of people from low-income groups live there.

The work of *Walk to Build*

Walk to Build is a local non-governmental charity in Hong Kong. It has been established for 50 years from 1962. Chris Wong and Pat Chan are the founders of this charity. They were also poor children in China when they were young. Later, they were helped by numerous people who donated money as funds. The help changed their life. At that moment, they were extremely touched and understood that “it is more blessed to give than to receive”. After they have grown up, they started to raise capital and set up *Walk to Build*.

Nowadays, lots of Hongkongers know *Walk to Build* by virtue of its good reputation. Its aim is to help build more primary schools and secondary schools and promote free education in China. It is believed that learning can widen children’s horizons, enrich their knowledge and even raise their human capital. Therefore, the ultimate goal is to help them escape from their old village and immerse themselves into big cities in China such as Beijing and Shanghai. Apart from the annual walkathon, other charitable activities will be held very soon. For more details, please refer to the webpage of *Walk to Build*.

What are you waiting for? The poor children problem has rung the alarm bell!

Teenagers' Materialism

6B Chow Hau Ying, Heidi

Dear Editor,

I am writing to express my concern over teenagers' materialism. I opine that such trend is harmful to both teenagers' mental and social health, or even ruin their future.

In this day and age, for the sake of keeping abreast with the late trend and obtaining peer identification, teenagers purchase a vast array of trendy products such as electronic gadgets and limited editions of clothing items. They are fond of waiting for hours or even days outside specialty stores. Some typical examples are the Apple Store, Louis Vuitton and Adidas. As a matter of fact, these behaviors are inappropriate and can lead to unfavorable effects to teenagers.

To begin with, lining up outside the shops is definitely time-consuming. Nowadays, the education system in Hong Kong is overwhelmingly stressful, so students' learning schedule tends to be tight. Teenagers have to cope with countless workload, including school-based assessments (SBA), Independent Enquiry Study (IES) and other learning experiences (OLE). Waiting for hours means that the time spending doing revision will relatively decrease. It dispenses teenagers' concentration as they are in formal schooling. Needless to say, poor academic performance will be the outcome. A great disturbance on learning process is possibly resulted.

Aside from time, spending too much money buying luxuries will cause a financial concern. According to a survey conducted by the Youth Centre, about 70% of teenagers show that they spend more than \$1500 on either gadgets or limited editions of sports shoes every month. As we know, teenagers are still in schooling. They do not have adequate financial ability to nurture themselves, let alone buying an extra smartphone or a LV bag. To be frank, teenagers may encounter a heavy financial burden because of overconsumption of money. Sad still, their parents have to bear this burden and help them to repay the debts.

Meanwhile, materialism brings about misconception on money. More and more people are willing to get their favourites regardless of everything, so teens may have an idea that money and materials are everything. Money is like a magic which allows us to buy happiness and boost one's self-esteem. If we think twice on the above statement, we will find that it is totally wrong. We cannot deny that money and materials provide us with a richer life. However, money is not an elixir of all problems. While we can buy food with money, we cannot buy love, health and relationships with others. These things are exactly what we cannot trade and purchase with money. If teenagers continue to run after materialism, their moral values will be easily twisted and distorted.

In a nutshell, teenagers can get relaxed through shopping. However, overconsumption and spending too much time obtaining luxury goods will result in lots of problems and bad effects. I hope teenagers can think twice and decide carefully what the most important thing to them is.

Yours faithfully,
Chris Wong

A 9:00am Start to the School Day Does Not Help

6B Chow Hau Ying, Heidi

Dear Editor,

I am writing to express my concern over the problem of students having inadequate rest. Some suggested that an 8:00am start to the school day makes them feel exhausted and sleepy, so they claim that it is appropriate to postpone the starting time one hour after.

To begin with, let us think about the root of the problem – why students feel tired. In this day and age, Hong Kong students have tremendous academic pressure. Apart from day schools, numerous students have to attend tutorial classes. Some of them arrive home late. Then they still need to do the rest of homework, bathe, have dinner, prepare for countless quizzes and tests, and the list goes on. So, how do they have enough energy to study with such a tight schedule? How do they persist for 365 days within a year as they are not supermen?

Besides, students having poor time management usually feel tired too. According to a recent study conducted by Hong Kong Youth Centre, about half of the Hong Kong secondary school students spend more than five hours on entertainment and doing sports. Since they generally lack time management skills and they tend to enjoy life at daytime, hence, it is inevitable for them to burn the candle at both ends at night to complete their school work. The consequence is that students' concentration on the school day will be weakened and they learn nothing during lessons. It is definitely wasteful to both teachers and students.

