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Diary — A family trip

By Choy Mang Fei (F.1A)

15th April 2024

Dear Diary,

Today, I am sharing our amazing family trip in Taipei with you. The weather was wonderful! The first thing I want to tell you is that I have tried the local bubble tea! I can assure you that it is the most fantastic drink in the world. After we arrived at the bubble tea shop, I could already smell the milk tea. It tasted awesome but my mum found it too sweet. After I drank it, I thought that I was in paradise, ha ha! Although the bubble tea was delicious, it was quite expensive. I felt like falling into a tourist trap!

For lunch, we decided to visit a famous local restaurant, but we hadn't made a reservation. When we arrived, there wasn't any table available for us. We were all upset. What a disappointment!

The next place we visited was the night market. Since Hong Kong does not have night markets, we were curious about it. It was crowded there. We could hardly see anything at first. When we walked around, we found various kinds of food. We sampled a lot of local cuisine, and my favourite was the barbecue! We bought lots of street food such as beef, seafood and fish balls. The beef there was crispy on the outside and tender on the inside.

We have learnt a lesson today that we should do preparations before our trip and make sure that we have our ducks in a row. Despite the hiccups, it has been an amazing day!

Jaycee

Email — A fun-filled weekend

By Tsang Michael (F.1B)

Re: Spending a fun-filled weekend

Dear Ricky,

I hope this email finds you well. I am looking forward to spending this weekend with you. I suggest that we go to these three places that I will introduce below.

First, we could go to Po Lin Monastery. We could take the Ngong Ping 360 cable car to get there. The monastery was founded in 1906. The main temples house three bronze statues of the Buddha, representing his past, present and future lives as well as many Buddhist scriptures. These temples are located on Lantau Island. I suggest that we spend six hours there, from 9 a.m. to 3 p.m. If we still have time afterwards, how about going to the Big Buddha?

Second, we could go to Wong Tai Sin by MTR. My mum always takes me there. Wong Tai Sin Temple is a famous Taoist temple famed for the many prayers answered. 'What you request is what you get' is a fortune telling practice called kau chim. That is why my mum always takes me there when I am going to have a test as she hopes that I can get higher marks. Maybe after that, I can indeed get higher marks. I suggest that we stay there between 4 p.m. and 7 p.m.

Finally, we could go to Temple Street. It is in Yau Ma Tei. We could go there by MTR. Vendors in the area sell cheap merchandise and food items that many men are interested in, so the place is often referred to as 'Men's Street'. There are many delicious food to choose. We could hang around there from 5.30 p.m. to 9 p.m.

I am absolutely thrilled about our upcoming weekend in Hong Kong. I am excited about this special trip with you. If you have any other suggestions, feel free to let me know.

Regards,

Michael

Speech — Speech about healthy eating

By Ng Pak Yeung (F.1C)

Good morning, Principal, Vice Principals, Assistant Principals, teachers and schoolmates. I'm Ng Pak Yeung, Marcus from Class 1C. Today, I want to encourage you to try to cook healthier dishes and eat well.

First, eating healthily is an important thing in our daily routine. Having a healthy and balanced diet is essential for maintaining good physical health. A healthy diet provides the body with the right amount of fuel it needs to function optimally. The healthy food we eat can have a significant impact on our mental health. It can reduce the risks of depression, anxiety and cognitive decline.

Second, I would like to take this opportunity to introduce one healthy dish that is both tasty and healthy. It's called steamed fish. For this dish, the ingredients include fish, broccoli, carrots, garlic and soy sauce. The main cooking method when preparing this dish is steaming. When steaming the fish and vegetables together, they retain their natural flavours, textures and nutrients. It is easy to make. In addition, the steamed fish is tender and juicy, whilst the mixed vegetables offer a crispy texture.

The fish is rich in protein and Omega-3 fatty acids. The garlic and ginger used in this dish provide additional health benefits, such as anti-inflammatory properties. The vegetables can also provide us with vitamins, minerals and dietary fibre. Therefore, it is a healthy and delicious dish.

Overall, I would conclude by saying that healthy eating is extremely important and something we must take very seriously in our lives. I hope that my speech can inspire you to take charge of your lives and make healthier choices.

That's all I want to share today. Thank you so much for being such an attentive audience.

Story — A day without my mobile phone

By Wen Ya Qi (F.1D)

A Terrible Sunday

Last Sunday was a terrible day! My friend Lucy and I took a bus to a shopping mall in Sha Tin. After I left home, I was so bored on the bus that I wanted to use my phone to listen to music. However, I suddenly realized that I had forgotten to bring my phone. Without my mobile phone, I couldn't call anyone for help or a chat. It felt as if I had lost everyone! Fortunately, I still had my friends accompanying me, so I didn't pay much attention.

After we arrived at the shopping mall, we strolled around and there were many boutiques with plenty of interesting and attractive things. After that, while I was buying drinks at a convenience store, Lucy walked into a jewellery store, but I saw a sneaky figure wearing a mask and a black cap, covering his appearance as though he didn't want anyone to know what he looked like. He followed Lucy into the jewellery store. When I suddenly heard a scream, I realized it was Lucy. I panicked and started to worry about Lucy. The sneaky person was indeed a robber. No one heard Lucy's scream except for me. I wanted to call the police, but I didn't have a phone. So, I searched for someone else to lend me a phone. Fortunately, a kind-hearted lady lent me her phone, so I was able to call the police.

In the end, police officers rushed to the scene. I said worriedly, 'My friend and the robber are in this jewel store!' Suddenly, the robber turned into an ugly cat and escaped. Everyone found it hard to believe what they saw with their own eyes! Fortunately, Lucy was safe.

This incident made me exhausted! No one knew how the robber could turn into a cat and where he went after that. I also realise that mobile phones are an indispensable part of our lives. On top of playing games and taking photos, when we encounter some emergency situations, we can use our phones to contact others, such as family and the police. I hope I won't encounter this kind of incidents again. I wish all of you good luck!

Speech — A speech about healthy eating

By Shum Pui Yi (F.1E)

Good morning, Principal, teachers and fellow schoolmates, I am Pearl Shum from 1E. Today, I am going to talk about how to improve our health through healthy eating.

Why is it important to eat healthily? If we eat healthy food, it can strengthen our immune system, prevent diseases and help reduce the risk of sickness. For example, bread, noodles and rice can give us energy to do our daily tasks. On the other hand, if we often eat fast food that is high in sugar, salt and oil, this will affect both our mental and physical health. We may get depression, mood swings, obesity, heart disease, high blood pressure and even cancer. Therefore, eating healthily is very important.

It is a good idea to cook homemade healthy dishes. For example, ‘Mango prawn salad’ not only looks beautiful but it is also delicious. The ingredients include shrimps, mangoes, eggs, cherry tomatoes, corn kernels, cucumbers and lettuce. All these ingredients are good for our health. Regarding their nutritional value, shrimps can reduce the cholesterol content in our blood. Eating mangoes can help improve our eyesight. Eggs provide us with protein. Eating tomatoes can enhance our bodies’ resistance and help control blood sugar. Corn kernels can help improve our skin, while cucumbers can help eliminate excess salt from our bodies. Lastly, eating lettuce can help regulate blood sugar level and maintain the health of our eyes and brain.

How to make this ‘Mango prawn salad’? It is so easy! First, boil shrimps with cooking wine, black pepper and salt for ten minutes. Second, slice the mangoes, small tomatoes, cucumbers and lettuce. Next, boil the eggs for eight minutes. After that, stir-fry the corn kernels. Then, stir-fry the shrimps with olive oil until they turn orange. Finally, pour vinegar onto the salad. In my opinion, this dish is yummy and nutritional.

I encourage you to try to cook healthy dishes and eat well. You want to be healthier, don’t you? Thank you for listening!

By Wong Yan Tung (F.1CDE)

The Brain-working Game

Have you played Rummikub before? If not, let me introduce this game to you all.

