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Foreword

Writing Club continues to find its place in promoting English Writing. Knowing that writing is no easy job for any students, we select interesting topics and achievable tasks in a bid to motivate them to write. Through creative stories, sharing of school experience, and discussions about social issues, we encourage students to express their genuine thoughts and opinions freely, and at the same time, we develop their creativity, strengthen their logical and critical thinking, and extend their life experiences with the world around them. Students are then able to practise English writing meaningfully and find fun in it.

Holding firm our belief of publishing writings of students from each class as an appreciation of their efforts, we hope that students not only see regular writing practices as a laborious job, but an immensely rewarding learning experience. And if this little booklet receives feedback from its readers, it would definitely inspire students' confidence in writing their minds for our publications to come!

The English Department

1A Law Hoi Ming, Casey



An unforgettable experience

19th July

Sunday



Today was sunny, my family and I were on a trip in Malaysia because we wanted to visit my grandparents.

We went to the capital city in Malaysia. When we arrived, we went to a big outdoor theme park. It was so tall! There are 25 floors and on the 14th floor, there were many free falling arcades. I thought it was very frightening but my family wanted to try them.

Both of my sisters were very excited about the arcades, however, I was frightened so I didn't play. Then my father said to me, 'don't be scared, you can do it!' So I went to the tall arcade but I was really scared. A staff came to me and said, 'I will give you a candy if you give it a try!'

So I grabbed the handle and the staff said to me, 'go, go, go!' In a second, I let go of my hands and dropped down. At that moment, I could feel the centrifuge force and I thought I would die very soon. Yet, when I arrived on the ground, I was startled by the feeling. It was unforgettable! So I played again!

When I got back to the hotel, I thought it was a wonderful day because I overcame the fear of heights. My family felt excited about my breakthrough as well.



The best tour of Hong Kong

Hi Michael,

How are you? I want to tell about the plan when you visit Hong Kong. Hong Kong is a really nice place. I think you will like it very much.

First, I will take you to the Temple Street Night Market. There you can buy some souvenirs, for example, t-shirts and postcards. Next, we will go to Mong Kok so that you can try some of the local foods. The fish balls there are very well-known and delicious. In Mong Kok, there are different kinds of food to eat so you can try others as well. In the evening, I will take you to the Peak. When you are on the Peak top, you can see the Victoria Harbour and you can enjoy the wonderful sunset. It will be amazing!

On 24th March, I will take you to Ngong Ping 360 where you can take the cable car. Then, in the afternoon, we could go to Aberdeen to have lunch. You can try lots of seafood there. Finally, we will go to Disneyland because this place has fabulous arcades and cartoon characters.

I hope to see you soon. I cannot wait!

Kitty

1B Tsang Yee Ting, Candy

An invitation to our BIG Musical

Dear Mr. Yim,

I'm your old student Tsang Yee Ting from class P6B. Our school is having a musical called 'BIG'. I would like to invite you to come because it is a very amusing performance. You can come with your friends and the show is free.

The musical is about a 12-year old boy named Josh who wanted to be big. One day, he found a magic machine and made a wish to become big. After some time, he did not enjoy the things in his life and wanted to become small again.

The musical will last for 2 days, so you can choose a time that suits you most. The dates are 20th and 21st March and there are two shows at 2:30 and 7:30 p.m. respectively. If you have any questions, you can visit our website at www.lfh.edu.hk or you can call 2560-5678. You may also contact me. I hope to see you at the musical.

Best regards,
Candy

1B Wong Tsun Ho, Leon

A diary

Sunny

30 March

Today I had a swimming class with my friend, Tom. We went to Chai Wan swimming pool at 3 o'clock. I am interested in swimming and the class is full of fun.

The swimming coach was very nice. We changed into our swimming trunks quickly. We started to do some warm up exercises. The class was full of fun and we enjoyed it very much.

Suddenly, Tom shouted loudly. He found a little insect inside the water. He called the coach for help. The coach came quickly and said it was a little worm. He urged us to leave the water. We were sad as we could not continue our swimming class. I hope the swimming pool could keep good hygiene and we can have a safe environment to swim.

1C Kam Chi Kuen, Antonio

A trip to Hong Kong

Dear Annie,

Hi, how are you recently? I am excited to know that you and your family are coming to Hong Kong! Let me give you some tips on where to go, what to do and what to eat!

On the first day, I suggest going to a Chinese restaurant and enjoy some delicious dim sum, such as spring rolls and barbecue pork bun. Don't forget to visit some local streets, you can find some popular street snacks including stinky tofu, egg puffs and egg tarts. Don't forget to try the herbal tea.

If you like taking photos, don't forget to go to the Peak. You can take the Peak Tram to get there so you can enjoy the wonderful view of the city. In the evening, I suggest you visit the Ladies' Market, there are lots of different shops and the things there are beautiful and cheap.

On the second day, if you like to do some exercise, you can go for a walk in the Wisdom Path on Lantau Island. You can visit the biggest sitting Buddha in the world as well, but you have to walk up several hundred stairs first. Try the vegetarian meal there, it is delicious!

In the afternoon, you can go to Sky100 in Kowloon West, it is a must-go place. It has the fastest elevator and is the tallest building in the city. You can enjoy the city view in 360°, unless you are scared of heights. Another good place to visit is Ocean Park in Aberdeen. You can see different animals there including the cute pandas and amazing jellyfish.

In the evening, you can visit the Avenue of Stars in Tsim Sha Tsui. You can see the statue of Bruce Lee and the handprints of many celebrities there. Also, you can enjoy the Symphony of Lights at night!

It's a pity that you are only coming for 2 days. Anyway, hope you will have a nice trip!

Best wishes,
Chris

1C Wu Wai Ching, Cathy



An Invite to the Musical 'BIG'

Dear Ms. Wong,

I am Wu Wai Ching, Cathy from your Primary 6D class last year. On 20th-21st of March, 2014, at 2:30 and 7:30 p.m., our school – S.K.H. Li Fook Hing Secondary School will be having a musical called 'BIG' and I would like to invite you to come.

The musical's plot is about a 12-year old boy named Josh Baskin, who was totally sick of being a kid. One day, Josh went to a carnival and was humiliated by a girl he liked very much. It talks about growing up too fast is not good.

You can visit our website - www.lfh.edu.hk to see which day would be best for you. I really hop you can come and enjoy the show.

If you have any questions, you can call our school at 2560-5678. They can answer any questions you may have.

Yours sincerely,
Cathy

1C Ma Man Chun, Manson

Letter to a friend

Dear Michael,

Thank you for your letter. I am so excited that you are going to visit Hong Kong during the Easter holiday. I have planned a two-day itinerary for you.

On Saturday, 19th April 2014, we will first eat dim sum in a Chinese restaurant. In the afternoon, we are going to go to the Avenue of Stars. We can take photos there. After that, we can go to the Space Museum to watch the moon and stars. Next, we are going to the Cultural Centre to watch a Chinese opera and go shopping in Sogo, Causeway Bay.

In the evening, we can go to the Peak to enjoy the wonderful night view of Hong Kong. Then, we could go to Lan Kwai Fong to have some drinks. Finally, we can go to the Temple Street Night Market to buy some souvenirs.

On Sunday, 20th April 2014, at 8:00 a.m., we can go to eat dim sum in a Chinese restaurant again. At 10:00 a.m., we are going to go to Ocean Park. We can play many games there and we can take photos with birds and pandas. At 6:00 p.m., we are going to have dinner in a seafood restaurant. We can eat a lot of seafood there.

What do you think about the itinerary? I hope you will enjoy your stay in Hong Kong.

Best wishes,
Chris



1D Loh Kit Long, Ken

A diary

Sunny

5 October 2014

I had a swimming class today. At 3 p.m., I went to the swimming pool with my friends.

There were four students in the swimming class. The swimming coach taught us how to do the butterfly stroke. It was quite difficult for me. However, we were very happy as the coach was very nice.

