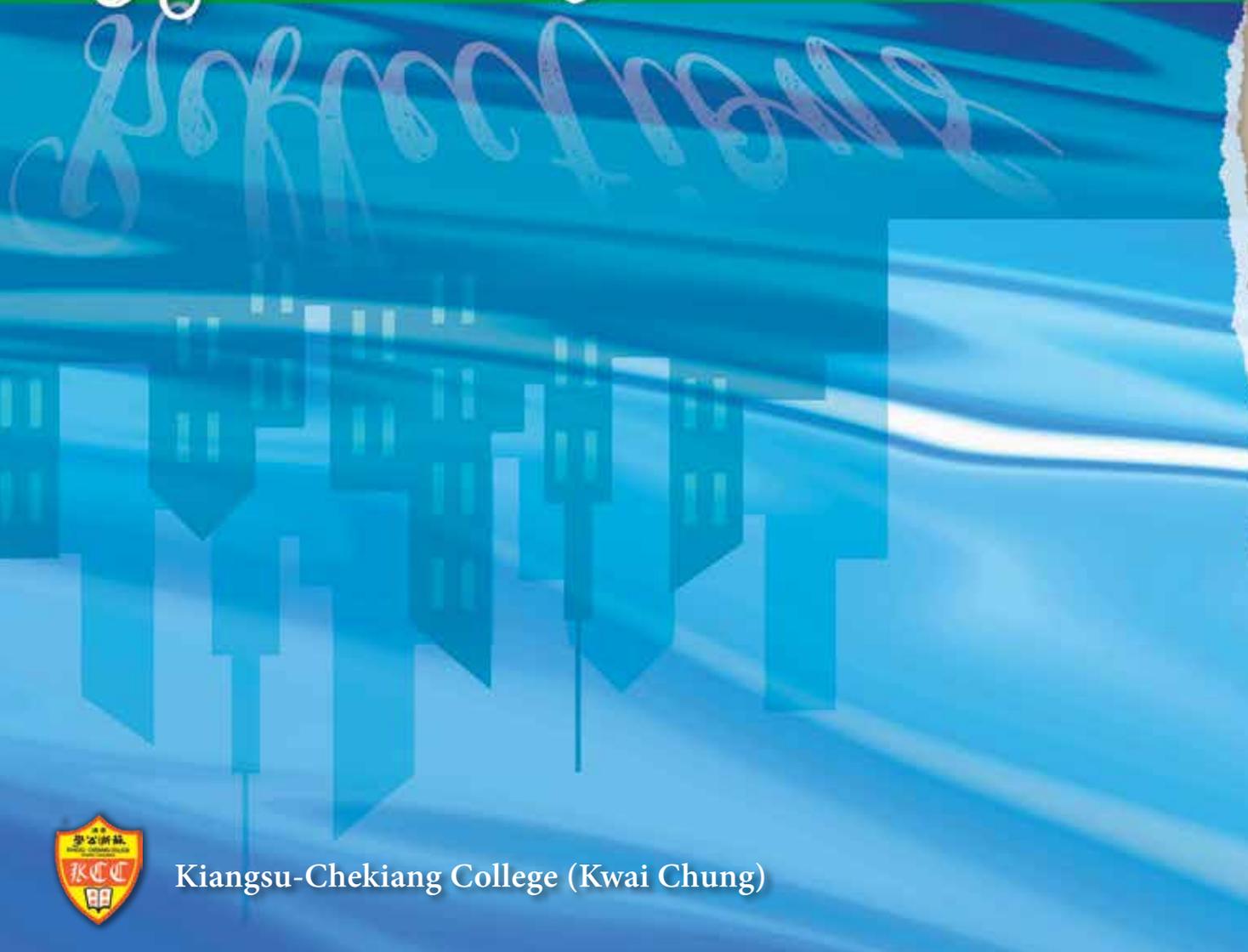




Reflections



A n t h o l o g y



Kiangsu-Chekiang College (Kwai Chung)

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Notes from the Editorial Group

As one of the articles in this anthology mentions, reading takes us to places where space is beyond limits. This applies to writing, too. We also find it necessary to keep a collection of our students' writing so that it can be easily accessible to all our students as reading resources and as demonstration of good writing.

These articles were selected from our school English newspaper, *the KCC Standard*, from writing workshops, journals and compositions, all of which are not bound by the class or form they are from. This is because creativity and the desire to express through writing are not restricted to what age they are at or the level of their studies, nor when they were written. That's why we also have put in teachers' entries from our newspaper, though not many. So instead of asking each class or every form to submit a certain amount of students' works on different topics, we compiled their writing by themes regardless of their form or when they wrote them. Were it not for our consensus of the quantity to be published, we could have put in this anthology students' works from years back.

In this age when few are seen holding a book in their free time, We hope our students can make this book an exception. It is not a bad idea either to make room for this on their book shelf as a commemoration they will value with nostalgic fondness in the future.

Last but not least, Principal Leung would also like to take this opportunity to express his gratitude to Ms. April Lam, Ms. Kayla Hill, Ms. Eva Lo, Ms. Debbie Yeung, and all English teachers for their hard work in compiling this anthology and for their excellent teaching.

Now, we hope that you relax and enjoy the reading journey with our anthology.



The WYNG Philomathia Student Essay Contest 2017

One of the Final Contestants

Where We Stand, Who We Are

Kwok Chung Yu, Cecelia (4B, 2016-2017)

Scanning the horizon of Ha Pak Lai, she blinked her black eyes, and it seems that something becomes brighter, growing in the darkness.

This has been the sixth month since she came to Hong Kong. This place, this city, it is supposed to be her motherland, yet she barely knows anything about it. Or, worse still, she has got lost in finding who she is. One day she was pointed at her nose, being called a mainland person, but what it means she isn't sure. Having no reasons, she didn't

say anything to argue. It just got her lost in thought. What's wrong with being a mainland person? The word "equality" is everywhere; everywhere but nowhere around her. From her perspective, there is no difference between a Hongkonger or a mainlander. She doesn't see the difference between them. Both are Chinese people of a different origin. To her, they are just names, not identities.



The thought has never been affirmed until one day she saw this image, a photo that is divided into two parts with light in the middle, the glowing horizon. She happens to know where it is – Ha Pak Lai.

The amazing thing about history is that it affects generations. A man related to that stowaway, struggling to identify himself. And the influence was extended to his son, the photographer. Where was he standing? If he was standing at the coastline of Hong Kong, Shenzhen was within sight of his eyes. Hence, if he is on the opposite of Hong Kong, will he see a brighter better view? She has no clue about it. Before she came back to Hong Kong, this place is one of the dreamiest ones in her mind. People here lead a brilliant life just like the privileged characters in *The Great Gatsby*. The girl had every fantasy about this dreamy place. Now that she really is here, is this what she has wanted?

With her eyes wide open, an extraordinary view flashes in and astonishes her. The light, she doesn't know if it is starlight or from the lighthouse, is so bright that it is exactly the same as what she saw in the picture. It is a sight, she mutters to herself, more than a sight. Merely one thing is different – Instead of dividing them apart, the light is the bonding of the sky and the sea. For her part, she has already opened her arms, hugging the breeze, inhaling the air with a fishy smell, showering in the thin light far away. It feels like there is a hand of vast power, lifting her up, up, all the way to the center of the sea.

Between the coasts, this girl has no idea whether she is in, or outside Hong Kong. The breeze, which has blown over the stowaways, is now caressing her cheek, telling stories beside her ears. The stories of them, not only stowaways, but also humans, are told by the whisper of the breeze. They are about how much sweat is on their foreheads, how many teeth are shown when they laugh, and how many dreams they have dreamed of.

After a moment, the breeze stops whispering. She surprisingly finds that her steps have taken her to nowhere unconsciously. What's more, she can hear someone. There is a young man, with his camera, positioning. It seems that he has no idea that there is someone else. The girl can't help but walk by, then she quietly asks the young photographer if she can take a look at the picture. He puts down the camera and looks into her eyes, not even surprised. "Sure," he says. When the girl looks through the little window, she is totally astonished. This photo is exactly what she saw days ago. She remembers every detail of the photo, not only because she has stood in front of the photo for who knows how long. It is the fascinating photo itself that gives everyone who looks at it a deep impression.

For some reason, the girl doesn't intend to tell the man. She wants to see what this person is. "Do you know this place?" he says as he looks over the horizon. "Before people were attracted to the gorgeous sunset, this was the best location for stowaways. Do you know why they came? Oh, of course you know. But I suppose they didn't." In fact, the girl didn't know, she still doesn't. However, she starts to have a little clue about what she is here for. "Do you know?" "Yes, I think I get to know it a little bit."

She lowers her head to look at the picture, but when she looks up, he has vanished. As she unbelievably finds that she is holding the amazing picture, she is shocked again. There is nothing else in the world which can connect these two things close together like the lights that connect the land and the sea. In and out, they are glued together.

The fact is, there is nothing abnormal as stowaways, if there is, then we all are. As we step on this ground for the very first time, we bear this baggage from the so-called natives. The baggage is hatred, and that's not worth it. We are not enemies, but families. We must not be enemies. The identity of this girl of such a tender age, is still decided by herself. Not her parents, not even the birthplace on her identity card. Not all these, and she knows it now.



A Debate Speech *Chan Yuen Wing, Flora (5A, 2016-2017)*

Motion: Organic Food in Hong Kong Should Be Subsidized

Good afternoon ladies and gentlemen. Before the debate, I would like to ask you a question. Have you ever bought organic food in Hong Kong? It's a nightmare for all vegetarians and carnivores alike since it is too expensive and hard to find!

The motion of this debate is: This house would subsidize the local production of organic food in Hong Kong. We would like to define subsidize as the government providing consistent funding and support. For organic food, we would define it as fruit and vegetables produced without the use of chemicals. And for Hong Kong, we would define it as the Special Administrative Region of the People's Republic of China.

Our team line is that subsidization of organic food in Hong Kong is greatly beneficial in terms of helping the local economy and living a healthier life. Therefore, as the affirmative side, we strongly believe that subsidizing organic food would benefit Hong Kong in many different ways.

As the first speaker, I will address the healthy benefits of consuming organic food. Our second speaker will talk about the enormous advantages on social and the economy. And our third speaker will summarize our team case.

To begin with, organic food is quite simply healthier and better for the environment. Since it doesn't include chemicals, it is less polluted than non-organic food. Furthermore, organic food has more nutrients than non-organic food, so we can build up a strong defense against potential disease from eating it. A study from Newcastle University in the UK reported that organic produce boosted up to 60% higher levels of nutrients such as vitamin C and antioxidants than its conventional counterparts.

Besides, producing organic food is massively better for the environment. This is extremely necessary for a city like Hong Kong, which suffers from deplorable levels of pollution and environmental disaster. Therefore, if the government subsidizes organic food, not only will the farmers be willing and able to produce more of it, but also the citizens can have more choices of organic food in more affordable quantities.

Apart from this, more and more people are becoming aware of the horrific dangers of pesticides in food such as increased risk of cancer and diabetes, according to a study from Hong Kong Chinese university, so many prefer to buy organic food to guarantee that there is no pesticides in it.

This negative team will undoubtedly argue that organic food has little health benefits. As I've clearly explained, organic food has increased nutritional benefits and decreased health risks. If the government can subsidize its production, organic food will be our next much needed generation of food, as our second speaker will elaborate on. Therefore, we strongly believe that subsidization of organic food in Hong Kong is beneficial in terms of making Hong Kong citizens healthier and less exposed to unnecessary and tragic illnesses, which can come from the consumption of non-organic, pesticide-ridden food. Thank you.



Teacher's Sharing: Box of Hope – A Meaningful Way to Help Children in Need *by Ms. Hill*



It's sometimes easy for us to take for granted how much we have, living in Hong Kong.

I know that not all of us come from well-off families. Maybe some of you live in a small flat and wish you had a bigger house to live in. Maybe you have to wear your brother's or sister's hand-me-down clothes (I know I had to!) because your parents can't always afford new things for you. I know that sometimes I would get angry at my parents for being "poor" or not being able to pay for everything that I wanted. And now living in Hong Kong, I've discovered that things are very expensive here. Sometimes it's easy to get frustrated or discouraged, but it's important to remember that there are always other people in the world who have less than we do.

I decided this year it would be great for students in the English Culture Club to experience what it's like to help children in need. So, our club decided to set up the Box of Hope charity at KCCCKC. The goal was to fill shoeboxes with toys, toiletries, exercise items, and stationery. Together, we put together almost 40 boxes to donate – so thank you to everyone who helped out with this activity! This is something that as a child I had always done with my parents in Canada, so I thought it would be a great activity to do with the students at KCCCKC.

The Box of Hope charity collects thousands of these boxes at Christmastime to donate to very poor children around Asia. When we visited their office in Central to drop off our boxes, we were overwhelmed with the number of boxes, volunteers, items, and people running in and out! We had a chance to sit down with one of the

charity's organizers to ask her a few questions. Thanks to Geri from 3C for helping to conduct the interview!

KCC: How did you start this charity?

BOH: We started out in somebody's living room with 1200 boxes. It was just a few people and we did the boxes ourselves. And now we get about 27,000 boxes.

KCC: How many boxes do you expect to get this year?

BOH: This year, we might get close to 29 000, with the help of lots of donations from people in the community.

KCC: That's fantastic!

BOH: Yes, it's gone up a lot over the years. And if we didn't have this space here in Central, we wouldn't be able to run this.

KCC: Why was this charity started?

BOH: This charity started because two women had children who would come home from school and say, "We need \$20 for a piece of pizza for charity!" The mothers would say, "That's great, but for which charity?" and nobody knew. So they decided to create a charity where the children could help other children. And they started this, which was just meant to be a simple little charity, where the children would just have one little gift – no money or anything – so that one child from Hong Kong could give a gift to a child from somewhere else, who doesn't have very much money. And people LOVED it. So it was really because the mothers wanted the children to understand that they had a



lot in life, and that there was always somebody that had a little bit less and that needed a little bit of help to have an opportunity to learn, to go to school, and get an education. So what we try to do with these boxes is include those things for them.

KCC: What kind of lives do the children have in these countries where you send the boxes?

BOH: So most of these boxes go to children who are under the subsistence level, which means they are very, very poor. Most of these boxes go to Cambodia. And the children who live in Cambodia, most of them live on a rubbish dump, and they don't have parents. They might even sell some of the items to get money for food. So they're very, very poor. No electricity, no TV. The children we deliver to, all they want is pens, pencils, and something to play with. So it's not like here in Hong Kong when

you're 10 years old, you might have an iPad. They just want a range of things just to play with and spend time with their friends.

KCC: Where do you deliver the boxes to?