From the above problem, even though some suggested a late school time may help students, I hold an opposite view. As aforementioned, the major cause is that students have lots of heavy workload and pressure. In fact, I believe schools can help deal with the problem by reducing the number of quizzes and promoting "fun learning". In that way, students can learn joyfully while gaining various kinds of knowledge. Most important of all, students are able to have enough sleep with sweet dreams.

Yours faithfully,
Chris Wong

Lucky Village

6B Chow Hau Ying, Heidi

Life in Lucky Village 40 years ago

Lucky Village was located in the remote area in Hong Kong. Despite its geographical inconvenience, villagers had a close relationship with each other. For example, when a family had financial problem, other families would be generous. They sent food, helped take care of children from the needy family and so on. Even though the life in Lucky Village was simple and its gross domestic product was low, compared to urban areas, the environment was harmonious. The crime rate was the lowest among all districts in Hong Kong. It resulted in a large number of immigrants, so the population in Lucky Village started to mushroom rapidly.

An event that changed Lucky Village

Due to urban encroachment, the demand for land was tremendously large. The government proposed to flatten the village to make way for a railway link. However, villagers had a strong sense of belonging as they had lived in Lucky Village for lots of years. Some senior citizens had even stayed for more than seventy years. As a result, all of the villagers vowed to fight for themselves and even protested outside village gate. Such behavior heightened citizens' awareness of heritage protection. The government finally bowed to public opposition and called off the construction plan.

What Lucky Village is famous for

Since the demonstration raised lots of public awareness, Lucky Village has become a well-known tourist spot. Villagers continue their lives. Most of them even make a fortune here. The old generation are responsible for making and selling local specialty such as shrimp sauce, salted fish, dried pineapple, etc. As for the young, they are responsible for handling tour service for tourism. In the course of running business, not only do the citizens reap huge profits from tourist income but the village has also benefitted from an economic growth.

Teenagers' Materialism

6C Au Yan Tung, Sophia

Dear Editor,

I am writing to express my disapproval on the trend of teenagers' materialism. Nowadays, an increasing number of adolescents have been following the trend of buying luxurious products blindly. While trying to satisfy their unlimited wants, they are in fact worsening their relationship with others. Besides, there are also other problems associated. Therefore, it is of paramount importance to put a halt to this kind of behavior. Let me show you some bad effects of it in the following.

First and foremost, the behavior of teenagers' materialism is detrimental to youngsters both mentally and physically. A large number of teenagers are eager to buy every trendy product. This is in fact an implication of their low self-esteem. Honestly, teenagers are not mature enough to distinguish the good and bad. They just follow the trend of spending extravagantly to fight for their self-identity mindlessly. These behaviors will create a wrong value of life in youngsters' mind. They may even play truant to obtain what they want. After a period of time, they may easily become out of control. Thus, the influence of materialism should never be neglected at all.

Moreover, the value of materialism also causes the waste of the youngsters' money and time. Nowadays, we are all living under a wealthy society. Teenagers can get enough pocket money from their parents easily. However, it is a serious problem that the youngsters are not mature enough to have a good financial and time management. The high expenditure on the unnecessary products not only wastes a large amount of their money, but also wastes their invaluable time. Undoubtedly, the trend of materialism should be stopped immediately.

Furthermore, another serious effect of teenagers' materialism is that it will pose a harm to our harmonious society. The over-spending behavior will damage the relationship between teenagers and their parents. They are eager to buy luxurious products, which is wasting their parents' money at the same time and

there comes a conflict with parents easily. What's more, the blind consumption will affect social atmosphere, which will tarnish the reputation of Hong Kong all over the world.

To wrap things up, it is clear that the behavior of buying blindly should be prevented immediately. In my opinion, the government should take the initiative to remedy the bad phenomenon as fast as they can.

Firstly, the government can arouse citizens' awareness on consumption by promotion. They can hold more talks and seminars to educate students to have a good management of money, which can help teenagers have a correct value of spending.

Secondly, the government should employ more social workers to provide more counselling services to students in schools or at home. They can stop teenagers' misbehavior immediately by giving concerns and offering a hand.

In conclusion, the behavior of teenagers' materialism should not be ignored. It is really a serious problem and we should put an end to these behaviors in time. In order to alleviate this problem, the government should play an important role and I hope that these behaviors can be eliminated by everyone's effort immediately.

