

SKH LI FOOK HING
SECONDARY SCHOOL



SKH Li Fook Hing Secondary School

Department of English

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Fill your paper with the breathings of your heart.

- William Wordsworth

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

1A Fu Ka Wing, Matthew

Blog entry
My Favourite App

15-03-2021

Today, I would like to talk about my favourite app on my blog. It is called Google Classroom. It is for instructors and learners to connect inside and outside the classroom. It is a place which allows you to hand in all of your homework.

This app is designed to help teachers create, collect and grade assignments and homework. Students can also keep track of what's due on the classwork page.

Why do I like this app? I like this app because it can help me keep track of what's due and the teachers can give me feedback on my homework and I like reading it. You can download it for free.

Moreover, I can see all the assignments on the classwork page, and all the class materials are automatically saved in folders in Google Drive. You can ask for teachers' help if you face any problem. I receive notifications when there is new content in the classroom, so I always get it very quickly. I hope this app can make teachers' and students' lives convenient.



Google Classroom

1A Hsieh Ka Ming, Amy

Personal letter
Happy Earth Day!

Dear Anna,

How are you? I am writing this letter to you because today is Earth Day. Earth Day was started by Senator Nelson from Wisconsin. For 7 years, he had been preparing for the very first Earth Day.

In my Geography lesson, I have learned about different types of pollution and how each one of them is hurting the earth. I learnt about land pollution, air pollution, noise pollution, water pollution and light pollution.

We can help protect the Earth by recycling. When we recycle things, it reduces air pollution and saves landfill space. Recycling paper helps the earth so much and reducing our waste is also helpful. It means not throwing things out at random and being careful with the stuff that we use. If we reduce landfill waste, then there will be less CO₂ emitted. CO₂ is a greenhouse gas that is very important to life but too much of it is bad for the environment. Another thing we learn about the Earth Day is planting trees is important because trees are like the lungs of the earth. They breathe in CO₂ and breathe out oxygen-trees are amazing for the environment!

I hope you can learn these things which are very important to protecting the earth.

Best wishes,
Amy

1A Johnny Lam

Restaurant review

Café 100



Café 100 is located at Sky100 in West Kowloon. This special place allows eating and enjoying a 360-degree view on a very high observation deck. It sells many of my favourite dishes and drinks from around the world. It offers Asian rice bowls, pasta, panini (Italian sandwiches), Japanese soft serve ice cream and many more.

Most of the meals are very tasty. The café looks like a party room with bright and comfortable colors. This is a famous spot, so many people like to go there. They sell meals at reasonable prices.

It is in West Kowloon, so just take the MTR to Kowloon station and walk through ELEMENTS the shopping centre.

Customers need to make a reservation in advance and they can stay there until 8:30 p.m. However, there are not many people at the moment because of coronavirus.

This restaurant is also located on the observation deck and has a 100% positive rating. You can go there and enjoy yourself!

Address: 100/F ICC, 1 Austin Road, West Kowloon, HK

Telephone: (852) 2263 2356

Opening Hours: 11:30 – 20:30

1A Yeung Lok In, Lauren

Blog entry
My New Secondary School Life

Our school year began with me staying home. We had online lessons with all our teachers on September 1st, 2020 because of a virus. The pandemic has been eased slightly and I could finally return to secondary school on September 23rd, 2020.

My new school is in Chai Wan and I go there by MTR. I leave home from Shau Kei Wan and arrive at school about 20 minutes later. When I first came to my new school, I thought it was so big – the hall was large and there were so many plants in front of the school gate.

My school has a clean environment and so many classrooms. Some of them are: Science laboratories, STEM Room, Home Economics Room and Chapel.

My favourite place in the school is the library because I can read books with my friends there. Sometimes, I go there to relax. My favourite subject is Art and Home Economics because I like making things with my hands. I love home-made things and I love cooking with my classmates and eating them afterwards. I feel successful after cooking a dish.

My school feels like an extended family because the place is so big and my classmates and my teachers are so friendly. My secondary school life is full of fun, but sometimes there are terrible times – like when my teacher tells me that I will have a test, a dictation, or an exam coming up. I feel unhappy! I have to stop now as I have revision to do. Bye for Now!

1B Liu Wing, Larry

Personal letter
A trip to Taiwan

Hi Chris,

It's nice to catch up with you! Last week I had a trip to my favourite place – Taiwan. Let me share with you my wonderful time there!

I went to Taiwan with my family and some of my best friends. Taiwan is such an amazing place. It's been my top choice of travelling ever! I love night markets and this is another reason I chose to go to Taiwan.

When we arrived, we went to a hotel and checked in. After resting for a while, we had a buffet for lunch. There're a lot of kinds of seafood and desserts. Yummy! I ate a lot although I wasn't really hungry. In the evening, we went to a night market. We tried the local street food and drinks. There were my favourites – bubble tea and pineapple cakes!

The second day was the last day of my trip. In the morning, after we finished our breakfast, we visited the museums. We learnt the history of Taiwan. It's so amazing! Finally, we went to a pineapple farm where the farmer taught us how to make pineapple cakes. He was patient and hardworking. He needs to work on the farm for ten hours a day. It's unbelievable! It's such a nice trip. I think I'll visit Taiwan again and again.

How're you doing? I think you're having a nice weekend just like me. Please tell me what you've been up to.

Yours,
Larry

1C Wong Yat Hei

Personal letter
A Trip to Japan

Hi Chris,

Last week, I took a trip to my favourite country. I went to Japan! Let me tell you about my trip to Japan.

My mom and I went to Japan by plane. The design of the plane looked boring but as we walked by it, I felt very excited because it was actually big and beautiful!

On the first day in Japan, my mom and I joined a guided tour. There were so many beautiful trees and yummy food. We tried some soba, and I think you should try some too!

On the second day, we went on a boat cruise but it turned out that there were no cruises that day, silly us! Instead, we visited two museums. One of them was an art museum and I think art is so amazing! It brings out artists' feelings without words! I was amazed! You should try visiting an art museum too!

On the last day, we went to a summer festival! There were candy apples, cotton candy, shaved ice and more! There were some games you can win to get rewards! I played a game in which I needed to cut a string and a random thing would fall down. I got a teddy bear!

