



Anthology

A collection of the winning entries of
the Primary 6 Writing Competition
and students' writing from
Kiangsu-Chekiang College (Kwai Chung)

02	A message from our Principal
03	The Primary Six Writing Competition (2014) Awards Ceremony Highlights
06	The judges' thoughts
07	A collection of primary six winning entries
	Primary Six Writing Competition (2014)
08	Champion Li Wing Shan, Joyce
09	1st runner up Qasim Husnain
10	2nd runner up Ng Wing Pui, Stephen
	Merits
11	Yu Ki, Mandy
12	Wong Tsz Ching, Catherine
13	Chan Kwan Lam, Pluto
14	Ching Pui Ying, Catherine
15	Pan Mai Sin, Cindy
16	Lam Hoi Yi
17	Wong Lok Yin, Charles
18	Cheung Ho Yan
19	Fung Hang Man
20	Mou Wing Sze
21	Fung Yeuk Lam
	A collection of our students' writing
22	Our Sports Day – Chiu Shing Hei - 1C
23	Special Food in Hong Kong – Chong Chun Kin - 1D
24	How to deal with pressure and difficulties – Ho Po Yu, Bobo - 2D
25	A cruel man with a pitiful dog – Lam Chak Wing, Winston - 3C
26	Fundraising event – Feng Yong xi, Daisy, Daisy - 3C
27	Dangers of drug abuse – Wong Ka Yiu - 3D
28	Live on \$10 a day – Cheung Ka Hung - 4A
29	Occupy Central – Liu Chun Kit - 4A
30	Junior Achievement Program – Mak Pui Man - 4B
31	Rain man – Leung Ka Wai - 4B
32	A Trip to New Zealand – Hung Wing Yu - 4B
33	Women and Fashion – So Yin Lam - 4C
34	Liposuction – Lau Choi Chu - 5A
35	Table manners – Chan Shi Chun - 5B
36	When depression comes, just conquer it! – Law Chui Shan, Gloria - 5B
38	Food for future – Leung Ka Siu - 5B
39	Public spaces or public housing – Wong Tsz Ying, Chloe - 5C
40	What motivates children to succeed – Li Chui Ling - 6B
41	Genetically Modified Food, is it a blessing? – Lei Ho Fung - 6B
42	Shortage of nursing homes in Hong Kong – Mak Hoi Ching, Twinkle - 6C

A Message from our Principal

Dear all,

Thank you for taking the time to read this anthology. Let me first share with you my experiences and thoughts of the Primary Six Writing Competition Awards Ceremony. All of the students did a fantastic job and the attention to details in their writings was evident.

It is my honour to witness the elation of the parents and teachers who attended the Primary Six Writing Awards Ceremony. Their smiles assured me that we should keep offering opportunities to showcase students' creativity. It explains evidently why we launched the Primary Six Writing Competition in December 2014. To the entrants, I take pride in all of your creative writings and appreciate all of your hard work since the process of converting a jumble of thoughts into coherent sentences is not easy at all. As writing fosters critical thinking and learning, I hope you will keep on putting your thoughts onto paper and enjoy what writing offers you – pleasure and accomplishment.

Our school is committed to developing students' English proficiency. We are excited to share with you some of our students' class work in the anthology together with all the winning entries in the Primary Six Writing Competition.

I really hope you enjoy reading this anthology.

Dr. Leung Kin Man

Principal,

Kiangsu-Chekiang College (Kwai Chung)



The Primary Six Writing Competition (2014) Awards Ceremony Highlights

Wong Wing Ching, Patricia (5B) and Law Chiu Shan, Gloria (5B)

We give thanks to Dr. Lai Mee Ling, Assistant Professor of the Department of English Language Education of HKIEd, as our chief judge and our gratitude to Ms Emma Keliher, Mr. David Brown and Ms. Jessica Chan for being the judges. We are also honored to have Dr Pauline Mak, Lecturer from the School of Education and Languages of the OUHK as our guest speaker for the Awards Ceremony held on 24th March, 2015. The winners from the primary schools that took part, their parents and teachers were invited to attend. Student ambassadors from F1 helped at reception desks, gave out name tags and showed our guests to their seats. The ceremony started with a talk delivered by Dr. Mak on English writing skills. Dr. Mak talked

about how important it is to include feelings and thoughts in stories and to do this we need lots of adjectives. She then showed us samples from well written books. Even with her busy schedule, she kindly accepted our request for an interview after the ceremony.



M: Dr. Mak **R:** Reporters

R: Good afternoon, Dr. Mak. We are reporters of the KCC STANDARD. Could we ask you a few questions?

M: Sure.

R: How do you find Hong Kong students' English standard?

M: I think it's quite okay, just that, you know, some people think that the English proficiency level of the students is not very good. But I don't find that as a great big difference between the past and now. So, I would say that, you know...they are good, but there's still room for improvement. But as compared to other countries like, for example, Thailand and probably Singapore, the students have been learning English for the same number of years, I feel that their standard is probably a bit higher than Hong Kong students.

R: Oh, we need to make greater efforts to raise our language proficiency. What are the common mistakes Hong Kong students make in their writing?

M: I think mostly fragments. You know what fragments are? Like, for example, you have 'hotdogs and hamburgers', and then you put a full stop afterwards. So it's not a complete sentence. And we do have a lot of comma-blinds. That is, you tend to put comma, comma all the time without a full stop. And, thirdly, I think that has to do with... probably dangling modifier. Have you heard of dangling modifiers?

R: No.

M: Dangling modifiers is like, for example, if you have, like... let me think, 'looking at him, the teacher felt that he was worried.' But the thing is, if you have 'looking at him', you should have the subject that follows but they don't have the subject, instead they have another wrong subject afterwards, so this is a dangling modifier. I find that, you know, students tend to make a lot of mistakes in dangling modifiers as well.



R: Really, thanks for telling us. Do you have any tips for our students on how to improve our writing?

M: Um... I think that, students don't get to use English outside class. I think it's better if they use more English outside class. For example, they can talk to their classmates in English. They can listen to some...you know, music or watch TV, listen to some radio channels whatever, but the most important thing is being able to use English outside class because at the moment I think that you tend to stop right there. In the classroom, you may use a lot of English, but outside class, you don't get to use any English at all and this would be a problem I think. So if you want to improve, I think that the more you use English outside class, the better you will be. This is how I feel.

R: Thank you for your time.

M: Thank you.

Thoughts on the P.6 students' writing from the judging panel

Dr. Lai Mee Ling, Assistant Professor of the Department of English Language Education of HKIEd and Native-speaking English Teachers (NETs) of Kiangsu-Chekiang College (Kwai Chung)

It was a joy to read all of the entries. We were impressed by how different students used different literary techniques to express their ideas. The students' writing had a certain style and charm. Moreover, Mr. Brown was fairly surprised to see some phrases that he hasn't seen since he was in England. One phrase that he didn't expect to see was, 'an eye for an eye'. It really helped set the mood of that particular section of the narrative.

Miss Jessica was particularly interested in reading the opening paragraphs of all the entries. Some of the introductory paragraphs were so well-written that she was eager to read on. Their engaging stories belied the youth of the writers. All of the judges think that the opening paragraph plays an important role when writing a narrative, but keep in mind that the rest of the narrative should be just as interesting to read as the opening paragraph.

We were so pleased with the creativity shown in each piece of writing. The participants had only a title to work with and what they produced was truly an enjoyable read. So, we have to ask ourselves if any of these students will become famous authors.



A collection of primary six winning entries

Our school, Kiangsu-Chekiang College (Kwai Chung), invited primary six students from various primary schools to participate in a creative writing competition in December 2014. The topics are “My Most Memorable Day” and “My Neighborhood”.

We were overjoyed to receive entries from a total of 71 students who actively participated in this event. Our judges had such a wonderful time reading the primary six students’ creative writing. To our delight, the students’ wrote some well-crafted narratives that showed awareness of good English written language. The students were familiar with the genre of narrative writing and the standard of these students’ English was very high.

This section of our book showcases examples of the students’ masterpieces. We have also included some of our students’ good writing as well. We hope you enjoy reading these fine examples of creative writing as much as we do.



Li Wing Shan, Joyce Mary of Providence Primary School

My Most Memorable Day

It was my birthday on the thirty – first of October so I had free admission to Ocean Park. My parents also went with me.

When we arrived at the bus stop in the evening, we saw lots of teenagers who had dressed up as ghosts, witches and other scary things for Halloween. On hearing some of them squeal with excitement, I cried out. Why did I join them in screaming? I do not know. Maybe I became excited because of their excitement.

