

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.

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

The English Department



Restaurant Review – Saizeriya’s Restaurant

I love the Saizeriya’s restaurant located on Chai Wan Street. Their famous cheese pizza and mushroom pasta are my favourite. They are delicious, but they are very fattening. There, you can eat so much Italian food like cheese pizza, pasta and chicken wings.

I love the walls of Saizeriya because they are green and white; it looks like Friends Restaurant in Chicago. The tables are grey in colour and it has a countertop where you can eat. The chairs are made of wood. The lights are orange and yellow which make the restaurant quite bright.

I know you think this restaurant is very expensive, but it’s the opposite- it’s very very cheap. You may also think the food service is bad as well, but I suggest you try it first! The waiters and waitresses look so young and they’re so kind. They speak in a polite manner and make you feel happy.

If you go to Saizeriya you should order the cheese pizza and mushroom pasta. The restaurant is open every day from 11:00 a.m. to 11:00 p.m. And I would give it 5 stars.

1A Lo Tsz Chun, Ricky

Restaurant Review – Sushi, Yummy!

Sushi Yummy, my favourite restaurant! It is also the top 10 nominated restaurants around China – best known for their diversified food and variety of innovation. This restaurant was built last month; after a few days their influence and reputation were well established.

Their various choice of food is really delicious and inventive. Once I went there, and as I expected, I tasted the most different and diversified flavours that I have ever had, especially, the dish ‘Flama Oily Fish’. When I tasted it, I suddenly felt refreshed; its flavor was sour at first, but then a miracle happened – it turned from sour to spicy! The flavor attracted me and it seemed as though I was in heaven.

When it comes to the service and efficiency, I would definitely give a 5-star evaluation. The staff were nice to me. They said, ‘thank you’ and ‘please’ when they served the food. They also smiled at me. The service was fast too!

As a whole, this is a high-efficient restaurant. The food is delicious, diversified and amazing. The staff are nice and very polite to their customers and very fast. I suggest to everyone to try some amazing food there!



1A Sung Yuen Yiu, Eunis

**Email -
Planning My Itinerary**

To: Gloria Lam
Subject: My Plan for the Trip
From: Eunissung@lfhmail.com
Date: 22 July, 2019

Hi Gloria!

Guess what! I've won a 3-day free trip this summer and I want to invite you and Yoyo to go to Japan with me next week. I've already planned our trip. Our flight departs at 1a.m., so we have to get to the airport at 11p.m.

On the first day, after we arrive, we are going to the hotel to check in and put our luggage in our rooms. Then, we are going to Nikko National Park in the morning. We are going hiking in the mountains until lunch time. After we have had a tasty lunch, we are going to Ishigaki to visit Mount Fuji in the afternoon. We are going to stay in the hotel for one night and move to another hotel the next day.

On the second day of our trip, we are moving to another hotel in Tokyo. Then, we are going to visit the prettiest section of the old city which consists of three narrow lanes with wooden building housing sake breweries and little boutiques. We are going to take some photographs of the beautiful cherry blossoms. We are going to stay in the hotel for one night and leave the next day.

On the last day of the trip, we are leaving Japan at night. But before we leave, we are going to Nara. We are going to visit the stone lanterns. We are going to Nara Park to visit the home of the free-roaming deer and feed them. At last, we are going to the airport and will be ready to leave Japan.

I can't wait to go to Japan! I'm sure it will be the best trip of my life!

Bye for now.

Eunis

1B Cheng Tsz Kuen, Janet

Blog Entry- My Secondary School Life

I'm now studying in SKH Li Fook Hing Secondary School. My new school has many special rooms such as the Gym Room, Self-study Room and STEM Room. It also has a Student Union. I feel interested about my school because there are a lot of new places I have not seen in my primary school.

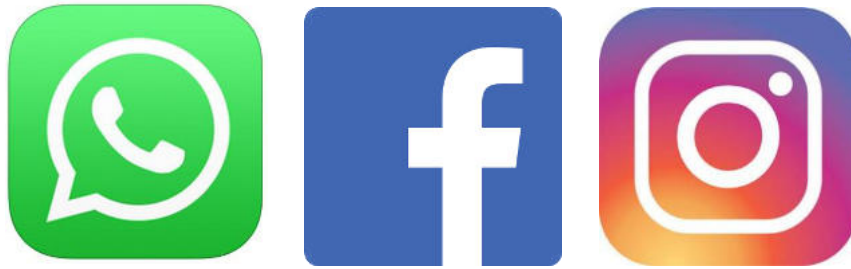
My favourite place of the school is the Music Room because I like music. I go there twice a week to sing some songs and play the guitar. My favourite subject is Home Economics because cooking is my interest.

Katy is my best friend at school. She has black eyes and wears glasses. She often buys some snacks and share them with me. She is really a generous person.

One exciting thing happened to me last month. I went to the S1 Education Camp with my classmates. I played some team building games there and learnt about the importance of healthy living. I felt very positive about such kind of activity.

My secondary school life is wonderful. I can chat with my friends, study with them together and learn a lot of things!





**Article –
My Top Three Favourite Apps**

Nowadays, there are many fun apps for students. There are different kinds of apps like games, information, e-books and entertainment. I like the social media apps most. I will talk about three apps about social media: Whatsapp, Facebook and Instagram.

Whatsapp

Whatsapp is a communication app. I can use my phone book to search for the person that I want to send message to. You can choose the time convenient for you to reply. Besides, you can develop your own group with your friends and family members. It is very easy to use. You just need to download the app and register. Then you can use it smoothly. It is popular among Hong Kong people. It is free of charge.

Facebook

Facebook is a very popular communication app among students. You can update your status whenever you want and you can know your friends' updates. Therefore, you will know your friends' activities without meeting them 'face-to-face'. Also, you can join the different interest groups in FB which share the same interest with you. You can set your own privacy and it is safe to use.

Instagram

Instagram is a very famous communication app. You can post photos and videos quickly through the app. Your friends can 'like' and give comments on your post. It is very interactive. This app shortens the distance between people. I can communicate with my relatives overseas easily!

1C Chin Wing Sum, Anson

Blog Entry- My Secondary School



I started my new school a month ago. The school is SKH Li Fook Hing Secondary School. It was built in 1996. It has 7 floors. It is so big and there are a lot of rooms and facilities. It has a tuck shop, a big playground, a gym room, a multi-media learning centre, many laboratories, a self-study room and many more.

My favourite part of the school is the laboratory because I could learn Science and do experiments there. My favourite subject is English because I'm good at this subject.

Tong Ga Long is one of my best friends at the new school. He is my classmate. We often play together and we like competing with each other. One day, we had an interactive English game in the classroom with my three other friends whom I met in my primary school. Ga Long was so quick that day so I lost but I was not very disappointed because I could always play with him next time.

I like my secondary school and I am having a lot of fun. I hope you enjoy your school life too!

1C Choi Hei Man, Eunice

Restaurant Review – A Good Place for Birthday Celebration

I went to a local restaurant last Sunday. The name of the restaurant is Saizeriya. It is in Chai Wan. I went with my family because it was my birthday. The restaurant is a mix of Japanese and Italian style. I chose this restaurant because I think the food would be delicious.

First, there was a long queue outside the restaurant when we arrived at 6:30 p.m. We waited for around half an hour before we got our table. We ordered a lot of food and drinks, such as pizza, pasta and risotto. These dishes are the most popular here and also my favorites. The waiter was smiling when we asked her to take our order. She was very helpful when we did not know how to decide, she gave us some suggestions. After 15 minutes, the food came and they looked very attractive.

We were so excited and could not wait to start trying the food. We first tried the pizza and it was delicious. Then we had the pasta and the taste was creamy. I think the chef did a good job, he could actually capture my appetite. I would give this restaurant 100 marks because the food is delicious and the service is good. The price is also reasonable too. I would definitely recommend this restaurant to my friends.



**Story –
An Unforgettable Encounter with Lily**

In a fiercely stormy restless night, Ray was still staying at school, he must have finished this homework before deadline. But he felt scared because his classmates had told him there was some creepy sound coming out from nowhere in the classroom after 7 p.m. every day. Ray was scared of ghosts so he did the homework quickly.

Suddenly, he really heard some sound. Hearing the sound, Ray went to open the door to escape from the frightening sound. But the door was locked, he couldn't go outside, he was frightened to death. He had no choice but to remain in the classroom.

'Um.....can you hear me?' There was a girl's voice, it seems to be talking to Ray. 'Yes...I can hear you, but where're you?' Ray whispered. 'You try to turn around and you can see me. 'Ray was scared as he didn't know what to do, so he obeyed and turned around.

