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By Woo Hoi Shan (F.1A)

A pineapple bun with butter, a Hong Kong-styled dessert, is well-loved all over the world because of its superb taste. Bakeries in Hong Kong produce about 3000 pineapple buns each day. In 2014, the pineapple bun was listed as an intangible cultural heritage of Hong Kong. That was why I decided to give it a try when I visited a local restaurant last week.

The golden pineapple bun was sizeable and served with a sugary top crust which was cooked to a golden-brown colour. The fragrant buttery aroma and the scent of baked bread made me feel hungry. I loved the texture of the crust and bread, which was crunchy, extremely fluffy, and softer than western bread. Combined with the sweet and flavourful taste of the crust, the creamy texture of iced butter, and the fluffy bread, is often popular as a breakfast food or as a part of afternoon tea.

I also loved the milky and creamy butter inside of the bun, which increased the texture and the taste of the bun, but was a bit filling. Therefore, to accompany this food, I ordered a cup of hot Hong Kong-styled milk tea, which balanced the greasy butter inside the pineapple bun.

The pineapple bun with butter cost HK\$10. It was cheap, as the portion size was big. Also, I suggest that the elderly do not eat too many because it contains fat and cholesterol. However, considering its taste and price, it was worth it. Therefore, I would recommend it to anyone who is keen on Hong Kong local food. Try it at any local bakery. I promise that you will eat it again.

Picture Story

By Cheung Tsz Ham (F.1B)

In the morning, Joe went to a pet store because he wanted a pet. When Joe entered the pet store, he saw a very cute dog. So, he decided to buy it.

The next day, Joe took the dog for a walk in the park, but the dog was not as obedient as he thought. The dog was very excited, and it ran very fast. In the evening, when Joe was cooking in the kitchen, the dog came and ate the food prepared by Joe. Joe was very angry and helpless because the dog was naughty.

Later, Joe consulted a pet expert. Joe told the expert that the dog ran very fast when he went for a walk. He wondered if there was any solution. The pet expert showed him how to properly discipline the dog. Joe was surprised that the trained dogs could sit quietly without leashes. Afterwards, Joe tried the expert's method and did not leash the dog. However, the dog was not obedient and ran very fast.

Finally, Joe was very angry. He decided to give the dog to another pet expert for guidance. After a few months, the dog became very obedient.

Food Review — My Favourite Dessert

By Coco Huang (F.1C)

Tiramisu, a very famous dessert from Italy, is very popular in Hong Kong. It is also a traditional Italian dessert. As a dessert lover, I decided to try it when I found it at a Starbucks Coffee shop. I ordered it and it had an original taste.

Tiramisu looked like a cube and it was covered with a thick layer of cocoa powder. It looked very appetizing. The Tiramisu not only looked beautiful, but also smelled nice. Its fragrance was like milk with a little bit of coffee. When I took a bite, I thought it was extremely delicious. It was milky and creamy and also silky in texture.

Besides this dessert, you could drink a cappuccino or fruit juice. These two drinks both went well with the Tiramisu. The cappuccino was bitter and the fruit juice was sweet, but both of them went well with the sweet tiramisu. Besides cappuccino, other types of coffee were also very good, such as latte, macchiato, and mocha. Although its serving size was small, it was a little bit expensive. It cost at least HKD \$25, but I still recommend it to anyone who likes to eat a delicious creamy dessert.

Postcard

By Chau Yu Yan (F.1D)

Dear Amy,

Hello! I'm writing from The Peak. Right now, Joan and I are glancing at the beautiful views from the observation deck. The Peak is always packed with tourists! After enjoying the view, we will enjoy our picnic, while we are serenaded by chirping birds and the gentle rustling of leaves. We are feeling relaxed now.

Joan and I went to Victoria Harbour last night. Nowadays, there are many buildings along the harbourside; they are all proof of the success of Hong Kong. Victoria Harbour is a famous tourist attraction; Joan and I saw all the lights last night. The spectacular scenery made us not willing to leave. We heard lots of people talking and laughing. It was very lively at night. When we were on the ferry, Victoria Harbour looked more beautiful than ever before.

My friend and I went to Kam Fung Restaurant in Wan Chai last Sunday. The restaurant had a wide variety of delicious foods and drinks. When we entered the restaurant, we could smell the aroma of Hong Kong-style milk tea. We tasted the famous egg tarts, pineapple buns, and drank milk tea. We thought the milk tea did not only smell wonderful, but also tasted silky.

Hong Kong is very popular because we can do so many special things and eat both modern and traditional foods. I hope you can visit Hong Kong if you have time.

Best wishes,
Natalie

Leaflet — Astronomy Club's Annual Stargazing Camp

By Lam Shuk Ki (F.1E)

Date: 14th May – 15th May

Venue: Astropark in Sai Kung

Meeting place and time: Hang Hau MTR Station (Exit B) at 2.30 pm

Day 1

All campers will meet at Hang Hau MTR Station. Then, they will take a minibus from Hang Hau to Sai Kung and catch a shuttle bus to Astropark. When they arrive at Astropark, they will first tour the park and attend a lecture on astronomical instruments, given by the park guide. We will visit a star dome with an electronic star map and study models of astronomical instruments, such as an ancient Chinese armillary sphere.

At five o'clock, we will set up the camp. After setting up the camp, we will have a mouth-watering barbecue dinner. From seven o'clock to nine o'clock, we will have some free time. At ten o'clock, we will set off for stargazing.

Day 2

We will have breakfast at nine o'clock in the morning. After an hour, we will clean up the camp and pack up our belongings. We will take a group photo before we leave. After taking the group photo, we will take a shuttle bus to Sai Kung. Then, we will be dismissed.

Don't miss this precious chance to observe amazing things in the sky. You can come to the club's next meeting on 13th April. You can also go and see Pasty, the Chairlady of the club, to sign up for the camp at recess. The deadline for signing up is 23rd April. If you cannot come to the meeting, you can find the relevant information on the school's website and the poster on the display board.

By Lo Ching (F.2A)

Chow Yun Fat, a talented and charismatic actor, is famous in Hong Kong. He has taken part in many TV series and movies. He went to Hollywood to develop his showbiz career. His films were well-known in Asia and in Greater China. Many people have watched his films, but who knows how much effort he has made?

He was born on Lamma Island in 1955. His family was working-class; they were not rich, so when he was seventeen years old, he started to work odd jobs to help support them. His life started to change when he was eighteen. His actor-trainee application was accepted by TVB. In 1980 the series 'Shanghai' made him rise to fame. In 1986, he starred in a film called 'A Better Tomorrow', which won him his first Best Actor Award at the Hong Kong Film Awards. Until 1995, he acted in 70 films and won many awards at The Golden Horse Awards and The Hong Kong Film Awards.

In 1995, after he had starred in the film 'Peace Hotel', he went to Hollywood. He quit school after finishing Form 3. It was very hard for him to study English. He read English newspapers and watched English news reports to study. He spent 3 years learning to speak English. Then, he took part in four films in the USA.

Besides acting, he likes to take photos. He is kind and gracious to fans. He is so generous that he has promised to donate his entire fortune to charity after his death. I think he is talented. His acting skill is wonderful. He is very diligent. Although it was difficult for him to study English, he didn't give up. I will learn from his attitude towards life and try to practice it in my everyday life.

By Leung Ho Chuen (F.2A)

The Evolution of Selfie Sticks

Selfie sticks are a popular and convenient tool used worldwide for taking photos. We can see them wherever we are, like at tourist spots and museums. The first selfie stick was invented by a Japanese company in 1983 and was improved in 2005. From that time onwards, it has become prevalent all over the world.

Basic Things that You MUST Know

Do you know how to use a selfie stick? It's easy. First, snap a camera or smartphone into place and adjust the shooting angle. Second, connect your phone's Bluetooth to the stick. Then, you can take a photo by pressing the button on the pole. It is convenient, as it can be extended up to 120 cm and collapsed to fit into your pocket.