We did not go straight to the haunted house upon arrival. Instead, we had dinner at Neptune's Restaurant, which offered a beautiful view of the Grand Aquarium's main tank. We saw sea animals having dinner while we were eating and they watched us having dinner on the principle of 'an eye for an eye'! Dad took a picture of a shark that was eyeing us in silence (obviously). Was it hungry? What did it want? Did the shark want coffee, tea or me?

'Are you ready for something frightening?' Dad asked me after dinner. Although I was afraid of things I might see in the haunted house, I was more curious about how I would feel seeing them than I was afraid of them. I said yes and then we set off to our destination. Right when we entered the haunted house, a ghost jumped out. 'Aaaaargh!' I let out a piercing shriek at the top of my lungs. People behind me joined me in screaming, like what I did at the bus stop. I carried on screaming as we moved on. I suddenly burst into tears, bringing the three of us to a halt. One ghost who was wearing a grotesque mask came close to me and tried as hard as he could to make me laugh by doing tons of funny things. A few minutes after bursting into tears, I laughed. If my friends were in Ocean Park's haunted house that evening, they might have thought I was possessed by an evil spirit! However, I laughed because I was very happy to have someone who cared so much about my feelings. I thanked him because I was truly thankful for what he had done for me.

I wanted to be brave, so I told my parents I would like to try to make my way through the haunted house again. This time, I was still scared but they could no longer break me down.

Qasim Husnain Tsuen Wan Trade Association Primary School

My Memorable Day

Last July, I had one of the best days in my life. I went to Ocean Park with fifteen other boys and to my surprise, I hardly spent any money. It was my friend's birthday so we decided to celebrate it at Ocean Park. It was definitely the most memorable experience ever!

We all met up at Kwai Hing MTR station at 9 a.m. We took the train to Admiralty and then took the bus to Ocean Park.

The birthday boy's parents had purchased all the tickets beforehand so we walked straight to the entrance. Once we got in, we stood around together and planned our day. Afterwards, we walked around for a bit and took some pictures.

Next, we took the cable car to the upper level of the park. Once we arrived, we first went to the dolphin show. Then we went on five other exciting rides. We laughed at a few friends because they were scared. Most of us were excited and thrilled to go on the rides.

Afterwards, we found a picnic area and sat down to have lunch. We had brought our own lunches so we shared and ate our food. Some of my friends also bought snacks and drinks from the park.

Then we walked and took the long escalators back down to the lower level. We went to the Kids' World Playground and played games at different stalls. A few of us even won prizes!

We decided to leave afterwards to have dinner at Mong Kok. We took a few more pictures and went to the bus station. We took the bus back to Admiralty station and from there we took the train back to Mong Kok.

We went to an Indian restaurant for dinner. We ordered food and the birthday boy opened his presents. The food came and it smelled so good. We dived in and ate. It was delicious. The birthday boy's father paid for the meal and I was amazed by his kindness. He had spent a lot of money on his son's birthday. He bought 16 tickets to Ocean Park and even paid for dinner. He is so kind.

I was also very happy because I was able to go out with 15 other boys. It was a big group and no one was upset. We all laughed, talked, ate and played together. Although it was hot, we were happy to be able to be together and celebrate my friend's birthday. I do not think I will ever forget this day!

Ng Wing Pui, Stephen Tsuen Wan Public Ho Chuen Yiu Memorial Primary School

My Neighbourhood

I live in Shek Wai Kok which is an old but wonderful estate. There are many different kinds of public facilities in my neighborhood such as restaurants and schools. I study in this “ancient” but historical school named Ho Chuen Yiu Primary School. Although this school is very old, it still looks very new to me because we have technicians to repair and renovate different parts of the school every weekend.

Apart from my school, my neighborhood also has the best restaurants. Recently I have found a restaurant that I enjoy very much. I have been eating there almost every day with my parents. Not only do I enjoy it but my friends also love the restaurant very much, and of course, the restaurant loves us all too.

Next, I will tell you about our facilities. There are benches everywhere for us to have a rest when we feel tired. There are also elevators which are very helpful for the elderly.

This neighborhood is really unique. Let me start with some of my experiences. Once, my friend, Peter, went to a shop to buy some food and drinks but like me, he did not bring enough money. He was so afraid that the shopkeeper would scold him but he did not. He only said, “Come again later, don’t forget to bring enough money next time. I know who you are. Don’t worry now.” He felt very grateful. He ran home and went back with enough money in no time!

As for me, I remember one day I went to a bakery for some delicious pastry but I forgot to bring money. At that moment, Sean came in the store and paid for me. I was touched. It is so good to have friends living nearby. I think Shek Wai Kok is the best place for me.

Finally, I think Shek Wai Kok is better than any other estates in Hong Kong. I hope this estate can grow bigger so it can hold more people. This is a good estate and being able to live in it is such a blessing. I hope you can come and join us here too. Shek Wai Kok is the best!

Yu Ki, Mandy C.N.E.C. Lui Ming Choi Primary School

My Most Memorable Day

I will never forget the day when I went to Repulse Bay with my little brother during the summer holidays. For me, it was an enjoyable yet unlucky experience.

At eleven o'clock in the morning, my family and I took a bus to Repulse Bay. I was very excited and I could not wait to visit the beach, swim in the ocean and play in the sand. When we arrived, I had to warm-up by stretching. However, I could not wait to finish doing the warm-up exercise because I wanted to go swimming as soon as possible.

After doing my warm-up exercise, I went swimming in the sea. I swam to the floating platform, and then I stopped. I was floating motionlessly in the ocean. I enjoyed this weightless feeling very much because it was so comfortable! Sometime later, I swam back to the shore. I saw my father and my brother building sandcastles and my mother was sunbathing. We were happy at that moment! However, when I was waiting for a bus to go home, I could not find my octopus watch. The last time I checked, it was on my wrist. I realized that I had lost my favorite watch! It was such a shame! I had added three hundred dollars onto the octopus watch that afternoon! I was both upset and satisfied about that day! On one hand, I lost my octopus watch. On the other hand, I had a wonderful time swimming in the sea. Even though I had mixed feelings, it was still a memorable day. I am sure that I shall remember this day for years to come.

Wong Tsz Ching, Catherine Tsuen Wan Public Ho Chuen Yiu
Memorial Primary School

My most Memorable Day

My most memorable day, I think was Mother's Day this year. I helped a poor family. I was happy to help this family.

This year on Mother's Day, my family and I had an expensive dinner at a famous restaurant. The food was very delicious and we were happy and satisfied with the food that we had ordered. Suddenly, I noticed that outside the window, a woman and a girl were standing there. They were looking into the restaurant. They looked very hungry and poor. I decided to help them so I said to my mother, "Mum! Look! Look at that woman and the girl. They look so poor and they may need our help. Can we invite them to eat with us?" Mum saw how thin the girl looked. She replied, "Sure, why not. We have more food than we need anyway. We can't finish all the food. Let's invite them to come and eat with us." I shouted, "Yeah!" Then, my sister and I went outside to invite the woman and the girl to join us.

Suddenly, we saw the restaurant owner and he said to the woman and the little girl, “You two, please leave because you are not allowed to stand here. You are scaring away my customers. They don’t want to come in to the restaurant.” The woman replied, “Please don’t drive us away. We don’t have anywhere else to go.” Unexpectedly, the owner said, “No! You must leave here at once!” Then, he pushed the girl over.

“Oh! No!” the girl cried as she fell down. “My leg hurts! I can’t walk!”

The restaurant owner didn't pay attention to the girl and went back into the restaurant. My sister and I were angry with what the restaurant owner did to the poor girl so we ran to her. My sister took care of the girl while I talked to the woman. I invited the woman to eat dinner with us but she said, "No! No! I appreciate your kindness but I can't eat with you!" I knew she was scared. She looked at her daughter and saw that the girl was injured so she said, "OK! I would like to join you for dinner, thank you!"

I was excited and happy that the woman and her daughter decided to join us for dinner. When we came in, my mum and dad were smiling and welcomed our new guests. As soon as we sat down, the girl ate the food immediately. The woman was shy, yet in a very short time, they had finished all of the food on the table. The woman said, “I am so sorry, my daughter and I ate all of the food.”

“Don’t worry. We have all enjoyed the meal, haven’t we?” my mum said quickly. The girl smiled. Next, I said “Today is Mother’s Day. Why don’t we drink to this day?” When the little girl heard this, she wanted to cry. She said, “My mother and I don’t have enough money to celebrate.”

