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in
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育
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大埔三育中學

育
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FOREWORD

Dear Reader,

Thank you for opening this booklet that has just been placed in your hands. For many years I have had the privilege of releasing booklets such as this on our Parents' Days. Yet, the joy I get at this moment is undiminished, and I am certain that it will keep getting stronger in the years ahead.

The integrated approach to language teaching and learning means equal emphasis on reading, writing, listening and speaking. Naturally, different learners find different components more difficult than others. But in general, I hear a larger number of students talking about the challenges of writing in general and in particular, the tasks in Paper 2 and Paper 3. That is why I am so happy when I read their pieces in this compilation. I sense a deliberate choice of words, an awareness of the audience or target reader, and control of the topic. Their creativity of ideas and use of techniques of effective written communication in both the mother tongue and English leave me with amazement and delight.

My heartfelt gratitude goes to our language teachers. Besides the regular lessons, they use their time and effort, experience and skills in conferencing sessions, tutorial groups, e-Class and other social media platforms to lead students from guided writing and draft making to open tasks in various genres. This booklet presents to you a sample of their success. The bulk of it can be seen in students' sense of achievement, their test and exam papers as well as in their HKDSE mark sheets. I would also like to thank the members of our school's Publications team for making sure that we not only have this booklet but also that we can peruse it with ease.

I invite you to join me in reading every page of this booklet, and in giving our student writers an ovation. They deserve our appreciation for showing us a joy of learning and a growing mastery of written language. Let us make available to them all the encouragement we can give. Language proficiency is the foundation on which young people can build their present and future success, for the good of the community and the glory of God. Thank you very much for your support.

Get ready to be surprised, informed and entertained! Enjoy your reading time.

Dr. Lawrence Yu
Principal

序

《原來你很重要》

某次閒聊，跟一位年輕朋友談到寫作的事，其實，我對她的作品總帶點疑惑：

她初期的文風就像牙膏般的那種潔白——遣詞造句到選材立意都循規蹈矩得絲毫無差，就跟她的字體一樣一絲不苟的，雖閱歷豐富卻脫不了乖孩子的樣式，年紀輕輕的她，愛地北天南地描山河之廣寫崇山之高。然而，卻是絕少談及個人的事，屬於她的氣息總被掩藏得那樣嚴密。只是不到一年，我赫然發覺她的文章，竟近乎毫不留情的直直穿透了自己的靈魂深處，每一個文字就像庖丁的牛刀一樣，一揮一霍一刺一提的，讓我見到屬於她血肉骨髓的情感紋理。

當時的我無法預料年輕的你會寫出這樣的文字來。三年過去，文字的震盪還是餘波未了，今天，我決定要問你了：

「為什麼當時的你會有這樣的突破呢？為什麼年輕如你的內心深處會沉澱着如此深邃的感情？為什麼之前卻又把它掩藏得毫無聲息呢？」

「沒什麼的，只因我從來不知道自己的感覺原來那麼重要，重要得要用文字把它記下來。直到了某一刻我明白到一個人原來可以這樣看待自己的感覺，我就似乎是毫不費力地自自然然把心裡的都寫出來了。」你把話說得雲淡風輕，彷彿只是在囁語一樣。

是的，在這一代而言，你家風甚嚴，從小就在大人的訓詞套式中長大，很早就活在成人的世界裡，即使偶然脫不了活潑稚嫩卻還是比一般同齡的人善於忍耐，言行知止，甚至，屬於自己的真實感覺都變得不再重要。所以，當我能讀到觸及你情感世界的文字時，就感到你的每一句每一字都顯得貴重。

生活啊，你，就是如此瑣碎不堪，甚至近乎無聊，不知何時，面對現實時個人的感受已顯得不切實際，曾讓自己想哭想笑的種種體會，在別人眼裏似乎是太陽底下無新事，漸漸覺得自己所遇的都不堪一提。可是，生命是寶貴的，就只有永不回頭的一次，一位我喜歡的已故作家陳之藩老先生曾說過：

「面對人生的寂寞，面對人生的無奈，面對人生的盡頭，每個人都是平等的。」

屬於個人的人生就是如此渺小又無力，而生活啊，你的一切又確是瑣碎又平凡，然而，我們生活的點滴、真實的感情，於摯友家人來說，原來都很重要。那彷彿是我們若即若離的人際關係中一絲的共鳴力。

作為一位讀者，我並不渴求一篇驚歎不已的文章，我只想讀一下真實的你，細味從你生活點滴蒸餾而來的故事。請你勿覺得它窮極無聊，別嫌棄那是零章短簡，只要你願意用一份珍而重之的心情把它用文字娓娓道來，那一篇文字就足夠美好。

因為，你的感覺從來都很重要。提筆吧，請！

中文系系主任
李桂瑩

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《一頓飯》

—信 蕭婉琳



只是一頓飯罷了！
在平凡的菜餚裏
已呈現了甜蜜的親情。

《一朵花》

—仁 李栢謙



只是一朵花罷了！
在無邊的花園裏
已點綴了一地小草的孤獨。

《心事》

—仁 李栢謙



有人把心事放在心上，
有人把心事放在臉上，
我把心事寫在日記上，
愁緒來時 跟著筆墨揮灑到美麗的紙頁上
只餘陽光。

《一滴水》

一仁 李淑盈



只是一滴水罷了！
在波平如鏡的湖面上
已泛起了陣陣的漣漪。

《一盞燈》

一望 李欣妍



只是一盞燈罷了！
在黑暗的房間裏
已照亮了人們的心房。

《流星》

一仁 傅志燊



只是一顆流星罷了！
在漆黑的星空裡
已劃破了寂寞的黑夜。

《一扇門》

一望 曾心慧



只是一扇門罷了！
在小小的房間裡
已打開了無盡知識的海洋。

《父愛》

一勤 劉曉晴



有人把父愛放在背影上，
有人把父愛放在一道菜上，
我把父愛放在單車上，
清風來時 踩在夕陽的小路上
影兒成雙。

《一顆星》

一望 莊穎彤



只是一顆星罷了！
在漆黑的夜空裡
已指引了我們的前路。

《再見故人》

五望 王詩傑



鉛筆寫下的名字，是容易擦去的。

夜空星下，清吧的木古琴伴隨著他晦澀難懂的藏話，吟唱著故鄉的民謠。一杯涼酒在吧台前，靜候著品嚐它的客人，我身穿白領，靜悄悄地拿走酒杯，留下一句：「謝謝」。

清吧不大，但也是座無虛席，一手品酒，一手品歌。這是在無趣的工作後，剩下不多的閒暇時光，放下煩惱，才得片刻舒寧，許久之後，音樂徐徐落下，停頓半刻，吧台走來一人，捧著吉他，一副眼鏡雖顯文藝，但也掩飾不住落魄和滄桑，只見他半坐椅子，吉他隨之響起，那是一首原創曲目，只覺少了些律動，恰似沒了伴奏的搖滾曲。

我尋聲望去，因而一陣激流湧上心頭，眼前男人哼著歌，雷鬼爵士的唱腔引人入醉，而我卻格外清醒，彷彿隔絕了世界，伸手不見五指的角落，只有我與眼前彈吉他的友人，一人唱，一人聽。

友人與我從初中結識，那時開始便有把吉他，在他手上翩翩起舞，那一頭亂髮的少年總是咧著一副參差不齊的牙齒，笑說想做「流行音樂人」。

於是他組了樂隊，我便是那早已分道揚鑣的樂隊成員，從此少年一把吉他，隻身一人投身音樂夢想。

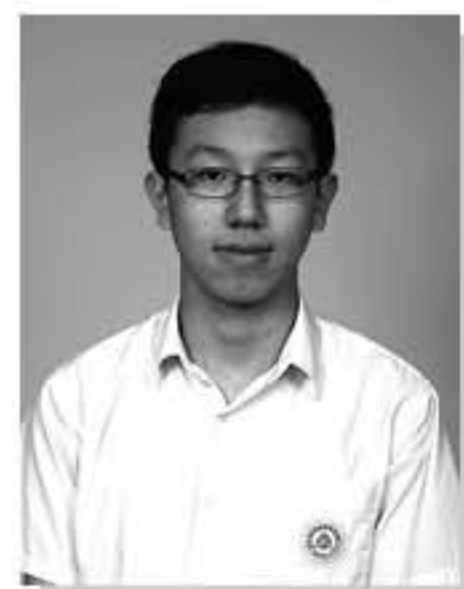
顯然，那把嗓音早早被打磨得沙啞，有氣無力地哼著歌……

我想，到場的人，在清吧買醉消愁，他們多少與我相同，在繁忙的人群中摸爬滾打，褪去稚氣，像是在畢業禮上用鉛筆寫下的「同學錄」，又用橡皮親手擦去。在這裡，你我如一，迷醉地聽著桑田音樂，心中不禁泛起家鄉童年的代表曲。又被時間慢慢瓦解……

鉛筆，即使擦得去也是會留下一絲痕跡……

《再見故人》

五望 馮小寶



時光飛快的流失，一切都在變動，我上次和他見面還是十分快樂的，八年過去後，我和他顯得有些落魄，他的悲是因為失戀和學習繁重，背負的太多，他是家族之光，他將來要扛著許多東西。我的悲則是成績沒起色，好朋友太缺，人生找不到方向，曾經我倍受嘲笑，是每個認得我的成年人都會問：「你賺到了錢嗎？」，雖然我已經解決了這個問題，但我還是怕他們知道了，他們便改問：「你能掙幾個錢？」。

他說話更主動了，也更大方直率了，說的話沒以前長，但顯然尖刻了許多，他問著我的志向，多有加以追問，我卻感受不到絲毫惡意，我感覺他讀書比我刻苦千百倍，他如此的友善，我甚至感覺有愧於他，他很關心我，他的性格在我認識的人裡是唯一的，每當我遇不到什麼「好心人」時，回想起他，還是會使我回到「我很幸運」的立場上，但分離在兩地八年，途中僅有少許又零散的會面，令我感到無奈。

我感覺我欠了他很多，我小時候太多小脾氣了，他始終讓著我，我太無禮了。

這一次，我和他們一家人吃飯，中途很歡快，吃完後，他爭取到了短暫的空閒，我和他到外面轉轉，他搭著我的肩膀走著，他走的比我略快，有一種他在引導我的感覺，他說話時會刻意靠向我耳朵，我向他說話的時候，他也會蹭上我嘴邊。來到岸邊，很壯觀，我指的是那些成雙成對的情侶，一大堆，排開坐在那一望無際的臺階上，我們倆顯得格格不入。我是從他母親口中得知他失戀的，後來他也有和我提到過，但在此之前，他一直向我詢問我情感上的歷程，我不厚道的在回答上出了偏差，回過神才發現，他似乎在比較些「作為」，他對自己有點嚴格，在這個時候他主動的笑容已經很少見了，可以略微猜得到他做了些後悔的事，我也有向他訴說我做了一些事，明明方向是對的，但卻沒能做好，這種重逢給予雙方精神上的支持，在我看來，實在來之不易。

《樓梯》

五望 王詩傑

多年再見，很多話在說前都開始掂量下了，思緒太亂了，還記得小時和他在一個臥室睡覺，一開始還是各睡一邊，到了明天早上，就有點亂了。曾是小學同學，是鄰居，但現在不是了，可至少我們還是朋友，故事還在腦中，還會延續，真是件好事。

這天黑的很早，有星星，但很少，陣陣清風，恰到好處的涼爽，走著走著，他要求我給他拍幾張照片，又要求我們合照。我總有一種感覺，像是他有意的，不是真的要幾張好照，更像是為我找事做，免得兩人太尷尬，有他真好。



自我搬家後，房子就沒了電梯。

在故鄉那邊，發展總是比較慢，若是能在車窗外仰視一座高樓，無非是罕見的。因此，老家的人不坐電梯，他們就愛提些大包小袋，每逢脫下工作服前，都會經過一段樓梯，然後滿心歡喜的回歸家的溫暖。家，是人的歸宿，人打拼一輩子，不過是為了有個床鋪，為了夜深人靜時的一絲安穩。外公以前嗜酒成性，後來連走路都不穩，可每每在家的樓下，他都要扶著把手，自顧自地爬上樓梯。

記得小時候，舅舅看著外公吃力地爬上樓梯，就問要不要捎他上去，外公一聽就生氣，一把推開舅舅，直說：「樓梯不自己走，就不踏實！」我看著外公蹣跚的背影，一步一拐的上樓，每上一步，都懷著一抹的平安。

老家的人不喜歡城市，外公曾說他暈電梯，大概因為人不用腳爬上樓，出甚麼事故都不知道。我不解，笑回外公太杞人憂天，又說新時代、新科技，電梯又快又便捷，省時省力。

於是一天來到城市家樓下，外公仍然選擇走樓梯，若非我家住二樓，我也不會陪外公爬樓梯。有時候，儘管樓梯有多長，外公也堅持去走。而我呀，則每到電梯保修，我才會走樓梯。

城裏和家鄉不一樣，回家路上，赫然在想，也許當人有一顆穩重、平淡的心，看在眼前的就是一道道穩實的樓梯；即使下樓，也覺保障，倍添安穩。

想著，想著，我不禁會心微笑，隨著外公一步一步踏上樓梯，他雖兩腳發軟得羸弱，但爬起樓梯來，仍步步扎根。

《派對不似預期》

五望 梁卓泓



派對本該是愉快、享受的，但這天，有他、她，你和我，真是尷尬啊……

今天是劉小胖的生日，我們打算為他在KTV舉辦生日派對。小胖身邊的圈子裡玩的最好的朋友們也就我們幾個，男生很多，大概有六個，女生卻好像只有你和她。從前玩的最要好的一圈子人卻因為感情，分成了兩隊。他介意她，我也介意妳。

今早我也沒提到他會出席，以為他會以生病之類為由推辭，但他沒有，不過反而更好，可能我和他因為同是天涯淪落人吧，總有點同病相憐的感覺。

你還是一樣悄然無聲地走了進來，也不留痕跡地離我而去。你還是一樣的令我心動，想到這裡，突然發現，「喜歡」這種感情，只能減少或增多，卻不會消失，看著自己曾經信誓旦旦說，不會再喜歡人，誰又敢摸著良心說，我自那以後再也沒喜歡過這個人？或者說，人真是一個健忘的生物啊，我回過頭來主動跟你搭話：「你不坐嗎？他們還有很久才到啊！」你沒有回答，只是輕輕的搖了搖頭，徐徐地把身子轉了過去，又過了一會，自己卻坐了下來，真是可愛。再配上你頭頂的畫家帽、墨綠的衛衣、深米色的長褲，真有點小清新。

終於全員都到齊了，我們坐了下來，吃的早已準備好放在桌上，琳瑯滿目，好不精美，要是放在從前，我們都會先搶吃的，共同參與，而非是在男生吃，女生唱，男生唱女生玩手機，反之亦然，氣氛瀰漫著尷尬、彆扭，就是不自然，更甚的是讓我想逃離這裡，但仔細想，今天是小胖的生日，還是放棄，恐怕他們也是吧！

KTV房中，歌聲不斷，當中夾雜著些許骰子碰撞的聲音，要是外人在，也不難發現我們分為了兩個陣營。男生在搖骰子，呼喝聲不斷；女生就只有她一直唱或你也間中開腔一起唱，不過你好像更多時間在玩手機，這也是種消磨時間的好法子吧。

那種團聚輕鬆的氣氛，恐怕也只能活在記憶深處了。

那時候相聚，我們幾個終日有說有笑的，好像是有說不完的事，我們彼此也一直慘遭妳們的「毒打」，真讓人懷念，不過已經回不去了啊……

他和她；我和你，真是糟糕的派對。

《原來天氣不似預期》

五望 楊雨思



人情世故謂江湖，五味雜陳笑與哭。

「今早起床啊，看到鏡子裡的我……」，嘴裡哼著小曲兒，手一下弄弄頭髮，一下搖搖裙襬。慢慢地靠近鏡子，看著瞳孔一點點地放大，秀麗的頭髮、精緻的五官，不得不說身後的百合花也不過如此了吧！

身後的腳印逐漸增多，一深一淺，影子在陽光的照射下起伏伏，空氣中散發著甜甜的味道，好似把蜂蜜抹在了蛋糕上，甜上加甜。

今天約好了和一位網友見面，我們兩人明明認識不久，甚至沒見過面，卻聊得火熱，如同舊相識，從家常聊到喜好，日日聊，夜夜聊，默契也是上佳，關係甚至比相識已久的朋友還要緊密。從照片上看，她長得眉清目秀，可性格卻灑脫得像個男子一般，有一說一，從不拐彎抹角。

本想著她這次也是這樣，可不曾想到，我到了咖啡店已久，仍遲遲不見她的身影，從中午毒辣的太陽等到了電燈一盞一盞地開啟，一杯杯的果汁從有變無。

緩緩起身，一步一步地走向結帳台，每走一步，都將全身的重量壓在腳下，眼望著門口，但無論店門的鈴噹響了多少次，都不曾是她。

沈重的腳步，雨水對地面的撞擊，傾盆大雨，一點一滴地滑過我的臉，落在我的肩膀上，最後狠狠地敲打在我的心房……可見，天氣與人心一樣，不似預期。

《中國的「愛」》

三望 王昱棋



老爺爺家裡來了一位黃髮藍瞳的小孩—爺爺的孫子。小孩從小在外國長大，每天的衣食跟爺爺農村的粗茶淡飯形成了鮮明的對比，小孩自然不習慣。老爺爺精心為孫子準備了早飯，卻被孫子無情打倒在地，老爺爺終於生氣了，給小孩的屁股賞了幾個巴掌，但力度並不至於令孫子哭。爺爺離開後一路問年輕人，「外國小孩吃什麼？」有人說漢堡牛奶。「漢堡是什麼？」「兩片包夾肉夾菜。」途人答道。「謝謝！」……爺爺小心翼翼將討來的牛奶捧回家給孫子喝，孫子終於滿意。

半個月後孫子被接走了，爺爺強忍著崩潰，再次過上了孤零零的生活。半年後的一天，孫子回來了，還學了一口不標準的中文「爺爺我回來啦！來喝你的牛奶！」

動人心者，莫過親情。愛是不分年齡的，每個人都有權利給予和收穫。

《上學的插曲》

二望 莊圓



隨着時間流逝，以往重要不重要的事我也差不多忘記得一乾二淨，但卻有一件小事在我腦海中留下烙印。

記得在忙碌的星期一早上，我就如平日般慢慢準備從火車站步行至學校。當我看到身邊同校的同學已經開始慢跑時，低頭一看，天啊！原來我乘上了遲了三分鐘的車，距離遲到只剩下五分鐘！正當我準備「飛奔」到學校時，身旁一位老伯突然暈倒了。我霎時有些糾結，心想：如果我幫忙的話肯定會遲到……

當我猶豫之時，一位身穿筆挺西裝的男子馬上嘗試叫醒他，可老伯還是一點反應也沒有，於是那男子拿起電話報警，在不到一分鐘的時間裏，有許多跟我一樣的旁觀者跟他們擦身而過，可卻沒有停下來，每一次回想，都催我自新。

《小故事動人心》

二望 黃凱彤



小時候媽媽總教我，見到老人家或有需要人士要幫他們開門，所以我每次都遵守。

還記得一次，我和朋友一起外出逛街，見到一位大約六歲的小朋友，她一直開着門，向每一個路過的人展出燦爛的微笑，看見她的笑容，彷彿把一天的苦悶，煩惱都輕輕的帶走了，十分療癒。

前面有一個中年男子問小朋友：「為什麼你一直開着門呢？你不累嗎？」小朋友答道：「當然累啊！可是媽媽教我要幫助別人，我覺得只要能夠幫助別人，甚麼苦都值得了！」我聽了便覺得她十分可愛，如此高深的話竟從一小朋友口中說出，真讓我自慚形穢。

你們想想，就連小朋友都懂得樂於助人，為什麼我們不能呢？日行一善，何樂而不為？

《她的勇與孝》

五信 朱家寶



雖然我倆不算是知心好友，但她讓我留下了深刻的印象。

自小我跟着父母在美國生活已有十四餘年，如今回到祖國已經一年多，除了校園生活，我的交際圈子很窄，對這個我出生的地方，是又熟悉、又陌生。近日，我的同桌——有容，已經連續一個星期沒有來上課了。

她是個十分恬靜靦腆的女孩，和我熱情奔放的性格形成了強烈的對比。不管平日課堂裏我怎樣逗她玩，她也只是低頭，莞爾一笑，怪膽小的。別說做朋友，一開始我心底竟有點瞧不起她膽小如鼠的模樣。直到今天上課，班主任才和我們說：「有容的父親病倒了，如今在醫院臥床不起，今天我們每人寫一張慰問卡，投票讓一位同學代表全班到醫院表示慰問。」那會兒我還托住臉打盹，直到幾分鐘後聽到班主任說了一句：「那勞煩家寶啦！」嚇得我頓時睜大眼睛，迎接我的卻是同學們期望的眼神，一肚子抗議的說話也只好作罷。

接了這個「苦差活」，我只好發訊息和有容約定了週六到她家，然後一起出發到醫院探望她父親。

很快到了週末，我按照約定到了她家。「叮噠。」按過門鈴，有容很快便出來開門接我進屋，只看到她穿着圍裙，巴掌面比平常還要消瘦。沒等我坐下，便看她飛奔進廚房。「我還要給爸爸準備午餐，家寶你隨便坐吧，當自己家一樣！」她的語氣有點焦急。我隨意應了一聲，開始四處打量。屋子很小，隨處可見有容和她爸爸的二人合照，連杯子、餐墊，都是二人份的，我沉思：「有容應該是單親家庭吧。」不一會兒，有容拿着打包好的餐盒對我說：「走吧。」我醒過神，點了點頭，跟在她身後。

走沒幾分鐘，忽然看見前面有幾個大漢對着一個老婆婆的菜檔又打又踢。正當我感到不知所措時，一陣疾風從我身邊拂過，有容一個箭步走了上前，舉起手機對準那幾個壯漢說道：「我已經報警了，不想惹禍上身就趕快滾！」我頓時傻了眼，只看到有容的身子背著光，那道身影看着那麼消瘦，弱不禁風，卻又是那麼強大，充滿光芒。但也只有我看見了，她那不停顫抖的左手……我想，平日膽小如鼠的有容，一定是害怕極了，剛剛那一幕，難道就是成語裏的「義字當頭」？還是老師說的什麼「惻隱之心」？實在是讓我大開眼界，激動的心情衝擊着我，久久不能平復。惡漢走了後，只看見那婆婆握着有容的手，嘴上是「乖孫女」左，「乖孫女」右的。有容臉上一紅，和婆婆道別後又拉著我趕往醫院。

到了醫院後，看到有容的爸爸躺在病床上，臉色蒼白如紙，身上插着好幾根輸液管，好可憐。直到看見有容來了，才勉強地扯出了一絲難看的笑容。有容托起爸爸的背，拿起枕頭給他墊着，又掖一掖他的被子。這一系列動作，就彷彿做了千次萬次似的上手。打開飯盒，飯菜的香味和消毒藥水味充斥在整個病房，有容一口一口地把飯菜送進父親的嘴裏，我們都在聊些閒話，氣氛十分融洽。吃過午飯後，我們便退了出來讓有容父親好好休息，而我就和有容去取她父親的病情報告。拿報告時，醫生說道：「不出意外，你父親下個月便能痊癒了。」瞬間，我看到了有容眼裏閃爍的光芒，是喜悅的、幸福的。只聽到她激動的聲音都顫抖，向醫生直九十度鞠躬，說：「太謝謝您了！」有容抬起頭時，晶瑩的眼淚止不住地往下流，向她父親的病房奔去。我只有跟在她身後，聽到醫生自言自語說了句：「可真是個孝順的孩子啊！」我暗暗點頭，有容今天可真是一連兩番的讓我刮目相看。

準備離開時，有容送我到車站。在路上，我問她：「你以後有什麼打算嗎？」她說：「我想讀好書，走好自己的路，畢業後，對社會作出更大的貢獻，讓先祖臉上有光，讓爸爸過上好生活。」我揉了揉她的頭，到了聲「加油」便轉頭上車了。

往後的日子裡，我和有容的交談沒有更深一步，但看她的目光卻是和以前大為不同。我看著她，多了一分敬佩，一分崇拜，也永遠忘不掉，那天瘦弱又強大的背影，充滿着中國味道。

《雨後的街道》

二仁 陳君曄



一場下了三個小時的雨停了。天空並不像故事裡說的那樣雨後天晴，不僅沒有彩虹，連陽光也沒有，天還是陰沉沉的。我收拾好了背包，準備吃午飯去。

下樓後，首先迎接我的，是呼拉呼拉的大風。風颳的很大，停的也快，本來被風吹到空中飛舞的樹葉，也因為風停了的緣故慢慢飄下來。我跨過那些樹葉，接着往前走。

可能因為雨剛停的緣故，街道上只有寥寥幾人，他們都走的小心翼翼，生怕踩到大雨遺留下的積水。偶爾有一兩滴水滴到我的身上，我抬頭看了看，原來是樹上的樹葉殘留的雨水，這些水滴好似有節奏般的滴下來，滴到地面上，滴到我的頭上。

走到大街上，有些飯店還沒開門，看來我午飯的選擇又少了些。沿路走去，經過的快餐店都敞開著大門，冷氣開得很大，從門內跑了出來，衣着單薄的我不由得顫了顫。鄰街的茶餐廳和快餐店比起來，反而暖和許多。茶餐廳只開了風扇，「嗡嗡」的風扇聲聽着有點心煩，所以我直走過茶餐廳，並沒有要進去的意思，縱使那些食物的香味聞起來真的很香。

再往前走，我所見的都只有小吃。我所經過的小吃店，每一家都有賣魚蛋，有的圓得像玻璃球，有的又是橢圓形的；有辣的，亦有不辣的。路上的行人逐漸多了起來，而且小孩居多，差不多每人手裏都有一把雨傘，還穿着雨鞋。我不解，明明雨都停了，為什麼要帶上雨具？那幾個面帶稚氣的，穿着雨衣的小孩突然「啪」的跳進那些積水形成的小水潭裡，咯咯地笑了起來。我忽然明白，他們為什麼會穿着雨鞋了。看到他們玩得那麼開心，我有點蠢蠢欲動，突然想起媽媽說過，只有小孩子才玩這些。