When my mom and I were about to go to our hotel to pack our stuff, "Boom!", there were fireworks! It was so loud but it was supercool! After watching the fireworks, we packed our stuff and went to the airport.

The trip was wonderful!

Best Wishes,
Yat Hei

Short story
Robot from the Future



It was the year 6969, aliens had invaded the earth. Doctor Thomson, the last surviving human, built a robot that could time travel. ‘I hope this could stop the aliens from invading the earth,’ he said worriedly before sending the robot to 2021, the year when the aliens came to our planet. When Sam, a young boy, was heading home with his friends, Peter and Andre, suddenly a robot appeared out of thin air.

‘Greetings, I am here to stop aliens from attacking the earth,’ the robot explained.

‘Aliens? What do you mean?’ Sam asked.

The robot told them that aliens would invade the earth in the year 2021, and it was here to stop them. Suddenly, a man shot the robot using an unknown weapon, and it turned out that the man was an alien in disguise. Luckily, as the robot was built with anti-alien-weapon metal, it quickly knocked out the alien and stole its weapon. But then, an alien ship appeared. Seeing the ship, Sam and his friends escaped with the robot.

Later, they bumped into their friend, Michael who was walking home. The ship caught up with them and captured them. The aliens put them in a jail cell and guarded them.

‘What should we do?’ asked Sam.

‘I have an idea.’ Andre said confidently. He told Sam to steal the key from the guard to open the door of the cell and to use the weapon to prevent the guard from attacking them. The plan worked, they shot the guard and escaped, but some aliens noticed it and chased them. They broke into a weapon vault and took a bunch of weapons.

‘Die!’ Michael yelled as they attacked the aliens.

They entered a room, and inside was an alien with a giant head. They tried to shoot it, but failed. ‘I am the leader of the aliens; normal weapons can’t hurt me.’ it revealed. It used its powers to crush the robot. Seeing the robot being crushed, Peter raged, and rushed towards the leader and tried to stab its head, but the alien shot his hand with his laser beam eyes. All hope seemed lost, but the leader got stabbed from the back. It was Doctor Thomson. He used his weapon from the future to kill the leader. Noticing Peter’s hand, he healed him and disappeared due to the timeline being changed.

Sam and his friends landed back on the ground.

‘We forgot to take our bags!’ Sam said as he remembered they forgot to take their bags with them when they left.

‘At least we don’t have to do our homework now.’ Andre exclaimed.

Short story
The Sighting of Loch Ness Monster

In the autumn of 1987, two pilots were ordered to fly the brand-new F-16D across Britain from northern Scotland to southern England to test whether it was capable of flying long-haul flights. Those two pilots were Alexander Kelvin and George Mackenzie. Alexander was the pilot and George was the radio operator.

After taking off from Scapa Flow, they flew past the town of Inverness and arrived at Loch Ness. Since they both had heard of the legend of the mythical creature that lived in that lake, Kelvin jokingly asked, ‘Hey George, I bet that the Loch Ness Monster doesn't exist!’

Mackenzie replied, ‘All right, I bet it exists!’ Suddenly, a loud roar rang out. A giant monster came out of the lake. Surprised by the behemoth, Mackenzie was unable to respond to Kelvin's order to take photos of the monster for a few moments. But as soon as he had calmed down, he responded to Kelvin's order by trying to take photos of the monster. However, as the thick forests restricted George's view, the photos he took were unclear.

After George took the photos, Kelvin hastily flew the fighter to southern England. Excited by their discovery, they reported the discovery and sent the photos to their superiors as soon as possible, but the unclear photos were treated with skepticism. The higher ups stated that the photos were “likely fake” and the report is “just a prank”.

Eight years later, the two pilots retired from the RAF and moved near to the lake. Then not long after, they saw the monster again. This time they took a clear photo of it and sent it to a news agency. The photo was not treated with skepticism anymore. Instead, this photo would attract millions of tourists to the lake. Seeing a great opportunity, the two veterans built a hotel there. They finally earned a fortune with the new hotel.

1-sided argumentative essay

Should Students Bring Mobile Phones to School?

With the development of modern technology, mobile phone, a convenient and fast communication tool has entered thousands of households, and you can see everyone has a phone on hand on street. With the increasing popularity of mobile phones, it also enters the school. As more students have their own mobile phone, whether students should bring this electronic product back to school has become a question of debate between teachers and students. For teachers, it is not good for students to bring smartphones to school.

In this essay, I will speak from the standpoint of a student and tell you about the benefits of bringing a mobile phone back to school. Firstly, it can make our lessons more interactive and effective. As a high-tech product, it can bring a lot of convenience to our lives. Students can use their mobile phone to engage in online learning activities in class. What's more, students can use mobile phones to explore this world.

In addition, carrying mobile phones back to school can help reduce the weight of students' school bags. When students bring their mobile phone to school, it can replace textbooks with e-books, therefore reducing the weight of their school bags. Secondly, students can use mobile phones to complete homework. Moreover, teachers do not have to copy a lot of paper homework, so it can reduce paper waste and be more eco-friendly. It really can kill two birds with one stone.

Finally, bringing mobile phones to school helps students adapt to future trends. The future is an era of the internet. The way of learning in the future will be very different from the way of learning nowadays. But in a traditional teaching environment, without using the internet, how can schools keep students abreast of the current trend and new skills? Let children know how to use mobile phones, iPads and other tools in learning so they will be able to get prepared for the future.

Undeniably, there are disadvantages of bringing smartphones to school. As long as we make good use of these advantages, it is beneficial to bring electronic products to school.

Short story

Meira Milo and The Fluffy Alien

It was a starry night and Meira was in her room looking at the stars with a telescope. When she was drawing the stars on her notebook, suddenly she saw a pattern of a fluffy thing in the sky. ‘Huh? What’s that? Weird,’ said Meira. She then ignored the vision she saw and went back drawing.

After finishing drawing, Meira drew lines on the star. Finally, she’s done with her artwork. ‘Done. Another constellation is done. Amazing! Awesome! I’ve never seen a constellation like this. It looks so awesome,’ she said. Then she lay on a cushion and decided to sleep there. ‘Hmm...What should I call this constellation?’ she asked herself before falling asleep.