'Oh!' Ray yelled. 'Who're you? Why are you here?' he said impatiently. 'You don't need to be scared of me, I will not eat you, 'the ghost replied, 'My name is Lily, I stay here because I died here, I had an exam, but I got low marks, I felt disappointed about it, so I killed myself.' Lily sighed.

Ray wasn't scared of her after listening to what she said, he also learnt a lesson – don't give up when you face problems, you must insist. 'I will disappear one day, before this day, can you take me to your class together to allow me to learn more knowledge?' asked Lily. After listening what Lily said, Ray decided to take her to class, so she could learn more knowledge.

Since meeting Lily, Ray also studied hard every day, he never gave up when he faced problems. He was influenced by Lily. He hoped to improve his grade before Lily disappeared.

**Story –
An Unforgettable Encounter with an AI-robot**

In 2065, inventions had improved a lot. Many robots were installed with Artificial Intelligence – AI. The robot supported human in many ways. Some robots were even used in wars.

Zack was a police who was smart and strong, but he didn't like to cooperate with others. Walking on the street, Zack found a ruined robot. Out of curiosity, Zack fixed and rebooted the robot. 'What is your name?' asked Zack. 'My code number is uv1486756,' the robot replied. Confused by what the robot said, Zack laughed, 'Then where are you going?' Zack teased. "'According to my program, I have no mission.' Zack had no idea what to do with it, so he took the robot to the police station, the police couldn't get any information from it so they asked Zack to take it back. Walking down to his home, Zack asked, 'How should I call you?' 'Whatever you like.' After listening to what the robot said, Zack named the robot "Ray".

The next day, Zack took Ray to his police station and assigned Ray to be his partner. In others' frightened eyes, Ray started his mission. After a few weeks, Ray and Zack caught a lot of thieves, smugglers and terrorists. Ray was very different from other robots, Ray had personality, Ray could joke, Ray could play. Very soon, Zack and Ray became friends.

One day, when they were walking on the road, many battle robots fell from the sky, many police were fighting against the robot. Zack and Ray went to help. When Zack saw a particular robot, he was shocked, because this robot looked just exactly the same as Ray. After the robot saw Ray, Ray stopped fighting and was taken control by the enemy, he even attempted to kill Zack. Although Ray wanted to stop doing, the program controlled Ray's will. After a fight, Zack ran and was shot by an enemy robot. Seeing this, Ray went against the program and helped Zack. But there were too many robots. In this case, Ray grabbed a bomb to kill the enemy – AI controller. Afterwards, Ray was broken. After this battle, Zack cooperated with his colleagues more instead of fighting alone. Six months later, Zack rebuilt Ray's AI and they started their journey once again.

2A Tam Cheuk Fung, Bryan

**Story –
A Confusing Encounter with Reil**

‘Operator, I have tracked a strange signal from an abandoned Steel Meridian spaceship. Would you mind checking it out?’ said Ordis. ‘Sure,’ I replied. Therefore, I was sent to the spaceship. The spaceship was running on emergency power, with no sign of crew, so I walked inside the spaceship to search for them. The first thing I discovered was some dead bodies lying with knives sticking out of them. Shocked by the dead bodies, I decided to leave immediately. When I almost got to the evacuation point, suddenly, the light went off, and there was a deep voice next to my ears. ‘Cast him out!’ said the deep voice. I yelled nervously, ‘Who are you?’ ‘Who am I? I am the Red Veil,’ said the voice.

After that, I went to my spaceship and received a message sent by the steel meridian. It asked me to go to their base Iron Wake and meet Palladino, a spiritual mediocre that was rescued from the Red Veil. Then, I met Palladino. She explained everything to me and begged me to free Reil from the Red Veil and if I do so, Palladino will pay me money, so I accepted it.

Therefore, I entered the discarded temple to free Reil. When I broke in the underground of the temple. I saw Reil was held in the air by four chains, so I used my sword to break the chains. When there was one chain left, the Red Veil showed up and tried to stop me, its body was painted in red, wearing a helmet. When I was almost killed by the Red Veil, Harrow showed up, and killed the Red Veil.

‘Who are you? And why is everyone coming up from nowhere?’ I asked confusedly, ‘I am the owner of Reil, and I, too, have no idea about the appearance of different people.’ Harrow picked up Reil and disappeared. Suddenly the temple started to collapse, ‘I’m never gonna accept this kind of task again!’ I yelled.

**Article –
Common Problems Encountered by Teenagers**

Many teenagers nowadays face different types of problems in their daily lives. The most common ones are being trolled, cyber bullying, study problems, lacking confidence and family pressure. In this essay, I would like to share my thoughts on three common teen problems.

The first problem is about study problem. One reason is that teenagers have too many assignments that they cannot finish. As a result, teenagers feel stressed and worried of being punished by teachers. To solve the problem, teens should set a timetable which helps them to spend the time wisely. They can attend tutorial schools and seek for help. Moreover, if they have much pressure, they should talk to teachers or social workers.

Another common problem is bullying. Bullying always happens to those who lack confidence, do not have friends, and are too timid to report the incident. Bullying occurs at school most of the time. When bullied, the victims feel afraid, helpless, as a result refuse to go to school anymore. To solve the problem, I encourage the victims to report the case to teachers and parents. They must seek help to stop the bullying. If they don't, they will suffer forever.

The next problem is that teenagers have poor relationship with family. This is caused mainly by different expectations of parents and teenagers. Most parents demand their children to have good school results. When their children cannot get good results, they will be scolded. As a result, teenagers do not want to go home and choose to stay out instead. To handle this problem, teenagers should talk to their parents honestly about how they feel. Also, they should try their best to study. Besides, talking to social workers can help as well.

Teenage problems are not difficult to handle. If we can face them bravely and actively, we can overcome the problems and have wonderful teen times.

**One-sided Argumentative Essay –
Should students be allowed to bring mobile phones to school?**

I do not agree that students should be allowed to bring phones to school. Bringing phones to school can cause many problems.

First of all, bringing mobile phones could cause security problems. If students lose their phones, the school would not be able to pay them back because it is the students' responsibility to keep an eye on their belongings. Bringing phones could also cause unnecessary comparison. Students may get jealous of others who have higher quality and much more expensive phones.

Besides that, students would not be able to concentrate on their lessons because they tend to get distracted by their phones. Therefore, they will not be able to fully understand what the teacher has taught them during the lesson. This could affect their grades and academic performance. Instead of studying and doing their homework, they would much more focus on their phones.

Lastly, the reason why I think that bringing phones to school is a bad idea because it can ruin students' friendship. Students may secretly take photos or videos of teachers and classmates without their permission. They do not think about the consequences of this action. The victims may report the cases to the police and this will definitely affect their relationships.

Using mobile phones is not a bad thing itself. However, I think that we should use it at the right time and in the right place. In conclusion, bringing phones to school would cause some problems, so students should stick to using their phones after school and outside of school which students can avoid being in trouble.

3A Lai Ally Juliana

**Letter of Advice –
Getting Along with Siblings**

Dear John,

Thank you for your letter. I'm very worried about your brother David's problems and I'm willing to give you some advice.

You mentioned that David goes to bed very late and doesn't get enough sleep. One of the reasons is that he gets addicted to using phone. For us, I believe that the network is very attractive. You can tackle the problem with empathy. Otherwise there will only be a counter effect. If I were you, I would persuade him in a gentle way but not to irritate him. You can set a timetable with him and implement the plans together. On the other hand, you could do exercise with him after dinner. Not only could this make him healthier, but also enhance the relationship between brothers.

You also mentioned that David doesn't listen to you. This is a problem that most brothers and sisters have. Don't worry too much. It would be a good idea that you get along with from a friend's point of view. I won't tell him what he must do with a brother's attitude if I were you. It would make him antipathic. You can do the things he likes with him. For instance, you can play games with him at a suitable time. Over the time, for anything or problem he has, he will be happy to share with you. Similarly, he will also accept your suggestions.

Please write to me if you need further help.

Best wishes,
Robert

**Two-sided Argumentative Article –
The Advantages and Disadvantages of Communism**

In 1867, a stateless German philosopher named Karl Marx published a book, *Das Kapital*, and communism is 'invented'. The general idea of communism is an ideological social movement aiming at setting up a better society where everyone owns everything but controlled by the government. On the surface, it sounds like a utopia, but is it really that ideal?