可惜我已經不是小孩子了。

我嘆了口氣，抬頭看了看天，太陽終於出來了，我也是時候要去吃飯了。「姐姐，你要和我們一起玩水嗎？」其中一個跳着水潭的小孩子過來問我。我只是笑，什麼也沒說。

《升高中的滋味》

四望 袁曉琳



三年的初中生活，回頭望去一路走來的路，我們都曾為理想去奮鬥。一轉眼，便升上了高中，對於未來與現狀，心中是幾種滋味。

十年寒窗苦讀日，只為一朝金榜題名時。初中畢業時，老師同學歡聚一堂，一同慶祝最後的時刻。台上的老師在說着祝福的話語，我正聽得入神，只聽見身邊同學的抽泣聲。我低着頭，心裡不是滋味。過了今天，台上站的班主任，身邊坐着的同學便要換了。想到這裡，心中的酸味彷彿要溢出來，鼻子一酸，流下了淚。那一天，在我的回憶裏留下了酸的味道。

有時我感覺它像一塊糖，讓我嚐到些許甜頭。在新的課室裡，有着新的同學，新的老師。與我想像中的不同，他們熱情，善良，如同早就認識了一般，很快熟絡了起來。老師上課認真，盡力的把知識傳遞給我們；下課後會以朋友的身份與我們相處。在困難的時候，同學安慰的話語，如同沁了糖的蜜流入了我的心脾；在煩惱的時候，老師給予的幫助，如同園丁澆灌花朵，細心認真。高中的一顆糖，一切甜美的事情都會在這期中閃閃發光。

升上高中，也同時意味着學習新的知識。初中到高中意味着跨了一大步，學習也漸漸變得辛苦，難懂。是不是，心裏會泛起陣陣苦味，讓我想逃避。休息的時候，腦海裏仍然會湧現出各種公式；睡覺的時候，嘴裏呢喃著新學的單詞，看不完的書，做不完的題，考不完的試。苦嗎？很苦，但為了未來的生活，只能竭盡全力。

高中的生活，有點像吃辣椒的味道。大家都在火氣沖天的學習，在課間，嬉戲打鬧也成了偶爾，都在忙着準備下節課的小測或是默書。想放鬆的我們都被這辣味沖淡，取而代之的是老師辣人的話語：「三年，你們就幸福了。」可是，三年過後，我們真的會幸福嗎？迎接我們的是成功的喜悅還是失敗後辣椒似的人生？

帶着這種味道，我將繼續前進，不忘這幾種味道，讓他們在我的回憶裏留下足跡，鼓勵着我前進。

《升高中的滋味》

四望 陳樂柔



人的一生，會經歷許多味覺，這些味覺停留在記憶中，成為生命的滋味。在我的人生中，生命的絲絲也拉扯到十七個年頭。我成長在不知不覺中，但後知後覺中，感悟到酸、甜、苦、辣……

但是讓我深刻記憶的還是「苦盡甘來」。

記得剛上幼稚園，要離開家裏幾個小時，開始就大哭大鬧，怎樣都不願去。可是，不知那一天，我喜歡上了幼稚園，我發現原來這裡有很多好玩的玩具，有很多小朋友一起玩。那時候我懂得一個味道：甜，甜而不膩。

到了小學，開始學習，不能玩耍，不能調皮，要寫功課。那時候讓我不適應，感到很辛苦，經常給父母罵，感覺到學習很困難，經常處於一種悲傷的情緒中。那時候我懂得我人生的第二個味道：酸，是青澀的酸。

升到初中，還是一如既往的學習，但是隨着年齡的增長，我懂得更多，似乎適應了這種生活方式。同時把我內心的火辣一面展現出來。於是，我又懂得另一種味道：熱情似火的辣味。

人生應該只有甜、酸、辣味嗎？還是在長大的過程，一步一步，隨着年齡的增長，隨着生命經驗的擴大，我們的味覺也在經驗不同的記憶。

高中，意味着新的老師、新的教室、新的同學、新的課程、新的開始，新的旅程要開始了。要面對不同老師的教學方式，面對新的課程，面對新的挑戰。

隨著正式上課，我帶着緊張和期待的心情去上課。可是我聽不明白，不理解老師在教什麼。進度太快，讓我很不適應，我不知該怎麼辦好，心裏很着急，可是又不知該如何補救。感到世界都是黑暗的，無一處是有色彩的，讓我措手不及。

一個星期後，我找回了我自己，找回我應該有的狀態。因為一位老師，她叫我出來解釋，我頂着內心的壓力，出去了。我說得很差，同學不懂，可是，她表揚了我，眼光是那樣的慈祥，溫柔。因為她，我找回了自己，找回了自信，我很感謝她，讓我明白了「苦盡甘來」的味道……

沒有什麼是比感悟到人生的滋味更重要。「苦盡甘來」也是代表着有努力了，才有好的結果。感謝老師，你是我高中新生活的啟蒙老師！

《十七歲的那年生日》

二仁 陳君曄



「小美生日快樂！」「快點許願！吹蠟燭！」今天是小美的二十歲生日，這位小壽星在眾人的起哄中笑瞇瞇地閉上了眼睛許願。

她的願望是希望家人永遠不要再離開她。這是她從十七歲開始每年生日都許的願望，今年也一如以往。

為什麼會許這個願望？她的十七歲生日那天，有家人離開了她。

她的爸爸媽媽從她懂事到現在，沒有一天不吵架。他們吵架的原因很奇怪，好像故意互相挑刺一樣，小題大做，一件小事可以從下班吵到天亮。小美不明白為什麼。

不明白為什麼他們要在她生日那天分開；不明白為什麼他們天天吵架；不明白他們的關係為什麼變成這樣。小美有很多的不明白。

小美十七歲生日那天興致勃勃的回到了家，她期待着她媽媽每年生日都會給她準備的驚喜，那總會令她意想不到。可她推開門後，卻看見了正在收拾行李的媽媽。

真的意想不到。

「媽媽，你為什麼要收拾行李？」小美不解的問道。媽媽抬頭看着小美，頓時淚流滿面，哭哭啼啼地說：「對不起小美……」小美愣住了。「小美你跟媽媽走吧！跟媽媽走好不好？」小美的眼淚滴滴答答的落下來，搖著頭說：「不」，聲音小到自己都幾乎聽不見。

媽媽伸手去幫小美擦去眼淚，「小美乖，別哭了。」媽媽輕輕抱着小美，在小美耳邊說：「小美，生日快樂。」

小美被媽媽擦掉的眼淚又流了下來。

「小美小美！許了什麼願望呀？」生日會上，小美的朋友們嘰嘰喳喳的問道。

「生日願望，說出來就不能實現了。」小美微笑着說。

《阿嬤，我找到你了》

四望 黃智豪



腦海裡隱約只記得炎熱，夏天。那是第一縷陽光照落在我的臉上，我揉著眼睛扶著扶手慢慢地走下去。

「醒了呀，乖孫。」「對呀，什麼東西那麼吵？」阿嬤抱著一個大紙箱放在地上：「你打開看看是什麼東西。」我和哥哥蹲下小心翼翼地打開紙箱，還沒完全打開那隻小東西就迫不及待的跑了出來，沒反應過來的我們嚇得圍著沙發跑了起來，小東西也跟著我們跑，回過神來停下了腳步往後一看，原來小東西是一隻小貓咪，橘黃橘黃的，就叫你小橘吧，我開心的抱著牠說：「謝謝阿嬤。」

炎熱，夏天。午睡起來，安靜得讓我覺得自己的耳朵是不是出了問題，內心的恐慌和極度的不安讓我哭了起來，也就在這時我聽見熟悉的聲音：「豪呀，別哭，阿嬤在，慢慢走下來，阿嬤在大廳，不要怕。」我順著聲音走下樓梯，阿嬤就站在樓梯口等著我，牽著我的小手走到了沙發坐下，幫我擦乾了眼淚。

炎熱，夏天。今天我換上了一身的白衣服帶着一個奇怪的帽子，今天來了好多人好熱鬧，還請了一些人演奏著奇怪的音樂，我也沒管那麼多，四處跑著，整件事都覺得很新鮮。後知後覺才發現，阿嬤不見了，我開始到處的找，拉着媽媽的衣服問：「媽媽，阿嬤去哪？」媽媽牽著我的手對我說：「阿嬤她睡着了。」說着我們就站在隊伍的前面走着，我也始終不明白。

炎熱，夏天。今天是清明節，跟往年一樣都這麼曬。「到啦，到啦，豪呀，等下叫阿嬤保佑學業進步，阿嬤在你們小時候很疼愛你們。」老爸清理著墓邊的雜草對我們說道。我當然知道啦，阿嬤很疼很疼我們，只是回憶越來越淡，我已忘記了你的聲音，我努力記著你的臉龐，我也很怕連最後的記憶都不見。

我像小時候一樣慢慢的走過來，坐在旁邊，說：「阿嬤，我找到你了。」

《一次深刻的課外活動及體會——團結才是力量》

三勤 張振威



今天參加了學校舉行的課外活動，所發生的事情，至今仍歷歷在目，在這次的活動中，我得到不少新的體會呢！

今天早上，我帶著苦悶的心情上學，因為今天是學校專門給籃球隊舉行的登山活動，這個活動是不能不去的，而且今天是難得的星期六呀！

到了學校，看到了很多隊友開始在學校做準備運動。有的一看到籃球就愛不釋手，拿起來射球，有的在明目張膽地玩手機，有的在鬥牛，非要打贏對方，才有成就感。突然一輛巴士開了進來，下來了一個人，身穿了爬山服，戴着墨鏡，左手拿着點名單，右手拿着三個密封的信封，臉上一張好像我們賴他帳的表情。他就是我們的教練，也是帶我們去登山的導師。奇怪的是，他平時見我們在玩鬧必破口大罵，今天真是難得一見呀！他點名完畢後，我們便上了車，前往大帽山去了。

在車上，隊友們繼續打鬧，可是教練卻一聲不吭。但我已昏昏入睡了。

車到了大帽山的山腳，我自然地醒過來。下車後，教練拿起那三個信封說：「這三個信封，你們隨便抽一個。但是要記住，這將會影響你們的一整天活動！」然後個個都自告奮勇的代抽。只有我已經知道這是不簡單的事。

因為隊友抽到了名叫「二人三足」的任務，大家立馬把剛剛興奮的心情收回。然後教練在車上拿了一堆繩子。讓我們自己綁上。綁上後教練叫我們一起跑上山頂。

跑了一會兒，我感覺四肢無力，因為山不像平地，而且還要跑步，所消耗的體力極大。果然有一個隊友體力不支，要求停一下再跑。可大伙都不同意，兩名隊友還受到其他隊友的譏諷。到了山腰，另一名隊友跌倒了，不能繼續往前走了，我便笑了笑，語帶不屑地說：「真沒用！還參加籃球隊，真是個拖油瓶！」於是我們繼續前往山頂。

經歷了一段時間，我們終於到達了山頂。教練看了看我們，問：「其他人呢？」我左右看了看只剩三個隊友，還有六個隊友沒跟上。我便說：「他們太慢了，還在跟上來。」教練一聽嚴肅地說：「慢？就因為慢你們放棄了隊友？如果打比賽，你們是不是四打五？在你們心中隊友兩字有多重要？」這時我們都鴉雀無聲。過了一會兒，隊友們都到達山頂。教練叫我們再一次起來跑下山。

到了山中間，我因為失足跌倒了，我心想這就是報應吧！忽然之前被我譏諷的隊友連忙走來，拉了我一把。對我說：「走吧，我扶你。」當下我感動得流下眼淚，這眼淚流露着我的悔意和感謝。

到了山腳，我們看到了圓圓的夕陽，每個隊友都彷彿明白了教練今天說的道理——團結一致。

這次課外活動，讓我明白了幾個道理。第一是別太驕傲，第二是別做自己以後會後悔的事，第三是要幫助弱小，最後是對隊友要絕對信任。

《記一件令我深刻反省的事》

一勤 魯弘江



從小到大，我做錯了許多事情，其中有一件小事讓我感到要反省一下，讓我告訴你們，好讓你們不要像我這樣，準備好了嗎？故事開始。

二零一八年十月九日這天，我跟往常一樣洗漱、吃早飯、上學，但由於我感冒了，不能正常參加課後的游泳訓練班，所以媽媽打電話給游泳隊的負責老師請假，但是這件事正是我和我媽吵架的原因。

事情的經過是這樣的，首先媽媽向老師請假，雖然請了假，但是按照規定也要跟着老師去游泳池寫作業，到了游泳池就在老師安排的地方做作業，直到六點才能回家。到家了媽媽便問：「我不是幫你請了假嗎？為什麼還是這麼晚才回家呢？」我回答道：「因為老師說就算請了假也要去游泳池做作業。」她大聲的對我說：「不可能，我明明跟老師請了假，還說了不要去游泳。」然後我一直和她解釋，她就是不聽，氣得我大聲和沒有禮貌跟她說：「你愛信不信，反正老師是這樣講的。」然後她就和我嘮叨了半天。

通過這件事後我要反省一下，我下次不要和媽媽吵架，好好講，簡單來講就是每次這些小事情不要越搞越大，然後就越來越麻煩，本來小小的事情就變成大事，這樣的結果相信誰都不喜歡。下一次要好好講，不要再把事情搞大了，而且還要有耐心和注意禮貌，如果當時有耐心、有禮貌應該就不會弄得不開心了，我已經反省了，故事就結束了。

《一個讓我感動的小故事》

三望 陳詩慧



這個世界上有各種人，其中最明顯的差距便是富人和窮人之間的距離。還有一種分別，便是捨己為人與見死不救。

某次，我去到一個美食城裏吃東西，在我找到位置坐下的那一刻，便看到一個衣衫襤褸的老人，他中等高度的身板帶着駝背，顯得矮小了幾分，一張瘦臉上佈滿了鬍子，他的臉色十分蒼白，像重病的臉色，他走路時帶着幾絲咳嗽聲，他對路過每個人都會說：求求你幫幫手，救救一個白血病的女孩吧。

他路過我身旁重複著這句話，起初我以為他只是個騙子，我很有禮貌地說：「我沒錢！」他只是垂低頭，向下一個目標出發，我心裏想：「哼！等着我拆穿你吧！」我一路跟着他，直到他去到一個破舊的房子前，見到院子裏有個小女孩，他臉色蒼白，也許她就是老人口中的白血病女孩吧。

老人找到小女孩家門口，往信箱中塞進討到的錢，我的心忽然間震了一下，眼睛又酸又熱，我抬起頭，以防淚水流出來，我走向老人，問他：「為什麼你把你乞討到的錢全部給了小女孩？」他說：「人的一生很短，她還這麼小，不應承受這份不屬於她的痛苦，而我膝下無子女，看到她我的心就會變得溫暖，我窮了一輩子，我只想最後這些時光裏幫助她脫離痛苦。」眼睛又沾滿眼淚。

我拿出錢包，給了二十元給老爺爺，說：「你去吃頓好的吧。剛剛是我不好，對不起！」他對我欣然一笑。

這世界上雖然有好壞、富貧之分，但同情之心，人皆有之。

《跑步》

四望 陳樂柔



母親與我在河邊跑步。

母親約我去河邊散步，可我不想去。因為覺得沒什麼意思，就一直在傻走。正是因為母親知道我平日無聊就讓我去，知道我會一直玩手機，想讓我做有意思的事情。

今天的天氣似乎很不錯，走到河邊，迎來一陣陣夏季的清風，拂過我的臉頰。旁邊的小草們似乎很享受微風，也隨着微風隨風飄去。突然感覺，似乎出來走走也是個不錯的選擇。

與母親一併走，看見許多人跑起步來。看到這裏，像是燃燒我心中的那團火。我忍不住了：「媽媽，我想跑步。」母親說：「媽媽年紀大了，跑不動，你自己跑吧。」我馬上不樂意：「我不想一個人跑，多沒意思啊，你陪我跑。」母親的臉上露出為難的表情，眼神一直在猶豫。我說：「算了，下次再來吧。」心中的失落難以隱藏。

母親說：「我跑，既然我女兒想跑，那就跑，也可以鍛煉身體。不過媽跑得很慢的啊！」心中的那團火似乎有被燃燒起來了。

我說：「不怕，我陪你。」

跑了起來，不知道為什麼，雖然我們沒有說話，但是心中有莫名的安心。慢慢的，我跑得更快了一些，彷彿就像從母親的懷抱脫離，漸漸的長大，慢慢的超越母親。清風越來越大，我似乎越來越冷，跑得越來越快，在一瞬間，我想起我的母親了。

沒有一絲猶豫的轉身，我看見母親一直都在我身後，並沒有停下來，一直盡力的跑。我看見以後的事情了，能夠一直在背後默默的關注我的，是我的母親。在我眼裡，母親的背後像有一道光，清風拂過她的臉頰，露出那慈祥而溫柔的臉，那是我最重要的人啊！

《我的路》

四望 黃智豪



我們的成長離不開家，也離不開父母，父母從我們出生就一直相伴，細心照顧著我們，想要給我們一個好的環境，一個溫暖的家。

小時候，小手牽著大手，家，就是有父母的地方，那時候只懂得抓住他們雙手而不放，跟着他們的腳步走，那就是路。隨着時間，我們慢慢的長大，大手也會有牽不住小手的時候，我也會有只想跟隨着自己腳步的時候。

「孩童只盼望歡樂，大人只知道寄望」我坐在車的後座位，耳際忽然傳來這句話，坐在前面的爸媽正在商量着一些事情，我沉澱在音樂中也沒有多留意父母說的話。「在說你呢！整天就知道玩手機，聽音樂，這些東西這麼厲害，也不看你學習也這樣。」爸爸突然對着我說道。我從車內的後視鏡看着爸爸的臉龐說：「我有呀！」「你有？你哪裡有？每天就只看到你在玩遊戲，要不就是睡覺，我什麼時候有看過你拿起一本書在看？」「你沒見過，不代表我沒有做，不要因為你第一眼就認定一件事情好不好，我的努力，只是你沒有看到，你注重的只有最後的結果，只是我無論怎麼努力都不可能觸摸到你那至高無上的要求。」我的語氣有點重，爸爸卻靜下心來跟我說道：「其實，我對你有這麼高的要求，是我相信你可以，你現在還是個學生就應該做學生該做的事，好好的讀書，爸爸不想你走我曾走過的路，太辛苦了，而你現在需要做的就是好好讀書，這個家有爸爸撐着，你不用去考慮其他問題。」

我看着爸爸認真的臉，默默的點了點頭，車窗外一幢幢的高樓大廈，燈光慢慢亮起，人們如同賽馬開閘的時候一窩蜂的衝進了火車站，街上的霓虹燈照着每個人的臉龐，太多的迷茫，太多的燈光，令人看不清前方未來的路。

「我們現在就到兒子最喜歡的餐廳吃飯吧。」爸爸看着我們說道。「好呀，好呀，現在就去吧！」我開心得不知所措，車向着遠方的霓虹開去。這，就是我溫暖的家。

《五歲的那年生日》

二望 吳希憫



今天是我十三歲的生日，剛放學的我，孤身一人走在街上，沒有歡樂，沒有嬉笑，更沒有一句想聽到的「生日快樂」，連一句也沒有。街上滿臉歡笑的人們，與我形成一種鮮明的對比，這熱鬧的城市，顯然與我格格不入。

回到家中，打開門，發現房間空無一人，我低下了頭，心想：「果然，他們又不在家啊！」本帶着一絲期待的我，臉上再次露出了苦笑。從書包裏拿出了一個小蛋糕，點亮了能照亮黑暗的蠟燭，為自己慶祝生日，心中的傷悲讓我心如刀割流下了眼淚。我閉上了雙眼，回想起了五歲生日那年。

那年生日，有很多人為我慶祝，有阿姨、媽媽、爸爸、姐姐、哥哥等等，那天的生日蛋糕是我自己選的，上面有我特別喜愛的草莓和芒果，我開心得手舞足蹈，臉上的笑容是那樣的天真，那樣的無邪。他們還帶我去了遊樂園，坐了每個女生都喜歡的旋轉木馬，玩了刺激的過山車，吃了可愛的小蛋糕，坐上了晚上的摩天輪，看到了我所居住的城市的的美，看上了最後一場煙花，趕上了回家的最後一班列車。回到家，從冰箱裏面拿出了我挑選的蛋糕，點燃了那支精緻的蠟燭，一起合唱了最動聽的生日快樂歌，收到了滿滿的祝福，滿滿的禮物，感受到了滿滿的愛，滿心期待地合上雙手，閉上眼睛，開始許願，我以後，也要一直這樣快樂下去。

我睜開了雙眼，從回憶裏回來的我，呆坐在蛋糕前，五歲生日那年，是我最開心，最快樂的生日，不是因為那些可有可無的禮物，而是那些在生日陪伴我的人，那些滿滿的祝福，和他們滿滿的愛，希望我以後的生日，能像五歲生日那天一樣，得到家人的陪伴與祝福。

《愛與感動時刻故事》

二望 李玉珊



在我們家巷子有一對老夫妻，年紀雖老但卻依舊恩愛，絲毫未給時間影響他們彼此的愛，即使老奶奶重病不良，爺爺依然不離不棄，這樣的愛，誰不羨慕？

記得奶奶患重病不良於行，爺爺每天幫奶奶擦拭身體而且不假他人之手，對奶奶無微不至的照顧，即使身患重病，為病花了許多積蓄，爺爺還是不離不棄。曾經放學時經過那條小巷，看到夕陽西下，火紅的霞光照映在他們的臉上，他們坐在椅子上互相牽着手睡着了，多麼美的畫面靜止在這一時刻，着實令人動容！

這篇故事是在我身邊親身經歷過的，令我印象非常深刻，我想愛的力量是無私奉獻的，有時候幸福就是如此簡單，就是重要的人陪伴在自己身邊。

《愛》

二望 李嘉慧



一次刺激又深刻的宿營，就是那不久前，基督復臨安息日會大埔教會舉辦的宿營。那一次，我誤打誤撞地參加了這活動，參加理由很簡單，無非為了跟朋友一起玩才去的，本也只想著熬過這幾天便好了。宿營的活動甚是特別，我不知不覺中把這件事烙印在我的心底。

蒙上眼睛，赤腳走上沙地，經過一連串遊戲，心裏百感交集。半晌，來到了一個課室，大家面面相覷，直到播放了一段片段。影片裏是耶穌和他的十二門徒。耶穌說要為他們洗腳，門徒都大吃一驚。隨後，我們效法耶穌，進行了互相洗腳儀式，學的是耶穌的謙卑。自此之後，我明白到耶穌對我們的愛，祂的愛如同父母般愛我們，無私及包容，流露上帝的謙卑。

《愛及感動時刻》

二望 林曉恆



「愛」及「感動時刻」，在我還小的時候，身旁有家人陪伴，給予我最好的，我以為這已經是愛了，但當我長大，漸漸發現，愛，不止是只能給予家人，或着家人給予我們，身邊的人也可以給予。在我小時候，媽媽帶我出門玩，在車上的我，出於好奇，不安份的東張西望，在玩着玩具，或者看着窗外，突然，一個急剎，我看到前面是綠燈，但是卻沒有車子移動，原來有一個老太太在過馬路，大家都在等老太太，老太太踉蹌了一下，一個女生就上前扶住老太太，扶她過完了馬路。

令我感動的，不止那個女生，還有願意等老太太過馬路的車子，身邊的人也可以給予愛。

《愛》

二望 劉靜琪



我無意中在電視機前看見動物協會的宣傳就想起那天發生的事。回想起那嬌小、無助的小小身影，他的到來令我學會了很多！

星期天，我和爸爸吃過晚飯後，在回家途中，我敏銳的雙眼留意到一個小紙皮箱，我趕忙大叫：「停車，停車！」。爸爸從高速公路中停了下來，並帶我看個究竟，當我們走近，就會聽到脆弱的小貓叫聲。我們小心翼翼地把紙箱從高速公路上放到車尾箱。我心想：「那麼冷的天，怎麼可以把牠放在路邊！真可憐！」就在我呵護下，牠慢慢地和我們建立關係，最後牠成為了我們家的一員。我在這期間學會了很多，牠教會了我要有同情心和責任感，牠的來臨令我改變了許多！謝謝你。

《雨天》

六信 歐陽紹銘



鳥鳴花園，虎嘯猿蹄，世間萬物皆有聲。雨露也乘載着時間，澆聲低鳴著……接踵而至的人群，樣板式的威尼斯小鎮，複製的寫字樓，裝模作樣的人心……人間煙火把我壓得喘不過氣來，我還要配合多久？

下雨了，人們還是捧着眼前的事物毫無顧慮地把雨聲擱置；豎立的高樓裡，只能依稀描繪出一幅油畫，畫裡的油墨是時代的哀嚎……於是雨停了，找尋着需要她的地方。

帶着對樸實的嚮往，我離開了，向着雨聲消跡的青石板路尋覓。城市的幻影在我的步伐中逐漸成為泡沫。一斑斑粉墨映照在眼前。粉牆黛瓦的鄉村深深地吸引住我。代代古人多少步履於此？在田野中與自然冥合；在庭院裡吟詩作對；在金雕細縷的門柱前憶起故人……

天色難堪，在須臾之中，我向着一間古舊的大院子走去。

「咯咯咯」

一位年近花甲的奶奶帶着慈祥的笑容，腳帶著蹣跚地細數着步伐，示意讓我到屋中觀雨。「什麼？觀雨？」雨聲的逼進，也就不客氣地一睹其光彩。

下雨了，泛着星光的露水散落在枝葉上，綠意盎然的園林，被披上一身金縷，在昏黃的路燈下顯得更寫意。

下雨了，一牆一瓦與雨聲湊起交響曲，肆意耳邊提繞，粉牆黛瓦也宛若一名柔柔女子披上了一層薄紗。

下雨了，田野上的孩子赤着腳在雨水的陪伴中嬉戲；河畔旁傳來了歸家婦女的吆喝聲，金雕細縷的門柱前也淡淡然引起了眾人的思念。

下雨了，這裏人們與我一般，細細聆聽着雨露的心聲，在院子裡我看到了一幅油畫，畫中描摹勾勒出了樸實的美好。

雨停了，這股淺聲低吟還流離在時間裡……

對，人們的步伐在時代的變遷下，越走越快，越走越顧忌，越走越不近人情。甚至連傾聽也成了奢侈品，連欣賞也不屑。

何不放慢腳步，等等你的憧憬，等等你的未來，等等下一場雨的到來。

雨水不可能永遠都落在跟旁，總有一刻會停，正如我們在車水馬龍中生活的幹勁，會有那麼一天會累，會疲倦，會迷惘，但要記住，世間萬物皆可吐露心聲，我們也可在淺聲低吟中重拾自我。