A few hours later, her notebook began to float in the air. She rubbed her eyes and then gasped when she saw her notebook floating. ‘Wha...What!!’ the notebook started to glow and a new glowing orb appeared. Then a voice said, ‘Windia!’ Suddenly a fluffy alien appeared. It went to Meira and accidentally got its head bumped into Meira. ‘Oww!’ she exclaimed then looked at the alien. ‘What’s just happened? What is that?’ she asked herself.

The fluffy alien kept saying, ‘Windia!’ then flew around the room. She stood in silence, trying to process everything that had happened. ‘Did this constellation actually appear in my notebook?’ she asked herself again. She became ecstatic pretty quickly and her eyes were glowing. ‘Amazing!’ she screamed in joy. She grabbed the alien in her arms. ‘Oh, my goodness! What are you, you little fluffball? Oh, you’re so cute!’ she babytalked to it. Then the alien slipped away from her arms and went over to stand on top of her head. Its ears spheres started moving and a portal appeared. They both got sucked into the portal. She was scared at first but when she opened her eyes, she saw she’s in space. ‘Wow! This is incredible! Am I actually in space?’ she looked around the whole space.

The next morning, she opened her eyes and saw she’s in her room. ‘Oh, what a dream! It’s sad that it’s not real.’ She frowned. Then she felt something above her head...

Short story
The Dragon



It was the first day of the holiday. Joe and her parents were in their new house. She felt very happy because the house was so big and it was near the forest.

Joe's parents were so tired and wanted to sleep. They told Joe that she could go out to play. Joe was so excited and wanted to see what was out there. She ran out happily.

Joe walked into the forest behind her house. She saw a big castle. The door was locked and it looked like there wasn't anyone inside but then the light went on.

After trying for a moment, she could open the door! It seemed that nobody was living there.

Suddenly, she heard some sound from downstairs. She walked down and found a door. She opened that door and saw a dragon! She screamed loudly.

The dragon opened its mouth and talked to Joe. It said, 'I can't move! I've lived in this castle for thirty years. I was a prince, but on my 18th birthday, a bad guy with special powers killed my parents and stopped me from moving. I need a girl to help me to search for a spell in a book, so the curse will be broken.' Joe was so scared and did not know what to do.

Joe went up to the top floor. She could really find an old book with a spell. She brought it down and read it to the dragon. It worked! The dragon turned back into a handsome boy.

Suddenly, the light went off. The boy shouted, 'Girl, run!' But some bad guys had arrived. They locked all the doors. Joe was so scared. She wanted to go home.

'Under the floor, there is a key,' the boy whispered to Joe. 'Use it to leave this room. Run down fast!' The boy started fighting with the guys to leave more time for Joe. Joe got rid of them successfully through another door, but the prince and the bad guys were still fighting with each other. She wanted to help but she needed to go home.

She remembered that the book was magical, so she read the words aloud fast. The boy could leave the room with her! Both of them were safe!

Joe went home happily. On the way, she fell asleep. When she woke up, she found that she was in a car. She felt so excited about what she had dreamt of that day. And she was holding a storybook.

'Once upon a time, a prince was turned into a dragon by a curse...'

2B Lai Yat Long, Alvin

Short story
A “Friendly” Visit

Last weekend, three of my cousins, Tony, Maggie, Roy and I went to Cheung Chau for a staycation in a local motel. We wanted to spend the weekend there because of the delicious seafood, the beautiful beach and what’s more – the famous “H” motel. My eldest cousin, Tony, has a friend called Johnny who lives on the island. So, my cousin asked him to help us plan and book a trip.

We were so excited when we arrived at the pier. It was a beautiful, clear day on Cheung Chau.

‘I can’t wait to swim!’ exclaimed Roy.

But Maggie reminded him, ‘We all want to go swimming, but first, we need to put our bags at the motel!’.

‘Of course, I know!’ replied Roy. So, we walked cheerfully and quickly we arrived at the motel.

As we were walking from the pier, we soon felt a strong chill of wind at our back. We grinned at each other to encourage ourselves. However, we could still hear strange sounds. There were no other people, JUST US! But we could feel something was watching us. Suddenly, a girl wearing in white appeared and “glided” to us.

‘It’s behind you, David!’ Tony shouted. At that moment, I could not think or wait for any longer. Running as fast as we could, we arrived at the motel.

At the motel, we were so scared and tired. We couldn’t calm down. After that night, we quickly took a boat and went back to Hong Kong Island.

2B Leung Wai Lok, Anson

Blog entry

Teen Problems: Getting Along with Others

Getting along with others

By Anson Leung

Updated on 17th Dec 2020

Arguing with family members

One of the problems of teens is falling out with families. Teens think they are adults so they don't need their families to help and they just want to play with friends all day. And they don't want to have dinner with their families. Also, sometimes they just want to play games so they never call back home. The fallout ends up with misunderstanding. Then some may even leave their homes.

The problem can be solved. Teens have to calm down first. They need to listen to their parents and understand their points of view. If parents let their children have more freedom, teens may not fall out with their families. Of course, they need to show their love to each other.

Being bullied

Another typical teen problem is being bullied. Some of the teens are bigger and stronger than other teens, so they can bully others easily. Sometimes some of the teens form a group to bully younger ones for fun. If one has been a victim and just ignores it, then the bullies may do it again because no one is going to report them, and it even makes them bully more teens.

We need to solve this problem. People who have been bullied and those who see the teens being bullied should ask the police, teachers or trustworthy adults for their help. If other teens do the same thing, the bully's behavior will end.

To sum up, if you have any argument with your family members or are bullied, you shouldn't be alone. Get help. I'm sure the problems will be solved.

Article
Let's Fight Against Air Pollution



The air quality in Hong Kong is getting worse. According to the Environmental Protection Department, the average Air Quality Index has reached a serious level for most of the days. In fact, air pollution is one of the main pollution problems in Hong Kong that needs to be solved immediately.

Air pollution is caused by many reasons. People turn on the air conditioners when it is under 25.5 Degrees Celsius and there are too many private cars on the road. Air pollution affects the health of people and they will get sick easily. Besides, air pollution negatively affects our daily lives because we need to stay at home.