BOH: When the boxes leave here, we usually donate a third of them to Hong Kong. We deliver to Cambodia, Vietnam, Macau, Thailand, China, including Tibet, and the Philippines.

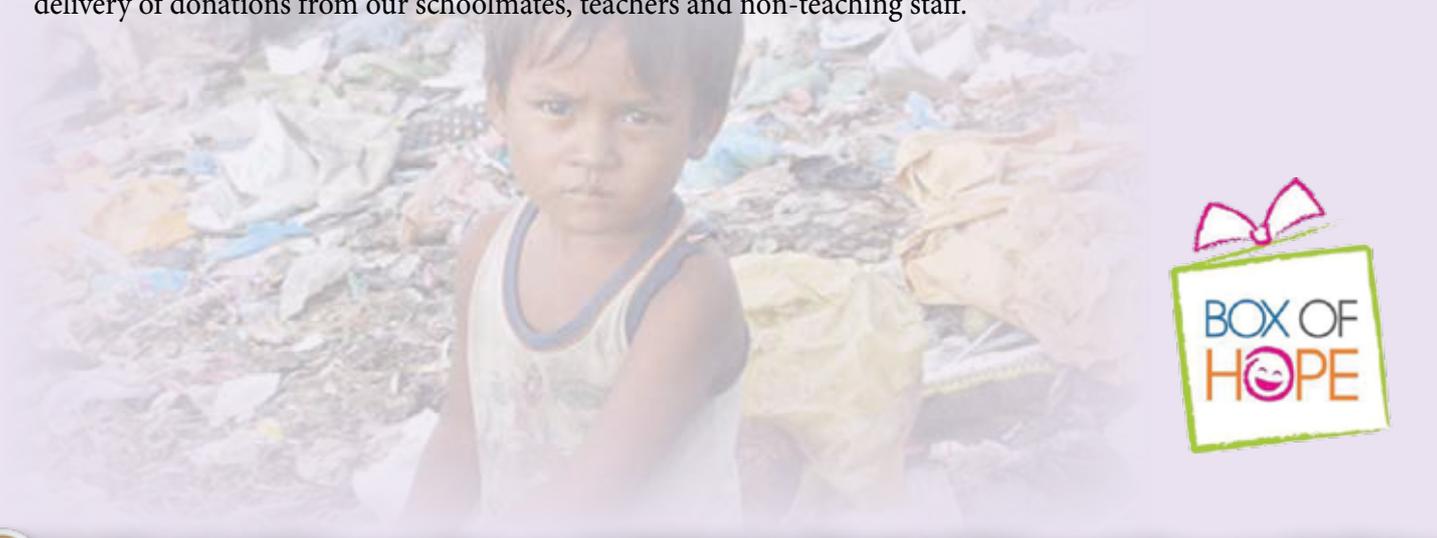
KCC: Well thank you for answering our questions! We hope that this year is even more successful than last year and that the donations can help lots of children!

Our English Culture Club will start collecting donations in the fall of 2018 for next Christmas. Our goal is to make 100 boxes to donate! We look forward to your help this coming school year!

Teacher's Sharing: Box of Hope *by Ms Cheng Tim Tim*



Box of Hope was a special experience. Who would expect uniformed students standing in line on an escalator in a commercial skyscraper in Central to deliver gift boxes? Who would expect to find an unadorned office apartment served as a warehouse in such a building? When we got in the room, volunteers were busy at work among donation boxes that came from different schools in Hong Kong. They inspected every box on a long table before labelling and stacking them for shipment. There were parents who brought their kids to send daily necessities, toys and blessings to the needy children, too. Students didn't only take in the sight of the organized mess of too many boxes. They also stood around the long table to learn more about the campaign. Of course, one of the fun parts was to speak English with Miss Hill while enjoying Starbucks treats after the delivery of donations from our schoolmates, teachers and non-teaching staff.



Teacher's Sharing: An iPhone in a Trolley *by Ms Eva Lo*

What would you do if you found an iPhone someone had accidentally left behind? Would you tell the security guard? Would you take it home thinking that this is your lucky day today? If you chose to do the latter, you would be in big trouble.

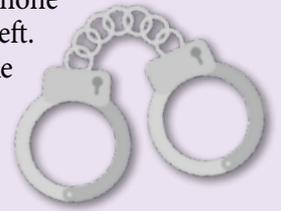
My friend's domestic helper has been very reliable and has done a great job in every aspect. Not only is she a good nanny, she also does excellent housekeeping chores and has always been an honest person. My friend said she had given her money to take a taxi and she said she would take the bus instead. She could have taken the bus and took the money for the taxi, if she were a dishonest person. But she did not, and this was only one of the many incidents that proved her honesty.

That morning while she was grocery shopping, she saw an iPhone inside a trolley. She thought of it as a gift from God because her son back home needed an iPhone badly. At that time it was not simply an iPhone that did not belong to her, but something her son needed. Without a second thought, she took it and put it inside her bag. Her act was caught by surveillance cameras in the supermarket and she was arrested red-handed by the

police. The consequence was that she could no longer work in Hong Kong after the contract she has with my friend. She may work somewhere else but definitely not in Hong Kong anymore.

It may be a controversial issue whether her act could be forgiven. My friend said there were about six to seven CIDs interrogating her for a whole day. It was a phone that cost about two thousand dollars and she did not really put her hand on someone's pocket to steal it. She just took it after some absent-minded people had left it there. Was it appropriate for so much manpower to handle this case? The other side of the argument would be a case is a case even though it may be just three dollars.

My friend felt sad because she is the only helper her family found trustworthy; but ironically it is her that got convicted of committing a crime. Illegally possessing something that does not belong to you is a criminal act. Taking possession of an iPhone someone has left behind equals theft. Never allow your greed to overtake the usual good self in you. Not even once!



Billy the Boss *Ho Yuen Cheung (2D, 2016-2017)*

Billy was a selfish boss. He often gave his staff lots of work but not enough wages. He was indifferent too. When one of his staff needed maternity leave, he did not allow it. If his staff couldn't finish their work, Billy scorned them without asking why. It had been difficult for his staff to stay or for Billy himself to hire anyone else.

One day, Billy had a stroke. He needed to go to the hospital for physiotherapy because of his impaired ability of speech. In the hospital, he met the pregnant staff who resigned. When they came across each other in the corridor, they stared at each other.

The staff member couldn't bear the standstill. Although she hated the boss, she was also shocked to find him in such a wretched state. It was thus that she gave a book to the boss. "Look what you have become. Read it and reflect on yourself."

Billy didn't care about the book, and he buried the book under a pile of unsigned documents next to his bed. A few weeks of physiotherapy went by. He leafed through the book out of boredom.

"A Chinese boy who caught bone marrow cancer heard from a donor from Taiwan..."

"The same old story," he thought.

After the rehabilitation, he went straight back to work again. He resumed scolding his staff for being lazy and

not being able to finish their work on time. One day, he was furious to the point of fainting, and fell down.

When Billy woke up, he was in the hospital. The doctor said his condition was critical. Billy only had a few days left. Confounded and lost, Billy started to take that book seriously.

"Despite the earthquake in Taiwan, the donor was willing to continue his operation to donate his bone marrow to the Chinese boy in need. Finally, after 24-hour delivery, the Chinese boy received his treatment."

The book made Billy realize that even if he didn't have much time left, he could still make a meaningful change by being selfless. Billy talked to his family, who fully supported his decision to sign the organ donation card.

A couple of months later, a man sent flowers and a thank-you card to Billy's company, which was about to disintegrate. The staff, who were packing, were curious. They took a look at the card, on which some lines went:

"Thank you for your donation. Without your heart, my husband couldn't have survived. Our entire family is heavily indebted. We will name our son, who is to be born in four months, after you as a token of gratitude."

When the staff finished reading this thank-you card, they were pleasantly surprised.



An Award Winning Chinese Story *Heung Chung Tak (4B, 2014-2015)*

Coached by Ms Li Lai Yin

Translated by Editorial Group of KCC Standard, 2014-2015

Title: Our First Encounter

It was really dark that night. He saw from afar a gaudy cottage house with dim light leaking from inside. “Everyone must be asleep,” he thought.

Sneakily he got in through the fence and felt lucky that the alarm did not go off.

He held onto a pipe that reached the first floor. With all these years of experience, he knew that this was the right floor with most rooms where valuables were stored. He got a spot to step one foot on and pushed himself up to the floor above him. Within the next minute, he was up there.

As he thought, what he saw inside were first class renovation, cabinets and wardrobes full of antiques and red wine that sells an awful lot. In front of him he saw a name card that says ‘Director of Golden Company’. He assumed that must be the owner of this place. The clock was ticking and time was running out. With simple tools and his deft hands, he opened the safe with no pain at all, took out everything inside and was ready to get away.

“You’re back, son,” a woman’s voice stopped him as he was making his way to the window. He turned around. An old lady was walking towards him. It was the first time he had been caught red handed. “She’s blind,” he released a gasp of air as he found out she could not see him. He had no choice but pretend as her son...As the old lady came near, he was a little nervous.

“How’s work today, son?” she asked.

His heart was racing and he had no idea what to do. His mother died from traffic accident when he was still little. His father was a gambler. He ran away from home to escape from reality. He only received primary education. Not having a clue what to do, he slowly murmured, “Feeling great.”

The old woman gave him a smile in return. This reminded him of his mother and the tender love she had for him as a child. How he wished to be her son at that moment! Since his mother’s death, no one has cared about him.

She came close, stroke his head and said, “You work so hard, my son. As I always say, don’t do anything against your conscience. We have to face our wrong doings every day.”

Tears rolled down from his cheeks after he heard her. He wanted to punch himself hard on the face.

In front of him was someone who had wrinkles and grey hair. If his mother were alive, she would have been her age. He wished he could be in her arms, telling her how much he had missed her through these years. They then chatted and before long she felt asleep. To him, this was the longest night.

A few days later, he saw on the newspaper such headline: “Director of Golden Company Sentenced to Life Imprisonment for Fraudulent acts”

Since then, he has stopped being a thief and got himself a decent job. And since then, he climbed through those pipes to see the old lady pretending to be her son and loving her like the mother of his own.



The Transition of an Imaginary Village *Mak Pui Man, Olyvia (5B, 2015-2016)*

Life in Lucky Village 40 years ago

We have all acknowledged that Hong Kong was famous for its fishing industry and trade business. However, there was a unique village that was reputable because of its agriculture: Lucky Village. I could understand if you feel astonished after hearing this. Indeed, farming was a rare act in a small land. You might doubt whether the harvest was rich and profitable since the environment and the climate were not that suitable. Shockingly, the harvest was fertile and made the villagers wealthy. 40 years ago, all villagers in Lucky Village were farmers. It was self-sufficient. By virtue of its fortunate crop, the place was named Lucky Village representing “luck and wealth”.

An event that changed Lucky Village

Villagers passed their tillage skills to their kids and their offspring did so too. Until one day, a young man left and went downtown without bringing any heritage from his rich family. The news spread. Consequently, rumor had it that his heritage was hidden somewhere in the village. All villagers went crazy just to dig out the precious treasures. Even outsiders heard about it and deliberately came to pay a visit. International travelers and tourists

started flooding in. Many farmers had turned into shop owners in order to earn more. Since then, a “Treasure Hunt” has been held annually to commemorate the young man. Tourists around the world and locals can participate in it and search for goods buried. Lucky Village has become a very popular tourist spot now.

What Lucky Village is famous for

As I mentioned before, the land in Lucky Village is ideal for planting. Despite the fact that it is a renowned tourist spot nowadays, it maintains some of its arable land as organic farms. Locals constantly borrow revenues to till in this rich land. Eco tourism tours are organized as it is nearly pollution free. Not to mention that it is extremely famous for its annual “Treasure Hunt”, it is well-known for its luck too. Villagers are superstitious, so they built a temple for fortune. Visitors come to the temple every Chinese New Year to pray for luck. If you are having a rough year, I highly recommend you visit “Lucky Temple”.



The Mentor around Us *Cecilia Lee (5B, 2015-2016)*

“A sentence may not change the world, but words can change a person, and this person might be the one who changes the world.”

Lately there have been posters of some profound sentences illustrated with pretty pictures around the entire school. What do you think of those sentences? Do you think they can inspire your thinking or enlighten you with a positive attitude? You may not have focused on the meaning of these sentences at first sight, even if you did you might not have analyzed them in depth.

“To carefully observe the tiny things around you is a secret to success in all aspects of life.” Have you noticed that there are at least three to four posters of English that teach us valuable sets of values, grammar and idioms? They are not huge posters but they are everywhere in the classroom and in the corridors. Which one of them has aroused your interest? Which one can deeply impress you and spring out from you an industrious attitude? In the long run, you may learn more vocabulary, and improve your writing and grammar. For example, you can use them in your writing as ornaments. They can even form part of your morale. They exist as if they were your silent teachers.

For example, “The star can’t shine without darkness” teaches students not to be afraid to undergo difficulties. Whatever hardship you face, don’t give up because once you conquer it you can shine brighter than you have ever imagined. What I found most appropriate is an illustration for the quote, “Take time to be thankful for everything

that you have. You can always have more, but you could also have less.” There is a silhouette of a father carrying a child on his shoulders where the father has his neck stretched as far as he could reach to the back, towards his son, who is sitting on his shoulders, and the son leaning downward to where his father is. They are like a unity and they value each other so much that all they see is nothing but appreciation of what they have – they have each other.

These words of wisdom also include, “I never dreamed about success. I worked for it” by Estee Lauder and “Most of the problems in life are because of two reasons: We act without thinking or we keep thinking without acting” or “The only thing achieved in life without effort is failure,” by anonymous writers. I found them stimulating and insightful. Below are some more. Enjoy!



In brief, these quotations found in our school are very useful. They act as a reminder for positive attitudes and good moral standards. They can even shape our way of thinking and behavior in a subtle way. Pick one that impresses you most and do some reflection on it. You will know what I mean.

The Epitaph of a Dead Village *Tang Sin Ling, Geri (3C, 2017-2018)*

The air around a rural area emitted the odour of corpse. Many flies flew in a supermarket of rotten vegetables. In the deserted streets, rust crawled onto the cars and the bus station.

Two months ago, some of the villagers started roaring into the air with a broken arm; however, they still gripped, lifted their axe in mid-air and hammered into the soil with their remaining arm. Their eyes filled with persistence.

A year ago, villagers went to the village nearby, holding onto their axes and vigorous belief of a strange announcement.

Time stopped on the day of the announcement.

Everyone, with wide-open mouths and bright eyes, seemed to have been nailed onto the ground of the peaceful village, where people used to rush, looking at the time on their watches and worrying about whether they could afford their daily expenses.