《兒時物品》

四望 劉明茵



小時候，我有一條黑白相間的小裙子，小背心的設計讓我在夏天格外的清涼，而外型的設計也十分滿足了我小時的小少女心，所以我格外的喜歡這條裙子，以此在我的夏季生活中，有一半是穿着這條裙子渡過的，而裙子陪着我的時間漸漸久了，一起經歷的事情，自然也日積月累。

有一次，奶奶的一個親人結婚了，小孩子格外熱鬧，我也不例外，喜氣洋洋的便跟奶奶說到了那天我要穿我最愛的小裙子去參加婚禮。可婚禮的前一天，全家剛好要去家庭聚會，我又急了，趕忙讓奶奶把我的小裙子拿出來，心想：等會說不定要拍照呢！我要穿得美美的！奶奶一臉無奈的說：「你不是說了明天要去婚禮的時候穿嗎？今天穿了來不及洗，你還有好多好看的裙子呢！要不先穿穿看吧？」我一聽可不樂意了，哇的一聲哭了出來「我不管！我就要穿！」

奶奶無奈的點了點頭，便去幫我拿衣服了，給我穿上裙子後，我開心的跟着家人前往這次家庭聚會的目的，原來今天是要燒烤呀！我撒開裙腳跑向爐邊，像看見食物的獵豹，盯着爐中的食物吞了吞口水，催着幾個掌勺的大廚們。他們都被我這副小饞貓的樣子惹得哭笑不得。可惜食物們像是長了耳朵似的，像是故意跟我做對，半天還不肯熟透。我着急的望着它們，它們好像在挑逗着我，誘惑着我，終於我似中魔陣了般伸出了手。還好隔壁的奶奶及時發現我的動作，不然我可要變成紅燒小豬蹄了！可雖然我的手安全了，裙子卻因為太靠近爐邊而被彈上了好幾處的油漬。我慌了！這條裙子可是明天要穿的！怎麼辦！我又哭了出來……

奶奶急忙過來看，我那兒聽得進去，一直不停的哭鬧，一直維持到那天晚上，還不停的在發出小脾氣。就算奶奶怎樣勸說，我依然任性的堅持明天要穿小裙子，但奶奶無可奈何的哄着我，慢慢的，我哭累了，便抽泣的一下一下的睡着了。

而我半夜醒來看見的場景，卻讓我終身難忘，心中的波瀾久久不能平靜。

我看見奶奶手裏拿着一把小風扇，還有我的小裙子，點著蠟燭坐在小凳子上，頭微微的半傾著，頭上的銀絲在火光中閃閃發亮，彎彎的腰彷彿跟平放的腿重疊了。她一時用小風扇煽動著風，一時用嘴吹風到小裙之上，我突然知道她在幹什麼了。原來她是想弄乾我的裙子。我震驚的望着她，彷彿能感受到那一陣陣從奶奶口中吹出來的愛，還有奶奶為了不吵醒我而燃點着昏暗的蠟燭。慚愧如同滔滔江水，一波一波的衝擊着我，讓我呆在原地，忘了怎麼走路，忘了怎麼呼吸。

因為我的任性，明明不是必須要穿那條裙子的，我卻如此不懂事，以至奶奶需半夜以這樣的姿態為我吹乾裙子。讓我所任性的資本，不過是奶奶疼愛我的心。

自那晚過後，我把裙子收好放在衣櫃最邊的一個角落，沒有人知道為何，可我知道，那一份愧疚的大浪，把我拍醒，讓我把我的任性無知跟那條裙子，一起塵封於衣櫃中。

《我最敬佩的人》

一信 蔡蕙馨



我最敬佩的人，是我的媽媽。她長得不是特別好看，但是她常常把微笑掛在臉上，給我一種溫暖的感覺。

從小我就很調皮，常常把家搞得亂七八糟，媽媽卻會慢慢走過來，細心教導我：「這個是玻璃做的，如果掉在地上就會碎了，家裏就少了一個物件哦！」才三歲的我，覺得媽媽在說童話故事，玻璃做的東西就像童話故事的公主，不可有一點破損。

我慢慢長大了，就在小學五六年級時，功課十分多，而媽媽也要一直工作。這樣一來，我和媽媽就不能有很多時間聊天，這令我十分不高興。有一天，我的功課做到十點多還沒完成，媽媽已經完成她的所有工作，準備睡覺，但她又走來我房間，關心地問我：「怎麼還沒做完啊？是遇到不會的嗎？」我點點頭，轉身就繼續埋頭苦幹。後來媽媽回到房間，我還認為媽媽睡了，但當我完成了功課後，悄悄走到媽媽房間，發現媽媽還沒睡，原來她不想丟下我一個。她又以關心的語氣對我說：「做完功課了？快去睡吧，熬夜對身體不好。」我笑着回答：「遵命！母親大人！」雖然這都只是幾件小事，但卻是這長年累月，一點一滴令我更敬佩母親的原因。

我相信每一個子女都敬佩自己的父母，但總不善於表達出來。希望未來我能和媽媽多點時間聊天，能讓我們的感情更好。

《學會幸福》

四望 陳樂柔



高爾基曾說：「書籍使我變成一個幸福的人，使我的生活變成輕快而舒適的詩，好像新生活的鐘聲在我的生活鳴響了。」其實幸福很簡單，有時候是一瞬間的感動，讓一個人一直癡迷，幸福就是滿足，幸福就是知足。

很多人，把幸福置於物質慾望之上，例如升官發達，擁有更多的財富等。其實，這種幸福是表面的東西，它不能感受溫暖，真正的幸福是滿足現在的生活，每天與幸福接觸，幸福一直在我們的身邊。

在之前的學校，是要每晚自習，所以每夜都要十點才回家。還沒進家裏的小巷，大路那溫暖的路燈一直伴隨在我回家的路上。但是走進小路，溫暖的路燈就沒有了，心裏不由得害怕起來。從小路到家門口還有一段又黑又窄的路要走。每當走這條路，都很害怕，不知道會發生什麼事，心裏沒底。但是，有一次走回去的時候，頭不受控制地向家裏的樓房看。突然看見有一盞燈，是母親為我留的光明燈，彷彿在告訴我家裏有人等待你回家，心裏突然有一股暖流在我心中流逝，心裏不再害怕這黑漆漆的小路。從此，我不再害怕晚上自習後的黑暗，不再害怕那又暗又黑的小路。因為，有一盞母親為我點亮的燈，永遠的為我點亮。看見母親等待我回家，為我點燃明亮的燈光，我雖然流淚了，但那是感動的淚水。心裡有一種溫暖的幸福感油然而生。

或者是說在一個寒冷的夜晚，守著一盞燈光和一屋放著自己偶像的歌曲，來一杯熱騰騰的奶茶，然後躺在沙發上看著自己喜歡的書。閉上眼睛，情不自禁地笑出聲，「感覺全世界中，我就是最幸福的」。

幸福其實可以很簡單。

《我最喜愛的郊外景色》

二望 黃凱彤



那時候的我情緒十分低落，一心想把心中的愁緒發洩出來，而我就獨自去了一個世外桃源——大埔海濱公園。

第一次去海濱公園，這令我脫離了煩囂的城市，一踏進去，就感受到輕鬆的氣息，那裏寧靜，清幽，真是令我心曠神怡。我先從大門口散步到海旁，坐在海邊感受一下大海迎面吹來的涼風，望着一望無際的大海，令我所有的鬱悶通通忘記，幾隻雪白的海鷗在清澈的海上飛，看到陽光打在了海水上，波光粼粼，為原來枯燥乏味、看上去很平凡的大海點綴了，坐了一會兒，我便站起來，沿着海邊的小路走。

小路的兩邊有給小孩子玩耍的小公園，裏面的遊樂設施跟其他公園一樣，十分普通，但裏面的小孩卻玩得興高采烈，一旁的父母看到小孩如此高興，也露出微笑，這時候我多希望自己像這些小孩一樣，每天無愁無憂，不過始終人長大了，才會開始明白生離死別。

一路走一路走，發現了一片綠油油的草地，我走進這片草地，慢慢地坐下，嘆了一口大氣，這裏鳥語花香，閉上眼仔細聆聽小鳥高歌，另一面又有海浪的聲音，令我放鬆，心情也開始慢慢平伏下來，我深呼吸了一口，吸收了大自然帶給我的輕鬆，雖然已經在眼眶徘徊了好久的淚水也不爭氣地流了下來，但這彷彿給了我一種釋放，令我心情平伏，旁邊的大樹就像厚實的肩膀給我挨着，為我遮風，為我擋雨。

心情回復如初後，我便回家去，想不到大自然能給我一種神秘的力量，叫我振作起來，去了一趟海濱公園，已經把我心中的鬱悶解開，原來，大自然才是最好的「聆聽者」。

《一件懊悔的事》

五信 孟芷瀾



今天我知道了因一時之氣而草率行事，終會令人後悔。那是一柄利刃，刺在深愛我們之人的心尖上。

家鄉院門前的小路，是爺爺親手用鵝卵石鋪成的，那是皎潔冰涼的月亮劃過的痕跡，帶着綿綿愛意迎接着歸家的孫兒。

每年暑假我都會回到這裏，看望爺爺。爺爺吹得一首好簫，那是幼時的我最好的安眠曲，甚至直到現在，爺爺都會不時邀我到河邊的竹林中聽他吹上一曲。那簫聲悠揚空靈，看不見的音符伴着清風墮入河中，激起層層漣漪，我也如那音符般沉醉在爺爺愛的港灣中，幽幽的簫聲輕撫着我的心緒。

除了爺爺的簫聲，我最珍愛的還有一個琉璃水星球，那是遠在英國的舊友贈予我的禮物，在陽光下它會折射出燦爛的光芒，像是墮落星辰如雨水般傾瀉而下。我悉心愛護了它近十年，像在守護一段來之不易的友情。直到一聲巨響響起，我便知道它已經從我的生命中離開了。

爺爺無措地站在一地碎玻璃邊，口中囁嚅幾下還是拼湊不出一句完整的話。我頓時血氣上湧，像在鬥牛場上遭到挑撥的公牛，橫衝直撞起來：「你做事能不能小心一點，怎麼笨手笨腳！」夕陽的餘暉影得滿天紅，偶爾直射進來，在家中漫下鮮血。我如同一隻見到紅布的公牛，只顧草率地用利角刺向目標，充耳不聞事情的真相和爺爺的苦衷，口不擇言的惡毒話語一劍一劍插在爺爺身上，只想麻木地將心中的悲憤發洩出來，卻看不到身前老人跟天色一起暗淡下來的眼眸。

我怒氣沖沖地甩門離開，在一個平淡無奇的傍晚，我丟失了兩樣最珍貴的東西。

走在鄉間的小路上，四周已泛起陣陣飯香，他們一家家和樂融融地坐在一起，卻吝於將溫暖分給我一點。被夜晚的寒風一吹，整個人也清醒了，我卻不禁去探尋今日的真相：爺爺是否眼睛已不怎清明呢？爺爺是否雙手已不再有力呢？這樣想法像細密的針刺在我心中，我後悔今日為何不多思考一點，為何不體諒爺爺多一點？

夜晚的鄉間漆黑無光，曾經我以為爺爺的簫聲會一直指引我回家，但如今已被我親手推開，只剩滿腔的悔恨。

突然，一縷縷簫聲傳入我的耳中，卻不似平常般柔揚，反而帶上了哀怨，如泣如訴。我低頭一看，原來已踏上歸家的鵝卵石路。爺爺似乎早已等候許久，挺直的脊背已經變得彎曲，簫聲也斷斷續續的。我衝到爺爺身側，卻不敢再上前一步，想把心中的懊悔和歉意說給爺爺聽，卻不知從何開口。

我不安地看着爺爺，懊悔於自己的無理取鬧，又奢望着一句原諒。爺爺只靜靜地看了我一眼，簫聲一轉，熟悉的曲子流出，那是陪伴了我整個童年的安眠曲，將我和爺爺緊緊綁在一起。從此以後，山野的遊魂不再流離失所，孤舟也於有岸可依。

今晚的月色很美，劃出一條嵌鵝卵石的痕，而爺爺的簫聲也是我心上不滅的痕。

《心滿意足的一次》

五望 王詩傑



何為滿足？就是達成某項目標後，屬於自身內心的狂歡，可人的欲望如同宇宙般無邊無際，甚至目標會不斷蔓延，那麼所謂滿足就會被推翻，而我要的不是這種滿足，然而我小時候就是那麼認為。

成就等於滿足？我曾這麼想，然後拿了第一卻感受不到半絲暢快，因為那一刻的滿足感，換來的是來自各方面的慾求不滿，如同深淵無底洞一般，堅持不懈的努力換來的是愈多的成就榜和各種形形色色的新挑戰。這是好事，但並非滿足。

後來，這個夜晚，我緩步在大街小巷，有寥寥無幾的人煙，和三兩成群在巷口的流浪犬，蜷縮接團的入眠，寂靜無比，卻在這時的人行道上發出了有規律的「沙——沙——」聲，那是一位辛勤工作的清潔工人，比劃著掃帚，只為完工那一刻，汗水打落，才得露出一臉滿足的笑容，過一陣子又見一位白領一手提著公事包，一手舉著手機，對熒幕那邊仍在咿呀學語的兒童憨笑，時而扮著鬼臉挑逗，險些沒把孩子逗哭，樂極生悲，但那白領依舊不管旁人注意，自顧自的聊。

想必都是些微不足道的小事，卻正正說明何謂心滿意足？我看這種感受也許只有寄以希望才能付出得到。所謂滿足，就算是家常便飯，也夠人樂上一年甚至一輩子，因為那一刻的暢快是用無數代價沉澱而來，來之不易的。

《心滿意足的一次》

五望 楊雨思



牛奶在我的童年裡無處不在，據說它們可以讓我快高長大，可以增加我的抗體能力，所以我的整個童年都有股牛奶味。

長大以後，牛奶便只停留在我的童年裡，像是定格在那似的。

微風陣陣，偶爾兩滴小雨，清明臨近，好在去掃墓那日，蔚藍的天空，溫煦的陽光均融入眼簾，這種天氣似是缺乏了什麼。

到了晚上，大街小巷的燈都逐漸開啟，走進一家不起眼的店，點了一碗牛奶底的刨冰，等的客人不多，時間卻有些長，看了下手機熒幕，又關掉，手指時不時敲著桌子。是因為香港的上餐速度都太快，不適應了嗎？過了一會兒，看著餐單的相片，全身上下如螞蟻般爬過，再次打開手機，卻只過了僅僅兩分鐘，為什麼還不來？好想吃，都過多久了……

直到鼻腔傳來一股濃濃的奶香味，是的！就是那個味道，入口後，冰涼無比，整一口刨冰，每一個分子都有牛奶的成分，童年的回憶忽一下竄進大腦深處，喚醒我對它的愛慕之情，其實我對牛奶並無好感之言，聽老闆說他們家的冰可不是一般的冰，是用牛奶煮過的熟冰，可口並吃了不頭疼時，才勾起我的興趣，現在一嚐才知道，原來真的如此，居然可以將牛奶煮的如此好吃，沒有牛奶的乳臭味，只留下淡淡的奶香味，加上冰的滋養，真是令人心滿意足啊！

《給諸葛亮的一封信》

四望 袁曉琳



親愛的諸葛先生：

您好，我是一名來自2019年的學生，從小時便對你的英雄事蹟有所耳聞，您雖手無縛雞之力，卻能決勝千里，出名的「三顧草廬」，「草船借箭」，「隆中對」等，實在令在下敬佩不已。久仰大名，今天能給您寫信，是在下萬分的福氣。

此次來信，並無他意，只是單純想表達本人對您的敬佩與憧憬。「三顧草廬」中，本已歸山的您，為了國家毅然出山，出山過後，便立刻導演了白河之水和新野之火，又不顧危險到江東結盟，又讓曹操大敗於赤壁，實在讓人敬佩不已，明明只是個手揮鵝毛羽扇，外表平平無奇之人，卻操控着大局，有如此大的智慧為國家效力，實在令人佩服。同時，您在劉備先生過世後，本可重新隱退回到深山，不問世事，卻因顧念先帝的恩情去照顧一位誤信宦官、好事不為的君主，您的義氣也是在下所欽佩的。只因恩情搭上了後半生，這種胸懷實屬難得。

在先生死後，姜維雖也論文善武，卻是始終不及先生的英明神武，到了後來也無力回天，蜀國就此滅亡。但先生的事蹟在當今時代依然流傳着，您為國所作出的貢獻也依然被世人銘記着。想當初，您為戰爭所研制的八卦陣，當今被印照在五子棋上，供年幼老弱去把玩，多虧了先生，日常的生活才沒有那麼無趣。

雖然先生已經離開許久了，但您個人的智慧和為國家所奉獻的依然會流芳千古，到了未來，會有不同的典籍，如《三國傳》，《三國演義》，《三國誌》等，下至三歲，上至九十，都認識、記得您。我會以您為榜樣，希望日後也能如您這般有大局意識，能夠運用自己的才能為社會作出貢獻。

祝
身體安康

晚生
曉琳謹啟
二零一九年四月二十七日

《一次深刻的課外活動及體會》

三勤 張裕樂



今天參加了學校舉行的課外活動，所發生的事情，至今仍歷歷在目。在這一次的活動中，我得着不少的體會呢！

我們國旗隊在經過數次訓練後，終於可以放鬆一下去校外遊玩了。本來我們打算去打真人槍戰，但不知為何變成了體驗軍營活動。在老師公布的時候，我們的期待直似從天上「墮」一下摔到地上。在眾人心裡，軍營生活是非常嚴厲端莊的，一旦走進去我們就不能歡聲笑語，需要持著端正的態度。一想到這，我逐漸緊張起來，不過，既然是難得的活動，我還是挺期待的。就這樣，我懷著既期待又緊張的心情，隨著大隊去了位於梅林的武警軍營。

當我們步入軍營，第一眼看到的是那些端莊的軍人，以及隊長牽着的一條警衛犬。他們在營裏耐心地等候我們的到來。我們收起以往的頑皮性子，以沉重的步伐踏進了軍營。

一進入軍營，軍人代表就領着他的警衛犬開始了表演。他們的表演層層遞進，越往後難度就越高。其中令我們最目瞪口呆的是跳火圈，警衛犬迅速地跳過一個又一個的鐵圈，沒有絲毫失誤。如果只是跳火圈那當然不為驚奇，關鍵是這隻警犬的年齡已經很大了。表演完後他們做了個簡單的歡迎儀式，然後我們就開始參觀軍營。

首先，我們來到了軍人宿舍。一進去我的眼光瞬間被拉到他們的床上，看着那一個個整齊的被子，我們稱它為「豆腐塊」。它們被整整齊齊地放在那裡，我的內心感到無比慚愧。每天我一起床就把被子拉在一旁，直接去刷牙洗臉。為何不每天把被子摺好，認真地整理好身邊事物，活得稍微精緻些呢？

接著，我們來到了他們的小型歷史博物館。那裡收藏着許多歷史文物及歷史戰爭的遺留痕跡。看到那些日本人打擊我們的子彈，我們一定要勿忘國恥，堅決反抗不法分子。

最後，我們在宿舍外吃午飯，由於時間不多，他們只好叫來了外賣，不能夠吃部隊餐還是會有些許遺憾的。我們一邊吃着午飯，部隊領導也說起了他和那隻年長的警犬的親身經歷。當他說到那隻警犬曾在緝毒任務中救過自己一命時，我不禁對牠感到深深的敬佩。因為牠的舉動，隊長才生存下來，任務也取得了成功。

臨走之前我們拍了一張大合照，平時站姿經常插着腰的我們也改變了常態，筆直地站在那裏，拍下了這張意義重大的照片。

離開軍營後，我們乘上返回學校的大巴。在車上，我對今天所發生的一切都歷歷在目。我學會了堂正地做人，不拘小節的為人處事，希望我以後能堅持這樣正確的作風，以後的生活能越來越好！

《我從書中找到快樂》

六信 李凱瑩



「書中自有黃金屋，書中自有顏如玉。」書中有「金」又有「玉」，想不快樂也難了。但憑什麼區區幾張紙就能化「金」，化「玉」，成為快樂之源呢？

書，由古至今有多種形態，上至刻着甲骨文的龜甲，下至印着正楷體的紙張，現今更有以多媒體為載體的電子書登台。可見書是從古至今不斷更新的潮流。為何書能做到呢？因為書中包羅萬千知識，我們從《史記》中得到前車之鑒，從《十萬個為什麼》中得到生活常識，從《時間簡史》中得到宇宙真理……書是知識的汪洋，讓我們求學的漁夫滿載而歸；書是智慧的仙露漿，讓我們好學的途人解渴嘗甜。書給我們提供無窮的知識，難怪有人說「書籍是人類進步的階梯。」登上書籍的階梯，我們站得更高看得更遠，這難道不值得快樂嗎？

書也不盡只是知識，還有傳遞作者情感的作用。在讀到快樂的情節時，我們不免會同作者一起享受喜悅。在《始得西山宴遊記》中，我們與柳宗元一起欣賞西山滋味，「心凝形釋」地感受超脫塵俗束縛的快樂；在《撒哈拉的故事》中，我們和三毛一齊開「中餐廳」，看荷西一副吃得津津有味的表情而竊喜；在《湯姆索亞歷險記》，我們跟隨馬克吐溫的筆史，被湯姆的俏皮機智逗得哈哈大笑……書猶如甜品，是清甜的桂花糕令人沁心，是甜蜜的巧克力令人沉淪，是刺激的跳跳糖令人驚喜。有如此「可口」的「甜品」，讀書那有不快樂的理由？

或許有人會問，世上也有不快樂的書，難道讀它也就會快樂嗎？當然地，讀《報任安書》我們無不為司馬遷「身殘處穢」而痛心；讀《活著》，我們無不為福貴家破人亡而心酸；讀《悲慘世界》，我們無不為主角憶女成病而憐憫。是的，追書寫悲劇的書是不能帶來快樂，反感到悲傷，但卻能帶來更「深層的快樂」。須知學習知識，品味喜文，只能享受到一時的快樂，是短暫的，淺層快樂罷了。而深層的快樂不局限於此，它怎會是掌握知識並長久地應用，是體會作者所表達的道理並化為自用，而不流於表面的快樂。悲劇便是當中最的詮釋，它揭露殘酷的一面，迫使人們面對傷痕，去思考更深層的東西——世上的不公平、命運的多舛。然後，我們得到成長，這便是深層的快樂了。

當然也不能說只有悲劇的書帶來深層快樂，喜劇的書便不能。其實只是因為悲劇的書是「發憤之所作為也」，「思垂室文以自見」的表現固而情之深，意之切，催人心事，才悟出道理。而喜劇的書也不乏道理，例如《始得西山宴遊記》帶出自然的偉大，《撒哈拉的故事》告知人情的溫暖，《湯姆索亞歷險記》則呈現出勇敢和真誠。這些無不是「黃金屋」、「顏如玉」了。

故有百種書，便能品味百種人生，收穫百種知識，感悟百種道理，嘗得百種快樂。至於那些讀書便「頭昏腦脹」之人，我看其未真正地讀過書，否則怎會連淺層的快樂也未能品嚐不出呢？

我在書中找到快樂，你呢？

《沒有帶鑰匙的一天》

六勤 李國寧



三月二十八日（星期六）晴

今天我沒有帶鑰匙外出，下課後有家歸不得，卻讓我有不一樣的經歷和體會。

任憑心急如焚的我無論在門外大喊大叫，得來的卻是令人心寒的沉默；剎那間，在門外悶得汗流浹背的我，手機異常地震動了一下，我驚慌失措地看着突如急來的信息內容，手機屏幕上赤裸裸地顯示道——「一心，我找你有些事，請過來一下，地點：學校門口附近。」幼羚留。

我若無其事般地回覆了一個「嗯。」，便順手熄滅了屏幕，我仍然在絞盡腦汁地在幻想是什麼事，尤其空蕩蕩地在門外盯着鑰匙孔，還不如去一探究竟發生了什麼事，手自然地拍了一下大腿，便出發了。

氣喘吁吁的我到了學校門口附近，在荒無人煙的操場中間有一個熟悉的背影，我一眼望去便知道是幼羚，便加快步伐到她的身邊，我望着她的臉頰，一顆顆綠豆般大小的淚水承受不住重量，順其自然地落到肩上，水汪汪的眼睛無助地望着我，嘴巴斷斷續續地說道：「我……和周強他……分手了！」話音剛落，眼淚就像瀑布一樣沖洗着她的臉龐；作為和她同窗三年的朋友，最了解她性格的莫非是我了——「玻璃心，愛逞強。」是我對她一直以來不變的評價；我小心翼翼地坐在草坪上，手裡不知何時多了一包紙巾，遞給她後，見她勉強擦了擦眼淚後，輕輕地對我微笑，便肆無忌憚地向我吐苦水，這麼多年來，這次對她來說無疑是傷得最深的。

周強是什麼人？我們學校出了名的校草，不僅多才多藝，還在學業上十分優秀的極品男生，身邊圍着一群迷妹也是正常不過的事；但是幼羚與他交往了兩年，對他也無太多意見，然而，這對於學生來說長達兩年的愛情也毀於他之手？

聽完幼羚的一番話後，看起來像是鬆了一口氣，在她身邊扮演着情聖的角色也是我的職責，也使我感到有這麼一番話迴盪在我眼前——「始於顏值，陷於才華，沉於其中，痴於肉體，折於生活，敗於物質。」這一段話很好地詮釋了愛情的頭尾。