With so many negative impacts brought by air pollution, it is high time we take some actions to remedy the situation. First, to solve the problem of air pollution, we can simply set our air conditioners at 25.5 Degree Celsius. By doing so, we can reduce coal use. Another solution is to take public transportation such as buses or trains. This can effectively reduce the number of private cars on the road.

Air pollution causes a lot of problems which affect all human beings and our planet. Therefore, we must act now to solve the problem of air pollution.

Blog entry
Common Teenage Problems

Nowadays, many teenagers face different kinds of problems in their daily lives. The most common ones are having poor academic performance and being bullied. I would like to share my thoughts on these teenage problems here.

The first problem is about academic performance. Some students may not be able to finish their homework. They may not be able to pass their tests and exam. Teenagers may feel upset and alone. They may not want to go to school. Also, they may have poor relationship with their family members because they always focus on academic performance. To solve this problem, teenagers should pay attention in class and ask their teachers if they have any questions.

Another common problem is bullying. Most of the teenagers are bullied because of their appearance and poor interpersonal relationship with other students. Bullies usually call the victim's name or even send messages using their phone. The victims may feel depressed. In some extreme cases, bullying can make the victim commit suicide. I strongly suggest that victims can keep calm and tell classmates how you feel. Seeking help from teachers or social workers is also a useful solution.

Teenage problems are not difficult to handle. Let's face them with confidence and determination so that we can have a wonderful life.

Feature article

Less Is More

Have you ever felt regret about buying things you don't need? Are there clothes or toys in your home that you seldom wear or play? I observe that more and more teenagers in Hong Kong always buy things they don't need. Buying things can make you happy, but such happiness does not last long. You will feel regret after you find out you don't need them. Buying too many things that you don't need is not friendly to the environment and very wasteful. Our landfills are already full because of millions of rubbish being dumped there. That's why we should think twice before we buy. What should we do?

The first good habit is that we plan how much to spend and what to buy. To adopt this habit, I suggest that we can make a list and limit how much can be used in one week. If you spend more than the limit, you should stop buying.

Another way to be a smart shopper is to ask for your friends' advice. Your friends may have the product you need, so they can tell you their comments on the product. He or she can even share the product with you. That helps save money and avoid producing waste.

Another suggestion is to donate the things you don't need. You can also sell them at second-hand stores. Donations can help people as well as reduce waste.

My final suggestion is that you can buy things with a Fairtrade logo. The logo means that the products do not contain toxic chemicals and child labour is not used. The workers can get fair pay. To buy Fairtrade products means helping the poor in developing countries.

I hope you have learnt more about how to be a smart shopper after reading this article. It might be the time for you to rethink your shopping habit and consider adopting my suggestions. Buy less, waste less!

Article
Fairtrade Is Your Choice



Being a committee member of the Green Club, I would like to say that choosing products with a Fairtrade logo is the best choice which brings protection to the environment and fair pay to workers. Here are three reasons for choosing Fairtrade products.

Three weeks ago, I bought a soft toy dog from a Fairtrade stall. It is made of PVC plastic which is a harmless material. The dog is painted in a non-toxic colour without lead. It is safe for babies to play or even bite.

The toy dog is quite expensive but it is worthwhile. In the production process, Fairtrade makes sure that employers provide a safe working environment and offer fair pay to their workers. Also, no child labour is employed. Workers are not exploited.

I think being a responsible consumer, the welfare of workers should be considered. If paying a higher price can bring environmental protection and social goodness to the society, it is worth doing so. A higher price can also guarantee no child labour and no exploitation or underpay in the production and transaction processes. I highly recommend that everyone of us pay more attention to Fairtrade products and global issues around us.

3A Lo Tsz Chun, Ricky

Personal letter
Ways to Make School Life Easier

Dear Jackie,

I am glad to hear that the Student Union is concerned about the pressure caused by the school work on students. In this letter, I am going to express my opinion and feelings about this issue.

I am a Secondary 3 student. You may already know, a Secondary 3 student must study at least 16 subjects. Therefore, we are very busy. Our time is taken by too much homework. So, we hardly have time to play and relax. Because of having too much homework, many students are stressed out. Moreover, a heavy load of homework makes the school bag too heavy for us, which also affects our growth. As parents usually think that their children are not strong enough to bear the pressure, they blame their children for everything. This can destroy the relationship. These are my understanding of the negative effects of having too much homework and busy study life.

I will suggest three measures to help with the situation. I hope they can help. First, in order to reduce the pressure on homework, teachers should simply give less homework to us. This is the most straightforward measure to ease our study pressure. Second, the school can organize some study groups, letting the senior form students to help junior form students with their study problems. This can greatly help junior form students and weaker students a lot as they have someone to rely on. Third, the school should also educate our parents about getting along with their children so that parents can better understand the needs and problems of their children's study.

Thank you for taking our concerns and suggestions to the School Council. I hope our school life can be made easier in the near future.

Regards,
Chris Wong

3A Sin Wai Ka, Kiki

Letter of proposal
English Day

Dear Ms Hui,

As a committee member of the English Society, I would like to propose two activities for the coming English Day.

The first activity is called Online Reading Quiz. This activity will be held in the morning assembly on 23 December. It aims at improving students' reading skills. The quiz will be held in the school hall because it is big enough to accommodate three levels of students at the same time. In the activity, students will read a story and watch a video. Then they need to answer some questions using an online platform. I believe it can increase the interest of students to take part.

The English and Science teachers and students will help set up the online quiz. We, the committee members, will help to promote the activity two weeks before. We will put up posters in each classroom. There will be gifts, such as stationery and chocolates for participating students. I think it can attract more students to join the activity.

The second activity is called Grammar Challenge. It will be held at lunch break. Grammar Challenge aims at checking students' understanding of grammar. The activity will be held in classrooms because each level of students learns different grammar items. In the activity, students need to make sentences according to the given situation.

The English teachers and students will help think of the challenges. We, the committee members, will help to promote this activity two weeks before. We will make central announcements to promote the activity. There will be gifts e.g. candies for each participating student. I think it can attract more students to take part.

I sincerely hope that the proposal will be considered.