This game was invented by a Romanian-born Israeli board game designer, Ephraim Hertzano. Do you know that it was handmade in his backyard? Isn't that crazy? How could a person suddenly make a game in his backyard? The game was inspired by both rummy and mahjong. Rummikub is a tile-based game.

I would like to tell you how to play the game. The rules are actually simple. Each player has 14 tiles. In order to win, players need to get rid of all the tiles within sixty seconds. It seems quite easy. However, there are lots of twists, and I will share two of them with you. To place the tiles, you need to form valid sets and place them on the table, for example '123'. If you don't have the tiles, you can't put out tiles such as '23'. Of course, if you have more tiles, you can't make a move. Another twist is that they need to be of the same colour or else you can't play them.

In my opinion, this game trains our logical thinking and I find it rather difficult to play. It can also help improve our decision-making skills. Although it is not popular and not many people play it, I believe that people will fall in love with this game the first minute they play it. They will find it addictive and entertaining.

I hope you like this game. It trains your brain to think faster and makes you smarter. I also hope you'll have a blast playing it with your friends and family.

One-sided argumentative essay —

Should Animal Shows be Banned?

By Chen Yu Lam Yulia (F.2A)

Should Animal Shows be Banned?

Nowadays, many people like to go to theme parks such as Ocean Park to watch animal shows. Some of them think it is meaningful. However, I strongly disagree with it. My stance is that animal shows should be banned. My stance can be justified with the following reasons.

First, the practices of animal shows are cruel to animals. In theme parks, animals need to work hard to perform tricks to entertain people. Also, some types of performance can be dangerous for animals. For example, lions may practice jumping the ring of flame a hundred times to complete the performance successfully. During the practice, the lions may burn themselves and some may even die due to the inhumane practice. What is worse, some trainers may not feed the animals if they cannot succeed in performing the tricks. What is shown to us is perfect performance, but the inhumane treatment of the animals is beyond our imagination.

In addition, the noise in the animal shows threatens animals' health. Animals belong to nature, but they are always kept in small areas for animal shows. Many animals are sensitive to sound. The small areas make the clapping and shouting from the audience even louder, which can damage the animals' hearing ability, affect their living habits, and cause mental illness, especially for animals such as dolphins that rely on sounds to communicate. Therefore, animal shows pose a threat to animals' well-being.

In conclusion, animal shows generally have a negative impact on animals. This is a cruel pastime that threatens animals' health. They have the right to stay in nature and live on their own. I think we should take the animals' feelings into account and release them into their natural habitats, shouldn't we?

Friendship Betrayal

On a stormy summer evening, my friend, William and I were hanging out at the beach. Since the weather wasn't great, there were no other people but us at the beach. We laid down and listened to the sound of the waves. While we were chilling around, the sky became darker, and it started drizzling. So, we went to the lighthouse as that was the only indoor area we could spot.

After we went into the lighthouse, we closed the door. It was super dark inside. We were very puzzled about what we had stepped on. 'Will! Do you get me?' I asked, 'Should we leave?' 'No. Just keep walking. We will get to the top soon,' answered William. We walked down several stairs and suddenly heard a strange groan. Little did we know, the lighthouse was actually haunted.

We found the place very unsettling as there were some insects crawling and flying around and there were many eyes staring at us. 'Who are you? Who let you in?' we heard a voice coming from nowhere. I wanted to answer, but I was totally paralysed with fear. I could neither move nor speak. A giant spider appeared in front of us. Suddenly, I got pushed forward. 'Don't eat me! Just take her!' William shouted. In a flash of light, I realized that I just got betrayed by my friend. The next second, many giant insects jumped onto William. All I could hear was his scream. I couldn't believe my eyes. I looked at William when he got torn apart and his muscles got ripped off.

'People get what they deserve,' said the spider, 'Listen, little girl, don't make any more friends like this jerk'. After leaving me the message, the spider left. At that moment, I couldn't help but think about what had just happened. Was I alive? Did I just get saved by a spider? I thought to myself. The moment William got killed, the sound of his scream when his

veins, skin and muscles got torn off... it was too bloody and spine-tingling to forget. Nonetheless, he will still be my most unforgettable friend. When the rain stopped, I managed to get out alone.

After the incident, I learnt that we should never betray our friends and leave them behind when they need help.

By Chen Mo Yan (F.2C)

What? Hong Kong has a Magical Place

Posted on 1st January 2023

My friends and I set out and explored a magical place in Hong Kong--Tai Pong. It was an unforgettable journey filled with natural beauty and unforgettable experiences.

Day 1

I went to a magical place which is Tai Pong. While I was hiking in Tai Pong, I enjoyed the breathtaking views with my friends. When I arrived at the peak of the mountain, my friends took out the local food they bought in Tai Pong. I also brought some local ingredients to prepare for the barbecue. My friends tried to make a fire, but the wood wouldn't burn. We moved to another stand, and finally the barbecue could be cooked. It was a great meal since the food was delicious and the scenery was beautiful.

Day 2

My friends and I hit the road to the beach in the morning. It was a really sunny day, so we sunbathed, which was relaxing for us. I felt chilled when the water and the sand touched my face. Later, we built some sandcastles on the beach and mingled with friendly locals. We learned a lot of fun facts from them, and we exchanged our contact details.

In the afternoon, we went scuba diving. It was the first time for me to try this. I felt both nervous and excited. I saw a lot of colourful and beautiful fish in the sea. At times, I felt I could forget everything and focus on the scenery. In the evening, we took a shower, packed our suitcases and left.

The trip was incredible, and I fell in love with Tai Pong!

Story — A horror story with a moral lesson

By Xu Daodong Dave (F.2D)

Escaping from the Dark, Dark Wood

Amy was my classmate. When she went travelling two years ago, she got into some dark, dark woods. The woodlands were very dangerous with a lot of snakes. That sent chills down her spine. But quickly, she found a road. She knew if she walked along that road, she would be able to get out of the woodlands. Only that road was believed to be safe because there were no snakes around.

Amy walked along the road, but there was a deserted hospital. The only way was to go through the hospital, so she had to find another road to get out of the woods. She felt petrified, but she thought, ‘Just do it!’ She opened the door of the hospital. The door released a weary creak, and there were many skulls behind the door. Her heart was pounding, and she found a lot of zombies in that hospital. She was thinking, ‘If the zombies see me, I will die!’ This thought made her blood run cold. Having no time to hesitate, she ran as quickly as she could to the back door of the hospital. She didn’t make any noise, so the zombies didn’t notice her. She opened the back door that led to the other half of the road.

Very luckily, Amy could make it out of the dark, dark woods alive! That was too horrible and seemed impossible. She told me that she wouldn’t visit any woods again because of this terrifying experience.

Amy's courageous journey through the dark, dark wood and the haunting hospital reminds me that even in the face of the most daunting challenges, we can find the strength to overcome them. As long as we dare to try, anything can be achieved.

Review — Circle – A 3-in-1 gadget

By Leung Oi Yan (F.2E)

Would you like to have a gadget that can make your life easier? When your smartphone runs out of battery, you may need a charger at once. But what if you also want to have a drink and listen to music to unwind, all at the same time? Then, this is the time for you to own the “Circle 3-in-1” gadget as it has all the functions you need in a single entity.

The “Circle 3-in-1” is a multi-functional gadget which can help you do a lot of things. First, it can play your favourite music based on your recent song listening. Second, it also serves as a heater. It can reheat all kinds of beverages like coffee or tea. Third, it is also a portable mobile charger. It can recharge your smartphone speedily. Moreover, it is easy to carry around. It is a must-buy product. However, the “Circle 3-in-1” gadget can use up its own battery very quickly. If you’re using your phone but you’re recharging it at the same time, the gadget will likely run out of battery within a matter of three hours. In addition, the quality of the speaker is not exactly that good. The music may sometimes be too loud or too soft. It is thus not really stable. So, you must consider that before making a decision to purchase this item.