當我再一次回到家門口前，輕輕的按了一下門鈴，大門緩緩地為我敞開……

有時候，我們得到什麼，便注定會失去些什麼；有時候，我們對愛情過於執迷不悟，一步步走向苦海；有時候，我們不知道剛強地逼迫，還不如輕輕地按下門鈴，大門時刻為你敞開。

今天雖然被拒之門外，沒有帶鑰匙有家不可歸的痛苦，但是能為你的心靈提供一把鑰匙，打開你那緊閉已久的心門，便足矣……

《精彩的假期》

四望 賴海賢



我想這個復活節假期是最難忘的吧！

這個假期我與很多同齡人一樣踏出了進入社會的第一步，雖然是以另一種方式——兼職。

回想起剛開始的跌跌撞撞，對這份職業的懵懂無知，一次次的失敗，一次次的嘲諷中走過來，雖然有點心酸，但最終也渡過了這個時期，在這個過程中，我學會了很多，也明白了很多。我學會了什麼是責任，也明白了細心的重要性，更明白了父母的辛酸與為人子女的那種報喜不報憂的習慣，因為人都是自私的，不捨得將痛苦與自己最愛的人分享。

在這期間，我擠了一點時間回了趟家探望了那看着我長大的老人家，我的奶奶，她的樣子一點也沒有變，還是那麼的活潑，健談，可我感覺還是有什麼不一樣了。在一次偶然的機會，我發現了，我發現奶奶的身體已不如以往。深夜裏為了不讓我知道她的舊病復發，偷偷的躲在房間裡吃藥，在此我深感無奈，可又多麼希望青春常駐發生在我們每一個人身上。窗外下起了雨，又將我的眼睛給淋濕了。

臨行前，奶奶還如以往一樣將她省吃儉用的錢交給我們，每一次她都以為我沒長大，還沒有工作的借口讓我收下這筆錢，而這一次我終於可以對她說：「我有工作了，這些錢就留下來自己用吧！」這一次，健談的奶奶只是笑了笑，什麼都沒說，此刻我才意識到我的長大也意味着奶奶的老去，最終我們也敵不過時間對我們的摧殘。

我離開的這短短一年時間裏，竟有如此巨大的變化，曾經的老朋友、老同學如今也已經各散東西，為自己的生活 and 理想奮鬥着。是啊！時光流逝，這早已不是當年那些只會胡吹亂謔的人了，每個人都已經長大了。

回憶起當時整天想着快點長大，快點自由，如今卻有點留戀那些年少的我們，既然已不能回到過去，那就讓我們向前學習，及時行樂，把握機會。

《自由行》

四望 黃曉盈



這是我人生第一次與朋友，在沒有導遊帶領之下的旅程，旅程中會遇到開心或不愉快的事情，當中我更學會了包容、細心、規劃行程和不同的知識。

短短的復活節假眨眼之間就過去，我去了不同的地方，但令我印象最深刻的是重慶之旅，因為這次旅程是我和朋友「一手一腳」規劃的，所以印象最深刻。例如：我們收集了好多不同的熱門地方，然後再按時間的長短和地方與地方之間的距離規劃路程。

在遊覽期間，我發現重慶是個十分有趣的地方，提起重慶不少人的印象中是「山城」、「霧都」和「火鍋」。從我眼中可見，輕軌能從樓房穿過，房頂是停車場和城市。其中一個地方是洪崖洞，這個地方充滿著傳統的巴渝建築和民族風貌，形成了別具一格的空中立體步行街，十分壯觀和精緻。

最令我覺得神奇的是屋頂上竟然是大馬路，有些地方上了三層還是一樓，還有一個地方無論到了哪層一出到去都是地面，真令人感到驚訝。我去了一條從二十二層樓架起兩座平衡的天橋再往下望了一下，我不禁「哇」了一聲，真的是深不見底。

另外，坐重慶的輕軌是「上天入地」，就像坐過山車一樣，旅程中可觀看到壯觀的風景，例如李子壩站輕軌可以從樓間穿過，在彎中行駛，輕軌忽上忽下、彎彎繞繞。重慶真是座神奇的「3D」魔幻城市。

在旅途中亦遇到不愉快的事情，我與朋友為了一些小事情竟然吵得沸沸揚揚。由於我們都有自己想吃的餐廳。因此她便說：「不如我們各自吃想吃的東西吧！」後來我想了想大家安全的問題，便說道：「不要再吵了，我們一起吃你想吃的那一家吧！」

經過這次旅程，我學會了人與人之間應該互相包容。因為無人完美，我們應要多一點點包容，盡量幫助朋友，體諒他們而不是和他們斤斤計較。雖然規劃當中會遇到困難和辛苦，但卻更能享受旅程。

《給諸葛亮的一封信》

四望 黃嘉瑩



諸葛相父：

您囑咐我檢閱的文件我已瀏覽過，也明白您想傳遞給我的意思，因此我接下來會從您所說的其中三方面來回應您所說的內容。

首先是法律方面。我認為您說的對，法律是無論對正正直直的人還是罪大惡極的人，升遷或是貶抑，都應公平公正的對待，不然我這一個皇帝就會被認為做得不好，有損父皇劉備的德行和面子。因此我認為可以設一個特務機構來處理我上述所說的事件，又或者可以讓維護統治的內務府來處理，藉此保證法律上的公平公正，承傳父皇的德行。

其次是任用賢臣方面。我雖然還沒有見過相父所說的這些人，但我相信相父挑選人才的眼光，當然也相信父皇的決定，所以我會按照您的吩咐，重用這些賢臣，以彌補我的不足，使一切都能正確運行，讓將軍向寵、侍中郭攸之、費禕、侍郎董允等賢臣繼續貢獻國家。我會下達命令，讓內務府給予他們升遷的機會，讓國家復興。

最後是親賢臣、遠佞臣方面。這一點上我雖然能夠明白，亦能理解相父您的意思，但俗語說「江山易改，本性難移」，我怕我下定決心後不久又會故態復萌，令相父為我擔心。雖可能會有困難，不過我願意去嘗試，因為我不想辜負相父對我的期望。因此，我會親近相父提到的賢臣而遠離佞臣，當然我也不是一味遠離佞臣，我會讓他們成為地方官員，藉此不讓他們有干政的機會。

上述都能達成的話，漢室就可以復盛，不會再重蹈前漢的覆轍。我在此感謝相父為漢室所做的一切，感謝您的不辭勞苦，我不會辜負你的期望的。

劉禪敬啟

二零一九年四月二十九日

《無悔的選擇》

五信 郭彤亦



人的一生會面對各式各樣的選擇，這些選擇小至決定今天晚上吃什麼，大至決定自己以後的發展。而不同的選擇，都會導致不同的結果。

從我學生時代以來，一直都沒有經歷過什麼重大的選擇，隨心所欲的過着，直到一次選擇降臨在我面前，它讓我了解內心真實的自己。

自從我上學以來，在學校都是屬於不易被關注的角色。因為太過一般，一般的家庭，一般的學習成績，一般的相貌，但在這種普通中卻意外地可以平靜隨意的過着自己的生活。對於學習，我一直滿足於現狀，「只要合格就好」，「只要中等就好」，這是我一直以來的學習態度，但是愜意的日子總是過得很快。一轉眼，便「混」到了年終考，面臨高中的選擇，大家都很緊張，但我卻不以為然。因為我要到香港讀書，所以我一直都不緊張，也不會認真溫習，一切不過浪費精力，我只要玩着過這段時間就行了。

初三的上學期，同學們好像都沒有緊張的感覺。但在時間的流逝中，一切都在靜悄悄的改變。平時嬉鬧的同學開始慢慢安靜，平時不看書的同學，桌上突然多了本書，平時以為自己學習沒希望的同學，書包裹多了幾本練習。而我輕輕的看着他們，以為我很開心，但心中卻不知何時，冒出一種讓人不舒服的感覺。直到第一次模擬考試後，這種感覺越發強烈。我的名次一下掉在後半段，不是我的成績差了，而是原本在我後面的人超過了我。看着這個名次，我終於決定跟隨心中的想法，選擇了那條我認為自己這輩子都不會選擇的路。

我決定努力複習，盡自己能力面對考試。當時黑板上的倒數停留在九十八天，第九十七天我開始給自己報各種補習班，書桌上也推起了成山的課外練習，答題本從空白到寫滿。內心只有一個目標，便是盡自己的努力考上一所心儀的高中，即使我完全不需要白費這個精力。從那之後，課室裏只有刷刷的寫字聲和書本翻頁的聲音，初三這棟樓充斥着緊張的氣氛。老師的課加了一節又一節，放學的時間越來越晚。一放學我就要跑到補習班做考試練習，常常體會到九、十點還沒吃飯，回家後寫作業和複習直至凌晨。週末是從早到晚的輔導班，兩個科目的間隔只有半小時。這種沒有日夜的學習，像是在和時間賽跑。雖然很累，但也很充實。我有明確的目標，就是考上一所理想的高中。

看着考試的成績一點點的上升，離自己的目標越來越近，心中滿是一種激動的情感，即將在考試中噴發出來。在這段時間，我開始逐漸意識到，我原來是個好勝、有想法的人，只不過被自己的膽怯給隱藏了，我怕別人嘲笑我的努力，我怕我的付出沒有回報。現在大家都在一起努力中，讓我有膽量作出正確的選擇。

一眨眼，九十七天的光陰彷彿流星般從我的人生中劃過。雖然轉瞬即逝，但也給我留下了一個深刻的印象。走出考場的我，看着幾千個同學帶着笑容走向校門外。我心中開始慶幸「還好，我和他們一起奮鬥過」。這段經歷，給我乏味枯燥的記憶添了重要的一筆。而這次選擇，讓我對於自己也有了一個深刻的認識。從此走上了不同的路。

六月二十八日，我看着自己充滿汗水的成績和我理想學校的錄取通知。要去香港了，我沒有留下遺憾，輕鬆的拉起我的行李，大步的走進了安徽機場。我的人生，從那一刻好像才真的開始。

正確的選擇會給自己帶來更好的結果，也會讓我更了解自己。

《一次成功的經驗》

一望 周俊輝



我還念念不忘那六年級的一次中文考試，那是我人生中第一次拿到全班第一名。

在考試的前一個月的第一天，老師每次說重點，我都以打印機般的速度記下來，什麼事情可以給那麼大的動力呢？我爸說：「如果考了全班第一，我就給你買雙限量版球鞋，哼！反正你也不可能做到。」我頓時就不樂意了，我一句話也沒說，就在默默地刻苦磨練。

第二天，我按着昨天自己做的時間表作息。每天早上五點是頭腦最清醒的時候，我先背下之前教過的。到六點坐車時，也看一下課外書，讓自己大開眼界。我這麼努力不是想球鞋，而是想要得父母的認可。到了上課時，我平常天天和他聊天的同桌，也不理了。上課時難免會瞌，我也只能叫老師讓我站起來提神。到了小息，我的好兄弟也叫我陪他玩，我也只能殘忍拒絕。由於上課太瞌，小息我便做眼操和閉目養神了一會來緩解勞累。

過了半個月後，我最終想放棄，這時我爸爸說：「小兔崽子，我就說你不可能，你就這個性，又不服氣又想半途而廢！」我聽完後心想：「唉！放棄就放棄吧，我真的做不到。」我坐在房間裏沉思了三分鐘，换位思考，心想：「我努力了那麼久，我不就像一隻小鳥一直飛，飛到一半不想飛了，那不就會摔死嗎？不行！我不能放棄。」最後，我還是堅持下來了。

到了考試時，我自信滿滿地走到考場，我拿起筆，把我一個月來的努力寫在試卷上面。考完後，我胸有成竹地走出考場。到了派成績時，我坐在座位迫不及待地等到喊我了。喊我時，我就像一支箭般的速度衝過去拿卷子。看到成績，我瞳孔瞬間放大，張大嘴巴，直蹦三尺高，大聲喊：「啊！我一百分！」我頓時激動地抓着兄弟的手嚷嚷着：「一個月的努力沒白費！」我一蹦一跳地回家，我爸看到我分數時，只平淡地說不錯，我大笑地說：「哈哈！受不了吧，誰叫你嘲笑我？」

最終，我知道要成功，就要付出，想放棄也只是一個過渡期。如果你渡過了這段時期，那麼你的成功概率會大大提升。

《我從學習中找到快樂》

六信 邱恩澤



人生，其實就是追求快樂的旅程。探索未知的事物，更是樂中之樂。這也是為什麼人們要去鑽研、探索，根本目的就是學習新知識。作為一位學生，學習是我目前最重要的事情。但是，怎樣提高學習效率，才不會使之成為沉重的負擔？

孔子說「知之者不如好之者，好之者不如樂之者」。因此，人們常說，興趣就是最好的老師。不過，怎樣做才會對學習有興趣呢？很簡單，就是去體驗一下。這讓我想起初中學習物理的時候，那種快樂、興奮。萬有引力、原子世界等新鮮的名詞使我激動不已，讓我知道我們所生活的宇宙是多麼遼闊。各種自然法則，使各大星辰井然有序地按照它們的軌道運行。而肉眼觀察不到的微觀世界卻有些不同，細小的電子以接近光速的狀態圍着原子核轉動，看似毫無規律。當時的我一回到家，就迫不及待地將整本書看完，同時一邊看，一邊想像。這就是學習的快樂啊！不管是過程還是結果，都令我無法自拔，就像魚兒在海洋中自由地流動，鳥兒在空中翱翔一樣。

我感覺時間的流逝異常的快。當然，獲益良多，受益匪淺，令人無法自拔。快樂是由心而出，學習的過程和結果則是催化劑，而反應物就是我自己。從學習中找到快樂，其實卻是學習使我變得快樂。

「書山有路勤為徑，學海無涯苦作舟」。學習的過程是辛苦、甚至痛苦。不過，苦遲早會變成甜，正如農夫辛勤耕種，最終獲得收成。人的時間有限，知識就是無窮無盡，那怕集齊全人類掌握的知識，都不及宇宙裏的一粒塵埃。不過，這正是快樂的源頭。我付出時間、精力，收穫知識，這過程就是學習。而快樂就是由學習時萌芽，收穫知識時成長。學得越好，快樂自然也越多，而且學習速度也越快。

從學習中獲得快樂，而快樂又激勵我去學習，正如植物的生長，繁殖的過程一般。最終人雖時間有限，卻能在這有限的時間中找到宇宙內最大的快樂。

《與眾不同的街道》

二望 黃卓映



這是在珀斯城中的一條街道，一條又美麗又古色古香的街道，令我回味無窮。

這條街道與城中的每一條都不一樣，它不是多人流的街道，而相反地是一條人煙稀少的街道。道路的兩旁有舊式的紅磚牆，一幢幢三層樓高的矮樓，還有一所商店，還有一座白皚皚的教堂，莊嚴的氣息令我心神安寧。

在這條街道，最令我印象深刻的地方是書店。那並非在香港常常看到的書局，那是一個複式書店，裝潢十分古典和優雅，一格格的木框，木造的階級，古典的扶手，水晶吊燈，毛地氈和蠟燭的火光，令書店多了一份雅致，我不禁陶醉其中。

這街道上不時會有一、兩個路人走過，不一樣的是他們從不會盯着手機看，只會挺直腰向前看，對小孩子抽煙的那些成人會把手舉起避免煙頭直接燙到小孩子，小孩子們都很有禮貌也很開朗，就像太陽般的笑容瞬間暖入人心，令寒冷的冬天多了一份溫暖。

這街道上有很多我在香港從未見過的事物，不論是景色，還是路人的小動作，都令我感觸良多，也令我明白到觀察的意義。

《一次難忘的籃球表演》

三望 陳詩慧



「場上的表演雖已結束，但有些人還是站在原地回味着剛才一幕幕令人熱血沸騰的表演，久久不能平復。」

不知何時，廣場上已人山人海，如同天上的星星，多得讓人眼花繚亂。每個人都高呼吶喊着：「球進了，球進了！」千百人的聲音氣勢磅礴。

我走進一看，七八個一米九左右的男人手裏抱着籃球，一個個都有着修長而強壯的身體，雖沒有風度翩翩，但也是英姿煥發。

這時出來一個身高一米九，是這裡面最氣宇軒昂的男人。他健步如飛，一下子跨出幾個大步將手中的籃球彈在地上，籃球在空中畫過一道弧線向籃球框裡前進。只聽「哐」的一聲，球已從框中落地。周圍的人笑逐顏開。

接着一個其貌不揚的人走了出來，他拈了拈手中的籃球，一個側翻空將手中的籃球投了出去，起初，大家對他視若無睹。球行云流水地進了籃框，周圍的人欣喜若狂，場面驚天動地。

接着是一場團體表演，在籃球框前擺放了一輛汽車，從第一個人到最後一個人需翻過車頂，將手中的籃球投進框中。第一個出來的是個金髮男人，他拈了拈手中的籃球，助跑了幾步，突然一個翻身，我感覺到身邊的人也跟着提心吊膽，只見那人大力扣球，籃球進了。接着幾個男人也緊接着投了進去。

最後一個男人出來了，他緊張得小跑起來，周圍的人也跟着擺動身子，他手拿起籃球，反覆嘗試助跑的那段路，接着，他如同閃電一樣，跑到了車子前，翻過車頂，球從他手中飛出，在籃框邊旋繞，周圍的人心急如焚。終於，在觀眾就要放棄時，籃球進了框裏。

整個廣場的吶喊聲、鼓掌聲、歡笑聲如雷聲般轟動。

結束後，每個人都搶着排隊以獲得簽名，甚至有些人還在廣場中央回味着。

《情為何物》

四望 梁梓軒



「情」能指人的思想感受，古語有云：「何謂人情？喜怒哀懼愛惡欲七者，弗學而能。」指出人的七情，「情」亦能指人的情誼，李白的《送友人》中的一句「落日故人情」充分表達出友情，同時間，曹植七步成詩中一句「本是同根生，相煎何太急」亦能表現出兄弟的情誼，但情卻非簡明易懂之物。

從古至今，「情」皆困擾之物，有才之士皆為情所困——李白因未能找到可一直生死相隨的友情而感到痛苦，更寫出月下獨酌以表其愁；三國時期諸葛亮在未能盡報劉備的恩情下而寫了《出師表》以勸勉劉禪，可見「情」於古時已是深重的枷鎖。

時至今日，情亦使人困擾，新聞中報道某人因一時衝動下不能控制自己情緒而犯下大錯，就如不少青少年因憤怒而出手打人，此等事件在校園時常發生。可見七情非人所能控制，反而常控制人們的言行。

有人說佛教的思想並不會讓人受情所困，認為情並非不能懂且不能控制之物，但我卻認為此種說法有商榷之處，佛學中的無情指的是男女之情亦無惡念，如私欲等，但是父母與其的親情亦為情的一種，古代亦有不少信佛的詩人，如王維，他的《山居秋暝》是信佛後所作，但表達出的卻是厭惡官場的感情，可見佛學中亦有情；再進一步說，佛是我國中最有情的人，佛學重視以慈悲為懷，而這情的發揮便是慈悲，作忠臣孝子是情，作嚴父慈母亦是情，因此佛法的慈悲即為多情，而執着於慈悲，向盡善尋求亦是為情所困，可見即使為佛亦離不開情字。

那麼情為何物？有見於中國三千六百年歷史，情是思想感受，亦是情誼，但情更是人的一身，是人一生不可擺脫之物，是人一生不可控制之物，是人一生不可缺少之物。

《失敗的啓示》

四望 郭家樂



失敗乃成功之母，相信大家都知道，我也從一次失敗中悟到了它的真諦。那一天，語文測驗開始了，我拿到試卷就信心十足地做了起來。嚟，嚟……聽見的只有一聲聲筆尖在紙上跳舞的聲音。這次的題目很簡單，對於我來說是小菜一碟，我三下五除二就完成了所有的題目。還得意地東張西望。

下課鈴響了，我把卷子交給組長後就找好朋友對起答案來。結果，好多答案都跟他們不一樣，我暗暗地安慰自己：他們的答案是錯的。

第二天一早，試卷就發下來了，我回到班裏，就聽見有同學在討論試卷，便迫不及待地走到座位上。鮮紅的八十多分躍然紙上，我頓時驚呆了，甚至有些不敢相信這是我的卷子。我的心情一下子跌入谷底，試卷上鮮紅的圈圈，似乎都跳出來嘲笑我，原本湛藍深遠的天空變得灰濛濛的；小鳥的叫聲也似乎變得悲傷，本來平靜的心也亂了起來。

好不容易過完了忐忑不安的一天，我以最快的速度衝回家，走進房間裏，媽媽也回家了，見我垂頭喪氣地從房間裏出來，就問我怎麼回事，我把事情的經過告訴媽媽後，不禁嚎啕大哭起來，媽媽幫我擦去了淚水，笑着說：「傻孩子，要記着，失敗乃成功之母，失敗了就要重新振作起來。」我聽了這番話，心情也平靜了，拿出書本，認真的複習起來。

現在回憶起來，媽媽的那番話至今讓我受益匪淺。失敗了，不要緊，關鍵是要從失敗中吸取教訓，爭取下一次不要再犯同樣的錯誤，這樣，一次的失敗才是值得的。

《野遊的啟示》

四望 劉明茵



立秋過去了，預示了天氣漸漸轉涼，炎熱的夏天既將過去，秋天亦快將到來，隨著夏季結束的時候，我的暑假也快將過去，所以在最後的一個星期，全家決定來一次「全家總動員」，一起出外去遊玩。

我們提前幾天便在討論目的地，可討論的過程並非皆大歡喜。我想去廣州最新推出的水上樂園，現在這種不冷不熱的天氣正適合去玩水上活動。而且聽說那兒有許多刺激的機動項目，我已經嚮往很久了。我提出這個建議後，媽媽很快就打破了我的美夢。

她說爺爺奶奶年齡大，已不適合去那種地方，而妹妹弟弟又太小，不適合玩機動遊戲，所以建議我們去野外郊遊吧。其他家人在三思後也同意了媽媽的意見，我雖心有不滿，但也只能少數服從多數了。

一路上，我都悶悶不樂的，對於這次的目的地，我沒有絲毫的興趣，只有垂頭喪氣的玩著手機。車上他們正高興的聊著天，媽媽知道我對決定心存不滿，也懶得過來哄我，因為這幾天我軟磨硬泡的求她換目的地，她都堅決不行。這使我更煩躁了，便戴上耳機，隔絕他們的歡笑聲。沉迷在自己的世界中，希望車程能久一點。

然而，下了車後眼前的景色，卻跟意料中的截然不同。

開了車門，我便看到一望無際的草地，草叢中還有些小動物在進行牠們專屬的舞蹈，這個場景，讓我煩躁的心情瞬間平靜，我收好了手機，準備上前去近距離的觀察小動物們的表演。突然媽媽叫住了我，她拿出一瓶噴霧往我的手腳上噴了噴，原來是為了保護我不讓蚊子叮咬而作出的準備。

我們在草地上遊玩了一會後，媽媽拍了拍我的肩膀，示意我跟着她走。我跟着媽媽走了一段山路，不了解目的我心有疑問，過了一會，我突然看見一段小山溪。媽媽笑了笑，向我點了點頭，我便跑向山溪，脫了鞋將腿泡進水裡，一陣涼爽的感受湧上了我全身，這是一種平常體驗不到的舒服。

後來媽媽又帶了一個袋子，媽媽走近，原來袋子裝着乾淨襪子，原來媽媽一早知道這個小山溪的。媽媽說：「看吧，這裏也有水上樂園吧！」

與家人的相處中，多多少少總會有意見不合、矛盾，甚至衝突，當中雖有不快，但亦有所得。

《談憂慮》

六信 李凱瑩



生活在現代社會，我們不免感受到大時代的壓力，並常常看見人們為生計而擔憂。根據香港浸會大學一項調查報告顯示，有三、四成的青少年具有輕度憂鬱的症狀。有人指出「憂」的情緒問題越來越嚴重了。

「憂慮」真是一個負面東西？我認為並不盡是，只是物極必反，要憂慮有度而已。

「憂」在人的七情當中，算是比較負面的情緒，否則我們又怎會組詞——「憂傷」、「憂愁」呢？我不否定「憂」的消極意味，畢竟李清照的《聲聲慢》中透露出憂思哀愁，確實地催人心痛；杜甫的《琵琶行》中，琵琶裏蔓延懷才不遇的憂傷，確實引人共鳴，因此「憂」確是負面情緒。由象形上看，它把百般的思緒壓在心上，難怪「憂」時，我們心像鉛重，壓抑不想說話，於是把自己困在愁思的大海中，出不去，任由心鉛束縛，掙扎不果，墜落海底。於是「憂」發展成為憂鬱，心碎至極，繼而做出自殘的傻事。例如現實當中有着不少青少年為了逃避憂慮而吸毒、濫藥，甚至臥軌跳樓。這就足以見「憂」的可怕之處，也難怪公益廣告將負面情緒化作異色怪物，呼籲人們速速遠離。

「憂」真是那麼生人勿近？《琵琶行》雖憂但不至於那麼黑暗，反而帶點憂鬱的美感。不錯地，物極必反而已，「憂」若過量積累就會變成「鬱」，那才是真正的黑色怪物。丁點兒的憂並不比「悲」和「哀」來得心碎，只是生活之微小不愉快的掛心而已，並無太大的禍害，甚至有益身心。若然一個人只顧快樂而毫不憂心將來之事，那麼當禍害來臨時他毫無預防，也沒裝備，徒得樂極生悲。相反，一個人有適當的憂慮，懂得未雨綢繆，當災禍來臨也有兩手準備，減少損失。這就是居安思危的道理，而古代賢人范仲淹先生更是推崇「先天下之憂而憂，後天下之樂而樂」。這是起著憂慮的警醒世人的作用了。

憂慮就如苦瓜，先苦後甘，憂思雖使人心裡凝重，但後面卻必然會帶來甘甜快樂。

又有人認為警醒作用三思而後行便足矣，何必「憂慮」呢？何必要一雙苦澀的「苦澀」呢？三思而後行固然重要，如呂蒙三思後，確認讀書的重要而做出讀書的決定。三思而行的確助人做出正確的抉擇，但它卻局限於短期眼前的行為。如讀書，並不能作深入長遠的決定，甚至深入認知整个人生的層面。但憂慮能做到，它可算是人悲觀的一面，思想最壞的打算，並能長時間藏於心底。況且，禍害出現總是突如其來，不足以令人做到三思，唯有憂慮早已打好基礎，做好準備。再者，「苦澀」未嘗不是好事，如老子說世上萬物，陰陽相剋，事物總是成相成對的出現，才會精彩。若是只有一味的甘，就會看厭了，唯有與苦作伴，甘味更重，味亦更濃。人的感情也是如此，是一個完整的人，七情缺一不可，憂慮也是其一，不可缺也。