The Proper Use of Selfie Sticks

While on a trip, use selfie sticks properly. Use the selfie stick when it is not crowded, or else, you may hit some pedestrians and some of them, who are not nice, may punch you in the face. Moreover, try to put the selfie stick at a higher angle in order to get in more of the environment into the picture. It's a good idea to improve the quality of your photos.

Wrong Demonstration while Using Selfie Sticks

Remember, do not use selfie sticks in museums. Otherwise, artefacts will be damaged. In 2015, some museums banned the use of selfie sticks. Sometimes, looking at the exhibition is better than using your camera.

Tips for Using Selfie Sticks

Selfie sticks are a brilliant invention, as they can fit more people into your photos. On the other hand, it may injure people and damage exhibitions. When you use a selfie stick, it is important to think about others. We need to respect others and build a peaceful society so we can enjoy it together.

By Li Man Chin (F.2B)

Sunday, 28 August

Historic Beijing

I went to Beijing during the summer holiday with my family. Beijing is one of the most famous cities in China with many historic sites that are still well preserved.

First, we went to the Great Wall of China. This is a well-known place close to Beijing. We forgot to check the weather forecast and were worried when we were heading to the station. Luckily, it rained the whole day, except for the three hours we were there. When I saw The Great Wall, I was shocked! It has a long history, over 2300 years, but it is still well preserved. It was amazing! The Great Wall was not only well-preserved, but was also spectacular. It was better to go and walk there than to read about the place in textbooks. Although we were tired, we learned a lot. Then, we went to a restaurant nearby to have lunch. We ate a lot of famous Beijing-style food, such as roasted duck and fried chop rice cake. The roasted duck was bright red. It was tender and delicious! The fried chop rice cake was also mouth-watering. It was golden yellow, sweet, and soft. It was tasty! We took a lot of photos of the food.

After that, we went to our next destination. It was famous too! Tiananmen Square also had an historic building. It was Mao Zedong's Memorial Hall. He was a great person. There are many things we can see in Tiananmen Square, for example, Monument to the People's Heroes and The National Museum of China. They were also spectacular buildings! We bought some souvenirs for friends there.

Finally, we ate fried bean-paste noodles. It was made with a lot of sauce. It wasn't greasy, but yummy. Also, we drank plum syrup to beat the summer heat. When you drink it, you feel cool! It was a nice drink.

I've learned a lot from this Beijing trip. I've not only learned a lot of facts, but also tasted many famous foods. I enjoyed my trip and I hope I can visit Beijing again!

By Ho Ching Fung (F.2C)

Past experience of Japan

I have been to Japan before, but not to Osaka. I went to Tokyo. It was a place full of surprises. I went to Tokyo to celebrate my birthday with my parents. I learnt that Tokyo was a cool place. The buildings were beautiful and the people there were nice. This time, I had a completely new experience in Japan.

Day 1

I went to Osaka with my parents last month. When we arrived, it was already 2 p.m., so we decided to go back to our hotel. First, we went sightseeing; we visited Osaka Castle. It was very big and beautiful. We took a lot of photos there. Next, we went to Osaka City center and went shopping. After that, we went back to our hotel and ate dinner. We ate ramen and we slept well to prepare for a tour tomorrow.

Day 2

We woke up early to go to Himeji. We took a long train ride and ate bento on the train. Then, we visited Himiji Castle. It looked like Osaka Castle, but was more traditional. Next, we went hiking on Mount Shosha. Although we were tired, we still had a lot of fun. At night, we ate uton. It was very delicious because I had never tasted it before.

Day 3

We went to Universal Studios. First, I went on the Harry Potter ride; it was exciting. Then, I watched a 4D Harry Potter movie. It was very fun, because I had never watched a 4D movie before. Then, I went shopping to buy some miniatures for myself. We took a lot of photos of the characters. When we left, we were all very happy.

Day 4

We went on a bike tour around the city center. The natural scenery of Osaka was stunning; we took a lot of selfies during the bike tour. At the end, we went shopping to buy some souvenirs for our friends and relatives. After that, we went to the airport and returned to Hong Kong.

I will remember this amazing trip forever.

History

Most of us know what a selfie stick is and have maybe used it in the past, but do you know when it was invented? In 1983, the first selfie stick was invented by Hiroshi Ueda. In 2002, the term 'selfie' was first recorded. After a few years, the selfie stick was reinvented. In 2013, 'selfie stick', as a term, became popular day by day. In 2015, several major museums banned selfie sticks.

Usage

How to use a selfie stick? A selfie stick is a stick which can snap on to a phone or a camera. Users can adjust it to the right angle when taking pictures. First, press the button on the selfie stick to connect the stick to your phone's Bluetooth. Then, extend it carefully. It can be extended to 120 cm and collapsed to fit into your pocket. Next, grip the handlebar to hold it. Finally, you can take a selfie by pressing the button on the rod.

Do's

When using a selfie stick, you might need some lighting, because you need some light to make your face look better. You can also take a beautiful picture with beautiful scenery using the right angle.

Don'ts

When using selfie sticks, you must be careful. You must look around when you're using selfie sticks, because if you are taking photos and are very focused, you may hurt people who walk past you.

Although selfie sticks are useful, there are a few things that you are reminded of. You should use selfie sticks carefully to avoid problems. Also, if you want to take a beautiful picture, you must have the best angle and a colourful and eye-catching background. Follow the guide and take selfies with care.

Letter to the Editor

By Cheung Tsz Yu (F.3A)

Dear Editor,

In recent decades, the use of technology has become more popular and common in our daily lives. At the same time, the use of cash to pay for products has drastically decreased. Therefore, I am writing to express my points of view on the phenomenon of society going cashless.

One advantage of society going cashless is that it is easier to spot cybercrimes. By using hi-tech gadgets, all activities people do will be recorded online or saved on their devices. Hence, every online transaction will be recorded. Because of this, identity theft and scams could be easily spotted, resulting in a decrease in cybercrimes.

Besides this, it is convenient if we don't need to use cash to pay for everything. This can save us time; if we want to buy something online, we just need a computer or a phone. Some apps, for example PayPal and PPS, can be used for payments. As we can see, using these apps is more convenient than paying with cash.

There are benefits when society goes cashless. However, there are also problems.

The first concern is that some technical problems may arise. Various problems may appear when using technological products to pay, such as glitches or outages. Even a small problem, like a flat phone battery, may leave people penniless. Also, when the system for making online payments malfunctions, people cannot do transactions online. In this sense, a lot of problems may appear if we rely too much on technology instead of cash to pay for goods.

The second problem is that it is unsafe to use technology to manage our money. Many hackers may steal important personal information, such as bank account numbers and passwords, and thus can steal our money. We will lose all of our money if our bank accounts are hacked. The hackers may also sell our personal information, like phone numbers and email addresses, to others for making money. Therefore, both our privacy and private property is not protected with the increasing use of technology.

In order to protect our privacy, the manufacturers of hi-tech gadgets or the providers of online payment service should do something so that hackers will find it more difficult to hack into our accounts and steal our money and personal information. In addition, in order to cope with technical problems, we should also bring along some cash on top of our smartphones or other hi-tech gadgets so that we won't be penniless in case of technical problems.

To sum up, we should not rely on technology too much when we go online, and we should ensure that our personal information is protected by staying vigilant.

Yours faithfully,

Chris Wong

Chris Wong

Letter of Application

By Ding Ka Suen (F.3B)

Dear Sir / Madam,

I am writing to apply for the position of children's playground volunteer as advertised at the Po Lam Community Centre on 3rd May 2019.

I am currently a secondary 3 student at Po Leung Kuk Ma Kam Ming College. I believe I am the right candidate for the position because of my qualifications. Not only am I a native Cantonese and Mandarin speaker, I can also speak English fluently. Besides, I obtained a Grade A on my English exam. Thus, it is obvious that I am proficient in spoken English and able to interact with children in English effectively.

In addition to my qualifications, I also have relevant work experiences. I have been working as a volunteer at Cloverfield Youth Centre as a tutor for young children in English and Chinese. Apart from my work experience, I also have taken up positions in school, such as the class monitress, the social service club treasure, and a choir member. It is worth mentioning that I won the championship in the English Choral Speaking Contest. I am the first violinist in the school orchestra too. Despite my outstanding performance in music at school, I believe my musical ability can further be honed by playing the violin for the children or even teaching them how to play the violin. I believe that my current abilities can fully satisfy your requirements.