She began to sob. “I have always wanted to buy something for my mum but never did because I could not afford to buy her a gift” The woman held in her tears and consoled her daughter. Then, the girl wiped away her tears and said

"I promise I will work hard so that I can take my mum to this restaurant again."

"Good idea!" everyone said as they clapped. I will never forget this most memorable day!

Chan Kwan Lam, Pluto S.K.H. Yan Laap Primary School

My Most Memorable Day

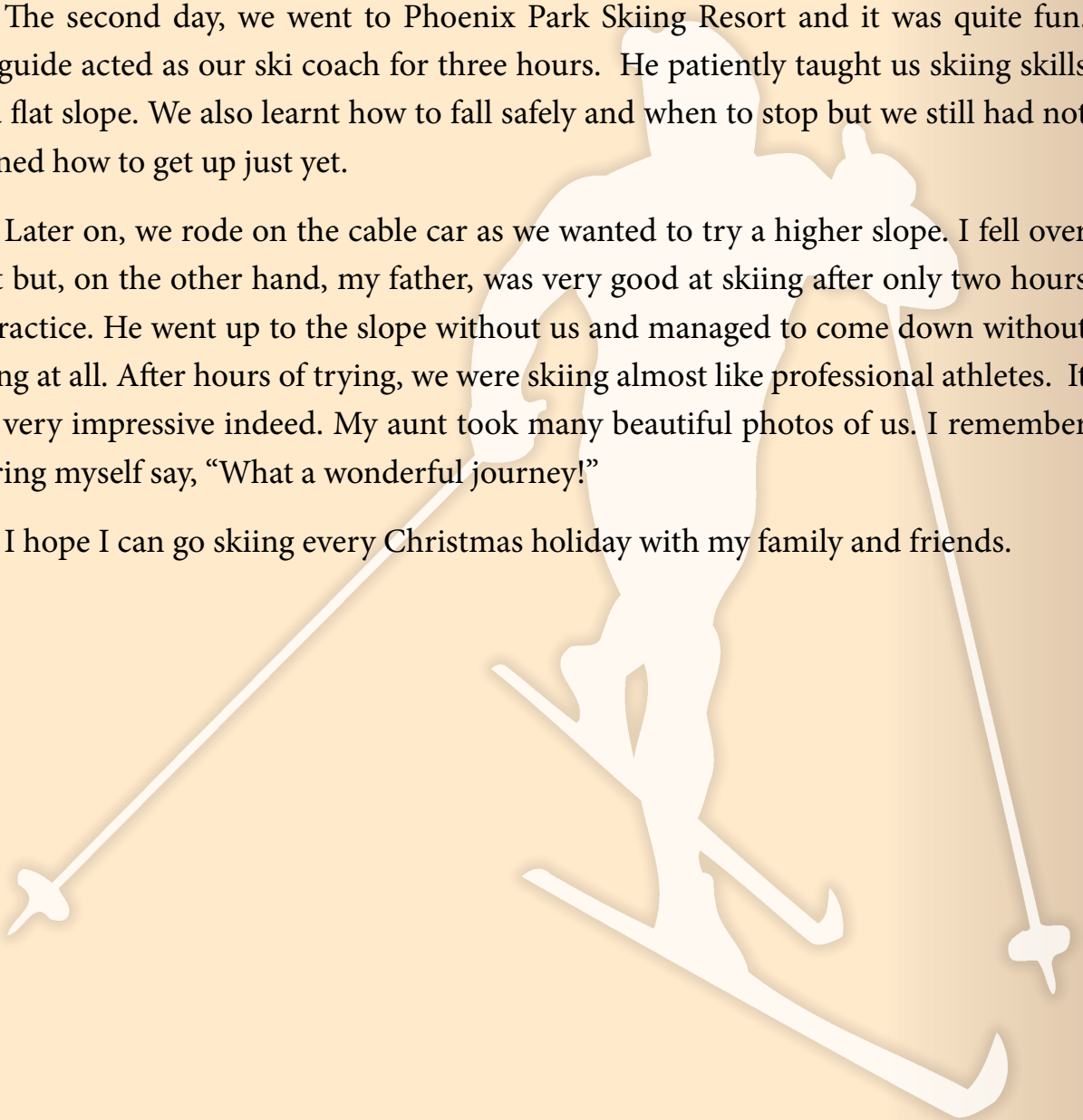
Last Christmas, my family and I spent four days in South Korea with the Ho family, who are close friends of ours. Both our families enjoy skiing very much so we spent the first day skiing.

We departed from Hong Kong late at 11 p.m. and arrived at Incheon Airport in South Korea at 4a.m. Although we were tired, we still felt very excited. When we first arrived, it was snowing and raining. It was so cold that the temperature was -10 degrees Celsius.

The second day, we went to Phoenix Park Skiing Resort and it was quite fun. My guide acted as our ski coach for three hours. He patiently taught us skiing skills on a flat slope. We also learnt how to fall safely and when to stop but we still had not learned how to get up just yet.

Later on, we rode on the cable car as we wanted to try a higher slope. I fell over a lot but, on the other hand, my father, was very good at skiing after only two hours of practice. He went up to the slope without us and managed to come down without falling at all. After hours of trying, we were skiing almost like professional athletes. It was very impressive indeed. My aunt took many beautiful photos of us. I remember hearing myself say, “What a wonderful journey!”

I hope I can go skiing every Christmas holiday with my family and friends.



Ching Pui Ying, Catherine Shak Chung Shan Memorial Catholic Primary School (SCS)

My Neighborhood

Hello, my name is Catherine and I live in Tsuen Wan Centre with my friend, Carley. In my neighborhood, there are many residents who I know quite well and they are like family to me. There are a few people who I'm very close with, for example Mr. Tong, Mr. Chan, Mrs. Lee and her children.

My neighbor, Mrs. Lee is my favorite neighbor in my neighborhood because she is very kind and she is always willing to help me when I have problems. She has long brown hair with big eyes and a small mouth. She is as beautiful as an angel from heaven. She has three children, two daughters and one son. The eldest daughter is called Emma, her sister is called Jessy and their brother who is the youngest is called Tony. They are very friendly and I always play with them after I have finished doing my homework.

Mr. Tong is quite handsome but he is not as friendly as Mrs. Lee and her children. He is always mad at people but not animals. He loves animals very much. He has a cute white dog, two black cats and two lovely hamsters. He is also very healthy as he goes running every day. So sometimes I want to talk to him but when I see him running with an angry expression on his face, I change my mind.

I love living here very much. This is a paradise for me and I hope my neighborhood will not change.

Pan Mai Sin Yin, Cindy S.K.H. Chu Oi Primary School (Lei Muk Shue)

My Most Memorable Day

The day before writing this was Chinese Culture day and I had a wonderful time playing happily with my friends.

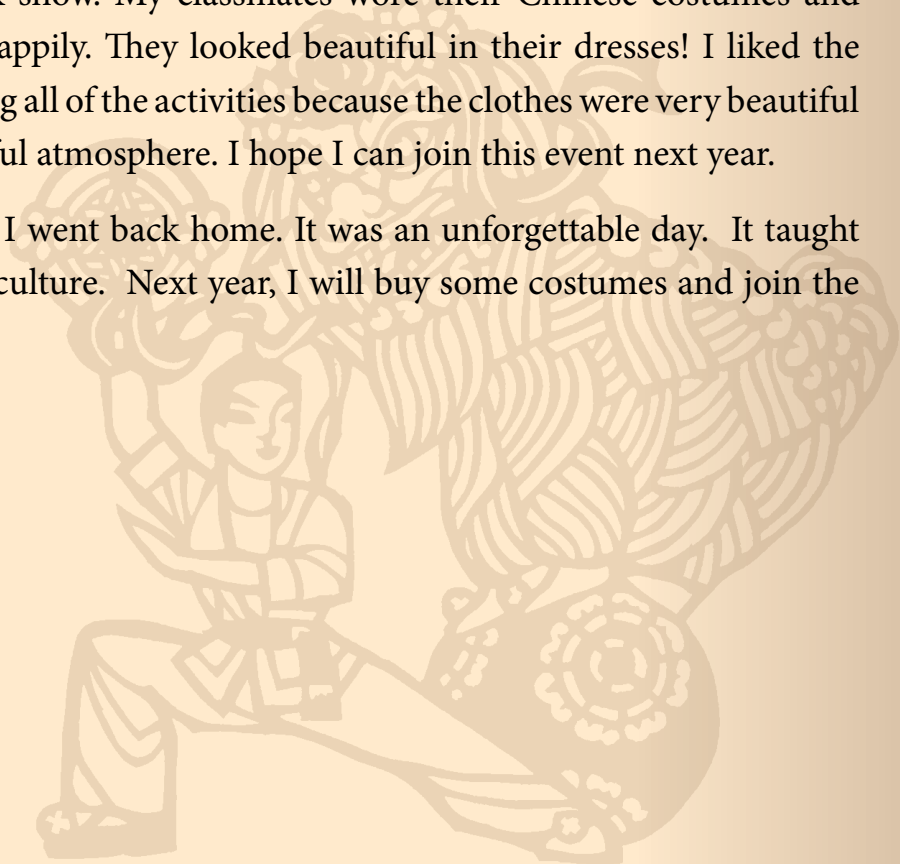
First, we played some interesting games at different stalls, but my classmate, Mary, fell over. She hurt her knees and arms. Although she said she was fine, we were still worried about her so we took her to the teacher. Luckily, she was fine and she could continue playing with us. We enjoyed playing the games at the stalls very much.

