

Foreword

Writing Club continues to find its place in promoting English Writing. Knowing that writing is not an easy job for any student, we select interesting topics and achievable tasks in a bid to motivate them to write. Through creative stories, sharing of school experiences, 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.

Holdings 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 sharing their thoughts for our publications to come!

The English Department

1A Cheung Yee Kei, Yuki

Feature article – A New Sport: Beach Football

Today, I want to introduce a game called Beach Football. Beach Football comes from Brazil and it was invented by a Brazilian who wanted to play football, but he didn't have a place to play. So he went to the beach and saw a nice area and he asked his friends to play. Some people thought it was a good idea and called it Beach Football.

The rules of the game are:

1. There are 10 members on each team.
2. You have to use your feet to kick the ball, you cannot use your hands.
3. It can be played like soccer. You have to kick the ball into the net in order to score.
4. You need a ball and net to play the game and of course a sandy beach area.

People like to play this sport because it is very exciting to play and watch. I think I will play a game later.



1A Domingo Abigail Ming Bo



Restaurant Review – A Horrible Experience

The restaurant I went to last time is called the Curry Canteen. It is located in Mong Kok on Mong Kok Street. The dishes that they serve are chicken, beef, lamb curry, green curry, roti bread and drinks. It is opened from 10:00 a.m. to 9:00 p.m.

The lighting was quite dull and they played Indian music which was live and really loud. There were no decorations. There was no Wi-Fi and no air conditioners. That's why it was very hot inside.

When I went to the restaurant, it was not so busy. I also met the head chef. He is from India. He was very kind. The restaurant is a sit-down restaurant, so the waiters will bring your food to you. The service was quite slow, but the waiters were kind and helpful.

The food that I ordered was the green curry, (it was spicy) and the roti bread. The roti bread was too oily and salty and the curry was too oily and spicy, because the chef used a lot of chili powder. The food was not good. It was a terrible experience.

I would not recommend this restaurant to anyone. The staff was kind, but the food was horrible. I would give it 1 star. I will never go back again.

1A Liu Ga Jin, Gabriel

Blog entry – My Egyptian Adventure

Today was a very special day! I travelled back in time to 4,500 years ago. I was in Egypt and I was the Pharaoh and it was really fun! Let me share my story...

I was doing a project about old Egypt about their lifestyle, eating habits, house and work, but I fell asleep. When I woke up, a noble asked me some hard questions. I had traveled back to the year 4,500 to Egypt. So I decided to use this chance to ask questions and finish my homework. The noble also told me that I was the Pharaoh of the kingdom. I was very interested in their house, so I asked them to introduce the house to me. He told me that the Egyptians have three types of homes. The noble and the Pharaoh live in a castle and some houses made of stone. The second house is wooden and it can be very big and the third are the slave's home which is their master's home. The slave must live with their master and obey them.

As I was walking, I felt hungry, so I asked the noble for food. He gave me some fruit, meat and bread. It was all very yummy, so I asked him what people eat in Egypt. He said, 'The Pharaoh can eat anything, the nobles eat fruit and the commoners only eat bread.' Then I asked about the life of the people who live in Egypt.

He said, 'I do not need to do anything, as I am Pharaoh, but the nobles need to serve me and the commoners need to fish and hunt and the slaves need to do everything.'

After a long day of walking, I fell asleep and when I woke up I had traveled back to now. With the experience, I could finish my homework easily.



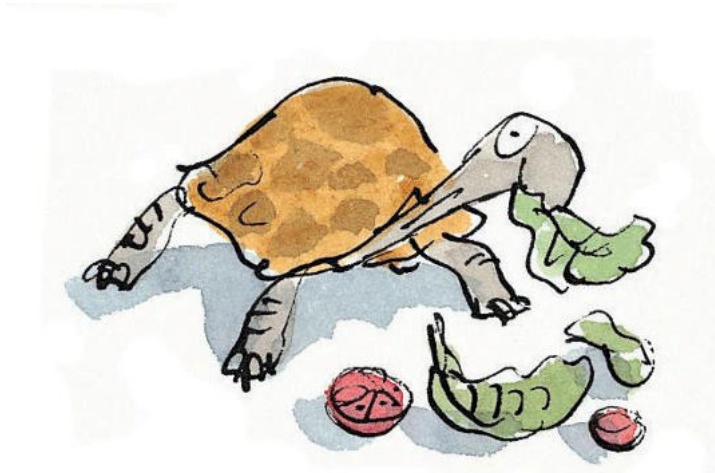
Short Story – The New Esio Trot Ending

Mr. Hoppy proposed to Mrs. Silver and Mrs. Silver said yes. On the day before the wedding, Mrs. Silver and Mr. Hoppy went for a walk and they met a pet shop keeper on the street. The shop keeper asked Mr. Hoppy why he returned all the tortoises to him. Mrs. Silver curiously asked, “Mr. Hoppy, what has happened? Do you also keep pet tortoises?” Mr. Hoppy answered, “Of course not!”

Mrs. Silver did not believe and asked, “Why did the shop keeper say so? Are you hiding something from me? You must be lying to me!” Mr. Hoppy said nervously, “I did this because I love you.” Then Mr. Hoppy told Mrs. Silver the truth.

After hearing Mr. Hoppy’s words, Mrs. Silver was a bit angry but touched. Although all tortoises were gone and Alfie had left her, Mrs. Silver forgave Mr. Hoppy and kept her promise of marrying him.

In the end, the couple sold their houses and used the money to buy a bigger house. Mr. and Mrs. Hoppy lived a happy and care-free life with their new pet tortoise.



1B Ngai Ka Lo, Kelly

Blog Entry - A Frightening Skiing Experience

A few days ago, I went skiing on Mount Everest with my friends. This was an agreement we made when we were teenagers.

When my friends and I arrived at the foot of the mountain, we felt very cold, but when we looked up from our feet, the scenery was very pleasant.

My friends and I picked up our skiing tools and started skiing. We shared with each other our own skiing tips as we glided down the skiing track.



Just as we were enjoying the good times, there was a shake and the snow from our nearest mountain was coming towards us, creating an avalanche.

A few of my friends and I narrowly escaped but one of our friends was missing.

I, along with my friends, thought about what could be done. Then we called the rescue team while doing the search ourselves.

When we saw the rescue team, we all worked together to find our friend. At last, we found him on the other side of the mountain. When we found him, he was pale and half-buried in the snow. There was no sign of danger.

Thank God we all came back safe and sound, but it really was a deadly experience for all of us!

Written by Kelly Ngai on 4-11-2018 at 8:03 p.m.

1B Siu Tze Yan, Fion

**Informal Letter –
A Food Paradise**

To: chriswong@gmail.com

From: alexchan@hotmail.com

Subject: A Food Paradise

Hi Chris,

I am writing this email to tell you about a food paradise. The restaurant that I want to talk about is called 'The Happy Pizza'. It is located in Causeway Bay near the Yan Yan cookies shop. You can go to Causeway Bay by MTR or bus.

The Happy Pizza Shop is very famous for its pizza. Their pizzas are very cheesy. Pizza is easy to make. First, you need to prepare some flour, water, cheese and sausages. Next, add the water into flour and mix it. Then, roll the dough and put the toppings on the pizza. Finally, put it into the oven and bake for 30 minutes. Do you want to make it by yourself?

This restaurant has eight tables and thirty chairs. The lighting and music are soft. I like this shop because their pizzas are very yummy and the environment is relaxing.

The staff of the restaurant are polite, warm and friendly. They are so nice. They are quite busy because many people order pizza. The opening hours of the restaurant is Monday to Friday from 9am to 8pm.

I would recommend this restaurant to you. I cannot wait to see you enjoying the tasty pizza. When you come to Hong Kong, you should try this popular restaurant.

Bye for now.

Alex

1C Ling Ho Chun, Michael



Informal Letter – A 3-day Trip to Japan

Hi Tim,

I've received your letter. I'm so excited that I can go on a 3-day free trip. I am planning to go to Nagoya this summer. I'm going to travel with Ben and Tom because they are my best friends and they love travelling.

On the first day, we're going to take a train to LEGOLAND. It is an outdoor amusement park and there are many attractions. We're going to see the large Lego models, go on rides and have dinner there. XD

On the second day, we'll go to Japan Railway Museum in Nagoya. We're going to see the collection of 39 retired train carts that are displayed in the museum. That'll be very interesting!

On the last day, we're going to Nagoya Hill Shopping Mall. The mall is located in the center of Nagoya town and there are many shops and a food street. We're going to shop in the outlets and try the local food.

Well, I'm busy planning for this trip. Give my regards to your family. Tell me about your marathon and Malaysian trip. Write soon!

Best wishes,
Chris



Short Story – The Magic behind the Potion

Matthew is a disobedient boy, he never follows school rules and listens to anyone. Everyone doesn't like him and thinks he is an unusual student. So he doesn't have any friends.

One day, when we were having a science class in the laboratory, our teacher taught us an experiment on how we could do magic. All you needed was just a mysterious potion and it could make the stone move. It was a miraculous experiment. Matthew usually slept in the lesson but he was paying full attention this time! When I was looking him, I saw he had a sinister smile on his face. I felt a bit strange but I didn't pay too much attention to him as I wanted to listen to my teacher.

At lunch, all students were eating their lunch. Matthew went outside quietly and after a while he came back. I saw he had a little glass bottle in his hand. "What is it, Matthew? You didn't take anything from class when you went out, did you?" As I looked closer, I shouted with surprise, "Hey! That is the Science teacher's mysterious potion. What do you want to do with it?" Matthew's evil smile appeared again and said, "I stole the Science teacher's mysterious potion and now I will have a lunch box military troop. After that, no one can stop me anymore. Hahaha..."

When he wanted to put the potion into the lunch boxes, suddenly a burst of smoke appeared and a man wearing a magician's robe came out. It was our Science teacher! We were very disconcerted and flummoxed. "Quiet, my students," said the old voice. "Listen, I was so disappointed with you, Matthew. How can you be so selfish to your classmates? If you do that, your classmates would be harmed, or even you! Why do you want to do so?" Matthew cried and told him everything in a low voice. The Science teacher then explained, "Matthew just wanted you to be his friends, and he felt very regretful for the bad things he did. Will you all forgive him?" "Yes!" we shouted enthusiastically. Then we all ran to Matthew and gave him a big hug.

Our Science teacher disappeared quietly with his magic potion behind us, leaving all classmates having a good time with Matthew. I suddenly thought, maybe, he intentionally let Matthew steal the bottle. Um...interesting.



2A Chan Xinyi, Wendy

Short Story – A “Beautiful” Girl

It was a beautiful, clear day in Japan. Looking out from the window on a plane, Giraffe was very tired. Suddenly, a lovely person passed by him. It was Hello Kitty. Giraffe happily murmured, ‘Wow! What a pretty girl, I like her!’ But Hello Kitty disappeared quickly. Giraffe could not wait to find Hello Kitty, but the plane was taking off.

Upon landing, in order to find Hello Kitty, Giraffe walked around anxiously and saw many ladies dressing similarly in the airport. ‘Ah!’ Giraffe screamed in fright, ‘Why are there so many Hello Kitties?’ Alarmed, he started looking around nervously, worrying he may not find his ‘Hello Kitty’. The Hello Kitties he saw were all very friendly and attractive. Strangely, Giraffe noticed some Hello Kitties started chasing after him. He was puzzled, then he turned around and ran. But the Hello Kitties helped each other and surrounded him, he was caught quickly and with a ‘Bang!’, he lost consciousness.

When he woke up again, he found himself tied up and saw many Hello Kitties in front of him. Giraffe was frightened. Abruptly, his head was smashed again by a stick. In vague, the Hello Kitty that Giraffe saw on the plane gently walked towards him, and stabbed him with a knife.

‘Oh!’ Giraffe said with regret, ‘dead again.’

‘Are you playing the ‘Hello Kitty’ game?’ Mom angrily shouted.

‘I do not play games.’ Giraffe shut the computer down right away and ran out of the room.



**Short Story –
Little Marlin Saved the Kind Dolphin**

The ocean was very calm, all the sea animals were living peacefully. They all were very kind and helpful; Mother Octopus took her children to school every day; engineer Turtle built a lot of small buildings and Dolphin was ready to offer help when needed except for Little Marlin, who was a nice little fish with no part in the community. Their common enemy was the evil Shark who was very mean. Easily raged, it was a killer who often attacked other sea creatures, so all the animals were very afraid of it.

One afternoon, Shark was in his searching game and went to hunt for prey. Suddenly, he saw the fat Dolphin and wanted to have a bite. Dolphin swam as fast as a dolphin could, but Shark was faster and it almost bit Dolphin's tail. Luckily, Dolphin saw a small cave and quickly went to hide inside to escape the deadly teeth.

Hiding in the cave, Dolphin laughed, "Haha ... you cannot eat me!" Shark could do nothing but leave. The next day, Shark was waiting for his 'little friend' to pass by. He quietly followed Dolphin.