As mentioned above, I am the class monitress and the social service club treasurer, which demonstrates my sense of responsibility and patience when interacting with my teachers and classmates. When teachers need help, I will take the initiative to help them. As the social service club treasurer, I am always very cautious in the process of calculation, because every step must be very accurate, otherwise, there will be an irremediable consequence. Therefore, I believe that I can work responsibly, patiently, and cautiously at your center.

Thank you for considering my application. My CV is attached to this letter. Please do not hesitate to contact me at 6894 7774. I look forward to the opportunity to attend an interview at any time that is convenient for you.

Yours sincerely,

Mary Ding
Ding Ka Suen

Two-Sided Argumentative Essay —

Should the Waste Charging System be Implemented in Hong Kong?

By Kwong Mau Kit (F.3C)

Nowadays, excessive waste is a serious problem in Hong Kong. People produce a lot of waste every day. Thus, it is expected that the three landfills in Hong Kong will be full by 2020. Therefore, the government wants to implement a waste charging system in order to solve the waste problem. This has sparked heated debate. In this essay, I shall explore arguments for and against the waste charging system.

On the plus side, the system can make people produce less waste. This is because the kitchen waste will be weighed by a special machine under the new system. Then, the residents will be charged a fee for their waste disposal, according to the amount of waste they produced. Take Taipei as an example. The system has decreased the amount of waste produced by 50% since the system was introduced more than 10 years ago and it has been successful in curbing the waste production in the city. It is evident that this system can help effectively reduce the amount of waste.

Another advantage of the waste charging system is that it is fair, since it charges residents according to how much waste they produce. The system is basically fair to everyone. On the contrary, some other waste charging systems under which a fixed rate is charged among the same category of users is not preferred. This is because some people may think it is an unfair way to charge them, especially the small families, who will be charged the same amount of tax as larger families. They usually produce less waste than other families though. As a result, this waste charging system introduced by the government is fairer and thus is more welcome in our city to solve the environmental issues.

However, every coin has two sides. One disadvantage is that some people may worry about the illegal disposal of trash since some people may throw away their rubbish in public areas in order not to pay the tax. Take Taipei as an example again. To prevent families from throwing their domestic waste onto the streets, the city had to remove a number of public rubbish bins, which has led to some inconveniences for citizens and visitors. Increased manpower needs to be devoted to the system and has added expenses to the government. Moreover, in Switzerland, the waste produced outside homes is not taxed, so a lot of people eat outside and still produce a lot of waste. It is crystal clear that the system will put a financial burden on low-income families and the government while the waste issues cannot be thoroughly tackled.

In conclusion, it can be clearly seen that there are both benefits and drawbacks to the waste charging system. However, I believe that the disadvantages can be overcome. I strongly believe that the system could solve the environmental problems in Hong Kong. It will make people produce less waste and become more eco-friendly. On balance, the advantages outweigh the disadvantages. Therefore, the government should implement the waste charging system.

Letter of Advice

By Lan Wun Lung (F.3D)

Dear Mandy,

Thank you for writing an email to me. I'm sorry to hear about your issues. Yet, I'm glad that I'm the one you're willing to talk to. I hope I can give you some suggestions that will help you solve your problems.

You mentioned that you have demanding parents and a lot of pressure from studying. I think this is a common problem amongst secondary students, because most parents want their children to have a good career. However, if you don't want to attend too many cram classes, why don't you talk to your parents and persuade them not to force you to join them? If I were you, I would tell them my difficulties. Don't worry about talking to your parents; they need to know how you're feeling.

You also said that you have no time for hobbies and making friends. I think it is because you attend so many cram classes. If you have no time to make friends during extra-curricular activities, why don't you make friends on social media, such as Facebook or Twitter? If I were you, I'd download some social media apps or online games to play with classmates. I think you'd better chat with your classmates at lunchtime or recess. Share your life with them. You may talk about playing video games with them.

Another problem you told me is about your weight. If I were you, I'd design and follow a healthy diet. Eating more vegetables and less meat will help. Also, to keep fit, doing more aerobic exercise, such as running and swimming, in your free time is a good idea. If you do sports with your friends, the effect will be better since you'll get support from them. You'll also make more friends too!

I hope my advice is helpful. Write to me again if you have further problems.

Yours,
Chris

Personal Email

By Chan Tsun Yiu (F.4A)

To: jasper_w@hkmail.com

Subject: Should fans do whatever they want to if they have paid to see a performance?

Hey Jasper!

How are you these days? I just went to a live show starring Betty on Sunday. I had a great time, but something totally unexpected happened. I think you may have read about it online; Betty stopped a fan who was videotaping her.

Let me tell you what happened that night. While everyone was enjoying Betty's songs, she suddenly yelled, 'Please don't! You're not licensed to videotape and you're bothering other concertgoers! It is an illegal action and infringes copyrights. Also, how could you be so selfish? Your tripod makes everyone else so uncomfortable. Security! Please help me call the police! And take this man outside!'

Everyone was shocked; can you imagine her angry face and loud voice? I could absolutely feel her anger at that moment! But, you know, the show must go on. After she warned the man, she said sorry to everyone and continued the performance.

I agree with Betty that we should not videotape a concert. This is because, most importantly, it is disrespectful to the performer. On the other hand, it is not fair to the audience who has spent lots of money to buy tickets to watch the show. If concertgoers record the show and upload it online, people who did not buy tickets can watch it for free! That's unfair!

Besides, videotaping a concert is illegal; it infringes copyrights. Everyone should enjoy the show and focus on the performer, but not the equipment that is used for recording. This is one of the ways we can show our respect to the entertainer. Do you think so? I think the government should do something to stop this kind of illegal action.

Unlike watching YouTube videos online, going to a concert can allow fans to meet their favorite idols in person. However, we should not do something that breaks the law. Videotaping disturbs not only the performer, but also the audience. In addition, recording the concert infringes copyrights. So, we'd better turn off our smartphone or cameras and focus on the performers while watching a live show!

By the way, do you want to go to a concert with me next time? I'm really looking forward to seeing you!

Best wishes,
Chris

Email to a Friend

By Lee Ho Wing (F.4B)

Dear Jasper,

I went to Taylor Swift's live performance last Sunday. During the show, she found herself being videotaped by a fan with professional equipment. Did you see the incident online?

Taylor Swift is a famous singer and her performances are famous. She found herself being videotaped by a fan; she was angry as it affected the lighting on the stage.

I think the audience should not videotape live concerts for three reasons. First, recording a live concert is a crime, like stealing intellectual property. According to the law, this infringes the copyright of singers and music companies. Second, the audience bringing tripods to concerts may result in accidents. Due to the atmosphere of concerts, many fans are in high spirits. Therefore, they may not pay attention to others around them, and could result in collisions. They may fall if they kick the tripod. So, the audience should not videotape live concerts. Third, if people videotape and upload live concerts onto the Internet, it will be free. Fewer people will buy concert tickets. As a result, entertainers will earn less money. In the long run, it will affect the earnings of the music industry. Entertainers will hold fewer concerts and sing fewer songs. Consumers will have less music to enjoy and entertainers may lose their jobs.

At last, I think that videotaping live concerts is very annoying. This is illegal behaviour. If singers are their idols, shouldn't they show respect to their idols? I think audiences should not videotape performances during live concerts. What do you think? I hope you will support my stance and give me a reply soon.

Best wishes,
Adele

Email to a Friend

By Cheung Kwun Fung (F.4C)

Dear Mr Tse,

I'm glad to accept the task of writing a feature article about 'How sports and exercise help students become well-rounded individuals'. I believe this article could motivate students to do better in both their academic studies and boost their physical health.