The village froze. No one strolled in the streets ever since. Everyone gave up their jobs and started to dig the ground instead. No one tended to the vegetables in supermarkets. Empty buses stopped perpetually in the bus stations while dry yellow leaves were flying in the sky. The town was dead.

The soil was hollowed out after a year. Holes were everywhere but 'the gold hidden underground!' was not visible. A muffled groan wafted from afar. Something new emerged – the desolate souls.



A Pet Peeve Speech *Li Dingkai, Peter (4B, 2017-2018)*

People who talk over you when you're clearly still in the middle of the sentence



Whenever someone interrupts me, what I do is just go, "hahaha". Maybe those people grew up in the countryside and they don't realise how impolite it is, or they have not been taught good manners at school. What's more annoying, however, is that it is difficult to blame them when they say sorry after they say silly things like this. "That's ok ... hahaha..." What else can I say?

There are always people like this around us. Therefore, we just have to adapt to such situations as a part of our lives. But one of these days, we may be in the middle of a business meeting which determines our chances of job promotion. Imagine yourself interrupted by someone like this. It is not only an impolite act. It is impeding your advancement. It's seizing your opportunity.

I will still pretend to laugh 'hahaha' but definitely I will confront them. I will tell them to their face how rude they are!

Talk of the Town *Editorial Group of KCC Standard, 2014-2015*

With a mobile phone in our hands, we can reach every corner of the world. Communication between people becomes so fast and effective. As a global citizen who uses a mobile phone, we receive loads and loads of information every day. As the Editorial Team of the KCC Standard, we would like to share with you what we found worth sharing from this small device of today's technology.

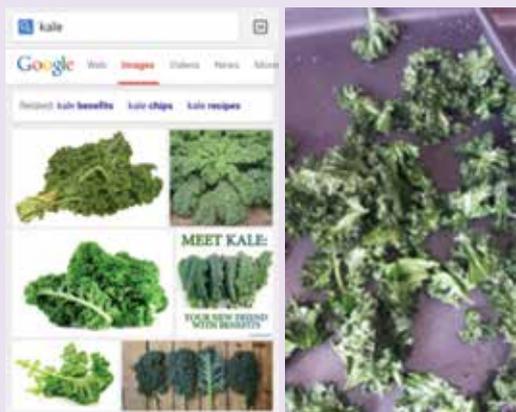
A Mysterious Dress

The colour combination of this dress has been wildly circulated for a while. Everyone talked about what colours they saw. Some people thought it was due to different lighting of the environment especially when it matches with the screen of the mobile phone where light is also emitted from the device. Some said it has to do with the combination of the dark and light colours, especially on this pattern and so on. The speculation eventually came to an end when more authoritative articles explained from a scientific point of view how different people see different colours. This incident shows that science is in fact very interesting and it may have raised the motivation of students who find this subject tedious and boring.



Healthy Kale Chips

You take this veggie, wash it and dry it. Then you put it on a cookie sheet and spray some olive oil on it. Sprinkle some salt and cayenne pepper, bake it for 15 minutes and you get healthy chips. They are as tasty as potato chips.



Restaurants that provide buffet dinners like to use them to cover the shaved ice for decoration. Kale leaves are sold in Hong Kong too and the best place to look for them would be stores like Three Sixty or City Super.

Link: <http://www.greenqueen.com.hk/green-gueens-definitve-guide-kale-hong-kong>

Personality Tests

There was a personality test circulated in Whatsapp chat groups and it is so accurate that people said it's scary. There are both Chinese and English links that readers can try out.

English: www.16personalities.com Chinese: www.16personalities.com/ch/

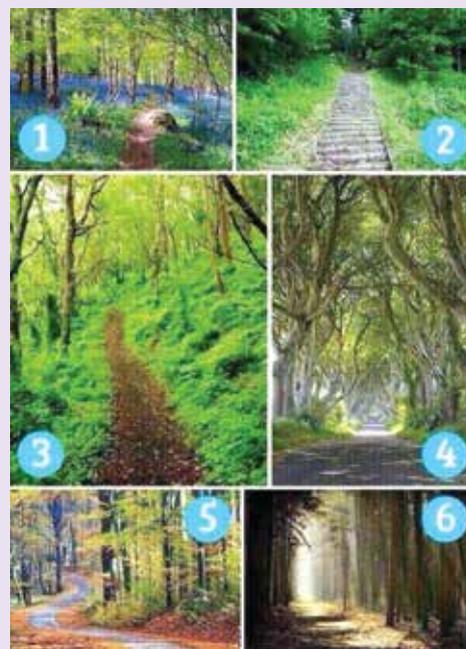
Which Route Would You Choose?

Another personality test we found interesting is in Chinese and thus we did translation for you. Many people who tried it said it matches their personalities. It is called 'Which Route to Take?'

Which path below would you choose? What you chose reflects your personality.

Path 1: You are a reserved and low-profiled person. You like pretty things and enjoy being around them. You are nostalgic. You like old things such as old memories, old songs, old books. The past is very important to you.

The road full of flowers represent you take things slowly. You enjoy indulging yourself in the precious but short moments of happiness. However, your intention to seek stability and comfort means some changes you have undergone. What lies ahead is full of challenges. Don't be afraid, you will like this new change.



You used to keep things to yourself and were not used to expressing yourself too much. Now, you can express more what you think and good things will happen to you.

Path 2: You welcome adventures and are ready to challenge the unknown. You are frank and direct and do not like people who beat around the bush. You are not fond of candy coated wording or diplomatic speeches. To you honesty is most important. Your acquaintance values having a friend like you.

You like to challenge yourself and never worry about the uncertainty ahead because you believe that the future must be fruitful. In fact you are right. As long as you try hard, you succeed.

You can try to show the soft side of you. There is no need to be the 'tough' person all the time. Relax a little, it's good for you.

Path 3: You are a cautious person. You never act impulsively. You love to contemplate and find your own way out to solve your problems. You may be at a loss sometimes, but you do not really mind. People are afraid of the unknown future but not you. You like to explore.

Choosing this path means you are quite a reserved character. Life to you is a journey full of adventures. This path ends midway, so you must pave your own path for your future.

You are quiet and rational. You enjoy heading towards your own future on your own. However, you may want to try to open up yourself to people you trust. You will discover that it is not bad at all to have a companion who can travel your life's journey with you.

Path 4: You don't follow rules. You like new and special things and your life is rich and full. Your unique personality and ways of thinking are attractive to many people. To them, you are someone very different from ordinary people.

Your choice of this shaded road reflects your emphasis is placed on the heavenly entity this road may lead to instead of what it appears to be. Something special may happen and make sure you won't miss it. You may be scared by what may appear in your eyes and you need not escape it because it is much better than what you may have thought.

Those around you like your unique character and your humor. It doesn't hurt to show them you can be serious sometimes.

Path 5: You are sincere and humble. You seldom get angry with anyone. You easily forget and forgive. Some people are bothered by minor things but you wouldn't. You choose to let go.

Your choice of an autumn scene means you take the mediocre way and are not fond of extreme thoughts. You abandon summer which is too hot and winter which is too cold. Autumn is midway. This is not a very smooth road but there is no need to worry. You are a stable person and the ups and downs ahead of you are not a problem at all.

Your personality to simplify hardship allows you to help people around. Try to affect those near you to learn to let go and live a carefree life like you.

Path 6: You are quiet and thoughtful. You are passionate but you would rather be alone than go partying. If people you associate with are your cup of tea, you don't mind spending time with them. Your thoughts are pure and sincere and this is your attitude towards the world.

You choose a rather dim road, meaning you are looking for a shelter and to be in such a shelter you can be all alone. Although you don't like things that are glamorous, you cannot always stay in the shade. There is bound to be light at the end of the road and you should not be afraid. You will get used to it before long.

Your inward beauty makes this world a better place. Try to accept more people to be your real friends and it's time you let yourself shine.

The key to happiness *Editorial Group of KCC Standard, 2014-2015*

We all want to be happy. Nobody can be happy all the time. We may be in a good mood one day and feel gloomy on a different day. But if our happy moments outnumber the times we are upset, we can say that, on the whole, we are a happy person. There are books about the key to happiness, what happiness is and so on. We would like to share with you our interpretation on how to gain access to a happy life.

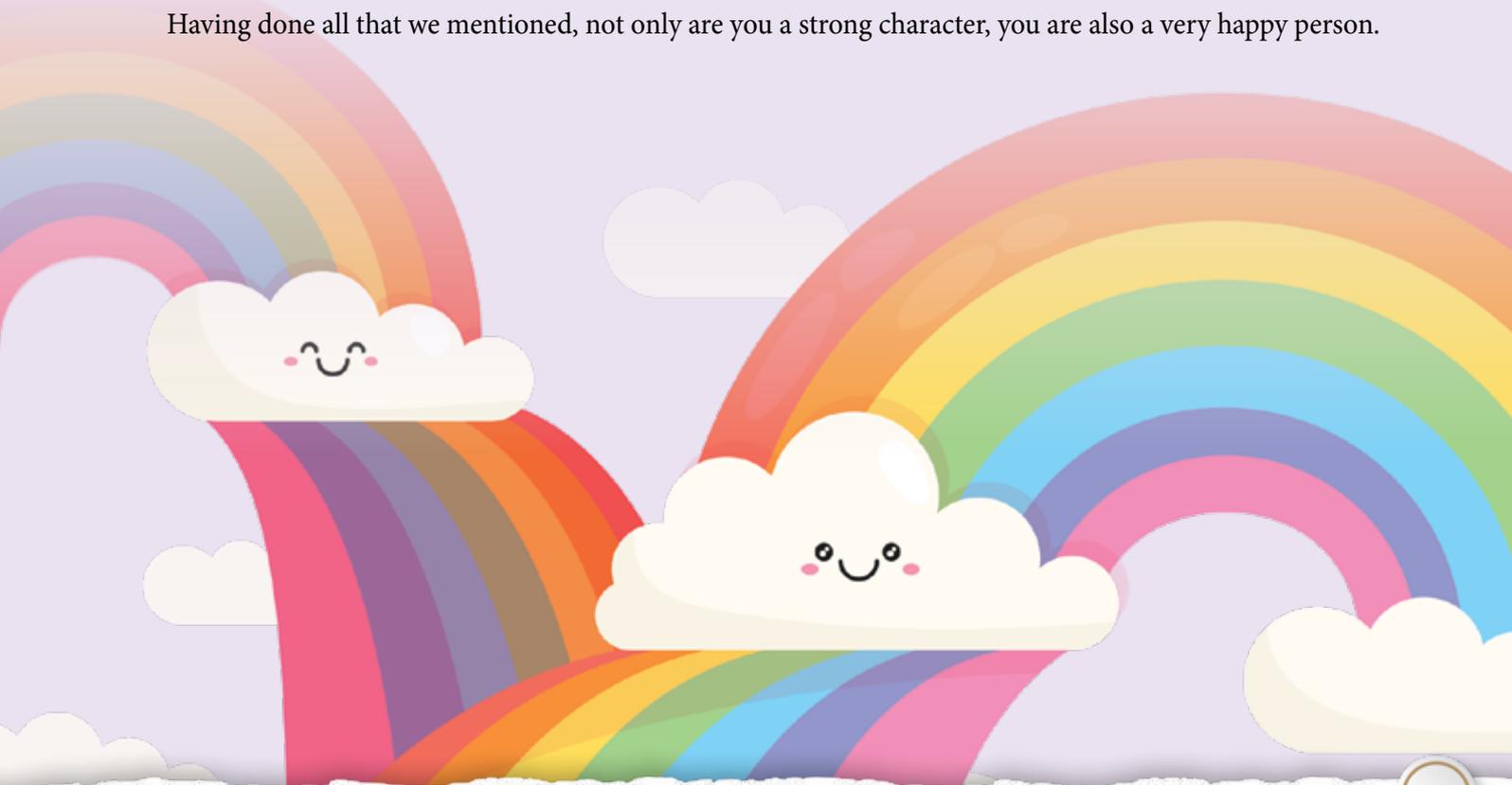
If we want to be happy, we need to understand and accept the whole of ourselves and that includes our strong points and weak points. Everybody is good at something. You may not be able to play a musical instrument, but maybe you can draw very well. You may not be able to sing, but maybe you can run fast. Take some time to think what you are good at. Is it academic work? A sport? Making friends? Getting along with people? Most people are good at several things and you are probably good at more things than you thought. It is important to know our strengths and weaknesses and accept them. Being aware of what we are strong at gives us confidence and helps us make the right choice. Getting to know our weaknesses reminds us of our limits and keeps us from pursuing anything unrealistic.

The second on our list is, avoid procrastination and this means try not to delay work. The Chinese old saying teaches us to complete our everyday chore and leave nothing behind for tomorrow. In the western world, books on procrastination are published aiming to teach the same doctrine. Having our work finished on time makes us feel relaxed. To pile up our work gives us tremendous pressure and makes us feel miserable.

The third on our list is, keep everything simple. We should maintain our life with basic needs. We should eat natural food with the least artificial substances. We should be dressed in a style that is tidy and clean with no extravagance. We should keep only basic furniture for its function but not that much its look. That's why to some people, simplicity equals beauty. Keeping things simple lessens our burden in life and that makes us happy.

The last point we want to mention is the awareness and training for self-control. We should have the will power to resist temptation and alleviate anger. We should also have the courage to say no to wrong doings and yes to good virtues even when saying that gets us in trouble. This is probably the most important on our list because if you are good at doing these things, you are developing a good character. A strong character is the ability to say no to evil and yes to good.

Having done all that we mentioned, not only are you a strong character, you are also a very happy person.



Wind Beneath My Wings Wong Wing Ching (5B, 2014-2015)

"I could fly higher than an eagle, you are the wind beneath my wings."

Do you have any impression of these beautiful lyrics? Our graduate representative mentioned these lines in his speech in the 2015 Graduation Ceremony. The lyrics were quoted from an old song titled Wind Beneath My Wings.

Wind Beneath My Wings is written by 2 composers in 80s. This song has been recorded by many artists, but a US singer Bette Midler makes the highest charting version of this song. *Wind Beneath My Wings* was the theme song of "Beaches" starring Bette Midler. This song not only obtained various awards then, it also became one of the most classic songs in the West.

A feather cannot fly or float in the sky without the motivation of the wind, just as we can't grow up and achieve accomplishments unaccompanied by our parents and teachers. Nonetheless, many people take what our family or friends have done for us for granted. Some may even think that those people around them are a barrier to their success. I must admit that I had the same thought like those who don't have a grateful heart. Yet, *Wind Beneath My Wings* made me contemplate this.