Suddenly, my friend Leo shouted loudly. He saw a worm swimming in the pool. We were all scared by the worm and left the pool quickly. Then the coach came and picked up the 'worm' from the water. The coach found that it was not a worm. It was only a leaf. We were embarrassed and Leo's face was red! >0<

2A Cheung Chun Ho, Eric

Brave dad



Today was rainy and foggy. It was also a bad day for my family. My family and I were very hungry, but there was nothing to eat, so my father said that he would go to a farm to steal some fat ducks for us. We were glad to hear that. Before my father left, we told him to be careful with the farmers. After he left for two minutes, we heard 'bang, bang, bang!' which was like gun shots. Then my father returned home and lost his tail, we saw that he was bleeding. Though he lost his tail, Daddy was clever to find a way for us to escape. We dug deeper to a place where the farmers couldn't catch us, finally we were safe. I was upset today because my father got hurt when he went out to steal food for us. Poor dad!



My successful grandma

Dear Keith,

How are you? It's been a long time since I wrote to you.

Today, I'm going to share about my successful grandma with you. When she was young, she was the chairperson of the Student Union in secondary school. She was also a prefect. Her academic results were great. Everyone in school knew her very well. She was so famous there because she performed brilliantly in different aspects!

At home, being the eldest daughter of my great-grandparents, she tried hard to take care of her younger siblings by doing nearly all the housework, making my great-grandparents feel relieved and comforted.

Her attitude was persistent and brave! Every time when she encountered any difficulty, she would confront it bravely.

My grandma also excelled in her workplace. She was an international news journalist. She travelled to many places to report good news stories, which were well-appreciated by many people!

My grandma has outstanding performance in all aspects of her life and a strong character, which has a great influence on me. I love my grandma!

Love,
Chris

2B Li Kam Fung, Edward

My successful mother

Hi Keith,

How are you? Is your family well? In your last letter, you said your father was a successful man. I want to tell you that my mother is successful too.

My mother is a helpful and kind person. Many people like her. She goes to an old people's home to cook lunch for the elderly and takes care of them every Sunday. She also talks to younger people in a very friendly way.

At home, my mother treats us very tenderly. She prepares breakfast early in the morning. She teaches us to do our homework. She does housework very perseveringly. At work, my mother has been a cashier in a department store for twenty years. Her colleagues like her very much.

Do you think my mother is as successful as your father? Write back soon.

Cheers,
Chris

2D Cheng Tsz Ching, Josephine



Dress Casual Day

Last Friday was our school's Dress Casual Day. Everyone enjoyed the day very much.

Each one in my class donated \$10 to the Community Chest. On that day, we did not need to wear our school uniform. We wore casual outfits back to school.

When I arrived at school, I met my good friend, Kate. She wore a pair of denim jeans and a tank top. Oh! Matt was fashionable. He wore a linen tracksuit. He was cool. Jessica was a traditional girl. She was dressed in a Chinese-style floral, silk dress. She was wonderful.

At last, I saw Scott. He wore a striped T-shirt and cotton shorts. For me, I wore a striped T-shirt, loose jeans, checked trainers, and a patterned belt. On this Dress Casual Day, everyone looked so unique, I felt happy and joyful.



A fundraising fair for the homeless

There are many rich people living in Hong Kong. They live in big houses and dress in beautiful clothes. However, there are still many people sleeping in the street. Various social causes help explain this situation but the main reason is poverty. Given this situation, the Pacific School held a Charity Day last month in support of New Tomorrow, which is a charitable organization that helps homeless people.

At the fair, the most popular event was the jumble sale. Why was it so popular? It was because there were many great bargains including arts and crafts. They were beautiful. As it was too popular, the jumble sale did not have enough items to sell and some visitors were disappointed. Yet, it still raised \$1,500.

There were fewer people taking part in the auction compared to last year. However, the people who joined the function were more excited. Therefore, it raised more money as well. The auction raised a total of \$3,200.

The last event was a talent show. It started at 4 pm in the school hall. There were so many people buying the tickets because the tickets were also a raffle. This year, there were a lot more contestants. Yet, as there were too many contestants, there was not enough time for judging. Nevertheless, the show raised \$2,400 altogether.

Overall, the fundraising fair was successful and encouraging. All the helpers were hard working. More importantly, this fair helped to raise the awareness of the public towards homelessness in Hong Kong.

A letter of advice

Dear Connie,

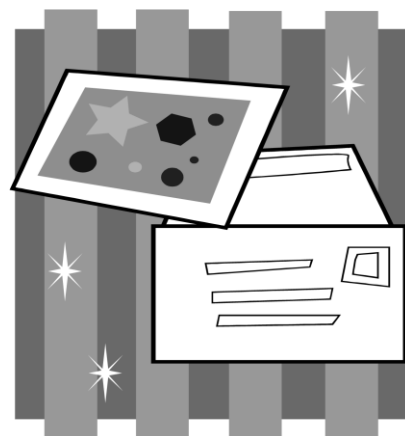
I received your letter last week. I feel sorry to hear that you are worried about your body weight. I hope I can help.

You said that you have gained more than 5kg since last month, and you are now a little overweight. You knew that it was because you always had snacks. If you don't want to gain more weight, you should stop eating snacks. Lots of snacks are actually junk food which do not do you any good. They are high in calories, sugar, and fat. Too much of them will make you sick. If you want to eat, try doing other things like watching TV, reading a book or doing some exercise to distract your attention from snacks.

You also mentioned that your dad had noticed your weight gain and wanted you to join a sports team. However, you are not good at team sports at all. If I were you, I would start by doing an individual sport such as jogging, hiking, etc. What's more, team sports are not difficult to learn, and they are actually fun to play. You can learn a lot more, for example, learning team work through team sports. So, I encourage you to join a sports team in your school.

I hope my advice helps. Write back to me to let me know how things are going.

Yours,
Chris



The beginning of my new life on the island

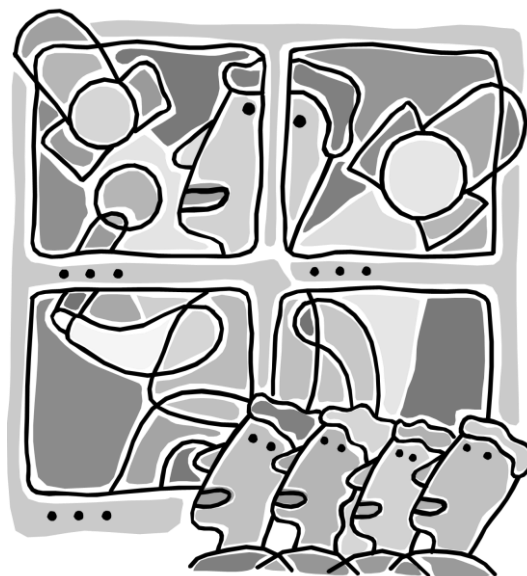
I was travelling to Africa on a holiday with my dog on a cruise ship. One day, the cruise ship hit a rock and sank into the sea. All people died except my dog Dean and me. I found a boat and got on it, as I sailed in the ocean, I saw an island.

After we landed on the island, I found a used axe so I used it to chop down trees. I used the logs to make a tree house. There was no one on the island. I was so lonely but I didn't cry. I caught some fish and found fruit. I ate the fish and the fruit with Dean.

Suddenly, we heard someone shouting loudly, so we went close to the noise. We saw some barbarians having a party. I saw my friend, John. He was also on the ship. They caught John and tied him to the tree. We immediately hid behind another tree. I found something like a boat that could be used to leave the island. The dog barked loudly and made the leader go away. I instructed Dean to bite the barbarians. I was so scared as Dean was killed by a barbarian. And they left the island. I went to save John. I wrote 'SOS' on the beach. After a few days, a rescue team saw me and saved us. But I didn't go away. I wanted to stay with Dean on the island so I didn't go back to the city.