All in all, I would still recommend buying this gadget. It is mainly because the “Circle 3-in-1” is inexpensive. It costs only \$350. If you prefer a user-friendly gadget, then the “Circle 3-in-1” may be an appropriate option.

By Lo Tsz Long (F.2CDE)

Let's Have an Eco-friendly Christmas Party

There are lots of waste made by people at parties every year. The waste of the party makes the environment become worse. Let's have an Earth-friendly party this year!

First of all, at Christmas party, we always make or buy lots of food more than we need. Therefore, after the party, large amount of food will be thrown into rubbish bins. Some of the food may even be left untouched.

Second, at Christmas, food companies pack food with beautiful but excessive packaging. After people finish the food, they will throw the packages instead of recycling them.

Do you know what we can do to avoid this situation? We can just buy the right amount of food instead of buying a large amount of food. We can also bring our lunchboxes to take the food back home. For the packaging, we can try to reuse the packages by using the chicken nuggets boxes to eat rice. After that, you can wash them and reuse them again next time. As it is Christmas, the packaging would be filled with all kinds of Christmas prints. Here is a secret tip for you: you can cut the Santa, snowman, and Christmas trees on the box to decorate your house.

These are some green actions I did in my Christmas party last year. We didn't waste much food because we packed the food back home after the party. Some of us donated the leftover food to the homeless, elderly and charity. We also used the characters printed on the boxes to decorate our classroom. We can reuse them again next year. We have already been wasting too much in our daily life.

Let's join hands to have an eco-friendly Christmas party this year!

Letter to the Editor — Technology

By Leung Hiu Ching (F.3A)

Dear Editor,

I am writing to express my thoughts on the impact of technology on our lives. Although innovative technology has brought revolutionary changes and made our lives better in so many ways, it also has its pros and cons.

To begin with, the Internet has brought awe-inspiring convenience to our lives. Social applications and websites are good examples of this. Many companies utilize social influence to promote their products. Moreover, some people are making money by doing live broadcasts online while showing their talent. Next, people use social media to communicate, which enhances their relationships. It also has emojis to help them convey their feelings and facial expressions in text messages. Some people also love taking selfies and sharing them on social media to showcase their recent experiences.

Another important impact is using technology in medicine. It is breaking new ground as we have never seen it before. One good example is surgical robots. Surgical robots can assist doctors in performing operations with great precision. In addition, there is also gene editing, which can change people's DNA. It helps patients with incurable diseases. This technology has saved the lives of many people.

Despite the pros, technology has some drawbacks. Some students spend too much time on the Internet, which leads to addiction. They can't control themselves and waste a lot of time on it. Therefore, it is necessary for us to know the right time to use the Internet.

Another issue is online scams. Many scammers use different techniques to defraud people of their money. We should avoid being cheated out of money online. Also, don't click suspicious links and don't trust them as they may result in the downloading of computer viruses. In addition, we can install antivirus software to protect our computers. It is very important to use strong passwords to protect our personal information online too.

In conclusion, we should use technology with care because it is a double-edged sword. There are both advantages and disadvantages to it. Let's work together to foster a good Internet environment and make good use of the benefits brought by technology.

Yours faithfully,

Chris Wong

Speech — How to improve our health

By Wu Chun Chiu (F.3B)

Good morning, Principal, Vice Principal, teachers and fellow school-mates! As one of the members of Blue House, it is my responsibility to give a speech about improving the health and fitness of the students of the Blue House. I hope my speech can give you some tips and suggestions.

First, let me talk about why some students are unhealthy. I think one of the most important reasons is that they have an unhealthy diet. They often choose to eat junk food, which makes them gain more weight. Also, some students are addicted to playing internet games, so they usually sleep late. This causes sleep deprivation in most cases. Also, Internet gaming addiction usually stops students from engaging in physical activities. Such sedentary lifestyle can harm their physical health.

Next, I want to talk about how we can improve our health. There are three suggestions. Students need to keep a healthy diet by following the food pyramid. Like the saying, “You are what you eat.” It is necessary for us to eat healthily. Also, we need to focus on our studies to avoid getting addicted to playing online games. When we feel stressed or depressed, we can go to teachers, counsellors, families and friends to seek help instead of getting the comfort from online games. Remember, go to bed early and wake up early. This can also be helpful to maintain a healthy life. Adequate sleep can support weight management and boost our memory and learning.

Besides health improvement, we need to pay more attention to fitness. Doing more exercise and joining various activities is an effective way to stay positive. We can make more friends and foster friendships by trying team sports, such as football, basketball or badminton. I think we can always talk to our PE teacher to ask for some professional advice to help us

improve fitness effectively and efficiently.

At the end of my speech, I hope we can all realize the importance of a healthy lifestyle. Take care of your body and it will take care of your mind. All our efforts will make a big difference! Thank you for listening.

Story — A space adventure

By Wu Cheuk Man (F.3C)

Beyond Earth's Ruins: A Tale of Hope and Redemption

In the year of 2088, our journey through space led us far away from the remnants of Earth, a planet destroyed by the selfish actions of humanity. We, along with a group of survivors, sought refuge on a distant planet, hoping to rebuild our lives and learn from the mistakes of the past. Little did we know that our adventure was about to take a surprising turn.

As we settled into our new home, we discovered that we were not alone. The planet had become a sanctuary for various beings, including a familiar face we never expected to encounter. Queen Elizabeth, having left the Earth 65 years ago, had made this planet her new realm. She had undergone a transformation, able to shape-shift into a majestic lizard.

One fateful day, as tensions rose between our group and the others on the planet, Queen Elizabeth, in her lizard form, appeared before us, leading her troops.

"You dare challenge me, mere mortals?" she hissed, her eyes glinting with an otherworldly glow.

"We seek peace and harmony," I pleaded, trying to diffuse the situation. "We have learned from the mistakes of our past. We must coexist."

But the Queen's gaze remained unyielding, and her troops advanced. A battle ensued, with lasers flashing across the alien landscape. Our group

fought valiantly, defending our newfound home.

In the midst of the chaos, however, a powerful energy surge erupted from deep within the planet. The ground trembled, and a deafening roar filled the air. The planet itself seemed to rebel against the violence and confusion.

As the world tore apart, I found myself abruptly awakened by the blaring sound of my alarm clock. It was all a vivid dream, a glimpse into an alternate reality. And yet, the message remained clear.

We must learn from our past mistakes, protect our planet, and strive for peace. It is up to us to ensure that the future holds a better fate than the one I briefly witnessed in my wildest dream.

Photo-editing Apps and Filters Do More Harm Than Good

By Ng Pak Ui (F.3D)

Photo-editing Apps and Filters Do More Harm Than Good

In this digital world, photo-editing has become more and more popular among people, especially much welcomed by young people. I strongly believe that photo-editing apps or filters are not beneficial to us. In this essay, I am going to justify my point of view.

Firstly, photo-editing apps may give rise to bullying or teasing. They may promote unrealistic beauty standards, fostering a culture of comparison. Although technology can enhance users' physical appearance, it can't boost their confidence. If teenagers look charming in photos that are edited but look ordinary in real life, they may be subject to criticism. This may be detrimental to their mental health. As the saying goes, beauty comes from within. Never should people rely on photo-editing apps for fake looks.

Secondly, photo-editing apps and filters may lead to scams. Nowadays, it is common for scammers to generate distorted images. With the help of social media, people can have access to fake information. Once they begin to trust that fake information, it will create a lot of trouble.

Nevertheless, some people may argue that these apps can let them outshine their peers virtually. The sad truth is that the so-called confidence is not grounded. People can only be truly confident if there is something real at hand. In this case, when everything is fake and everyone can do the same thing, there would be no comparison at all.

All the above bring us to the conclusion that using these apps can create endless problems.

Article — Do photo-editing Apps Do More Harm Than Good?