Not far away, Marlin saw them and thought, "Oh no ... I have to help Dolphin." So, he went close to Shark and said, "Big Fat Shark, come and catch me!" Very quickly, Marlin swam fast at the speed of 33m/s, Shark was tired chasing after because he was not as quick as Marlin. At this moment, Dolphin swam out to escape with Marlin and Shark was left alone in the middle of the sea.

Finally, Dolphin said, 'Thank you, Little Marlin. Thank you for saving me.'

No matter how little we are, we can always help others and have our place in the community. Are you ready to do your part?

2A Lai Ally Juliana

Blog Entry – Good Friends Care and Help

Last week, I seemed to be facing a lot of pressure. I had dark circles under my eyes and had been sleeping in the lessons. I also needed to go to the rainbow class (a class for students not doing homework), it had not happened before.

In fact, my classmates have been calling me “Rainbow Warrior.” and I was annoyed by that.

I had been absent for a few days.....

Until one day, my best friend, Juliana came to visit me after school. She looked worried and asked me if something wrong happened. I told her the truth that I felt pressure facing so much schoolwork and activities and I had been playing a game on my mobile phone to relieve my stress. I could not help but keep spending time on it.

Juliana asked, “Is it worth it? I am not saying you cannot be entertained, but you need to finish your own work and then you can be entertained with no stress. Also, it is important to manage your time well, you need to have a healthy body to do the things you like and enjoy your life!”

It was like a slap to my face (but in a gentle, acceptable way). I suddenly realized how stupid I was to escape from all the work. I thanked Juliana and I finished all my homework with her that evening. I was more than ready for school the next day.

Thanks to Juliana, if not, I would probably be living a terrible life. After this incident, I understand time management is important, especially for busy teens like us!

Written by Ally Lai on 2017-12-11, 13:14 p.m.

**Short Story –
Mr. Kim**

In year 2194, the supreme leader of Korea-fantastic Mr. Kim was planning to destroy the world by launching nuclear missiles at the planet, wanting to watch the planet be crushed from a space station.

Somewhere in the forest, a fox was destined to save the world. He had been hearing about Mr. Kim wanting to destroy the world for quite a while. Not knowing where his sense of duty came from, he decided to stand out and fight Mr. Kim himself.

When he arrived in Korea, he was immediately caught for looking very suspicious and was put in jail. But on his way there, Mr. Fox managed to escape and walk to the capital of the country in three days.

When he sneaked into the supreme leader's office, it seemed a bit empty. In fact, no one was there! They were all at the "star port" that the government used to launch spacecrafts. So, he ran there immediately. When he was at the entrance of the port, the guards stopped him but Mr. Fox used the advantage of his mobility and outran the guards. Into the waiting room, there he challenged fantastic Mr. Kim to fight him.

Kim said to his guards spookily, "give me a gun and some ammo." When he got the gun, he quickly pointed the gun at Mr. Fox, but Kim missed and Mr. Fox dashed straight at Mr. Kim who swiftly dodged him. Mr. Kim decided to run to a spacecraft to escape from Mr. Fox, but Mr. Fox got on the other spacecraft and chased after him.

The fight quickly turned from a duel to a space battle. Reinforcements had come and helped Mr. Fox. It was Mr. Kim's Spacecraft Navy verses the United Nation's spacecraft Navy. Both sides had heavy casualties. Mr. Kim sneaked behind Fox's ship, he fired the plaster and shot it at the

engine of the ship.

Mr. Fox yelled, “Yikes! Someone help me, my ship is on fire!”

“Land on platform number 9276, there are ship repairers waiting,” replied Captain Toby Brian in the UN capital ship.

Mr. Fox tried to land but Kim’s ship kept blocking his path, trying to intercept him. After a while, Mr. Fox finally managed to land and quickly jumped back into battle. But very unfortunately, he was hit by a missile and crash-landed in Kim’s capital ship’s hanger bay. The lucky part was, no one noticed a random fox in the hanger bay and he had a crazy plan to work with, chasing the capital ship of Kim’s navy in this private space station that he planned to sit on while the world burnt.

He grabbed some C4 and grenades and ran to the corridor. Whenever he saw a soldier, he would throw a bomb at him, destroying the facility at the same time. Soon, he was in the command center of the capital ship, the crew saw the bombs and quickly surrendered. Mr. Fox took control of the ship and aimed it at Mr. Kim’s tiny little spacecraft, this made the ship back fire at him. Just a few shots, Kim died in space. But there was still one mission to complete, it was to crash the space station!

Mr. Fox was kind of scared that he would die in the crash, so he ordered a robot to do the work for him instead. While he was escaping in an escape pod, just a few moments after he escaped, he saw the remains of the capital ship and the space station.

Mr. Fox was awarded with a Nobel Peace Prize and promoted to be the leader of the United Nations.

2A Ng Wai Kuen, Jordan

Short Story – Dinosaur in the Farm

In a distant place, a poor peasant couple lived on one side of the hill and a wealthy chef on the other.

This year, the farmers' crop growth was not good. One night, the farmer went to the cook's home. The cook was cooking dinner. The farmer begged the chef, 'Can you make a dinner for me and my wife?' The stingy cook looked at the farmer, and unwillingly gave the farmer a bowl of rice. The farmer and his wife enjoyed their simple dinner on the farm. Suddenly, a loud noise occurred in the sky. A dinosaur, like a big building, appeared like lightning. The farmer and his wife were surprised and scared, they immediately threw the bowl of rice and ran back to their house.

The dinosaur saw the running farmers, so it went over to their direction. The farmers were even more scared and ran even faster, eventually, they hid inside their house.

The dinosaur found the bowl of rice on the ground and picked it up. Without hesitation, it swallowed it into its stomach. As the dinosaur had never eaten rice before, he thought it was very delicious. Following the scent, the dinosaur gradually approached the chef's house. On its way, the dinosaur left some manure on the farm. Then the dinosaur flattened the chef's house and left with a bolt of lightning.

The next morning, the farmers woke up. Not only did they find the dinosaur had disappeared, but also found that the dinosaur's dung had turned into fertilizers. The chef was very sad because his house was gone. Later, the farmer's crops grew bountifully and they became rich farmers, and they lived with the poor cook. As a returned favor, the farmers offered a bowl of delicious rice to the cook every day!

2A Tsang Tsz Kin, Jacky

Short Story – A Fantastic Trip

One night, Jordan was doing his revision. Suddenly, he heard a weird noise from the living room. ‘What happened?’ Jordan was scared. He cautiously walked out of the room and saw a strange green light outside.

Jordan was very surprised. Not only because of the green light, but also his cat was flying out of the window. He immediately followed his cat out of the house. Together with his tiny pet, he was pulled away by this mysterious green light.

Jordan felt very scared because he was now floating in the air. Just then, he saw a flying saucer above. Some aliens appeared and their looks were weird and ugly.

‘We want to learn the culture here. Can we be friends?’ One of the aliens spoke to Jordan politely in English. Finding that they were very friendly, Jordan taught them the culture here and played with them.

At last, Jordan took a photo with them, and they sent Jordan back to earth. They had a very happy time together. Suddenly, Jordan realized that his cat was left in the UFO!



2B Sze Yu Yi, Yuki

**Argumentative Essay –
Should students be allowed to wear their own jackets to
school on cold days?**

In Hong Kong, many students wear their jackets to school on cold days. Actually, many people think it is acceptable. I share the same opinion as well. In this essay, I will argue why I think so.

To begin with, typical school blazers sold in Hong Kong cannot provide sufficient warmth to keep students warm during cold days. Many of them are simply made of thin layers of cotton and wool. However, they are bulky and rather heavy for students with average body size. Given such materials and design, parents believe that wearing their children's own jackets should be allowed.

Moreover, there are many types of puffer and down jackets available in the market. They are far more superior when it comes to value for money and warmth provision. In addition, many students already own one or two puffer and down jackets. If parents could choose, they would rather spend their hard earned cash on a high quality jacket that will keep their children warmer.

When most school blazers fail to keep students warm enough in winter and schools do not allow students to wear something else, students may easily get a cold and fall ill. Therefore, to safeguard students' health, schools should allow students to wear their own jackets in winter.

To conclude, given the poor material used for making school blazers, the more superior warmth provision function of puffer and down jackets, and the health issue of students, I strongly believe that students should be allowed to put on their own jackets at school during cold and chilly winters.

2C Leung Man Chun, Destiny

Video Review – Sunny Day is More Than Just a Video

The title of my favourite short video is *Sunny Day*. It is an inspirational story about sadness. It is produced by the Social Welfare Department of the Hong Kong Government.

In the video, there is one boy. The boy always wants to play football, but he cannot because it is always raining. Then his friend comforts him. His friend says, 'I do not know when it will stop raining but I am always hopeful.' The next day, they play football happily, though it suddenly rains. They can't play football, but the boy finds that it is fun to play in the rain.

I like this video because it talks about teenagers' problems. They always have sadness. Teenagers often feel sad about different things. However, the video tells them that **where there's life, there's hope**. The slogan is easy to remember.

This short video has a sequel about a girl. She thinks no one loves her. But actually, everyone loves her as she is lovely. We should look at the bright side. I recommend the videos to all teenagers.



3A Chung Sai Yu, Yuki

Book Review –

Anne Frank: The Diary of a Young Girl

I am going to share a book that is called *Anne Frank: The Diary of a Young Girl*. The book is about a Jewish girl who lived in the time of World War Two.

On Anne's 13th birthday, the war broke out and Anne's family had to hide in a closet and live with another family. This lasted for two and a half years. In August 1944, Anne's home was found and all the others were killed. In March 1945, Anne and her sister died in World War Two.

Anne and her family lived under ground, in hiding places. They couldn't see the blue sky, couldn't smell flowers, and couldn't hear the wonderful bird songs. Anne had never been worried when the war began. During the day, she liked to watch the scene outside through the window in the living room and imagined the sunshine she would feel and the sky she would see after the war.

When I first read Anne's Diary, I was 14, about the same age as her. Although we live in different eras, both of us always dream of many fairy tales, and we don't understand love either. Anne was very positive. She continued to think about her dream of being a writer. She thought that the war would end soon and everyone would live a good life.

Compared to Anne, we enjoy freedom in our city and we can go shopping anytime of the day. We have enough food in every meal and live in peace. Then, how can we make this world more wonderful? We can do volunteer work, we can donate to charity and we can contribute to help the children in war who are like Anne. I did volunteer work with my schoolmates and we learnt a lot. We took care of the old people. We might not be able to do much, but we can do as much as we can to achieve world peace.

To sum up, I learnt a lot about the war from Anne's story. I recommend this book, *Anne Frank: The Diary of a Young Girl*, to you all.

3A Li Ruoqi, Yorky



Proposal – English Week Activities

Dear Ms Hui,

As a committee member of the English Society, I would like to put forward the following proposal for selecting English Week activities. This proposal includes the details of the activities and how they will benefit the students.

First, we would like to organize a story reading workshop – the Wizard of Oz. The aim is to make reading more interesting by using beautiful images. I think it can attract more students and it isn't boring. After two months, our school will have a musical. The title is the Wizard of Oz. I think Form 1 and Form 2 students need to understand it better by doing this activity. We will form groups of 3 or 4 students. All groups will have a chance to summarize the story. We would like to hold it on Monday in the School Hall.

The next activity is story telling with finger puppets. We would like to organize it on Monday and Tuesday in the School Hall. A NET teacher is preferred. Students should use their imagination to draw the finger puppets and make up a story.

It's beneficial for improving our speaking skills and design skills. Also, students can share their amazing stories with each other. Definitely, it will be enjoyable and it provides a great opportunity for students to build their self-confidence.

The last activity is a reading fun fair. All students from Form 1 to 3 can come to the fair. Also, Form 4 students have to design the games. We would like to organize it on Wednesday, Thursday and Friday in the School Hall. An example of a game is that students will match the characters and the pictures. If they play more games in different booths, they will get more stamps. If they get 10 stamps, they will get a gift. The gifts include stuff like pencil cases and keychains. We should start the promotion early so that we will have enough time to prepare the booths. It can provide a great opportunity for students to practise English speaking and reading skills.

I sincerely hope that the proposal will be approved.

Yours sincerely,
Yorky Li
Class 3A

3A Lo Wing Lam Miko



Formal Letter – Improving School Life

Dear Jackie,

I'm glad to hear that the Student Union is concerned about the pressure caused by schoolwork on our students. I'm going to express my opinions and suggest ways that can make school life easier in our school.

I'm a Secondary 3 student studying 16 subjects now. I have much pressure from study because of the assignments. I have too much homework with difficult content. I have many tests. Also, we need to handle the TSA, so all these make me feel stressed and always tired. What's more, during holidays, we have much more homework, so we can't go out to play or take a rest. It is very hard.

About the benefits of doing homework, we understand that it can refresh our minds on lessons and learn the meaning of words. However, having too much homework will make us feel stressed, then we will not have a happy school life.