John is setting off for the city on his own and is bringing this letter to you. I think the city has many problems and I am happier here. When you read this story, don't worry about me, my friends, I am very relaxed, so I will stay here for the rest of my life.





A charity day

'New Tomorrow' is a charity which helps the homeless people in Hong Kong. There are various social issues that cause homelessness. On Sunday afternoon, 7th December, Pacific School's Social Services Club held a Charity Day to support 'New Tomorrow'.

On the Charity Day, one of the events was a jumble sale. Social Services Club president Ian Yip was responsible for the event. People picked up some great bargains at our jumble sale. Although there were not enough items offered, it raised \$1,520. It was very popular.

The talent show was held by James Au. There were a lot more contestants than last year, and the crowd was very excited about the performances. Even though there was not enough time for judging, it raised \$2,400.

The most successful event was the art auction. It was organized by the Social Services treasurer, Amy Chan. Fewer people attended the auction this year but it still raised more money than last year.

The Charity Day was a great success. We raised a total of \$10,450. We hope this money would give the homelessness a hand.

The values of real sports – genuineness and physical well-being

What comes to your mind when talking about real sports and virtual sports? Many people may claim that virtual sports such as Wii sports and Xbox Kinect are better than real sports because of its convenience. However, as a sports enthusiast, I do believe that we should play real sports instead of virtual sports as real sports cannot be replaced.

First of all, the true feeling and experience of doing virtual sports differ from real sports. The big difference between virtual and real is the genuineness. Virtual sports definitely cannot provide us a real environment. Imagine when you go hiking in the countryside or rowing on a broad sea, these real activities bring you close to nature. This includes having gentle wind sweeping your face and water droplets splashing on your body. Conversely, virtual sports only allow you to glare at a monitor and wave the game controller. Also, responding to your opponents' movement and attacking their weaknesses are more exciting than playing with a computer-generated opponent. If we choose doing virtual sports, we will lose the authentic feeling of real sports.

Moreover, real sports give us the impetus to develop our physiques. I am sure you will not deny that there are many successful examples of how real sports can help build strong physiques. Take my own experience as an example, I have already played basketball for four years. Since I always need to do lots of jumping for ball shootings and rebounds; I am now 180 cm tall. Obviously there will not be any chance for me to jump high if I rely on playing virtual basketball game. In addition, due to the limitation of space at home, we cannot enjoy the liberation of your whole body when doing virtual sports. In fact, you may need to be additionally careful of moving your body too much and putting only certain energy in the movements in order to avoid knocking down or damaging the furniture and electrical appliances at home. Thus, virtual sports may affect your physical development.

Needless to say, virtual sports may be good for people who have a busy lifestyle. At least, you can leave your office chair and move your limbs and body for a while. However, you need to bear in mind that doing virtual sports is ineffective in keeping you fit because it does not require much

physical effort from you. Virtual sports are unable to provide you the genuine feeling of playing real sports such as beating your opponent, overcoming your physical limitations and even getting closer to the nature. Indeed, I understand that people are very busy, yet we have to develop habits to play real sports to prevent any health problems like obesity and other chronic diseases for our own good. Thereby, real sports cannot be replaced by virtual sports as for the strengths I have mentioned here.

4A Chin Leonard Palelei

What a TERRIBLE night!

It was 19:30 in the school staff room.

I finished talking to a teacher. The teacher's face turned dark and serious. She asked me to wait outside and she picked up the phone to call 999.

I waited and waited outside the staff room while my teacher was so busy walking in and out of the staff room. My teacher came, she sighed and patted my head, 'Go home boy, your mum will worry about you.' I just dropped my head down, knowing that I could not help her at all, and answered her, 'Yes.' Then, I took my steps out of the school. On my way back home, I recalled all the memories of what happened just three hours ago.

At that time, I was leaving the classroom. The corridor was as quiet as a mouse as no one was there. When I was walking to the exit, suddenly I heard a loud bang. I turned my head around and tried to figure out where the noise came from. A voice was whispering from somewhere. Then, a yell followed. With my curiosity, I followed the sound and found the noise. It was coming from the classroom at the end of the corridor on the 4th floor. All Form 4 classrooms were on the 4th floor.

I came near the door of the classroom and heard, 'Give it back!' It was a boy's voice.

'What? I think it's mine, am I right? Ken?'

'Yea! It's yours, not his.'

I peeked through the window, there were two big boys bullying a boy with glasses. That boy was my friend, David. One of them was holding a cellphone in his hand, it was the latest model of i-Van. I couldn't utter a word, I held my breath. I was so afraid that I could only think of how to slip away without catching the boys' attention. I was struggling whether to run away or tell the teacher, but if I did not make the right decision, my friend would be 'DEAD'. When I was bending my body as low as I could and crawling on the floor to leave the area, I suddenly sneezed loudly at the very 'BEST' timing I could ever have, I tried to cover my nose and mouth hoping that no one heard it. Then a scream came from the classroom. Everything went quiet, I heard someone in the classroom trying to leave. My face went white and I broke into a sweat, I stood up from my crawling position and dashed across the corridor.

'Hey! You, stop right there!' 'No chasing or running in the corridor is allowed.'

I felt weak in the knees as I was afraid to be caught by the bullies, I stopped and looked at the direction where the voice came from. I was relieved to find that it was Ms. Hui who halted me.

'What are you doing here?' 'Why are you trembling?' 'Come to my office now.'

I was shortly relieved from my panic. I walked with her while turning my head back. I had to rescue David out from the hands of the bullies without letting the bullies know I saw the whole incident. I told Ms. Hui what I saw outside the 4th floor corridor and she took action immediately.

So what a terrible night I had. I saw the police car pass by, I knew what would be next. That night, I was grateful that I did the main thing that should be done and I slept like a baby that night.

The 'birth' of a successful person – Jack Ma

Have you ever used the top-rated websites for shopping called 'Alibaba' and 'Taobao'? Nowadays, you can do shopping online without stepping out of your home. If you have used them, you need to thank a person called Jack Ma, who is the founder of these online shopping websites.

Jack Ma was born in Hangzhou, Zhejiang province in China. At first, he was absolutely weak in English, he failed the university entrance exam twice. Nevertheless, he achieved his first goal with his hard work and eventually attended Hangzhou Teacher's Institute and graduated in 1988 with a Bachelor's degree in English.

During the days of being a lecturer in English, he started to create his first website with the help of a friend in the U.S. After that, he came up with an idea of shopping online and helped people shop overseas.

Do not think that Jack Ma's achievement is due to his luck or his overnight success. Online shopping was not that popular at that time. At first, he was criticised by numerous people that his idea was impossible and not useful. For an ordinary person, he or she will give up easily, however, not for Jack Ma. He persevered and put tremendous effort in making his online shopping websites possible. He believed that this would be a new lifestyle in the future.

Jack Ma tried to improve and enhance the use of online shopping website to attract companies and customers. Persistence and a 'never give up' spirit have always stood by him. Jack Ma's websites started to get public attention and many companies were fascinated with his innovative ideas. In 2005, Ma was selected by the World Economic Forum as a 'Young Global Leader' and also chosen by China Central Television as one of the 'Top 10 Business Leaders of the Year'. Despite the fact he was looked down upon before, Jack Ma's spirit always encouraged himself. Currently, he has become a famous successful person.

So, what are the elements that lead to Jack Ma's success? I will say that his wisdom in using his knowledge and experience to make good judgments and his perseverance have brought him success. Predicting that there would be a great demand of online shopping in the future and believing that online shopping can bring convenience to our life, Jack Ma has proved that everyone has an opportunity to succeed as long as you keep on learning new knowledge and thinking what people around you need to improve their lives. Perhaps, 'Alibaba' or 'Taobao' are not useful for some people, but they are useful for people who cannot go out or disabled people, so we cannot deny that Jack Ma's websites are a great invention as they benefit some people's lives.