Communism could guide a developing country to a rapid growth. For example, before the Communist Party took power in Russia, it was just another developing country that still relied on feudal serfdom without much industrialization. However, soon after the establishment of the Soviet Union, the country rapidly expanded. Its economy grew through industrial farming. During the rule of Stalin, the once developing country became an industrial power house. It can be seen that communism could lead a developing country to have a rapid growth in economy.

Although communism sounds like a perfect utopia, the reality is never as good as expected. The fact that the state controlled all the power and wealth, it could lead to lots of corruption. On top of that, dictatorship would infringe the freedom of speech and other human rights. The People's Republic of China is a good example. Although Mao Zi Dong at first allowed the freedom of speech, he quickly banned it mostly because he did not bear others' criticism on his wrong actions. He imprisoned and killed whoever dared to complain about him. Apparently, a communist government's overpower leads to the absence of human rights.

On an international scale, communism could improve a country's economy, yet in a small scale, since everybody shares wealth, people would start to be lazy. It is due to the fact that however hard they work, they still get the same reward. Thus, on the long run, a communist country would have a declining economy after the initial growth.

In conclusion, although communism, in some cases, could lead to an economic boom, the cost is so much that it is not worth it. I personally think that the dictatorship, due to human nature, could bring detrimental consequences that not any people and country could bear.

3A Ngai Ka Yiu, Kayu

**Letter of Proposal –
Proposal for a New Club**

Dear Principal Cheung,

I am writing to propose a new club. In our school, many schoolmates become very unhealthy, because they spend too much time playing games online, or eating too much junk food. I would like to have a club to help them develop healthy lifestyle.

First of all, the name of the club could be 'Healthy Lifestyle Club'. The club activities can be diversified, both indoors and outdoors, with sports and workshops training thinking skills.

There can be basketball competition and other similar ball games which allow students to know their strengths other than playing online games. Participating in extra-curricular activities could enrich their life. For workshops related to skills training, there can be classes like meditation which let students have quiet time. They can think about things around them. There are always things in life that are worthy of their attention. This allows them to calm their mind and helps them focus while studying. To help students develop healthy eating habits, the most important thing is their diet. Games teaching students knowledge about healthy eating habits and food nutrients could help.

Concerning time arrangement, we are temporarily booking an hour after school every Monday in the school hall. We invite some teachers and schoolmates to help. I would like you to support our club. I believe we can do very well.

If the events require any facilities or items, or if we would like to invite any tutors or guests to facilitate our activities, I hope you could support.

I sincerely hope that this proposal would be of use.

Yours sincerely,

Joey Lee

Student of a S3 class

3A Wong Chi Ho, Tony

Two-sided Argumentative Article – The Pros and Cons of Getting Tattoos

Recently, the issue related to getting tattoos has stirred up discussions among members of the public. Teenagers think that tattoos can give them confidence and make them stand out. However, many Chinese people contend that their bodies are given by parents and that getting tattoos is a way of hurting their bodies. In this article, I will look into the divergent views of both sides.

Many people think getting tattoos improves their appearance and makes them more confident. They get pictures such as dragon, flowers and tigers as tattoos. These pictures and symbols can make others think that they are cool. When the tattoos are shown, one will have more confidence. Some also think that tattoos make others respect them. Getting tattoos is like social fashion and it attracts many young adults to follow this fashion. It is common to see young adults make themselves look special and stand out with their body tattoos. Tattoos can also show their personal style when they meet friends or join any public activities.

Getting tattoos is something cool, but young adults never think about the problems behind. How can the tattoos be cleared if they do not want them one day? How painful is it to remove the tattoos? Our bodies are given by parents. Someone think getting tattoos is a way of hurting parents. I agree, to a certain extent, because getting tattoos is injecting ink into one's skin, and it is just like a fast fashion. It might affect young adults' entire life.

Many companies do not accept their staff to have tattoos. If we just follow this fast fashion to get instant satisfaction, we might lose our job opportunities. This is a very stupid thing to do. Young adults have enough power and wisdom to make choices. We should not get tattoos for the sake of our family and our work prospects. We can always show our styles in other ways.

To sum up, there are advantages and disadvantages of getting tattoos. Before getting tattoos, we should think twice and consider the problems it could possibly cause. To show personal style and follow the fast fashion? For me, this is not a risk I will take to make myself regret one day.

3A Wong Chi Lap, Toby

**Speech –
Responsible Shopping**

Good morning fellow schoolmates,

I guess every one of you must have the experience of buying clothes, shoes, food or drinks. But have you heard of the use child labour for fashion supply? Have you heard of Fairtrade products? How do they affect the world? Let me talk about responsible shopping today.

There are 219 million children between 5 – 17 years old around the world, but 152 million are victims of child labour. It's a large number, isn't it? That means there's one in two children! The reason why the child labour problem is so serious is that there're many sweatshops in the world. For instance, H&M, Nike, Zara, etc. Everyone knows how bad these brands are. Unexpectedly, the famous brand of food, McDonald's, also uses child labour. Why do I say 'unexpectedly'? Well, I almost eat there every week. I trusted this brand too much as the company would donate money to the poor kids. So I didn't think buying food there will help them earn money from the child labour! That's too bad! Now I need to change my mind. To help children, I'll buy less from the McDonald's. I hope you all would do the same to help children to get rid of being treated as labour!

The problem of child labour, as I always say, is that children start to work when they are too young. They work for sweatshops, maybe 10 to 15 hours a day, but earn only TWO dollars! They don't even have enough time to rest. Perhaps someone will say that they can choose to work less, or they can find other work to earn more. But NO, they have no choice. They just work, work and work as a robot while getting less and less. Therefore, the sooner we buy fewer products from sweatshops, the sooner we can help these deprived children.

To improve the situation, we need to start to search for shops where Fairtrade products are sold. I believe we can change the world better by promoting Fairtrade products and encourage people around to change their shopping habit as well.

I wish you all the best. Thank you.



**Letter of Proposal –
Proposal for a New Club**

Dear Principal Cheung,

I am writing to propose a new club. It is found that many of our schoolmates become very unhealthy since they spend too much time playing online games and eating too much junk food. I would like to propose a new club to promote correct healthy lifestyle to schoolmates. Details are as follows.

The name of the club is Life Club. Firstly, I would like to suggest club members to be volunteers, because being volunteers, they can be more motivated so as to enhance their positive thinking. Also, there will be cooking classes to teach members how to make some tasty healthy food. It not only cultivates interests of cooking but also teaches the way of cooking healthy food. We also encourage schoolmates to increase their independence. We would like to put forward the promotion of some sport activities such as basketball, football, volleyball, etc. These sports can improve students' physical fitness and increase their team spirit with friends. Their social circle can also be enlarged. Besides these activities, we could hold lunch meeting for students and teachers to let them share their ups and downs with each other, so that they are able to understand each other more and learn goods things from each other.

Moreover, we would like to put forward a scheme named 'Early Bird', which is a time for students to read books. It is good for them, because playing games online or something else is not beneficial to their health. Nowadays, advanced technology causes addiction to the Internet and mobile phones. Although school gives some homework like writing and reading reports, it is common to see students copy from the Internet. Most of them do not really read seriously. 'Early Bird' can let them really read books under teachers' supervision. They can enhance their knowledge and develop the habit of reading.

School teachers such as Home Economics and P.E. teachers could help in the club. We could invite some special guests, for example, athletes and parents. to join lunch meeting to share their view points about healthy lifestyle.

I hope the club can get some financial support and the proposal would be of use.

Yours sincerely,
Joey Lee
Student of a S3 class



3A Yuan Hui Ling

A Letter of Proposal – Reading Fair

Dear Miss Hui

I am writing to propose my idea for the coming Reading Fair. This proposal includes the details of two activities.

The first suggested activity is Reading Fun Fair – Game Booths with the aim of learning English through playing games. I propose to run the activity on the 20th October during lunch time assembly in the school hall. Junior form students will play games at various stalls.

To prepare for the games, English teachers and English Committee members will help in the activity. To promote the Game Booths, we will put up posters in each classroom and make several public announcements during morning broadcast. The winning students will get a stationery set and a pack of candies.

The second proposed activity is Class Reading Report Contest. It aims at training students' reading and writing skills. I propose to run the activity from the 23rd October to 23rd November.

In this month, junior form students will read three books and write three reports. To prepare for the contest, English teachers will train students appropriate reading and writing skills.

To promote the activity, posters will be put up in classrooms, tuck shop and playground. Also, we will make a number of announcements in the morning. There will be two awards: the most book reports written (individual) and the most book reports written (class). The winners can get a certificate and a box of brand-named chocolates.