Your sincerely,
Chris Wong
Committee member of English Society

3B Leung Kin Pui, Arthur

Letter of proposal
The Sports Club



26 Jan 2021

Dear Principal Ng,

**Proposal for a new club –
making school life more enjoyable and meaningful**

Many students reflect to me that there are too few school clubs and they feel a bit bored, so they hope the school can have more interesting clubs and more venues.

As a committee member of the Student Union, I am writing to propose a new club called the Sports Club. It will be popular in our school because lots of students love doing exercises such as volleyball, basketball and all kinds of ball games.

The Sports Club is a club to help improve our health. To help students enjoy their school life better, we would like to have a bigger room because we can put all the sports equipment there. Students can take them out and use them in recess or during lunchtime. We should all have a healthy life and a fit body by doing physical exercise.

My second suggestion is that we will post news about sports in our school or in Hong Kong. We would post them on the noticeboard or on the

school website. Students and teachers can download them to read. If we stay healthy, we can do all we like.

In this club, every member can learn team spirit, and the senior form students will also learn how to be a good trainer. If students have any problems or questions, they can contact us or just come to the Sports Club to relax or play with us.

However, we don't have too high a budget. If the school can support us, we can organize more activities for them. I promise we will try our best to promote it so that it will be popular in our school and many students will enjoy it.

I hope my proposal will be approved.

Yours sincerely,
Chris Wong
Committee member
Student Union

3B Wong Tsz Yan Katrina Paula

Letter of advice
Making School Life Easier



Dear Jackie,

I'm glad to hear that the Student Union is concerned about the news about how difficult school life can be for students. We all have to deal with the pressure of homework and exams, and of course there are ways to make it easier for students, parents and schools.

As a Secondary 3 student, I study more than 15 subjects. There are too many subjects that we have to learn and we have lots of assignments, exams. These give us much pressure every day. For most students, parents have high expectations of us. When we can't get good results in our dictations or exams, they'll get disappointed and this adds pressure on us as well. We always want to make our parents proud of us, so we would spend our holidays studying or doing revision in order to get good grades.

We understand that teachers also want us to get good results. That's why they decide to assign much homework to us and even do sudden quizzes. For those who didn't study most of the time, having sudden quizzes will add much pressure, because when we get poor results, parents might get mad at us. However, we will talk about some ways to make it easier for all of us.

The first suggestion is that we can get a special homework timetable. For example, the school can set a limit on the quantity of daily homework, say, 3 pieces per day is the maximum. This will help students as well as teachers, because teachers have to teach a lot of classes, and they need to spend lots of time on marking our assignments and this adds pressure on them too. The less homework they assign, the less time they spend on it. Then they can take care of students' emotional needs or have enough rest. Having too much homework to do isn't really healthy for students, as stated by the experts.

There are other measures that we could take to make things better. First, it would be better if we have a larger space to study at school, because if we don't have enough space, we can't study comfortably, then we can't concentrate on lessons.

Secondly, our homework is too boring! I think the school could set a weekly project for students, because doing projects is better than just doing homework. To do projects, we need to work with others, but when doing homework, we just do it by ourselves. Teachers might think that homework would help us understand what we're learning but it's not like what they think how it works. Nowadays, people like to do things together so I think doing projects will be the best option.

Lastly, students these days have too much pressure but mostly exam pressure. From my personal experience, I always feel anxious when having exams, and I've heard from my friends that they committed suicide because of the exam pressure they had. This could be worse than what you think would happen. I think that we should have fewer quizzes or sudden quizzes for students and focus on our lesson. This gives us less pressure and more motivation to study.

Thank you for taking our suggestions to the next school council meeting. I hope to hear from you again. Please email me again if you have any questions about my suggestions or any news from the council.

Regards,
Katrina Wong
Class 3B

3C Wong Lai Kei, Niki

Letter of advice
A Better School Life

Dear Matthew,

I am a secondary 3 student and I have problems with my learning. I am feeling stressed every day and I want to share my life as a student and give some suggestions.

My main source of pressure comes from having too much homework and difficult exams. Since I am not good at English and Mathematics, I keep failing in these two subjects. I do not know how to learn subjects well. Another source of stress comes from my parents' expectations. They always want me to excel in everything I do.

If the school can provide help on the mentioned problems, I think it will benefit me a lot! I think one useful measure would be asking teachers to give less but meaningful homework so students can learn effectively instead of feeling stressed with loads of homework. Also, having study groups that help students do their homework would be helpful too.

I really hope the Student Union can consider adopting my suggestions so students' pressure can be reduced. I know the school wants every student to learn joyfully and effectively with less stress. I believe students can perform and grow better if the school can make the above changes.

Best regards,
Chris Wong

Short story
Bravery Brings Me Triumph

That was a special experience of a dance performance in my life when I was a primary school student with my dance teacher, Ms Chan.

About five years ago, when I was studying in a primary school, our school held an Open Day to celebrate the school's anniversary. Someone invited me to participate in a dance performance. Everything looked perfect at the beginning. But unfortunately, at the end of the show, I twisted my ankle and fell off! I was shocked after I heard the audience laugh at me. I held my breath and told myself, 'On my God! I've made a mistake! I just made myself a fool in front of everyone!' Not only myself, but also my dance instructor, Ms Chan, felt so disappointed.

After that failure, I became timid as that experience destroyed my self-esteem and confidence, I was frightened to communicate with others and face the public. I have not dared to perform on stage since then. At that moment, I felt upset and frustrated about myself. My dance instructor rushed to come and help me. Ms Chan encouraged me, she pushed me a lot to face my low self-esteem. She trained me hard to dance again, but actually it was not only physical training but more importantly I was trained mentally. Ms Chan required me to make a speech and stand on stage. She insulted me all the time, saying 'What are you doing here?' 'If you don't face your problem with courage, you will not have a chance to perform. And also, do not appear in my class anymore because I don't want to teach a student as useless as you!' Her cruel words changed me. In fact, those words did not hurt me but stirred up my enthusiasm and courage to face my adversity.

After a month of training, I regained my confidence. I joined a dance competition, I became braver, and I won the championship. I regretted that I didn't step out of my darkness earlier, obviously I was successful. I regained my confidence, and bravely faced the public. I overcame my psychological barriers.