To solve the problems, setting a homework timetable helps students to manage their time better. We will know which piece of homework to do first. For the teachers, it can help them decide the amount of homework to assign. Students can finish them fast and will not go to bed late.

For other measures, having study areas and quiet places are important and because they can help us to be focused on study, so we hope we will have more study rooms. And it is good to have self-study lessons in the afternoon because it can make us build self-discipline. Also, Extra-Curricular Activities can help us relieve stress, so we should have enough time for joining ECAs. Besides, social workers can help us to have positive thinking by chatting with us. These are my suggestions on what the school can do to help us.

Thank you for taking our suggestions to the school council members. I hope they will take them into consideration and help us solve the problems.

Regards,
Miko Lo
3A

3A Mung Lap Wa, Matthew

Book Review – Life of Pi



I am going to talk about a book, *Life of Pi*, by Yann Martel. *Life of Pi* is about a young boy who survives a harrowing shipwreck and lives on a lifeboat with a large Bengal tiger named Richard Parker for a month.

Pi's family runs a zoo in their hometown in India. When Pi grows up to be a teenager, his family decides to sell the animals and start a new life in Canada and work in Winnipeg. When they were on the way to Canada by ship, his ship gets into trouble. A terrible storm occurs during the voyage, but Pi has not seen a storm before, so he is very excited to see the storm. Later, he is tossed overboard and onto a lifeboat by the crew. Pi needs to go to the lifeboat quickly, so he can't try to find his family. Actually, his family die on the ship. Pi is kind because he saves the animals by moving them from the sea to the lifeboat. In the lifeboat there are some animals like orangutan and the tiger. After a long time, they see an island.

After a long, long time, Pi and Richard Parker arrive in Mexico. The tiger runs into the wild and never sees Pi again. However, Pi is brought to custody, questioned for some time by two

officials in Maritime. No one believes Pi's story.

How does Pi survive in the Pacific Ocean with a tiger on a boat? I think this part is the most wonderful part of this story. This story makes people think a lot. He has lots of struggles. For example, when the tiger and Pi are hungry, Pi goes fishing for the tiger, but his religion does not allow him to kill. It means when people have some difficulties, people will change the principles and adapt to the environment. Pi is a vegetarian but he eats meat when he is hungry.

I think Pi is a very brave young man. He is not afraid of the tiger and orangutan. If I were him, I would be very afraid and I think I would die there because life is very hard there. The author gives detailed descriptions of the scenes. It's vivid and lively, especially the life on a lifeboat where no one knows who will die.

After reading this book, I think I have to be as positive as Pi. No one believes a little boy can feed the tiger to stop the tiger from eating him for food. If Pi did not have a positive mind, he could not have lived with the tiger for a long time. Pi also believes in God. This makes him have great faith to live. I learnt a lot from this book. I think I need to learn from Pi that when I have something unlucky happening to me. I need to be brave to solve the problems. I recommend this book, *Life of Pi*, to you all.



**Short Story –
The Wise Use of Computer**

Spoiled by his parents, Jim got whatever he wanted. With his iPhone, two computers and other gadgets, he got hooked on online games every day for four hours. It was a sunny day, but Jim did not go out, he locked himself in the bedroom. He wasn't doing his homework, but playing computer games, of course!

Jim's mum came and asked him, 'Have you finished your homework?' He did not listen to his mum. 'If you don't stop in five minutes, I'll lock it up forever. Then you can't play it forever!' Mum warned him angrily. However, Jim still could not leave the computer. All a sudden, he saw himself on the screen! He felt strange but not frightened at all as he thought it was part of the game! When he wanted to go out, he realized it was not a game. He got stuck there and he screamed for help. When Mum came in again, she did not see Jim and felt upset. He immediately shouted, 'Mum, I'm here! Help!' Mum couldn't hear him crying.

While Jim was wondering what he could do next, he saw a game character, Toby. He asked, 'Why are you here?' Jim told him everything that happened to him. 'How can I leave the computer?' Jim was crying hard. Toby stopped him and told him how to get out of the computer. 'You should listen to your mum and never play computer games every day.' Jim promised and at the time he nodded, he came back home!

Jim's life was different then. When it was sunny, he did not lock himself in the bedroom, he went out to play with friends!

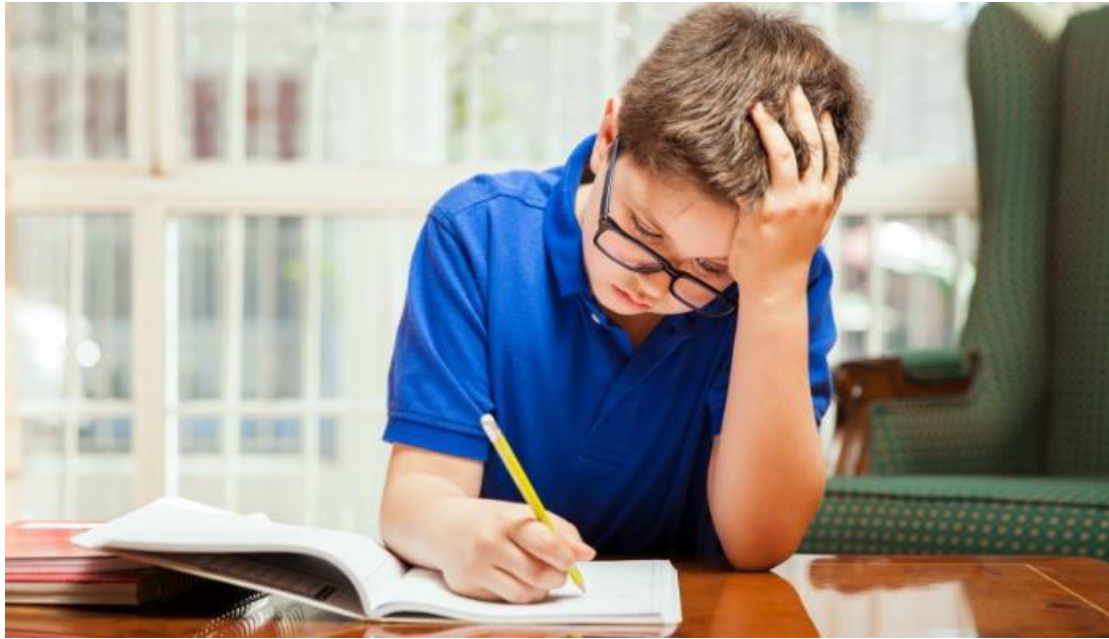
Short Story – An Amazing Experience

Spoiled by his parents, Jim got whatever he wanted. With his Iphone X, two computers and other gadgets, he stayed in front of the table for the whole day. He played a computer game called 'League of Legend'. Therefore, he did not do his homework and study. Thus, his results in school were very bad. On his table, it was full of snacks, e.g. chocolate, potato chips, etc. His room was very messy.

At 7pm, Jim's mum came into Jim's room. His mother said, 'Have you finished your homework?' Jim did not hear because he was wearing headphones. Then, his mum took off his headphones and scolded him angrily. Jim said, 'I will do the homework after the game is over.' His mum left the room.

After 10 minutes, Jim wanted to shut down the computer. However, he found that the computer was uploading something. So, he opened the uploading file and saw his face was trapped into the computer. He was so scared and did not know what happened. He tried to escape from the computer. Unfortunately, he could not escape and found himself completely uploaded into the computer.

After he was trapped inside the game, Jim tried to find a way out. He shouted for help from the screen but his mum could not hear as she was not in the room. He fought with the monsters in the game. Fifteen minutes later, Jim was very tired and felt lonely. Thus, he shouted for help again. Luckily, his mum heard that he was crying. She looked at the computer and found Jim was inside! Jim shouted, 'Help mum! Get me out!' His mum pulled Jim out from the computer screen. Jim thanked his mum for saving him. He promised that he would stop playing the computer and try to study hard.



Formal Letter – Homework Problem

Dear Jackie,

I am glad to hear that the Student Union is concerned about our school life. I am writing to suggest how students can go to school happily with less homework stress. And I hope that my suggestions can help.

I am a Secondary 3 student who must do very difficult homework. We got a lot of homework and exams. We also need to live up to our parents' expectations. We will have TSA later, and so teachers and parents are worried about our school results. They think giving us lots of homework can help. However, we already have never-ending heaps of homework. Sometimes we burn the midnight oil too. It is bad for our health, so we will get sick easily. Somebody does not want to go to school, because every day we have a lot of stress due to homework. Too much work will make students feel going to school is a bad thing.

Or, is homework all that bad? I don't really think so. Homework is good for our exams and TSA. Homework can reinforce learning in lessons. Besides, doing projects can make us learn how to cooperate with others. And it is a good way to train our mind and our discipline too.

I believe that there are measures to make our school life happier if we have less homework and exams. I hope teachers can help students solve their homework problems. And there can be more activities so everyone loves to go to school. Take for example, we can choose to stay in the computer rooms or the library to play learning games or read books. This could be like an extra-curricular activity on Fridays only.

Thanks to the SU for your concerns about our homework and school life. I hope my suggestions can help you to know our problems. Hope this stimulates more discussions among schoolmates.

Regards

Chris, 3C

4A Choi Chun Wai

**Formal Letter –
Comparing Two activities: Competition or Talk?**

Dear Principal,

I am the chairperson of the school's Student Union. I have learned that you are considering either organizing a healthy cooking competition or inviting doctors to give a talk on healthy eating to help students develop healthy eating habits. According to some information from social workers, it shows that the teenagers do not have healthy eating habits because they lack the knowledge and motivation. In fact, both activities are good for our students. However, there are some pros and cons we should consider before making a choice.

Firstly, the pros of organizing a healthy cooking competition is that it helps our students to learn how to cook healthier and practice different healthy cooking skills. In their preparation, students will understand that junk food is unhealthy due to its cooking style and high content of oil, sugar and salt. Thus, students will design their dishes with minimizing the oil, sugar and salt in them but at the same time keeping them tasty. Moreover, students can also gain more competition experience. In every competition, students are expected to face different problems. This can help them have more confidence to face different competitions or problems in the future. Besides, this type of competition can improve the relationship among the students as they have a lot of communication and cooperation. However, there are some issues we need to worry about. One of these issues is that the students may get hurt because of their carelessness and the lack of experience in cooking. Another issue is that not all students like cooking, so we may not be able to guarantee high participation rate in this activity. Thus, the purpose of this activity, which is to develop our students' healthy eating habits, may not be fully achieved.

While for the pros of inviting doctors to give a talk on healthy eating, our students can gain knowledge on the theories and nutritional facts of different food. It is also expected that the doctors will also share some practical tips on how to develop healthy eating habits. However, the cons of this activity is that students may feel bored during the talk. As all students are just going to sit and listen to the doctors for an hour of formal sharing, I can foresee that there will be a large amount of students who will fall asleep. As a result, students may not gain anything from the talk.

Comparing these two activities, I think that the healthy cooking competition is more favourable than the talk. The competition is more useful and beneficial for developing healthy eating habit as students not only gain knowledge of what healthy food is but also experience how healthy food is prepared. This is more practical and sustainable than just listening to a doctor's sharing. Furthermore, competition can improve students' confidence and relationship with other schoolmates.

I hope that the analysis I made above can help you to make a choice between organizing the healthy cooking competition and inviting doctors to give a talk. Thank you for your attention.

Yours sincerely,
Chris Wong
Chairperson of the Student Union

4A Ko Man Hin, Marvin

**Book Sharing –
The Fault in Our Stars**

Good morning/afternoon everyone, it's my honour to stand right here to share a book 'Fault in our Stars' to all of you. This novel is written by John Green and Rodrigo Corral. To be honest, this is my first time to read a romance novel as I am that kind of 'cold-blooded' person, you know, just won't cry, but this book is really worth reading. I read this book because I have watched the adapted film and I want to look more closely to the characters. This is a tearjerker, for real, if you are planning to read this book, please prepare a few boxes of tissues, I bet that you will have to use them all.

Alright that's enough of the jokes, let's head back on track and talk about what this novel is all about. The themes of this book are the Coming of Life and Death, the Courage of Accepting Love and the Act of Unconditional Love.

The leading characters of this book are 17 year-old Hazel Grace Lancaster and Augustus Waters, for short Gus when I introduce him below. Hazel has cancer in her lungs so she needs a portable oxygen tank to breathe properly. While Gus also once had cancer he had got his leg amputated. They meet each other in a cancer patients' support group.

With this chance of encountering each other, they begin to share a lot about their lives. They spend a lot of time together talking about their past experience of having cancer and talking about their favourite authors. Hazel is deeply attracted by a book called 'An Imperial Affliction' and tells Gus how she hopes to see the author in person as she wants to know what will happen to the protagonist who has cancer like her in the end. However, she knows this is an unrealistic expectation as she doesn't have the money to fly to Holland and her physical condition does not allow her to fly on planes.