The first subheading of the feature article will be 'Playing sports trains us to be tough and not to give up'. It is because playing sports can increase our strength and muscles mass, which is a fact that everybody knows. At the same time, doing sports can also train our mental strength. This is due to the fact that when you play sports and push yourself to the limit, you can increase your endurance and perseverance. Take one of our student athletes, Mary, as an example. She undergoes a lot of intensive training after school and she never gives up.

The second subheading of the feature article will be 'Playing sports can help us to acquire social skills.' It is because playing sports, like basketball and football, can enhance our social skills when we communicate and cooperate with our teammates. Take another one of our student athletes, Joanna, as an example. She is very sociable since she always plays basketball with her teammates. Therefore, she learns how to work as a member of a team and learns about team spirit.

The third subheading of the feature article would be 'Playing sports can improve our physical health.' It is because regularly playing sports can boost our physical fitness. Stretching exercises can help us relax our tensed muscles and help reduce issues such as a stiff neck. To cite the student athlete, Joanna, as an example, she regularly cycles on the weekend, which is beneficial to her health.

I am sure the feature article will inspire and help our students to learn the importance of doing exercise.

Yours faithfully,
Chris Wong
Sports News Reporter
Youth Magazine

Proposal to Develop a New Sportswear Line in Mainland China

By Pang Wing Sze (F.4D)

Dear Mr. Ng,

We would like to bring forward the proposal for developing a new sportswear line in mainland China. The Chinese market is growing rapidly, and more and more Chinese consumers are willing to buy health and sport-related products. The purpose of this proposal is to outline ways to market our new sportswear line in mainland China.

Research into Chinese markets

We propose that the Marketing Department should research different Chinese markets. First, they should find out if there is a demand in the market for sportswear. Second, it is also important to find a trustworthy Chinese firm to partner with.

Cultural sensitivity

We would like to suggest several marketing strategies. First, we need to localize our brand. It is important to be culturally sensitive, especially in picking a name. Do not pick a nice sounding name based on a translation from an English website without consulting the locals about the multiple interpretations of the words.

How to use pricing strategies to win over customers

Offering high quality products at a fair price is one of the best ways to survive stiff competition. We can focus on getting a higher sales volume by keeping the price a bit lower than competitors; this will help with catching the target market.

Use of Social Media

Creating a social media presence in China to develop a brand is one strategy that has shown great potential. For example, we can advertise on Weibo, Wechat, and QQ, instead of Western social media sites. We need to focus on social media sites that are Chinese based.

To summarize, we need to do careful research into mainland China as a potential market. Also, we need to continue to consistently provide high quality products and a pricing strategy to keep the price low. If you have any further inquiries, I will be happy to discuss my ideas with you.

Sincerely,
Chris Wong

Letter to a Friend

By Yeung Man Hei (F.4D)

Got to be a Hero!

Dear Monique,

I have recently been on a school trip to Beijing and I couldn't wait to share with you what I experienced.

It goes without saying that as the capital of China, Beijing is full of famous tourist sites that are worth visiting. For example, the Imperial Palaces of Ming and Qing Dynasties and the Palace Museum served as the home of emperors and their households, as well as the ceremonial and political centre of the Chinese government for almost 500 years. I was awestruck by the grandeur and magnificence of their architecture.

Of course, there is Tiananmen Square, which is one of the largest city squares in the world. A soldier dutifully raised and lowered the flag at sunrise and sunset every day. I only got the chance to take a glance at it at sunset.

What I enjoyed the most on this trip was when I got to climb on the Great Wall. As the famous Chinese saying goes, "You are not a hero unless you climb on the Great Wall." I could not agree more. When you step onto it, you will instantly understand why we should climb it.

Last, but not least, I have learnt a lot of things on this trip, for example, Chinese History, self-management, and new customs. When I was in Beijing, no one helped me. So, I had to wake up myself, protect myself, and take good care of myself. Hong Kong has its own customs. Meanwhile, Beijing has its own customs that differ from ours.

I got to go now. Write to you later.

Best wishes,
Sabrina Yeung

Letter about a Feature Article

By Kwan Tsz Ching (F.4E)

Dear Mr. Tse,

It is a great honour to be invited to write a feature article about student athletes. It is a sad, but true, fact that millennials nowadays are always preoccupied with hectic schedules. It is no exaggeration to say that fighting deadlines might be the most strenuous form of exercise many students engage in. Having a healthy lifestyle and doing sports regularly does matter. In the following, I would like to touch on three student athletes and the inspiration that can be given to students to exercise and eat healthily.

A Unique Golfer

Chloe Chan, a 13-year-old girl, has played in golf tournaments all over the world. She, of course, needs to face mounting academic-related stress, just like other Hong Kong students. It is no exaggeration to say that Chloe is an well-rounded student; her optimistic thinking and never-give-up attitude are really admirable. She has faced lots of obstacles when she entered her field. Discrimination was everywhere due to the fact that not many females so far have become golfers. Her strong will helped her to pass through difficulties and recently gain the Outstanding Junior Golf Award. I think she can be a role model for students to learn, due to her never-give up attitude and her excellent time management skills.

A Special Biker

Oscar Coggins is going to give up his British passport because he wants to enter the Territory Olympics event in the Tokyo 2020 Olympics. He is now studying at The Canadian International School, which is famous for producing elite athletes. Oscar realises that perseverance and determination matters. Therefore, he doesn't give up easily when he faced injuries during training. Nowadays, Hong Kongers always face obstacles, however, they seldom solve their problems. Instead, students commit suicide when they face academic-related problems. Oscar's story can remind people of the importance of having perseverance and determination when solving problems.

Hong Kong Skating Queen

Nicole Chan is the glory of Hong Kong. Her talented moves and grace led her to win the Hong Kong National Championship in the Girls Advance-Novice Category. Being local student living in New Territories, she was the first to have such an achievement. It was never an easy task; the most difficult part was time management. Nicole needs to spend a long time on training every day, which is truly a challenge when she has to find a balance between work and play. Moreover, she needs to strike a balance between ice-skating and studying. Nicole's story can show millennials that time management skills are a crucial skill. These skills can also train one's discipline, which is of great benefit to personal development.

Sports is a step to become a well-rounded student to excel academically, socially, and mentally. I hope the athletes above can let people see the paramount importance of regular exercise. Feel free to contact me if you have any questions about the featured article.

Sincerely,
Chris Wong

Dear Mr. Lai,

Thank you for the invitation. It is my honour to be a guest speaker at your talk about troubled adolescents. In the following, I am going to express my opinions on the topics which I would like to cover in the talk.

To commence with, I would like to state the significance of a positive attitude. Nowadays, pessimistic thinking of troubled millennials has led to different bad consequences, for example, mental disorders. Only by thinking optimistically can we tackle this problem. Having a positive mindset can help them to manage their stress well. Hong Kong is an achievement-oriented society; parents' and teachers' high expectations about academic performance leads to mounting stress for Hong Kong millennials. If they don't adopt an optimistic attitude, they can't handle this type of stress properly. Then, they may relieve their stress in an unwise way, for instance, through addiction to alcohol and drugs, or harming themselves physically. Therefore, looking on the bright side of life is key to helping emotionally-troubled youngsters.

Also, when it comes to facing difficulties, seeking help plays a crucial role too. A lot of Hong Kongers think seeking help is shameful, since mental problems nowadays are labelled as a burden and liability. However, seeking help in dealing with mental problems is essential for long-term well-being. Seeking advice from parents and teachers, talking to close friends, and even seeking professional help from psychologists are all ways millennials can help themselves.

People are not willing to seek advice and think that they must face their problem alone. However, this is a distorted way of thinking. Not all problems can be handled by oneself, especially bullying. According to a survey, numerous victims of bullying show that they haven't sought help from others. They, of course, can't solve this problem on their own. Asking for support is a straightforward way of dealing with a variety of problems. Moreover, bad emotion can affect teens and lead to wrong decision-making. Youngsters are not mature and are impressionable. They cannot carefully consider different aspects and make the most suitable judgements. Therefore, they need to seek help.

There's always a light at the end of the tunnel. I hope these ideas and opinions can motivate troubled millennials. If you have any opinions or questions on the topics covered in my speech, feel free to contact me. I look forward to meeting you and sharing my ideas at the talk.