I sincerely hope that the proposal will be approved. Should you have any queries concerning my suggestion, please contact me at the time convenient to you.

Best regards

Chris Wong

Committee Member of English Society



**Blog Entry –
Being a Helper in an Animal Adoption Centre**

I used to be rude to stray dogs because I was once bitten by a stray dog when I was small. Therefore, every time I see a stray dog, I would stay away from it. Until one time, I was asked to volunteer in an animal adoption centre, everything changed.

‘Come on! Dogs are in fact very cute. You don’t have much to do anyway, why don’t you come and join me? Let’s do something meaningful this summer!’ my friend, Mary, suggested.

I then went to the animal adoption center with Mary. When we arrived, we could smell the stink. I saw a lot of rubbish and excreta. I heard many animals screaming. It was like they were crying because of such an appalling living condition.

Suddenly, a weak fragile dog approached me. It used its only strength to raise its head and gazed at me. Its eyes were filled with endless hope, seeking help from me to save its humble life. At that very moment, I could feel something break into pieces deep in my heart. I unexpectedly felt my hatred towards stray dogs disappear. I just wanted to help save their lives.

Then I started my work as a volunteer with Mary. We cleaned every cage, washed off the smudge and helped the dogs take a bath. One of them was always fluttering on my arm while I was cleaning its body. I realized it was the dog that approached me previously. While I was cleaning its fur, I found there was a birthmark on its neck, I was thunderstruck!

I used to have a pet dog called Charlie. However, after I was bitten by a stray dog, I had a kind of fear in my heart and so I abandoned my dog. Now that I saw the birthmark on the dog's neck, I couldn't believe that it was actually my dog! Immediately I embraced Charlie in tears!

I finally finished my exhausting but meaningful day in the animal adoption centre. After that day, I realized the importance of respect towards animals. It is some knowledge that I wouldn't have learnt from textbooks. I went to Charlie with my heart filled with compassion and love. I swore that I would never abandon an animal anymore. To compensate my fault, I adopted Charlie from the centre and was determined to be a regular volunteer in the centre to help more poor stray animals.



4A Chan Tsz Wai, Jerry

Book Review– The Hunger Games

Nowadays, teenagers always read some books about adventures in undesirable or frightening communities which are called dystopia novels. When it comes to dystopia novels, the first book I have read is The Hunger Games.

The story is about the 12 districts of the nation of Panem who are forced by the Capitol to select two tributes, one boy and one girl between 12 and 18; they have to fight to the death in the annual Hunger Games until there is only one survivor left. Katniss Everdeen from District 12 volunteers to take her sister's place and becomes one of the fighters.

In my opinion, the most impressive character is Rue. In this cruel game, Katniss and Rue are enemies in the game, but Rue keeps helping Katniss recover selflessly. I found that no matter how hopeless the situation is, selfless love still exists. Just like in the Hong Kong society: although the competition among students is solely fierce, there are still a lot of friendships and romance among peers. This is the presentation of love.

A striking scene in the book is at the end of the story. When Katniss needs to choose to kill Peeta or to kill herself, she chooses the latter. It was a very difficult decision to make. When people are forced to a dead end, it is uncommon to be selfish. Yet there are also many cases in reality demonstrating the beauty of mankind and the courage to go against the unjust authority, such as Martin Luther King, Aung San Suu Kyi and Malala. Such courage is really inspiring and touching.

After reading the book, I recognised gradually about the charisma of these dystopia novels. The book has exposed the issues of the impacts brought about by the authority, which is the government, personal freedom, survival as well as sacrifice. When you have to choose between staying true to yourself and the expectations from the society, you then realise what kind of person you are. This is also in fact our struggles in our everyday life – do we choose to do things that interest us? Or should we obey our parents? Or should we just do what most people do in the society? I am still working on it, what about you?

**Book Review –
The Little Prince**



The Little Prince is a story exploring the mysteries of life. The main characters including: the Little Prince, the Fox, the rose, the star and the snake, each representing something in our lives. I would say everyone has a 'little prince' at heart representing one's dream; while the fox represents the friendships we have, the rose is the love in our lives; the star representing hope, last but not least, the snake is illustrating what things appear to be.

When I was a small boy, my world was very small. Living a perfect life means having my parents' love. However, as I grow older, I feel that my parents' love sometimes binds my freedom, and I keep thinking that one day, I will leave them to explore the world. Growing older is like walking into a whole new world. We see people from all walks of life. There are great people who are always ready to offer you help and love. There are also talented ones who keep shining on the stage; however, more often, we see people who are fragile, ill-mannered or broken-hearted in heart. There are people weak in heart and spirit working so hard to pretend to be strong and capable; there are average people spending time bragging about themselves and paying no effort in making improvements; there are stressed people working so hard to earn more money in the hope of leading a happy

life. For many of these people, your disagreement with their lifestyles would only be regarded as not having ambitions in life.

Well, it now does seem that living a fulfilling life is something rather difficult. The snake in the story engulfs its prey and masks its true identity. It is about transforming ourselves into what others want to see in us. We might have different weaknesses and wounds, but it does not mean we cannot stay true to ourselves. Most importantly, we need to see who we truly are with our own eyes.

My favourite part of the story is when the pilot having an air crash and was stranded in the desert. In great solitude, he realized the meaning of life and it is not about blending into the world and compromising one's dream. Instead, it is using one's utmost power to survive through hardships – just like the pilot struggling to find a well in the desert, and he eventually succeeded. Living in Hong Kong is never an easy task. We always have so many things to accomplish – homework, tests and exams, projects, ECAs ...etc. We all have our very own battle to fight. I have really enjoyed reading this book and hope you will gain a lot from it too!



4A Tsoi Yin Mei, Tracy

**Letter –
Typhoon Mangkhut**

Hi Pat,

How are you doing? Something big happened in Hong Kong last week. Have you heard about Typhoon Mangkhut? It was 9th September. When I got up early that morning, I could feel the strength of the wind as if the windows would be broken by the wind in a second. At the same time, I heard trickling rain in the wind outside. Noticing there was a puddle of water on the floor in my room, I decided to find out why. I found that water was leaking from my air-conditioner. I immediately dried the spot with a towel.

After handling the mess, I went out of the bedroom. To my surprise, the living room was invaded by heavy rainfall and my ceiling was dripping water. I saw my windows were shattered into pieces. Most of the furniture was soaked with water. I immediately checked the news and the Hong Kong Observatory hoisted Typhoon signal No.10. Consequently, I had to race against time and go next door to alert my neighbours. Then I returned home to do the clean-up.

After all this, the feeling of exhaustion enveloped me and I wanted to sleep right away. All of a sudden, there was a cry of hunger. I started looking for food but found nothing. The refrigerator was empty except for a few eggs. Therefore, fried eggs became my culinary masterpiece. Next time when you come to Hong Kong, I can cook for you.

There were massive reports about the typhoon causing tremendous damage to Hong Kong. Many buildings collapsed and flooding occurred in several areas. The fall of many trees brought traffic to a standstill, but thankfully, residents volunteered to come out and help pick up the garbage. I just hope that Hong Kong will recover soon from such a horrifying disaster.

What are you up to now? Do drop me a line soon!

Best wishes,
Chris



Book Review – The BFG

Recently I read a book called *The BFG*. This book is about a little girl called Sophie who lives in an orphanage. She is a kind-hearted, brave, resourceful and adventurous little girl. One night, she encounters a giant carrying a bag and a trumpet. This starts her journey with the Big Friendly Giant (the BFG). The giant gives the impression of a sloppy old man but he can move swiftly and has a good heart. Unlike other beastly giants, the BFG does not eat humans, this means Sophie is safe in his hands. The BFG regularly catches dreams to screen the nightmares out and releases the good dreams to children all around the world.

Despite Sophie and the BFG's good relationship, the other giants are continuing their beastly behaviours. To stop other giants from eating humans, clever Sophie asks the BFG to create a nightmare about giants eating children and then blow it into the bedroom of the Queen of England. The two begin a fantastic adventure. Along the way, they face the threat of giant cannibals. At the same time, an extraordinary friendship grows between the little girl and the BFG.

After reading the BFG, I reflected a lot on how we judge a person. We often make judgements based on first impressions but it may not necessarily be accurate. Sometimes, we even listen to gossip about a person instead of knowing the person. The BFG has shown us that even a scary-looking giant could have a caring heart.