By Jia Jasmine (F.3E)

Do Photo-editing Apps Do More Harm Than Good?

As almost everyone has a smart phone nowadays, computer applications, especially photo-editing apps are gaining popularity among young people. However, is it good to use them all the time? After giving it more thought, I find myself not in favour of people using these applications.

First of all, the main argument is that this may increase our unhappiness and also affect our self-confidence. According to a research done by Flinders University, editing selfies may lead to an increase in the person's negative emotions and dissatisfaction with their own appearance. It is easy to understand why this may well be the case. Just imagine yourself looking at the edited photo, feeling gorgeous and perfect, but when you turn your gaze towards the original photo and find yourself not as pretty as you imagined. You may experience a sense of frustration and helplessness. Besides, the process of modifying selfies may have a negative impact on our emotions and appearance satisfaction. While we are touching up our photos, it is sure that it needs skills and experience. During the process, we may face difficulties reaching the standard in our mind, which will bring unhappiness.

Viewed from another perspective, beauty comes from within, photo-editing apps and filters can't change our true appearance. To cater to the unrealistic beauty standard, people may pay more attention than truly needed to their body, such as resorting to cosmetic surgery and even facing the risk of losing weight deliberately, which may lead to eating disorders. However, these help little on effectively improving our appearance, making the viewers think that the publishers are insincere on the Internet. Thereby the photos you post may not receive a wide range of recognition. This is contrary to the purpose of the effort.

Actually, inner beauty, like wisdom, benevolence and other virtues, which are everlasting, should be the proper values. In addition, we should accept our whole body, including our appearance, the bad habits we have

Thus, we, as teenagers, should keep on acquiring knowledge and skills to enrich ourselves. This is the most effective way to enhance our confidence.

As justified above, I don't think it is good to use photo-editing apps and filters. Focusing on improving our inner qualities is more important.

Speech — Volunteering

By Chan Yan Ki, Dora (F.4A)

Good morning, Principal, teachers and fellow students,

I am Chris Wong, a member of the school's Social Services Club. It is a great pleasure for me to share my experience with all of you in today's assembly. When it comes to volunteer work, what immediately comes to your mind? Is it clearing the beach, donating blood or providing aid?

First and foremost, I would like to share my experience in doing volunteer work. At first, I was not willing to participate in voluntary work because it involved a multitude of responsibilities and took me lots of time. However, my best friend invited me to pay a visit to an orphanage with her. It totally changed my mind about voluntary work. Children's smiles, kindness and warmth really lit me up. So, I decided to join the Social Services Club at our school to engage in more volunteer work to inspire others. Just like what Spider-Man says, 'With great power comes great responsibility.' I believe that you can do it as well.

Speaking of the benefits of volunteering, fostering interpersonal relationships and improving social skills may come to mind. Some people are extroverts by nature, while shy people may find it difficult to socialize. Volunteering allows you to regularly meet with a group of people who share your interests, which provides you with a great opportunity to practise and develop your social skills, helping you gain momentum and empowering you to expand your social circle and meet new people. Our Social Services Club regularly holds some events for voluntary work, so don't worry if you have no idea of how to join them. Just grab this opportunity to improve yourself in the social aspect.

On top of that, volunteering definitely helps others, and, at the same time, you may feel fulfilled and satisfied. In other words, it is more of a blessing to give than to receive. Picture the scene. It is a lovely and friendly healthcare facility that you are visiting. You are engaging in board games with senior citizens. The elderly are so appreciative of your help that they squeeze your hand tightly and smile sweetly when they say, “thank you.” What a touching scene, isn’t it?

Towards the end, engaging in volunteer work holds immense values and benefits for both individuals and the community. It provides an opportunity to develop interpersonal skills, expand social and professional networks and make a positive impact on the lives of others. The fulfillment and satisfaction derived from helping those in need are immeasurable. So, let’s embrace the spirit of volunteering and continue to contribute our time and efforts to create a better and more compassionate world for all.

What are you waiting for? Join our Social Services Club and our big family to contribute to the community and promote empathy and understanding. If you are interested in doing volunteer work, please go to Room 401 to find Edwin Chan, our chairman of the Social Services Club for registration. We are looking forward to seeing you at the next event. Remember, “Charity begins in the heart.”

Thank you and let’s embark on this volunteer mission with enthusiasm and dedication.

Argumentative essay — Priority seats

By Yeung Tsz Ching (F.4B)

Doubling Priority Seats — A Wise Idea?

In recent years, there has been increasing awareness of the importance of providing priority seats on public transport for passengers in need. However, the government's proposal to double the number of priority seats has sparked a heated debate in the city. Some support the idea while others are against it. In this essay, I will present three arguments against the proposal to double the number of priority seats on public transport.

Firstly, one of the main concerns with increasing the number of priority seats is that it may lead to a shortage of seats for other passengers. Public transport in Hong Kong is already very crowded, especially during peak hours. Adding more priority seats may exacerbate this problem. It is important to strike a balance between serving the needs of vulnerable passengers and ensuring that there are enough seats for everyone.

Secondly, there is a concern that doubling the number of priority seats may lead to the abuse of these seats by able-bodied passengers. Currently, priority seats are often left empty even when there are passengers in need, as some people may be unwilling to sit on them out of fear of being judged or criticized. By increasing the number of priority seats, there is a risk that these seats may be taken up by those who do not truly need them, further disadvantaging those who do.

Lastly, there is a practical consideration to take into account when it comes to doubling the number of priority seats. Public transport vehicles have limited space, and adding more priority seats may require the removal of regular seats. This could result in a decrease in overall seating capacity, which would negatively impact all passengers, not just those in need of priority seats.

In conclusion, while the intention behind the government's proposal to double the number of priority seats on public transport is well-meaning, there are important considerations to take into account before implementing such a measure. It is essential to reach a balance between serving the needs of vulnerable passengers and ensuring that there are enough seats for everyone. Instead of simply increasing the number of priority seats, we should focus on raising awareness and promoting a culture of respect and consideration for all passengers on public transport.

Complaint letter — Sport equipment and facilities being damaged

By Lok Yuen Shan (F.4C)

Dear Mr Liu,

Re: Complaint about sport equipment and facilities being damaged

I am writing to bring to your attention an unfortunate incident that occurred at Everplay Sports Club involving four players from your school's Table Tennis Team. Last Friday, on 2nd December, four players from your school visited our club to play a friendly match. It is disheartening to report that their visit resulted in substantial damage to our equipment and facilities.

Upon their departure, I conducted a routine check of the premises and discovered that two table tennis bats, along with a significant number of table tennis balls went missing. Furthermore, I noticed that one of the tables had chewing gum stuck to it, which not only defaced the surface but also posed a hygiene concern. Additionally, the table tennis nets were found intentionally knotted, rendering them unusable. This act of vandalism has created inconveniences for other members of the club and has caused a financial strain on our club.

Such behaviour not only reflects improper action on the individuals involved, but also tarnishes the reputation of your school team. As the coach of the table tennis team, I strongly believe that it is vital that this matter is addressed promptly and appropriate disciplinary actions against the students responsible for this misconduct should be taken without delay.

I kindly request you to conduct a thorough investigation into this incident

and identify the culprits involved. It is important that they understand the consequences of their actions and are held accountable for the damage caused. I urge you to have a conversation with the players, emphasizing the value of integrity, respect and responsibility.

If no action is taken to resolve the situation, I am afraid that I will have to write to a newspaper to make the situation known to the public. I trust that you will take this matter seriously and redress it with the urgency it deserves. I hope that you will take immediate action to rectify this situation and our club can be compensated appropriately for any losses incurred.

I am looking forward to your prompt reply and action.