Yours faithfully,
Chris Wong

A Welcoming Speech to New Students on the First Day of School

6C Au Yan Tung, Sophia

Good morning Principal, teachers and fellow students,

On behalf of the Students Union, I'd like to welcome all of you to our school. I'm sure we all want to achieve success and have an enjoyable school life, so this morning I'd like to give you some advice.

First and foremost, I would like to give you some details of the importance of following school rules. In order to have a peaceful and effective learning atmosphere, we should never get rid of the school rules. There are some examples of school rules we should obey in school, which are outlined as follows.

Firstly, one of the rules is that we have to wear school uniform to go to school every school day. We shouldn't put on make-up or even get astonishing hairstyle when coming to school. You should remember that when you are wearing school uniform, you are displaying the standard of behavior and representing our school. To do otherwise risks tarnishing our school's reputation in the community. Besides, without school uniform, students may have to spend a lot of time matching clothes or commenting on others' clothing, which may distract you from studying. Eventually, it may put an obstacle in your way of achieving success.

Secondly, the other school rules are that we should never use smartphones in the school campus and we should arrive at school on time before 8:00am. There is an increasing number of teenagers who are addicted to the use of smartphones. They will even use them during the lessons, which can really disturb your learning progress and pose harm to school atmosphere. What's more, arriving at school on time is also a way to show your time management and make yourself become more disciplined. Therefore, it is really important for us to follow the school rules.

Besides, to show the importance of following school rules, I would like to share my experience with you too. When I was a new S.1 student, I couldn't get adapted to the new school life immediately. Therefore, I was always late for school and I even wore shorts to school sometimes. Finally, I was blamed by my teacher and realized that our behavior would affect the school's image. If we don't obey the disciplines in school, we will tarnish the school's reputation and learning atmosphere. The disciplines in secondary schools, unlike that in primary school, are harsher and more crucial for us. Therefore, following the school rules is really vital for us. All of you have to adapt to it gradually.

Apart from the aforementioned, the interpersonal relationship is also of great significance for you. To have an enjoyable school life, you should not only adapt to the new school, but also build up good relationship with one another. Let me give you some advice.

Firstly, a good interpersonal relationship can help you to make more friends. All of you are new members of our school. Therefore, you may be nervous to this new school atmosphere and may feel lonely. You should be friendly and helpful to your new classmates. You can also learn to have proper etiquette when talking with others. In this way, you can meet more friends and your school life may become warm because of the love from friends.

Secondly, you can take part in some interest classes to broaden your social circle and make yourself become more outspoken. This can help you meet more new friends and establish good interpersonal relationships. The interpersonal relationships can add more lustre to your school life. When I was a new comer to our school, I felt helpless and nervous because of the unfamiliar school and schoolmates at first, but after taking more extra-curricular activities and changing myself to be more outspoken, gradually, I have got acquaintance with my classmates and established a good friendship. What's more, the good relationship between my classmates and me also made my school life more fruitful. The interpersonal relationships can make your school life become a memorable and invaluable part of your life!

This is the end of my speech. I hope all of you can enjoy the precious school life! If you have any problem or difficulties, you can ask our Student Union for help. Thank you!

Virtual Sports Versus Real Sports

6D Lo Wai Man, Tiffany

Recently, the value of doing virtual sports as well as real sports has stirred up much discussion. Virtual sports have become one of the universal and popular types of sports in Hong Kong, such as Wii and Xbox.

To commerce with, I am going to elaborate the benefits on virtual sports. Video games like Wii sports and Dance Dance Revolution play an important role in getting kids off the couch and involved in physical activity. Those little kids are easily distracted from doing the same thing repeatedly. Sometimes, real sports may seem a bit boring to them and it requires so much attention to exercise and strengthen their body. However, virtual sports are the interactive games that give children motivation to work out. In fact, kids can have fun doing it, they can feel a little better about actually trying the sport or activity. Therefore, virtual sports like Wii sports including tennis, golf and bowling are the place to start exercising.

Secondly, virtual sports can save one's time as they can be played at home and anywhere that is near your home. Nowadays, HongKongers don't have so much time to do real sports. The fast-paced society makes them lack time to relax themselves outside, not to mention the time for booking recreational venues. For virtual sports, you don't have to book the public places in advance, and you can sweat at home by doing some simple movement like jumping and dancing. It probably can train your body to get fit and you can have the same effect as real sports.