Sincerely,
Chris Wong

Debate Speech

By Chan Cheuk Hang (F.5A)

Good Morning Judges, Principal, Teachers, and Fellow Students.

Today's motion is 'Binge-watching does more good than harm to teenagers'. Binge-watching is defined as watching multiple TV series for a prolonged time period. I represent the opposition for the following reasons.

To begin with, there is no doubt that binge-watching gives rise to a manifold of physical illnesses. Binge-watching consumes an enormous amount of time. In other words, binge-watchers tend to sit in front of a screen for long stretches of time. No one will question that prolonged exposure to computer screens is harmful to our eyes. Therefore, teenagers who binge-watch stand a higher chance of suffering from short-sightedness. What is more worrying is that binge-watchers tend to sit for a long time without exercise. A recent study has shown that binge-watchers are more likely to suffer from diabetes, heart disease, and cancer. Therefore, it is a must for teenagers to refrain from binge-watching so as to stay away from those health problems.

In addition, binge-watching may harm our interpersonal relationships. According to a study conducted by Marketcast, an entertainment research firm, 56% of bingers are inclined to watch alone. Indeed, staying in your bed and watching a couple episodes of House of Cards is definitely a good way to relax. Nevertheless, teenagers will unintentionally sacrifice their time which can be spent on families and friends instead. Thanks to the gratification we gain from binge-watching, it is inconceivably difficult, if not impossible, to resist the temptation to watch alone. Thus, teenagers may easily lose interest in socializing and indulge in watching TV series. Interactions between people is a crucial element in our lives. Teenagers should quit binge-watching since it jeopardizes our interpersonal relationships.

Suggestion Form

By Chan Cheuk Hang (F.5A)

Some people may claim that binge-watching is a good stress-relieving activity. Youths face mounting pressure from monotonous tests and laborious schoolwork. Binge-watching is obviously one of the good ways to escape from reality. However, is it the only and the best way to relieve stress? Not at all! Admittedly, binge-watching is entertaining and enjoyable, but we should not forget that it is also highly addictive. Teenagers may spend long hours mindlessly watching TV series as lacking self-discipline is commonplace among youngsters nowadays. Sports and a little chatting can also act as a stress-reliever. Why should we spend so much time on marathon-watching? The longer we indulge ourselves in the television world, the harder it is to get out and face reality.

Overall, it is crystal clear that binge-watching is harmful to teenagers. Hence, today's motion should not stand. I hope you will agree that binge-viewers should attempt to reduce the amount of time spent on binge-watching. Thank you.

The organizing committee of the proposed neighborhood watch group would like to know your suggestions in the following areas:

i) What crime(s) should be focused on and why?

I think the group should pay close attention to the long-standing problem of burglary. Frankly speaking, it is not uncommon to notice that there are always some dwellers complaining about their loss of property. Those disgraceful burglars not only spread distrust among residents, but also lower their sense of belonging, as we have failed to safeguard their property. This circumstance mirrors the security level of our building, which is inconceivably low. We should step up efforts to reduce criminal behavior before more severe crimes are committed.

ii) How such crime(s) can be prevented?

I suggest sending patrol teams to supervise our neighborhood. There are a manifold number of things we can do to alleviate the deteriorating situation, with sending patrol teams being the first one. Patrol members should interrogate suspicious people and notify the police force if necessary. This would be conducive to barring burglars from entering our neighborhood. Besides, installing closed-circuit televisions in blackspots would be a good idea. The installation of surveillance cameras would be cost-effective, as it would presumably economize manpower. Sending patrol teams are, nevertheless, a temporary method, as we cannot rely on volunteers in the long run. To crack down hard on criminal activities, establishing an owners' corporation is a must.

By Tang Wing Ching (F.5B)

iii) Any other matters?

It is of utmost importance to gain our residents' support to recruit volunteers. To do so, I suggest that we can distribute leaflets that briefly describe how desperate the current security level is and what has been done to improve it. By handing out leaflets, we could hopefully enhance the residents' trust and willingness to join us. Apart from that, posters could be put up to cultivate a positive image of our group. Also, it is crucial to ensure the safety of the patrol members. All members should patrol in pairs and they should be equipped with walkie-talkies for emergency communication.

Good Morning Judges, Principal, and Fellow Students. I am the representative of my school.

The motion of today's debate is 'Binge-watching does more good than harm to teenagers'. Binge-watching is defined as dedicating an entire day or at least an evening to sitting down and watching multiple episodes of a TV show at once. I am on the opposition side because of three reasons.

First, binge-watching increase teenagers' risk of major health issues. As I have said before, binge-watching means watching multiple episodes of TV shows for a long time and, if teenagers look at their mobile phones and television for an evening or even a whole day, they may suffer from various diseases associated with such a sedentary lifestyle. For example, heart disease, long-sightedness, or short-sightedness. In addition, most teenagers who binge-watch like to switch off all the lights in their room to have a more relaxing environment that causes a higher risk of contracting eye-related diseases. Besides, some teenagers forget to eat meals because they are addicted to binge-watching; problems of obesity and a lack of nutrition can result. From that, it can be seen that binge-watching increase teenagers' risk of major health diseases. As time passes, eye diseases led to students' inability to concentrate.

Second, binge-watching may cause a rift in the relationship between teenagers and their families. Teenagers always lock themselves in their rooms and thus decrease the interaction between themselves and their families. Soon afterwards, more and more arguments will occur because of misunderstandings. At the end, the relationship between teenagers and their families will become strained.

**Information and Advice Leaflet —
Two Common Problems Faced by Youths**

By Lei Laam Tsing (F.5C)

Some people claim that binge-watching does more good than harm to teenagers, because binge-watching provides a common topic for teenagers and their friends to discuss. Consequently, teenagers will become more socially outgoing. However, I disagree with this argument. In fact, binge-watching can reduce the interaction between teenagers and their friends, since teenagers became addicted to binge-watching, they won't chat with their friends and teenagers' social networks may weaken. Little by little, even if teenagers want to discuss TV shows with their friends, their friends may have left. Therefore, it can be seen that binge-watching cannot make teenagers become more sociable.

To sum up, I disagree with the motion because of the above three reasons. It's clear that binge watching does more harm than good to teenagers' studies and social lives. Therefore, today's motion shouldn't stand. I hope you will agree with my argument. Thank you!

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

Teenagers are among the biggest users of social media, such as Instagram, YouTube, and Snapchat. Fully 95% of teens have access to a smartphone and 45% say that they are online 'almost constantly'. Social media may add fuel to the addiction to gadgets, for example, you can always see a bunch of teenagers hanging out together and each of them is caught up on their digital devices. Those teenagers use their phones to talk to their friends, even when they are sitting beside them. It shows you how social media stops teenagers from having real contact with others.

To balance your life, you should use social media wisely. You should rein in your social media usage by yourself. One idea is to log out of most of your social media applications completely and take a break. Researcher Morten Tromholt of Denmark has found that after taking a one-week break from social media, teenagers had higher levels of life satisfaction and positive emotions, compared to teenagers who stayed connected. During that week, you can have real-life interactions, for instance, you can play team sports, pick up a new hobby, or take a course.

When you feel your parents have a tendency to place unrealistic expectations on you, you may feel stressed. Parents who make unrealistic demands or have unrealistic expectations about their kids academic results or in any other sphere of their lives, risk seeing their kids' mental, emotional, and physical well-being become severely compromised. Teenagers under this kind of pressure often begin to refuse to attempt anything. They fear being perceived by their parents as imperfect.

The key is to be honest. Tell your parents that you feel stressed about their expectations. Talk to them and tell them your own goals and targets. Inform them that you understand their feelings and try to set new expectations.

By Cheng King Wan (F.5D)

Hong Kong is known for its exam-oriented education system, in which students nowadays are being spoon-fed in a pressure-cooker environment. Therefore, it is not uncommon for students to compare their exam results with others. What's more, having good exam grades is often stereotypically labelled as being successful. However, do you think you can really put what you have learnt into practice after you step into the workplace? In fact, good exam grades are not all that is needed when applying for university or a job, what is more important should be taking an active role at school.