The main character, Sophie, feels alone until she meets the BFG. We all are quite similar to Sophie in some way, we all yearn for a fearless, powerful, and kind-hearted giant friend in our childhood so that we will not feel afraid or lonely. When we meet one, it seems that we will also become strong and courageous. We will be able to do things we couldn't do before. This is the power of friendship. Friends improve each other.

I want to share this book with you because I think this is an excellent story that brings out a heart-warming message as well as the sweetness of friendship. It also delivers the importance of hope and courage. The BFG needs to fight against all beastly giants and he has to risk his life as well, not only does he need to withdraw from his original troop, he also needs to gamble on whether the other humans would believe in him and agree with the plan. I like this part of the story a lot - no matter how difficult and impossible situations may look, do what is right and necessary. Such determination reveals the beauty in human nature, and it tells us that we all live for a cause.

I have enjoyed reading the book and I hope you did too!



4B Leung Tsun Yi

**Personal Letter –
Sharing on Infringement Issue**

Hi Jasper,

Long time no see! How are you doing lately? I'm going to tell you something that happened last week.

I went to a live performance of a famous singer, Lady Ma Ma, last Sunday at the HK Conventional Centre. Guess what! During the show, Lady Ma Ma found herself being videotaped by a fan with a tripod and professional equipment. Lady Ma Ma stopped singing at once and told the fan to stop filming her. Yet, the fan refused and even argued with her from a distance. Finally, the security guard came and took the fan away. The show paused for almost an hour because Lady Ma Ma needed some time off to cool down. The show was even cut short at the end.

All the fans were so angry at that inconsiderate and selfish man. His action put us all and especially Lady Ma Ma in a bad mood. I queued for a long time to get a ticket, and had a high expectation about the show, but it turned out to be chaotic simply because of a silly and stupid action.

I think that although we are living in the age of sharing, it doesn't mean videotaping and uploading without permission are allowed. It is simply an act of infringement. Don't people know that there are regulations concerning copyright infringement? Violation can lead to penalties like imprisonment! In addition, if everyone takes videos and uploads them online, no one will buy tickets to attend any performances. It will seriously threaten not only the survival of entertaining business, but also many other affiliated businesses like sound and lighting production, printing industry, etc.

You know what, I'm now still angry at that man, and I wish this incident had never happened. Write back to tell me what you think.

All the best
Chris

5A Chan Sin Tung

**Speech –
Let's Protect our Environment**

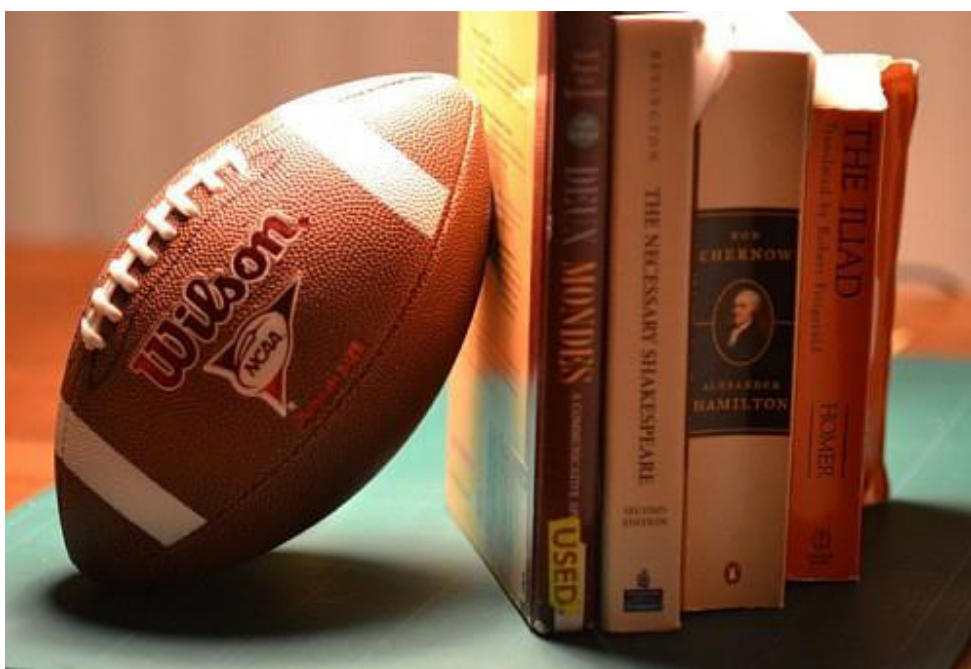
Good morning principal, teachers and fellow students. I am Chris Wong. How many of you buy lunch from the school canteen? Do you throw away the disposable lunchbox and the bag of cutlery and napkin after use? Today I'm going to talk about green initiative and explain why it is a good idea.

From 2009 to 2015, waste plastic disposal in the landfills increased by a quarter. In addition, five large chain fast food restaurants distributed more than 420 million disposable plastic tableware in 2016.

To protect the nature and our next generation, we, as individuals, can do our part as well. In order to reduce waste for all, we encourage the industry and the community to cherish resources and minimize the use of disposable items. From the beginning of next month, there will no longer be disposable cutlery and napkins available in the canteen. All of us who buy lunch will need to bring our own cutlery to school for environmental protection.

Some student might complain about the inconvenient and elapid development of plastics undeniably brings convenience to human beings and rewrites the lifestyle of modern society. However, the indiscriminate abuse of plastics has caused increasingly serious damage to the environment and ecological system.

Please get ready to bring your own reusable cutlery and napkin that can be washed and reused. Let's all do our part to reduce the amount of the unnecessary waste going into Hong Kong landfills. The environment is everyone's responsibility. Let's join hands to reduce pollution. Thank You.



**An advice letter to Aunt –
Strike a Balance between Studies and Interest**

Dear Aunt,

A new school term starts, I know that next year is a big year for Chris as the HKDSE could decide the future of his life. However, recently I have heard that you refuse to let Chris play soccer on weekends so that he could concentrate on his studies. As a former HKDSE student, I'm sorry that I have reservation on such a decision. In fact, we all know that soccer is really important to Chris and I think soccer can also help Chris on his studies.

Firstly, in these recent years, there have been lots of suicide and self-harm cases reported in the news. Most of the victims were just like Chris who had to face the HKDSE. The reason why they gave up their life was that they couldn't bear the tremendous pressure of such a one-off screening elite exam system and they had no place to relieve it. I'm sure that you and I have the same will that this tragedy must not happen to Chris, thus allowing Chris to play soccer is one of the best ways to prevent such a tragedy. Indeed, playing sports allows our brain to produce endorphins, which is a chemical substance that can make us feel happy and relieve stress. Besides, there are lots of teens in Chris' soccer team, which is a good chance for Chris to chat with peers and express his stress towards the HKDSE. Therefore, there is a need to let Chris continue on playing soccer. Do you agree?

Secondly, have you noticed that Chris is getting more sensitive and more irritated easily these days? It is also one of the bad effects of not striking a balance between studies and interests. Mental problems, like anxiety and depression, are so common to be found among students who are facing huge academic pressure. It could be harmful to the relationship with family and friends. Furthermore, bad moods, like being anxious and angry, are not good to one's studies. It only deteriorates the learning effectiveness and efficiency. Undoubtedly, allowing Chris to play soccer is an effective way to relieve his extra energy and bring a sense of achievement to him. Moreover, after the workout, a sufficient sleep can calm Chris' unstable emotions too. Thus, I really hope that you can let Chris keep his interest.

Last but not least, I totally understand that you are worried about Chris' academic scores and future. If you really feel disturbed on how Chris can strike a balance between his time on studies and interest, I suggest that you draft a timetable with Chris to make sure everything is in control. I hope that I can help you and Chris and good luck for Chris' HKDSE. If there is anything that I can help, feel free to contact me.

Best wishes,
Peter





**Report –
Hong Kong Young People’s Working Attitude in the Workplace**

Background

Nowadays people claim that Hong Kong young people are not hardworking enough and have poor working performance when they start working in the workplace. In this report, we will discuss the reasons why people have such a claim and offer some advice to help young people perform better in the workplace.

Findings

According to the survey conducted by the University of Hong Kong, we found that one in three young people felt depressed and stressed while working in the workplace. Employers commented that young people were not hardworking and always made mistakes.

Reasons why young people have poor working attitude

According to the labour law in Hong Kong, the minimum wage is \$34.5 per hour, most young people, who are fresh graduates, are dissatisfied with the salary they receive. Some of the youths mentioned that they could not guarantee that they could eat three full meals every day with such a low income, not to mention to help ease the financial burden of their family and to repay the debt of their

tuition fee. All these worries made them feel paramount depressed and less motivated in their work.