After a while, we became hungry so we ate some delicious food. While Amy was eating some fish balls, she found something in one of them. She spat it out. To her surprise, it was her tooth. She quickly ran to the washroom to rinse her mouth with water.

After that, we went to the mall and listened to a Chinese opera performance. It was really great and the story was fantastic. Everyone who watched the opera enjoyed it.

Next, we had a catwalk show. My classmates wore their Chinese costumes and walked down the catwalk happily. They looked beautiful in their dresses! I liked the catwalk show the most among all of the activities because the clothes were very beautiful and the show had a wonderful atmosphere. I hope I can join this event next year.

Finally, my friends and I went back home. It was an unforgettable day. It taught me a lot about the Chinese culture. Next year, I will buy some costumes and join the catwalk show!



Wong Lok Yin, Charles C.N.E.C. Lui Ming Choi Primary School

My Most Memorable Day

I will never forget the day when I became the champion of the Primary 5 Sports Day event. It was my first time receiving a trophy and it was a wonderful feeling. The event was held last year at a large sports ground. It was a warm and sunny morning and I participated in many different events during sports day.

The first competition was a 100 – meter race. Everybody, including my teachers and schoolmates were watching with anticipation. Then, one of the teachers said, “Ready, set, go!”

I came in first so I was the winner. I thought to myself, “I’m No.1!” Not only did I win the 100 meters race but I was also the 1st runner up in the third activity! So I was the champion that day! I got a large golden trophy.

At the end of the day, I was very happy about receiving a large golden trophy. Moreover, I was proud of myself for what I had achieved. After the event, I couldn't wait to get home and share my experiences with my mum. When I finally arrived home, I proudly showed my golden trophy to my mum. She was very pleased and said, "Very good! I'm so proud of you!"

Cheung Ho Yan S.K.H. Yan Laap Primary School

My Most Memorable Day

Last September, I had my first guitar exam. I remember feeling very nervous when I first entered the examination room. Luckily, my family was outside supporting me which gave me the energy to perform better in the room. That day was the most memorable day for me due to the different kinds of feelings I had.

The night before the exam, I stayed up late practising on my guitar for the whole night. So, I woke up late the next day but I was very thankful that I still arrived on time. When I first entered the room and saw the examiner in the corridor, he gave me a big smile. It was a friendly smile that made me feel comfortable to perform freely in front of him. Fifteen minutes later, it was my turn to play the guitar in front of him. I was playing so well in the beginning but I failed on the sight-reading part. The examiner commented on my rhythm and pitch. He said, 'The pitch was not at all correct in some parts and the rhythm was unsteady' I was very upset but I smiled and thanked him.

Although my mark was low for the sight-reading part, I still received a merit for my performance. This memorable day has taught me to be more confident when it comes to playing the guitar. I will keep on practising so that one day, I can become an excellent performer.

I have studied at Chu Oi Primary School for five years now. During these five years, I have been through several ups and downs. I had my happiest moments during an event at my school called English Fun Day.

When I first arrived school, my teacher told my classmates and I to return to our classrooms to start the first activity. I was excited because the activities seemed to be very mysterious and I caught myself wondering just what activities I would be taking part in. Then, my teacher told us that our first activity was craftwork. First, we drew a little chick. Then, we cut out the chick and colored it with our favorite colors. Finally, we pieced different parts together to have a complete chick. When we finished, we compared our work. Some of my classmates' work was very weird. Some even looked like angry birds, while some looked like fish. It was so funny, I could not stop laughing.

After this activity, we went to the hall to play some mini games. When we finished playing all of the games, we made our way to the playground to play check-point games. The mini games tested our English level while the check-point games tested our physical strength. In order to win, we had to be strong at English as well as displaying our physical strength. Although my class lost the competition, I still won a small prize. I received ten stamps from the mini games and I exchanged them for a pencil. The pencil was very cute with a big dog shaped eraser on the top.

I cannot wait until next year so I can take part in the event again. I am sure I will never forget these precious moments at Chu Oi Primary School.



Mou Wing Sze C.C.C. Chuen Yuen Second Primary School

My Most Memorable Day

Last year, I had a birthday party with my family and friends at Jumpin Gym U.S.A. in Whampoa. That birthday was the most memorable day.

At my birthday party, my friends and I played on many different rides such as the Bounce Maze, the bumper Cars, Bungee jump and many other exciting rides. We were happy and excited when we played on all of the rides. After a while, we were hungry so we ate some food that we had prepared earlier. We ate a lot of delicious and healthy food such as salads, sushi, spaghetti bolognese, ham and cheese sandwiches and chicken wings. As for drinks, we had Fanta and orange juice. We thought the food and drinks tasted delicious. However, we knew the food and snacks were quite unhealthy but it was my birthday so it was okay.

My family and friends sang, “Happy Birthday to you! Happy Birthday to you! Happy Birthday to Winnie! Happy Birthday to you!” After everyone had sung to me, we had some delicious food. My mum bought a birthday cake that had candles on top. She lit the candles. I made a wish and I blew out the candles. My wish was that everyone could be happy.

My family and friends gave me a big birthday card and some presents. I received a lot of presents such as a teddy bear, books and some stationery. It was a truly special moment so everybody took many photos as we wanted to capture this happy moment. It was a really great experience!



Fung Yeuk Lam Po Leung Kuk Chan Yat Primary School

My Neighborhood

I have been living in Tsing Yi for ten years now. I love this neighborhood because of the beautiful environment that surrounds my home. From where I live, I can see the beautiful ocean, mountains, trees and most importantly, there is less air pollution in this area.

My neighborhood is also very convenient as there are not only supermarkets but also wet markets, so people can buy things easily. For example, my mom likes to buy fresh food so she prefers buying groceries from the wet market. Apart from grocery shopping, there is also a big shopping center near the MTR station. In the shopping mall, there are different kinds of shops and restaurants. So, we have many choices when it comes to eating.

For people who like to play sports, my neighborhood also has a playground where people can play different kinds of sports. The playground is filled with people during the weekends. As for people who like to spend more time reading, there is a big public library. Tsing Yi has a lot of facilities and that is why it is my favorite district. I love where I live and I hope you can come visit too!

Our Sports Day

Chiu Shing Hei (1C)



Our Sports Day was held on 14th November, 2014. It was a sunny day, and we went to Kwai Chung Sports Ground early in the morning.

There were lots of track and field events during our Sports Day. Before the events took place, the athletes did warm-ups so that they could perform better in the races. At the same time, the cheerleaders asked the cheering teams to practise dancing. After the competition began, all our schoolmates got excited. The most amazing event was the 4 X 100M relay. When the runners crossed the finishing line, the four cheering teams of our four Houses waved their pom-poms energetically and cheered at the top of their voices to encourage the athletes to run faster. All spectators were extremely excited when watching these events. Finally, many members of the Red House won the competitions. As a result, Red House was the champion on our Sports Day. Peter Wong (6C) was the star of the Sports Day. He won three gold medals for long jump, high jump and 100-M sprint. He became the best athlete of our school and has broken many records.

The atmosphere of the Sports Day was tense yet exciting. Not only did the athletes try their best to get excellent results, but our schoolmates and the cheering teams were also keen on encouraging the athletes. They all demonstrated tremendous sportsmanship and team spirit throughout the events.

Although I am not an outstanding sportsman, I hope the next Sports Day will come soon.



Special Food in Hong Kong

Chong Chun Kin (1D)

In Hong Kong, there are many kinds of special food. It will take us ages to list all of them, so I will mainly focus on different snacks in Hong Kong in the following.