The reason why good exam grades are not all that is needed is that they do not show the generic skills which are valued in the workplace. Good exam results may show that you are knowledgeable, but do they represent your personality or talents? For example, colleges usually favour students who have participated in various extracurricular activities in school, as this shows that you are more equipped with better time management skills or communication skills than those with inactive participation in extra-curricular activities. This can certainly leave a good impression on the interviewers during university admission interviews. Even when applying for a job, the key that makes you stand out is to show that you possess generic skills that will contribute to the company's profits, such as interaction skills and negotiation skills. Therefore, good exam grades are not as vital when applying for university or jobs.

It is crystal clear that good exam grades are not as of paramount importance as one imagines. In contrast, what is more significant and beneficial is taking up leadership roles at school. As a leader, you will dedicate a lot of time to, and put in lots of effort into, your duties, which is worthwhile as a lot of experience can be gained. Take planning school events as an example. When planning an after-school event, you will learn how to communicate and build up interpersonal relationships with your members in order to communicate your ideas effectively. What is more, you may acquire problem-solving skills, as you should always be thinking of remedial plans for every single event. What is even more crucial is how you can keep your grades up while organizing extra-curricular activities. This is similar to how you can strike a balance between work and play in the future.

Therefore, when applying for a job, employers usually focus on whether you are equipped with the aforementioned soft skills. If you could demonstrate your soft skills in your profile or cover letter, or during job interviews, you will definitely leave a positive impression on the interviewer and thus increase your possibility of being hired. Hence, taking a leadership role at school is beneficial.

In addition to taking a leadership role at school, acquiring communication skills is also important. As we all know, communication is an indispensable element that brings people closer together. Even when you are having a conversation with friends, it involves communication and expression of your ideas. So, it is necessary to equip yourself with communication skills. In the future, you are likely to come across people who you have never worked with before. Good communication skills can leave a good impression on those people. In this way, you will be able to make friends with them, expanding your social network which is crucial for your future development, since these people may be the ones who lend you a helping hand during times of hardship. Thus, it is obvious that communication skills are indispensable.

Last, but not least, considering the positive impacts brought about by taking an active role in school, I sincerely hope that all of you can also benefit from it. If you haven't yet taken any active role, please don't hesitate to take up one. I am sure you can gain much from it.

Suggestion Form

By Chan Hiu Yu (F.5D)

The organizing committee of the proposed neighborhood watch group would like to know your suggestions in the following areas:

i) What crime(s) should be focused on and why

I think the group should place more emphasis on burglary and kidnapping. The reason why burglary should be targeted is that our building is always a target because of poor security. Burglary poses a threat to the lives and property of residents. Therefore, we should step up our efforts in cracking down on burglary. In addition, kidnapping also needs to be focused on. Some children play in the corridors and are left unattended. With no security guards, it is easy for kidnappers to sneak into the building and kidnap children for human trafficking. As a result, there has been a rash of these kinds of incidents in the past few months. In view of the above, both burglary and kidnapping should be focused on.

ii) How such crime(s) can be prevented

I suggest carrying out two measures to prevent these crimes, including setting up a forum and installing surveillance cameras. The forum aims at allowing residents to share information, like suspicious people appearing in the building and how residents can prevent crimes from happening. The forum will meet regularly, so that elderly residents can get information. A page of the forum will also be set up on social media for easier exchanges of information. With the forum aiming at raising residents' awareness of crime prevention, people can be more vigilant and take appropriate action. For example, they should keep their windows and doors locked to prevent burglaries and keep an eye on their children to prevent kidnapping. Besides, it will be a good idea to install surveillance cameras in the corridors, as the safety of residents relies on the building's security system. With a well-equipped security system, the kidnappers and burglars are not able to commit crimes easily. It is hoped that these crimes can be eradicated with the above measures.

iii) Any other matters

We all have a part to play in preventing crimes from happening in our building. Therefore, I will make more effort to help the group to combat crimes. If my suggestions are adopted, I could offer help in implementing these measures. For instance, I can take up the role of the administrator of the online forum suggested and manage it by deleting irrelevant or inappropriate posts so that the forum can be fully utilized as an effective measure to prevent burglary and kidnapping.

Email – Summer job

By Leung Chi Ching (F.6A)

Dear Sam,

How have you been? It's been a long time since our last meeting. I heard that you are interested in a summer job, aren't you? It is quite good news to hear. However, a summer job is a double-edged sword. There are also some drawbacks to having a summer job and I will tell you the pros and cons.

Firstly, in a more practical way, having a summer job can help you acquire working experience. For example, if you become a waiter, you will know how a restaurant works. A summer job enables you to get acquainted with the work nature of different careers. Also, you can explore your future career path and see which jobs suit your character and talents. Your competence and skills could only be polished and fostered through immersing yourself in the workplace. As a matter of fact, the various work scenarios in which you are immersed in could help you acquire problem-solving skills, time-management skills, and teamwork skills. What's more, you will know how to get along with difficult colleagues and bosses. When you grow up and start to work, you will be more familiar with the operation of a company. These are the advantages of doing a summer job.

Aside from hands-on working experiences, doing a summer job could also help you earn money. I am sure it is an appealing factor for every teenager. After a summer job, you will have extra pocket money and an independent income. You can ease your family's financial burden and buy whatever you desire. Saving up for things, instead of just asking your parents for money, is a virtue. Don't you think it is a merit of doing a summer job?

Although doing a summer job can help you gain a colossal amount of money and working experiences, each coin has two sides. Doing summer jobs may cause some dire consequences. Let me show you some of them.

To begin with, working is time-consuming. Most jobs go from dawn till night. Some may even have overtime workloads. What it means is that it may distract you from your academic studies, especially for senior students. Thus, it is impossible for you to concentrate on your studies when you feel so tired. It affects your efficiency. As your friend, I don't want to see your academic results nosedive after a summer holiday.

Another drawback is that you will suffer tremendous pressure from your employer. When you did something wrong, you will be punished heavily. If you can't handle stress appropriately, it may impair your self-esteem. What's more, striking a balance between your school work and job is difficult, so please ensure you can handle it.

Looking for a summer job may present some daunting traps. Here are some tips for you.

Firstly, stay alert before making decisions. Remember, don't sign any documents immediately. Before making any decisions, you should check the documents carefully and think it over. When you have questions, you have to ask them clearly. There are so many cases about teenagers losing their money because of fraud. I sincerely hope that you won't be the next one.

Another suggestion is that you can engage in some summer jobs which are provided by schools or government organizations. They are more reliable. Why don't you start finding summer jobs from these authorized organizations?

I hope that you will find my opinions useful. I am sure you can make a good decision. Let me know if you really take part in the summer job program. Drop me a line when you are free.

Best wishes,
Jenna

Leaflet – Adolescents’ problems

By Fok Chin Ho (F.6A)

Are you facing these two problems? Listen to the advice of our counsellors.

Teenagers’ overuse of social media

Social media helps us to connect with people, but it is not without its demerits. An inappropriate use of it could bring about problems, such as isolation and cyber-bullying. Worse still, if you are obsessed and cannot put your mobile devices down, you’re addicted to it and get stuck in a virtual world. Teenagers who use social media for more than five hours a day are generally suffering from the negative impacts on their academic performance and have poor interpersonal relationships.

Teenagers suffering from depression

When you feel desperate and there’s no way out, you may be prone to depression. These days, the rate of depression is increasing sharply among adolescents. It is truly disheartening to hear that teenagers are committing suicide when they have no one to turn to for help. This often happens when teenagers are susceptible to harsh remarks made by their parents. Or on other occasions, teenagers cannot live up to their parents’ academic expectations.

The key is to empower teenagers and boost their confidence to face adversity. More programs are needed to teach them how to cope with emotional problems. In the meanwhile, parents should spend quality time to communicate with their kids so that teenagers feel that they are loved and valued in whatever circumstances.

You are always welcome to chat with us online - visit
<http://www.happyhealthyteens.com>

Remember, you are not alone! Come and talk to us anytime!