On the other hand, Hong Kong young people's attitude is negative because their bosses are too harsh and mean. Their bosses think that young people are still young and strong, so they give them a lot of work which is out of their control. Moreover, even after the working hours, the bosses still require young people to stay in the office to finish all their stuff until midnight. Young people think that this is unfair, but they have no choice. As time goes by, young people do not have enough rest and energy to work. As a result, they have poor working performance and may make mistakes more easily.

Suggestions

Young people should think in a positive way. If they still think negatively, they will stay in the dark and never have a wonderful working performance. Thinking positive can change the situation. With good working attitude and performance, there will be a stronger bargaining power to ask for an increase in their salary. Besides, having chances to explore different working areas can enhance their knowledge, experience and skills. In the long term, this can make you stand out from other young competitors.

Meanwhile, if they have a high level of work stress, they can use different methods to relieve it. For example, hang out with friends and share the worries with them. In addition, they can join some mentorship programmes which experienced people can give them a lot of advice to deal with problems in their work.

Conclusion

All in all, young people in Hong Kong should understand that the road to success is wide open for them. As long as they are willing to strive hard and find ways to overcome difficulties, the chance of achieving a successful career is always there for them.

5A Li Po Yan

**An advice letter to Aunt –
Playing Soccer While Studying for the HKDSE**

Dear Aunt,

How are you? Are your days going well? I know that you refuse to let Chris play soccer, and he felt disappointed these days and wrote me a letter to ask for my help. I understand that you think his academic result is certainly important for Chris. However, I've got to say that it's important as well for him to play sports regularly.

Soccer is a team sport which can let us learn sportsmanship and team spirit. Sometimes it's even more important than the academic results since he has to learn how to collaborate with his teammates, which is helpful when he enters the university or society. Not only can he learn those practical social skills, but he can also keep fit and release the stress of the examination.

Many health experts believe that doing sports is beneficial for strengthening our immune system. During the preparation for the HKDSE, it is important not to get sick easily. If we unfortunately get sick, then we'll miss the lessons and it is tough to catch up the lessons that are missed. Even worse, getting sick during the exam absolutely will cause poor performance in the academic aspect. How regretful it is after years of preparation if this happens. Thus, we can see how important it is to maintain a healthy body! Right?

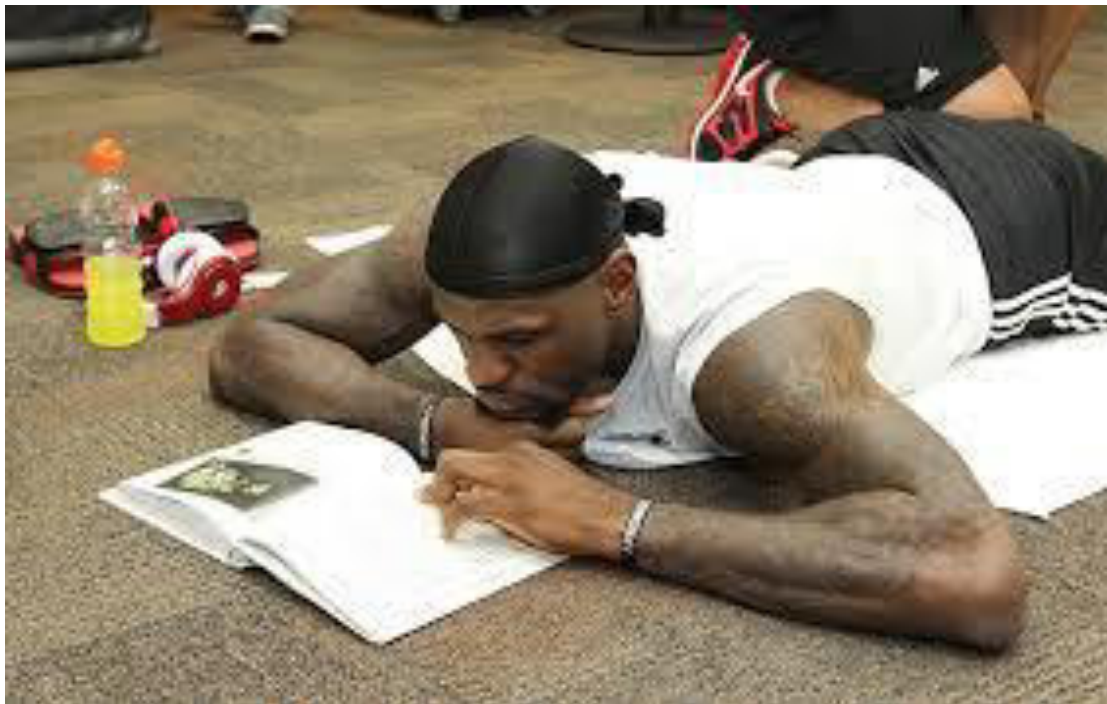
Playing soccer not only keeps Chris physically strong, but also enhances one's mental health. As we all know the HKDSE examination brings us a tremendous amount of pressure, seeking effective ways to release our tension is important. Sport is absolutely one of the best ways to do so. According to their reports, they found that doing sports helps produce endorphins which can make a person feel more excited and less stressed. Endorphins make a person feel good and help us study well. Thus, not allowing Chris to play soccer isn't a good decision since it may let him feel more stressed and he may refuse to study. That isn't the scenario we want to see, right?

Of course, it's necessary to let Chris learn how to strike a balance between studies and interests. I think that you can teach him how to manage the time. Take myself as an example, when I was facing the HKDSE, I felt extremely stressed. The stress from the public exam and the expectation of my family made me even want to commit

suicide within those several months. Thanks to my friends who knew me very well and always invited me to play basketball. Then I was able to relieve a lot. So I think it's very important to plan the time well. I used to have two days for exercising every week and I think that was really enough for me. If Chris has his own plan, he'll be more self-motivated to do sport and study for the coming HKDSE. On the contrary, if you don't give him enough time to play soccer, he'll definitely have a lot of pressure. Finally, that will become a kind of curse for him.

I hope the above views will help you to re-consider your decision again. Please think twice since it may lead to an adverse effect.

Regards,
Eric





Advice leaflet
Are You Suffering from Teen Problems?

If you want to have a memorable teen life with interesting but not painful experience. Follow us!

The first problem you must be suffering from is the huge pressure from school. It looks like everything about college induces stress. You will receive loads of homework and you have to study a range of subjects. For this reason, the tremendous pressure downgrade your marks and this causes you a lot of stress when receiving a bad result. Finally, it forms a vicious circle if this issue is not addressed well.

How to solve it? It won't be an effective solution to persuade your school to have less homework or fewer subjects. Instead, you can adjust yourself into a less stressful mode. One of the best ways to relieve your pressure is doing meditation. A lot of research studies showed that meditation can truly help you relax and it will not take much of your time. In addition, some researches showed that it can improve one's concentration and so improves your performance in the

lessons and help you achieve better academic results. Therefore, if you want to deal with this problem, you can try doing meditation.

The second problem is dealing with parents. Since you are not an adult yet, your parents always tend to take care of you like a child. However, you want to be free and have more time to hang out with your friends rather than with your parents. When parents stop you from playing with your friends, you think your parents are too strict and autocratic. This turns out to be the underlying cause of hundreds of quarrels between you and your parents. Eventually, your relationship gets worse.

The key solution to this matter is communication. This means you have to understand what your parents think and give your parents a chance to understand what you think. Although it may not solve the problem immediately, it is the first step towards it. As a son or daughter, you should not make your parents get worried. Thus, taking initiative to let your parents know your present condition, like your academic progress, your friends' background, etc., is the best way to maintain a harmonious and trustful relationship with your parents.

In conclusion, teens face a lot of problems that are alien and challenging to them. The most important thing is to keep a positive attitude towards the issues and believe that troubles can be solved at the end of the day.



Letter to the Editor – Happy Childhood



Dear Editor,

I am writing a letter to express the situation that parents put too much pressure on their children nowadays. ‘Tiger Mom’, a new term which refers to the mothers who want their children to be successful through an exceedingly strict way. Their parenting mode becomes a controversial issue in the society and I would like to give three reasons about the rise of this issue.