憂慮是必定有的，那麼是否不必理會呢？當然不是，誰知萬物有其度，過了度便會招致惡果，憂過度變成鬱，心病矣。如何醫治？「心病還需心藥醫」，換言之，找出憂慮之源並解決它才是良策。例如諸葛亮的《出師表》達解憂之效。但是「憂慮」的原因總是並不容易解決，如心病，找到容易，解則難。智慧如諸葛亮也不能真正放下憂慮，那麼我們一般人又如何做到心藥醫治呢？唯有盡力去解決心中鬱悶，並藉語言文字以排解憂慮吧！可見，所有憂慮，有智慧仍不足夠，仍要傾訴，如文人雅士一樣寄愁於文。

憂愁能是直抒情緒，伴樂而生，警醒世人。

《論富裕社會的匱乏》

五信 劉嘉穎



子曰：「富與貴，是人之所欲也；不以其道得之，不處也。貧與賤是人之所惡也，不以其道得之，不去也。」今時今日，全球經濟發展急速，我們的日常生活也無不與經濟相關，人們因而變得功利。儒家思想提倡仁義之道，如今有人會因為功利心而違背人意，但這並不能說明功利人的出現是仁義，使儒家思想變得不合時宜，我們反而更應以仁義去對待經濟和對抗不正當的功利。

孔子倡導「重義輕利」，要以符合「義」的事情取「利」，不應用不義的手段取得富貴。前不久，娛樂圈一位知名人士爆料出明星范冰冰逃稅一事，此事立刻在國內掀起軒然大波。後來經政府查驗，確有此事，便要求范冰冰補償逃稅的八億人民幣。這件事不僅令她的經濟遭受到巨大打擊，她的演藝生涯亦就此落幕，她的粉絲，她的家人，她的朋友，皆因此是受到沉重的打擊。此事證明，以不義的手段取得富貴，對其個人的影響深遠，若是她遵循儒家之道「重義輕利」，她人生的光芒不會戛然而止。

孔子曰：「克己復禮為仁。」意指仁者要克服自己的私欲，符合禮節。不合於禮的「勿視」、「勿聽」、「勿言」、「勿動」。還在上小學的時候，班上來了一個年紀較大的同學。由於她年紀較長，因此有些事她敢做，我們卻不敢。她敢在媽媽的錢包裏擅自拿錢，請小區的朋友吃零食，她敢偷偷地將同學的東西拿走收為己用，她敢進超市將棒棒糖塞入袋中快速離開……她簡直「無所不能」！在我想仿效她時，她被超市工作人員捉住，請了家長、老師和警察去調查此事。自此，我再也沒有見過她，那「仿效」的萌芽被扼殺在搖籃裡。人的功利心如果沒有道德的約束，效果則不堪設想。前人已為我們的道德鋪路，跟隨這仁義之路走下去，人生的道德污點便會降至最低。

這個社會雖以經濟利益為重，但我們不可失去本心，《魚我所欲也》中的行道之人和乞人尚可捨生取義，我們為何不能捨利而取義？試想如果社會中的道義消失，那麼人為了功利有什麼做不到的呢？社會還能正常運作嗎？因此，儒家思想雖不是潮流，但它永不會不合時宜，它是這個社會存在的基礎，是人的本心。

《假如取消了考試制度……》

五信 吳忻珈



假如取消了考試制度，學生們會如同二戰結束的士兵和水手般，將課本、書籍從高處奮擲之於地，與同學們高聲歡呼，內心盡是一片前所未有的歡呼雀躍，學習的壓力以及重擔都在頃刻之間解放。

學生可以盡情地利用餘下時間探索、挖掘、尋找屬於自己的真正的興趣及愛好，研究如何創造完美的手工藝品，翻開千奇百怪的課外書，思考人類是如何來到世間，或者琢磨琢磨如何才能種好一盆植物，如何與動物心有靈犀地溝通。事實上，這些都是學生在求學階段該有的好奇心以及求知欲，然而，他們卻在不知不覺漸行漸遠，甚至被磨滅，被打擊而粉碎，不堪入目。究竟為什麼這麼純樸的幻想會落至如此地步呢？考試制度的壓迫是這場戰爭的罪魁禍首，它打敗了學生們的求知欲，它們遍體鱗傷地倒臥於血流成河的地面上，但又為他們包紮傷口，緊接着，就是以功利主義為主要的思想灌輸，士兵們的大腦逐漸變得一元化，最後，就是拖着疲憊的身心，看似士氣高昂地，往戰場前線肆意屠殺，贏了戰爭，輸了理想中的自己。

然而，假如取消了考試制度，人才盡失，而頹廢和懶惰，這種難以根治的弊病如雨後春筍般重新湧現，沒有了師長和父母的督促、提醒、申斥，學生們只會樂此不彼拾起桌上的遊戲機和手機，將難能可貴的青春投放於帶給自己感官刺激的屏幕上，沉浸於電子遊戲的莘莘學子們似乎再也無法對學習提起興趣了，學生們一個個亂了套，整個社會也如同顛倒了般。

假如取消了考試制度，這到底是好，還是壞呢？假如取消了考試制度，文化與智慧是長存一世還是就此消散於世間呢？假如取消了考試制度，創意和科技的發展是否能更上一層樓呢？我想，這好壞實在難以定奪，決定權在每一個你們的手中，你是個什麼樣的人，決定要考試制度是個失敗的屠殺還是場成功的革命。

《假如取消了考試制度……》

五信 孟芷瀾



考試制度是中國的原創，作為一大發明為世界的發展做出了貢獻。周代的「選士制」是考試的起源，漢代「察舉制」為「科舉制」奠定基礎，魏晉南北朝的「九品中正制」開始有了等級評定考核制度，到隋唐的「科舉制度」，幾千年的考試制度，根深蒂固。

我時常埋怨考試，「記記記」剝奪了我太多自由的時間；同學之間分數的攀比，讓我失去自我的優勢；成績下滑過後，老師家長的責怪，讓我心情鬱悶。但我不得不承認，是考試帶我體會到更廣闊的世界，讓我親自感受全力以赴過後的欣喜，讓我有機會接觸無數名人學者流傳下來的智慧，讓我的潛能有機會被更多人發掘。考試，像一根橫亘在過去和未來的獨木橋，很多人搖搖晃晃地走在橋上，又有很多不得不逃離或被擠掉。它又像一座圍城，成千上萬的人擠進去，不計其數的人逃出來。那麼考試的意義到底何在呢？

「金榜題名」曾是幾多貧苦家庭的深切渴望。你若沒有體會過寒門的心酸，大概就不會知道他們拼命想通過考試來改寫自己命運的決心。「頭懸樑，錐刺股」的背後是跳出農門的焦灼和迫切。范進中舉這個故事家喻戶曉。范進五十四歲中舉，一共考了二十餘次。他家裏經常窮得揭不開鍋，也鮮有人願意幫助他。「這幾十年，不知道豬油也曾吃過幾十回」這樣的家境，為什麼范進還是堅持考試呢？因為，他知道這是他更進一層樓的唯一一個梯子。

即使考試這個東西，它有它的利害得失，可我們不能否認，它確實是目前相對公平的一種方式。我曾看過很多關於山區孩子艱難求學的新聞，很多時候他們需要走艱險的山路，爬晃晃悠悠的藤蔓……花費很多時間才能到學校。如此坎坷，可他們為什麼堅持，讀書、考試、求學？

也許未來不那麼明亮，但通過考試，至少可以抓緊光明的機會，所謂考試是「無底深淵」，但有準備地踏下去，也有可能是萬里前程。

《生命誠可貴 夢想價更高》

五望 梁卓泓



生命的意義，從第一聲哭啼到一生的結束，無時無刻不盡顯光輝。龍應台說過：「生命不在於長度，而在於寬度。」長度是指時間長短，寬度是指內容多寡。

我認為寬度的確比長度更有實質意義，例如：如果一個人活了100歲，但他生活得很平庸，就是簡簡單單一天三頓飯，睡一覺，然後每天工作幹活，沒有興趣愛好，日復日、年復年，沒有親友夥伴，這樣的生活對我而言，實在是平平庸庸、碌碌無為，即使活得長久，但這樣具流水線的人生並不是我想要的。我認為既然獲得了一次人生，何不好好利用，活出自己想要的模樣？

夢想，是對未來的一種期望，指現在想未來的事或是通過努力可成就未來的事；夢想就是讓我們感到「堅持便是幸福」，甚至可以視其為一種信仰。

小時候，我曾有過許許多多的夢想，曾想過要像我國太空人楊利偉一樣，穿著厚重防輻射的航空衣，站在穿梭機上，看著我們美麗的地球，祖國山川，身遊太虛。我也曾想過要像科學家一樣，一身白衣大袍，幹淨俐落地擺弄著手中的試管，為祖國研發一個又一個造福人民的發明。可現在，我只想在我有生之年，學到許多知識，許多技能，廣結良朋益友，還有把我所喜愛的興趣都培養成能夠與一線運動員比量，而且事業家庭兩不誤，得到大家的讚賞和尊敬，以及社會的認同。這樣，即使人生只有一天的生命，卻也是美滿的。

夢想是虛無漂渺的，如天上的城市，也許它本身就很可笑，本身就不可能實現，但就算夢想再怎麼模糊，它總潛伏在我們心底，使我們的心境得不到寧靜，直到夢想成為事實。為此，我相信，所有的夢想，都是個充滿責任成功的人生。

我願意為了夢想(滑板夢)，不斷地去追逐，使我夢想成真。

我深信：「有志者事竟成」！

Two people I admire the most

Chong Yuen, Amy (2H, 8)



The two people I admire the most are So Wai Wai and Helen Adams Keller.

So Wai Wai is 37 years old. He is a very successful athlete. But what makes him outstanding is that he has physical disabilities – in his hearing, hands and feet. Even though he was born with these difficulties, he still put his heart and soul into practice and competition. When he was 15, he represented Hong Kong in the 1996 Paralympic Games and won a gold medal. He took part in the next Games of 2000, 2004, 2008 in Beijing and 2012. He won 12 medals (6 Gold, 3 Silver, 3 Bronze) and set many world and Hong Kong records. In addition, he received 17 Awards for excellence in sports and spirit. He inspires me a lot.

Helen Keller died in 1968 at the age of 88. She was such a special lady. She earned a university degree, gave public speeches, supported many social movements and wrote many books. She was one of 12 inaugural inductees to the Alabama Writers Hall of Fame. Maybe you think these are normal activities. But she was blind, hearing impaired and couldn't talk. Yet she never gave up trying to learn. So she made a powerful impact on all people.

I very much admire these two people – So Wai Wai of Hong Kong and Helen Keller of USA. Their perseverance led them to success. They are my idols, my stars, my heroes, and my models.

Dogs as pets

Lau Wing Lam, Nicholas (2H, 17)



Having dogs as pets is the best thing we can do because they can make us happy and they can give us so much love. Also they are very loyal. They will never leave us alone and will always protect us from danger.

Dogs are very smart. If you teach them to listen to your commands, they will wait patiently for your word and then do what you say. This means that they will trust you with their lives, always.

Dogs can also help people who are blind. Of course they will first need to be trained for this responsibility. They can guide the blind to their destination using the safest way, step by step. They really have so much patience, loyalty and love.

Because of their keen sense of smell, dogs can also be trained as crime fighters. They can lead police to illegal materials and track criminals down. This sense of smell is also useful for tracking people lost in the mountains, and survivors after an earthquake or the collapse of buildings.

As I said earlier, dogs are very loving. Near my house, there is a dog that waits for its owner from 7 o'clock in the morning till 8:00 at night. He sits near the minibus stop the whole day and doesn't disturb anyone even when they are carrying food.

Of course if dogs are untrained and uncared for, they can be a nuisance and even a danger. They can bite innocent people in the street and if they are not vaccinated, this can cause a big health hazard.

There are people who think of dogs just as animals suitable to be pets. But in the dogs' minds, we are their most trusted friends. So when you get a dog as a pet, don't abandon it when you feel tired or inconvenient for it will die. Nobody wants to see these cute and amazing animals suffer and die.

Benefits of having a pet

Fong Hoi Ying, Doris (2T, 4)



When it comes to the topic of keeping pets, some people may think it is a waste of time and money. Some others may find it is a great joy. As for me, I hold that keeping pets can bring me happiness.

First, our pets can keep us company when we feel lonely. As we know, it is impossible for us to stay with others all the time. Sometimes we have to stay all by ourselves. At such times we may feel lonely. If you have a pet, it will give you company. You can play with it and regard it as your friend.

Second, keeping pets can make us more outgoing. Pets are happy every day, so when we see them, we will feel happy too.

Finally, keeping pets makes us more patient. Being owners, we treat them as family and we should love them like our children. Animals need care and attention. We need to bathe them, feed them and take them out every day. All of these will take a lot of our time. If we have a pet and can do these things every day, we will become more patient.

In conclusion, keeping pets can keep us happy every day and make us more patient. So I think it is great for us to have pets at home.

The price of fame

Leung Kiera Ho Yee (3H, 11)



Young people have celebrities that they look up to. Generally they are sports stars, movie stars or pop singers. We read about them, admire and support them, and harbor dreams of being like them. We like their lifestyle and want to enjoy their success, fame and fortune.

Many of us believe that fame has only good points and that being famous is the fastest and easiest way to make loads of cash. Artistes are adored by fans all over the world, clueless about the dark sides the stars face to become celebrities. What is not apparent is that fame can be a double-edged sword. In fact, my opinion is that there are more cons than pros.

Without a doubt, celebrities make tons and tons of money. They can basically buy everything they want, from sports cars to mansions and even an entire island. Also they get special privileges most of the time. For example, they may not need to pay when they get something, or they don't have to wait in line. But following them are extreme or crazed fans and the paparazzi take photos at the most unexpected and unwanted times, shoving their cameras into the celebrities' faces. What's worse, the more famous they are, the more the rumours and scandals that are made known about them. Privacy is a thing of the past. Every tiny bit of their lives is splashed across the printed page and the Internet, with fake stories built on tiny bits of fact. They become the talk of the town, gossip material everywhere. Lastly, people come out of the woodwork to be their so-called friends, aiming to take advantage of their status and wealth.

All in all, being a celebrity is not as picture-perfect as it seems. That doesn't mean that young people should drop their dreams, but only to have a balanced view. Also, we should not just think about the cash and luxurious life. We must stop focusing on the materialistic part. On the other hand, we should be realistic. Show business is not just about money and having a lavish lifestyle. It is about pursuing our dreams and sharing our passion with the community. Then only will the cons of fame be a worthwhile price to pay.

Will robots make our lives better or worse?

Hui Pui Hong, Alex (3H, 24)



Since the last decade of the 20th century and now in the 21st, technology is advancing very fast. AI or Artificial Intelligence is expanding so rapidly. Both the production and marketing of robots are going on almost at an insane speed. They will certainly be the main focus of technology in the future.

I believe that robots will make our lives better. Firstly, they can make our lives more enjoyable. Imagine, they can do all household chores or all the repetitive tasks that we don't really like doing or even find annoying. If you have a yard, they can clean, tend the lawn and flowers, and even do the gardening. So people can have more time to spend with family and friends or to do the things they really like.

Secondly, robots will make our lives safer. They will be employed to do all the dangerous jobs. According to a death rate website, 900 construction workers died from fatal injuries in their workplaces in 2014. Robots taking all the dangerous jobs from humans such as in the construction sites and firefighting will definitely decrease the death rate. Robot construction workers and firefighters will make human life safer.

The third reason why I think robots are positive is that they can make our lives more organized. They will keep track of things we need to do and help us establish good habits. For instance, a robot cleaner will not only clean your house but also organize things in a way that will increase your efficiency. A fitness robot will help you calculate the type and amount of food you need to eat to get in shape, the amount of weight lost and calories burned. There are already many types of robots in the market that can help make your life more organized and simpler as well.

Finally, robots can also be used for educational purposes and bring people from all around the world closer. For instance, in the future you can program a robot to learn something from the Internet and then to teach it to you. Let's say you want to learn a piano piece. So you program your robot to learn from the Internet and then it can show you how the piece is played. You can tell it to adjust the speed to suit your learning level. It is already being shown now that robot assistants for teachers will be available in the near future. Such a robot will organize all materials for teaching, testing or activities. In other words, it will get everything ready for teachers to go to the classroom and teach their students. Robot enthusiasts from everywhere will gather to share their knowledge of, and experiences with, robots. This creates opportunities for people around the world to connect.

In conclusion, I believe that robots are created to benefit society and the world. This technology will unleash an enormous amount of potential to make our lives better and richer.

Let's go hiking!

De Guzman Jed Noah (4H, 6)



I remember one Morning Reading period in Secondary 2, we read about Hong Kong as a hiker's paradise because of the diversity of its landscape. With eco-tourism gaining popularity, people from different parts of the world come here for hikes and other related activities. We local young people need to realize the great blessing of having the countryside all around us and learn to make hiking our second nature.

Besides the trails near the localities and towns that we live in, let me name a few famous ones. For experienced or intrepid hikers, there is the 100-km MacLehose Trail that cuts across the New Territories. For leisure hikers, the Tai Mei Tuk – Luk Keng route will take about 4 hours to complete. On Hong Kong Island, the trail from the Peak to Pok Fu Lam Reservoir takes about 2 hours of hiking. Then on Lamma Island, from Yung Shue Wan to Sok Kwu Wan takes only about an hour.

To be out of our cramped apartments and enjoy the quiet scenery is highly refreshing. It is a booster to our moods, which means that our stress will be released and our depression cleared. As we hike we can admire the exquisite beauty of nature – land, sea and air. Hiking is therefore the best way of relaxing. In any season, we can enjoy the warm rays of the sun and the cool breeze. We can take pictures of the green and serene trees and plant life and observe wildlife in their natural habitat. We can then share these photos with everyone, for most people love pictures of the outdoors and animals. So, hiking can also help us gain friends who share a common interest. By the way, taking photos gives us a tranquilizing sensation which can soothe our mind and body, and ultimately help us forget our worries.

Besides mental health, hiking naturally contributes to physical health. It a great cardio workout – going up and down hills, covering the trails, and taking deep breaths of fresh air. It can improve muscle fitness, for example, in our hips, thighs and lower legs. It will also build strength in our quadriceps and backs.

The other benefit of hiking is it's really fun! We can be out on a trail with family or friends. We can compete with each other to see who can reach the top within a given time or who will run out of breath first. This means that it helps us train our patience and endurance as we go over steep hills and high ledges. We can increase our knowledge of the surrounding areas and forage through the woods, which means we can gain the skills to identify which wild plants, mushrooms or berries are safe to eat and which to avoid.

Hiking is without a doubt a healthy, relaxing and fun activity. Yet it has dangers if we go unprepared. For examples, we could lose our way and find ourselves out of contact, we could slip and fall resulting in serious injuries, or we could be bitten by insects resulting in skin irritation and discomfort the whole time. Planning is essential. First, we should plan a route that is doable and to make sure we don't lose our way. We should wear appropriate attire like athletic pants to avoid being bitten by mosquitoes, and hiking shoes to prevent slipping and falling. We should also go in groups so that we can always help one another. Finally, it is important that we stay hydrated so we must take adequate drinking water for the route.

So, my dear schoolmates, I hope we will not let our grand natural environment go to waste. Instead, let's reap the best fruits it has to offer us. I hope we all will start planning for a hike as soon as possible with our family members or friends. Let's determine to reach the ideal: hiking once a week. We can do it!

A blog on happiness

Sinalubong Diana Faith (4H, 18)



Happiness. Everyone wants it. Everyone strives for it. But what is happiness? People usually think it comes from a possession of material goods. But does the abundance of these things bring genuine happiness? We all have come across people who have very little and may even be in poverty but they are not unhappy. On the other hand, young people having lots of money but with either over-strict or uncaring parents are far from happy. So I personally believe that happiness does not depend on material things alone.

Obviously, having the means to supply our basic necessities is a must. But happiness is more than clothes on our bodies, food in our stomachs and a roof over our heads. It is more an issue of psychology. Human beings must have someone by their side to share their joys as well as the burdens they bear. They must have strong, authentic relationships with family and friends, and a smooth relationship with acquaintances and society at large.

When talking about happiness, it is natural to look at the causes of unhappiness. The usual causes are stress from studies for students and from overwork for adults. Society nowadays demands perfection from everyone. Due to this, we neglect our health and happy times with family and friends, factors that contribute to brighter and happier lives.

Too much restriction also causes unhappiness. We will feel that we are in a cage, unable to spread our wings and fly. We feel we must conform to everyone's standard and do things like them.

We all have a deep longing for happiness. My advice to everyone is to first understand what makes us happy. It may be eating, playing a game, going out with family and friends, attending concerts, travelling or discovering and learning something new. If we are sure that it can make us happy and stress-free, then we must do it. My second tip is to strive for something better, aim higher, believe that you can continually improve yourself. Set possible targets for yourself and when you reach them, set higher ones and aim to surpass them too.

As a teenager, I am stressed by studies, responsibilities and even just by peering into adulthood. So I make sure to go out with friends every now and then or do things that lift my spirits up, such as looking at travel brochures and blogs. I also remind myself to aim higher, dream bigger and strive harder. Finally, I am pleased with my life, love being myself and I do not put myself in another person's world.

This is happiness for me. I believe it is not too different for you.

Loneliness

Lai Ching Laam, Katherine (4K, 11)



People are social beings. They are born to live with and among family members, relatives, friends and other social circles. But it is not just to be in a group or a crowd. We have to be connected. If we feel isolated or disconnected, loneliness comes in to our minds, our emotions and our lives.

Unfortunately, loneliness is becoming more prevalent in every society around the world and especially in Hong Kong. Various social and business organizations, both local and international, have conducted studies of the problem. It is an exponential issue among all age groups – students, workers, and the elderly.

No one wishes to be lonely. No one will feel happy when they are lonely. Once people feel isolated and cut off from family, friends and the rest of society, they will have no interest in social interaction. After a period of time, they will reject such interaction and even be afraid of socializing with others. Feeling lonely is terrible and such people will next sink into the sea of depression. They can only think about being alone, that no one cares for them, no one supports them, no one is willing to listen to them and no one loves them. In their minds they have reached a dead end. The lonelier they feel, the deeper their depression. Although studies show that loneliness is as bad for our health as heavy smoking and obesity, I think it is much worse.

Why are people living lonelier and lonelier lives? The major contributor is long working hours. Hong Kong has the longest working hours in the developed world – more than 50 hours a week. In addition, most people work alone in their office cubicles every day. Their connection with colleagues is weak, just at surface level. As a result, they feel disconnected and lonely at work. After working hours, they are overworked and have little time and energy for developing or sustaining meaningful relationships.

With loneliness being such a dangerous problem and one that is growing, everyone should seriously think about the solutions. The best way is to address the major contributor: shorten the working hours. If people just keep on working and doing OT every day, it will affect their physical, mental, emotional and social health. Employing organizations must realize that long working hours make their workers less effective and productive. If the companies do not do it, the government should set up laws to control working hours. People need to work but they also need to build quality relationships. Our lives are not only for work but to be happy. The government can also produce some TV programmes and advertisements to promote happy relationships at home, in the community and in the workplace.

Finally, as we all need friends, we should be more outgoing and make friends anywhere and everywhere. Let us stop the progress of this disease which is loneliness.

Article for company newsletter

Yeung Ka Yuk, Cherry (5H, 23)



Overtime kills!

Leaving the office very late has become a very common thing in our office these days. Of course our workload is extremely heavy so all of us workers want to complete what's on our plate for the day, no matter if we have to remain in the office till late at night. But is it really just heavy workload and fighting with deadlines every single day? Maybe. But most of the time we stay in our workstations for longer times than required just because the boss hasn't left his office yet. How can we leave, right? In fact, this has become an unspoken rule, with effects on workers that are highly negative.

First, if all employees in our office always work overtime, we will not have square meals. Regular meals take too long, and it is time we cannot afford. Takeaways from a nearby store, cup noodles and snacks will have to do. These items are not healthy at all as they have high content of fat, sugar and salt, and lack nutritional value. Also, they normally do not contain much vegetable or fruit. It is sad to imagine employees developing bad eating habits which will have bad effects on their bodies.

Next, long working hours will lead to workers' sleep problems. On working days, they will suffer from a lack of sleep, and even when they get more time at weekends, they can't sleep peacefully. They will have insomnia, which means a great difficulty to fall asleep. In the long term, this is a very serious health problem for the workers. In extreme cases, they will suffer from 'karoshi'. This Japanese word means death from overwork. Japan has one of the longest working hours in the world. We have read of many cases when workers have a heart attack and die at their workstations. I hope this will not happen to us here.

Another bad effect of frequent overtime work is on workers' social life. They will only use their time – working hours as well as free time – on work, on the computer, on their desks. They have no time to socialize, no time to spend with family and friends. Workers who have children will totally miss out on their lives. It is a depressing thing for them because as moms and dads, they should spend time with their children, growing up together and developing stronger bonds. Other workers who are single don't have time to socialize with others, and for those who are in a relationship, they don't have time to spend with their boyfriends or girlfriends.

Actually we can do something to change this bleak picture. I think leading by example is very effective. All managers of different departments, please leave the office on time. Then other workers will leave too. Secondly, let's have lights out one hour after the end of the mandated working hours. No lights in the office means workers can do nothing. This will be an additional incentive for us to finish our work earlier and leave the office on the dot. The following day will see us return here with greater drive, creativity and efficiency. Altogether happy! It's definitely worth a try, isn't it?

Article for company newsletter

Kwan Din Yu Gelen (5K, 11)



The issue of working overtime

In recent times our boss has noticed that many of us are leaving the office very late. As an assistant in the HR department, I feel that I have the responsibility to point this practice out before it becomes a big problem and discuss here the negative effects of always working overtime.