Our achievements not only come from our own efforts, but also the contributions from people around us. Now, close your eyes and recall your memories. Do you remember who taught life-skills to you when you were a kid? Who encouraged you when you're hunched in dolor or confronted with hurdles? People are always there for you, so that you can have outstanding performance. We should sincerely thank them for what they have done for us.

This song is most touching in the following: *"It must have been cold there in my shadow, to never have sunlight on your face, you were content to let me shine, that's your way, you always walked a step behind."* This is the ultimate sacrifice of the person behind the scene for he or she is so willing to give all their best silently with not a sigh of regrets.

So, do you have someone whose huge support you appreciate? Let's share this song with the ones who have been the wind beneath our wings, and show our gratitude to them.



Anne Frank - The Diary of a Young Girl Lai Ho Lam, Kenny (4A, 2013-2014)

Summary of the book

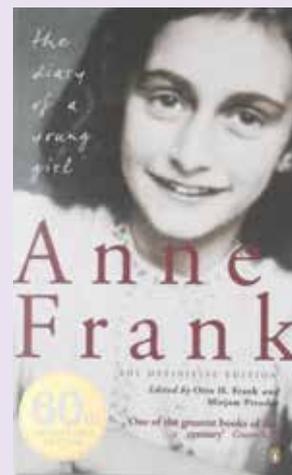
This is a book written by Anne Frank, a Jewish girl who lived during the Holocaust. Anne's family hid from the Nazis in an attic of an office in Holland to avoid being sent to a concentration camp. After a few months in hiding, their nightmare came true. The Nazis followed a lead given by an informer and Anne Frank and her family were sent to a concentration camp. The moment they were separated was the last second they saw each other. In the end, Anne and her sister both died from the spread of disease just a few days before the U.S Army came to set them free.

My reflection

What struck me most was the horror of such a brutal cleansing of a race and how humans, young and old, male and female, were humiliated.

I admire Anne Frank very much because of her optimistic attitude in the face of adversity. I was in total shock recently when I read about a Holocaust survivor, who shared what she witnessed in those dark times. She even showed the reporter a cloth made from human hair of those who died in the concentration camp.

I consider myself a pessimistic person, so when I fail any exam, I lose all confidence. After reading Anne Frank, I began to reflect on how I face my own difficulties. If what I am faced with is bringing me down, I think of what Anne Frank encountered. There's no comparison.



An Uplifting Experience away from the Hustle and Bustle

Wong Wing Ching (5B, 2014-2015)

Sitting at the side of the glossy and green meadow, reading books with some melodious classical music....What a leisurely time! Have you imagined that we can stay in this place and enjoy our reading? If you thought that we have no chance to do such a thing in this crowded city, then you are absolutely wrong.

If you have visited our school library recently, you may discover that there is an English book corner behind the red door which was locked before. When you step in through the red door, you can not only hear some harmonious and soft music, but you also see a green meadowland. Moreover, a wooden long bench and some jigsaw puzzle chairs can be seen. That's a cool environment for us to read in, isn't it?

In the past 30 years, our library has never had so many English books, since there was not enough space to save them. Nevertheless, we got an English Book Corner this academic year. Thus, we can read more kinds of books because we have purchased lots of them. Such books are novels, reference books, biographies and many others. Whether you are interested or not in reading English books, you should take a look at this English books corner as you may find something that catches your eyes – Our school has also bought some amazing pop-up books this year. These pop-up books make boring history fascinating. I believe that these interesting books can make you start reading, or read more, especially English books.

There are also books that make sound once a page pops up. There is one about ancient Europe and the book makes you feel you are in a war zone with different kinds of sound for each page. There are also books on idioms and proverbs presented by theme with a well known comic character Hong Kong people are familiar with. Old Master Q and his friends keep mocking the 'bad guys' in Hong Kong in a sarcastic tone.

If you want to read English books or kill time at lunchtime and recess time, why don't you visit our English Book Corner and start your journeys to the world each and every one of these books will bring you?



Form Three Writing Workshops (2017-2018)

Who want to become a Slumdog Millionaire?

by Miss Cheng Tim Tim



On four Saturdays, some Form Three students watched the film *Slumdog Millionaire*, a crossover between Bollywood and Hollywood. Learning a lot about the living conditions in India, students also tried different kinds of Indian food to spice up the cultural experience. We had a great time.

‘Slumdog’ is a special English term. It comes from two words ‘slum’ and ‘dog’. It is a negative way to call

people who live in slums, which are illegal living areas common in India. Slums are usually poor, crowded, and dangerous but mysterious at the same time.

Slumdog Millionaire tracks the lives of two brothers, Jamel and Salim, from their childhood to adulthood. Life is cruel to them. Orphaned at a young age, they have been through a lot of difficulties together until an event leads them down their separate paths. They meet each other again when they are adults, but the way they choose to overcome their poverty determines their different endings.

The brothers go their separate ways in their adulthood. To send a message to the love of his life, Jamel joins a gameshow on the television – *Who Wants To Be a Millionaire*. The knowledge Jamel gains from his life, and his persistence in finding Latika again helps him answer all the questions. On the contrary, Salim chooses to be a gangster who rapes his brother’s love and who kills for money.

How can Jamel become a ‘millionaire’ although he is a ‘slumdog’? What can we learn from the story? Below are some reflections by students who attended the class.

Knowledge Changes our Destiny

Carrie Suen Ka Wing (3C), Travis Ng Pak Hei, Jerry Chan Kwan Yu, Chiu Lai Ha (3D)



It is amazing how Jamel can remember what happens in his life, which helps him answer all of the questions on the *Who Want to be a Millionaire Show*. I remember two scenes particularly well.

The first scene:

When Jamel is young, he hears his fellow ‘slumdogs’ scream that his favourite movie star is in the neighbourhood! He is, however, locked up in the toilet by his brother Salim. It is an act of revenge because Salim cannot charge other toilet users money when Jamal is occupying it for such a long time.

Do you know how some toilets in slums look like? They are not what we have in Hong Kong! Instead, they are booths made of wood, with a hole on the floor that lets the excrement drop and flow into the river. Jamal really

wants a popular singer's signature, so he jumps through the hole into the dirty water. His smile when he gets the movie star's signature is a big contrast to how disgusting he looks after jumping into the toilet. I find Jamal absolutely brave and optimistic!

This is why he knows the answer to a question about this movie star – Jamal is a fan.

The second scene:

One day, a religious war breaks out in the slum Jamal and Salim live in. Their mother is killed after she tells them to run away. When Jamal and Salim are running, they see a kid standing in front of them and cosplaying a blue Indian God. Jamal is so shocked that he stops and looks at the cosplayer. The grief of his mother's death and his fear when he escapes make the image of the blue Indian God very clear in his mind. That's why, many years later, he can answer another question about religion on the TV show.

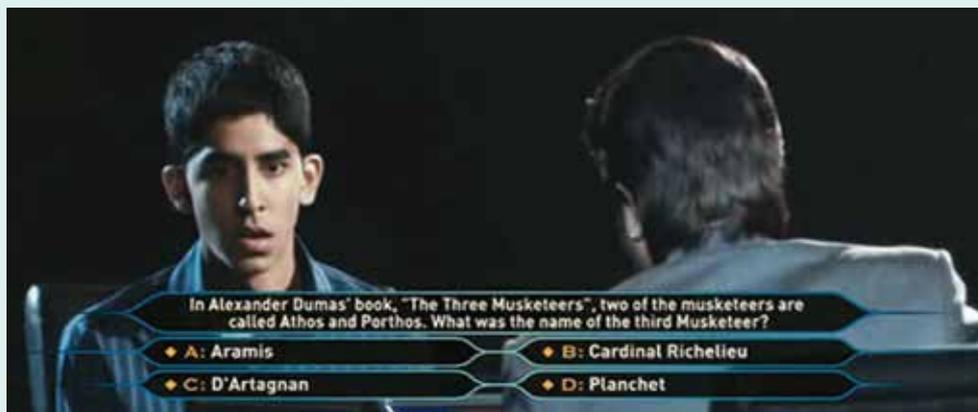
These two scenes show that we do not just learn from books. Our life experiences are an important part of our memory, which is valuable in helping us knowing about the world. We should not belittle poor people, like how the policemen in the film suspect Jamal of cheating, just because they are born into a poor family. They may know things that we do not know about.

A Game Called Life *Geri Tang Sin Ling (3C)*

Having different personalities, Salim and Jamal look at things differently. Their desires and choices are different. For example, after the young brothers' mother dies in a religious war in the slums, they are almost disfigured by gangsters who adopt them to sing and beg on the streets. When they are escaping from the gangsters, Jamal gives a helping hand to the love of his life, Latika; whereas Salim only ignores and leaves the girl behind to prevent dangers. This shows Jamal is caring while Salim is merciless. This scene foreshadows their fate. This shows that our family backgrounds only play a small part in shaping our lives. The differences between everyone lie in how we face what life offers.



While a lot of viewers may find Jamal more likable, and that he deserves a happy ending, I cannot help but wonder how Salim feels when he dies. It is true that he has been a selfish brother, bringing a lot of troubles to Jamal. We should, however, remember that he helps Jamal and Latika escape from the gangsters by sacrificing himself at the end. It is ironic that when Jamal gets a million-dollar cheque on TV, Salim is shot by other gangsters and dies in a bathtub full of banknotes.



Salim's Misconception *Zita Chan Wing Lam, Tracy Tsang Tsz Tung, Cecilia Yip Lai (3D)*

The plot of this film is extremely exciting and tense. In fact, Salim is very violent. Using guns cannot solve problems, which is a misconception he has since he was a teenager. He teaches us that we should not lose direction in life even though we want money or want to cross through social class. Although he dies for Jamal at the end, he cannot compensate for the bad things he does. Unlawful behaviours lead us to nowhere. Right choices need to be made at the right time: the earlier, the better.



The Rules of the Game *Geri Tai Sin Ling (3C)*

Everyone has their own stories. These stories may be sad or happy, but they are still important part of our lives. Our so-called 'destiny' is made up of our choices and life lessons. We should write our own rules in the game called life.

What Hong Kongers can learn from Slumdog Millionaire

Rachel Lee Sze Wai, Carrie Suen Ka Wing, Elaine Wong Yuet Ling (3C)

Jerry Chan Kwun Yu, Alex Lau Man Chung, Cecilia Yip Lai, Chiu Lai Ha (3D)

The film *Slumdog Millionaire* is about a lot of social problems in India. There is a huge wealth gap, human trafficking, beggars controlled by gangsters and discrimination against poor people. In the film, Jamal overcomes the barrier of social class for the love of his life. We can learn so much from Jamal. For example, we should...

1. Learn to be brave and stand up to injustice.
2. Be persistent to make your dreams come true.
3. Win people's respect through the right ways.
4. Overcome difficulties with love and hope.
5. Always try harder.

While some Hong Kongers may think that poverty is a distant problem, this is not true. Hong Kong's poverty rate has hit a record high in recent years. As Hong Kong becomes more materialistic, there is one poor person for every five people. We can also find homeless people in areas like Fortress Hill or Sham Shui Po. Are we interested in knowing their stories? Will they ever have a chance to make a positive change in their lives again, like Jamal in *Slumdog Millionaire*?



Form Five Writing Workshops (2017-2018)

Humanities: Men in Social and Biological Contexts *By Ms Eva Lo*

About the senior form writing workshops:

There were three writing workshops on a voluntary basis with the F5 classes which lasted about 2 hours each. As their teacher, it gave me significant insight on how to ignite students' incentive to express themselves through writing. The mind-blowing production and documentary *The Big Fish* is about how Bluefin Tuna are caught each year in Italy – it was a striking revelation. From knowing them as pricy suishi auctioned in the Tsukiji market in Tokyo, Japan, to pondering if one should become a vegetarian, students showed me their intrinsic urge to convey their thoughts. I tried to help them put their ideas into words and how to do it well. The two workshops that followed shifted from a global issue to local and social problems which simulate the DSE topics. Again their awareness of and sensitivity to what is happening around them were what stimulated their need to write.



I tried to help them put their ideas into words and how to do it well. The two workshops that followed shifted from a global issue to local and social problems which simulate the DSE topics. Again their awareness of and sensitivity to what is happening around them were what stimulated their need to write.

Materials used:

The documentary *The Big Fish* reflects that environmental protection is not just about the commonly known 3 Rs (i.e. reduce, reuse, recycle); it's also about the awareness to love nature, to safeguard our historical and cultural heritage, and to say 'no' to exploitation of land and other natural resources.

'The Forgotten of My World', a poem about an elderly woman who lives alone being trapped in a fire, ends with an italicized line, '*Would it be better if I were dead?*'. This is a very saddening ending that creates a huge impact with a twist, an unexpected last line, after all this effort and her struggle to have her life saved from the fire. Maybe we could ask, 'Would she have felt the same if she had seen hope in her life? Who could give her the hope she needs? Is she an isolated case or are there many elderly people who may think just like her?'

The poem 'What Happened to My World' shows that poverty or poor living conditions do not only make people feel physically uncomfortable, it also causes mental distress. It takes away their pride and dignity and deprives them of their identity in society, which every living soul is entitled to.

Students' feedback:

Topic: Write a short reflection on the documentary about how the Bluefin tuna are fished every year in Italy and the Youtube video about the dolphin caught and kept for shows in Japan: (What you have learnt, how you feel, what change your impression on something you have had in mind before you watched these videos, or any other things you may want to share such as how you will react to similar or related issues in the future.)

Ng Ka Chun, Joy (5B)

After watching the video about Bluefin tuna, I realize that we cannot take our food for granted. Tuna and other fish have sacrificed their lives to feed us since the beginning of civilization. Without a doubt, it is impossible to establish and sustain our modern society without their 'selfless' contributions. Therefore, we should treasure every piece of our food and be grateful when we can enjoy a full meal. A large amount of our population in the world still suffers from hunger and they have no choice but to accept their destiny. I think that we should conserve our environment because as our society develops, we have to explore more resources to fulfill our increasing demands. However, we need to find a balance between development and conservation of the environment because the Earth is our only home. The one and only home for all precious species.

In fact, it is not difficult to find such a balance. With just a small change, we can protect our lovely nature. Therefore, I promise that I will take an initiative to save our planet because I hope that our next generation can also feel the enchantment of our home.

Lin Wen Jing, Jenny (5B)

The Fishermen stabbing the tuna's heart to end its misery: an act which is very brutal, but humane. It is humane because there is no more unnecessary pain for the fish, and the death of the fish enables people to live. After this viewing, I can appreciate that everything has two sides and we have no choice but to accept this fact. We should learn to think in a more mature and neutral way. However, excessive fishing may endanger the existence of rare species. To alleviate the conflict, we should raise public awareness on this issue and take the initiative to conserve the endangered species. For the well-being of rare animals, we should keep an eye on the reports made by the CITE. This is the organization which announces the total consumption of animals and fish, such as the tuna, in different regions every year.