4A Lam Chi Tat, David

An inspiring and meaningful journey in Thailand

I joined a tour to Thailand since one of my pen friends kept on asking me to go with him. I have to tell all of you that I'm extremely lazy and I always think that traveling is a wasteful activity. But I have changed my mind after this trip. If you would like to know more, you can click 'Read More' at the top of this blog ! ;)

OK, when you can read this article, it means that you have clicked the 'Read More' button.

Firstly, thank you for your support ! ;) And now I would like to share some special events in the trip with you! ^ ^ My pen friends and I joined a tour called 'Thai's Fun'. On Day One's Itinerary, it was mentioned that our first destination was Bangkok downtown to see the Buddha called 'Erawan'. I supposed no one would say that you don't know her since 'Erawan' is very famous. Many citizens, pilgrims and celebrities think that she will bring them fortune, wealth and fame, so she's very popular around the world. All of us worshiped her sincerely hoping that she could really bring us luck. ^ ^

After that, we went to a local Thai restaurant to have our dinner. OMG!! O, o Guess what!? I saw so much local food on the table, such as Tong Yum Soup, Fried Rice with Roasted Pork Neck and Spicy Papaya Salad etc... ^ 3 ^ When all of us were full and were longing to have a hot bath in the hotel, the tour guide said that we weren't going to the hotel tonight. He said that we were going to an orphanage and had an overnight there since that this tour was an educational and charitable trip. And this was the time you could experience the life of orphans! We arrived at the orphanage but we didn't talk with the orphans since we were so exhausted.

On Day Two, when we got up, the orphans were looking at me and my pen friends. They felt curious about us! *.* When we felt embarrassed, they took out some candy from their pockets and gave some to us. I was surprised and felt glad as they were willing to share their treasure with me! ^ ^ Then the tour guide ordered us to form a group of 6 to teach the orphans English. My pen friend and I were very pleased to teach since our English was good. @,@ In these couple of days, we learnt together since we taught them English while they taught us Thai without attending any official Thai language class.

On the last day, the tour guide said that he would give us a gift since our teaching attitude was very great ... #, # And the gift was that we could go to the Thai restaurant with the orphans. All the orphans cried since they hadn't been to Thai restaurant before. When they were eating, I could see that they had a very blissful time. At that moment, I felt that these days were very invaluable since I could learn more about the life of orphans.

Finally, I think this is an inspiring and memorable trip! This trip is very meaningful since the trip is not only for fun, it contains a charitable activity. I hope I can update more articles about my travelling experience ASAP! ^ ^ Guess where my next destination is! And remember to press the 'subscribe' button!!!

Curiosity 'does not' kill a cat

Bullies? Who shall have the last laugh? The sweet melody was played. It marked the end of the detention class. I rubbed my eyes and looked at the clock, 'Goodness sake, it's five o'clock, I had slept for an hour.' I murmured to myself. I immediately packed my school bag and left the classroom in a quick pace. I suddenly heard a loud 'bang'. I got a fright and jumped out of my skin, 'it must be the students playing around.' I encouraged myself to move on and to mind my own business.

'Bang!' again with an ear piercing scream. Curiosity forced me to take a look and I tiptoed to the classroom, making the slightest sound. I rubbed the dusty windows to peek through it. I couldn't see it properly as two big boys' backs were blocking my sight. I saw a boy with brown hair, clenching his fist towards a boy who was lying on the ground. The boy was squirming on the ground and his facial expression was full of fright and fear. Something wasn't right but I still couldn't figure out what was happening.

'Do you want to try my fist? Where's the money that I told you to bring?' the boy exploded. 'Maybe he should try my tiger fist first.' said another boy with a laugh as he rolled up his sleeves. The boy with glasses said something so softly that I could barely hear at all. I leaned against the door and could only hear a few words bring \$100 tomorrow.' I finally figured out what was happening.

Those two boys were bullying a small and timid kid. 'How smart I was.' I praised myself deep in my heart. Suddenly, I could feel a force gathering in my throat. I knew I was going to sneeze. 'Please don't sneeze.' I prayed. As usual, fate didn't stand on my side, the god of fate had once again played a big joke on me with an 'ah...ah.....chew', a big loud sneeze that could be heard fifty meters away. I covered my mouth and tried to slip away without catching the boy's attention. I looked at the window to make sure I was safe but all I saw were the two meanest looks in the world. One of them looked at me with superior eyes and clenched his jaws. I felt weak in my knees and started trembling all over. I was struggling to decide whether to run away or tell them, 'sorry, I didn't see anything happening around here.'

They opened the door and closed it with a loud slam. I knew I was going to be dead meat. One of the boys put his arm around me and grinned, 'haven't you heard of "curiosity killed a cat"?' You are going to be a good example.' 'Thud! Thud...' the voice of the footsteps could be heard and it was getting louder and louder. It was Mr. Tan, the teacher that everyone was scared of. In her eyes, even the smallest matter could turn out to be a big problem. 'What happened?' she asked with a strict look. 'He fell down, I was about to pick him up!' said the brown haired boy. I didn't dare say anything. I threw her a look, a look of full terror, a look that looked like I had just slept with lions.

'If that is the case, I should definitely talk to your parents about the ... good ... deeds ... you have done, why not have a tea with the discipline master and the principal?' she said as she gave me a wink. I pinched myself, trying to burst out of laughter. I remembered last time one of the students who just had tea with the principal was kicked out of school. I giggled while watching them going into the discipline room. I suddenly looked at my watch 'Gosh, it's six o'clock!' I'd better keep moving as I wanted to watch my favourite Korean drama. I galloped home humming a sweet melody.

4A Yvonne Yau

An e-mail to Tim

Dear Tim,

Hey! How are you doing? It's rare that I can enjoy a leisurely moment in the morning. Here I am sitting in a cafe for a good breakfast and birds are chirping, cars are roaring. Everything is just in right place.

There's something seriously big going on now! Guess what? At the table next to me is Angelababy and Huang Xiao Ming! They are both wearing sunglasses. Oh! They just look so cool at each other. But guess what, they look so annoyed instead of the fresh and smart look they ordinarily show on the big screen. I hear Angela saying, 'yes.' and Huang replying 'no'. The atmosphere around them is just frozen!

Can you believe it? As my coffee arrives, I can hear a splash sound. OK, it's real! Oh my goodness, it's true! Angelababy has just threw her cup of

coffee at Huang's white Giorgio Armani suit! His white suit is stained with coffee! Uh, the image of prince charming is totally ruined!

'I just want to have another surgery again! Why can't you let me?' begs Angelababy.

All right, do these words come from Angelababy? So, she is now finally admitting that she has done a nose job, facelift ...etc! Oh! My dear Tim, I can't believe this! She has sworn that she has not done any cosmetic surgery before in front of the media! And now....

Angelababy is sobbing and saying, 'Do you know how hard it is to keep myself on the top list of those pseudo-models? People will just only like you if you have a nice angelic face and a sexy figure. They don't really care whether you have talents in acting or not. I need to keep my look as attractive as I can. Do you understand?'

Huang is shocked by Angelababy's reaction and is looking around suspiciously. He's maybe afraid that there will be paparazzi around to take some snaps or make up stories of them. He rapidly takes some tissues out and wipes away the coffee from his perfect face. Meanwhile, the quarrel stops.

Angelababy calms down and is looking around. Then, she sees me and walks towards my direction in an elegant manner. She sits down and tells me to keep what I hear a secret. Well, looking closely at her face, I realize that her face is covered with thick make-up. She is wearing the Chanel No.5 perfume. Tim, you are a fan of her, right? You must be fanatic in front of the computer now. However, the conflict between Huang and Angelababy reveals one thing to us. That is Angelababy really did the plastic surgery before, so hope you will not be too sad and disappointed.

If you don't believe me, I have already videotaped the whole 'show'. Feel free to check the attachment here! Don't be so upset, my friend! Drop me a few lines soon.