Yours sincerely,

Chris Wong

Opposing the increase of the number of priority seats

By Ifra Ahmed (F.4D)

The proposal to increase the number of priority seats on public transport, such as MTR trains and buses, has sparked a contentious debate in the city. While the intention behind the proposal may seem noble, ensuring that passengers in need are provided with adequate seating, it is important to consider the potential drawbacks of such a decision. In this essay, I will present our arguments against the increase of the number of priority seats on public transport and advocate for maintaining the current number.

One of the main arguments against increasing the number of priority seats is the limited seating capacity on public transport. Public transport services are already heavily utilized in the city, especially during peak hours. By increasing the number of priority seats, the overall seating capacity for other passengers may be reduced. This could lead to increased overcrowding and discomfort for the general commuting population, negating the intended benefits of the proposal. Maintaining the current number of priority seats strikes a balance between providing seating for passengers in need and accommodating the general commuting population.

Another concern about increasing the number of priority seats is the potential misuse of these seats by passengers who do not fall under the designated categories. With more priority seats available, there may be a higher likelihood of individuals who do not require them occupying these seats, depriving those who truly need them. This can lead to conflicts and disputes among passengers, creating an uncomfortable and hostile environment on public transport. By keeping the number of priority seats at a reasonable level, this facilitates better enforcement and monitoring of these seats, ensuring that they are used by those who are in need.

Increasing the number of priority seats in public transport will also have financial implications for the transportation authorities. The costs associated with modifying existing seating arrangements, updating signage,

and implementing awareness campaigns add to the overall operational expenses. These resources could be allocated to other pressing needs in the public transport system, such as improving accessibility for passengers with disabilities or enhancing overall service quality. Maintaining the current number of priority seats allows for a more efficient use of resources, focusing on initiatives that benefit a wider range of passengers.

In conclusion, while the proposal to increase the number of priority seats on public transport may seem well-intentioned, it is important to consider the potential drawbacks and implications of such a decision. By maintaining the current number of priority seats, we can strike a balance between providing seats for passengers in need and ensuring the overall efficiency and comfort of public transport services. It is crucial to prioritize the effective allocation of resources and address the various transportation challenges to create a more inclusive and sustainable public transport system.

Speech — Benefits of doing volunteer work

By Wong Man Him (F.4E)

Good morning, Principal, Vice Principal, teachers, and fellow students. I am Chris Wong, a member of the Social Services Club. I am delighted to speak to you today. When someone mentions "volunteer work," what immediately comes to mind? Useless? A waste of time? That's what I thought before I joined the volunteer tutoring program in Xiang, organized by Po Leung Kuk.

Actually, before the trip, my goal was to earn extra conduct marks for a higher grade. But when I finally arrived there, I realized that Xiang's living standards were worse than I had imagined. Whenever a trash truck arrived, children living there would rush to it, eagerly waiting for a "treasure hunt." What we consider useless items are treasures to them. Many Hongkongers waste things that the kids in Xiang truly want. This is unacceptable. Furthermore, some schools in Xiang have been closed down due to various reasons. The children have no choice but to stay at home and do nothing. I witnessed this with my own eyes. Fortunately, we went there to provide free education, teaching them essential skills and subjects they should be learning in school. Throughout the program, I realized that instead of hanging out with their friends, many volunteers devoted their time to providing tutoring services and guidance to underprivileged children, helping them with their studies. In other words, the volunteers offered free education without expecting anything in return, simply sharing their love and care with the children. This made a difference in both the children's lives and my own. I also gained an understanding of the actual needs of the service recipients and the meaningfulness of helping others.

After the trip, I was honored to receive the "Most Valuable Volunteer" award from Po Leung Kuk. With this award, I hope to inspire all of you to become volunteers and share our love and care with everyone in the world. If you are interested, please contact Peter Chan, our chairperson, to

join us. See you on our next trip!

Last but not least, I would like to express my gratitude to all of you for making the effort to listen to my speech. I would also like to take this opportunity to show my appreciation to Po Leung Kuk, the volunteers, and the children from Xiang for their continuous inspiration and valuable guidance.

I wish you all a wonderful and unforgettable experience today. This concludes the morning assembly. Thank you for listening!

Debate speech — Should lion dancing be included in the school's PE curriculum?

By Hou YinPu (F.5A)

Ladies and gentlemen, judges, teachers and fellow students,

Today, we are here to discuss a topic that may be of interest to each and every one of us: Lion dancing. I believe this should be included in our school's Physical Education (PE) curriculum. It's an issue that has sparked heated debate and divided opinions among us. As for our team, we stand firm for the motion today because lion dance is beneficial to students' well-being and lifestyle, preserving traditions and passing them down to future generations as well as increasing students' interest in traditional Chinese culture. I will present three reasons as to why I support the motion.

The first and foremost reason I stand for the motion is that it encourages students to adopt a healthy and active lifestyle. The more regular exercise they do, the more satisfactory their overall well-being will be. Lion dance not only helps maintain a healthy body, but also boosts solidarity and co-operation among students. Performers would mimic a lion's movements while dressed in a lion costume during the dance. That means that the lion dance requires high unity of the performers. Consequently, students can learn teamwork and boost their well-being. If lion dance is included in the PE lessons, it will foster a vibrant atmosphere at school, not to mention students' collaboration among themselves.

In addition, lion dance is a captivating cultural performance that is of great significance to the Chinese culture. Adding lion dance to the PE curriculum is a way to preserve the tradition and pass it down to future generations. As Chinese citizens, it's our duty to safeguard and preserve our tradition. Also, lion dance can connect students to the past, helping them to understand our history and the experiences of our ancestors. In the same vein, lion dance will increase students' understanding and interest

in the traditional Chinese culture. Students will find it amusing to learn and enjoy lion dancing in their PE lessons.

Some people may say that learning lion dance is too time-consuming, and it will make students have less time for doing homework and revision. However, this is simply not true. It is irrelevant and illogical. Lion dancing will be included in the PE lessons only. No other leisure, revision or homework time will be occupied because it is going to be included in the school's timetable. Meanwhile, it is a wonderful way to let students relax and have a respite from the strenuous schoolwork. PE lessons aim to let students gain meaningful and unforgettable experiences. To build a comprehensive PE curriculum, lion dance is an appropriate medium to achieve this target.

For all the above reasons, our team stand firm for the motion. Lion dancing should be included in the PE curriculum of our school. I hope that these arguments have convinced you that lion dancing encourages students to adopt a healthy and active lifestyle as well as preserving the tradition and passing it down to future generations. Given the above, today's motion must stand. It is hoped that lion dancing can be included in Hong Kong schools soon to enable more students to learn this significant traditional Chinese culture.

Thank you.

Report — Online scam

By Liu Pak Ki, Gareth (F.5B)

Report: How to prevent falling prey to online scams

1. Introduction:

A survey has been conducted in school recently, interviewing 100 participants. The purpose of the survey was to investigate the causes of online scams and the impacts on the citizens.

2. Causes of online scams:

One of the main causes of people falling prey to online scams is that they are not cautious enough to protect their privacy. They tend to have poor online habits and change their passwords infrequently. For example, they often forget to log out of websites or bank accounts. Logging onto websites will increase the risks of the passwords being disclosed to others. Therefore, one's carelessness and bad online habits result in the leakage of personal information.

Another reason is that technology is too advanced nowadays that it has some loopholes which are easily manipulated by online scammers. Blackmailed by online scammers, some of the victims pay a large amount in an attempt to stop their nude photos from being exposed, in extreme cases. Therefore, you should check the webpage link whether it is actually a false link that leads you to expose your personal details. Also, someone might pretend to be the staff from Immigration Office.

3. Solutions:

In order not to become the next victim of online scams, we should be cautious and always stay vigilant. We should avoid disclosing our identity cards, phone numbers and emails. For instance, the victims might receive loans from some illegal downloading or commercial companies. Thus, it can be

clearly seen that being cautious about online scams is necessary.