Ching Shuk Ting, Emily (5B)

I found *The Dolphin Bay* to be very impressive. Some of the brutal bloodshed scenes show how cold-blooded humans can be. The dolphins were struggling to survive. These fishermen in Japan; however, had no mercy for them. Being stabbed one after another, the dolphins' blood dyed the entire sea red. Several Americans were revealing what the Japanese fishermen had done. I really appreciate the man who broke into the conference that was being held regarding the

dolphins. He brought with him a small television and showed the world what the Japanese fishermen had done to the dolphins. I respect his righteousness and bravery.

Through this lesson, I have gained a lot of knowledge about Bluefin tuna and dolphins. Moreover, I realized how vital it is to have a kind heart and to be sympathetic. We should treasure the resources from nature because they are precious to us. Without our protection, some endangered species will not survive or they will end up losing their habitats. Therefore, we should be environmentally-conscious in order to help them to protect their homes. We should advocate the importance of preserving our natural resources, which include plants and animals; and make our world as harmonious as it can be. Otherwise, very soon we and our descendants will be the ones who suffer from the detrimental consequences caused by the indifferent attitude of mankind.

Kwan Hiu Tung, Mary (5B)

People who kill dolphins and Bluefin tuna are cold-blooded. They only care about how much profit they earn, but they don't know how precious dolphins and Bluefin tunas are. They treat them as tools for monetary gains and they don't think they need to take any responsibility in protecting them.

I appreciate people who reveal the truth of what is happening, although there are a lot of restrictions that prevent them from achieving their goals.

Humans need to understand that we are mortal and don't have power over many things. We should not deprive animals of their right to live. We must be conscious that we are entitled to the same right to live, whether we live on land or in the ocean.

I am disappointed with the international organizations. They claim that we should protect the dolphins but they do not take any action. It actually makes me feel helpless and frustrated.

Maybe we need to have more in-depth conversations such as, ‘Should the fishermen keep a balance between profit-making and environmental protection?’ and ‘What can we do to minimize the conflict that has been existing since life began: between the predator and its prey?’

Comment by Ms Eva Lo:

These reflections, and many others not shown here require the sensitivity one needs to explore the world. This is very important in terms of self-learning and lifelong pursuit of knowledge.

There are high order thoughts found in their writing and the way they used words from their vocabulary lists is appropriate and natural. Sentence patterns and cohesive markers are quite effectively used. These reflections and pieces of writing that follow were chosen in terms of clarity, conciseness and coherence.

Sample articles below are examples of works that focus on organization within and between paragraphs, how a thought or an idea is developed with a tighter structure, and using facts to support their opinions, which then become more valid.

Essay Topics:

Topic 1: Write an argumentative essay, ‘for’ or ‘against’, on the following:

Killing animals to satisfy our needs or keeping them in zoos or aquariums to entertain us are crimes and should be banned.

Lam Wing Ling, Allen (5B)

Having steaks for suppers and enjoying the circus performance on TV, have you ever changed the role, thinking of how the performing animals feel or whether the cattle had wished to live? I find it cruel, so I think neither killing animals for their meat nor keeping them in the zoo should be allowed.

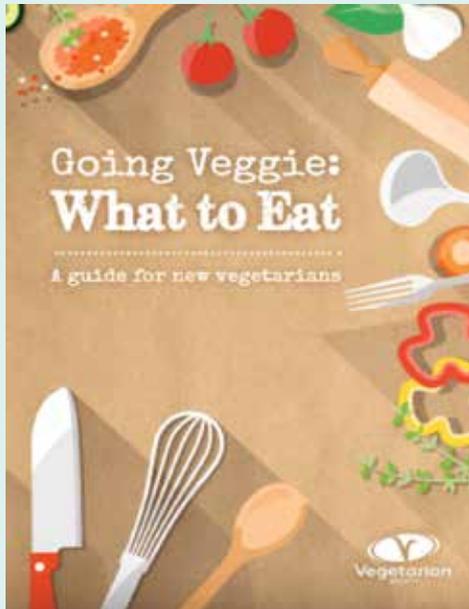
These two thoughtless behaviours of mankind indeed restrict animals’ freedom and deprive them of their rights of surviving. In the zoo, the only thing the animals can gain is a very uncomfortable life. It seems their lives are for being laughed at. They do not have any excitement or opportunity to get food by themselves. Sometimes, they may even be punished if they do not perform well. Moreover, killing them for food without a doubt deprives them of their rights to survive. Do humans really have the privilege to do so?



Worse still, when it comes to education, these two unacceptable behaviours may bring misleading messages to our next generation. Watching the shows performed by tamed tigers or lions in the circus, children may even have no common sense about how dangerous these animals are. And think about the dolphins that do the same acts every day to please the audience so that they are given the rewards - the food they rely on to survive. How cruel this is to take away their right to search for their own food and they have no choice but to do monotonous moves for survival!

What is more, killing animals causes environmental problems. By killing animals, some people may just be concerned with how much profit they can make but have no consideration on how many of such animals have been killed. In other words, it may cause over-hunting, tilting the balance of the food chain. Wild animals become rare. Just imagine how it might lead to. All global citizens should take action by stopping the killing of animals.

Advocates may counter my viewpoints saying that fulfilling humans' basic needs should top the priority list; nevertheless, as far as I'm concerned, animals and humans are as unique in the environment and every species should be respected the same way. Why can't we build a harmonious environment instead of one that shows how selfish human beings are?



Cheung King Ho, Henry (5B)

Slaughtering animals or keeping them for entertainment has always been a controversial issue. Activists have started to perceive these behaviours as unrighteous as crimes. It is definitely necessary to have a close look at it.

When it comes to fairness, like humans, animals are living creatures too. It would be inhumane if they are unfairly treated by us. Just imagine what if we were locked up or slaughtered? We would feel lonely, humiliated and horrified. We should not take eating meat for granted. In our daily lives, we are too dependent on meat. The number of animals killed each day is just appalling.

Moreover, some vegetables provide the same nutrition values as meat does, if not more diverse. Eating too much meat has adverse effect not only on the food chain but also to our own health. Eating excessive meat may cause obesity and is a culprit for illnesses such as heart problems.

Conversely, eating more vegetables only brings us elements to fight diseases.

Overeating of meat may lead to another problem – extinction of certain animals. We humans are short-sighted if we have not thought of this. To take the shark as an example, it has become an endangered species after excessive cuttings of their fins.

From now on, help is imminent in maintaining sustainable development for the well-being of our offspring. It is also an act of benevolence to protect those endangered species. By imposing stricter punishment, it is necessary to monitor all illegal activities which harm these animals. Thereby, our descendants will appreciate us since they can still enjoy the natural gift from Mother Nature. When we learn to value animals, the bloody scene of killing animals will no longer exist.

Now, we should ponder about whether meat is a must to us or not? Should we continue killing animals as if we have no other choice, or have mercy on them? The choice is always on our side, as the animals can never have a say.

Ng Ka Chun, Joy (5B)

For many many years, the rights of animals have sparked an outcry. Some people think that it is extremely inhumane to kill and keep animals for any purposes. However, it is exaggerated to say that those actions are crimes.

Killing animals for their meat is a natural thing for humans. Without meat, it was totally impossible for men to have survived and evolved so as to establish and sustain our modern society. Before learning how to grow plants, meat was our main food source for sufficient nutrition. Even now, meat is still consumed by most people because it is the most direct way to get protein. Besides, for some people who live in extreme environments, they kill animals for meat because vegetables are rare due to the fact that growing vegetables is nearly impossible in those places. Therefore, it is not sensible to say it is a crime.

Keeping animals in the zoo is not a crime either because it can provide a shelter for them to stay away from hunters. With the further development of our economy, people want luxurious decorations. In order to satisfy

their need, many elephants are killed for their tusks so elephants have become an endangered species on earth. By keeping them in zoos, animals can be conserved for our next generation to know them. We should not over-react about keeping animals in captivity as long as they are not mistreated and there are sufficient regulations that protect them.

Some may argue that it is cruel to sacrifice animals' lives to satisfy our needs. Therefore, killing animals for supper should be called a crime. But to some people it is still an irreplaceable resource for them. In fact, we can impose stricter rules for manufacturers to monitor themselves to use an appropriate way to kill animals; that, is for the butchers to end animals' lives painlessly and humanely. Besides, who can be sure how the plants feel? What if one day someone tells you it is inhumane to eat vegetables?

To conclude, every living thing has their life cycle and this is the rule of nature. Animals have to accept their destiny and we can't really do much to change this living fact. We should feel grateful for the contributions of farmers and fishermen and we should value our food, whether it is vegetables or meat. We should avoid overeating, stop those super-sized meal gimmicks and take home leftovers from restaurants.

Kwan Hiu Tung, Mary (5B)

All animals are invaluable species because they each have a reason to exist in this world. Killing them or keeping them in zoos or aquariums is necessary and can be justified.

Since 3000 years ago, humans have relied on animals to survive. They have become a basic need and indispensable part of our lives. Although there are other products to replace the protein in our diet, the majority of us are accustomed to eating meat. In other words, it is an unavoidable outcome of a long-developed cultural norm. Hunting and eating animals is justifiable as long as we promise not to overkill them and keep a balance between making profit and environmental protection.

To conserve rare animals, we need to educate those who are not aware of the present severity of the situation. To take an example, eating shark fin at a wedding banquet is a Chinese tradition and that is definitely part of the cause of this animal becoming an endangered species. Protecting these animals and keeping them in designated places may be a good measure. Besides, the extreme hot weather and unsuitable habitats are the reasons why we need to keep them in manmade places. Extreme high temperatures will cause droughts and their habitats may not be suitable to survive in, alongside with the fact that some of these animals can no longer hunt or find shelter out in the wild after long captivity.

Many people think that keeping animals in the zoos or aquariums may restrict the animals' freedom and that they are mistreated by being moved from the wild to enclosed environments. However, if the government has methods that monitor and regulate animals in captivity, we are actually doing no harm to the environment. What's more, it provides a place for citizens to watch and understand them and learn about nature.

It can also boost the economy. The zoos and aquariums can attract tourists who visit these places where they also go shopping. That can raise the region's competitiveness and create a win-win situation.

Topic 2: Write a letter to the Editor on a social problem related to the less privileged. These include problems old people are faced with such as living alone, not having anyone to support them financially, or as victims of domestic violence. Suggest a solution to the problem.



Chan Kwok Kai, Tommy (5B)

Dear Editor,

Nowadays, the elderly are faced with plenty of problems. These problems have aroused concern for several years, but they haven't been solved or alleviated. I am writing to raise public awareness of this issue and hope people can lend a helping hand.

Firstly, can you imagine having a meal budget of just \$15 every day? I believe it must be unbearable for you. However, this is the problem the elderly are facing. Although they live on welfare, what they obtain is insufficient for their daily expenses. They can't even afford their three meals, not to mention the skyrocketing rent. They may skip meals or quit medical treatments; as a result, they may lack nutrition and suffer from different illnesses. It is totally detrimental to their health.

When it comes to safety problems, the elderly may get injuries easily. Because of being isolated, they are left unattended with no one to take care of. They may slip on a wet floor and no one is with them. Therefore, it is high risk for the elderly to live alone as everything is unpredictable.

Communication is indispensable for humans. When the elderly live alone, they need companionship. If not, the elderly may feel lonely and depressed. Moreover, they may lack concern from their families and chances are that they will become depressed due to the pressure of not having anyone around.

In order to ensure the well-being of the elderly, the government's actions are crucial. It should not deny its responsibility and cater for the elderly's needs. They can provide financial support or increase the benefits of welfare. Furthermore, the government can implement new policies and allocate excessive resources to support the elderly. The social community centers, volunteers or the caterers' staff can help. They can have home visits and provide necessities to them, such as food and clothes.

Also, they can install a 'safety alarm' to guarantee the elderly's safety. The staff can help the elderly as soon as possible when they are in danger. Moreover, while visiting their homes, we can contact and communicate with them as if we were their granddaughter or grandson. We can placate their mind and provide an outlet for them to express their feelings.

Therefore, we can alleviate their pressure and reduce their sadness. All in all, let's care about the elderly and create a harmonious society.

Yours faithfully,

Chris Wong

Chan Ka Yeung (5B)

Dear Editor,

We all know that the elderly's physical ability is not as outstanding as ours so they can't easily handle barriers. How can we just turn a blind eye? We should try our best to help them.

No one can live in solitude, not to mention the vulnerable elderly. Therefore, the biggest cause of adversity for them is that they lack the care they need. Hong Kong is a prosperous city and people are loaded with a busy schedule. Family members may find it irrelevant to take care of old people since they have to spend tons of time to understand the elderly. To alleviate this situation, they need to change their mind-set. It is vital for us to nurture old people, be respectful and care for them. These attitudes show the high virtue of humans. Therefore, instead



of turning a deaf ear to the elderly, we should build an intimate bonding with them by talking more with them or giving them anything that they need.

Apart from this, the elderly are fragile physically and mentally. It is easy for them to become the victims of criminal behaviours. Since they may not be knowledgeable, they may easily fall for scams. To take an example, some people pretend to be banking staff and steal their account numbers and passwords. They may lose their properties. To solve this problem, as children or grandchildren, you have the responsibility to monitor old people, for example, you can teach them that they should not pick up a phone call from an unknown number. To reduce crimes which prey on the vulnerable, it is imminent for the government to combat these cyber crimes.

In addition, due to the low productivity of the elderly, they do not earn enough to feed themselves. The government should increase the old age security pension because it is at present insufficient for the elderly. If the government does so, old people can be guaranteed a better living condition.

As the elderly are humans, and not machines, we can't put them aside just because they are getting old. On the contrary, to foster a harmonious society, we should value them!

Yours faithfully,

Chris Wong

Topic 3: Write a letter to the Editor on a social problem related to the less privileged.

Topics include problems people who live in subdivided flats are faced with; such as poor living conditions, living a hopeless life with a low self-esteem, and feeling lonely and depressed. Suggest a solution to the problem.

Ng Sin Ying (5A)

Dear Editor,

Have you ever lived in a subdivided flat? Could you imagine how citizens feel while struggling in such poor living conditions? They are suffering overwhelming pressure and living with low self-esteem. As a number of them are discontent with their living standards, they always generate negative emotions, such as feeling lonely and depressed. This phenomenon affects numerous citizens so I am writing to suggest a solution to the problem. In my opinion, it is effective for the government to adopt the undeveloped harbour waterfront to build community centres.