However, one question has popped up in my mind: are virtual sports a replacement for traditional exercise? I think it's a definite "no". Virtual gaming is no replacement for real exercise. Most of those games do not qualify as aerobic exercise; they can only train some parts of your body. Virtual sports can't possibly strengthen your muscles as they are not exercising your whole body parts. Virtual sports are just likely to be a new form of entertainment. Real sports are the only traditional sports to make your body stronger and healthier.

Summer Job – A Costumed Character

6D Lo Wai Man, Tiffany

Last summer, I applied for a job in Disneyland, one of the local theme parks in Hong Kong. I was employed as a costumed character. On the first day of work, I had to meet our head of the department at the staff room.

During the short briefing, all of us were given the schedule of our duties and all the tasks we had to finish. After wearing the costume of a specific character, we had to visit different areas of the park according to our boss' instructions. I usually worked on the American Town Street and greeted tourists all day long.

My responsibility was to welcome visitors and shake my hands with them to show our passion. Sometimes, I was required to take photos or sign my name as a cartoon character such as Mickey Mouse, Donald Duck and Goofy. A few hours later, it was the time for us to enjoy our lunch at the theme park and we enjoyed special and various cuisines there. It was the most relaxing and enjoyable moment for us. After lunch, we decided to get back to our work until the end of that day. My work usually ended at around 6 p.m. every day.

I found lots of excitements from this job as a costumed cartoon character. Not only could the job bring me pleasure and a sense of satisfaction, it also gave me so much warmth through serving visitors. As part of my jobs, I always brought them happiness and made them smile by taking photos, shaking hands and giving them a warm hug. This was the most joyful feeling I have never had before.

Although there were many amazing moments at work, there were still tough times at work. I had to gear up in my costume and stand at the main street for many hours during the summer holiday. This was extremely hot for me and I felt like a bit suffocated. I could only walk awkwardly, and so I decided to spend most of the time on the same destination instead of walking around.

Despite some boring moments at work, it was nevertheless an invaluable experience to work as a costumed cartoon character. This summer job has further strengthened my determination to pursue a career that allows me to bring happiness to others.

Overdependence on Computers is NOT a Panacea!

6D Puk Wan Cheung, Leo

Dear Editor,

I am writing to express my opposition to a news report on your newspaper published today, which was about the future of schools in Hong Kong, suggesting that they will be almost entirely dependent on computers in just a few years' time. While some deem this prediction reasonable, others consider it absurd. After meticulous consideration, it is my firm conviction that the school of the future will be definitely different from the description of that report.

To commence with, the report has mentioned that each student at the "school of the future" will have a computer terminal at which they will be expected to do all their school work, but this claim is not realistic. Despite the fact that computers provide students with convenience of doing school work like enhancing the efficiency, there is still a huge amount of it which needs to be finished by students themselves, such as group discussion and some work which needs human resources cooperation. Consequently, computer terminals will not be the only tool for students to do the school work.

Furthermore, it is suggested that the interactive learning software will provide most of the teaching, while teachers will only need to monitor the behavior of the students according to the report. Undeniably, we are in the age of technological advancement, and the learning software may become more useful to undertake a part of teachers' work to a certain extent. However, there are still a lot of responsibilities that can only be taken by teachers. As a matter of fact, they should also enhance the cohesion of students in the classes and so on, apart from the work of passing on knowledge to students. Since there is way much more work which can only be done by teachers at schools even in the future, it is simply difficult, if not impossible, for those so-called softwares to replace teachers completely.

In view of the abovementioned analysis, no matter how fast the Internet technology can develop, the artificial intelligence can hardly control the schools in the future. Thus, I strongly believe that the school of future will be absolutely different from the description of that report. I would like to hear the opinions from other readers.

Yours faithfully,
Chris Wong

Teenagers' Materialism

6D Puk Wan Cheung, Leo

Dear Editor,

I am writing to express my concern over the social issue that the teenagers' materialism has become more and more common today. Actually, there are even some teenagers who are willing to spend hours of time waiting for some trendy products, like gadgets and limited editions of clothing items. As a Form Six student, I totally disapprove of these behaviours as there are too many drawbacks and limitations of materialism. In the following, I am going to illustrate some negative effects of it.

First of all, teenagers' materialism will absolutely distract them from the normal lives, because it can waste too much of their energy unnecessarily. For instance, they may be so concerned with the trendy products that they discuss and pay attention to the same thing during the school time, which is not good for them to focus on the academic studies. This will simply result in poor academic performance. What is more, a lot of new products' conferences will be convened at the midnight of Hong Kong. Regardless of their own inbuilt clocks, teenagers may sacrifice their time for sleep for watching them, which is also harmful to their lives on the next day.