Yours,
Yvonne

A letter of advice

Dear Tina,

Thank you so much for your letter. I'm sorry to know how upset you are. In your letter, you mention that you have problems with your study and friends. I think I can offer you some advice on how to address these problems. I hope the following advice will help.

As you said that you can't study at home with all the noise in the evening and you have to wait until midnight to do your homework. I think you could go to self-learning room to study and do your homework. It is because that you can focus on your study. You can go to the library and do your homework. Besides, you can stay at school and do your homework with your friends. If you have any questions, you can ask your friends and let them help you. You can join tutorial classes as well. The chance for you to pass your exam will be higher.

You also mention that you want to have more money. I think you can find a part-time job to earn money. You can become a waiter, a tutor or a salesperson. As you think that you are not one of your friends anymore and feel very lonely. I think you should know what true friends are. True friends will not care whether you spend lots of time with them or not. True friends will not care whether you are rich or poor. If you have any problems or difficulties, they will help you solve them.

You say that you drink a lot of alcohol just to forget all these problems. It is unhealthy for you to do so. If I were you, I would not drink alcohol. You can talk to your teachers and social workers. Besides, you can drink some milk and listen to music before you go to bed.

I hope that my advice is helpful to you. You can write to me again in a week or two and let me know how you get on. Don't worry! Things will get better. You should look at the bright side of your life. Every cloud has a silver lining. I'm sure that you will have a bright future ahead of you.

Best wishes,
Chris

My time in Dubai

COOL! I had a GREAT time in Dubai. I travelled to many places in Dubai in the past 5 days. It was very relaxing as I walked in this marvelous city. All of the architecture are spectacular and tall. Let me share what I have been through.

Upon arrival, I immediately ran into the Burj Khalifa - the tallest building in the world. In fact, I stayed in Burj Khalifa during my 5-day visit. When I arrived, the staff all wore nice smiles on their face. They helped me carry the luggage and took me to my room. Guess what! My room was very BIG and elegant. All of the things were new and the bed was so soft. When I arrived, it was already evening, so I had a good night sleep in this elegant room.

On my second day, I went to the Dubai Mall and visited the aquarium. There was a 9-storey tall water slide called 'The Leap of Faith'. When I went to this place, the water slide was simply breathtaking. Then I went for a ride on it, I was so scared ~_~, because it was sooooo high. After I finished my 9-storey tall water slide, I strolled in the aquarium. In the aquarium, the ceiling and floor were blue and shimmering, I could see many different kinds of fish, some fish were very amazing and fascinating, they were very small and swimming very fast @o@!!! I think we could just see them in Dubai! This is certainly an attraction not-to-be-missed :)

On the third day, I also went to the Dubai Mall for shopping and I visited Dolphin Bay too! When I arrived in Dolphin Bay, all the things there were about 'Atlantis', it was the main theme. In Dolphin Bay, I could touch the dolphins and feed them. The dolphins were so cute. XD

After visiting the dolphins, YES! I went shopping in Dubai Mall because it was as big as 50 football pitches and I had to spend many days in order to enjoy the facilities and visit the shops here. There was a famous shopping mall, called ' Galleries Lafayette', it resembled the one in Paris. In the mall, I could see many high-class things. I bought a pair of sunglasses for my sister. She loved them very much! :)

At night, I went to a place called 'Seawing'. I sat on an aeroplane-like arcade and the aeroplane flew up high, I could see the whole view of Dubai. MARVELOUS!!! I have never seen such a view before! The building lights up the country.

On the last day, I walked in the city, relaxed and took some photos :)

I found that I've widened my horizons on this trip. The world is so BIG and there are so many things worth exploring!

My advice is if you're going to Dubai, you need to be prepared for the traffic, because many attractions don't have any car parks, you need to use the public transport and this would take up more time than expected!

Cya!

Post by Owen Fung at 17:51 on 27th February, 2014

4D Chan Ka Ki, Suki

The ghost film and the ghost

One day, my friend and I went to a cinema to watch a film. The film that we watched was a ghost film. We bought some soft drink and snacks and went to the room. We were so frightened. The film started. With the air conditioning, the temperature there was so low. This made me feel even more horrible.

The film talked about a ghost who went to kill people. I drank a lot of soft drinks. I went to the washroom and I missed some parts of the film. After I used the washroom, I washed my hands. I saw a ghost in the mirror! I started to feel scared and screamed loudly. I saw that the ghost had long hair, a long tongue and a pair of big eyes. I immediately ran out of the washroom to find my friend. I said to him that in the washroom I found 'the thing'. My friend felt scared too!

After the event, I have never gone to see a film in that cinema, or have been to any washroom at night because I fear that I will re-encounter the ghosts. However, a few months later, I learned that it was just a joke made by my friend because that day was my birthday!

Global warming and you

Good morning, everyone!

I am Chris Wong, the chairperson of the Conservation Club of Hong Kong Secondary School. Today, I want to tell you about the causes and effects of global warming. And then I will give you some suggestions on how to reduce greenhouse effect. I hope that by the end of this assembly, you will understand why it is important for us to start a greener life style now.

One of the causes of global warming is the increase of emission of carbon dioxide into the earth's atmosphere. Since the industries are established in both developed countries and developing countries, they have used more chemical fuels. Greenhouse gases like carbon are released.

In addition, a large amount of trees are cut, leading to an increase of carbon dioxide and release oxygen to the atmosphere. Carbon dioxide and other chemicals intensify the problem of global warming, resulting in a warmer earth. So, what are the effects of global warming? Since the greenhouse gases trap heat from the sun and stop this heat from reflecting back into the space. It will lead to climate change on our planet.

Have you ever noticed the following phenomenon? Due to the rising temperature caused by global warming, polar ice caps are melting. This endangers several species of animals such as polar bears, penguins ...etc. They may become extinct as their habitats shrink. What's more, global warming could threaten human lives. Has anyone noticed that there are more and more natural disasters recently? It is because extreme weather conditions would enable disease – carrying insects adapt to the environment and speed up their reproduction. This intensifies the spread of diseases in northern countries. Do you know any solutions for global warming? Let me tell you some. Firstly, you can recycle all paper – products such as newspaper and junk mails. It can reduce the damage to forests. Secondly, when you study at home, you can turn off lights and other electrical appliances when do not need them. We need to save energy. What's more, you can use energy-saving light bulbs to replace standard light bulbs to reduce the use of electricity. Furthermore, we can use energy-saving electrical appliances to cut down energy use. We must save energy for our future generations.

Maybe you are thinking ‘why do I need to do that?’ Then let me put it this way, the Earth is our home, it is our responsibility to look after it, right? So ACT now! Thank you for listening.

5A Ng Kim Hung, Tony

Speech on modern piracy

Good morning, Principal, teachers, parents and students

Today I want to talk about modern piracy. Recently, some students in our school have been suspended from school for illegal downloading and distributing online films and songs. In fact, illegal downloading is wrong. In my speech, I will tell you some examples of illegal downloading, then the reasons why it is wrong and finally the consequences of doing illegal downloading.

Let me share an example. Once, I had a friend who was very poor. One day, she was arrested by the police. After that, I realized that she was arrested by the police because of illegal downloading. Have you ever done the same as my friend? If yes, don't do it again! Do you know that your illegal act will affect other people? These people include the creators and inventors. They rely on their creativity and invention to make a living. For example, the song writers, the film directors and fashion designers have to create new songs, films and new clothes in order to earn money. If you illegally download their products, you are stealing their ideas and killing their creativity. Not only that, people in the business sector will be jobless, such as people working in the retail industry, manufacturing industry and advertising industry. As a whole, the unemployment rate will increase. Many people will not be able to stand on their own feet. Put yourself in the shoes of the creators and inventors, how would you feel if your ideas were being stolen? Or let's put it this way, how would you feel if your classmates copied your assignment which you have worked on for three hours? Of course, I'm sure you would feel angry and think it is unfair.