4. Conclusions and recommendations:

In summary, Internet users should avoid using unknown websites and stay vigilant. These are some of the ways to crack down on online scams. Although we keep teaching users how to prevent falling prey to online scams, many people still fall prey to online scams. So, it is suggested that we always remain cautious.

Two-sided argumentative essay— Smartphones: A Friend or Foe?

By Ng Ka Yee (F.5C)

Smartphones: A Friend or Foe?

Recently, there has been a heated debate regarding whether smartphones pose a threat to teenagers' health and well-being. While there is a growing concern about the potential impacts of smartphones on teenagers' healthy growth and well-being, others believe that teenagers can benefit from using smartphones.

Regarding the advantages of using smartphones, they serve as valuable tools for learning. They enable us to access information online, watch tutorials, and share our learning experiences with others on various platforms such as Google and Microsoft Teams.

In addition to being excellent learning tools, smartphones can also aid in times of danger. They allow us to communicate wherever we are. In case of emergencies or accidents, they can be used to contact emergency services or parents. Some smartphones even have GPS capabilities that aid in navigation.

However, it is crucial to acknowledge that smartphones are not solely meant for teenagers to connect with friends or access online information. They also serve as entertainment devices, allowing us to browse videos and websites on different platforms. Unfortunately, excessive smartphone usage can be addictive, leading to prolonged screen time, impaired eye-sight, and distraction. Overreliance on smartphones can also result in social isolation and an inability to connect with others in real life.

In conclusion, the debate surrounding smartphones and teenagers' well-being

is complex. While there are concerns about potential negative im-pacts, such as excessive screen time and social isolation, smartphones al-so offer numerous benefits, including access to information, connectivity, and learning opportunities. It is hoped that users can strive for a balanced approach in utilizing this remarkable invention. Despite the numerous benefits, critics argue that there are also various drawbacks associated with the use of smartphones.

Article — Benefits of taking an active role at school

By Huang Wai Man (F.5D)

Every student recognizes the significance of academic performance in charting a successful future. However, the paradigm of education extends far beyond textbook knowledge. Taking an active role in one's school environment can wield a profound influence on personal development and achievements. Last week, our career centre elucidated this perspective in an enlightening seminar. This article represents a synthesis of what has been learnt from the seminar. It emphasises the importance and benefits of productive student engagement in school.

Active engagement in school activities is not merely a pleasant pastime. Instead, it cultivates essential skills and attributes in students. Firstly, leadership skills notably bloom from such active participation. Stepping up as a student council member, a group leader, or a representative in various school committees necessitates vision, responsibility and coordination skills. For instance, organizing a school event will expose students to challenges involved in planning, teamwork and delegation.

Another aspect to consider is that active school involvement fosters a sense of community and belonging. Sport teams, a drama club, a debating team and other activities create a shared space for student collaboration and camaraderie. This sense of unity fosters social growth, respect for diversity, and an understanding of the collective good.

Furthermore, active participation provides a platform for students to explore their interests and ignite their passion. Whether it is a study in a computer science club, or writing for the school newspaper, these activities offer students the opportunity to stretch their potential and consequently build confidence and self-identity.

One more benefit is paving the career path for the real world as there have been practical experiences derived from active involvement in school. The organizational skills can be honed while managing club memberships; the communication skills can be fortified through public speaking; and the problem-solving acuity can be developed in project work. All these contribute to a well-rounded readiness for future challenges.

Being an active participant in school activities is therefore more than just an exciting escape from routine academics, it is a canvas upon which students can paint the picture of their evolving identities. While textbooks will always play a pivotal role in education, students can actively engage in activities for a richer and multi-dimensional development of their potential to the fullest. It is time to galvanise our education by taking a proactive role in our school journey, cultivating skills, discovering passions and unlocking our future with infinite possibilities.

Open Letter — Informing students of the changes to the sports facilities

By Yip Tsz Hin (F.5E)

Dear students,

There is only one thing more staggering than Hong Kong's mind-blowing economic metamorphosis, and this is the still widespread ignorance of global warming. As you are aware, global warming has become a sight that cannot be left unseen, bringing fear and atrocities around the globe, with extreme weather events and increased mortality. These will become more destructive as we let the grass grow under our feet and let the planet slowly rot away. It is tantamount to the self-destruction of humanity along with every other living being on this planet if we do not address this issue any further. Hong Kong is not any better than countries whose factories produce exorbitant amounts of harmful gases and pollutants that are then released into the atmosphere. The data taken from the Environmental Protection Department shows that we have produced over 4 million tons of waste in 2022. This is not just a drop in a bucket we are looking at here, we are playing a pivotal role in contributing to global warming to say the least.

To help address this issue, our school has devised and modified various rules and regulations about our school's sports activities and facilities to improve the environment on the school campus. We should probably follow the example of Singapore, where the country decided to demand citizens to rely on more environmentally friendly alternatives to help alleviate this concern. After a lot of measures have been taken, it seems that this has decreased their carbon footprint by over 37%! Without further ado, I shall disclose to you all the brand-new regulations related to school's sports activities and facilities to resolve and address the issue whilst avoiding resource depletion.

As the new regulation states, the use of air conditioners must be kept to a minimum to ensure less energy-expenditure. This means no air conditioners are allowed to be on when the weather is cooler, and students can instead

open the windows and turn on the fans to cool down in the gym. The effects brought by the excessive use of air conditioners on campus are incredibly harmful to the environment. Furthermore, if students want to use air conditioning during hot weather, they shall entrust a teacher or a member of the staff to turn it on, while never setting the temperature below 25 degrees Celsius, to keep the use of air conditioners to a minimum as stated.

Following up with the list of new regulations, all the following ones are related to paper waste, considering that paper waste has been a sizable portion in our school annual waste disposal. The first rule regarding this problem states that paper cups used at the water stations around the sports ground will now be removed. It is highly encouraged that students bring their own water bottles to refill to quench their thirst. As portable water bottles are more durable than paper cups, you can drink at your own pace over a longer period, without being confined at the water station.

The next rule on the list of regulations addressing the problem states that E-notices will now be distributed to students for information about the school and sports events as well as sporting results. These will be announced on the school website instead of making use of paper notices and leaflets. This rule would be hitting two birds with one stone as there won't be any extra paper notices printed out. Therefore, if a student loses their notice the first time, there may not be a spare copy for him. E-notices won't pose that problem as they will stay in your digital device forever as pdf, while providing more ease of access to the information about the school and sporting events as well as reducing the amount of paper wasted for notices or leaflets to deliver the same information.

The last rule on the list of suggested regulations states that students will be given a choice when it comes to using traditional books or e-books in class. This means that students have the privilege to use eBooks during lectures, strictly under the teacher's supervision, along with online copies of study materials on Teams. No extra copies will be printed from now on, in the hope that this change will encourage students to play their own role in preserving and making good use of the resources provided to them by teachers and staff. This would bring convenience to students whose

backpacks are often stuffed to the brim while achieving the goal of resolving the issue of paper waste.

To ensure the operation goes smoothly, it is crucial for the school to continue adhering to the measures set out by the HKSAR Government. Regardless of your school status, all members must follow the regulations applied to the school sport activities and facilities. By playing your part in the effort against the issue at hand, you will see improvement in your own health, and you will contribute to the recovery of our planet's environment, which includes our campus environment. All in all, we highly encourage students to try environmentally friendly alternatives of their own volition, in the hope of a better future. This means that they will thus prioritise their own health along with the health of others. All of us must put in more effort to bring change to our environment. As the famous Indian politician and peace activist Mahatma Gandhi has once said, "The Earth provides enough to satisfy every man's need, but not every man's greed". We hope to see the prosperous future that we can create together.