Short story
Shield of Lies



“Just be yourself and everyone will love you” is what people tend to say. Apparently, that doesn't apply to everyone. Elaine had just moved to a new city with her mum, leaving her friends, childhood memories, basically everything behind. It was raining cats and dogs. The city looked empty and dull, just like her soul. But she tried her best to convince herself that this could be a new chapter in her life. Little did she know, she would be facing things that would make a big change in her life.

It was the second day, her mum had enrolled her in a high school a few minutes away. But she was afraid. Not because she had no friends, she was more worried about people's judgements on her appearance. In a short moment, she decided to put on a thick layer of makeup, put on clothes that showed her slim figure, and sprayed on a usual amount of perfume. Maybe some people would think she's trying too hard, but her only wish was to fit in. She looked into the mirror for the last time, but the girl in the reflection was no longer her, she was no longer recognizable.

She arrived at school with her stomach growling from being too nervous. She slowly dragged her tiny feet down the corridor, with many pairs of eyes staring at her. She felt extremely uncomfortable, and she was screaming inside. She was offended by their judgmental looks. She knew that people were calling her names like 'wannabe' and 'freak', though it was only her first day of school, she was already losing herself.

After a long, unbearable day at school, she regretted giving a bad first impression to everyone. She wanted people to see the real her. She wanted a new change, but not like this. She stared at the wall, with eyes showing no emotion whatsoever, a solution that might just end her misery. With trembling hands, she took a deep breath, grabbed a pair of scissors and chopped inches of her hair off. Elaine was always the type of girl who cared deeply about her appearance, the thought even trimming her hair had never crossed her mind. So this was a huge step. Though cutting her hair made her tear up a bit, she knew that this could help her feel more courageous, she finally took away her shield which was her hair that somehow concealed her insecurities.

The next day, she woke up as her alarm rang. She forced herself out of bed and went straight to the bathroom. She remembered how she chopped her hair off and smiled at herself. ' I did it and I'm proud of myself, ' she thought to herself. Her mom, on the other hand, was disappointed, but what mattered the most to her was her daughter's well-being. Elaine walked out of her house with no makeup and baggy clothes, which she basically wears all the time. She could feel the breeze on her clear skin, she felt happy and released.

When she got to school, she walked along the corridors with a big smile on her face, feeling more confident than ever. Though many people were still glaring at her, she no longer cared as she knew that people's opinions about her did not matter at all. She became braver, she was no longer the girl who wanted to fit in, or the girl who cared too much of what people thought about her. She finally found herself again.

Short story
Dare to Speak, Dare to Act

Emily would never forget the first time she met her forever friend.

‘Bye Emily! See you tomorrow!’ The teammates waved hands and said goodbye to Emily. Emily went back home. Suddenly, Emily heard some horrible beating sound when she was walking along a quiet road, ‘Ah!’ someone screamed. Emily felt scared but she wanted to know what happened. Emily followed the sound, the sound was getting louder and louder, Emily saw a group of people beating a girl in a gloomy alley. Emily knew the girl who was beaten by that group of people, the girl was called Carol.

‘No please. Why is it always me? I have never done anything that makes you angry’, Carol said when she was crying.

‘No, you never make us angry, it’s just funny to play tricks on you.’, the head of the group said. After listening to their dialogue, Emily was scared as saw a horrible film. Emily ran away and went back home.

Emily was hesitating while she was walking on the road to school. She knew that if she didn’t help Carol, Carol would still be bullied by that group of people coarsely. Despite knowing, she was very terrified that the group of people would be very angry and bully her. Emily didn’t want to be the next Carol. ‘Boom!’ Carol was pushed down and fell on the floor by the head of the group. Emily watched it, she saw Carol's eyes like screaming ‘help me’. At that time, Emily watched it, she knew she couldn’t waste more time hesitating. She ran and went to look for a teacher and hoped the teacher could help Carol. ‘Ms Au!’ she panted.

‘What happened?’ Ms Au asked Emily to bring Ms Au help Carol. Ms Au shouted at the group to stop and called police. Police brought them to the police station. ‘Thank you Emily! Thank you for your bravery! Thank you!’ Carol cried again, but it was because she was rescued from the torture.

The next day, ‘Hey! Emily! Good morning!’ Carol smiled. ‘Good morning Carol.’ When Emily saw Carol’s smile. Emily confirmed that only by daring to speak and act, you can help more people.

4B Chan Wing Sum

Letter of advice
A Better Future

Dear Sam,

Thank you for your letter. I'm afraid that you are suffering from problems which are common in Hong Kong. Certainly, I understand your feelings and sympathize with them. I would like to suggest some possible ways to help solve the problem. I believe there are things you can do to make the situation better.

You mentioned that you took drugs and I don't think it's a good idea. If you continue to take drugs, not only will you waste a lot of money and time, but also will affect the relationship with your family members and friends. Of course, you need to find some drug rehabilitation centers because you need to quit them. You can also participate in some meaningful social activities. There are plenty of options for you to choose. Also, you might get help from social workers because they are professional and can offer you practical advice. Try to go home early in the evening and enjoy family time. I believe that by doing so, you can have more time to do your homework as well as read more books.

You should stop spending time with gang members as it wouldn't help you at all. If you spend time with them, it may adversely affect your future. The gang members may carry out illegal actions and ask you to join them. My final word of advice is to talk to people about your problems. You can talk to your friends about your feelings. 'A problem shared is a problem halved' so don't be afraid to share your situation with your close ones.

I sincerely hope that my advice helps and I'm sure you will have a bright future ahead. Write soon.

Yours,
Chris Wong

Speech

How to Spend Your Summer Holiday in a Foreign Country?

Good morning teachers and students. I'm Chris Wong and I am an assistant manager at the Hong Kong Travel Agency. I know that all of you would like to either study a language course abroad or go on a working holiday to learn a foreign culture. It is my pleasure to share the pros and cons for each option.

First, let me talk about the advantages of taking a language course. It is very safe because all accommodation and excursions are arranged by institutions. You can also stay with a host family and live like a local. Most of the local family members are very talkative and they are very willing to help you. Besides, you can immerse yourself in a foreign culture with no distractions.