Letter to the Principal – Takeaway Food Deliveries at School

By Tam Chun Tung (F.6B)

Dear Principal,

I am writing to express my opinion on the proposed new school policy. I have a few ideas on allowing students to receive takeaway food deliveries at school. I hope you will be satisfied with these plans. As the chairperson of the Student Council, I ought to make my full effort to make the school better.

To start with, I believe that the target group of this proposal should be Secondary 4 to 6 students. It is because there is an insufficient supply of food for the whole school. The canteen will not have enough food deliveries that could ease the stress on the cafeteria. On the other hand, senior students have already eaten in the café for three years. They should be able to try something new. I have heard that some students who become seniors say that they could finally have food outside the school. Thus, I believe that the target for this proposal should be senior form students.

In addition, I deem that it is feasible for having a representative from each class who is in charge of ordering takeaway food. If everyone orders their food one by one, it will cause many problems. First, if two students order the same food, who should be served first? Second, there would be many students stuck at the gate of the school waiting for their lunch. One student ordering all the food is more convenient and effective. Students in class could take turns to be the representatives.

Moreover, we should discuss with these restaurants about having a discount whenever our schoolmates buy food from them. We could attract more schoolmates to use this method to get their lunch. Not only can students take advantage of it, but also the restaurants. More students would buy from them. That is what we could get for our students.

To have a more advanced policy, I have already brought up a few ideas. I hope you could accept my suggestion. Thank you!

Yours sincerely,
Chris Wong

Letter to Parents – A school trip to Sky100

By Lee Tsz Ching (F.6C)

Dear Parents,

School Trip to Sky 100

Life-Wide Learning is one of the major targets of the ongoing school curriculum, with the aim of developing students to be lifelong learners and enable them to develop their interpersonal skills outside the formal school setting. For the past couple of years, our students have engaged in an array of outdoor activities in conjunction with our History, Geography and Liberal Studies. Your child has been selected to go to Hong Kong's highest indoor observation deck, Sky100, in a collaborative event organized and endorsed by Po Leung Kuk, on the 10th of October 2018. Details of the event are as follows:

1. Date, time, and venue

The trip to Sky100 will be held on the 10th of October 2018 from 10 a.m. to 2 p.m. at 100/F ICC, 1 Austin Road, West Kowloon.

2. Activity Rundown

This is a 4-hour outdoor activity. At 10 a.m., students need to assemble at the school playground and then head to the venue. From 11 a.m. to 1 p.m., there will be a guided tour. In the meantime, students can appreciate the scenery of Hong Kong from the observation deck. From 1 p.m. to 2 p.m., students will have a lunch break. At 2 p.m., students will be dismissed at the entrance of Sky100. These activities are valuable as they allow students to appreciate Hong Kong from different perspectives and learn more about Hong Kong.

3. Lunch

Students will have a buffet lunch at Sky100. The buffet will consist of different cuisine. One of the cuisine is fusion cuisine. This will allow students to learn more about the food culture of different areas of the world, and also, the people from other countries.

4. Transportation

We will arrange external transportation for students. The fee, which is \$20, will be collected by the class teachers 2 days before the trip.

5. Cost

The entrance and lunch fee will be fully sponsored by the school's organizing body. Students will only need to pay \$20 as the transportation fee.

6. Teacher-in-charge

Mr. Chris Wong, class teacher of 6A, is the teacher-in-charge of this trip and his contact number is 92345678.

7. Remarks

Please note that students do not need to return to school after dismissal. As this trip is an outdoor activity, students should be wearing their proper school P.E. uniform.

All students are expected to attend. Please ensure your child is familiar with the schedule so that he/she is aware of what they should prepare for, and that they will not be late. If you require further information on the event, please do not hesitate to contact Mr. Chris Wong.

Yours faithfully,

Chris Wong

Chris Wong
(Class Teacher of 6A)

Article – Terrible Teenage Problems

By Michelle Leung (F.6D)

The Terror of being Bullied

Social media helps us to connect with people, but it can also become a tool to harm people. Cyberbullying is a form of bullying that takes place over digital devices like smartphones, computers, and tablets. Cyberbullying can occur through SMS, apps, and online or gaming forums, where people can view, participate in, or share content. Cyberbullying will lead to psychological effects; people will feel depressed and scared about talking with others face to face. I suggest if you encounter cyberbullying, you can ask the police or your family for help. Cyberbullying is illegal.

The dangers of having eating disorders

When you feel depressed, you can't eat anything. An eating disorder is defined by abnormal eating habits that negatively affect a person's physical or mental health. It includes binge eating disorders where people eat a large amount in a short period of time, anorexia nervosa, where people eat very little and have a low body weight, and bulimia nervosa, where people eat a lot. Eating disorders can be fatal; if you have an eating disorder, you need to find a doctor to help you.

Solutions

The key is to find someone to help you when you face the problems of cyberbullying or an eating disorder. For example, you need to find a doctor when you have an eating disorder and you need to find a social worker to talk to. Please don't lock yourself inside your room. Don't give up hope. It not only hurts yourself, it will hurt your family and all the people who love you as well.

Letter to the Principal – Takeaway food deliveries at school

By Chow Man Hei (F.6E)

Dear Mrs. Wu,

Recently, the proposal of allowing students to receive takeaway food deliveries at school has been widely discussed. As the chairperson of the Student Council, I am writing on behalf of students to support this proposal. In the following, I will state my rationales and address your concerns about the proposal.

To commence with, the proposal is of utmost importance to solve the congestion at the school canteen. Currently, only Form 4 to Form 6 students are permitted to leave the campus during the lunch hour. Thus, all juniors have to stay at school for lunch. As you may know, there are around 300 junior form students in our school, yet, the school canteen only accommodates 120 seats. According to a survey conducted by the Student Council, 80% of junior students have lunch at the canteen more than three days a week. It is clear that the overcrowding at the school canteen is grave. All junior students will be glad if you could kindly approve the proposal. Thereby, junior students no longer have to scramble to grab lunch and find a seat at the school canteen every day.

Apart from the overcrowding problem, the proposal can also help students to save time. If students are able to order their food before lunch, they could get their food at the start of lunch period. They do not have to walk to the restaurants and wait for their food. As a result, they can save a colossal amount of time, which could then be used for studying or relaxation. The proposal will definitely give students lots of convenience.

Letter of Advice – Football Gambling

By Lee Suet Man (F.6E)

Dear John,

How have you been? It's been a long time since our last meeting. I know that you are fixated on football and so am I! However, someone told me that you are obsessed with football gambling, which is undoubtedly a high-risk behavior. As your friend, I feel the need to bail you out of this fatal obsession. Here's why.

It's widely acknowledged that football gambling is as addictive as taking drugs. You may say that you haven't spent a colossal amount of money on it, but you do have to admit the fact that it's becoming part of your life. Most addicts said they won't fall prey to it, but they are manipulated by gambling. Lamentably, football gambling is no exception. If you don't stop this atrocious behavior, you will only fall deeper with a multitude of dire consequences.

First, you will not only experience an economic downturn, but also, be sacked. My uncle, Chris, who is a gambling addict, has gone bankrupt and is even receiving CSSR from the government now. He was a millionaire, but now, he is on the lowest stratum of society, all for indulging in gambling. As your friend, I really don't want to see you becoming the next Chris. If you're too keen on football gambling, you will only spend more every time. Worse still, your boss will be angry and fire you. Imagining this daunting scenario, I feel terrible. Football gambling is genuinely horrendous, isn't it?

Even if you don't feel scared of the economic loss of football gambling, you will still experience adverse effects on your social life. People are prejudiced about football gambling. Thus, they will automatically maintain their distance from you as they'll be afraid of you asking them for money. Needless to say, your social circle will be narrowed. What terrifies me the most is that your family and friends will abandon you as well. Only if you stop this dreadful behavior will they come back to you

Despite the above advantages, a concern about the use of phones at school does arise. The policy of our school, which does not allow students to use their personal devices, must be changed. It is difficult for students to order takeaway food without their smartphones. The phones at the school office, with no doubt, cannot fulfill the need of all students at the school. To address your concern, I suggest that the Student Council can collect all the orders from the students and then help them to order takeaway food during the recess periods so that students will not need their phones to make the order.