First, let me introduce you to a traditional dessert called egg tarts. It is made with flour, sugar, butter and milk. Hong Kong people love to have it anytime. You can find egg tarts in most bakeries and restaurants. They are cheap yet tasty. The tarts are best served when they are still hot. You may find a lot of people lining up to buy egg tarts when they are freshly baked.

Besides egg tarts, “shark fin soup” is a popular dish in Hong Kong. It is cheap because the shark fin soups are served with vermicelli and corn flour. Mushroom and pork are mixed together with the soup. It tastes better with vinegar and white pepper. People from Hong Kong usually have this soup in fast food restaurants during tea time.

Egg puff is another popular snack. People from Hong Kong love to have a piece of it on the street. Its ingredients include eggs, flour, milk, sugar, butter and water. There are different flavours like chocolate, strawberry, lemon, sesame and coconut egg puffs. If you go to Mong Kok, you will see many people holding a paper bag enjoying their egg puffs.

Other than the above mentioned, you may also find fish balls, pineapple buns, “dragon beard” candies, grilled cuttlefish and so on. Do these special foods sound attractive to you? If you go to Mong Kok, why not give them a try? Perhaps you can find even more special food.

How to deal with pressure and difficulties

Ho Po Yu, Bobo (2D)



Do you have any pressure or have you ever faced any difficulties? I believe everybody has pressure from work, study or even interpersonal relationships. So how can we deal with it?

It is important for students to learn how to deal with pressure. Being occupied by school work and exams can cause pressure to our body and mind, which may affect our performance at school. We should always take a break between study tasks. A 15-minute short break will do. During those 15 minutes, we can take a walk, listen to music or do anything that relaxes our mind. This is especially important for people who work long hours.

Watching funny videos on the internet is also a good option, as it helps reduce the tension built up during study. We can also chat with friends to stay socialized and connected. These activities allow us to gain energy to continue our study tasks. If we can learn to take breaks occasionally during study, our learning efficiency will be remarkably improved. There are lots of other ways to cope with pressure, but the most important thing is that we should take the initiative to tackle it rather than leaving it unattended.

Apart from pressure, sometimes we may find ourselves stuck in the difficulties of life, which can destroy us. But if we can overcome them, we will grow and become better.

Famous people like Isaac Newton, Thomas Edison and Helen Adams Keller all faced difficulties and challenges in their studies or careers. Helen Keller was deaf and blind ever since she was a baby. When she grew older, the hardships of communication made her irritable and suffer from constant negative emotions. However, she realized she could not go on like that for the rest of her life. She first started to learn sign language, then Braille and even speaking. Her interest and ambition in seeking new knowledge got her through all the hard times and challenges. Eventually, she became a successful writer and published a lot of important books.

Pressure and difficulties are everywhere. As long as we know the ways to deal with these challenges, they can be turned into the force that drives us forwards.



A cruel man with a pitiful dog

Lam Chak Wing, Winston (3C)

The other day, I read about a teenager bragging on social media about being extremely wealthy and well-known. He posted a photo about how he had spun his dog around in the washing machine. The poor dog was helpless and must have been terrified.

Now, there are at least 21,000 people who have signed an online petition calling for him to be punished.

I think he is incredibly immature to have done such a ridiculous thing. Animals are equal to humans in that they are also living creatures and their rights need to be protected. Animals have the rights to a safe environment, just like humans. How would you react if it had been a baby in that washing machine? An animal is just as vulnerable, so how can he do such a ruthless action? His affluence may make others think he is an upstanding citizen, but he must look after and love his pet like any other pet owners, regardless of his position in society. Despite having more than enough money, he did not demonstrate the ability to show respect or responsibility.

On the other hand, perhaps there are reasons for his behaviour. His parents might have neglected him because they are engaged with work. Perhaps they haven't educated him on animal rights and how to look after a pet appropriately. If this is the case, perhaps he might change his behaviour and outlook if a role model in his family took the time to patiently teach him about these matters. Therefore, we should give him an opportunity to explain himself in order to show us he can be reformed.



Fundraising Event

Feng Yongxi, Daisy (3C)



My class is organising a charity fundraising event in order to help underprivileged children from the countryside, so that they can have a better study environment. We want to raise money to provide more books to read and to supply other materials necessary for study, such as stationery. Although you may think such items are commonplace, the sad reality is that many parents cannot afford these necessities for their children. How can children have a good start in life and learn properly without these basic items? We are happy that our charity fundraising event may help underprivileged children in this small yet meaningful way.

Since we are busy with our school commitments here in Hong Kong, we can't go to the countryside. Therefore we will give the donations to the Red Cross which will then pass on our donations. We chose the Red Cross because of its outstanding international reputation. Many people often give donations to this charity because they trust that it will pass on their donations to those in need. We were particularly impressed with this charity's excellent response after the devastating Sichuan earthquake, so we are confident they are the best charity for this event.

What activities will we be organising? Let me tell you carefully. First, we will hold a small jumble sale in the classroom. Our classmates will provide the items for sale. Another activity we think students will especially enjoy is a fashion parade. Local boutiques will supply the clothing and our students will model them on the runway. All proceeds from the ticket sales will be donated to the Red Cross.

Finally, everyone from parents, teachers, students to the wider school community is welcome to join the activities at our school, so let's help poor rural children be able to study!



Dangers of drug abuse

Wong Ka Yiu (3D)

Some statistics show a steady increase in the number of young drug abusers. It is dangerous to take drugs as it causes some serious consequences. There are some harmful effects of drug abuse. People who take drugs may suffer from a lot of health problems, such as bladder failure, blackouts and loss of memory, which may affect their daily life. It is scary that drug abusers' brain and memory may be badly damaged as they will find it hard to remember things. As mentioned, people taking drugs may also have severely damaged bladders. They may need to go to the toilet every 15 to 20 minutes. The inconvenience caused is surely beyond our imagination. Drug-taking can be fatal too. Many people die because of it or its related diseases.

Drug abuse can be attributed to various reasons which are usually related to emotional problems. A lot of drug abusers take drugs because they have low confidence, a poor self-image or an unhappy family life. They may think that they lack family support from their family and may also face problems like peer pressure and the fear of being isolated. They, therefore, think drugs can help them relax and escape from their problems. Taking drugs seem to be the only way out to them. In fact, what they really need is the support and recognition of others. Teachers and parents play an important role in preventing students from taking drugs and in steering them away from this deadly temptation. Teachers and parents should learn how to recognise signs of drug abuse. It can help them spot the young drug abusers thus helping them deal with their problems accordingly. It is important that adequate support is given to the drug abusers to enable and ensure them to say 'no' to drugs with confidence.



Live on \$10 a day

Cheung Ka Hung (4A)



Last week, my family and I decided to take part in a campaign called 'Live on \$10 a Day', as it provided an opportunity for us to understand poverty and hunger.

In the morning, the campaign volunteers gave each of us \$10. As there are three people in my family, our total food budget was \$30. Then, we started the activities on our own. We avoided doing sports and walking too fast because we did not want to sweat, as otherwise, we would have to spend money on drinking water. Thus, we walked as slow as a snail in the morning. When we felt tired, we sat on a bench in a park and listened to pop music on our MP3 player. At that moment, I felt more relaxed than before since I could forget my studies temporarily.

Smelling the sweet flavour from some food stalls in the street, we were famished and thought it was time to have lunch. However, I couldn't move and my legs were shaking heavily. I had never felt hungry and thirsty like that so I wanted to have lunch at once. Soon, we stopped in front of a restaurant. We looked at the menu and realized that there was nothing cheaper than \$30. Therefore, we left desperately. Then we walked into a bakery and purchased three buns which cost us \$12 in total. That meant we just had \$18 left for our dinner. While eating bread, my tears were dropping because I felt ashamed and I deeply understood the life of those living in poverty. When they were worried whether they had enough money to have three meals a day, I was so ignorant that I produced lots of food waste every day.

After lunch, I was still hungry. I felt pity for those who could not have regular meals every day. 'Let's go! We should drink water immediately if we want to live,' shouted Dad. We spent \$3 on a bottle of water that we shared between us. Now we had \$15 left for our dinner. Night was coming soon. I had just eaten a bun and drank a little water from morning till now. We went back to the bakery. 'Sorry, we just have enough money to have bread for dinner,' whispered Mom. Finally, we could only afford to buy three slices of bread and a bottle of water.

Through this campaign, I learned that we should be thankful about what we eat and we should think twice before wasting food. It is also essential to help people in poverty. We can donate some money or even food to the organizations concerned or start volunteering at a local charity to help distribute food to the hungry. Moreover, I hope the Government can be more aware of poverty and raise awareness of citizens so that more people can work together to reduce this problem.