To begin with, building community centres can raise the living standard of the citizens who are living in poor living conditions as it can provide a comfortable dormitory for them to stay temporarily. According to a report from the University of Hong Kong, 70 percent of the 139 households interviewed had reported having sleeping disorders in the summer. The small living space forces children to do homework in bed and develop spinal problems. The poor living condition influences the physical and mental health of citizens. Therefore, providing a dormitory facility can alleviate the problem of living disgracefully for those who cannot afford expensive rents. They will then live together with people who have different personalities, family backgrounds and careers. They can thus experience warm-hearted relationships while taking care of each other.

One of the reasons why building community centres is beneficial for people who live in subdivided flats is that they can cater for people from all walks of life. They can provide cultural and entertaining activities in order to create a pleasant atmosphere. For example, the centres may hold mini cuisine carnivals, which offer an opportunity to experience multicultural delicacies. They can feel relaxed through these activities so that they do not feel lonely and stressed by understanding how blessed and fortunate they are to be taken care of. Hence, it is necessary for the government to build such a haven.



Last but not the least, these community centres can allocate their resources on teaching labour skills and basic knowledge. After learning the skills, such as how to communicate with others and how to use a computer, the underprivileged have the ability to hunt for jobs. What 's more, they can receive a steady income to improve their living conditions. They not only learn the skills to improve their lives, they also can use their time efficiently instead of sleeping the whole day. The feeling of satisfaction will overtake their idleness, boredom or frustration. So, it is important to give them a shelter where they can associate with likeminded people and gain new knowledge.

To sum up, although living in subdivided flats is a difficult experience, keeping a positive attitude is crucial in order to improve the situation. What makes this possible is for the government to build community centres that target the needs of the poor and with facilities that cater to such needs.

Yours faithfully,

Chris Wong

Lin Wen Jing, Jenny (5B)

Dear Editor,

I am writing to express my view on how we can help to improve the living conditions of people living in poor environments such as caged homes or subdivided flats.

People who live in cramped spaces are faced with many challenges. They may be living in a 40-square-foot room and on welfare. The rent of a small room is around \$6000 monthly. Where they live is not only over-crowded but also dangerous. Electrical wires are exposed and the bathroom also serves as a kitchen. Their home is not much bigger than a king size bed and they may just have a small bunk bed and a small table. Children need to sleep together on the top level of a bunk bed, fighting with suitcases, bags, and books for space. They do their homework or study just on the bed or on the small table, not to mention they don't have any entertainment or activities. If there is rest time, the kids just play in the dirty corridors.

Apart from poor living conditions, people also live a hopeless life with low self-esteem, feeling lonely and depressed. To afford the rents, they may need to skip meals. Moreover, they cannot invite their friends over to their home. When parents work outside, children need to stay alone at home. Living in subdivided flats is a suffocating life.

I suggest that the government show more concern to these families and provide them with more welfare benefits. Moreover, it should improve the quality of their living environment and speed up the development of public housing for the people in need. Besides, the community organizations could take care of children when their parents work outside.

As a citizen of Hong Kong, I hope that everyone can do something to help and never shows disrespect to them.

Yours faithfully,

Chris Wong



Vanity: A Price Too High to Pay *Xie Hanyu, Emma (2D, 2017-2018)*

Do you really need a fur coat to keep your body warm or do you just want to satisfy your vanity?

Millions of animals are killed just because we want fur. They are beaten and often skinned alive. This behavior cannot be justified. It is too cruel to treat animals like that. Does anybody think about the torture an animal had to go through before buying the fur?



A large variety of animal species have become endangered during the process of manufacturing. Selling fur is disrespectful to their lives. Also, it is damaging to our environment. We have to do something.

I think the government should formulate a law or a policy to save the animals and discourage the fur sales. Also, citizens should stop buying or wearing fur. We can wear faux fur. It saves not only lives but also our hard-earned money.

The Left-behind Children in China *Xie Hanyu, Emma (2D, 2017-2018)*

There are about 61 million 'left-behind children' in China. Their parents work in the coastal regions that may be thousands of kilometres away from their hometown, so they have to live alone or with relatives. Children may see their parents only once a year. The long-term separation between parents and children hurts both parties.

Nobody wants to leave their children alone, but they really have to support their families. They can earn a living for the family through working on assembly lines or construction sites. Their children can get an education and their living conditions can be improved. In addition, the productivity of the cities that they are working in can be facilitated.

Absence of parental love and care leaves children depressed. That is a serious social issue. During the long-term separation, children feel abandoned and neglected. Also, parents feel inadequate and guilty because they are not around for their children when they are needed most.



Should We Suffer to Become Beautiful?

Hui Lik Wan, Amy (4C, 2017-2018), Lam Hei Tung, Haley (4C, 2017-2018)

Many people go to great lengths to make themselves more attractive. It is no longer news that people suffer to become beautiful, no matter in the old days or in modern society.

In ancient China, people considered having small feet as being beautiful. Therefore, many girls started to tie their feet up to stop them from becoming big when they were small. It was great suffering for their mind and body. Mentally, they had to endure the pain without complaining and taking off the bonds due to the social atmosphere. Physically, their feet were in so much pain that they could not walk properly, not to mention run or dance. Thus, they could only stay in their room without socialising with others, not only when they tied their feet, but also for the remainder of their lives.

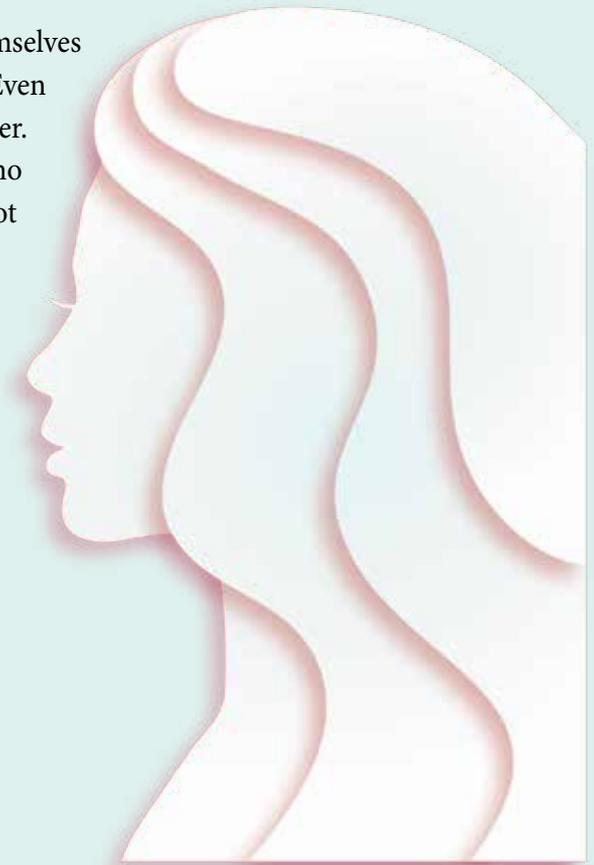
This kind of suffering also appeared in the West. Western women wore corsets to make them look slimmer. Wanting to have a smaller waist, they wore corsets which were made of whale bones, wood or even metal. It was so uncomfortable to wear these corsets that they could hardly breathe. Worse still, the materials of the corsets were so hard that they could hurt one's organs.

From the above examples, we can see that many women suffered in the past just for the sake of being more good-looking, both in the East and in the West. Suffering to become beautiful did not just happen in the old days, it is also common in today's society and the phenomenon is still worldwide.

In order to improve their appearance, many people carry out severe exercise and diet schemes. In an attempt to lose weight, they work out for a long time and starve themselves. All these push them to the limit, leading to physical and psychological pain.

Besides, people will opt for cosmetic surgery to make themselves more attractive. However, they have to risk failure of the surgery. Even if the surgery is successful, it takes them a few months to recover. What is worse, during the process of recovery, they may have no one to share with them their suffering since many of them do not want others to know that they have altered their appearance.

From my perspective, people emphasize appearance too much but overlook inner beauty such as perseverance and integrity. I believe having inner beauty is equally important, sometimes even more important than being good-looking. Therefore, whether or not we should suffer for beauty is worth pondering.



Everyone Wants Home *Tang Sin Ling, Geri (3C, 2017-2018)*

In my opinion, all the creatures in this world should be happy and live together as a happy family. Maybe some people do not care about how the other animals feel, however, some do.

The dolphin shows in Ocean Park exist for many reasons. First, the performances in Ocean Park can make people appreciate dolphins and make children happy. They can help the audience relax and get rid of difficulties and pressure. That's quite amazing for them to sit down and appreciate such cute dolphin shows.

Second, what they get from the shows is not only the appreciation, but also the education. It's precious to have this opportunity to see dolphin shows. We can learn about the appearance of dolphins, the habits of dolphins, and give the chance for experts to do research processes.

Based on so many advantages of dolphin shows, you might think I support that Chinese dolphins are better in captivity. However, I am completely not in support of this because those points I mentioned are for the benefit of humans instead of dolphins.

*Everyone wants home, right?
Is Ocean Park a home for dolphins?
I do not think so!*

The Earth has its own special design for every animal. They should live where they are supposed to be. If their habitats have been destroyed by humans, then the responsibility lies with us to help them.

They want to swim in the sea water with a little salt. They want to rotate their bodies slowly without worrying about crashing into the walls. They want freedom! They want home!

In general, there's no doubt for me that the dolphin shows in Ocean Park should be abolished.



A Letter to the Editor: A Lack of Space in Hong Kong

Tse Ka Man, April (5B, 2017-2018)

Dear Editor,

I am a mother of a family of 4 living in a subdivided flat in Tai Kok Tsui. I am writing this letter to tell people about our unbearable living environment and hope to raise the public awareness of the situations and the desperations of the underprivileged in Hong Kong.

If you understood the condition of my home, you will not be willing to come visit me. When we go upstairs, our bright world turns to frustration. It may sound frightening that you may witness several drug addicts near my home. It is difficult to stay calm even when we walk this road every day. How about the inside of our home? Just like other subdivided flats, our home is in shabby condition, which has poor hygiene and ventilation, not to mention the limited space.

The reason why we are living in a subdivided flat is that we are from mainland China. The cost of living in Hong Kong is extremely unaffordable for us. Therefore, we treat our subdivided flat as our only shelter.

In order to maintain our livelihood, I work as a janitor for a living. I have no choice but to leave my two beloved children unattended at home.

I desperately hope that the Government not only understands our acute situation but also takes the initiative to alleviate the intolerable plight of the disadvantaged in Hong Kong.

Yours faithfully,
A desperate mother

A Letter to the Editor: Poor Living Conditions in Hong Kong

Ching Shuk Ting, Emily (5B, 2017-2018)

Dear Editor,

I am a mother of a family of 4 living in a subdivided flat in Tai Kok Tsui. I am writing this letter to tell people about our miserable situation and hope that someone can offer help to ease this torture.

We are definitely an underprivileged family since we cannot even afford proper meals. We live in an overcrowded and undesirable environment. We dare not protest and can only treat it as a shelter. I have children to take care of but they are always left unattended. I find it difficult to have a job and I cannot give them a carefree childhood.

Our life is suffocating and the living condition has deteriorated. Worse still, sometimes we even live with mentally ill people and drug addicts. It is certainly not safe for us. Living in such an unacceptable condition, everyone will go insane and become irrational. Therefore, I really hope that the government can set up good policies.

All we need is a living environment in which the hygiene is not that poor. As a mother, my only wish is that my children can grow up in a cozy environment and live with dignity.

I hope the government can not only improve the housing policy in Hong Kong, but also can listen to the voices and the needs of underprivileged families. By taking effective measures, our living condition will be improved and Hong Kong society may become more and more harmonious.

Yours faithfully,
A desperate mother

Cage House *Cheung King Ho, Henry (5B, 2017-2018)*

I am a 70-year-old man living alone in a 40-square-foot flat in Sham Shui Po. Every day I spend my time wandering in the streets so that I can avoid staying in that horrible cage. When I am in the streets, scavenging for cardboard is a must-do thing. I need to do this to earn money and maintain my livelihood. Indeed, the money from welfare is not enough for necessities and meals, not to mention paying the pricey rent of the tiny cage.

Sometimes, I recline on a long chair in Tung Chau Street Park and ponder why my life has become so tough. My wife passed away and my son has gone. The most frustrating thing is that I have already waited for five years to be allocated to a public housing flat! The government just neglects my needs and treats me unfairly. Without any choices, I need to stay in that house. Nope, that's not a house, it's a cage instead.

When it comes to hygiene, insects are another nightmare. The bathroom and the kitchen are located in the same spot. Therefore, seeing mice or cockroaches is commonplace for me. What if these 'animals' bring some illnesses into my cage? It will be an enormous disaster.

What's more, safety is also a problem. Some of my neighbors are drug addicts. They are really mad! Once I saw them stealing an elderly person's wallet. I was scared and dared not reveal this to the victim. Maybe I will be the next target someday.

Poor me! That cage really insults my dignity. It is for pets obviously. After getting into the cage, the oppressive atmosphere makes me suffocate. I feel totally hopeless and helpless. Without any help, I need to endure such conditions until I die.

All in all, my life is unpredictable here. I don't even know what my future will be. I hope that the government can help me to get rid of this plight as soon as possible.

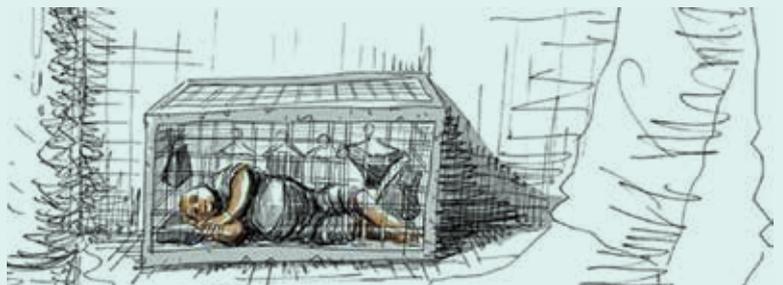
Cage House *Liu Kai Chun, Karl (5B, 2017-2018)*

I am a 70-year-old man living alone in a 40-square-foot cage house in Sham Shui Po. Every day I spend my time living in the cage of a house with others. There is only a small window in my house for ventilation. Therefore, the house is very smelly. Hygiene in the house is also poor. Some insects, like cockroaches, always sneak under my bed. It is difficult to have a good sleep, so I suffer from insomnia every day.

The cage life is unbearable. As a result, I always walk around in a park. Although Sham Shui Po is extremely noisy, at least I can take in fresh air in the park and observe the activities of others. Actually, I want to join the Dance Club with lots of women, but dancing is really unaffordable for a 70-year-old elderly person. I just sit on a chair and think about my future.