Knowing about Hazel's desire, Gus applies for a fund from a charitable foundation and miraculously manages to get two

air tickets to Amsterdam. Hazel is touched by what Gus has done for her but she feels hesitant of accepting Gus' love and invitation to Amsterdam. Why? Yes, Hazel likes Gus a lot but she knows she will hurt him if she dies. She doesn't have the courage to accept Gus' love. However when Hazel learns that Augustus never leaves the hospital as Hazel suffers a serious episode in her lungs and has to stay in the ICU, Hazel changes her mind and accepts Gus' invitation to go to Amsterdam together. Though Hazel's parents and doctor once worry whether Hazel's condition is suitable to travel, they give a nod eventually as they realize Hazel needs to live her life but not just to wait for death to arrive.

When everything seems to go well for the couple, Augustus reveals to Hazel that his cancer has returned and spread everywhere. Facing death which is only around the corner, Augustus chooses to live his life to the fullest. Augustus holds a pre-funeral for himself. There Hazel admits that she is so grateful that Augustus has given her a 'FOREVER' though their lives are short.

The novel ends with Hazel reading Augustus's words after he passes away. He says getting hurt in this world is inevitable, but we do get to choose who we allow to hurt us, and that he is happy with his choice. He hopes she likes her choice too. The final words of the novel come from Hazel, who says she does.

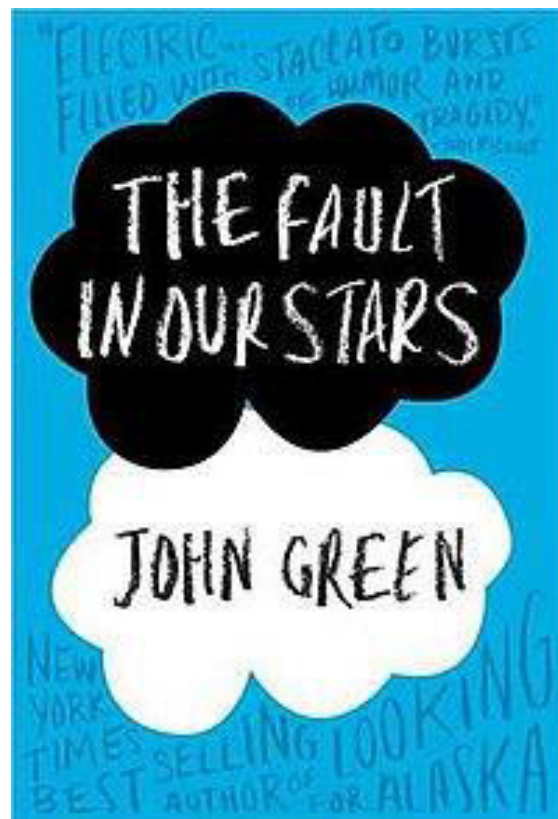
After reading this book, I acknowledge how hard and painful it is for a person who suffers from cancer to handle the illness, not only themselves are living under the devil's hand, but their beloved ones also have to face the pain of losing them or not knowing whether they will recover from it or not.

Shortly after I finished reading this book, one of my uncles has been confirmed that there are cancer cells found in his body. Nearly all of my relatives can't accept the truth and start crying, tears are just everywhere. Ever since, he has to go in and out of the hospital several times a week, he also has to take pills every day. Even till now, he is still under the process

of recovering. I truly understand how hard it is for both Hazel and Augustus to live their lives as they suffer a far more serious cancer than my uncle does.

Throughout this book, I discovered that it is not only talking about love, family and so on, it's more about how we should choose to live our life. Yes, cancer patients may have shorter span of life, it doesn't mean they don't have the right to pursue their dreams or to accept their true love. This novel reminds us that cancer patients should take the courage to fall in love and pursue their dream, just like Hazel and Augustus who live their lives to the fullest when they are still alive.

I would highly recommend this book to teenagers and young adults, especially those who love the romance genre or those who love stories that pull at one's heartstrings. That's all for my sharing, thank you all for your time.



**Book Sharing –
Stand Strong**

Greetings everyone, nowadays bullies are quite common in school. Most of the victims get bullied because of their appearance and body shape such as having scars or birthmarks, being fat, skinny, short or small, having disabilities or different skin color. You may say “Oh, it’s just a kind of trick on your friends.” But do you know these tricks are so awful? There are tons of suicide cases because of bullying. For example, a 15-year-old Canadian girl, Amanda Todd, committed suicide at home in 2012. She was bullied by her schoolmates. Humiliation of her crossed around the school and Internet. Once, she tried to commit suicide by drinking bleach but survived. None of her classmates were concerned about her but they even laughed at her and told her to use a new brand and try again. Sadly, on October 10 2012, Amanda ended her life. From this example, you can see how bullies can change someone’s life, right? It is very desperate to know that bullying happens all the time. You may ask: ‘Is there somebody who can stop bullying?’ ‘Why does bullying keep on happening?’ ‘Is there an effective solution to stop it?’ As a group of teenagers who are passionate in learning more about the world and always want to do something for this beautiful place we are living in, are we willing to spend some time thinking about the bullying issue? Are we willing to take some time to listen to the sincere sharing from the victims? Here’s one from Nick.

Yeah! Nick, the one who was born with no limbs. Nick was bullied by his schoolmates when he was young. He heard the meanest words, he met the most despicable guy ever too. But he didn’t surrender to the evil, at last with the power and love from God, friends & family and his determination, he overcame the bullying. In his book, Stand Strong, he started with introducing his teen life. Nick was born with no limbs, therefore he was always laughed at by his classmates. He tried to do a lot of things to get rid of these bullies but they didn’t

work. With his confusion and cowardice, he decided to become one of the bullies. He thought that swearing on others would make him look cool. He gave up his identity as a Christian. Nick even said swearing became his habit which was so hard to quit. However, one day, Nick found out that he didn't want to be like that anymore, he wanted to be himself -- to be "Good Nick". So after some tough times, Nick quit and went back to church. And he faced the evil bullies bravely ever since.

In chapter 3 of the book, Nick encourages us to keep a phrase in our mind when we face bullying, 'You can say terrible things to me, but you can't touch who I am inside. You can't make me feel badly about myself. I know who I am, and I stand on my own.' It literally reminds me when I was 12, I was a fat girl. My classmates always laughed at my appearance. They started to give me a nickname, "Peppa Pig" (the name of a cartoon). I cried for 2 weeks until my teacher told me, "No matter what they name you, you are still YOU inside." The book mentioned, 'we are the child of God, created in His image. We are beautiful. We are the perfectly unique US. It doesn't mean we are flawless. But that is the beauty we possess - We are all perfect and imperfect at the same time.'

Nick shared another piece of his story. When he went into college, there was a boy who met Nick in the hall corridor and always shouted, "Nick has no dxxx!" It made Nick feel bad. Few times later, Nick couldn't ignore him anymore. One day, Nick drove his wheels in front of him and stared at him straightly. Nick told him his feeling. Surprisingly, the boy apologized to Nick and said it was just a joke. He promised not to do that to anyone again. So this really showed us that we need to face the bullies bravely. God is with us, so we have no fear to do the right thing.

Nick thought about why the bully looked for him, why not other people? If you experienced bullying before, I'm sure you would ask the same question. He found the answer to this quickly, bullies want to make you feel bad so they can feel superior. So, Nick responded wisely by turning the table. That

is to never feel inferior when you face the bullies. We need to build up an ultimate bully-defence system. It isn't hard. First, we just need to figure out who we really are – we are the creation of God, we are all beautiful in God's eyes, don't question yourself; second, we take responsibility for our behavior – do the righteous thing, don't be shaken by the bullies; third, deal with the bullies – tell them how you feel; fourth, develop a spiritual foundation to keep us in peace and be strong in front of the bully; fifth, monitor your emotions – don't let the bullies control your ups and downs and finally, help others who are being bullied.

Fellow students, to stop bullying, it is important to build our strength from inside out – stand up to the challenge as we have greater power over our feelings and our life than we may think; just like Nick who is a man with no arms or legs and 'an inspirational good life'. I hope that the sad story of Amanda Todd won't happen again in the future. Thank you for listening.



4A Li Po Yan, Eric

Informal Letter – Benefits of Joining the Youth Club

Hey Alex,

How are you? How do you feel about your school life? We haven't seen you for a few months. I know that you often feel lonely and bored. A few months ago, I would say my life was too boring. However, now I'm sure I won't say it again. Do you know why? Yay, since I have joined our school's Youth Club, it has brought me a lot of surprises and interesting activities to join. You must take part in this club because it is worth joining. Let me tell you some changes I made and what I have gained from this club.

You know that I was a fat boy when I was in Form 1. I wasn't interested in any club and just wanted to go back home immediately to enjoy my cartoon time and snacks. Chips and soft drinks are my favourite and I ate them all day, so, because of that I was regarded as the fattest guy in my class.

During that time, I was bullied by my classmates. Teasing or bullying all happened to me. That's why I understand the feeling of being lonely and bored, or even other negative emotions. Nevertheless, one day, a senior student approached me after school and asked me to join a club called Youth Club. I was going to refuse him but he forced me to join and brought me to the room. I found that they were friendly and kind. I didn't have any ideas about their intentions even until they left. After that party, I was approached by them once a week. I felt better than before and I tried to join their activities. Sometimes we even went out for hiking or jogging.

After a few months, I had some changes. The first change was that I became slimmer. I think that was because I climbed a lot of mountains and jogged a lot. By doing exercise every

week, I lost 10 pounds. I think I have been a little bit lazy now because I didn't keep hiking. Also I find that I have met a lot of schoolmates and I made friends with them too. We joined a party together and did sports together. Eric, who is one of my friends I met in the club, helps me a lot, such as helping me when I was hiking for the first time; he gave me a hand and we climbed the mountain together. So we have become good friends.

Not only can you make these changes like me, but you can also get a lot of benefits. For example, you can train yourself physically, I remember that you said you wanted to become a strong and fit man. Our Youth Club has a lot of activities to join - train your body, go hiking, etc. It really works! You must try it.

Meanwhile, joining the Youth Club will make you become more sociable. As I mentioned before, if you keep joining different activities, you will meet a lot of new friends. So after a long period of time, you may suddenly find that your social circle has expanded a lot. Then you do not need to worry that you often feel lonely and bored anymore!

Thus, come and join us. You'll find the joy and fun that you are longing for. If you want to join Youth Club, just come and look for me. I'll help you register.

Best wishes,
Chris

4A Liu Chao Lin, Jack

**Formal Letter –
Comparing Two Activities: Competition or Talk?**

Dear Principal,

I am the chairperson of the school's Student Union. I would like to thank the school for promoting healthy eating to help students stay healthier as a major concern this year. I know that you are going to make a choice between organizing a healthy cooking competition and inviting a doctor to give a talk as a highlight for promoting healthy eating.

Firstly, compared to the healthy cooking competition, the talk is not interesting enough at all. Since every participant wants to win the champion in the cooking competition, they will be more involved and passionate in this activity. They will buy the best ingredients with a limited amount of money set by the school and think about how to come up with the best healthy dishes. Maybe they will lose the competition, but they can enjoy the fun of healthy cooking especially when the healthy cooking competition is more challenging than the ordinary cooking. In opposite, the talk cannot allow our students to make the same effort. After students listen to the sharing, most students may forget the content easily especially if the talk is boring. According to some research studies, when somebody finishes a hands-on task, they can remember much more than just listening to it.

Secondly, I think the cooking competition can help students develop healthy eating habits more since students can learn more about the skills of healthy cooking when they try to make a healthy dish or look at other students' dishes. After they practise a lot, they can make some successful dishes themselves in the long run. In contrast, what is the effect of the talk? The talk will provide some useful knowledge to our students. However, our school has put up posters and distributed leaflets which teach us about healthy eating habits.

I believe that the content of the talk will be more or less similar to those mentioned in the posters. Therefore, the talk is unable to make an effective impact on our students' healthy eating habit. At the same time, when students can cook healthy dishes on their own, they will always try to cook some. The more healthy dishes they make, the more healthy food they eat. That can totally change their eating habit to become healthier.

As a matter of fact, there is a worry that we should consider if we are organizing a healthy cooking competition. Teachers are worried that students put too much time on the competition and make them unable to have enough time to study. To ease this worry, I suggest inviting parents to join the competition. This means students do not need to spend too much time on preparing for the competition, they can work with parents who have rich experience in cooking. Moreover, I know that many students bring their own lunchbox to school, this means that most parents are in charge of our students' meal. Thus, when parents are interested in healthy cooking, they may make a big difference to our students' health as they change their cooking method. This suggestion serves a win-win situation.

According to what I have mentioned, I think the healthy cooking competition is more interesting and bring more positive effects on helping students to change will their eating habit. Therefore, I think the healthy cooking competition is more favourable than the talk.