First of all, children are required to participate in various activities. Before kindergarten, parents would take their babies to join several play groups in order to help babies explore new things. Also, parents would speak in three languages which are Cantonese, English and Putonghua, to the kids basically. Not only do they try to turn them into multilinguals, but also make them learn some instruments like piano and violin, as early as three years old. During kindergarten,

children would attempt a wide variety of extracurricular activities, such as dancing, singing and acting. Parents expect their kids to have higher competitiveness which would help them enter the top-rated primary and secondary schools easily. In the past and even in the Western countries now, the one thing kids should do, is play. Children are going to gain more joy in their childhood instead of reaching a range of outstanding achievements. However, the children in Hong Kong, are robots, simply taught to accomplish their parents' wishes.

In addition, parents put unrealistic expectations on their children. It is believed that not all kids could succeed or be the best students in the academic performance. Parents would be angry if their children could not obtain full marks or become number one in the class, however, there is only one 'number one' in one class. Without considering their children's abilities, parents simply force their children to study harder and harder in the hope of getting high-paid jobs such as lawyers and doctors, children. Some parents would show off their kids' accomplishments to friends and relatives since they would get a strong sense of satisfaction. On the contrary, they would lose face if the children got a low grade in school.

Furthermore, parents tend to compare their kids with others who have outstanding talents. When the children do not reach the goals which the parents set, parents not only scold them, but also make comparison with other brilliant kids. There is no doubt that they hope it could stimulate children's willpower to study harder and harder, but they ignore the fact that it could make them feel stressed and depressed.

In this day and age, parents would be concerned about their children's future paths excessively which would let children have an unhealthy childhood and learning process, which even cause depression or suicidal signs. It is sincerely hoped that parents could give children a more relaxing and fun childhood while studying.

Yours faithfully,
Chris Wong

**Article –
Employment Myths and Solutions**

Recently, the unemployment rate of fresh graduates is rising and people blame the unemployment on the shortage of job opportunities and intensive competitions. But is that the case? And what could we do to alleviate the difficulties of finding decent jobs? Let's see!

Since a surge in the number of degree graduates, the job requirements become harsher as the company would like to select people who are more competitive and have higher academic qualifications. Also, some graduates have unrealistic expectations and are reluctant to do low income jobs. They are not able to get dream jobs or have no capabilities to get high paid jobs. Consequently, they think there is an insufficient amount of job opportunities. In short, actually, there is no crisis of unemployment but a better distribution of labour force.

On the other hand, Hong Kong is an international financial city which is definitely influential to Hong Kong people. Meeting the social and market needs, students swarm into heated subjects in the universities such as Economy, Finance, and hope to enter the financial industry in the future. The same situation occurs in the medical industry. As a result, the number of applicants who seek for the same position raises. However, there is only a fixed amount of jobs which is inadequate to soaring demands. And, naturally, the competitiveness among job seekers will rise sharply.

Despite the fact that it is much more difficult for fresh graduates to be hired, we have to confront it. There are several tips to help you find a job. Better equip yourselves and boost your competitiveness. That means, you should learn more skills and have more abilities, such as being a multilingual, which would be beneficial for interviews, better problem-solving skills and multi-tasking abilities. Having more practical skills certainly makes you stronger than other applicants. There is no doubt that companies want to choose people with better qualities. In other words, you have a higher probability to be hired. Besides, search for more information about your favourable jobs. You

should know the job nature and duties, requirements, the needed personalities and whether there are job vacancies. It is crucial to think about that whether your academic qualifications and characteristics could fit the requirements. Are you the person they desire? If not, you may adjust your expectations and consider finding a more suitable job. It should be noticed that the employment information should be found on official and reliable websites or authorities such as the Labour Department. In this way, you could not only gain comprehensive statistics but also avoid possible traps.

Last but not least, do not neglect the significance of interviews. The interview performance may determine whether you could get a job. You should wear presentable dress, be punctual and present your opinions in a concise way. Besides, it is suggested to get handy interview techniques from the experts of related fields and work consultation services of your school.

It is certain that you feel more confident about finding a job now. Remember to make good use of any resources you could gain and better equip yourselves. There is light at the end of tunnel. All the best for your future.



**Letter to the Editor –
Work-life Imbalance**



Dear Editor,

I am writing to discuss a worrying situation about work addiction in Hong Kong and the negative effects of work-life balance.

At present, it is a common situation that the employers are addicted to work. In Hong Kong, the economy has become an important development in recent century. Most of the workers are concerned about the income of work and they work more than 8 hours normally to increase their income. They have long working hours or work overtime. This situation decreases their spare time and causes their imbalanced work-life.

There are some negative effects of work-life balance including their health problems and sacrifice of personal and family time for work.

To begin with, one of the negative effects is the stress related illnesses. The employers always worry about their work and families. They, however, choose to work for getting higher income. Then, they have too much work and not enough relaxing time. Their sleep time or play

time is not enough so they become more stressed. It may cause some illnesses such as anxiety, burnout and depression and these illnesses will affect their work performance. The consequence is that their income would not increase as they wish and the family relationship may become worse.

Next, another effect is about not having time for family. They have long working hours or they actually have to work overtime that they may miss the important family moments or events. These employees or their family members may feel upset because there is always a missing one in different family moments and activities. It damages the family relationship among the workers and their families. This is the negative and significant effect of work-life imbalance.

In addition, one of the negative effects is about having heavy burdens. The employees may need to take on extra responsibility since they are working extra hours. Their superiors or leaders have high expectation on them then the employees get extra work time after time. It increases their stress and challenges at work. On the one hand, they would get more and more extra work if they could still manage their work. That must damage the balance of working time and spare time. On the other hand, they feel stressed and may suffer from some illnesses if they could not handle their extra work. Their work performance would become worse and they would get illnesses like anxiety or depression as a result.

Last but not least, many of colleagues ignore the importance of work-life balance. However, work-life balance plays a rising role in our life. If we do not do something to stop it, we may get unforeseen consequences of imbalanced work-life. Needless to say, we should persuade others to be more concerned about work-life balance. Thank you for spending time to read this letter.

Yours faithfully,

Chris

Chris Wong
Intern of Investment Company

6B Lee Suet Ying

**Article to the school magazine –
No More Virtual Life**

I have not touched any electronic gadgets for a total of two weeks since I watched a programme about the drawbacks of using mobile phones and computers. I then made up my mind to bury my mobile phone.

During these two weeks, I did not log on to the Internet or use my phone. In the very beginning, I just felt anxious. I think I was addicted to the virtual world. In the first week, it was so hard for me to live without any electronic gadgets. I did nothing the whole day. A few days later, I realized that I was wasting my time and so I tried to find something to do. I started to hang out with friends, spend time on study and homework. Besides, I did some workouts to train my body. As a person who did not do any sports at all before, going hiking, jogging or swimming are rare to me. Because of the Internet, I 'connect' with the world by looking at the screen and playing games. However, I can do things I want to do now. I start to enjoy my real life.

After the two weeks of living my real life, I got a lot of rewarding experience. I tried to hang out with my friends. I understand the true meaning of face-to-face communication. In the old days, I would not spend time hanging out with friends. If I have to 'communicate', I would just hook on to the cyber world to 'connect' with them. Now when I log out my social account and talk to my friends with eye contact, I finally know that face-to-face communication enables me to feel people's true feelings. My relationship with friends would then be deepened.

On the other hand, when I live without the electronic gadgets, I felt that my lifestyle was healthier. Before that, I did not do sports because I could not find time. After taking up the habit of doing sports, not only could my lifestyle be changed, but also my psychological health and physical health improved.

What's more, I could focus on things I like to do such as my study and hobbies. Two weeks ago, I just focused on my cyber world and ignore other things. Now, my school results are even a lot better.

From now on, I promise myself that I will never be an Internet addict again!

6B Wong Chun Kiu, Jacky

**Letter to the Editor –
Korean Culture**

Dear Editor,

With the emerging popularity of Korean entertainment like Korean drama movies and K-pop, Korean culture has affected all Asian cities, Hong Kong is no exception. I am writing to express my views on how Korean culture influences Hong Kong people, especially the young adults' ways of living.

People's preferences in fashion have already been greatly influenced by Korean culture. It is not unusual to see people dressing in Korean style, wearing Korean style make-up and having Korean hairstyle. Dressing like a Korean is just like normal in Hong Kong nowadays. Undoubtedly it is due to the strong Korean wave. Another reason is that young adults in Hong Kong just follow the trend blindly. The result is that while walking on the street, it is not difficult for anyone to find teenagers all looking the same as robots produced from the factory. Most young ones lose their own personal styles.