Secondly, teenagers' materialism can impose detrimental effects on their health. In the perspective of the physical health, they may save money in order to buy their favourite trendy products. For example, they may reduce the necessary costs on lunch, which may lead to some digestive problems. As for the mental health, if their products like watches and smart phones cannot catch up with the trend, they may lose self-esteem and have a poor self-image.

What is more, the abovementioned behaviors will also damage the harmony of the family. As we know, nearly all of the teenagers tend to be rebellious and self-willed, which means as long as they want to obtain the trendy products, they will buy these things at all costs without considering over the financial situation of their families. As a matter of fact, there are too many news that teenagers fight with their parents because of inadequate pocket money. Therefore, the materialism will worsen the relationship among teenagers and their family members.

Last but never the least, materialism may cause bad social atmosphere, which will pose a menace to the future development of the whole society in the long term. There is no doubt that teenagers are the pillars of the prospective society, and hence it is of paramount importance for them to have appropriate values instead of being too crazy on the so-called fashions. However, if we fail to stop this trend, more and more cases of overconsumption will take place. As time goes by, materialism may become the mainstream values of the society. People will waste too much money on trendy products instead of doing some investments. It may weaken the competitive edge on the economy of Hong Kong – a city which is famous as an economic centre.

In view of the disapproved behaviours, we should take action in time so that we can prevent these from spreading to the whole city.

Firstly, the government should implement some measures. For example, it can set age limitation of the consumers of trendy products or allow shops to set a higher market price for teenagers, in order to discourage them from buying these trendy products.

Secondly, our schools can pay more attention to the inculcation of proper values of teenagers. Teachers should discuss the problems of the teenagers' materialism to students on the lessons. Also, regular talks given by professors from universities and seminars by government officials are necessary.

As for teenagers ourselves, we have the responsibility of persuading friends who have behaviors of materialism to change their values, because it is one of the most efficient ways to help them get rid of materialism under the peer pressure, so that they will control their materialistic acts.

All in all, according to the aforementioned points, it is crystal clear that materialism among the teenagers and the leading effects of it are negative in any way. Therefore, I sincerely hope that we can cooperate to fight against these behaviours, for the future of our teenagers. I would like to hear from other readers on this issue.

Yours faithfully,
Chris Wong

A Later Start to the School Day Does Not Work!

6D Puk Wan Cheung, Leo

Dear Editor,

I am writing to express my concerns over a recent article in the Young Post which suggested that an 8:00am start to the school day makes students feel tired and sleepy. In my opinion, there are many reasons why students feel tired, and actually a 9:00am start will not solve the problem.

First of all, students always feel tired because they are burdened with heavy homework. As we know, since our Hong Kong education system is exam-oriented, students are forced to receive paper drills every day, in every subject. Therefore, they have to spend many hours doing homework after school. Although an 8:00am start may make them wake up early, homework is a main factor which deprives students of their sleep time.

As for the reason why a 9:00am start will not solve the aforementioned problem, I have scientific evidence to prove my statement. For instance, according to a research conducted by California University, an 8:00am start to school day is better than a 9:00am start as it motivates students to study more actively and efficiently, for the fact that the duration 7:00am – 8:00am is the best time to wake up dormant areas of the brain that are responsible for creating new brain cells. Maybe some people point out that a 9:00am start to the school day provides students with one more hour for sleep, but studying needs efficiency most.

All in all, I sincerely hope that your newspaper office can consider my points of view carefully. I would like to hear other opinions from other readers.

Yours faithfully,
Chris Wong

A Welcoming Speech to New Students on the First Day of School

6D Puk Wan Cheung, Leo

Good morning Principal, teachers and fellow students,

On behalf of the Students Union, I'd like to welcome all of you to our school. I'm sure we all want to achieve success and have an enjoyable school life, so this morning I'd like to give you some advice.

First of all, it is very significant for all of you to follow school rules, for the fact that following school rules can help to construct a good self-discipline and personality. As we know, success of everyone must be attributed to his or her self-discipline, which can make yourselves work hard or behave in a particular way without needing anyone else to tell you what to do. To improve your self-discipline, abiding by school regulations is the first step of the process.

Secondly, if you follow the school rules, your executive ability will also be enhanced, which is necessary for achieving success, too. As a matter of fact, every school rule can be regarded as a small task. Every time you observe the rules, you are trying to finish tasks. As you abide by more and more school regulations, you promote your strength on execution, which means you will be more efficient than others when making achievements, and finally achieving success.