Yours sincerely,
Chris Wong
Chairperson of the Student Union

4A Shum Chak Man, Benny

**Letter of Advice –
Quit Drugs and Leave Gang Friends**

Dear Sam,

Hey! What happened to you these two days? I'm really worried about you. Are you taking drugs and spending time with gang members most of the time? Don't you think taking drugs will damage your health? Don't you think that you're too silly to believe the gang member's graceful words and that they are your true friends? Be smart!

Do you know the seriousness of taking drugs and making friends with gangs? Firstly, taking drugs will seriously damage your health. Taking drugs can become an addiction and the most serious consequence of taking drugs is that it damages the function of our brain. It may lead to memory loss, then you can't remember the fantastic moments of life in your mind. Moreover, taking drugs will also cause your health to become worse! For example, your bladder will shrink and you need to go to toilet every 15 minutes. These problems will surely bring a lot of inconvenience to your studies and daily life. Are you ready to give up your studies? I remember that you are one of the elites in our class and teachers always say that you have good potential to get a place in university. As a friend, I can only say it's a total waste of your talent if you give up your studies.

In addition, making friends with gangs is also not a smart choice. Honestly speaking, they are not your real friends. Don't you notice that your gang 'friends' get close to you only because of your money? Furthermore, being a drug dealer is a very critical criminal activity in Hong Kong. If you get caught by the police, they will note down the record and you may lose your career prospect. The gangs claim themselves to be your friends as they want to use you to work for them as a drug

dealer in our school. Once you are caught by our school, I'm sure they will turn their back on you at once. Are you thinking that they will give you drugs for free because they treat you as friend? No....it's because they want to control you. Once you are hooked on drugs, you will obey everything that they demand of you.

Listen to me, Sam, please! Before you ruin your life, it is never too late to change your mind. I suggest you find a rehabilitation program to help you quit drugs. Another suggestion is that you join the Youth Club in our school to cultivate other habits and meet more good friends in the school. We're waiting for you! Come back to us. We love you.

Finally, I hope my advice can let you get back on the right track! If you have any other problems, I'm willing to help you deal with them! (' ● ω ● `)

Yours,
Chris



4A Wong Pui Man, Angel

**Book sharing –
The Story of My Life**

Good morning/afternoon everybody, how are you doing? Have you ever thought of how you would describe your life to somebody? Is your life perfect? Are you satisfied with your life? I think my life is better than some people and I am very satisfied with my life. Have you heard of Helen Keller? Helen Keller wrote a book called 'The Story of My Life'.

Let me introduce Helen's background to you first. Helen was born on 27th June, 1880. She was a writer. She was a healthy baby but when she was 19 months old, she developed acute cerebral congestion and caused her blindness and deafness. The joint disease also made her unable to speak. When she was growing up, because she was unable to communicate with her family, even for simple things like telling her preferences to her mother or telling her what she wanted to do next, she became irritable when her request could not be completed. She always had a very bad temper towards her family.

Then when she was 6 years old, her family invited a doctor, Anne Sullivan, to be Helen's teacher and mentor. At the beginning, Anne was shocked to see that Helen's parents did not punish Helen when she threw tantrums on them. Her parents allowed Helen to continue her wrongdoing, they even gave her sweets to please her.

After Dr Anne knew the reason that made Helen have a bad temper, she corrected her family's parenting style to help Helen know how to get along with her parents. At the same time, Dr Anne taught Helen and the whole family sign language to bring communication to the family. Don't forget that Helen was blind and deaf, so teaching Helen every single

vocabulary and good manners needed double or even triple effort from Dr Anne.

Another amazing thing that happened to Helen is that when Helen was 10 years old, her parent's invited Sarah Fuller to teach Helen to speak. It was totally an uphill battle. Every time Sarah taught Helen how to pronounce a word, Helen had to place her middle finger on the teacher's nose, her index finger on teacher's lip, her thumb on teacher's throat, then tried to articulate the word correctly. That's how Helen learned how to speak. Could you imagine the perseverance shown by both Helen and her teacher in overcoming the physical limitation to get Helen to talk?

This book is mainly a sharing of Helen's personal growth. Two angels appeared in Helen's life, they were Dr Anne and Sarah. These two angels helped Anne to overcome the limitations of Helen's physical condition. They did not give up and managed to help Helen ignite her learning ability to communicate with others. I'm sure Helen would agree that without these two angels, her life would be doomed. Of course, I also have learnt that Helen is a hero. With her physical limitation, she has gone beyond it. There are not many examples of multiple-disabled who can successfully communicate with the outside world. As you may all be aware, Helen's life was full of obstacles and she struggled a lot when she could not communicate with her parents, when no one could understand her feeling, when you could not see anything but darkness.

Someone commented: "Helen Keller is the pride of a person, a living example, a manifestation of goodness of people, and her deeds will become models for later generations." Yup, I think so. Helen is such a model for young people because of her toughness in learning a language. She touches everyone's heart and tells us the never-give-up spirit that we need to have in facing our life. Thank you for listening.

4B Yeung Yuen Kiu, Eunice

**Informal Letter –
Intellectual Property**

Dear Jasper,

How are you? Have you looked at the photo that has caused a big debate online? That is really crazy, do you think that is crazy?

In my opinion, it is crazy to take photos in the live performance. Many people take photos everywhere like when they are eating, doing sport, doing facials etc.

The incident happened last weekend. The famous singer Mary Chan, held a live performance and invited lots of her fans to enjoy the performance. During the performance, Mary Chan suddenly shouted “What are you doing? Stop it!!” The fan who enjoyed the performance looked to the right. I saw that, that was a teenage boy who was setting professional equipment. “Please don’t use it.” Mary Chan was very upset with his rude behaviour.

In the end, this fan left angrily .That was really an unlucky day for him. In my opinion, the boy was doing illegal things, because he took photos without Mary Chan’s consent. Also, what he did was creating a bad mood for other people. That is a really rude behaviour. On the other side, the helper of the performance did not post the rules on the wall, so the fans did not know the rules of this performance.

Lastly, I suggest the company should upload the rules onto the website before the show or performance, then, the incident would not happen again. To the teenager, you can take photo by using your phone after getting someone’s agreement.

Do you agree with my point? Write a letter back to me and tell me what you think.

Best wishes,

Chris Wong

4B Yip Tsz Ting, Christy

**Letter of Advice –
Say ‘No’ to Drugs**

Dear Sam,

I am so sorry to hear about your problems. You have been away for two days on sick leave, but I knew that you have been suffering from the problems of taking drugs and spending time with gang members. I can't offer you any simple solution but I would like to share my point of view and suggest some possible ways to help solve the problem. I believe there are things you can do to make the situation better.

Regarding the problems of taking drugs, I am sure that you understand the serious consequences of it. Taking drugs will make you become dependent on them. You may feel good and think that it helps you handle stress. Actually, it will damage your health and I think you should get back on the right track. I believe in doing so, you can give up taking drugs.

As for the problem with spending time with gang members, I think you should not think that they are real friends. If I were you, I would leave them as soon as possible. If you spend time with gang members, you may have a police record and ruin your life. If you don't leave them, you should see the school counsellors.

My final word of advice is to talk to people about your problem. Have you talked to your family about your feelings? They can't suddenly give you any help, but their understanding would help. Have you talked to your friends about feelings? 'A problem shared is a problem halved', so don't be afraid to share your situation with your loved ones.

I hope my advice is useful. Try my suggestions and see how you get on. Drop me a line to let me know how things are going. Please let me know how things turn out. Hopefully, things will improve. Don't worry too much. Hope to hear from you soon!

Best wishes,

Chris Wong

4C Cheng Chun Kin

**Letter of Advice –
Stop Idolizing a Pop Star**

Dear Mary

I really need to talk about your problem. You spend a lot of time daydreaming about a pop star, and you fail to complete a lot of your schoolwork such as group projects, assignments and quizzes. And one thing makes me feel so angry. It is that you skipped school to wait for the pop star at the airport yesterday, so I want to explain why it is not good to be so obsessed with a pop star. I'll give you advice on how you could strike a balance between your interest and your schoolwork.

First, you spend so much time following the pop star. You lost your student's life and it will be very hard for you to get a good job in the future. I know the pop star is popular in the world, but you should try to take some time to do your work and projects. If you keep doing that, you will lose your place in this school.

Second, your attitude towards teachers and family is very bad. Also, I know that you have received several warnings from your class teacher about your poor performance at school, so in school, a lot of students and teachers don't like you. Meanwhile, lots of your time is spent on following the pop star. It will hurt your body: your health is getting poorer with a lack of sleep and lastly, you will be sick and can't live a normal life.

Finally, I want to talk about how you can change your life. You can do different sports, like football, tennis and yoga etc. Also, you can go to the library to learn more about English Language. It helps you to improve your English level.

That's all for my ideas about how you can solve your problem. I hope they can help you find your real life.

Yours,
Chris Wong

4C Ho Tin Wing, Ring

Book Review – India

I'm going to share with you a book. Its title is India. It's a non-fiction. This book is about Indian culture. I'll focus on Indian animals, their holidays and festivals.

First, in India, the most popular type of animal is the elephant. There are the Indian elephants and it is a kind of Asian elephants. Elephants live in family groups. They do not like to be alone. They'll celebrate the birth of babies and when a member of their family dies, they feel sad. They are like people because elephants will feel happy and upset too.

In India, elephants are often beautifully painted in religious ceremonies. They play an important part in religious activities. However, in Hong Kong most people don't do it. Some people will take their teeth to make artwork. They're too cruel to elephants. In contrast, some people like elephants and take photos with them in the zoo and feed some food to them. But in India, all people respect elephants. Elephants are like kings.

Next, I'll talk about Indian holidays and festivals. Indians have so many festivals and holidays. On special days, elephants march in glittering ornaments, while Indians are playing trumpets and drums. Unlike Indians, we usually play games and watch the fireworks to celebrate festivals in Hong Kong.

It's different in Hong Kong, we celebrate our festivals on the street. People in Hong Kong celebrate Christmas and New Year. During the festivals, we go out with family or friends to watch the fireworks and see the cartoon characters. Some popular singers may sing songs. But in Hong Kong, we do not have animals like elephants when we celebrate the festivals.

To sum up, this book lets me learn a lot about India. This country is so special. I recommend this book, India, to you all. You can also read other books in this series to learn about Canada and Africa. Thank you!

4C Wong Cho Fong, Angel

**Informal Letter –
Intellectual Property**

Hi Jasper

How's your project? Have you uploaded your video to YouTube yet?

Let me tell you what happened to me last Friday. I was hurt! I went to a live performance of Celine Dion at the Hong Kong Stadium. I was very excited because the ticket was very expensive – it cost \$1000 and I got it with a 4-hour queue!

Celine started singing 'My Heart Will Go On'. Suddenly, she stopped singing. She looked at a boy because he was recording a video of her. Celine's fans shouted at the boy, then she told him, 'Please don't. She stopped the live performance when I tried to stop the boy from recording.

The boy came at me and hit my face! Then I fell down on the floor. Many fans beat him. My eyes started bleeding. At that moment, some reporters took photos of me. The security guards gave me first aid. After a few minutes, an ambulance arrived and sent me to hospital.

Two days later, I saw the news online. The boy would be in prison. He took a lot of videos of celebrities secretly. We should respect the performers. The boy was so bad!

There was another article telling us that those videos were uploaded by the boy to Sean Post. There were videos of other stars such as Justin Bieber, Taylor Swift and Katy Perry.

We shouldn't upload singers' videos without their permission. Hope everybody can respect people's privacy.

Yours,
Chris Wong

5A Ho Yiu Fung, Wilson

**Speech –
People are Judged by the Clothes They Wear**

Good morning principal, teachers and fellow schoolmates. My name is Chris Wong, the representative of 5A. It's my great pleasure and honor to deliver a speech to all of you. We are gathered here for a debate on the motion which is "People are judged by the clothes they wear."

I believe all of you sitting here must have heard the following words, "why do you dress like a beggar?" or "I am really ashamed of you, your clothes are so messy." These words are really insulting, aren't they? Some people say that clothes are part of our bodies, it can show whether that person is good or bad. Wearing decent clothes equals to being gentle or wearing worn clothes just makes you look like a gangster. However, it isn't proved by science, we think that these kinds of people are so shallow. Everyone has their own freedom to choose what they are going to wear. Does wearing torn jeans or coloring their hair mean that they are gangsters? Then why do some models colour their hair and no one judges them? It is because this kind of shallow thought has brain washed our mind telling us that fashion does label a person.

Also, fashion is also a kind of art, if wearing that kind of clothes will be judged, then why did the designer design it? There must be some reasons, like wearing short jeans will feel cool or coloring hair can raise self-esteem. Every piece of clothes has their own characteristic, no matter uniforms, torn jeans or short jeans, etc. So, when you are judging them or laughing at them, you are actually insulting the designers directly.

Last but not least, determining the personality of a person is through their daily behavior instead of their clothing. Nowadays, we can see that even when a guy who is dressing decently, he still has a fight on the street, then is he still a good guy? No, he isn't. So clothes can't be used to determine

the personality of a person. And it is simply ridiculous to use clothes to judge a person.