However, there are some drawbacks of taking a language course. First, it is too expensive because you need to pay a lot of money for the course fee. Not every family can afford it. Second, when you go to a foreign country, you will have too many courses and will not have time to really explore the local culture which is not your real purpose of going to a foreign country.

Some students may want to go for a working holiday. Let me tell you the benefits. First, you can experience the local culture. The second benefit is that you can apply what you have learned at school. The most important thing is you can learn how to be independent as you need to solve every problem by yourself.

However, there are some drawbacks of going on a working holiday. First, young people will not be familiar with the place immediately. If you need to go home very late at night, it will be dangerous. Also, you may run into a lot of trouble if you are not familiar with the local language and you do not ask for help.

After knowing the advantages and disadvantages of taking a language course and going on a working holiday, I hope that you will be able to make the right choice. Thank you so much for your attention. I wish you all a bright future ahead.

4C Kwok Hei Yeung, Aden

Letter of advice

Should You Introduce TV Streaming to Your Old Grandma?

Dear Judy,

How are you and your grandma? It's good to receive your letter. We haven't played together because of COVID-19.

I've read your letter and I understand your grandma's favourite hobby is watching TV and she's worried that she will find it difficult to use the new Tv box after switching to a digital TV, right?

First, tell her not to worry because she may go to YouTube or even Netflix to watch other shows like Chinese Operas in ViuTV programs or TVB. There are many other choices for her and if you change it to fully digital, the screen will be clearer than ever so that's a new try for your grandma. Maybe she'll be surprised after changing it to digital TV.

Second, you may tell her that after replacing the TV, she may learn more about the culture of other countries, not only the one of Hong Kong. That'll be a new learning experience for her too and you can teach her more English. That'll be great too! We should introduce TV streaming and more things to the elderly to let them have a common topic to talk with us or their friends. That would be a fun time for them.

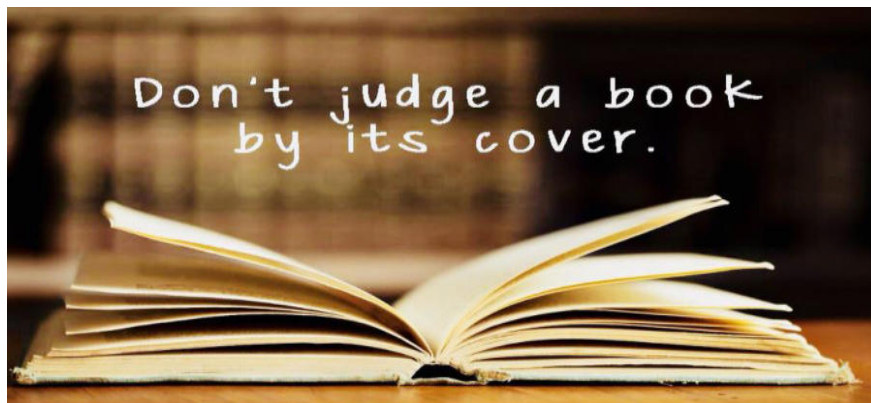
Third, you should ask her to go hiking or go for walks sometimes. Maybe she'll love it, but if you take her for a hike, don't choose some very hard trails for her. She is old, maybe she can't handle it and be careful. Or play chess or even take some old photos out and ask about her. This will reduce the chance of getting memory loss.

Well, I hope these ideas will help you. If you have any more questions, I'm happy to see you and happy to receive your email again. Stay home and do more exercise to keep healthy and strong. Hope to see you after COVID-19. Bye!

Best wishes,
Chris

Debate Speech

People Should Not Be Judged by What They Wear



Good morning ladies and gentlemen. Honorable judges and members of the opponent team. Today, the motion is whether people should be judged by what they wear. I have read lyrics of a song, 'You think I'm a gangster, from the gold chains I've got on, and the colours in my hair. I'm a model citizen.' This lyric really means a lot, so my opinion is that people should not be judged by what they wear. As the captain of the opposing team, I am going to present three sound and strong reasons to support my stance.

To commence with, judging people by the clothes people wear is such a superficial action. Clothes are worn for warming instead of showing how this person is. So, clothing doesn't mean anything, the one who wears brilliant clothes can be a normal guy and vice versa. For instance, my neighbor is a guy who always wears torn jeans and a plain T-shirt, but he is actually a nice person, he is very polite when I talk with him, and he is eager to share his happiness with me. In addition, there is another example which is Steve Jobs. He always did his important presentations of the new products in Apple with casual clothes even in some TV interviews, but he is actually a professional businessman who is very smart. Therefore, we can't thoroughly understand a person's ability or personality by looking at what they wear.

The second argument is that we should respect what they wear. With respecting everyone's preference and interest, the world will become more and more colourful as we encourage people to be creative and be themselves. We must accept people with individual thoughts, they may try to express their opinion or emotion through the clothes they wear, or they don't even care what they wear and focus on something they like to do. These all deserve our respect instead of judging.

The proponent team may say that people are what they wear, this is a socially accepted norm.' Yes, the examiner in an interview may judge people depending on what they wear, but it doesn't mean they should be. Because the most important thing in the interview is to know the ability of the interviewees and find one that suits the company. Take Steve Jobs as an example. He is exactly one of the most successful people in the technology world, he always wore casual clothes, so people should not be judged by what they wear.

In conclusion, it is my strong conviction that people should not be judged by what they wear because that's too superficial and we should respect what they wear. So there is no doubt about today's motion. Thank you.

Speech
A Green Initiative

Good morning, everyone.

How many of you throw away disposable lunch boxes and cutlery every day? Do you know how much waste we're dumping in the landfills every day? And how much more the landfills and our earth can take? Have you thought about replacing them with reusable ones?

Our school canteen is launching a green initiative. We're going to use recyclable and reusable food trays to serve lunch. Instead of the usual polystyrene lunch boxes, you'll need to bring your own cutlery to school, as disposable chopsticks and plastic spoons will no longer be supplied.

Today, I'd like to explain to you the current use of disposable materials in the school canteen. The amount of waste which students are producing at school every day is enormous. If you bring reusable cutlery and napkins from home, you'll help reduce the waste drastically. I believe that if we use reusable cutlery, we can protect the sea animals, like dolphins, sea turtles and corals, because disposable cutlery is non-degradable. Many of us throw away many disposable cutlery and lunchboxes every day. Why don't we use more reusable and recyclable things? All of us should use reusable cutlery instead.