Occupy Central

Liu Chun Kit (4A)

To strive for a better future for Hong Kong, groups of citizens and students joined the protest, commonly known as Occupy Central. Although their ultimate goal was pure, I think the behaviors of some radical protesters were inappropriate. However, I also felt astonished about the police using tear gas and pepper spray to calm the protesters and request their retreat, as there should have been more suitable methods to reach a consensus. Such overly-strong actions would unavoidably cause more conflicts.

The Hong Kong Government could create more opportunities to communicate with the protesters and the protesters could try to listen to the Government. Compromising is better than creating conflicts and arguments. The use of tear gas and pepper spray would make the protests even more out of control which would ruin chances of further rational discussion.

I think the students did not need to sacrifice their lessons because no one would want them to boycott their classes. It would only affect the students themselves but would cause no harm to the Government. They might need to take into consideration the advice of other people, such as their teachers, parents and other loved ones, who would be worried about them. If they wanted to express their opinions to the Government, they can do so through other means. On the other hand, the government officials could accept people's appeals and try to arrange peaceful talks with them as they are the leaders in Hong Kong.

I really hope the protesters could carefully consider the consequences of their actions. Let us sit down and discuss in a rational manner to allow both sides to express their views. It does not matter about who should follow whose instructions. Both parties should be willing to talk while getting rid of the wrong approaches for solving the problems. They should think about Hong Kong's future and try to maintain the harmony and peace we always have.

Junior Achievement Program

Mak Pui Man (4B)



As the production director of 'Mystery', I am so proud of myself since I have learnt and grown through joining this program. It is never easy to run a business successfully. When we were still preparing for the trade fair, we often bumped into troubles and conflicts. I knew I wasn't able to tackle these problems just by myself, so I approached others for advice and I listened to my teammates to understand their needs. The first thing I have learnt is that I should always be a good listener and not be afraid to approach others for advice.

At the beginning of this project, we had some technical issues so we failed to make products of good quality. Eventually, we found the best way to produce them after a million failures. The second thing I have learnt is to accept failures as part of the process to success under any situation. I should always look at the bright side when facing any challenges and obstacles in my way.

During the trade fair, we promoted our products a lot which made me realize that even if our products are not eye catching enough, providing good promotion and service might encourage customers to buy our products. Consequently, I should always observe the surroundings to understand other people better so that we can provide what our customers need.

After all, the most important thing that I have learnt is showing respect to our teammates, no matter which positions they take up. If we are humble and thoughtful, we can establish good relationships with others thus leading to better cooperation. Of course, having joined this program, my business sense and leadership skills have been enhanced. I can definitely assure you that this unique experience will help me in my future career well.

The skills I have been taught, such as leadership, team spirit and communication skills, are very practical for my future career. They are the main elements of running a business and being successful. Now I can manage my team better with good leadership and I can accomplish work efficiently with team spirit. I understand the needs of customers such that I figure out what they are thinking and help my social life with social communication skills. I can apply these skills easily after joining this pragmatic business program.

Although we might not be the best company, I do see a lot of potential in ourselves. If you are interested in the commercial sector, perhaps you could take the chance and join this program in the future.



Book Review: Rain Man

Leung Ka Wai (4B)

Rain Man is an inspirational story. It describes a greedy and cold-blooded person, Charlie Babbitt, who turns into a completely different person. Charlie is no longer inhumane but starts to know how to care about people he meets in his life. It is all because he had discovered the dark side of his mysterious childhood through the experiences of meeting Raymond. Raymond, Raymond Babbitt, is Charlie's brother. He was sent to an institution by his father while Charlie was a baby. This is the reason why Charlie did not know he had a brother.

Charlie hated his father, Sanford Babbitt, whom he thought did not like him. When Charlie stole his father's car, what Sanford did was just calling the police to retrieve his car and leaving Charlie behind in a police cell for two days. Because of their poor relationship, when Charlie received the news of his father's death, his only goal was to "get all his money". However, the will said that his father would give the money to Charlie's brother, Raymond. For sure Charlie did not know who Raymond was. Charlie was extremely astonished because his father gave everything to a stranger! After Sanford's funeral, Charlie decided to look for his 'new' brother to get back 'his' money. But Charlie found that his brother was living in an institution and the money actually went to Raymond's doctor, Dr. Bruner. What would happen next? Would the doctor return all the money to Charlie? Would Charlie rob the money and escape, and then become a criminal? Just read on!

After reading this novel, I cried because of the story, for Charlie, and, for Raymond! The story is very moving. It is the first time I have cried when reading a novel, because it tells me "love is about connection, and is long-lasting, no matter where and when". Although Raymond has to give up the custody of Charlie and they are apart in the end, the bond between Raymond and Charlie still exists.

I like Raymond, who is a kind-hearted man with a simple mind. Even when his younger brother did something bad to him, he still loves him. Also, his life is full of sorrows and he had an unusual and saddening childhood. When other children spent all day playing in the playground or the park cheerfully, Raymond could only stay in the mental hospital by himself.

The story reminds me that our life is not solely about money. There are many other things in the world that we should treasure, and our family is the most precious.

Rain Man is an outstanding English novel. I strongly recommend it to anyone who likes fiction! I am sure you would love it.

A Trip to New Zealand

Hung Wing Yu (4B)



Have you ever thought that you can go to a wonderland, a place which is totally different from Hong Kong and even better than our city? Last summer holidays, my friend, Olivia, and I joined a study tour and went to a wonderland: Auckland in New Zealand.

Auckland is the most populous city in New Zealand and it is home to many people of different nationalities, such as Europeans, British and Irish. The locals are extremely polite and thoughtful. When getting off the bus, passengers always say “thank you” to the bus driver. No matter who you are, people greet you in a friendly manner in the street. They are pleasant to visitors, too. Once, when one of our roommates, Claudia, was going to get off the bus, she forgot where she put her bus card. It took a long time for her to find it. Fortunately, the other passengers didn’t get mad at her, and one of them even comforted her and calmed her down. If this had happened in Hong Kong, people might keep complaining and even shout at her.

Furthermore, the lifestyle there is relaxing. Locals would never be as hurried as Hong Kong people. Walking slowly, most of the locals enjoy the views they pass. After work, instead of hurrying back home, they usually go to a nearby coffee shop and chat with each other. After staying in Auckland for a few weeks, my friend and I got used to the peaceful lifestyle and we really appreciated their attitude towards life. It is one of the most yearning and unforgettable memories for me.

It is really a good experience for Hong Kong teenagers to take part in this programme, since you can make a lot of new friends from different countries, like New Zealand, Taiwan and Mainland China. Just like me, I still keep in touch with most of the friends I met there. Also, apart from visiting some scenic spots, all the participants need to attend some classes there. In my opinion, the way of teaching is definitely different from that of Hong Kong, as it is much more vivid and interactive. I guarantee you will become more confident in speaking English after joining this tour. As you will have a lot of opportunities to practise English, such as ordering food and talking to your host family. This will help you improve your English within a short period of time. Since you will live without your family for quite a long time in a foreign country, you need to make many decisions and deal with problems all on your own. You will become more independent when you return to Hong Kong.



Women and Fashion

So Yin Lam (4C)

The fashion industry has always presented a negative image of young women. Glamorous looking models with sexy outfits and catwalking on the stage are images that have been imprinted on people's minds of what young women should look like and go after. The pursuit of good looks over inward qualities is the side effect of these dazzling figures. What's more, pictures of starved or malnourished models that look like skeletons can be found in every fashion magazine.

The industry hires young girls to be models and those girls have to be extremely tall and thin. Anyone who is not skinny enough is not good enough. These models must keep their body slender to stay in the fashion business. Constant dieting has become the norm and it is hard to be rectified. Gaining weight is their worst nightmare. Such behavior sends out a negative message and that is, they should only eat enough to survive. Girls who are too heavy may become others' laughing stocks. Those who care too much about what people think may be depressed and start dieting. This, therefore, creates a vicious cycle. Being obese is bad, but being too thin may cause more damage to our physical and mental health. However, the fashion industry has already decided on what a girl should look like.

Moreover, the pace of fashion is so fast that the trend changes every season. Some girls follow the trends blindly in fear that they are lagging behind. Boutiques need to attract young girls, so those who want to catch up with the trend will buy a lot. They don't want to become an outsider among other girls. If they do not have enough money to buy the clothes or accessories they want, they may resort to borrowing money from the bank or swiping their credit cards excessively. The way they spend their income is lopsided with the money they use on clothing. Some girls may lose control to the point where they stock up clothes and pile up loans at the same time. They may be wasting money on something that is totally unnecessary. This makes people think that girls are materialistic and impulsive buyers.