If you continue downloading illegally, please remember that you need to pay the price for your selfishness. In Hong Kong, you can be fined up to HK\$50,000 if you are caught for illegal downloading. Repeated offences could also mean ending up in jail with criminal records. Your future career will be destroyed because of your criminal record.

To conclude, be wise in making your choices! I hope that you will say 'No' to illegal downloading. Don't harm both yourself and others! Act now to stop the problem from spreading. Thank you.

5A Yim Wing Ki, Winnie

4EverYoung

Reasons why students are stressed

Students are stressed because they have goals in life and they hope to achieve these goals. Pushing themselves to reach these goals creates stress. And teenagers these days do not know how to reduce stress. They feel hopeless as no matter what they do, they still feel the pressure.

What students can do to reduce stress

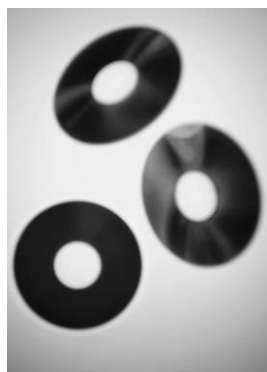
There are some tips for students to reduce stress. First, you can do the things you enjoy, such as, playing basketball or singing karaoke. Take short breaks when you study. You could also give yourself a day off from study every week or every month. You will feel more energized after taking the breaks.

Facilities and service 4EverYoung should offer and why

4EverYoung has a café where you could sit down with your friends and chat. Sharing your problems with your buddies would certainly help reduce stress. You may also enjoy a delicious meal in our restaurant.

Tips for studying smart

You should make a timetable for your study and stick to your plan. Though you may fail, you must not give up as practice makes perfect. Believe in yourself as confidence is important when you are in doubt. Talk to your teachers and friends when you have any problems as they may have similar experience.



Speech on illegal downloading

Good morning Principal, teachers and fellow students,

A large percentage of students use the Internet to download music or movies. Are you one of them? Downloading or distributing copyright material illegally is impermissible; and you shouldn't do it.

Downloading movies from the Internet without paying for them is illegal in most countries. Internet users always download films from the Internet because they are free. Many people that work in the film industry work hard to make their living and deserve to be paid. So you should pay for them.

Although downloading films from the Internet is easier than buying films on the market, you may get into trouble. As the films are protected by copyright laws, films can't be copied or downloaded without copyright holders' permission. When you download copyrighted films illegally, you are stealing the work of a producer. It is not only wrong, is also puts you at legal risk.

And illegal downloading is a crime. So a person can be sent to prison for illegally downloading online films. For those who have illegally downloaded or distributed online films, you should stop now. You should watch the film in a cinema or buy a DVD from shop. By the way, you should remind others not to download or distribute online films and tell him or her how serious the problem is.

Hope you can enjoy this morning. Thank you.



Letter to the editor

Dear Editor,

I am writing to express my concerns about the problem of the rising number of teenage drinkers. This is actually a serious social problem. There are a lot of dire consequences caused by alcohol.

Alcohol may bring both physical and psychological effects to adolescents. Alcohol can cause several lethal diseases, for instance, cardiovascular disease and high blood pressure. As for the psychological effects, alcohol will make teens become more rebellious and uncontrollable. They may even commit crimes.

In fact, what causes this phenomenon? Packaging of alcoholic drinks are always misleading. The packages are always decorated with some gorgeous and beautiful designs which attract teens. The ingredients descriptions sometimes hide the truth of alcoholic content. Besides, the packages may not tell the buyers that drinking is harmful. It is also misleading to teenagers who have not ever drunk.

Furthermore, youths may be misled by the images of drinkers which advertisements and commercials portray. The corporation of alcoholic beverages always portray healthy and smart adult images which are exactly what youngsters long for. Youngsters misunderstand that drinking is a process of becoming 'adults', so they drink.

Influence of relatives and friends is another main reason why teenagers drink. When their relatives or friends drink, they may be inquisitive about the alcoholic beverages. Therefore, they may drink due to their curiosity, or even under the peer pressure. Getting alcoholic drinks from friends is never a difficult job.

We should not wait to save the teens from danger. Here are some suggestions to alleviate the problems. First, the government can legislate a strict law against the young drinking, for example, making a penalty system to punish the youth drinkers. It is the most effective way to avoid them from drinking. Second, schools may educate students about drinking in greater detail. Students may not know about the dire consequences of drinking, so they drink without careful thoughts. Lastly, the media should take more social responsibility to scrutinise the messages their advertisements and commercials bring about. The amount of alcoholic drinks advertisements could also be limited to minimise the possibility of the young becoming drinkers.

It is high time for the government to stay alert to this trend before it becomes a serious social problem.

Yours faithfully,
Chris Wong



Plastic Surgery

Dear Editor,

Nowadays, plastic surgery is a common choice. A lot of people have plastic surgery because they want to be more beautiful. However, they do not need to have plastic surgery. Plastic surgery is not a wonderful thing but it does not mean plastic surgery is a bad thing.

According to a news report, at least 80,000 people born with disfigurements found a good job after they underwent plastic surgery. It is because normal people think their faces are scarred, so no one will consider hiring them. No matter how talented they are, it is difficult for them to find a job. Therefore, plastic surgery can help people get a job more easily. They can earn money from working.

Plastic surgery can make people become more attractive. It can help people to make more friends and improve their social life. A beautiful face can attract other people. It also helps people have a good image at work. So, plastic surgery can improve their self-confidence and self-esteem. With the popularity of the Korean dramas and music influence, many young people want to be as beautiful as their idols.

People who have been injured may genuinely and urgently need plastic surgery. For example, a person who has been injured in an accident should have plastic surgery to rebuild their confidence and self-esteem.

Plastic surgery sounds good, however, it has lots of disadvantages. The operation has a high risk, and it is very dangerous for the patient. It can kill a person. Perhaps you are lucky that you did not die after having plastic surgery, but the operation can fail, then your face can look old or awkward. If it happened, how could your friends and family recognize you after the surgery?

Also, the operation can be painful as well as dangerous. The cost of plastic surgery is really high – you may use up your life savings.

Plastic surgery has a lot of bad points. If you want to undergo plastic surgery, you must consider it seriously.

‘Beauty is not in the face; beauty is a light in the heart.’ Plastic surgery is not the only tool to make you beautiful.

Yours faithfully,
Chris Wong

5B Lo Ching Man, Candy

Say 'NO' to plastic surgery

Dear Editor,

I am writing to respond to the letter written by Chris on 25th November, 2013 in Orange Daily News. I do not agree that Chris is making the right decision for taking plastic surgery for the following reasons.

Plastic surgery means that someone decides to undergo the knife to make himself or herself look as beautiful as those movie stars and own a perfect body figure. However, surgery can bring tremendous pain as well as danger to this person. Besides, once it is done, there is no turning back. Let me share a real case with you. There was a Korean woman called Hang Mioku who put her makeover story on the YouTube. Before her twenty-eight year old birthday, she was a professional model. She got addicted to plastic surgery, so she firstly injected silicon shots into her face to make her look more beautiful. Then, she gradually became so obsessed with plastic surgery that she injected cooking oil into her face. Eventually, her look became so freaky that she went to see the doctor for help. The doctor told her he could not undo what she had done to herself. Thus, we should consider the undesirable consequence that plastic surgery may bring us.

What's more, the cost of undergoing plastic surgery is really high. There are so many cases reported that people use up their life savings and get into debt due to their decision of doing plastic surgery frequently. When someone does it for the first time and she or he is not satisfied with the result, she or he will probably do another one and then another one ... and so on and so forth to get things right. Think about how much money is wasted on something she/he may not be able to be satisfied with in her/his lifetime. Moreover, what if she/he leaves scars or she/he needs to suffer from long-term pain for her/his entire life? Even worse, mental illnesses like anxiety and depression may occur if someone becomes obsessed with plastic surgery.