This concludes that people shouldn't be judged by what they wear, what they wear can't determine their personality. That's the end of my speech. Thank you.



5A Lau Ho Tin, Cisco

**Speech –
Look into a Person’s Heart**

Good morning, Principal, Vice Principal, teachers and fellow students. My name is Chris Wong, the representative of 5A. It is my pleasure and honour to deliver a speech to you. We are gathered here for a debate on the motion ‘people are judged by the clothes they wear’ and I am going to speak against this motion.

First, people shouldn’t judge others by the clothes they wear. Attitude is also important to let people know you. Indeed, the first image of people is what you wear if they don’t know you well enough. However, what about if they have no money to buy clothes? We have to take into account that some people may be poor. Their choice of clothes may be related to their financial power.

Second, some may say that if the person wears professionally, people would think the person is nice. Actually, it is not. Imagine that a person is well-dressed, but he/she is a gang member, how would you feel? People just judge things on the surface and they don’t care about the truth. If you judge people by the clothes they wear, then you’ll never know what kind of people they are.

Finally, some people may say that if the person is rich, he/she must dressed more decently, it is a symbol of identity. It’s true but if people wear causally, does it mean they are poor? What people wear is just external. Not everyone wants to show their social hierarchy and it doesn’t mean the person is rich or poor. People have the right to wear what they want. They have their freedom of choice.

In conclusion, I believe the motion is invalid because clothing is just external. That’s the end of my speech. Thank you very much.

5A Leung Ching Ting, Ellen

**Speech –
We are Not Simply What We Wear**

Good morning, principal, vice principals, teachers and fellow students. My name is Chris Wong, the representative of 5A. It is my great pleasure and honour to deliver a speech to you. We are gathered here for a debate on the motion ‘people are judged by the clothes they wear’ and I am going to present that we are against the motion.

First of all, people can judge a person by his manner instead. The manner is the internal value and the clothes reflect the external value. The internal value is more important than the external value. Why is internal value important? It is because a person who succeeds needs his internal value. For example, some artists, although they have a good taste, they also use their talent to attract their fans. Maybe good taste can help them but cannot make people admire them. Some people say that ‘people don’t care what is inside of you. They will think you are behind.’ However, I will think that person is really shallow if he doesn’t care what is inside of you. A person cannot be represented by clothes, it’s just a part of a person. The clothes are not a key factor to judge a person.

In addition, everyone has different personalities, they can choose what they wear. If a person who colours the hair and wears torn jeans, it does not mean he is a bad person. He can be a good citizen like this. Some people say that if you wear what you want, you will make a bad impression for other people. It may even influence your career. However, if a company admires you, they will still hire you anyway, they will respect your habits and appearance. As a result, everyone has their characteristics, they can choose what they want.

Next, people want to feel more comfortable when they wear causally. Some people just don’t like wearing suits. Even the bosses of some huge companies, they will choose the casual clothes more than the suits. It is because they will feel more

comfortable and also feel closer to the employees. Some may say that in some situations, the formal clothes are preferred. If you wear casual clothes that means you are not paying attention to the situations. However, the serious attitude is more important than the clothes. You can be the special one in the place. If everyone wears the same type of clothes, it will be boring and no fun. So you should have the right to wear whatever clothes you like wearing. It is your own choice.

In conclusion, I am against the motion people are judged by the clothes they wear. That's the end of my speech. Thank you very much!



5A Lee Kin Fung, Isaac

Proposal for Open Day

To: Mr. Kermit Chan, Panel Head, English Department

Prepared by: Chris Wong, Chairperson, English Society

1. Introduction

We would like to put forward the following proposal for our school open day. This year our school would like to invite Evergreen Primary School students to come to our school. After reading their curriculum, parent's and student's comments on Evergreen Primary School, I would propose three activities, including what these activities involve, why they are suitable and how we could teach English to the Evergreen Primary School students and the guests.

2. Proposal activities

In order to teach the Evergreen Primary School students English, we would like to propose the following activities.

2a. The Cooking Competition

The cooking competition could be held in the Home Economics room in the afternoon. The primary school students would need to speak the English name of the foods, then they could get that food to cook and finish the cooking competition. This activity could give an opportunity for the primary school students to speak English and learn different vocabulary of the foods.

2b. The Tai-chi Class

The tai-chi class could be held in the covered playground in the morning. Our guests and the students from Evergreen Primary School would follow the Physical Education teacher from our school to do tai-chi. After this, the Physical Education teacher would teach the English name of the body parts. This activity could help the primary school students to

learn different vocabulary, give an opportunity for the guests and primary school students to do exercise and learn how to make the bodies and immune systems stronger.

2c. The Musical

The musical could be held in our school hall in the evening. Our students from the Music Club would perform for our guests and the primary school students. After watching the musical, our students would invite the primary school students to have a performance with our musical cast. This activity could give an opportunity for the primary school students to dance with our students.

3. Budget

We plan to use \$1,000 for buying the costumes of the musical and use \$500 for buying the food for the cooking competition.

4. Conclusion

I believe that the proposed activities will be effective in teaching English to the Evergreen Primary School students. I hope the above suggestions could help the school. I would be glad to have a meeting with you should you need any explanation or elaboration on the above recommendations.

Report on Eating Habits of S5 Students

I. Introduction

Eating habits are extremely important for our health, but with more and more research showing people in Hong Kong have unhealthy eating habits, the attention should be paid on our students, too. In order to find out the eating habits of the students, the importance of healthy eating and provide recommendations for a better diet, a survey was conducted on 28 November 2017 to gather opinions. There were 10 boys and 14 girls, a total of 24 students.

II. Findings

1. Breakfast

87.5% of the respondents ate breakfast and 12.5% did not. It indicated that most of students had the habit of eating breakfast, and this habit is good for health, because plenty of unhealthy issues, such as diabetes, would be caused by skipping breakfast, moreover, the risk of suffering from gastritis would be increased.

2. Sweet and spicy food

87.5% of the students liked sweet food, and 12.5% of them did not. It indicated that only one-seventh students did not like sweet food. In fact, students who are under stress could be relaxed by eating appropriate amount of sweet food, such as, chocolate, or candy, however, eating too much would cause obesity.

Regarding spicy food, 75% of the students said that they liked spicy food, and 25% of them did not. Over half of the students liked eating spicy food. Honestly, spicy food, such as pepper and chilies are good for our digestive system. However, gastric ulcer could be caused by eating too much spicy food.

3. Eating pace

75% of the students said that they ate quickly, and 25% of them ate slowly. It indicated that students usually ate quite quickly, a research was already and proved that the gastritis could be caused by eating too fast.

III. Conclusion and recommendations

The survey results indicated that students are quite healthy, they know the importance of a healthy diet, but they can do better. The first recommendation of the students is the students who eat too quickly should be careful of their eating habits. Each mouthful of food, whatever rice or meat, should be chewed up to 30 times, as a result, the burden of the stomach would be reduced. The second recommendation is to reduce eating sweet food and spicy food. Students who like spicy food or sweet food or both, should pay attention to the quantities. Reduce eating spicy food, the stomach would be protected. So, the risk of intestinal diseases would be lowered. Moreover, eating less sweet food would reduce the intake of sugar, the possibility of suffering from obesity would be decreased, too. Together with appropriate diet, those recommendations would certainly help students stay healthy.

5A Ting Lui Yan, Vicky

**Speech –
We Are What We Wear**

Good morning principal, vice principal, teachers and fellow students. My name is Chris Wong, the representative of 5A. It is my great pleasure to deliver a speech to you. Today our debate motion is people are judged by the clothes they wear. And I am going to speak for the motion.

First, I believe that clothes are the reflection of people. As we all know, how to dress is controlled by our brains but not others. To a large extent, the clothes indicate people's minds and show their personalities. For example, a person who often wears sport wear may be very lively and positive. Therefore, people judging others by the clothes they wear is reasonable. Some may ask 'does it mean people who like wearing stylish clothes and keep changing clothes' styles have plenty of different personalities?' For this question, I must say not the majority of the general public are stylish. And people will judge the stylish people as fashion designers or who want to seek attention.

Second, people can only judge a person by what they see from his or her - clothes. The first impression mainly depends on the way people dress. However, some claim that it is shallow to judge people by their clothes. It is unfair to judge people without getting to know them for some time. Regarding this opinion, I have to say not everyone will get in touch with each person they meet even for a while. Such as billions of pedestrians. Honestly, in most of our life time, we do judge a person by the appearance instinctively without exception. It's simply humans' normal behaviour.

If the negative team thinks that people should be judged by their behaviours instead of what is external. I just want to tell you it doesn't match the truth. Contrarily, people are judged by the first look then judged by the way they behave. Just a simple example, if you spot a man dressed like a gangster.

Would you like to have a talk to him using your own intuition? No. Actually, the man doesn't even have the opportunity to show himself then people have already labeled him as a threat. Even when he is a passionate person. Besides, people judging others by the clothes they wear is more common on the professional level. In other words, people who come from all social backgrounds frequently judge others by their clothes.

In conclusion, judging people by the clothes they wear is what humans constantly do. Just think of yourselves. So, with the above argument, I firmly believe that people are judged by the clothes they wear. That's the end of my speech. Thank you for listening.



5A Wu Wei, Yuki

Proposal for Open Day

To: Mr. Kermit Chan, Panel Head, English Department

Prepared by: Chris Wong, Chairperson, English society

Introduction

Evergreen Primary School has 153 cross-border students, so their English is not good. And one student said he was not good at speaking and did not have any electronic gadgets to learn English. And we would like to put forward the following proposal for giving students more opportunities to use English. This proposal will propose three activities, including what these activities involve, why they are suitable and what items are needed for these activities.

Proposed activities

In order to give more opportunities for students to use English, we would like to propose the following activities.

1. Teaching with Electronic Gadgets

We would download some dictionary apps in some electronic gadgets. This activity could help students or the general public to learn English more easily. And the activity could help them know more words. Also, using electronic gadget would not be boring. Therefore, it could let them love English. And it could let them have more fun learning English.

1.1 Items Needed

This activity would need many electronic gadgets for students or the general public to use. We would have to lend an electronic gadget to each one, such as, iPad, phone and tablet. And each one could only borrow one electronic gadget.

2. Imitating the Movie Plot

We would provide some interesting cartoon movie episodes.

And it could let the participants to choose one, and then some helpers would teach them how to read the script. Then, we would invite them to perform a show. The activity could attract them in a fun way. Because this is more like a daily conversation, it could make them learn English easily. The most important thing is it could let them want to learn English.

2.1 Items needed

This activity would need some movie clips, movie props and need some iPads to replay the movie. Also, the activity would need some helpers to help the participants. So it could be done by the participants.

3. Word Solitaire

It is also proposed to have the word solitaire. First, we would invite some participants to pin the word solitaire in order. Then, they would use the last letter of the previous word as the first letter of the next vocabulary. I think this activity is more suitable for students. Because it could let them know more vocabulary. And it could be a more relaxing and exciting way to learn English, it is easier to remember the vocabulary, too.

Conclusion

I believe that the proposed activities will be effective in improving students, such as primary school students' English, and it could give students more opportunities to use English. I hope the above suggestions could help the school. And I would be glad to have a meeting with you should you need any explanation or elaborating on the above recommendation.

Speech- E-sports Gamers

Dear Club Members,

Nowadays, the number of students who get addicted to playing online games are on the rise. Some claim that they play that much to practise to become e-sports gamers. Now, I want to ask you some questions. Why would you want to become an e-sports gamer? For fun? Or you just want to escape from study? If your answer is 'yes', I would tell you not to be an e-sports gamer, because it's not as easy as it seems.

If you want to be an e-sports gamer, first you need to have your parents' consent, because most parents won't respect what you do. They think e-sports gamer is not a job, so you're not able to earn money. They'd rather you have a job at an office to earn about \$15,000 each month. If you don't care about your parents' opinions and insist on having your e-sports gamer dream for big money, you would probably be disappointed. Why? The fact is that most of the money the gamers get goes to only the very best. And one should have enough money to sustain entire leagues and multimillion-dollar professional competitions before you become the very best one. Well, say 'goodbye' to your dream. The reality is harsh, isn't it?

I have an American friend who is a pro gamer. Prolonged hours of sitting in front of the computer makes him suffer from a chronic arm injury that was diagnosed as tennis elbow. I suggest that before becoming an e-sports gamer, you should think about your health. Many youngsters get addicted to computer games and ruin their health. We can buy lots of things but not your health. If you earn plenty of money but you don't have time to spend it due to bad health, money becomes useless. Think twice before you make up your mind to be a gamer.

Do you think you can be an e-sports gamer easily? No! It's not at all. You need to have someone spotting your talent and recruiting you to be an established team. But in Hong Kong, many people play online games better than you do. You ought to spend lots of time upgrading your skills. Having uncommon discipline and perseverance are the prime factors to be a great e-sport gamer.