Some of you might complain that it is inconvenient to use reusable cutlery in the canteen. But let me ask you this – if we still use disposable cutlery and polystyrene lunch boxes, it will be harmful to our health. Numerous scientists have told us that polystyrene is carcinogenic. Do you want to harm the health of the animals and your body? Inconvenience can be offset by long-term benefits. Also, it is our responsibility as individuals to reduce waste.

Remember we can help save the earth, so stop using disposable cutlery and polystyrene lunch boxes. Please bring your own cutlery and use recycled, reusable lunch boxes to serve lunch. Let's start and call for action. Thank you!

Newsletter
Cast Your Troubles with Our Tips

Are you facing these two problems? Listen to our student counsellor's advice.

Get addicted to social media



Social media helps us connect with people, but it makes people addicted to their mobile devices. Heavy reliance on social media leads to an imbalance of life among friends, study and family. It also causes physical and mental problems for example lack of sleep as many teenagers stay up late playing their phone all the time.

To balance your life, you should be serious about your daily routine. You must assign time for study, revision, family and friends. To avoid addiction, you can take up new hobbies. For example, sports like running, playing ball games, and hiking. These activities are healthier than sticking to your cell phones.

High parents' expectations

Have you ever argued with your parents over your study issue? There are a number of causes of argument. First, high parents' expectations on study can make teens stressed out. On the one hand, parents think their children are not serious about study and do not try their best to do so. On the other hand, teenagers believe that they have tried their best or have difficulties in study. Teenagers may also have different goals from their parents concerning study.

To solve the problem, teenagers should talk to parents honestly about their thoughts so that parents can understand their children better. In addition, adopt a daily revision routine to show that you are hardworking and responsible about study. These can make your parents think that you are mature and capable of planning on your own.



1-sided argumentative essay

What a Marvelous Learning Mode – E-learning

Since the appearance of e-learning mode, people have been attracted by it. While the traditional classroom-learning model occupies a significant position, some people believe that e-learning will replace the traditional learning mode. However, others believe that such change brings harm to learners. In my opinion, the e-learning mode brings many benefits for both students and workers.

It is undoubtedly convenient to do e-learning as it is not time-restricted. You can record the lesson and watch it repeatedly to consolidate what you have learnt. If you have enrolled in a course but failed to attend the lesson, you still have opportunities to watch it through the e-learning mode. In contrast, the traditional learning mode does not provide the chance for participants to do make-up learning as lessons are not recorded. Not bound by the time constraint, learners could revise what they have learnt in the lesson and could be significantly benefited academically.

Another benefit of adopting e-learning is it can save us time. Students often have to spend time travelling between school and home when having face-to-face lessons. It takes up a lot of time especially for learners living far away. E-learning can save travel time and allow learners to do more with the given time. They can use the time previously spent on travelling for lesson preparation or relaxation. Hence, students could perform better in the lesson.

Moreover, money-saving is a prominent advantage of e-learning. When we learn face-to-face, educational expenses on venue rental, lighting, as well as resources on hardware are required. However, when we shift our learning online, the overall cost of learning can be reduced. Also, the constraint of having limited seating can be removed, it is possible to provide more courses to a greater audience at a cheaper price. As a result, both the instructor and learners could be benefited.

Some people criticized that e-learning brings a lot of interference to learners and is not conducive to learning. However, I think this really depends on learners' self-discipline. If a person lacks discipline, with or without electronic products, he could be influenced anyway. On the contrary, a well-organized learner can learn more effectively with the benefits brought by e-learning.

As we all know, students love sharing things online. We can easily see them posting their life moments on Instagram or Facebook these days. Actually, it is a very dangerous and risky behavior because everyone, including strangers and criminals, could see them. Your information might be used for criminal activities like Internet fraud and this could result in Internet panic as well as personal loss. Also, there is a chance that you might break laws like copyright infringement when sharing songs and pictures or inadvertently post fake or misleading information. Furthermore, you might also breach the legal zone if you post things with sexual, gambling or violent information. When sharing has

Apart from legal liabilities, stuff that you post might affect others. Logan Paul, a famous Youtubers who uploaded a video showing a full dead body, drew seriously criticism due to his insensitive act. Lots of his viewers were irritated by his video. Even though he has apologized for his mistakes, it has left a big influence on his audience. There are also times when teens share pictures of their friends without their consent, and this discloses their friends' privacy and may bring nuisance to others.

As a netizen, it is of vital importance that we should share information wisely. We are supposed to think twice before we do anything online and be responsible for everything we do on the Internet as things done in the cyberworld could not be reversed.

To sum up, you are encouraged to share your life moments with your friends. However, we should consider carefully what we share before posting it online. Otherwise, it may bring us undesirable consequences.

This is the end of my sharing. Thank you!

6B Chan Tsz Wai, Jerry

Formal letter
Nursing Home Shortage

Dear Sir/Madam,

I am writing to express my concern about elderly care in our society. As a volunteer at a nearby elderly centre, I notice that there is an acute shortage of nursing homes.

The main reason for the shortage of nursing homes is that the supply of nursing homes cannot fulfil the market demand. The rapid growth of living standard has led to the rapid growth of the demand for nursing homes. Due to globalization, the fierce social competition makes the time opportunity cost higher. It means citizens are earning money by working rather than doing low-skilled jobs such as taking care of their parents. As a result, the demand for nursing homes increases.

With the advance in technology, our average lifespan is rising. The city's growing elderly population in the next three decades will certainly push up the demand of nursing homes further.

To solve the problem, lower the demand for and increase the supply of nursing homes are a must. From the demand aspect, the government may set up a working hour ceiling to enable employees to have a work-life balance. This creates spare time for employees to look after their parents at home. From the supply side, the government may give more subsidies to private nursing homes, allowing them to take in more elderly people at an affordable cost.

In conclusion, the government has a crucial role to play in solving the shortage of nursing homes. I sincerely hope that the recommendations can be implemented as soon as possible.

Yours faithfully,
Chris Wong