On the contrary, there are some other ways to make you look beautiful and more confident without undergoing plastic surgery. For example, you can hire professional make-up artist to teach you how to use make-up to improve your appearance. Besides, you may go to see a counsellor to

boost your self-confidence and accept your natural look. Also, you can do more things that can help you increase your confidence. Furthermore, having a better hairstyle or wearing stylish clothes can also bring a new refreshing image.

Last but not least, I would like to remind everyone that beauty is only skin deep. We do not need to change our appearance to please the whole world. We should not judge a book by its cover and try to look for someone's inner beauty. Inner beauty, like kindness and wisdom, can be kept permanently, but not for outer beauty. I hope that Chris can think twice before doing the plastic surgery.

Candy

5C Lok Sau Ho, Eric

A letter of advice to Jackie

Dear Jackie,

I'm so sorry to hear that you have some problems recently. I know that you have been unhappy for a long time because you have got few friends and you feel that no one seems to like you because you are fat and unattractive.

To tell you the truth, a few years ago I was a chubby boy. I once suffered from the same problem so I know how you are feeling right now. However, I have already recovered from my depression. Let me give you some advice to fix your problems.

First, I know that you have been trying crash diet to lose weight but nothing seems to work. It is wrong to limit your food intake aggressively since you will get hungrier after you skip so many meals. If you think that you will lose weight by skipping meals, you're wrong. When you skip meals, you will only feel much hungrier in the next meal and will want to eat more. Second, even if you can lose weight quickly after doing crash diet, don't forget that your weight will bounce back quickly once you start eating normally again. This concept is explained by many nutritionists and physical trainers in newspapers and magazines.

I suggest that you can have regular meals and eat more healthy food in your meals. Try not eat food high in sodium, oil and sugar. Some examples of these unhealthy food are French fries, instant noodles and ice cream. In fact, you can eat food high in protein and low in fat such as tofu, fish, wheat bread, etc. They are all healthy food and help you to lose weight steadily. Apart from your diet, you should also remember that doing exercise can effectively help you to lose weight. Doing some fat-burning exercises like running, swimming, aerobics will surely make you feel happier and look much slimmer.

On the other hand, I know that you are unhappy that you've got few friends and no one seems to like you because you don't look attractive. I think this is a misconception because many chubby gentlemen and ladies still have many friends around them, say like the artists Tsang Chi Wai and Shum Din Ha. I think you should think about the way you socialize with other people. How do you talk to other people? How do you treat other people? Are you friendly and sincere when getting along with your friends? You should understand what your friends' interests are and try to talk about your common interests. You can meet more friend if you join more school clubs such as sports team and social service group. You can learn how to communicate with different people and have common topics to talk about. I'm sure you will be become more outgoing and improve your interpersonal relationship.

To sum up, remember not to try crash diet and design a healthy diet plan for yourself. Do some regular exercise every week too. Last but not least, open up yourself by participating in more school activities to improve your communication and interpersonal skills.

I hope my advice is useful and feel free to drop me a few lines later.

Yours sincerely,
Mentor

5C Yue Tsz Ying, Kitty

A proposal on setting up a photo sharing space on the school's intranet

To: Ms. Chan, Head of Information Technology

From: Chris Wong, President, the Computer Club

Proposal: to suggest the setting up of a photo sharing space on the school's intranet

Introduction

Many students have expressed interest in having a photograph sharing space on the school's intranet that only students and staff may access. Students would be able to post their photos of school events and download photos posted by other students. Therefore, a photo sharing space is important for students and staff.

A photo sharing space

Firstly, in the modern society, students always use the Internet to find information, e.g Google, Yahoo or even Facebook. Moreover, students download pictures and videos and they sometimes update their status. As a result, I suggest that the school should make an online platform on the school intranet for all students and staff because it could increase teacher-student communication and students would have a stronger sense of belonging.

Secondly, setting a photo sharing space on the school's intranet is economical as we would not need to use extra resources. Our school already has an intranet. We would only need to add an extra function to it. Furthermore, it would be more convenient to protect our privacy because only teachers and students from our school can access the intranet to share their photos.

Conclusion

To sum up, a photograph sharing space is beneficial to our students and staff. It could increase communication and provide convenience to members of school. I hope the above proposal of a photograph sharing space would be approved. Should you need any explanation or elaboration on the above recommendation, I would be glad to have a meeting with you.

Report on a seminar about the importance of taking an active role in school life

Introduction

The purpose of this report is to discuss the importance of taking an active role in school life – a topic covered in a recent seminar run by the career centre.

Findings

1. Exam grades are not all that is needed when applying for university or jobs

Nowadays, examination grades are not all that is needed when applying for university or jobs, for example, some companies look for not only graduates' academic results or their education background, but also the corresponding skills and experiences. Many students have good academic performance with the help of tutorial centres. Employers would compare them and choose the best ones.

2. The benefits of taking on leadership roles at school

Taking an active role at school not only helps students to make more new friends but also allows us to have more valuable chances of developing problem-solving skills and self-confidence. Student leaders normally will become more hard-working and proactive after participating in different activities. In addition, through holding different functions, proper organizational and decision-making skills can also be cultivated, which will surely be very useful in the future.

3. The importance of communication skills

Last but not least, taking on leadership roles at school could also develop our communication skills. In everyday life, we have to deal with different people of different characters and backgrounds. If we are active members of the community, we will definitely have more advantages than others.

Conclusion

In conclusion, taking on an active role in school is very important for students in order to gain a rich school life and a bright future!

A speech on helping the earth

Good morning Principal, teachers and fellow students,

Today I am going to talk about how to be responsible citizens and what we can do to protect our environment.

First, we can save water by turning off taps properly. People always forget especially when brushing our teeth to complete a tap step. On Earth, many places fight for water because they do not have enough. Therefore, we should try to be responsible for not wasting any water. As lots of people like to grow plants at home, therefore we should grow plants that don't need much water. And the government should encourage the general public to grow more plants which helps make our environment greener.

Second, one of the major problems of our modern society is the excess use of plastic bags. We should find a solution to solve it. In fact, a lot of families waste many plastic bags, this situation is serious. It is because every family needs a lot of plastic bags when they need to prepare for their dinner or buying groceries at shops. Hence, the government should impose a heavier tax on using plastic bags and people should bring their own bags when buying things.

Third, there are plenty of private cars in Hong Kong; this is one of the causes for air pollution which is a big problem for Hong Kong. The government should encourage the general public to use public transportation more when they go to work, since this can minimize unwanted emissions produced by vehicles.

To conclude, we should try our best to be responsible citizens by reducing the use of water, plastic bags and private cars. For the Earth's well-being, we should protect our environment. It is not only for us, but for the next generation too.

Thank you.

Our school of the future

In 20 years' time, the school campus will be much different from what we have now. A taller and bigger campus are just some of the basic developments, but the school would also be equipped with the most advanced technology. For example, each locker would be installed with face recognition digital locks to strengthen the school's security system. Also each student would be distributed a tablet to read e-books, so they would never have to carry around heavy books anymore!

Being a teacher has never been an easy task, but fortunately they will receive some help from their artificial intelligent robot assistants. Given considerations to the heavy workload of teachers, the government has established a new law for each student to have an A.I. robot to help them grade papers or even substitute for a sick teacher. They will never have to worry about being able to grade all the papers in time.

The greatest change for students is probably their outfit to school. They are no longer required to wear school uniforms, instead they are able to choose whatever they want in order to express their individualism. But of course there will be some standard so that the students do not dress inappropriately. Also, there will be fewer tests and exams in the future to reduce academic pressure.

The school will be run by the faculty members and the student government, together. The student government should have enough power to affect the school's decisions on any policy that may affect students. Every new school rule will be voted on by all students and teachers before establishing it. Together, the school can become a more democratic and judicial place.