Not only the dressing style, some people even follow the Korean local culture of having plastic surgery treatment just because they want a more beautiful face like the Korean stars. Women fancy Korean faces with big eyes, tall nose and smooth white face. They follow the Koreans' standard of beauty without considering the risk of having plastic surgery. They spend thousands and thousands getting a pretty look or a slim fit body shape they long for. Has their self-esteem or self-confidence become stronger after going under the knife? It is doubtful. In fact, people should be warned against the risks and possible complications that could occur from plastic surgery.

Korean wave is not at all that undesirable. Plenty of Hong Kong young people are crazily attracted by Korean dramas and music. They are so much fond of the dancing groups, actors and actresses, not only their good look, but also their passion about work. It is widely known that the success of these Korean celebrities heavily relies on their long hours of intensive training and practices. The Korean stars' perseverance could set good role models for teenagers nowadays.

Yours faithfully,
Chris Wong

**Letter to the editor –
Work-life Balance**

Dear Editor,

I am writing to express my views on the working culture in my company.

I am working as an intern at an investment company and have observed that many of my colleagues are addicted to work. It is crystal clear that they sacrifice their health, personal and family lives for work. From my point of view, the culprits of such phenomenon is that they not only want to get more work experience, but also earn more money. However, the negative effects of work-life imbalance are so serious.

First and foremost, due to the fact that workers are addicted to work, they will sacrifice their health, personal and family lives for work. Several studies have shown that a long period of working in a company can cause people not to have enough time to rest and sleep, leading to them having certain illnesses such as headache and stomach problems. People who spend so much time in a company rarely have time to take a break, such a backdrop causes inadequate sleep for them. Some of them even stay awake, working laboriously all-night-long, just to prepare for the upcoming presentations. Among these two factors, physically and mentally, contribute to insufficient sleep and bad sleeping quality.

For the quantity of worker's sleep, workers always toil over for the jobs, not to mention countless work and projects. If they are always addicted to work, they will get sick easily and not have enough power to continue their job. If I were a worker, I would create a timetable to write down my work and I will follow the timetable according to the date of completion which will make me finish on time. I don't need to be addicted to work but go back home early.

What adds fuel to the fire is that being addicted to work will affect their personal life. If workers are addicted to work, they do not have

enough time to develop hobbies. If I were a worker, I would take a rest to do some sport to relax. It is very important for workers to develop their hobbies. Except having no time to develop hobbies, another effect is that they don't have time to hang out with friends. Due to the fact that they are addicted to work, they can't spend any time hanging out with their friends. If they don't have time to hang out with friends, they will not share their feeling. The last thing is that they don't have time to make plans for the future. It is very important for workers to plan their future. As they are addicted to their work, they will ignore many things such as their dream.

Another effect is workers' family lives, due to the fact that they always work in the office, they do not have enough time to talk with their family and their children, they will miss important family moments. As they reduce their communication, their family relationships will be affected.

I have observed that many of my colleagues are addicted to work. It is crystal clear that they sacrifice their health, personal and family life to work. From my point of view, the culprit of such phenomenon is that they not only want to get more work experience, but also earn more money. The negative effects of work life imbalance are so serious. I hope that the Investment Company not only can give more time for them to relieve their pressure, but also improve their health, personal and family lives.

Yours faithfully,
Chris Wong



**Article –
My Days with the Internet and Mobile Phone**

In this day and age, the Internet and mobile phones have become part of our everyday life. It seems to be impossible for people to live without them. Over the past two weeks, I tried not to log on to the Internet and not use my mobile phone. And I would like to share my experience with you.

At the very beginning, I felt it was really inconvenient not to have access to the Internet. When I called my friends, I had to use a public phone to reach them. Sometimes, my friends were not able to answer my calls and I could not text them at all. I had a sense of insecurity when I felt I couldn't reach my friend whenever I wanted. A while later, I started to learn a lot of things without the Internet and mobile phone. I spent a lot more time with my family. I paid more attention to their needs as I started to have more communication with them. Without the Internet and mobile phone, I had more face-to-face communication with other people including my family and friends. Talking more with them, I actually felt more confident speaking to people now.

I came to realise that the technology does affect our daily life a lot. Why do I say this? First, teenagers are easy victims of technology. As many teenagers are addicted to the Internet and mobile phones, they spend way too much time using them. It eventually leads to poor social skills. They may not know how to talk to people face to face sooner or later. Their interpersonal skills are weakened. It has direct effect on family relationships. It is sad to see the advancement of telecommunication technology misused. What should be beneficial to us actually harms us these days. I think we should all reflect on how we could use technology wisely.

A black and white photograph of two young plants growing from a mound of soil. The plant on the left is taller and has two large, rounded leaves. The plant on the right is shorter and has two smaller, rounded leaves. The background is a bright, hazy sky with rays of light filtering through, creating a soft, ethereal atmosphere. The text 'Our Budding Poets' is overlaid in a white, cursive font on the right side of the image.

*Our
Budding
Poets*

1A Au Ying Hei, Ariel

Feelings

What is HAPPINESS?
When you are HAPPY,
You will

S M I L E.

What is ANGER?
When you are ANGRY,
You will

S H O U T.

What is SADNESS?
When you are SAD,
You will

C R Y.

What is FEAR?
When you are AFRAID,
You will

S C R E A M.

What is HATRED?
When you HATE,
You will

I G N O R E.

What is FRUSTRATION?
When you are FRUSTRATED,
You will be

A N N O Y E D.

It doesn't matter how you feel –
Just be Y O U R S E L F !





Our Childhood Times

On the first day of school,
nobody was late.
At the end of the class,
everyone ran away.

During the exams,
we want them to end.
But we must be flexible,
and learn how to bend.

The last day of the holiday,
we want to have it longer.
But we must do exercises,
to make us feel stronger.

2A Chan Chin Ho, Edmond

Shadow

At night ,
he disappears.

Under light,
he appears.

He looks so dark
in the park.

You walk, he walks
he would not give up
chasing you.

If there is light
he will follow you
Just like your mother
and father.





Mother

In the morning,
my mother is there,
our family's breakfast is waiting for her.

In the afternoon,
my mother is there,
all the housework is waiting for her.

In the evening,
my mother is there,
the household dinner is waiting for her.

At the weekends,
my mother is there,
the pleasure of the children are waiting for her.

On a night of thunderstorms,
the strong mother hides in the room and crying.
But, why?

Because she had some bad memories in her childhood,
so she is especially afraid of thunder and lightning.

In fact,
every strong mother has a weakness behind her.
We should take good care of them and cherish them.



The Sun

The sun shines in my heart,
fills my life with warmth.
The sun keeps away the dark,
it is somewhat my ark.

Through the night,
through the dark.
Keeps the shadow away in my heart,
the sun shines in my heart .

Protects me from the cold,
shines on the ground with your warmth.
Be it good days or bad,
I have sunshine in my heart.

The sun shines,
with your light,
hours and hours,
days by days,
weeks by weeks,
years and years.
No matter when,
shine me with your warmth.



Learning How to Love Myself

I've made many mistakes in my life,
I bet you don't know how it feels.
Ashamed and useless is how I constantly feel,
you might even think, so what? It's no big deal!

But my mistakes are what made me a better person,
learning from my mistakes was the best lesson.
Yesterday's me is still me,
right now, I'm the best I can be.

I've realized that God created me to be me.
I can't disagree, I can only agree,
that if I try my best,
I will feel blessed.

Slowly, slowly, I'm learning how to love myself,
accepting myself as well.
Though I'm not always correct,
I know that it's okay not to be perfect.

2B Domingo Abigail Janell Noveno

Her Imperfections

Useless is what they call me every day.
'She is stupid and dumb,' they would say.
Hearing those words not only made my heart ache,
but also felt like I've been bitten by a snake.

School would stress me out,
I would often cry till I blackout.
Mom would ask me if I'm okay,
but I would always tell her to go away.

'Shoo!' is what they would tell me to do,
their hatred for me grew and grew.
The sounds of crying filled the room,
wishing I'd never come out of mother's womb.

Everything is going to be okay,
mother said while standing by the doorway,
It hurts not to be perfect,
but now I know, I'm worth it.





My Friend

I am lonely,
lonely like the shadow,
no one hears me,
no one loves me.

At five,
you came into my world.
I know you are different,
I looked at your eyes, they seemed to tell me,
'I can be your friend, you're not lonely.'

At ten,
I made friends at school,
I shared my experiences with you,
depended on you, it seemed to tell me,
'Tread your first step, you're awesome.'

At fifteen, I quarreled with friends,
started to be bullied,
you sat by my side,
seemed to tell me 'just let it go'.

I'm still here. My fluffy friend, I'm not alone.
I have my friends in school and I have you in my world.
We are friends forever!