As for the importance of interpersonal relationships, to have an enjoyable school life, it is essential for you to associate with like-minded people, just like yourselves, so that you can have some friends who can share common thoughts. During adolescence, teenagers' happiness is mostly established on their friends, for they are longed to see that their behavior is approved by the friends. Therefore, make sure that you build stable interpersonal relationships.

Moreover, interpersonal relationships will deepen self-knowledge of yourselves, which is conducive to having a deeper insight into your own personality.

According to a research conducted by the University of Hong Kong, interaction with friends is the best way to find out what you really desire in your lives. Hence, however busy you are in the school, take time to get along with your friends and maybe you can get the secret of having an enjoyable school life through your friends.

All in all, I sincerely hope that you can all behave yourselves as well as possible, and find some friends as soon as possible. Enjoy your new school lives. Thank you!

Let's Fight Against Depression

6D Puk Wan Cheung, Leo

Nowadays, because of the hectic lives and many sorts of stress people are facing in Hong Kong, more and more of them have depression, such as one of my best friends – Kelly, who has suffered from depression for a few years. Fortunately, after so much hard work, she has eventually overcome it and transited back to normal life again. In view of this, I would like to give some advice on how to fight depression, which is based on Kelly's experience.

First and foremost, getting in a routine is a good way as a start of fighting against depression. "If you are depressed, you need a routine", says Kelly. Depression used to mess up her life and nearly make her fall into a degenerating abyss. Yet, after setting a gentle daily schedule, she started to control everything again and get back on track. Therefore, self-discipline can bring positive impacts to people with depression, because you can better focus on things you want.

Besides, success of fighting against depression must be attributed to your healthy diet. Although there is no magic diet that fixes depression, it is a good idea to watch what you eat and make sure that the amount of the food you need every day is moderate to the state of your body. As a matter of fact, Kelly said that depression may tend to make her overeat, resulting in the vicious circle of being overweight for the body. With the help of her dietician, getting in control of Kelly's eating has helped her feel better, which would thereby build a stronger physique for overcoming depression.

What is more, challenging negative thoughts can help to fight against depression, too. In your fight against depression, a lot of the work is mental – changing what you think. Mostly, when you are depressed, you leap to the worst, possible conclusions for anything. Just like my friend who was usually pessimistic about her exam results even if she has put a lot of hard work on the examinations when she was in depression. However, after I have persuaded her to try to get rid of those negative thoughts by appreciating what she has achieved instead of what she could not do well. She felt better then. Hence, it is

also significant for people with depression to change the way they think.

Furthermore, how dare we forget to do something new to win the battle? “When we challenge ourselves to do something different, there are chemical changes in the brain,” says Tim Dennis, a psychiatrist and director of the Depression Research and Clinic Program at UCLA. “Trying something new alters the levels of the chemical like dopamine, which is associated with pleasure, enjoyment and learning.” Let me give you an example. I used to push Kelly to do something different, such as going to a museum, taking Japanese language class, so on and so forth. Eventually, these kinds of things did help her with overcoming depression.

All in all, no matter whether you are in depression or not, I sincerely hope that you can all benefit from this article, and realize the paramount importance of being patient to anyone with depression, who indeed needs our help.

A 9:00am start to the School Day Does Not Help

6D Wong Long Hei, Billy

Dear Editor,

I am writing to respond to a recent article, suggesting that an 8am start to the school day makes students feel tired and sleepy. There is no doubt in my mind that our students are often exhausted. I am inclined to believe that the culprits of such phenomenon are tons of work waiting for students, as well as the enormous pressure on them.

The justification for students feeling tired is that students always toil over for tests, examinations, and their countless homework and projects. They rarely have time to rest and break. Those reasons cause inadequate sleep of students. Some of them even burn the midnight oil, just to prepare for the upcoming tests. In light of the above, how can our students not feel tired?

Another reason why students feel tired is that our students face tremendous pressure. Students' future is determined by merely one exam. This is the reason why the situation has deteriorated further. Students have to make an all-out effort to deal with this exam. As a consequence, students feel tired.

I don't think a 9am start will solve the problem because it is not the culprit of students' feeling tired. The roots of the problem are the terribly enormous pressure faced by students, and the horrifying amount of work they need to finish. There are actually many things we can do to ease the plight of the students. I hope schools and parents can help solve the problem by promoting a healthy learning environment to students.

Yours faithfully,
Chris Wong