Yours sincerely,

Chris Wong

Chairperson

Student Council

By Chan Ho Yi, Linda (F.6A)

Virtual zoos: A Superior Alternative to Traditional Zoos

In this era of technology, virtual reality has become a household name, making it more and more dominant in various realms, and zoos are not an exception. This has sparked a heated debate on whether conventional zoos will be replaced by their virtual counterparts. While many may give a standing ovation to virtual zoos, skeptics still insist that virtual zoos cannot replace the traditional ones. Divergent as the ideas are, it is my firm conviction that virtual zoos could definitely exist in place of traditional zoos in terms of ethical concerns, experience for viewers and prevention of diseases.

Of all the reasons why virtual zoos may take over the role of the traditional ones, none are as significant as releasing animals from the shackles of cages in conventional zoos. In bygone days, these lovely creatures were subjected to confinement in zoos to please and entertain human beings, regardless of their natural instincts to roam freely in their natural habitats. This, inevitably, has always been criticized as cruel and has brought animals' rights into discussion. Yet, virtual zoos can serve as a perfect antidote for this painful dilemma as they can present lifelike virtual animals to please the viewers with the use of up-to-date technologies, comprising 3D-modelling systems and sounding systems, taking the place of the traditional zoos that put animals in confinement. With the presence of virtual zoos, the beloved real animals could be freed and returned to their natural habitats. Isn't it patently obvious that virtual zoos could totally replace the traditional ones considering their advantage of addressing ethical concerns and preserving animals' rights?

Apart from treating animals with compassion, it is also worth noting that virtual zoos can present a way more appealing experience for zoo-goers. In traditional zoos, the diverse behaviour of animals is driven by their nat-

ural instincts which may seem exhilarating at first glance, yet soon become monotonous and ordinary. Worse still, the kinds and categories of animals that visitors to traditional zoos can be exposed to are limited, considering animal rights and general expenditures, which add fuel to the flame when it comes to the whole debate over the issue. However, in virtual zoos, it is possible that every species could be displayed with up-to-date technological gadgets. Replicating real creatures, virtual zoo operators could individualize and vary the behaviour of lifelike creatures in pursuit of adrenaline-pumping performances. Imagine a tiger rushing towards you in the twinkling of an eye, or a bear roaring at you - hold your breath! Virtual zoos could even allow a shorter distance between the audience and animals without the constraints of cages and safety considerations. Needless to say, virtual zoos may serve as a superior alternative to conventional zoos by delivering more exhilarating viewing experiences for the audience.

Alongside the adrenaline-boosting experiences, we should never overlook the fact that virtual zoos can eliminate the spread of animal disease. Have you ever fed animals in traditional zoos? Ironically enough, this “good” deed of many poses a menace to animals’ lives in conventional zoos, thanks to the non-animal-friendly chemicals or ingredients. Worse still, in many, if not all, conventional zoos, the zookeepers still feed animals in the same area even when some of them get sick. The latter may become a “black sheep” that infects their lovely comrades, unfortunately. Yet, this would not be the case in the virtual counterparts — all animals are completely virtual. In other words, there is no need to feed the lifelike creatures, and this will not cause a toxic storm of diseases inside the zoo. Along this line of thinking, it is crystal clear that virtual zoos are part and parcel of animals’ safety and disease prevention, which renders it a better replacement of traditional zoos.

Given the sound arguments advocating virtual zoos, some critics may still put forward the idea that virtual zoos can never compete in the same race with traditional ones, as it will contribute to higher costs. This may seem convincing at first glance, but it is unjustified when we dig deeper and ponder. Inevitably, the operation of virtual zoos requires a range of equipment and virtual gadgets in a bid to display lifelike creatures, which might sound

less economical and cost-effective in the short run. However, as technology is developing by leaps and bounds, it can be foreseen that both the market and development of the business will become more mature, thereby lowering the costs of presenting digital creatures and making it more affordable for those who aspire to run a virtual zoo in the long run. On the contrary, in traditional zoos, the owners may need to pay the bills comprising animals' food and physical check-ups of the real creatures — these might literally cost an arm and a leg. Therefore, isn't it preposterous to put forward the claim that virtual zoos will lead to higher costs, as compared to the conventional ones?

In a nutshell, virtual zoos are indeed a better alternative when it comes to ethical considerations, eye-catching performances, and safety concerns for animals, which verify my initial stance: virtual zoos could utterly take the place of traditional zoos.

Graduation yearbook entry — Graduation

By Chan Ho Yi, Linda (F.6A)

When it comes to the most challenging subject that I found in my years of studying in my alma mater, Chinese is probably the first that pops up in my mind, thanks to its mountains of repetitive memorization and perplexing reading comprehension!

Flashing back to the time I struggled with Chinese, as an immigrant who had come to Hong Kong since 13, I racked my brain in every Chinese lesson as if I were a real foreigner. Not only did the exotic ancient Chinese words bother me, but the need to develop a deep and thorough understanding of the writer's messages in different masterpieces written in modern Chinese also left me perplexed, not to mention the repetitive and monotonous memorization of the twelve compulsory readings. This also strikes a chord with you, doesn't it? For me, all these seemed like a mysterious galaxy which I might never be capable of making sense of. Yet, what motivated me to give my all effort to tame this terrible beast was not the HKDSE Chinese Language. It was you, my dear 6C classmates! Once you found out my difficulties in Chinese, most of you, if not all, immediately took the initiative to help me overcome these hurdles in various ways, ranging from telling me how to analyze the reading comprehension and practising spoken Chinese with me every day, to memorizing the twelve compulsory pieces of ancient Chinese masterpieces together. In hindsight, without the generous support and warmth from you, my like-minded counterparts, I could hardly discover the whole picture of the Chinese language. I could hardly resist in this journey that was full of sweat and tears! I could hardly triumph over the adversities and get a pass in Chinese Language in the HKDSE. And finally, Chinese is no longer a nightmare for me!

Down memory lane, I am sure that the natural connections and warmth shared between all our 6C students will be what I will miss most and keep

in the deepest corner of my heart for the rest of my life. Do you guys still remember the performance we staged during the last Christmas Singing Contest - the most bittersweet moment? As it was surely the last Christmas Party that we would hold in this school, as reminded by our class teacher, everyone in 6C met the consensus that we needed to clench our feet and grit our teeth to leave a groundbreaking ending mark on our campus life. And the price to achieve this common goal was costly, right? Though we were all preparing for climbing up the insurmountable peak – HKDSE at that time, we still buried ourselves into relentless practices and rehearsals for our class performance. We met at 7 pm to practise dancing after our supplementary lessons, despite feeling tired and drained.... We also bared our soul and comforted each other once we underwent some failures in the rehearsal.

What's more, some even burned the midnight oil to memorize the rhythm, lyrics and scripts! Our efforts did pay off finally as we won the championship and were rewarded with ear-splitting applause from the audience and fellow schoolmates! In retrospect, these past experiences have mailed me a message. We are not only a class that was full of cheer or chatter and chuckles, but we are also a class glued together with unity, connection and an unbelievable bond between all of us! This is the essence of our success in the Christmas performance and the thing that I will miss most as a student in 6C. With our unity and mental connection, my dear classmates, we might seemingly part physically, but we will never disconnect spiritually!

Speech — The Slow Movement

By Cheung Wing (F.6B)

Good morning, everyone,

Nowadays, many city dwellers find themselves immersed in their work. They lead fast paced and stressful lives. In the morning, some of them rush out of their homes and eat breakfast while they are on their way to work. This is certainly not desirable. That's why some people have become advocates of the Slow Movement. They support the idea of embracing a slower pace. Today, I would like to discuss the benefits of the Slow Movement and provide suggestions on how to incorporate it into our own lives. So, let's begin.

First of all, the Slow Movement offers numerous benefits. It can reduce our stress levels. It is undoubtedly important for our mental health. With better mental health, we can achieve life goals more easily. Second, you can experience better focus in your daily activities. Adopting a no-rush attitude is the key to starting your day on a positive note. In addition, you can utilize this time to practice meditation. It is important to create moments of rest for yourself. Moreover, when practicing the Slow Movement, you can take the time to savor the present moments, particularly during breakfast. So, why don't you give it a try?