First of all, after hearing our boss's comment, I spent a few evenings here to see for myself and also do some research. It was something of a shock to see that almost 35% of this company's employees have for been working overtime for at least the last 3 months. This is far from ideal for all of us. More seriously, putting in excessive overtime can increase our health issues. It may cause increased risks of high blood pressure, back injuries from too much sitting or when manual lifting is involved, mental health problems, and even increased alcohol consumption.

We generally think that the more time we spend at work, the more we can accomplish. But on the contrary, working long hours can impair our performance by making us experience fatigue, thus lowering our ability to focus and pay close attention to the task on hand. It is frightening to think of mistakes being made by company drivers and staff at medical facilities. All of these pose safety risks.

Besides leading to a decreased productivity, a culture of working overtime will lead to a deterioration of family relationships, morale problems, workers' burnout and high turnover rates. The results on workers and on companies are too negative and grave to contemplate.

I have stated above the disadvantages of working overtime. I would also like to propose two solutions to this issue.

Good communication is a very effective way to avoid working overtime. A regular internal communication about workloads can help managers spread tasks across their team so no one feels bogged down by a project. The second tip for staying out of overtime work is prioritization. Managers too need to prioritize their working time. A primary problem that is too often overlooked, and in my opinion might qualify as the number one time waster, is meetings. A meeting usually takes up to an hour or even longer, with 5 to 10 people at once, each person giving a few minutes of updates while others spend the rest of the time on their mobile phones.

So in order to check this overtime work before it gets out of hand, our company should cut down on staff meetings, encourage communication about current workloads, including asking for help if needed. Then let's leave the office on time to spend quality time with family and friends or have a nice personal down time. We will definitely come back here the following day refreshed and re-energized, high on creativity and productivity. I truly hope that everyone reading this newsletter can find solutions to this issue and stop working overtime.

Article for school magazine

Mang Tsz Lan, Dorothy (5T, 17)



Respect parents, respect yourself

It goes without saying that modern times have brought about vast improvements to human life. But not to children's respect of their parents. This lack of respect is evident everywhere – from supermarkets to restaurants, from public transport to parents' days in school. It must be far worse at home.

We are to love and respect our parents naturally and wholeheartedly. I believe the most important reason is because they love and care for us unconditionally. They keep our happiness and needs above their own. They don't think of self when their children's welfare is involved. Theirs is love of the highest order.

We should respect parents because they taught us how to stand up when we took our first steps holding their fingers. There are countless things they did for us when we were small and we will never be able to repay them.

When we respect parents, we also learn to respect ourselves. This is so important because without it, we teenagers cannot value ourselves or others. Studies show that teenagers who do not have self-respect are more likely to fall into alcohol and drug abuse, and treat others badly. Obviously, youngsters should foster their positive development by respecting parents.

The root of disrespectful behavior is the inability or unwillingness to be considerate, to look from the other party's point of view. Mutual understanding is crucial. Teenagers should strive not to focus on the generation gap but try to accept life principles and values from parents. We should also share with them our feelings, thoughts and experiences. Constant communication will not only help us understand their thinking but also strengthen and sweeten family relationship. Another thing we can do is to introduce our friends or special someone to our parents for this will make them feel really valued and trusted and will give them peace of mind.

When teenagers share mutual respect with their parents, I am sure we all can live in harmony.

Email to a friend

Cai Charlie Sze Chit (1D, 1)



Hey John,

How are you doing? I hope you are well and enjoying your new school. Everything is fine with me here.

Let me tell you about my new school. It is called Tai Po Sam Yuk Secondary School. It is in Tai Po. It is big and has six floors. There are many facilities like a playground, a gym and special rooms. The Home Economics room is on the second floor. Students like to go there because they can cook different kinds of food and bake cookies.

All the 6 floors of my school have classrooms. It offers 14 subjects that students can choose to study. My favourite subject is Mathematics. In the lessons I learn some hard calculations and solving many problems. I also like Chinese History. It is interesting to learn about things that happened in China a very long time ago.

My school has a Pathfinder Club. The members look nice in their attractive uniform and exciting drills. I want to join this club because it will let me help people. The club meets every Saturday afternoon. I also want to join the Basketball Club because I want to learn how to do my best in this sport. Club members meet every Wednesday.

One thing that I really like about my school is the many facilities. But one thing that I do not like very much is the use of English to teach Mathematics and Science. Maybe when my English gets better I will like it more.

Well, that's all for now. Write back to me and tell me about your school, OK?

Cheers,

Charlie

Email to a friend

Wong Ka Ming, Karmen (1D, 34)



Hello John,

How's everything going? I hope you are well and enjoying your school. I'm doing fine in my new school. Let me tell you about it.

My new school is called Tai Po Sam Yuk Secondary School. It is in Tai Po. From the Tai Wo MTR station, we need to walk about 8 minutes.

My school is great! It has six floors and is big. We have lots of facilities. For example, there is a tuck shop on the ground floor. We can buy snacks and drinks during recess and lunch time. Sometimes we don't eat but just chat with friends in the sitting area. Opposite the tuck shop is a gym. We can go in there and do different types of exercise.

This school offers 14 subjects to students. My favourite is English. We learn more English words every day that we can use in writing and speaking. I also like Physical Education because I can do the things I like – sports and exercise.

The school has many clubs for students to join after school. I want to join the Sports Club because I enjoy playing ball games like volleyball and also badminton. Club members meet every Friday. The second club I want to join is the Chess Club. I love this game because it is interesting. The club meets every Thursday.

The things that I like most about my school are that it has lots of facilities and friendly teachers. But one thing that I don't like very much is that the library gets crowded at recess and lunch time.

I think I'll stop now. Tell me about your school when you reply.

Cheers,

Karmen

Letter of Apology

Cheung Wun Hei, Jacky (2H, 6)



Dear Ms. Tong,

I am very sorry that I slept through the English lesson today. I knew it was wrong but I couldn't help it because I had very little sleep last night.

There were many reasons for this. First, I didn't do my homework yesterday so my class teacher told me to stay in the classroom after school to finish it. I was there for at least 2 hours but I did everything.

Second, when I went back home in the evening I found out that my brother had gone cycling with his friends. Then I got a message that he got hurt. I immediately ran to where he was and took him to hospital. He got help from the doctor and nurses, but I spent almost 4 hours with him there.

Third, when I got back home with my brother, I remembered that my Chinese teacher would give a quiz the next day. Right after a light dinner and quick bath, I picked up my book and notes. I continued studying. Only once or twice I found that my head was on the table. I did not go to bed last night. I studied till the sun came up. On my way to school this morning, I slept a bit in the bus and MTR.

In closing, I want to say that I am very sorry for my bad behavior in your lesson today. Please accept my apology. I also promise I will not do it again. I have learned my lesson: be sure to have enough sleep every night.

Yours sincerely,

Chris Wong

Letter to a pen friend

Fong Hoi Ying, Doris (2T, 4)



Dear Cherry,

How are you? I hope you're doing well. I'm also fine here. And how's your mother? Last time you told me she was quite sick. Is she getting better? Please tell her that I wish she will get well soon.

Do you have a Lunar New Year celebration in your city? Here in Hong Kong we call it the Chinese New Year and we have just celebrated it. Do you want me to tell more about it? I'm sure you'll be happy to know traditions that come with it. Let me tell you three.

First, we put up decorations in our homes. We go to the flower market to buy peach blossoms. Why? Because they mean 'good luck'. We also buy melon or pumpkin seeds, sesame ball and turnip cake. In the evening, family members will get together and have a family reunion dinner.

We also need to visit relatives during the Chinese New Year. We should buy some tangerines to take. Then we go to their homes and say 'Kung Hei Fat Choy' to each other. When everyone is seated, the married people will give red packets to children. We will be so happy to open them because you know what's inside? New, crispy notes!

But the best part of the Chinese New Year I think is the fireworks. On both sides of our harbour called Victoria Harbour, there will be people standing and looking up at the sky. Then boom, boom! The fireworks will appear in the sky before their eyes. Would you like to see it? I'm sure you can check it out online when you have free time.

Oh, it's already half past ten! I have school in the morning! So I have to stop now. If you want to know more, I'll be happy to tell you in my next letter.

Best wishes,

Chris

A letter of complaint

Yau Hoi Tung, Heidi (3H, 21)



Dear Sir/Madam,

Re. Complaint about the Alice in Wonderland play

I am writing to complain about the Alice in Wonderland drama performance that I saw in the North District Town Hall on March 21.

My friends and I were so excited that we got to the venue at 6:30pm. Ticket holders were to be seated at 7:00pm and the show to start at 7:30pm. We waited and waited, but the doors did not open. Finally an announcement was made: the show would be delayed by half an hour. We were shown to our seats at 7:45. Unfortunately, when we went inside we saw a lot of litter on the floor. Then when we were looking for our places, I saw stains on the seats. Everything was awful and annoying.

The curtains opened at 8:00pm. Halfway through the performance, the people on the front row were talking loudly on their phones but there was no staff to go and warn them. It was so irritating! My friends and I tried our best to control ourselves and sit through the show.

After the performance, I went to the toilet. Everything was dirty there. It looked like it had not been cleaned for months. To add to our discomfort, there was a long queue. While waiting, I saw cracks on the wall which exposed the steel inside. It was ugly.

This experience was a horrible one for me and my friends. I am deeply disappointed with the show and feel terribly hurt by it. I would like a full refund of the cost of my ticket as well as an official apology from your company. I hope the management of North District Town Hall will carry out full repair work. Otherwise, it should not be a venue for any show in future.

I look forward to receiving your prompt reply.

Yours sincerely,

Chris Wong

A letter of complaint

Hui Pui Hong, Alex (3H, 24)



Dear Sir/Madam,

Re. Complaint about the Dancing Monkey musical

I am writing to complain about the Dancing Monkey musical performance that I attended in the Victoria Theatre on February 9.

Before going into the theatre, I went to the toilet and on my way there, I saw a lot of litter on the floor. As I entered the toilet, I got a very pungent smell. The floor was wet and it was overall in a very poor condition. It was disgusting!

Next, the musical was delayed for an hour without any information given to the audience. Later I found out that it was because of the actors. They were not ready! I was so disappointed and irritated for I paid a fortune to get the ticket for this show.

When the curtains opened, the audience was pleased that the show would finally start. The actors and musical crew were ready. For a while it went pretty well. Then there were problems with the sound and lighting systems. We could not hear very clearly and the lights were all messed up. So the curtains closed again! We were annoyed that we had waited so long just to witness this disaster.

Finally the show re-started. It seemed the problems were solved and we were beginning to take the show in. Then all of a sudden, in the middle of a song, one of the monkeys ran out to the audience and attacked one person. There was much confusion and the audience was sent home without an apology.

I feel deeply disappointed by the entire experience. I would like a full refund of the cost of my ticket as well as an official apology from your company.

I look forward to your prompt response.

Yours sincerely,

Chris Wong

A letter of complaint

Fung Franco (5H, 3)



Dear Editor,

Terrible experience at a concert

I am writing to complain about the disappointing experience I had at a concert during the evening of last Saturday. I had paid a hefty sum for a ticket to attend the performance of my favourite pop star. So I arrived at the venue expecting to have a highly memorable and enjoyable experience. However, after a short while it became obvious that there were many problems and flaws that ruined my experience as well as of thousands of like-minded people. I can hardly hold back, so I wish to convey my thoughts and feelings through your newspaper, of which I am a daily reader.

The first problem that hit me occurred before the performance started. Being a fan, I would've loved to support the singer by buying souvenirs but I was struck by the over-the-ceiling prices that were set. Pop souvenirs were comparable to designer products. It was outrageous! But it wasn't just the souvenirs; snacks were overpriced too, and terribly so. How could fans be expected to again and again pay large sums of money just to enjoy a concert and support their idol?

Another problem that jarred my mind was the crude quality of the performance. The choreography was disorganized and all over the place, the dance routine was obscene and unartistic, and the costumes looked ridiculous and unprofessional. Right to the very end there was no rapport with the audience. This was outrightly disappointing. I came to see a concert by my favourite pop star, not to watch inappropriate dance moves and weird costumes.

There were also other problems such as the ear-splitting sound system and the lack of space between rows. All these problems and deficiencies made us, the paying audience, feel taken for a ride, had our expectations let down, and our money and time wasted.

Although many things were wrong, I believe that with the right state of mind and accurate information, the next experience can be improved. Firstly, I understand that concerts need to make lots of money, which is why I support my pop idol(s). However, the price of snacks and souvenirs can't be too high for the general audience. Last Saturday, it was not that we didn't want to snack or to support our idol, but we simply couldn't afford. If prices of snacks and souvenirs could be lowered by a quartile, I believe many fans would be more than willing to spend on them.

Regarding the stage performance, I believe that the stage director (or whoever was in charge) might have been inexperienced, or that the concert was rushed. I believe that more time should've been allotted to preparation work, and the director should've been selected more carefully. For the fashion department, although I've defined the costumes and attire as weird and ridiculous looking, they could still be considered a form of art. However, they are inappropriate for use on a pop concert stage. This could've just been a mistake on the marketing part, and I hope that it will be corrected next time.

This is all I have to say about the concert. I want to emphasize the fact that I love my pop idol and her concerts, which was why it hurt even more when her concert was ruined by avoidable mistakes. I hope the next concert I attend will be a much better and improved.

Yours sincerely,

Chris Wong

Letter of complaint

Wong Tsz Lok, Sam (5H, 21)



Dear Editor,

Re. Complaint against concert in AsiaWorld Expo

I am writing to complain about the inconvenience I experienced during a concert in Asia-World Expo. Last Saturday evening, I excitedly went there to enjoy the concert by Imagine Dragons, my favourite band. I bought a ticket that cost \$1,988 and I expected to have a highly enjoyable and memorable experience. However, a lot of things were wrong and they pushed me away from enjoying the show. For myself and for the sake of my fellow concert goers, I am airing my complaints. I hope it will result in something positive all round.

First of all, the venue lacked toilet facilities. Since I love Imagine Dragons so much, I want to be as close to them as possible. That's why I splurged on a ticket. But when I needed to go to the washroom, I found out that the nearest one was 5 minutes away from where I was standing. Then when I got there, there was a crowd lining up and all of them complained about the lack of washrooms. I was in the queue for 15 minutes and I was stressed out – physically and emotionally. To add to that, the toilet was filled with an obnoxious smell that made me sick. I decided not to go to the toilet again, even if I had a need. This situation significantly decreased our enjoyment of the concert.

During the concert, when everyone was enjoying the magnificent voice of Imagine Dragons, the LED screen stopped working all of a sudden. Although the singer continued his marvelous singing, we were affected by this malfunction because the screen was meant for showing graphics to make the show even better. We were disappointed, and although the screen was fixed within 3 minutes, we still felt that the arena was not as it was hyped to be.

I would like to suggest that Asia-World Expo make a few improvements. First, they should redesign the stage and add a few more washrooms. It is a shame that when an international pop star performs, fans have to tolerate these types of discomforts. These suggested measures will solve the problems and meet people's needs. Also, they can upgrade the entire facility in order to raise the stability of the screen and other machines so that awkward moments can be avoided.

All in all, Hong Kong and Hong Kong people deserve a top-class concert venue. Besides upgrading the facilities, the organizer too should improve the services so that more international pop stars can be attracted to Hong Kong and perform in Asia-World Expo.

Yours sincerely,
Chris Wong

Letter of complaint

Li Hoi Ying, Kitty (6T, 12)



Dear Editor,

Unfair judgment of today's youth

I am writing to complain about the claim that many Hong Kong fresh university graduates are less hardworking and less willing to face challenges compared to those in the past. According to a recent survey, the frequency of fresh university graduates changing their jobs is the highest. It is not a surprise that someone would make

this claim that recent graduates are less hardworking and less willing to face challenges. However, I believe that this is a unilateral opinion and I do not agree with it. Below are three reasons for my position.

To commence, fresh university graduates are outstanding for they can survive and come through such fierce competition. As everyone knows, every year there is a large number of high school students fighting for admission into university. If a person is lazy and less willing to face challenges, it would be impossible for him or her to get into university and then to graduate. Under such keen competition, fresh university graduates make sterling effort to handle the expectation and bear the high pressure. Furthermore, after entering university, they face more difficult tasks and more capable competitors, which mean more hard work and pressure to tackle. Finally, the diploma is the evidence that they are studious and are never afraid to face difficulties.

The second point I want to make against this false claim is that many Hong Kong fresh university graduates who establish their own enterprises or companies are so brave and ambitious. Starting a business is certainly not an easy thing, especially for young entrepreneurs who have less experience, connections and funds. In addition, they face competition from big established companies. Still, these young business people struggle and face setbacks undauntedly, never stop trying their best to manage, to find a creative solution and finally to be successful. The founder of Gogovan is a good of example. Seeing the young using their upbeat hearts and minds to supervise their own companies and making a significant contribution to the Hong Kong economy, how can we say that they are not really working hard or not willing to face challenges?

Let me now address the last point. Fresh graduates changing their jobs frequently does not in any way mean they are less hardworking or less willing to face challenges. Instead, it is an indication of boldness. Educated to be free thinkers, today's youth prefer finding a job which is suitable for their character and personality, one that can give them gratification instead of just wasting their days and lives in monotonous and meaningless jobs. Consequently, in order to find the most favourable one, they change their jobs again and again. This is an admirable process and it also shows how brave and enthusiastic they are to achieve their dreams. Naturally, it is not easy for them to give up their current jobs, especially when unemployment is a sharp possibility. But when they find the jobs they love, they will put maximum effort into them.

Of course, not every fresh graduate is as hardworking as the description I presented above. I readily admit that there are some lazy ones. Yet, let us not forget that not every person in the past was perfect and timid youngsters also existed then. By virtue of a higher number of university places nowadays, more young people enter university and so there are more fresh university graduates than in the past. The few bad apples are unavoidably mixed with the excellent. It is totally unfair to label all the fresh graduates based on one or two bad cases.

In conclusion, I strongly disagree with this outrageous claim. Hong Kong fresh graduates are in no way inferior to the ones in the past. Rather, they are more outstanding, creative, brave and willing to follow their dreams. As members of our society, when we see how hardworking our youngsters are, we should cheer them on and offer assistance to them instead of criticizing them after listening to biased reports.

Yours sincerely,

Chris Wong

Letter of support

Khan Abdullah Rizwan (4H, 9)



Dear Jane,

I've just heard that you recently dumped your phone and shut down all your social media accounts. So I'm writing this letter to you, which I must admit, is something I haven't done for a long time.

I may not know the factors leading to you taking this drastic action, but what I do know is that you can get over the problem. Let me tell you that whenever I felt down, sad, angry, disappointed or mad, I'd just play your songs, listen to your sweet voice and beautifully encouraging lyrics. They always got me bouncing back. So as your big fan, I wish to be there for you too, to help you through difficult times.

I know well that social media is very addictive. When I went to England with my parents to visit my grandmother, I spent most of my time chatting with friends, posting photos, liking pics or commenting on videos, etc. I rarely had time for my grandmother. Even when I was with her, it'd be for a short while only, and then I'd wander off with a phone in my hand. A few months after I got back to Hong Kong, my grandma passed away. I couldn't even go to her funeral because it was not in the family budget for me to buy another ticket to England. Frankly, I didn't really have strong emotions at first. I didn't know why. Maybe early on my psyche or consciousness wasn't willing to process what was happening. It took me a while, like a few days, to realize how ashamed I was. I was overcome with a huge load of regret, something I'd never felt before. Whenever I closed my eyes, I would ask myself, "Why didn't I spend more time with grandma? Why did I waste my time on a piece of plastic?" So I have experienced how addictive social media is, and how much grief and loss it causes.

However, I also think that social media has its benefits. Abandoning it in this day and age is almost absurd, especially for someone in your position. You need it to be in touch with your army of fans and gauge their preferences and expectations. This will be a guide for you to fine tune your music and performances, which will give a huge boost to your popularity and business.

So, after you've had a relaxed time away from social media, you can resume the usage of information technology. At this juncture, I'd like to suggest practicing more self-control and better management of the time you spend on these or any other thing. It is a fact that even if we don't use social media at all, we may still get addicted to something else. So self-control is important to everybody in every aspect of life. I suggest you can practice self-control by limiting the time spent on social media, putting things or duties in the right priority, etc.

Thank you for your impact on my life. Thank you for reading this letter. One day when you feel that you've resumed control over your life, I know you'll be back on social media and I'll communicate with you there. I am certain that this experience will help you to not again get addicted to social media, or to anything else.

Your passionate fan,

Chris Wong

Letter to the editor

Leung Kiera Ho Yee (3H, 11)



Dear Editor,

Re. Food waste

My classmates and I have just read a news article about food waste ('Junior Standard', 9 April 2019). We are filled with dismay and even disgust.

In our city called a food paradise, there are massive amounts of food wasted every day. Besides the wastage of precious commodities, poisonous gases are produced in the landfills, and the extension of these landfills reduces land supply. So why is so much food wasted?

So many hotels and restaurants hold buffets and 'all-you-can-eat' meals. These are the main culprits, producing 3,300 tonnes of food waste each day. Also these establishments discard over 40 percent of their food before serving because of over-stockpiling. Then the diners, on their part, want to try everything at such meals and put a lot of food on their plates. Most of the time they can't finish, and it goes straight to the bin. Such a tendency to waste is not only evil but also encourages overeating, which can have negative impacts on children's health.

Something must be done to discourage people and businesses from wasting food. First, the government can employ a better food recycling plan for eateries, supermarkets and homes. It can also teach the public more effectively about the negative impacts of food waste. In addition, eateries and food establishments could consider not having buffets. This will cut food waste and maybe their losses too.

We members of the public should refrain from overeating. It has negative impacts on our ways of thinking, our behavior, as well as our health. We should think more about our social and environmental responsibility. As mentioned, the government should educate the public to be plate-wise and more responsible.

All in all, we should be more aware of what we do and try to change our habits. Together we can help humanity and save the world.

Yours sincerely,

Chris Wong

Letter to the editor

Sinalubong Diana Faith (4H, 18)



Dear Editor,

Re. Food waste and EPD's scheme

In 2015 the Environmental Protection Department launched the 'Food Wise Eateries' scheme to encourage restaurants to offer portioned meals and adopt food waste reduction measures. I am writing to comment on this scheme and at the same time offer suggestions to the general public about minimizing food waste.

I notice that some restaurants have started donating food to food banks after the launch of this scheme. They have also been encouraged by other countries that have implemented such measures. In the USA, for example, food banks have been able to donate millions of kilograms of food to the needy. I have also noticed that more and more restaurants are providing reusable utensils and listing different sizes and portions in their menus. This is a wonderful idea, for consumers can choose their own portion according to their need. This will result not only in the reduction of food waste but also in saving money.

What is happening is a heartening improvement in social and environmental awareness. Hopefully, a lot more restaurants will choose to follow the scheme. To this end, I believe advertising of the scheme should be increased. Recently I went to a restaurant at lunch and asked the staff there if they knew about 'Food Wise Eateries'. Their answer was negative. So I believe the EPD should continue promoting the scheme on buses, taxis and mini-buses, on television, at sports meets, and especially through the Internet.

Furthermore, reducing food waste should not be done only by restaurants but by all establishments like schools, hospitals, wet market stalls and supermarkets. The scheme should also target households. Schools and lunch providers can encourage students to bring their own lunch containers or provide reusable plates, bowls and utensils. Students getting their own portion will result in less food waste. Japan and South Korea already have the tradition of finishing everything on the plate before getting seconds. From a young age, students have been taught not to waste food. Using environmentally-friendly utensils will mean less plastic waste, which is a big thing for saving the environment. I believe another reason why it is better for students to bring their own cutlery is to avoid the spread of germs.

Schools can also popularize this scheme by organizing a talk or campaign activities for students to join. In this way, students will certainly be more familiar with the scheme and they will be agents of change in their homes.

When people go for grocery shopping, they should look for items with a more distant expiry date. This will give families a long enough time period to cook and enjoy what they bought. Less food will thus go to waste at home.

More young people these days understand the negative effects of food waste and are doing something about it. More and more restaurants too are becoming aware of it and are beginning to do something following the EPD's scheme. In fact, I believe a lot of people care about the Earth and want to be part of the solution to fight environmental problems. Yet, a large number still do not know either about the seriousness of the problem or where to start. The government can lead all other institutions in tackling this situation.

Yours sincerely,

Chris Wong

Letter to the editor

Cheung Kin Chun, Jan (4K, 6)



Dear Editor,

Food waste problem in schools

I am writing to express my concern about environmental problems in Hong Kong schools. There are two in particular that I would like to address: food wastage and the use of disposable utensils.

Regarding the first topic, it is a fact that students waste a lot of food. Most of them cannot finish what is in their school lunch boxes. All the uneaten food is simply thrown away. According to the Environmental Protection Department's 2012 findings, the leftover food from schools, along with that from other sources, is simply dumped into landfills. This process creates bad smells which cause discomfort and worse, health hazards to the residents nearby.

Second, the use of disposable utensils aggravates the problem. Many schools are still using these types of utensils, such as disposable lunchboxes, wooden chopsticks or disposable cutleries due to the convenience. Thus, a hill of rubbish is created on a daily basis. At this rate, landfills will reach their capacity soon. Also, the containers which cannot decompose easily are hazardous and could pollute water sources and poison the wildlife. The end result will be serious or even permanent damage to our environment.

I believe no school or student wants to see that happen. So I would like to suggest some solutions. To begin with, food wastage can be avoided by adjusting the portions in the lunch boxes. Lunch providers should come up with different sizes of boxes: Small, Medium and Large so that students could order the amount most suitable for them. Besides that, schools should promote the message of treasuring our food. For examples, they can let students see documentaries of how rice, vegetables, fruit and other items are grown and of how difficult it is for low-income groups to get their daily meals. In this way, students will definitely be encouraged to avoid food wastage. Schools can also give practical instructions to junior form students on how to pack their own lunch, which would be healthier and more environmental-friendly, as well as cheaper.

In order to reduce disposable waste, the government should ask caterers not to provide lunch to students in disposable lunchboxes. In addition, schools can encourage students to bring their own spoon or fork and water bottle from home in order for them to develop concern for the environment. In some schools, the caterer prepares the lunch and students get their food in their own lunch boxes or containers. The leftover food can immediately be transported to the food bank nearby. These measures will not only reduce the amounts of leftover food and disposable waste, but also help develop environmental awareness in the young generation. By doing so, schools can kill two birds with one stone.