I have power over nothing in this situation. Although there are some volunteers to help me communicate with the government about my condition, the government has no response to my intention of being allocated to public housing. Treating a cage as my home is totally insulting my dignity and I can't tolerate it anymore. When can I escape from the cage prison?

Night is coming. I return to my crowded 'apartment' and sleep immediately. I hope that the nightmare of living in a cage can suddenly disappear when I wake up.





Fast Fashion – One of the Most Polluting Industries

Yan Man Yu, Mani (3C, 2017-2018)

Fast fashion is a term used by fashion retailers to describe cheap designs that move quickly from the factories to the stores, to meet the demand for new trends.

Nowadays, we keep talking about protecting the environment, as we finally know it is important to maintain the balance of our environment and our own lives, and some people try to save it. But a lot of us still don't know how to do this or perhaps have some misconceptions about how to protect the environment.

About fast fashion, many Hong Kong people think that the water pollution that is caused by factories or the animals they have killed is not their fault. Although they are not the people who are doing all of this, in fact, we have to take part of the responsibility. Hong Kong is a commercialized city which means three things.

One, the clothing will be sent to other countries by airplanes or ships and Hong Kong will be one of the stops. Two, we have to earn money from tourists by attracting customers, so the design or the style of clothing has to change very fast. Three, most Hong Kongers can afford clothing which costs HK\$50 very easily.

The second and third things tell us why Hong Kongers send 110,000 tonnes of clothing into the landfills each year, because we are wealthy and enamored with new things and bored with the old. Thus, our landfills will be full very soon and there is no way we will have sustainable development in this situation.

So we – Hong Kong people – wake up! Don't act like you have nothing to do with this. If all of us just do a little, it will make a big impact.



A Positive Mindset *Kwok Chung Yu, Cecelia (5B, 2017-2018)*

You and I can see the world differently. Your doom to hell may be my door to heaven. What does the trick? A positive mindset.

Like 80% of other teenagers in the world, I have suffered from a certain kind of skin problem – acne, since I was sixteen. The doctor diagnosed my condition as grade VI, which left my face a battlefield and me fighting a war for recovery. The inflammation brought pain and swelling. I was afraid of looking into the mirror and taking photos was a nightmare to me. Even if the reflections in the mirror didn't remind me how terrible I look, I had schoolmates or even strangers who did the job, well-meant or not. For a long time, I avoided looking into others' eyes.

I questioned every god why they made this world so unfair. I sought every cure for my disease, but in vain. I was confused, fragile, furious, and in total frustration. Along with this skin problem, it was that period when I first moved to Hong Kong from my hometown, which has been so far the darkest moment of my adolescence.

I was lucky enough however to view my misfortune as an experience that makes me stronger to face bigger challenges in life. The turning point was when I saw this photo shot by Peter DeVito. It was a close-up picture of a young man with pimples like mine and on his face there were stickers with letters forming a complete sentence: 'I m so SIcK And TireD of ThE PhOtOShop.' It made me ponder why I can't just embrace my imperfections.

After that, I started to look at things differently and out of my expectation, I found some merits of having this problem. Now I have more empathy for others. I won't turn a cold shoulder to my friends when they need my companionship. I try to put myself in others' shoes when there are disputes; I polish my language when I make comments on others because I know how powerful or damaging words can be. This is because I don't want people to treat me that way and I won't treat others like that.

Acne, also a fashion brand name, stands for Ambition to Create Novel Expressions. What a strange name! Yet it helps to make this teenage worry something less nasty and a bit more uplifting. True, none of us can manage to escape from all the adversities in our lives. Nevertheless, only when we are courageous enough to face them and go through them can the majestic silver lining behind the clouds be ultimately seen.

A positive mindset may be inborn. It could be a quality learnt later in life. But if you fail to catch the last train, this very moment is the best time to redirect your mind to the right track. Having a positive mindset is not just a change of attitude; it's a decision to make. It's an action to take.





A Positive Mindset *Cheung King Ho, Henry (5B, 2017-2018)*

As a cheerful person, I always adopt a positive mindset in my life. By telling myself, 'I can complete it' or 'No problem', I can even turn pessimistic things into optimistic ones. No matter how terrible the situation is, I always overcome it by being positive. And I remember that I applied this in one competition, managing to be more engaged, creative and productive.

I am a scout who loves outdoor activities. In order to test my camping skills, my teammates and I joined a competition in this field. The task required us to assemble camping gadgets within four hours. All things worked well at the beginning, but something undesirable happened later.

When I was pitching a tent, a sudden rainstorm destroyed our whole construction in just a second. The most frustrating thing was that some complicated gadgets such as table tripod, the cooking table and the catering table scattered all over. My teammates were depressed and grumbled about the unexpected weather. However, as an optimist, I perceived this plight as a challenge instead of an obstacle. It was an opportunity for me to handle such an unpredictable situation.

Therefore, I convened all my teammates to put on raincoats immediately. In order to bolster their morale, I told them to stand in a circle and sing Do You Hear the People Sing. Ultimately, our spirit was lifted by the heartening melodies and we were all cheered up. I was surprised to see this innovative idea work perfectly on them. My teammates were delighted and became energetic again.

As time passed quickly, we had to build all the things at a faster pace again. No matter how hard the rain slapped on our faces, we gritted our teeth in an attempt to maintain the whole construction to its perfect condition. The stronger the wind beat us, the tighter knot we managed to make. At that moment, we all held a strong faith: to accomplish the task. The rainstorm was just an incentive for us to do even better, displaying our perseverance fully. At last, we successfully finished it on time while others were still in the condition of being dispirited. Aside from enjoying the happiness of winning, I learnt a lot from this experience.

I realize that a positive mindset allows me to think positively. It is not always a one-way street while passing obstacles. Optimism is influential and happiness is contagious. I adopted it wisely, and so gathered a team and built a strong bond with them and ultimately, we achieved great success. That's the power of a positive mindset.



A Positive Mindset *Ng Ka Chun, Joy (5B, 2017-2018)*

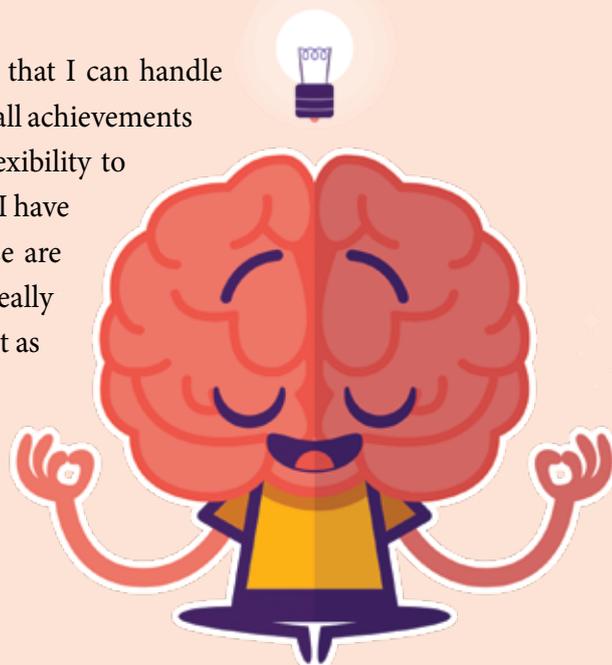
Possessing a positive mindset is indispensable for us to achieve success. People may roll their eyes when hearing "think positively" as it is difficult to do in this hectic society. Thereby, I want to share how I adopt a positive mindset to enjoy my life.

A positive mindset is always necessary for learning. I am a person who loves to learn from failure and being optimistic always helps me figure out solutions. Instead of focusing on my mistakes, it is more crucial to turn failure into a lesson or opportunity. By doing so, I would be more engaged when I am under stress and I would not opt for an "escape" because of frustration. With this faith, I dare to take challenges without hesitation.

Besides, a person who has a fondness in reading usually holds a positive mind as he/she is trained to observe things with different perspectives. As such my vision and imagination better sharpen my senses towards various issues and help me think outside of the box, which makes a more creative "me".

A happy character brings me and other people together. Compared with working alone, working in a team allows exchange of ideas and that lifts my mood. With an open mind, I always welcome unique opinions shared by individuals and am willing to share mine. My readiness to accept various views is encouraging to others in hard times. In a team, we dare to speak our mind, giving and taking fun and crazy thoughts, and usually we come up with surprisingly creative solutions. Once mutual support is built, an intimate bond is definitely conducive to productivity. Being accepting provides me with wider opportunities to be engaged in working with amazing brains and thus strive for success.

Having a positive mentality allows me to ease my anxiety so that I can handle difficulties in a calm manner. I find satisfaction easily from even small achievements and thus my internal incentive can be sustained. With higher flexibility to things happening in life, adversities become less scary to me and so I have the courage to engage myself in all kinds of opportunities. These are some personal experiences of how I adopt a positive mindset. I really hope that everyone can attempt to cultivate a more positive mindset as it enriches our lives.



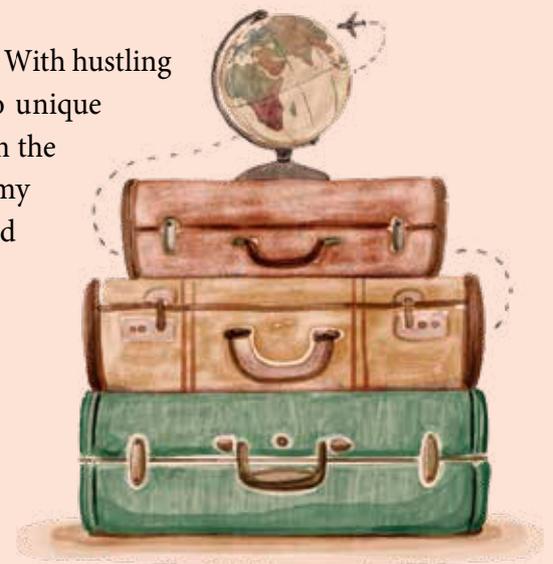


A Place You Most Like to Visit *Cheung King Ho, Henry (5B, 2017-2018)*

Talking about my most memorable travelling experience, I will never forget my visit to Berlin. This city consists of vibrant cultures, cutting-edge architecture and tangible history appealing to history-lovers like me. I had never been to a country with such a complicated historical background.

Upon my arrival at the Berlin Wall, I was in a feeling of discomfort due to a strong atmosphere of conflicts. The wall divided Germany's capital into east and west. Wandering between the two sides, I had a mixed feeling since this line had been a symbol of two antagonistic countries before the reunification. Unexpectedly, I had a chance to go around the previously restricted area. In the old East Berlin area, there were loads of fascinating vestiges of the past, even on a road! The stop-and-go men in the traffic lights were different from those of West Berlin. Instead of having traditional-shaped traffic men, the east one had a snazzy traffic children shape. Moreover, there were numerous historical heritages with communist styles. Although they appeared to be old-fashioned, I love the simplicity.

When it comes to "modern", the old West Berlin was another world. With hustling and bustling pavements, I saw the energetic side of the city. The two unique faces make it such an amazing city. I was totally hooked by this place. In the city, I enjoyed different enchantments in a day. Other than that, eating my favorite grilled pork knuckle was just another highlight. I wish I could stay there my whole life.



A Place You Most Like to Visit

Kwok Chung Yu, Cecelia (5B, 2017-2018)

When asked what my biggest wish is, I'd say without hesitation that I would love to go to Nowhere Island. It's not a Peter Pan fantasy. It does exist in New Zealand.

After I watched *The Lord of the Rings*, which was filmed in Wellington, New Zealand, it has become my dream travel spot. I want to feel the breeze whispering by my ears, embrace every ray from the sun, or simply just wander beside the sparkling sea on the soft sand.

My dad was lucky enough to go there and I was amazed by his story about how he accidentally fell off the ship and saw in the tranquil saltwater swimming around him fishes that had horns like elves.

As an adrenaline junkie, it has always been my dream to go sky-diving with my friend. I can't stop thinking of the irresistible feeling of flying in the sky like an eagle. In the clear sky I would finally be able to look over the spectacular coastline of New Zealand. It must be like being born again when my feet land on the ground again.

Humans should never underestimate how much nature can empower us. Yet my biggest fear is that if we can't stop exploiting our resources and keep causing damage to the world, our only home, our offspring will never get to see the world as it has been; not to mention having a close touch with the invaluable treasures the Earth offers us.

My Sister's Keeper Ng Ka Chun, Joy (5B, 2017-2018)

A novel called "My Sister's Keeper" has inspired me with its mind-blowing message. It is a story about a girl who was born to donate her bone marrow to save her sister suffering from an acute illness. Donating her marrow deprives the girl of the chance to enjoy her life. Therefore, she sued her mother for freedom of her body.

Actually, I admire her for her courage to speak her mind instead of bearing that miserable pain. Moreover, she encourages me to think more about organ donation. For years, the progress enforcing people to donate organs has been slow because it is a serious topic that sparks lots of oppositions in such a traditional Chinese culture. Forcing people to donate their organs definitely violates human rights because everyone should follow their own will. However, I think this story can provide a chance to raise public awareness of this issue and I am deeply inspired. Due to an insufficient amount of organs, many patients in Hong Kong have to wait a long time for a transplant and they are so desperate for a chance to extend their lives.

As a citizen of Hong Kong, I have the responsibility to lend a helping hand by donating my organs after my death. It is not only for the patients but also give hope to their families. This benevolent act infuses our society with encouraging stories and thus would ignite others' passion to offer help to the needy. This book did make me ponder a lot.

An Autobiography Cheung King Ho, Henry (5B, 2017-2018)

An excellent book is not only about how fantastic the plot is, but also how inspirational and thought-provoking the hidden meanings are. Personally, non-fiction books conform to these criteria about a good book, having the deepest impact on me.

With such numerous non-fiction books on the market, I am impressed by biography the most. To take Steve Jobs as an example, his autobiography had a life-changing impact on me. There is this part about Steve being expelled from Apple. He founded NeXT instead of giving up on the technology industry. He passed through all obstacles and endeavored to get back to the position of Apple's chief executive. Doubtlessly, this was a long and tough process, but he finally made it.

I read this book during the most frustrating time for me. I did not manage to get qualified in every test in the first few months of my DSE study. However, the experience from Steve inspired me, teaching me that failure is nothing. For the optimists, hope always exists. Steve also said, 'Stay Hungry, Stay Foolish.' I realize that the ultimate goal for me in school is not only about academic results, but also the joy of gaining knowledge. I reviewed my study habits and attempted to make better use of my free time.

And now, I have turned into a student whose desire for knowledge has become an internal incentive. While preparing for the DSE, I am delighted to be inspired by the biography of Steve Jobs.