Now, let's explore what you can do to follow the Slow Movement in your own lives. I believe it is crucial to decelerate and complete tasks more mindfully. This will help you achieve better efficiency. Even if you have a hectic and demanding schedule, it is vital to prioritize the time for rest. Use this time to practice meditation and reduce your stress levels.

Another way to achieve a slower pace of life is to cook delicious meals for yourself and those who are important to you. Remember to avoid relying on convenience food, including frozen meals, cup noodles, as well as fast food like hamburgers, coke, or chicken wings. In terms of work, by creating a less coercive environment and fostering a more productive workplace, you can establish a positive work environment. You should avoid having too much on your plate so you can have more time to relax.

Formal email — Annual school marathon

By Chan King Hei (F.6BC)

Dear Principal Wong,

Re: Request for permission to organise an annual school marathon

I am writing on behalf of the school's Running Club to ask for your permission to organise an annual school marathon. It is unequivocal that school marathons do not only bring benefits to our students but also enhance our school's image. In the following, I am going to explain how students and the school can benefit from school marathons.

To commence with, students' physical and mental health can be improved. Nowadays, our free time is affected by our hectic schedule, leading to insufficient time for doing exercise. In the past sports days, a majority of our students failed to complete their running races, especially the long run events. To change the situation, school marathons are a good opportunity for students to improve their health. Marathons enhance our endurance, allowing us to continue with our physical activities for longer periods of time. Besides, endorphins, an important chemical to improve our mood, would be released when we exercise. Simultaneously, engaging in marathon training promotes our overall fitness, making us stronger and slimmer as well as with better muscle strength and flexibility. To put it simply, school marathons can enhance both our physical and mental health.

Another major benefit is that students' performance at school can be enhanced if they do marathons. By participating in marathons, students are required to have regular training, thereby finishing the whole distance. Marathon training then serves as an excellent stress-relieving activity. Training for marathons simultaneously improves students' discipline,

regulating their behaviour, actions and thoughts in pursuit of their goals. The improvement of discipline can help students develop regular study schedules, thereby having a better mental focus. As a result, we would be better focused on our studies.

Regarding some of the benefits for the school, the image of the institution itself would be enhanced. The promotion of the school marathons can appeal to sports enthusiasts from the community. The school would be famed around the city for this sort of initiative. At the same time, more students would choose to run frequently. We can then discover more sports enthusiasts in our school, who can participate in sports competitions and winning awards for the school.

To sum up, organising school marathons will bring a lot of benefits to us. It is hoped that the school would grant us approval for organising this annual activity.

Yours sincerely,

Chris Wong

Chairperson

Running Club

Proposal to principal — School marathon

By Cheng Ka Yan (F.6D)

Dear Principal,

As the Chairperson of the Running Club, I would like to provide some fresh perspective on organizing an annual marathon and would like to ask for your kind permission to do that. In order to understand the needs of students, we have conducted a questionnaire earlier to collect their opinions on this matter. We all unanimously agree the proposed event will offer numerous benefits.

First and foremost, hosting an annual marathon would provide a great opportunity for both teachers and students to mingle, and that could effectively foster the bonding between them and build a great rapport. Also, since the marathon is quite a long walk that may stretch over a few kilometres, students would constantly encourage each other along the way to keep walking until reaching the destination. In fact, during the event, students' physical strength will be tested since the marathon is like an endurance exercise to improve their cardiopulmonary function. Also, participants would be cheered by bystanders along the way. Indeed, it is the encouragement of one another and the joyful, vibrant atmosphere that would make the event meaningful and memorable. So, we trust that the event will be good for developing a closer bond between students, whilst experiencing a sense of trust and community.

Furthermore, as we all know, doing exercise is conducive to health and we can reap a lot of benefits, both physically and mentally. It is because during normal school days, students usually just bury their heads in their books and are burdened with huge academic pressure. They have no way out and some of them start to develop unhealthy eating habits. For example, some students will eat an excessive amount of food to relieve their academic pressure. Consequently, they will develop various sorts of health issues such as obesity and high blood pressure. Therefore, with a

view to alleviating students' stress, it is believed that holding a marathon could provide a great outlet for students to channel their energy and stress and turn them into something positive. More importantly, some students nowadays are used to having slouchy sitting postures since they scroll through their phones on the sofa or bed. This might affect the development of their spine, or even worse, they may have a hunchback later in life. Therefore, engaging in sports activities like a marathon would help raise students' awareness of looking after their health. In fact, participating in marathons regularly and doing numerous stretching exercises can improve our body posture. Some studies have also shown that walking for miles on a regular basis and doing exercise regularly can enhance our body's resistance to illnesses and diseases, protecting us from getting sick, thereby reducing students' likelihood of taking sick leave and being absent in school. In this way, a healthy body and physique could, in a way, have a positive impact on students' academic studies.

On top of that, in this day and age, plenty of students lack perseverance and persistence in handling tasks, and they often give up halfway. Therefore, participating in a marathon can indeed be a good way to cultivate students' perseverance. It is because through the intensive training prior to the marathon, students can adjust the intensity of training according to their own health and physical condition. This enables students to set audacious goals to reach beyond their comfort zones and strive for extraordinary achievements. If students can stick to a training schedule, they will have the ability to overcome countless obstacles without giving up.

Additionally, exercise releases dopamine and endorphins which contribute to feelings of pleasure, well-being and mood elevation. Hence, hosting a marathon would comply with our school policy of positive education. Teachers and students would be instantly put in a good mood after participating in the marathon and this would create a wonderful school atmosphere. It would also allow teachers and students to establish positive relationships through interaction and mutual encouragement. Thus, our

school could foster students' strengths and virtues, such as perseverance, persistence and gratitude. As a result, the marathon can bring countless benefits to the students and school.

To conclude, it is hoped that the proposed event will cultivate students' perseverance and it is in line with the school's positive education policy. We would appreciate it if the proposal were adopted.

Yours sincerely,

Chris Wong

Chairperson

Running Club

By Yan Tsz Chung (F.6E)

1.1 Academic Life

Reflecting on the past six years in Kowloon Secondary School, I realise that I have immersed myself in a variety of subjects and activities. However, there is one subject which holds a special place in my heart – Chemistry. Chemistry has given me uncountable rewarding experiences, especially conducting experiments in the laboratory. For instance, flame tests which give out different colours, and cracking which gives out some pungent smell, or esterification that creates a fruity smell in the laboratory, which made me feel like it was December!

These intriguing experiments were intellectually stimulating. Besides the treasure map, I mean the periodic table, has led my way to know more about how this world was formed. How mind-blowing this is! Instead of solely reading and learning through the prosaic notes to understand countless incomprehensible concepts, like structures of molecules and various theories, those intellectually stimulating experiments boosted my curiosity about this world and fuelled my passion to further explore Chemistry. Maybe I will forget what I have learnt from the notes, but I will never forget those fascinating experiments and fond memories created in the lab.

1.2 Student Life

As for all the students in Class 6C, we agreed that we are not so much classmates as comrades. It has been my honour to be one of the students in such a caring and helpful class. Looking back at the past few years, we had to complete different assigned missions and tasks. We strived to do our best every time.

The most memorable event was that we breezed through the Christmas dancing contest held last year. After having practised day by day, we were all exhausted but there were no complaints. Although we had a few altercations while discussing the dancing steps and the song selection, we, class 6C, were on the same page about most things.

We burnt the midnight oil in order to attain remarkable results in our examinations, and Peter would always be the one to buy some snacks to light up the dark while Mary lent a helping hand to those who were struggling. The solidarity of Class 6C will be the most memorable and invaluable thing for me. It is a bittersweet moment to bid farewell to my classmates, but I am sure that we will meet each other sometime and somewhere in the future. Please always keep our slogan in mind, 'Class 6C, unleashing charisma, fostering collaboration and achieving goals' when we embark on our new journey.