Although I keep discouraging you to be an e-sport gamer, I still hope you can chase your dream. If you really want to be a successful gamer, you should have only ONE goal - be the winner! Wish you all a success!



**Argumentative Essay –
Binge-watching: a Boon or a Bane**

The issue of whether binge-watching has stirred up much controversy in our society; there is a wide spectrum of opinions on binge-watching. Both sides of the argument are supported by convincing reasons. It is worthwhile to examine the positive and negative aspects of binge-watching so that we can judge if it is advisable for students to do it.

Probably the first idea popping into my head is that students may get addicted in binge-watching and affect their academic result. With this in mind, binge-watching could be a bad thing.

What must also be taken into consideration is that some of the TV shows are meaningless. Some of them even have violent and raunchy elements. It may cause unhealthy mental development on teenagers. Judging from this, binge-watching could be harmful and have negative effects on teenagers' mental development.

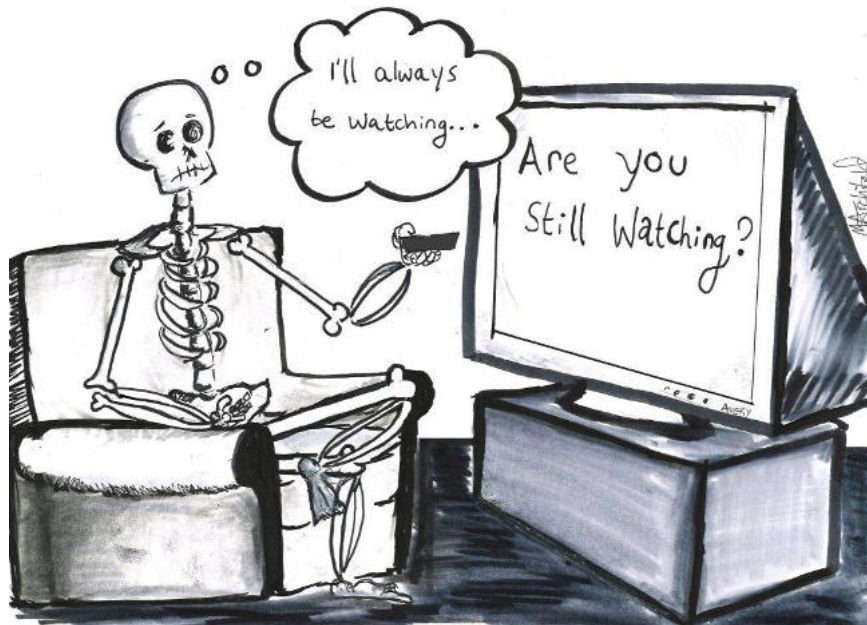
However, if students are able to gain balance between binge-watching and academic performance, it could be a boon as well.

The rationale behind is that binge-watching could be a stress-reliever for students who have already learned hard for a day. In this situation, binge-watching can help students strike on his work-life balance as well. More than that, not all TV shows are meaningless as some of them could be entertaining and educational as well. Students can learn knowledge outside of their classroom. It could start their passion of learning as well. We have to bear in mind that not everything could be bad for you even if the thing is good originally. We should always keep working hard and judge it wisely.

In addition, the variety of TV shows keeps increasing. If they

are educational and meaningful, they can let teenagers learn unusual knowledge outside their classroom. Nowadays, most of the family entertaining shows are not really suitable for teenagers. Since it will contain erotic content, it will increase the entertainment for grown-up men. But for children and teenagers? I don't really think so.

Taking both advantages and disadvantages into consideration, I think binge-watching is not suitable for students. The disadvantages outweigh the advantages because they will cause long-term harmful effects on students and they can affect their whole life.



5C Kam Chi Kuen, Antonio

Proposal for Helping Students to Have a Healthy Lifestyle

Dear Principal Cheung,

I am the chairperson of the Student Union. I am writing a proposal for helping students to have a healthy lifestyle. I have two activities to help students achieve this goal. I will be explaining the details and benefits for the following activities.

First of all, I suggest that the school organise a healthy cooking class which can help students improve their health and eating habits. Having a healthy lifestyle is to eat healthy food, do exercise and to keep good hygiene. The healthy cooking class can help students learn more on what kind of healthy food to eat. For example, students like to eat junk food because they are tasty and delicious but healthy food can also be tasty and delicious. In addition, it will help the students maintain a healthy lifestyle. It's a win-win situation. This class will help them know how to cook and stay healthy. It can be held in the Home Economic Room after school once a week.

The second activity for my proposal is that I think that school should organize a fitness lesson after school. It can be held every day after school. Students who sign up can choose what day they what to go in case they have other things to do after school. This lesson can help students learn how to keep fit in the right way to lose weight. For example, students can learn different exercise at home because some of them don't know how to do them at home. If students keep on going to this lesson, they will end up strong and healthy. And students can make different kinds of friends there. This fitness lesson can encourage students a lot and make them start to know how to keep their body fit and healthy.

I hope that we can help our students to start to change their unhealthy lifestyle and can live a healthy one.

Yours sincerely,
Chris Wong



**Speech –
Let's Fight Against Depression**

Good morning, principal, teachers and fellow schoolmates. On behalf of the Student Union, I would like to share with you the importance of mental health. I am sure we all want to achieve success and have no mental health problems in order to enjoy school life. Therefore, this morning I would like to give you some advice on how to be mentally healthy.

Let me share the experience of one of my friends first. My friend was suffering from depression and she has overcome it already. She was a great person and thought that she could cope with different types of tasks. Therefore, she gave too much pressure to herself. She was very stressed because of public examination, peer pressure and family pressure. Fortunately, with the support and encouragement given by her family member and friends, she could overcome it successfully. Let me give you two pieces of advice on how to fight against depression.

The first piece of advice I would like to give you is to make sure that you have plenty of healthy hobbies. You can play a wide range of sports such as basketball, football and volleyball or you can go swimming, hiking and shopping with

your friends on Saturdays and Sundays. Just a few hours can help you release your stress to fight depression.

The second piece of advice I would like to give you is to seek help from others. You can find social workers, teachers and your friends to talk about the problem. Some of them are professional and experienced. They can give you some useful and practical suggestions. It is important for you to have that advice in order to help yourself fight against depression.

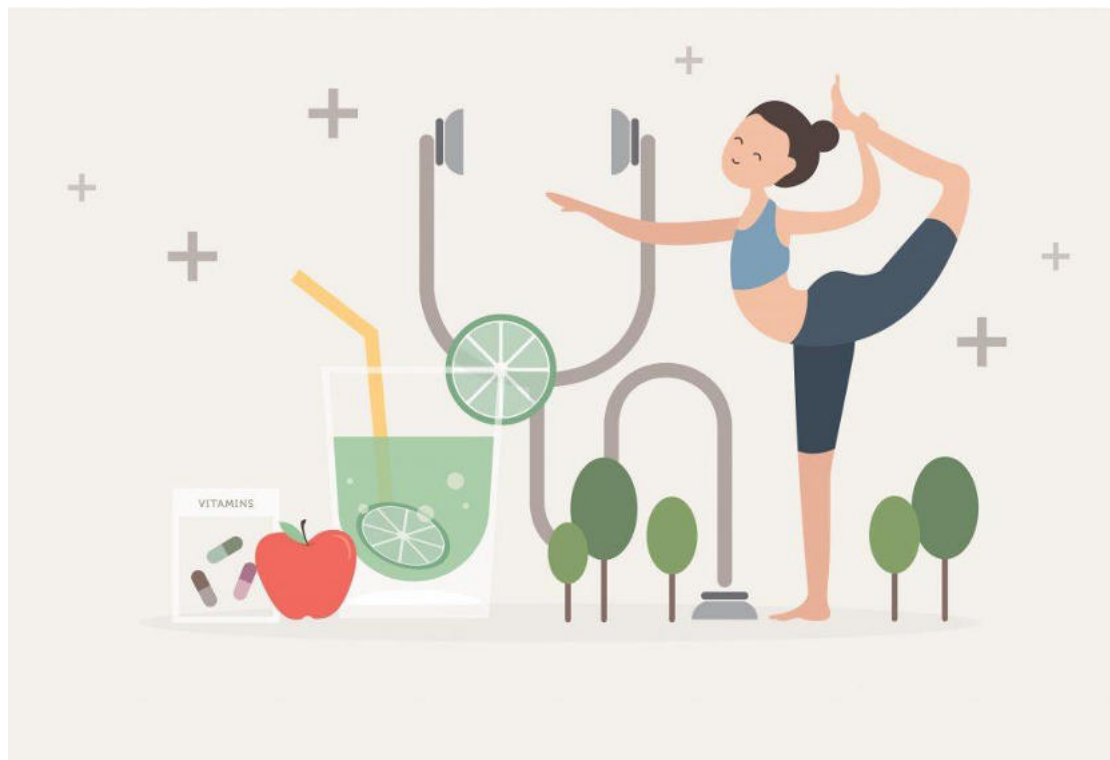
I sincerely hope that you find my advice useful. Today marks the beginning of a new page. We should forget what make us weaker and remember what can make us stronger as all of us here are ready to lend you a helping hand. If you have any problems, you can come to find me. Let me know your problem and I will help you immediately. We can solve it together and don't think about it by yourself. I hope you will have a successful and enjoyable secondary school life. Thank you!



Finally, I would like to help students develop a healthy lifestyle. Friends should make sure that students have plenty of healthy hobbies. Students can play a wide range of sports such as basketballs, football and volleyball. They can go swimming and hiking so as to develop healthy hobbies with them. If students can develop healthy lifestyle hobbies, they will not have overweight problems. This would be a chance for students to choose some healthy hobbies. They can do their favourite activities. As a result, students can actively participate in these meaningful activities. If student can have a healthy lifestyle, we will have some gifts for them to encourage them onto keep going to develop healthy lifestyle.

I hope my explanation regarding the activities is clear. I sincerely hope that the proposal will be approved.

Best regards,
Chris Wong



5D Poon Tsz Yan

**Letter to the Editor –
EMI versus CMI Schools**

Dear Editor,

Recently, more parents in Hong Kong have expressed their preference to send their children to study in EMI schools instead of CMI schools as they prefer an English-learning environment. However, some parents insist their children could also learn English well in CMI schools. I personally think students could also learn English well in CMI schools. I will include in this letter reasons to support my opinion.

First, I think if students study in EMI schools, they may get to know people of different nationalities more easily. And some may say those schools provide natural English learning environment for students. However, as Hong Kong is getting even more internationalized, a lot of other schools may have non-Chinese speaking students, too. Therefore, students in CMI schools may also have the exposure to speak English with others naturally.

Second, not all students in Hong Kong find it easy to learn English. Some students may struggle a lot learning English. In CMI schools, students learn most subjects in Chinese and it makes learning easy. Students in CMI schools could focus on learning English in their English lessons. They will not be confused and bombarded with too much English learning. Students will then find it more comfortable learning at a more suitable pace. And it will enhance learning efficiency.

As a student studying in CMI school, I find handling English learning manageable. If parents only send their children to EMI schools for the sake of learning English, it may cause those students a lot of stress. Learning should be fun. Only learning with joy will bring good results. Therefore, I insist students could also learn English well in CMI schools.

Yours faithfully,
Chris Wong

6A Lau Yuen Yuen, Eva

Argumentative Essay – Tattoo, Body Piercing and Scarification

Dear Editor,

With the increasing acceptability of tattoos, body piercing and scarification (TPS), getting TPS is no longer a deviant behaviour among adolescents. However, it is worrying that TPS may bring some underlying problems for teenagers. Therefore, I am writing to express my personal views on this controversial issue.

There are several reasons for the prevalence of TPS among youngsters, the most obvious one is that TPS represents a unique personality making adolescents stand out among their peers. Through inserting indelible ink into the outer layer of their skin, teenagers can decorate their body with identifiable tattoos which are perceived fashionable, meaningful and unique. All those symbols which are viewed as a statement of individualism and unique personality make them become “attractive”, “glamorous” and “special”. In order to stand out, having TPS becomes a prime choice for many teenagers.

Youngsters get TPS not only because they want to show their uniqueness, but also for the sake of emotional release. To a multitude of adolescents, the feeling of getting inked is just like undergoing plastic surgery and playing video games which makes them feel satisfied and released from academic pressure. Therefore, they encourage their friends to have TPS because of the emotional release and the satisfying feeling which makes TPS common among adolescents.

Another contributing factor of the popularity to get TPS is that tattooing can be used in several sense of recognition between youngsters. In some culture, people will be tattooed as they passed from youth to the age of responsibility. Also, TPS is a sign of beauty and authority in some cultures. In Hong Kong, tattooing can be used in recognition among teenagers who want to be associated with other like-minded youth and

typically, gangs use it as a sign of membership.

There is no denying that getting TPS is prevalent among adolescents. However, the possible problems TPS may bring to teenagers make allowing them to get TPS become controversial and hard to convince the public.