Eating out in Hong Kong *Ngai Ka Ki, Amy (1D, 2016-2017)*

Many Hong Kong people have a busy city life, so they are concerned about convenience. Therefore their choices are to eat out. However, they cannot save money this way.

First of all, there are some advantages of eating out in Hong Kong. Hong Kong restaurants offer many choices. Also, the taste is better than most of our own cooking. It is convenient for us to dine out because eating out does not require all the procedures as cooking such as buying groceries, preparing the ingredients, setting up the table and washing the dishes. This is the reason why Hong Kong people enjoy dining out.

However, eating out in Hong Kong has more disadvantages. Normally, everyone eating out needs to pay around a hundred dollars per meal, so it is very expensive. During peak hours, we need to wait in line for a table and it is a waste of time. Also, it is not relaxing because it is very noisy when the restaurants are crowded. Eating out is unhealthy because there is lots of sugar, oil and salt in the food. The good taste may just be artificial flavor and chemicals. In the long run, it is disadvantageous to eat out.

In choosing a suitable restaurant, I have some tips for you. First, you need to choose a healthy restaurant. Second, the cost should be low. It is best to have a nice spot for us to appreciate beautiful views. Then it is perfect!

As for me, I like eating at home instead of eating out because eating at home is more relaxing. Moreover, I do not get to eat my favorite food cooked by my mom when eating out, so I prefer eating at home.

The Downside of Celebrating with Traditional Customs

Tang Sin Ling, Geri (2C, 2016-2017)

People celebrate festivals such as at Mid-Autumn Festival, Christmas or Chinese New Year. Although on the surface these are very happy scenes, there are worries we cannot avoid.

The Hong Kong government celebrates Chinese New Year with massive firework displays. It seems a very generous way to celebrate using that much money and manpower. But the truth is that these fireworks produce a large amount of polluted air like carbon monoxide, sulfur dioxide and so on. Then, the air contains dusty and grey smoke which damages our blue sky and tranquil ocean.

After Mid-Autumn Festival, people get rid of their mooncake containers which are sent to the landfills, causing them to be saturated. At Christmas we also produce lots of garbage like fake Christmas trees or gift wrapping. This leads to the same environmental problem as what we end up having after any festivals like flowers and packaging of flowers on Valentine's Day.

Hence, we should try our best to reduce pollutants in the air or rubbish caused by unnecessary packaging. We should not celebrate using too many firework chemicals. We can celebrate by travelling especially on eco-tours, having a picnic or going out for a nice dinner. These are also simple and easy ways to protect the environment. And if we finish the mooncakes, we should collect the containers for other uses like turning them into useful devices. Or we simply should not use too much packaging.

In conclusion, celebrating festivals is inevitable, but we should also do something to protect the environment.



Are Talent Shows Worthwhile? *Chau Wing Ki, Vicky (4A, 2017-2018)*

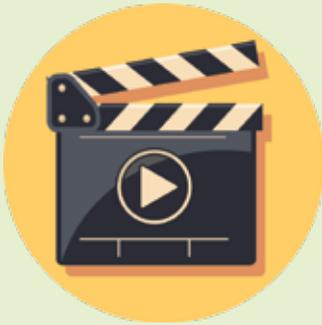
In recent years, more and more people are willing to take part in talent shows, aiming to become famous entertainers. Behind the spotlight, however, there is a bigger problem that contestants should fear.

There are many singers who become successful after joining a talent show. This is an attractive reason that captures the attention of people who wish to get instant fame. But beyond that, there are many who can't stand the pressure from the public and commit suicide. The reason is when you make any mistakes, some crazy audiences will exaggerate your mistakes with resentment, leaving the worst comments to hurt you.

Moreover, it is inevitable to see some parents overtrain their children to cash in on their talents. It is a controversial topic because no one is sure whether the children can undergo such pressure from the shows.

When they grow up, the young stars may like a quiet life. Talent shows thus take away their freedom when they are not old enough to make a choice.

In my view, exposing a child at a young age to the public view is unfair to them. Even for an adult, you need to have a strong mindset, probably stronger than normal people, in order to become famous. Therefore, it is not worthwhile that such talent shows are broadcast despite all the applause.



The Signs of Getting Addicted to Technology *Ho Po Yu, Bethany (5A, 2017-2018)*

We all know that technology has become an indispensable part of our daily lives. However, it is argued that the development of modern technology brings more harm than good. For example, it is a common phenomenon to see people always using their smartphones and playing on their computers. Even worse, some individuals get addicted to the digital world.

One of the signs of being addicted to technology is that users may withdraw from society. Some users always hide themselves behind the screen and this makes them unable to socialize with others face-to-face. They don't chat with people in the real world or pay concern to society. As such, they are isolated by their peers.

Apart from getting disconnected from society, people using technological devices for a long time are damaging their health. Some users spend a lot of time playing video games or using their smartphones with no intention to control themselves or to take a rest. As a result, they end up having eyesight and back problems.

They need help. If their addiction is not deep-rooted, they can consider doing outdoor activities. Hiking allows people to get in touch with nature. Also, they can go hiking with friends to reduce pressure and engage more in face-to-face communication which the digital world cannot provide. More importantly, it can prevent them from spending a lot of time on technological devices.





Letter to the Editor: The Plastic Problem in Hong Kong

Wu Ki Ki, Sam (4A, 2017-2018)

Dear Editor,

I am writing to express my concern about the plastic problem in Hong Kong. Hongkongers discard up to 2000 tonnes of plastic every day. This situation is worrying.

First of all, Hong Kong citizens discard such a large amount of plastic every day. This kind of waste is not biodegradable and it takes at least 50 years to decompose. Moreover, most of the plastic products are shaped to a big size. If they are just disposed of in the landfills without any treatment, the landfills will become full rapidly. Even if the plastic products are small, during the course of decomposition, they will spread harmful and toxic substances to nature. This is definitely detrimental to our environment and immediate actions should be taken to remedy the situation.

In order to decrease the amount of plastic waste, we should ban bottled water. To encourage Hong Kong citizens not to use plastic bottles, the government should try to educate citizens by advertisements and lectures. They can help Hongkongers to figure out ways to protect the environment and to produce less plastic waste. In the long term, the government should build incinerators. They can burn the waste and the heat energy generated can even be transferred to electricity that Hong Kong people can rely on. This can not only solve the problem of having too much waste, but also relieve the burden of landfills.

To sum up, the only way to decrease plastic waste is that every stakeholder should take interest in it. If everyone takes a small step, the situation can be improved gradually.

Yours faithfully,

Chris Wong



Letter to the Editor: The Plastic Problem in Hong Kong

Deng Yiyun, Yvonne (4B, 2017-2018)

Dear Editor,

I am writing to express my opinions of Hong Kong's addiction to plastic. It is beyond any doubt that plastic has become an essential material in our daily lives. With its convenience, it is inevitable for us to see them everywhere. However, we are not concerned about what the undesirable consequences plastic brings to us. If we face the issue in a wait-and-see mindset with folded arms, it may destroy our surroundings.

With Hong Kong's large population, the consumption of plastic is astronomical: a host of evidence reveals the upsurging number of consumption; for example, up to 2000 tonnes of plastic is discarded in the city every day, of which 205 tonnes are bottles made of various plastic materials. According to an article in the newspaper, the earth will be a white star if we keep using plastic at an alarming rate.

The above mentioned brings enough impacts to ring the wake-up bell. It is not uncommon to find bottled water in shops and supermarkets. Enjoying the convenience that bottled water brings, people would prefer to buy one rather than boil water at home. However, they have no clue of how they can dispose of plastic bottles in a proper way after drinking. Being thrown away with leftovers, the bottles cannot be recycled and they become real rubbish. As a result, a lodge of problems emerge in an endless stream. Hence, why not ban bottled water? This preventive action can stop the plastic waste and create an eco-friendly society.

In order to embrace a greener environment, the government and the general public should take action. The government should set measures to minimize the use of plastic. It should enhance supervision that aims to encourage people not to buy bottled water. As for the citizens, we should reduce consuming plastic products.

With a positive mindset, we can surely remedy the above situation. Also, our environment will become a much better place to live in.

Yours faithfully,

Chris Wong





Signs of Being Addicted to Technology *Cheung Ka Yi, Vanessa (5A, 2017-2018)*

Nowadays, nearly every person in society has at least one electronic gadget, such as smartphones and iPads, that they own. They spend so much time on the gadgets that it becomes harder and harder for them to take their eyes off the little illuminated screen. They are just obsessed with them. In turn, it will affect their lives and cause severe consequences. This essay aims to highlight the possible signs of being addicted to technology and give tips for you to overcome technology addiction.

One of the key indicators for technology addiction is that you will lose a lot of time. When you are so engrossed in what you are doing online or on your smartphone, you do not realize that hours have passed. You will then waste a lot of time which you may have used to do revision and homework. This may affect your academic results.

Your Internet activities have completely taken over your conscious mind. You cannot realize the need to take care of your own basic physical needs. For example, there are cases of teenagers spending too much time on online games and so they skip their meals. They do not even recognize that they have the need to eat anything. From this example, it is clear that your physical health is adversely affected. You might even have anorexia, which is a mental health problem.

Withdrawing from society is also a big indicator for technology addiction. If you are addicted, you cannot stop using or playing with your gadgets. Also, you will be obsessed with the virtual world and you will feel more at home in the virtual world than the real world. You can make new friends on different social networking sites such as Facebook, Instagram and Twitter and start meeting friends in the virtual world. At the same time, you will ignore and neglect your family and friends. For a long time, there's less communication between you and your family. What's more, you will be cut off from the rest of society and destroy your relationship with your peers. Eventually, you cannot maintain a strong bond with them. All these are signs of technology addiction.

Instead, you should engage in outdoor activities. In order to do exercise, you can ride a bike or jog in the park. You can take in fresh air and look at more greenery. It is good for your eyes and your physical health.

Besides, you can set aside reading time. For instance, you can read at least 20 to 30 pages of a great book before checking out the computer or mobile phone. You can gain knowledge and learn more new vocabulary. It is more meaningful than wasting your time aimlessly browsing on the computer.

After you read the books, you can share your book reviews with your family and friends. You can not only build a good relationship with them, but these are also tips for you to overcome too much indulgence in electronic gadgets.

I hope that you can have a better understanding of technology addiction and that the tips can help you to overcome your addiction.



Camping Trip for Form 1 Students *Deng Yi Mei (1C, 2016-2017)*

Do you like camping? What benefits does camping provide? When you go camping, what difficulties will you face? How can you solve these problems? I would like to give you the answers.

Camping is Form 1 students' favourite activity. It can strengthen their social and life skills and they may become more confident. They may make a lot of new friends and learn about different cultures. Also, they will improve communication skills and learn to cooperate with others. Besides, they can have some adventures to gain confidence. They might try to enroll in activities such as archery, sailing or pottery classes.

Camping is good for students, but there are some problems they can't avoid. First, maybe they can't deal with all the emergencies. If they get hurt in an accident, they don't know how to handle it. It is dangerous because they can't solve problems independently. Second, they may not get along well with other campers, since some of them don't know how to socialize with others and are always alone. The other members may isolate them. Thus, arguments can't be avoided.

How can students solve these problems? To solve them, they should be united and friendly. They are required to respect everyone and be enthusiastic. It is crucial to communicate with other campers to develop friendship. Finally, they must cooperate with other campers so that their problems will be solved.

An Email Reply to a Friend *Lau Chak Sen, Calvin (1D, 2016-2017)*

Dear Wai,

Yesterday you sent me an email and told me that you will study in my school in a few months. I am happy to hear this good news. Let me tell you things about my school in this email and answer your questions.

There are many nice and friendly teachers in our school. They are very kind. Mr. Chung, our PE teacher and Mr. Chan, our Chinese teacher, are some of them. When the students have any problems about their schoolwork, they will help them without hesitation. All the teachers do their best. Therefore, they all have good relationships with students and they get along well with one another. If you study in our school, I am sure that they will welcome you with open arms.

Besides, our school is large with many facilities. Are you interested in technology? My school has three big laboratories. One is in the new wing of our school and the other two are in the old wing.

I am good at swimming so I joined the swimming team this year. I represented Kwai Tsing District to participate in many competitions. Swimming is an enjoyable experience for me. Since you like swimming, you can join the team, too. If you join it, we can happily swim together every day after school. The coach is very strict so we can improve our swimming skills. Will you also join these competitions in the coming months? I sure hope you will!

I can't wait to see you at school!

With love,
Ying





The Positive and Negative Influence of Peer Pressure

Tang Sin Ling, Geri (2C, 2016-2017)

There is too much pressure for us in school. One type of pressure is peer pressure. Most of the time peer pressure gives rise to negative influence.

There is always the coolest classmate in your class. If you are his friend, he may ask you to skip class. Sometimes you might give in and go with him. After that, you will be blamed by your teachers and parents and you may even be given demerits. Or when in class; he will talk and play with you, so you can't focus nor listen to the teachers attentively. And in the end, you may get a poor result. And the coolest student always feels impatient with the other students, and asks you to mistreat others with him. Then, you end up hurting others' feelings. They feel annoyed and you may have no friends anymore. He will even ask you to shoplift with him. This has very serious consequences. One of them is being caught by the police. If this happens, you will be blamed by your parents and teachers, and no one will trust you anymore. There are many disadvantages when you make friends with this so-called "cool kid."

On the other hand, peer pressure can be positive. Some students in your class may be well behaved and have good academic results. If you get on well with them, you can act better towards the direction of being a good student. You will therefore do what is right. You can pay attention in class so you can get good results and achieve your goals. You can then cope with your schoolwork well. Many times when we treat others well, we can meet more friends who are good students.

Make good use of the positive side of peer pressure in order to improve yourself.

Weekend Activities *Wong Lau Yung (1C, 2016-2017)*

Hong Kong students work very hard so that they can achieve good academic results. Some of them may feel bored and stressed; therefore, it is important for them to have weekend activities for relaxation, entertainment and self-learning.

First of all, students can try sports at weekends. If they play team sports such as basketball and football, they can make new friends. Besides that, they can also play individual sports such as swimming and playing golf. This could make them become independent. Any kinds of sports can help improve their health.

Besides, it is better for students to arrange some family activities to improve the relationship with their family members. On weekends, both students and their parents are busy because students need to go to school for their studies and their parents must work for money. I think they should have a barbecue or go hiking.

Besides outdoor activities, they can do indoor activities, too; for example watching a movie at home. As this can help improve their relationship with others, why don't students take part in some learning activities?

They may take some courses for fun, like they may learn a language so that they are able to communicate with foreigners when travelling. Therefore, they can gain new knowledge to improve their studies.

I hope all students will make good use of their weekends and enjoy any kinds of activities that they prefer.





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