I hope all secondary school students will try their best to protect the environment. If we do not take care of our earth, we have no future.

Yours sincerely,

Chris Wong

Letter to the editor

Ng Yan Ka, Maggie (5T, 19)



Dear Editor,

Public use of school facilities after school

I am writing to express my opinion on schools allowing the public to use their sports facilities after school hours, a suggestion put forward by some in our community. I am in full support of this idea. There are numerous factors but I am going to mention some of the most direct and obvious ones.

Firstly, if we open schools' sports facilities to the public, resources will be utilized in a much better way. As we all know, the insufficiency of public sports facilities is a big social problem. It means that children, teenagers, the middle-aged and elderly cannot enjoy playing sports at their leisure time, which then severely erodes their quality of life. Even more so because these people mainly come from underprivileged backgrounds, which means they cannot afford private playgrounds or gyms. On the other hand, we see school sports facilities such as basketball and badminton courts idle after 4 or 5 pm, and all the equipment locked up in the equipment room. What a waste of precious resources! So I believe that opening school sports facilities to the public will not only make the best use of resources but also lend a helping hand to the needy. Two birds will be killed by one stone.

Another important point is that schools are among the organizations established for the good of society. It can safely be said that over 360 secondary schools in Hong Kong get financial assistance from the government. It means that everything – not just educational expenditure – is publicly funded. This includes the setting up of sports facilities and the purchase of sports equipment. In light of this, do schools not have the responsibility to contribute to our society within the best of their abilities? Undeniably too, they will receive positive comments and their reputation will be enhanced. It is, therefore, worthwhile for them to open their sports facilities to the public after school hours.

Opponents of this suggestion may claim that citizens would break the school rules and do other inappropriate acts such as stealing, littering or even destroying the equipment. I understand their concerns, but I believe such incidences will be rare. In addition, no one expects the facilities to be open till late in the night. So, school janitors and guards can be responsible for monitoring the facilities, giving warning to those who break the rules.

In conclusion, I strongly agree that schools should allow the public to use their sports facilities after school hours. I hope my opinion and points expressed can be a useful reference.

Yours faithfully,

Chris Wong

A letter to the principal

Li Ming Yi, Elly (6T, 14)



Dear Ms. Lee,

Re-visiting school's locker policy

On behalf of the Student Union, I am writing to express a widespread concern about the school's locker policy. Recently, many students have voiced their complaints to us, asking why they cannot gain access to lockers in the school. Along with reflecting students' views, I would also like to provide three reasons why it is better for the school policy to be altered.

First of all, by modifying the regulation on lockers, our school can lessen students' pressure. According to a research done by the Student Union, over 40% of our students would like to have their own lockers for textbook storage. The demand for lockers is especially strong among senior students. Since they are getting closer to the public examination, their teachers give them a massive amount of extra work such as DSE past papers, mock exam papers and supplementary exercises for different subjects. There are too many books and papers for the drawers under their desks. Without access to lockers, students have to carry all their books home. These teenagers will get exhausted just from carrying too much weight in their schoolbags day after day. Besides that, this action will cause deterioration in their health. For instance, their spines may bend permanently under such a continuous and heavy burden. This will then press on the nervous system along the spinal cord causing perennial sore backs. In a worst case scenario, they may suffer from spinal disease which will not only make them deformed but also reduce mobility and leave them in severe pain. Thus, amending the locker policy will reduce the risk of physical disability and relieve their stress.

The second benefit that changing the locker policy will bring is a full utilization of the facilities in our school. According to the current policy, only students with disabilities can have assigned lockers. This is actually a waste of resources because the number of disabled students is tiny. There are more than 50 lockers in school, but the Student Union found that many of them are empty. In our point of view, these unused ones should be assigned to senior students, specifically for those in Secondary 6. So the change of policy will help lessen senior students' pressure and at the same time ensure that the school's resources are fully and effectively utilized.

The final advantage of changing the current policy is that security can be strengthened. After collecting opinions from different classes, we at the Student Union found that students hope to store their valuables and other personal belongings in lockers to ensure their safety. Take their wallets as an example. There are many occasions that require students to leave their seats in the classrooms such as going to the washroom, relaxing along the corridors during recess or attending P.E. lessons. They will do so with anxiety large in their minds when they keep money in drawers or in schoolbags. Thus, many expressed dissatisfaction with this aspect of security. Giving permission to put their personal items in lockers can help them feel secure and enjoy all activities outside their classrooms. Their worries will dissipate if the school makes simple amendments to the locker policy.

Reducing stress, using resources fully and effectively, and providing a secure storage for valuables will definitely make our school a better educational institution. Without a doubt, an excellent locker policy is essential. I hope that my suggestions can be considered to improve students' welfare as well as the quality of our school.

Yours sincerely,

Chris Wong
SU Chairperson

Letter of Advice

Tse Cheuk Hin Daniel (2T, 23)



Dear Mark,

Thanks for your letter. I am sorry to hear that you're feeling lonely. It sounds like you're going through a tough time. I really want to help you. So here I offer you my three tips.

First, you can speak to your new classmates. Don't be shy and afraid. Try to be nice and friendly by giving them a smile and say a word or two. A friendly person is the one with friends.

Second, don't be too worried about your studies. If you really don't understand, jot down notes in class and later look up the meaning in a dictionary. I'm sure that once you start showing your warm and friendly character, more classmates will chat with you. In this way, soon you will improve your English.

Third, studying with your classmates will be very helpful. If you do this more often, it will help you pass your exams. But remember not to study all the time! Sometimes when you feel stressed, you can try listening to music and doing physical exercise. It can help reduce or even remove stress.

Mark, remember that you are not alone. Parents, family members, teachers and friends are with you. And me? I'm always here. You can write back to me any time. I know that very soon things will get better for you.

Best wishes,

Anita

Letter of Advice

Tam Lorraine Sze Wing (6K, 13)



Dear J.C.,

Thank you for writing to Teen magazine. It is wonderful that you have started thinking about your future. It must've been crushing when your parents objected to your choice of career. You also could've come to the conclusion that your parents were unfair and unwilling to understand your point of view.

How about if we stop a moment to look at it from their point of view? Parents love their children very much. Since we were conceived, we've been the centre of their lives. After our birth, they take care of us every single moment. They want nothing but the best for our present and our future. Furthermore, because they bring us up and watch us grow, they know us very, very well. You said that you love animals and want to be a vet. But are you really ready to take care of them? Loving animals and taking care of them are two different issues. A vet will have to take care of different types of pets, including reptiles and insects, which can cause a lot of people to squirm. When animals are injured, a vet might have to operate on them. Can you handle cutting flesh and seeing blood? You may answer 'yes' or these things may make you feel giddy. Is it possible your parents know a thing or two about you that you yourself may not be aware of?

Another concern of your parents could be your studies. The number of institutions offering this subject in Hong Kong is very small, so you would need a high score in DSE to get in. Your parents might be worried about you just missing out and the impact it might have on you. So they are trying to persuade you to change your focus now in order to prevent a possible heartbreak in the future. Let us say they are confident that you will get in. Still, competition is fierce. Also, not every graduate of veterinary studies get a high-paying job. Your parents might be worrying about your prospects so they say no to you now.

I'm not saying that your parents are totally right. My advice is for you to try to look at it from their perspective so you'll better understand why they said no. Secondly, if you really want to persuade them, it is important that you share your thoughts, your familiarity with a vet's job and life, and to let them know how important being a vet is to you.

So, I would strongly recommend that you find some time to sit down with your parents and talk about this issue. Your parents might not understand everything but tell them nonetheless. If their reason for saying no is that they are worried about you, tell them more about your interest since childhood when you took care of your pet cat, how the interest

has developed in you, and what your plans for the future are. Keep impatience and anger out of the picture. Talk to them frankly, warmly, and seriously. When they see your maturity and seriousness, they will be inclined to agree with you. Conversely, you may experience moments of self-discovery, which may lead you to see it their way. It is always important for both sides to understand each other. So, open communication is the best way forward.

Another way to persuade your parents is to improve your current studies. Some of your friends have opined that it would be better for you to choose Biology as one of your electives. Talk about this with the academic dean or the careers master of your school. You should also work hard on all other subjects as well. This will prove to your parents that you are capable of choosing a right career, which includes being a vet.

To be a vet is a wonderful aspiration. The number of household pets in Hong Kong is increasing rapidly, and so too is the variety of creatures people are keeping. So when you successfully complete your studies, you will be able to offer a much-needed service to the society. I wish you all the luck. Who knows, one day soon I could be visiting your clinic with my pet.

Yours sincerely,

Chris Wong

Diary entry

Fung Franco (5H, 3)



Dear Diary,

This morning I happened upon a post on social media. The person seems motivated and makes a revelation of sorts Anyways, the post was about natural beauty and how everyone uses make-up and filters when taking selfies. The writer declares that she will only post photos of herself that are 100% her with no filters, no make-up or touch-ups.

I am reminded of a certain conversation I had with a friend. We were on our way home and surfing social media apps on our phones while walking together. Not the weird types, of course! Ha ha ha! Anyways, my friend came upon a picture of a classmate and showed it to me. I was somewhat absent-minded at the time, so I gave a half-hearted reply of "Ahh, she quite the cutie, huh?" To my surprise, my friend retorted with a twisted smile, "Like hell! Everything about her is make-up, Photoshop and filters." I took a second look, paying more attention. If these people want to show themselves to the world, why do they edit their pictures and pervert them with filters? I never understand. To me, it all feels like a façade, an entirely unnecessary one.

About a week ago while taking a day off life, I roamed in the library between the rows of bookshelves. The spine of one book caught my attention. Its title was 'Pride, Ego and Self-confidence'. Somehow when I read those words in my head, they reverberated throughout my entire body. I just had to take a look! I pulled it out and started flipping through its pages. Instantly I sank into the contents. The points were so unrelenting and convincing that the next thing I realized was that it was already the library's closing time.

It seems that women see beauty as men see height and muscles. I'm not particularly obsessed with such topics. However, I can still relate to the fear of losing people's favorable opinions and the need to inflate one's confidence. Let me be frank: I believe that using make up and camera filters are ways to inflate one's self image, at least in front of others. It seems that they know their own shortfalls so they take corrective actions. An inflated confidence is not bad in its own right. It can provide motivation boosts and one will be able to live a more colourful life, unhindered by fears of rejection and failure. But to me, it just doesn't feel right. Are you still you? Or are you something else?

Once upon a time, a certain girl didn't like posing for photos.

"Why?" a boy asked.

"I'm not pretty enough," she replied, with a depressed look on her face.

It's as if deep down, she yearned for more. To the boy, she was beyond beautiful, the sun that radiated warmth and care. But we don't look at the sun to examine how beautiful it is. It is already stunning ... and blinding.

So the boy replied, "I believe that people don't enjoy your posts because of your looks. They enjoy because it's ... you." The boy looked embarrassed as he was saying that, so he turned away from the girl to avoid her eyes.

Isn't that the main point? I'm sure beauty is well-received (in fact, I pay tribute to it all the time!). But when it comes to people you know or those who really matter to you, is a well-chiseled face really it?

"I'm sure all they want is you," the boy added. "No seasoning, no artificial flavors, just you."

Not that I'm implying I'm that boy or anything. It's just a story, yep, a story to show that authenticity is the real beauty.

Bye for now, diary. We'll chat again soon.

Chris

Restaurant review

Chan Cheuk Sze, Jessy (1T, 3)



Last Sunday, I visited a restaurant with my parents. It is called Jumbo Kingdom. It is in Aberdeen on the south side of Hong Kong Island. You can go there by bus or by MTR. It opens from 7 a.m. to 10 p.m. It serves Chinese food.

The restaurant is big and spacious, but still quite crowded. This means that it is very popular. It has colourful and attractive decorations which I like. There are fresh plants in many places and beautiful nature paintings on walls. The dining tables and chairs are also stylish.

My parents ordered quite a lot of food. The wonton noodles and pineapple buns were very nice. I enjoyed egg tarts the most. They were soft and sweet. The congee was OK; it was soft but tasted a little bland.

The music played when we were eating was soft and pleasant. The waiters and waitresses were polite and cheerful. Their service was quick, including when we asked for more juice.

Dinner in Jumbo Kingdom costs around \$235 to \$430 for a family of 3 like mine. My parents and I enjoyed the delicious food and had a great time there. I recommend this special restaurant to all Chinese food lovers. You shouldn't miss it.

A merchandise review

Sinalubong Diana Faith (4H, 18)



I care very much about my health and take physical exercise very seriously. So I recently bought a Marvel smartwatch after reading the advertisement in my favourite magazine. It automatically records distance, time and heart rate so we can easily monitor my progress – information that is not only very interesting but also extremely important. It is now my workout companion and has certainly helped take my fitness to the next level.

The day after the purchase, I started using the smartwatch in the gym, feeling excited about its functions. Then I found out that I first had to download an app. There were a lot of procedures before I could connect it to the app. First there were lots of questions about my lifestyle, followed by many more of a personal nature like postal address and bank account number for membership fee. Answering the questions and rejecting the fee demands took me over an hour. Because of this, I had to skip my workout that day.

But other than that first instance, it has been pleasant all the way. It still surprises me when the smartwatch automatically records distance, time and heart rate and then presents it in a graph that is easily understandable. Even more surprising, it tells me how to improve my sports routine and suggests a daily diet plan for a healthier lifestyle. As it is waterproof, I can wear it in the rain or underwater and I will still be able to get my data.

In conclusion, I must say that at first sight, I thought this product would only be a nice addition to my watch collection. I was taken by its stylish design and the attractive colours available – silver, black, white and rosy pink. Now it has become part of me. I love this Marvel smartwatch, and I strongly recommend it to my friends and everyone.

Happiness

Lee Sze Yin Zephy (1H, 12)



Hello, everyone. My name is Zephy, and today I would like to share with you some of my opinions about happiness.

Are people ever truly happy? In this day and age, the answer is obviously no. The suicide rate has gone up in every age group. Depression has also been a hot topic on social media platforms. Many people are resorting to pills, the bottle, and different types of cheap thrills. Others depend more and more on entertainers to lift their moods, to forget their sadness and the black-and-white scenery around them.

So what can contribute to a person's happiness? I think having friends and money rank very high. For me, having enough time to do something and finishing it well also makes me happy. I guess that's because it gives me a sense of success, which is an important contributor to happiness.

Moving to the other side, what can make people unhappy? I think failing at school, social isolation and being overworked are the major causes. And as I have mentioned, lack of money also can make people worried and unhappy.

Everybody wants happiness. What can we do to attain it? Firstly, teenagers need their phones. Many adults think the mobile phone makes us self-absorbed, glum, moody and blue. But from experience, it gives the exact opposite effect. Being on my phone makes me feel safe and secure and alive like no other thing can. Secondly, we need to take the initiative to make friends and not wait for others to come to us. Meet everybody with a smile, a warm heart and sincerity. Finally, do not ever go changing yourself for the sake of others. This is never a good thing, and in the worst case scenario, you'll face mental challenges if you do.

I hope that I will be able to have strong ties with others, be financially stable and able to juggle my time well. And with a mobile phone handy, I will always be happy.

I wish everybody here happiness every day. Thank you.

Happiness

Cui Tsz Ka Yolanda (1K, 10)



Hello, everyone. My name is Yolanda. Today I would like to share with you my feelings about the common topic called happiness.

First, let me tell you about what makes us happy. I would say friends, food, family, birthdays, travelling and music. Do you agree? Well, they would make me very happy! A friend can take away my feeling of loneliness or boredom. Travelling can let me see new sights and give me more knowledge.

Indeed, a lot of things can make us happy. Holidays never fail to give people excitement and other good feelings. Going on a trip with family members is so much fun. And when we go on vacation to another country, you will know a new level of happiness. But even if we don't travel abroad, sharing a holiday activity with good friends in Hong Kong gives us true happiness. I'm sure you all agree with me.

On the other side, why are people unhappy? As students we may say that we have too much homework every day. No time to play or to go out shopping with friends. Other people will say it's because they do the same thing over and over again. Day after day it never ends. So they feel that their lives are too boring.

Finally, I believe we can change our unhappy feelings. If we are having a sad time, we can try to think of something happy that happened to us or a funny show that we like. When our minds move to those memories, there will be a smile on our faces. Also, we can choose to be with cheerful people and then we will soon be happy too.

This is the end of my presentation. Thank you.

Respecting parents

Li Kin Fung, Elvis (1H, 14)



Good afternoon, everyone. Today I would like to share my feelings about children respecting their parents.

A lot of people say that children nowadays disrespect their parents. I think it depends on the age they are in. For example, young children usually respect their parents. But when they reach puberty, they will start to disrespect them because they want to be independent. Differences of opinion come up, and arguments follow.

Children show their disrespect in many ways. The most common way is they would not listen to parents' words. Then they shout at them or stamp out and bang the door. Other children will speak rudely to their parents. Some real naughty children may throw things at parents and even hit them. This is terrible!

I believe children owe everything to their parents. They should be thankful for what they do and show them respect. One of the most common ways to show respect to them is by speaking nicely to them and be polite to them in word and action. Then when they are doing chores, we can offer our help and spend time with them. We should also always try to talk with them every day at anytime possible. In this way, we can know each other's feelings and we will make our parents feel very happy.

In the future, I hope children will be more respectful to their parents. Then there will be happy family life. Happy families means happy society, for everything starts in the family. Thank you.

Respecting parents

Yeung Tin Yu Ginny (1H, 34)



Hello, everyone. Today I would like to talk to you about respecting our parents.

I think it is sad that a lot of children nowadays do not respect their parents. It is their habit, so they often do not know that what they say or do show disrespect. Actually I think few children are respectful of their parents.

When we were small, parents did everything for us. Then we grow up and we have our own ideas and feelings. Sometimes these are different from our parents' thinking, even over simple things. For example, when spring turns to summer, you want to wear one kind of dress but Daddy and Mummy will say, "Oh! Today is so cold, don't wear that dress!" So we will argue with them or will not listen to what they say. We do not want to look weird by wearing the wrong kind of clothes. Then on some holiday or long weekend, you want to play games with friends at night. Then parents come to ask us to go to bed and not play with the mobile phone. We want to play a little bit more so we will argue with them.

Children want parents to understand them. But we should respect our parents. How do we show that? I think there are many ways. First, we can share things about ourselves with our parents like our school life or something we are disappointed with. Second, we should listen with respect to what they say because they do everything out of love and concern. Finally, we should always be polite to them, even when we disagree.

This is what I want to say. Thank you for listening.

Holidays

Tan Jun Wen, Ivan (1H, 24)



Good afternoon, everyone. Today I would like to talk about the importance of holidays.

Everybody needs rest, from study or work. The weekend has only two days we can rest. Sometimes we have a long weekend. It is better, but not enough. This is why I love the long holidays the best.

How can we rest in the holidays? First, we can do what we want – stay in bed all day, play with friends, have fun with family members or go on a trip. If you stay at home, the greatest thing is you can play PS4 games or mobile games any time and every day of the holidays. If your family decides on a trip to other places, you all can go to the Mainland, other Asian countries, Europe or even to America. You can visit any famous place that you want.

The worst thing for students during the holidays is that they need to finish so much holiday homework. We don't want homework in our holidays!

The other bad thing during the holidays is for the people who live in a city or country. There will be many tourists filling up their transport like the metro, buses, taxis, coaches, and so on. They will even buy up all the airplane tickets. The worst thing is that the museums or theme parks will have too many people from other countries. Outside the ticket boxes many people will be waiting to buy tickets. The toilets and restrooms in the city will also have many people lining up. Then for lunch or dinner, we need to wait for a long time to get a table. Finally, the streets will be full of rubbish.

I like a holiday and the weekend. I love long holidays. But I wish I don't have homework and don't see the other bad things. Then long holidays will be just rest and happiness every day. Thank you.

Holidays

Tsang Tsz Ching, Tracy (1H, 28)



Hello, everyone. Today I would like to talk to you about the topic of holidays.

First, I want to ask you a question. Do you think holidays are important? I'm sure all of you will say yes. I think they are very important. First of all, we do not need to go to school, no need to listen to teachers and do the quizzes or tests. So we have more time to play with friends and get to know each other better. We can also spend time with family and have closer relationships.

Next, I would like to tell you the things that we can do in the holidays. Many people like to go out to do some exercise. Some like to stay in and even sleep. For me, I like to go outside to play with my friends or have dinner out with my family.

But holidays also have some bad things. Some people think it is very boring to stay at home all day because there is nothing to do. And even if they go out, there are too many people in the bus or train, the street and parks, and restaurants. The worst thing in the holidays is that our teachers give us too much homework to do.

Yes, holidays have a lot of bad things. But in the end, I think they are very important because they give us a break. I'm looking forward to the next one. Aren't you?

Thank you.

Benefits of having a pet

Tsang Hin Hei, Simon (2H, 25)



Good morning, everyone.

Do you own a pet? Do you have any knowledge of animals for pets? Having a pet is a really good thing, and it can give the owner many benefits, for example, happiness. Now I'm going to talk about the 'Benefits of having a pet'.

Firstly, having a pet means we can play with it when we feel bored or stressed. Here is an example. You go back home from school and you feel very stressed because of the heavy homework teachers give you. Then your pet appears at your front door to welcome you. You play with it for a while and your stress rolls off your mind, your shoulders, your entire body. So good, right?

Secondly, taking care of a pet helps us to have a sense of responsibility. Imagine this. You've just bought a pet and bring it home. You see that it is hungry, so you rush to the pet shop to buy some food and maybe even some toys for it. You're happy to see it enjoy the food. After that, you take it out for a walk. This care and interaction goes on and on. And surprisingly, you don't forget anything that's necessary as you care for it. Now that is a responsible owner! Wouldn't you say so?

Finally, having a pet can even help with your communication skills! Think about it. Next Tuesday is your upcoming interview and you've never practiced or taken part in mock interviews, not even once. So you find your pet and start talking to it – questions, answers, stories, self expressions. After a long 'chat', you feel comfortable and confident to go for the interview, thanks to your pet. And when the result comes out, you pass! Now isn't that great? I bet you'll give your pet a treat.

Having a pet is really a good thing. It gives you happiness when you feel bored or stressed. It can help you develop a sense of responsibility. It also helps with your communication skills. So after you leave this room, go to a pet shop and have a look and then choose one.

Thank you for listening, and have a good day.

Pets are not products

Wang Yuqi (3H, 20)



Good morning, everyone. I have just read an article in 'Junior Standard' on April 2, 2019, which made me unhappy and a little sick. You may wonder what the topic is. It is a million-dollar industry called the animal trading business. But how did animals become commodities for trade?

The article says that a typical puppy is priced between \$6,000 and HK\$12,000. Some rare breeds can cost as much as HK\$50,000. The same goes for cats, turtles, birds and lizards. According to the Census and Statistics Department, there were an estimated 520,000 household pets in 2015. It is clear now why animals have become items for national or international trade.

Pet shops are the face of this trade. As such, they put sale volume and profit above everything else. Their main concern is money, not the good of animals. For example, even if puppies are not healthy, they publicize that the animals have been given preventive injections, even though they cannot produce immunization cards that would prove the health of these animals.

Pet shops encourage impulse buying. Managers and/or staff will place lovely pets in the most prominent places. So, even people passing by will stop and impulsively buy a pet. They take it home with the fresh wave of happiness and excitement. But that feeling does not last. They soon get tired of the pet and next, they abandon it in the street or park.

Pets and all animals are not products for trading. What can we young people do to stop this? I'm afraid we can't stop it. However, we can all take personal actions. Let's think twice, or thrice, before buying an animal from a Pet Shop. We must not be carried away by the cute expressions that capture us for a moment. Besides cuteness and fun, having a pet requires commitment. At the same time, I suggest that the government strengthen its supervision of pet dealers and pet shops to make sure the animals are treated well and prohibit the sale of unhealthy ones.

It is depressing to think of helpless, innocent animals being treated badly, first by traders and then by pet owners.

This is the end of my presentation. Thank you.

How to stay healthy

Leung Kiera Ho Yee (3H, 11)



Good afternoon, teachers and schoolmates. It is a privilege for me to stand here and talk to you about our health and how we can stay healthy.

In this hectic world that we live in, maintaining our health is of utmost importance so that we can keep up with today's fast-paced lifestyle. To this end, a majority of people think that it is all about working out regularly. But really, this is just one part of staying healthy. There are many little changes that we can make to achieve this target.

The concept of health can be broken down into three categories. They are physical, mental and emotional. So firstly, I'd like to talk about our physical health. You hear all the time that people should get around 7 to 8 hours of sleep every night. It's because if we do this, our performance in everything will be much better. In addition to that, we should exercise regularly. By regular exercise I don't mean that you have to do one to two hours every single day, day in and day out. Our target should be 30 minutes every day. And you don't always need to go to the gym for this; you could just run for 30 minutes on the pavement or playground. And of course, we should always mind our eating habits – what, when and how we eat.

The second aspect is mental health. Nobody can avoid stress. So we need to learn how to manage it. When you start feeling tense, stop what you're doing, close your eyes and breathe deeply for several minutes. Pushing back on stress can help you ward off depression, which means you will stay healthy. Also you should develop a good balance between school, work and social life. Don't use all your time on only one of these. Try making a timetable that will include all activities so that you won't be spending all your time on one thing. Update this schedule every now and then as necessary.

Last but not least, our emotional health. I advise that you pay close attention to your feelings and moods. Don't assume that your negative thoughts or feelings are just part of life. If you are worried about something, talk to someone or ask for help. If you can't speak to your parents for whatever reason, talk to your favourite teacher or best friend at school. But if you're feeling real down or are thinking about harming yourself, get help straight away. In every stage of life, we will go through ups and downs. At this stage, sometimes you may get the feeling that you are useless as a person. But dwelling on the thought will make you feel even worse. You must learn to accept who you are. You can't be like everyone else. You're born to be different, and to stand out.

In conclusion, to maintain a healthy life is as easy as eating pie. All you have to do is change little things in your daily life. Even though it might appear and sound difficult, it is really easier than you think. Let's just get started. And then we'll stay healthy.

Thank you.