Letter of advice

Hello Lucy,

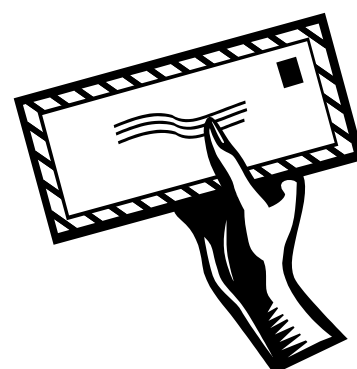
First, I am happy to hear that you could take a role in a local film. Are you going to be the main character? How exciting! You said your parents fiercely object to it. Let me give you some advice to help you convince them.

This main reason for their worry is that they think it would intervene with your studies. In fact, during rehearsals and on the days of the performance, you will certainly face many problems and NGs (No Good) but this can improve your problem solving skills. Your techniques will be improved after that. When you finish the movie, I'm sure you will be more confident. I think it is part of your life and it's something you might not learn in school. You can also meet more friends!

They are also worried that the entertainment industry will have a bad influence on you. I recommend that you find some successful people or events to show them it is not harmful to you. You'll be more mature with a target in mind. I can see you're enthusiastic about it. You can share your passion with your family. Let them know you really enjoy it. I think they'll understand. If they still reject it, you must stand firm if you truly value this chance.

No matter what, be brave and choose for yourself. I know it's challenging but this chance is hard to find. You'll regret if you make a wrong choice. Looking forward to seeing you in the film! Support you always.

Love,
Chris



6B Li Ho Yeung

A proposal of a group activity for Form 6 graduates before university entrance

To: Mr. Kermit Chan, Head of ECA

Prepared by: Chris Wong, Chairperson, Student Union, S.K.H. Li Fook Hing Secondary School

Introduction

I would like to put forward an activity for Form 6 graduates before entering university. Currently, Form 6 students are facing their DS examinations, therefore, they are facing a lot of stress from the study. In order to help them reduce stress, I would like to propose the idea of an activity for them. Through this activity, students could gain experience knowing more about the nature. They would feel more relaxed in such a pleasant environment. Furthermore, the trip would definitely leave them a lasting memory.

Details of the activity

Participants

The target participants for this activity would be students from 6AB3 and their two class teachers, Mr. Lai and Ms. Chan.

Time

The activity could be held on 12th December 2013 and last for six days.

Destination

The activity could take place on school campus as it would be a convenient location for all participants.

Cost

The students should pay \$400 to join this activity. The cost would include tents, and three meals a day. Items needed for the games would also be covered.

Activities

People would be divided into three groups for activities and accommodation. There would be a variety of games held in the form of competitions. First, students need to build their own tents as quickly as

possible. The fastest group would win. In another competition, students must cook dinner by themselves, the two teachers would be the judges. The winning team should have the best dishes in terms of taste and nutritional value. Another competition involves orientation, students would be blindfolded and the rest of the students would lead them through a short path. This game is intended to build trust among the participants.

Conclusion

This activity would be a perfect opportunity for Form 6 students to bond with each other. After this activity, they would value their friendship even more and become more mature. I hope this proposal will be considered.

6C Sin Ying Ka, Kathy



An unforgettable working experience

Working as an assistant programme manager in a community centre was really an unforgettable and invaluable experience for me. I have never ever thought that I could have a chance to learn a lot during the summer holiday. I realized that work life is very different from school life and much more difficult than I expected. This experience has changed my views on study and work.

The summer job was really an eye-opening experience for me. I have organized a wide range of activities and programmes for students. I have held lots of basketball and football competitions. I enjoyed playing ball games with students from different schools. I have visited elderly who were in need. They felt very happy and satisfied when we visited them. I am sure that I can make positive contribution to our society. Although I have encountered a number of problems, I didn't give up. I have learnt not to be defeated by failures, but to regain my self-confidence and to equip myself well to embark on a new journey.

The job also gave me lots of opportunities to come across interesting subjects in various disciplines. Apart from organizing a variety of activities, I have met people from diverse backgrounds. Such experiences allowed me to discover my own interests and potential. The stimulating and challenging learning experience it offered gave me excellent training for my personal development in terms of critical reasoning, logical thinking and communication skills, which are essential qualities for a successful career in any industry in society.

Working as an assistant programme manager provided me with the opportunity to broaden my horizons. It is hoped that I would formulate my life direction and goals, form a habit of lifelong learning and build a positive life view. I also want to have a solid foundation for further education and acquire a sense responsibility.

I also realized that things have toughened up in the workplace since the economic crisis. Competition is keen and employees are expected to be fully equipped to meet the challenges in the workplace. Clearly, young people need to put more effort in both personal development and learning work-related skills. I was delighted as lots of my colleagues told me that I was fully devoted and could demonstrate an ability to work as a team in a highly efficient working environment.

The summer job gave me an unforgettable experience and I enjoyed working with my partners so much. I believe that I can have the strengths to pursue my dreams no matter what challenges and difficulties I encounter in the future.

6C Wong Ling Nga, Charice

A speech on food shortage

Good morning, principal, teachers and fellow schoolmates,

I am Chris Wong from 6C, the chairperson of the Student Union. Today, I am going to deliver a speech on food shortage, which may lead to malnutrition, spread of common diseases or even death. 842 million of people go hungry every day. That's 1 in 8. I will start by its causes followed by consequences and solutions.

To begin with, let us blame Mother Nature. Food shortages and famines have been a serious problem for a long time because of natural disasters like earthquakes, tsunamis and droughts, for example, those in China, Southeast Asia and Africa.

Secondly, food shortage may be caused by government policies. For example, one of the hungriest countries on the planet, Ethiopia has thirteen million hungry people requiring food every day, but the government has an extreme policy selling or leasing the most fertile land to rich countries. It sounds ridiculous but it's true! Ethiopia is just one of the 20 African countries where such practice is common. It's hard to imagine why such things happen in Africa every day!

Let's move on to the solutions. The United Nations World Food Programme has a long-term solution to world hunger and malnutrition. They are doing this by its use of cash and vouchers as food assistance tools. Around 4.4 million people received such help in 2011. In that year, the organization bought 2.4 million metric tonnes of food, worth more than US\$1.2 billion. Of such amount of food, 71% was purchased in developing countries boosting the local economy.

On top of those organizations' assistance, we as individuals can do something to help as well. Consider our need or appetite before we buy, order or cook. After we buy, order or cook food, we consume as we need. The leftovers should be stored properly and finished as soon as possible. We can also donate money and/or food to some organizations to help.

I hope that I can arouse your interest and urge you to take action to help and protect people in need in the world. Food shortages and malnutrition are serious problems. We should join hands to solve them. This is the end of my speech. Thank you for your attention.



E-book

Nowadays, many schools in Hong Kong are using e-books in class. Teachers and parents have heated discussions on the pros and cons of using e-books in secondary school. In this essay, I would address the benefits and drawbacks of this issue.

One benefit of using e-books in class is it enhances learning. For example, e-book has an inbuilt dictionary function. Users can check the meaning of an unknown word very easily as well as learn the pronunciation using the pronunciation button. Students can do self-learning and even have self-dictation.

Another advantage of using e-books is it is convenient to carry. Students need to study different subjects and carry many books every day. An e-book can combine many books from different subjects into one. Therefore, it can greatly reduce the weight of students' school bags.

Also, using e-books is more environmentally friendly. E-book does not use paper hence it saves more paper. If the books have updated versions, users can simply press the update button to renew their versions.

Although there are many advantages of using e-books, it still has some disadvantages. Using e-books may affect students' learning efficiency. For example, it may reduce students' attention span because of its electronic nature. It can be bad for eyes too!

E-books may also distract students in the lesson because it has many different functions, for example, games and music applications. Students may focus on these functions instead of the text itself.

Another drawback of using e-books is the installation and maintenance costs of e-books is higher than traditional books. Buying a tablet already costs the users a lot of money, if it is broken, the user needs to repair it and would not have books to use in the meantime.

All in all, many people believe that e-books can replace traditional books but I think to put this into practice, there are still several difficulties to be dealt with.