In the end, the proposal will be really beneficial to students. We will be very glad if the proposal is approved. It is our sincere wish that you will give a green light to the proposal. If you have any other concerns, please feel free to contact the Student Council.

Yours sincerely,

Chris Wong

Chris Wong
Chairperson of the student council

since no one wants to see their beloved ones as a football gambling addict. Your life will be a torment if your girlfriend Mary leaves you, right? If you truly love the people around you, you should definitely stop yourself from gambling on football as soon as possible.

What's more, it will be detrimental for your prospects. By indulging in gambling, you can no longer find contentment with other parts of your life. You will only get further with true happiness, which is composed of friendship, goals, and staying healthy. Eventually, you will lose enthusiasm for being alive, as you have nothing left but gambling. Every crucial element in your life will say goodbye to you. You don't want to be a dead person for the rest of your life, do you?

I would say, football gambling not only does not help your life, but also violates the aim of playing football. Playing football is of paramount importance in your life; you've spent most of your time watching football matches, haven't you? Playing football is supposed to be exciting and relieves your stress. You used to be engaged in every single shootout and the talents of the players, but not the result of the match. When you're gambling on football competitions, you never enjoy the whole process, but how much money you can win on the game. Gradually, you will not be passionate about the pure and original aim of watching football: happiness. I really miss the smile on your face and how excited you are when you're enjoying the game. I bet you miss the joy of watching football too, don't you?

Granted, it's never easy to get rid of this behavior, but good medicine always tastes bad, doesn't it? Football gambling is really a detriment to you. I understand that you may feel helpless, but don't worry, you always have me. I will be more than happy to offer you help. I look forward to seeing you soon! Let's watch a football match later on.

Best wishes,
Chris

Home / Over To You / Columns / I say: If you could travel into space, which planet would you visit?

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Each week we'll choose readers' responses to share. This week we want to know:

Compiled by Rhea Mogul | October 29, 2018

f SHARE t TWEET FLIPBOARD EMAIL Like 6



Mooncakes on the Moon

By Ho Tin Yuet (F.1A)

I would like to go to the Moon. Firstly, I want to know whether any rabbits make mooncakes on the Moon. Secondly, the Moon is a beautiful place from where I could maybe see the entire Galaxy. I would also love to see the stars from up there. A trip to the Moon would be so wonderful!

I say: If you could travel to the future, what would you do and why?

Each week we'll choose readers' responses to share. This week we want to know:

By Rhea Mogul | November 05, 2018

f SHARE TWEET FLIPBOARD EMAIL Like 6



STEM in the future

By Ng Chit Hin (F.1A)

It would be so cool to check out the development of technology and medical research. For example, have scientists found a cure for cancer? Has artificial intelligence taken over the world? Also, has climate change made the Earth a place where humans cannot live anymore?

I say: If I could meet any famous person from the past, I would meet ...

Each week we'll choose readers' responses to share. This week we want to know:

Compiled by Rhea mogul | November 12, 2018

f SHARE TWEET FLIPBOARD EMAIL Like 4



King of Pop

By Ho Tin Yuet (F.1A)

I am a Michael Jackson superfan. Wouldn't it be wonderful if I could meet the pop star in person? He released so many songs that thrilled music fans. He was the King of Dance in the 1980s and 1990s, and I would love to dance with him. I love dancing and I would want him to teach me a few tricks that would make me a better dancer.

I say: If you could have any pet, what would it be and why?

Each week we'll choose readers' responses to share. This week we want to know:

Compiled by Rhea Mogul | November 19, 2018

f SHARE TWEET FLIPBOARD EMAIL Like 8



Tuxedo bird

By Wan Tsz Ki (F.1A)

A penguin, because they are really cute. When they are little, they have a grey and white body, with a small beak. I've seen videos of them and the way they walk is really funny. They even push their friends into the water! I would have loads of fun with a penguin.

I Say: If you could ask Santa one question, you would like to ask ...

Each week we'll choose reader' responses to share. This week we want to know:

Compiled by Rhea Mogul | December 17, 2018

f SHARE TWEET FLIPBOARD EMAIL Like 5



Oh Santa, tell me

By Yu Ho Lam (F.1A)

I'd ask him what I'm going to be when I grow up. I still have no idea what job I'd like to have after I finish studying.

I Say: If you could ask Santa one question, you would like to ask ...

Each week we'll choose reader' responses to share. This week we want to know:

Compiled by Rhea Mogul | December 17, 2018

f SHARE TWEET FLIPBOARD EMAIL Like 5



Why do you do it?

By Woo Hoi Shan (F.1A)

Santa always brings us so much joy. I would like to ask him what made him choose to become Santa. Santa has a very important role for Christmas, and it seems his job would be very stressful at times.

Home / Over To You / Columns / I Say: My favourite subject at school is ...

I Say: My favourite subject at school is ...

Compiled by Rhea Mogul | January 07, 2019

f SHARE TWEET FLIPBOARD EMAIL Like 5



Sports, Fun and Games

By Lee Ho Man (F.1A)

Physical Education. This is because I get to learn how to play many different sports, such as basketball, tennis, baseball, and badminton. Exercising makes me happy.

I Say: If I could go back in time, I'd tell my younger self ...

Each week we'll choose readers' responses to share. This week we want to know

Compiled by Rhea Mogul | March 04, 2019

SHARE TWEET FLIPBOARD EMAIL Like 0



Watch your mouth

By Ho Tin Yuet (F.1A)

I am very outgoing; I always talk to other people, even if they don't want me to. As a result, some people don't like me or are annoyed by me. If I could advise my past self about one thing, I would tell her to think about how others might feel when I'm talking to them, before I do it.

I Say: If you could open up a shop, what would you sell and why?

Each week we'll choose readers' responses to share. This week we want to know:

Compiled by Rhea Mogul | April 08, 2019

SHARE TWEET FLIPBOARD EMAIL Like 30



An online store that sells what girls really want

By Wan Tsz Ki (F.1A)

I would sell girlie slime, planners, and dolls. I'm a girl, and I know what other girls would want to buy. I think knowing your customers is very important when it comes to selling things. Good marketing is very important too. Actually, I think I will open up an online store!

I Say: If I could talk to Chief Executive Carrie Lam Cheng Yuet-ngor, I would say ...

Each week we'll choose readers' responses to share. This week we want to know:

Compiled by Rhea Mogul | April 15, 2019

f SHARE TWEET FLIPBOARD EMAIL Like 7



Education System

By Lam Wai Man (F.1A)

I would tell her to look at the education system, because sometimes we have too much homework and many exams, which can cause us a lot of stress.

I Say: If I could relive one memory, it would be ...

...

Each week we'll choose readers' responses to share. This week we want to know:

Compiled by Rhea Mogul | May 06, 2019

f SHARE TWEET FLIPBOARD EMAIL Like 30



Last Birthday

By Woo Hoi Shan (F.1A)

It would be my last birthday. I remember my teacher shouted at me on that day. I knew it was only because of confusion between her and I, but it still upset me. I'd stop this from happening again if I could.

I say: My role model is ...

Each week we'll choose readers' responses to share. This week we want to know:

Compiled by Rhea Mogul | May 20, 2019

SHARE TWEET FLIPBOARD EMAIL Like 0



Superhero Mentor

By Ng Chit Hin (F.1A)

Iron Man. I hope that one day my engineering skills will be as great as his, and that I can fight against criminals around the world like he does.

I say: If I could be any animal, I would choose to be...

Each week we'll choose readers' responses to share. This week we want to know:

Compiled by Rhea Mogul | May 27, 2019

SHARE TWEET FLIPBOARD EMAIL Like 32



Fun and Games. All Day Long

By Cheung Wai Yan (F.1A)

A dog, so I can do nothing but eat and sleep all day. I would also get to run and play in a park. I wouldn't need to wash myself if I got all muddy either. I think dogs have very happy lives.