From the physical perspective, TPS may lead to potential risks of teenagers' health. Getting tattoos may result in allergic reactions and infections. The act of contaminated tools can pass bacterial infections like staph, and in some cases, serious diseases like HIV. Also, getting inked into teenagers' skin may indirectly cause allergic reactions like getting red rashes. Thus, TPS may result in possible health problems.

From the psychological perspective, teenagers may feel regretful for their rebellious decision. As the age, their skin sags and tattoos will be out of shape and look quite unsightly. Moreover, tattoo removal is expensive and ineffective. In some cases, putting names of their old girlfriends or boyfriends can be embarrassing. Therefore, teenagers may regret their immature and unwise decision of TPS after they grow up.

From the social perspective, TPS limits youngsters' career choice. As certain employers do not allow their workers to have TPS, tattooing, body piercing and scarification may be a stumbling block for youngsters' future development by limiting their career and leaving a negative impression to their employers when interviewing. Thus, it is definitely unwise to allow our teenagers to get tattoos or extreme body piercing until they are mature.

All in all, it is not supported to allow teenagers to get TPS as the drawbacks of TPS outweighs the benefits. It is hoped that the authorities should consider thoroughly about whether allowing adolescents to have TPS or not. Also, youngsters should think twice before making this life-changing decision.

Yours faithfully,

Chris Wong



Article – Heatwave of Smartphone

What do smartphones mean to you? Majority of the people may say smartphones are essential items. Someone describes smartphones as something we couldn't live without. It seems that smartphones have special attractiveness to its users, but why are smartphones so popular? Here are some possible reasons.

Firstly, cellphones are multi-functional. It serves different purposes to users. Not only do users keep contact with others by cellphones, they can also play video games, listen to music, surf the Internet, even manage their bank account using the device. Users are benefited by a multi-tasking cellphone in their daily lives. Nowadays, whether you are a teen or an elderly, you have plenty of needs in life. A comprehensive cellphone can meet such demands, as a result, cellphones have become popular.

In addition, trend is another cause enhancing mobile devices' popularity. Mobile devices suppliers usually put numerous resources on advertising their products, such as, Samsung,

Apple or LG. It lets the public get the information of the newest smartphones in the newspaper, magazines or on even the bus. Under the media effect, having a smartphone becomes a trend. The public would not want to be lagged behind and are urged to get their new smartphones. People treated having a smartphone as a stylish thing as well as an icon for status. That's why smartphones are gaining popularity all over the world.

The blooming of economy is another cause. Blooming of the economy increases public's income making people richer. People have money to buy a smartphone. Without a good economy, people do not have a considerable salary as well as extra money. People would not be willing to purchase a smartphone as they, somehow, are a luxurious item in our life. It cannot be eaten or drunk. Without a smartphone, we are still able to survive. Thus, more cash flow boosts the market sales of the useful gadget.

The heated trend of smartphone cannot be stopped recently. Besides, smartphones are gaining popularity continually. It is because many smartphone users are becoming more familiar with the use of the gadgets as well as there is no other alternatives in the short term. As a user of a smartphone, we should be aware of using our phone wisely and not to be controlled by our smartphone.



6B Lee Hiu Ling, Summer

**Formal Letter –
Lockers Needed**

Dear Principal,

I am Chris Wong, the chairperson of the Student Union. Recently, many schools have installed lockers in the classroom for students so as to help them to release the weight of their school bags. Our school also installed some lockers two years ago. However, only a small number of students in our school have access to school lockers and I have collected the views of students from different classes on this issue. Most of the respondents said that the lockers should not be limited to the junior forms students. Instead, they think both senior forms and junior forms students should have the privilege of using lockers. In fact, there are some advantages of students using lockers. I hope you could consider my advice.

First of all, using lockers can enhance the security level of school. As you know, students need to ‘float’ to different classrooms for different lessons. In the science lesson, we need to go to the laboratories. For instance, we need to leave our classrooms in the PE lessons, Music lesson, IT lesson and so on. We could not take all our belongings to leave the classroom. Thus, security is a problem when we are not in the classroom. If we have lockers, we can put our valuables and belongings into the lockers in order to keep them safe. It would definitely minimize the chance of theft.

Second, the lockers are not only keeping the valuables but also the books. As a senior form student, my textbooks are really thick and heavy. It is too tiring for us to take the books between home and school. If we have lockers in our classrooms, it would absolutely help us release the weight of our school bags. My back sometimes feels pain because of carrying a heavy school bag. Hence, by putting our books into

the lockers, our back would receive less pressure which is good for our health.

In addition, the usage of lockers can help develop students' responsibility. As students are allowed to put their books into the lockers, we need to learn how to manage our lockers. Students need to consider carefully the kinds of book and stuff they put into the lockers. In order to avoid being punished by teachers because of submitting homework, students would think twice before they lock the lockers. Thus, the senior forms students would be trained to become more responsible and considerate adults.

Thank you for reading my letter. I hope you will consider the Students' Union advice to let the senior forms students use the lockers as there are many benefits as stated above. If you need any help from the SU, you are always welcome.

Yours sincerely,
Chris Wong





**Blog Entry -
An Unforgettable Working Experience in SPCA**

I worked as a summer volunteer at SPCA last summer. I earned a lot of unforgettable working experience there. I worked in the animal care department. I was responsible for taking caring of cats and dogs. I needed to wash the cages, bowls, litter boxes and blankets of the animals. I was also responsible for feeding, exercising, health monitoring, and training cats and dogs. I assisted our vet team with vaccinations. Like all other SPCA members, I had a tight schedule every day.

My unforgettable working experience related to an abused dog with severe wounds called Mark. It was abandoned with a broken leg and bite wounds on its body. It looked miserable and sad because it could not move freely. It also suffered from depression as it refused to eat and play. I took care of it for almost a month, but it died eventually because of malnutrition. I felt much sympathy for it.

From Mark's case, I would like the general public to be concerned about the issue of animal rights and abuse. Animals like us, they have the right to live. Yet, they face cruel treatment from us all the time. There are too many stray dogs and cats because of irresponsible owners. They were abandoned because of different excuses like owners changing homes, financial problems, etc. On the other hand, people keep buying cats and dogs from illegal puppy mills instead of adopting ones from fostering shelters. These illegal puppy mills are like a holocaust to cats and dogs. They are extremely dirty and crowded. Cats and dogs are maltreated of having not enough food, cleaning, vaccination, and care.

There are possible actions the society can help reduce animal abuse. We can adopt dogs and cats through SPCA or animal shelters. This can reduce the number of stray animals. Being a volunteer in our spare time at animal centres can enhance our awareness of animal welfare and promote kindness to abandoned pets. We can also be an animal sponsor or make donations. All these acts of kindness can help more animals to receive good care.

Animals should be treated with the same respect as humans. Their welfare should be protected.

Argumentative Essay - Teenage Tattooing and Body Piercing

Nowadays, it is common for teenagers to have tattoos and extreme body piercing. A lot of teenagers perceive them as an expression of artistic sense, uniqueness, and even individualism. However, it is controversial whether teenagers under 18 should get tattoos and extreme body piercing. As the Chairperson of the school's Student Union, I would like to share my view on the issue.

I believe adolescents should not get tattoos and extreme body piercing for several reasons. Many teenagers act impulsively. They get tattoos and body piercing without careful consideration. They are not fully aware of the negative consequences tattoos and extreme piercing. The first undesirable effect is that tattoos and piercing cannot be completely removed, even with the latest and costly laser treatment. Any attempt of removing them is useless as there is still discoloration marks left on the skin.

Tattoos and extreme body piercing are always associated with evil, negative images like gangsters, anti-social, etc. Coincidentally, many inmates and criminals are 'supporters' of tattoos and body piercing as they wear exaggerated tattoos and piercing. With an unfavorable image attached to tattoos and excessive piercing, the employment opportunity of those with tattoos and piercing can be adversely affected. Employers tend not to hire someone who may upset the company's image. Therefore, having tattoos and extreme body piercing is not a good and wise decision for teenagers.

Having tattoos and body piercing is a possible way for people to get infectious diseases such as AIDS if the needles used are not thoroughly sterilized. These diseases are incurable and they will affect the person permanently. It is simply too risky to undergo tattooing and piercing.

Although tattooing and extreme body piercing seem to be more and more common, they are dangerous and can cause regrettable and unbearable life consequences to people. It is suggested that teenagers, especially those who are under 18, should not blindly follow the trend to get tattoos and extreme body piercing.



6D Ho Chung Kiu, Cyrus

Proposal on a School TV Programme for Promoting Sports

Dear Ms Chan,

I am writing to propose a 30-minute programme of a local Hong Kong sport event that is planned to be broadcast in our school for the sake of promoting sports to our students.

Firstly, regarding the choice for a local sport event, I suggest volleyball because there are a lot of schoolmates, whoever boys or girls, like playing volleyball. Also, our volleyball team won many awards last year, so I think our schoolmates are eager to know more about how to have fun when playing volleyball. More importantly, another purpose of choosing volleyball is that this programme can change students who do not like playing volleyball. In fact, if all our students get interested in playing sports, their fitness can be improved and they can become healthier. Thus, we can solve the problem of obesity and help the teens who are socially withdrawn. Playing volleyball brings an active lifestyle and allows us to meet more new friends. It is a chance for students to change their lifestyle and be socially active.

Concerning the rundown of the 30-minute programme, I will divide it into three parts, every part will last for ten minutes. In the first part, I think we can show an interview of our volleyball team captain and P.E. teacher. Besides, we can find some video clips of the interviews of famous volleyball players on the Internet. These interviews can let our students know about the joy of playing volleyball. In the next ten-minute part, I will let the volleyball team members teach teachers and some schoolmates that we invite some basic volleyball skills. In this way, schoolmates can find that playing volleyball is very easy and give it a try. For the last ten-minute part, we can play the videos of the competitions of our school and record

a voice-over commentary on the competition. This can develop our students' interest and knowledge on playing volleyball.

Furthermore, to make the programme more interesting, I think we can find some handsome or pretty players to appear in the first part of the programme. The boys and girls can pay more attention when watching this video and let them feel happy. In the second part, we can invite some teachers who are in a serious manner at all times so that our students can know more about these teachers because of volleyball. It will be fun. In the last part, we can dramatize the commentary to ignite students' passion and play some funny moments taken in our school competitions. I believe that our students will enjoy the programme.

Above is my proposed 30-minute programme and hope you can consider it. If you need any further information, please feel free to contact me.

Yours sincerely,
Chris Wong



6D Lau Ka Nok

**Letter to the Editor –
Should a Local Park be Replaced by a Shopping Mall?**

Dear editor,

Recently, I have learned from the news that the government is planning to replace a local park with a new shopping mall. I would like to discuss the advantages and disadvantages of such a potential move.

Firstly, I understand that one of the advantages of building a shopping mall in this district is that it can attract more people to come here. As a result, it will bring economic benefits to the local businesses in the district. With more people coming to the place, more famous brand shops and restaurants will be attracted to open their business here. Moreover, local residents in this district can be attracted to make more consumption in the area such as watching movies, dating and shopping. Local residents may feel satisfied with the convenience provided by the shopping mall. Take me as an example, I always visit shopping malls which are nearby my home when I am free. Sometimes, I buy something in the shopping mall or just dine with my family and friends there during weekends. In other words, replacing a local park with shopping mall can improve the economy and activate the consumption of local residents in the district.

Moreover, bringing in the shopping mall can create jobs for people especially for those who are living in the neighbourhood. People can open shops or work for the shops in the shopping mall. In particular, mothers who are only allowed to work for a few hours a day as they need to drop-off and pick up their kids for school can be able to work. Not only can they earn extra for their family to improve the financial condition, but also stay connected to society.

In spite of the advantages of the suggestion, there are also few disadvantages found of doing so. One of these advantages is the imbalance of city planning. As far as I am concerned, many people argue that Hong Kong is facing a serious problem of over-development. Since the 20th century, people have developed Hong Kong and built a lot of commercial districts in order to boost the economic profit. It is common to find that high-end shopping malls replace the local parks or community centres, making Hong Kong streets to be found surrounded by shopping centres, drug stores, chain stores, etc. As a matter of fact, a good quality of life should include a time enjoying nature. Trees and parks are always humans' friends. Not only can they keep the air clean and fresh but also bring relaxation to our stressful life in Hong Kong. .

In addition, replacing a local park with a shopping mall disturbs people who live in that neighbourhood. Since shopping mall replace the local park, people cannot find a place to do sports and have recreational activities. Kids, parents and elderly lose a place where they can spend time with their loved ones. This can lead to an unhealthy lifestyle. Another concern is that as more people visit the place, everywhere is going to be filled with people and become noisy or unhygienic. In short, life can be "non-peaceful" to local residents. .

In my point of view, Hong Kong already has a sufficient amount of shopping malls. Do we really need to build one more? In my opinion, the value of a local park is higher than a shopping mall.

Yours faithfully,
Chris Wong