As part of their professional practice, models cannot refuse to put on sexy clothing. The fashion industry has used these sexy images of young women to draw people's attention. They not only set the standard of what beauty is, they also tell other women that it is okay to even pose nude if the designer asks for it. People who are not in the field may not understand and feel that these young women are too open in the way they expose their body. This phenomenon also adversely affects young women's sets of values.

All these attribute to the negative image of young women in the fashion industry. They distort females' image by conveying the concept that women have to be thin and sexy. They encourage women to go on shopping sprees for the never-ending change in fashions with huge unpaid credit card balances. Quite sadly the fashion industry has successfully kept the myth that girls should be slim to be pretty and the sexier they are, the more attractive they are. Many young women are too naïve to realize the trap they are about to fall into and too weak to say no.

Liposuction

Lau Choi Chu (5A)



Physique is important today and a slim body is believed to be able to enhance one's appearance. Overweight girls are considered ugly and teased by their peers. Another strange phenomenon is that even very thin girls say that they are still too fat! Influenced by beauty advertisements, people think that being thin is beautiful. These advertisements are everywhere, promoting the image of being skinny and having no body fat. Clinics also claim that their surgery is professional and safe. This is a big attraction for people who have a strong desire to be fit. Many girls want to become thin like a model so they try many ways to lose weight.

Liposuction is a kind of plastic surgery that removes fat from the human body, ranging from the abdomen to the neck. Nowadays, liposuction is very popular in our society for both men and women. It is perceived as a quick way to lose weight, skipping the hard work of exercise, which some believe is a waste of their time. Without the need to exercise, they only need to find and pay a clinic in order to help them to become slim. They only need to spend an afternoon then they will get the body shape they have always dreamt of. Therefore liposuction becomes their best choice to achieve beauty within a short time.

However, I do not think undergoing liposuction is a good idea as it is not safe. Failed cosmetic surgery can bring serious consequences. Patients may lose consciousness or even die. Additionally, it may cause disfigurement or leave scars on the body or face. In 2014, there was a case of the sudden death of a dancing teacher because of her health conditions. People who have diabetes or hidden illnesses are not suitable for liposuction yet some ignore the potential danger of liposuction. There are even people choosing the cosmetic surgery clinics without a license or professional surgeons. It is just like putting themselves in danger. Not only will the post-surgery complications affect their whole life, it also takes time to recover and the recovery process can be painful.

Why can't people accept their natural appearance? I disagree with people being so crazy about losing weight. Doing exercise is much more constructive than any forms of surgery. People who want to be thin and fit need to have a balanced diet and do exercise. Otherwise, even if they have undergone liposuction or plastic surgery of any kind, they will turn back to their physique before the surgery.

Please think twice before making such a decision.



Who is responsible for teaching our next generation table manners?

Chan Shi Chun (5B)

It is a common phenomenon that people use mobile phone at the dining table. They are so focused on their phones that they have their meal absent-mindedly. Their behavior of ignoring others around them leads to disconnection among people eating together. This gives a feeling of disrespect to others.

Another example of Hong Kong people's poor table manners is that they always finish their meal with great speed. It is definitely an improper habit. In order to savor and appreciate the taste of food, they should enjoy their meal slowly. What is more, people always slurp, making a disgusting noise. It is really impolite as they not only disturb others but also affect the dining atmosphere of eating in a quiet restaurant. If people can be more alert to their own habits, they may avoid displaying bad manners in any situation at all.

Being in a civilized society, why do we still see people with such poor eating habits around us? Does it mean that we do not have sufficient opportunities to learn them in a proper way? Should we consider making it a compulsory subject in school? I suppose it should be taught in primary school or be emphasized in home education as I find it important to teach students basic manners at least, such as washing their hands before a meal and sitting properly at the table. As you know, children imitate adults' behaviors, therefore, teachers and parents have a significant responsibility to tell them what manners are and why they are so crucial. Moreover, adults are good role models for children to learn from. If schools can implement teaching good table manners into their education, students can develop more sophisticated habits.

To reflect that we are civilized people, we should make people feel comfortable while eating with us and I expect that everyone should have good table manners. Apart from this, I am convinced that appropriate table manners create a favorable impression. Consequently, this is something that must not be ignored.

When depression comes, just conquer it!

Law Chui Shan, Gloria (5B)



Have you ever been extremely sad and lost the motivation to do anything? If yes, you may be suffering from depression.

Depression is a mental illness that involves the mind and body. It could interfere with your daily life seriously which could even lead to suicides, since it bothers you with excessive negative thinking and makes you feel weary. However, there is a solution for every problem. More importantly, we should be aware of how terrible depression is, and learn to fight against it positively.

But alas, conquering depression is not a piece of cake. Here is an example of one of my friends who had suffered from depression for a long time. Sam is an outstanding student who always excels academically, and his parents have high hopes for him. In order to push Sam to gain even greater achievement, they signed him up for plenty of tutorial classes and extra-curricular activities. These classes had cast a burden on Sam as they occupied most of his time. Having not enough rest and being worried that he could not meet his parents' expectations, Sam could not concentrate in class, hence, his academic results dropped rapidly, making him feel upset. Worse still, his parents were angry about his declined performance which finally made Sam have a nervous breakdown.

Although Sam was suffering from depression, he kept it a secret as he thought it was shameful. Therefore, he left the problem unattended and tried to lighten his sadness by getting lost in the virtual world of computer games. Unfortunately, the negative thoughts kept intruding into his mind which ruined his appetite and sleeping cycles. Also, the depression broke the bond between Sam and his friends because he did not want his depression to be found out and was worried how people would judge him.

Luckily, our class teacher, Mr. Lee, observed the drastic change in Sam. He talked to his parents and referred him to the school social worker. At first, he was reluctant to receive professional counseling. With the support of his family members and friends, he eventually recovered following the counselor's advice and making much effort by taking anti-depressants and doing exercise regularly.

Suffering from depression is not a big deal when you are willing to seek help and tackle it with the correct methods. Firstly, find someone trustworthy and share your worries with them. Do not worry about whether people will judge you, since having depression is the same as getting sick. A good listener will listen to you patiently and offer you advice. Also, you will feel better after having a conversation with friends as you will feel as if a weight has been lifted off your shoulders by verbalizing your worries.

Additionally, doing exercise is a good way to release pressure. Exercising your body, such as running and swimming, helps your brain secrete a chemical called dopamine which can make us feel happy and relieve our stress. Moreover, doing exercises could bring you satisfaction so that you can sleep well at night without negative thoughts.

Suffering from depression is not embarrassing and it is not your fault. If you keep your feelings bottled up inside, your negative feelings will mount up and your depression will grow bigger. In contrast, you must conquer it bravely, so that your condition will improve and everything will become better. Stop blaming yourself! Let yourself out and beat depression!

Food for future

Leung Ka Siu (5B)



Recently, a food product that covers all human nutritional requirements has been created. It is called “Soylent”. It is in powder form and we can drink it after mixing it with water. As all nutrition we need can be found in this drink, some people think that this kind of “food” will soon replace the ordinary food that we eat every day.

The nutritional content of Soylent was designed by dieticians. Therefore, it is healthy as the nutritional value is high with a proper amount of fat. We do not need to worry about overweight problems even if we drink it as a meal replacement. Moreover, it contains no preservatives which may potentially cause detrimental effects to the human body. It is even claimed that most of the ordinary food contains preservatives but drinking Soylent can keep you away from them.

On the other hand, Soylent may help people who suffer from starvation. In developing countries, natural disasters such as droughts or floods may destroy the farms so the harvest may be affected or become unstable which may lead to starvation and food shortage. In fact, the supply of artificial food like “Soylent” is very stable and will not be affected by natural disasters. Its invention is therefore believed to be useful to people in need.

However, there are some people who do not prefer this kind of artificial “food”. They think there is no enjoyment in drinking “Soylent” as a replacement of ordinary food. It is emphasized that no matter how busy people are, they should squeeze time to gather with their loved ones during mealtime. Being busy should not be the reason to support this kind of food. They should make themselves “sacrifice” their valuable work time to enjoy food (here I mean the real type) with their family and friends. If people drink Soylent as a meal replacement, they may therefore lose their precious time “eating” in an enjoyable sense.