Cycling in Hong Kong

Chen Shihui, Ada (3H, 3)



Good morning, everyone. I have just read an article in 'Junior Standard' on 5th March 2019 about Sarah Lee Wai-sze. It calls her "local cycling sensation" and I agree. She made history again as she broke her own record upon winning her third rainbow jersey in a competition in Poland.

I very much admire what Sarah Lee has achieved. She has won so many medals in international competitions, including the 2012 London Olympics. She definitely has special talent. What I, and all of us, can learn from her is her sportsmanship. She trains hard with her coach and especially by herself. She is positive and has self-confidence to always do her best. Even when she is not in top condition or feels tired, she perseveres, breaks through her personal barrier and makes progress.

Sarah Lee has placed Hong Kong in the cycling world map. All Hongkongers should be grateful to her. The government also must do its part to take the sport of cycling higher. It should give reasonable bonuses according to the performance and results of cyclists, invite top foreign coaches for them, and also provide special benefits for them.

To popularize cycling, Hong Kong has set up a number of stadiums with one lane set aside for citizens to exercise on their bicycles. In addition, there are now cycling paths in parks and along river banks and seashores.

Schools too can play a part in promoting cycling. Every student knows that it is a very good activity for health. So besides the exer-cycles in the gym, schools can allow some time for the playground to be used by students to ride bicycles and master more skills on them. They can also take students to the nearby cycling paths during PE lessons. Schools also should encourage students to ride their bicycles to school, if they do not live too far. This will mean that schools have to enlarge the area for bicycle parking. Finally, they can hold cycling competitions and attract students with nice prizes.

Cycling is a lot of fun. Besides, there are many other benefits, especially in health and environmental protection. Thank you, Sarah Lee Wai-sze, for making us more aware of it.

This is the end of my presentation. Thank you.

Teenage obesity

De Guzman Jed Noah (4H, 6)



Good morning, schoolmates. I'm Jed Noah from 4H.

Today is the first day of our Sports Week. I would like to start it by first addressing the serious problem of teenage obesity. Then I'll introduce to you a sport that will help us combat this problem.

Teenage obesity is on the rise. According to a recent survey, about 20% of teenagers in Hong Kong are overweight. Obesity is a risk factor for various diseases such as heart disease, diabetes, high blood pressure and breathing problems. Besides that, obese teenagers can experience teasing, bullying and being isolated by their peers in school. This may affect their self-esteem and personality development. Therefore, we cannot turn a blind eye to this problem. So let's spend a few more minutes discussing why teenagers are getting obese.

There are several reasons for teenage obesity. Our peers in times past led an active and healthy lifestyle. Unlike them, teenagers nowadays live on unhealthy or junk food. Furthermore, they have no time for exercise because they say they are too busy with tests and homework. Even if they have some spare time, they'd rather spend it on playing video games. As a result, they spend a lot of time just loafing around and start to slowly gain weight and eventually become obese.

In order to avoid getting obese and invite serious diseases, we teenagers should eat a well-balanced diet and stop leading a sedentary lifestyle. Most important of all, we should work out more frequently. I think dodge ball is an excellent sport because we can train our flexibility and being quick on our feet. I highly recommend this sport and I hope to see more and more teams participating in the games during this Sports Week and always after that.

Can I now give some advice? If you think you are overweight, I encourage you to immediately start working on weight loss. The consequences of not doing it are too serious, as I've already mentioned. Start by doing sports that you can actually handle so that you don't burn yourself out. It may be hard at first but after a few days, it will become part of your daily life. For most of us here, let's make sure we do not gain weight because of poor lifestyle.

Your life is your responsibility, so make the right choices and watch that you don't fall into bad habits that can do you harm. I'm sure some of you will say that you're already fit. That's good, but please bear in mind to keep your fitness level up. You should burn more calories and if the study pressure gets too high, tackle that issue so that it doesn't stop you from keeping yourself fit.

Lastly, for those here who are hardworking students, I know that exams have got you worked up and perhaps you've gained some weight from stress eating. I implore you to stop eating when you feel stressed. One way is to refrain from eating while studying. Instead, take a short break and do something that you are fond of. That way, you will check the chances of being overworked and overweight.

Although maintaining a balanced diet and doing exercise regularly require patience and perseverance, you will reap long-lasting benefits if you give them some time. To pull yourself off the edge of the abyss of obesity, start taking baby steps. Go out, walk for a bit then jog for a few minutes. Even better, invite your friend to come along. For these actions to yield the best results, set a goal, jot down your everyday performance, monitor your progress and award yourself when you reach or surpass your goal.

Health is wealth! Let's have a great time this week! Thank you.

The influence of violent video games on teenagers

Khan Abdullah Rizwan (4H, 9)



Good morning, everyone.

I agree with the statement 'Violent video games have little effect on teenagers.' It means that teenagers' behavior, morals, personality and etc. don't change much because of playing such games.

Many people I know play or have played violent video games, watched violent movies and even experienced violence in their childhood. But they turn out fine. They don't have any violent thoughts and they live normal, peaceful lives.

I think those people who are naturally violent have a tendency to be aggressive and to go crazy. They just use video games as an excuse for their bad behavior. A man in Thailand went crazy and stole cars parked on the streets. Eventually he was arrested. When asked for his motive, he just said that he played GTA and wanted to try it out. This resulted in a full-scale ban of GTA in that country. I think the authorities are biased because there are many other violent games out there and the car lifter must have suffered from mental disease of some sort. Many people play GTA, in fact millions, but you don't see them being violent because of the video game.

The fact is that violence has decreased over the last century. There were three major wars in the 20th century: World War I and II, and the Cold War. After World War I, there were many violent gangs in the streets of England, especially in the Midwest. There were also Italian, Jewish and local gangs. But nowadays, you don't see that much violence because people know there's no need for it. In other words, people have become wiser.

All this has made me believe that violent tendencies occur mostly because people experience or suffer from large scale violence like wars. History tells us that people only get violent when their survival is threatened, not because of the thrill of it. Today, our survival is not in danger because our basic needs are met and our rights are well protected. So, wars have become more and more infrequent. This proves that violence is only used if natural survival is threatened. It's a biological issue.

Before I close, though, I'd like to say that I think video games have a slight effect on personality because people, especially teenagers, may gradually fall into addiction and thus not be able to manage their time properly. Scientific research suggests that when people play video games, their dopamine level will rise, the same hormone rise as when snorting cocaine or consuming high amounts of sugar. Therefore, teenagers are vulnerable to addiction. They can't hand in homework on time because they've lost interest in studies and would rather spend time playing video games. But my point is the games don't have to be violent to be addictive. That is why I disagree with the statement that violent video games have large scale negative influence on teens' personality. Thank you.

The influence of violent video games on teenagers

De Guzman Jed Noah (4H, 6)



Good morning teacher and classmates.

I do not agree with the statement 'Violent video games have little effect on teenagers.' I believe the evidence is plain to see: they affect teenage players significantly in terms of behavior, morals and personality.

Of course there are some good influences of such video games. For example, teen gamers can improve navigation, reflexes, and hand-eye coordination as they are required to keep tabs on and react to the quick changes in the games. They can also learn how to manage resources and collaborate with other players to win a game. Furthermore, they can develop problem-solving skills as they deal with obstacles or find solutions in challenging situations. Finally, teenagers can face their fears and overcome them by playing horror video games or ones that show different phobias.

These positive effects are heavily outweighed by the bad influences. Violent video games can increase aggressive behavior after extensive exposure to violence. They can also provoke violent thoughts. When provoked, gamers have a higher tendency to react the same way as when playing violent video games and would rather resort to violent confrontation than peaceful solutions. These are major concerns for family, school and social life.

Such types of video games also promote wrong morals. Instead of being punished like in the real world, gamers are rewarded for acting violently, breaking the law, killing people and blowing up objects. Gamers will thus become indifferent to people's afflictions and will simply not care about others' feelings. Lastly, they'll have a low sense of conscientiousness and will quickly become impatient when doing simple things like household chores or homework.

As I mentioned earlier, aggressive behavior is a highly worrying influence of violent video games. My personal belief is that age is not a core factor for a gamer to be negatively influenced. So, all gamers should cultivate self-control and maturity. If they are able to stay calm and control their emotions, they will be able to handle conflicting situations in real life and not let them escalate. In addition, such gamers won't risk breaking the law or willfully hurt someone as they will understand the difference between the game world and the real world, and that actions in VR are not to be imitated in UR.

My final advice is for teenagers to be aware of possible addiction. They should put down the console after playing for a while and take a break from a game. They can turn instead to doing some exercises, reading a book or meeting up with friends. They should also spend time with their family and enjoy as the relationships grow closer and sweeter. If they don't, they will become addicts and demonstrators of all the bad influences of violent video games.

The negative influences are very real. Let's prevent them at all costs. Thank you.

Benefits of hiking to young people

Sinalubong Diana Faith (4H, 18)



Good morning teachers and schoolmates. Glad to be standing before you all.

Hiking. Some of us like it. But usually, when we secondary school students hear this word, what picture comes to our minds? Old people with walking sticks, going at a slow pace, chatting and stopping. Right? Don't we also think of it as boring, and a waste of time and energy? Well, as a member of our school's Hiking Club, I hope to change your minds about this activity. Hiking not only has physical benefits but also helps with the improvement of social interaction and communication skills.

To begin with, do you know that hiking is a very popular activity all over the world? Well, believe it or not, it is an excellent activity that people of all ages can enjoy. Hong Kong is a hiker's paradise and lots of people are involved in it. Many then want to hike in other countries as well so they join an activity called backpacking. Backpackers don't go to other countries just to visit commercial centres or tourist sites. They go hiking where they will meet new people, with some of whom they may even become close friends. Along the way they will experience the culture and lifestyle of the people. They will also experience nature – the common and the unique features. Hikers always feel the call of adventure, to get away from the city lifestyle and to relax from all the stress life piles on us.

Let's talk more about the benefits that hiking can give us. As I just mentioned, it can help us release stress and make us get away from tall buildings, cars and pollution. Moreover, it will enhance our physical fitness and strengthen our muscles. It will also take us away from the junk food we usually eat. As we become more used to a healthy lifestyle, we will avoid being overweight and the diseases it brings. Let's not forget the benefit to our skin because of the vitamins we get from the sun.

Hiking also provides us with opportunities to meet new friends from different parts of the world, people who love hiking and eco-tourism. Interacting with new cultures will broaden your horizon, improve your language and communication skills, and refine your interpersonal relationship. The ultimate result of all of the above is a boost to your self-esteem.

Maybe you have heard a lot of people saying that hiking is a dangerous activity. The truth is, it is not. The elderly are weaker and more fragile than young people. But even they can hike and it is very good for them. All you need is to know the safety guidelines. First of all, remember to wear thin, light-coloured, long sleeve clothes to prevent insect bites. Secondly, you must bring adequate water for it is essential to stay hydrated. Thirdly, bring your phone – for photos but especially in case of accidents. Set your phone's emergency SOS call for easy access. Fourthly, don't forget a small medical kit that contains material for cleaning wounds. Next, invite more friends to go on the hiking trip, and it is wise that at least one of you is an experienced hiker. The more, the merrier, and safer. Finally, don't be foolhardy and step over the line.

As you're listening, I hope that you're getting more interested in hiking. We've learned that it is an activity with multi benefits. Not just physical, but also mental and interpersonal, and maybe spiritual too. Through hiking, you will be able to see things you've never seen or paid attention to before, like hills, vegetation and sea view. I hope that my speech has been instrumental in changing your perspective of hiking and that soon you will love it as much as I do. It has brought many positive changes to me as a person and I know that it can do the same to you.

So on your way out, please take a form of the Hiking Club, fill it in and pass it to me any time this week. We will have a great time, believe me. Thank you for listening. Have a wonderful day.

Problems of Food Waste

Wong Tsz Tin, Timothy (4K, 25)



Hello, everyone.

We all know that food waste is a problem that is getting more and more serious. Obviously, there are many reasons. But this morning, I would like to talk only about people's shopping and cooking habits.

Nowadays, many people buy a lot of food items and condiments which they plan to use as they prepare their breakfast, lunch and dinner. But they often buy too much. The unused items go straight to the bin or left to rot in the fridge. The alternative is that they cook everything but again, the cooked food is too much, leading to a lot of leftover food.

Leftover food, whether cooked or uncooked, will be dumped in the landfills. Another sad fact is that the food waste in landfills generates methane, which is a more harmful greenhouse gas than carbon dioxide. If these gases persist because of the presence of food waste, then we contribute to the worsening problem of climate change, which leads to extreme weather conditions – heat and cold, floods and drought, etc.

I believe people have no need to buy too many items or ingredients for their meal preparation. They can plan both the menu and the amount, make a list and buy the items that fit their plans. If there is any remaining food, they should store it properly in the refrigerator to be eaten at the next meal or the next day. Food waste is a crime against the environment, against humanity.

Thank you for listening, and let's not waste food.

Influences on teens

Wong Tsz Lok, Sam (5H, 21)



Principal, teachers and schoolmates,

Good morning. I am Chris Wong from 5H. Today I would like to speak on why teenagers nowadays are more drawn to online content instead of traditional television. I will also touch on the positive and negative influence of celebrities.

Why are teenagers drawn to online content more than to traditional television? Well, nowadays, technology is developed and the Internet has become a very convenient media for young people to spread news and their own thoughts. Also they can be entertained via different platforms like YouTube and other platforms. They can find a lot of different categories of videos and articles through the Internet. On the other side, traditional television programmes can only provide a single category at a time. Therefore, teenagers will choose to surf the Internet to find reading or viewing materials they are interested in instead of watching traditional television shows. In other words, teenagers nowadays are looking for an entertainment which is different from that of their parents' time. For example, while their parents are watching locally produced shows, the teens are watching European and American shows like Game of Thrones, Top Gear, The Grand Tour, etc. That is why teenagers nowadays are naturally drawn to online content.

How about the influences of celebrities on teenagers in school? I believe celebrities can bring a lot of benefits in school. They can lead students on to the right path and make their lives in school easier and better. This is because celebrities are seen as good leaders so they can influence young people to follow their lead. For example, a lot of celebrities have studied well in school. Therefore, current students in schools will study hard just to follow their footsteps. Also, celebrities who are popular can attract a lot of people, so students in school will be passionate because they will be striving for similar targets.

Although there are many positive impacts, celebrities have another side too. They can be a negative influence on students. First of all, students can not only be attracted to celebrities but even be addicted to them. This will make them spend hours in constantly keeping up with the 'status' of their stars, which means less and less time for study and rest. They will instead sleep during classes and as a result, their academic result will get worse and worse. In addition, teens usually idolize their favourite celebrities, leading to a blind worship. Therefore, when celebrities do bad things like violating the law, they will copy their move and break the law too.

Lastly, I believe that having favourite celebrities is not bad. If you do not become addicted to them, they will affect you in a good way. Thank you all for listening.

A job I'm interested in

Li Sau Ching, Sharon (5T, 12)



Good morning, classmates.

I've just come across a job ad placed by FaMuk in the Internet. It is for the position of a florist and I'm going to apply for it. You may be surprised, but I'm sure that when I finish speaking, you will understand my decision.

To begin with, let me tell you what the job is about. A florist is a person who designs flowers for different occasions such as weddings or birthday parties. The major duties of the job include making various flower products, ensure a good business environment by meeting the wants and needs of clients, enhance the image of the shop (in the longer term), and assist colleagues who are involved in the daily work of packing the flowers or bouquets. Not bad, right?

To be a florist, one must, first of all, love floral arrangements, designs and fashions. Secondly, he or she must have a higher understanding and unique insights of colour. One should also have an aesthetic sense and an ability to enjoy further learning about the sublime beauty of flowers.

So what about educational requirements? A basic secondary school cert is sufficient. Besides that, one needs a high level of soft skills – a visual imagination, a sense for effective planning of flower art activities, and a good understanding of the link between flowers and various cultures. Good coordination is also a must, to be adept at picking, trimming, arranging flowers, leaves, stems, etc. This leads me to creativity, which is a highly valued talent. And of course, communication skill is essential for any endeavour and profession.

This job sounds pretty easy, doesn't it? Yet, not everyone is suitable for it. It is particularly suitable for those with a deep love for flowers, appreciation of their natural beauty, and an enjoyment of seeing grander floral work.

I'm sure you agree that this job is made for me. So wish me luck. Thank you.

A job I'm interested in

Tsui Sum Wai, Coco (5T, 23)



Good morning, fellow students.

My name is Coco Tsui from 5T. I just want to tell you about a job I came across today. It's a position of a Chinese teacher in a middle school and I'd like to apply for it.

First, let me tell you what I think the job is about. A teacher is a person whose major duties involve the preparation of teaching materials and then uses them to teach students in the classes. Every day, new content is taught. Once a unit of teaching material is completed, there will be a quiz or a test to see what the results of the teaching are.

To be a middle school teacher, one has to be a Form 6 graduate. Not only just passing the HKDSE, though, but graduating with honours. This particular post requires applicants who studied Chinese and Chinese History.

Besides educational requirements, a teacher needs to have an abundance of communication skills and teaching skills. One should also have the skills to understand and analyze students because every student has different learning styles. Teachers need to understand different proficiency levels, different abilities and so adopt different teaching methods. In this way, students can make greater progress. Along the process, unparalleled patience and willingness to spend a lot of time are needed.

Although this job sounds easy, it is not suitable for everyone. I think it is particularly suitable for those who like to interact with people and deal with them patiently. They also possess analytical skills, can design good teaching plans, and know how to care for each student. This is because during class, students may be noisy and teachers cannot afford to lose their temper but continue teaching patiently.

Why have I decided to apply for this job? you may ask. Well, it's because of several reasons. First, the school is in Tai Po and its location is close to my home. Second, it comes with a good salary and the job is stable. In addition, I feel I'm a patient person who likes to smile and serve people. I also enjoy communicating with others. Finally, as the school is my alma mater, I feel excited about joining it. So besides lots of benefits, I feel this job offers me great prospects. I'm sure you agree with me. Thank you.

A Holiday Dream

Lee Sze Yin Zephy (1H, 12)



"Help! There's been a car crash!" I screamed at the top of my lungs, out to the silent night in a deserted area. But let me take you back to the starting point.

It was strange from the start on April 22, a Sunday. The time was 11 a.m. and I had never woken up that late before. Naturally I was hungry. So I decided to go for a quick wash up, and on the way check if Mom had prepared breakfast for me. I heard the sounds of video games and I instantly thought that my brother was playing. When I walked to the living room, I could not believe my eyes ... It was my Mom playing! I pelted her with questions, but she would not reply. To escape the one-way communication, I fled to the bathroom. In the process of rinsing my mouth and washing my face, I questioned many things such as whether or not my Mom had done the housework, or if she'd cooked for me and my brother.

Coming out of the bathroom, I was greeted with a full house! My relatives and my brother were playing mahjong. It suddenly felt like Chinese New Year all over again. Except that there were no red packets being handed out or received. At that moment, my Dad came in and asked if I would like a drive around town since we hadn't really had time to go out much. Before I could give my joyful answer, I heard "Can we join?" I turned around and saw my cousins, who were twins. So after I had quickly changed my attire, we got into the car.

We set off for the mall. Dad asked if I would like a new skirt with checkers on it. I said yes and the girl cousins also got something for themselves. I did not think that we spent too much time or money there. But I was wrong. We were actually there for over 3 hours and spent \$1,000 plus on clothes alone, in one department store! When we finally decided to leave, Dad took a wrong turn and we found ourselves stranded on a highway which was not only unfamiliar but also had an eerie look and feel.

Suddenly, a sports car announced itself with the sound of its powerful engine. It sped straight towards us and ... BOOM!

I cried for help. I looked back at our car and saw my family still trapped inside! I decided to gather my senses and call for professional help. Just as I did that, the ground shook beneath my feet and it jerked my whole body. I kicked my blanket and woke up.

The holiday nightmare turned out to be just a dream. And I'm so glad it was.

Grab Every Opportunity

Man Kwan Chun, Joe (5H, 14)



When I open my eyes, I think I will be trapped in this cage forever. My 'host' is a fat boy who in a week gives me just a little water and food. I am very annoyed with him and with this place. But what do I have here? The door of my cage is open!

I fly out of my prison into the grey sky. I am shocked by the view I see. At the streets, there are a lot of people walking, talking and playing with their mobile phones. They are almost exactly like my former host in body shape. I land on the street, puzzling how these 'hosts' can be so big. But then little ones come and they want to kick me. Fortunately I fly away quickly. Otherwise, I would have got injured. Feeling a little out of breath, I rest on a patch of grass for a while. Suddenly a giant 'host' runs to me and tries to catch me. I use all my energy to flap my wings and push me upwards. I am so happy I escaped to a rather tall tree nearby.

Listening to these 'hosts' speaking makes me so confused.

"We don't have enough beef!" said one.

"See, there's a bird on the tree. We can catch it and tell a lie to customers!"

Then they all laugh like the devil. I shudder, and my mind reacts immediately. "It's too dangerous for me here. I must find my motherland." So I take off and keep on flying directly towards a green place that I spot. It must be a forest.

The last time I was in nature was three years ago. Some places have changed. Where it was green before, now there is a grey building which is emitting smoke. It also gives out a horrible smell! I fly past it very quickly.

I have been flying for quite a long time. But my home return must be close because I can hear some bird sounds. I follow the sounds and finally, I join the bird groups! The initial rush of happiness is tempered by the many differences between me and them, and our difficulty to communicate with each other. But still, we can play, have fun and eat together.

After this beautiful welcome, I notice that their living place has many plastic bottles and bags, things that my 'host' throws in his rubbish bin every day. But why do they appear in my new 'home'? At that moment, I see a scene that I will remember forever. One bird is trapped in a plastic bottle and it is dying. Sounds of gunfire are suddenly heard in the forest. My new family members and I fly quickly to see what is happening. What a sad sight! Many birds have

had their heads cut off and are being carried away by a thin 'host'. It makes me mad with fury. In ten minutes, I relay to all the birds what I think of the situation and what we should do. They completely agree with me so I lead them in a shout, "Let's destroy the 'hosts'!"

Over one billion birds fly with me. At my command, we release our excreta and it spreads everywhere. My thinking is that we will destroy their environment. Only some time later we realize that our action has brought about far-reaching consequences for the hated 'hosts'. The bacteria in our excreta cause the 'hosts' to have unending cough, develop high fever and then die. The smarter ones among them call it 'avian influenza'.

I will let you in on a secret. On that occasion I set a world record score: single-handedly killing 800 people and destroying 3 countries – Italy, China and England. But now, I'm old and I can't fly well anymore. What I can do is just to tell this true story to my son, grandson and the next generation, hoping that you all will carry on with the mission. The 'hosts' take away our freedom, kill our families and destroy our living places. So we always need to make them taste what they make us undergo. Never forget the story of the grandpa who escaped and did legendary things against our enemy.

One day in the life of a BPL person

Ho Ching Yin, Janie (6K, 4)



I am a BPL person, meaning one of 1.4 million Hong Kong people living below the poverty line. The Hong Kong government's poverty line is a monthly income of \$4,000 for a single person. Now you know my monthly earning.

When people look at me in the street, their eyes and facial expressions tell me they think that I do not have a good life. Well, that is indeed the case.

Day in and day out I need to work long hours to earn a livelihood. "That's not unique in Hong Kong," you may say. True. But even though my working hours are from early in the morning to late in the night, I do not dare go to a restaurant or 7-Eleven for lunch. The price of dishes and food items are out of this world for me. So I always bring my own meager lunch to my workplace.

After having my lunch in a rush, I have to immediately get back to my duty. The work I do is difficult and dirty, and still it pays so little. All day I do the hard work, thinking to myself, talking to myself, crying to myself. I toil until darkness envelops. Then only can I leave my position, walk back to my abode to rest my exhausted body, mind and emotions.

My house is tiny. It is also a bit messy with things everywhere because of the extreme lack of space. Everything is small except the rent. I pick up my pajamas from my bed and prepare to take a shower. As you can see, my pajamas are very old. Threadbare, in fact. But I can't afford to buy new ones because more than half of my salary goes to paying the rent for this matchbox I call home. I must be careful how to use the remainder of my income, or else I won't survive.

Passers-by with either concern or contempt never fail to remind me that my conditions qualify me for various allowances from the government. Of course I am grateful for the assistance. But the truth is, my money supply still runs very low. If someone stops by long enough, I would be happy to let them do the maths. I hear them talk of 'disposable income'. What's that? Before any spending, I need to think twice or thrice, and sometimes more.

I am often told that the reason for this is my low educational level. I can't help but sigh when I think of this. I am in a vicious circle. Now I'd better sleep and have rest for tomorrow's heavy workload.

One day in the life of a BPL person

Zheng Xiaoshi, Suky (6K, 24)



I am a BPL person. It means I live below the poverty line set by the government at \$4,000 a month for a single person. It also means I am at the bottom of the Hong Kong society. My situation may be pitiable, but don't pity me. Because I am already at the bottom, the only way to go is up.

I am happy to describe to you how I live through a day of my poor life. With the sunrise, I get up in my very tiny room. I don't have to move around to do everything. I am used to living here, but I still want to leave this narrow and messy cubicle. My present circumstance is not a given; I have a strong desire for change.

After the usual morning routine, I leave the four walls and rush to my part-time job. In times past, I tried so hard to find employment suitable for me but I was always told that I didn't have a high enough education to enter an organization or company. Not even for the simplest of jobs. So, this part-time job became my only opening. I don't mind it, but its major drawback is limited working time. I'm not required every day, and no work means no pay. The consequence is that I have to skip either lunch or supper on those days that I don't work. But today, luckily, I can go to my workplace.

When I finish my work, it is usually late at night. Since there's not much I can do in my room, I spend a couple of hours walking along the street aimlessly. Then just before heading home, I enter a little canteen. I take out my day's pay, count the small notes and coins then order a light supper. When I close my door, I'm usually so tired that I can fall asleep anywhere. Then when the morning comes, I'll be ready for another day for as you might have guessed, my life goal is to earn more and save more so that I can get out of this BPL life. The good thing is that it has taught me patience; I can take one day at a time.

Life for a below the poverty line person is certainly no fun. But it is not a dead end. I struggle with the reality all the time but I have a dream. I am confident in myself that I can increase my knowledge and improve my skills. I will do anything and everything well to earn more and improve my life.

That time will come. But now that I am still a BPL person, this is how my whole day goes.