Apart from this, the opponents are also worried that the Soylent is not thoroughly developed. Although it has been tested, some think that there may be unknown side effects in the long term which may cause potential risks to human body, to take some examples, indigestion or allergies. That is why we should stay alert for the long term consequences.

In conclusion, even though there seems to be many advantages in eating this kind of artificial food, it cannot fully replace our normal diet since the negative effects are yet to be revealed.



Public Spaces or Public Housing?

Wong Tsz Ying, Chloe (5D)

The Hong Kong Government has lots of measures to improve our lives. One way to help the poor end is to provide them with more public housing. However, I disagree with a part of our public areas being released to build public housing because it will affect the natural environment.

Hong Kong is a small city, so if it loses its public spaces, it will become even more cramped. This would deteriorate our citizens' quality of life, since the community would lack sufficient outdoor recreational facilities from shopping, cycling to playing in the park. If people just live in such a densely populated environment, they will feel stressed.

Public spaces are the most essential to people who work in the office for relaxation. They need to work for at least 8 hours every day so they get great pressure from work. If we don't have enough public places, they may have no place to relax and some of them may even develop mood disorders in some extreme cases. This is surely an avoidable mental health issue.

Moreover, developing concentrated public housing will negatively influence our physical health. Many of the public housing buildings are constructed closely and they accumulate waste gases such as carbon dioxide. It causes insufficient ventilation and fresh air so residents will get sick easily. Also, the construction of buildings reduces the green belt; consequently, people may suffer from respiratory diseases.

Building public housing not only causes negative impacts to our health, but also uses lots of resources. In order to increase the supply of public housing, the buildings are built as high as 40 floors. Besides, the construction projects cause pollution, such as air pollution and noise pollution. The damage to the environment is irreversible.

Last but not least, Hong Kong depends on tourism to boost its economy. Therefore, it is important to maintain the public spaces like public squares, beaches and parks to generate revenue. These places can attract travelers to visit. Their consumption on souvenirs, products and food can increase the financial revenue of Hong Kong.

Although some people think developing public housing is the fastest way to alleviate current housing problems, this 'quick' policy will destroy our health, our environment and the habitats of wildlife. It is significant enough that the government should be concerned about it. In order to have a prosperous city, we need to strike a balance between urban development and conservation.

In fact, the Hong Kong Government can develop better urban planning. For example, it can carry out urban redevelopment and revitalization to relieve such housing issues and protect the green belt and public spaces for gathering and relaxation. There is no doubt that all Hong Kong people want to live in a wonderful city in which they can breathe fresh air, enjoy the natural scenery and live comfortably.

What motivates children to succeed?

Li Chui Ling (6B)



It is an unchangeable fact that students in Hong Kong have to study extremely hard because of the keen competition among students and the high frequency of examinations. In order to strengthen their competitiveness and have a high-quality early start in life, parents push them to succeed in different ways. Indeed, have we ever thought of what makes us succeed? Motivation is the drive for goal-oriented behaviors, and it could be internal or external.

Intrinsic motivation is when people are engaged in an activity, such as a hobby, with an internal desire, without obvious external incentives. An internally motivated child is ideal; however, we understand that children may not do their assignments voluntarily without the reward of stickers or prizes. Thus, extrinsic motivation is important sometimes. Extrinsic motivation refers to motivation apart from the individual, such as a reward or a good grade, which acts as an indicator to show off our abilities and prove our capabilities. In brief, it can bring us instant satisfaction.

External incentives are likely to have only a short term effect on us. We may feel satisfied by receiving a compliment or a certificate from others, which is proof of our achievement and recognition of our talents. However, over-reliance on external incentives makes us become materialistic and those incentives can no longer fulfill our desires when we cannot reach self-satisfaction. If we are only indulged in having material incentives as motivation, we will develop poor habits and ignore the importance of self-satisfaction that derives from hard work. They will, in turn, become ineffective in pushing us for further improvements.

To take an example, the use of external incentives is a frequent strategy used by teachers to facilitate the cooperation of students during lessons. Excessive use of such rewards reduces intrinsic motivation and learning desires as students become blinded by a materialistic reward. Teachers may find it more beneficial to alternate strategies and give compliments that do not include contingent rewards. If we gain pleasure from our own work, we will become self-motivated and the effect is long-term. Getting praise and appreciation from parents, we obtain positive encouragement hence striving for a better performance. Therefore, whether children can be driven to succeed depends on how they develop their internal desires.

To conclude, the motivation in achieving goals is the key elements for individual's desire for success. For parents, they should give their children freedom and unconditional support to their children. As children, we should seek for inspirations every day as it will help us sustain enthusiasm throughout the long run.



Genetically Modified Food - is it a blessing?

Lei Ho Fung (6B)

How much do you know about your favourite dishes? You may be surprised to know that most food is modified by incredible technology!

Thirty years ago, the world's first genetically modified (GM) crop, a batch of potatoes, was harvested. People believed that they had found the way to solve the problem of food shortage. Recently, GM potatoes have been approved to be planted commercially and served on dining tables. It is claimed that these potatoes not only resist bruising but also contain fewer substances that cause cancer.

It seems that there are quite a lot of benefits to produce GM food. Advocates stress that GM food helps alleviate hunger. It requires less nutrition to plant the same amount and is more adaptable to poor conditions such as drought. In turn the food supply becomes more stable thus the price could be lowered and made more affordable for the poor. The genes which generate different nutrition are added whereas genes which lead to natural food decay are removed. Genetic modification also improves the nutritional value of food as well as the food quality. GM food is therefore suitable to be applied to places where people suffer from starvation.

However, is GM food really a blessing? The manufacturers actually combine genes from various creatures. They add genes of fish, spiders, even insects and rat into the seeds to grow tomatoes that resist a low temperature or corns that resist weed. This is not only disgusting but induces risks. The technology is still young, and there is currently no evidence to prove its safety. Some people believe that GM food is harmful and may lead to cancer. People who eat GM food are definitely guinea pigs. Worse still, much GM food is sold without permission. Consumers have no idea about the “content” of their food. There were cases in which someone who was allergic to peanuts was “killed” as the food he had eaten contained no peanut but only genes of peanuts!

Besides, GM destroys the nature. Growing GM plants in nature may cause genetic contamination. Since GM organisms (GMO) are more competitive, they put the original species at risk of extinction, declining the biodiversity, and thus destroying our environment. When GM crops pass their modified genes to insects and weeds, genes contamination is the consequence. The ‘super pests’ and ‘super weeds’ can no longer be killed, but has become a threat to the food supply. By then, we who live in developed countries or those who live in poverty would suffer from food shortage. We humans will eventually pay for meddling with nature.

Do people say that this invention aims to solve the problem of “food shortage”? What I can see is that people throw food away in some part of the world while, in other parts, the poor have nothing to eat; people in developed countries die of obesity while those in poor countries die of hunger. We should not let genetic engineering become an excuse of food wastage.

Shortage of Nursing Homes in Hong Kong

Mak Hoi Ching, Twinkle (6C)



Dear sir / madam,

“Ageing population” is a pervasive, profound and enduring tide sweeping across the globe. Hong Kong is no exception. The ageing trend is becoming a major concern in Hong Kong. It leads to a serious problem which is the shortage of nursing homes. So, I want to express my concerns regarding the issue.

First of all, there is a lack of care for the unattended elderly because many of them are living alone without relatives or family members. Also, they cannot afford to take care of themselves. For elderly who suffer from dementia, as their condition worsens, they need more help with daily activities such as washing and bathing themselves. If the elderly can live in nursing homes, the staff can take care of them professionally. Therefore, they need nursing homes and care from others. However, there are not enough resources for them so the government should consider ways of helping them.

In addition, there is insufficient space to settle the elderly people in need because most of them are retired with no income and cannot afford an apartment for their retirement. Their pension may not be big enough for them to live on comfortably and they cannot enjoy their retirement. Consequently, it will influence their physiological and psychological health. There is a lack of nursing homes for them.

In order to solve the problems, I have three suggestions. Firstly, I recommend that the Hong Kong government prioritizes building new nursing homes as soon as possible because it can solve the shortage of nursing homes directly.

Secondly, we should encourage families to take care of their older family members because many people leave their parents when they become adults and start a new family; thus, the elderly are often neglected. The government can promote it by advertising on television or social networking sites to raise public awareness.

Finally, the government can establish an organization to investigate the problem of the shortage of nursing homes. This organization can provide funds to help some elderly people who do not have a place to live.

I genuinely hope my recommendations are useful in solving this problem.

Yours faithfully,

Twinkle Mak

Twinkle Mak

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